4C Health 2024 CHNA Addition – Tipton County

Located nearly 50 miles North of the Indianapolis metro area, Tipton County is situated in the heart of Indiana on 260 square miles of some of the state's richest farmland and most beautiful countryside. The largest city and county seat is Tipton, where 4C Health operates a site at 1060 S. Main Street. 15,300 persons call Tipton County home, a population density of 59 persons per square mile.[1] Within the community, 9,452 persons (61.5%) are classified as living in the rural community, whereas the remaining 5,907 persons live in urban areas. This blend of urban and rural areas presents both opportunities and challenges, further emphasizing the importance of organizations like 4C Health in bridging healthcare disparities and improving the overall well-being of residents across the county.

Community Demographics

Demographic Factors	Tipton County	Indiana	United States
Population Change 2010-2020	-3.6%	4.6%	7.1%
Median Age	44	37	38
Population Age 0-17	20.8%	23.5%	22.5%
Population Age 65+	20.8%	15.6%	16.0%
Hispanic Population	2.9%	7.3%	18.4%
Non-Hispanic White Population	94.5%	77.8%	59.4%
Black or African American Population	0.3%	9.4%	12.5%
Veteran Population	7.8%	7.0%	6.8%
Population with a Disability	15.5%	13.6%	12.6%

Although the Tipton County community is not vastly diverse, continuous growth in manufacturing job opportunities has diversified the community as a whole:

- *Population Change:* Although there has been a decline in population (-577 persons) over the past 10 years, growth has been seen across special population groups. The largest decline in population has been seen among the largest population group, Non-Hispanic White. The largest increase in population growth has been seen in the Non-Hispanic Multiple Race and Hispanic populations, the only population groups showing an increase in population growth from 2010-2020. Non-Hispanic Multiple Race increased 246% and Hispanic populations saw an increase of 25% over the 10-year time period.
- *Median Age/Aging Population:* The median age in the community (44) is greater than the median age seen across the state of Indiana and the United States. This has longing

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[1] https://sparkmap.org/report/

implications on the healthcare needs of an aging population. With nearly 20% (3,193 persons) of the total population over 65, healthcare providers must prioritize the delivery of healthcare services that meet the demand for aging health conditions. Additionally, 946 Veterans call Tipton County home, a greater population percentage compared to Indiana and the US. The aging population has unique healthcare needs and challenges, as well as barriers to care, that 4C Health must address.

- *Persons Living with a Disability:* The service area has a total population of 15,094 for whom disability status has been determined, of which 2,350 or 15.57% have any disability. This indicator is relevant because disabled individuals may require targeted services and outreach by providers. Individuals with disabilities face significantly higher disparities related to health care access, behaviors, health status, and social determinants of health, and there is evidence of an increase in likelihood of substance misuse. With higher rates of people living with disabilities in the service area, there will continue to be a greater need for healthcare and supportive services from this group.

Social Drivers that Impact Health Outcomes
Social drivers of health, also known as social determinants of health, are conditions in the places where people live, learn, work, and play that affect a wide range of health and quality-of-life risks and outcomes. However, "determinants" suggests nothing can be done to change our health fate. By saying social factors drive our health, we reframe the conversation about health. We show that social factors do not force health to be fated or destined, but rather they are something that people and communities can overcome or change.[2]

Social Drivers	Tipton County	Indiana	United States
Unemployment Rate	3.1%	3.4%	3.5%
Children Below 100% FPL	14.8%	16.7%	17.0%
Children Below 200% FPL	36.9%	38.6%	37.7%
Children Eligible for Free/Reduced Lunch	39.3%	44.4%	51.7%
Population Below 100% FPL	10.6%	12.5%	12.6%
Population Below 200% FPL	26.8%	29.8%	29.2%
Population Age 25+ with No High School Diploma	9.4%	10.2%	11.1%
Percent Cost-Burdened Households	14.9%	23.7%	30.3%
Uninsured Population	9.1%	7.9%	8.7%
Area Deprivation Index	74	63	46
Households with No Computer	6.6%	8.3%	6.9%
Food Insecurity Rate (Total Population)	9.9%	10.7%	10.7%
Food Insecurity Rate (Children)	11.3%	11.3%	12.8%

[2] https://www.elevancehealth.com/our-approach-to-health/whole-health/social-drivers-vs-social-determinants-of-health-unstacking-the-deck

While most factors are similar to state and US rates, barriers to care are still prevalent within the community:

- *Unemployment:* Although unemployment is relatively similar in Tipton County (3.1%) as compared to the state of Indiana (3.4%), there are still 283 persons in the community who are unemployed and are without access to health insurance coverage that can be a barrier in accessing needed medical care services. Unemployment has been on the rise since July 2023. Examples of negative health outcomes associated with unemployment include increases in depression, symptoms of distress, and low self-esteem, with a more limited body of research suggesting an association with poorer physical health, including increases in cardiovascular risk factors such as serum cholesterol, hypertension, and respiratory infections. Those that are unemployed or uninsured may forego health services, especially preventive health care. 4C Health eliminates this barrier to care, providing care to all patients regardless of their ability to pay for services.
- *Uninsured Population:* 9.1% of the Tipton County population (or 1,383 persons) are without health insurance. The lack of health insurance is a key driver of health status. The uninsured rate in Tipton County is greater than both the state (7.9%) and US (8.7%) rates. 14% of those aged 18-64 are uninsured and 3.6% of those under age 18 are uninsured.
- *Poverty:* Although poverty rates for both the total population and children are consistent with state rates, poverty is still a great concern in both the county and state. 460 children (< age 18) are living below 100% FPL and 1,147 children are living below 200% FPL. Additionally, 867 of students are eligible for free or reduced-price lunch. The number of students eligible has increased each year since 2012. Additionally, 1,595 persons in the community are living below 100% FPL and 4,039 of people are living below 200% FPL. Poverty is considered a key driver of health status.
- *Educational Attainment:* Nearly 1,033 (9.45%) of people in the community aged 25+ do not have a high school diploma. Of all of the Hispanic population in the service area, the percentage of the population with no high school diploma is 30%, of great concern as this population continues to migrate to the community to seek job opportunities.
- *Area Deprivation Index (ADI):* The ADI for Tipton County is 74, compared to 63 in Indiana. ADI ranks neighborhoods and communities relative to all neighborhoods across the nation and uses a scale to indicate the levels of deprivation/disadvantage in an area, where 1 is the lowest and 100 is the highest level of deprivation. Tipton County is more disadvantaged than the average county in Indiana.

In alignment with Healthy People 2030, 4C Health focuses on reducing health disparities for patients and Indiana communities. Health disparities are defined as differences in health or the critical determinants of health such as safe housing, discrimination, resources, and education that negatively affect marginalized populations.

Health Outcomes

Health Outcomes	Tipton County	Indiana	United States

Percentage Low Birth Weight Births	8.0%	8.1%	8.2%
Percentage with Asthma	4.6%	4.9%	5.0%
Medicare Beneficiaries with Diabetes	29.7%	27.8%	27.0%
Medicare Beneficiaries with Heart Disease	31.8%	28.3%	26.8%
Medicare Beneficiaries with High Blood Pressure	63.7%	59.6%	57.2%
Mortality – Cancer (per 100,000)	166.6	166.8	149.4
Mortality – Coronary Heart Disease (per 100,000)	103.5	98.1	91.5
Years of Potential Life Lost (per 100,000)	8,138	8,595	7,296
Population with Poor or Fair General Health	17.8%	17.4%	16.1%

The significant causes of morbidity and mortality and health disparities outlined above provide a clearer picture of the gaps in services that 4C Health is helping to fill.

- *Heart Disease, High Blood Pressure and Diabetes:* Across all three health outcomes, Tipton County ranks higher than both state and national rates. The community is plagued with chronic health conditions that lead to higher mortality rates related to these conditions. Along these lines, in Tipton County, the estimated prevalence of fair or poor health among adults aged 18 years and older was 17.8%, higher than both Indiana (17.4%) and the US (16.1%).
- *Mortality:* Higher rates of morality relating to Cancer (166.6 per 100,000) and Coronary Heart Disease (103.5 per 100,000) are seen in the population. These death rates have an impact on the staggering 8,138 per 100,000 years of potential life lost due to poor health behaviors that lead to poor health outcomes.

Mental Health and Substance Use

When analyzing the need for behavioral health services specifically, Tipton County has rates of excessive drinking, suicides, and those experiencing mental distress. The ratio of mental health providers to population is far greater than seen across the state and the US, highlighting a gap in healthcare services that needs to be addressed to improve the mental health and wellbeing of the community.

Health Outcomes	Tipton County	Indiana	United States
Excessive Drinking	19%	18%	19%
Ratio Population to Mental Health Providers	1,710:1	530:1	340:1
Age-Adjusted Death by Suicide (per 100,000)	26.0	15.4	13.8
Average Number of Mentally Unhealthy Days (previous 30 days)	4.8	4.9	4.4

According to the National Alliance on Mental Illness, 4,426,818 people in Indiana live in a community that does not have enough mental health professionals. More than 90,000 Hoosiers aged 12-17 have depression and 54% did not receive any care in the past year.[3] 4C Health offers a myriad of support to patients, including integrated care delivery through specialty partnerships that allow patients to receive mental health and substance use services at their primary care office and primary care services at their 4C Health location and school-based services in 42 school corporations, addressing the dire need for mental health support in Indiana.

Existing Health Services
The following health services are available in the Tipton County community, however as it relates to the FQHC Health Centers, only 1.6% of the total population is being served by a Health Center and only 5.8% of the total population is being served.
- FQHC Health Centers: Indiana Health Centers (IHC) Tipton County WIC
- Hospitals: IU Health Tipton Hospital
- Substance Use Treatment and Mental Health Facilities: Groups Recover Together
- Health Department: Tipton County Health Department

4C Health is the Community Mental Health Center serving the Tipton County community, however, there is still a great need for services as suicide and overdose deaths have increased over previous years, the current workforce is aging, and the population of Tipton County is growing and becoming more diverse.

Need For Health Services
Despite the current health services in Tipton County, there is still a pressing need, as identified by the community. Community surveys, other local healthcare organization's CHNAS, and focus group meetings indicated a high level of concern and need surrounding behavioral healthcare and substance use disorder and the need for more behavioral health care services and substance use disorder services. The Indiana Behavioral Health Commission released a final report in September 2022 examining Indiana's behavioral healthcare system and outlining recommendations to improve the system. The Commission found that Indiana's Behavioral Health System infrastructure is grossly underfunded and in need of reforms to improve and enhance behavioral healthcare.
A 2021 Community Health Needs Assessment, conducted by Indiana University Health in collaboration with IU Health Tipton Hospital, highlights the importance of behavioral health services in Tipton County[4]:
- Tipton County has lower rates of primary care physicians, dentists, and mental health providers than state and national averages.
- The rate of preventable hospital stays among Medicare enrollees is higher in Tipton County than in Indiana and the United States, indicating possible difficulties in accessing care for community residents.
- Tipton County has been designated as a Mental Health Care HPSA.

[3] National Alliance on Mental Illness, Indiana State Fact Sheet – February 2021
[4] https://cdn.iuhealth.org/resources/2021_IUH_Tipton_Hospital_CHNA_Final.pdf

- Tipton County compared unfavorably to the national average for mentally unhealthy days.
- The rate of mental health providers in Tipton County was significantly below state and national averages.
- Mental health concerns, the stigma around mental health, access to mental health services, and the supply of mental health providers (especially for low-income populations) were identified as significant needs. Child mental health has been thought to be worsening due to high expectations in school and health. Mental health concerns were exacerbated due to COVID-19 pandemic impacts such as social isolation, loneliness, and economic impacts.

The COVID-19 pandemic has exacerbated the behavioral health and SUD crisis. Behavioral health greatly impacts physical health and integration is necessary to ensure that primary care and behavioral health is coordinated to achieve optimal health status for patients. Those with untreated behavioral health and SUD may not seek primary health care due to their conditions, stigma or even fear. 4C Health understands the importance of integration and is continually looking for ways to better meet the behavioral and SUD needs of patients in the service area to improve overall health status.

Summary
Despite existing health services in the area, there is a pressing need to address the health factors and outcomes, coupled with an aging demographic, in Tipton County, Indiana. Plagued by alarming rates of chronic health conditions and mental health issues leading to premature death and a life expectancy lower than neighboring counties, Tipton County is in dire need for comprehensive healthcare reform and increased access to quality medical services. 4C Health is well positioned to address the specific needs of the community and provide crucial mental health and substance use services to the population of more than 15,000 people. Community feedback noted the critical need for expanded access to mental health and substance use services in IU Health's community hospital CHNA, further driving the point that there is a need and demand for services in the community.