

WHAT We Do:	WHY We Do It:	HOW We Do It:	WHERE Your Investment Goes
<i>EDUCATE</i>	Optimal Health through positive behavior changes!	Classes & social support for wellness & healthy lifestyle choices	Build & maintain good health habits <ul style="list-style-type: none"> ✓ "Simply Health" Wellness Classes ✓ KRAMES patient education ✓ Ensure rural communities are not forgotten ✓ Support to school-based health education ✓ Mental health awareness
44% of Our Resources			
<i>CLOSE THE GAP</i>	Help people who can't afford health insurance! Help people receive services!	Connect people to services they need 36X% of Our Resources	Reduce financial barriers to needed health services for rural families <ul style="list-style-type: none"> ✓ Pharmacy Assistance ✓ Vision Assistance ✓ Insurance & health care referrals ✓ Health information website Reduce geographic barriers to needed services <ul style="list-style-type: none"> ✓ Rural transportation options ✓ Support to expanded dental services
<i>INNOVATE</i>	Rejuvenate Rural New York!	Work <i>with</i> rural communities 20% of Our Resource	Investment in Region-wide Collaboration <ul style="list-style-type: none"> ✓ Ensure critical health services ✓ Nutrition/Local food/Agriculture Coalition ✓ Technological innovations: Patient Health Information Network for primary care ✓ Dental Coalition Community Empowerment <ul style="list-style-type: none"> ✓ Grass-roots leadership development ✓ "Neighbor Helping Neighbor" ✓ Walking & bicycle trails ✓ Best practices replication ✓ Healthier communities through economic development

Working in collaboration with public, private, community-based organization, schools, and businesses.....

The Rural Health Network's unique services help improve health in rural communities!

“Rural areas are the strongholds of the American ideal. Many of the traditional values, which feed the spirit of this country, are crowded out by the complexity of 20th century urban lifestyles. The simplicity and character of rural living is a powerful force as we look for meaning in this confusing and often self-indulgent world. The future of this great nation hinges on our ability to look back to our roots, to appreciate the richness of spirit that can be derived from rural living and apply it to our standards, regardless of where we live.

Tom Briggs, Rural Health Network Board member and Chair, National Center on Rural Aging

THE PROBLEM	OVERVIEW: RURAL HEALTH NETWORK'S SERVICES
<p>A troubling 18% of residents under age 65 are uninsured. The situation gets worse every year. 8 in 10 uninsured residents are from working families. People who are un or under-insured are at greater risk of poor health, and when they become sick, they frequently go into debt and are unable to pay for food or heat because of medical bills.</p>	<p>Our outreach programs benefit families by helping them enroll in health insurance plans for which they are eligible. The Network referred 2,000 low-income people to publicly funded programs and helped close the gap for people who cannot afford insurance</p>
<p>More than half of uninsured adults who have a chronic illness such as diabetes, heart disease or asthma are unable to fill their prescriptions or skip their medications because they cannot afford them.</p>	<p>Our Pharmacy Assistance program helped over 3,488 people with chronic disease benefit from 12,475 low cost and affordable prescriptions. We saved families nearly \$2,000,000.</p>
<p>An estimated 2 in 5 residents live with chronic disease. Over half of all chronic diseases are preventable or controllable with attention to healthy diet, physical activity, and no tobacco use and stress management.</p>	<p>Our wellness classes help underserved rural residents change behaviors, improve their nutrition, increase exercise, reduce blood pressure, and inspire self-directed positive choices. We have helped schools develop prevention and health education programs. We distributed 12,500 health information sheets at doctor's offices, schools, and other sites.</p>
<p>Rural areas often lack essential health services – doctors, dentists, pharmacists, and mental health professionals. Long distances to services in more urban areas, and limited transportation options often prevent people from getting the care they need.</p>	<p>The Network is unique: We identify and support cost effective and creative solutions to solve critical rural needs. We helped develop a dental van, a new dental clinic, supported workshops for organizations to help residents with mental health needs, & helped create information technology for 50 rural primary care offices.</p>
<p>It is difficult for people to figure out the confusing and fragmented maze of what health and human services are available and how to best use them.</p>	<p>Our health information website and personalized support are tailored to help rural residents understand options and services. Our website is used over 20,000 times per year.</p>
<p>Limited opportunities for collaboration - for health, education and human services agencies to plan together and jointly work with rural communities.</p>	<p>The Network is unique: We bring stakeholders together from many sectors, to cooperatively solve problems at regional and local levels. Leaders from public health, doctors, hospitals, schools, cooperative extensions, farmers, the faith community, businesses, local human service organizations and residents are finding ways to work together as they honor each community's strengths and help build healthier communities.</p>

Data sources: Commonwealth Fund reports, Kaiser Commission on Medicaid and the Uninsured reports, the Centers for Disease Control and Prevention, and Rural Health Network of South Central New York databases.