

# Preventive Medicine for Healthy Individuals Ages 18-65 in Rural Illinois

# Purpose of Project

- **To inform residents of rural Clark County, Illinois the preventive medicine needed for healthy individuals ages 18-65.**
- **To find where these services are offered locally.**

# Why tackle Preventive Care in rural Illinois?

- **The county IPLAN recently noted:**
  - **22% of the Clark County population has not had a medical physical in the last two years**
  - **20% of the population is underinsured**
  - **Three major problem areas in Clark County are cancer, respiratory illness, and cardiovascular disease.**

# Goal of Project

- **With these IPLAN priorities in mind, this project was set out to inform all residents the need for regular preventive care and to state where these services are provided in the area.**
- **With these goals in mind, many of the IPLAN problem areas should decrease.**

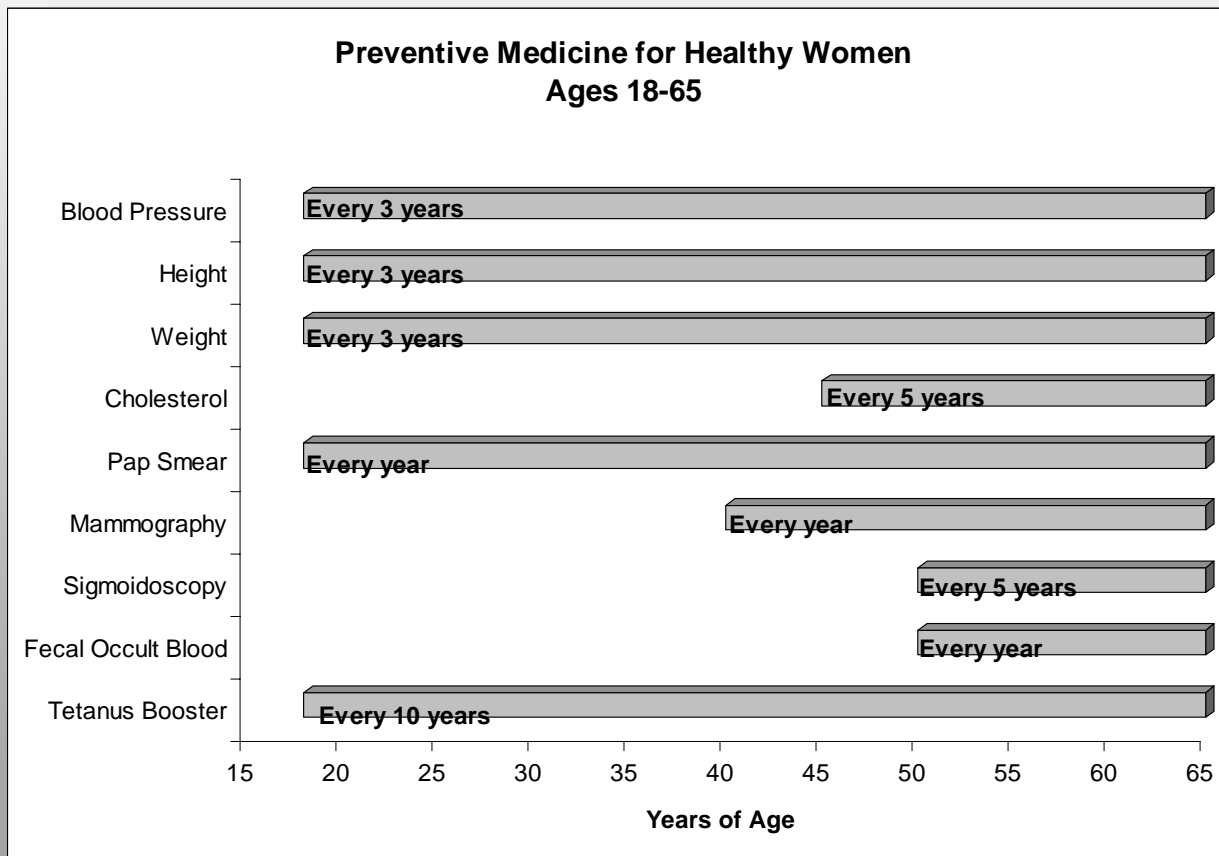
# Methods

- **Many medical texts and health related websites were researched to compile a list of recognized preventive health guidelines necessary for individuals ages 18-65.**
- **The U.S. Department of Health and Human Services published clinical preventive services were chosen to be the guideline.**
  - **[www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov)**

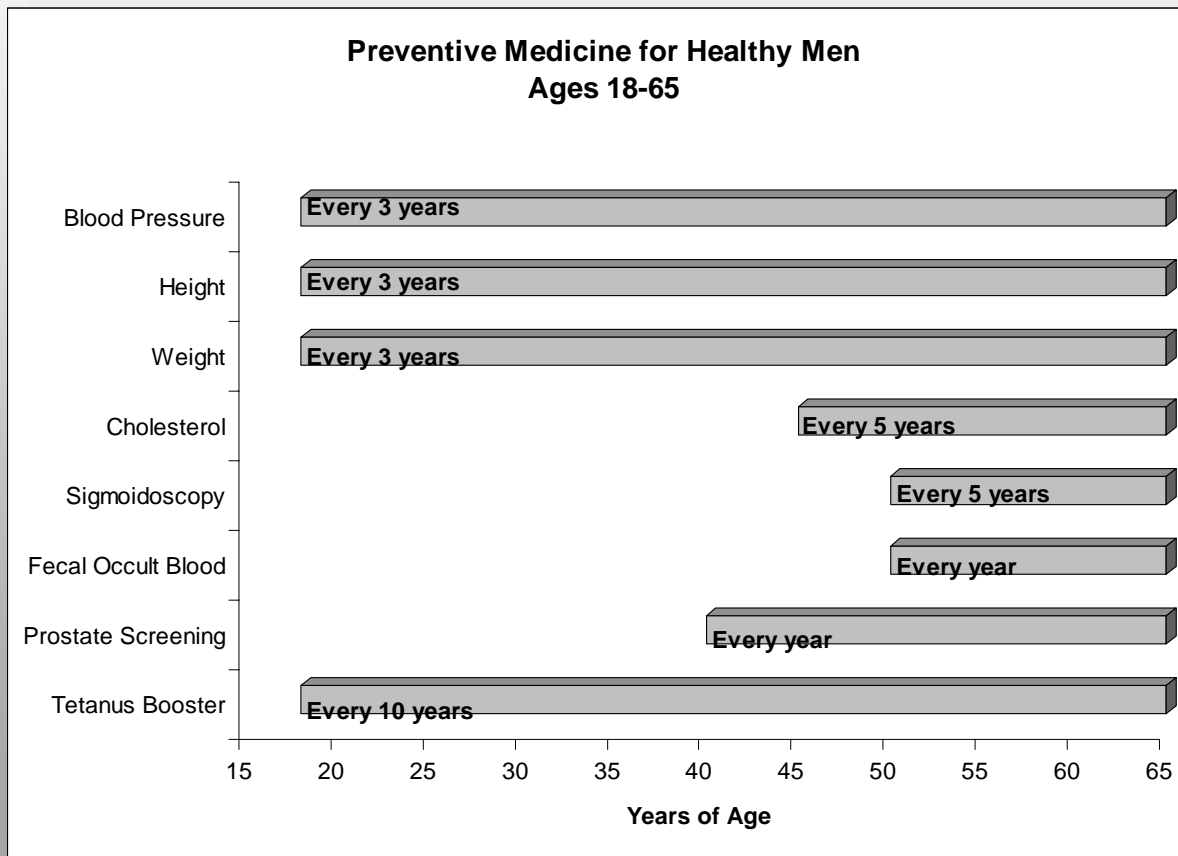
# Methods Continued

- **These guidelines were then used to assess the availability of services in rural Clark County, Illinois.**
- **City officials, the Public Health Department, local health care providers and other resources were used to compile a list of local preventive services.**
- **Handouts were distributed to local clinics and businesses. Copies were also published in two area newspapers.**

# Preventive Care for Women



# Preventive Care for Men



# Where are these services provided?

- **Local Preventive Services**

- **#1 Your Family Doctor**

- All these preventive services can be done or scheduled through your family doctor.

- **#2 Clark County Public Health Department**

- Blood pressure, height, weight, cholesterol, tetanus boosters, mammography and pap smears are offered at different times each month.

# Local Services

## Clark County Public Health Department Services:

Test	When?	How Much?
● Blood Pressure	1st Wednesday of month	FREE
● Height	1st Wednesday of month	FREE
● Weight	1st Wednesday of month	FREE
● Cholesterol	1st Wednesday of month	\$ 15
● Tetanus Booster	2nd Tuesday of month	\$ 16
● Pap Smears	scheduled through Coles County Public Health Department	
● Mammography Mobile Unit from Sara Bush Lincoln Hospital	One Wednesday per month	

# More Local Services

- **Other preventive services are offered at local clinics**
  - **St. Ann's Clinic for the uninsured**
    - Offer blood pressure, height, weight, cholesterol, tetanus booster and mammography to those who qualify.
  - **Planned Parenthood**
    - Offer pap smears and mammography for those who qualify.

# Conclusions

- **Guidelines for preventive medicine for healthy people ages 18-65 are available and easy to understand.**
- 
- **All of these services are offered at local family physician offices.**
- **Many of these services are also offered for a discount at local clinics for the uninsured and the Public Health Department.**

# What are the deficiencies?

- **Gaps still exist for utilization by the uninsured.**
  - **Sigmoidoscopy, fecal occult blood and prostate screening were not found to be available at a discount to the uninsured.**
  - **Pap smears can be obtained at a discount if the patient is willing/able to travel to the next county.**

# Conclusions Continued

- **All preventive services for healthy people ages 18-65 are available in Clark County, Illinois.**
- **Although not great in number, most services are available at a discount for the uninsured.**

# What happens in the Future?

- **For future projects, gaps should be filled to offer sigmoidoscopy, fecal occult blood and prostate screening in rural Clark County, Illinois.**
  - Colorectal Screening kits could be purchased and distributed to residents.
- **Updates on preventive services should also be offered to the residents of Clark County, Illinois.**
  - Mass media advertising through television and newspapers could keep residents up to date on their health care needs.

# Future Continued

- **Education for residents are needed in the areas of:**

- **Smoking cessation**
- **Self breast and testicular exams**
- **Diet, exercise and nutrition**
- **Alcohol and drug use**
- **Occupational exposure**
- **Bone Health**

**This education along with preventive medicine will help Clark County residents to lead longer, healthier lives.**

# Bibliography

- **Clinical Preventive Services for Normal-Risk Adults, Recommended by the U.S. Preventive Services Task Force. U.S. Department of Health and Human Services, Public Health Service. June 2002.**
- 
- **Clark County Public Health Department**
- **Sara Bush Lincoln Hospital Mobile Mammography Unit**
- **Healthy People 2010**
- **IPLAN Clark County Manual**