Objectives

- Define Rural/Flagrant in the USA context
- Demonstrate humility and trustworthiness
- Advocate for health care justice
Frontier and Remote (FAR 1-4)

- Distance Requirements:
  - 15 minutes or more from an urban area of 2,500-9,999 people
  - 30 minutes or more from an urban area of 10,000-24,999 people
  - 45 minutes or more from an urban area of 25,000-49,999 people
  - 60 minutes or more from an urban area of 50,000 or more people
  - The time it takes to travel by car to the edges of an urban area (population greater than 50,000)

Rural Urban Commuting Area (RUCA)

- U.S. Census tracks defined by population density urbanization and daily commuting distance
- Listed 1-10
- 4 or greater is considered rural
Frontier and Remote

- FAR level 3 and 4 represents a population of 4.4 million people
- Current population of U.S. is 325 million people
- FAR 1-4 is equal to a population of 12.2 million people
We, really rural people, have more in common with each other than we do with our urban counterparts.

The practice of medicine is ultimately a social endeavor.
We, in the USA, are 1-2 decades behind Australia and Canada in developing a sustainable frontier/rural healthcare practitioner training regimen.

Resources

- [https://rttcollaborative.net/](https://rttcollaborative.net/)
- [https://www.ruralhealthinfo.org/](https://www.ruralhealthinfo.org/)
- [http://www.rupri.org/](http://www.rupri.org/)
- [https://ruhrc.uky.edu/](https://ruhrc.uky.edu/)
- [http://sc.edu/study/colleges_schools/public_health/research/research_center/center_rural_health_research_center/](http://sc.edu/study/colleges_schools/public_health/research/research_center/center_rural_health_research_center/)
- [https://shrc.tamhsc.edu/](https://shrc.tamhsc.edu/)
- [http://rhrc.umn.edu/](http://rhrc.umn.edu/)
- [https://depts.washington.edu/fammed/rhrc/](https://depts.washington.edu/fammed/rhrc/)
Dave Kermode, DO
(641) 990-5339 (cell)
(515) 643-2190 (GME office)
dkermode@mercydesmoines.org
Kermode@Windstream.net