

Frontier \longleftrightarrow Rural



David Kermode, DO, FACOS
Joel Wells, DO, FAAFP
Mercy Health Network, Des Moines, IA

Objectives

- ▶ Define Rural/Frontier 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)

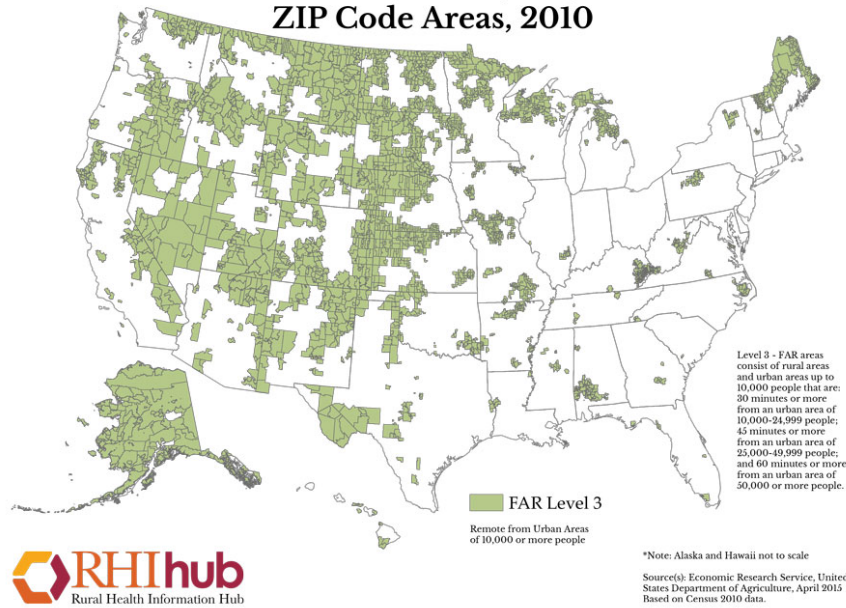


Rural Urban Commuting Area (RUCA)

- 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 ZIP Code Areas, 2010



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



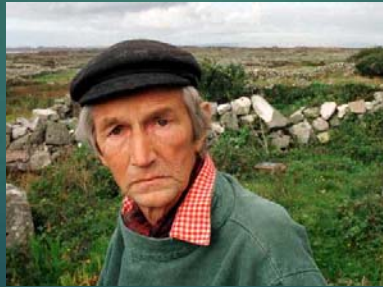


We, really rural people, have more in common with each other than we do with our urban counterparts.

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 health care practitioner training regimen.



Resources

- ▶ https://www.healthaffairs.org/doi/abs/10.1377/hlthaff.2017.0338?url_ver=Z39.88-2003&rft_id=ori%3Arid%3Acrossref.org&rft_dat=cr_pub%3Dpubmed
- ▶ <https://rttcollaborative.net/>
- ▶ <https://www.ruralhealthinfo.org/>
- ▶ <http://www.rupri.org/>
- ▶ <https://ruhrc.uky.edu/>
- ▶ http://sc.edu/study/colleges_schools/public_health/research/research_centers/_rural_health_research_center/
- ▶ <https://srhrc.tamhsc.edu/>
- ▶ <http://rhrc.umn.edu/>
- ▶ <https://depts.washington.edu/fammed/rhrc/>

- ▶ Dave Kermode, DO
- ▶ (641) 990-5339 (cell)
- ▶ (515) 643-2190 (GME office)
- ▶ dkermode@mercylesmoines.org
- ▶ Kermode@Windstream.net



COURTESY: GREATER DES MOINES PARTNERSHIP