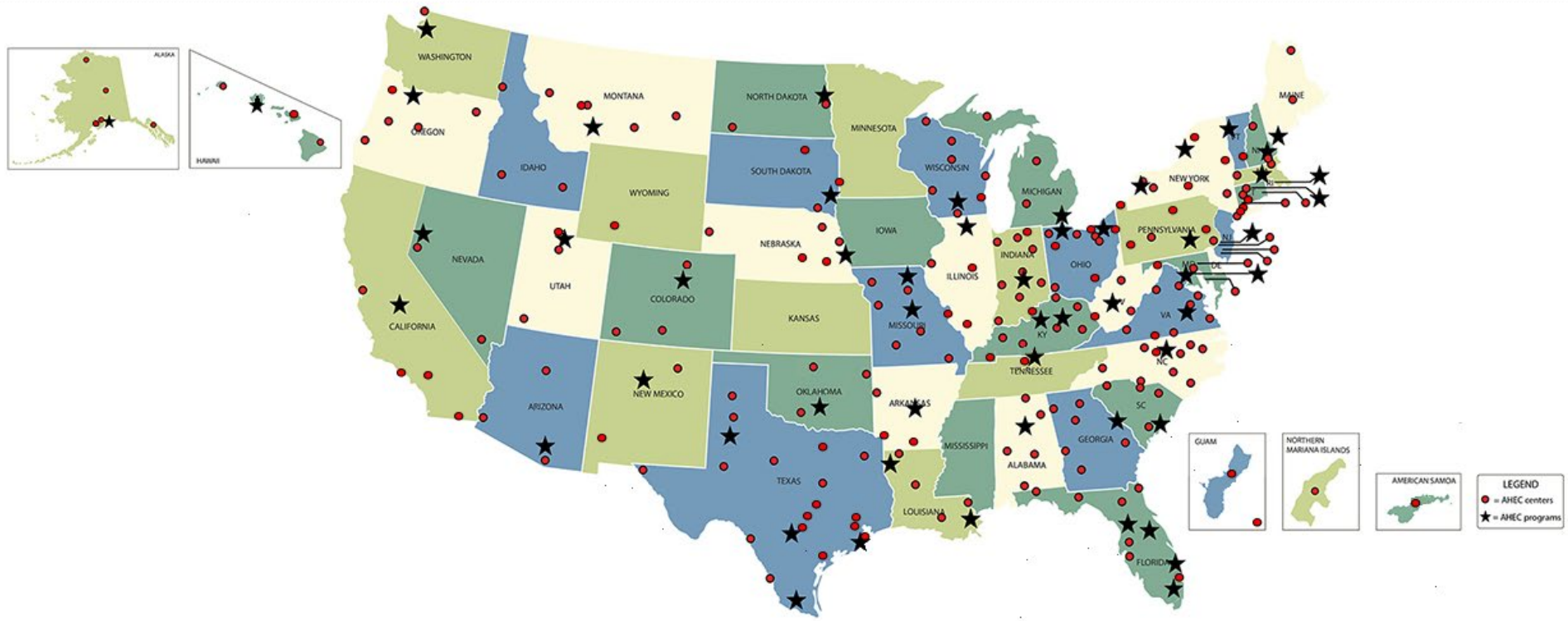


Missouri Area Health Education Centers (MAHEC)

MO Rural Health Day
November 17, 2022
Hong Chartrand, DrPH

The Federal AHEC Program

- AHEC = area health education centers
- Grew out of report by Carnegie Foundation 1968 “Higher Education and the Nation’s Health”
- Existed since 1971
- Conceptualized as federal, state, local, and institutional partnership to decentralize medical education – to move the ivory tower from the academic center to distant/rural communities
- Model included family medicine residency programs for health professions education
- Evolved to include health professions workforce pipeline
- 56 AHEC Programs (49 grantees); more than 260 centers



Connecting students to careers, professionals to communities, and communities to better health










AHEC Program Goals

- **Diversity:** Preparing a diverse, culturally competent primary care workforce representative of the communities we serve
- **Distribution:** Improving workforce distribution throughout the nation, particularly among rural and underserved areas and populations
- **Practice Transformation:** Developing and maintaining a healthcare workforce that is prepared to deliver high quality care in a transforming healthcare delivery system **with an emphasis on rural and underserved communities**

Areas of Focus

Distribution • Diversity • Practice Transformation

 AHEC Scholars	HRSA/AHEC branded interdisciplinary educational and training program
 Core Topic Areas	<ul style="list-style-type: none">• Inter-professional Education • Behavioral Health Integration • Social Determinants of Health • Cultural Competency • Practice Transformation• Current/Emerging Health Issues
 Strategic Partnership Activities	Strategic partnerships to coordinate educational/training activities to maximize the impact and outcome
 Statewide Evaluation	Must develop and implement a statewide evaluation in collaboration with AHEC Centers
 Community-Based Experiential Training	Training must be team-based and specialized in rural and underserved areas and populations
 Pipeline	Limited funding to support youth public health pipeline (9th -12th grade) program
 Continuing Education	Limited funding for continuing education activities focused on the Core Topic Areas for health professionals

Enhanced AHEC Model



NEEDS + GAPS in Missouri

- Missouri's population and workforce needs are both rural and urban
- Socioeconomic factors affect health
- Missouri is a less diverse state, meaning that there are fewer services tailored to diverse needs
- Provider shortage (need an additional 687 primary care physicians by 2030 – MO ranks 18th in population but is 29th for active primary care physicians per 100,000 population)
- Provider maldistribution (1:364 in rural versus 1:239 in urban)
- Provider diversity
- Missouri ranks high in the number of student physicians
- However, there are not enough Missouri-based residency positions to match all of the state's medical graduates
- It is critical to increase spots and retain more graduates
- Of Missouri's 8 medical school campuses, 7 are located in urban/suburban counties

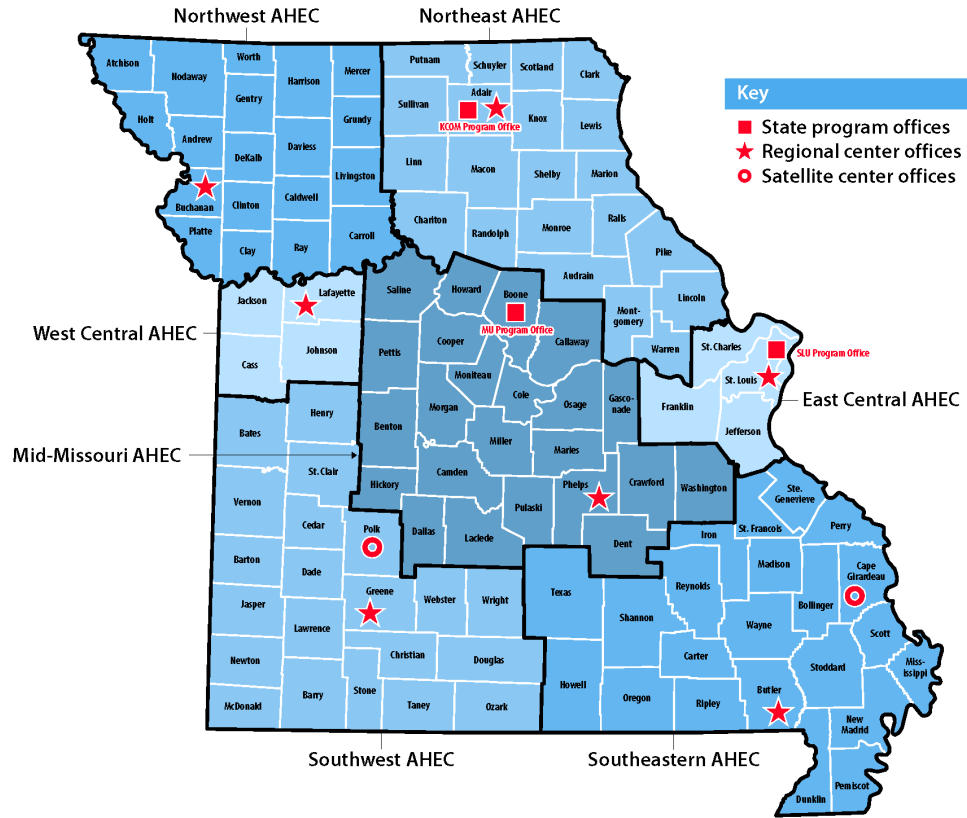
Missouri AHEC

A statewide network focused on increasing access to health care in currently rural and underserved communities through programs that grow and support Missouri's health care workforce.

Missouri AHEC Overview

- Missouri AHEC Network (MAHEC)
 - Partnership between academic centers and community-based organizations
 - 7 locally-governed regional Area Health Education Centers (AHEC) serving Missouri's 114 counties & City of St. Louis
 - 3 university-based AHEC Program Offices (A.T. Still University-Kirksville College of Osteopathic Medicine, MU School of Medicine, SLU School of Medicine)
 - Collaborations with other health professions schools and programs statewide
 - Recognized in Missouri Statutes (RSMo, Section 191.980)

Missouri AHEC Network



Connecting students to careers, professionals to communities, and communities to better health

Missouri AHEC Overview (cont.)

- MAHEC offers programs that:
 - Cultivate interest in health careers among Missouri youth
 - Identify and support students seeking a health career, especially students from rural and urban underserved communities
 - Provide opportunities for health professions students to train in delivery sites that care for currently underserved populations (for example, Community Health Centers and Rural Health Clinics)
 - Support practicing health professionals with access to online information resources, continuing education and networking
 - Offer health education to the public through school and community-based programs

Missouri AHEC Overview (cont.)

- Missouri AHEC programs are funded through a federal-state-local partnership
 - Federal – Department of Health and Human Services – AHEC grant (requires matching funds from state and local sources)
 - State – Missouri General Revenue budget – Department of Health and Senior Services (HB 10, Section 10.745)
 - Local – host institutions, health professions schools, other local entities
- Selected Missouri AHEC Outcomes
 - School-linked pipeline programs for youth
 - Health care providers employed in Missouri

8,841

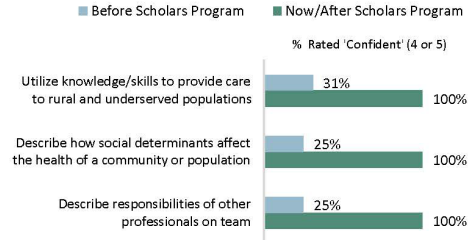
Participants*

Enhancing access to quality healthcare, particularly primary and preventive care, by improving the supply and distribution of healthcare professionals through community/academic educational partnerships.

AHEC Scholars a longitudinal program designed to prepare future health professionals' leadership skills within a rapidly changing healthcare system. In 2021, AHECs asked Scholars about key learning outcomes including: team-based care, cultural competence, behavioral health integration, and their future practice. Selected results are provided below.

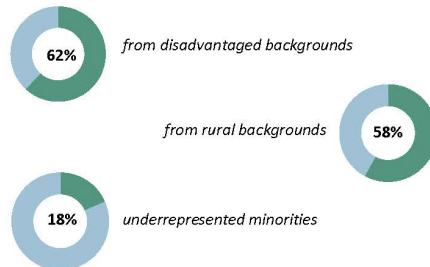
106 AHEC Scholars:

- 49 medical students
- 2 dental students
- 17 pharmacy students
- 1 social work student
- 3 physician assistant students
- 4 advanced practice nursing students
- 8 registered nurse students
- 3 physical therapy students
- 9 public and community health students
- 10 other disciplines



Pipeline programs expose students to health careers and develop intent to pursue post-secondary education in primary healthcare professions.

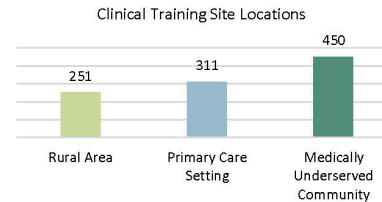
4,606 grades 9-16 participants



Clinical training improves readiness, willingness, and ability of health professions trainees to serve in primary care, rural, and underserved community settings.

facilitated **3,041** clinical training experiences

- 2,463 experiences took place in rural and underserved areas
- 614 clinical training sites used
- 24 federally qualified health centers
- 44 rural health clinics
- 3 community mental health centers



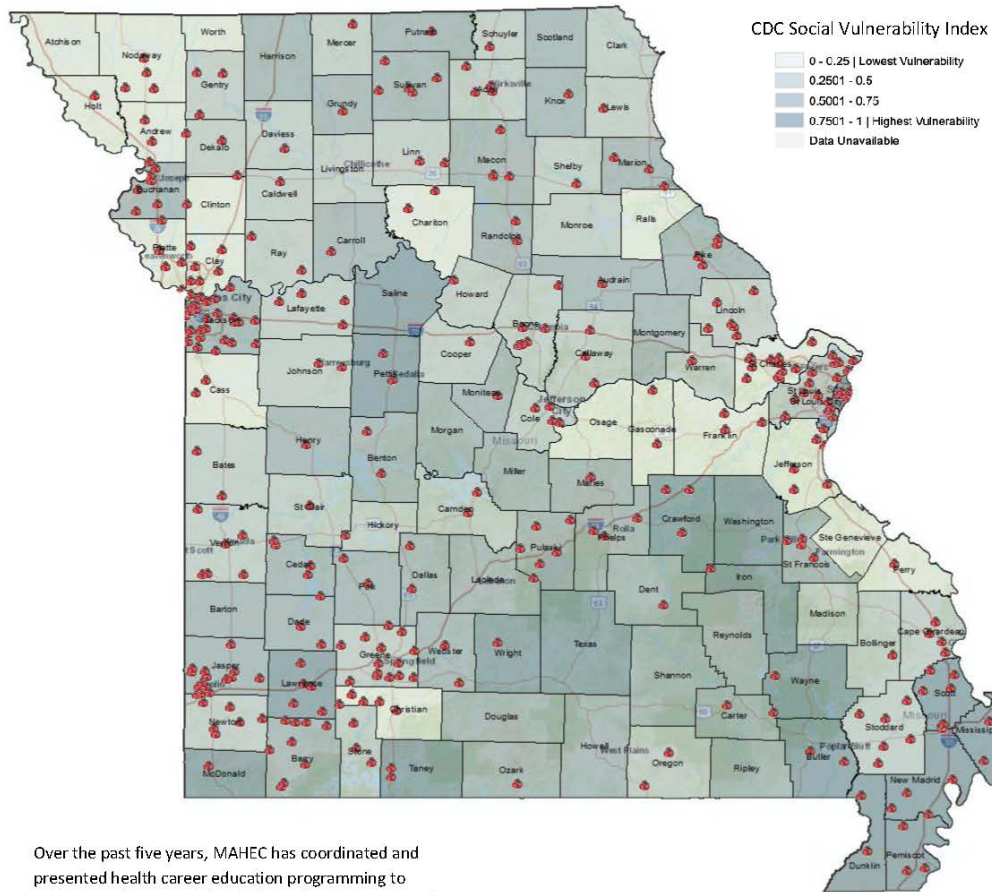
Continuing education providing health professionals with access to resources to improve the quality of care for medically underserved communities and health disparities populations.

1,194 continuing education participants

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*Numbers include duplicate counts where individuals have participated in multiple pipeline, clinical training, or continuing education programs.

MAHEC K-12 Schools of Pipeline Participants 2016 – 2021 with CDC Social Vulnerability Indexing

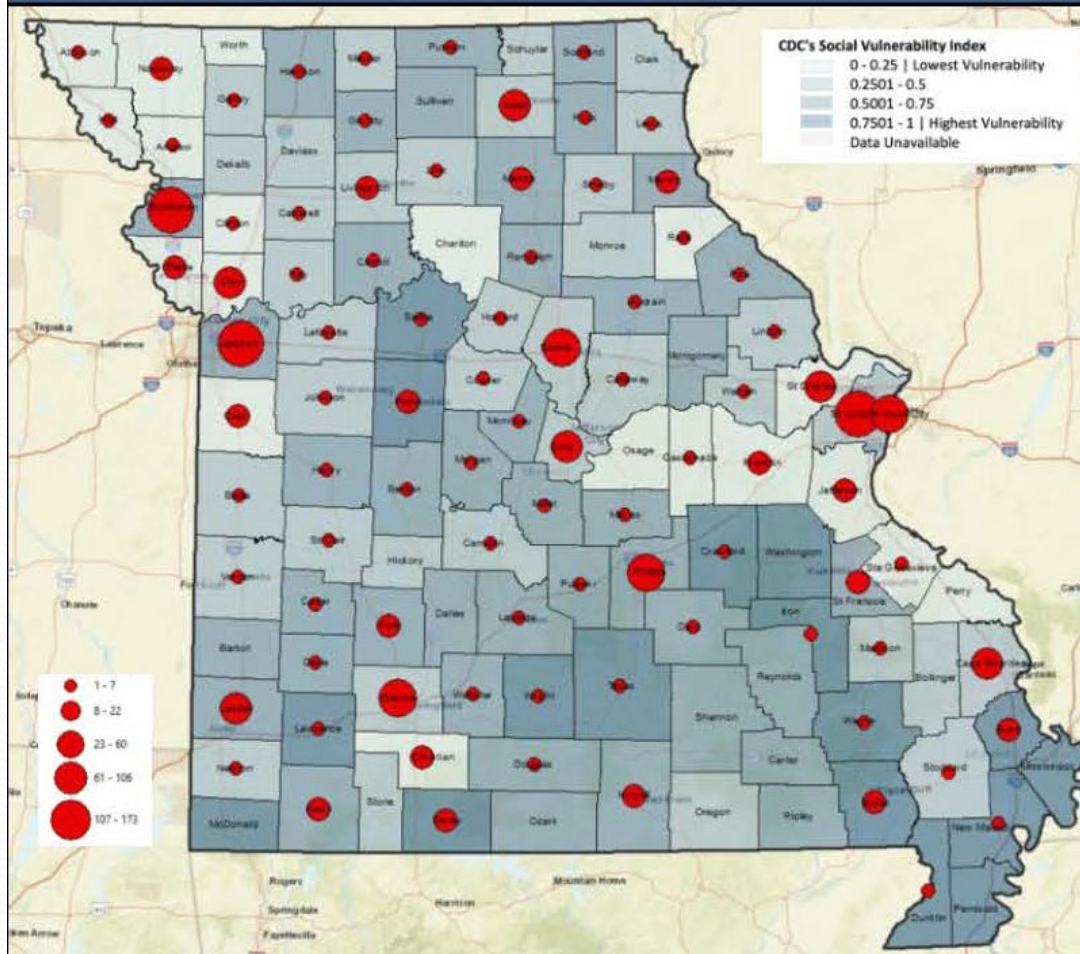


Over the past five years, MAHEC has coordinated and presented health career education programming to participants from 370 schools throughout Missouri, with a focus on reaching those students in some of the most socially vulnerable areas of the state and in the greatest need of healthcare professionals. Research has shown that healthcare professionals from socially vulnerable backgrounds are more likely to return to those areas to practice.

Natural disasters and infectious disease outbreaks can pose a threat to a community's health. Socially vulnerable populations are especially at risk during public health emergencies because of factors like socioeconomic status, household composition, minority status, or housing type and transportation. - CDC, 2020



Employment Locations of MAHEC's Prior Students



At least 1,460 MAHEC participants have gone on to healthcare careers in 89 of Missouri's 115 counties; 81 of the counties are Primary Care Health Professional Shortage Areas (HPSAs).

What are students/preceptors saying?

- “My biggest reason for doing this [AHEC Scholars] program is to become more culturally competent and to be able to recognize any biases I may have so that I can be a more understanding patient care provider in the future. ... **I have seen the struggles that my parents went through and how they were treated regarding healthcare. I truly want to help the underserved populations when I graduate.**” Kevin – Physician Assistant student
- “AHEC Scholars has been a great way to take an hour or two during a crazy week and do something that helps me grow. ... **Every experience has reminded me of why I went into a service-based profession, and has given me the tools to better help my patients in the future.**” Victoria – Medical student
- **“I currently work at Infinity Health...It is an FQHC** patient-centered medical home where we provide primary care, mental health including SUD services, vision, dental, and pharmacy all under the same roof... **My position and practice setting are right in the AHEC Scholars wheelhouse. I’m thankful I did that program in pharmacy school.**” Matthew – Pharmacy student

What are students/preceptors saying? (cont.)

- **“ECMO AHEC played a huge part in my preparedness for college and nursing school. They helped sponsor one of my high school HOSA programs and introduced me to a summer program called Camp Scrubs, where I discovered my passion for nursing.** Through ECMO AHEC, I was able to develop time management, leadership, and team building skills that have helped me become successful so far in my nursing journey.” – Kayla, pipeline student
- **“AHEC helped me explore the medical field as a career when I was a teenager and stuck with me throughout the process including medical school and residency. AHEC provided important access and resources to make my career choice and helped me accomplish my goals.”** – Dr. Grier, AHEC Preceptor

Questions? Comments

- For more information, visit www.mahec.org
- Contact: missouriahec@atsu.edu