



Juan Melesio<sup>1</sup>, Sarah Hartman PhD<sup>2</sup>, Melina Ortigas, B.A<sup>3</sup>

<sup>1</sup> Maternal Child Health Careers/ Research Initiatives for Student Enhancement-Undergraduate Program at Kennedy Krieger Institute,

<sup>2</sup>UC Davis, <sup>3</sup>First 5 Yolo, <sup>4</sup>UC Davis MIND Institute

## INTRODUCTION

Rural Areas compose 20% of the US population which equates to about 60 million people (CDC, 2016). These areas are faced with inequities such as social and health disparities.

Risk factors include:

- Geographic isolation
- Limited access to resources
- Lower socioeconomic status
- Social isolation

Intervention strategies include:

- Relationship and trust building
- Increased access to technology
- Greater opportunities for resources
- Programs that reflect cultural humility

## OBJECTIVE

1. Investigate current access and barriers to resources among rural and non-rural families living in Yolo County.
2. Understand effects of home visitors in helping rural families overcome barriers.

## METHODS

- Utilization of Pubmed and Google Scholar to find relevant research articles containing the words: Rural; Community; Health; lack of access; Underserved; Barriers ; Community Workers
- Analyzed data from Communicare Health Center for parents that were eligible for Road to Resilience (R2R) project home visiting program.
- Conducted a survey to R2R home visitors to identify obstacles between Rural vs. Non-Rural areas and address what aspects of their work they feel help in building trust with communities.

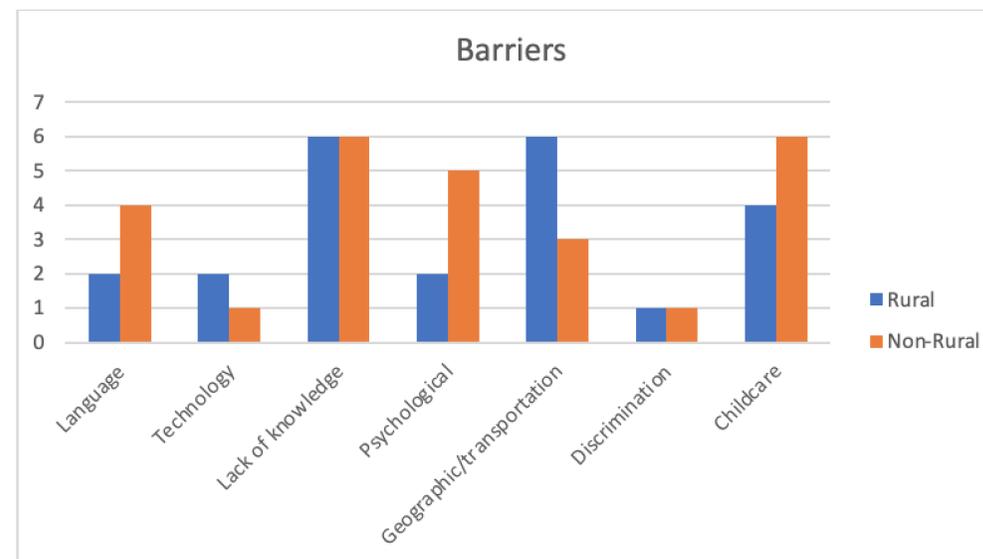
## RESULTS

**Figure 1. Data from CommuniCare Health Center**

\*All adults have at least 1 child

	Program Consent (Yes/No)	English Fluency (Fluent/Not at all)	Insurance Type (Medi-Cal/Private/Other)	Languages Spoken (Spanish/English/Other)
Rural n=24	7/17	15/9	23/0/1	46%/54%/0%
Non-rural N=315	122/193	240/75	289/11/15	20%/77%/3%
Total	129/202	255/84	312/11/16	22%/76%/2%

**Figure 2. Top 3 Barriers Home Visitors see in Yolo County**



**Table 1: Survey Questions n=4**

Questions	Responses
Do you believe that speaking the same language as a family is important in building trust with families?	100% of Community Home Visitors believe that speaking the same language as a family is important in building trust with them.
Do you think families from rural or non-rural communities differ in the barriers they face?	100% of Community Home Visitors believe that families from rural communities face different barriers than their non-rural counterparts.
How have barriers changed during the COVID-19 Pandemic (After March 1, 2021)?	63% of Community Home Visitors believe that there has been an increase in barriers since the start of COVID19

## SUMMARY

- Data from CommuniCare Health Centers revealed that 46% of people in rural areas spoke spanish compared to 20% in non-rural areas.
- Language barrier is not one of the top 3 barriers seen in rural areas.
- Geographic/Transportation is the most prominent barrier seen in rural areas.
- 63% of Home Visitors reported that barriers have changed since COVID19.

## CONCLUSIONS

- Since the beginning of COVID19 programs within First 5 Yolo have increased virtual assistance and have seen a 21% increase in children served from rural areas.
- Advocating to address barriers in rural communities such as administering Gas Cards and providing bus passes..
- The time is now to start building, strengthening, supporting and mobilizing community-based relationships. It will take time to build trust.

## STRENGTHS & LIMITATIONS

- Availability to communicate with Community Home Visitors.
- Small survey sample size.
- Limited to Community Home Visitors of one program

## ACKNOWLEDGEMENTS

Project would not have been made possible without the help of Sarah Hartman, Melina Ortigas, and the Community Home Visitors



# INTRODUCTION

Rural Areas compose 20% of the US population which is about 60 million people (CDC, 2016). These areas are faced with inequities such as social and health disparities.

## Risk factors include:

- Geographic isolation
- Limited access to resources
- Lower socioeconomic status
- Social isolation

## Intervention strategies include:

- Relationship and trust building
- Increased access to technology
- Greater opportunities for resources
- Programs that reflect cultural humility

# OBJECTIVES

1. Investigate current access and barriers to resources among rural and non-rural families living in Yolo County.

1. Understand effects of home visitors in helping rural families overcome barriers.

# METHODS

- Utilization of Pubmed and Google Scholar to find relevant research articles containing the words: Rural; Community; Health; lack of access; Underserved; Barriers; Community Workers
- Analyzed data from Communicare Health Center for parents that were eligible for Road to Resilience (R2R) project home visiting program.
- Conducted a survey to R2R home visitors to identify obstacles between Rural vs. Non-Rural areas and address what aspects of their work they feel help in building trust with communities.

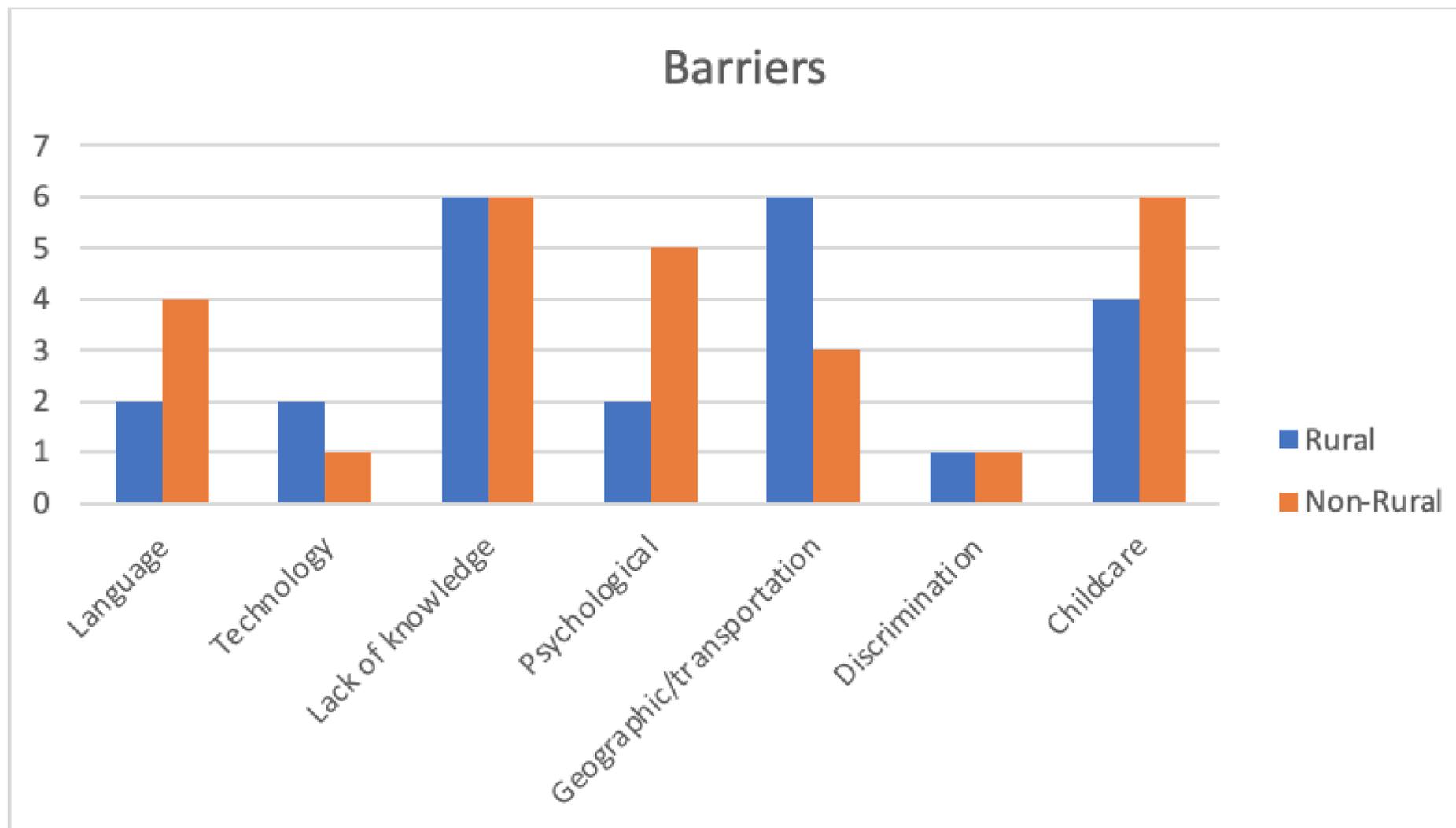
# RESULTS

**Figure 1. Data from CommuniCare Health Center**

\*All adults have at least 1 child

	Program Consent (Yes/No)	English Fluency (Fluent/Not at all)	Insurance Type (Medi-Cal/Private/Other)	Languages Spoken (Spanish/English/Other)
Rural n=24	7/17	15/9	23/0/1	46%/54%/0%
Non-rural N=315	122/193	240/75	289/11/15	20%/77%/3%
Total	129/202	255/84	312/11/16	22%/76%/2%

**Figure 2. Top 3 Barriers Home Visitors see in Yolo County**



# RESULTS

**Table 1: Survey Questions n=8**

Questions	Responses
Do you believe that speaking the same language as a family is important in building trust with families?	100% of Community Home Visitors believe that speaking the same language as a family is important in building trust with them.
Do you think families from rural or non-rural communities differ in the barriers they face?	100% of Community Home Visitors believe that families from rural communities face different barriers than their non-rural counterparts.
How have barriers changed during the COVID-19 Pandemic (After March 1, 2021)?	63% of Community Home Visitors believe that there has been an increase in barriers since the start of COVID19

# CONCLUSIONS

- Since the beginning of COVID19 programs within First 5 Yolo have increased virtual assistance and have seen a 21% increase in children served from rural areas.
- Advocating to address barriers in rural communities such as administering Gas Cards and providing bus passes.
- The time is now to start building, strengthening, supporting and mobilizing community-based relationships. It will take time to build trust.

## STRENGTHS & LIMITATIONS

- Availability to communicate with Community Home Visitors.
- Small survey sample size.
- Limited to Community Home Visitors of one program

## ACKNOWLEDGEMENTS

This project would not have been made possible without the help of Sarah Hartman, Melina Ortigas, and the Community Home Visitors of R2R.

## References

