

An LGBTQ-friendly provider moves to your community and accepts your insurance.

If your profile indicates that you are a LGBTQ individual, move forward two spaces.

Sexuality- and gender-identity-based stigma has been shown to correlate with increased substance abuse, increased prevalence of sexual risk behaviors such as unprotected anal intercourse, lower health care utilization, and decreased preventive care including cancer screenings. Training providers about LGBT health concerns and how to be LGBT-friendly may allow for increased patient comfort in disclosure, greater patient-provider rapport, and thus improved health outcomes.<sup>49</sup>

You are at a party and your friends invite you to drink with them. You decide to stay sober, and provide those who drink with safe rides home at the end of the night.

Move forward three spaces.

From 1999 to 2014, the age-adjusted death rates for unintentional injuries were approximately 50% higher in rural areas than urban areas. Unintentional injury burden is higher in rural areas because of severe trauma associated with high-speed motor vehicle traffic-related deaths.<sup>14</sup>

A new library opens within walking distance of your home, increasing your access to books, technology, and community programming.

If your profile indicates that you are an adult, move forward two spaces.

If your profile indicates that you are a child, move forward three spaces.

Children in all rural areas more often lack amenities such as parks, recreation centers, sidewalks, and libraries in their neighborhood than children in urban areas. Neighborhoods that provide access to community resources (e.g., playgrounds, libraries, and community centers) can promote school readiness and social development among young children.<sup>32</sup>

Your community has the best air quality in the state.

Move forward two spaces.

Air quality improves with increased rurality. Air contamination can cause acute and chronic adverse health outcomes, such as increased risk of lung cancer and exacerbation of respiratory and cardiovascular diseases. Older adults, children, and people with chronic diseases like asthma are most sensitive to air quality.<sup>42</sup>

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A school-based health center opens  
in your local school.

If your profile indicates that you are  
18 years old or younger,  
move forward two spaces.

Research shows that schools with a school-based health center  
have increased educational success, students with better  
physical and mental health, and a more positive school climate.<sup>3</sup>

The hunting season is excellent this  
year. You or a family member shoot an  
elk and are able to freeze the meat,  
ensuring that you will have meat to eat  
throughout the winter.

Move forward one space.

In America, hunting generates \$25 billion in retail sales and  
\$17 billion in salaries and wages, and employs 575,000 people.<sup>20</sup>

Oil is discovered in your community,  
creating new job opportunities.

If your player profile indicates that you do not have a  
full-time job, move forward two spaces.

Mining employment doubled from 2001 to 2014 due to a boom  
in unconventional oil and natural gas production.  
There are 444 rural counties with substantial oil and gas production  
in America (out of 537 total).<sup>44</sup>

The growing season is optimal this year.  
Local farmers have more produce  
to harvest and sell.

If your player profile indicates that you are a Migrant or  
Seasonal Farmworker, move forward three spaces.

All other players move forward one space.

In America there are between 1 and 2.7 million hired farmworkers  
in the US. This includes migrant, seasonal, year-round,  
and guest program workers.<sup>22</sup>

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A new health center opens in your community. You are hired as a Community Health Worker to provide outreach to your neighborhood. As a result, both your health and income, as well as the health and economy of your community, improve.

Move forward three spaces.

Community health workers (CHWs) are frontline public health workers who are trusted members of the served community. CHWs serve as effective links between health and social services organizations and community members to facilitate access to services and improve the quality and cultural competence of service delivery.<sup>26</sup> Community health centers are often located in areas with high rates of economic distress, and have a positive effect on these factors by creating jobs and stimulating economic activity through the purchase of goods and services.<sup>29</sup>

Your health center receives Healthcare for the Homeless Grantee funding and enhances its services for homeless patients.

If your profile indicates that you are homeless, move forward two spaces.

In 2016, health centers in Region VIII (Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming) served more than 58,000 individuals experiencing homelessness, a more than 12% increase as compared to the previous year. Homeless patients represent 6% of all patients seen by health centers in the region.<sup>12</sup>

A new health center site opens near your home. You are able to access healthcare services more easily and regularly.

Move forward two spaces.

Since the original two “Neighborhood Health Centers” opened in 1965, community health centers have expanded to more than 9,000 service sites serving more than 23 million patients as of 2015. Health centers provide a comprehensive model of care including an array of services (medical, dental, vision, behavioral health, pharmacy, enabling, etc.) at a low cost; they typically serve patients with more complex and/or chronic health conditions, and still perform just as well or better than other providers on many key quality performance benchmarks.<sup>28</sup>

Staff at your health center receive training on care coordination and team-based care. The quality of healthcare services at your health center improves.

Move forward two spaces.

A 2013 study found that adding “care guide” to clinic staff can improve care for some patients with chronic disease at a low cost. Patients with care guides achieved more evidence-based goals than those receiving the usual care.<sup>1</sup>

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Your health center receives Migrant Health Center Grantee funding and enhances its services for Migrant and Seasonal Farmworkers.

If your profile indicates that you are a Migrant or Seasonal Farmworker, move forward two spaces.

In 2016, health centers in Region VIII (Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming) served more than 28,000 migrant and seasonal farmworkers (MSFWs) and their families, a more than 13% increase as compared to the previous year.

MSFWs represent almost 3% of all patients seen by health centers in the region.<sup>12</sup>

You adopt a dog from the local shelter and join your neighborhood dog-walking club. Your physical and mental health improve.

Move forward two spaces.

A 2014 study found that while people in rural communities experience many barriers to healthy living, factors that improve engagement in physical activities include social support and pet ownership.<sup>39</sup>

Your health center begins to offer vision services. You receive your first vision test in more than 10 years.

Move forward two spaces.

Fifty-five percent of adults aged 18 years and older had a comprehensive eye exam, including dilation, within the past two years in 2008.<sup>15</sup>

Your health center begins offering telehealth services. You are able to speak with a specialist who helps you improve your health.

Move forward two spaces.

Telehealth can reduce the amount of time patients must wait to access specialty care. Patients in one study who received specialty dermatological services via telehealth received an intervention in an average of 41 days, compared to 127 days for patients receiving a typical care consultation.<sup>48</sup>

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Your health center implements an empanelment system. You begin seeing the same provider each time you visit the health center, and begin to trust them with more personal information. As a result, your provider is able to tailor your care to your needs and your health improves.

Move forward two spaces.

According to several studies, continuity of care is associated with better communication between patients and providers, better identification of medical issues, and increased patient satisfaction with their care.<sup>9</sup>

You or your partner receive prenatal care starting in the first trimester of pregnancy, and experience a healthy birth and postpartum process.

Move forward three spaces.

In 2014, 22.8% of women ages 18 and older lived in rural areas. Less than one half of rural women live within a 30-minute drive to the nearest hospital offering perinatal services.<sup>2</sup>

Your community organizes a weekly farmer's market, increasing your access to fresh local produce.

Move forward two spaces.

In 2016, 15.0% of rural households experienced food insecurity at least once during the year, as compared to the national average of 12.3%. Over time, food insecurity can negatively affect learning, development, productivity, physical and mental health, and family life.<sup>35</sup>

Your local health center hires an enrollment coordinator, who helps you and your family enroll in multiple assistance programs.

If your profile indicates that you are below 200% of the Federal Poverty Level, move forward two spaces.

If your profile indicates that you are above 200% of the Federal Poverty Level, stay where you are.

Direct one-on-one assistance with enrollment is associated with increased enrollment rates.<sup>17</sup> A study of Latino families in Boston found that those who received direct assistance were almost twice as likely to obtain health coverage for their children as those without direct assistance. Additionally, those families were more likely to report that they were “very satisfied” with the process of accessing health coverage.<sup>13</sup>

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Free condoms are distributed  
at your local health center.  
Rates of sexually transmitted  
infections in your community decline.

Move forward one space.

According to the CDC, condom distribution programs have been proven to increase condom use, prevent HIV/STIs, and save money.<sup>10</sup>

You receive a scholarship to continue your education.  
You receive a degree and your income rises.

Move forward two spaces.

If your profile indicates that you are below 200% of the Federal Poverty Level, move forward two spaces and follow instructions for those with incomes above 200% of the Federal Poverty Level for the remainder of the game.

A higher number of rural residents do not complete high school than urban residents, and even fewer complete college. Education level impacts employment opportunities, income, and other key social determinants of health.<sup>8</sup>

A member of your family receives  
treatment for their alcohol dependency and  
has been sober for six months.

Move forward one space.

From 1999 to 2014, the age-adjusted death rates for unintentional injuries were approximately 50% higher in rural areas than urban areas. Behavioral factors, including alcohol-impaired driving, contribute to higher injury rates in rural areas.<sup>14</sup>

Your local dentist begins to  
accept Medicaid patients.

If your profile indicates that you have Medicaid,  
move forward one space.

If your profile indicates that you have another type of  
health insurance, stay where you are.

Rural adults are more likely than non-rural adults to have untreated dental decay (32.6% vs. 25.7%), and rural children are less likely to receive preventative dental care than urban children (27.5% vs. 29.3%). Factors contributing to dental health disparities in rural areas include lack of providers, transportation barriers, and lower rates of dental insurance.<sup>33</sup>

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## A local church opens a food bank.

If you are below 200% of the Federal Poverty Level, move forward one space.

If you are above 200% of the Federal Poverty level, stay where you are.

In 2016, 15.0% of rural households experienced food insecurity at least once during the year, as compared to the national average of 12.3%. Over time, food insecurity can negatively affect learning, development, productivity, physical and mental health, and family life.<sup>35</sup>

## You and your provider discuss your reproductive health plan. You obtain a prescription for your contraceptive method of choice.

If your profile indicates that you have health insurance of any kind, move forward two spaces.

If your profile indicates that you do not have insurance and you are below 200% of the Federal Poverty Line, you are not able to afford the prescription – move back two spaces.

A 2006 survey of Colorado women aged 18-44 years found that rural women plan for contraceptive use less and were more likely to have had an unintended pregnancy than urban women. Rural women also rely on female sterilization to a greater extent than non-rural women.<sup>2</sup>

## You receive a pay raise at work.

Move forward two spaces.

In 2015, the median household income for people living in rural areas was \$52,386, compared to \$54,296 for those in urban areas.<sup>7</sup>

## Your family spends evenings and weekends together participating in healthy activities like hiking, swimming, and cooking homemade meals.

Move forward three spaces.

Meeting aerobic leisure time physical activity recommendations is one of the health-related behaviors highlighted by the Healthy People 2020 goals. As of 2013, adults living in rural counties had lower prevalence of current nonsmoking, maintaining normal body weight, and meeting aerobic leisure time physical activity recommendations and higher prevalence of nondrinking or moderate drinking than those living in non-urban counties.<sup>21</sup>

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A local social services organization starts a community garden in your town. In order to receive fresh produce, you must help maintain the garden at least once per week.

If your profile indicates that you live in town or that you have a method of transportation, move forward two spaces.

If your profile indicates that you live outside of town and do not have a method of transportation, stay where you are.

In 2016, 15.0% of rural households experienced food insecurity at least once during the year, as compared to the national average of 12.3%. Over time, food insecurity can negatively affect learning, development, productivity, physical and mental health, and family life.<sup>35</sup>

A low-cost community recreation center opens in your neighborhood. You are now able to exercise consistently, rain or shine.

Move forward two spaces.

Meeting aerobic leisure time physical activity recommendations is one of the health-related behaviors highlighted by the Healthy People 2020 goals. As of 2013, adults living in rural counties had lower prevalence of current nonsmoking, maintaining normal body weight, and meeting aerobic leisure time physical activity recommendations and higher prevalence of nondrinking or moderate drinking than those living in non-urban counties.<sup>20</sup>

You were breastfed as a child.

Move forward once space.

Both the World Health Organization and the American Academy of Pediatrics recommend that new mothers breastfeed their infants for at least six months. However, urban and rural women have significantly different breastfeeding behavioral outcomes, including consistently lower rates of breastfeeding among rural populations. The Centers for Disease Control and Prevention specifically list rural mothers as a priority group that should be targeted by breastfeeding promotion programs.<sup>5</sup>

A healthcare professional diagnosed you with autism at an early age, and helped you and your family access affordable early intervention services.

Move forward two spaces.

Early diagnosis and intervention are important factors for improving functional outcomes in children diagnosed with autism spectrum disorder (ASD). Although similar rates of ASD prevalence are reported in both rural (0.9%) and urban (1.0%) areas, individuals in rural communities report more limited access to the types of resources required for timely and appropriate ASD identification and intervention services.<sup>4</sup>

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