

Mission

The Northland Health Alliance (NHA) is dedicated to empowering the Northland public health system to improve the health status and health outcomes of all residents in the Northland.

The NHA was created in 2014 by local health organizations interested in improving the health and quality of life of residents in the Northland.

Every 3 years the NHA conducts a Community Health Needs Assessment (CHNA) that brings together information from resident surveys, public health data, census reports, and hospital data and identifies the most critical health problems in the Northland. Today, NHA members and partners work together to implement action strategies that address the health issues identified in the CHNA.

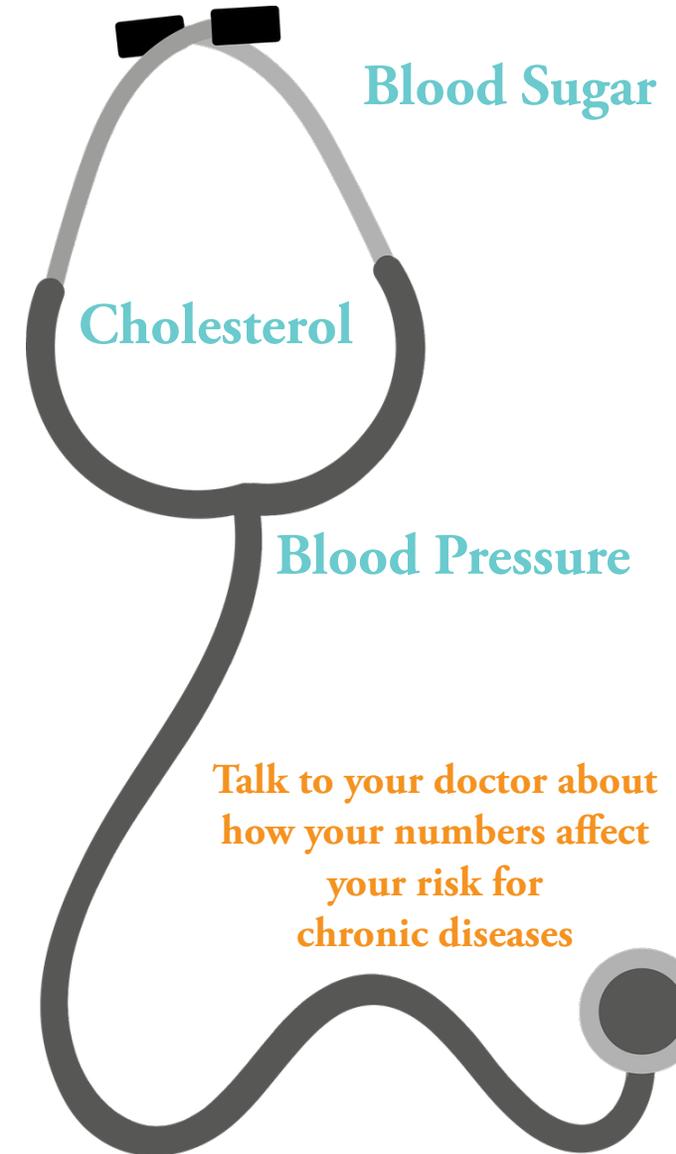
Contact Us

816-880-6700

northlandkchealthalliance.org



The Northland Health Alliance is comprised of the following organizations: Clay County Public Health Center, Platte County Health Department, Northland Health Care Access, North Kansas City Hospital, Tri-County Mental Health Services, Saint Luke's North Hospital, Liberty Hospital, Samuel Rodgers Health Center, Excelsior Springs Hospital, Children's Mercy Kansas City and Signature Psychiatric Hospital. The NHA is recognized as a Missouri Not for Profit organization and is expected to receive 501(c)(3) status in early 2019.



Blood Sugar

Blood sugar (glucose) is the main sugar found in your blood. It comes from the food you eat and is your body's main source of energy. Your blood carries glucose to all of your body's cells to use for energy. Diabetes is a disease in which your blood sugar levels are too high. Having too much glucose in your blood, over time, can cause serious problems. Even if you don't have diabetes, sometimes you may have problems with blood sugar that is too low or too high. Keeping a regular schedule of eating, activity and taking medications can help.

| Fasting Blood Sugar Level (mg/dl) | |
|-----------------------------------|---------------|
| Normal | Less than 100 |
| Pre-diabetes | 100-125 |
| Diabetes | More than 126 |

Did you know?

Diabetes is ranked as the 7th leading cause of death in Clay and Platte Counties.

Blood Pressure

Blood pressure is the force of blood against the walls of arteries. High blood pressure (hypertension) increases your chance of heart disease and is dangerous because it often has no symptoms. Prevent high blood pressure by reducing sodium (salt) intake, being active, and keeping a healthy weight. When it comes to blood pressure in children, "normal" is relative. Your doctor will calculate what's right for your child based on gender, age and height.

| Blood Pressure (mmHg) | | |
|-----------------------|--------------------------|------------------------------|
| | Systolic (top number) | Diastolic (bottom number) |
| Normal | Less than 120 | Less than 80 |
| Prehypertension | 120-129 | Less than 80 |
| Hypertension Stage 1 | 130-139 | 80-89 |
| Hypertension Stage 2 | 140 or higher | 90 or higher |
| Hypertensive Crisis | 180 or higher | 120 or higher |



Consume less than 1 teaspoon (2300 mg) of sodium (salt) a day, including sodium found in packaged prepared foods.

Cholesterol

High blood cholesterol is a condition that causes the levels of certain bad fats, or lipids, to be too high in the blood. This condition is usually caused by lifestyle factors, such as diet, in combination with the genes that you inherit from your parents. Less commonly, it is caused by other medical conditions or some medicines.

| Healthy Blood Cholesterol Levels | | |
|--|--|---------------------|
| High Density Lipoprotein (HDL) "Good" | Low Density Lipoprotein (LDL) "Bad" | Triglycerides |
| More than 60 mg/dl | Less than 100 mg/dl | Less than 150 mg/dl |



44% of Adults in Clay County and 35% of Adults in Platte County have High Cholesterol