

Benton County

Community Health Needs Assessment (CHNA) Report



Public Health
Prevent. Promote. Protect.
Benton County Public Health

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Promote Healthy Living Assessment

includes topics such as addictive behaviors (tobacco, alcohol, drugs, gambling), chronic disease (mental health, cardiovascular disease, cancer, asthma, diabetes, arthritis, etc.), elderly wellness, family planning, infant, child & family health, nutrition and healthy food options, oral health, physical activity, pregnancy & birth, and wellness.

Healthy Living Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
1 Substance Abuse in Youth	<p>Community Commons: *Benton County Rate- 18.9 % of adults binge drink (IA rate-21.4%)</p> <p>Benton County Youth Survey 2014: *21% of 11th graders, 5% of 8th graders, and 2% of 6th graders have drank alcohol at least once. *7% of 11th graders have abused over the counter drugs in the past 30 days (IA rate- 5%) *21% of IA 11th graders report drinking alcohol in the past month. (IA rate- 23%) *65% of 11th graders said it was "Easy/Very Easy" to have access to Alcohol. (36% for all grades)</p> <p>BBRFSS 2014 report: *Iowa among top 5 states for binge drinking *Iowa- 21.4% reported having at least 1 binge drinking episode in past 30 days *4.8% of Iowa admitted to driving while under the influence of alcohol</p> <p>Vinton Police Department: *2015 Drug arrest: 24, under age possession/alcohol: 7, consumption/alcohol: 7, possession controlled substance/drug paraphernalia: 24, DUI charge: 10, Drunkenness: 15</p> <p>Iowa Juvenile Court services: *Benton County: Alcohol related charges 2012: 41, 2013: 35, 2014: 18.</p> <p>County Health Rankings and Roadmaps: *Benton county ETOH related deaths=33% (IA=21%) *ETOH is the #1 abused substance in IA.</p> <p>State of Iowa Alcoholic Beverages Division:</p>	Yes	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input type="checkbox"/> Lack of human resources/ staff <input type="checkbox"/> Other <input type="checkbox"/> Community partners do not exist <input type="checkbox"/> Lead organization does not exist <input type="checkbox"/> Lack of financial resources

*Alcohol Compliance Checks 2012: 90% compliant, 2013=96.6% compliant, 2014=91% compliant.

Virginia Gay Hospital:

*Emergency room treatment for alcohol abuse/dependence-
2012: 34, 2013: 19, 2014: 12, 2015: 10

Healthy Living Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
2 Prescription Drug Abuse	<p>Benton County Youth Survey 2014: *Benton County Rate-5% of 11th graders have used prescription drugs in the past 30 days (IA rate-5%) *39% of Benton County 11th graders said it was "Easy/Very Easy" to have access to Prescription Medications.</p> <p>IDPH: *Iowans admitted for treatment for Opiate as their primary drug grew from 677 people in 2007 to 1707 in 2012-a 152% increase. *In 2014, 33 Iowans died from opioid overdose</p> <p>Iowa High School Youth Risk Behavior Survey 2011: *17.4% of Iowa High schoolers report 'Ever Took Prescription Drugs Without A Doctor's Prescription one or more times in their lives'</p> <p>Virginia Gay Hospital and Clinics: *Physicians write ~110 narcotic prescriptions per month and feel that this is excessive.</p> <p>National Institute of Health: *20 percent of people in the United States have used prescription drugs for non-medical reasons.</p> <p>2009-2010 National Survey on Drug Use and Health: *Among new abusers of pain relievers, 68% of new users (those who began misuse of pain relievers in the past year) obtained their abused pills from a friend or relative for free or took them without asking, 17% received prescriptions from one or more doctors, and 9% purchased pills from a friend, dealer, or the Internet.</p> <p>CDC 2011: *Nearly half a million of the emergency department visits in 2009 were due to people misusing or abusing prescription pain</p>	Yes	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input type="checkbox"/> Lack of human resources/ staff <input type="checkbox"/> Other _____ <input type="checkbox"/> Community partners do not exist <input type="checkbox"/> Lead organization does not exist <input type="checkbox"/> Lack of financial resources

relievers.

Healthy Living Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
<p>3 Adult and Child Obesity</p>	<p>Community Commons: *Benton County Rate-32.8 % of adults are obese (BMI >30), IA rate-30.4%</p> <p>IDPH WIC 2011 PedNSS County Report: *Benton County Rate 2009-2011, 18.2% (IA 17.3%) of WIC participants ages ≥2-5 years of age were considered overweight. 13.5% (IA 14.7%) were considered obese.</p> <p>Iowa High School Youth Risk Behavior Survey 2011: *14.5% of Iowans were Overweight (≥85th percentile but <95th percentile for body mass index) *13.2% of Iowans Were Obese(≥95th percentile for body mass index)</p> <p>Factors contributing to obesity/healthy lifestyle: 1) Lack of physical activity</p> <p>2015 County Health Rankings: *26.7% of Benton County adults aged 20 and over reported no leisure-time physical activity. *7.67% Benton County residents have access to recreation and fitness facilities (Iowa: 79% access to exercise opportunities)</p> <p>Benton County Survey 2016 *43.37% of Benton County residents reported that Physical Activity was a top 3 priority for promoting healthy living. (#2 priority)</p> <p>Iowa High School Youth Risk Behavior Survey 2011: *23.5% of Iowa's high-schoolers watched television 3 or more hours per day (on an average school day) *25% of Iowa's high-schoolers played video/computer games or used a computer more than 3 hours per day (for something that was not school work on an average school day)</p> <p>American Academy of Pediatrics: *Recommends no more than 1-2 hours of screen time per day for children and at least 60 minutes of physical activity per day.</p> <p>2) Food insecurities/Nutritional deficits:</p>	<p>Yes</p>	<p><input type="checkbox"/> Other priorities rated higher</p> <p><input type="checkbox"/> Existing programs already address problem/need</p> <p><input type="checkbox"/> Lack of human resources/ staff</p> <p><input type="checkbox"/> Other</p> <p><input type="checkbox"/> Community partners do not exist</p> <p><input type="checkbox"/> Lead organization does not exist</p> <p><input type="checkbox"/> Lack of financial resources</p>

Community Commons:

*80.7% of Iowans have inadequate fruit/vegetable consumption compared to United States 75.7%

Iowa State University Poverty and food needs report:

*10.6% of persons in Benton County are food insecure.

*203 (2%) Benton County households have no vehicle and low access to grocery stores. (IA 1.8%)

*Individuals with low access to grocery stores=3,824

*Low income individuals with low access to grocery stores=786 (3%)

Benton County Survey 2016:

*39.78% of Benton County Residents reported Nutrition as being a top 3 priority for promoting healthy living. (#3 priority)

HACAP:

*90,000 households in Iowa have limited access to safe and nutritious foods.

*Access is the basis for successful living.

3)Poverty

Community Commons 2009-2013:

*Children in poverty in Benton County=12.58% (IA=16.11%)

*Person below poverty level in Benton county=8.4% (IA=12.4%)

Iowa State University Poverty and food needs report:

*7.8% of Benton county individuals and families are in poverty.

*2,498 recipients participate in the Food Assistance Program.

*Benton County WIC Annual Participation- Infants/ Children-344, Women-120

*Number of eligible students for Free Lunch=901, Reduced Price Lunch=202

*Eligible % of Enrollment: 2013-2014 31.7% (IA=41.4%), Latest 3 year average=30.4% (IA=40.3%)

Prevent Injuries & Violence Assessment

includes topics such as brain injury, disability, EMS trauma & system development, intentional injuries (violent & abusive behavior, suicide), occupational health & safety, and unintentional injuries (motor vehicle crashes, falls, poisoning, drowning, etc.).

Injuries & Violence Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
<p>1 Suicide</p>	<p>Benton County Auditor: *Number of deaths by Suicide in Benton County 2011-5 2012-2 2013-1 2014-8 2015-1 *Average Deaths by Suicide per year: 3.4 in the past 5 years.</p> <p>2007-2011 Community Commons: *Benton County: Average 2 deaths per year by suicide *Iowa Rate: Average 13 deaths per year by suicide *United States: Average 12.6 deaths per year by suicide *Benton County Medicare beneficiaries with depression-16.8% *Iowa Medicare Beneficiaries with depression- 14.9%</p> <p>2010-2014 Benton County Snapshot: *Suicide Death Rate=13.57% (IA=13.2%)</p> <p>2014 Benton County Youth Survey: *In past 30 days have had feelings of worthlessness (some, most or all days) 25%-(All Grades) *Suicidal thoughts in past 12 months: 13% (All Grades), 6th grade-8.8% 8th grade-16.6%, 11th grade-14%. *Made a plan to commit suicide in last 12 months: 8% (All Grades) *Have tried to commit suicide in last 12 months: 4% (All Grades)</p> <p>America's Health Rankings--United Health Foundation: *33 out of the past 30 days adults self-reported their mental health was not good. Iowa is ranked 6th for poor mental health days.</p> <p>American Psychological Association: *90% of young children who commit suicide have some kind of mental health disorder, usually major depression.</p> <p>National Institute of Mental Health: *Risk factors for suicide include depression and other mental disorders and substance-abuse disorders (often in combination</p>	<p>Yes</p>	<p><input type="checkbox"/> Other priorities rated higher</p> <p><input type="checkbox"/> Existing programs already address problem/need</p> <p><input type="checkbox"/> Lack of human resources/ staff</p> <p><input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> Community partners do not exist</p> <p><input type="checkbox"/> Lead organization does not exist</p> <p><input type="checkbox"/> Lack of financial resources</p>

with other mental disorders). More than 90% of people who die by suicide have these risk factors. The risk for suicide frequently occurs with external circumstances that seem to overwhelm at-risk teens who are unable to cope with the challenges of adolescence because of predisposing vulnerabilities such as mental disorders.

Benton County Survey 2016:

*53.76% of Benton County Residents chose Suicide as a top 3 priority for preventing injuries.

*66.31% of people responded that Mental Health is a top 3 priority for promoting healthy living.

Injuries & Violence Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
2 Motor Vehicle Accidents-related to Drunk Driving	<p>CDC BRFSS 2012: *National Rate- 1.9% adults report driving after drinking too much. Iowa Rate-3.1% *968 people were killed in crashes involving a drunk driver in Iowa *About 1 in three traffic deaths in the US involves a drunk driver.</p> <p>Benton County Iowa Youth Survey 2014: *Benton County Rate: 9% of 11th graders drove after substance abuse (IA rate-12%)</p> <p>BRFSS 2014 report: *4.8% of Iowa admitted to driving while under the influence of alcohol</p> <p>Community Commons: *Death due to motor vehicle crashes per 100,000 population-Benton county: 19.6% (Iowa 11.4%) (US 10.8%)</p> <p>Benton County Survey 2016: *41.94% of Benton County Residents chose MVA as a top three priority for preventing injury. (#3)</p> <p>Iowa learner permit stage begins at 14 years old, one of the youngest ages in the US. The permit requires a student to drive with adult supervision. The minimum permit age in IL is 15. In WI permit age is 15 years, six months. Eight states and the District of Columbia set the permit age at 16.</p>	No	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input type="checkbox"/> Lack of human resources/ staff <input type="checkbox"/> Other <input checked="" type="checkbox"/> Community partners do not exist <input checked="" type="checkbox"/> Lead organization does not exist <input checked="" type="checkbox"/> Lack of financial resources

Protect Against Environmental Hazards Assessment

includes topics such as drinking water protection, food waste, food safety, fluoridation, hazardous materials, hazardous waste, healthy homes, impaired waterways, lead poisoning, nuisances, on site wastewater systems, radon, radiological health, soil erosion, and vector control.

Environmental Hazards Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
1 Protect Drinking Water	<p>Benton County Environmental Health Annual Report (2015): *48 wells tested, 10 for real-estate purposes and not charged to the grant. *Well Closures=6 Rehab=0 *84 on-site private waste water permits issued *27 private well water permits issued</p> <p>Benton/Tama Nutrient Reduction Demonstration Project: -Nitrate in water is an issue throughout the Midwest, but Iowa is especially vulnerable because about 90 percent of the state is dedicated to agriculture. Corn requires an abundant supply of nitrogen, which must be added to the soil through the application of nitrogen fertilizer or manure.</p> <p>U.S. Environmental Protection Agency: *The federal government requires that nitrates not exceed 10 milligrams per liter of water — a level that without treatment can be deadly to infants 6 months and younger *Sites with nitrate testing above 5 milligrams 2009-2014: Belle Plaine 17 times</p> <p>Cedar River Watershed: *Impaired Waters: As of 2012, 43 lakes and streams were listed as impaired in the Cedar River Watershed. This means that water quality in these lakes and rivers does not meet applicable standards *Nearly 73% of the total Cedar River watershed is used for row crop production. Previous studies have shown that nitrate concentrations in streams are significantly correlated to the percentage of row crop within the watershed.</p> <p>Benton County Survey 2016: *81.36% of Benton County Residents chose 'Protect Drinking Water' as a top 3 priority for protecting against environmental hazards. (#1)</p>	Yes	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input type="checkbox"/> Lack of human resources/ staff <input type="checkbox"/> Other _____ <input type="checkbox"/> Community partners do not exist <input type="checkbox"/> Lead organization does not exist <input type="checkbox"/> Lack of financial resources

Benton County

Prevent Epidemics & the Spread of Disease Assessment

includes topics such as disease investigation, control & surveillance, HIV/AIDS, immunization, reportable diseases, sexually transmitted diseases (STDs), and tuberculosis (TB).

Epidemics & Spread of Disease Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
1 Childhood Immunizations	<p>IDPH 2014 Immunizations in Iowa Report: *69% of Benton County 2 year olds are Up-To-Date with Vaccines and Selected Vaccination Series (75% in 2013) *70% of Benton County 2 year olds immunization records are in IRIS for analysis. *57% of Benton County 13-15 year olds are Up-To-Date with Vaccines and Selected Vaccination Series (52% in 2013) *99.93% of Benton County K-12 Students have a valid immunization certificate. 45 provisional, 13 medical exemption, 77 religious, 3 invalid *98.69% of Benton County children in "Child Care" have a valid immunization certificate. 16 provisional, 6 medical exemptions, 7 religious, 9 invalid *35% females Up to Date with 3 HPV Vaccinations 12% males up to date with 3 HPV Vaccinations</p> <p>CDC: *HPV infections are the most common sexually transmitted infections in the United States. About 14 million new genital HPV infections occur each year. CDC estimates that more than 90% and 80% respectively, of sexually active men and women will be infected with at least one type of HPV at some point in their lives. Around one-half of these infections are with a high-risk HPV type.</p> <p>Benton County Survey 2016: *88.17% of Benton County Residents chose 'Immunizations and Vaccines' as a top three priority for preventing epidemics. (#1)</p>	Yes	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input type="checkbox"/> Lack of human resources/ staff <input type="checkbox"/> Other _____ <input type="checkbox"/> Community partners do not exist <input type="checkbox"/> Lead organization does not exist <input type="checkbox"/> Lack of financial resources

Prepare for, Respond to, & Recover from Public Health Emergencies Assessment

includes topics such as communication networks, emergency planning, emergency response, individual preparedness, recovery planning, risk communication, and surge capacity.

Preparedness Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
1 Emergency Personal Preparedness	<p>Benton County Survey 2016: *68.46% of Benton County residents chose 'Emergency Planning' as a top priority concerning the preparation for, and plans to respond and recover from PH emergencies.</p> <p>2012 Fema National Survey: (Emergency Preparedness) *Under the category Make a Plan, the percentage of respondents who reported making a household emergency plan (43 percent) has fluctuated somewhat over the past few years without any substantial increase since the behavior was first measured in 2007.</p> <p>*Under the category Build a Kit, the percentage of respondents who have disaster supplies in their homes (52 percent) has remained fairly steady over time.</p> <p>*As a more accurate measure of respondents with up-to-date disaster supplies, a measure was calculated to include not only respondents who had disaster supplies, but also those who had updated the supplies within the past year and those who were able to name three or more disaster supplies they had in their home. Results show that the percentage of respondents with updated supplies was about 20 percentage points lower (results of 29%) than the percentage of respondents who initially reported having disaster supplies.</p>	Yes	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input type="checkbox"/> Lack of human resources/ staff <input type="checkbox"/> Other _____ <input type="checkbox"/> Community partners do not exist <input type="checkbox"/> Lead organization does not exist <input type="checkbox"/> Lack of financial resources

Strengthen the Health Infrastructure Assessment

includes topics such as access to quality health services, community engagement, evaluation, food security, food systems, food and nutrition assistance (SNAP, WIC), health facilities, health insurance, medical care, organizational capacity, planning, quality improvement, social determinants (e.g., education & poverty levels), transportation, and workforce (e.g., primary care, dental, mental health, public health).

Health Infrastructure Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
1 <input type="text" value="Health Care Workforce"/>	<p>HRSA: *Mental Health: Benton County is 14th of 26 on the Health Provider Shortage Area (HPSA). The higher the score the greater the priority. *Health Provider Shortage Area=population-to-psychiatrist ration greater than 30,000 to 1. * 89 of 99 IA counties are considered mental health care provider shortage area</p> <p>Iowa Health Rankings: *Iowa has 89 primary care physicians per 100,000 population. Ranked 45/50.</p> <p>HRSA: *Iowa has 89 primary care physicians per 100,000 population. Ranked 45/50. *Benton County Belle Plaine Township Index of Medically Underserved score is 59.40. Lowest score is 0 (highest need), and highest score is 100 (lowest need)</p> <p>Iowa Health Fact Book 2013: Benton County *6 physicians per 10,000 population *5 primary care physicians per 10,000 population *5 family practice physicians per 10,000 population *0 internal med physicians *0 pediatric physicians *0 OB/GYN *1 general surgeon *10 PA per 10,000 population *2 advanced practice nurses *10 pharmacists *5 dentists</p> <p>Relates to Healthy Lifestyles and Behaviors at All Ages, Substance Abuse, Unintentional/Intentional Injuries,</p>	Yes	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input type="checkbox"/> Lack of human resources/ staff <input type="checkbox"/> Other <input type="checkbox"/> Community partners do not exist <input type="checkbox"/> Lead organization does not exist <input type="checkbox"/> Lack of financial resources

Benton County

FEBRUARY 26, 2016

COMMUNITY HEALTH NEEDS ASSESSMENT SNAPSHOT



Promote Healthy Living

- Priority #1 Substance Abuse in Youth
- Priority #2 Prescription Drug Abuse
- Priority #3 Adult and Child Obesity



Prevent Injuries & Violence

- Priority #1 Suicide
- Priority #2 Motor Vehicle Accidents-related to Drunk Driving



Protect Against Environmental Hazards

- Priority #1 Protect Drinking Water



Prevent Epidemics & the Spread of Disease

- Priority #1 Childhood Immunizations



Prepare for, Respond to, & Recover from Public Health Emergencies

- Priority #1 Emergency Personal Preparedness



Strengthen the Health Infrastructure

- Priority #1 Health Care Workforce