

Allamakee County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- Rank#1 Obesity rates are high in Allamakee County. Numbers show from 2007 to 2009, 17.4% of children older than 2 years of age weigh above the 95th percentile growth chart in Allamakee County; the state rate is 15%. According to the 2004 BRFSS estimates, the adult Allamakee County's obesity rate is 62.2%; the need is to decrease this number.
- Rank #2 Prescription drug abuse is on the rise. According to the Iowa Youth Survey (2008), 9% of 11th graders in Allamakee County reported abusing over-the-counter drugs in the past 30 days; the state rate is 6%.
- Rank #3 Under-age drinking and binge drinking are prevalent in Allamakee County. According to the Iowa Youth Survey (2008) 40% of 11th graders in Allamakee County reported binge drinking in the last 30 days. State rate is 27%.
- Rank #4 Tobacco use among youths is higher than tobacco use in adults. According to the Iowa Youth Survey (2008) 22% of 11th graders in Allamakee County reported using tobacco in the last 30 days the state rate is 18%.
- Problem #5 Children and families in Allamakee County lack access to affordable health care. According to the Census Bureau, Small Area Health Insurance Estimates Program (2006), there are 1,945 uninsured individuals in Allamakee County and 1,933 persons on Medicaid. According to the US Census Bureau, Population Division, Allamakee County's population is 14,538. That makes approximately 27% of persons in Allamakee County uninsured or insured with state funds.
- Problem #6 Increase in cancer and cancer related deaths in Iowa. According to the University of Iowa, the age-adjusted rate of cancer in Allamakee County (cancer in all sites from 2003 to 2006 age adjusted to the 2000 US Standard per million population) in Allamakee County is 172.96. This number is lower than the current state rate of 182.17. This is based on data released May 7, 2009.

Prevent Injuries

Problems/Needs:

- Problem #1 Domestic violence and sexual abuse for Northeast Iowa are high. 78 clients in Allamakee County utilized the domestic violence and sexual abuse resource center. 11 clients needed transitional housing. The total number of clients in Northeast Iowa served by these resources was 270. Data reflect the period from July 1, 2009 to June 30 2010.
- Problem #2 Mental health services needed in Allamakee County schools. The Search Institute Profiles of Student Life: Attitudes and Behaviors Survey reports that 11% of Allamakee County youth (6th, 8th, 10th and 12th graders) report that they have tried to kill themselves.
- Problem #3 Texting or cell phone usage while driving. This problem was reported via our survey. It is found that since 2001, 5126 motor vehicle accidents involved the use of cellular telephones by 1 or more operators. Information is provided by the Governor's Traffic Safety Bureau.

Protect Against Environmental Hazards

Problems/Needs:

- Problem #1 Allamakee County has many older homes that do not have updated wastewater systems. This is a potential contaminant to the drinking water supply.
- Problem #2 Higher than average levels of radon in Allamakee County homes. The national average for radon levels is 1.3 pCi/L; Allamakee County radon average is 7.8 pCi/L. This information is provided by Air Chek, Inc. The need is to make people aware of the potential problems associated with Radon exposure and to check their homes for Radon levels.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- Problem #1 Several minority groups in Allamakee County refuse or do not routinely get vaccinated. The problem in the past year is that several vaccine preventable diseases were spread by these minorities to include mumps and pertussis.

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

Problems/Needs:

- Problem #1 Allamakee County Public Health is hospital-based and must serve double duty in the case of emergencies such as hospital and public health emergencies. The appropriate training and staff for emergencies can be hard to come by.

Strengthen the Public Health Infrastructure

Problems/Needs:

- Problem #5 Child and family health in Allamakee County is at risk because of lack of access to affordable health care. According to The Census Bureau, Small Area Health Insurance Estimates Program (2006), there are 1,945 uninsured individuals in Allamakee County and 1,933 persons on Medicaid. Allamakee County population according to the US Census Bureau, Population Division, Allamakee County's population is 14,538. That makes approximately 27% of persons in Allamakee County uninsured or insured with state funds.

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>To continue promoting healthy behaviors by establishing continued collaboration among multiple sectors of the community. Our goal is to enhance community participation and education on healthy behaviors and decrease unhealthy behaviors.</p>	<p>Collaborate with private personal professionals to educate families of not just youth, but individuals needing assistance on the topic of prescription drug abuse. Decrease prescription drug abuse in youth by 1% annually. Baseline data is 9% currently. Education to be provided in outlets to include flyers, posters and press releases.</p>	<p>Helping Services for Northeast Iowa and Allamakee Substance Abuse Prevention (ASAP) Substance Free Allamakee (community coalition)</p>	<p>Fall of 2011 and annual review</p>
	<p>Decrease the Allamakee County overall obesity rate to 60%. The current overweight/obesity rate in Allamakee County is 62.2%. This information is from the 2004 BRFSS, map of Iowa. Education to the public would include offering healthy alternatives to unhealthy behavior that contributes to obesity that could include promotion of exercise classes, promotion of gardening, and education on healthy food choices and periodic health screenings. Subsequently because of this strategy the mortality rate of cancer may be decreased. Even though decreasing cancer mortality is not a primary strategy, we will follow the statistics reported by the University of Iowa through the Iowa Cancer Registry to see if the rate decreases. The age-adjusted rate of cancer in Allamakee County (cancer in all sites from 2003 to 2006 age adjusted to the 2000 US Standard per million population) in Allamakee County is 172.96; this number is lower than the current state rate of 182.17. This is based on data released May 7, 2009.</p>	<p>Food and Fitness Initiative through the Kellogg Grant Allamakee County Public Health, Community Connections</p>	<p>Fall of 2015 along with annual review of progress</p>
	<p>Decrease underage drinking and binge drinking in Allamakee County by 0.5% annually with an overall goal of 3%. Community agencies and coalitions will educate the public on the negative side effects of alcohol while providing healthy solutions alternative activities. According to the Iowa Youth Survey (2008) 40% of 11th graders in Allamakee County</p>	<p>Helping Services for Northeast Iowa and Allamakee Substance Abuse Prevention (ASAP) Substance Free</p>	<p>Fall of 2011 and annual review</p>

	<p>reported binge drinking in the last 30 days. The state rate is 27%</p>	<p>Allamakee(communit y coalition), Community Connections</p>	
	<p>Decrease the smoking rates among youth by 0.5% annually with an overall goal of 3%. Youth will be educated on the negative side effects of tobacco as well as new products that are targeting the youth population. A coalition will meet monthly to discuss tobacco related concerns. The Just Eliminate Lies group (JEL) will meet on a monthly basis and educate their peers. Quitline Iowa will be promoted throughout Iowa. According to the Iowa Youth Survey (2008), 22% of 11th graders in Allamakee County reported using tobacco in the last 30 days; the state rate is 18%.</p>	<p>Helping Services for Northeast Iowa and Substance Free Allamakee(communit y coalition), Allamakee Substance Abuse Prevention (ASAP)</p>	<p>Fall of 2011 and annual review</p>
	<p>Increase available, affordable health care to our area by initiating a Community Health Center (CHC). Educate providers and the public on how a CHC would benefit our county. The benefit of CHC will be measured by increasing the number of people currently served by a CHC in our area. Current number of people served is 0. Subsequently by providing more affordable health care to our area more people will get health care and early detection of cancer will decrease morbidity of cancer. We will trace cancer mortality using the same data as above and will look for a decrease, but since it may take years to get the CHC up and going the cancer mortality decrease may be minimal and is not a primary strategy, just a positive side effect. The statistics on cancer mortality are reported by the University of Iowa through the Iowa Cancer Registry. The age adjusted rate of cancer mortality in Allamakee County (cancer in all sites from 2003 to 2006 age adjusted to the 2000 US Standard per million population) is 172.96; this number is lower than the current state rate of 182.17. This data was released May 7, 2009.</p>	<p>Ken Olson, MD Staff of free clinic in Decorah and Allamakee County Public Health(as needed), Gundersen Lutheran</p>	<p>Fall of 2015 along with annual review of progress</p>