

Appanoose County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- Physical Activity/ Nutrition Obesity ranking in Appanoose County 68%, which is higher than the Iowa's State ranking of 63%. Currently, Centerville Trails to Health and Wellness are working on obtaining grants to create a sidewalk system between our schools to provide a safe pathway for children to walk and to encourage activity. Our committee is working to implement We Can!--a program to help children maintain a healthy weight.
- Satellite centers for meals. Currently 3 centers in Appanoose County provide meals for seniors. This leaves 3 smaller towns that seniors have to commute to be a part of the program. Appanoose County also provides meals on wheels, however, this service is only to Centerville residents.
- Appanoose County shows poor health, premature deaths related to high number of adults without college degrees and children in poverty. Heart disease is the leading cause of death 365.1 compared to the state average of 178.5.
- The Appanoose County snapshot shows higher levels of binge drinking (24% compared to a state average of 20) and cigarette smoking (28% compared to a state average of 21).

Prevent Injuries

Problems/Needs:

- Suicide death rate: Appanoose County 16.5% State 11.4%
- Motor Vehicle Accidents: Appanoose County 29.4% State 14.4%

Protect Against Environmental Hazards

Problems/Needs:

- Safe/ Affordable housing- concerns about lead/ radon.
- Hospitalization d/t asthma: Patients 19 and under 6.3%, State 6.8%, adults 20 and over 10.5% State 7.4%.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- Minimal disease follow ups in Appanoose County. Working with Drs.' offices and hospital on reportable diseases.
- Flu Vaccination: adults 51% compared to state average 61%
- Hospitalizations related to pneumonia 231.5 compared to state average 145.9

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

Problems/Needs:

- High percentage of Elderly and special needs population in Appanoose County dependent on the county for recovery.

Strengthen the Public Health Infrastructure

Problems/Needs:

- Currently one out of four dentists will take new Title 19 patients.
- Appanoose County has no after hours/ urgent care facilities forcing patients to utilize the emergency room for care.
- Housing of Public Health, mental health, and Appanoose County General Assistance. How accessible are we to the public?
- Loss of DHS office in our county.
- Mental health- No psychiatric care immediately available. Currently contracted with Mary Greeley Medical Center in Ames, Iowa.

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>Appanoose County children will achieve and maintain healthy weight by reducing the number of students that become over weight between 2nd and 5th grade.</p>	<p>Address obesity in Appanoose County Children.</p>	<p>CHNA HIP assessment team.</p>	<p>Started Planning 5-18-10 will continue through 12-31-2015</p>
	<p>Implement "We Can" program, initially starting with 5th grade then increasing to include 4th and 6th.</p>	<p>CHNA HIP assessment team.</p>	<p>Initiated 01-2011 will continue through 12-31-2015</p>
	<p>Implement activities that increase physical activity, decrease TV and gaming time and promote/educate healthy eating habits.</p>	<p>CHNA HIP assessment team</p>	<p>Initiated 01-2011 will continue through 12-31-2015.</p>
	<p>Collaborate with Centerville Trails to Wellness to extend sidewalks between schools to promote increased physical activity and provide a safe walking environment.</p>	<p>CHNA HIP assessment team</p>	<p>Started with initial planning and will continue through 12-31-2015.</p>