

Clayton County

Contact: Nancy Yelden, Clayton County Visiting Nurse Association 563-245-1145 nancy.yelden@finleyhospital.org

Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- Our committee has identified the need to decrease Alcohol and Substance Abuse including oral cancer in Clayton Co. Listed below are local statistics for Clayton Co. regarding alcohol and substance abuse: In FY2009-10 Northeast Iowa Drug Task Force charged 259 people on drug related charges. 38 people were arrested for manufacturing drugs, 89 for distribution/delivery of controlled substances and 145 for possession of controlled substances. From 2008 Iowa Youth Survey: 32% of Clayton Co. 11th graders report smoking within the past 30 days as compared to 31% state wide. 5% of Clayton Co. (4% state) for 6th graders report using tobacco products, 15% of Clayton Co. 8th graders (14% state), 36% of Clayton Co. of 11th graders (37% state). 10% of Clayton Co. (9% state) 6th graders report having used drugs (includes illegal, not their prescription, or misuse of over the counter), 13% of 8th graders (16% state), 21% of 11th graders (33% state). 6% of Clayton Co. 6th graders report binge drinking (5 or more drinks) within the past 30 days (1% state), 9% of 8th graders (9% state), 33% of 11th graders (27% state).
- Our committee has identified the need to decrease obesity in Clayton Co. Listed below are local and state statistics for Clayton Co. regarding obesity. The BRFSS for 2007-2009 lists Iowa as ranking 22 (51 is lowest rate) in US as having the highest rate of adult obesity. PedNSS Data through Iowa WIC program identifies from 2007-2009 19% of over age 2yrs are overweight (85th-95th percentile) in comparison to state data of 17.5%. Local WIC data identifies 31-37% of children under age 4 on WIC are obese. Central Community School K-6th grade data for school years 2009-2010 and 2010-2011: # students screened - 241 (09-10) and 242 (10-11), % over wt - 18% (09-10) and 19% (10-11), % obese- 17.6% (09-10) and 18.7% (10-11). Clayton Co. Head Start Centers for school year 2010-11: # students screened: Boys: 33, Girls: 35, Total: 68. Underweight: Boys 0%, Girls 3%, Total: 1%. Normal BMI (5th -85th percentile Boys: 61%, Girls: 49%, Total: 54%. Overweight or obese (=or above 85th percentile Boys 39%, Girls 49%, Total: 44%. Obese (=or above 95th percentile): Boys: 21%, Girls: 26%, Total: 24%.
- Diabetes
- Alzheimer's Disease/Dementia/Elder Abuse: 36% of nation's population is over age 65
- COPD

Prevent Injuries

Problems/Needs:

- Car accidents due to texting, cell phone use, seat belt use, child passenger seats, and young and old drivers.
- Our committee has identified need to reduce the number of falls among our older population. Data from IDPH, 2002-2006 indicates the hospitalization rate for falls for all ages in Clayton Co. is 158.4 in comparison to 197.3 in Iowa. For age over 65 in Clayton Co. the hospitalization rate is 634.2 in comparison to 1,175.2 in Iowa. The death rate for falls for all ages in Clayton Co. is 13.1 in comparison to 8.5 in Iowa. The death rate for over age 65 from falls is 53.3 in Clayton Co. compared to 69.5 in Iowa.
- Boating safety
- Farm Safety

Protect Against Environmental Hazards

Problems/Needs:

- Childhood Lead Poisoning
- Septic Tank Inspections
- Well water testing/ closing abandoned wells
- Mercury exposure in fish

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- Lack of volunteers to staff to mass vaccination clinics when responding to public health emergencies such as H1N1.

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

Problems/Needs:

- Flood response for emergencies

Strengthen the Public Health Infrastructure

Problems/Needs:

- Mental Health Issues
- Suicide: Mental Health First Aid
- Access to care, poverty, low income, Title XIX, Hawk-I, Teen Pregnancy: 600 women at 250% of federal poverty level could benefit from subsidized family planning services (Currently 47 clients are served in Clayton Co.), teen (age10-19) pregnancy rate is 8-9%,
- STDs for 2008 were Chlamydia 13 cases, down 7 from 2007, Gonorrhea 1 case, increase by 1 from 2007, and there are 7 cases of HIV/AIDS

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>#1: To prevent increase in substance use among Clayton County youth grades 6-11 by December 2015.</p> <p>Baseline data: Baseline data: Clayton County Iowa Youth Survey Trend Results, utilizing current use (i.e. any use within the past 30 days).</p> <p>2008 figures for alcohol were 23.1%; Tobacco – 10.9%; Illegal Drugs – 8.4%. Please note that Clayton County experienced an INCREASE in tobacco use between 2002 -2005 (.4%) and an INCREASE in illegal drug use from 2002-2005 (3.5%).</p>	<p>Collaborate with community partners to offer programs to reduce adolescent associated risk behavior related to substance use issues: teen pregnancy and motor vehicle accidents for community and school districts.</p>	<p>Substance Abuse Services of Clayton Co.: Merry French, Building Futures for Youth Coalition, and Central SAFE Coalition</p>	<p>ongoing till 2015</p>
	<p>To develop and implement a community readiness survey within at least two communities in Clayton Co.</p>	<p>Substance Abuse Services of Clayton Co.: Merry French</p>	<p>3/31/11</p>
	<p>Analyze the results of community readiness survey and use the information to implement strategic plan and further programming.</p>	<p>Substance Abuse Services for Clayton Co., SAFE Coalition, Clayton Co. Board of Health and other community partners.</p>	<p>6/30/12</p>

Goal	Strategies	Who is responsible?	When? (Timeline)
#2: To develop and implement an alcohol consumption survey to collect data to determine baseline by 6/30/11. Baseline data: To be determined from the survey.	To organize and implement a social marketing campaign to promote participation in the Alcohol consumption survey.	Substance Abuse Services for Clayton Co. and SAFE Coalition	6/30/2011
	Analyze the results of community readiness survey and use the information to implement strategic plan and further programming.	Substance Abuse Services for Clayton Co., SAFE Coalition, Clayton Co. Board of Health and other community partners	6/30/12

Goal	Strategies	Who is responsible?	When? (Timeline)
# 3: Goal: To prevent a further rise in obesity in children ages 2yrs to 12 yrs in Clayton Co. by December 2015. Baseline: School data (Fall 2010) - Kindergarten Class of 2023: 18% overweight and 23% obese. WIC data (2010) for Clayton Co: 31-37% of children under age 4 are obese. Clayton Co. Head Starts (Fall 2010): 44% overweight or obese (= or above 85th percentile and 24% obese (= or above 95 th percentile).	To develop a data collection system for children in Clayton Co. for ages 2-12 yrs to track weights/BMI's of students in schools to assist in evaluating if future programs implemented are decreasing incidence of obesity.	School nurses in Clayton Co., Early Head start program, Head Start program, and WIC program.	All partners will implement a tracking system or develop process to share statistics with sub-committee by 12/2012.
	Collaborate with NEIF&F for Central Community, Clayton -Ridge, and MFL-MAR-MAC schools to develop active School Wellness programs to address educational needs of student and staff and policy development.	School nurses in Clayton Co., NEIF&F Student committees, & NEIF&F subcommittees.	All schools will have active wellness committees by 12/2011.

	<p>Increase promotion and awareness of environmental activities/opportunities to increase individual physical activity by working with local partners.</p>	<p>Central Community Hospital, Guttenberg Municipal Hospital, School Wellness Committees, Clayton Co. VNA, Head Start and Early Head Start and WIC program.</p>	<p>ongoing till 12/2016.</p>
	<p>Work with NEIF&F Community Health sub-committee to utilize IDPH "Healthy Communities Wellness Grant" to focus on health messaging targeted to children ages 0-8 yrs.</p>	<p>NEIF&F Community Health subcommittee, Clayton Co VNA, WIC program, Head Start and Early Head Start.</p>	<p>12/2011</p>

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>#4: Goal: To prevent further rise in % of obesity of Clayton Co. residents over age 18 by December 2015. Baseline data: County Health Rankings September 2010: 28% of adults are obese.</p>	<p>Expand adult “Healthy Lifestyle” classes’ county wide with the educational programs.</p>	<p>Guttenberg Municipal Hospital, Central Community Hospital and Clayton Co. VNA</p>	<p>Classes will be offered in at least 3 communities in Clayton Co. by 12/2012.</p>
	<p>Increase promotion and awareness of environmental activities / opportunities To Increase individual physical activity by working with local partners.</p>	<p>Central Community Hospital, Guttenberg Municipal Hospital, School Wellness Committees, Clayton Co. VNA.</p>	<p>ongoing till 2/2016</p>
	<p>Promote Wellness Screening which may include glucose or HHgA1C, lipid panels, and Blood pressure checks for Clayton Co. adults.</p>	<p>Central Community Hospital and Guttenberg Municipal Hospital</p>	<p>ongoing till December 2016</p>
	<p>Promote nutritional educational opportunities for Clayton Co. residents.</p>	<p>ISU extension, Child/Adult Care Food Program</p>	<p>ongoing till December 2016</p>

Goal	Strategies	Who is responsible?	When? (Timeline)
<p># 5 Goal: To prevent an increase in number of falls among older adults in Clayton Co. Baseline: Data from IDPH, 2002-2006 indicates the hospitalization rate for falls for all ages in Clayton Co. is 158.4 in comparison to 197.3 in Iowa. For age over 65 in Clayton Co. the hospitalization rate is 634.2 in comparison to 1,175.2 in Iowa. The death rate for falls for all ages in Clayton Co. is 13.1 in comparison to 8.5 in Iowa. The death rate for over age 65 from falls is 53.3 in Clayton Co. compared to 69.5 in Iowa.</p>	<p>To conduct "Matter of Balance" classes in at least two Clayton Co. communities over the course of 18 months. Since Matter of Balance is an evidence based program already; research has shown that participants who complete the class show significant improvements regarding their ability to: find a way to get up from a fall, find a way to reduce falls, protect themselves if they fall, increase their physical strength, become more steady on their feet, and increase social activity and exercise levels.</p> <p>All participants complete a pre and post questionnaire that is submitted to the national research organization following progress which will be used to measure effectiveness of program.</p>	<p>Northland Area Agency on Aging, Central Community Hospital, Guttenberg Municipal Hospital and Clayton Co. VNA</p>	<p>December 2012</p>