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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:
<p>1 Healthy Lifestyles and Behaviors for all Allamakee County Residents</p>	<p>Overweight/Obesity- According to the Center for Disease Control and Prevention and Behavioral Risk Factor Surveillance System, 38.5% of adults aged 18 and older self report that they have a BMI between 25.0 and 30.0 (overweight). The Iowa overweight percentage is 35% and the United States has a percentage of 35.8%. The same study suggests that adults aged 20 and older that report they have a BMI greater than 30.0 (obesity) is 29.8% in Allamakee County. The state percentage falls at 30.4% with the national percentage being 27.1%.</p> <p>Many factors contribute to this health risk:</p> <p>1) Food insecurities and poverty greatly impact a persons ability to access healthy food choices on a regular basis. In Allamakee County 48.98% of children under the age of 18 are at or below the Federal Poverty Level, almost 10% higher than the Iowa average of 37.85% and the U.S. level of 43.81%. The Food Insecurity Rate for Allamakee falls at 12.29% with an Iowa average of 12.6%. To combine these rates the percentage of low income individuals with low food access is 8.58% in this county. Because unhealthy eating habits may lead to significant health issues, the %of adults with inadequate fruit/ vegetable consumption is a relevant statistic. This percentage is 85.3% in Allamakee County. Across Iowa the average is 80.7% and 75.7% in the United States. Data source: National Center for Education Statistics, U.S. Census Bureau, United States Dept. of Agriculture.</p> <p>2) Lack of educational achievement can directly impact access to health and the ability to engage in healthy behaviors. The population of adult residents without a high school diploma is 10.97%. Iowa 9.03%. This statistic is relevant because of the correlation between education and positive health outcomes. Data source: U.S. Census Bureau.</p> <p>3) Lack of physical activity- current behaviors are determinants</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>

of future health. The percentage of the adult population with no leisure time activity in the last 30 days is 23.4% for Allamakee County. 24.2% is the state average and 22.6% the national average. Data source: National Center for Chronic Disease Prevention and Health Promotion. Access to fitness facilities can be a barrier for many. According to the U.S. Census Bureau, County Business Patterns, Allamakee County has 6.98 establishments per 100,000 population. The state and national averages are 11.8% and 9.7%, respectively.

4) An aging population provides different and individualized health needs. 19.98% of the Allamakee County population is 65 and older. Iowa average 15.08%, and U.S. 13.43%

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 Chronic Disease	<p>Healthy Outcomes- comparing the incidence of some chronic disease with other indicators (such as diet and exercise) with outcomes such as stroke and obesity correlations may be found to help us understand how community health needs may be addressed.</p> <p>1) Adult diabetes puts people at risk for further complications and co-morbidities. The age adjusted rate of the population diagnosed with adult onset diabetes is 7.1% for age 20 and older. (Iowa rate 8.45%). Data source Center for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.</p> <p>2) Heart Disease- a relevant indicator because coronary heart disease is the leading cause of death in the U.S. Allamakee County adults age 20 and older diagnosed with heart disease is 4.1% (Iowa 4.2%). Data source: Center for Disease Control and Prevention, Behavioral Risk Factor Surveillance Survey.</p> <p>3) Cancer- also a leading cause of death. According to the Iowa Cancer Registry from 2008-2012 the age adjusted incidence rate (cases per 100,000) for Allamakee County is 428.5. The State of Iowa incidence is 473.3. The United States incidence is 453.8. In Allamakee County the annual incidence rate of breast cancer (per 100,000 population) is 125.7 cancer (Iowa is 124.8 and U.S. is 122.7. Allamakee County annual incidence rate of colon and rectum cancer (per 100,000 population) is 61.3 (Iowa 48.4 and U.S. 43.3). Additional data source: National Institutes of Health, National Cancer Institute, Surveillance, Epidemiology, and End Results Program .</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

4) Mental Health issues can affect every aspect of overall health and well being and are often the most overlooked issues people experience. According to the 2014 Iowa Youth Survey for Allamakee County 12% of 6th graders, 15% of 8th graders, and 25% of 11th graders, during the past 12 months, felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing usual activities.. According to the 2013 Health in Iowa Annual Report, 19% of Iowans reported they currently have/had a depressive disorder.

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:
3 Substance Abuse	<p>Tobacco use is linked to leading causes of death such as cardiovascular disease and cancer. 47.28% of Allamakee County adults report they have smoked a total of 100 or more cigarettes (Iowa 44.32% and US 44.16%). Data source: Center for Disease Control and Prevention, Behavioral Risk Factor Surveillance and Survey.</p> <p>2) High prevalence of underage alcohol use. According to Iowa Youth Survey 2014, in Allamakee County 28% of 11th graders report binge drinking in the last 30 days. (Iowa average 14%)</p> <p>3) 10% of all Allamakee school students have tried marijuana. The state average is 9%. Data source: Iowa Youth Survey 2014.</p> <p>4) According to the 2015 Allamakee County Survey Snapshot 72.1% of respondents felt binge drinking was the number one identified "risky behavior" in the county.</p>	No	<input type="checkbox"/> Other priorities rated higher <input checked="" 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

Allamakee County

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:
1 Intentional Injuries	<p>Bullying is a concern relative to children's overall health and safety in Allamakee County. According to the Iowa Youth Survey, in the past 30 days 42% of 6th graders and 54% of 11 th graders considered themselves victims of bullying.</p> <p>2) Suicide According to the 2013 Iowa Health Fact Book the adjusted suicide rate (per 100,000 population) is 14.2 for the years 2007-2011. During the past 12 months 10% of school age children have made a plan about how they would kill themselves. Data source: 2014 Iowa Youth Survey.</p> <p>* Substance abuse discussed in Promote Healthy Living Assessment*</p>	No	<input type="checkbox"/> Other priorities rated higher <input checked="" 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

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 Unintentional Injuries	<p>The following unintentional injuries statistics are sourced from the 2013 Iowa Health Book and include data collected between the years of 2007-2011</p> <p>1) Falls- Allamakee County had 9.2 adjusted rate (per 100,000 population) of mortality related to falls.</p> <p>2) Motor Vehicle Traffic Mortality- Allamakee County had an age adjusted rate of 16.9 fatalities (per 100,000 population).</p> <p>3) Firearm Mortality- Allamakee had an adjusted rate of 13.1 fatalities (per 1000,000 population)</p>	No	<input type="checkbox"/> Other priorities rated higher <input checked="" 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

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 Environmental Risks	<p>Environmental Concerns-</p> <p>1) Higher than average radon levels in Allamakee County homes. According to Air Check, Inc. the national average radon level is 1.3pCi/L. Allamakee County average is 8 pCi/L</p> <p>Infrastructure concerns</p> <p>1) Large percentage of homes built prior to 1960 with lead based paint. According to the US Census Bureau 67% of Allamakee County homes were built prior to 1960.</p> <p>2) Allamakee County Sanitarian continues to provide inspections of food establishments, and tattoo parlors.</p> <p>Groundwater concerns</p> <p>A high percentage of rural Allamakee County residents have homes and farms with an aging/outdated sanitation/septic system</p>	No	<p><input type="checkbox"/> Other priorities rated higher</p> <p><input checked="" type="checkbox"/> Existing programs already address problem/need</p> <p><input type="checkbox"/> Lack of human resources/ staff</p> <p><input checked="" type="checkbox"/> Other <u>Allamakee county environmental sanitarian addresses this issue</u></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>

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 Immunizations	<p>Difficulty increasing immunization rates has been a challenge due to large population of Amish, Orthodox Jewish, and influx/outflow of immigrants within the county. We also encounter medical facilities who administer immunizations but do not utilize the IRIS system.</p> <p>1) The national goal for the immunization rate of children 24 months of age is 90% for the 4DTaP, 3 polio, 1 MMR, 3HIB, 3 Hepatitis B, 1 varicella, 4 pneumococcal conjugate vaccine series (4-3-1-3-3-1-4. Allamakee county rate is 54%. Data source IRIS</p> <p>2) The national goal for the immunization rate of adolescents (age13-15) is 90% for the 1 Td/Tdap, 3 Hepatitis B, 2 MMR, 2 varicella, and 1 meningococcal vaccine. Allamakee county rate is 33%</p> <p>2) The national goal is 90% for adolescents (age 13-15) who receive 3 doses of HPV. Current Allamakee rate is 11%</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 Community Preparedness	<p>Veterans Memorial Hospital Community and Home Care partners with Veterans Memorial Hospital and Allamakee County Emergency Management to form the Allamakee County Healthcare Coalition to provide emergency preparedness.</p> <p>1) Our coalition does not have a volunteer management process</p> <p>2) It has been several years since a full scale drill has been exercised within the county. An exercise needs to be drilled by the coalition to determine readiness and identify areas of strengths and needs</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 Health Care Workforce	<p>Mental Health Services- Mental Health services are not readily available in Allamakee County. Outpatient services that are available in the county are on a very limited part- time basis and often have a long wait time for appointments. There are no inpatient services available within the county, or even within one hour of travel within the state of Iowa. Allamakee County borders Minnesota and Wisconsin but transfers out of states are not covered for a lot of our population.</p> <p>According to the 2013 Iowa Health Fact Book:</p> <p>1) Allamakee County has 9 Primary Care Physicians, 0 Pediatricians, 2 Physician Assistants, and 5 Nurse Practitioners</p> <p>2) 5 Dentists. 1 part time dental clinic will see a limited number of Medicaid clients. 0 pediatric specialty dentists</p> <p>3) 84 Emergency Care Providers (First Responder to Paramedic Specialist) are available in Allamakee County. 73 Emergency Medical Technicians (EMT) and 4. Paramedics</p> <p>Allamakee County has 1 Critical Access Hospital</p>	No	<input type="checkbox"/> Other priorities rated higher <input checked="" 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

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:
2 Social Determinants	<p>Public transportation- There is one regional transit company in the county. The company is not based locally. Many restrictions are in place such as; availability, cost, distance, need to schedule in advance, pick-up and drop-off times</p> <p>Health Insurance According to the 2013 Iowa Health Fact Book, in 2010 the percentage of residents in Allamakee County under age 65 who</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 type="checkbox"/> Community partners do not exist <input checked="" type="checkbox"/> Lead organization does not exist <input type="checkbox"/> Lack of financial resources

are uninsured is 18.2%

Immigrant population

The city of Postville has a large population of immigrants from many different countries including, but not limited to, Mexico, Guatemala, Ethiopia, Somali, Russia, Chechnya, Bosnia, Orthodox Jewish. Many of the immigrants are not legally processed and very difficult to track. Infectious diseases and low immunization rates are prevalent. The employers of these immigrants are reluctant to assist public health, or other entities in trying to provide necessary services.

Allamakee County

FEBRUARY 4, 2016

COMMUNITY HEALTH NEEDS ASSESSMENT SNAPSHOT



Promote Healthy Living

- Priority #1 Healthy Lifestyles and Behaviors for all Allamakee County Residents
- Priority #2 Chronic Disease
- Priority #3 Substance Abuse



Prevent Injuries & Violence

- Priority #1 Intentional Injuries
- Priority #2 Unintentional Injuries



Protect Against Environmental Hazards

- Priority #1 Environmental Risks



Prevent Epidemics & the Spread of Disease

- Priority #1 Immunizations



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

- Priority #1 Community Preparedness



Strengthen the Health Infrastructure

- Priority #1 Health Care Workforce
- Priority #2 Social Determinants