

# Cedar County, IA

## Community Health Needs Assessment (CHNA) Report

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For additional information about this report, CONTACT:

Name	Organization	Phone	Email
Bonnie Butler	Cedar County Public Health	(563) 886-2226	bbutler@cedarcounty.org

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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 <input type="text" value="Healthy Behaviors"/>	<p><b>*Obesity</b>                      32% of Cedar County adults self-report that they have a Body Mass Index greater than 30.0 (obese). The Iowa rate is 30.4%. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.</p> <p><b>*Physical Inactivity</b>                      29.8% of Cedar County adults self-report that they have no leisure time for physical activity. The Iowa rate is 24.2%. This may lead to health issues such as obesity and poor cardiovascular health.</p> <p>75% of Cedar County residents have adequate access to locations for physical activity. The Iowa rate is 79%. Many communities in Cedar County do not have opportunities for walking or biking, including offering safe routes to school.</p> <p><b>*Fruit/Vegetable Consumption</b>                      81.2% of Cedar County adults are consuming less than five servings of fruits and vegetables each day. The Iowa rate is 80.7%. Unhealthy eating habits cause significant health issues such as obesity and diabetes.</p> <p><b>*Adult Oral Health</b>                      34.6% of Cedar County adults self-reported that they have not visited a dentist, dental hygienist, or dental clinic within the past year. The Iowa rate is 25.6%.</p> <p>Source: 2015 County Health Rankings and Roadmaps</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

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><b>*Diabetes</b> 8.9% of Cedar County adults have been told by a doctor that they have diabetes. The Iowa rate is 8.45%. Diabetes may indicate an unhealthy lifestyle and increase risk of further health issues.</p> <p><b>*High Blood Pressure</b> 34.2% of Cedar County adults have been told by a doctor that they have high blood pressure or hypertension. The Iowa rate is 25.2%. High blood pressure may lead to other health complications.</p> <p><b>*Stroke</b> In Cedar County there are an estimated 41.3 deaths per 100,000 population that are due to cerebrovascular disease (stroke). The Iowa rate is 36.4. Stroke is the leading cause of death in the United States.</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

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 Addictive Behaviors	<p><b>*Alcohol Use by Adults</b> 21% of Cedar County adults report either binge drinking (more than 5 alcoholic beverages on a single occasion in the past 30 days) or heavy drinking (drinking more than 2 drinks per day on average.) The Iowa rate is 20%.</p> <p>Source: 2015 County Health Rankings and Roadmaps</p> <p><b>*Alcohol Use by Youth</b> 24% of 6th grade students in Cedar County report using alcohol at least one time. This is significantly higher than the Iowa rate of 15%. 6% of 6th grade students in Cedar County report using alcohol at least one time in the past 30 days. This is significantly higher than the Iowa rate of 2%.</p> <p><b>*Tobacco Use by Youth</b> 13% of Cedar County students in grade 6 and above reported using tobacco products at some time in the past. The Iowa rate is 11%. 23% of Cedar County students in 11th grade reported smoking cigarettes at some time in the past. This is significantly higher than the Iowa rate of 17%.</p> <p>Source: 2014 Iowa Youth Survey</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

# Cedar County, IA

## 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 EMS Trauma System Development	EMS in Cedar County is a fragmented system consisting completely of local volunteer ambulance services with various levels of training, experience, and equipment.	No	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input checked="" 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

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	13.48 is the motor vehicle accident death rate in Cedar county. The rate for the state of Iowa is 11.73. The somewhat high rate in Cedar County may be due to being a small county with both an interstate and a major highway running through it.  Source:IDPH Tracking Portal	No	<input checked="" 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

## 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 Indoor Environmental Exposure	<p>*Lead Poisoning 49.17% of Cedar county homes were built before 1950, nearly 10% above the Iowa average of 39.26%. 29.2% of Cedar county children younger than 72 months of age tested with a blood lead level between 5 and 10 ug/dL. 23.09% was the average in Iowa.</p> <p>Source: CDC Environmental Public Health Tracking Network</p> <p>*Carbon Monoxide Exposure 15.87 is the rate of carbon monoxide poisoning emergency department visits by Cedar county residents of all ages. This is significantly higher than the Iowa rate of 9.54. (age-adjusted per 100,000)</p> <p>Source: IDPH Tracking Portal</p>	No	<input checked="" 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

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:
2 Outdoor Air Quality	<p>.27% of days in Cedar county have particulate matter 2.5 levels above the National Ambient Air Quality Standard, three times the Iowa average of .09%.</p> <p>Source: National Environmental Public Health Tracking Network</p>	No	<input checked="" 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

## 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 Immunization Rate	<p>*Immunization Audits 99.73% of children attending a K-12 private or public school within Cedar county had a valid certificate of immunization at the time of the audit. 99.02% is the Iowa average. 96.98% of children attending a daycare located within Cedar county had a valid certificate of immunization at the time of the audit. 95.93% is the Iowa average.</p> <p>*Childhood Immunization Rate 76% of 2 year old children residing in Cedar county have a record recorded in IRIS. 94% is the Iowa average. 69% of 2 year old children residing in Cedar county are up-to-date on recommended vaccinations by 24 months of age. 69% is the Iowa average. (Up-to-date children are those who have completed the 4 DTaP, 3 Polio, 1 MMR, 3 Hib, 3Hep B, 1 Varicella, and 4 PCV series)</p> <p>*Adolescent Immunization Rate 83% of 13-15 year old adolescents residing in Cedar county have a record recorded in IRIS. 96% is the Iowa average. 37% of 13-15 year old adolescents residing in Cedar county are up-to-date on recommended vaccinations. 45% is the Iowa average. (Up-to-date adolescents are those who have completed the 3 Hep B, 1 Meng, 2 MMR, 1 Td or Tdap, 2 Varicella series)</p> <p>32% of 13-15 year old females residing in Cedar county have been fully immunized for HPV. 27% is the Iowa average. 17% of 13-15 year old males residing in Cedar county have been fully immunized for HPV. 15% is the Iowa average.</p> <p>Source: IDPH Immunization Program Annual Report 2014</p>	No	<input checked="" 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

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:
2 Disease Surveillance and Investigation	<p>*Reportable Diseases 47 cases of sexually transmitted disease were reported in Cedar County in 2013. 14 cases of other common notifiable diseases were reported in Cedar county in 2013.</p> <p>Source: IA Surveillance of Notifiable and Other Diseases Annual Report 2013</p>		<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 Communication Capacity	Communication systems between preparedness and response agencies within Cedar County are becoming outdated and are in need of upgrade. A standard process of communication between members of the East Central Iowa Healthcare Coalition are not formalized.	No	<input checked="" 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

Preparedness Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If the priority is not addressed in the HIP, reason(s) why:
2 Human Resource Capacity	There is a limited number of Cedar County Public Health staff available to respond to Public Health emergency. There is minimal coordination among local EMS services in Cedar County resulting in an inability to efficiently utilize resources. There is a lack of adequate, affordable, accessible training opportunities for local EMS providers. There is a lack of access to mortuary services in the event of a disaster resulting in mass fatalities.	No	<input checked="" 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 Provider Workforce	<p><b>*Mental Health</b> There are no mental health care providers based in Cedar county. The average in the state of Iowa is one provider for every 904 residents.</p> <p><b>*Primary Care</b> There is one primary care physician for every 6,139 people in Cedar county. The Iowa rate is one primary physician for every 1,375 residents. 100% of Cedar county residents live in a Health Professional Shortage Area. 35% of Iowans live in a Health Professional Shortage Area. Cedar is one of only nine Iowa counties without a hospital.</p> <p><b>*Dental Care</b> According to the Area Health Resource File there is one dentist for every 1,839 people in Cedar county. This is an inaccurate number as it does not reflect that three dentist offices have closed and three others are open very limited hours. There are only three dentist offices in Cedar county that are open full time.</p> <p>Source: County Health Rankings and Roadmaps</p>	No	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input checked="" 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 checked="" 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 Access to Quality Health Services	<p>Only one of the three dental offices in Cedar county accepts patients who are covered by Medicaid. (The number accepted is limited.)</p> <p>Cedar County has a total of three pharmacies. One town has two pharmacies, which leaves six towns with limited access to over-the-counter medication and with no access to prescription medication.</p>	No	<input type="checkbox"/> Other priorities rated higher <input type="checkbox"/> Existing programs already address problem/need <input checked="" 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 checked="" type="checkbox"/> Lack of financial resources

There is no public transportation available to the general public in Cedar County. There is limited availability to elderly and disabled residents through River Bend Transit service.

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# Cedar County, IA

## FEBRUARY 24, 2016

### COMMUNITY HEALTH NEEDS ASSESSMENT SNAPSHOT



#### Promote Healthy Living

- Priority #1 Healthy Behaviors
- Priority #2 Chronic Disease
- Priority #3 Addictive Behaviors



#### Prevent Injuries & Violence

- Priority #1 EMS Trauma System Development
- Priority #2 Unintentional Injuries



#### Protect Against Environmental Hazards

- Priority #1 Indoor Environmental Exposure
- Priority #2 Outdoor Air Quality



#### Prevent Epidemics & the Spread of Disease

- Priority #1 Childhood Immunization Rate
- Priority #2 Disease Surveillance and Investigation



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

- Priority #1 Communication Capacity
- Priority #2 Human Resource Capacity



#### Strengthen the Health Infrastructure

- Priority #1 Health Care Provider Workforce
- Priority #2 Access to Quality Health Services