

# Pottawattamie County Iowa

## Community Health Needs Assessment (CHNA) Report

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For additional information about this report, CONTACT:

Name	Organization	Phone	Email
Jo Lightner	Visiting Nurse Association of Pottawattamie County Iowa	712-328-3990	jlightner@thevna-cares.org

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# Pottawattamie County Iowa

## 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 Mental Health	In Pottawattamie County Iowa, 26.1 % report being limited in some way in some activities due to physical, mental or emotional problems. 17.1 % reported a poor or fair mental health status, and 11.8% reported having major depression. 89.9% with major depression sought out professional help.	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 Diabetes	Healthy People 2010 goal is 20.5 or lower per 100,00. Pottawattamie County's deaths are 26.5 per 100,000 population, this is significantly higher than both the Iowa rate ( 18.8per 100,000) and the US rate of 21.3 per 100,000. Using the 2011-2013 data 11% of Pottawattamie County adults report having been diagnosed with Diabetes.	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 Diet and Inactivity	Listed as the second most common problem of premature deaths in Pottawattamie County. Only 33.9 % of adults admit to consuming 5 or more servings of fruit / Vegetables per day . This is well below the US average of almost 40%. While 23.5 % of adults admit to drinking at least 1 or more sugar sweetened beverages per day for a week. For children 30.6% had at least one sugar sweetened beverage per day over the last week. The highest number were consumed by boys between the ages of 13and17. Many in Pottawattamie county reported living in a	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 type="checkbox"/> Lead organization does not exist <input type="checkbox"/> Lack of financial resources

food desert, meaning they do not live near a supermarket or large grocery store. (34.8%). In Pottawattamie County only 9.7 per 100,000 report having access to recreation and fitness facilities.

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:
4 Obesity	<p>In Pottawattamie County 75.4% of adults have a BMI of 25 or greater. This is higher than the Iowa rate ( 67%) and the US rate of 63.1 %</p> <p>The percent of adults with a BMI of 30% or higher is 41% much higher than the Healthy People 2020 target of 30.5% or Iowa's rate of 31.3% while the US rate is 29%.</p> <p>Children between the ages of 5-17 in Pottawattamie County having a BMI of 85th percentile or greater and are overweight/ Obese are 29.5% .</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:
5 Teen Pregnancy	<p>Pottawattamie County 's teen pregnancy rate has steadily decreased over the last 10 years now at 3.1% of births in 2014. Children born to teen mothers are more likely to be born prematurely or at low birthweight ( 8.2%) and to die as infants. Teen mothers are less likely to finish high school or go on to college and more likely to rely on public supports</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:
6 Use of Tobacco	<p>Pottawattamie County reports 26.5 % using tobacco, while the Healthy People goal is 12% or lower. The majority of use is between the ages of 18-39, ( 22.2%) 40-64 years of age (15.7%)</p>	No	<input checked="" type="checkbox"/> Other priorities rated higher <input checked="" 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

# Pottawattamie County Iowa

## 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 Suicide	Between 2011 and 2013 Pottawattamie county had 18.1 suicides per 100,000 population. This is well above the Healthy People 2020 target of 10.2 or lower. Iowa rate of 13.7 per 100,000 is above the US rate of 12.5 per 100,000. In Pottawattamie County 11.8 percent have been diagnosed with Major Depression,, while 30.4% have experienced symptoms of chronic depression, the same as the US rate.	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

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 Violent Crimes	Between 2010 and 2012 there were 789.9 violet crimes per 100,000 population. This is almost three times the number for Iowa as a state. ( 266 per 100,000 population.) Douglas County , a much larger population is 477.7 per 100,000 persons. Pottawattamie County reported an much higher rate of intimate Partners violence, and the felling of being controlled, degraded, and harassed in the last 5 years. 8.7% compared to 4.4 percent in t he metropolitan area we live in. Interesting to note that the number of firearms in or around the home is at 39% in Pottawattamie County, while the state of US number is 34.7%. The firearms related deaths in Pottawattamie county is the same as the US at 10.4 per 100,000 population. While Iowa is 7.4 per 100,000 population. This rate fails to satisfy the Healthy People 2020 objective of 9.3 or lower.	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

# Pottawattamie County Iowa

## 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 Radon	Iowa leads the nation in the percent of homes with high levels of Radon ( over 4pCi/l. It is estimated by IDPH that as many as 5 in 7 homes across Iowa have elevated radon levels. An estimated 400 deaths per year in Iowa are caused by Radon induced lung cancer. Pottawattamie County has 90.4 per 100,000 lung cancer deaths in 2014, higher than the Iowa ( 66.8) and US ( 64.9) rates	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

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 Sale of Unpasteurized "Raw" milk	In the past 5 years there have been 51 outbreaks due to raw milk consumption reported to the CDC. These outbreaks have made 710 people ill and hospitalized more than 30 including 6 children who suffered kidney failure. Raw milk accounts for approximately 103% of all milk sales in the United States while it is responsible for 97-99 % of all milk related outbreaks.	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 type="checkbox"/> Lead organization does not exist <input type="checkbox"/> Lack of financial resources

# Pottawattamie County Iowa

## 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 STI	<p>On 2012 the incidence rate in Iowa of Chlamydia was 371.5 in 100,000 population. Pottawattamie County's chlamydia rate was at 425.6 per 100,000, well above the state, and slightly below the US numbers. Also Gonorrhea in Pottawattamie county is 101.6 per 100,000, while the state of Iowa is 65.5/100,000, with the US number at 107.5 per 100,000. The prevalence of HIV was noted in 2010 to be at 96.5 cases per 100,000 while Iowa was 68.1 cases per 100,000. Among adults between the age of 18-44 only 17.7 % have been tested for HIV in the past year.</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

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 Lack of Immunizations	<p>Audits for the schools have found that there is a gap in immunization for the adolescent age group. VNA participated in the HPV campaign and recall to all adolescents living in Pottawattamie County. Many parents were resistant to having their child immunized for HPV, only 35% of the females and 20 % of the males between the ages of 13-15 have the 3 shot series. While it was found that many of the adolescents received their healthcare in the state of Nebraska, and were not in the IRIS system. Pertussis continues to be a disease we see in the schools each year. In 2014 there were 7 cases of pertussis.</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

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:	
3 Food Borne Diseases	Frequency of food borne reports required to the state IDS system. Continues need to educate the public about unsafe food practices. The total number of food borne cases in 2014 that were investigated were 45. This includes Campy, Crypto, salmonella and Shigella.	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 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 Surge Capacity	Pottawattamie County's population ( 60%) work outside of the county, many in Nebraska. In the event of a disaster, it will be difficult to provide all needed positions during the event.	No	<input checked="" type="checkbox"/> Other priorities rated higher	<input type="checkbox"/> Community partners do not exist
			<input type="checkbox"/> Existing programs already address problem/need	<input type="checkbox"/> Lead organization does not exist
			<input checked="" type="checkbox"/> Lack of human resources/ staff	<input type="checkbox"/> Lack of financial resources
			<input type="checkbox"/> Other _____	



## 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 Lack of Health insurance	6.5 % of adults between the ages of 18-64 report having no health insurance, while this number has decreased, the healthy people 2020 goal is 0 %. 33.4 % reported experiencing difficulties or delays of some kind in receiving needed healthcare in the past year. Of the barriers, inconvenient office hours impacted the greatest number of respondents, followed by the cost of the visit, medications and lack of transportation .	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 checked="" type="checkbox"/> Community partners do not exist <input checked="" 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 Transportation	Due to the low socioeconomic status of our population 13.8 % live in less than 100% of poverty, and 30.8 % live in less than 200% of poverty. Pottawattamie county has 40.9 % of its children living below 200 % of poverty. Many lack the ability to get around town , there is a lack of bus routes, and many grocery stores are not within walking distance.	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

# Pottawattamie County Iowa

FEBRUARY 1, 2016

## COMMUNITY HEALTH NEEDS ASSESSMENT SNAPSHOT



### Promote Healthy Living

- Priority #1 Mental Health
- Priority #2 Diabetes
- Priority #3 Diet and Inactivity
- Priority #4 Obesity
- Priority #5 Teen Pregnancy
- Priority #6 Use of Tobacco



### Prevent Injuries & Violence

- Priority #1 Suicide
- Priority #2 Violent Crimes



### Protect Against Environmental Hazards

- Priority #1 Radon
- Priority #2 Sale of Unpasteurized "Raw" milk



### Prevent Epidemics & the Spread of Disease

- Priority #1 STI
- Priority #2 Lack of Immunizations
- Priority #3 Food Borne Diseases



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

- Priority #1 Surge Capacity



### Strengthen the Health Infrastructure

- Priority #1 Lack of Health insurance
- Priority #2 Transportation