

# Winneshiek County

## Community Health Needs Assessment (CHNA) Report

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# Winneshiek County

## 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/Behavioral Health Issues and access	Winneshiek County CHNA respondents (53%) identified mental health problems for adults and 28% identified this as a need for for children. Focus group members identified wait times ranging from 4 weeks to as much as 6 months for appointments with various providers. Focus group members also indicated that mental health affects the whole community and that many of the available resources are often exhausted. The 2014 Iowa Youth Survey results for the Decorah Community School District demonstrates a 0.8% increase in the number of 11th graders who indicated they had thought about harming themselves in the past 30 days.	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 Healthy diets for children/ access to affordable/ convenient healthy foods.	44% of Winneshiek County CHNA survey respondents identified affordable fresh food access and healthy diets for children as top health concerns for children. Focus group members reported concerns about the busyness of families and that often families believe they have no choice but to run through the drive-through or to fix convenience foods to save time.	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 Parenting skills/education	<p>Winneshiek County CHNA survey respondents (58%) identified poor parenting skills and 49% identified single parent families as top social issues within the county. The 2014 Iowa Youth Survey findings for the Decorah Community School District identified that a positive family and community relationship does not always exist for our children. There was an 8.3% decline in the number of 6th graders who reported having someone available at home they could talk with, while the 8th grade and 11th grades increased. There has been a 6% decrease in the number of 6th graders who report that at least 1 parent has attended their school activities but, data for 8th grade and 11th grades remain above 90%. There has been a 7.9% decrease for 11th graders from 2008 and a 4.6% decrease for 6th graders from 2008 in reporting a positive and supportive family relationship whereas there has been an 11.6% increase in the number of 8th graders reporting a positive and supportive family relationship. Focus group members wanted to focus on identifying poor parenting skills and utilize resources already in place to provide parent education and realized that getting the intended audience to participate in education would be difficult. Focus group members shared they felt that singling out single parent families was wrong since each member is well-aware of some single-parent families that are much more functional than several two-parent families. Positively supporting these families is vital.</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 checked="" type="checkbox"/> Other will be included as part of other identified priorities <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:
4 Healthy Behaviors	<p>Respondents to the Winneshiek County CHNA survey indicated they want to get more physical activity (72%), eat more fruits and vegetables (44%), drink more water (32%) and decrease their stress levels (31%). Focus group participants indicated that these are personal issues but, community partners can encourage healthy choices through messaging.</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 checked="" type="checkbox"/> Other will be included as part of other identified priorities <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 Cancers	53% of Winneshiek County survey respondents identified cancer as a top health concern for county residents. Focus group members verbalized that they didn't believe cancer as a whole impacts a community but does affect community members. Focus group members do encourage behaviors which may reduce or eliminate the risk of cancer, such as no smoking and for community members to continue to participate in screenings for cancers so that necessary treatment can begin.	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 checked="" 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 <p>Winneshiek County realizes that cancer is often a "family" issue and it was discussed that there is little our organizations can do to combat cancer other than to offer supportive services.</p>

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 Alcohol abuse	55% of respondents to the Winneshiek County CHNA survey indicated alcohol abuse was a risky behavior and yet only 22% of respondents indicated that driving while drunk or high was an issue. Focus group members saw the disconnect and were perplexed about this but rated other issues as higher priorities.	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

# Winneshiek 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 Aging problems/falls	Although respondents to the Winneshiek County CHNA survey and focus group members did not rank this as an issue, the Winneshiek Medical Center ambulance service statistics indicate the ambulance was dispatched 211 times for falls patients during calendar year 2015.	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 checked="" type="checkbox"/> Other _____ will be included as part of other priorities <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 Bullying	41% of respondents to the Winneshiek County CHNA survey indicated this as a top need affecting children. The 2014 Iowa Youth Survey results for the Decorah Community School District indicates a 4% increase in 6th grade and a 5.3% increase in 11 grade reported bullying. Each of the school districts has their own professional programming they are currently using to address the problem.	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 checked="" type="checkbox"/> Other _____ There was general discussion that children do not understand the difference between mean, rude and bullying. Misunderstanding if just as destructive as bullying. Perceptions people hold are different and parents may need to ask "what is your role in this situation?" <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 Radon exposure	WCPH and other retailers sell radon tests. WCPH and area mitigators provide interpretation and education on radon and radon test results. All of Iowa is considered Zone 1 (greater than 4 pCi/L for radon. Radon levels of 4 pCi/L or more is likened to smoking a pack of cigarettes. Mitigation is suggested for levels greater than 4 pCi/L.	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 Safe drinking water/old septic systems	The current Grants to Counties budget allows for 200 water tests and 30 well pluggings. Typically the entire budget for Grants to Counties is utilized. There are statewide rules and regulations that address this issue. The county sanitarian is more than willing to have one-on-one conversations with concerned public.	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

## 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 Not getting immunizations	<p>The 2015-16 School and Preschool Immunization Audit revealed that there are 47 students with invalid immunization certificates in the schools and 13 invalid certificates in the preschools. There are also several exemptions. In the school setting, there are 12 medical exemptions and 51 religious exemptions and in the preschools there is 1 medical exemption and 28 religious exemptions. It was also noted in the 2014 Iowa Immunization Program Annual Report that 33% and 26% of Winneshiek County females and males, respectively have received the three-doses of HPV vaccine. Only 32 people responded that this was an issue on the Winneshiek CHNA survey. Board of Health members have expressed concern and frustration about the number of religious exemptions that exist in area schools.</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

## 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 Lack of individual and family preparedness.	More than 62% of Winneshiek County CHNA respondents indicated that their family was not prepared for a man-made or natural disaster because it was not a priority for the family (42% answered this response) while 24% of respondents indicated they needed more information about how to prepare for an emergency. The Winneshiek County Emergency Preparedness Coalition has been made aware of these findings and are tasked with addressing this need.	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

## 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 Communication/Education and Motivation of Community Members	Respondents to the Winneshiek County CHNA survey indicated that they want to get more physical activity (72%), eat more fruits and vegetables (44%), drink more water (32%) and decrease their stress levels (31%). Area agencies will need to determine effective methods to educate, communicate and motivate community members for change.	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

# Winneshiek County

## FEBRUARY 28, 2016

### COMMUNITY HEALTH NEEDS ASSESSMENT SNAPSHOT



#### Promote Healthy Living

- Priority #1 Mental Health/Behavioral Health Issues and access
- Priority #2 Healthy diets for children/access to affordable/convenient healthy foods.
- Priority #3 Parenting skills/education
- Priority #4 Healthy Behaviors
- Priority #5 Cancers
- Priority #6 Alcohol abuse



#### Prevent Injuries & Violence

- Priority #1 Aging problems/falls
- Priority #2 Bullying



#### Protect Against Environmental Hazards

- Priority #1 Radon exposure
- Priority #2 Safe drinking water/old septic systems



#### Prevent Epidemics & the Spread of Disease

- Priority #1 Not getting immunizations



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

- Priority #1 Lack of individual and family preparedness.



#### Strengthen the Health Infrastructure

- Priority #1 Communication/Education and Motivation of Community Members