

Community Health Needs Assessment (CHNA) Report for Benton County

Revised

7/16/2019



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Benton County Community Health Needs Assessment Details

7/16/2019

Priority 1

Obesity rates among Benton County adults and youth.

Data/Rationale

Iowa has the fourth highest obesity rate in the nation, and the 30th highest obesity rate for youth ages 10 to 17. Based on The State of Obesity 2018 data, Iowa's adult obesity rate is currently 36.4%, up from 20.9% in 2000. Using 2019 Benton County Health rankings, 33% of Benton County adults (age 20 and older) report a body mass index (BMI) greater than or equal to 30kg/m²; this is slightly higher than the state rate of 32%. Additionally, 24% of adults in Benton County (age 20 and older) report no leisure-time physical activity; the state rate is 23%. And finally only 50% of the county population report having adequate access to locations for physical activity, while the state rate is 83%. Using data from the 2018 Iowa Youth Survey: 19% of Benton County students spend 6-8 hours per week playing games/watching shows that are not school work (IA 18%), 19% of Benton County students spend 11 or more hours per week playing games/watching shows that are not school work (IA 19%), and only 26% of students in Benton County were physically active for a total of 60 minutes or more per day in the past 7 days (IA 27%). Based on data from the 2017 CDC Youth Risk Behavior Surveillance System; 15.3% of Iowa students in grades 9-12 are categorized as obese, 16% of Iowa students grades 9-12 have an overweight classification, 18.5% of Iowa students grades 9-12 drank regular soda/pop at least one time per day, 18.8% of Iowa adolescents watch 3 or more hours of TV daily, 41.9% of Iowa adolescents consumed fruit less than 1 time daily, and 43.7% of Iowa adolescents consumed vegetables less than 1 time daily.

Is this issue addressed in an improvement plan? Yes

Priority 2

Mental Health among Benton County adults and youth.

Data/Rationale

Based on the 2019 Benton County Health rankings, Benton County adults reported an average of 3.1 mentally unhealthy days in the past 30 days; the state rate is 3.3 days. The county ratio of mental health providers to patients is 8,550:1. Using data from the 2018 Iowa Youth Survey, 12% of Benton County students take medications as prescribed to help them not feel angry, anxious, restless, nervous or sad. This is higher than the state rate of 10%. Additionally, 21% of students in Benton County have seriously thought about killing themselves. This is consistent with the state rate, and has been increasing in recent years (12.3% in 2016, 13% in 2014, and 10.6% in 2012). 10% of students in Benton County report having been bullied at school in the last 30 days between 3-5 times; this is higher than the state rate of 7%. Based on data from the 2017 Iowa Child Maltreatment Prevention needs assessment, Benton County is ranked 27th in the state for overall child abuse and neglect, and ranked 16th for children living in poverty.

Is this issue addressed in an improvement plan? Yes

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Priority 3

Substance Abuse among Benton County adults and youth.

Data/Rationale

According to the 2019 County Health Rankings, 21% of Benton County adults reported binge or heavy drinking, compared to the state rate of 22%. 30% of driving deaths in Benton County were alcohol related; this is higher than the state rate of 28%. Using data from the 2018 Youth Survey, 2 % of students reported having 5 or more drinks of alcohol 3-5 days in the past 30 days; this is higher the 1% reported in the state. 1% of students in Benton County reported having 5 or more drinks of alcohol 20 or more days in the past 30 days; 0% of students in the state reported this. Using data from the 2012 Drug Free Community Core Measurement Survey-Benton County, 1 in 3 students in Benton County describe alcohol as very easy to obtain. 1 in 4 Benton County students say marijuana is very easy to obtain. 38% of Benton County high school juniors say prescription drugs not prescribed to them are very easy to obtain, and 13% of Benton County high school juniors have used e-cigarettes in the last 30 days.

Is this issue addressed in an improvement plan? Yes

Benton County Community Health Needs Assessment Snapshot

7/16/2019

Priority 1: Obesity rates among Benton County adults and youth.

Priority 2: Mental Health among Benton County adults and youth.

Priority 3: Substance Abuse among Benton County adults and youth.