

Community Health Needs Assessment (CHNA) Report for Des Moines County

Revised

9/11/2020



For additional information about this report:

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Des Moines County Community Health Needs Assessment Details

9/11/2020

Priority 1

Obesity and Diabetes

Obesity continues to be an area of concern for Des Moines County. Estimates suggest one-third of Des Moines County residents are obese, but this is likely a conservative estimate as it has not changed since the 2016 Community Health Needs Assessment. Diabetes, which is linked to obesity, is also a major issue in Des Moines County. The CDC estimates 11.1 percent, or around 3000 people, have diabetes in Des Moines County. Even more people could likely be diagnosed with prediabetes.

Data/Rationale

The CDC defines prediabetes as “a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.” The CDC estimates approximately 84 million American adults, or more than one out of three, have prediabetes. The CDC also postulates that of those who have prediabetes, 90 percent don't know they have it. Following CDC estimations, it is possible around 10,000 adults in Des Moines County may have significant risk factors that could lead to diabetes. Similar trends can be found in the neighboring counties.

Is this issue addressed in an improvement plan? Yes

Des Moines County Community Health Needs Assessment Details

9/11/2020

Priority 2

Poverty

In Des Moines County, poverty is a significant issue in terms of overall prevalence and disparities within age, gender, and race

Data/Rationale

In 2017, the median household income in Des Moines County was \$44,516, compared to \$56,570 for the State of Iowa. The gap in median family income has continued to widen since the 2016 Community Health Needs Assessment as well (\$56,129 for Des Moines County; \$72,270 for the entire state). Finally, 72 percent of Des Moines County residents live in owner-occupied housing units that have a median value of \$101,400, compared to \$137,200 for the state. The remaining 28 percent of residents live in rental housing units, paying a median monthly rent of \$743, slightly higher than the statewide median of \$740.

Is this issue addressed in an improvement plan? Yes

Priority 3

Mental Health and Substance Use

Mental health and substance use have been areas of need for Des Moines County and the State of Iowa for many years. The need for additional mental health services, difficulty in placing patients in appropriate care, and the opioid epidemic have been difficult issues that face communities throughout Iowa including Des Moines County.

Data/Rationale

In 2015, a regional Mental Health Institute in Mount Pleasant, Iowa, was closed in favor of more community-based treatment and support found in local communities. Great River Medical Center is the only southeast Iowa hospital that offers inpatient mental health services.

According to the CDC and IDPH, Opioid OD deaths; in the U.S. deaths = 1 every 12.5 minutes (42,249 in 2016). Iowa deaths = 1 every 2.1 days (180 in 2016).

According to SAMHSA, Center for Behavioral Health Statistics and Quality, National Surveys on Drug Use and Health, 2010–2011 to 2013–2014. Iowa's percentage of major depressive episode (MDE) among adolescents aged 12–17 was similar to the national percentage in 2013–2014 and about 94,000 adults aged 18 or older (4.0% of all adults) per year in 2013–2014 had serious thoughts of suicide within the year prior to being surveyed. The percentage did not change significantly from 2010–2011 to 2013–2014.

Is this issue addressed in an improvement plan? Yes

Des Moines County Community Health Needs Assessment Snapshot

9/11/2020

Priority 1: Obesity and Diabetes. Obesity continues to be an area of concern for Des Moines County. Estimates suggest one-third of Des Moines County residents are obese, but this is likely a conservative estimate as it has not changed since the 2016 Community Health Needs Assessment. Diabetes, which is linked to obesity, is also a major issue in Des Moines County. The CDC estimates 11.1 percent, or around 3000 people, have diabetes in Des Moines County. Even more people could likely be diagnosed with prediabetes.

Priority 2: Poverty. In Des Moines County, poverty is a significant issue in terms of overall prevalence and disparities within age, gender, and race

Priority 3: Mental Health and Substance Use. Mental health and substance use have been areas of need for Des Moines County and the State of Iowa for many years. The need for additional mental health services, difficulty in placing patients in appropriate care, and the opioid epidemic have been difficult issues that face communities throughout Iowa including Des Moines County.