

Community Health Needs Assessment (CHNA) Report for Monroe County

Revised
10/2/2020



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Monroe County Community Health Needs Assessment Details

10/2/2020

Priority 1

Mental Health

Data/Rationale

64 out of 114 (56%) community members reported on a community health survey that they believe that "Limited Access to Mental Health Services/Assistance" is a root cause of poor health in Monroe County. 95 out of 114 (83%) community members reported on the same survey that they believe Mental Health is an ongoing priority/problem and issue in the community. 52 out of 114 (46%) community members reported that suicide is a community issue that needs to be improved, worked on or changed in our county. No suicide data is available for our county due to the very rural nature, but Iowa's rate rose by 0.4 from 2016 to 2017 and remains higher than the US rate. Ratio of Mental health providers in a people:provider report for Monroe County is 3,940:1; Iowa average is 760:1 and top US performers are at 330:1 for a people to provider ratio. 2018 Iowa Youth Survey data for Monroe County indicated that 27% of 8th graders reported being physically bullied in the last 30 days and 6% of Monroe County students reported not going to school due to feeling unsafe because of bullying in the last 30 days. 2018 Iowa Youth Survey data for Monroe County indicated that 89% of 6th graders believed they don't have much to be proud of; 80% of 11th graders and 84% of 8th graders reported the same. The 2018 Iowa Youth Survey for Monroe County indicated: 12% of 11th graders reported that they don't have a happy home, 16% of Monroe County students feel they cannot talk about things that bother them with someone at home, 9% of Monroe County students reported that they don't have help and support from someone at home, 39% 11th graders in Monroe Co. felt so sad or hopeless every day for 2 weeks or more in a row that they stopped doing some usual activities; 18% of 8th graders reported this and 32% of 6th grade girls, 14% of 6th grade girls, 18% 8th graders and 35% 11th grade girls reported that during the last 12 months they have seriously thought about killing themselves, 7.4% of Monroe County students (6th, 8th & 11th grades) reported they had a plan to kill themselves within the last 12 months, 15% of 11th grade girls reported they had a plan to kill themselves in the last year; up 5% from the last survey (2016). 14% 8th grade boys also reported that they had a plan, and 3% of 11th graders have attempted to kill themselves in the last 12 months and 2% 8th graders. ([Community Survey Results Link](#)).

Is this issue addressed in an improvement plan? Yes

Monroe County Community Health Needs Assessment Details

10/2/2020

Priority 2

Substance Abuse; Smoking/Vaping

Data/Rationale

2018 Iowa Youth Survey data indicates: 42% of 11th graders report they have used e-cigarettes; 31% report recent/current use, 10% of 8th graders have used tobacco products and 25% of 11th graders report tobacco use, 16% of 11th graders report that they have used marijuana, 11th graders reporting current/recent marijuana use is on the rise in Monroe County, 51% of 11th graders report they have used alcohol, and 31% report recent/current use, 40% of 11th graders believe they'll be more popular if they drink alcohol, 11th graders reporting recent alcohol use is 3.3% higher than the last survey (2016), In the last month 11% of 11th graders reported that they obtained alcohol by having someone buy it for them. 7% reported that they got it from their parents, 21% of 11th graders report that people living in their home have a serious alcohol or drug problem, 20% of surveyed Monroe County students don't believe there are enough places for kids to go that are alcohol and drug free, 18.2% of 11th graders reported binge drinking in the last month; 12.5% were female. 11th grade females' binge drinking report is up 5% from the last survey (2016), 8% of 11th grade males report driving 3 or more times after drinking any amount of alcohol, and 24.7% of 11th graders feel that smoking marijuana would make them more popular; up 14.9% from last survey (2016). In 2017, Monroe County's residents had 76.5 opioid Rx per 100 persons; this is down from 94.3 Rx per 100 persons in 2016. Our Robert Wood Johnson Foundation 2018 statistics indicated: our adult smoking rate is 16% (top US performers are at 14%), alcohol impaired driving deaths are at 57% in our county and 27% in Iowa (Top US performers are at 13%), and our premature death rate is 7,400 (years of potential life lost before age 75 per 100,000). In the community survey, Monroe County residents rated community programs: Substance Use Treatment and Education was rated "Poor" by 35.1% and "Very Poor" by 4.4% of the responses and Tobacco Prevention & Cessation Programs were rated "Poor" by 26.3% and "Very Poor" by 2.6% of the responses. ([Community Survey Results Link](#)).

Is this issue addressed in an improvement plan? Yes

Monroe County Community Health Needs Assessment Details

10/2/2020

Priority 3

Obesity

Data/Rationale

County Health Rankings data for 2018 reports that Monroe county's stats are: 30% physical inactivity (Iowa average is 25% and Top US performers are at 20%), Adult obesity rates are 32% (Top US performers are at 26%). Iowa Youth Survey data for 2018 showed: 23% of 11th graders reported less than one serving of fruit in the last week; 25% of 8th graders also reported less than one serving of fruit in the last week, 14% of 6th graders reported no fruit in the last week, 53% of Monroe County students report eating one serving or less of vegetables over the last week, 8% reported no vegetables in the last week, and 37% of 11th graders use 9 or more hours of non-school related screen time per week. In a community survey to Monroe County residents 53 out of 114 (46.5%) community members reported that obesity is an issue that needs to be improved, worked on or changed. On the same survey 31 individuals (27%) reported that "Lack of Health and Wellness Education" is a root cause of poor health in Monroe County; 22 individuals (19.3%) report that "Limited Access to Healthy Foods" is a root cause of poor health in Monroe County. In the community survey, Monroe County residents rated community programs: Obesity Prevention and Treatment was rated "Poor" by 24.6% of the responses and Food and Nutrition Services/Education were rated "Poor or Fair" by 57.96% of the responses. ([Community Survey Results Link](#)).

Is this issue addressed in an improvement plan? Yes

Monroe County Community Health Needs Assessment Snapshot

10/2/2020

Priority 1: Mental Health

Priority 2: Substance Abuse; Smoking/Vaping

Priority 3: Obesity