

Community Health Needs Assessment (CHNA) Report for Sioux County

Revised

7/29/2019



For additional information about this report:

Name

Angela Kroeze Visser

Organization

Community Health Partners of Sioux County

Phone

(712) 737-2971

Email

angela.kroezevisser@siouxcountychp.org

Sioux County Community Health Needs Assessment Details

7/29/2019

Priority 1

Healthy Living (obesity, nutrition, physical activity)

Data/Rationale

In Sioux County, 28% of adults are obese, compared to 33% of adults across Iowa. This rate has continued to trend upward in Sioux County since 2004 when 23% of adults were obese, reflecting state and national trends. Behaviors related to obesity include diet and physical activity. A healthy diet and adequate physical activity are also associated with greater health and reduced cancer risk. In Sioux County, 81% of adults report adequate physical activity compared to 77% for the State of Iowa while 26% of youth in grades 6,8, and 11 report 4 days with at least 60 minutes of physical activity compared to 31% for the State of Iowa. Obesity is a significant risk factor for developing Type II diabetes; in 2016, 6% of the population had a diabetes diagnosis.

Of community members responding to a county-wide survey, 51% indicated that obesity/overweight was one of the top three health problems, diseases or conditions in Sioux County. In focus groups, participants expressed a desire for more affordable recreation activities across the lifespan, recognizing that all Sioux County residents from young children to older adults would benefit from affordable, indoor recreational opportunities. Additionally, resources for childhood obesity treatment and management were a desired opportunity for growth in services.

Is this issue addressed in an improvement plan? Yes

Priority 2

Mental Health and well-being for adults and children

Data/Rationale

Sioux County adults reported an average of 3.1 days of poor mental health over the past 30 days while overall the State of Iowa was 3.3. According to the 2017, Iowa Youth Survey, 11% of youth in Sioux County seriously thought about killing oneself compared to 13% across Iowa. In Sioux County, the ratio of mental health providers to population is 894:1 compared to 700:1 statewide (2018 County Health Rankings).

In a county-wide survey, 38.6% of respondents reported being bothered by emotional problems in the previous 4 weeks. Focus group participants discussed mental health both in terms of crisis services and prevention or promoting mental health. Participants expressed that crisis services are inadequate; including the complexity of navigating systems. Barriers to seeking services were also discussed, including stigma around mental health / mental illness. From a prevention standpoint, participants identified family stress, adolescent health challenges, and support for families with unique situations such as foster children or children with disabilities as particular areas of focus.

Is this issue addressed in an improvement plan? Yes

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Priority 3

Early childhood and parenting education

Data/Rationale

According to the 2017 U.S. Census Bureau estimates, 16% of Sioux County families are single-parent families, while the state rate is 29%. In Sioux County the rate of births to adolescents (age 15-17) is 7.8 per 1000 while the state rate is 14.0 per 1000 (2017 Iowa Public Health Tracking Portal).

Focus group participants noted the need for resources related to parenting and child development, particularly noting that these are needed before identification of a problem and could be useful for all parents. Others noted that parent resources related to parenting teenagers could help to prevent substance use and abuse.

Is this issue addressed in an improvement plan? Yes

Priority 4

Housing quality and availability

Data/Rationale

9% of Sioux County households have at least 1 of 4 identified housing issues (overcrowding, high housing costs, lack of kitchen facilities or lack of plumbing facilities). Overall in Iowa, 12% of households face these housing issues. 7% of Sioux County households face a severe housing cost burden (50% or more of income spent on housing). The homeownership rate in Sioux County is 80%, which is higher than the state rate of 71%. Housing costs vary for homeowners versus renters, with renters typically spending a higher percentage of their income on housing than homeowners.

Both housing cost and housing quality were mentioned as concerns in community focus groups. For lower income community members, the current cost of housing is a significant burden for many families. In addition, many available rental housing options do not meet quality standards but may be the only affordable option for some community members.

Is this issue addressed in an improvement plan? Yes

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Priority 5

Improved access to community resources

Data/Rationale

In the county-wide survey, more than 50% of respondents indicated that child care services and teen activities were inadequate, while nearly 50% felt that language and translation services and services for older adult care were inadequate. In this survey, overall healthcare services were rated highly (95% of respondents rated it good, very good, or excellent). However, when respondents reported being unable to access care in the past year, the most commonly cited reasons were unable to get an appointment (42%), out of pocket expenses (43%), insurance didn't cover it (38.6%) and inconvenient office hours (31.5%). In community focus groups, accessing resources was also identified. Participants expressed appreciation for the number and variety of services available in Sioux County communities, but identified a lack of awareness and coordination of services as an issue.

Is this issue addressed in an improvement plan? Yes

Priority 6

Bridging cultural gaps

Data/Rationale

9.7% of households in Sioux County speak a language other than English at home. This is greater than the Iowa rate of 7.6%. The primary minority group in Sioux County is those with Hispanic/Latino ethnicity. 10.89% of the population identify as Hispanic or Latino. The primary language for translation and interpretation needs in Sioux County is Spanish. However, other languages are also spoken and addressing only the needs of Spanish speakers will not address changing demographics that include other languages and dialects. In Sioux County, older adults (14.6% are age 65+) may also have cultural gaps such as use of technology.

In each of the CHNA focus groups, translation and interpretation needs were cited specifically in health care settings and schools. Providers and consumers alike asserted that qualified (specially trained) on-staff interpreters in hospitals and medical clinics are needed, in particular in labor and delivery and mental health. Community members also noted that translation and interpretation are needed beyond the medical setting, in schools, city services, and recreation programs.

Is this issue addressed in an improvement plan? Yes

Sioux County Community Health Needs Assessment Snapshot

7/29/2019

Priority 1: Healthy Living (obesity, nutrition, physical activity)

Priority 2: Mental Health and well-being for adults and children

Priority 3: Early childhood and parenting education

Priority 4: Housing quality and availability

Priority 5: Improved access to community resources

Priority 6: Bridging cultural gaps