



**2022**

**Community Health  
Assessment Report**

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# Community Health Assessment And Health Improvement Plan 2019

## Community Health Assessment

The 2019 Community Health Needs Assessment showed Monona County ranking 99 out of 99 counties in Iowa in 2016, 2017, and 2018 for Overall Health Outcome and Length of Life. According to County Health Rankings and Roadmaps, there are many areas where Monona County can improve such as adult obesity, alcohol impaired deaths, preventable hospital stays, influenza vaccination rates, and unemployment rates. However, the areas of concern that were chosen to focus on were:

1. Poor mental health days
2. Poor physical health days
3. Physical inactivity
4. Access to dental health providers

## Health Improvement Plan

Efforts to improve the focus areas, defined by the Community Health Assessment, were difficult due to the COVID-19 pandemic. However, great strides were made in improving the health of the community. The efforts are detailed below in two documents separated by quarter.

		<h2 style="text-align: center;">2020 Community Health Improvement Planning</h2>				Quarter 1 Progress: Jan-Mar 2020	Quarter 2 Progress: Apr- June 2020	Quarter 3 Progress: July-Sept 2020	Quarter 4 Progress: Oct- Dec 2020
Health Issue	Goal to Improve	Access Focus	Quarter 1 Progress: Jan-Mar 2020	Quarter 2 Progress: Apr- June 2020	Quarter 3 Progress: July-Sept 2020	Quarter 4 Progress: Oct- Dec 2020			
1. Poor mental health days	Increase access to mental health resources and services	Access to mental health providers	Halted due to COVID-19	Organized a walk-in clinic to open in June	Set up Lunch and Learns between Burgess Mental Health and local providers to make the referral process more efficient and teach providers of all mental health services offered.	Set up Lunch and Learns between clinics in Monona County and the Learning for Life program to help families interact, develop skills, and grow together in a safe, controlled environment.			
		Social supports	Halted due to COVID-19	Collaborated with schools, long-term care facilities, and Burgess Mental Health to determine extent of services offered	Health and local providers to make the referral process more efficient and teach providers of all mental health services offered.	Life program to help families interact, develop skills, and grow together in a safe, controlled environment.			
2. Poor physical health days	Improve utilization of preventative health resources and services	Awareness of risk factors-family history, labs, etc	Halted due to COVID-19	Promotion through social media	Promotion through social media	Promotion through social media			
		Services available to reduce health risks	Halted due to COVID-19	Increased promotions of annual physicals and wellness exams	Increased promotions of annual physicals, wellness exams, routine vaccinations, and staying home when sick to protect others.	Promoted flu vaccinations and the numerous health benefits. Also, created a flu campaign with Monona County professional speaking on the importance of the flu vaccine.			
3. Physical inactivity	Increase opportunities to improve physical health	Structural environment supports - sidewalks, facilities, trails	Halted due to COVID-19	Promotion of the Burgess Wellness Center re-opening	Halted due to COVID-19	Halted due to COVID-19			
		Barrier reduction - individual motivation	Halted due to COVID-19	Halted due to COVID-19	Halted due to COVID-19	Flyer was created with the Burgess Wellness Center to reach school aged children and their families about the importance of healthy habits. Contact info to a health professional and flyer was given to all schools in Monona County to give to all students.			
4. Lower dental providers per resident than other counties	Increase access to dental health resources and services	Access to dental health providers	Halted due to COVID-19	Halted due to COVID-19	Coordinated access to Dental Hygienist through I-Smile Program	Halted due to COVID-19			
		Access to dental health resources	Halted due to COVID-19	Collaborated with I-Smile coordinator to bring education and additional resources in July	Coordinated an event for kids to learn about oral health in Onawa and Mapleton through I-Smile. Kids also received free google bags.	Halted due to COVID-19			

		<h2 style="text-align: center;">2021 Health Improvement Planning</h2>				Quarter 1 Progress: Jan-Mar 2021	Quarter 2 Progress: April- June 2021	Quarter 3 Progress: July-Sept 2021	Quarter 4 Progress: Oct- Dec 2021
Health Issue	Goal to Improve	Access Focus	Quarter 1 Progress: Jan-Mar 2021	Quarter 2 Progress: April- June 2021	Quarter 3 Progress: July-Sept 2021	Quarter 4 Progress: Oct- Dec 2021			
1. Poor mental health days	Increase access to mental health resources and services	Access to mental health providers  Social supports	Halted due to COVID-19 Vaccine Rollout  Held bi-monthly Wellness Coalition and Child Abuse Prevention Coalition meetings. Attended Suicide Prevention Coalition meetings.	Halted due to COVID-19 Vaccine Rollout  Worked with Burgess Clinic Director to help providers screen and identify patients at risk for suicide	Public Health joined Suicide Prevention Coalition  Joined Suicide Prevention Coalition; worked with Burgess Clinic Director and VA to improve mental health awareness and suicide prevention	Reached out to community stakeholders to join SPC to gather more information on mental health access  Worked with Burgess Clinic Director and VA to improve mental health awareness and suicide prevention			
2. Poor physical health days	Improve utilization of preventative health resources and services	Awareness of risk factors-family history, labs, etc  Services available to reduce health risks	Educated public on health risk factors in relation to COVID-19  Held Covid-19 vaccination clinics to reduce risk of spread	Educated public on health risk factors in relation to COVID-19  Held Covid-19 vaccination clinics to reduce risk of spread	Educated public on health risk factors in relation to COVID-19  Held Covid-19 vaccination clinics to reduce risk of spread. Educated the public to bring awareness on limiting the spread and contraction	Educated public on health risk factors in relation to COVID-19 as well as health in general  Held Covid-19 vaccination clinics to reduce risk of spread. Educated the public to bring awareness on limiting the spread and contraction			
3. Physical inactivity	Increase opportunities to improve physical health	Structural environment supports - sidewalks, facilities, trails  Barrier reduction - individual motivation	Halted due to COVID-19 Vaccine Rollout  Halted due to COVID-19 Vaccine Rollout	Signed letter of support for REAP grant application to build outdoor exercise/activity park in the city of Onawa  5-2-1-0 Program conducted at West Monona Elementary school (2nd and 4th grade) and information sent home with students about healthy habits	Halted due to COVID-19 booster clinics  Halted due to COVID-19 booster clinics	Halted due to COVID-19 booster clinics  Halted due to COVID-19 booster clinics			
4. Lower dental providers per resident than other counties	Increase access to dental health resources and services		I-smile program coordinator attended BOH meeting to discuss program and services	I-smile program provided 113 children with dental screenings, 112 fluoride with varnish, 39 received sealants, 42 were referred to a dentist, 170 children received education and a toothbrush bag. All children with suspected decay or no dental home received case	Halted due to COVID-19 booster clinics  Halted due to COVID-19 booster clinics	Halted due to COVID-19 booster clinics  Halted due to COVID-19 booster clinics			

### County Health Ranking 2021

With the efforts shown in the Health Improvement Plan, the county improved to 92 out of 99 according to the County Health Rankings. Counties are ranked by different health factors and demographics; life expectancy, poor physical health days, alcohol impaired driving incidents, access to quality healthcare, etc.

## 2021 County Health Rankings for the 99 Ranked Counties in Iowa

County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors
Adair	59	41	Davis	73	85	Jefferson	13	37	Pocahontas	66	58
Adams	45	22	Decatur	99	89	Johnson	7	3	Polk	50	28
Allamakee	51	78	Delaware	28	25	Jones	19	64	Pottawattamie	91	74
Appanoose	98	96	Des Moines	82	99	Keokuk	63	80	Poweshiek	43	19
Audubon	90	47	Dickinson	24	5	Kossuth	15	29	Ringgold	41	59
Benton	31	57	Dubuque	18	53	Lee	97	95	Sac	68	27
Black Hawk	72	61	Emmet	77	52	Linn	35	24	Scott	64	62
Boone	9	33	Fayette	47	73	Louisa	88	93	Shelby	29	14
Bremer	4	7	Floyd	37	86	Lucas	79	69	Sioux	2	2
Buchanan	22	50	Franklin	65	71	Lyon	12	9	Story	8	4
Buena Vista	38	65	Fremont	89	83	Madison	11	30	Tama	94	84
Butler	62	56	Greene	67	43	Mahaska	58	54	Taylor	76	63
Calhoun	70	60	Grundy	17	8	Marion	30	10	Union	87	76
Carroll	14	13	Guthrie	23	49	Marshall	71	92	Van Buren	46	81
Cass	81	66	Hamilton	36	39	Mills	49	40	Wapello	96	94
Cedar	5	20	Hancock	6	15	Mitchell	20	26	Warren	10	12
Cerro Gordo	74	18	Hardin	32	48	 Monona	92	82	Washington	57	51
Cherokee	34	44	Harrison	60	42	Monroe	80	77	Wayne	86	98
Chickasaw	44	32	Henry	40	55	Montgomery	95	75	Webster	85	90
Clarke	93	88	Howard	53	36	Muscatine	55	70	Winnebago	26	35
Clay	27	31	Humboldt	42	38	O'Brien	21	16	Winneshiek	1	6
Clayton	25	79	Ida	48	21	Osceola	61	46	Woodbury	75	87
Clinton	84	91	Iowa	16	17	Page	52	68	Worth	54	34
Crawford	78	97	Jackson	56	72	Palo Alto	83	23	Wright	39	67
Dallas	3	1	Jasper	69	45	Plymouth	33	11			

# Community Served

## GEOGRAPHY

Monona County covers 697.07 square miles with a population of 8,751 making the population per square mile 12.67. Monona County is located on Iowa’s western border and is considered to be 71.2% rural. Iowa was found to be only 36% rural.

Burgess Health Center services all 10 communities in Monona County and surrounding areas stretching into Woodbury County, Harrison County, Crawford County and counties in Nebraska.

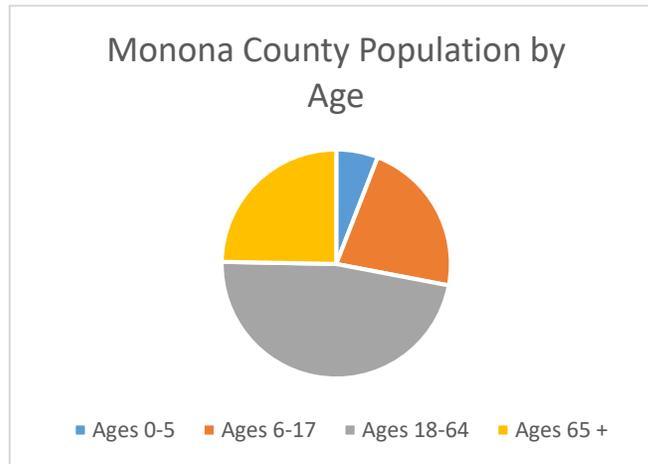


## POPULATION

According to the 2020 census, Monona County has a total population of 8,751. A decrease in population of 6.8% from the 2010 US Census. Iowa has seen an increase of 3.6% in the states total population.

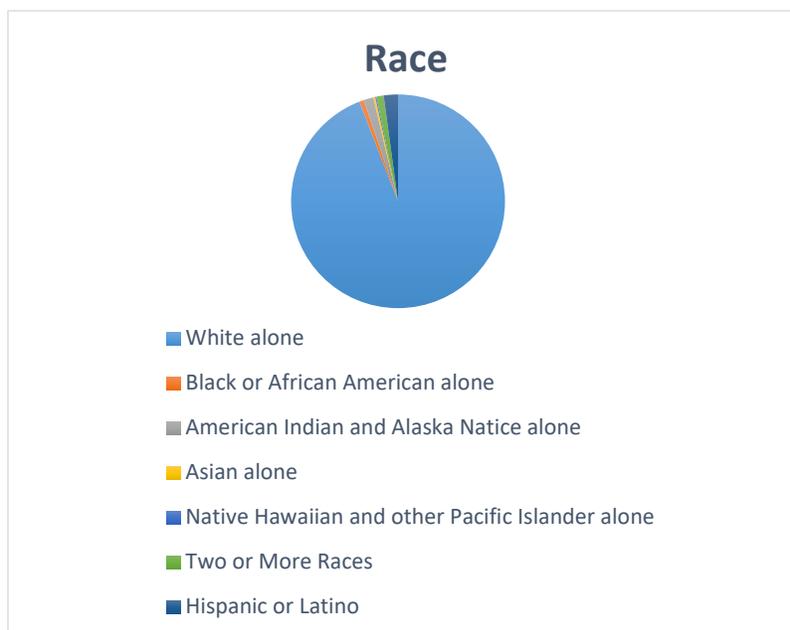
## AGE

The greatest number of Monona County citizens fall between the ages of 18 and 64, making up 47.3% of the population. The next largest age group is persons 65 and older with 24.7% of the population, followed closely by persons' ages 6-17 at 22.1%. The smallest age group in Monona County is the 0-5 year olds at only 5.9% of the population.



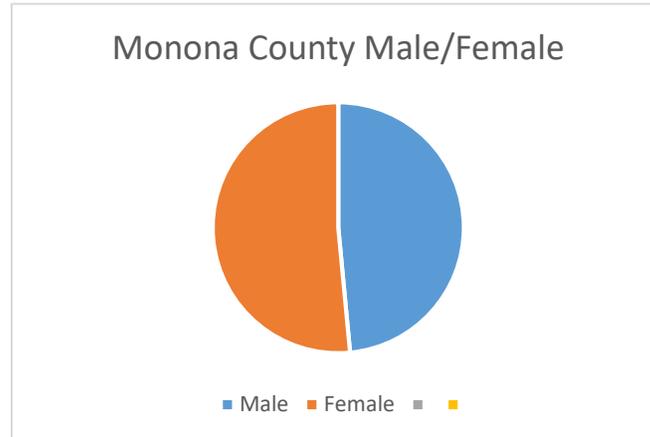
## RACE/ETHNICITY

Monona County's population is predominately white at 96.1%. Hispanic and Latino is the second highest population at 2.2% of the total population. The remaining population is broken down as follows: American Indian and Alaska Native 1.5%, Black or African American 0.7%, Asian 0.3%, Native Hawaiian and other Pacific Islander 0.2%. 1.1% of the population identified as two or more races.



## GENDER

Females account for 51.5 % of Monona Counties population compared to males at 48.5%.



# Community Health Needs Assessment 2022

## PROCESS

Community stakeholders were asked to determine key areas they see as a concern. Stakeholders were chosen to showcase a unique perspective of county barriers based on their professions, children, healthcare services, county and surrounding county services and individual town needs. Stakeholders included:

- School Administrators
- Monona County Wellness Coalition
- Monona County Child Abuse Prevention Council
- Monona County Community Mayors
- Burgess Health Center Directors
- Onawa Chamber of Commerce
- Monona County Board of Health

The information collected was analyzed and a community survey was created to determine what residents of Monona County felt were areas of greatest concern. The survey included demographics and four questions to help narrow the barriers faced by Monona County residents. The survey was made available online and in print. It was advertised on social media, in newspapers and flyers were placed in local establishments. A total of 104 resident responded to the survey, accounting for 1.2% of the population.

The questions and results are as follows:

## Results

**Question 1: In the following list, which do you think are the three most important factors for a healthy community?**

ANSWER CHOICES	RESPONSES	
Health Care Access and Quality	36.54%	38
Employment Opportunities	35.58%	37
Economic, Stability, and Income	34.62%	36
Hospital and Emergency Services	33.65%	35
Housing access and Affordability	28.85%	30
Mental Health Access	22.12%	23
Access to Health Food	21.15%	22
Education Access and Quality	18.27%	19
Low Crime/Safe Neighborhoods	14.42%	15
Recreational Opportunities	10.58%	11
Social and Community Interactions	10.58%	11
Emergency Preparedness	8.65%	9
Quality Child Care	8.65%	9
Transportation	4.81%	5
Housing Safety and Quality	3.85%	4
Environmental Health	2.88%	3
Violence Prevention	2.88%	3
Community Design/Built Environment	0.00%	0
Total Respondents: 104		

The results show that the majority of survey respondents feel the most important factor for a healthy community is having access to quality healthcare. Having multiple quality healthcare facilities is vital for a healthy community. Without this access, traveling further distances is required to get the quality healthcare needed to maintain or improve health.

Other important factors identified for a healthy community is employment opportunities, economic stability, and adequate income. Monona County has 15% of children in poverty, which is higher than the state average by 2%. The state of Iowa's average income is \$62,000. Monona County's average household income is \$9,000 less, coming in at \$53,000.

The unemployment rate of individuals actively seeking work is 3% in Monona County and the state average is 2.7%. The percentage of individuals who have some college experience, regardless of receiving a degree, is 64% and the state average is 70%. This could indicate that those actively seeking employment may not be qualified for job opportunities based on their education history.

With a community that struggles with employment rates and lower than average income rates, an affordable quality healthcare facility that is a vital part of community health. Without access to a healthcare facility, further travel is required and residents may opt out of the care they need due to travel costs or lack of transportation.

**Question 2: In the following list, what do you feel are the three most important health issues in our community?**

ANSWER CHOICES	RESPONSES	
Mental Health and Mental Disorders	55.34%	57
Overweight and Obesity	31.07%	32
Older Adult Health/Aging Issues (arthritis, hearing/vision loss, ect.)	25.24%	26
Cancer	24.27%	25
Health Insurance	23.30%	24
Diabetes	18.45%	19
Nutrition and Healthy Eating	18.45%	19
Heart Disease and Stroke	13.59%	14
Abuse/Neglect	10.68%	11
Physical Activity	10.68%	11
Child and Adolescent Health	9.71%	10
Dementia and Cognitive Decline	9.71%	10
High Blood Pressure	7.77%	8
Disabilities	6.80%	7
Suicide/Suicidal Thoughts	6.80%	7
Vaccinations (children, adolescents, adults)	6.80%	7
Infectious Disease	5.83%	6
Oral Health/Dental Issues	5.83%	6
Total Respondents: 103		

According to County Health Rankings and Roadmaps, Monona County has struggled with mental health wellness in the past. Mental health wellness continues to be one of the most important health factor this community struggles with. With the COVID-19 pandemic, mental health needs have increased across the nation. Monona County residents reported a higher than average poor mental health days and higher mental health distress compared to the state averages.

Another issue many Monona County residents face is being overweight and obese. While the prevalence of overweight and obesity rates are below the state average, it's an alarming one third of the population, and diabetes rates are above the state average. In addition, the physical inactivity of the county shows 28% compared to the state at 23%, meaning 28% of the community is not getting adequate amounts of physical activity. Residents also have less access to fitness facilities compared to the state; 69% and 83% respectively. This could indicate that overweight, obesity, and diabetes rates may be due to physical inactivity and less opportunities to be physically activity with the lack of fitness facilities. Since Monona County's access to healthy foods is similar to the state's average, lack of knowledge of healthy foods and/or healthy food prices may contribute to the high rates.

The survey respondents showed the third indicated most important health concern in Monona County is older adult health/aging such as arthritis, hearing loss, vision loss, etc. The life expectancy of the county is roughly 77 years compared to the state average of 79 years of age. Access to quality healthcare services is vital for improving the health of the older population.

Another aspect of older adult healthy aging is maintaining social relationships. Social relationships have an impact on mental health and well-being. Monona County has lower than average number of membership associations at 9.2 per 100,000. With mental health being the overall biggest health concern in the county, low membership associations may impact mental health issues. Another factor impacting mental health having poor physical health. Monona County also has a higher than physical distress rate compared to the state at 11% and 9% respectively.

**Question 3: In the following list, what do you think are the three most prominent negative or risky behaviors in our community?**

ANSWER CHOICES	RESPONSES	
Drug Use	62.14%	64
Alcohol Use	46.60%	48
Sedentary Lifestyle/Lack of Physical Activity	38.83%	40
Lack of Proper Nutrition/Poor Eating Habits	30.10%	31
Abuse/Neglect of Children	21.36%	22
Criminal Behavior	17.48%	18
Teen Vaping	14.56%	15
Tobacco Use	12.62%	13
Underage Drinking	12.62%	13
Lack of Child Care	9.71%	10
Domestic Abuse	8.74%	9
Violent Behaviors	7.77%	8
Adult Dependent Abuse	6.80%	7
Risky Sexual Behaviors	2.91%	3
Underage Tobacco Use	1.94%	2
Total Respondents: 103		

Drug use was shown to be the most prominent negative or risky behavior by survey respondents. According to Iowa State University Extension and Outreach, Monona County has high rates of prescription opioid related deaths. These rates have increased over the past 10 years and are projected to increase as well as the non-prescription opioid related deaths due the rising prevalence of fentanyl.

Alcohol use was also shown to be a concern for negative or risky behavior in our community. Monona County has a higher than average percentage of driving deaths with alcohol involvement at 43% and whereas the state average is 27%.

In addition, sedentary lifestyle and physical inactivity are shown to be a negative behavior accompanied by negative health outcomes as described under question and result 2.

**Question 4: What one area do you think would improve the quality of life in Monona County?**

ANSWER CHOICES	RESPONSES	
Employment Opportunities	27.88%	29
Affordable/Safe Housing	16.35%	17
Increase Mental Health Access	15.38%	16
Support Systems/Resources for Low Income Population	13.46%	14
Substance Abuse Treatment Options	7.69%	8
Education and Financial Management	3.85%	4
Aging Population Services	2.88%	3
Better Food Access	2.88%	3
Increased Health Care Access	2.88%	3
Quality Child Care Availability	1.92%	2
Community Activities	1.92%	2
Increased Dental Access	1.92%	2
Education on Proper Nutrition	0.96%	1
Total Respondents: 104		

The survey results indicated top three areas that would improve the quality of life in Monona County are employment opportunities, affordable/ safe housing, and increased mental health access. Monona County has higher rates of unemployment and lower rates of college education compared to the state. Quality employment opportunities may be limited unless willing to commute where more opportunities are available. Roughly 27% of residents commute to work with 30 minutes or more of travel time according to County Health Rankings and Roadmaps.

With higher unemployment rates, less quality employment available, and lower household incomes, access to affordable and safe housing becomes more difficult.

Increased access to mental health is necessary for residents as shown in the above questions and results 1&2.

## Sources

Community Health Needs Assessment survey conducted by Burgess Public Health (full report available upon request)

County Health Rankings and Roadmaps

<https://www.countyhealthrankings.org/>

Iowa State University Extension and Outreach

<https://store.extension.iastate.edu/product/Understanding-the-Opioid-Crisis-in-Rural-and-Urban-Iowa>