



2025

**Community Health
Needs Assessment**

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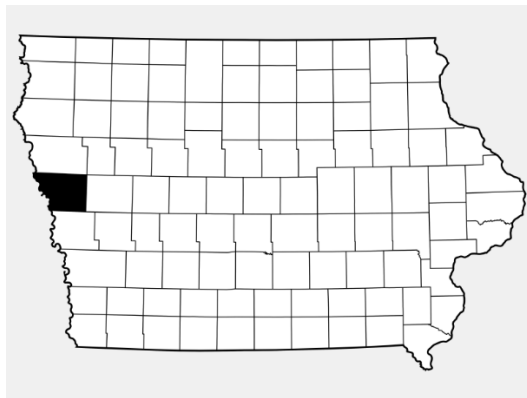
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Introduction

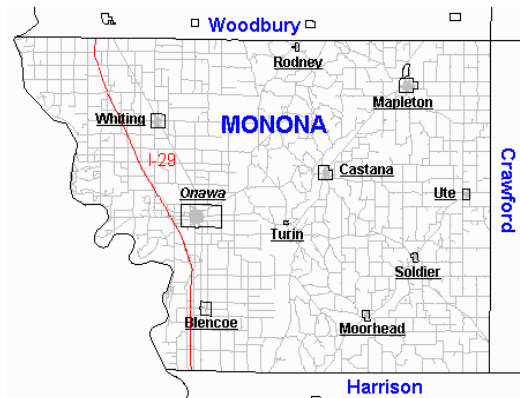
The goal of this Community Health Assessment is to evaluate the most prominent and pressing health concerns in Monona County. This is done by utilizing key resources that are specific to Monona County, the State of Iowa, and the U.S. The key resources used in this Community Health Assessment will be referenced and listed.

Population

Monona County covers nearly 700 square miles and has 10 communities with the communities being listed from most to least populated: Onawa, Mapleton, Whiting, Ute, Blencoe, Moorhead, Soldier, Castana, Turin, and Rodney.



Mapsof.net/Monona-county

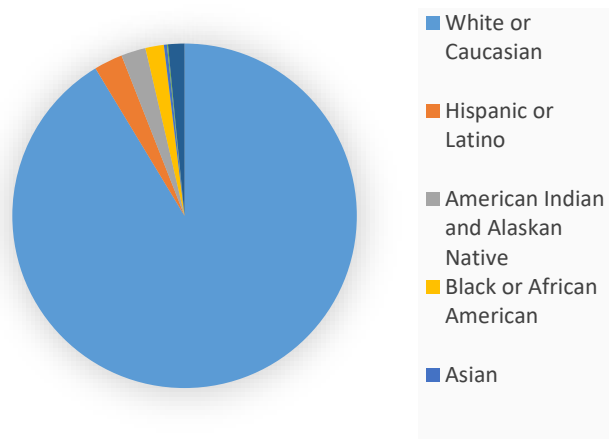


iowa.org/county/Monona

According to the U.S. Census completed in 2023, Monona County has a population of 8,493 residents. This is a decrease in population by 3% from 2020 to 2023 while the state of Iowa showed an increase in population by 1%. The county has 52% of its population being female and 48% male.

The majority of Monona County residents consider themselves as one race while 5% of the population identifies as having 2 or more races. White or Caucasian is the largest identified race in the county at 95.0%. Other identified races in the county are Hispanic or Latino American Indian and Alaska Native, Black or African American, Asian, and Native Hawaiian and other Pacific Islander showing 2.8%, 2.4%, 0.7%, 0.3% and .1% respectively.

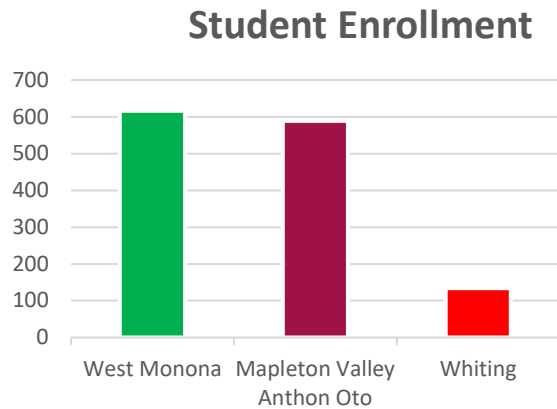
RACE



Monona County's population has the largest number of its residents ranging from 18 to 64 years of age with a percentage of 47.8%. The next largest age group is 65 year and older at 24.2%, followed by 5 to 17 years at 22.3%, and those under 5 years at 5.7%.

Education

There are three public school systems in Monona County and four additional public school systems in Burgess' surrounding service areas offering education for 13 grades. The schools in Monona County offering all 13 grades are West Monona Community School and Whiting Community School with Mapleton Valley Anthon Oto offering elementary (K-5th) and high school (9th-12th). In 2023, the total number of students enrolled in Monona County school systems was 1,339 with 46% enrolled at West Monona, 44% enrolled at Mapleton Valley Anthon Oto, and 10% enrolled at Whiting.



According to the County Health Rankings, only 93.6% the students who live in Monona County graduate from high school with only 60% of those students gaining some college education regardless of acquiring a degree. Today, only 18.7% of the population over the age of 25 have a Bachelor's degree or higher.

Employment/ Housing

Burgess Health Center and Monona County are the largest employers in the county followed by Westendorf Manufacturing, AgriVision Equipment Group, and the public school systems. According to Iowa Workforce Development, Monona County's unemployment rate is 2.6% as of August 2024. Even though the unemployment rate is lower than the state and national average at 2.9% and 4.2% respectively, Monona County has a poverty percentage of 12.6%. This poverty level is higher than the state at 11.3%.

The average house household income in Monona County is \$62,944 compared to state average at \$73,147. There are roughly 4,393 housing units in Monona County with an average of 2.16 persons per household and 76.4% of the units occupied by the owners. The median value of those housing units are \$122,600 with a monthly mortgage of \$1,136 and a gross monthly rent of \$795 for renting units.

Health Status

According to County Health Rankings, Monona County has one of the lowest health outcomes and health factors. In 2022, Monona County ranked 97th and 87th in health outcomes and health factors

compared to the other 98 counties in Iowa. In 2023, Monona County was ranked 94th.

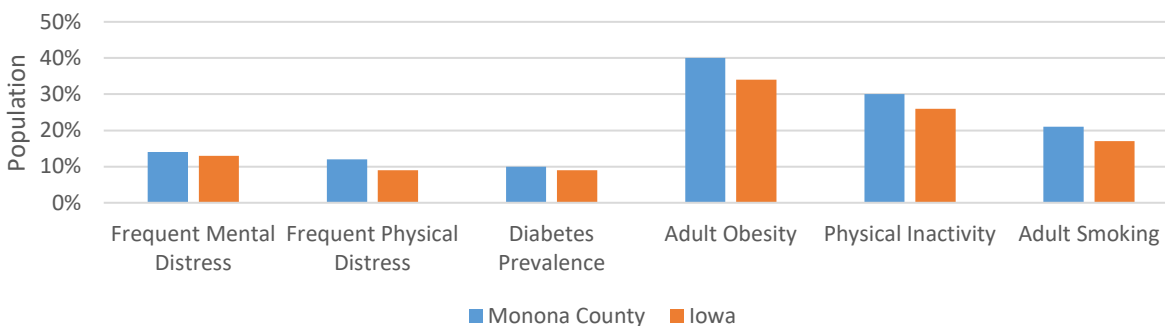
2022 County Health Rankings for the 99 Ranked Counties in Iowa

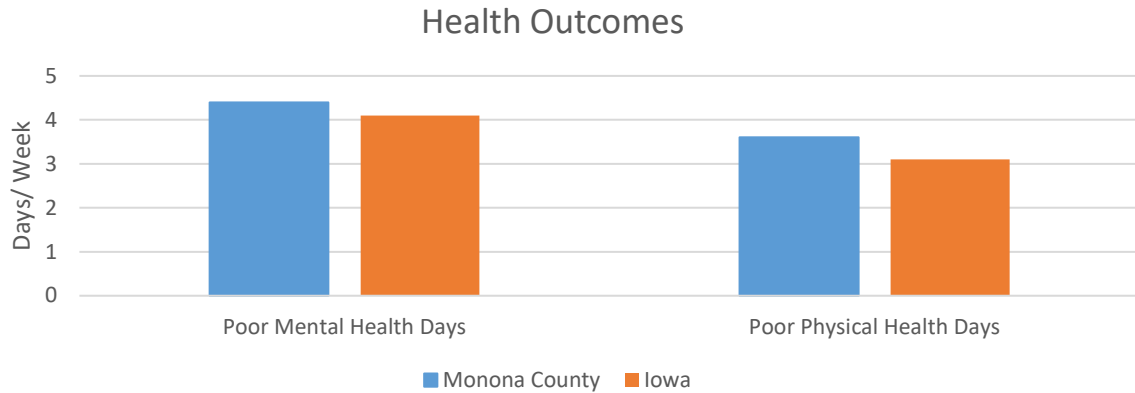
| County | Health Outcomes | Health Factors | County | Health Outcomes | Health Factors | County | Health Outcomes | Health Factors | County | Health Outcomes | Health Factors |
|-------------|-----------------|----------------|------------|-----------------|----------------|------------|-----------------|----------------|---------------|-----------------|------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

For more information on how these ranks are calculated, view the technical notes at the end of this report and visit www.countyhealthrankings.org

The health outcomes that factor into the low rank include are poor mental health days, poor physical health days, frequent mental and physical distress, diabetes prevalence, adult smoking, adult obesity, physical inactivity, and lower life expectancy. Each of these health outcomes are ranked worse than the state average.

Health Outcomes





Access to Exercise

Monona County has exercise facilities in three of the 10 communities with multiple facilities in Onawa and Mapleton. Access to exercise equipment is available to the public in all community schools for a set fee. Onawa has four different exercise facilities for a base fee at the Burgess Wellness Center, Onawa Community Center, West Monona High School, and the Colosseum. There are also group based exercise classes at the Graceful Dance Studio.

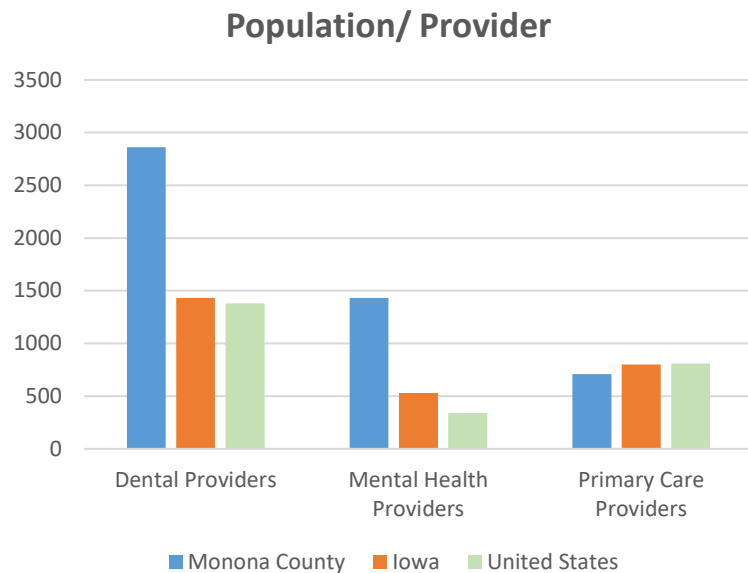
In the Mapleton Community, there are fitness options at the Burgess Wellness Center and the Maple Valley High School for a base rate. The Burgess Wellness Centers in both Onawa and Mapleton offer personalized exercised programs and group based fitness classes.

All exercise facility options in Monona County require a monetary membership and there are no free options for exercise equipment.

Access to Care

Factors that may contribute to Monona County's lower healthy ranking may be decreased access to dental providers, mental health providers, exercise opportunities, higher rates of preventable hospital stays, and higher rates of food insecurity. Monona County's dental and mental health provider ratios are far below the average compared to the state of Iowa and the United States. This is indicative of not enough providers in the county in the respective professions.

However, the data shows a greater ratio for other primary care providers when compared to the state and nation. The ratio in the chart shows the number of residents per one provider.



Burgess Health Center is the primary healthcare provider in Monona County having a Critical Access Hospital in Onawa and having family provider clinics in Sloan, IA and Mapleton, IA. Burgess' total care area spans further than just Monona County. Burgess Health Center cares for upwards of 15 communities that reach into Woodbury County, Crawford County, Harrison County, and Nebraska.



Mental Health services are offered by Burgess Mental Health located in Onawa, IA. These services can be accessed in-person or virtually based on the individual's needs. Mental Health providers also offer services for school aged children within the school in Monona County and some surrounding school. Online mental health services are also available to the community to accommodate all individuals.

There are two dental providers in Monona County. Family First Dental is located in Onawa, IA and Patera Family Dentistry is located in Mapleton, IA. However, not all insurances are accepted. For example, both dental locations do not accept any new patients with Medicare or Medicaid.

In Monona County, mammography screening is below the state average despite residents having the chance for discounted rates through the Care for Yourself program for individuals ages 21 to 64. Screenings can be done at the Burgess Health Center in Onawa, IA.

Monona County residents also have a higher county death rate from cancer compared to the rest of the state. Cancer screenings are offered at multiple provider locations within the county. Family Medicine Clinic is the only primary care provider in Onawa, Burgess Family Clinic and Horn Physician's Clinic are both located in Mapleton, and Burgess Family Clinic is located in Sloan, IA.

References

U.S. Census

<https://www.census.gov/quickfacts/mononacountyiowa>

County Health Rankings

<https://www.countyhealthrankings.org/health-data/iowa/monona?year=2024>

Previous Health Improvement Plans

Monona County has had the same challenges for the previous 5 years with the health outcome rank fluctuating anywhere from 92 to 99 overall compared to the other counties in Iowa. In the years 2022, 2023, and 2024, the focuses of the Health Improvement Plan were to improve the following based on the 2022 Community Health Assessment:

2025 Community Health Assessment (CHA)



THE
TOP **4**

Health Priorities

in Monona County

#1

MENTAL HEALTH AND MENTAL HEALTH DISORDERS

Goal: Decrease poor mental health days

#2

OVERWEIGHT & OBESITY RATE

Goal: Increase opportunities to improve overall health

Goal: Increase awareness of preventative health resources and services

#3

IMPROVE OLDER ADULT HEALTH & AGING ISSUES (ARTHRITIS, HEARING/VISION LOSS, ECT)

Goal: Improve utilization of preventative health resources and services

#4

RATE OF CANCER

Goal: Improve utilization of preventative health resources and services

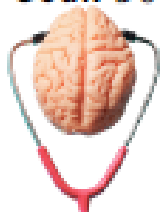


BURGESS
Public Health

Access Focus

MENTAL HEALTH & MENTAL HEALTH DISORDERS

Goal: Decrease poor mental health days



✓ Access to mental health providers

✓ Social supports; increase provider training/education



OVERWEIGHT & OBESITY RATES

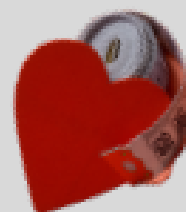
Goal: Increase opportunities to improve overall health

Goal: Increase awareness of preventative health resources and services

✓ Awareness of risk factors- family history, labs, ect

✓ Increase access to community programs

✓ Barrier reduction- individual motivation



OLDER ADULT HEALTH/AGING ISSUES

(Arthritis, Hearing/Vision Loss, ect)

Goal: Improve utilization of preventative health resources and services



✓ Access to PCP for aging assessments

✓ Collaborate with support services available to reduce health risks: HH, Area on Aging, PACE, ect.

RATE OF CANCER

Goal: Improve utilization of preventative health resources and services

✓ Awareness of risk factors-family history, labs, ect

✓ Partnerships with health promotion resources

✓ Increase access to health care specialists



The work dedicated to each area of improvement is available on the Burgess Health Center website or made available upon request.

Moving forward, similar goals will be used with the exception of Access Focus related to overweight and obesity rates. Instead of focusing on structural, environmental supports, the focus will be programs within the county that meet participants where they need to be met. This includes individuals of all ages.