



2025

Community Health Needs Assessment

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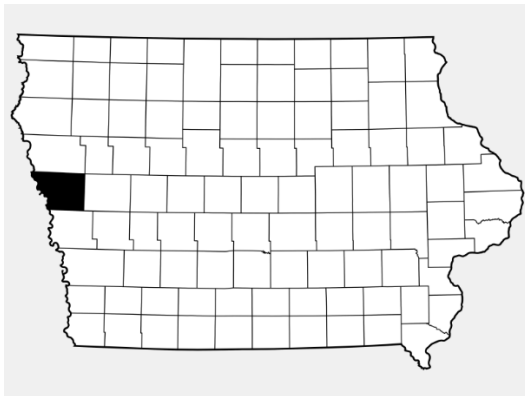
Introduction

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.

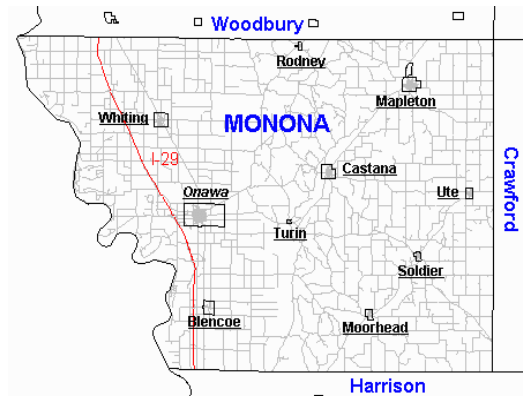
Community Served

Geographic Area

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

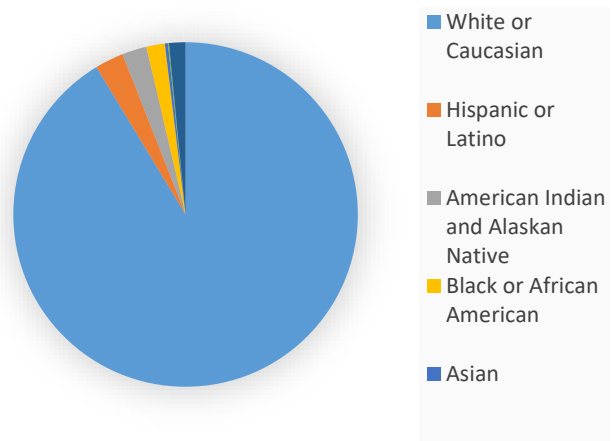
Population

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.

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%.

RACE



Target Population

Monona County continues to see evolving health needs among key populations, particularly children, older adults, and those impacted by cancer. Children face a range of developmental and behavioral health concerns, while the aging population experiences increasing rates of chronic conditions and age-related challenges. Access to preventative care, chronic disease management, age-appropriate health services, and early cancer detection remain areas of focus.

CHNA Process and Methods

Data Analysis

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.

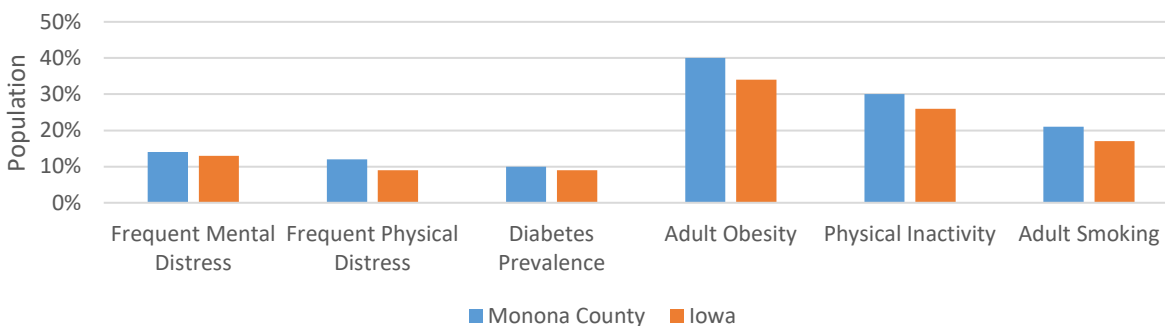
2022 County Health Rankings for the 99 Ranked Counties in Iowa

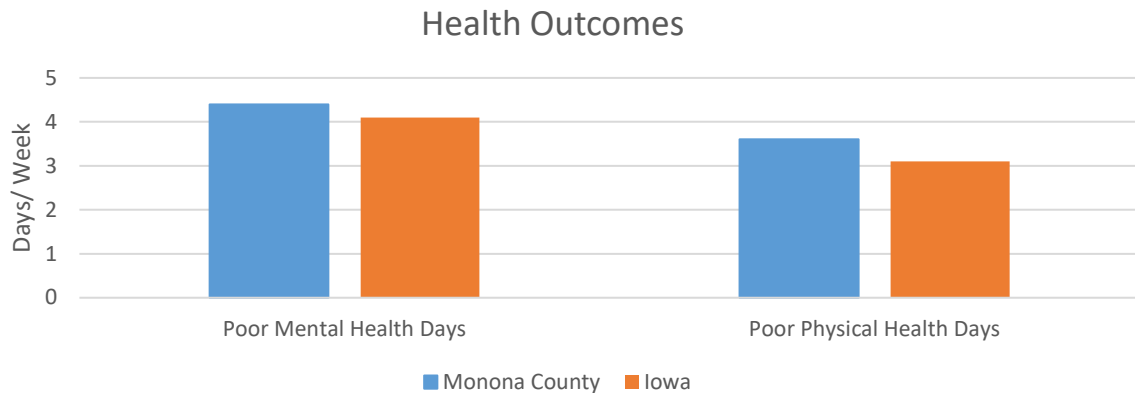
County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors
Adair	52	46	Davis	77	84	Jefferson	26	61	Pocahontas	64	64
Adams	31	34	Decatur	95	81	Johnson	6	5	Polk	45	54
Allamakee	48	75	Delaware	37	30	Jones	19	70	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





Collaboration and Community Served

The Community Health Assessment process in Monona County is strengthened by ongoing collaboration with a broad network of partners who provide valuable insight and support. These partnerships are continuously nurtured and expanded through regular engagement. Collaboration takes place through a variety of formats, including large-scale stakeholders’ meetings, small group discussions, and one-on-one communication. The frequency of meetings varies by group, ranging from weekly to quarterly. Key stakeholders include, but are not limited to, the Monona County Wellness Coalition, Mental Health Advisory Board, Monona Board of Supervisors, Monona County Board of Health, Burgess Family Clinics, Family Medicine Clinic, Horn Physicians Clinic, Harrison Shelby Monona (HSM) HUB, First Five Initiative, Burgess Mental Health, Family Inc., Burgess Public Health, and other.

Impact From 2022 CHNA

As a result of priorities identified in the previous Community Health Assessment, several key services have been added or enhanced in Monona County to address identified gaps and support community well-being. A mental health walk-in clinic was established to increase timely access to behavioral health support for individuals in need of short-term intervention. In partnership with NAMI Southwest Iowa, virtual support groups are now available locally for individuals and families impacted by mental illness.

Additionally, both a Diabetes Prevention Program and a Dementia Prevention Program were introduced to promote healthier lifestyles and reduce risk factors through early education, screening, and evidence-based interventions. These expanded offerings reflect the county’s commitment to acting on community feedback and advancing overall health outcomes.

Resources Available

Monona County offers a range of health and wellness resources designed to support residents across the lifespan. Programs such as Learning for Life provide family-centered education and support

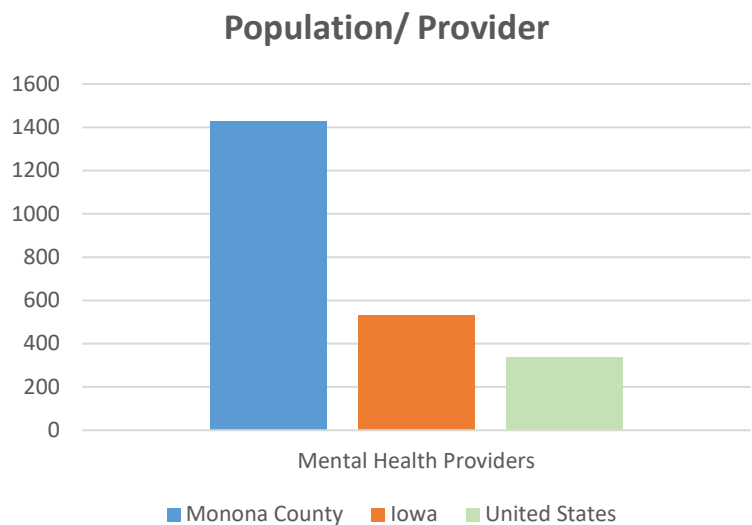
for children under the age of 5, while the Dementia Prevention Program aims to promote cognitive health and early intervention strategies for older adults.

Chronic disease prevention remains priority through initiatives like the Diabetes Prevention Program at Burgess Health Center that is free for any individual with pre-diabetes or at risk for diabetes.

Immunization access for children is supported the Burgess Family Clinic-Mapleton and Family Medicine Clinic in Onawa and adults can access influenza, covid, and MMR vaccines through the Vaccines for Adults Program with Burgess Public Health. This ensures that community members have access to recommended vaccinations regardless of age or insurance status.

Other factors that contribute to Monona County's lower healthy ranking may be decreased access mental health providers. Monona County's 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. The ratio in the chart shows the number of residents per one provider.

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.



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.

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.

CANCER

Many unhealthy behaviors linked to cancer can be **prevented** such as excessive drinking, using tobacco products, physical inactivity, poor nutrition, and ultraviolet light exposure. Cancer screening tests can detect cancer early, making treatment easier and improving survival.



520.4

County incidence rate for cancer
(*per 100,000 people)

491.8 Iowa avg



155.6

County death rate from cancer
(*per 100,000 people)

149.2 Iowa avg

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.



References

U.S. Census

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

County Health Rankings

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

Iowa Health and Human Services

<https://hhs.iowa.gov>

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



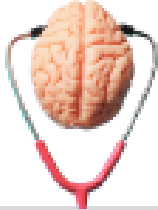
BURGESS
Public Health

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

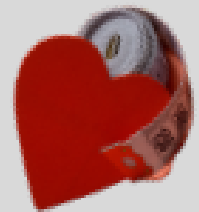
Goal: Increase opportunities to improve overall health

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.