

2016 Community Health Needs Assessment Report



LUCAS **LC** COUNTY
HEALTH **HC** CENTER
& *Medical Clinics*



Lucas County Public Health

"Working with the Community and for the
Community"

Introduction

For the 2016 Community Health Needs Assessment, Lucas County Health Center (LCHC) and Lucas County Public Health (LCPH) agreed it would be in the best interest of both organizations to complete a joint assessment.

Together, these two organizations are dedicated to addressing the health needs of the citizens in our county. Our advocacy and outreach efforts are based on the documented needs of our patient population. By collecting data, we are able to determine our partnerships and advocacy goals from a resource, education and delivery standpoint and have established evaluation points to measure success.

With this survey, and all future surveys, we will collect data in the effort of:

- Understanding health and safety issues facing populations who experience health disparities, using existing data and the perspectives of the community
- Identifying strengths, existing programs and activities that are helping the community thrive
- Informing our community benefit efforts by determining how the community needs align with LCHC or LCPH strategic plans or initiatives.

Additionally, our Community Health Needs Assessment will help us focus our efforts on the most urgent community health needs. Moreover, this information lays the foundation for our overall Strategic Plan, which supports partnerships with community organizations and other healthcare providers.

Methodology

The 2016 Community Health Needs Assessment was conducted by Lucas County Health Center and Lucas County Public Health. To ensure we captured the most comprehensive needs of our community, we used a variety of methods to get our message about the survey to the community, including:

- Online Survey (available through LCHC's website, LCHC's Facebook page, and LCPH's Facebook page)
- Information on electronic communication through Chariton Area Chamber/Main Street
- Press releases in the Chariton newspaper
- Hard copies of the survey at LCHC, LCPH, and Chariton Area Chamber/Main Street
- Direct mail pieces sent to randomly selected patients

Before we could begin collecting data, however, we had to define the scope of our community. We began by attaining secondary data about health indicators, health risk factors and demographics by using a variety of local, county, and state resources, including:

- Iowa Department of Public Health
- Community Commons

Our Community

Age

As of 2015, the population of Lucas County was estimated to be 8,785. Below is a chart estimating the population percentage by age groups.

Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
Lucas County, IA	5.6%	17.84%	7.18%	9.03%	10.51%	14.8%	14.33%	20.72%
Iowa	6.39%	17.18%	10.19%	12.65%	11.8%	13.73%	12.8%	15.27%
United States	6.36%	17.13%	9.96%	13.47%	12.96%	14.09%	12.29%	13.75%

Gender

As of 2015, the estimated population of Lucas County was 4,405 males (50.14%) and 4,380 females (49.80%).

Report Area	Male	Female	Percent Male	Percent Female
Lucas County, IA	4,405	4,380	50.14%	49.86%
Iowa	1,526,116	1,552,000	49.58%	50.42%
United States	154,515,152	159,591,920	49.19%	50.81%

Race/Ethnicity

As of 2015, the majority of the county (98.32%) identified themselves as White, 0.15% identified as Black, 0.15% identified as Asian, 0.48% identified as Native American/Alaska Native, and 0.90% identified as multiple races.

Report Area	White	Black	Asian	Native American / Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Races
Lucas County, IA	98.32%	0.15%	0.15%	0.48%	0%	0%	0.91%
Iowa	91.39%	3.11%	1.94%	0.31%	0.06%	1.3%	1.89%
United States	73.81%	12.6%	5%	0.82%	0.17%	4.7%	2.91%

Education

As of 2015, it was estimated that 9.35% of Lucas County residents are age 25+ with no high school diploma and 23.08% of the population was age 25+ with an Associate's Degree or higher. This indicator is relevant because educational attainment is linked to positive health outcomes.

Report Area	Total Population Age 25+	Population Age 25+ with No High School Diploma	Percent Population Age 25+ with No High School Diploma
Lucas County, IA	6,095	570	9.35%
Iowa	2,038,942	178,072	8.73%
United States	209,056,128	28,587,748	13.67%

Education (continued)

Report Area	Total Population Age 25+	Population Age 25+ with Associate's Degree or Higher	Percent Population Age 25+ with Associate's Degree or Higher
Lucas County, IA	6,095	1,407	23.08%
Iowa	2,038,942	758,174	37.18%
United States	209,056,128	77,786,232	37.21%

Health Insurance

As of 2015, it was estimated that 10.28% of Lucas County residents were uninsured. This indicator is relevant because a lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contribute to poor health status.

Report Area	Total Population (For Whom Insurance Status is Determined)	Total Uninsured Population	Percent Uninsured Population
Lucas County, IA	8,630	887	10.28%
Iowa	3,033,245	247,162	8.15%
United States	309,082,272	43,878,140	14.2%

Health Needs of Our Community

Lucas County Health Center and Lucas County Public Health were able to gather input from 130 members of our community. The majority of survey respondents identified the following as their top issues:

1. obesity
2. mental health
3. joint/back pain
4. transportation
5. need for additional providers/physicians.

Obesity

When asked to identify their top three health issues, 49.23% of respondents selected obesity as an issue. Furthermore, when asked what types of health screenings and/or services they need to keep themselves and their family healthy, 56.15% selected exercise/physical activity and 27.69% selected nutrition education as being a needed service.

In Lucas County, 31.5% of adults aged 20 and older self-report that they have a Body Mass Index (BMI) greater than 30.0. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Report Area	Total Population Age 20+	Adults with BMI > 30.0 (Obese)	Percent Adults with BMI > 30.0 (Obese)
Lucas County, IA	6,478	2,060	31.5%
Iowa	2,259,684	693,423	30.4%
United States	231,417,834	63,336,403	27.1%

Additionally, according to results found on Community Commons, 28.5% of adults aged 20 and older self-report no leisure time for activity. This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor vascular health.

Report Area	Total Population Age 20+	Population with no Leisure Time Physical Activity	Percent Population with no Leisure Time Physical Activity
Lucas County, IA	6,470	1,967	28.5%
Iowa	2,259,109	564,776	24.2%
United States	231,341,061	53,415,737	22.6%

Goal: Lucas County Health Center and Lucas County Public Health will work together and with other community organizations to reduce obesity rates in Lucas County by 5% by 2020.

Strategies for achieving this goal include, but are not limited to:

- Establishing a sustainable community garden by May 2016
- Establishing child exercise programs in collaboration with the schools by Spring 2017
- Incorporating obesity education into Healthy University programming for the 2016-2017 year

- Working with the Chariton Recreation Department and Healthy Partnership of Lucas County on nutrition initiatives, including a healthy eating education series
- Establishing a Let's Move program for children in our community
- Submitting articles regarding healthy eating and exercise to local newspapers
- Using social media platforms, including LCHC and LCPH Facebook and websites, to disperse information regarding nutrition and exercise

Mental Health

When asked to identify what is needed to improve the health of their family and neighbors, 23.8% of respondents chose mental health services. Additionally, 26.15% of respondents identified mental health/depression screenings and education and 4.62% identified suicide prevention as needed services. Finally, in our open discussion question, many respondents listed mental health services as a health challenge for our community.

In Lucas County, the ratio of mental health care providers to population is 56.5 providers for every 100,000 people. For our population, that breaks down to 1 mental health provider for every 1,769.6 people.

Report Area	Estimated Population	Number of Mental Health Providers	Ratio of Mental Health Providers to Population (1 Provider per x Persons)	Mental Health Care Provider Rate (Per 100,000 Population)
Lucas County, IA	8,848	5	1,769.6	56.5
Iowa	2,950,213	2,685	1,098.8	91
United States	318,306,896	426,991	745.5	134.1

Additionally, Community Commons indicated that 15.9% of Lucas County residents report depression compared to the 14.9% of Iowa residents. (Note: This indicator reports the percentage of the Medicare fee-for-service population with depression.)

Report Area	Total Medicare Beneficiaries	Beneficiaries with Depression	Percent with Depression
Lucas County, IA	1,719	273	15.9%
Iowa	450,866	67,386	14.9%
United States	34,126,305	5,271,176	15.4%

Finally, in Lucas County, there were 397 reported deaths from 2007-2011. Of those, 13 were reported as deaths due to intentional self-harm (suicide.) (Note: Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available.) This indicator is relevant because suicide is an indicator of poor mental health.

Report Area	Total Population	Average Annual Deaths, 2007-2011	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Lucas County, IA	8,840	0	no data	no data
Iowa	3,061,227	397	13	13
United States	311,430,373	39,308	12.6	12.3
HP 2020 Target				<= 10.2

Goal: Lucas County Health Center and Lucas County Public Health will work to increase awareness of signs/symptoms and treatment for mental health conditions, including suicide and depression. Additionally, we will work to increase access to mental health providers for Lucas County residents.

Strategies for achieving this goal include, but are not limited to:

- Submitting articles to local newspapers regarding mental health awareness
- Encouraging community involvement in healthy activities to decrease depression
- Incorporating mental health topics into Healthy University programming for the 2016-2017 year
- Recruiting appropriate, quality mental health providers for Lucas County
- Implementing telepsychiatry services in the Lucas County Health Center Emergency Department
- Working on a suicide prevention campaign
- Using social media platforms, including LCHC and LCPH Facebook and websites, to disperse information regarding mental health, depression, and suicide

Joint/Back Pain

When asked to identify their top three health issues, 52.31% of respondents selected joint/back pain as an issue. While we cannot be certain about why half of our population suffers from joint/back pain, we do believe a portion of it may be linked to the obesity rates.

Community Commons did not have any information related to joint and/or back pain.

Goal: Lucas County Health Center and Lucas County Public Health will work together and with community organizations to reduce back pain by 5% in Lucas County by 2020.

Strategies for achieving this goal include, but are not limited to:

- Incorporating back and chair exercises and education into Healthy University programming for the 2016-2017 year
- Submitting articles regarding back pain and specific exercises to help address the issue to local newspapers
- Using social media platforms, including LCHC and LCPH Facebook and websites, to disperse information regarding back pain

Transportation

When asked if they had any issues that prevented them from accessing care, 5.38% of respondents indicated transportation as an issue and 9.23% identified it as a way to improve the health of their families and neighbors. Furthermore, in our open discussion question, several responses included "convenient location/transportation of health services for groups that do not drive - elderly and Amish"; "more transportation for same day needs to get to the doctor"; and "more transportation for the elderly."

Community Commons had information regarding the use of public transportation, however, their primary focus was on using public transportation as the primary means of community to work. Community Commons reported that 0.69% of the population used public transportation to commute to work.

Report Area	Total Population Employed Age 16+	Population Using Public Transit for Commute to Work	Percent Population Using Public Transit for Commute to Work
Lucas County, IA	3,888	27	0.69%
Iowa	1,535,285	16,416	1.07%
United States	141,337,152	7,157,671	5.06%

Goal: Lucas County Health Center and Lucas County Public Health will work to increase access to sufficient and timely transportation for residents to attend medical appointments and wellness initiatives.

Strategies for achieving this goal include, but are not limited to:

- Providing education regarding transportation options that are currently available
- Researching options for outlying Lucas County communities, including Russell, Lucas, Derby, Williamson, and rural residents.

Additional Providers/Physicians

When asked about issues that prevented them from accessing care, 9.23% of respondents indicated lack of availability of doctors as an issue. Furthermore, in our open discussion question, several responses included “affordable doctor care” and “get more doctors in the clinic.”

Community Commons reported 6 primary care physicians in Lucas County in 2012 and, therefore, the primary care physician rate is 68.5.

Report Area	Total Population, 2012	Primary Care Physicians, 2012	Primary Care Physicians, Rate per 100,000 Pop.
Lucas County, IA	8,760	6	68.5
Iowa	3,074,186	2,236	72.7
United States	313,914,040	233,862	74.5

Goal: Lucas County Health Center will work to recruit and retain a sufficient number of quality providers for Lucas County residents.

Strategies for achieving this goal include, but are not limited to:

- Working with recruiting firms to identify provider candidates for Lucas County Health Center
- Creating a comprehensive recruitment package designed to employ primary care medical providers committed to the mission of Lucas County Health Center and dedicated to meeting the health care needs of Lucas County patients
- Creating a work environment that supports the personal and professional needs of primary care medical providers and their families, thus encouraging long-term employment commitments

Conclusion

Lucas County Health Center and Lucas County Public Health conducted this assessment to ensure that patients receive exceptional service and equal access to high-quality care and to address healthcare needs in the communities we serve. Given the complexity of the needs and the lack of resources available to meet them, we are faced with difficult choices. This assessment has aided us in focusing on the areas of greatest need, as defined by the communities we serve.

As we conclude the Community Health Needs Assessment process, we will begin incorporating these goals and strategies into our future strategic initiatives.