

Warren County, Iowa



COMMUNITY HEALTH NEEDS ASSESSMENT & HEALTH IMPROVEMENT PLAN

2015

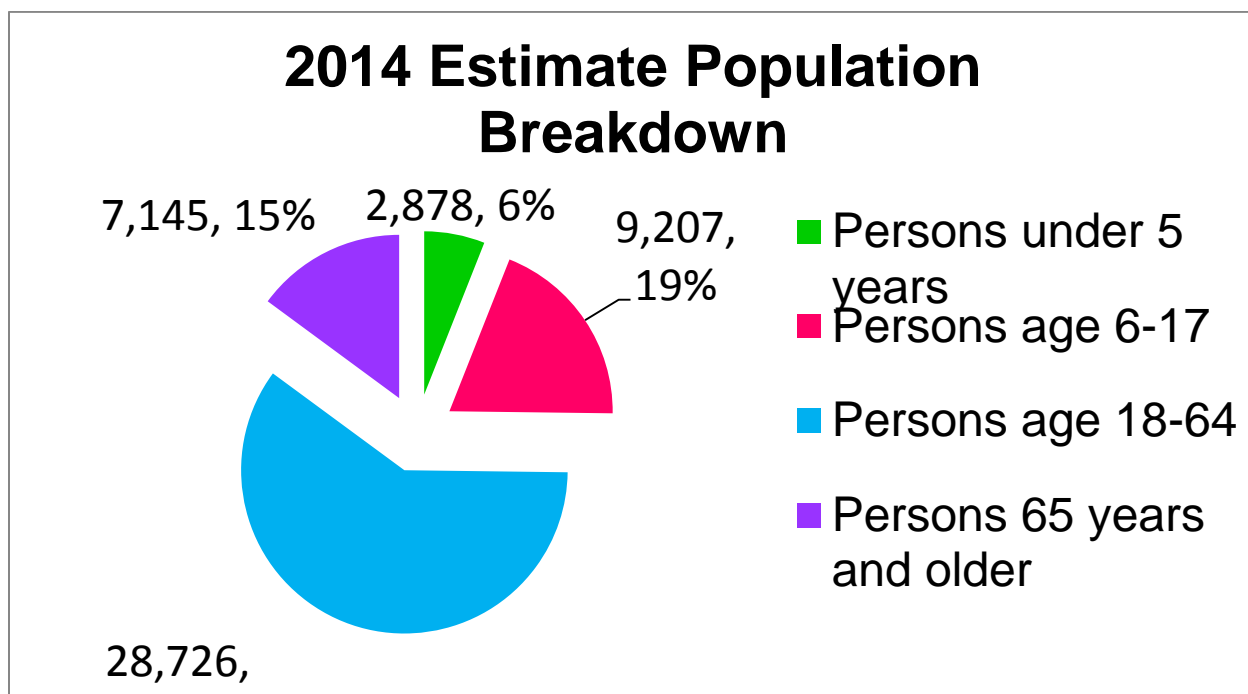


Public Health
Prevent. Promote. Protect.

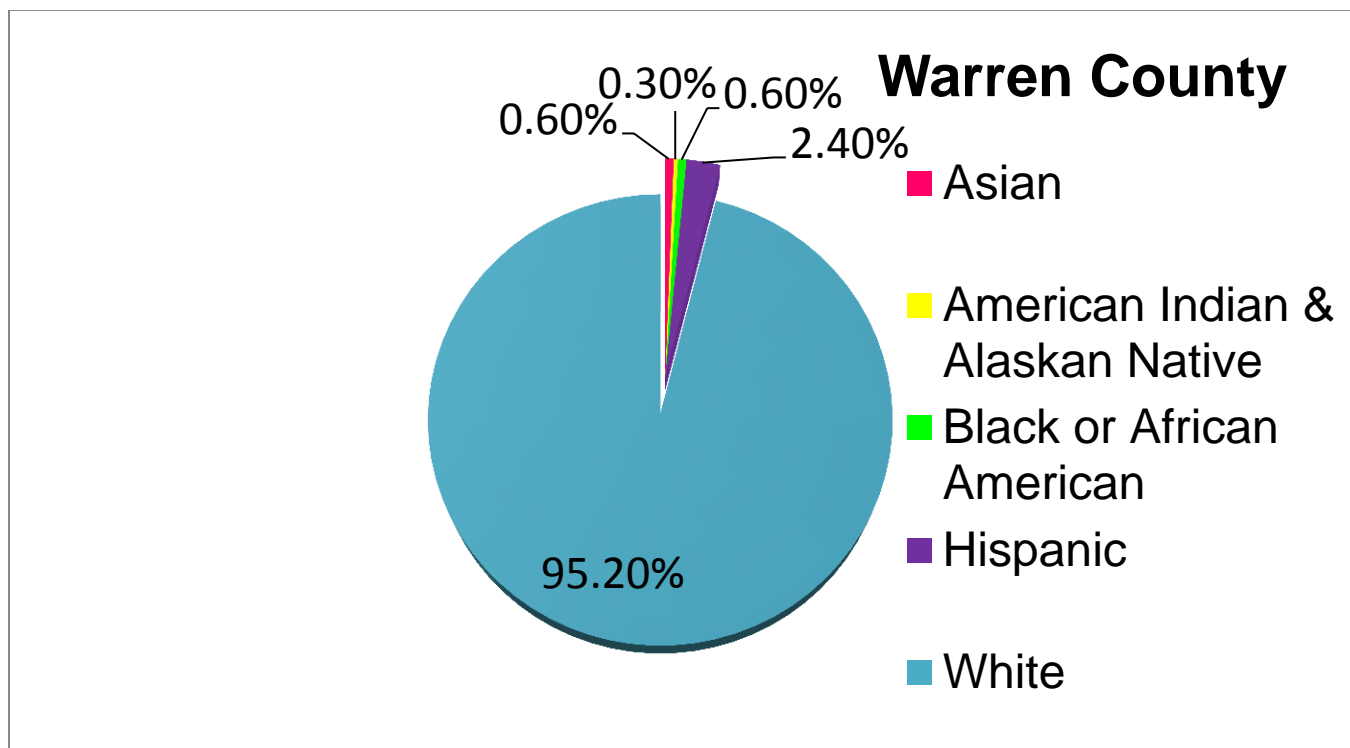
**Warren County
Health Services**
PREVENT, PROMOTE, PROTECT

Completed: **February 2016**

Warren County is a county in south central Iowa with a population of 47,956. The following chart shows the population by age breakdown.



95.2% of the population in Warren County is Caucasian/White. The following chart demonstrates the racial breakdown of Warren County:





Warren County ranked 42/99 counties for Quality of Life. Our county reports having increased poor physical health days (3.3/30 days) than the average Iowan (2.8/30 days), we have a slightly elevated low birth weight when compared to the rest of Iowa and we are more physically inactive (28%) compared to the average Iowan (24%). 96% of our high school population graduate compared to 89% across Iowa and we have a slightly decreased rate of unemployment (4.4%) than the average in Iowa (4.6%).

We utilized various sources for information about our great county. Some of these resources included:

County Health Rankings (<http://www.countyhealthrankings.org/app/iowa/2015/warren/county/outcomes>),
BRFSS (<http://vizhub.healthdata.org/us-health-map/>),
CHSI (<http://wwwn.cdc.gov/CommunityHealth/profile/AssociateIndicatorProfile/IA/Warren/310013/310014>)
(<http://wwwn.cdc.gov/CommunityHealth/profile/currentprofile/IA/Warren/>)
The State Data Center of Iowa (<http://www.iowadatacenter.org/browse/counties.html#PopulationbyCounty>)
The United States Census Bureau (<http://quickfacts.census.gov/qfd/states/19/19181.html>)

The Mission of Warren County Health Services is to: Improve the overall health of the population we serve through health promotion, disease prevention and education. The Vision of Warren County Health Services is: A community engaged and empowered to strive for their highest level health and wellbeing.

This project was assisted by four Iowa State University students who met by webinar and teleconference with the Public Health Administrator to begin to develop a community survey, flyers to promote the survey and a presentation to present to the public during the Community Health Needs Assessment (CHNA) and Health Improvement Plan (HIP) meetings. The administrator and the students met a total of four times during the months of October, November and December 2015. The survey was prepared and put out to the public on December 1, 2015. We invited many of our partners to place the survey on their websites and also had paper copies available at each City Hall in Warren County, every library in Warren County as well as at most of the medical clinics in our county. The survey ran from December 1 through December 31, 2015. We collected 121 community surveys.

The community surveys had representation from each area in our county except Cumming and Bevington. 47% of the surveys were from Indianola, the county seat in Warren County. The following table represents what those surveyed believed were the top 3 topics they considered needs/concerns in Warren County in the Promote Healthy Living area:

2. PROMOTE HEALTHY LIVING: Which 3 topics do you consider needs/concerns in Warren County? Please select up to 3 topics.

#	Answer	Response	%
1	Tobacco	15	13%
2	Alcohol & Other Drugs	33	28%
3	Gambling	2	2%
4	Mental Health	66	55%
5	Heart Disease	4	3%
6	Stroke	0	0%
7	Asthma	1	1%
8	Diabetes	16	13%
9	Arthritis	1	1%
10	Elderly Wellness	33	28%
11	Family Planning	7	6%
12	Infant, Child, and Family Health	28	23%
13	Leisure Activities	10	8%
14	Nutrition and Healthy Food Options	27	23%
15	Obesity	33	28%
16	Oral Health	7	6%
17	Physical Activity	24	20%
18	Pregnancy & Birth	9	8%
19	Wellness	35	29%

The following table represents the responses on the survey when asked What 3 topic do you consider needs/concerns in Warren County under the Prevent Injuries and Violence Management area:

3. PREVENT INJURIES & VIOLENCE MANAGEMENT: Which 3 topics do you consider needs/concerns in Warren County? Please select up to 3 topics.

#	Answer	Response	%
1	Brain Injury	14	12%
2	Disability	34	28%
3	Emergency Medical Services Trauma & System Development	48	40%
4	Violent & Abusive Behavior	78	65%
5	Suicide	38	32%
6	Occupational Health & Safety	18	15%
7	Motor Vehicle Crashes	53	44%
8	Falls	28	23%
9	Poisoning	1	1%
10	Drowning	3	3%
11	Other	10	8%

Other

- mental health care
- Dementia
- Lack of mental health services
- Emergency Preparedness - CPR, Trauma, First Responders
- None
- no response
- County wide trash/yard waste drop off available on weekends
- Bullying in schools/ social media
- Mental Health

The ages of the participants ranges from 20-90 years with the highest number (25%) being in their 50's. 119 (98%) of the participants were Caucasian, 2 (1.65%) were of "other race" not identified. This is similar to our county population statistics yet additional non-white participation was hoped for. 23 of those surveyed were high school graduates, 98 had received some higher education. This is not the only population we hoped to collect survey responses from and will be seeking other ways to collect information from our target population, those who face significant day to day challenges to maintain a balanced structure of life.

We were not able to identify a population in our county who had significant health challenges other than the lack of oral health providers for those who have Medicaid for their insurance. We have lost some of our Medicaid provider resources for this service and many of this population must seek treatment outside of our county. There are times when transportation is a barrier to gaining access for this important preventative care. We will ask a subcommittee of the Warren County Health Coalition to consider addressing this issue if needed, in the mean time the WCHS I-Smile™ coordinator and staff continue to assist any residents to access oral health services.

Following the collection of the survey data, collection of various statistics from the web sources stated prior in this document we created a colorful and informative slide presentation for the Community health needs assessment meetings. Meetings were scheduled on 1/19 @ 3:30 pm when we had attendance of 18 with 11 different community partners represented; , 1/21 @ 5:30 pm with attendance of 8 with 4 community partners/agencies represented; 1/26 @ 2 pm with 17 in attendance representing 9 community partners and our final meeting for our health improvement planning was held 1/28 at 2:30 pm with 16 in attendance representing 10 community partners/agencies.

During the first three CHNA meetings the attendees were given the opportunity to make comments and present anything additional to the data included in the presentation. The presentation also included the six priorities identified by the Central Iowa Community Health Needs Assessment which is a CHNA created by the greater Des Moines hospitals in conjunction with the Polk, Dallas and Warren Public Health departments as well as the United Way organization. The attendees on 1/19 were given the Iowa Department of Public Health form used to identify information that describes the needs of the community. These forms were collected and collated. In meeting two, 1/21, we completed the SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis as a group and encouraged all those in attendance to send additional information to the PH administrator prior to the next meeting. Meeting three on 1/26 began with reviewing the SWOT analysis and asking the members present to determine the community priorities for our health improvement planning. See the SWOT analysis attached to this report, Attachment A.

Determining the community priorities was a team process considering statistics presented in the original presentation, the aggregated community survey report, the SWOT analysis and the passions of those present in the room. The group was able to determine from the surveys and the Analyze Community Health Assets (IDPH Step 4 of CHNA&HIP Guide) there were some gaps in the population of Warren County related to the knowledge of the services that are available in our communities. Based on the numerous responses of services available but answered in many surveys as "not available" we identified the single most important item on our list to be to consider how we can become much more effective communicators with those residing in our county.



The next priority identified by this group was the need for additional mental health providers to serve all ages in our County. The following table from countyhealthrankings.org identifies the statistical data used to support the community members impression this was a need in our county:

Ratio of population: provider in Warren County

Provider Type	Warren County Ratio – Population : Provider	State of Iowa Ratio
Primary Care Physician	1675:1	1375:1
Dentist	3156:1	1670:1
Mental Health Provider	4303:1	904:1

This priority was also clearly identified on several of the community surveys, the health assets lists and the SWOT analysis.

The third priority identified by this group was the need for increased food security and access to healthy foods. The statistic the attendees used for development of this priority included this data from the countyhealthrankings.org site.

	Warren County	Iowa
Access to healthy foods	30%	39%

Although our poverty rates are lower than the state average, including the number of children participating in the free and reduced lunch plans, the members in the meeting are those passionate and involved with hunger prevention programs in Warren County and I believe those participating in creating the community health improvement plan feel that if any single child in Warren County is hungry, the community needs to make this a priority and plan to eliminate that hunger. There was also data collected in the county survey indicating the residents in Warren County were not aware of all the free dinners sponsored by churches and organizations, the backpack programs in Warren County or the location of the food pantries available in Warren County.

Much of our discussion with when and how to address these issues and working on our Health Improvement Plan was around the reviving of the Warren County Wellness Coalition which has been initiated a few years ago with the Governor's Healthiest State Initiative; yet has been very inactive over the past year or so. The Public Health administrator and staff will work on this project and will assist in the development of subgroups to address the specific areas of our health improvement plan as indicated on the following pages.



Warren County

Community Health Improvement Plan

GOAL	Strategies	WHO and BY: (date)
Explore ways to increase access to Mental Health providers within 20 minutes or 30 miles of home.	Revive the Warren County Wellness Coalition and strive to develop a Mental Health subcommittee who are or have close relationships with Mental Health providers	WHO Jodene DeVault and BY: 6/1/16
	Request the Mental Health sub committee explore how to communicate with providers outside of Warren County regarding consideration of adding telehealth to their practices.	WHO Warren County Wellness Coalition/ Emmalee Bowlin and BY: 7/1/16
	Attempt to create a "local" ICON which can be consistently displayed across all web sources to obtain mental health sources available in and out of Warren County.	WHO Warren County Wellness Mental Health subcommittee and BY: 12/1/16
	Explore options regarding creation of a 24/7 mobile crisis team who can assist with evaluation of individuals in crisis and help to determine appropriate treatment/placement at the time of crisis.	WHO Eyerly Ball and BY: 12/1/16
	Work towards development of a 24/7 crisis helpline strategy to "advertise" on websites, social media etc. This may be just tapping into a resource that treatment centers already have available.	WHO Warren County Wellness Mental Health subcommittee and BY: 12/1/16
	Seek collaboration between emergency room staff and law enforcement to identify how increased collaboration/assessment protocols could provide more adequate treatment for those in crisis.	WHO WCWMH/ Mike Morrison and BY: 12/1/16
	Explore potential opportunities to offer Parent Child Interaction Therapy training to current Warren County mental health providers. Mapping the providers with and without the training could be useful in planning.	WHO WCWMH subcommittee and BY: 12/1/16
	Develop a relationship with some businesses in Warren County in an effort to promote employee assistance programs particularly the counseling and mental health products in each employee's plan (Providing a training or information to employers) Civic, Faith Based, & Business	WHO Warren County Wellness Coalition and BY: 12/1/16
	Discuss opportunities with school administrations and faith based leadership as to how we may be able to collaborate and support their efforts for addressing mental health issues in their respective environments.	WHO Roger Netsch and BY: 11/1/16



<p>Increase food security and Healthy food access in Warren County</p>	<p>Revive the Warren County Wellness Coalition and strive to develop a subcommittee of those who have knowledge about our current food security system and are passionate about increasing opportunities and/or communicating these opportunities to the communities in our County.</p>	<p>WHO Alli Zuel/ WCWC and BY: 5/1/16</p>
	<p>Collaborate with cities/councils/churches to identify the number of community gardens that are available, how they are managed and who may be able to enjoy the produce from the gardens with the objective being to identify additional sources of healthy foods for families.</p>	<p>WHO Emily Roush/ Alli Zuel and BY: 6/1/16</p>
	<p>Attempt to engage Master gardeners, ISU extension office, Indianola Park Friends and other groups who currently provide community education on gardening to the public to consider providing classes about "Apartment Gardening" to provide families with another source of healthy foods.</p>	<p>WHO Emily Roush and BY: 9/1/16</p>
	<p>Provide education to community members, with a focus on those on supplemental nutrition assistance program (SNAP), on how to make their SNAP dollars go further by purchasing healthy foods; how to create quick and easy freezer meals and crockpot meals so they have a quick and healthy choice for their family rather than fast food.</p>	<p>WHO Denise Boozel/ ISU Ext/Outreach and BY: 10/1/16 (date)</p>
	<p>Develop a flyer identifying all known food sources in Warren County to post in apartment buildings, laundromats, libraries, churches and other community locations so those who have a need for food can be aware of where/how to access these resources.</p>	<p>WHO Austine Nelson (Emmalee's Intern) and BY: 4/1/16</p>
	<p>Collaborate with a grocery store in Warren County who would consider altering the products they have available in the check out aisles to incorporate healthier choices.</p>	<p>WHO Denise Boozel and BY: 12/1/16</p>
	<p>Discuss the opportunities for vending machine changes for a Warren County businesses in order to affect employees making healthier snack choices while working.</p>	<p>WHO Jodene DeVault and BY: 12/1/16</p>
	<p>Collaborate with backpack programs in our county to consider how the backpack programs can provide the current level of service, without increasing costs, yet increase the provision of some healthier options of the foods distributed</p>	<p>WHO WCWC Food Security Subcommittee and BY: 12/1/16</p>
	<p>Seek to provide opportunities for those who may qualify for programs such as SNAP but do not have the understanding of the application process, to be able to contact Food Bank Association to complete the application via phone or in person with some technical assistance from Food Bank Association</p>	<p>WHO Jodene DeVault and BY: 12/1/16 (date)</p>



<p>Enhance the plan for communicating to those residing in our county regarding the resources available to serve our needs. During our survey process for CHNA, we identified there are many services available many who reside in our county may not be aware of.</p>	<p>Revive the Warren County Wellness Coalition and strive to develop a subcommittee of those who have knowledge about marketing and effective communication strategies who will work on development of a good communication plan all community providers of service can tap in to.</p>	<p>WHO Emily Roush/ Julie Fitzhugh and BY: 9/1/16</p>
	<p>Seek to remove competitive barriers between businesses to work together towards a healthier community and seek their input on methods they have found to be the best to communicate with their clientele.</p>	<p>WHO WCWC Communication subcommittee and BY: 12/1/16</p>
	<p>Seek to utilize the members attending the Warren County Wellness Coalition as "Resource Center" and encourage the members to share information learned at the meeting with those they serve or those who may come in contact with</p>	<p>WHO WCWC / Jodene and BY: 12/1/16</p>
	<p>Consider utilizing the local Public Health department as a central point of contact for those who need assistance and don't know who to call. PH has the expertise to be able to help individuals navigate through the maze of getting connected with who may be able to serve their need with the consumer always making the final choice. (Attempt to receive funding from United Way within 5 years)</p>	<p>WHO Jodene DeVault and BY: 12/1/16</p>

Overall, the process in Warren County involved a larger than expected group of community partners who demonstrated their passion to serve those in our county throughout this process. I believe we left our last meeting with expectations from each other to continue in the pursuit of health and wellness in our county, not as individual agencies but as a united team of individuals, agencies and community organizations who can accomplish many things by working together and encouraging many to assume various roles in this process. We are looking forward to a happier and healthier Warren County!

Attachment A: Warren County SWOT Analysis

SWOT WORKSHEET

SWOT is an examination of a group’s internal strengths and weaknesses, as well as the environment’s opportunities and threats. It should be used in the beginning stages of decision-making and strategic planning in light of the vision and mission statements which the planning group has established.

Strengths: What are the community’s particular strengths? Do you do something particularly unique? What could be an asset in developing objectives for your plan?

Weaknesses: What is your community lacking? What do others seem to accomplish that you cannot? What could limit your community health planning efforts?

Potential Internal Strengths	Potential Internal Weaknesses
1. Many Workout Centers/YMCA	1. Lack of workout centers South of Hwy 92
2. Food Pantry’s/Food resources	2. Transportation
3. Resource lists available	3. Lack of awareness of resources; lack of good communication to our general public
4. Multiple Coalitions	4. Treatment for Mental Health
5. Active ministerial associations in our communities with local mission outreach	5. Continued need for additional food resources in some communities



SWOT WORKSHEET

Opportunities: What is happening in your community that could provide opportunities?

Threats: What is happening that could pose threats to the process or your goals?

Potential External Opportunities	Potential External Threats
1. Coalitions of various kinds	1. Sustainability of coalitions
2. Alternative activities for youth	2. Events (Alcohol related)
3. Culturally diversification of population	3. Culturally diversification of population
4. Economic Development	4. Losing individuality as a community with Polk/Des Moines moving ever closer
5.	5. Lack of transportation to meet resident needs