



# Community Health Needs Assessment

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*Clarke County, Iowa*

*2015*

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# Community Health Needs Assessment

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# ***Summary***

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The following report is the 2015 Community Health Needs Assessment for Clarke County, Iowa. Clarke County is focused on providing services needed by the community and surrounding population. Clarke County is focused on promoting a healthy community based on the needs of the community. The results of the Community Health Needs Assessment provided valuable information to drive where the focus of increasing services should begin.

The health assessment is a requirement to be performed by Public Health every five years. Clarke County Hospital partnered with Public Health to promote the survey to reach as many individuals as possible. The survey was provided to the community for their input over a two month period. The assessment was presented in electronic and paper format and was promoted through personal contact, social media activity and available at town activities. A town hall forum was held by members of Public Health and Clarke County Hospital to review the results of the assessment and to drill down areas of focus.

The primary data presented in this report was gathered from the Community Health Needs Assessment survey results. The secondary data was collected from multiple organizations including Clarke County Hospital, Clarke County Public Health, Clarke County Development Corporation, Iowa Department of Public Health, Iowa Hospital Associations ChimeMaps, Robert Wood Johnson Foundation and a collection of research projects.

# ***County Profile***

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Clarke County is located in South Central Iowa intersected by Highway 34 and Interstate 35. Towns within Clarke County are Osceola, Murray, Weldon and Woodburn. As of 2013 the estimated population is approximately 9,325.<sup>C1</sup> Over the last 20 years Clarke County has shown a 12.9 growth in population. Enrollment at Clarke Community Schools has been on the rise since the 2013-2014 school year and Murray statistics show enrollment numbers have held steady since the 2012-2013 school year.

### *Employment*

Clarke Community Schools is the largest public employer with 211 employees while Clarke County Hospital is the second largest public employer with 175 employees. The unemployment rate for the county is at 3.6% as of September 2015, this is down from 4.2% September 2014.<sup>C2</sup> Statewide Iowa's unemployment rate is 3.7%; nationally the unemployment rate is 5.3%.<sup>C3</sup>

### *Residents*

Clarke County has a diverse population with 86.2% Caucasian, 11.5% Hispanic and 2.3% reporting as other. Individuals living below the poverty level within the county is 13.7% compared to 12.4% in the state of Iowa. 17% of adults and 6% of children are classified as un-insured. The average life expectancy of an adult is currently estimated at 78 years just one year less than the average for the state of Iowa.<sup>C1</sup> Persons with a high school certificate is approximately 87.3% and 14.3% with a Bachelor's degree or higher.<sup>C4</sup>

### *Health Services*

UnityPoint Clinic provides services from five quality providers Monday through Saturday, now with extended hours. Three pharmacies within Clarke County assist in providing needed medications. Osceola Volunteer Fire Department and Murray Community Volunteer Fire Department provide services in the county and provide assistance as needed to surrounding counties. Hospice of Central Iowa (HCI) offers patient centered services unique to each individual. HCI is dedication to providing the highest quality of life not just for the patient but also for the family. Osceola is home to an HCI office that is the base to a team of registered nurses, caregivers, volunteers, social services and more.

Clarke County Hospital (CCH) is a Critical Access Hospital located in the heart of Osceola just off Hwy 34. CCH's Emergency Department offers Level Four Trauma services around the clock. Services offered at CCH include EMS, Extended and Skilled Care, Telemedicine, Mammography, CAT scan and MRI services; Cardiac Rehabilitation CCH is also home to a Specialty Services department that hosts Cardiology, Orthopedics, and Oncology, general, vascular and cataract surgeons. CCH is undergoing a transformation to add on an additional 63,000 square footage of

patient care focused space. This expansion will increase the size of the clinic space utilized by UnityPoint Clinic and also increase the CCH Emergency Department space.

Clarke County Public Health facilitates an array of services from immunizations, Homemaker services, Emergency Preparedness to family health resources and much more. Public Health strives to offer outreach support to each member of the county and put them on the path to getting services they need. Their focus is to promote health and prevent illness making them an invaluable resource in making our county healthy.

Clarke County is also home to care centers that specialize around patient and resident needs. Southern Hills Specialty Care is a 90 bed skilled nursing facility. Southern Hills offers Memory Care, Outpatient Therapy as well as a full service rehabilitation program for their residents.

Homestead Assisted Living and Memory Care is a free standing facility with 38 private assisted living apartments and a Memory Care unit with 12 private apartments. Residents are able to continue living independently in their own apartment with staff on hand around the clock. Trained staff is able to assist with passing medications, bathing, dressing and other health care needs. Two licensed nurses are on call daily to assess residents and provide nursing care.

## ***Primary Research Detail***

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Clarke County Hospital and Clarke County Public health Partnered together in June 2015, to conduct a community health needs assessment to identify health issues in the community. Clarke County Hospital and Public Health research a wide variety of needs assessment surveys and methods to gather relevant questions to include in the survey. Survey questions were examined by both entities On July 16, 2015 the Clarke County community health needs assessment survey was released to the public. Surveys were conducted through paper and online format. Multiple community partners assisted in distributing and collecting the surveys to the public. The survey is included on the following pages.

# Clarke County Community Health Needs Assessment

## PART I: HEALTHCARE PERCEPTIONS & SATISFACTION

### 1. How would you rate Clarke County as a healthy community?

- Very healthy
- Healthy
- Somewhat healthy
- Unhealthy
- Very unhealthy

### 2. What makes Clarke County a good place to live, work, worship, and visit?

### 3. What are some ways Clarke County could improve to make it a better place to live, work, worship, and visit?

**4. What are the three most important factors for a "healthy community?" (Factors that would best improve the quality of life in a community.) Please select three options below.**

- Good place to raise children
- Low crime/safe neighborhoods
- Low level of child abuse
- Good schools
- Access to healthcare (ex: family doctor, hospital, emergency health services, other health services)
- Parks and recreation
- Clean environment
- Affordable housing
- Arts and cultural events
- Excellent race relations
- Good jobs and healthy economy
- Strong family life
- Healthy behaviors and lifestyles
- Low adult death and disease rates
- Low infant deaths
- Religious and spiritual values
- Availability of child care

Other (please specify)

**5. What are the three most important "health issues" in our community? (Behaviors that have the greatest impact on overall community health.) Please select three options below.**

- Accidental injury/death (falls, poison, drowning, farm injuries, ect.)
- Aging problems (ex: arthritis, hearing/vision loss, etc.)
- Cancer
- Child abuse/neglect (physical, emotional, or sexual)
- Elder abuse (physical, emotional, sexual, neglect, or financial exploitation)
- Environmental (unsafe water, lead poisoning, or radon exposure)
- Dental problems
- Diabetes
- Domestic violence (physical, emotional, or sexual)
- Firearm-related injuries
- Heart disease/Stroke
- High blood pressure
- HIV/AIDS or Sexually Transmitted Diseases
- Infectious disease
- Lack of transportation for medical care
- Mental health problems
- Motor vehicle crash injuries
- Rape/Sexual assault
- Respiratory/Lung disease

Suicide

Teenage Pregnancy

Other (please specify)

**6. What are the three most important behaviors that negatively impact the overall health in Clarke County? Please select three options below.**

Alcohol abuse

Being overweight or obese

Dropping out of school

Drug abuse

Lack of exercise

Poor eating habits

Avoiding or refusing vaccinations to prevent the spread of disease

Racism

Tobacco use

Unsafe sex

Safety (not using helmets, car seats, or a seat belt)

Other (please specify)

**7. In your opinion, what areas need additional education in our community? Please select three options below.**

- Abuse/Violence
- Aging Related Issues
- Alcohol
- Alternative Medicine
- Child Care
- Chronic Disease
- Family Planning/Birth Control
- Lead Exposure
- Mental Illness
- Neglect
- Nutrition
- Obesity
- Pain Management
- Insurance
- Preventative Healthcare
- Sexually Transmitted Disease
- Suicide
- Teen Pregnancy

- Tobacco Use
- Vaccinations
- Water Quality
- Wellness
- Drugs/Substance Abuse

**8. Are there healthcare services in Clarke County that you feel need to be added, improved and/or changed? (Please be specific)**

A large, empty rectangular text input box with a thin border. It features a vertical scrollbar on the right side and a horizontal scrollbar at the bottom, both with standard arrow and track icons.

**9. Does Clarke County need any additional healthcare providers?**

- Yes
- No

If yes, please specify what is needed:

A large, empty rectangular text input box with a thin border. It features a vertical scrollbar on the right side and a horizontal scrollbar at the bottom, both with standard arrow and track icons.

PART II: YOUR HEALTH PRACTICES

**10. In general, how would you best describe your health? (Choose one)**

Very Good

Good

Fair

Poor

Very Poor

**11. Do you have a personal healthcare provider you use for healthcare?**

Yes

No

If yes, please give Physician's name/ Specialty/ City



**12. Please answer the following questions. Are you:**

	Yes	No	N/A
a) Eating right (Daily5+servings-fruits/veg/wheat)	<input type="radio"/> a) Eating right (Daily5+servings-fruits/veg/wheat) Yes	<input type="radio"/> a) Eating right (Daily5+servings-fruits/veg/wheat) No	<input type="radio"/> a) Eating right (Daily5+servings-fruits/veg/wheat) N/A
b) Using tobacco products weekly	<input type="radio"/> b) Using tobacco products weekly Yes	<input type="radio"/> b) Using tobacco products weekly No	<input type="radio"/> b) Using tobacco products weekly N/A
c) Exercising 2-3 times weekly	<input type="radio"/> c) Exercising 2-3 times weekly Yes	<input type="radio"/> c) Exercising 2-3 times weekly No	<input type="radio"/> c) Exercising 2-3 times weekly N/A
d) Consuming alcohol (more than 1 drink daily)	<input type="radio"/> d) Consuming alcohol (more than 1 drink daily) Yes	<input type="radio"/> d) Consuming alcohol (more than 1 drink daily) No	<input type="radio"/> d) Consuming alcohol (more than 1 drink daily) N/A
e) Receiving an annual flu shot	<input type="radio"/> e) Receiving an annual flu shot Yes	<input type="radio"/> e) Receiving an annual flu shot No	<input type="radio"/> e) Receiving an annual flu shot N/A
f) Scheduling yearly physicals with your primary care provider	<input type="radio"/> f) Scheduling yearly physicals with your primary care provider Yes	<input type="radio"/> f) Scheduling yearly physicals with your primary care provider No	<input type="radio"/> f) Scheduling yearly physicals with your primary care provider N/A

**13. Have you or someone in your household delayed healthcare due to any of the following reasons? (Check all that apply)**

- Lack of money
- Lack of insurance
- Lack of transportation
- Unable to obtain an appointment
- Did not have a doctor
- Not applicable

**14. What do you mainly use as a resource for healthcare information when using the internet? (Mark all that apply)**

- Online general health information
- Online communities and support groups
- Online health self-management tools
- Online communication with health care providers
- Online access to personal health records
- I do not use any of the above online resources

Other (please specify)

**15. What resource do you primarily use to answer healthcare questions and concerns?**

- Physician
- Family and Friends
- Television and Radio Shows
- Newspaper/Magazine Articles
- Advertising
- Internet

Other (please specify)

**PART III: A LITTLE MORE ABOUT YOU**

**16. What is your connection to Clarke County? (Please check all that apply)**

- I live in Clarke County
- I am employed in Clarke County
- I go to school in Clarke County
- I attend worship services in Clarke County

**17. What is your home 5 digit zip code and county of residence?**

ZIP:

County:

**18. What is your age?**

Under 18

18 - 24

25 - 44

45 - 64

65-74

Over 75

**19. What is your gender?**

Male

Female

**20. How would you identify yourself?**

- a) Caucasian/ White American
- b) African American/ Black American
- c) Latino/ Hispanic American
- d) American Indian/ Native Alaskan
- e) Asian American/ Pacific Islander
- f) Multicultural/ Multiracial

Other (please specify)

**21. How would you describe your household?**

- Single
- Married
- Divorced
- Widowed

Other (please specify)

**22. Do have children living at home?**

- Yes
- No

**23. What is your employment status? (check all that apply)**

- Employed for wages
- Self-employed
- Unemployed
- Retired
- Military
- Student

Other (please specify)

**24. Regarding your health insurance coverage, what type of health coverage is your primary plan?  
(Choose one)**

- Insurance obtained through employer
- Private insurance you purchased
- Private insurance purchased through the Health Insurance Exchange
- Medicare
- Medicaid
- No coverage (Uninsured)

Other (please specify)

# ***Primary Research Findings***

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The research concluded August 31, 2015. Surveys were collected and tabulated. The hospital and public health organized and analyzed the data from the surveys and developed a presentation to educate the public about survey's findings. The presentation was conducted at a community forum October 1<sup>st</sup>. Community members were given an opportunity to discuss research. After the presentation, a vote was conducted by forum attendees to prioritize community health concerns. The key health concerns were further discussed in two additional community forums held November 5<sup>th</sup> and December 3<sup>rd</sup>. The research findings and health forum notes are included in following pages.

## **Community Health Needs Assessment 2015**



## Survey Results Snapshot

- 40% of those surveyed were in 45-64 age range
- 77% of respondents were female
- 97% were Caucasian/White American
- 60% feel Clarke County is “somewhat healthy”
- 59% rated their personal health as “good”
- Top health concerns: Aging Problems, Cancer, Heart disease/Stroke, Mental Health problems
- Top behaviors negatively impacting Clarke County: Being overweight/obesity, Drug abuse, Poor Eating Habit, Alcohol Abuse
- Areas of education needed: Obesity, Drug/Substance Abuse, Mental Illness, Preventative Healthcare
- 77% feel Clarke County needs additional providers
- Main areas of need: Mental Health, Urgent Care, Substance Abuse
- 85% have personal healthcare provider
- 61% report eating right daily
- 80% deny use of tobacco products weekly
- 62% report exercising 2-3x weekly
- 85% deny consuming alcohol (more than 1 drink daily)
- 72% receive annual flu shot
- 72% have yearly physical with primary care provider
- 33% delayed healthcare due to lack of money
- 29% delayed healthcare due to inability to schedule an appointment



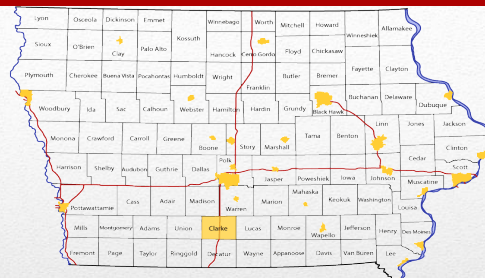
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**Public Health**  
Prevent. Promote. Protect.

# Community Health Needs Assessment 2015

Clarke County, Iowa

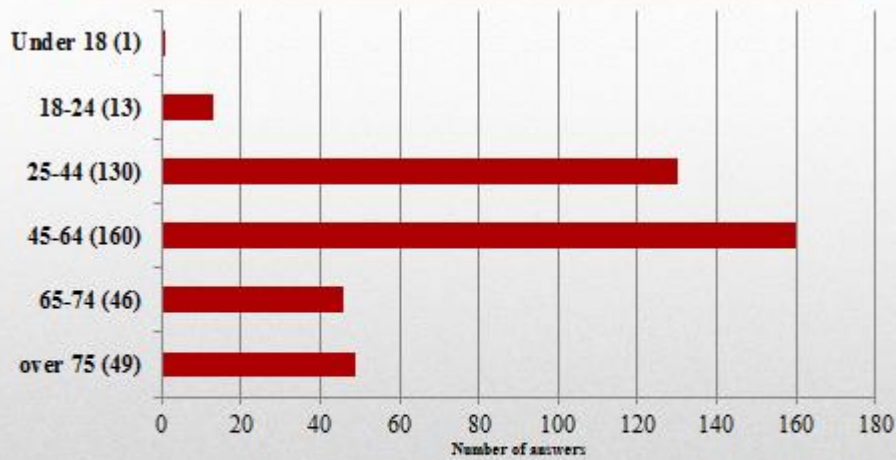


In June 2015, Clarke County Public Health collaborated with Clarke County Hospital and launched an initiative to better understand the health needs of the community. This process included conducting a Community Health Needs Assessment (CHNA) to provide statistical data of the community's health status, then taking this information and developing a Health Improvement Plan (HIP) to identify and prioritize health concerns. Data was collected from July 16<sup>th</sup> through August 31<sup>st</sup>, 2015 via paper surveys and an online survey. A collaborative approach was utilized through meetings and discussions. This report shows the findings of the CHNA and now is time to prioritize the needs of the community and decided what next area we want focus on in developing a Health Improvement Plan.

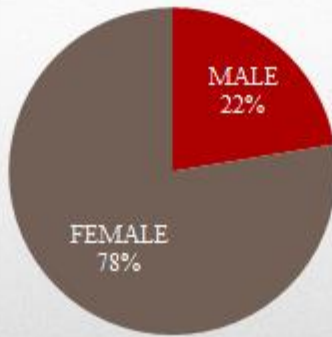
- Population: 9,325 (2013)
- 86.2% White, 11.5% Hispanic , 2.3% other
- Individuals living below poverty level-13.7%
- 17% adults are un-insured/ 6 % children
- 6 healthcare providers, 3 dentists (\*Not a health professional shortage area.)
- Average life expectancy-78.0 years
- 5.4% Unemployment average (4.7% Iowa)
- 11.2% with no high school diploma

Clarke County was established on January 13, 1846. The county was named in honor of James Clarke, third Governor of Iowa Territory ([www.genealogyinc.com/iowa/clarke-county](http://www.genealogyinc.com/iowa/clarke-county)). Cities located in Clarke County are: Osceola, Murray, Weldon and Woodburn.

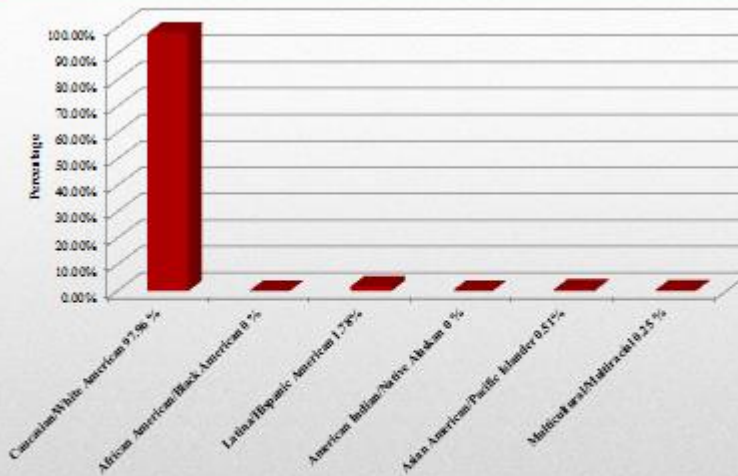
## Clarke County Demographics



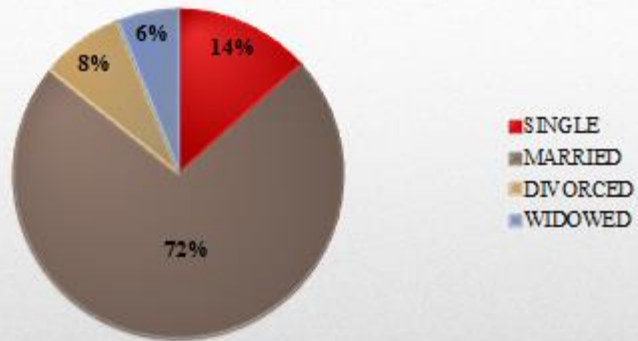
## Age of respondents



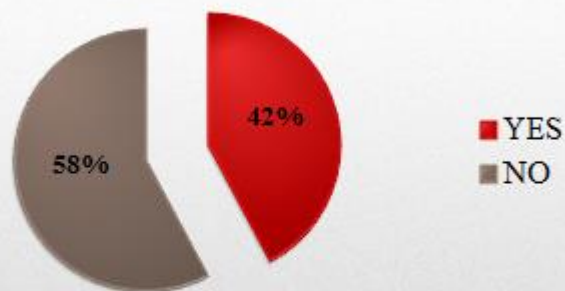
## Gender of respondents



## Ethnicity of respondents

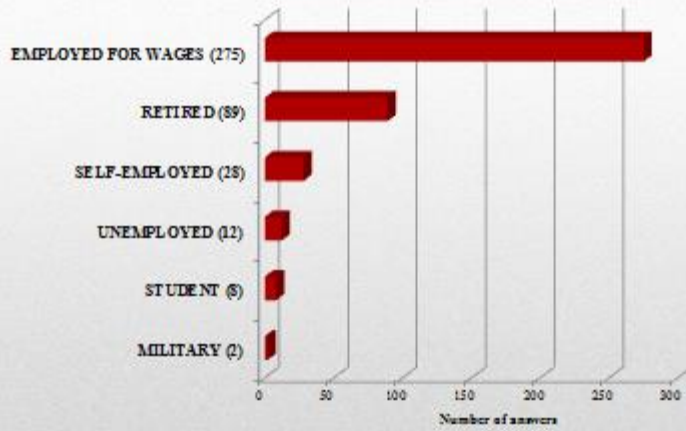


## Marital Status of respondents

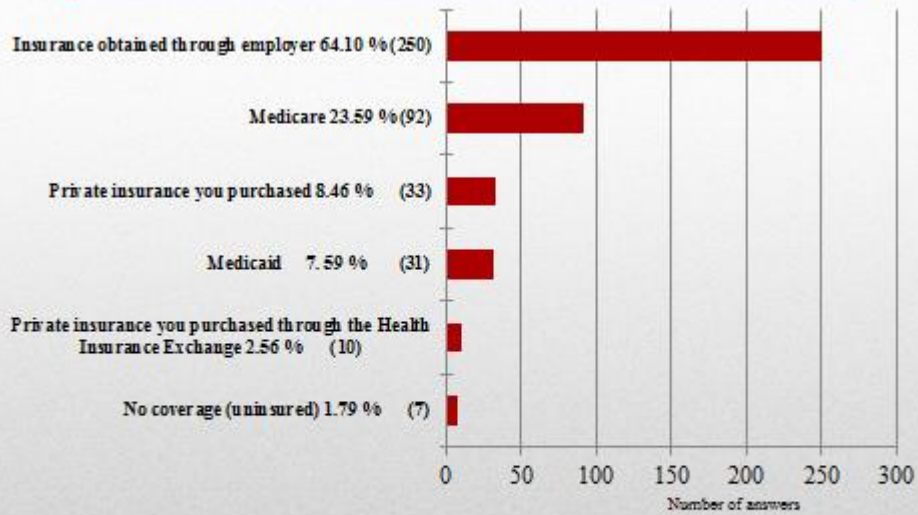


## Children living at home





## Employment Status



## Health Coverage of respondents

I live in Clarke County	81.66% (n=325)
I am employed in Clarke County	59.30% (n=236)
I go to school in Clarke County	3.02% (n=12)
I attend worship services in Clarke County	28.39% (n=113)

## Connection to Clarke County

SOMEWHAT HEALTHY	60.68% (n=250)
HEALTHY	25.49% (n=105)
UNHEALTHY	10.44% (n=43)
VERY HEALTHY	1.94% (n=8)
VERY UNHEALTHY	1.46% (n=6)

## How would you rate Clarke County as a health community

# What makes Clarke County a good place to live, work, worship and visit?

## Community 22%

- "safe community"
- "nice small town, small community"
- "it's quiet and safe"
- "good police and fire protection"
- "good doctors and hospital, most needs are met"
- "there are many events and entertainment options, work is close to home"
- "Small town where everyone helps each other out when in need. Community that supports our small businesses."

## Friendly 22%

- "the friendly people"
- "the people are friendly, there are things going on"
- "people care about each other in this community"
- "The friendly people! For the most part, everyone is helpful and has a positive outlook on things that are going on and for our future!"
- "friendly people, good churches"

## Small Town 18%

- "small town community comes together at hard times"
- "homes, jobs, entertainment"
- "small town feel, affordable, safe, friendly"
- "progressive town, close to railroad"
- "the small town atmosphere but with easy access to city amenities"

## Good People 6%

- "The people, there are a lot of people putting in time, money and creativity to help our city grow"
- "The people in the community are very helpful, sincere and welcoming."
- "Great people, good opportunities"
- "Friendly community, job opportunities, safe, close to a large city"

## Good Schools 5%

- "the school is making huge strides to improve itself"
- "diverse community, good schools always looking to improve and strong development cooperation"
- "quality schools"
- "it has great schools, people are very friendly"
- "Good school system including Murray and Clarke schools"



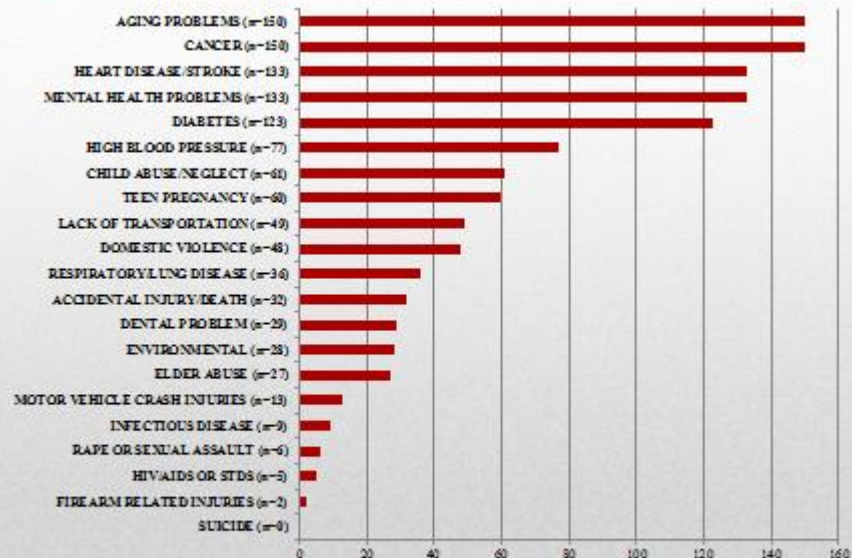
# What are some ways Clarke County could improve to make it a better place to live, work, worship, and visit?

- Jobs 12%**
- "more jobs and better salary"
  - "more work opportunities"
  - "raise the working wage"
  - "better jobs"
  - "more and better paying jobs"
- Town 11%**
- "Appearance of town, clean it up a little"
  - "Maintain/upkeep all the "new projects" that get started with no long-term sustainability plan. Think with the end in mind"
  - "Pride in property by property owners"
  - "Fix Hwy 69 through town, better curb appeal"
- Community 11%**
- "More community volunteers"
  - "need more community activities"
  - "I am not sure what else the county can offer that isn't already offered? Maybe it is up to us as residents to do what we can-such as more volunteering and more community support."
  - "be friendly, keep the new people involved"
  - "more community participation with other organizations"
- Businesses 11%**
- "more business, more activities for kids"
  - "need more business on main street"
  - "Attract and retain more businesses. Train graduating students on hospitality and promoting Clarke County."
  - "Clarke County Development Corp promoting business has been very helpful, need to continue this effort"
  - "more businesses and more stores around the square"
- Activities 9%**
- "more activities for kids after school that are free or cheaper for lower income families"
  - "more activities for kids and adolescents to do year round"
  - "more family activities"
  - "more activities in the evenings"

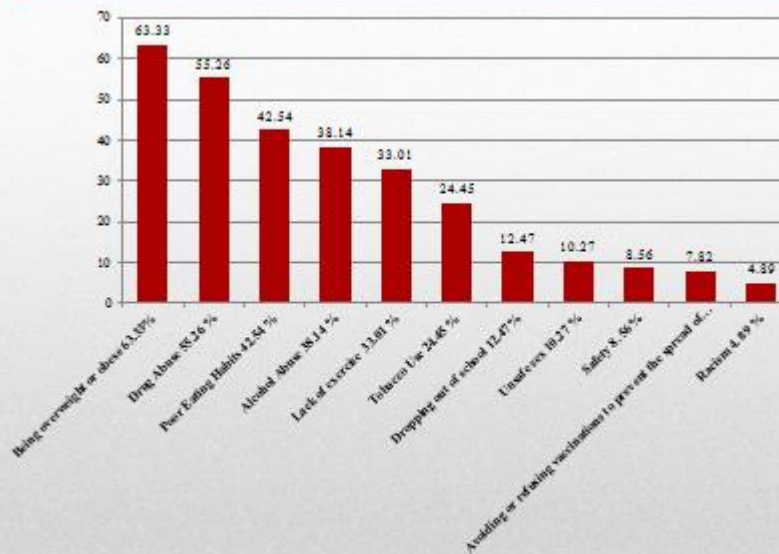
# What are the three most important factors for a “healthy community?”

ACCESS TO HEALTHCARE	48.67 % (n=201)
GOOD SCHOOLS	44.55% (n=184)
GOOD JOBS AND HEALTHY ECONOMY	43.34% (n=179)
LOW CRIME SAFE NEIGHBORHOODS	35.84 % (n=148)
GOOD PLACE TO RAISE CHILDREN	32.60% (n=135)
HEALTHY BEHAVIORS AND LIFESTYLES	21.79 % (n=90)
AFFORDABLE HOUSING	17.43 % (n=72)
RELIGIOUS AND SPIRITUAL VALUES	17.19 % (n=71)
CLEAN ENVIRONMENT	16.71 % (n=69)
STRONG FAMILY LIFE	14.53 % (n=60)
PARKS AND RECREATION	10.41 % (n=43)
AVAILABILITY OF CHILDCARE	5.57 % (n=23)
LOW LEVEL OF CHILD ABUSE	4.36 % (n=18)
ARTS AND CULTURAL EVENTS	3.39 % (n=14)
EXCELLENT RACE RELATIONS	3.15 % (n=13)
LOW DEATH AND DISEASE RATES	1.69 % (n=7)
LOW INFANT DEATHS	1.69 % (n=7)

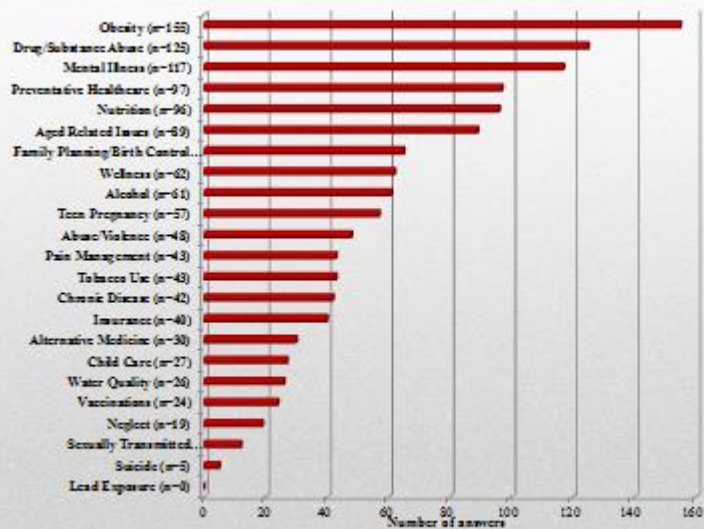
# What are the three most important “health issues” in our community?



# What are the three most important behaviors that negatively impact the overall health in Clarke County?



# What areas need additional education in our community?







■ YES 77.72%  
■ NO 22.80 %

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## **Does Clarke County need any additional providers?**

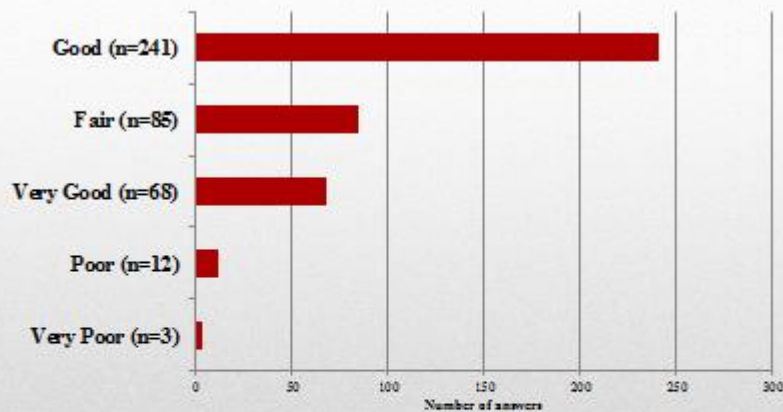
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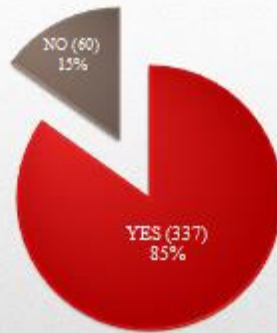
**Healthcare services in Clarke County that need to be added, improved and/or changed.**

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- **Mental Health**
- **Urgent Care/Walk-In clinic**
- **Substance Abuse**
- **Additional primary doctors**
- **OB-GYN/PEDS**
- **Labor and Delivery**
- **Medicaid services (dentists, providers that accept)**
- **Elderly services**
- **Preventative Care**
- **Public Health- resume more “in home” services**
- **Clarke County Hospital-more specialists services (Vision, Orthopedics, Diabetes, Arthritis, Pain Management, Oncology)**
- **Holistic health care providers**



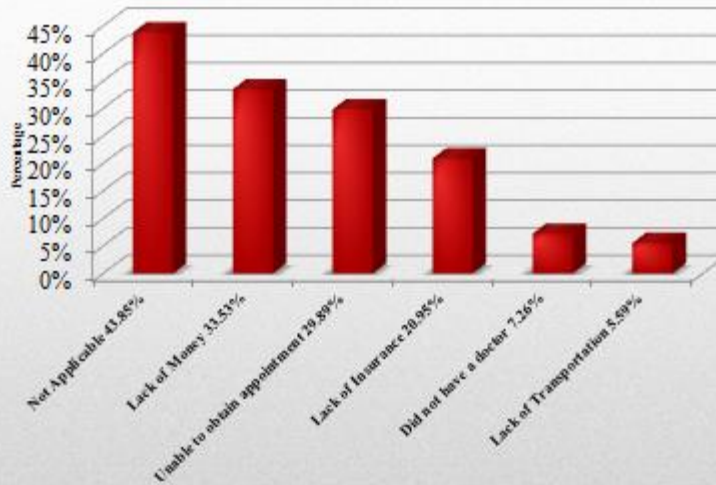
**In general, how would you best describe your health?**



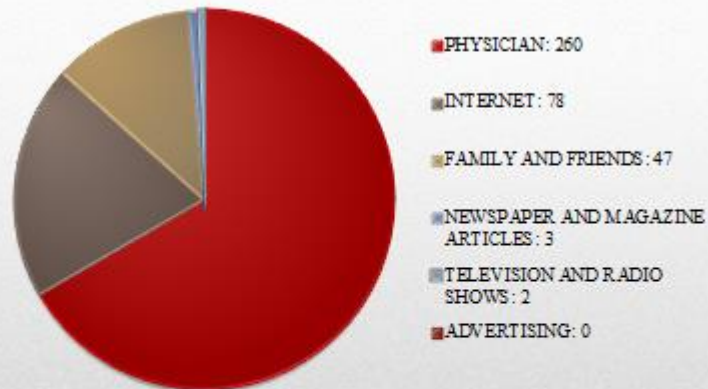
## Do you have a personal healthcare provider?

	YES	NO	N/A	TOTAL
a) Eating right (Daily 5 servings- fruits/veg./whole)	61.69% (243)	36.82% (143)	1.49% (6)	<u>n=402</u>
b) Using tobacco products weekly	10.22% (41)	80.80% (324)	8.98% (36)	<u>n=401</u>
c) Exercising 2-3 times weekly	62.59% (251)	35.66% (143)	1.75% (7)	<u>n=401</u>
d) Consuming alcohol (more than 1 drink daily)	9.02% (36)	85.71% (342)	5.26% (21)	<u>n=399</u>
e) Receiving an annual flu shot	72.10% (292)	27.65% (112)	0.25% (1)	<u>n=405</u>
f) Scheduling yearly physicals with your primary care provider	72.21% (291)	26.05% (103)	1.74% (7)	<u>n=403</u>





## Delayed healthcare



## What resource used to answer healthcare questions

Online general health information	47.84%	n=188
Online communities and support groups	4.83%	n=19
Online health self-management tools	11.20%	n=44
Online communication with health care providers	8.14%	n=32
Online access to personal health records	13.49%	n=53
I do not use any of the above online resources	43.51%	n=171

## Online resource



- Sandy Eddy, RN  
Administrator
- Mackenzie Hickenbottom BSN, RN  
Public Health Nurse

134 West Jefferson  
Osceola, IA 50213  
641-342-3724



- Melanie Boyd, RN  
Chief Patient Experience Officer
- Kacie Throckmorton BSN, RN  
QI & Community Resource Manager

800 S. Fillmore Street  
Osceola, IA 50213  
641-342-2184

Thank you to the Clarke County Development Corp  
for their hard work in promoting the CHNA.

# Community Health Needs Assessment

## Community Forum

Thursday, October 1, 2015 4 – 6 PM Community Center

- Welcome. Please sign the attendance form
- Introduction of planning team
- Purpose of the Community Health Needs Assessment
- Community Health Survey results
- Clarke County Health Report card
- Identify the Health Needs of our county in these areas.
  - Promote Healthy Behaviors
  - Prevent Injuries
  - Protect Against Environmental Hazards
  - Prevent Epidemics and the Spread of Disease
  - Prepare for, Respond to and Recover from Public Health Emergencies
  - Strengthen the Public Health Infrastructure
- Next meeting to be held on Nov. 5 from 4-6 pm at the Clarke County Hospital Administration Building. This meeting will examine the needs identified and help determine what is the most important one or two problems that can be addressed in the future. Help determine what solutions, resources and manpower can be used.

**Thank you for your time today.**

Clarke County Public Health 641-342-3724

## Summary of Community Forum on October 1<sup>st</sup>, 2015

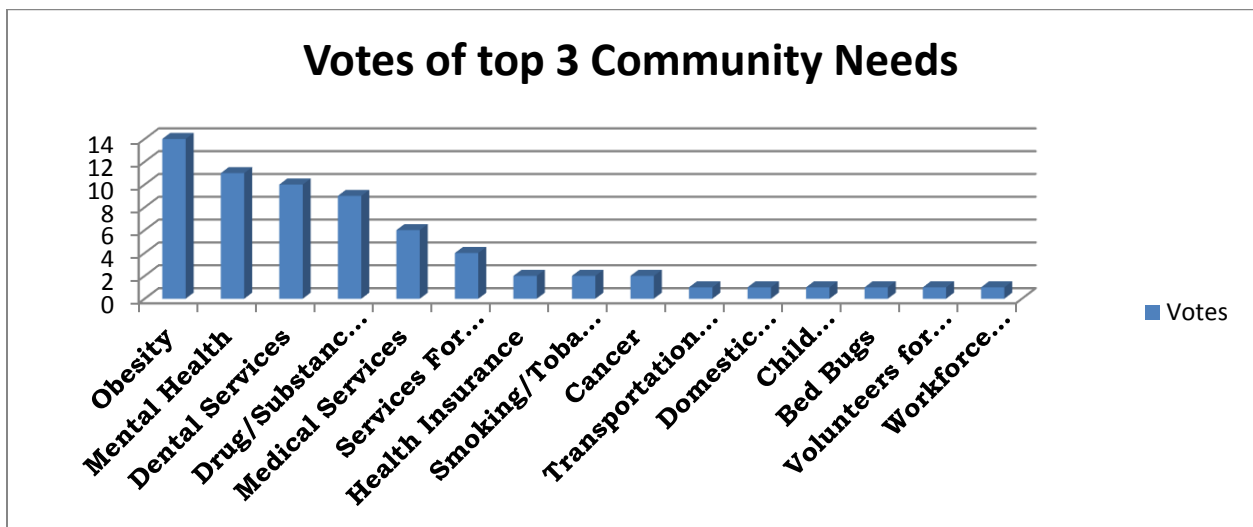
### Clarke County Public Health

Thank you to everyone who attended our Community Forum on Thursday October 1st from 4p-6p to discuss our survey results for the Community Health Needs Assessment. Here is an overview of the meeting and discussions.

**Total attendance:** 18

#### TOPICS OF CONCERN:

- **Obesity:** 14
- **Mental Health:** 11
- **Dental Services/Availability to Medicaid:** 10
- **Drugs/Substance Abuse:** 9
- **Medical Services/Difficulty obtaining appointments:** 6
- **Services for Elderly:** 4
- **Health Insurance:** 2
- **Smoking/Tobacco use:** 2
- **Cancer:** 2
- **Transportation for elderly/disabled:** 1
- **Domestic Violence assistance/Shelter:** 1
- **Child Abuse/Neglect:** 1
- **Bed Bugs:** 1
- **Volunteers for Emergencies:** 1
- **Workforce Development:** 1



CLARKE COUNTY COMMUNITY HEALTH NEEDS  
ASSESSMENT MEETING

THURSDAY, NOVEMBER 5 FROM 4-6 PM

**Agenda:**

1. Review and discussed the top ten health concerns in Clarke County
2. Prioritize concerns
3. Established a core committee to develop a health improvement plan on one or more health needs identified.

If you are unable to attend, please send your votes in for three health concerns with your reasoning.

I will be glad to share these for the group to consider.

I know that fall is a busy time with harvest, sports, and parent teacher's conference.

Please let me know if you would like to be part of developing the health improvement plan – activities needed to make a different in health concerns.

Sandy Eddy, RN Administrator

Clarke County Public Health

**Clarke County**



**Public Health**  
Prevent. Promote. Protect.

# **2<sup>nd</sup> CHNA meeting November 5<sup>th</sup> 2015 at Clarke County Hospital Board Room 4pm- 6pm**

10 attendees: Introductions done

Sandy Eddy: Clarke County Public Health  
Mackenzie Hickenbottom: Clarke County Public Health  
Jennifer Mitchell: Clarke County Parents as Teachers  
Sarah Peterson: I Smile – Warren County health services  
Mary DeLong: Cross Region/Clarke County  
Melanie Boyd: Clarke County Hospital  
Kacie Throckmorton: Clarke County Hospital  
Brian Evans: Clarke County Hospital  
Zach Woods: Clarke County Hospital  
Marcia Blain: Clarke County Public Health

Review topics from last meeting and recognized priorities that were confirmed at last meeting.

Reviewed priorities:

## 1) **Obesity**

- Is this a priority for the Health Improve Plan? YES
- What is the specific need and rationale for this: Obesity is a health concern in our community with statistics showing that a large amount of community is overweight. This would reach all age groups and improve overall health of community.
- What resources are available to meet this need? There are more fitness centers in community with owner of one, Shawn Johnson, actively involved in community. Sharpen the Saw activities every morning available to students at Clarke Elementary. Hy-Vee dietician who has many resources. Farmer markers to help education. Murray school FFA building green house. Molly Crawford implementation of nutrition in elementary schools. There is a Healthy Clarke County Coalition that we can use to build upon these different areas. Many resources available to help improve this area of our community.
- Priority rating: HIGH

## 2) **Mental Health**

- Is this a priority for the Health Improve Plan? YES
- What is the specific need and rationale for this: Concerns of current access to help for people in crisis. There are 3 local resources that provide services, but waiting list can be 1-2 months. Wanting to improve overall mental health of community members and this would help with creating a more healthy community.
- What resources are available to meet this need? Services are provided at CFI (Children and Families of Iowa), Crossroads and Community Health Center in Leon. Crossroads is

working on Tele-health and reducing wait time. Trying to get Tele-health in ER at CCH also to reduce committals. 24 hours crisis helpline is available. Mary DeLong present.

- Priority rating: HIGH

### 3) **Dental Services for Medicaid**

- Is this a priority for the Health Improve Plan? YES
- What is the specific need and rationale for this: Clarke County is a dental shortage area. Many dentist in area are older and could be retiring within next 5-10 years. None of the dentist in area take any new Medicaid patients. Children with Medicaid have to be referred to areas like Leon or Des Moines. This may be difficulty for low income families to travel to so they may just not be seen by a dentist at all. If their mouths are not kept healthy this can affect their health negatively in other ways.
- What resources are available to meet this need? I Smile, Sarah Peterson present, goes into schools and does screening to help. There are different grants available to try to recruit a dentist in the area. Many of those grants require that a certain percentage of patients they see are Medicaid. Can use existing Coalitions for support. This could also become a focus on overall getting another health care provider into our County.
- Priority rating: HIGH

### 4) **Drug/Substance Abuse**

- Is this a priority for the Health Improve Plan? YES
- What is the specific need and rationale for this: Lack of resources, lack of information to community. Need to promote overall healthy living.
- What resources are available to meet this need? Crossroads provides Drug/Substance abuse counseling.
- Priority rating: MEDIUM

### 5) **Services/Activities for Elderly**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are available to address the need they just need to outreach to this age group to promote those services.
- What resources are available to meet this need? Better Choices/Better Health classes by Clarke County Public health, Homemaker Services by Public Health, Lunch meals available to be delivered to home. Homestead AL delivers evening meals.
- Priority rating: LOW

### 6) **Health Insurance**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are in place to assist people with this need.
- What resources are available to meet this need? SHIP assistance, Assistance at CCH (Brenda Brown). Warren County Maternal Child Health will help pregnant women and children at WIC to get presumptive health insurance so they can be seen right away.
- Priority rating: LOW

7) **Smoking/Tobacco Use**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are in place to assist people with this need.
- What resources are available to meet this need? Educator in Clarke County already
- Priority rating: LOW

8) **Cancer**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are in place to assist people with this need.
- What resources are available to meet this need? Clarke County Hospital offers mammograms and colonoscopies for screenings. They have statistics in place that show there has been an increase in screenings in the area.
- Priority rating: LOW

9) **Transportation for Elderly**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are in place to assist people with this need.
- What resources are available to meet this need? Trolley services in place. Cabs in town.
- Priority rating: LOW

10) **Domestic Violence Assistance/Shelter**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are in place to assist people with this need.
- What resources are available to meet this need? Office now in town and shelters are available in Indianola, DM and Perry
- Priority rating: LOW

11) **Child Abuse/Neglect**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are in place to assist people with this need. Child Abuse rates have decreased over last 5 years
- What resources are available to meet this need? Child Abuse council in place and they will continue to work on this issue in our community.
- Priority rating: LOW



12) **Bed Bugs**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are in place to assist people with this need. This is considered a nuisance and have not had any recent complaints of this issue in community.
- What resources are available to meet this need? Clarke County Environmental health has education for community and has obtained more education on this.
- Priority rating: LOW

13) **Volunteers for Emergencies**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are in place to assist people with this need.
- What resources are available to meet this need? Citizen Corp in Clarke county has been obtained applications and plans to pass out more to obtain volunteers in case of emergencies. Providing training for them also.
- Priority rating: LOW

14) **Workforce Development**

- Is this a priority for the Health Improve Plan? NO
- What is the specific need and rationale for this: Services are in place to assist people with this need.
- What resources are available to meet this need? Clarke County Development is working on bring more businesses to community. Focus on strengthening the entire health infrastructure.
- Priority rating: LOW

**NEXT MEETING:** Thursday, December 3<sup>rd</sup> at Clarke County Hospital 4-6 pm

Agenda:

- Work towards concrete plans
- What works for community
- What works for others and recruiting others to work on issues

# **3rd CHNA meeting December 3rd 2015 at Clarke County Hospital Board Room 4pm- 6pm**

7 attendees: Introductions done

Sandy Eddy: Clarke County Public Health  
Mackenzie Hickenbottom: Clarke County Public Health  
Jennifer Mitchell: Clarke County Parents as Teachers  
Mary DeLong: Cross Region/Clarke County  
Melanie Boyd: Clarke County Hospital  
Zach Woods: Clarke County Hospital  
Karen Irwin: HCI Services

The group reviewed the top priorities from last meeting and determined that they would focus on access to healthcare as the community need to address. Access to healthcare will focus on three areas of concern:

## 1) **Access to Dental Providers**

- **Major Concerns:** There is an aging workforce of dental providers in Clarke County. The county faces potential for a shortage in the next five years.
- **Goal:** Maintain or increase the number of dental providers in Clarke County.
- **Strategy:** Investigate grants available to try to recruit a dentist into the area. Public health can use data from the I-Smile program to determine and display need. Public health will talk to the Clarke County Development Corporation about assistance for recruiting a dentist into the county. Public health also plans to reach out to develop further strategy from public health professionals at Taylor County, who just recently were able to fill their dental gap.

## 2) **Access to Mental Health Providers**

- **Major Concerns:** There is an aging workforce of dental providers in Clarke County. The county faces potential for a shortage in the next five years.
- **Goal:** Increase the access of mental health providers in Clarke County. Increase awareness of mental health services in the community.
- **Strategy:** Clarke County Hospital is working with UnityPoint and Broadlawns to establish greater access to mental health providers. A Letter of Intent has been completed for state assistance to support a new psychiatric residency program in conjunction with UnityPoint, Broadlawns, Green County Medical Center, and Clarke County Hospital. Clarke County Hospital will also continue to utilize telehealth to provide mental health services. The telehealth services currently allow access to specialty providers without patients having to leave Clarke County. Public health will increase public awareness of programs available in the county by increased marketing. The marketing will target the women infant children program and other local events. The marketing materials will include phone numbers and crisis hotlines for mental health services.

### 3) Access to Medical Care

- Major Concerns: Difficulty making primary care appointments and difficulty accessing specialty providers.
- Goal: Increase the number of medical providers in Clarke County.
- Strategy: Clarke County Hospital recognizes the need for additional primary care providers in the community. The hospital will pursue strategies to add additional providers. Clarke County Hospital will continue to partner with Specialty Clinic providers to provide specialty services in the community. Public Health will work on increasing resource and referral capabilities. They will also work on access strategies and care coordination.

**Obesity**, the top need as determined by the survey results will also be addressed. Clarke County Hospital views this as a high priority, as determined by the survey and forum results.

- Major Concerns: Obesity rates in Clarke County
- Goal: To reduce obesity and increase opportunity and knowledge for healthy eating and physical activity.
- Strategy: Clarke County Hospital will partner with local coalitions for education and program ideas. The hospital plans to pursue and use grant opportunities to fund educational opportunities and sponsor events promoting physical activity.

# ***Inventory of Health Resources***

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## Clarke County Inventory of Health Services

Category	HC Services Offered in county: Yes/No	Hospital	HLTH Dept	Other
Clinic	Primary Care	X		X
Hosp	Alzheimer Center			X
Hosp	Ambulatory Surgery Center	X		
Hosp	Birthing/LDR			
Hosp	Cardiac Rehabilitation	X		
Hosp	Cardiology Services	X		
Hosp	Case Management	X		X
Hosp	Chaplaincy/pastoral care services	X		X
Hosp	Chemotherapy	X		
Hosp	Colonoscopy	X		
Hosp	Crisis Prevention			X
Hosp	CT Scanner	X		
Hosp	Enrollment Assistance Services	X	X	X
Hosp	Geriatric Services	X	X	X
Hosp	Hemodialysis			
Hosp	Isolation Room	X		
Hosp	Kidney	X		
Hosp	Liver	X		
Hosp	Lung	X		
Hosp	Magnetic Resonance Imaging (MRI)	X		
Hosp	Mammograms	X		
Hosp	Mobile Health Services	X		
Hosp	Multislice Spiral Computed Tomography (>64+ slice CT)	X		
Hosp	Neonatal			
Hosp	Neurological services	X		
Hosp	Obstetrics			
Hosp	Occupational Health Services	X		X
Hosp	Oncology services	X		
Hosp	Outpatient surgery	X		
Hosp	Pain Management			
Hosp	Palliative Care Program			X
Hosp	Pediatric	X		X
Hosp	Physical Rehabilitation	X		X
Hosp	Positron Emission Tomography (PET)			
Hosp	Psychiatric Services	X		X
Hosp	Radiology, Diagnostic	X		
Hosp	Sleep Center	X		

Hosp	Social Work services	X		X
Hosp	Sports Medicine	X		X
Hosp	Swing Bed Services	X		
Hosp	Trauma Center-Level IV	X		
Hosp	Ultrasound	X		
Hosp	Women's Health Services			X
Hosp	Wound Care	X		
SR	Adult Day Care Program			
SR	Assisted Living			X
SR	Home Health Services			X
SR	Hospice	X		X
SR	Long Term Care	X		X
SR	Nursing Home Services			X
SR	Retirement Housing			X
SR	Skilled Nursing Care	X		X
ER	Emergency Services	X		
ER	Urgent Care Center			X
ER	Ambulance Services	X		
SERV	Alcoholism-Drug Abuse			X
SERV	Blood Donor Center	X		
SERV	Chiropractic Services			X
SERV	Complementary Medicine Services			
SERV	Dental Services		X	X
SERV	Fitness Center			X
SERV	Health Education Classes	X	X	X
SERV	Health Fair (Annual)			X
SERV	Health Information Center		X	
SERV	Health Screenings	X	X	X
SERV	Homemakers Program		X	
SERV	Immunizations (Children/Adult)		X	X
SERV	Meals on Wheels			X
SERV	Nutrition Programs	X		X
SERV	Parents as Teachers		X	
SERV	Patient Education Center			
SERV	Support Groups			X
SERV	Teen Outreach Services			
SERV	Tobacco Treatment/Cessation Program	X	X	
SERV	Transportation to Health Facilities			X
SERV	Wellness Program			X

**Practitioners working in Clarke County 2015**

Provider Name	Specialty	Credentials	Clinic
George Fotiadis	Family Practice	MD	Unity Point Clinic
Benjamin Hicks	Family Practice	MD	Unity Point Clinic
Katie Patterson	Family Practice	DNP	Unity Point Clinic
Lorie Cannon	Family Practice	DNP	Unity Point Clinic
Susan Gilbert	Family Practice	ARNP	Unity Point Clinic
Thomas Lower	Family Practice	DO	
James Audlehelm	Chiropractor	DC	
Stuart Hoven	Chiropractor	DC	Clarke County Chiropractic
Nicholas Ashman	Chiropractor	DC	Clarke County Chiropractic
Vaughn Reents	Chiropractor	DC	Clarke County Chiropractic
Kyle Ellensohn	Chiropractor	DC	Ellensohn Chiropractic
Jami Byerly	Chiropractor	DC	Byerly Chiropractic Clinic
John Meyer	Dentist	DDS	Clarke County Dental
Ashley Edwards	Dentist	DDS	Clarke County Dental
Bruce Harris	Dentist	DDS Pc	
Roger West	Dentist	DDS	
Dave Hoadley	Optometrist	OD	Osceola Vision
Erik Kyler	Optometrist	OD	Osceola Vision
Matthew Rauen	Optometrist	MD	Osceola Vision

**Visiting Specialists to Clarke County Hospital**

Provider Name	Specialty	Credentials	Clinic	# of Days in Clinic Per Month
John Pargulski	Cardiology	DO	CCH Outpatient Services, Telemedicine	4
Craig Stevens	Cardiology	MD	CCH Outpatient Services, Telemedicine	4
Matthew Rauen	Cataracts	MD	CCH Outpatient Services	1
Anne Enderlin	Counseling	ARNP	Telemedicine	1
Anne Nelson	Dermatology	PA-C	CCH Outpatient Services	1
Thomas Paulson	ENT	MD	CCH Outpatient Services	1
Paul Conte	General Surgery	MD	CCH Outpatient Services	4
Timothy Mayfield	General Surgery	MD	CCH Outpatient Services	2
Donald Hildebrand	Hepatology	DO	CCH Outpatient Services, Telemedicine	2
Leyla Best	Infectious Disease	MD	Telemedicine	As needed
Sudhir Kumar	Infectious Disease	MD	Telemedicine	As needed
Emily Haines	Nephrology	DO	CCH Outpatient Services, Telemedicine	2
Todd Janus	Neurology	MD	Telemedicine	2
Von Miller	Occupational Med	PA-C	Telemedicine	2
Amy Hughes	Oncology	DO	CCH Outpatient Services	2
Kirk Green	Orthopedics	DO	CCH Outpatient Services	8
Thomas Mouser	Palliative Care	MD	CCH Hospital Courtesty	
Brian Folkers	Plastic Surgery	MD	CCH Outpatient Services, Telemedicine	2



Joseph Newman	Podiatry	DPM	CCH Outpatient Services	4
Amerlon Enriquez	Pulmonology	MD	CCH Outpatient Services, Telemedicine	1
Lee Evans	Surgical Podiatry	DPM	CCH Outpatient Services	1
Carl Meyer	Urology	MD	CCH Outpatient Services	1
Eric Scott	Vascular	MD	CCH Outpatient Services	1
Valerie Knedler	Wound/Diabetes	ARNP, CWOCN	CCH Outpatient Services	Weekdays

## **Emergency Numbers**

<b>Police/Sheriff</b>	<b>911</b>
<b>Fire</b>	<b>911</b>
<b>Ambulance</b>	<b>911</b>

## **Non-Emergency Numbers**

<b>Clarke County Hospital</b>	<b>(641) 342-2184</b>
<b>Clarke County Sheriff</b>	<b>(641) 342-2914</b>
<b>Ambulance</b>	<b>(641) 342-2184</b>
<b>Fire</b>	<b>(641) 342-3019</b>
<b>Police</b>	<b>(641) 342-2121</b>

**Iowa State Highway Patrol (641) 342-6263**

## ALCOHOL AND DRUG TREATMENT PROGRAMS

A 1 A Detox Treatment  
1-800-757-0711

Recovery Connection  
1-800-993-3869

Able Detox-Rehab Treatment  
1-800-577-2481 (National)

Abuse Addiction Agency  
1-800-861-1768  
[www.thewatershed.com](http://www.thewatershed.com)

Al-Anon Family Group  
1-888-4AL-ANON (425-2666)  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Alcohol and Drug Abuse Hotline  
800-ALCOHOL

Alcohol and Drug Addiction Treatment  
1-800-510-9435

Alcohol and Drug Helpline  
1-800-821-4357

Alcohol/Drug Addiction Treatment Center  
800-477-3447

Mothers against Drunk Driving  
1-800-GET-MADD (438-6233)  
[www.madd.org](http://www.madd.org)

National Council on Alcoholism and Drug  
Dependence, Inc.  
1-800-NCA-CALL (622-2255)  
[WWW.NCADD.ORG](http://WWW.NCADD.ORG)

## ASSISTED LIVING

Homestead Assisted Living  
334 W. View Dr.  
Osceola, Iowa 50213  
(641) 342-1036  
[HTTP://WWW.MIDWEST-HEALTH.COM/OSCEOLA/](http://WWW.MIDWEST-HEALTH.COM/OSCEOLA/)

## CHILDREN AND YOUTH

Boys and Girls Town National Hotline  
Toll-Free: (800) 392-3000  
[WWW.GIRLSANDBOYSTOWN.ORG](http://WWW.GIRLSANDBOYSTOWN.ORG)

Iowa Child Abuse Hotline  
800-362-2178

Child/Adult Abuse and Neglect Hotline  
800-922-5330

Child Abuse National Hotline  
800-422-4453  
800-222-4453 (TDD)  
[WWW.CHILDHELP.ORG](http://WWW.CHILDHELP.ORG)

Child Abuse National Hotline  
1-800-4-A-CHILD (422-4453)  
[WWW.CHILDABUSE.COM](http://WWW.CHILDABUSE.COM)

Child Find of America  
1-800-426-5678

Child Help USA National Child Abuse Hotline  
1-800-422-4453

National Runaway Switchboard  
1-800-RUNAWAY  
[WWW.1800RUNAWAY.ORG](http://WWW.1800RUNAWAY.ORG)

National Society for Missing and Exploited  
Children  
1-800-THE-LOST (843-5678)  
[WWW.MISSINGKIDS.COM](http://WWW.MISSINGKIDS.COM)

Parents Anonymous Help Line  
800-345-5044

[HTTP://WWW.PARENTSANONYMOUS.ORG/PAINDEX10.  
HTML](http://www.parentsanonymous.org/paindex10.html)

Runaway Line  
800-621-4000  
800-621-0394 (TDD)  
[HTTP://WWW.1800RUNAWAY.ORG](http://www.1800runaway.org)

### **CHIROPRACTORS**

Clarke County Chiropractic  
120 S Fillmore Street  
Osceola, IA 50213  
(641) 342-4455  
[www.clarkecountychiropractic.com](http://www.clarkecountychiropractic.com)

Byerly Chiropractic Clinic Plc  
322 S Delaware Street  
Suite #100  
Osceola, IA 50213  
(641) 342-3018

Ellensohn Chiropractic  
208 S Main Street  
Osceola, IA 50213  
(641) 342-2122  
<http://ellensohnchiropractic.com/>

Audlehelm Chiropractic  
430 S Temple Street  
Osceola, IA 50213  
(641) 342-4022

Simmer Chiropractic & Wellness Inc.  
208 S Main Street  
Osceola, IA 50213  
(641) 342-2212

### **CLINICS-MEDICAL**

Unity Point Clinic Family Medicine at Clarke  
County  
827 S Jackson St  
Osceola, IA 50213  
(641)342-2128

[HTTPS://WWW.UNITYPOINT.ORG/DESMOINES/CLINIC.AS  
PX?ID=58&CLARKE+COUNTY+FAMILY+MEDICINE](https://www.unitypoint.org/desmoines/clinic.aspx?id=58&Clarke+County+Family+Medicine)

Thomas J. Lower, D.O.  
127 W Washington St  
Osceola, IA 50213  
(641) 342-6568

### **DENTISTS**

Clarke County Dental Health  
Dr. John Meyer  
423 S Main St  
Osceola, IA 50213  
(641) 342-6079

[HTTP://WWW.CLARKECOUNTYDENTAL.COM/](http://www.clarkecountydental.com/)

Roger West, DDS  
320 W McLane St  
Suite #1  
Osceola, IA 50213  
(641) 342-6648

[HTTP://WWW.WESTFAMILYDENTISTRY.NET/](http://www.westfamilydentistry.net/)

Bruce Harris, DDS  
148 W. Jefferson St  
Osceola, IA 50213  
(641) 342-6541

### **DISABILITY SERVICES**

American Disability Group  
877-790-8899

American Council for the Blind  
1-800-424-8666  
[WWW.ACB.ORG](http://www.acb.org)

Americans with Disabilities Act Information  
Hotline

1-800-514-0301  
1-800-514-0383 (TTY)

[WWW.ADA.GOV](http://WWW.ADA.GOV)  
[WWW.USDOJ.GOV/CRT/ADA](http://WWW.USDOJ.GOV/CRT/ADA)

Iowa COMPASS  
Center for Disabilities & Development  
100 Hawkins Dr. #S295  
Iowa City, IA 52242  
(800) 799-2001  
<http://www.iowacompass.org/>

National Center for Learning Disabilities  
1-888-575-7373  
[WWW.NCLD.ORG](http://WWW.NCLD.ORG)

National Library Services for Blind & Physically  
Handicapped  
[WWW.LOC.GOV /nls](http://WWW.LOC.GOV/nls)  
1-800-424-8567

**TELECOMMUNICATIONS DEVICE FOR THE  
DEAF/HEARING IMPAIRED**  
**800-829-4833 (TTY)**  
[WWW.VBA.VA.GOV](http://WWW.VBA.VA.GOV)

**EDUCATION**  
Iowa College Student Aid Commission  
430 East Grand Ave  
Floor 3  
Des Moines, IA 50309  
(515) 281-3501  
[www.iowacollegeaid.gov](http://www.iowacollegeaid.gov)

**ENVIRONMENT**  
Environmental Protection Agency  
1-800-223-0425  
[WWW.EPA.GOV](http://WWW.EPA.GOV)

**EYE DOCTORS/OPTOMETRISTS**  
Family Eye Care of Osceola, PC  
110 S. Fillmore St  
Osceola, IA 50213  
(641) 342-4356

Osceola Vision Center  
147 South Main  
Osceola, IA 50213  
**(641) 342-2737**  
[HTTP://WWW.MYLOCALVISIONCENTER.COM/](http://WWW.MYLOCALVISIONCENTER.COM/)

**FITNESS CENTERS**  
Clay Street Gym  
1400 West Clay Street  
Osceola, IA 50213  
(641) 342-1075

JET Fitness Center  
630 W McLane St  
Osceola, IA 50213  
(641) 223-8067  
[HTTPS://WWW.GETJETSTRONG.COM/FITNESS-  
CENTER.HTML](https://WWW.GETJETSTRONG.COM/FITNESS-CENTER.HTML)

Professional Physical Therapy Services  
123 E Jefferson Street  
Osceola, IA 50213  
(641) 342-1470

Snap Fitness  
115 N Main St  
Osceola, IA 50213  
(715) 254-9652  
[HTTP://WWW.SNAPFITNESS.COM/GYMS/OSCEOLA-  
IA-50213/163](http://WWW.SNAPFITNESS.COM/GYMS/OSCEOLA-IA-50213/163)

**FOOD AND DRUG**  
Center for Food Safety and Applied Nutrition  
1-888-SAFEFOOD (723-3366)  
[WWW.CFSAN.FDA.GOV](http://WWW.CFSAN.FDA.GOV)  
[WWW.HEALTHFINDER.GOV](http://WWW.HEALTHFINDER.GOV)

US Consumer Product Safety Commission  
800-638-2772  
800-638-8270 (TDD)  
[WWW.CPSC.GOV](http://WWW.CPSC.GOV)

USDA Meat and Poultry Hotline  
1-888-674-6854  
1-800-256-7072 (TTY)  
[WWW.FLIS.USDA.GOV](http://WWW.FLIS.USDA.GOV)

U.S. Food and Drug Administration  
1-888-INFO-FDA  
1-888-463-6332  
[WWW.FSIS.USDA.GOV](http://WWW.FSIS.USDA.GOV)

#### **HEALTH DEPARTMENTS**

Clarke County Public Health  
134 W Jefferson St  
Osceola, IA 50213  
(641) 342-3724  
[HTTP://WWW.CLARKECOUNTYIOWA.ORG/CLARKECOUNTY/MAINHOME.DO](http://WWW.CLARKECOUNTYIOWA.ORG/CLARKECOUNTY/MAINHOME.DO)

#### **HOME HEALTH**

Unity Point Home Health  
OSCEOLA HOME CARE  
105 E. McLANE ST.  
SUITE 100  
OSCEOLA, IOWA 50123  
(641) 342-3109

#### **HOSPICE**

Hospice of Central Iowa  
715 W McLane St  
Suite #100  
Osceola, IA 50213  
(641) 342-2888  
[HTTP://WWW.HCICARESERVICES.ORG/LOCATIONS/OSCEOLA-TEAM.ASPX](http://WWW.HCICARESERVICES.ORG/LOCATIONS/OSCEOLA-TEAM.ASPX)

Unity Point Home Health  
OSCEOLA HOME CARE  
105 E. McLANE ST.  
SUITE 100  
OSCEOLA, IOWA 50123  
(641) 342-3109

#### **HOSPITAL/MEDICAL CENTER**

Clarke County Hospital  
800 S Fillmore St  
Osceola, IA 50213  
(641) 342-2184  
[WWW.CLARKEHOSP.ORG](http://WWW.CLARKEHOSP.ORG)

#### **IN-HOME SERVICES**

Homemaker's Services (CCPH)  
134 W Jefferson St  
Osceola, IA 50213  
(641) 342-3724

#### **INPATIENT PHYSICAL REHABILITATION**

Clarke County Hospital  
800 South Fillmore St  
Osceola, IA 50213  
(641) 342-2184  
<http://www.clarkehosp.org>

Southern Hills Specialty Care  
444 N W View Dr  
Osceola, IA 50213  
(641) 342-6061  
[WWW.CAREINITIATIVES.ORG/SOUTHERNHILLSSPECIALTYCARE/](http://WWW.CAREINITIATIVES.ORG/SOUTHERNHILLSSPECIALTYCARE/)

#### **LEGAL SERVICES**

Roland's Law Office  
110 E. McLane St  
Osceola, IA 50213  
(641) 342-4727

Booth Law Firm  
122 W Jefferson St  
Osceola, IA 50213  
(641) 342-2619

Reynoldson & Van Werden, L.L.P.  
200 W Jefferson St  
Osceola, IA 50213  
(641) 342-2157

Murphy Law Office  
116 W Jefferson St  
Osceola, IA 50213  
(641) 342-2712

Elcock Law Firm  
102 E Washington St  
Osceola, IA 50213  
(641) 342-9361

#### MEDICAID

U.S. Dept. of Health & Human Services  
Centers for Medicare and Medicaid Services  
877-267-2323  
TTY Toll-Free: 866-226-1819  
[WWW.MEDICAID.GOV](http://WWW.MEDICAID.GOV)

#### MEDICARE

Social Security Administration  
906 E Taylor St  
Creston, IA 50801  
(866) 613-2827  
[WWW.SSA.GOV](http://WWW.SSA.GOV)

#### MENTAL HEALTH SERVICES

Children and Families of Iowa  
105 E McLane St  
Suite 400  
Osceola, IA 50213  
(641) 342-3444  
[HTTP://CFIOWA.ORG/PROGRAMS/MENTAL-HEALTH](http://CFIOWA.ORG/PROGRAMS/MENTAL-HEALTH)

Crossroad Behavioral Health Services  
820 N Main St  
Osceola, IA 50213  
(641) 342-4888  
[WWW.CROSSROADSCRESTON.COM](http://WWW.CROSSROADSCRESTON.COM)

Mental Health America  
1-800-969-6HMA (969-6642)

National Alliance for the Mentally Ill Helpline  
1-800-950-6264  
703-516-7227 (TTY)  
[WWW.NAMI.ORG](http://WWW.NAMI.ORG)

National Institute of Mental Health  
1-866-615-6464  
1-866-415-8051 (TTY)  
[WWW.NIMH.NIH.GOV](http://WWW.NIMH.NIH.GOV)

Suicide Prevention Hotline  
1-800-SUICIDE (784-2433)  
[WWW.HOPELINE.COM](http://WWW.HOPELINE.COM)

#### MINISTERIAL ALLIANCES/PASTORAL

Christ'sWay Church  
201 Leann Dr  
Osceola, IA 50213  
(641) 342-6181  
[HTTP://CHRISTSWAYCHURCH.COM/CONTACT%20US.HT](http://CHRISTSWAYCHURCH.COM/CONTACT%20US.HT)  
[ML](#)

Church Of Christ  
3310 W McLane St  
Osceola, IA 50213  
(641) 342-2720  
[HTTP://WWW.OSCEOLACOC.ORG/](http://WWW.OSCEOLACOC.ORG/)

Faith Fellowship  
230 S Fillmore St  
Osceola, IA 50213  
(641) 342-6603

First Christian Church  
300 S Main St  
Osceola, IA 50213  
(641) 342-2921

Grace Bible Church  
410 N Dewey St  
Osceola, IA 50213  
(641) 342-7110

Immanuel Lutheran Church  
101 E View Pl  
Osceola, IA 50213  
(641) 342-3121  
[WWW.IDWLCMS.ORG/CONGREGATION.PHP?ID=127](http://WWW.IDWLCMS.ORG/CONGREGATION.PHP?ID=127)

Osceola United Methodist Church

130 W Grant St  
Osceola, IA 50213  
(641) 342-2830

[WWW.OSCEOLAUMC.NET](http://WWW.OSCEOLAUMC.NET)

Osceola Seventh Day Adventist Church

2302 N Main St  
Osceola, IA 50213

[HTTP://OSCEOLA22.ADVENTISTCHURCHCONNECT.ORG](http://OSCEOLA22.ADVENTISTCHURCHCONNECT.ORG)

Assembly of God Church

801 N Fillmore St  
Osceola, IA 50213  
(641) 342-2334

[HTTP://LIFEPOINTMINISTRIES.NET/](http://LIFEPOINTMINISTRIES.NET/)

St Bernard Parish

222 E Pearl St  
Osceola, IA 50213  
(641) 342-2850

[WWW.PARISHESONLINE.COM/FIND/ST-BERNARD-CHURCH-50213](http://WWW.PARISHESONLINE.COM/FIND/ST-BERNARD-CHURCH-50213)

First Baptist Church

900 S Fillmore St  
Osceola, IA 50213  
(641) 342-2681

Calvary Bible Church

2225 N Main St  
Osceola, IA 50213  
(641)342-4778

[WWW.CALVARYOSCEOLA.ORG](http://WWW.CALVARYOSCEOLA.ORG)

Osceola Full Gospel Church

700 Colorado  
Osceola, IA 50213  
(641) 342-6199

NATIONAL AND STATE AGENCIES

Iowa Department of Human Services

109 S Main St  
Osceola, IA 50213  
(641) 342-6516  
(877) 394-1439

[HTTP://DHS.IA.GOV/CONSUMERS/FIND\\_HELP/COUNTY\\_OFFICES/CLARKE.HTML](http://DHS.IA.GOV/CONSUMERS/FIND_HELP/COUNTY_OFFICES/CLARKE.HTML)

Clarke County Juvenile Court

100 S Fillmore St  
Osceola, IA 50213  
(641) 342-9812

National Domestic Violence Hotline

800-799-SAFE (7233)

[WWW.NDVH.ORG](http://WWW.NDVH.ORG)

[WWW.THEHOTLINE.ORG](http://WWW.THEHOTLINE.ORG)

National Sexual Assault Hotline

800-656-4673

Federal Bureau of Investigation

Des Moines Office  
4401 Westown Pkwy  
Suite #320

West Des Moines, IA 50266

(515) 223-4278

Federal Bureau of Investigation

866-483-5137

Iowa Department of Transportation

800 Lincoln Way

Ames, IA 50010

515-239-1101

[WWW.IOWADOT.GOV](http://WWW.IOWADOT.GOV)

Poison Control Center

800-222-1222

[WWW.AAPCC.ORG](http://WWW.AAPCC.ORG)



Suicide Prevention Hotline

800-SUICIDE  
800-442-HOPE

[HTTP://HOPELINE.COM](http://HOPELINE.COM)

800-273-TALK

[WWW.SUICIDEPREVENTIONLIFELINE.COM](http://WWW.SUICIDEPREVENTIONLIFELINE.COM)

Toxic Chemical and Oil Spills

800-424-8802

**NATIONAL HEALTH SERVICES**

AIDS/HIV Center for Disease Control and  
Prevention

**800-CDC-INFO**

**888-232-6348 (TTY)**

[HTTP://CDC.GOV/HIV](http://CDC.GOV/HIV)

AIDS/STD National Hotline

800-342-AIDS  
800-227-8922 (STD line)

American Health Assistance Foundation

800-437-2423

[WWW.AHAF.ORG](http://WWW.AHAF.ORG)

American Heart Association

800-242-8721

[WWW.AMERICANHEART.ORG](http://WWW.AMERICANHEART.ORG)

American Lung Association

800-586-4872

[WWW.LUNG.ORG](http://WWW.LUNG.ORG)

American Stroke Association

1-888-4-STROKE

[WWW.AMERICANHEART.ORG](http://WWW.AMERICANHEART.ORG)

Center for disease control and prevention

800-CDC-INFO  
888-232-6348 (TTY)

[HTTP://WWW.CDC.GOV/HIV](http://WWW.CDC.GOV/HIV)

Elder Care Helpline

[WWW.ELDERCARELINK.COM](http://WWW.ELDERCARELINK.COM)

Eye Care Council

800-960-EYES

[WWW.SEETOLEARN.COM](http://WWW.SEETOLEARN.COM)

National Health Information Center

800-336-4797

[WWW.HEALTH.GOV/NHIC](http://WWW.HEALTH.GOV/NHIC)

National Cancer Information Center

800-227-2345 (American Cancer society)  
866-228-4327 (TTY)

[WWW.NIDCD.NIH.GOV](http://WWW.NIDCD.NIH.GOV)

**NURSING HOME**

Clarke County Hospital Extended Care Services  
800 South Fillmore St

Osceola, IA 50213

(641) 342-2184

[HTTP://WWW.CLARKEHOSP.ORG/](http://WWW.CLARKEHOSP.ORG/)

Southern Hills Specialty Care

444 N W View Dr

Osceola, IA 50213

(641) 342-6061

[WWW.CAREINITIATIVES.ORG/SOUTHERNHILLSSPECIALTYCARE](http://WWW.CAREINITIATIVES.ORG/SOUTHERNHILLSSPECIALTYCARE)

**NUTRITION**

Clarke County Senior Center, Meal Site

114 S. Fillmore

Osceola, IA 50213

(641) 342-6221

WIC (Women, Infants and Children) – Iowa

Department of Public Health

800-532-1579

[HTTP://WWW.IDPH.STATE.IA.US/WIC/](http://WWW.IDPH.STATE.IA.US/WIC/)

Iowa Area Agencies on Aging  
Jessie M. Parker Building  
510 E 12th Street  
Suite 2  
Des Moines, IA 50319-9025  
(800) 532-3213  
(515) 725-3333  
[HTTPS://WWW.IOWAAGING.GOV](https://www.iowaaging.gov)

Des Moines Iowa Office of the American  
Diabetes Association  
4430 114th Street  
Urbandale, Iowa, 50322  
515-276-2237  
[HTTP://WWW.DIABETES.ORG/IN-MY-  
COMMUNITY/LOCAL-OFFICES/DES-MOINES-IOWA/](http://www.diabetes.org/in-my-community/local-offices/des-moines-iowa/)

#### **PHARMACIES**

Medicap  
214 S Main St  
Osceola, IA 50213  
(641) 342-6557  
[HTTP://WWW.MEDICAP.COM/PHARMACY-  
LOCATIONS/IOWA/OSCEOLA/HOME](http://www.medicap.com/pharmacy-locations/iowa/osceola/home)

Hy-Vee  
510 West McLane Street  
Osceola, Iowa  
(641) 342-2125

Wal-Mart  
2400 College Dr  
Osceola, IA 50213  
(641) 342-1662

#### **PHYSICIANS/PRACTITIONERS**

Benjamin Hicks, MD  
Unity Point Clinic Family Medicine at Clarke  
County  
827 S Jackson St  
Osceola, IA 50213  
(641)342-2128  
[HTTPS://WWW.UNITYPOINT.ORG/DESMOINES/CLINIC.AS  
PX?ID=58&CLARKE+COUNTY+FAMILY+MEDICINE](https://www.unitypoint.org/desmoines/clinic.aspx?id=58&Clarke+County+Family+Medicine)

George Fotiadis, MD  
Unity Point Clinic Family Medicine at Clarke  
County  
827 S Jackson St  
Osceola, IA 50213  
(641)342-2128  
[HTTPS://WWW.UNITYPOINT.ORG/DESMOINES/CLINIC.AS  
PX?ID=58&CLARKE+COUNTY+FAMILY+MEDICINE](https://www.unitypoint.org/desmoines/clinic.aspx?id=58&Clarke+County+Family+Medicine)

Katie Patterson, ARNP, BSN, DNP  
Unity Point Clinic Family Medicine at Clarke  
County  
827 S Jackson St  
Osceola, IA 50213  
(641)342-2128  
[HTTPS://WWW.UNITYPOINT.ORG/DESMOINES/CLINIC.AS  
PX?ID=58&CLARKE+COUNTY+FAMILY+MEDICINE](https://www.unitypoint.org/desmoines/clinic.aspx?id=58&Clarke+County+Family+Medicine)

Lorie Cannon, DNP  
Unity Point Clinic Family Medicine at Clarke  
County  
827 S Jackson St  
Osceola, IA 50213  
(641)342-2128  
[HTTPS://WWW.UNITYPOINT.ORG/DESMOINES/CLINIC.AS  
PX?ID=58&CLARKE+COUNTY+FAMILY+MEDICINE](https://www.unitypoint.org/desmoines/clinic.aspx?id=58&Clarke+County+Family+Medicine)

Susan Gilbert, ARNP  
Unity Point Clinic Family Medicine at Clarke  
County  
827 S Jackson St  
Osceola, IA 50213  
(641)342-2128  
[HTTPS://WWW.UNITYPOINT.ORG/DESMOINES/CLINIC.AS  
PX?ID=58&CLARKE+COUNTY+FAMILY+MEDICINE](https://www.unitypoint.org/desmoines/clinic.aspx?id=58&Clarke+County+Family+Medicine)

Thomas J. Lower, D.O.  
127 W Washington St  
Osceola, IA 50213  
(641) 342-6568

**SENIOR SERVICES**

Clarke County Senior Center  
**114 S. FILLMORE**  
**OSCEOLA, IA 50213**  
**(641) 342-6221**

Alzheimer's Association  
1-800-478-2585

Elderly Abuse and Neglect  
800-392-0210

American Association of Retired Persons (AARP)  
1-888-OUR-AARP (687-2277)  
[WWW.AARP.ORG](http://www.aarp.org)

Americans with Disabilities Act Info Line  
1-800-541-0301  
1-800-514-0383 (TTY)  
[WWW.USDOJ.GOV/CRT/ADA](http://www.usdoj.gov/crt/ada)

Eldercare Locator  
1-800-677-1116  
[WWW.ELDERCARE.GOV/ELDERCARE/PUBLIC/HOME.ASP](http://www.eldercare.gov/eldercare/public/home.asp)

Elder Care Helpline  
[WWW.ELDERCARELINK.COM](http://www.edlercarelink.com)  
Federal Information Center  
1-800-333-4636  
[WWW.FIRSTGOV.GOV](http://www.firstgov.gov)

U.S. Department of Veteran Affairs  
1-800-827-1000  
[WWW.VA.GOV](http://www.va.gov)  
[HTTP://WWW.CENTRALIOWA.VA.GOV/](http://www.centraliowa.va.gov/)

Education (GI Bill)  
1-888-442-4551

Health Resource Center  
877-222-8387

Insurance Center  
800-669-8477

Veterans Special Issue Help Line  
Includes Gulf War/Agent Orange Helpline  
800-749-8387

U.S. Department of Veteran Affairs  
Mammography Helpline  
888-492-7844

Veterans Administration  
800-827-1000

Memorial Program Service (Includes status of  
headstones and markers)  
800-697-6947

Telecommunications Device for the  
Deaf/Hearing Impaired  
800-829-4833 (TTY)  
[WWW.VBA.VA.GOV](http://www.vba.va.gov)

Income Verification and Means Testing  
800-929-8387

Debt Management  
800-827-0648

Life Insurance Information and Service  
800-669-8477

Welfare and Fraud Hotline  
800-432-3913

## ***Secondary Research Findings***

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Clarke County Hospital and Clarke County Public Health conducted secondary research in addition to their primary survey to gather county health information throughout the assessment process. Important demographic and health ranking data was obtained during the research. The conditions that were identified as top priorities by the health needs assessment were also researched. Condition-specific information is also included within this section of the document.



# Clarke County, Iowa

## 2015 Community Health Report

### Quick Facts

- Population: 9,325
- 86.2% white, 11.5% Hispanic, 2.3% other
- Individuals living below poverty level- 13.7% (12.4% Iowa)
- 17% adults are un-insured
- 6% children are un-insured
- 6 healthcare providers, 3 dentists  
\*Not a health professional shortage area.
- Average life expectancy-78.0 years (Iowa: 79 years)
- 5.4% Unemployment average (4.7% Iowa)
- 11.2% with no high school diploma
- 34.2% of children 0-4 yr receive WIC nutrition services (25.5% Iowa).
- 51.5% of students are eligible for free or reduced-price lunches during school year 2013 (40.3% Iowa)
- 17.3% of the population receive food assistance (13.6% Iowa)

### Leading Causes of Death

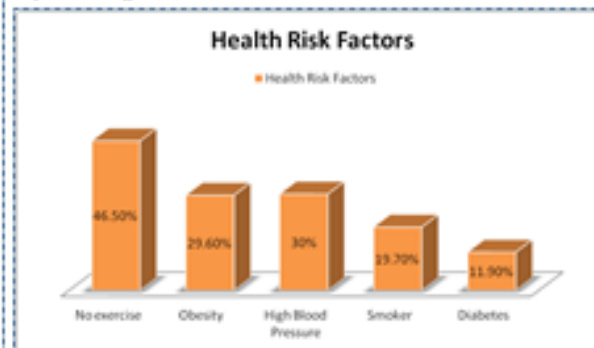
- Cancer is the leading cause of death in adults over 65 – 29.5%
- Cancer is the leading cause of death in adults age 45-64—34.4%
- Injuries are the leading cause of death in adults age 25-44—28%

### DID YOU KNOW ?

- 73% of adults are overweight or obese in Clarke County (63% in Iowa)
- 2013 Teen (age 15-19) Birthrate is 3% compared to 2.2% in Iowa and 2.7% in US.
- 2013 Confirmed cases of Child Abuse and Neglect— 11.3% of children age 0-17yrs compared to 17% for Iowa and 9.2% for US
- 63.33% surveyed felt being overweight/obese negatively impacts the communities overall health. Also, 42.54% surveyed felt poor eating habits did too.
- 38.08% surveyed that we also need additional education about obesity in the community.
- 48.7% surveyed reported access to healthcare is an important factor to improve quality of life in a community. 77.72% surveyed answered yes Clarke County needs additional healthcare providers.
- 32.68% surveyed believed mental health was an issue that greatly impacts the communities overall health. Mental health was also a top answer when asked what healthcare services needed to be added, improved or changed in Clarke County.
- Clarke County Public Health Community Health Survey—2015

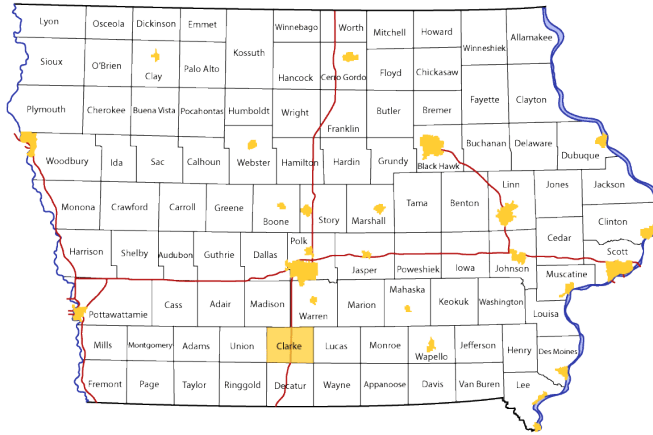
### HEALTH RISK FACTORS FOR IOWA

<http://www.oidc.gov/india/health/risk>



“ We Care About Your Health ” Clarke County Public Health 134 W. Jefferson, Osceola, IA 50213

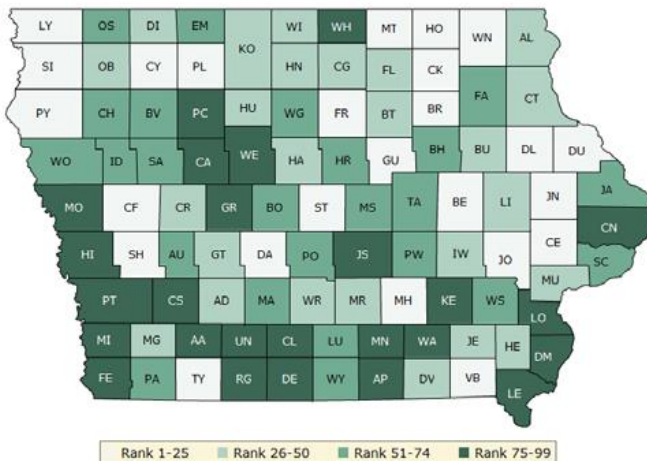
Phone 641-342-3724 FAX 641-641-342-2603 Email: [clarkeph@iowatelecom.net](mailto:clarkeph@iowatelecom.net)



Clarke County was established on January 13, 1846. The county was named in honor of James Clarke, third Governor of Iowa Territory ([www.genealogyinc.com/iowa/clarke-county](http://www.genealogyinc.com/iowa/clarke-county)). Cities located in Clarke County are Osceola, Murray, Weldon and Woodburn and the estimated population is 9,325.

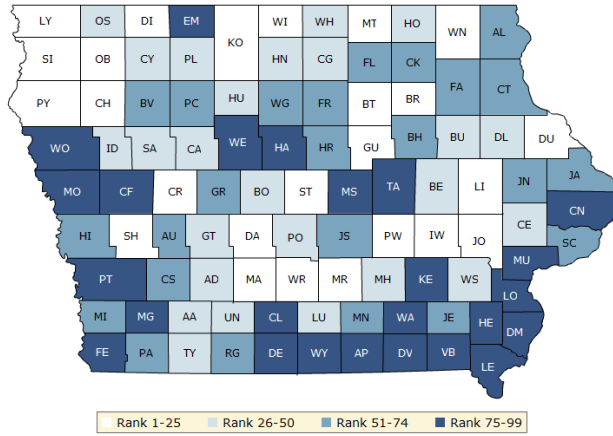
### HEALTH RANKINGS FOR CLARKE COUNTY

In 2015, *County Health Rankings* report ranked Iowa counties according to their summary measures of health outcomes and health factors. Rankings are interpreted as high ranks (e.g. 1 or 2) is healthiest and low ranks (e.g. 98, 99) least healthy.



**The health outcomes rankings are based on an equal weighing of mortality (length of life) and morbidity (quality of life) measures.** Clarke County is ranked **87th** in State of Iowa for Health outcomes. ([www.countyhealthrankings.org/iowa](http://www.countyhealthrankings.org/iowa))





**Health factor rankings are based on weighted scores of four types of factors: behavioral, clinical care, social and economic, and environmental.**

Clarke County is ranked **91** in State of Iowa for Health factors. Specific measurements are detailed below:

**Behaviors (30%):** Tobacco use, diet & exercise, alcohol use and sexual activities

**Clinical care (20%):** Access to care and quality of care

**Social and economic factors (40%):** Education, employment, income, family and social support and community safety.

**Physical environment (10%):** Environmental quality and built environment ([www.countyhealthrankings.org/iowa](http://www.countyhealthrankings.org/iowa))

## **Mental Health**

Mental health affects every aspect of a person's life and is essential to have a productive life, successful relationships and the ability to adapt to new change and challenges that we face in life. The World Health Organization (WHO) defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."<sup>M3</sup> In the U.S. only 17% of adults are considered to be in a state of optimal mental health.<sup>M4</sup>

Mental illness is defined as "collectively all diagnosable mental disorders" or "health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning."<sup>M3</sup> Of all the types of mental illness, depression is the most common type of mental illness affecting an estimated 26% of the population.<sup>M3</sup> Research shows that by the year 2020 worldwide, depression will be the second leading cause of disability, following ischemic heart disease.<sup>M4</sup>

According to the CDC 18% of Iowa male students in grades 9-12 in 2011 reported feeling sad or hopeless almost every day for two or more weeks in a row. 28% of female Iowa students reported the same feelings of sad or hopelessness. Comparably in the United States during this time 21% of males and 36% of females felt the same emotions.<sup>M1</sup>

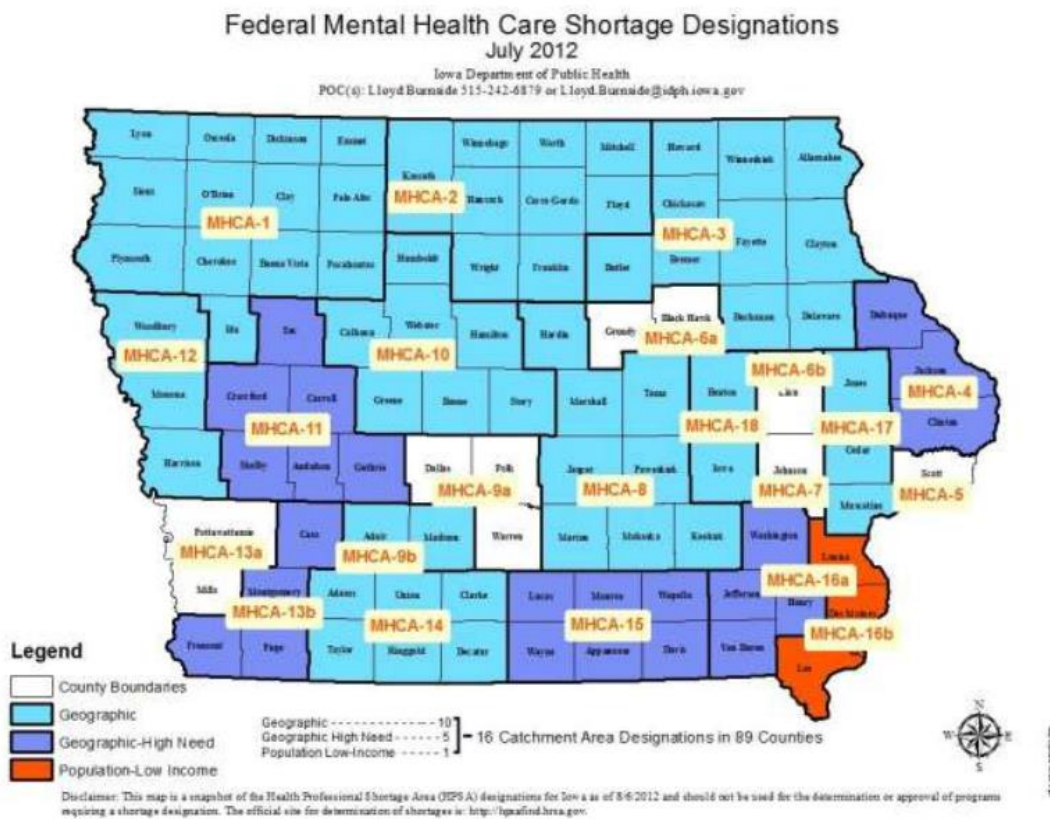
Data shows that high school students in Iowa rank just below the national average for suicidal thoughts, attempts and injuries. The total number of Iowa students grades 9-12 who had seriously considered attempting suicide up to 12 months prior to the survey was 15%, while the national average is 16%. Female students had a higher percentage in this category state wide and nationally.<sup>M2</sup>

Attempted suicide rates were also similar to national average the prior 12 months, a total of 6% of Iowan students and 8% nationally. Female students showed a higher percentage in this category in both state and national reports. Suicide attempts that resulted in an injury, poisoning or overdose that required treatment was 2% in Iowa and the same result nationally. Male and female students tied percentage rankings in this category. <sup>M2</sup> In Iowa, suicide is the second leading cause of death in 15-42 year olds.<sup>M5</sup>

Currently more focus is put on screening, diagnosing and treating mental illness rather than protecting good mental health. Supportive social determinants of mental health include adequate housing, safe neighborhoods, quality educations, access to quality health care and good jobs and wages. Without good mental health, the health of the individual is at risk and will likely not improve until their mental health shows improvement.

Mental health issues are a concern across America and as shown above are a major concern close to home here in Iowa. Currently Iowa should have at least 1,500 psychiatric beds based on current population for the severely mentally ill; however there are only 750 beds available.<sup>M6</sup> Out of the 50 states in the U.S. Iowa is listed as 47<sup>th</sup> for number of acute care beds based on population, 47<sup>th</sup> for number of psychiatrists and 46<sup>th</sup> in the nation for number of psychologists.<sup>M6</sup>

A study done in 2012 by the Iowa Department of Public Health showed that 89 of the 99 counties in Iowa are located in a designated Mental Health “Health Professional Shortage Area” (HPSA).<sup>M7</sup> The HPSA is calculated by population to psychiatrist ration greater than 30,000 to 1. Being designated as a Mental Health HPSA provides access to different programs such as: National Health Service Corps loan repayment and placement of scholars; State Loan Repayment Programs; J-1 visa waiver physician placement and; State Mental Health Shortage Area program.<sup>M7</sup>



Clarke County Hospital’s emergency department evaluates an array of mental health issues daily. From October 2014 to October 2015, CCH ED has had 99 cases of primary mental health crisis seek help within their doors. These cases do not include individuals, who have presented

for other primary issues (ex. Asthma, injury, high blood pressure, etc.) and had a secondary diagnosis related to mental health. It is estimated that 14% of the visits in CCH ED from January 2015 were related to mental health issues.

In the 2015 calendar year during quarter one and two at Clarke County Hospital, there have been 91 inpatient admissions and approximately 89% of those had some type of mental health diagnosis.

## **Obesity**

Obesity is a medical condition that will never just affect one aspect of an individual's health. Individuals with obesity are at a higher risk for developing additional medication conditions including but not limited to insulin resistance and type 2 diabetes mellitus, hypertension, high cholesterol, cardiovascular disease, stroke, sleep apnea, gallbladder disease, gout, osteoarthritis and certain types of cancer.<sup>01</sup> Medical conditions that are a result of a primary medical issue such as obesity are called comorbidities.

Obesity is not limited to ethnicity, gender or age; it is an all-encompassing condition that is affected not only by genetic conditions but also behavior. By 2030 the number of obese adults is expected to raise from 1.5 billion to 3 billion adults.<sup>02</sup> This is an alarming epidemic demanding immediate attention at global and local levels.

The Robert Wood Johnson Foundation and the Trust for America's Health created a project called "The State of Obesity." This project researched obesity in all states and gathered data able to rank the states by the obesity data. In 2014 Iowa's adult obesity rate was 30.9% making its overall ranking 16/51.<sup>03</sup> These number show an increase of 10% over the past fifteen years. At the time of this study was published, every state was over 20% in obesity rates.

The State of Obesity identified obesity rates by age range, race and gender in Iowa. The age range 45-64 has the highest obesity rates followed by 26-44 at 31.2%, 65 years and older at 30.9% and 18-25 at 15%. By race, African Americans are at 40%, Latinos 35.5% and Caucasians at 30.9%. The male population averages 31.6% and female population at 29.4%.

Childhood obesity is usually preventable and self-treatable. By simply improving the family's diet and exercise habits, a healthy weight in the child can be reached. Limiting screen time and increasing physical activity are also simple ways to improve children's health. Children require at least 60 minutes of physical activity a day. Currently, Iowa's childhood obesity rate is 28.3%, making Iowa 36<sup>th</sup> most obese state for children.<sup>04</sup>

Children who are obese are more likely to become obese adults. Taking immediate action to improve health can lead to a healthier adulthood with fewer comorbidities. Healthy eating and increasing physical activities are two easy steps for children and adults to follow to become healthier. Limiting access to "junk food" and creating well balanced meals with fruits and vegetables can set the foundation for healthier choices.

Within Clarke County, the Clarke County Development Corporation has created the "Safe Routes to School" and the "Millennial Trails System". The Safe Routes to School is focused on improving and creating safe sidewalks and pathways to encourage more students to walk to and from school. This project has already started and has improved greatly the safety of these

walkways for students and individuals who choice to utilize them. The Millennial Trails System is improving the pathways around the Osceola area including trails surrounding the local ponds and parks.

## **Dental**

During the community forums, limited dental access for those with Medicare/Medicaid insurance was identified as a concern. Clarke County Public Health has a program, iSmile, currently in place to provide dental recommendations for individuals. At Community Health Centers of Southern Iowa (CHCSI), dentists are available to see individuals with these types of insurances. CHCSI is located just south of Osceola in Leon, Iowa.

There was concern from those present at the community forums that these patients who are not able to seek dental treatment utilize the hospital's emergency department for these issues. Clarke County Hospital had 44 visits in quarters one and two of 2015 considered "Preventable Dental Conditions." Of these 44 visits, 36 were covered by Medicare/Medicaid.

Clarke County Public health has multiple strategies to address dental needs. There are grants available to try to recruit a dentist into the area. Many of those grants require that a certain percentage of patients they see are Medicaid. Public health can use data from the I-Smile program to determine and display need. Public health will talk to the Clarke County Development Corporation about assistance for recruiting a dentist into the county. Public health also plans to reach out to develop a further strategy from public health professionals at Taylor County, who just recently were able to fill their dental gap. Clarke County Hospital will assist these efforts through the community care coalition meetings and supporting their efforts.

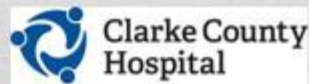
# ***Strategic Planning 2016***

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# Community Health Needs Assessment 2015

Clarke County, Iowa



An Affiliate of  UnityPoint Health

1



In June 2015, Clarke County Public Health (CCPH) collaborated with Clarke County Hospital (CCH) and launched an initiative to better understand the health needs of the community. The process included conducting a Community Health Needs Assessment (CHNA) to provide statistical data of the community's health status, then taking this information and developing a Health Improvement Plan (HIP) to identify and prioritize health concerns.

2

- Research
- Surveys
- Community forums
  - Community voice
  - Discuss needs
  - Prioritize needs
  - Develop Strategies
- Community partners:
  - C.C.D.C.
  - Clarke County School District
  - Murray School District
  - Churches in Osceola
  - Clarke County Fairgrounds



## CHNA Process Overview

3

## RESEARCH OVERVIEW

4

- Population: 9,325 (2013)
- 86.2% White, 11.5% Hispanic , 2.3% other
- Average life expectancy-78.0 years
- Individuals living below poverty level-13.7%
- 17% adults are un-insured/ 6 % children
- 5.4% Unemployment average (4.7% Iowa)
- 11.2 % with no high school diploma
- 6 healthcare providers, 3 dentists (\*Not a health professional shortage area.)

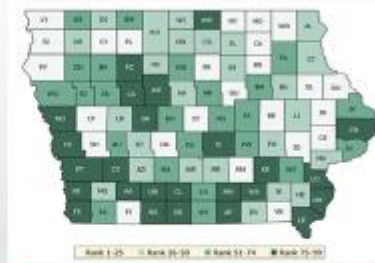
## Clarke County Demographics

5

## Health Outcomes Ranking

Measures:

- How long people live
- Quality of life



<http://www.countyhealthrankings.org/app/iowa/2015/overview>  
A Robert Wood Johnson Foundation program

## Clarke County -87th

6

## Health Factors

### Measures:

- Health behaviors
- Clinical care
- Social-economic factors
- Physical environment factors



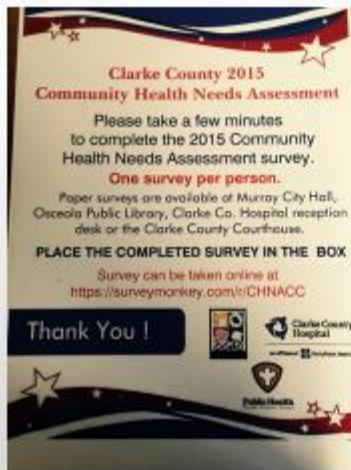
<http://www.countyhealthrankings.org/app/iowa/2015/overview>  
A Robert Wood Johnson Foundation program

## Clarke County -91<sup>st</sup>

7

## SUMMARY OF SURVEY RESULTS

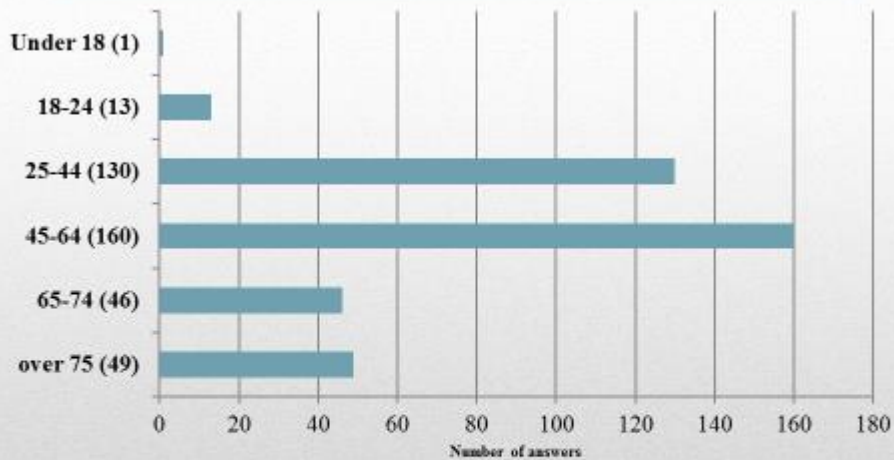
8



- Data collected from July 16<sup>th</sup>-August 31<sup>st</sup>
- Surveys were available in paper and electronic forms
  - Posted on Clarke County Public Health & Clarke County Hospital websites
  - School registration
  - Clarke County Fair
  - Thursday Night in the Park
  - Mailings
  - Newspaper

## Data Collection

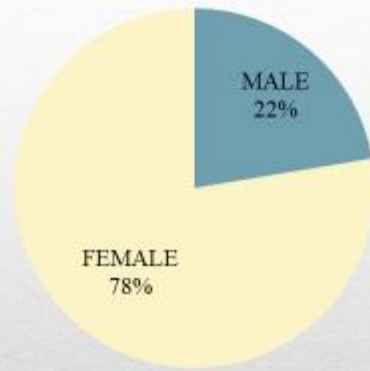
9



## Age of respondents

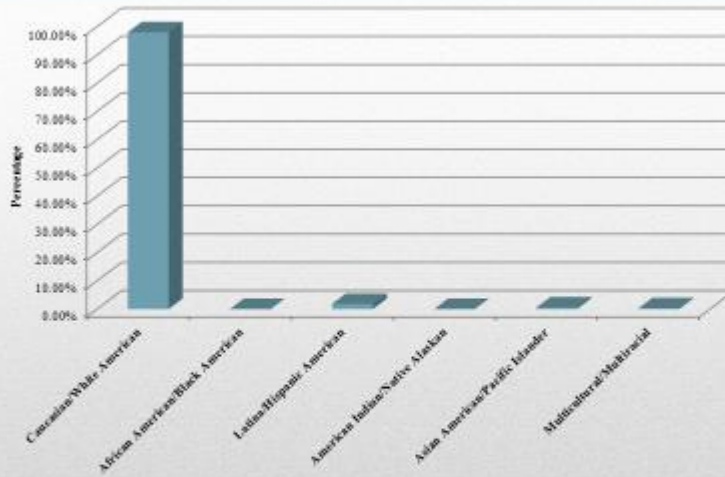
10





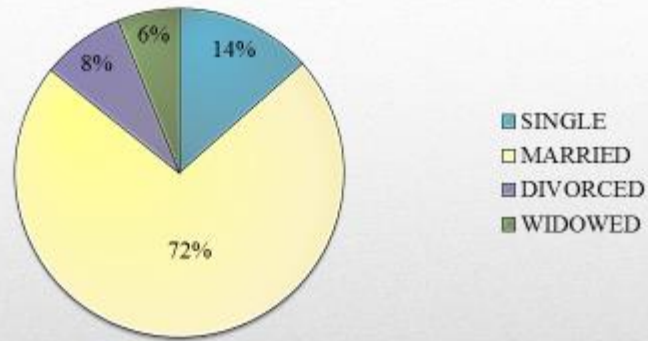
## Gender of respondents

11



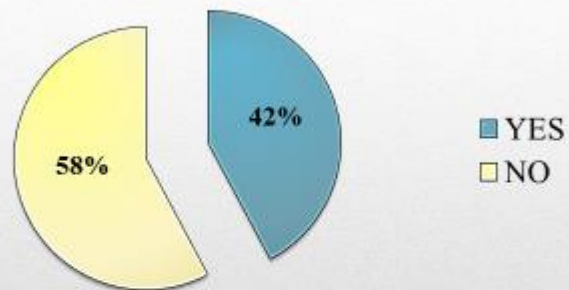
## Ethnicity of respondents

12



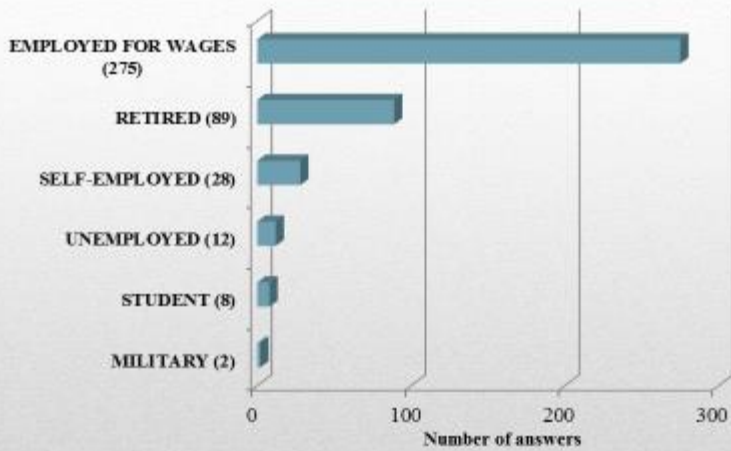
## Marital Status of respondents

13



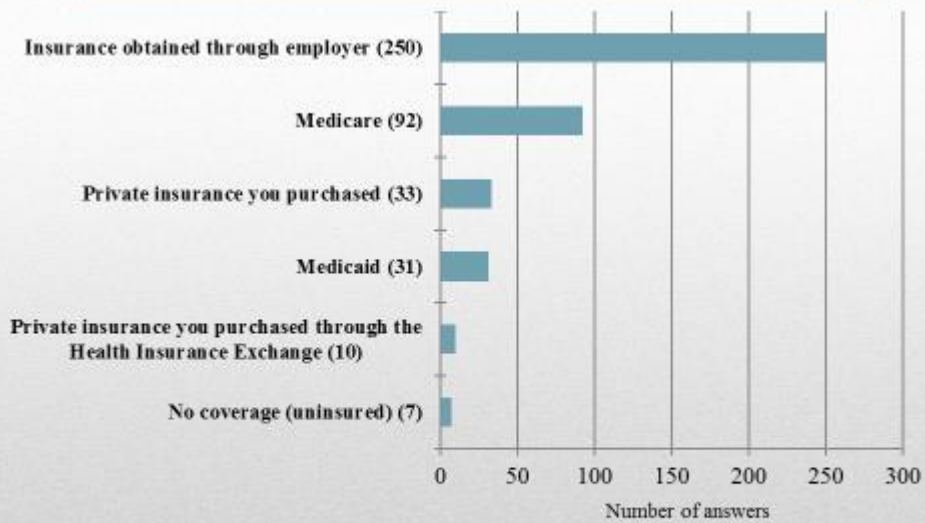
## Children living at home

14



## Employment Status

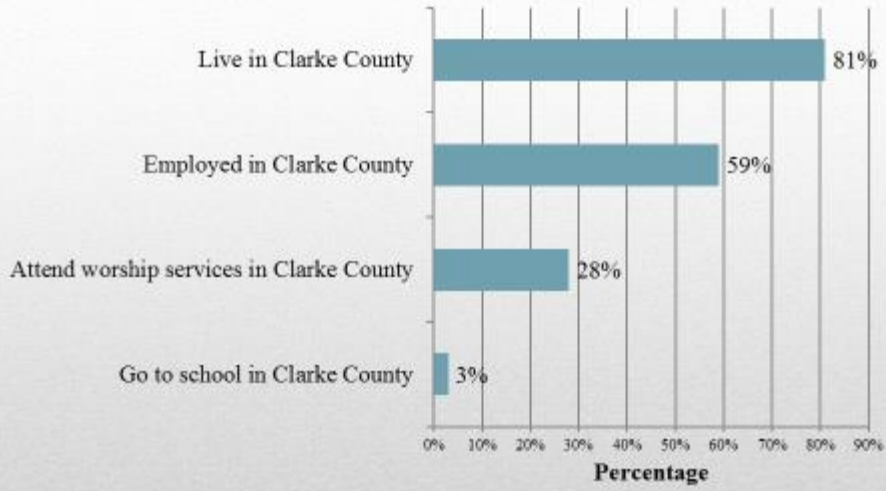
15



## Health Coverage of Respondents

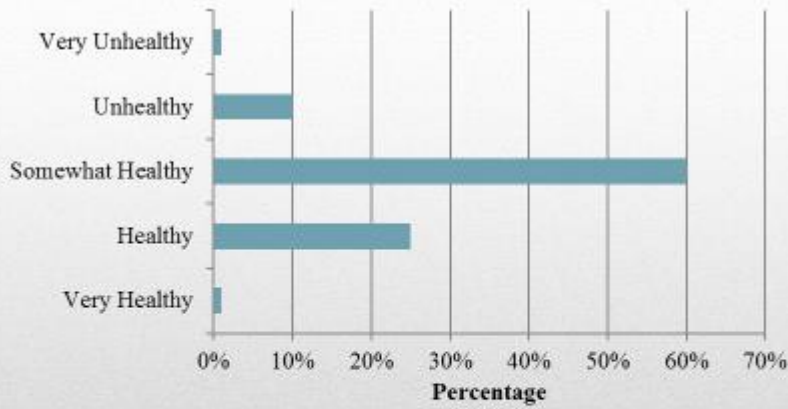
16





## Connection to Clarke County

17



## How would you rate Clarke County as a healthy community

18

## **What makes Clarke County a good place to live, work, worship and visit?**

Community	23%
Friendly	22%
Small Town	18%
Good People	6%
Good Schools	5%

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19

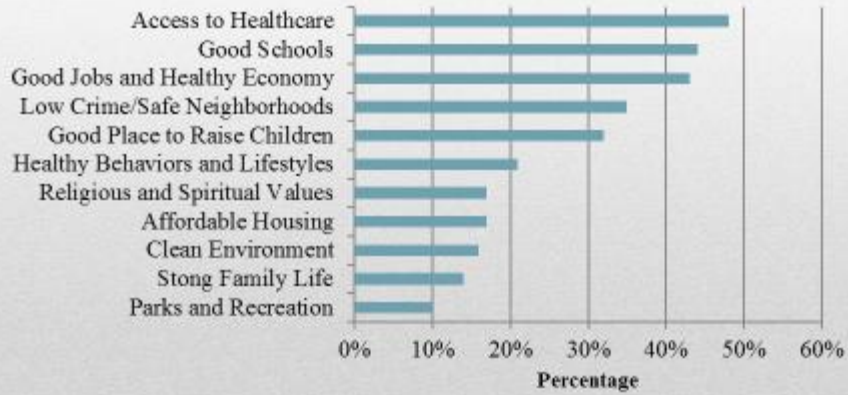
## **What are some ways Clarke County could improve to make it a better place to live, work, worship, and visit?**

Jobs	12%
Town	11%
Community	11%
Businesses	11%
Activities	9%

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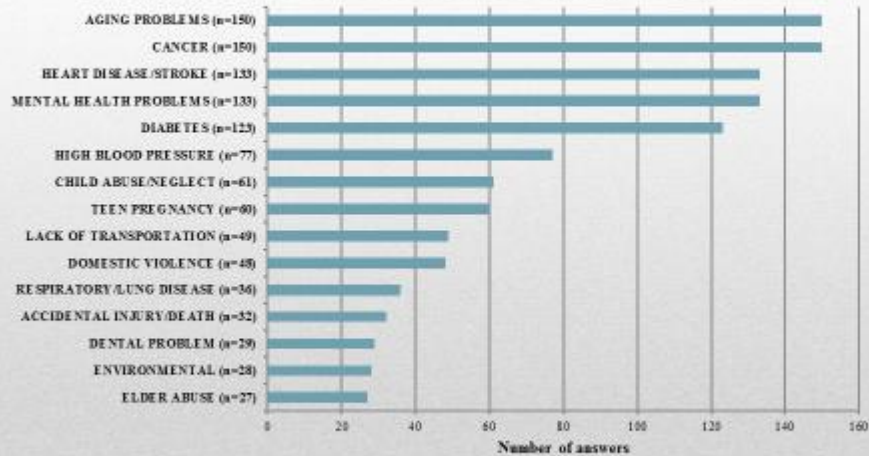
20

## What are the three most important factors for a “healthy community?”



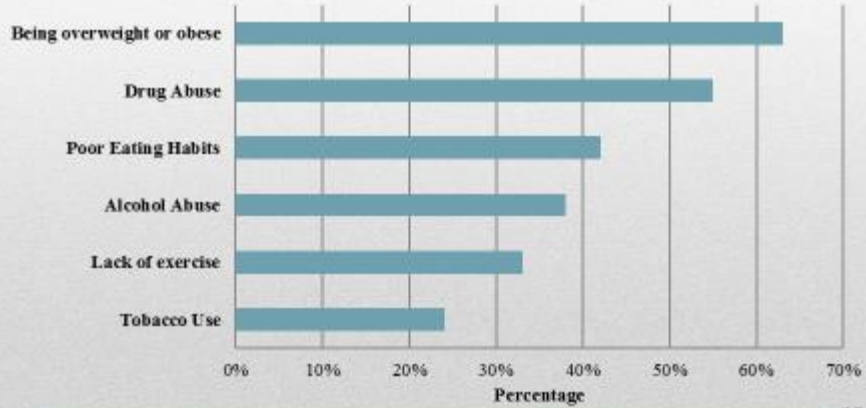
21

## What are the three most important “health issues” in our community?



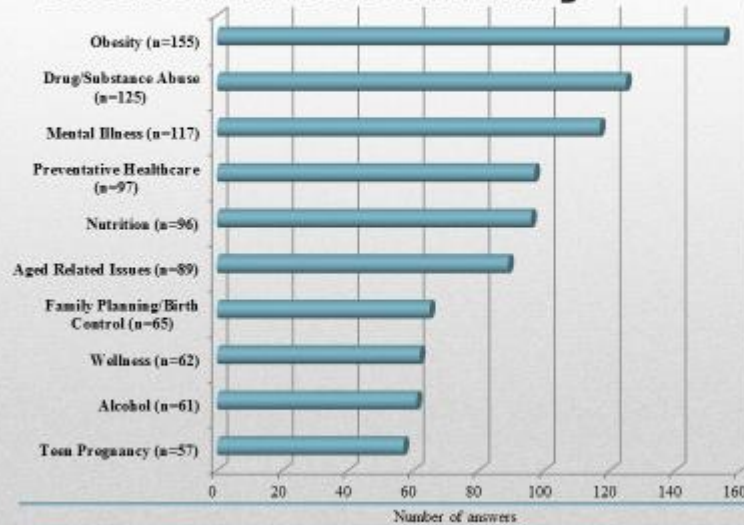
22

## What are the three most important behaviors that negatively impact the overall health in Clarke County?



23

## What areas need additional education in our community?



24



## Does Clarke County need any additional providers?

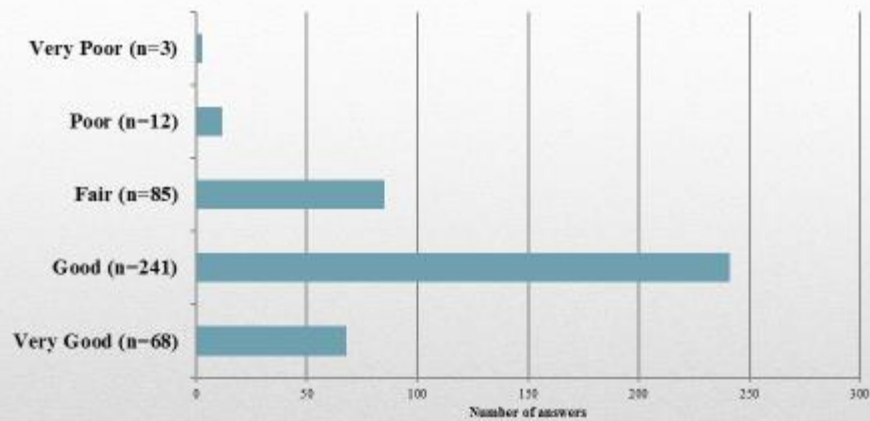
25

## Healthcare services in Clarke County that need to be added, improved and/or changed.

Cancer Checks Emergency Room Response  
 Counseling AVOID Elderly Family Planning  
 Community Medicaid Services  
 Public Health **CLINIC** Pediatrician **CARE** Pool  
**MENTAL HEALTH** Osceola Doctors  
 Alcohol Abuse Specialist Obstetrics Place Teaching  
 Dialysis Fitness CCH

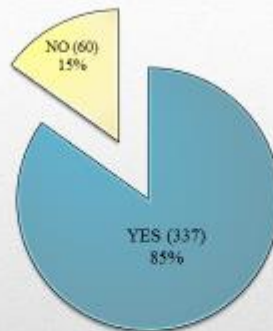
26





## In general, how would you best describe your health?

27



## Do you have a personal healthcare provider?

28

# Health Practices

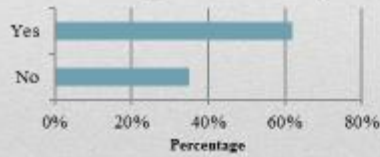
Five + Servings of Fruits/Veg/Wheat Daily



Yearly Physicals



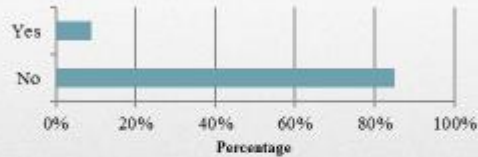
Exercising 2-3 Times Weekly



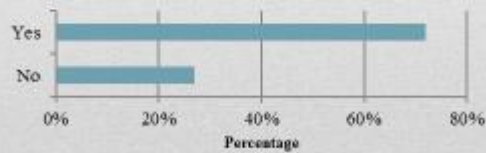
29

# Health Practices

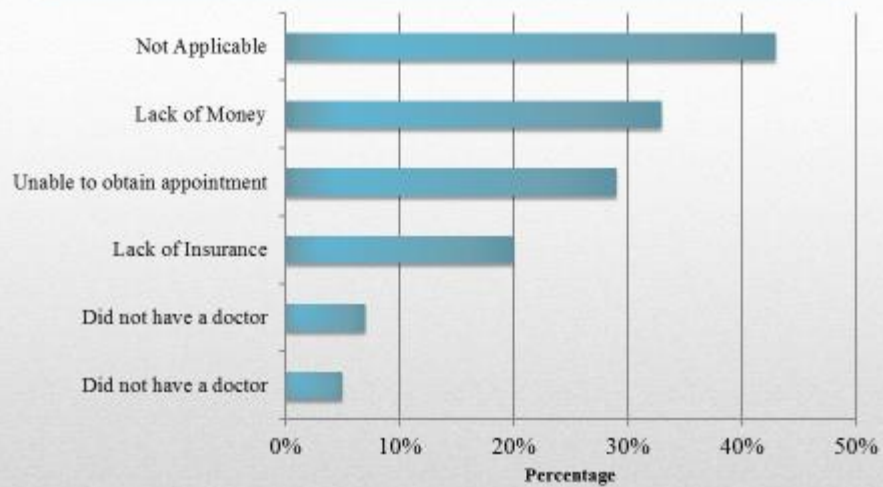
Consumes > 1 Alcoholic Drink Daily



Receives Annual Flu Vaccine

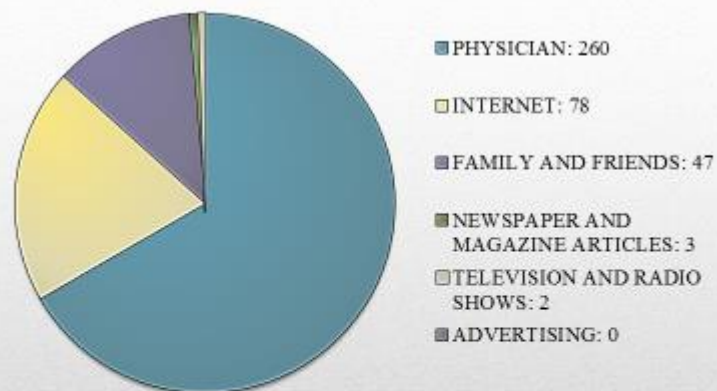


30



## Delayed Healthcare

31

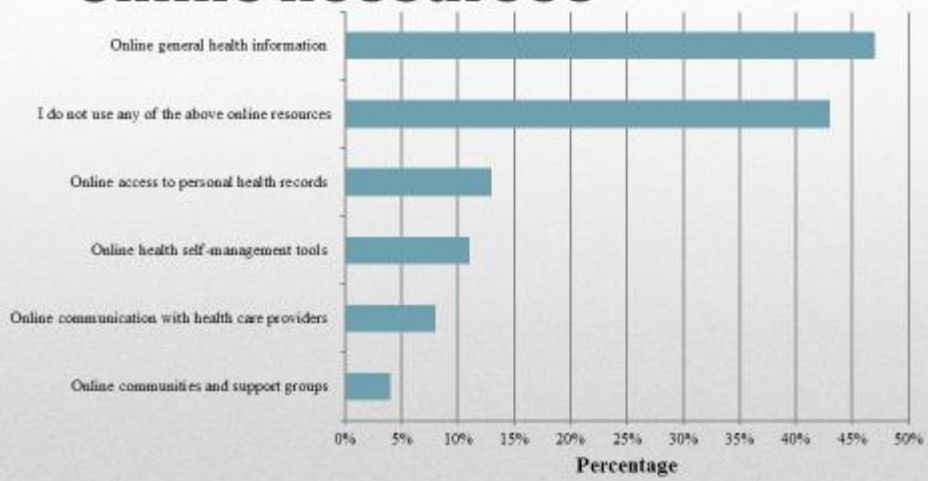


## What resource used to answer healthcare questions

32



# Online Resources



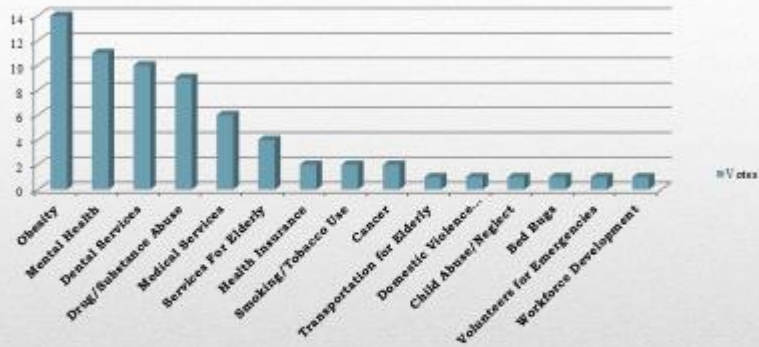
33

# COMMUNITY FORUMS

34

- **October 1<sup>st</sup>**
  - Discussed and voted on topics of concern
  - Reviewed data from CHNA survey
- **November 5<sup>th</sup>**
  - Reviewed and discussed top ten health concerns
  - Prioritized health concerns
- **December 3<sup>rd</sup>**
  - Discussed CCPH HIP
  - Developed goals and strategies for HIP

Votes of top 3 Community Needs



# 1<sup>st</sup> Community Forum

### High Priorities for HIP

- Obesity
- Mental health
- Dental services
- Drug/Substance abuse

### Low Priorities for HIP

- Services/Activities for Elderly
- Health insurance
- Tobacco Use
- Cancer
- Domestic violence

## 2<sup>nd</sup> Community Forum

37

- CCPH chose “access to care” as primary need to address
  - Dental
  - Mental Health
  - Medical Care
- Obesity



Prevent. Promote. Protect.

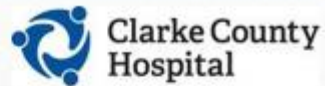
## 3<sup>rd</sup> Community Forum

38

# HEALTH TOPICS FOR HOSPITAL TO ADDRESS?

39

- Melanie Boyd, RN, MHA  
Chief Patient Experience Officer



- Kacie Throckmorton, RN, BSN  
QI & Community Resource Manager

An Affiliate of  UnityPoint Health

- Zach Woods, MS, ATC/L  
Health Promotions/Emergency Preparedness Coordinator

800 S. Fillmore Street  
Osceola, IA 50213  
641-342-2184



## Thank You!

40

## References

- <sup>C1</sup>Welcome to Clarke County! (Welcome to Clarke County!)  
<http://www.clarkecountya.org/ClarkeCounty/mainhome.do;jsessionid=2CA393468F31E18B43DF19D410D96118>
- <sup>C2</sup>Unemployment Rate in Clarke County, IA (- FRED)  
<https://research.stlouisfed.org/fred2/series/IACLAR9URN>
- <sup>C3</sup> Iowa's unemployment rate continues to decline (Des Moines Register)  
<http://www.desmoinesregister.com/story/money/companies/financial-services/2015/07/21/iowa-june-unemployment-rate-decreases/30463395/>
- <sup>C4</sup> Clarke County QuickFacts from the US Census Bureau (Clarke County QuickFacts from the US Census Bureau) <http://quickfacts.census.gov/qfd/states/19/19039.html>
- <sup>M1</sup>Centers for Disease Control and Prevention. (2012). 1991-2011 High School Youth Risk Behavior Survey data. Retrieved October 10, 2012, from <http://apps.nccd.cdc.gov/youthonline>
- <sup>M2</sup>American Psychiatric Association (1994). Diagnostic and Statistical Manual of Mental Disorders (4th Ed.). Washington, DC, American Psychiatric Association.
- <sup>M3</sup>World Health Organization. *Strengthening Mental Health Promotion*. Geneva, World Health Organization (Fact sheet no. 220), 2001.
- <sup>M4</sup>U.S. Department of Health and Human Services. *Mental Health: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999.
- <sup>M5</sup>Iowa Department of Human Services (Division of Mental Health and Disability Services)  
<http://dhs.iowa.gov/mhds>
- <sup>M6</sup>NAMI: National Alliance on Mental Illness | A Public Health Crisis: Children and Adolescents with Mental Disorders (NAMI: National Alliance on Mental Illness | A Public Health Crisis: Children and Adolescents with Mental Disorders) <https://www.nami.org/Press-Media/Press-Releases/2005/A-Public-Health-Crisis-Children-and-Adolescents-wi>
- <sup>M7</sup>Mental Health Professional Shortage Area Overview. (2012, August 6). Retrieved October 29, 2015.  
[https://dhs.iowa.gov/sites/default/files/MH\\_Professional\\_ShortageAreaOverview\\_111512\\_1.pdf](https://dhs.iowa.gov/sites/default/files/MH_Professional_ShortageAreaOverview_111512_1.pdf)

<sup>01</sup> Comorbidities. (n.d.). U.S. National Library of Medicine. Retrieved October 29, 2015, from <http://www.ncbi.nlm.nih.gov/pubmed/10696282>

<sup>02</sup> Obesity Definition. (2012, October 20). Harvard. Retrieved October 29, 2015, from <http://www.hsph.harvard.edu/obesity-prevention-source/obesity-definition/>

<sup>03</sup> Iowa State Obesity Data. (2014). Robert Wood Johnson Foundation and the Trust for America's Health. Retrieved October 29, 2015, from <http://stateofobesity.org/states/ia/#print>

<sup>04</sup> Iowa. (n.d.). Retrieved November 2, 2015, from [https://www.healthiergeneration.org/about\\_childhood\\_obesity/in\\_your\\_state/iowa/](https://www.healthiergeneration.org/about_childhood_obesity/in_your_state/iowa/)