

# Community Health Needs Assessment (CHNA) Report for Des Moines County

Revised  
9/27/2023



Des Moines County Public Health collaborated in the Community Health Needs Assessment conducted by Southeast Iowa Regional Medical Center, part of Great River Health. The information was collected through virtual meetings, paper and online surveys, key informant questionnaires, and a review of publicly collected health and demographic statistics. The survey was made available at several locations in the study area. 570 surveys were returned and analyzed.

For additional information about this report:

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# Des Moines County Community Health Needs Assessment Details

9/27/2023

## Priority 1

### Obesity and Physical Inactivity

According to the County Health Rankings and Roadmap, obesity remains a concern for Des Moines County. In Des Moines County, Iowa, 36% of adults had a BMI of 30 or greater. This is the percentage of the adult population (age 18 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m<sup>2</sup> (age-adjusted). The State of Iowa is 37%, and the United States is 32%. This percentage for Des Moines County may be conservative since the last evaluated data was from 2020.

Physical Inactivity in Des Moines County, Iowa, showed 25% of adults (persons over 18) reported no leisure-time physical activity. This percentage was reported as 23% for the State of Iowa and 22% for the United States. The County Health Rankings and Roadmap additionally showed 72% of people in Des Moines County lived close to a park or recreation facilities compared to 79% of people in the Iowa and 84% for the United States.

### Data/Rationale

The U.S. Centers for Disease Control and Prevention (CDC) defines overweight and obesity weights that are greater than those generally healthy for a given height. These weights often increase the likelihood of health problems. CDC defines overweight for adults as body mass index (BMI) of 25–29.9 and obesity as a BMI of 30 or higher. BMI is calculated by dividing weight in kilograms by height in meters squared.

According to the Physical Activity Guidelines for Americans issued by the U.S. Department of Health and Human Services (HHS): for substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to

300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate-intensity and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week. Additional health benefits are gained by engaging in physical activity beyond the equivalent of

300 minutes (5 hours) of moderate-intensity physical activity a week. Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on two or more days a week, as these activities provide additional health benefits.

Is this issue addressed in an improvement plan? Yes

# Des Moines County Community Health Needs Assessment Details

9/27/2023

## Priority 2

### Poverty

In Des Moines County, poverty is a significant issue in terms of overall prevalence. The County Health Rankings and Roadmap shows in 2021, the county had an unemployment rate of 6.3% compared to 4.2% for Iowa. In Des Moines County 34% of children live in single-parent households and 19% of those children live in poverty.

#### Data/Rationale

According to the United States Census Report: the median household income in Des Moines County (in 2021 dollars), 2017-2021 was \$54,318 per capita income in past 12 months (in 2021 dollars), 2017-2021 was \$32,936 and persons in poverty, percent was 13.2%

Is this issue addressed in an improvement plan? Yes

## Priority 3

### Mental Health and Substance Use

Mental health and substance use have been areas of need for Des Moines County and the State of Iowa for many years. The need for additional mental health services, difficulty in placing patients in appropriate care, and the opioid epidemic have been complex issues that face communities throughout Iowa, including Des Moines County.

#### Data/Rationale

In 2015, a regional Mental Health Institute in Mount Pleasant, Iowa was closed in favor of more community-based treatment and support found in local communities. The Iowa Department of Public Health (IDPH) Bureau of Health Statistics finalized its annual report on the number of deaths involving opioids for 2020. Unfortunately, Iowa experienced an increase in 2020 with 213 deaths involving opioids reported (compared to 157 deaths in 2019). While the COVID-19 pandemic likely played a part in creating an environment for this to occur, it's the role of illicit versions of synthetic opioids such as fentanyl that is most alarming. In 2019, 64 percent of deaths involved an illicit/synthetic opioid. In 2020, that percentage increased to 76 percent. And currently, provisional data for 2021 indicates that 87 percent of deaths involving opioids have involved an illicit/synthetic opioid.

Is this issue addressed in an improvement plan? Yes

# Des Moines County Community Health Needs Assessment Snapshot

9/27/2023

- Priority 1:** Obesity and Physical Inactivity According to the County Health Rankings and Roadmap, obesity remains a concern for Des Moines County. In Des Moines County, Iowa, 36% of adults had a BMI of 30 or greater. This is the percentage of the adult population (age 18 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m<sup>2</sup> (age-adjusted). The State of Iowa is 37%, and the United States is 32%. This percentage for Des Moines County may be conservative since the last evaluated data was from 2020. Physical Inactivity in Des Moines County, Iowa, showed 25% of adults (persons over 18) reported no leisure-time physical activity. This percentage was reported as 23% for the State of Iowa and 22% for the United States. The County Health Rankings and Roadmap additionally showed 72% of people in Des Moines County lived close to a park or recreation facilities compared to 79% of people in the Iowa and 84% for the United States.
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- Priority 3:** Mental Health and Substance Use Mental health and substance use have been areas of need for Des Moines County and the State of Iowa for many years. The need for additional mental health services, difficulty in placing patients in appropriate care, and the opioid epidemic have been complex issues that face communities throughout Iowa, including Des Moines County.