



COMMUNITY HEALTH NEEDS ASSESSMENT 2023(CHNA)

Adair County Health System

Adair County Public Health

IDENTIFIED FOCUS AREAS

Previous CHNA - In late 2019/early 2020 a focus group reviewed community survey results and chose 3 focus areas for improvement:

- Mental Health
- Food Insecurity
- Drug/Alcohol Abuse or Misuse

Then.... The COVID-19 pandemic began, and our focus shifted to response.

2023 PROCESS AND DATA ASSESSMENT

Considering the impact COVID-19 had on all aspects of health and community we decided to continue the previous areas of focus and review updated data and impacts via the following sources : (Initial planning started in September 2022)

- [Adair County, Iowa - Census Bureau Profile](#)
- [Adair, Iowa | County Health Rankings & Roadmaps](#)
- [Iowa Youth Survey > Home](#)
- [Get a Health Equity Report Card for Your Area! - Salud America \(salud-america.org\)](#)
- [Healthy Iowans: Iowa State Health Assessment June 2022](#)
- [Behavioral Risk Factor Surveillance System \(BRFSS\) | Iowa Department of Health & Human Services](#)

Adair County Demographics

// United States / Iowa / Adair County, Iowa



Populations and People

Total Population
7,496

P1 | 2020 Decennial Census



Employment

Employment Rate
60.8%

DP03 | 2021 American Community Survey 5-Year Estimates



Business and Economy

Total Employer Establishments
202

CB2000CBP | 2020 Economic Surveys Business Patterns



Income and Poverty

Median Household Income
\$57,944

S1901 | 2021 American Community Survey 5-Year Estimates



Housing

Total Housing Units
3,585

H1 | 2020 Decennial Census



Families and Living Arrangements

Total Households
3,180

DP02 | 2021 American Community Survey 5-Year Estimates



Education

Bachelor's Degree or Higher
19.5%

S1501 | 2021 American Community Survey 5-Year Estimates



Health

Without Health Care Coverage
5.2%

S2701 | 2021 American Community Survey 5-Year Estimates



Race and Ethnicity

Hispanic or Latino (of any race)
186

P2 | 2020 Decennial Census

| | County | Iowa |
|--|--------|-----------|
| Population | 7,059 | 3,163,561 |
| % Below 18 Years of Age | 22.1% | 22.9% |
| % 65 and Older | 23.0% | 17.9% |
| % Non-Hispanic Black | 0.7% | 4.0% |
| % American Indian & Alaska Native | 0.3% | 0.6% |
| % Asian | 0.5% | 2.8% |
| % Native Hawaiian/Other Pacific Islander | 0.0% | 0.2% |
| % Hispanic | 2.6% | 6.5% |
| % Non-Hispanic White | 94.8% | 84.5% |
| % Not Proficient in English | 0% | 2% |
| % Female | 50.1% | 50.2% |
| % Rural | 100.0% | 36.0% |

INPUT AND RESOURCE/NEEDS ASSESSMENT

The Data Assessment and survey was presented and reviewed by various community partner and service organizations or community members via in person or survey that:

Provided services in one of the 3 identified priority areas

Represented Adair County community members by resource knowledge

Represented Adair County community members with knowledge of needs or gaps in services that address health equity for priority populations (such as low income, underinsured, women, children, older adults, rural, minority populations)

The survey addressed the following for the 3 identified priority areas:

What do you think Adair County needs to address these issues?

What resources do we already have in place?

What gaps in services do we have?

Data Assessment and Survey here:



CHNA Data
Assessment and Survey

PARTNERS AND COLLABORATORS

Adair County Health System (Clinics, Hospital,
EMS, Adair County Public Health)

Adair County Board of Health

Adair County Board of Trustees

Adair County Board of Supervisors

Adair Fire and Rescue

Senior Life Solutions

Care Initiatives Hospice

Crisis Interventions and Advocacy Center

Zion Integrated Health Behavioral Services

American Lung Association

Nodaway Valley School District

Orient-Macksburg School District

Greenfield Public Library

Heartland Management Alliance

4RKids

MATURA/1st Five/WIC

SWCC PAT (Parents as Teachers)

Childcare Resource and Referral

Adair County Neighborhood Center

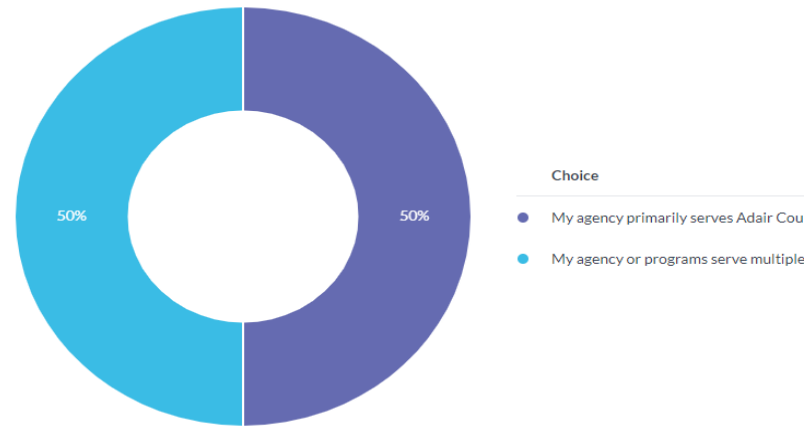
Adair County Mutual Insurance

AEA

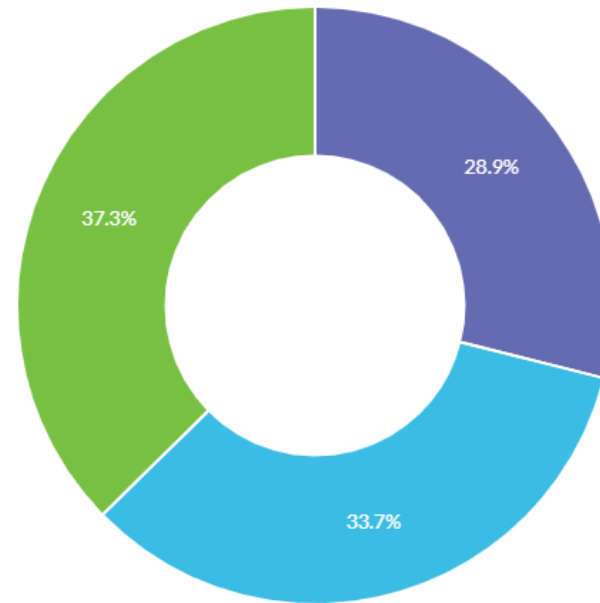
Food Bank of Iowa

.... And more

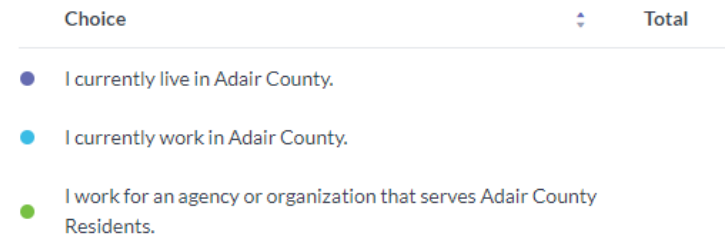
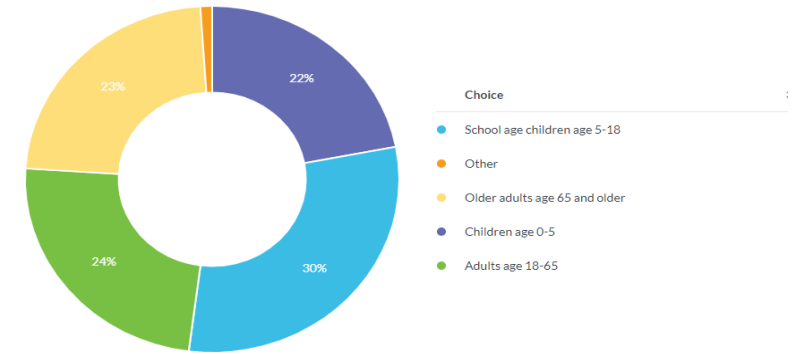
- While all agencies and organizations surveyed serve Adair County.. 50% of those serve multiple counties.



- Populations served represented all age categories.



What population does your organization or agency primarily serve? Check all that apply.
Multiple Choice



FOOD
INSECURITY
- CURRENT
RESOURCES

The schools have free/reduced priced lunches and have a backpack program in which food is sent home

Food Pantries are located in Orient (Food Bank of Iowa) , Greenfield Methodist Church, Neighborhood Center, A/C G/C Food Pantry

WIC program , SNAP assistance

Congregate meals for elderly

Food delivery services thru ACHS for frail/elderly

FOOD INSECURITY NEEDS

“I would like to see community education on food assistance programs, and training related to home economics, such as shopping wisely, how to start a community garden, etc.”

“More food available for those who are unable to find meals; food pantries, meal prep, sources of food available for kids when school is closed”

“I think we do a good job with the various food pantries and food banks drop offs around the county. I worry that people who are unable to drive or get around may not be getting served by those resources.”

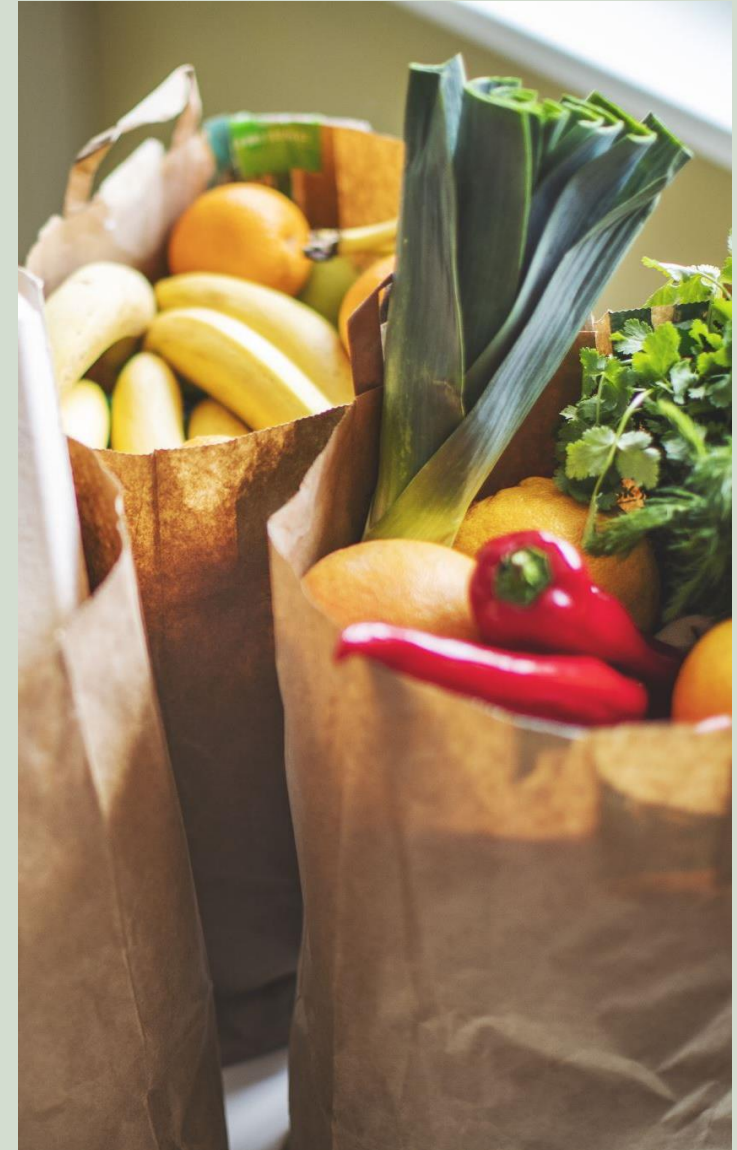
“Continued spreading of awareness of Food Pantries. Also providing education of some sort to plan meals on a budget for families that are struggling”

“Food pantry support... no questions asked, greater availability. More options for nutrition training.”

“While our Backpack Program is great at ensuring elementary school age children won't go hungry on the weekend, we know that food insecurity doesn't stop after elementary school. And if one child is going hungry, odds are the rest of the family is as well. We are hoping to work with all schools to implement school pantries at every level so not only are the children being fed, but the parents, guardians and the rest of the family are being fed as well. ” (Food Bank of Iowa)

Other suggested needs: Mobile Food Pantries - Have Food Drives - Community Refrigerators - Food Recovery

Summary of improvement goals: Increase access to affordable foods, increase awareness of available food resources, increase nutritional and food budget education



MENTAL HEALTH- CURRENT RESOURCES

Schools- School Guidance Counselors, AEA Social Workers meet with students and on-site therapy by Turning Point and Crossroads

Regional Mental Health Funding (currently thru Crossroads in Creston)

Senior Life Solutions for those age 65+ with traditional Medicare

Southwest Iowa Mental Health Center

Primary Care, ER and telehealth psychiatry services

Employee Assistance Program (ACHS) and other employers

Crisis Interventions and Advocacy Center

Zion Recovery

Crossroads Behavioral Health Services

MENTAL HEALTH- NEEDS

...There are currently no mental health counselors or providers physically located in Adair County that serve all ages

“I would like for Adair County to have more mental health services, specifically a behavioral health service located in Adair County that serves all ages”

“A walk -in mental health clinic held locally, even if for just one day would take away some of the stigma.”

“I think it is important to have mental health providers available prior to an emergency situation.”

“Would like to see more mental health services available in an outpatient and inpatient setting.”

“Provide education to adults/parents on what services are available in the community and how to utilize them.”

“An actual counselor that comes to the hospital to see patients every week-perhaps in the specialty clinic area and free of charge if necessary.”

“More providers and access to zoom as well as any transportation barriers. Maybe childcare during any/all sessions with a provider.”

“More mental health services, specifically a behavioral health service located in Adair County that serves all ages.”

“More providers need to be available, so people don’t have to go out of town for services.” “More counselors willing to see clients in school.”

“Our agreement with Crossroads is a great resource, but we're already maxed out and have students sitting on a waiting list again. We need more providers. Even if the services were virtual, having services available to students and even staff members would be a huge benefit. It would also be great if we could have a satellite office connected with some of the mental health agencies that are located further away. Having office hours locally, even if it was only one or two days a week, would create more opportunities for children and adults to receive more in-person mental health services.”

“Provide awareness to mental health and mental health services at a low and accessible cost.”

Summary of improvement goals: Increase access to local mental health services, Increase education and knowledge of how to access mental health resources

DRUG/ALCOHOL
SUBSTANCE
ABUSE-CURRENT
RESOURCES

American Lung Association –Serves Adair County for tobacco education. cessation and prevention in schools, childcare centers, businesses and multi-unit housing

Quitline referrals

Primary Care, ER – medication, treatment for symptoms of use, referrals for treatment

Zion – Outpatient treatment in Greenfield

Zion Prevention department provides information and education on substance use in tandem with tobacco prevention partners

Schools – health classes, school assemblies, presentations from law enforcement

DRUG/ALCOHOL ABUSE- NEEDS

“I would like to see more awareness brought to the resources that are available to people experiencing substance misuse.”

“Have more assemblies or presentations come in that are meaningful to the students.”

“Schools, Public Library, Hospital, Providers all trained in Naloxone.”

“More media/advertising for educational programs or options for treatment.”

“More participating places for prescription medications to be dropped off.”

“More "safe" activity options for youth. More enforcement of Drunk/Impaired driving. Options for safe ride home.”

“More education to the public and utilizing fire and EMS personnel for the purpose of educating the public.”

“Increased education about health effects.”

“We need a local office that offers a regular and consistent meeting space for NA or AA. A local office that employs counselors and therapists to provide regular and consistent therapy to those in need.”

Summary of improvement goals: Increase access and education to local resources, Increase education about substance use and misuse and harmful effects

ADAIR COUNTY HEALTH IMPROVEMENT PLAN

ADAIR COUNTY HEALTH SYSTEM/
ADAIR COUNTY PUBLIC HEALTH



Identified Priorities:



Food Insecurity



Mental Health



Substance Use and Abuse

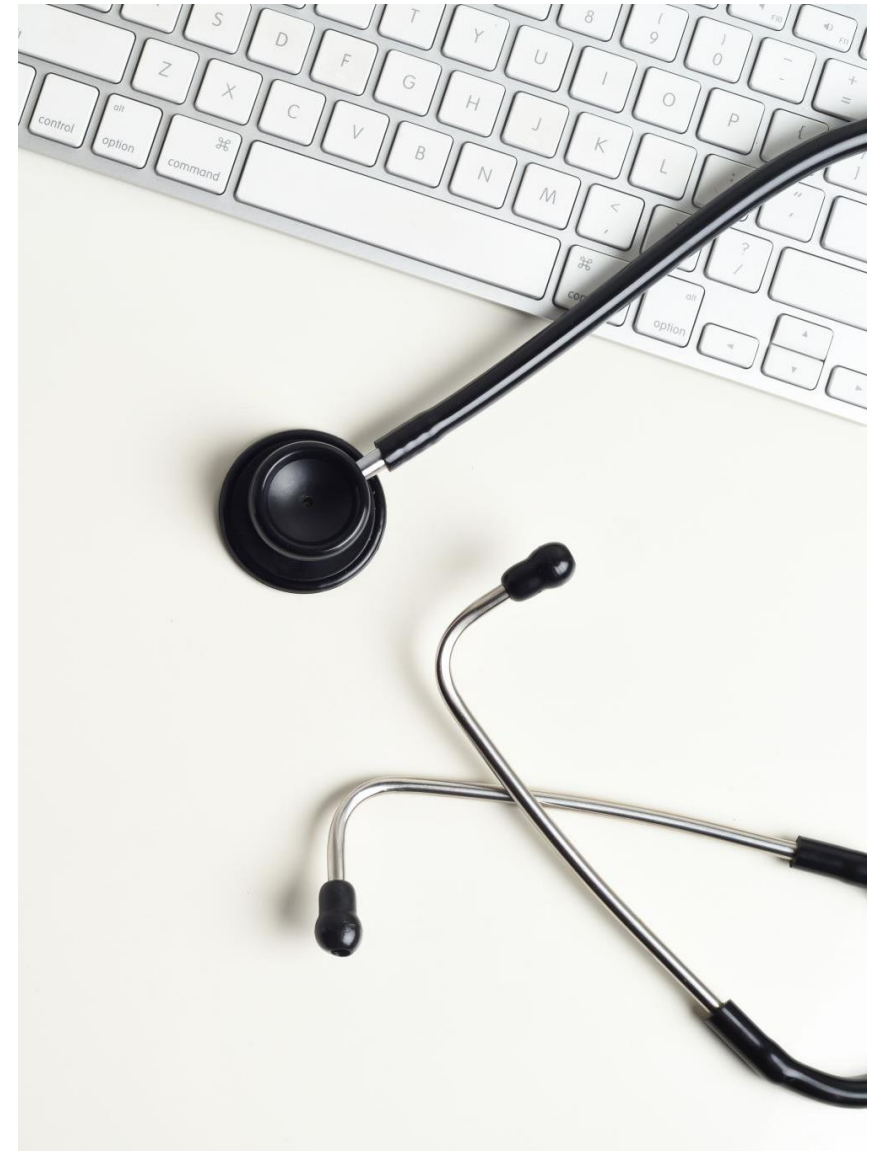
HEALTH IMPROVEMENT PLAN PROCESS

Goals, Objectives and Strategies of this plan were developed by utilizing:

- The needs and resources identified during the Community Health Needs Assessment
- Current or previous improvement plans in place (county health improvement plans, ACHS Quality improvement plans, etc.)
- A focus group at ACHS representing various departments, community involvement and perspective

Timeline- August 2023- 2026

- Progress on this plan to be monitored regularly and reported at minimum bi-annually from Adair County Public Health to:
 - Adair County Board of Health
 - Adair County Hospital Board of Trustees
 - IA HHS via LPHS bi-annual reports/as requested



COLLABORATIVE PARTNERS IDENTIFIED

BUT NOT LIMITED TO...



Food Insecurity:



Food Bank of IA and local food banks, local grocery stores (Fareway, Hometown, Dollar General), Schools/daycares and pre-schools, local churches and Pastoral Alliance, local assistance centers and resources such as (Neighborhood Center, The Gathering Place), 4RKids, Success4Kids Council, EMS, MATURA, WIC, Community Transition Team, Connections AAA



Mental Health and Substance Use/Misuse



Crossroads, Southern Hills Regional Mental Health, Crisis Interventions and Advocacy Center, Zion Recovery Service, Inc, EMS, local law enforcement, local school districts, 4RKids, Success4Kids Council, MATURA, Community Transition Team, Senior Life Solutions

GOAL: IMPROVE FOOD INSECURITY



Objective: Increase access to affordable foods

Strategies

- Increase local food drives
- Participate in community meals such as Farmers Market
- Assess ways to increase mobile food pantries



Objective: Increase awareness of available food resources

Strategies

- Create local comprehensive food resource list including assistance programs (such as WIC and SNAP) and Fareway share with partners
- Create and share information for how to access food pantries and decrease stigma

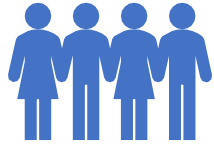


Objective: Increase nutritional and food budget education

Strategies

- Work with community partners to create and share affordable and sustainable recipes
- Work with community partners to offer education on food budgets

GOAL: IMPROVE MENTAL HEALTH



Objective: Increase access to local mental health services

Strategies

- Create/update mental health resource list and share to website and with community
- Assess mental health providers that offer zoom and include on resource list
- Assess feasibility to bring mental health provider to ACHS



Objective: Increase mental health education

Strategies

- Work with community partners to offer mental health education such as **Mental Health First Aid** and to direct care workers and **First Responders**
- Work with community partners to offer resiliency training such as **Connections Matter** and trauma informed care, and **Mindfulness**
- Work with community partners to offer de-escalation training to health care workers



Objective: Increase knowledge and assistance of how to access mental health resources

Strategies

- Create and share education on health insurance coverage for therapy and available assistance such as employee assistance programs with employers
- Assess and address barriers to access such as travel or places to access wi-fi for zoom
- Work with community partners to increase knowledge of mental health region and available assist

GOAL: DECREASE SUBSTANCE USE/ABUSE



Objective: Increase access and education to local resources

Strategies

- Work with community partners to create a resource list for education and referrals for local resources such as Zion and American Lung Society and share with providers and partners
- Share Quitline information and referrals



Objective: Increase education about substance use and misuse and harmful effects

Strategies

- Collaborate with providers and local partners to educate on harmful health effects of drug/tobacco and e-cigarettes and binge drinking (focus– adolescents)
- Collaborate and educate on drug take back days and available receptors (pharmacies, ACHS, Adair Co. Sheriff)
- Collaborate to provide education on naloxone to first responders
- Educate and train on harm reduction programs or strategies (example drunk driving/designated drivers, bloodborne pathogens)

CONTACT INFORMATION

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