

BUTLER COUNTY, IOWA

COMMUNITY HEALTH ASSESSMENT AND HEALTH IMPROVEMENT PLAN



2023 - 2027

Executive Summary

The purpose of the Community Health Needs Assessment (CHNA) is to identify the most important factors impacting health in the community and to develop strategies that build on existing strengths and address opportunities for improvement. The Community Health Needs Assessment and Health Improvement Plan (HIP) inform statewide planning with the goal of health improvements for all Iowans.

Methods

Butler County Public Health's (BCPH) CHNA consisted of three types of data collections: a quantitative review of health data in Butler County, interview of key stakeholders and community members and a community survey. Local data comparisons were made through the use of existing data.

Interview of key stakeholders and community members were held to gather information from the following: Butler County Board of Supervisors, Butler County Board of Health, Butler County School Districts, Butler County Medical Providers, Butler County Sheriff's Department and Community Organizations.

A paper survey was conducted with the survey being emailed to local schools, churches and businesses. Information regarding the survey was on the local cable stations and scrolled across the community digital signs. Residents could call to request a survey or the survey was completed on the phone. Paper surveys were also available at the county libraries and local grocery stores. Surveys were also collected during the open house for our new public health building. The survey was conducted over a 30-day period and 217 surveys were completed.



Summary of Findings

The results of the CHNA were categorized into several main points. Under each main point are multiple areas of need that have a common theme.

Main Points:

- ❖ Mental and Primary Health Care
- ❖ Promote Healthy Living
- ❖ Emergency Preparedness and Response



Mental and Primary Health Care

The need for improved access to mental and primary health care in Butler County was a common message received during the interview process and highlighted in the community surveys. Most responses emphasized the lack of mental health care in Butler County and the limited access to specialty care to the residents. It was further broken down into lack of transportation to appointments as a barrier to these services.



HEALTHY LIFE

Promote Health Living

Survey respondents and interviewees believe health promotion, prevention of disease and epidemics as a priority in Butler County. During the community member interviews, many of them expressed an interest in seeing more education related to healthy eating, eating healthy on a budget, and benefits of exercise, especially exercise activities for all age groups and abilities.

Emergency Preparedness



Emergency Preparedness and Response

Butler County residents know that our last major flood was nearly eight years ago and that the tornado/flood of 2008 were eight years prior to that. Respondents to the survey identified emergency planning, emergency response and communication as a focus area for Butler County. They indicated education is critical at this time as we are nearing the eight year anniversary of the last flood.

About Us

Butler County is a north central Iowa county. The county has a population of 14,334 residents with 100% of the population living in a low population density area. The largest incorporated community has a population of 2,015 people and the smallest incorporated community has a population of 570 people. There are several unincorporated communities with the smallest of those having a population of 62 residents. Since 2000, the county has seen a decrease of 971 people.

County-wide the population is 95.7% white-alone, 1.8% Hispanic, and 1.0% Asian. The entire Northern Iowa area is among the least diverse nationally. Butler County has an older population with individuals ages 65 years and older averaging 22.8%. Those under 18 years of age also average 22.8% of the population. Statewide the averages are 17.7% and 23.1% respectively. Fifty percent of the county population is female.

Education is important with 94.3% of the residents being high school graduates and 47.9% of children ages 3-4 years being enrolled in preschool. Seventy-five percent of the population has completed some post-secondary education, including vocational schools, junior colleges or 4-year colleges. The unemployment rate for Butler County is 2.5%, yet many families are struggling financially. Iowa wages and incomes are not growing at a fast-enough rate to compensate for the cost-of-living needs and poverty rates are averaging 10%. The average hourly wage for Butler County residents is \$15.62.

Health Improvement Plan

Butler County's Health Improvement Plan (HIP) was developed as a result of the needs identified in the Community Health Needs Assessment and from the community surveys and interviews. The HIP addresses access to mental/medical care, emergency preparedness and response and nutrition and exercise.

Conclusion

The results of the CHNA identified new and existing areas of health needs in Butler County. The HIP will play an important role as we work to improve the health of the residents of Butler County. Areas identified and strategies developed will involve multiple agencies in Butler County as we move forward over the next five years.

Priority 1: Access to Mental/Medical Care

Approximately 74% of respondents who completed the community health needs survey affirmed that the limited availability of mental and medical care. All stakeholders interviewed during the assessment process identified the need for more access to mental health providers and/or primary medical providers.

Butler County is rural with limited availability of primary health care physicians, mental health providers and dentists. In 2020, there was one primary care physicians per 7,170 people, one mental health provider per 2,390 residents and one dentist per 3,580 people. One of the medical clinics in Butler County is a federally-funded rural health clinic which provides medical and dental care on a sliding-scale for those without health insurance. Many residents must travel outside of the county to receive needed medical, mental health and dental care. Butler County has no hospitals so all people needing hospitalization must travel outside of the county.

According to the National Alliance on Mental Illness 1 in 5 American adults experiences some form of mental illness in any given year. And across the population, 1 in every 20 adults is living with a serious mental health condition such as schizophrenia, bipolar disorder or long-term recurring major depression.

According to the County Health Rankings and Roadmaps 2023 Butler County adults reported 2.8 days of the previous 30 days were not good and 9% of adults reported experiencing poor physical health for 14 or more days of the last 30 days. These numbers are comparable to the state averages. Also, in 2023 Butler County adults reported that their mental health was not good on 4.3 of the previous 30 days and 14% of Butler County adults reported experiencing poor mental health for 14 or more of the last 30 days. In general, 14.9% of all Butler County adults 18 years and older report their overall health is fair or poor.

Healthy People 2030 identified mental health as an area of improvement and set a goal to reduce the proportion of people who can't get medical care when they need it. Healthy lowan's: Health Improvement Plan 2023-2027 identified the goal to improve access to inclusive behavioral health services.

Priority 2: Promote Healthy Living

Approximately 41% of survey respondents who completed the 2023 Butler County Community Health Needs Assessment survey identified healthy eating as a priority to promote health living in Butler County. Another 33% identified exercise as an important tool to improve the health of the citizens of Butler County. The interviews with community stakeholders highlighted the need for education on nutrition and the importance of physical activity, especially activities that can be completed by all people with varying abilities.

The average life expectancy of Butler County residents is 78.1 years with the Iowa average being 78.7 years of age. One thousand five hundred and eighty-three or 11.13% of the population is disabled. The average annual new cases of cancer reported in Butler County was 111 which calculates to a rate of 502.3 for every 100,000 total population. The state rate is 486.8 and nationally the rate is 442.3. The top five most commonly diagnosed types of cancer in Butler County are breast,

prostate, lung, colon and melanoma of the skin. The average percent of Medicare beneficiaries with heart disease in Butler County is 29.9% with the state average of 24% and the national average at 26.8%. Fifty-seven percent of the population was diagnosed with hypertension. The state average for hypertension is 54.2%.

In 2019 the adult obesity rate was 29.7%. The rate of adult obesity in Butler County has remained around 30% since 2017. The rate of obesity in Iowa in 2021 was 36.4% and Iowa ranks 11th in the nation for adult obesity. The percentage of Butler County adults 20 and older diagnosed with diabetes is 7.8%. The rate for Iowa is 8.4%. Diabetes is an important marker for a number of health behaviors, including nutrition and physical activity.

Butler County had a food insecurity rate of 7.6% (percentage of the population who lack adequate access to food) which represents 1090 people. The state rate for this measure was 7.5%. Butler County has a minimal number of grocery stores with only 4 throughout the entire county. There are numerous convenience stores that carry limited grocery items. The majority of residents must travel outside the county for groceries.

Within Butler County, 2,639 or 22.7% of adults aged 20 or older self-reported no physical activity in the past month. The Iowa rate for no physical activity was 21.9%. There are less than 3 recreation or fitness facilities in Butler County. Butler County does have a 21-mile, paved bike/walking trail that transverses the county from east to west.

Healthy People 2030 identified physical activity, nutrition and health eating as a goal to be addressed. Healthy Iowa's: Health Improvement Plan 2023-2027 identified the goals to reduce barriers to affordable, nutritious foods for all people in Iowa and to increase engagement in active living among all people in Iowa

Priority 3: Emergency Preparedness and Response

Butler County has a recent history of severe weather and disaster events that have shaped the landscape of the county's residents. Most, if not all, citizens been affected in some way by natural or public health disasters over the past 30 years. It's not surprising that 83% of survey respondents stated that "natural and public health disaster planning, response and communication should be a priority for the health and well-being of Butler County residents". During the interviews with community members a common theme assessed was the importance of communication from not only the public health department but also other county response agencies.

Health People 2030 identified the goal to Improve emergency preparedness and response by building community resilience.

Health Improvement Plan

Access to Mental/Medical Care

Goal One: Improve Butler County residents' mental health and awareness of mental health services.

National Plan Alignment: Healthy People 2030 - Mental Health and Mental Disorders

State Plan Alignment: Healthy Iowa – Mental Health and Mental Health Disorders, Access to Care: Behavioral Health

Objective 1.1: Decrease the average poor mental health days from 4.3 to 3.8 by 2027.

Baseline Year: 2023

Baseline Value: 4.3

Target Year: 2027

Target Value: 3.8

Strategy 1.1-1: Increase the number of law enforcement and EMS trained in Mental Health First Aid.

Strategy Type: Professional – Provider Focus

Who's Responsible: Butler County Public Health, EMS and Law Enforcement

Target Date: December 31, 2027

Strategy 1.1-2: Promote and educate on existing mental health services.

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Community Partners

Target Date: December 31, 2027

Strategy 1.1-3: Develop and implement a mental health awareness campaign.

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Community Partners

Target Date: December 31, 2027

Goal Two: Improve access to health care for Butler County residents

National Plan Alignment: Healthy People 2030 – Health Care Access and Quality

State Plan Alignment: Healthy Iowa - Access to Care

Objective 1.1: The Butler County primary care physician ratio of 1 primary care physician per 7,170 people will decrease by 2027.

Baseline Year: 2023

Baseline Value: 7,170:1

Target Year: 2027

Target Value: 6,800:1

Strategy 1.1-1: Improve and expand access to primary care and specialty care.

Strategy Type: Professional/Provider – Focus

Who's Responsible: Butler County Public Health, Butler County Economic Development, Unity Point, Waverly Health Center, Peoples Clinic and MercyOne

Target Date: December 31, 2027

Strategy 1.1-2: Promote current county care providers and other support services available in Butler County.

Strategy Type: Community – Focused

Who's Responsible: Butler County Public Health, Butler County Community Partners

Target Date: December 31, 2027

Promote Healthy Living

Goal One: Educate Butler County residents on healthy eating habits

National Plan Alignment: Healthy People 2030 – Overweight and Obesity

State Plan Alignment: Healthy Iowa – Active Living and Healthy Eating

Objective 1.1: Decrease obesity rates in Butler County from 29.7% to 27% in 2027.

Baseline Year: 2023

Baseline Value: 29.7%

Target Year: 2027

Target Value: 27%

Strategy 1.1-1: Partner with local organizations to increase nutrition education, counseling and service referrals.

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Community Partners

Target Date: December 31, 2027

Strategy 1.1-2: Develop and implement a nutrition education campaign in partnership with local community organizations for social media and outreach events.

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Community Partners

Target Date: December 31, 2027

Strategy 1.1-3: Provide nutrition education in the school to promote healthy eating habits for children and adolescents

Strategy Type: Demographic-Socioeconomic – Focus

Who's Responsible: Butler County Public Health, Schools in Butler County

Target Date: December 31, 2027

Goal Two: Butler County residents are physically active

National Plan Alignment: Healthy People 2030 – Physical Activity

State Plan Alignment: Healthy Iowa – Active Living and Healthy Eating

Objective 2.1: Decrease the percentage of adults aged 20 and over in Butler County who report no leisure-time physical activity from 22.7% to 19% in 2027.

Baseline Year: 2023

Baseline Value: 22.7%

Target Year: 2027

Target Value: 19%

Strategy 1.1-1: Encourage and promote the use of trails, sidewalks and community/county parks in Butler County.

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Community Partners

Target Date: December 31, 2027

Strategy 1.1-2: Promote free community events/activities that focus on physical activity

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Community Partners

Target Date: December 31, 2027

Strategy 1.1-3: Promote educational programs in Butler County schools that focus on physical activity for children and adolescents.

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Schools

Target Date: December 31, 2027

Emergency Preparedness and Response

Goal One: Improve preparedness in all populations in Butler County

National Plan Alignment: Emergency Preparedness

State Plan Alignment: Healthy Iowa – Disaster Preparedness

Objective 1.1: Butler County will demonstrate the ability to plan for, respond to and effectively communicate with partners and county residents during a public health or natural disaster by 2027.

Baseline Year: 2023

Baseline Value: TBD

Target year: 2027

Target Value: TBD

Strategy 1.1-1: Ongoing work with state and local partners to plan and respond to public health or natural disasters.

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Emergency Management,
Butler County Planning Partners

Target Date: December 31, 2027

Strategy 1.1-2: Ongoing training and education regarding emergency preparedness and response

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Emergency Management,
Butler County Planning Partners

Target Date: December 31, 2027

Strategy 1.1-3: Maintain and increase communication and education regarding potential or ongoing disasters within Butler County.

Strategy Type: Community – Focus

Who's Responsible: Butler County Public Health, Butler County Emergency Management

Target Date: December 31, 2027

References

Information and Statistical Data was obtained from the following resources:

<https://www.countyhealthrankings.org>

<https://www.census.gov>

<https://nami.org>

<https://hhs.iowa.gov>

<https://health.gov/healthypeople>

<https://www.feedingamerica.org>

<https://careshq.org>

<https://www.icip.iastate.edu/tables>

<https://hhs.iowa.gov/public-health/data>

Acknowledgments

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Butler County Board of Health
Butler County Board of Supervisors
Butler County Emergency Management
Butler County Auditor
Butler County Sheriff's Department
Butler County School Districts
Butler County Libraries
Butler County Churches
Butler County Businesses
Butler County Medical Clinics
Butler County City Officials

Butler County Public Health

Butler County Public Health has been providing public education, resources and services to Butler County residents since 1977. We are a combination public health/home health agency. The public health department receives funding from federal, state and local sources to support those programs. Services include: home health, immunizations, Care for Yourself program, foot clinics, Tobacco Prevention program, child passenger safety, drug/alcohol testing, jail nursing, emergency

preparedness, EMS Association coordination, immunization audits, blood pressure clinics, communicable disease surveillance and investigation, substance abuse prevention and medical examiner investigation.

Butler County Public Health works closely with county emergency management, lawmakers, law enforcement and other community partners to strengthen public health in general and our ability to provide the best services to our citizens.

The Butler County Board of Health is appointment by the Board of Supervisors as the policy making board of the public health department.

Butler County Public Health complies with applicable federal civil rights laws and does not discriminate on the basis of color, creed, gender identity, marital status, mental or physical disability, national origin, race, religion, sex or sexual orientation.

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