

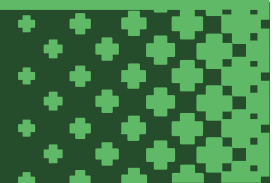


2023

Cedar County Community Health
Assessment and Health Improvement Plan



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

Methods

The Cedar County Public Health Department (CCPH) CHA consisted of four types of data collection: a quantitative data review of overall population characteristics and health factors in Cedar County, use of “Three Key Questions for Partners”, stakeholder focus group, and a community survey.

Over 50 requests for input were sent out to various community members and key stakeholders throughout Cedar County. Twelve responses were received from the following organizations, City of Durant, Tipton Adaptive Daycare, Tipton Ambulance, Cedar County Law Enforcement, Clarence Ambulance, Cedar County Board of Supervisors, Cedar County School Districts, Cedar County Religious Organizations, and Cedar County Consortium. Additional requests for input were sent to the twelve respondents, and a key stakeholder meeting was scheduled with and attended by seven of the respondents.

The CHA process and digital community survey was announced via all CCPH social media platforms, flyers, email distribution lists, promotion through collaborative consortiums, and distribution at local community events. The survey was also available in printed format at CCPH upon request. The online survey was available for 6 months, collecting a total of 91 responses.



Cedar County, Iowa
**COMMUNITY HEALTH
NEEDS ASSESSMENT
SURVEY**

We need your help

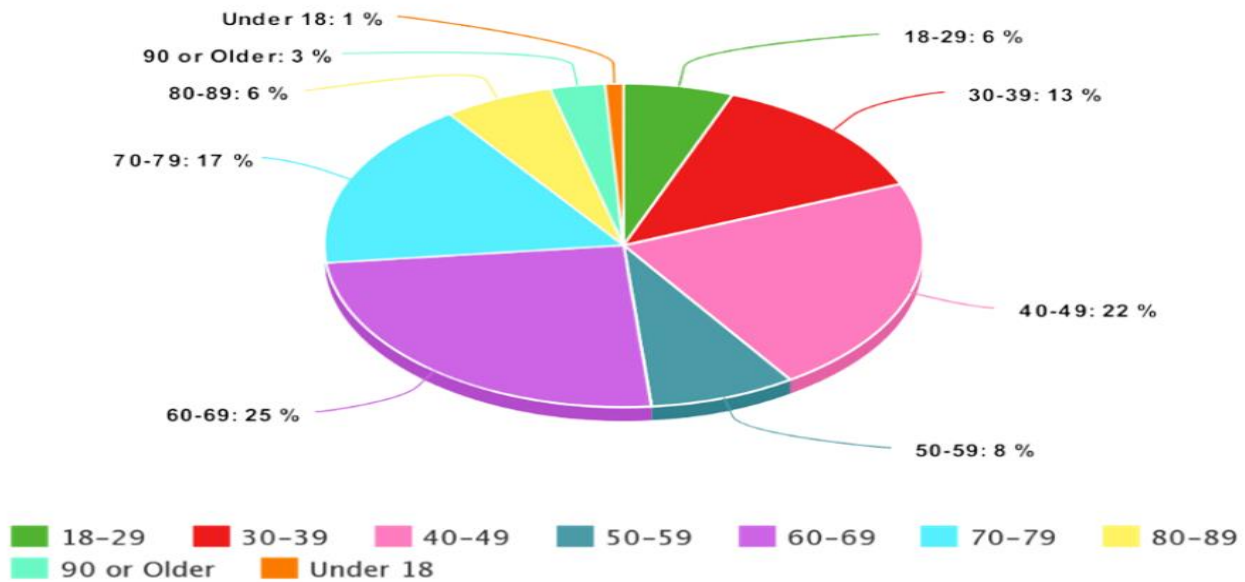
Your participation in completing a brief, anonymous 2 minute survey can help change the health and wellbeing of Cedar County.

How can Cedar County become a healthier place to live, learn, work, and play? Cedar County Public Health in conjunction with key community leaders, are working on the Community Health Needs Assessment to find out. This survey is a chance for you to tell us what we all can work on together to improve the health of our residents. Simply scan the QR code below to start the survey! Paper copies are also available at our office during normal business hours.

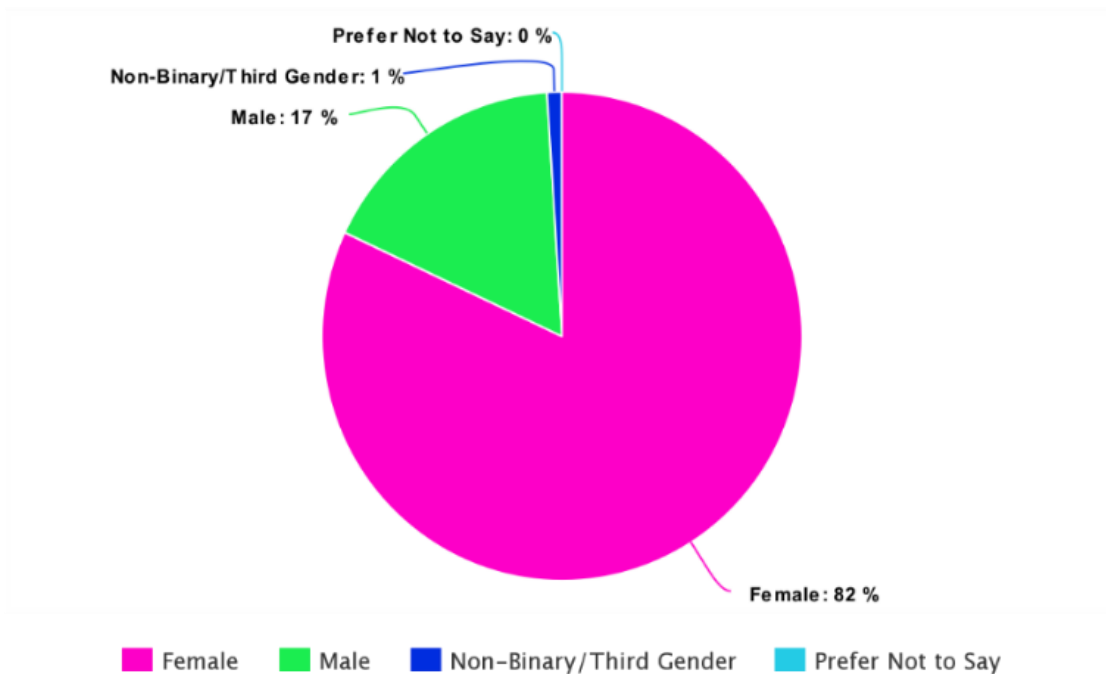
**YOUR OPINION
MATTERS. MAKE
YOUR VOICE
HEARD.**

EXECUTIVE SUMMARY

Survey Respondents by Age



Survey Respondents by Gender



meta-chart.com

SUMMARY OF FINDINGS

With assistance from key stakeholders and community input, the results of the CHA identified six challenges to the health and wellbeing of Cedar County citizens.



Basic Needs



Recreational Opportunities



Chronic Health Conditions



Mental Health



Transportation



Tobacco Prevention & Cessation



Basic Needs

Results from the community survey and meeting with the key stakeholders indicated participating individuals had concerns that Cedar County lacked access to affordable and accessible necessities like housing, food, personal care items, and utilities. Of the six identified challenges to the health and wellbeing of Cedar County residents, survey participants indicated that 32% thought basic needs being met was of the most importance, with 18% indicating there had been a time in the past 3 years when they did not have access to basic needs and were in need.



Recreational Opportunities

Reasonable access to recreational opportunities such as walking trails, parks, wildlife areas, and sidewalks have been shown to increase the likelihood of individuals being physically active. Increased physical activity is a well-known attribute to obtaining and maintaining a healthy lifestyle, lowering rates of preventable chronic illness, and lowering rates of premature mortality. Of the six identified challenges to the health and wellbeing of Cedar County residents, survey participants indicated that 29% thought accessible recreational opportunities was of the most importance, with 51% indicating there had been a time in the past 3 years when they did not have access to recreational opportunities and were in need.



Chronic Health Conditions

Results from the community survey and meeting with the key stakeholders indicated participating individuals had concerns that Cedar County lacked access to assistance with managing chronic health conditions such as high blood pressure, diabetes, asthma, etc. Of the six identified challenges to the health and wellbeing of Cedar County residents, survey participants indicated that 18% thought assistance with managing chronic health conditions was of the most importance, with 22% indicating there had been a time in the past 3 years when they did not have access to assistance managing chronic health conditions.

SUMMARY OF FINDINGS



Basic Needs



Recreational Opportunities



Chronic Health Conditions



Mental Health



Transportation



Tobacco Prevention & Cessation



Mental Health

Results from the community survey and meeting with the key stakeholders indicated participating individuals had concerns that Cedar County lacked access to mental health care and awareness of mental illness. Of the six identified challenges to the health and wellbeing of Cedar County residents, survey participants indicated that 17% thought access to mental health care was of the most importance, with 41% indicating there had been a time in the past 3 years when they did not have access to mental health care.



Transportation

Results from the community survey and meeting with the key stakeholders indicated participating individuals had concerns that Cedar County lacked access to transportation. Of the six identified challenges to the health and wellbeing of Cedar County residents, survey participants indicated that 2% thought access transportation was of the most importance, with 20% indicating there had been a time in the past 3 years when they did not have access to mental transportation.



Tobacco Prevention & Cessation

Results from the community survey and meeting with the key stakeholders indicated participating individuals had concerns about Cedar County's tobacco usage. Of the six identified challenges to the health and wellbeing of Cedar County residents, survey participants indicated that 2% thought tobacco use, prevention, and cessation was of the most importance, with 8% indicating there had been a time in the past 3 years when they did not have access to support for tobacco cessation.



CEDAR COUNTY COMMUNITY HEALTH ASSESSMENT

COUNTY PROFILE

Of Iowa’s 99 counties, Cedar County is the 31st largest county by size, and the only county in Iowa to share its name with a tree. Cedar County was formed in 1837 from sections of Dubuque County, consists of seventeen townships, and eight incorporated communities.

Demographics: With 18,457 people and a population density of 32 people per square mile, Cedar County is the 38th most populated county in Iowa (Cubit, n.d.). 50.8% of the population in Cedar County is female, and 49.2% is male.

Age: The median age of Cedar County residents is 42.6 years, which is above the state median age of 38.5 years. According to the United States Census Bureau Decennial Census, between 2010 and 2020 the population in Cedar County grew by 6 persons, a change of 0.03%, below Iowa’s population change of 4.1%. (Missouri, n.d.)

Race and Ethnicity: Cedar County residents are primarily white (97.29%) and non-Hispanic or Latino (97.8%).

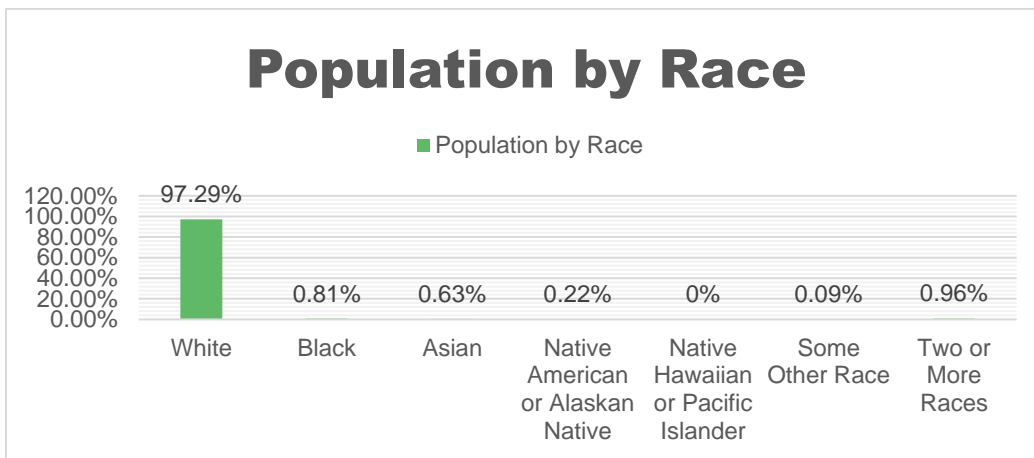


Table 1. Cedar County Population by Race [(Missouri, n.d.)]

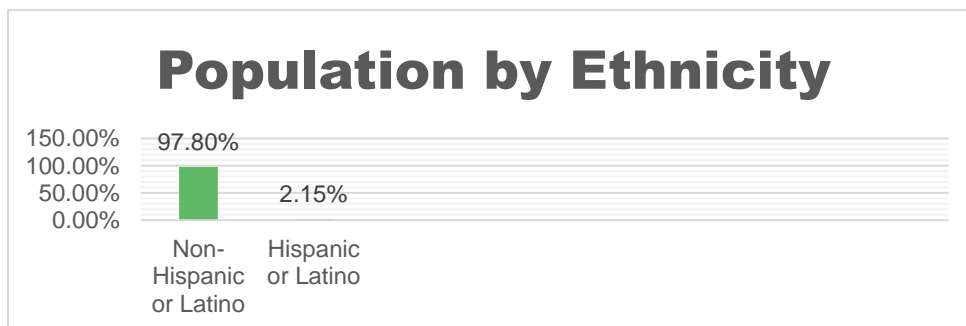
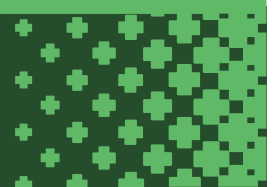


Table 2. Cedar County Population by Ethnicity [(Missouri, n.d.)]





CEDAR COUNTY COMMUNITY HEALTH ASSESSMENT

COUNTY PROFILE

Employment: Cedar County has experienced unemployment rates below the state and national levels for multiple years. According to the 2016-2020 American Community Survey, Cedar County has a 67.11% labor force participation rate.

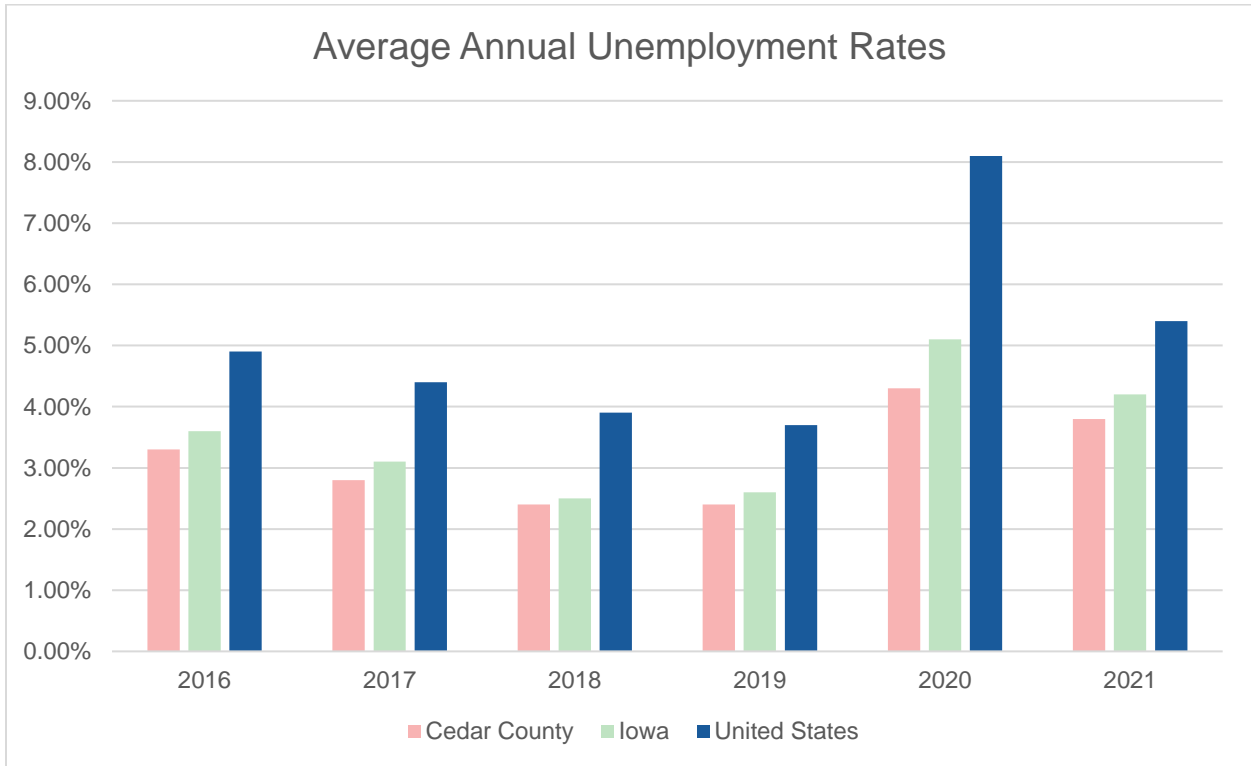
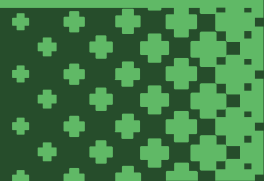


Table 3. Cedar County Average Annual Unemployment Rate [(Missouri, n.d.)]





CEDAR COUNTY COMMUNITY HEALTH ASSESSMENT

COUNTY PROFILE

Income: Median household income for Cedar County is \$69,259, which is higher than the state and national median income. Most Cedar County households, 38.44%, have an income level of \$50,000-\$99,999. The minority of households in Cedar County, 3.4%, had an income level of \$200,000 or more.

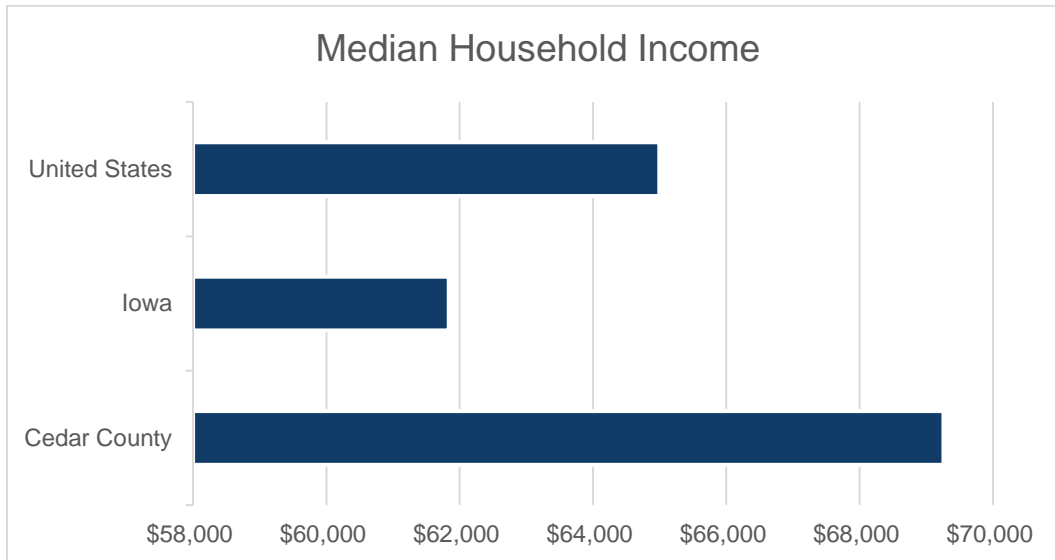


Table 4. Cedar County Median Household Income [(Missouri, n.d.)]

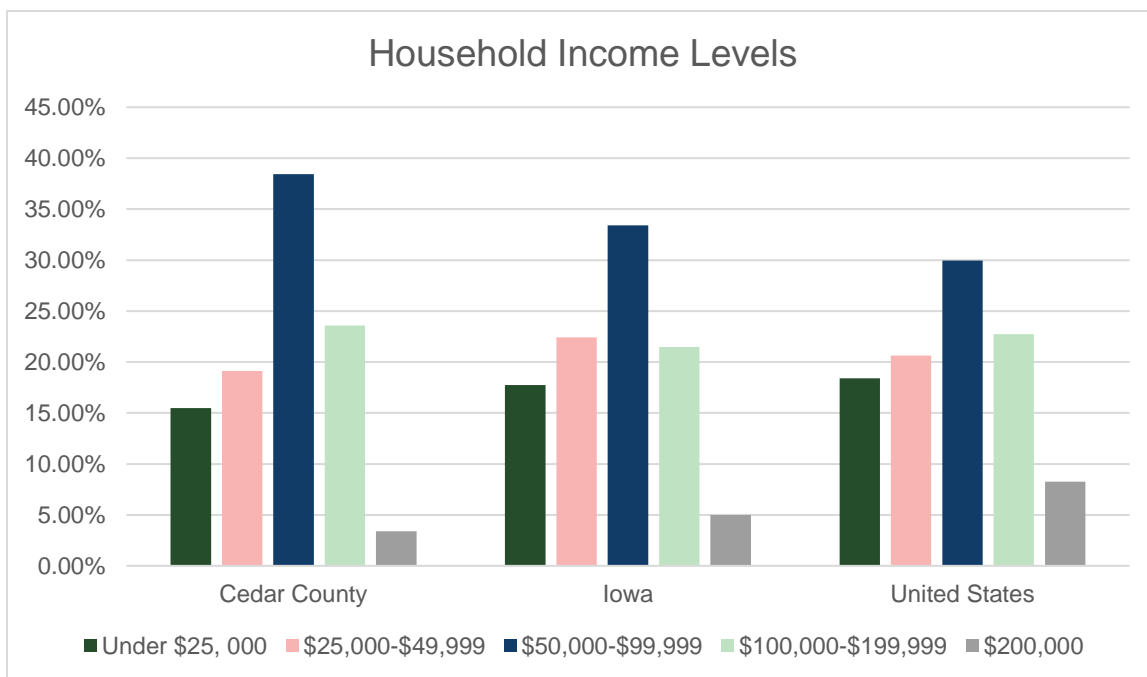
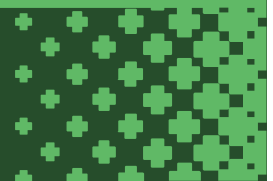


Table 5. Cedar County Household Income Level by Percent [(Missouri, n.d.)]



CEDAR COUNTY COMMUNITY HEALTH ASSESSMENT

GENERAL HEALTH STATUS

General health status is largely determined by two aspects, health outcomes and health factors. Health outcomes refers to how healthy a county is right now, regarding the length and quality of life. Health factors characterize the things we can change to increase the length and quality of life for Cedar County residents. According to County Health Rankings, Cedar County is rated among the healthiest in Iowa, being ranked 9th out of Iowa's 99 counties.

STRENGTHS

- Awareness of needs in our communities
- Interest and commitment to make changes
- Interagency collaborations and cooperation

OPPORTUNITIES

- Increased opportunity for recreational areas that are accessible
- Engaging new agencies and individuals who offer different funding or access to care
- Resource sharing with partners and community



WEAKNESSES

- Strained and limited resources
- Limited funding opportunities
- Increased need for community engagement and buy in

THREATS

- Competing priorities
- Inflation and the cost of living
- Limited healthcare providers



CEDAR COUNTY COMMUNITY HEALTH ASSESSMENT

Health Outcomes

Approximately 13% of Cedar County residents reported poor or fair overall health. This is slightly lower than the Iowa (14%) and United States (17%) reporting. In addition, Cedar County and Iowa residents reported in the last 30 days they experienced 3.1 physically unhealthy days, which is lower than the US reporting of 3.9 physically unhealthy days. Comparatively, Cedar County residents reported 4.0 mentally unhealthy days in the last 30 days. In Iowa, adults reported 4.1 mentally unhealthy days and overall, in the United States adults reported 4.5 days of poor mental health.

Health Factors

Food insecurity is defined by the United States Department of Agriculture as the lack of consistent access to enough food for every person in the household to live an active, healthy life. In Cedar County 7% of the population reported not having a reliable source of food. Access to affordable healthy food is a cornerstone to personal wellbeing and lowering the impacts and instances of other health disparities. The amount of grocery stores in Cedar County is drastically below the State and National rate per population. In addition to this, 5% of Cedar County's population are low income and do not live close to a grocery store.

Affordable, safe housing is one of the most basic needs, that if left unfulfilled can have profound impacts on overall wellbeing. Overall, in Cedar County 18.34% of households are burdened by the cost of housing equaling or exceeding 30% or more of their income. Residents in the Northeast quadrant of Cedar County face a higher disparity rate ranging from 21.2%-28% experiencing housing costs equaling or exceeding 30% or more of their income. Cedar County overall experiences rates of substandard housing conditions of 17.82%, which is lower than the State and National averages. However, in addition to the Northeast quadrant experiencing higher rates of struggles finding affordable housing, they also experience higher rates of substandard housing conditions of 22.1%-28%. Substandard housing is defined as housing with at least one of the following: “1) lacking complete plumbing facilities, 2) lacking complete kitchen facilities, 3) with 1 or more occupants per room, 4) selected monthly owner costs as a percentage of household income greater than 30%, and 5) gross rent as a percentage of household income greater than 30%.”

Approximately 25% of Cedar County residents aged 18 years and over reported not being physically active outside of any work activities, which is consistent with both Iowa and the United States ratings. However, only 49% of Cedar County residents reported having reasonable access to exercise opportunities. Reasonable access is defined by County Health Rankings as residents who “reside in a census block that is within a half mile of a park, reside in an urban census block that is within one mile of a recreational facility, or reside in a rural census block that is within three miles of a recreational facility.” Furthermore, Cedar County residents face this disparity significantly higher in contrast with the overall Iowa (73%) and United States (80%) ratings.



CEDAR COUNTY COMMUNITY HEALTH ASSESSMENT

Managing chronic health conditions and having access to assistance with managing chronic health conditions is vital in maintaining optimal health and quality of life. Cedar County is one of 8 counties in Iowa without a hospital within its borders, further exploiting existing disparities. Untreated or undertreated chronic medical conditions have a high mortality rate.

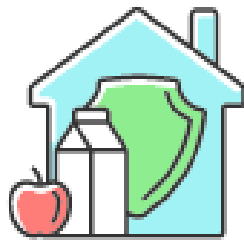
Access to timely, affordable, and reasonable access to mental health care in Cedar County is extremely limited. There was one mental health provider per 2,050 people registered in Cedar County (County Health Rankings). Comparatively, the State of Iowa has one mental health provider per 570 people and the United States has one mental health provider per 350 people. 41% of Cedar County residents reported that there had been a time in the past 3 years when they needed access to mental healthcare and were unable to obtain help. The need for increased access to mental healthcare services is evident and continues to grow, especially in our vulnerable populations such as the youth of Cedar County. In 2021, 42% of high school students felt so sad or hopeless almost every day for at least two weeks in a row that they stopped doing their usual activities.

Transportation inequities are causative factors of poor health outcomes. Cedar County does not have a municipal, or county operated public transportation system. 20% of Cedar County residents indicated that there was a time in the past 3 years when they did not have access to adequate transportation. Adequate transportation barriers impact other needs of residents including access to healthcare, access to adequate nutrition and food, access to recreational opportunities, and access to workforce opportunities. In addition, lack of access is not limited to car ownership, but the cost of maintenance and fuel is also a contributing factor. Lack of access to adequate transportation also further increases disparities among those who are already at risk, such as the elderly and disabled. “Transportation barriers lead to rescheduled or missed appointments, delayed care, and missed or delayed medication use. These consequences may lead to poorer management of chronic illness and thus poorer health outcomes.” (Syed, Gerber, & Sharp, 2013)

COMMUNITY HEALTH IMPROVEMENT PLAN

A community health improvement plan (or CHIP) is a long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process. A plan is typically updated every three to five years. (CDC, 2022)

PRIORITY 1:



Basic Needs

Rational:

18% of Cedar County residents indicated on the community health assessment (CHA) survey a lack of access to basic living needs.

Goal:

By 2028 there will be a 3% decrease in Cedar County residents reporting a lack of access to basic living needs.

Strategy:

- On going community promotion and education regarding available resources by utilizing social media and community resources pamphlets.
 - i.e., food pantries, clothing closets, etc.
- Cedar County Public Health will continue to provide, in collaboration with HACAP Food Reservoir, shelf stable food boxes to those suffering from food insecurity.
- Cedar County Public Health will continue to collaborate with Women, Infants, and Children's (WIC) supplemental nutrition program to host a clinic site and participate in services for Cedar County residents.

PRIORITY 2:



Recreational Opportunities

Rational:

51% of Cedar County residents indicated on the CHA a lack of access to recreational opportunities and needed such opportunities.

Goal:

By 2028 there will be a 10% decrease in Cedar County residents reporting a lack of access to recreational opportunities.

Strategy:

- Cedar County Public Health will continue to support other County departments and agencies, who's goals and efforts align with increasing recreational opportunities to Cedar County residents.
- Encourage development and promote the use of trails, sidewalks, and community parks in Cedar County.
- To continue to promote free community events that encourage increased physical activity.

PRIORITY 3:



Chronic Health Conditions

Rational:

22% of Cedar County residents indicated on the CHA a lack of access to assistance managing chronic health conditions.

Goal:

By 2028 there will be a 2% decrease in Cedar County residents reporting a lack of access to assistance managing chronic health conditions.

Strategy:

- On going community promotion and education regarding available resources by utilizing social media and community resources pamphlets.
- Continue to promote and educate the services offered by Cedar County Public Health-Home Health Agency. Services for those who qualify include homemaking, home health aide, respite care, and skilled nursing.
- Cedar County Public Health will continue to support other County departments and agencies, who's goals and efforts align with increasing recreational opportunities to Cedar County residents. Increased physical activity is a well-known attribute to obtaining and maintaining a healthy lifestyle, lowering rates of preventable chronic illness, and lowering rates of premature mortality.

PRIORITY 4:



Mental Health

Rational:

41% of Cedar County residents indicated on the CHA a lack of access to mental health care.

Goal:

By 2028 there will be a 2% decrease in Cedar County residents reporting a lack of access to assistance managing chronic health conditions.

Strategy:

- On going community promotion and education regarding available resources by utilizing social media and community resources pamphlets.
- Cedar County Public Health will continue to support other County Departments and Agencies, who's goals and efforts align with increasing recreational opportunities to Cedar County residents. Increased physical activity is a well-known attribute to obtaining and maintaining a healthy lifestyle, lowering rates of preventable chronic illness, improving feelings of wellbeing, and lowering rates of premature mortality.
- Cedar County Public Health will continue to collaborate with other Departments and Agencies whose goals and efforts align with increasing access to mental health care.

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About Cedar County Public Health

Cedar County Public Health is a multifaceted agency that provides intermittent skilled nursing care, home care aide/homemaking services, and public health services such as immunizations, disease surveillance, health education, rehabilitation, health promotion, and public health education.

Our Vision: Healthier Citizens, Nurturing Families, and Safe Communities

Our Mission: To prevent illness and injury, maintain and promote health, and preserve a healthy environment for all residents of Cedar County



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