

# EMMET COUNTY, IOWA

2022 Community Needs Assessment



EMMET COUNTY PUBLIC HEALTH IN COLLABORATION WITH  
AVERA HOLY FAMILY HOSPITAL



EMMET COUNTY



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

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## INTRODUCTION

The Emmet County Community Health Needs Assessment along with the Community Health Improvement Plan, provides guidance to community members who wish to become involved or continue to engage in health and wellness improvement. It identifies local health and medical needs in Emmet County and provides a plan to accommodate such needs.

Public Health is a community-based approach to health care serving individuals, families, and groups with services that are provided in the client's home, office, schools, worksites, or meeting places. The goal of Public Health Nursing is to promote maximum health and long life for the residents of Emmet County. With the collaboration of Avera Holy Family Hospital, Emmet County Iowa Public Health, and other community partners, a Community Health Needs Assessment is completed every three years in compliance with the Patient Protection and Affordable Care Act (PPACA). The PPACA requires all non-profit hospitals to perform a Community Health Needs Assessment and adopt an implementation strategy to meet the needs identified in the assessment to maintain the institution's federal tax exemption. The purpose of this assessment is to identify and prioritize an overview of the current health status of the community. The data collected allowed for input from community members related to what they believe are the most pressing health needs of the community.

The Avera Holy Family Hospital's mission states "Avera is a health ministry rooted in the gospel. Our mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values," Emmet County Public Health assists in the fulfillment of that mission by working together to promote and protect the health of the public.

## EXECUTIVE SUMMARY

Between the collaboration of Avera Holy Family Hospital, Emmet County Iowa Public Health, and a number of community partners, this Community Health Needs Assessment was completed. A survey was created and between February 1, 2022 through March 31, 2022 community members had an opportunity to complete it. Approximately 282 community members, with no population in the community being excluded, completed this survey. This data was then used to determine and discuss common themes that were identified.

During this time data was gathered from local, state, and federal resources. The primary source for data was obtained from community input as well as through groups that represented the broad interests of the community including the underserved population. The U.S. Census Bureau was also utilized to determine the population, housing, economics, and other labor force data statistics along with various public health records.

The results of this assessment will allow the public to discover the issues within the community as it identifies the community's major needs in compliance with the PPACA requirements. It will also be utilized as a guide to create the Health Improvement Plan to accommodate the community's needs. Within the next three years, the Health Improvement plan will be reviewed and revised in order to track the community's progress and wellness improvement.

## DESCRIPTION OF AVERA HOLY FAMILY HOSPITAL

Avera Holy Family Hospital is a licensed 25-bed critical care hospital located in Emmet County, Iowa. Avera Holy Family Hospital is owned by Avera Health and managed by Avera McKennan Hospital & University Health Center. The Benedictine and Presentation Sisters as well as all the members of Avera Health are guided by a common mission and set of values and have a commitment to provide faith-based health care.

### OUR MISSION:

*Avera is a health ministry rooted in the Gospel. Our mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values.*

### AVERA'S VISION:

*Working with its partners, Avera shall provide a quality, cost-effective health ministry, which reflects Gospel values. We shall improve the health care of the people we serve through regionally integrated network of persons and institutions.*

### AVERA'S VALUES:

#### ***Compassion***

*The Compassion of Jesus, especially for the poor and sick of body and spirit, shapes the manner in which health care is delivered by Avera employees, physicians, administrators, volunteers, and sponsors. Compassionate caring is expressed through sensitive listening and responding, understanding, support, patience, and healing.*

#### ***Hospitality***

*The encounters of Jesus with each person were typified by openness and mutuality. A welcoming presence, attentiveness to needs, and gracious manner seasoned with a sense of humor are expressions of hospitality in and by the Avera community.*

#### ***Stewardship***

*Threaded through the mission of Jesus was the restoration of all the world to right relationship with its Creator. In the same spirit and mission, the members of Avera treat persons, organizational power and Earth's resources with justice and responsibility. Respect, truth, and integrity are foundational to right relationships among those who serve and those who are served.*

## DATA REVIEW AND ANALYSIS

The Iowa County Health Rankings and Roadmaps is a source that is utilized to provide information on the overall health of the community. It ranks the counties individually and provides a summary of measures related to health outcomes, health behaviors, and health factors. Health outcomes include: mortality, morbidity, clinical care, access to care, and quality of care. Health behaviors include: tobacco use, diet, exercise, alcohol use, and sexual activity. Health factors include: social and economic factors, education, employment, income, family, social support, community safety, physical environment, and environmental quality.

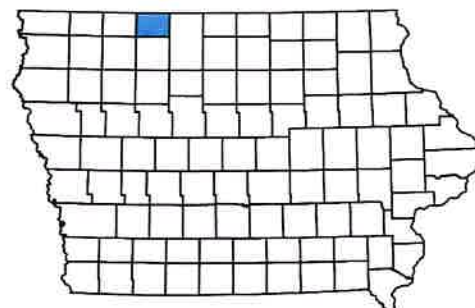
According to the Iowa County Health Rankings and Roadmaps in the year of 2021, Emmet County ranked 77<sup>th</sup> out of the 99 Iowa counties in health outcomes. Emmet County rates 52<sup>nd</sup> out of the 99 counties in health factors. See Appendix C for the complete list of Emmet County's health outcomes and health factors.

## COMMUNITY SERVED

### COMMUNITY DEFINED

Emmet County is located in the northern tier of Iowa with six incorporated towns including: Armstrong, Dolliver, Estherville, Gruver, Ringsted, and Wallingford. According to the U.S. Census State and County Quick facts, the land area of Emmet County is 395.89 square miles with an estimate of 24 persons per mile.

For the 2022 Community Health Needs Assessment, the community is defined as Emmet County residents and those that are served by the following: Emmet County Iowa Public Health, Avera Holy Family Hospital Medical Staff, Emmet County Wellness Coalition, nursing home leaders, and Fire, Law Enforcement, Ambulance, and Social Services (FLEAS). Community input was gathered from these community partners and service groups who represent the broad interests of the community and those that are medically underserved, providing helpful information related to the needs of the community



## POPULATION

According to the U.S. Census Bureau, the population of Emmet County in 2021 is estimated at 9,321 residents. When compared to 2010, Emmet County has a decrease of 8.87% in population in comparison to the state of Iowa which has grown by 4.73%. Emmet County's persons under the age of five is 5.0% of the population, which is less than the state of Iowa at 5.9%. Emmet County has a lower percentile of younger population as well, with 19.8% of the county's population being under the age of eighteen in comparison to 23.1% of Iowa's population. Data also shows that persons over the age of 65 have a higher ranking of the county's population at 22.2% (65 years or older) compared to Iowa with 17.7% (65 years or older) (US Census Bureau).

	Total Population, 2010 Census	Total Population, 2020 Census	Population Change, 2010-2020	Population Change, 2010-2020, Percent
<b>Emmet County, IA</b>	10,302	9,388	-914	-8.87%
<b>Iowa</b>	3,046,357	3,190,369	144,012	4.73%

## RACE AND ETHNICITY

According to the U.S. Census Bureau (2022), Emmet County consists of people to be considered White, however, the county has seen a slight increase in the Hispanic or Latino population. In comparison to the state of Iowa, Emmet County has a higher percentile of both the white and Hispanic or Latino categories. Below is a table that compares the race and ethnicity in Emmet County to the state of Iowa according to the U.S. Census Bureau:

	Emmet County	Iowa
<b>White</b>	94.0%	90.1%
<b>Black/African American</b>	1.3%	4.3%
<b>American Indian/Alaska Native</b>	1.7%	0.6%
<b>Asian</b>	0.7%	2.8%
<b>Native Hawaiian/Pacific Islander</b>	0.1%	0.2%
<b>Two or More Races</b>	2.1%	2.1%
<b>Hispanic or Latino</b>	10.3%	6.7%
<b>White, not Hispanic or Latino</b>	86.3%	84.1%

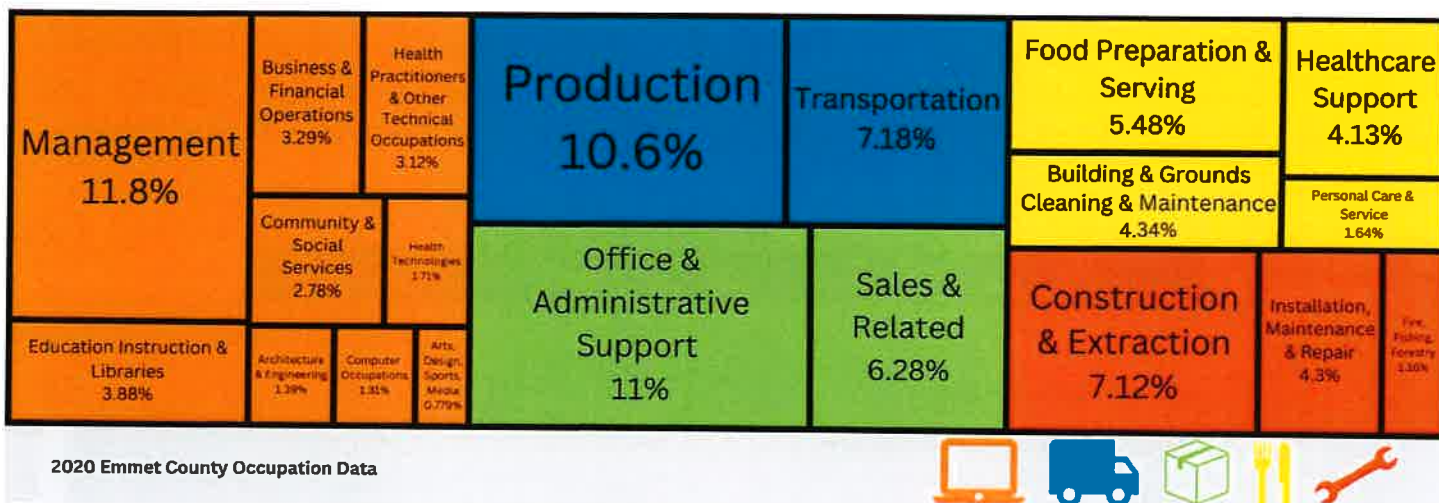
## SOCIAL AND ECONOMIC FACTORS

### EDUCATION

Emmet County has six public schools that provide children with an education from Kindergarten through Grade 12, located in Estherville and Armstrong. Along with grade school education, Emmet County also hosts Iowa Lakes Community College, which offers the community an opportunity to achieve an Associate's Degree in many different categories including: Arts, Science, Applied Science, as well as many diploma options. In Emmet County, 90.8% of persons over the age of 25 is a high school graduate or higher and 18.6% of persons over the age of 25 has a Bachelor's degree or higher (US Census Bureau).

### EMPLOYMENT

According to Data USA, Emmet County had a 0.551% increase in employment rates from 2019 to 2020. With that increase, roughly 4,750 residents were employed in the year 2020. The table below shows the most common occupations that are held by residents of Emmet County.





# UNEMPLOYMENT

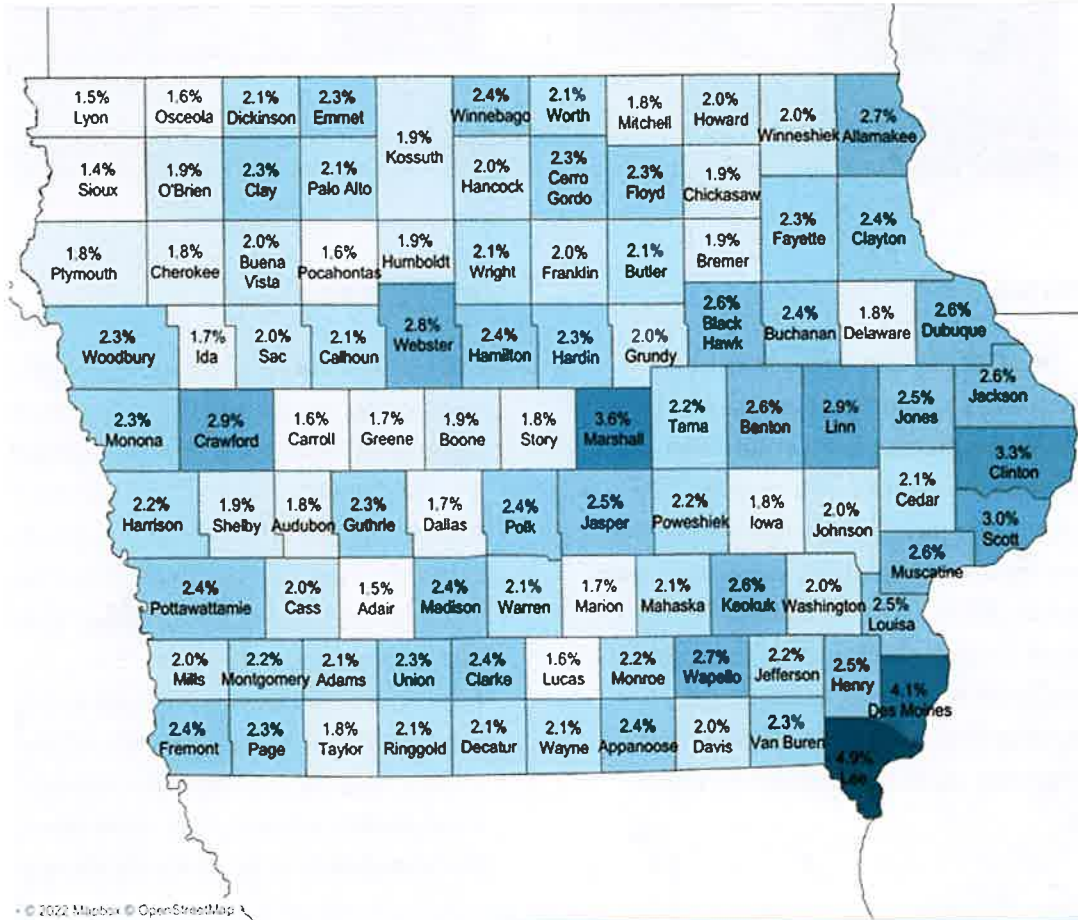
Unemployment in Emmet County for 2022 is 2.8%, which is slightly lower than the state average of 2.9%. The table below shows the different unemployment rates in each county in Iowa (Iowa Workforce Development, 2022).

2022 Iowa Labor Force Summary (Seasonally Adjusted)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
Labor Force	1,680,400	1,686,600	1,692,400	1,697,700	1,704,100	1,709,200	1,710,500	1,709,500	1,709,800	1,712,000
Employment	1,617,700	1,627,100	1,636,600	1,646,800	1,657,300	1,665,400	1,667,100	1,664,800	1,663,300	1,662,400
Unemployment	62,700	59,500	55,600	50,900	46,800	43,900	43,300	44,700	46,500	49,700
Unemployment Rate	3.7%	3.5%	3.3%	3.0%	2.7%	2.6%	2.5%	2.6%	2.7%	2.9%
Labor Force Participation Rate	66.8%	67.0%	67.2%	67.4%	67.6%	67.8%	67.8%	67.7%	67.7%	67.7%

Select Year: 2022      Select Month to Show in Map: September      Select Geography Type: State      Select Geography to View in Table: Iowa

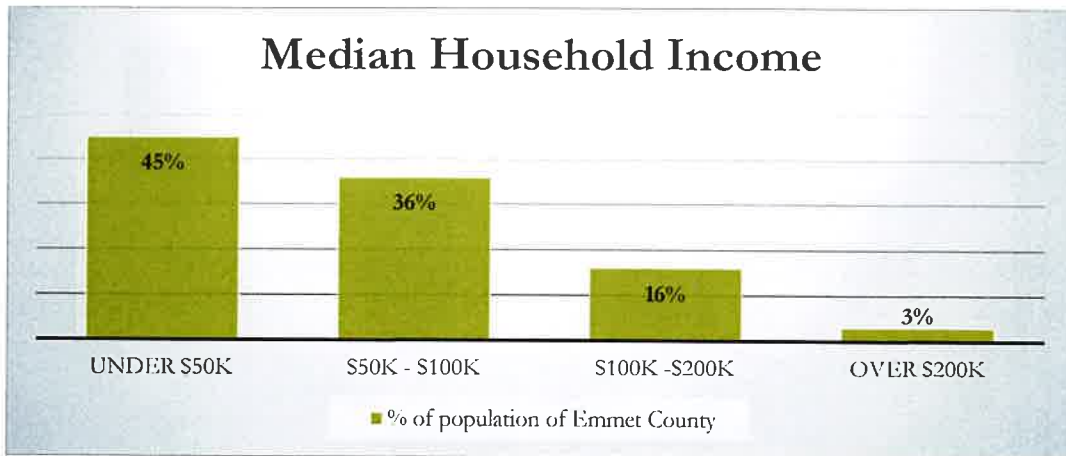
September 2022 Unemployment Rate by County (Not Seasonally Adjusted)



Iowa Workforce Development, Labor Market Information Division, Local Area Unemployment Statistics (LAUS) program.

## INCOME

The median household income in Emmet County from 2016-2020 was \$56,708. This ranks Emmet County below the states median household income which was \$60,836 during the same time period. The table below is an average of household incomes per year according to the Census Reporter.



## HOUSING

In 2020, reports show there were 4,479 housing units in Emmet County. From 2016-2020, the median home value was \$90,000 with the median rent costing \$637 during the same time frame. This shows that there has been an increase in values that were recorded in 2013-2017 (US Census Bureau). In Emmet County, 9.09% of the population are considered severely cost-burdened, meaning they pay more than 50% of their annual income on housing alone (CARES Report).

## POVERTY

In Emmet County, 10.2% of the population are considered to live in poverty compared to the state of Iowa's population of 11.1%. Poverty is determined by pre-tax cash income against a threshold that is set at three times the cost of a minimum food diet compared to size of family. Therefore, if a family's income is less than the family/individuals cost of food needs, they are considered to be in poverty. Poverty creates barriers to access that include healthy food, health services, and other necessities that contribute to poor health statuses.

## FOOD INSECURITY AND FOOD SECURITY ASSISTANCE

### FOOD INSECURITY

Food Insecurity is a percentage of the population who did not have access to a reliable source of food. According to the CARES Report for Emmet County, 31.29% of the population has low food access compared to the state of Iowa's 19.97% of population. Reliable food access is defined as living more than ½ mile from the nearest large grocery store or food market. In Emmet County, 10.40% of the households are considered to be food insecure, meaning they were unable to meet food needs during a 7-month period.

### FOOD SECURITY ASSISTANCE

#### Supplemental Nutrition Assistance Programs (SNAP)

SNAP is a federal nutrition assistance program that provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer Card to purchase eligible food in authorized retail food stores. According to the CARES Report for Emmet County, 9.7% of the population utilize SNAP benefits, which is the same as the percentage of the state of Iowa at 9.7% of the population.

#### Food Pantries

Food pantries provide food to area residents that are in need and consist of a combination of USDA commodities and donated foods. USDA food is income restricted and has guidelines for which residents are able to receive the food the USDA provides, along with donated food, which are given to families in need based on the food pantries discretion. Emmet County has one food pantry that is located in Estherville through Upper Des Moines Opportunity (UDMO). Along with the UDMO food pantry, the Foodbank of Iowa also provides a mobile pantry that comes through Estherville once a month to provide additional food to those in need.

#### Donation Gardens, Community Meals, and COVID-19 Responses to Food Insecurity

In Emmet County an "Edible Orchard" has been planted. The Edible Orchard consists of pear and apple trees that are predicted to start producing within the next year. This is an expense free options for the residents of Emmet County to come and receive fresh fruit. Emmet County residents can also participate in the free community meals. This meal is located at the VFW in Estherville and is provided by Avera Holy Family Hospital, local businesses, and local churches. This is a free meal and is open to any member of the community to enjoy. Recognizing financial challenges due to the effects of COVID-19 in regards to food insecurity, the free community meals were continued and were provided as a drive-thru option. Emmet County school aged students also received free lunches in school systems as a way to cut the costs for struggling families.

## 2019 CHNA IMPLEMENTATION PLAN EVALUATION

### OBESITY AND DIABETES

Avera Holy Family in partnership with Regional Wellness Center (RWC), annually sponsors a Lifestyle Challenge. This challenge, is a 12-week community-based event with the goals of increased physical activity and weight reduction. The program includes weekly weight loss and exercise competitions, recipes and nutrition education from a registered dietician/nutritionist, and interaction with personal trainers. Many members from the community enrolled in this program year after year which accumulated to approximately 275 participating annually. The average weight loss per person participating was approximately 12 pounds and the participants averaged 3 hours of exercise per week. Unfortunately, due to the COVID-19 pandemic, this program was not available during 2020 or 2021.

Avera Holy Family has a nurse who is specialized in diabetes training and education. Diabetic education assists patients learn self-care strategies to allow them to control their diabetes. These strategies include: exercise, healthy eating, medication management, and monitoring of their blood sugars. The following is a summary of the number of patients that received diabetic education outcomes for the years 2019-2022:

- 2019- 33 patients
- 2020- 44 patients
- 2021- 46 patients
- 2022- 42 patients

Along with diabetic education, Avera Holy Family also offers a prediabetes educational program. This is a free, yearlong program that is designed to prevent type 2 diabetes. This program targets persons 18 years of age and older who are at risk for developing thyme 2 diabetes. It focuses on healthy lifestyle choices while promoting participants to lose about 7% of their body weight by increasing their physical activity to up to 150 minutes per week. The following is a summary of the number of the program participants for the years 2019-2022:

- 2019- 18 participants
- 2020- 16 participants
- 2021- 14 participants
- 2022- 12 participants

### CARDIOVASCULAR DISEASE

Avera Holy Family implemented Planet Heart in 2012. Planet Heart is a cardiovascular risk identification and reduction program. Participants complete a heart assessment, heart check, and vascular screening to determine their risk of cardiovascular disease. Along with screenings, health education is also provided and include the following: physical activity, tobacco cessation, blood glucose control, risks and symptoms or peripheral artery disease, nutrition's impact on health, stress management, and management of high blood pressure. Participants also

receive a free consultation with a dietician as part of the program. Individuals with moderate or significant risks are encouraged to seek further care or are referred for treatment. Those with mild or minimal risks are encouraged to continue healthy lifestyle choices that reduce the risk of developing cardiovascular disease. Participants are encouraged to be re-screened every 5 years. The following is a summary of the program outcomes for the years 2019-2021:

- 2019- 168 participants
- 2020- 55 participants
- 2021- 120 participants

## **ACCESS TO HEALTHCARE**

Avera Holy Family Hospital understands the need for providers and availability of appointments for patients in our community. Avera is actively recruiting physicians to cover these needs and has partnered with several national recruiting firms to assist in this endeavor. Avera has hired locum providers to help fill the needs of the patients until a permanent physician can be hired. Avera has also hired Nurse Practitioners who are available to fill the access gaps that have been created, and are also being used in the hospital to their highest capabilities.

## **HEALTH EDUCATION FOR THE COMMUNITY**

During the COVID-19 pandemic, all in person education for the community was halted. We have started to resume this education, along with starting new an educational series on healthy eating and healthy choices.

Avera Holy Family continues to provide health information through the local media. A monthly newsletter is provided through the local paper with information on health awareness and hospital services, written by the hospital CEO. In addition, during the years 2020-2022, the hospital provided information to the community through social media by using the Avera Holy Family's Facebook page. The main topics that have been covered were based on COVID, COVID restrictions, and COVID testing.

## **COVID-19 PREPAREDNESS AND RESPONSE**

Avera Holy Family Hospital addressed COVID mitigation and readiness to better serve our patients and community. Avera has obtained additional ventilators, invested in high flow heated oxygen administration equipment, and trained personnel in management of COVID patients. Avera has also purchased air handling equipment that can be utilized to convert a normal patient room into a negative airflow room. Avera continues to monitor COVID trends and continues to work on implementing new strategies on how to treat patients with the most current evidence-based practice.

## **BARRIERS**

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Avera Holy Family realizes that the implementation of the above comes with many barriers. The hospital understands the financial barriers that are present for healthcare and have trained individuals to help with Medicaid applications and presumptive Medicaid, emergency room availability for all patients even if unable to pay, and support of free clinics with reduced rates and labor support. The hospital is also partnered with fundraisers for the local food banks and provides volunteer drivers to deliver Meals on Wheels to patients on the weekends and holidays, therefore, patients and community members are able to get meals 365 days a year.

## **FEEDBACK ON THE 2019 CHNA AND IMPLEMENTATION PLAN**

Avera Holy Family made their 2019 CHNA report and implementation plan available to the community by posting it on their website. Written copies were also available by contacting the CHNA Coordinator. No written comments were received this CHNA report or implementation plan, but would have been considered if received.

## **COMMUNITY INPUT**

### **SURVEY OVERVIEW**

Community input was gathered from community leaders, hospital leaders, and members of community services groups that represent a broad interest of the community. A survey was conducted using Survey Monkey in the timeframe of February 1, 2022 to March 31, 2022. Approximately 282 community members completed this survey. The community members ranged from the ages 19 years old to above the age of 80 years old with the majority of the age group ranging between 40-49 years of age. Of the survey respondents, 88% identified themselves as Emmet County residents while 12% identified as living elsewhere, however, worked in Emmet County. 86% of the respondents identified as female, 10% identified as males, and 4% identified as non-binary or preferred not to answer.

### **INTERVIEW AND SURVEY RESPONSES**

The following questions were utilized during the written survey with common thoughts/themes that were noted from the interviewer's responses:

What is healthy about our community?

- Our hospitals, public health, Regional Wellness Center
- Availability of workout facilities, parks/recreations, and outdoor activities
- New pool

What is unhealthy about our community?

- Lack of mental health services
- Poverty
- Fast food consumption, obesity
- Unhealthy lifestyle choices
- Lack of availability of wellness for low-income families
- Long waits for physician appointments

What services do you feel are needed in our community that do not currently exist?

- Easier access to appointments
- Affordable weekend clinics
- OB doctors

Are there specific populations you are aware of that are in need of services?

- Low income population
- Expectant mothers
- Pediatric therapy services

What do you feel is the most pressing health care related need facing the community?

- Mental health
- Loss of primary care physicians

Do you feel the hospital or public health is addressing this need? How so? Or how you do believe the hospital or public health may begin to address this need?

- Trying but face numerous difficulties including physician recruitment
- New ARNP's in clinic help
- Can help promote community partnerships

In what ways is the hospital and public health serving the community well?

- Athletic training
- Planet Heart
- Lifestyle challenge with wellness center
- Business health wellness clinics

In what ways could the hospital or public health serve the community better?

- Weekend clinics
- More partnerships outside of healthcare in activities

What did the hospital and public health do well during the COVID pandemic?

- Communication
- Partnerships

Any other comments you think are important to address in the CHNA?

- None

See Appendix B for a complete list of questions that were asked in the 2022 Community Service questions.

## SURVEY DATA

According to the survey data that was collected, the CHNA committee prioritized the significant community needs based on the public concerns and health disparities among the community. Determining priorities is an important aspect of a Community Health Needs Assessment. By prioritizing the needs, the community's resources can be directed to the needs of the community that have the most impact on the overall health of the community. Factors that are considered when prioritizing the community's needs include: cost and return on investments, availability of solutions and likelihood of success, impact of the health problem on the community, availability of resource to address the problem, urgency of the problem, and the number of individuals affected by the problem. A wide cross-section of community leaders and stakeholders joined to determine these significant community needs:

- Mental health services
- Access to health care
- Access to dental care

## PRIORITIZED SIGNIFICANT COMMUNITY NEED

### MENTAL HEALTH ACCESS

#### Contributing Factors

- COVID-19
- Severe psychological trauma
- Emotional trauma, psychological, or sexual abuse
- Loss of a loved one
- Genetic and environmental factors
- Substance abuse

#### Strategies

- Promote public awareness of mental health issues
- Identify resources to address mental health concerns
- Determine gaps in programs/services that address mental illness



## ACCESS TO HEALTHCARE

### Contributing Factors

- Lack of providers and/or frequently changing providers
- Need for more flexible and convenient hours of service
- Desire for decreased wait times and greater efficiency
- Concern regarding cost of care

### Strategies

- Increase efforts to recruit physicians and midlevel providers
- Collaborate with medical staff to determine options for expanding services to allow more flexible and convenient hours of service to the community
- Utilize locum providers to fill gap

## ACCESS TO DENTAL CARE

### Contributing Factors

- Lack of providers that accept Medicaid patients
- Inability to afford dental insurance
- Inability to afford to pay out-of-pocket for dental services
- Lack of transportation to distant dental services

### Strategies

- Encourage local dental providers to accept cash payments for services
- Determine hours for free dental clinic and increase availability of appointments
- Look at state resources and grants to provide dental services/improve access to care

## NEEDS NOT ADDRESSED AND WHY

The following needs identified during the Community Health Needs Assessment will not be addressed in the 2022 Community Implementation Plan for Emmet County.

Needs not addressed	Why
Drug and alcohol addiction	Lack of professional resource; competing priorities and projects
Obesity	Being addressed by multiple community partners, has been focus of previous improvement plans
Aging	Competing priorities and goals

## APPROVAL

On behalf of the partnership between Avera Holy Family Hospital and Emmet County Public Health, a 2022 Community Health Needs Assessment was provided to the Emmet County Board of Health for official review and approval. Through the feedback collected in the 2022 community survey, the community needs that were identified and prioritized will continue to be measured over the next three years in the upcoming Health Improvement Plan.

The needs that were identified and prioritized are:

- Mental health services
- Access to health care
- Access to dental care

Results of the 2022 Emmet County Community Health Needs Assessment will be posted on the Emmet County Iowa Public Health website. Written copies of the final report are available by contacting the Emmet County Public Health Office at 712-362-2490.

Signed:



Emmet County Board of Health Chair – Pam Caboth

4/5/2023

Date

## REFERENCES

- Census Reporter. (2022). *Emmet County, IA*. <https://censusreporter.org/profiles/05000US19063-emmet-county-ia/>
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. (2022). *Your very own health equality report card for Emmet County, IA*. Iowa Department of Public Health. <https://idph.iowa.gov/Portals/1/userfiles/291/Salud%202022/Emmet.pdf>
- Data USA. (n.d.). *Emmet County, IA*. <https://datausa.io/profile/geo/emmet-county-ia>
- Iowa Department of Public Health. (2022). *Indicator reports by county*. <https://idph.iowa.gov/cha-chip/Data>
- Iowa Workforce Development. (2022). *Local area unemployment statistics*. <https://www.iowaworkforcedevelopment.gov/local-area-unemployment-statistics>
- United States Census Bureau. (2022). QuickFacts for Emmet County, IA. <https://www.census.gov/quickfacts/emmetcountyiowa>
- University of Wisconsin Population Health Institute and Robert Wood Johnson Foundation. (2022). *Emmet County. County Health Rankings and Roadmaps*. <https://www.countyhealthrankings.org/explore-health-rankings/iowa/emmet?year=2022>

The following data sources were also reviewed for outcomes and impacts on the health status of the community:

- Community Commons Health Indicator Reports
- 2021 Iowa and Emmet County Health Rankings and Roadmaps
- Centers for Disease Control and Prevention, National Centers for Injury Prevention and Control. Web-based Injury Statistic Query and Reporting Systems (WISQARS) [online].
- U.S. Bureau of Labor Statistics, Unemployment Rate in Emmet County, IA [IAEMME3URN], retrieved from FRED, Federal Reserve Bank of St. Louis
- 2021 Vital Statistics of Iowa

## APPENDIX A

### COMMUNITY HEALTH NEEDS ASSESSMENT STEERING COMMITTEE

Deborah Herzberg, President and CEO, Avera Holy Family Hospital

Sharon Williams, Finance Partner, Avera Holy Family Hospital

Martin Bergstorm, Chief Client Officer, Avera Holy Family Hospital

Kari Batman, Director, Emmet County Public Health

### COMMUNITY INPUTS

Avera Holy Family Medical Staff

Avera Holy Family Diabetic Educator

Emmet County Wellness Coalition

Nursing Home Leaders

Fire, Law Enforcement, Ambulance, and Support Services (FLEAS)

Estherville Ambulance

### COMMUNITY LEADER INTERVIEWS

Tara Paul, Superintendent, Estherville Lincoln Central Community School

Lexie Ruter, Director, Estherville Chamber of Commerce

Val Newhouse, President, Iowa Lakes Community College

Glenn Bohmer, Estherville Free Clinic Board

### SPECIAL ACKNOWLEDGEMENTS

Samantha Kollasch, University of Iowa BSN student and RN at Avera Holy Family for her review and redesign of the Community Needs Health Assessment.

Mike Karels, Emmet County Resident, for images representing Emmet County

## APPENDIX B

### COMMUNITY SURVEY QUESTION

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- How would you rate the overall health of our community?
- What are three (3) most important factors for a “Healthy Community?” (Those factors which improve the quality of life in a community)
- What do you see are the top three (3) health concerns of the community?
- What do you think are the three (3) most “risky behaviors” in our community?
- What do you think are the top three (3) health concerns relative to children’s health in our community?
- How would you rate your personal health?
- Where do you go for routine (regular) health care? (Select all that apply)
- What two (2) healthy behaviors would you like to start or improve?
- What do you feel prevents you from being healthier?
- What would help you start or maintain a healthier lifestyle?
- How would you rate the social environment (friendly people, willingness to help others) in our community?
- What are the top three (3) social issues facing people in our community?
- What are the top three (3) environmental health issues in our community?
- Do you feel you/your family are prepared for a natural or man-made disaster?
- Which of the following emergency preparedness statements are true for you/your family? (Select all that apply)
- What prevents you from being prepared for an emergency?
- What Public Health Service would you like to see available in our community?
- What additional healthcare services or health education programs are needed in our community?
- Where/how did you hear about this survey?
- What is your age?
- The number of people in your household is? (Include people of all ages)
- What is your gender?
- Do you live in Emmet County?
- Do you work in Emmet County?
- What is your race or ethnicity?
- What is the highest level of education you have completed?
- My employment status is?
- Are you/your family members covered by health insurance? (Check all that apply)
- What impact did COVID-19 have on you and your family? (Check all that apply)
- What did we do well in during the COVID-19 pandemic?
- What could we have done better during the COVID-19 pandemic?

## APPENDIX C

### HEALTH OUTCOMES

Emmet County	Error Margin	Iowa	United States
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<b>Length of Life</b>				
Premature death	8,800	6,400-11,300	6,500	7,300
<b>Quality of Life</b>				
Poor or fair health	16%	14-18%	14%	17%
Poor physical health days	3.5	3.3-3.8	3.1	3.9
Poor mental health days	4.2	3.9-4.4	4.1	4.5
Low Birthweight	6%	5-8%	7%	8%

### HEALTH FACTORS

	Emmet County	Error Margin	Iowa	United States
<b>Health Behaviors</b>				
Adult smoking	18%	16-21%	17%	16%
Adult obesity	37%	36-39%	34%	32%
Food environment index	8.0		8.4	7.8
Physical inactivity	29%	26-32%	26%	26%
Access to exercise opportunities	75%		73%	80%
Excessive drinking	23%	22-24%	25%	20%
Alcohol-impaired driving deaths	0%	0-51%	27%	27%
Sexually transmitted infections	499.6		508.5	551.0
Teen births	22	16-28	16	19
<b>Clinical Care</b>				
Uninsured	7%	6-8%	6%	11%
Primary care physicians	1,320:1		1,350:1	1,310:1
Dentists	1,820:1		1,440:1	1,400:1
Mental health providers	360:1		570:1	350:1
Preventable hospital stays	3,689		3,134	3,767
Mammography screening	53%		53%	48%
Flu vaccinations	55%		54%	48%
<b>Social &amp; Economic Factors</b>				
High school completion	91%	88-93%	92%	89%
Some college	70%	60-80%	71%	67%
Unemployment	5.0%		5.3%	8.1%
Children in poverty	14%	9-20%	12%	16%
Income inequality	3.7	3.1-4.4	4.2	4.9
Children in single- parent households	17%	8-26%	21%	25%
Social associations	20.6		14.8	9.2
Violent crimes	393		282	386
Injury deaths	75	52-104	70	76
<b>Physical Environment</b>				
Air pollution- particulate matter	7.5		8.2	7.5
Drinking water violations	No			
Severe housing problems	12%	9-16%	12%	17%
Driving alone to work	76%	72-80%	80%	75%
Long commute- driving alone	19%	15-24%	21%	37%

### APPENDIX D

## COMMUNITY RESOURCES

### Medical Services

Avera Holy Family

Avera Medical Group

Avera @ Home-Home

Emmet County Public Health

Free Clinic

### Pharmacies

Estherville Pharmacy

Hy-Vee Pharmacy

### Nursing Homes

Good Samaritan Society

Aspire

Valley Vue Care Center

### Behavioral Health Services

Champion State of Mind

### Assisted Living

Homestead of Estherville

Spring Creek Assisted Living

### Eye Care Services

Eyecare Center- Dr. Webb

### Dental Services

Dr. Greg Williams, DDS

Dr. Courtney Meyer, DDS

Free Dental Clinic

### Recreational Services

Regional Wellness Center

Anytime Fitness

Fitness Quest

