



Henry County
HEALTH CENTER



Healthy Henry
County Communities

2023 Henry County Community Health Assessment and Community Health Improvement Plan



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1 EXECUTIVE SUMMARY

Community Health Assessments are an essential part of providing quality healthcare and implementing community health programs. This community-wide process identifies the most important factors affecting health in the community in order to develop a plan to build on strengths and work on gaps. Local public health departments are required to complete a community assessment at least every five years and, since the passage of the Affordable Care Act in 2010, nonprofit hospitals are required to complete one every three years. In order to increase collaboration and share resources, the Henry County 2023 Community Health Assessment and the 2024-2026 Community Health Improvement Plan were completed through a partnership between Henry County Public Health, Henry County Health Center, ISU Extension and Outreach, and Healthy Henry County Communities, the county's wellness coalition.

The assessment process included gathering primary data from a community survey and secondary data from a variety of sources from state and national organizations. Several meetings were held to review and analyze the survey results and data, identify common themes, and prioritize those themes. This Community Health Assessment includes an overview of all of the data with detailed survey results in the appendices. This report also highlights the identified priorities with an outline of the strategies that appear in the Community Health Improvement Plan.

The assessment identified eight priorities that needed to be addressed in order to make Henry County a healthier place to live and work:

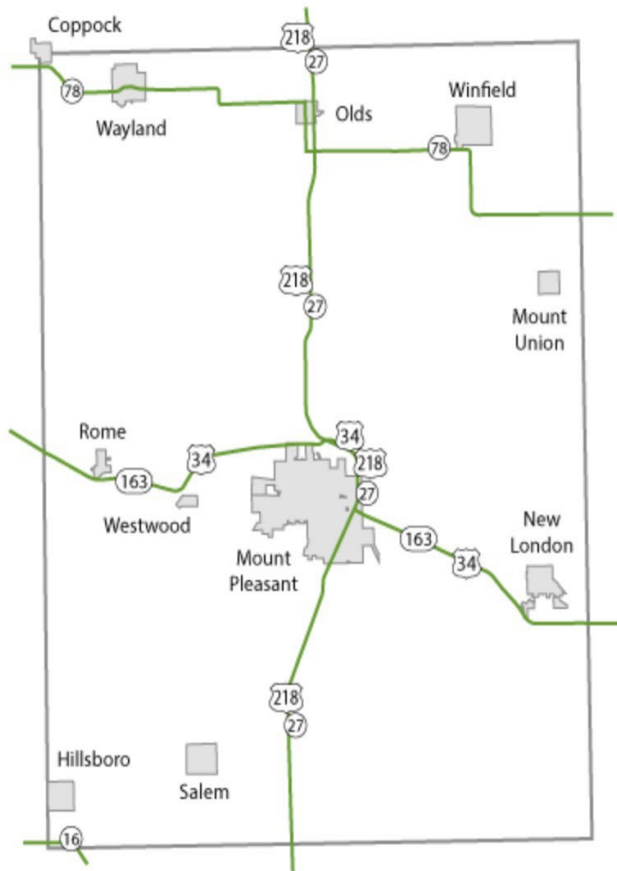
- Behavioral Health
- Cancer
- Healthy Food Access and Awareness
- Active Living
- Older Adult Health and Aging Issues
- Access to Care
- Economic Concerns
- Heart Disease, Stroke, and High Blood Pressure

Of those eight priorities, the first six are included in the Community Health Improvement Plan which will be used to guide community health activities in Henry County for the next three years. The plan is a collaborative effort led by Henry County Public Health, Healthy Henry County Communities, Henry County Health Center, and ISU Extension and Outreach but will include many other community partners necessary to the success of the plan. We welcome your feedback and if you would like to get involved, please reach out to publichealth@henrycountyiowa.us or 319-385-0779. Both the Community Health Assessment and Community Health Improvement Plan can be found at HealthyHenryCounty.org/PublicHealth.

-- Kelly Carr, Community Outreach Coordinator, Henry County Public Health

2 COMMUNITY DESCRIPTION

Henry County, a rural county with a 2022 population estimate of 20,196, is located in southeast Iowa. The county seat is Mt. Pleasant and other incorporated towns located inside of Henry County include Hillsboro, New London, Olds, Rome, Salem, Wayland, Westwood, and Winfield. Henry County covers 434 square miles with 47.2 people per square mile.



Town	Population
Mt. Pleasant	8982
New London	1940
Hillsboro	165
Wayland	975
Westwood	102
Salem	405
Rome	118
Winfield	1037
Olds	198

Source: Data Commons 2023

DEMOGRAPHICS

52.2% of the population is male and 47.8% of the population is female. Twenty percent of the population is 65 years or older which is higher than Iowa’s overall rate of 18.3%. There is a lower percentage of young people living in Henry County (20.5%) compared to Iowa (22.6%). Henry County is 92.1% White, 3.1% Black or African American, 0.5% American Indian and Alaska Native, 2.4% Asian, and 1.7% two or more races. In addition, 5.6% of the population of Henry County is estimated to be Hispanic or Latino. [1]

EDUCATION

Henry County is home to four public school districts: Mt. Pleasant Community School District, New London Community School District, WACO Community School District, and Winfield-Mt. Union Community School District. In addition, there is one private school, Mt. Pleasant Christian School. Southeastern Community College has a satellite location in Mt. Pleasant which offers educational and workforce development opportunities. The education landscape changed in 2023 when Iowa Wesleyan University, a private liberal arts university located in Mt. Pleasant, closed their doors after 181 years. 92% of residents over the age of 25 have at least their high school diploma or GED and 21.7% of this group have their bachelor's degree or higher [1].

HOUSEHOLDS AND HOUSING

There are approximately 7,565 households living in Henry County with an average of 2.51 people per household. Approximately 6% of households speak a language other than English at home [1].

There are approximately 8,451 housing units in Henry County and 76% are owner-occupied. The median value of owner-occupied housing is \$126,400. Median housing costs for owners with a mortgage is \$1,139. Median monthly gross rent is \$689 [1]. 81% of households have a broadband internet connection [2].

INCOME

The median household income in Henry County is \$58,767. This is lower than the state median of \$65,429. Twelve percent of all residents and 15% of children under the age of 18 live in households earning less than the federal poverty level [1]. The 2023 federal poverty level for a single adult is \$14,580 and \$30,000 for a family of four [3]. 21% of children live in single-parent households [2].

FOOD SECURITY

The USDA defines food insecurity as a lack of consistent access to enough food for every person in a household to live an active, healthy life. This can be a temporary situation for a family or can last a long time. According to Feeding America, the food insecurity rate in Henry County is 7.7% which translates to 1,580 people. However, the Hunger Vital Sign measurement tool was included in the 2023 Henry County Community Health survey and 28% of respondents were determined to live in a food insecure household, up from 27% in 2020. This means they answered "sometimes true" or "often true" to one or both of these questions –

- Within the past 12 months we worried whether our food would run out before we got money to buy more.
- Within the past 12 months the food we bought just didn't last and we didn't have money to get more.

According to County Health Rankings, 47% of children were eligible for free or reduced price lunch (using 2020-2021 data), up from 43% in the 2020 rankings and greater than the state average of 41%.

BEHAVIORAL FACTORS

Health Behaviors	Henry County	Iowa
Adult smoking % of adults who are current smokers	18%	17%
Adult obesity % of adults w/BMI > or = 30	37%	37%
Physical inactivity % of adults reporting no leisure time physical activity	24%	23%
Excessive drinking % of adults reporting binge or heavy drinking	24%	25%
Alcohol impaired deaths % of driving deaths involving alcohol	15%	27%
Limited access to healthy foods % of population with low-income and do not live close to a grocery store	10%	6%
Insufficient Sleep % of adults reporting <7 hrs. sleep	35%	32%

Source: County Health Rankings, 2023

Immunization Variables	Henry County	Iowa
Percent of students K-12 with a valid immunization certificate (2022-23)	97.5%	98.9%
Percent of children in childcare with a valid immunization certificate (2022-23)	96.5%	96.5%
Percent of 2 year olds with a complete vaccine series¹ (2022)	49.8%	70.1%
Percent of 13-15 year olds with a complete vaccine series² (2022)	91.6%	89.2%
Percent of adolescents age 13-15 with complete HPV vaccine series (2022)	32.6%	57.1%
Percent of population received influenza vaccine (2022-23 flu season)	30.3%	37%
Percent of population fully vaccinated against COVID-19³ (as of 8/31/23)	56.1%	60.3%

Source: Iowa Public Health Data Tracking Portal (2022-2023)

¹Complete series includes 4 DTaP, 3 Polio, 1 MMR, 3 Hib, 3 Hep B, 1 Varicella, and 4 PCV.

²Complete series includes 3 Hep B, 1 Meningococcal, 2 MMR, 1Td/Tdap, 2 Varicella.

³Fully vaccinated means individuals who have received all of the required doses of the primary COVID-19 vaccine series.

HEALTH INSURANCE COVERAGE

	Henry County	Iowa
Population with No Health Insurance Coverage	3.6%	4.9%
Children Under 19 with No Health Insurance Coverage	1.7%	2.9%
Working Age Adults (19-64) with Employer-Based Health Insurance	66.4%	70%

Source: American Community Survey, 2023

LEADING CAUSES OF DEATH UNDER AGE 75 IN HENRY COUNTY

1. Cancer
2. Heart disease
3. Accidents
4. Diabetes
5. Chronic lower respiratory diseases

Source: County Health Rankings, 2023

ER DATA

Top ED Admission Diagnoses (Henry County Health Center):

- Pneumonia ● Chronic Obstructive Pulmonary Disease (COPD) ● Congestive Heart Failure (CHF)
- Urinary Tract Infection (UTI) ● Falls ● Weakness ● Cellulitis ● Atrial Fibrillation

Number of ED Admissions for Substance Misuse: 208 (12 months) Narcan use: 16 times

HENRY COUNTY HEALTH CENTER

Henry County Health Center, Inc (HCHC) recently became part of Great River Health System through an operating lease agreement. Located in Mt. Pleasant, Iowa, HCHC is a not-for-profit, critical access hospital serving the Henry County area for 102 years. The hospital provides comprehensive inpatient and outpatient services as well as specialist physician clinics. The hospital also operates a nursing home unit, geriatric mental health service, and rural health clinics with primary care physicians and advanced practice providers. A full listing of services include:

- Emergency Care ● Acute Care ● Long Term Care ● General Surgery ● Rural Health Clinics (Family Medicine, Women’s Health) ● Laboratory ● Radiology ● Infusion ● Rehabilitation Services
- Respiratory Therapy ● Home Sleep Studies ● Specialist Physicians (Audiology, Cardiology, Oncology, Orthopedics, ENT, Dermatology, Urology, Nephrology, Podiatry, Pulmonology)
- Nutrition/Diabetes Education ● Geriatric Mental Health

3 COMMUNITY SURVEY

As part of the community health assessment, we conducted a community survey in June 2023. The survey collected demographic information, perspectives on healthcare access, and opinions on the most important health needs of the county. With this survey we looked at more than just basic health needs, but we also asked about social determinants of health which include safe housing, transportation, education, job opportunities, and more. We used the same survey questions as the 2020 survey so the data analysis could compare responses. Respondents could complete the survey online or by filling out a paper copy made available at public locations across the county. The survey was translated into Spanish and outreach activities targeted typically underrepresented groups. Conscious efforts were made to include residents of Henry County who live in small towns and rural areas outside of the county seat of Mt. Pleasant. There was a total of 641 completed surveys returned to Public Health for data analysis, which is over 3% of the population of Henry County.

SUMMARY OF SURVEY FINDINGS (SEE APPENDIX A FOR FULL RESULTS)

Access to health care (68%) remained the most important factor for a healthy community and a good quality of life. Good schools, low crime/safe neighborhoods, good jobs and healthy economy, and quality and affordable housing rounded out the top five responses this year.

The top 5 perceived barriers to health and well-being remained (although in a different order) access to mental health care (68%), low wages (58%), poverty (49%), unaffordable housing (45%), and health insurance coverage (39%). However, when asked about personal barriers to health the top 5 were low wages (38%), access to mental health care (29%), lack of free recreational opportunities (27%), health insurance coverage (25%), and access to specialty care (25%). When looking at responses from households making less than \$20,000 per year, low wages and access to mental health care remained the top answers, but access to healthy food, unaffordable housing, and poverty rounded out the top 5.

Although survey respondents could have been referring to any community in Henry County, when asked about five things our community does well the top responses were locally owned and operated businesses (60%), parks and recreation (48%), trails and sidewalks (39%), quality schools (38%), and reasonable commute (34%). Top five things that our community could improve were affordable and quality housing (47%), affordable and quality childcare (44%), variety of food options (dining and shopping) (41%), good jobs (37%), and transportation options (32%).

When asked personally what is missing or most needed in our community to improve your health, mental health services (49%) remained on the top of the list. Specialty physicians (38%), healthier food (34%), wellness services (31%), and affordable health insurance (28%) rounded out the top five, a change from 2020 when childcare, healthier food, job opportunities, and affordable health insurance were the other top choices in order. When looking at responses from households making less than \$20,000 per year, mental health services was still the top choice, followed by transportation options, wellness services, job opportunities, and affordable housing. Find all comparisons of top answers from the 2020 and 2023 surveys in Appendix B.

One question to highlight asked about the top five health concerns in our community:

2. What do you think are the top five (5) health concerns in our community?

Henry County Community Health Needs Assessment: 2023

Focus Area 2023	Percent_2023	N_2023
Mental health (such as suicide, depression, anxiety)	80.76%	512
Obesity/overweight	61.99%	393
Substance abuse (such as alcohol, marijuana, other drugs)	58.99%	374
Aging problems (such as arthritis, hearing/vision loss)	34.38%	218
Cancers	32.65%	207
Poor nutrition	29.97%	190
Tobacco use (including e-cigarettes, vaping, and other nicotine products)	29.65%	188
Diabetes/prediabetes	27.29%	173
Heart disease and stroke	27.13%	172
Child abuse and neglect	23.34%	148
High blood pressure	21.92%	139
Dental health	15.93%	101
Domestic violence	13.72%	87
Senior/dependent adult abuse and neglect	10.09%	64
Respiratory/lung disease	6.47%	41
Motor vehicle crash injuries	5.99%	38
Firearm-related injuries	4.73%	30
Teenage pregnancy	4.26%	27
Sexually transmitted diseases (STDs)	3.15%	20
Infectious diseases (such as hepatitis, TB, HIV/AIDS)	2.68%	17
Rape/sexual assault	2.68%	17
Other (please specify)	2.37%	15

Answered: 634 (98.91% response rate)

Skipped = 7 (1.09% missingness)

 Henry County Public Health 2023

 Dr. Nicolas Foss, MS

The survey also asked about difficulty accessing a variety of services. Specialty doctor (36%) and mental health provider (35%) had the highest number answering difficult or very difficult. On the flip side, public health/immunization services (56%), dentist (55%), and primary care doctor (54%) were easy or very easy to access. All survey results, including open-ended responses and survey respondent demographics, can be found in Appendix A.

ASSESSMENT PROCESS

Leadership Team:

- Kelly Carr, Henry County Public Health
- Chris Kempker, ISU Extension and Outreach
- Mandi Morin, Henry County Public Health
- Robin Poole, Henry County Public Health
- Michelle Rosell, Henry County Health Center
- Shelley Van Dorin, Henry County Public Health

Once the survey results were complete, the data was analyzed by Dr. Nicolas Foss, MS. He created the data tables and comparisons found in Appendices A and B. Kelly Carr and Dr. Foss shared the results with Healthy Henry County Communities (HHCC), a community wellness coalition led by Henry County Public Health. Members of this coalition include professionals in the public health, substance abuse prevention and treatment, family support, child abuse prevention, tobacco prevention, disability services, school health and counseling, law enforcement, medical, and mental health services fields, as well as retired community members and government officials. They also reviewed related secondary data specific to Henry County from sources such as the County Health Rankings, Iowa Public Health Tracking Portal, and CDC.

HHCC members discussed the current survey results including potential root causes. They looked at changes from the 2020 survey and identified common themes and concerns from the 2023 results and secondary data. Members also looked at the survey responses broken out by household income less than \$20,000 to see how the results were different. Some of the themes identified were existing health needs that HHCC and Public Health have already been working on with the 2020 Health Improvement Plan and some were newly identified.

Healthy Henry County Communities members then began prioritizing the identified health needs while also discussing which needs fall within the scope of organizations involved and which better align with other local agencies. We ended up with eight priority areas and six of those are specifically targeted in the Health Improvement Plan. HHCC members, Henry County Public Health staff, and Henry County Health Center staff all worked on identifying goals, objectives, and strategies for the next three years to include in the Health Improvement Plan. The plan, which will include periodic progress updates, can be found at HealthyHenryCounty.org/PublicHealth. Paper copies are available upon request by calling Henry County Public Health at 319-385-0779.

4 IDENTIFIED HEALTH PRIORITY AREAS

These priorities are in no specific order.

BEHAVIORAL HEALTH

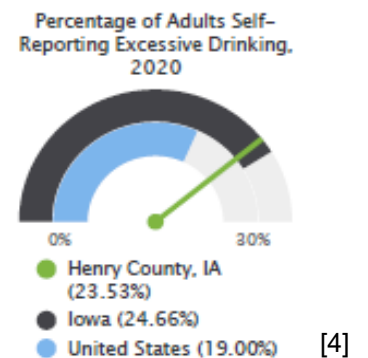
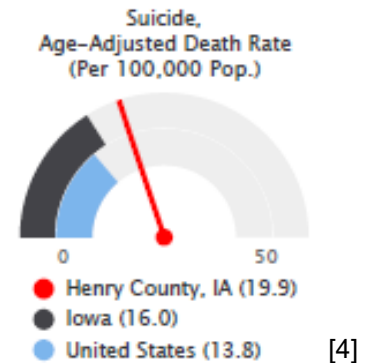
Rationale: In the community survey, mental health was identified as a top health concern by 81% of respondents. Lack of access to mental health care was identified as a top barrier to health in Henry County by 68% of respondents. Henry County is located in a mental health provider shortage area as defined by the Health Resources and Services Administration.

In 2020 14.6% of adults reported that their mental health was not good for ≥ 14 days during the past 30 days. The estimated prevalence of depression among adults aged 18 years and older was 18.9% [5]. The National Alliance on Mental Illness states that the average delay between onset of mental illness symptoms and treatment is 11 years.

Behavioral health is an umbrella term that includes mental health and well-being, along with behavioral health conditions such as substance use disorders.

59% percent of community survey respondents identified substance use as a top health concern in Henry County. Substance use includes alcohol and illegal and/or prescription drugs. Substance use disorders involve misuse of one or more of these substances and may lead to several social, physical, mental, and public health problems.

Included in Health Improvement Plan? Yes.

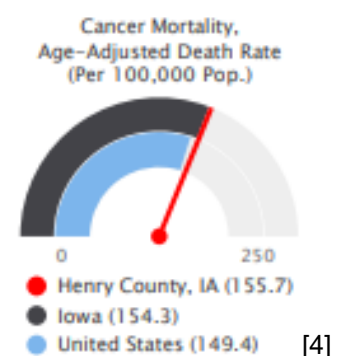


CANCER

Rationale: Iowa has the 2nd highest incidence rate for cancer in the U.S., (behind Kentucky), and is the only state with an increasing rate of cancer [6]. Henry County has higher rates than the state average of lung cancer, colorectal cancer, and melanoma of the skin [7]. The top 5 most commonly diagnosed cancers in Henry County from 2015-2019 were lung, breast, prostate, colorectal, and melanoma of the skin [4]. Cancer is the leading cause of death under age 75 in Henry County [2].

Several cancer screening tests are considered effective and recommended by expert groups including breast, cervical, colorectal, and lung cancer screening. The estimated prevalence of mammography use among women aged 50-74 years in Henry County is 71.4%. Cervical cancer screening rates among women aged 21-65 is 81.7%. Colorectal cancer screening rates among adults aged 50-75 is 72.5% [5]. HPV vaccination remains low even though 85% of people will get an HPV infection in their lifetime and HPV causes several kinds of cancer, including cervical cancer [8]. In the community survey 33% of respondents identified cancer as a top health concern in Henry County.

Included in Health Improvement Plan? Yes.



HEALTHY FOOD ACCESS & AWARENESS

Rationale: In the community survey, obesity was identified by 62% of respondents and poor nutrition was identified by 30% of respondents as top health concerns in Henry County. When identifying personal barriers to health, 23% selected access to healthy food. 28% of respondents indicated that they are food insecure. In addition, 37% of adults in Henry County are obese, up from 33% in 2022 and 47% of children in Henry County were eligible for free or reduced-price lunch [2].

The availability of healthy, affordable foods contributes to a person’s diet and risk of related chronic diseases. People with healthy eating habits live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

Included in Health Improvement Plan? Yes.

ACTIVE LIVING

Rationale: In the community survey, obesity was identified by 62% of respondents as a top health concern in Henry County. When identifying personal barriers to health, 27% of respondents selected lack of free recreational opportunities. 24% of adults report no leisure time physical activity [2].

Healthy eating and active living can help people maintain a healthy body weight and decrease the risk of becoming overweight or obese. Regular physical activity can also reduce the risk for many of the serious health issues identified in this assessment such as cancer, heart disease, stroke, high blood pressure, depression, and diabetes.

Included in Health Improvement Plan? Yes.

OLDER ADULT HEALTH AND AGING ISSUES

Rationale: Aging problems (such as arthritis, hearing/vision loss) was 4th in the top health concerns from the community survey with 34% of responses. 35% of the respondents with a household income of less than \$20,000 were aged 65 and older. The share of the population that is 65 and older in Henry County was the fastest growing between 2010 and 2021 with an increase from 16.1% to 19.6% [9].

Older adults are at higher risk for chronic health problems like diabetes, osteoporosis, and Alzheimer’s disease. In addition, 1 in 3 older adults fall each year, and falls are a leading cause of injury for this age group. Older adults are also more likely to go to the hospital for some infectious diseases — including pneumonia, which is a leading cause of death for this age group [10].

Included in Health Improvement Plan? Yes.

Ages 65-74	2,143
With a Disability	23.5%
Hearing	7.3%
Vision	1.2%
Cognitive	5.2%
Ambulatory	15.4%
Self care	3.5%
Independent Living	7.4%
Ages 75 and above	1,485
With a Disability	43.4%
Hearing	20.1%
Vision	7.9%
Cognitive	16.9%
Ambulatory	26.7%
Self care	13.2%
Independent Living	22.1%

[12]

ACCESS TO CARE

Rationale: Access to health care was identified as one of the most important factors for a healthy community by 68% of respondents in the community survey. 38% identified specialty physicians and 28% identified affordable health insurance as something missing or most needed in our community to improve health. When looking at survey responses with a household income of less than \$20,000, 32% identified dental health as one of the top health concerns and lack of transportation was a barrier for 45%. Henry County is designated as a health care provider shortage area by the Health Resources and Services Administration and a low income population dental provider shortage area.

Included in Health Improvement Plan? Yes.

ECONOMIC CONCERNS

Rationale: According to survey respondents, low wages, poverty, and unaffordable housing were 3 of the 4 top barriers to health in Henry County. When asked about things our community could improve, affordable and quality housing, affordable and quality childcare, good jobs, and transportation options were 4 of the top 5 answers.

Included in Health Improvement Plan? No. Social determinants of health are consistently assessed by Public Health and local healthcare providers. In addition, our local Chamber of Commerce and Economic Development Commission are in a strong position to also work on these complex issues. We recognize that these needs are important and do affect the health of our residents.

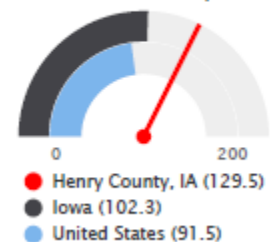
HEART DISEASE, STROKE, AND HIGH BLOOD PRESSURE

Rationale: Heart disease is the second highest cause of death for people under the age of 75 in Henry County [2]. In the community survey, 27% of respondents chose heart disease and stroke as a top health concern and 22% chose high blood pressure. Death rates of heart disease have been rising since 2016 among residents ages 35-64 years [11].

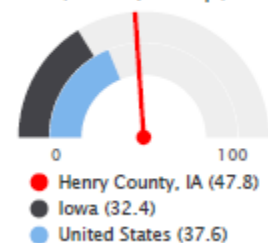
According to the CDC, risk factors for heart disease and stroke include high blood pressure, high LDL cholesterol, diabetes, smoking and secondhand smoke exposure, obesity, unhealthy diet, and physical inactivity.

Included in Health Improvement Plan? Not specifically, but many of the risk factors will be addressed in the plan.

Coronary Heart Disease Mortality, Age-Adjusted Death Rate (Per 100,000 Pop.)



Stroke Mortality, Age-Adjusted Death Rate (Per 100,000 Pop.)



[4]

5 HEALTH IMPROVEMENT PLAN

PRIORITY: BEHAVIORAL HEALTH

Goal 1: Improve Access to Behavioral Health Services

- Expand Behavioral Health Services within HCHC Rural Health Clinics (counselors and APPs)
- Recruit mental health professionals to work in expanded clinic
- Expand Senior Life Solutions (group therapy for seniors) by adding 1 additional group
- Develop a public awareness campaign of expanded HCHC services
- Promote existing transportation services

Goal 2: Improve Awareness of Behavioral Health Services/Resources

- Promote awareness of 988, Your Life Iowa, mobile crisis response, and ADDS treatment programs around the county
- Implement a campaign about how to talk to a loved one about substance use/misuse
- Educate school personnel and parents about Narcan and its use for unintentional overdoses
- Update as needed and distribute local mental health resource guides

Goal 3: Increase Prevention Strategies

- Implement a campaign to remind all ages about the dangers of alcohol, marijuana, and meth
- Educate about the importance of proper pill disposal and promote area drug take-back boxes and drug disposal pouches
- Implement a campaign to educate all ages about how easy it is to misuse opioids

Goal 4: Strengthen Mental Health and Resilience

- Plan and implement quarterly kindness campaigns
- Implement a process to do PHQ and GAD screenings for mothers of newborns during WIC and newborn home visits
- Develop a handout for new moms educating about postpartum depression, supports, and resources
- Develop and integrate one mental health screen and intervene process into a community event or outreach activity
- Provide mental health education in schools regarding stressors, feelings, coping, etc.
- Promote campaigns to reduce stigma and increase support around asking for help

PRIORITY: CANCER

Goal 1: Increase Awareness of Recommended Cancer Screenings

- Promote and support programs that provide free or low-cost recommended screenings to people who are uninsured or underinsured
- Create a flyer listing preventive health screenings by age to hand out during immunization clinics and at community events
- Educate the public about cancer screening recommendations by utilizing agency websites, social media, and waiting rooms
- Work with area primary care providers to ensure preventive health screenings are completed timely

Goal 2: Increase Cancer Prevention Strategies

- Promote and increase tobacco/nicotine cessation
- Educate community members on harms of tobacco and nicotine
- Reduce adult and youth exposure to secondhand smoke
- Implement adolescent reminder mailings to increase the number of kids who initiate and complete the HPV vaccination series
- Encourage providers to strongly recommend the HPV vaccine as a cancer prevention strategy
- Increase public awareness of HPV vaccine recommendations and role in cancer prevention
- Encourage availability of sunscreen at outdoor events
- Increase awareness about skin cancer prevention and screening
- Increase targeted skin cancer education for lowans who work outside

PRIORITY: HEALTHY FOOD ACCESS AND AWARENESS

Goal 1: Reduce Food Insecurity

- Support and promote farmers markets and community gardens
- Support and promote Grow Another Row and home-garden produce donations
- Promote food pantries and explore food rescue efforts to increase donations
- Promote food assistance programs such as SNAP, WIC, free and reduced lunch programs, farmers market vouchers, congregated meal sites, and Double Up Food Bucks

Goal 2: Increase Awareness of Healthier Food Choices

- Increase exposure to and education about healthy foods and drinks in schools
- Develop and implement community-based nutrition education classes
- Increase participation levels of HCHC Diabetes Education programs

PRIORITY: ACTIVE LIVING

Goal 1: Increase Physical Activity Among All Residents

- Host, participate in, and promote free community activities
- Update wellness resource guide to include free opportunities like tennis and basketball courts
- Encourage regular physical activity for kids and adults using existing campaigns (SWITCH, 5-2-1-0, Play Your Way, Move Your Way)
- Increase usage of activity stencils at public locations
- Promote outdoor facilities such as pools, splash pad, tennis courts, playgrounds, etc.
- Increase participation in existing recreational opportunities
- Explore shared use agreements for school facilities
- Create educational opportunities to learn how to play outdoor sports like pickleball, disc golf, and tennis
- Encourage development of trails, sidewalks, and park enhancements

PRIORITY: OLDER ADULT HEALTH AND AGING ISSUES

Goal 1: Increase Awareness and Expand Knowledge Around Fall Risks and Prevention to Reduce Falls and Fall-Related Injuries

- Promote the Henry County Lifeline service and investigate funding opportunities
- Develop a plan to promote fall risks & prevention
- Develop a fall prevention program in Henry County

Goal 2: Provide Health Management Education to Older Adults

- Develop a plan to check blood pressures and provide health education at senior apartment sites and other community locations around Henry County
- Develop an annual senior health fair
- Promote financial assistance programs that may free up dollars for health management expenses (Affordable Connectivity Program, energy assistance, low-income housing, food assistance, waiver programs, Medicare preventive health services, etc.)
- Increase the number of community members taught to monitor their blood pressure at home
- Explore being trained in or hosting Better Choices Better Health workshops

PRIORITY: ACCESS TO CARE

Goal 1: Improve Access to Health Care for All Henry County Residents

- Promote SEIBUS, RSVP, and other public transportation services
- Promote SHIIP (Senior Health Insurance Information Program) to help seniors sign up for appropriate Medicare plans
- Promote available health insurance resources (HHS, Marketplace, etc.) to uninsured individuals
- Promote prescription delivery services as an alternative to finding transportation
- Increase number of trained staff members to provide presumptive eligibility for Medicaid
- HCHC Rural Health Clinics to develop a chronic care management program for Medicare recipients
- Increase number of primary care, mental health, and long-term care specialty providers in Henry County

Goal 2: Help Residents Navigate/Remove Barriers for Better Health

- Educate both the public and new referral sources about the CARE LINKS health navigation program
- Increase number of referrals to CARE LINKS from health care professionals
- Promote and update as needed the Henry County Community Resource Guide to support residents in finding available services

IMPLEMENTATION RESOURCES

Henry County Public Health will take the lead in many of the strategies included in the plan, whether directly or through leading and participating in the Healthy Henry County Communities coalition. Staff will utilize and expand existing programs while exploring the implementation of new programs. Staff will form committees as needed within Healthy Henry County Communities to capitalize on community partnerships and resources. Public Health will also use their existing marketing resources including website, social media, waiting room, community events, and email lists.

Henry County Health Center will also be involved in several of the plan strategies. Hospital and health system participants include Administrators, Physicians, Nurse Practitioners, Public Information Staff, Volunteers, and Hospital Board Members. Collaboration between area hospitals of Great River Health and utilization of shared resources will be made available to HCHC. HCHC will also provide in-kind support by providing facilities for coalition and team meetings.

CONTACT INFORMATION:

Henry County Public Health

106 N. Jackson St., Suite 103

Mt. Pleasant, IA 52641

Phone: 319-385-0779

Fax: 319-385-1802

Email: publichealth@henrycountyiowa.us

HealthyHenryCounty.org/PublicHealth

[Facebook.com/HealthyHenryCounty](https://www.facebook.com/HealthyHenryCounty)



Henry County Health Center

401 S. White St.

Mt. Pleasant, IA 52641

Phone: 319-385-3141

Greatriverhealth.org/henry-county-health-center



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7 APPENDIX A: 2023 SURVEY RESULTS

1. What do you think are the five (5) most important factors for a healthy community and a good quality of life?

Henry County Community Health Needs Assessment: 2023

Focus Area 2023	Percent_2023	N_2023
Access to health care (family doctor, EMS, hospital services)	68.44%	438
Good schools	57.34%	367
Low crime/safe neighborhoods	55.94%	358
Good jobs and healthy economy	55.16%	353
Quality and affordable housing	40.16%	257
Family friendly environment	38.75%	248
Clean environment (air, water, food safety)	35.31%	226
Access to healthy food	22.03%	141
Parks and recreation	21.09%	135
Access to childcare/after-school programs	20.16%	129
Access to health insurance	19.84%	127
Healthy behaviors and lifestyles	19.53%	125
Religious or spiritual values	18.59%	119
Availability of positive teen activities	9.53%	61
Diversity and inclusivity	9.22%	59
Social opportunities for seniors	9.22%	59
Emergency preparedness	8.75%	56
Arts and cultural events	7.34%	47
Other (please specify)	2.03%	13

📊 Answered: 640 (99.84% response rate)

🗑 Skipped = 1 (0.16% missingness)

📅 Henry County Public Health 2023

👤 </> Dr. Nicolas Fass, MS

Other Comments

Access to healthy food but it must also be inexpensive because inflation is really hurting all of us activities for 20-30 year olds

Competitive wages

Daycare absolutely essential

FC

Health insurance that actually pays for what the patient needs!

Mental health

nonpolitical health professionals

PLACES TO SHOP

preventative health programs and education for older adults

See 8

WOW. Hard to pick 5!

2. What do you think are the top five (5) health concerns in our community?

Henry County Community Health Needs Assessment: 2023

Focus Area 2023	Percent_2023	N_2023
Mental health (such as suicide, depression, anxiety)	80.76%	512
Obesity/overweight	61.99%	393
Substance abuse (such as alcohol, marijuana, other drugs)	58.99%	374
Aging problems (such as arthritis, hearing/vision loss)	34.38%	218
Cancers	32.65%	207
Poor nutrition	29.97%	190
Tobacco use (including e-cigarettes, vaping, and other nicotine products)	29.65%	188
Diabetes/prediabetes	27.29%	173
Heart disease and stroke	27.13%	172
Child abuse and neglect	23.34%	148
High blood pressure	21.92%	139
Dental health	15.93%	101
Domestic violence	13.72%	87
Senior/dependent adult abuse and neglect	10.09%	64
Respiratory/lung disease	6.47%	41
Motor vehicle crash injuries	5.99%	38
Firearm-related injuries	4.73%	30
Teenage pregnancy	4.26%	27
Sexually transmitted diseases (STDs)	3.15%	20
Infectious diseases (such as hepatitis, TB, HIV/AIDS)	2.68%	17
Rape/sexual assault	2.68%	17
Other (please specify)	2.37%	15

☑ Answered: 634 (98.91% response rate)

☒ Skipped = 7 (1.09% missingness)

📅 Henry County Public Health 2023

👤 Dr. Nicolas Foss, MS

Other Comments

Bullying #1

Dentist in MP don't take state insurance or aren't taking new payments

Ditto q-1

Food insecurity

Having to drive to go to U of I for low income healthcare providers

Homelessness

I have no idea

Lyme disease and our community NOT recognizing how awful it is to live with and doctors around here are too stupid to treat it correctly

Opioid abuse

really have no idea

see 8

small thinking, higher paying jobs, Pouring into our kids to dream big and pouring into them the opportunities in entrepreneurship

TEENAGE PREGNANCY - SEX ED IS NOT TAUGHT ENOUGH IN OUR COMMUNITY/SCHOOLS - WHEN I WAS IN SCHOOL IN MT PLEASANT - I THINK WE HAD THE BODY CHANGED/PERIOD TALK IN 5TH GRADE AND THAT WAS IT! NO TALKS OR RESOURCES AVAILABLE FOR TEENS TO GO TO FOR HELP OR ADVICE ON SEX - THEY DON'T NEED TO BE TOLD NOT TO HAVE IT, THEY'RE GOING TO ANYWAY. THEY NEED TO BE INSTRUCTED ON HOOOOOW TO DO IT SAFELY!!! THIS IS SO IMPORTANT FOR OUR YOUTH TO BE INFORMED SO THEY CAN MAKE GOOD DECISIONS AND DON'T GET KNOCKED UP IN HIGHSCHOOL OR BEFORE!!!

Vaping, nicotine, and marijuana have become normal to our teens, even the "good kids" Most folks in town would be shocked at how prevalent it is.

Womens health


3. What do you think are the top five (5) barriers to health and well-being in our community?

Henry County Community Health Needs Assessment: 2023

Focus Area 2023	Percent_2023	N_2023
Access to mental health care	68.25%	432
Low wages	58.14%	368
Poverty	49.13%	311
Unaffordable housing	44.71%	283
Health insurance coverage	38.86%	246
Access to health care	29.54%	187
Lack of education/job training	28.75%	182
Lack of transportation	26.07%	165
Access to specialty care	22.91%	145
Access to healthy food	19.12%	121
Housing conditions	18.48%	117
Lack of free recreational opportunities	17.69%	112
Discrimination (such as disability, gender, race/ethnicity, LGBTQ+)	12.64%	80
Access to dental care	11.37%	72
Hunger	9.64%	61
Language/communication barrier	8.69%	55
Other (please specify)	6.79%	43
Environmental conditions	5.06%	32

Answered: 633 (98.75% response rate)

Skipped = 8 (1.25% missingness)

 Henry County Public Health 2023

 Dr. Nicolas Foss, MS

Other Comments

- a medical facility that is capable of more than putting on a bandaid, not known for sending people out in a bag!
- attitude toward being active
- Bring in Iowa State University to take over HCH and the college
- City council and mayor
- competent health care providers
- Costs of insurance and health care
- Generational poor habits
- God being kept out of schools
- Good Doctors
- High cost of prescriptions

High Taxes

Housing in general-too expensive, conditions if affordable, a lot to rent from one landlord vs buy housing is not affordable in our community, especially for single parents or the elderly. We shouldn't have to struggle to survive.

Inflation

Insurance saying what they will approve w/o having the credentials/practice/schooling (PHD), when someone who has all of that has prescribe it to the patient

Lack of affordable quality child care

lack of Benefits like sick leave, vacation/personal leave, and 401K's

Lack of child care options

Lack of common sense and self-care

Lack of health care practitioners

Lack of health care, including mental, dental, these are one in the same not separate issues

Lack of job opportunities with growth potential

Lack of knowledge of available resources and options available

Lack of motivation to improve personal conditions

lack of participation from individuals (myself included) on improving their own life and making good choices (exercise, nutrition, etc.).

Lack of responsibility - not being responsible for your actions or parenting

lazy individuals

Losing several of our hospital services

Lower income families

Many of the doctor specialists no longer come to HCHC

Many people do not have jobs, nor feel they need to live a healthy lifestyle. Often they receive money from the government for help with rent, food, bills, etc. Some people are now very lazy. Why would someone want to work if they get more for doing less?

Mental health/substance abuse

Motivation/ Laziness

Not enough places take state dental insurance we have to go to Iowa city

not sure

People moving in who do not work which causes a low income. Also, lack of understanding how to take care of their family in a way that encourages positive social interactions.

poor parenting or parents not concerned about these items

Sharing and understanding what resources are available and their benefits.

Substance abuse

the information age where people are looking outside their homes, community to get answers from people they don't even know.

The last couple of generations raised (and educated) to not value/respect authority/traditional values, so respect/value for consequences are absent. They do whatever they "feel" like doing for selfish reasons. Secondary consequences be damned.

Unwillingness to use available health/mental health care

Willingness to work

4. Thinking about you and your family, which barriers keep you from being healthy?

Henry County Community Health Needs Assessment: 2023

Focus Area 2023	Percent_2023	N_2023
Low wages	37.71%	201
Access to mental health care	29.27%	156
Lack of free recreational opportunities	27.20%	145
Health insurance coverage	24.77%	132
Access to specialty care	24.58%	131
Access to healthy food	23.26%	124
Other (please specify)	20.45%	109
Unaffordable housing	16.70%	89
Access to health care	13.13%	70
Environmental conditions	11.07%	59
Poverty	9.94%	53
Access to dental care	9.57%	51
Lack of education/job training	8.63%	46
Discrimination (such as disability, gender, race/ethnicity, LGBTQ+)	7.50%	40
Lack of transportation	7.50%	40
Housing conditions	6.00%	32
Language/communication barrier	2.63%	14
Hunger	2.44%	13

📄 Answered: 533 (83.15% response rate)

🗑 Skipped = 108 (16.85% missingness)

📅 Henry County Public Health 2023

👤 Dr. Nicolas Foss, MS

Other Comments

Access to care for disabled family member. Caregiving requirements

Affordable Daycare

Age discrimination

Aging

All food is so expensive. The healthier choices are even higher.

being able to get in to see a doctor, the wait is usually 6 weeks for Jefferson County Clinics

Bike path needed on Oakland mills

Can't get in to see your doctor.

childcare

Cost of food prices

Cost of healthy food

COST OF MEDICAL CARE EVEN WITH INSURANCE IS TOO HIGH

Costs of healthy options are high, Hours that have to work in order to support family are HIGH therefore limited time to focus on the exercise and healthy factors.

Depression

drive to do what needs to be done.

Ease of communicating with health care facility.

Food Costs

For me, a lot has to do with the rising costs of everything. Gas for my car, rising food costs, the higher costs for medicines... And some is just because I'm a little lazy. I do not go out walking after work which would improve my health

For middle age working family - the hardest barrier is finding time in a day for self care including meal prep and exercise for everyone. This is hard to do with two working parents. As a parent, I do not think the nutrition offered at school is sufficient. And too many time children are rewarded for positive things they accomplish (at church and school or extracurricular activities) with high calorie non-nutritious foods! This happens every day. Children of all socioeconomic groups are rewarded with non nutritious foods constantly and they are not modeled healthy eating habits. It takes work to counteract this and teach children how to eat healthy, sleep enough, etc. so the biggest barrier for my family is the culture of two working parents in a society that favors quick easy high calorie foods as the method of survival to get through a school/work week

Good health care

Having a busy schedule makes it hard and then low wages is a big part because our paychecks goes to paying our bills.

Having health insurance doesn't help if you can't afford to take off work to travel to another location for care.

Having the mental fortitude to live and healthy and eat healthy foods

Healthier foods cost a lot more money than bad foods.

Healthy produce choices

I live by myself. The one thing I can think of is the increase on premiums on health insurance for secondary coverage

I think we are healthy

im lazy and maintain a poor diet

Lack of energy to eat correctly

Lack of free recreational opportunities in the winter

Lack of knowledge on how to eat healthy

Lack of making the healthy choices. I have access to healthy food and health care. I have to do it!

lack of participation from individuals (myself included) on improving their own life and making good choices (exercise, nutrition, etc.).

Lack of social/community events to bring the communities together.

Lack of Time - working overtime - two jobs - no time to exercise or enjoy out of doors

Lack of time to exercise. Making time with small children can be difficult. Healthier food options for on the go families would be helpful.

lazy

Long work hours

Loss of IWU and the resulting effect on community quality of life and quality of citizenry

Mental health care appointments are so hard to get and are booked way out

Money

Motivation

Motivation. I have opportunities for all identified above, but I don't act upon all of them

My Dad is a veteran and has to travel to the VA in Iowa City for care. It would be nice to have a VA clinic closer by.

My family is fortunate and able to take care of our own health needs.

My family is very thankful that we have access to some of the things listed above.

Myself

None/bad personal choice

not making the best choices regarding nutrition and healthy activities; divided family structure

Nothing but personal decisions

Old age

Only you can get yourself healthy!

Our own laziness

ourselves

Overall healthy and able to travel, but closer resources to town would help!

personal

Personal choices may not be the healthiest

Personal motivation

Poor choices

Property taxes are OUTRAGEOUS in Mount Pleasant which in turn makes it very hard to pay for things that are needed

Retired Senior citizens blessed with everything we need

Rising Cost of Living (groceries, medications, utilities) is making it harder to afford almost anything that's fun to do..

self control

self motivation. Not being able to utilize the IWU indoor track facility anymore.

Supportive community- connection

The roads are so bad, it is hard to ride a bike, sidewalks have many cracks, very few walking/bike paths

there is no way of getting around unless you have transportation, for anyone whom does not have this access it cost money to use what we have a cab service and it can be expensive to pay when you do not have the means needed.

time

Time (convenience of fast food)

Time management

Time. Always on the run with kids

We are 80 years old & extremely lucky. One day lack of transportation may be a problem.

we are generally healthy.

we are healthy

We have everything we need.

We try to eat healthy but most of the time, the not as good for you food just tastes better and is easily accessible.

Working to much.

5. What are five (5) things that our community does well?

Henry County Community Health Needs Assessment: 2023

Focus Area 2023	Percent_2023	N_2023
Locally owned and operated businesses	59.87%	370
Parks and recreation	47.90%	296
Trails and sidewalks	39.32%	243
Quality schools	37.70%	233
Reasonable commute	34.47%	213
Volunteer opportunities	34.47%	213
Welcoming community	29.29%	181
Roads and infrastructure	27.99%	173
Social support systems (such as parenting groups, food pantries)	24.11%	149
Variety of health services	24.11%	149
Variety of food options (dining and shopping)	14.40%	89
Community engagement in local public policy/decision making	13.75%	85
Good jobs	10.84%	67
Variety of retail options	8.74%	54
Affordable and quality housing	6.96%	43
Affordable and quality childcare	6.63%	41
Arts and entertainment options	6.31%	39
Transportation options (such as taxi, bus, bike)	4.85%	30
Job training/higher education opportunities	3.72%	23
Other (please specify)	2.59%	16

📄 Answered: 618 (96.41% response rate)

🗑 Skipped = 23 (3.59% missingness)

📅 Henry County Public Health 2023

👤 Dr. Nicolas Fass, MS

Other Comments

absolutely nothing

Community Family Friendly Events

Convenience

finding ways spend tax dollars

Good Opportunities just lack of wages

HeadStart & Community Action & Fellowship Cup

It is difficult to populate this list and the ones I've chosen are a stretch. Henry County is in rough shape right now, and the future isn't exactly bright.

No items fit.

None

not a thing

Nothing

Our community doesn't do any of these well

Really we don't have most of these things. Its bad that I can't find 5.

Under transportation options I think that RSVP is a valuable resource for taking people to medical appointments

Variety of churches

6. What are five (5) things that our community could improve?

Henry County Community Health Needs Assessment: 2023

Focus Area 2023	Percent_2023	N_2023
Affordable and quality housing	47.22%	297
Affordable and quality childcare	44.36%	279
Variety of food options (dining and shopping)	41.34%	260
Good jobs	37.20%	234
Transportation options (such as taxi, bus, bike)	32.11%	202
Job training/higher education opportunities	30.52%	192
Roads and infrastructure	30.05%	189
Variety of retail options	27.98%	176
Community engagement in local public policy/decision making	25.60%	161
Variety of health services	25.28%	159
Arts and entertainment options	23.05%	145
Quality schools	21.78%	137
Social support systems (such as parenting groups, food pantries)	17.81%	112
Welcoming community	16.22%	102
Trails and sidewalks	15.42%	97
Locally owned and operated businesses	11.13%	70
Parks and recreation	10.81%	68
Other (please specify)	6.36%	40
Volunteer opportunities	3.97%	25
Reasonable commute	3.66%	23

Answered: 629 (98.13% response rate)

Skipped = 12 (1.87% missingness)

 Henry County Public Health 2023

</> Dr. Nicolas Foss, MS

Other Comments

1. Stop the length of time fireworks are legal. 2. Speeding around Harlan School and people NOT STOPPING at stop signs.

A significant amount of this community meets criteria of poverty and relies on government for food stamps and Medicaid health insurance. Even some of our school employees and private business owners - rely on these services. We need our community to function with reliance on government to break this chain of poverty.

Adult caregiving supports and services

Affordable taxi service

All in all I believe our leaders do the best they can with what we have

All the above

Assisted living

Better awareness of opportunities and options

Better education in the school systems regarding healthy lifestyle habits

better health care coverage

Better lite safe walking

Community engagement in health problems/opportunities/new restrictions/immunities/up-to-date notices on shots, etc

DAYCARE, AFTERSCHOOL PROGRAMS, BEFORE SCHOOL PROGRAMS. TRANSPORTATION TO AND FROM SCHOOL.

Dental

Educational opportunities on how to lead a healthy lifestyle

Entertainment for teens and young children that is open all seasons.

everything

Helping the lower class by holding them accountable, making them work, and educating them on the importance of cleanliness and respect.

Helping with community help when household needs it

Henry County has nothing really. The county is poor, rude and expensive

intown sidewalks

It's hard to choose top 5. Most of these are currently a problem.

Local Dining, Breakfast, Etc.

Lower property taxation

Mental health services

Need a bike trail from town to Oakland mills

Need a family restaurant. Too many fast food places or pizza places. Need taxi service.

Now I don't have any children in the schools but I think continually improving the schools could always be improved. New books, improved curriculum, ect... Not criticizing anything, but these kids are someday going to lead this community and they need the tools to do it.

Recreation, safe place for high school kids to hang out

Reputation of the MP school district is terrible. Mass resignations of teachers and staff. Unsupportive Superintendent. Behavioral issues.

Sidewalks throughout community for safety for those that rely of walking/ bicycling for commute to school/ work

Spend less money on new city parks & more on street improvements

The mayor and council are stubborn fools stuck in the past

variety of shopping stores. all we have is Wal mart.

Wages

We definitely need some kind of cab service

welcoming new citizens to the community is clicky


7. Thinking about you and your family, what is missing or most needed in our community to improve your health? Please choose all that apply.

Henry County Community Health Needs Assessment: 2023

Focus Area 2023	Percent_2023	N_2023
Mental health services	49.00%	293
Specialty physicians	38.13%	228
Healthier food	34.45%	206
Wellness services	31.10%	186
Affordable health insurance	28.43%	170
Affordable housing	23.91%	143
Childcare	23.08%	138
Job opportunities	22.58%	135
Walking/biking trails	21.57%	129
Recreation facilities	21.40%	128
High quality education	20.57%	123
More social support systems	19.90%	119
Safe places to walk/play	18.39%	110
Transportation options	18.39%	110
Employer support	15.05%	90
Substance use services	8.53%	51
Family planning services	7.86%	47
Other (please specify)	6.86%	41

Answered: 598 (93.29% response rate)

Skipped = 43 (6.71% missingness)

 Henry County Public Health 2023

 Dr. Nicolas Foss, MS

Other Comments

4 year college

activities that are exciting and motivating to people.

Adult caregiver supports

Affordable housing = lower property taxes.

affordable, reliable, stable internet access

After school childcare/programming

Education on healthier food options

For myself, I feel that Mt. Pleasant does offer abundant resources to improve my health.

Health care offices need night and weekend hours. People that work during the day shouldn't have to go to the ER just for a strep test or some other relatively minor ailment because it's 10am on a Sunday or a weeknight at 8pm.

Healthier food/Affordable

Healthy choice restaurants. Restaurants that aren't mostly closed all on the same days.

Higher paying job opportunities - salaries in this area are too low compared to other areas in relation to education and experience

I feel this is the individual responsibility

I have no barriers in this area

Job flexibility with time for parenting, school activities and healthy meal prep.

Lack of options for resources in this area

more attainable doctors that care.

More elderly support as they live in their homes instead of nursing home care.

Need to apply myself

Obstetrical care, bring back OB services and delivery at the local hospital. HCHC

organic food

Return to a full service hospital where doctors perform services we need like delivering babies, choice of doctor for colonoscopies, endoscopic, cancer treatments, etc.

Senior Care

Since we are losing our surgeon I hope that one will be found to work at Henry County Health Center. Also to have a cardiologist come from the U of I. The one I had been seeing doesn't come to Mt. Pleasant any more

Stronger support for arts and cultural environment

teen center for hanging out with friends after school for Middle school age kids - only place right now is rec Center - Could IW Building be purchased to turn into after school center partnering with the REC Center Etc...

The only thing that needs to improve is to where you can get all the information for all the services they offer.

the walking/biking trails includes sidewalks on major roadways (between Iris Road and Grand Avenue)

This is a very nice community and great leaders

Wages that match the cost of living. Everything increased in price, but wages did not increase with it. When you have to choose between eating and electricity and you work full time with what used to be a good wage, there is a problem.

We have everything we need.

8. Additional Comments:

Additional Comments

A big concern of mine is lack of childcare services for all hours of the day.

A note: MP specifically should put in a sidewalk out to HyVee and beyond. So so many people walk and the ground is bumpy and uneven and impassable if we have rain or snow. Walking on hwy 34 is dangerous and there are too many people who do that as an option.

Access to Specialty Doctor if improvements have been made , keep it up.

Bring Iowa State University in to take over HCHC- our college. Bring back Mental Health.

Depressed area with subpar Healthcare and employment options. Lots of violence and drugs in neighboring towns. I have to work at home with a business in another state to make a living and my spouse works in manufacturing.

HCHC ER is the worst healthcare option in Southeast Iowa. I wish it wasn't, but the reputation of HCHC ER is very well deserved. The nurses don't listen, they are rude, and they still don't let more than one parent into the exam room with children even though every other ER on the planet does.

Healthcare on this survey should include physical, mental and dental automatically. As a public health it is sad this concept is not understood.

I do not receive services through HCHC. My family goes to Washington or Iowa City.

I dread making phone calls to Henry County Health. It is rare that you get anything accomplished in a timely manner. If systems truly cared for their patients, one would be able to phone a particular office directly.

I really like Mt.Pleasant as it is a safe community to raise my family.

I wish our city and county leaders cared this much about our health!

It was great first step to get a childcare center in MP, but the cost is not accessible to most families, the facility can only serve a small number of kids, and doesn't address the lack of after school care in our community.

It would be wonderful to have an on-going article in the paper or somewhere so that the community will know more about new things happening in Mt Pleasant and surrounding communities. Farmers markets that amount to anything - needs of immunities that we need up-to-date information on - more opportunities for specialty doctors, pharmacies, etc. More community support for EVERYONE - not just those who can afford it.

just need to get caring doctors and nurses in this area, my experience has been horrible since I moved here from a big city.

Local Dr's (family medicine) doesn't accept state insurance.

Lost trust in the health professionals due to pushing masks and the DNA altering shots (not a true vaccine)

Mental health care is non-existent in the area. It's near impossible to find play therapy that doesn't involve a 6 month+ wait list. There is a lack of well-paying jobs, in addition to affordable housing to go along with them. With IW closing, we are about to lose a significant portion of our economy. A strategic partnership to replace that lost economic activity and attract new people to town is necessary, or Mount Pleasant will fade away.

Mental health is a huge concern in this community, there are not enough resources. All ages are effected, we have had numerous suicides or attempts due to lack of mental health options

Mt Pleasant will miss Iowa Wesleyan for sure.Wish they would have made their financial situation more widely known.

need new city people

Not sure if this is even an option but the building with the Gym at Iowa Wesleyan could be an amazing opportunity to create a after school area for many ages of kids, partnering with Parnell Davis for Youth for Christ, the Mt Pleasant School and also Rec Center????? Could be really cool! Could possibly be room for day care, after school program for all ages... cool place for Middle Schoolers to hang while they are not in sports etc...

On the onset I cannot believe I am doing this thing.

Our community will be extremely impacted with how Iowa Wesleyan University is shutting down, just like our community was heavily impacted when Mount Pleasant Mental Institute shut down.

Our parks and playgrounds need revived! Our sidewalks need to be fixed for smooth walking/biking. It would be nice to have the bike/walking trail out to East Lake to continue into town in front of Hyvee. We could use a round about on the 4 way of South Grand Ave. & E. Washington. We also could use a slash pad in town!

Our property taxes are out of control, unfair, and discourage people from owning their own homes and property. This has a negative effect on many things.

Overall I think that we have a great community! On a personal level, I work a lot, so I am not very motivated to be active in my limited off hours.

Right now, all of our family needs are being met

SEX EDUCATION - family planning services need to be active in our community!!!

Skatepark

The insurance and billing is confusing and always creates havoc when figuring out what the patient has paid for and what is actually owed.

The landlords in this town are crooks. They are overcharging and not changing or improving their properties. The mental health services in this town are basically nonexistent. This is a problem all over the US, but so much more in rural communities. I personally travel to Iowa City for my mental healthcare needs.

The mayor and city council need to get their head out of their asses and do things to support and grow local business

The walking trail needs to extend to the West side of town and loop around North and South also. Seems like it's only beneficial if you live East of Mt Pleasant surrounding High School area. Would be nice to have this project completed prior to the grade school split for kids affected with walking and have a place for them to safely walk on sidewalks

There really isn't that much to do as far as entertainment is concerned for low income families. You have to pay to use the REC center, pay to get in to Old Threshers, pay to see a movie. Sure the parks are free, but when the weather is bad, then what is there to do for fun? The library is nice, but when you have kids that want and need a place to run off some energy on a day that's not very nice. Where do you take them?

Update information about the obesity epidemic, effects of sugar and carbohydrate consumption, including local updating our doctors. Teach them how to change our dietary practices. Put healthy diet workshops and information in food stores. Highlight processed foods as the main culprit. Thank you and good luck!

We need better avenues for communicating concerns with our school system.

We need to stop putting Mexican and Chinese restaurants here. We have enough. We need better places to take our family to and have a nice time. All we have is bowling and the swimming pool and that's only in the summertime.

We will come to greatly miss the college -

When I first move here in Iowa particularly in New London IA I really don't know what to expect but now that I've been here for almost 4 years I am really liking it because it's not like living in the big city where traffic is everywhere. The only downside is there's not much to do for my kids around this area. I want more fun recreational activities for my kids and some more restaurants to dine too. Hopefully they can improve that later on.

Winfield really tries to do all of these things, however, community overall needs to support the efforts. Something for everyone to enjoy would be additional recreational options-trails, facilities, events etc. This could provide safe spaces for children and excellent locations for families to move their bodies together. Winfield could also reach out to various educational service groups to come and present information/resources.

9. Within the past 12 months we worried whether our food would run out before we got money to buy more.

Henry County Community Health Needs Assessment: 2020

Year	Often true: n	Often true: percent	Sometimes true: n	Sometimes true: percent	Never true: n	Never true: percent	Total	Weighted Average
2020	71	6.37%	205	18.39%	839	75.25%	1115	2.69
2023	57	9.18%	107	17.23%	457	73.59%	621	2.64

Answered and Skipped statistics below for 2023 only

☑ Answered: 621 (96.88% response rate)

☒ Skipped = 20 (3.12% missingness)

📅 Henry County Public Health 2023

👤 Dr. Nicolas Foss, MS

10. Within the past 12 months the food we bought just didn't last and we didn't have money to get more.

Henry County Community Health Needs Assessment: 2023

Year	Often true: n	Often true: percent	Sometimes true: n	Sometimes true: percent	Never true: n	Never true: percent	Total	Weighted Average
2020	63	5.70%	158	14.29%	885	80.02%	1106	2.74
2023	41	6.65%	86	13.94%	490	79.42%	617	2.73

☑ Answered: 617 (96.26% response rate)

☒ Skipped = 24 (3.74% missingness)

📅 Henry County Public Health 2023

👤 Dr. Nicolas Foss, MS

11. Based on your experiences in the past 12 months, how easy or difficult is it for you to access the following services?

Henry County Community Health Needs Assessment: 2023

Services	Easy	Average	Difficult	N/A	Total
Specialty doctor	111 (18%)	150 (24%)	222 (36%)	133 (21%)	616
Mental health provider	45 (7%)	69 (11%)	220 (35%)	272 (44%)	606
Childcare services	40 (6%)	70 (11%)	101 (16%)	387 (62%)	598
Dentist	342 (55%)	133 (21%)	101 (16%)	40 (6%)	616
Primary care doctor	339 (54%)	178 (28%)	86 (14%)	18 (3%)	621
Social services/community assistance	54 (9%)	135 (22%)	72 (12%)	348 (56%)	609
Family or parent support services	59 (9%)	124 (20%)	68 (11%)	355 (57%)	606
Emergency care	251 (40%)	140 (22%)	57 (9%)	160 (26%)	608
Public health/immunization services	348 (56%)	128 (20%)	20 (3%)	120 (19%)	616

Sorted by highest to lowest 'Difficult' response

☑ Answered: 625 (97.50% response rate)

☒ Skipped = 16 (2.50% missingness)

📅 Henry County Public Health 2023

👤 Dr. Nicolas Foss, MS

12. If it was 'difficult' or 'very difficult' to receive services, what made it difficult?

Henry County Community Health Needs Assessment: 2023

Focus Area 2023	Percent_2023	N_2023
I could not get a convenient appointment.	47.10%	195
No service was available in the area.	43.24%	179
The doctor or service provider was full.	43.24%	179
The doctor did not accept my insurance.	19.57%	81
I could not afford to pay.	18.36%	76
I did not know how to find a doctor or service.	10.87%	45
Other (please specify)	10.63%	44
I did not have transportation to get to my appointment.	6.28%	26
Language or communication barrier	0.97%	4

☑ Answered: 414 (64.59% response rate)

☒ Skipped = 227 (35.41% missingness)

📅 Henry County Public Health 2023

👤 Dr. Nicolas Foss, MS

Other Comments

All the above boxes I receive these services out side of Henry County - Live in Henry County and travel to Iowa City for all the needs above... I also work in Iowa City....

Appointments very hard to get with my primary doctor

Appt. with reg. doctor is months ahead. Specialty doc. told me to get another specialty doc.

Better awareness of how caregivers can get help for their loved ones.

Care by one nurse in emergency room was NOT ACCEPTABLE, called me a name!

childcare

Competent Doctors

concerned about the quality of care

Did not choose difficult or very difficult above

Difficult to convince a doctor to send you to an specialist

Don't get to talk to your main family Doctor, get panned off to other Docs or person's nurse

getting in to a doctor when needed

have not found a place for immunization hepatitis A/B, rabies and tetanus

have to drive substantial distance to get health provider.

home health care

Hospital sucks

Hours of Operation

I receive care out of county

I was seen sooner if I travelled to the city. Traveling to Iowa City and Burlington to be seen.

it is very difficult to make an appt at Family Medicine as you are put on hold sometimes as long as 35 minutes. Those of us that only have a 30 min lunch break to make said appt get very frustrated. I've considered switching providers because of this. There has to be a better way.

It seems like local doctors offices do not like to answer/return calls furthering the difficulty.

Lack of opening for child care

Local dentists don't take state insurance making it useless

Long wait or can't get own doctor

Need in home nurse for child with medical needs

No Daycares

No Mount Pleasant office hours

No one accepts Delta Dental

Not available on a daily basis. Only in office 2x a week.

not enough daycares

Older people need a car to be able to receive help.

Poor quality, it's clear we cannot get old here.

Quality of ER support is horrible

Re: a family member 's need for mental health services and especially for treatment for a gambling problem

Ride Service (Taxi)

The cardiologist I was seeing is no longer coming to Mt. Pleasant so I have to go either to Fairleld or Washington or Iowa City. I hope the other specialy physicians continue to come to Henry County Health Center

The specialty care I needed was not available locally.

Very difficulty to get physicians office to answer the phone, almost always 10 minute wait time or cannot get thru and give up.

13. In the past year, how many times have you used Henry County Health Center’s ER?


Henry County Community Health Needs Assessment: 2023

Response 2020	Percent_2020	N_2020	Response 2023	Percent_2023	N_2023
Never	57.63%	631	Never	60.51%	377
1-2 times	34.16%	374	1-2 times	32.58%	203
3-5 times	7.12%	78	3-5 times	5.14%	32
6 or more times	1.10%	12	6 or more times	1.77%	11

Answered and Skipped statistics below for 2023 only

Answered: 623 (97.19% response rate)

Skipped = 18 (2.81% missingness)

 Henry County Public Health 2023

 Dr. Nicolas Foss, MS

SURVEY DEMOGRAPHICS: INCLUDES COMPARISONS TO 2020 SURVEY


14. In what ZIP code do you live?

Henry County Community Health Needs Assessment 2023

Year	Zip Code	Major City	County	State	N
2023	52641	Mount Pleasant	Henry County	IA	404
2023	52645	New London	Henry County	IA	64
2023	52659	Winfield	Henry County	IA	31
2023	52649	Salem	Henry County	IA	29
2023	52654	Wayland	Henry County	IA	13
2023	52601	Burlington	Des Moines County	IA	7
2023	52623	Danville	Des Moines County	IA	7
2023	52644	Mount Union	Henry County	IA	7
2023	52630	Hillsboro	Henry County	IA	4
2023	52626	Farmington	Van Buren County	IA	3
2023	52627	Fort Madison	Lee County	IA	3
2023	52655	West Burlington	Des Moines County	IA	3
2023	52353	Washington	Washington County	IA	2
2023	52533	Batavia	Jefferson County	IA	2
2023	52585	Richland	Keokuk County	IA	2
2023	52621	Crawfordsville	Washington County	IA	2
2023	52625	Donnellson	Lee County	IA	2
2023	52642	Rome	Henry County	IA	2
2023	52647	Olds	Henry County	IA	2
2023	Other				17

Answered: 606 (94.54% response rate)

Skipped = 35 (5.46% missingness)

 Henry County Public Health 2023

 Dr. Nicolas Foss, MS

15. Do you rent or own the place where you live?

Henry County Community Health Needs Assessment 2023

Housing Status 2020	Percent_2020	N_2020	Housing Status 2023	Percent_2023	N_2023
Own	73.86%	797	Own	78.65%	479
Rent	17.70%	191	Rent	18.72%	114
Neither (please specify)	8.43%	91	Neither (please specify)	2.63%	16

☑ Answered: 609 (95.01% response rate)

☒ Skipped = 32 (4.99% missingness)

📖 Henry County Public Health 2023

👤 Dr. Nicolas Fass, MS

16. What is your age?

Henry County Community Health Needs Assessment 2023

Age Group 2020	Percent_2020	N_2020	Age Group 2023	Percent_2023	N_2023
45-54	18.21%	197	65+	28.27%	173
55-64	17.38%	188	35-44	21.57%	132
65+	16.08%	174	55-64	19.28%	118
35-44	15.90%	172	45-54	16.01%	98
25-34	12.48%	135	25-34	12.09%	74
Under 18	11.37%	123	18-24	2.45%	15
18-24	8.60%	93	Under 18	0.33%	2

Answered and Skipped statistics below for 2023 only

☑ Answered: 612 (95.48% response rate)

☒ Skipped = 29 (4.52% missingness)

📖 Henry County Public Health 2023

👤 Dr. Nicolas Fass, MS

17. What is your gender?

Henry County Community Health Needs Assessment 2023

Gender Category 2020	N_2020	Percent_2020	Gender Category 2023	N_2023	Percent_2023
Female	779	72.47%	Female	473	77.80%
Male	284	26.42%	Male	128	21.05%
Non-binary/transgender	5	0.47%	Non-binary/transgender	4	0.66%

Answered: 608 (94.85% response rate)

Skipped = 33 (5.15% missingness)

 Henry County Public Health 2023

</> Dr. Nicolas Fass, MS

18. Which race/ethnicity best describes you? Choose all that apply.


Henry County Community Health Needs Assessment: 2023

Ethnicity 2020	Percent_2020	N_2020	Ethnicity 2023	Percent_2023	N_2023
White / Caucasian	91.37%	985	White / Caucasian	97.38%	595
Black or African American	3.06%	33	Hispanic/Latinx	1.15%	7
Hispanic/Latinx	2.97%	32	Black or African American	0.82%	5
Asian / Pacific Islander	2.04%	22	Asian / Pacific Islander	0.65%	4
American Indian or Alaskan Native	1.39%	15	American Indian or Alaskan Native	0.49%	3

Answered and Skipped statistics below for 2023 only

Answered: 611 (95.32% response rate)

Skipped = 30 (4.68% missingness)

 Henry County Public Health 2023

</> Dr. Nicolas Fass, MS

19. What is the highest level of education that you have completed?

Henry County Community Health Needs Assessment 2023

Education Level 2020	Percent_2020	N_2020	Education Level 2023	Percent_2023	N_2023
4-year college degree	24.53%	263	4-year college degree	30.68%	189
Graduate-level degree	16.14%	173	Graduate-level degree	18.02%	111
High school diploma (or GED)	14.27%	153	High school diploma (or GED)	15.42%	95
Some college, but no degree	14.09%	151	2-year college degree	15.26%	94
2-year college degree	13.62%	146	Some college, but no degree	13.15%	81
None of the above	6.44%	69	Career training certificate/diploma	5.52%	34
Some high school, but no diploma	5.88%	63	Some high school, but no diploma	1.46%	9
Career training certificate/diploma	5.04%	54	None of the above	0.49%	3

☑ Answered: 616 (96.10% response rate)

☒ Skipped = 25 (3.90% missingness)

📅 Henry County Public Health 2023

👤 Dr. Nicolas Fass, MS

20. What is your total household income?

Henry County Community Health Needs Assessment 2023

Household Income 2020	Percent_2020	N_2020	Household Income 2023	Percent_2023	N_2023
\$50,000 to \$74,999	21.55%	214	\$50,000 to \$74,999	21.02%	120
\$100,000 to \$149,999	17.32%	172	\$100,000 to \$149,999	19.44%	111
\$75,000 to \$99,999	14.90%	148	\$75,000 to \$99,999	16.64%	95
Less than \$20,000	13.90%	138	\$35,000 to \$49,999	14.71%	84
\$20,000 to \$34,999	12.69%	126	\$150,000 or More	10.33%	59
\$35,000 to \$49,999	12.19%	121	Less than \$20,000	10.16%	58
\$150,000 or More	7.45%	74	\$20,000 to \$34,999	7.71%	44

☑ Answered: 571 (89.08% response rate)

☒ Skipped = 70 (10.92% missingness)

📅 Henry County Public Health 2023

👤 Dr. Nicolas Fass, MS

8 APPENDIX B: 2020 AND 2023 SURVEY RESULT COMPARISONS

1. What do you think are the five (5) most important factors for a healthy community and a good quality of life?

Henry County Community Health Needs Assessment: 2023

Focus Area 2020	Percent_2020	N_2020	Focus Area 2023	Percent_2023	N_2023
Access to health care (family doctor, EMS, hospital services)	65.18%	747	Access to health care (family doctor, EMS, hospital services)	68.44%	438
Good jobs and healthy economy	60.12%	689	Good schools	57.34%	367
Good schools	50.96%	584	Low crime/safe neighborhoods	55.94%	358
Low crime/safe neighborhoods	46.42%	532	Good jobs and healthy economy	55.16%	353
Clean environment (air, water, food safety)	42.58%	488	Quality and affordable housing	40.16%	257

Answered and Skipped statistics below for 2023 only

Answered: 640 (99.84% response rate)

Skipped = 1 (0.16% missingness)

Henry County Public Health 2023

</> Dr. Nicolas Foss, MS

2. What do you think are the top five (5) health concerns in our community?

Henry County Community Health Needs Assessment: 2023

Focus Area 2020	Percent_2020	N_2020	Focus Area 2023	Percent_2023	N_2023
Mental health (such as suicide, depression, anxiety)	75.26%	855	Mental health (such as suicide, depression, anxiety)	80.76%	512
Substance abuse (such as alcohol, marijuana, other drugs)	59.15%	672	Obesity/overweight	61.99%	393
Obesity/overweight	58.89%	669	Substance abuse (such as alcohol, marijuana, other drugs)	58.99%	374
Tobacco use (including e-cigarettes, vaping, and other nicotine products)	41.46%	471	Aging problems (such as arthritis, hearing/vision loss)	34.38%	218
Cancers	33.89%	385	Cancers	32.65%	207

Answered and Skipped statistics below for 2023 only

Answered: 634 (98.91% response rate)

Skipped = 7 (1.09% missingness)

Henry County Public Health 2023

</> Dr. Nicolas Foss, MS

3. What do you think are the top five (5) barriers to health and well-being in our community?

Henry County Community Health Needs Assessment: 2023

Focus Area 2020	Percent_2020	N_2020	Focus Area 2023	Percent_2023	N_2023
Access to mental health care	63.83%	713	Access to mental health care	68.25%	432
Low wages	55.42%	619	Low wages	58.14%	368
Health insurance coverage	48.88%	546	Poverty	49.13%	311
Poverty	43.33%	484	Unaffordable housing	44.71%	283
Unaffordable housing	35.63%	398	Health insurance coverage	38.86%	246

Answered and Skipped statistics below for 2023 only

Answered: 633 (98.75% response rate)

Skipped = 8 (1.25% missingness)

Henry County Public Health 2023

</> Dr. Nicolas Foss, MS

4. Thinking about you and your family, which barriers keep you from being healthy?


Henry County Community Health Needs Assessment: 2023

Focus Area 2020	Percent_2020	N_2020	Focus Area 2023	Percent_2023	N_2023
Low wages	38.77%	359	Low wages	37.71%	201
Health insurance coverage	28.83%	267	Access to mental health care	29.27%	156
Access to mental health care	28.19%	261	Lack of free recreational opportunities	27.20%	145
Lack of free recreational opportunities	25.59%	237	Health insurance coverage	24.77%	132
Access to healthy food	20.84%	193	Access to specialty care	24.58%	131

Answered and Skipped statistics below for 2023 only

Answered: 533 (83.15% response rate)

Skipped = 108 (16.85% missingness)

 Henry County Public Health 2023

</> Dr. Nicolas Foss, MS

5. What are five (5) things that our community does well?

Henry County Community Health Needs Assessment: 2023

Focus Area 2020	Percent_2020	N_2020	Focus Area 2023	Percent_2023	N_2023
Quality schools	51.30%	571	Locally owned and operated businesses	59.87%	370
Locally owned and operated businesses	45.10%	502	Parks and recreation	47.90%	296
Parks and recreation	39.26%	437	Trails and sidewalks	39.32%	243
Volunteer opportunities	38.90%	433	Quality schools	37.70%	233
Reasonable commute	36.75%	409	Reasonable commute	34.47%	213

Answered and Skipped statistics below for 2023 only

Answered: 618 (96.41% response rate)

Skipped = 23 (3.59% missingness)

 Henry County Public Health 2023

</> Dr. Nicolas Foss, MS

6. What are five (5) things that our community could improve?

Henry County Community Health Needs Assessment: 2023

Focus Area 2020	Percent_2020	N_2020	Focus Area 2023	Percent_2023	N_2023
Affordable and quality childcare	49.73%	555	Affordable and quality housing	47.22%	297
Variety of food options (dining and shopping)	47.04%	525	Affordable and quality childcare	44.36%	279
Affordable and quality housing	41.22%	460	Variety of food options (dining and shopping)	41.34%	260
Good jobs	37.37%	417	Good jobs	37.20%	234
Transportation options (such as taxi, bus, bike)	35.22%	393	Transportation options (such as taxi, bus, bike)	32.11%	202

Answered and Skipped statistics below for 2023 only

Answered: 629 (98.13% response rate)

Skipped = 12 (1.87% missingness)

Henry County Public Health 2023

</> Dr. Nicolas Foss, MS

7. Thinking about you and your family, what is missing or most needed in our community to improve your health? Please choose all that apply.

Henry County Community Health Needs Assessment: 2023

Focus Area 2020	Percent_2020	N_2020	Focus Area 2023	Percent_2023	N_2023
Mental health services	43.30%	456	Mental health services	49.00%	293
Childcare	31.15%	328	Specialty physicians	38.13%	228
Healthier food	31.15%	328	Healthier food	34.45%	206
Job opportunities	30.77%	324	Wellness services	31.10%	186
Affordable health insurance	30.48%	321	Affordable health insurance	28.43%	170

Answered and Skipped statistics below for 2023 only

Answered: 598 (93.29% response rate)

Skipped = 43 (6.71% missingness)

Henry County Public Health 2023

</> Dr. Nicolas Foss, MS

9. Within the past 12 months we worried whether our food would run out before we got money to buy more.

Henry County Community Health Needs Assessment: 2020

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2023	57	9.18%	107	17.23%	457	73.59%	621	2.64

Answered and Skipped statistics below for 2023 only

Answered: 621 (96.88% response rate)

Skipped = 20 (3.12% missingness)

Henry County Public Health 2023

</> Dr. Nicolas Foss, MS

10. Within the past 12 months the food we bought just didn't last and we didn't have money to get more.

Henry County Community Health Needs Assessment: 2023

Year	Often true: n	Often true: percent	Sometimes true: n	Sometimes true: percent	Never true: n	Never true: percent	Total	Weighted Average
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2023	41	6.65%	86	13.94%	490	79.42%	617	2.73

☑ Answered: 617 (96.26% response rate)

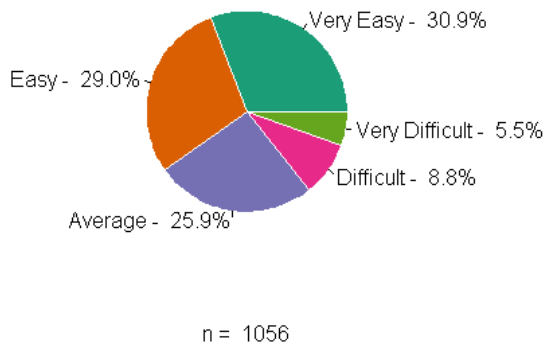
☒ Skipped = 24 (3.74% missingness)

📄 Henry County Public Health 2023

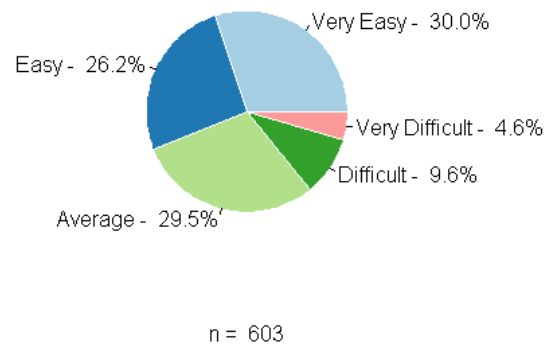
👤 Dr. Nicolas Foss, MS

11. Based on your experiences in the past 12 months, how easy or difficult is it for you to access the following services?

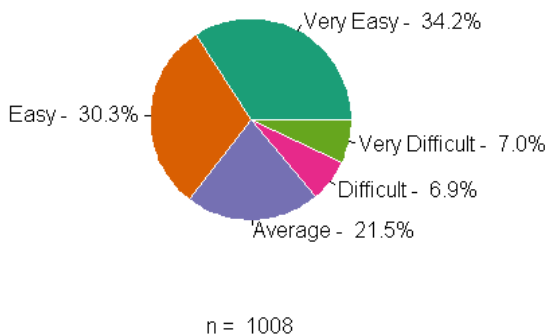
**Access to Primary Care Doctor
Henry County Health Needs Assessment - 2020**



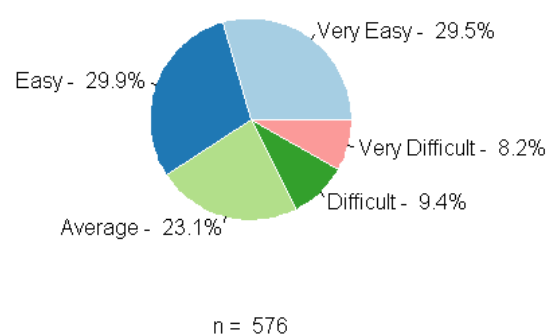
**Access to Primary Care Doctor
Henry County Health Needs Assessment - 2023**



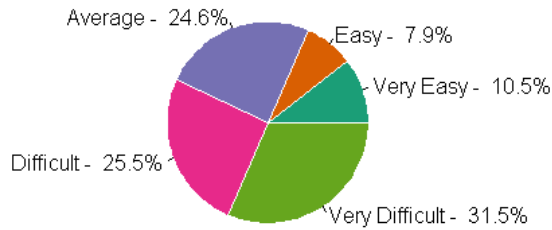
**Access to Dentist
Henry County Health Needs Assessment - 2020**



**Access to Dentist
Henry County Health Needs Assessment - 2023**

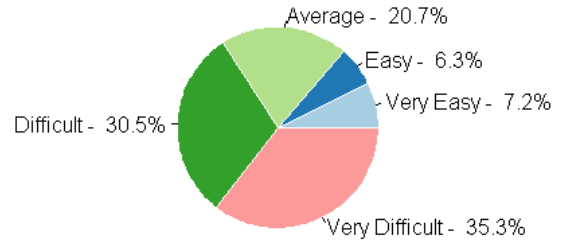


**Access to Mental Health Provider
Henry County Health Needs Assessment - 2020**



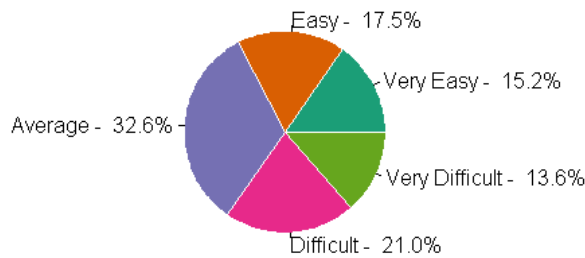
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**Access to Mental Health Provider
Henry County Health Needs Assessment - 2023**



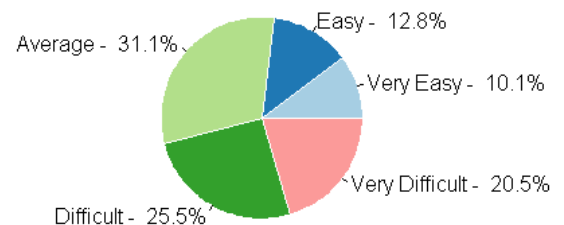
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**Access to Specialty Doctor
Henry County Health Needs Assessment - 2020**



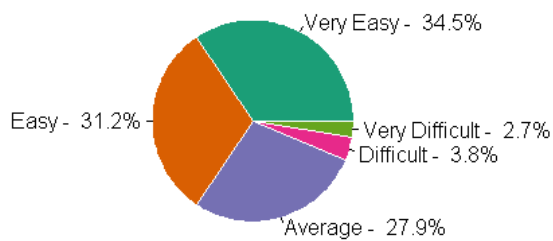
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**Access to Specialty Doctor
Henry County Health Needs Assessment - 2023**



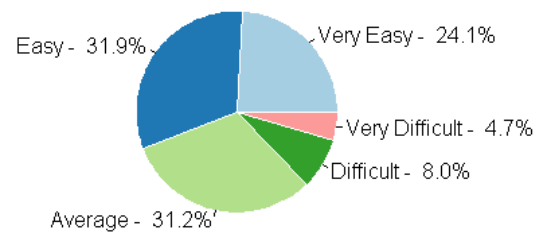
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**Access to Emergency Care
Henry County Health Needs Assessment - 2020**



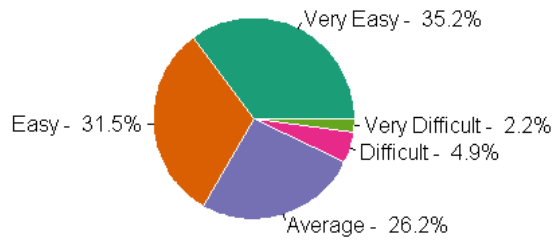
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**Access to Emergency Care
Henry County Health Needs Assessment - 2023**



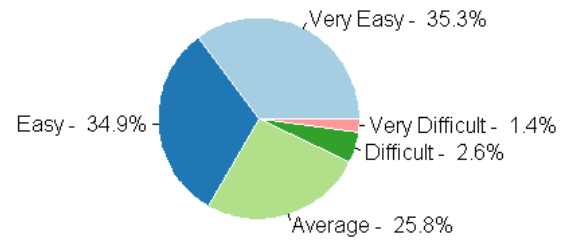
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**Access to Public Health/Immunization Services
Henry County Health Needs Assessment - 2020**



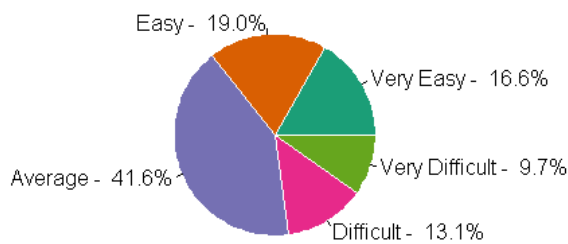
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**Access to Public Health/Immunization Services
Henry County Health Needs Assessment - 2023**



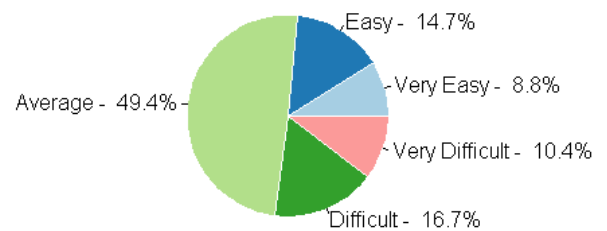
n = 496

**Access to Family or Parent Support Services
Henry County Health Needs Assessment - 2020**



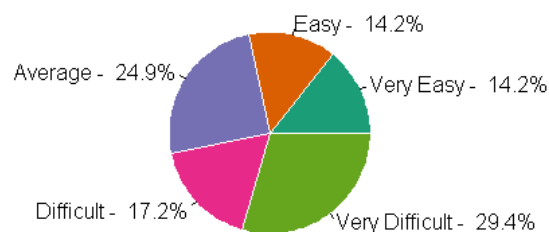
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**Access to Family or Parent Support Services
Henry County Health Needs Assessment - 2023**



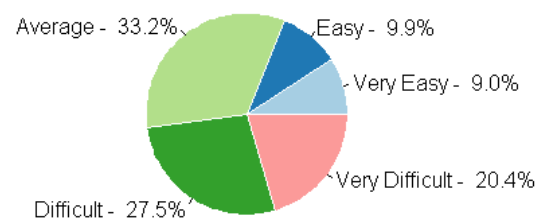
n = 251

**Access to Childcare Services
Henry County Health Needs Assessment - 2020**



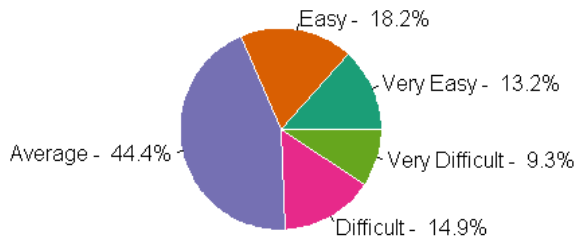
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**Access to Childcare Services
Henry County Health Needs Assessment - 2023**



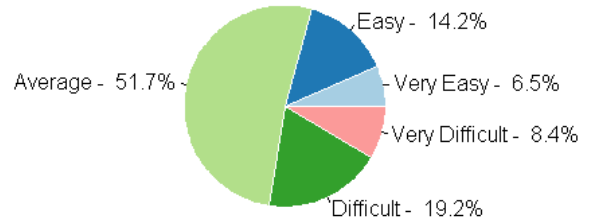
n = 211

**Access to Social Services/Community Assistance
Henry County Health Needs Assessment - 2020**



n = 516

**Access to Social Services/Community Assistance
Henry County Health Needs Assessment - 2023**



n = 261

12. If it was 'difficult' or 'very difficult' to receive services, what made it difficult?

Henry County Community Health Needs Assessment: 2023

Focus Area 2020	Percent_2020	N_2020	Focus Area 2023	Percent_2023	N_2023
No service was available in the area.	42.86%	285	I could not get a convenient appointment.	47.10%	195
The doctor or service provider was full.	33.83%	225	No service was available in the area.	43.24%	179
I could not get a convenient appointment.	31.88%	212	The doctor or service provider was full.	43.24%	179
I could not afford to pay.	24.66%	164	The doctor did not accept my insurance.	19.57%	81
The doctor did not accept my insurance.	23.46%	156	I could not afford to pay.	18.36%	76

Answered and Skipped statistics below for 2023 only

☑ Answered: 414 (64.59% response rate)

☒ Skipped = 227 (35.41% missingness)

🏠 Henry County Public Health 2023

👤 Dr. Nicolas Foss, MS

13. In the past year, how many times have you used Henry County Health Center's ER?

Henry County Community Health Needs Assessment: 2023

Response 2020	Percent_2020	N_2020	Response 2023	Percent_2023	N_2023
Never	57.63%	631	Never	60.51%	377
1-2 times	34.16%	374	1-2 times	32.58%	203
3-5 times	7.12%	78	3-5 times	5.14%	32
6 or more times	1.10%	12	6 or more times	1.77%	11

Answered and Skipped statistics below for 2023 only

☑ Answered: 623 (97.19% response rate)

☒ Skipped = 18 (2.81% missingness)

🏠 Henry County Public Health 2023

👤 Dr. Nicolas Foss, MS

9 APPENDIX C: SUCCESSES FROM 2020 HEALTH IMPROVEMENT PLAN

PRIORITY: MENTAL HEALTH

- Updated and distributed youth and adult mental health resource guides
- Ongoing promotion of National Suicide Lifeline (now 988) and Your Life Iowa hotline including through yard signs, sidewalk signs, flyers, magnets, and media advertising
- Began regular kindness campaigns in partnership with Henry County CPPC
- Promoted and provided funding for Mental Health First Aid trainings

PRIORITY: OBESITY/POOR NUTRITION

- Worked with all food pantries serving Henry County and developed a flyer to promote both awareness and the need for donations
- Helped a new community garden in New London get started
- Promoted local produce suppliers with a webpage – HealthyHenryCounty.org/local-produce
- Helped the cities of Wayland and Winfield with successful grant applications to improve their city parks
- Provided 5-2-1-0 and SWITCH education in 3 school districts
- Switched our annual Healthy Halloween Walk to June and rebranded as Stride Into Summer Family Walk to combine physical activity with summer health and safety education

PRIORITY: CANCER

- Joined the Iowa Cancer Consortium and push out their cancer prevention messages regularly
- Filled all available slots in the Care For Yourself breast and cervical cancer screening program
- Presented to school districts and area businesses about the dangers of tobacco and nicotine products
- Increased the number of school districts and workplaces that implement comprehensive tobacco and nicotine-free policies
- Increased the completion rate of the HPV vaccine in 13-15 year olds by 10%
- Began providing sunscreen at select outdoor events in partnership with Henry County EMS

PRIORITY: ACCESS TO CARE

- Henry County Health Center entered into an operational lease agreement with Great River Health System July 1, 2021. Benefits of this partnership that have and continue to affect access to care are development/implementation of a shared EHR, work group for the expansion of specialty services, rural health clinic, provider recruitment, and other shared resources.

PRIORITY: INFECTIOUS DISEASE MITIGATION

- Created new website for Public Health including a page dedicated to COVID information that was updated regularly throughout the pandemic and continues to be updated
- Provided timely information to the public during the COVID pandemic using relationships with local media including discounted newspaper ads and a regular weekly radio update
- Utilized social media more often and presented to community groups to keep residents informed
- Provided targeted education to high-risk workplaces, schools, nursing homes, and others about ways to reduce COVID spread, including updates as federal guidance was adjusted