

# Community Health Needs Assessment (CHNA) Report for Howard County

Revised  
9/22/2023



For additional information about this report:

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The top priorities for Howard County was determined through the 2022 Howard County Community Survey. The Howard County Community Survey was conducted using a survey monkey sent out to community members in September and October 2022. There was 122 surveys completed. Community engagement meetings were held to discuss results and offer valuable feedback. This included local board meetings and planning meetings with business owners, and various members and group within the community. The 2022 Howard County Community Survey is available by request.

## Howard County Community Health Needs Assessment Details

9/22/2023

### Priority 1

Strengthen awareness and education on substance use.

#### Data/Rationale

Strengthen awareness and education on substance use was reached as a priority through assessment of the 2022 Howard County Community survey with the top 3 risky behaviors identified as vaping or smoking at 75%, excessive alcohol consumption and illegal drug use at 45%. Adult respondents from the 2023 Helping Services Community survey reported in the last 30 days 24.6% had used tobacco and 17.5% had used electronic smoking devices. In which 14% reported using tobacco and 7% reported using electronic smoking devices for 20 or more days in the last 30 days. When asked if it was against their values to allow teens to use nicotine products such as vaping devices 12.5% disagreed and 1.8% strongly disagreed. The county did not participate in the youth survey for data. Iowa statistics from My Life My Quit showed that 6.7% of high school students reported using Cigarettes while 20.1% reported vaping. Iowa's vaping rate is 6% higher than the national rate. 41% of students in 11th grade reported that they were 14 or younger when they vaped for the first time.

Is this issue addressed in an improvement plan? Yes

# Howard County Community Health Needs Assessment Details

9/22/2023

## Priority 2

Expand mental health resources and suicide awareness.

### Data/Rationale

Expand mental health resources and suicide awareness this priority was reached through assessment of the 2022 Howard County Community survey in which 70% of respondents' listed mental health as a major health issue for the county. According to the 2022 Howard County data from datausa in a 30 day time span 4.28% of those days residents were off for mental health days and 13.7% of adults reported 14 days or more in which they had poor mental health. According to the 2023, Helping Services Community survey over the last year 32.1% of respondents felt sad or hopeless for 2 weeks or more and altered their normal routines. 12.5% of respondents also noted they thought about killing themselves. The county did not participate in the youth survey. The 2021 High School Youth Risk Behavior Survey for the state of Iowa showed that 39.1% of students reported that in the last 12 months they had felt sad or hopeless almost every day for 2 weeks in which they stopped doing some of their normal activities. While 22.6% reported considering suicide in the last 12 months and 10.2% had attempted suicide.

Is this issue addressed in an improvement plan? Yes

## Priority 3

Increase awareness of healthy behaviors and lifestyles.

### Data/Rationale

Increasing awareness of healthy behaviors and lifestyles was reached as a priority through assessment of the 2022 Howard County Community survey in which 75% of respondents listed obesity as a major health issue other major issues included 70% mental health, 70% cancer, 15% high blood pressure, and 5% heart disease. According to the 2022 Howard, county data from datausa 35.5% of adults 18 and over have a body mass index greater than or equal to 30kg/m<sup>2</sup>. Although reported 70.9% of Howard County residents have adequate access to locations for physical activity, 28.1% reported not having time for physical activity. Of these respondents, 11.8% reported having food insecurities. Data shows that in a 30-day time span 3.43% of residents were out off for poor physical health days and 4.28% were out for mental health days. Data also showed that 14.7% of adults were reported to be in poor to fair health and 10.6% reported 14 or more days of poor health per month.

Is this issue addressed in an improvement plan? Yes

# Howard County Community Health Needs Assessment Details

9/22/2023

## Priority 4

Strengthen the health infrastructure in Howard County by enhancing health equity.

### Data/Rationale

Strengthening the health infrastructure in Howard County by enhancing health equity was reached as a priority through the 2022 Howard County data from datausa, 8.96% of Howard County residents live below the poverty line. Howard County population that was both low income and did not live close to a grocery store was 10.2% with 7.8% lacking adequate access to food. According to County Health Rankings 6% of Howard county participants reported severe housing problems in comparison to Winneshiek County at 8%. Consideration for severe housing problems include overcrowding, high housing costs lack of kitchen or plumbing facilities.

Is this issue addressed in an improvement plan? Yes

## Priority 5

Educate on electronic device safety.

### Data/Rationale

Educate on electronic device safety was reached as a priority through a community meeting. The electronic device safety both online and while driving was a concern. According to the CDC, more than 1 in 6 students in high school reported being cyberbullied. With the highest amount reported in 28% middle schools and 16% in high schools. In 2017, the Injury Prevention Research Center reported 47% of students in middle and high school being bullied. The High School Youth Risk Behavior Survey in 2021 for the state of Iowa showed 18.8% of high school students were electronically bullied in the last 12 months, from that reporting 24.9% were female and 12.3% were male. Whereas survey results from the Iowa High School Youth Risk Behavior Survey in 2021 showed that 45.3% of students responded that while driving a car or other vehicle they had text or email at least once in the last 30 days.

Is this issue addressed in an improvement plan? Yes

# Howard County Community Health Needs Assessment Snapshot

9/22/2023

- Priority 1:** Strengthen awareness and education on substance use.
- Priority 2:** Expand mental health resources and suicide awareness.
- Priority 3:** Increase awareness of healthy behaviors and lifestyles.
- Priority 4:** Strengthen the health infrastructure in Howard County by enhancing health equity.
- Priority 5:** Educate on electronic device safety.