

**Keokuk County Public Health
Community Health Assessment
November 2023**

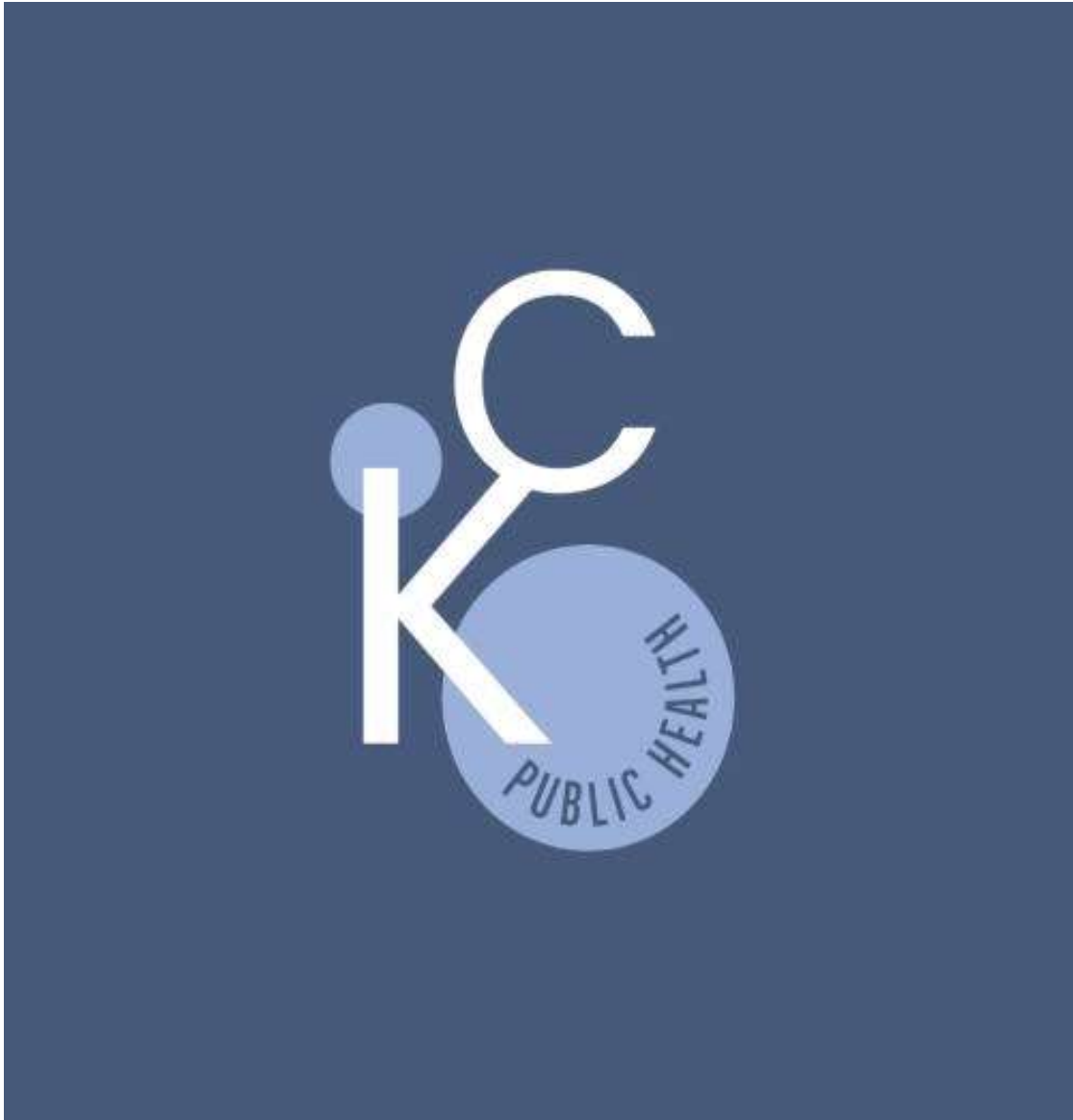


Table of Contents

Community Health Assessment.....	3
Keokuk County Data Collection.....	3
Keokuk County Demographics.....	4
Summary of Findings.....	5
Community Health Improvement Plan.....	7
Acknowledgements & References.....	9
Contact Information.....	10

Community Health Assessment

A Community Health Assessment (CHA) refers to a state, tribal, local, or territorial health assessment that identifies key health needs and issues through systematic, comprehensive data collection and analysis. A Community Health Assessment gives information to the community about current health needs, issues, and statuses. The information can be analyzed, and it can assist with creating an improvement plan which leads to change for the community.

(<https://www.cdc.gov/publichealthgateway/cha/index.html#:~:text=A%20community%20health%20assessment%2C%20also,comprehensive%20data%20collection%20and%20analysis.>)

Keokuk County Data Collection

Keokuk County completed their Community Health Assessment by gathering data from sources including local key stakeholders, local partners, local Board of Supervisors, local Board of Health, and by performing a county wide community survey. Specific surveys were sent out to the Board of Supervisors, community school districts, local health center (hospital), dental offices, etc.

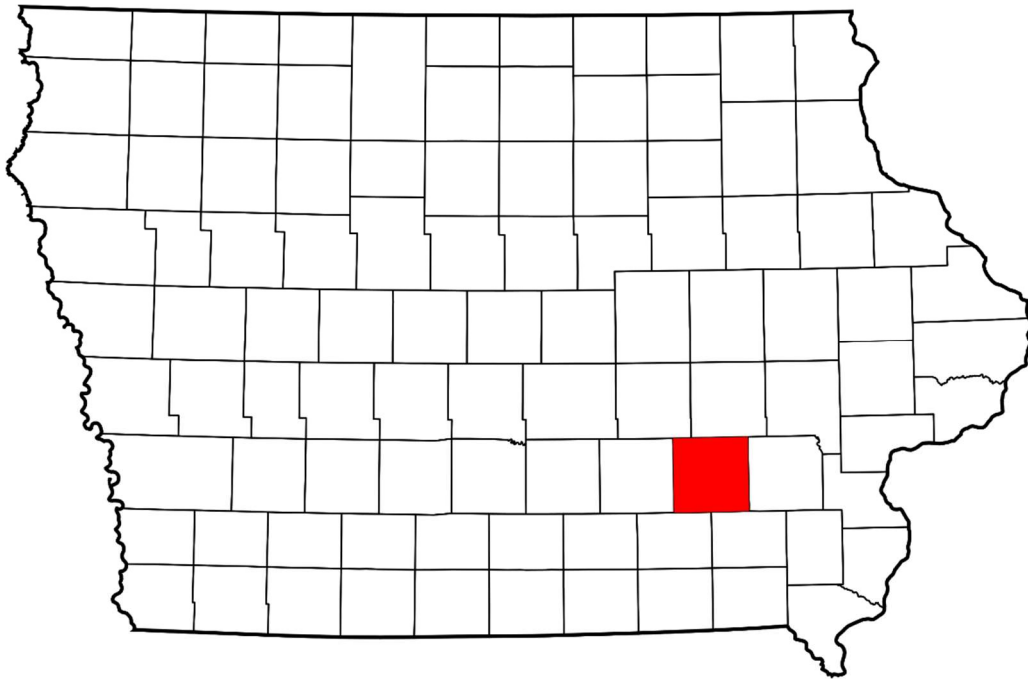
Keokuk County collected data from a community health survey for 3 months. The survey was launched by a variety of platforms including local newspapers, social media, word of mouth, visiting local businesses, public health website, and having our local partners assist with distribution. We had 97 surveys completed to analyze and use the data for our Health Improvement Plan.



Public Health
Prevent. Promote. Protect.

Keokuk County Public Health

Keokuk County Demographics



Keokuk County is in southeastern Iowa with a population of 9,904 per US Census from July 1, 2022. Iowa has a population of 3,200,517 per US Census from July 1, 2022. It is made up of 17 townships. Keokuk County is considered rural. Being rural considers all people, territory and housing of the area and considered not urban or not being 50,000 people or more in an area.

Keokuk County is ranked 56 out of 99 counties for overall health and wellness. Keokuk County is in the lower middle range for health outcomes and is considered of the least healthy for health factors.



Summary of Findings

The results of the Community Health Assessment were categorized into the following areas which identified the needs and concerns in the community. These findings will drive the Health Improvement Plan. The findings were as followed:

1) Increased Substance Use/Safety

Substance use has been increasing in Keokuk County over the last five years. This was the top priority on the community health survey. Many illegal drugs and safety with the use of drugs were of concern in Keokuk County. There currently were no local PD in most local towns at the time of survey and there is one Sheriff and four Deputies. They have recently hired a new Police Chief for the town of Sigourney. Excessive alcohol, tobacco, and/or drugs can lead into the development of chronic diseases, acute diseases, and impaired judgment, resulting in decreased safety for the person using and others around them.

2) Mental Health/Limited Resources

Mental health and suicide are not viewed the same as all physical health diagnoses. There is shame and guilt related to mental health and there are very little resources to help manage mental health disorders. Mental health is a prime part to overall health and wellness. There is a gap in awareness and resources for mental health in Keokuk County.

3) Access to Health Care

Challenges were discussed related to accessing healthcare and barriers to healthcare in Keokuk County. It was suggested by many community members if health services offered in Keokuk County were identified, it would help community members understand where to go to seek assistance with their healthcare.

4) Transportation

Keokuk County has identified a need for transportation services. Keokuk County has a big population of elderly, homebound, and disabled community members. When there is no family to offer support to these populations, the community members are unable to access healthcare services due to a lack of transportation. Transportation services are very limited and collaborating/educating the community of transportation services in Keokuk County.

5) Cost of Living

Infrastructure issues were identified from meetings and community surveys. Affordable housing and the cost of living was listed as a top priority based on our meetings and surveys. There is a disconnect between resources and knowledge with the community of affordable housing resources.

6) Healthy Lifestyle/Resources

Respondents saw healthy lifestyles, resources, health promotion, education, and prevention as a priority in Keokuk County. Making healthy choices more accessible, education about making healthier choices, and socialization events related to a healthy lifestyle are being offered for Keokuk County.

7) Emergency Preparedness

Community partners and surveys suggested being prepared and where to get your knowledge is a need in Keokuk County. Overall, a lot of respondents felt they were unprepared for disaster and did not have basic supplies in their homes. There were too many communication platforms listed in the surveys and they indicated a communication platform across the county could benefit everyone.

8) Workforce

Finding reliable workforce is a priority in Keokuk County. The survey respondents suggested there are many businesses across Keokuk County that are unable to find reliable workforce to perform needed tasks for Keokuk County. Workforce issues may need strategies such as combining roles, dual training, and prioritizing from the admin team to be successful.

Keokuk County Community Health Improvement Plan 2024-2028

Keokuk County Public Health is going to focus on the first three areas identified in our community assessment as the Community Health Improvement plan over the next five years.

1) Increased Substance Use/Safety

Goal #1: Decrease the use of smoking and excessive drinking to under 20%. In 2022, smoking was 20.8% of the population and excessive drinking was 22.8% of the population.

Strategies: Offer education classes free to the public over the correlation of smoking and drinking with chronic diseases. Collaborate with Community & Family Resources to offer education and programs to the public. Collaborate with Community & Family Resources to provide educational tools to local provider's offices and offer tools in the Public Health office.

Goal #2: Decrease the percentage of Keokuk County 6th, 8th, and 11th grades who view using marijuana regularly, methamphetamines regularly, or cocaine regularly as little to no risk.

Strategies: Partner with local law enforcement to offer relevant data and classes to all grades in Keokuk County schools. Utilize free materials to display around the county and schools regarding substance use. Work with ISTEP programs and school nurses to offer education and resources.

2) Mental Health/Limited Resources

Goal #1: To educate the public and bring awareness to mental health and resources of Keokuk County.

Strategies: Create a template with mental health resources for Keokuk County and have Public Health be a main point of contact. Educate the public about resources by utilizing websites and social media. PH Coordinator will attend local mental health coalition meetings and partake in coalition. PH Agency will coordinate education and resources with Tami Gilliland, mental health coordinator for Keokuk County.

Goal #2: Decrease the percentage of 6th, 8th, and 11th graders that reported they feel sad or hopeless. 6th grade – 20%, 8th grade – 28%, 11th grade – 33% (current numbers)

Strategies: Partner with schools to work with all grades to offer relevant and current mental health resources, when to seek health and who you can go to. Educate all grades on what symptoms to look for. Post materials on social media and offer into the school districts about information related to mental health. Offer education to send to parents for all grades of things to watch for and resources.

3) Access to Healthcare

Goal #1: Increase the number of services offered in Keokuk County.

Strategies: Work with the local hospital and local providers on services that could be started or expanded in Keokuk County. Start having discussions about how to target the populations that are elderly, homebound, and disabled. Educate the public about services offered. Create a Public Health “Ask a Nurse” program where the public can stop in or call and talk to a nurse over disease management, medication questions, when to seek assistance from the provider, or if they need additional care assistance with the referral.

Acknowledgments & References

We would like to thank every community member that participated in the community survey. Change cannot happen without this data. We also would like to thank all our local partners that participated. Lastly, we want to thank all the staff of Keokuk County Public Health for working seamlessly every day to help the community of Keokuk County.

References:

<https://www.countyhealthrankings.org/explore-health-rankings/iowa/keokuk?year=2023>

<https://www.census.gov/quickfacts/fact/table/keokukcountyiowa/PST045222>

<https://www.cdc.gov/publichealthgateway/cha/index.html#:~:text=A%20community%20health%20assessment%2C%20also,comprehensive%20data%20collection%20and%20analysis.>

https://datausa.io/profile/geo/keokuk-county-ia?alcoholDrugsTobaccoOptions=indicator_10&healthBehaviorsOptions=alcoholDrugsTobaccoOption

https://iowayouthsurvey.idph.state.ia.us/Portals/20/IYS_Reports/2/04e3aa27-1597-4cf4-aafe-2788a2f3221d.pdf



Contact Information

About Keokuk County Public Health

Keokuk County Board of Health consists of five members, all appointed by the Board of Supervisors. They are the decision makers and policy makers of Keokuk County Public Health. Keokuk County Public Health does not discriminate based on race, color, national origin, age, disability, or sex. Keokuk County Public Health provides numerous public health programs and offers home health to residents of Keokuk County. Some public health programs include resources, education, school health programs, blood pressure clinics, emergency preparedness, vaccinations, blood draw program, communicable disease, and healthy homes. The public health office receives funding from federal, state and county to support these programs and services. The office currently consists of 8 staff members providing the above services.



**Keokuk County Public Health
(located in the Courthouse)**

101 S Main Street

Sigourney, IA 52591

Phone: 641-622-3575

Fax: 641-622-1052

Email: publichealth@keokukcounty.iowa.gov

Website: <https://keokukcounty.iowa.gov/business/public-health>