



LYON
COUNTY • IOWA

HEALTH SERVICES LYON COUNTY



Public Health

COMMUNITY HEALTH NEEDS ASSESSMENT

2023

ADMINISTRATOR SUMMARY

Health Services of Lyon County has conducted a Community Health Needs Assessment for the approximately 11,900 people residing in Lyon County. The communities located in our geographic area include: Rock Rapids, George, Little Rock, Lester, Doon, Larchwood, Alvord, and Inwood.

The Community Health Needs Assessment is a tool that allows us to identify the areas of strengths and weaknesses within our county. The process by which we gather the information, allows us to incorporate input from community leaders, partners, and the population. It provides a better understanding of the capacity by which we can meet population needs, in addition to identifying areas of growth needed to increase access, utilization and expansion of resources and services. We are able to move forward in building a stronger foundation of health improvement and promotion in our county.

The public health agency conducted a health needs survey presented to the collaborative partners that provided us with the information needed to identify the high needs of the county, as well as assist in the development of our health improvement strategy plan. Together working with healthcare, community leaders, faith partners, and the public we will develop working goals that will build a stronger, healthier, and safer community for our population.

Sincerely,

Melissa M Stillson, RN

Public Health Administrator

Health Services Lyon County

County Description

Lyon County is the most northwesterly county of the State of Iowa. As of the 2020 Census, the population was 11,934. The county seat is Rock Rapids. There are eight communities within Lyon County: Rock Rapids, George, Little Rock, Lester, Larchwood, Inwood, Alvord and Doon. The county borders South Dakota to the west and Minnesota to the North. The workforce in the county includes agricultural, education, healthcare, manufacturing, food and retail alongside of city and county governmental agencies.

Population By Age

Total Population 12,179

Under 5 7.2%

Under 18 27.9%

65 + 1 9.2%

Population by Race

White 96.6%

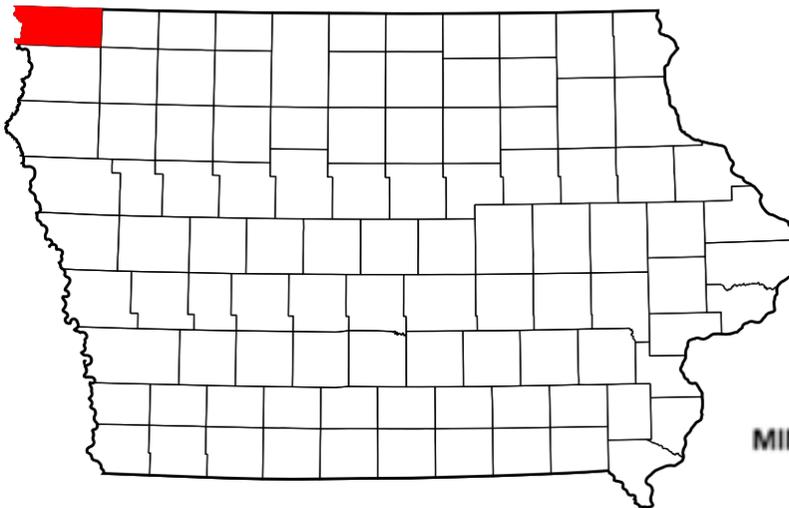
Asian 0.4%

Hispanic/Latino 3.4%

African American 0.5%

Two or more races 1.23%

Hawaiian/Pacific Islander 0.3%



Original map copyright 2005 digital-topo-maps.com

Assessment Implementation and Development

Public Health conducted the CHNA by distributing surveys to our healthcare, education, community action agencies, faith organizations, county government agencies, mental health providers, and sought out public input through social media outlets. In addition, we had multiple discussions with Avera Merrill Pioneer Hospital in which they shared input from their assessment process and allowed us to identify the areas health that represent the highest need within our county. Secondly, we had discussions with Sanford Rock Rapids health educators on identifying areas of need they are seeing in the county.

Our agency collaborated with Northwestern College students to assist in the development of a community health survey. The survey provided general demographic information, identified areas of greatest health impact to our county, areas of growth needed to improve quality life, accessibility to mental health and medical services, healthy nutrition options and physical activity resources. In addition, we asked our survey respondents to identify if they had access to medical care coverage, the frequency of medical visits, receiving health screenings and annual exams. Lastly, we asked respondents to identify the type and frequency of feelings related to mental health concerns or illness.

The data from the surveys was compared to state and national data and benchmarks, including the county health rankings report. In addition, it has provided us the framework needed to identify the priority needs of our population. We will share this with our community partners as we work to engage them in building a healthier Lyon County through our health improvement plan.

County Health Ranking Report

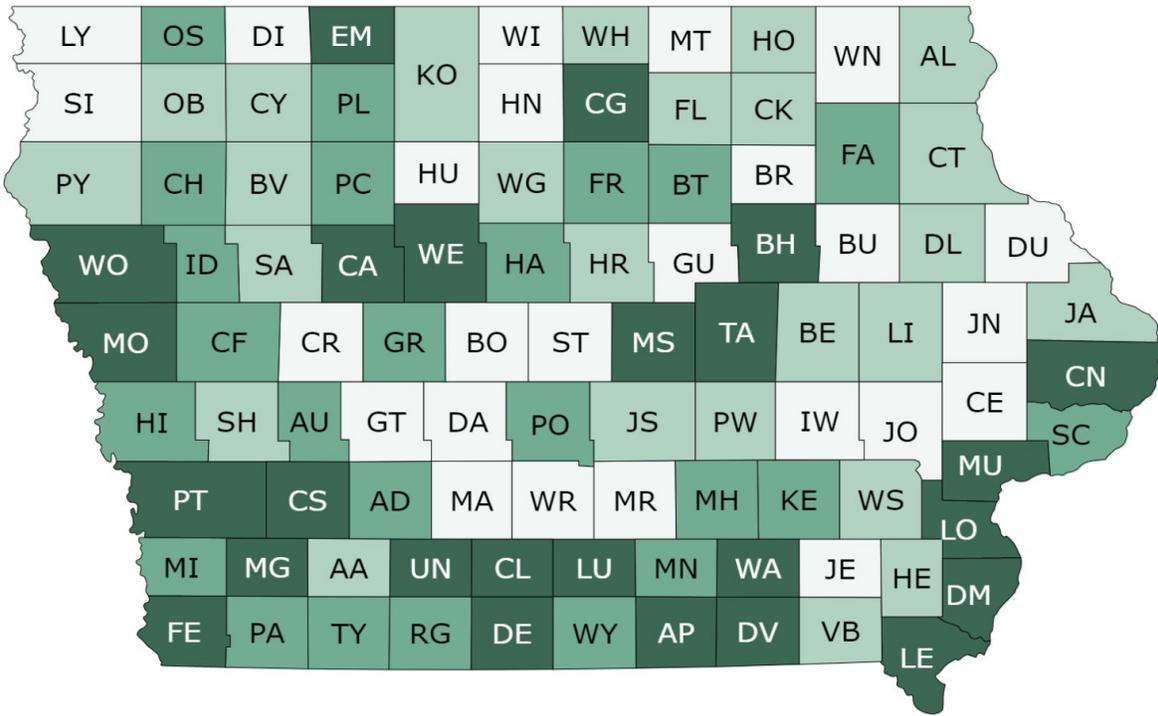
The County Health Rankings & Roadmaps report raises awareness about the many factors that influence health. It provides local-level data that shows how people from one county to another rank on a range of factors that determine health—unemployment, education, community safety, diet and exercise, and other areas to ensure that every community is a healthy place to live, learn, work and play. It's a great way to understand the areas of health that can affect the longevity of lives and provides information on how well people are living. In 2022, Lyon County ranked 9th out of 99 counties. In the maps identified you will see that the county health rankings identify Health outcomes and Health Factors for Lyon County, as being among the healthiest in Iowa.

Health outcomes represent how healthy a county is right now, in terms of length of life but quality of life as well.

Lyon (LY) is ranked among the healthiest counties in Iowa (Highest 75%-100%).

Health Factors represent those things we can modify to improve the length and quality of life for residents.

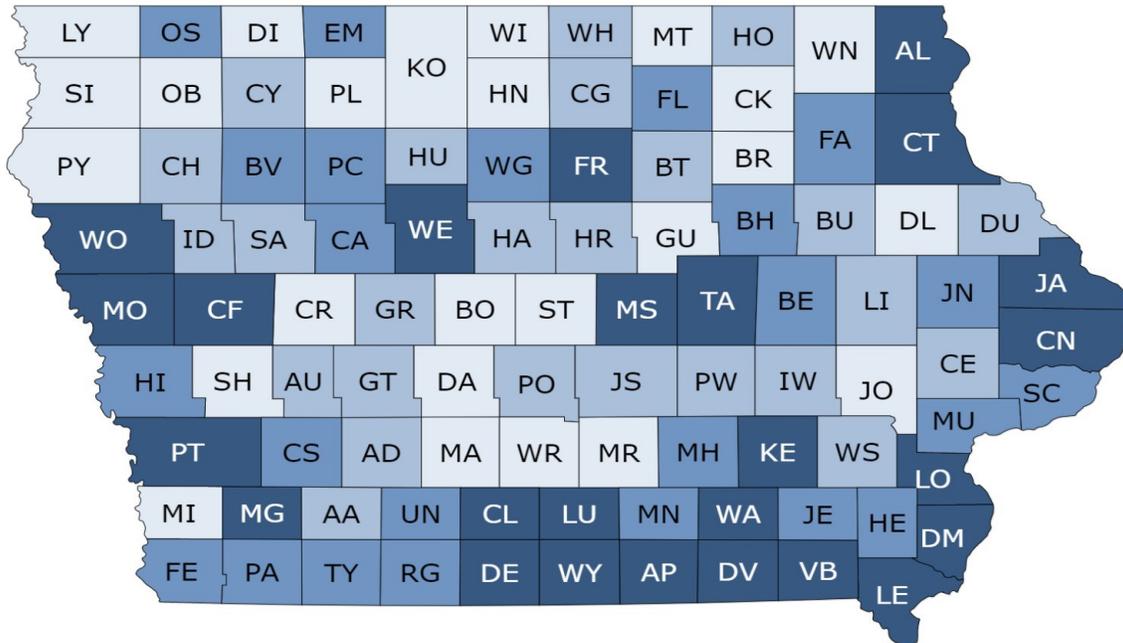
2023 Health Outcomes - Iowa



Health Outcome Ranks 1 to 25 26 to 50 51 to 74 75 to 99

County Health Rankings & Roadmaps
Building a Culture of Health, County by County

2023 Health Factors - Iowa



Health Factor Ranks 1 to 25 26 to 50 51 to 74 75 to 99

County Health Rankings & Roadmaps
Building a Culture of Health, County by County

Health Outcomes and Factors

The county health roadmaps and rankings identify our county as one of the healthiest in the State of Iowa, in addition it allows us to identify health areas in which we want to build upon to improve population health in our county.

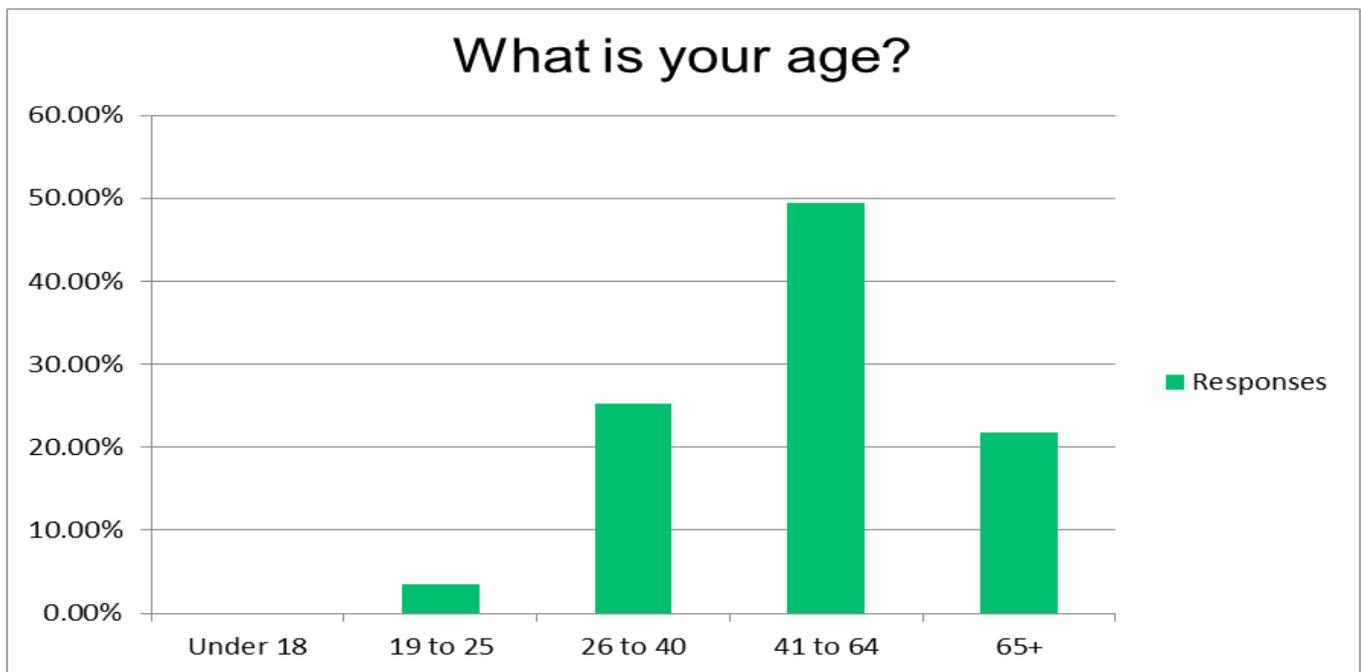
Health Outcomes			
Length of Life			
Quality of Life	Lyon (LY) County	Iowa	United States
Poor or Fair Health	11%	12%	12%
Poor Physical Health Days	2.7	2.8	3.0
Poor Mental Health Days	4.1	4.4	4.4
Low Birthweight	6%	7%	8%

Health Factors

	Lyon (LY) County	Iowa	United States
Health Behaviors			
Adult Smoking	18%	17%	16%
Adult Obesity	34%	37%	32%
Food Environment	9.7	8.6	7.0
Physical Inactivity	22%	23%	22%
Access to Exercise Opportunities	42%	79%	84%
Excessive Drinking	24%	25%	19%
Alcohol-Impaired Driving Deaths	30%	27%	27%
Sexually Transmitted Infections	153.1	478.5	481.3
Teen Births	10	16	19

Survey Results

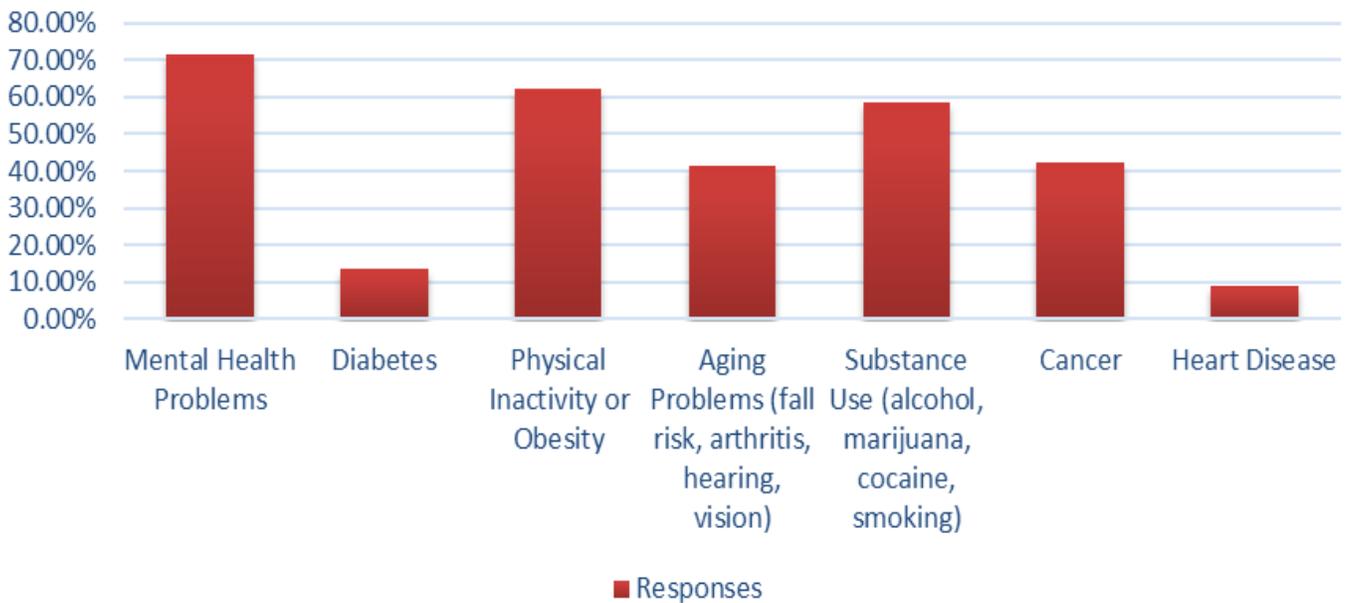
The survey distributed by our agency allowed us to see a variety of age group ideas on the health needs of our county. We distributed the survey county-wide and thru social media outlets. Below identifies that the largest group of those responding to the survey were between the ages of 41-64 years of age at 49% , followed by 26-40 year olds and those 65 and older. We had minimal input from those persons 19-25 years of age.



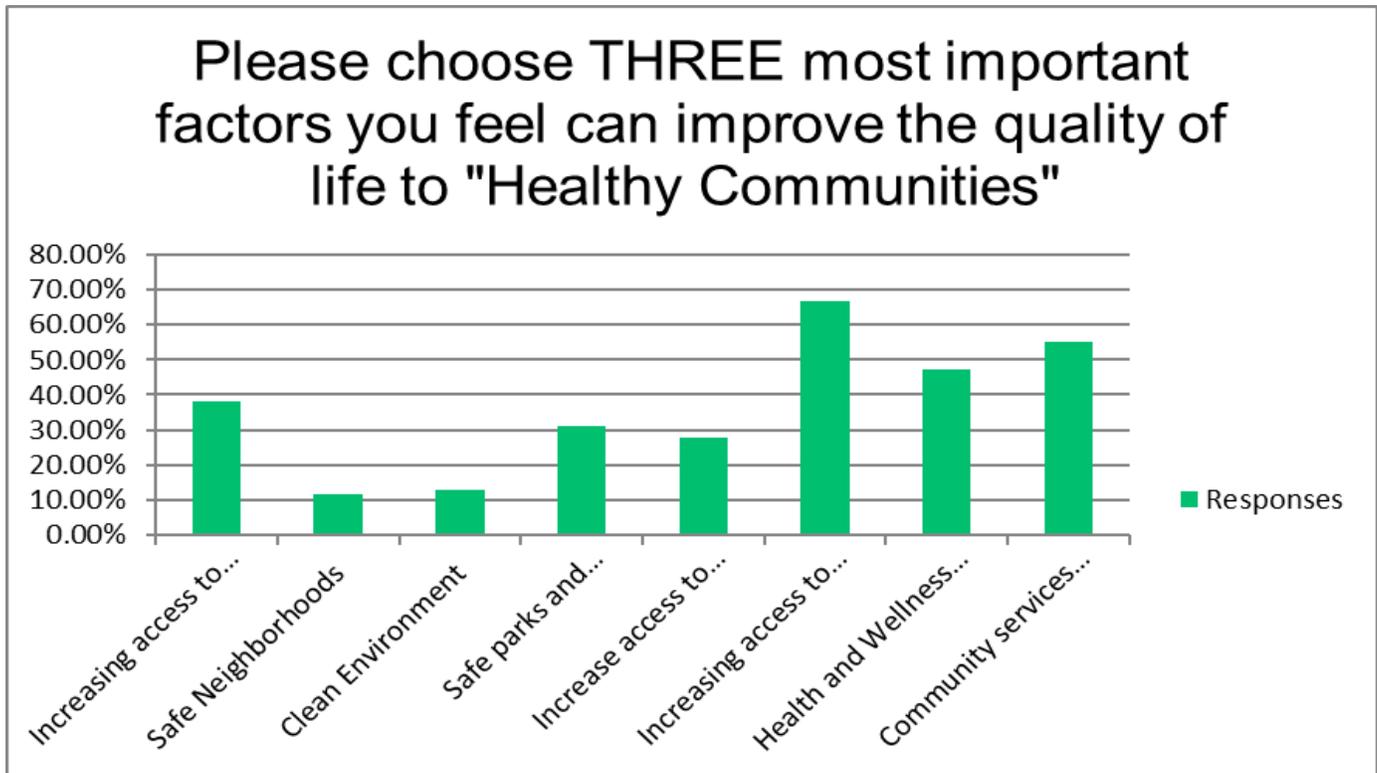
HEALTH PROBLEMS: The community results identified the three top priority health problems in the county are Mental Health, Physical Inactivity/Obesity, and Substance Use.

Answer Choices	Responses
Mental Health Problems	71.26%
Diabetes	13.79%
Physical Inactivity or Obesity	62.07%
Aging Problems (fall risk, arthritis, hearing, vision)	41.38%
Substance Use (alcohol, marijuana, cocaine, smoking)	58.62%
Cancer	42.53%
Heart Disease	9.20%

Please choose **THREE** health problems you feel have the greatest impact on community health in Lyon County.



HEALTHY COMMUNITIES : The public and community partners input indicates that to improve the quality of life and build healthy communities we need to work on increasing access to mental healthcare, community services for those 65 and older, health and wellness education programs.

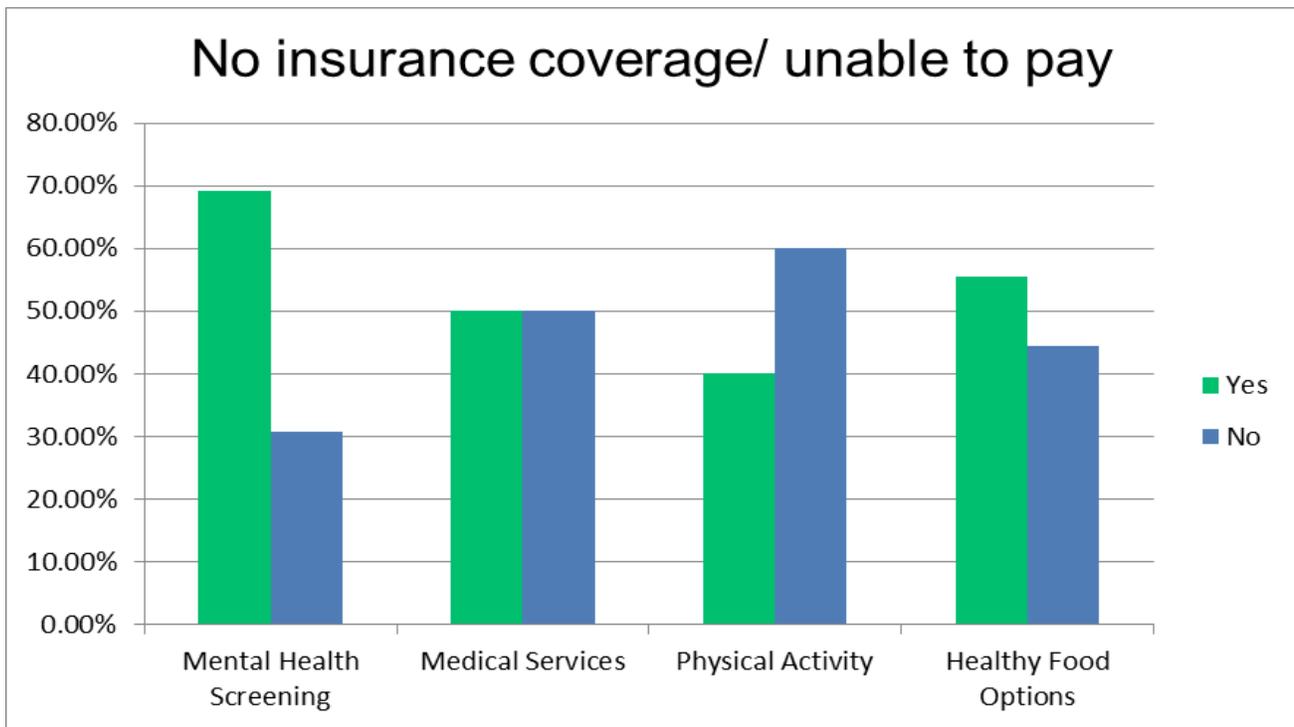


Answer Choices	Responses
Increasing access to Medical Healthcare/ Insurance	37.93%
Safe Neighborhoods	11.49%
Clean Environment	12.64%
Safe parks and walkable communities (bike/ walking trails)	31.03%
Increase access to healthy food programs	27.59%
Increasing access to Mental Healthcare	66.67%
Health and Wellness education programs	47.13%
Community services for those 65 years and older	55.17%

HEALTH NEEDS ACCESS The survey responses indicated that there are citizens that lack insurance coverage or ability to pay for medical and mental health services, healthy food options, and difficulty with accessing ways to be physically active. The county health rankings report indicates that 6% of our population , approximately 715 persons under age 65 do not have health insurance.

**Select difficulties (if any) with gaining access to the following...
No insurance coverage/ unable to pay**

	Yes		No		Total
Mental Health Screening	69.23%	18	30.77%	8	26
Medical Services	50.00%	10	50.00%	10	20
Physical Activity	40.00%	6	60.00%	9	15
Healthy Food Options	55.56%	10	44.44%	8	18
				Answered	57
				Skipped	30



PUBLIC COMMENTS AND FEEDBACK

Need exercise options during winter months for walking, swimming etc."

We need an indoor / outdoor pickle ball courts and more exercise things for seniors to do that are free or cost very little.

Our county needs to increase chemical awareness to school age kids.

IWe need in home visits

Children are often neglected in this community. They need advocates beyond the walls of the school and medical doctors' offices.

What to do for your health after cancer. Possible ways to maintain health and wellness after treatment include foods to eat and vitamins that may benefit you.

I think it'd be wonderful if we could connect the cities in Lyon County with a trail system!

You do a wonderful job. I think it would be beneficial to have a ride bus just for our town. Why should we have to call Spencer, Iowa possibly be something Lyon County could have back??

Thanks for all you do. Mental health is a huge issue. We need more counselors. At a low cost :) Obesity - disconnect their phones & devices. We just need to move more. Cheap and easy exercise is always available.

We need access to a mental health facility in rock rapids that doesn't involve going to the ER.

"Personal/Family: It is the costs associated with fitness centers that is a barrier.

Work perspective: Many of my clients have the following barriers: lack of transportation, lack of finances, and an ""accountability"" partner to work with them in these endeavors until these changes become routine. "

I think every community needs to be more pro-active in addressing mental health and substance abuse issues. There are not enough mental health/substance abuse counselors available and a lot of the people facing these issues don't have the money to get access to the help they need-especially young people.

I was disappointed to hear there is no longer Lyon County Home Health Care. Hoping that is not the case.

I think the obesity exercise equipment that was installed by the pond is a joke and not useful for anybody who has overweight or obesity and is trying to get more physically active because they either will not be able to use the equipment, or it is way too easy to even make a huge difference.

Healthy food is more expensive than junk/processed foods. Even people with state funding assistance are using the funds on cheaper foods for quantity rather than quality of the food they buy.

I am very thankful for the hospital we have here in Rock Rapids. It is reassuring to know I have available quality care close by!



LYON
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HEALTH SERVICES LYON COUNTY



COMMUNITY HEALTH NEEDS HEALTH IMPROVEMENT PLAN

2023

Priority Health Needs Identified

Health Services Lyon County has identified through the Lyon County Health Rankings data and survey data collected from the general public and collaborative partner survey, the top priorities for our community health needs assessment is Obesity and Mental Health Services access.

Priority 1: Obesity The CDC identifies that obesity is a complex health issue that can be influenced by a variety of factors, both genetic and behavioral. It's linked to a number of serious health conditions, including heart disease, diabetes, high blood pressure, and certain types of cancer.

Behavioral factors can include dietary patterns, physical activity levels, medication use, and other exposures. Societal factors can also play a role, such as access to healthy foods and opportunities for physical activity, environmental factors, education and skills, and food marketing and promotion.

As our public health agency reviews data related to obesity, our plan to decrease obesity would incorporate increasing access to health and wellness programming, which would allow us to decrease physical inactivity, decrease stress and provide county residents with an opportunity to increase their overall mental health through lifestyle changes and social connections.

Priority 2: Access to Mental Health Services Mental and physical health are equally important components of overall health. In fact, they are closely connected. Both can be improved or harmed by how our bodies are cared for. Research has shown that good mental health can positively affect physical health, while poor mental health can negatively affect physical health. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Mental illnesses are among the most common health conditions in the United States. According to the National Institute of Mental Health (NIMH), more than 1 in 5 US adults live with a mental illness. Over 1 in 5 youth (ages 13-18) either currently or at some point during their life have had a seriously debilitating mental illness. About 1 in 25 U.S. adults lives with a serious mental illness such as schizophrenia, bipolar disorder, or major depression.

Public Health in working with our Mental Health Regional partners, healthcare partners, school and faith partners will explore opportunities in which we can build a bridge to mental healthcare services, increase community awareness and resources through our partnerships.

HEALTH SERVICES LYON COUNTY

Health Improvement Plan

Priority 1: Obesity

GOALS:

1. Increase access to physical activity resources, health education and wellness programs.
2. Decrease the prevalence of obesity.

OBJECTIVES:

1. Increase participation in physical activities from 22% to 25% by 2025.
2. Decrease the prevalence of obesity from 34% to 31% percent by 2025.

INDICATORS:

1. % of adults reporting increase from none to 30 minutes – 3 times a week of physical activity.
2. % of children reporting increase from none to 30 minutes – 3 times a week of physical activity.
3. % of overweight or obese population

ACTION STEPS:

1. Conduct nutrition education programs utilizing 5-2-1-0 program in schools, libraries, and business sites.
2. Conduct county-wide physical health and wellness programs for the elderly, disabled and mental health group homes, schools and community business partners.
3. Collaborate with local healthcare partners to provide diabetic and nutrition education programs.
4. Collaborate with local community partners, economic development to create a guide to county-wide walking trails, parks and recreational areas.

HEALTH SERVICES LYON COUNTY

Health Improvement Plan

Priority 2: Mental Health

GOAL: Increase access to mental health education and resources in Lyon County.

OBJECTIVES

1. Increase knowledge of mental health resources.
2. Increase countywide education on mental health illness.
3. Decrease percentage of people reporting mental health bad days from 4.1% to 3.5%.

INDICATORS:

1. % of population reporting increase knowledge of county, regional and state resources.
2. % of population reporting increased understanding of mental health illnesses.
3. % of population reporting bad mental health days.

ACTION STEPS:

1. Promote mental health awareness through public campaigns, social media, county-wide events.
2. Provide education and training on mental health to faith partners, educators, community members, citizens, and childcare providers.
3. Develop and distribute a directory of mental health resources to community.

Resources

<https://www.cdc.gov/obesity/resources/strategies-guidelines.html>

<https://www.aafp.org/pubs/afp/issues/2001/0601/p2185.html>

<https://www.rcpjournals.org/content/clinmedicine/23/4/318>

<https://www.countyhealthrankings.org/explore-health-rankings/rankings-data-documentation>

<https://www.samhsa.gov/mental-health/how-to-talk/educators>

[DOHS | NIH](#)

[U.S. Census Bureau QuickFacts: Lyon County, Iowa](#)

[County Health Rankings & Roadmaps](#)

SUMMARY

Health Services of Lyon County has identified with collaborative partners and public response that we have areas in which we need to build upon our strengths and develop new resources within our county. We will work towards building stronger communities within our county by utilizing the resources we have in Public Health, in addition to those we have available in community partners. Public Health strives to create a healthier Lyon County, in which our population of people served will grow in their individual health physically and emotionally.

It's crucial for all stakeholders in a community, including civic bodies, government agencies, city councils, educational institutions, faith groups, community organizations, and healthcare providers to collaborate and contribute their unique knowledge and expertise. This collective effort can lead to the creation of stronger, healthier, and more resilient communities. Public Health looks forward to promoting a holistic approach as part of our health improvement process, ensuring that all aspects of community life are considered and addressed. Let's continue to work together for the betterment of our communities!

Respectfully submitted on Behalf of the Lyon County Board of Health,

Melissa M Stillson, RN

Public Health Administrator

Health Services of Lyon County

