

2023

Mitchell County
Community Health Needs
Assessment and Health
Improvement Plan



Mitchell County
Public Health

“Promoting and protecting the health of all
people and their communities.”

Table of Contents

Credits and Acknowledgement.....	3
Our community.....	4
Executive Summary.....	5
Community Health Needs Assessment (CHNA)	
Mental Health.....	6
Immunizations.....	7
Healthy Lifestyles and Obesity.....	8
Preventative Healthcare.....	9
Health Improvement Plan (HIP)	
Mental Health.....	10-11
Immunizations.....	12
Healthy Lifestyles and Obesity.....	13
Preventative Healthcare.....	14
References	15

Credits and Acknowledgements

Mitchell County Public Health wants to thank those involved for their collaboration and input toward the 2023 Mitchell County health needs assessment and improvement planning process.

Mitchell County Board of Health
Mitchell County Supervisors
County Social Services
Mitchell County Regional Health Center
Mitchell County Law Enforcement
Cedar River Complex
Park and Recreation (Osage and St. Ansgar)
Mitchell County School Districts
ISU Extension and Outreach- Mitchell County
Mitchell County Community Members

About Mitchell County Public Health

Mitchell County Home Health and Public Health was formed in 1969. We are a county based public health and are governed by the local board of health members which consist of seven members of the community including one licensed physician. We deliver many services to optimize health outcomes for Mitchell County which is funded by federal, state and county funding.

The mission of Mitchell County Home Health and Public Health strives to maintain, strengthen, improve, and safeguard the health of individuals, families, and the communities of Mitchell County.

Mitchell County Public Health
415 Pleasant St.
Osage, IA 50641

Phone: 641-832-3500
Fax: 641-832-3501

For questions about this report contact:
Jessa Ketelsen- Public Health Coordinator



Our Community

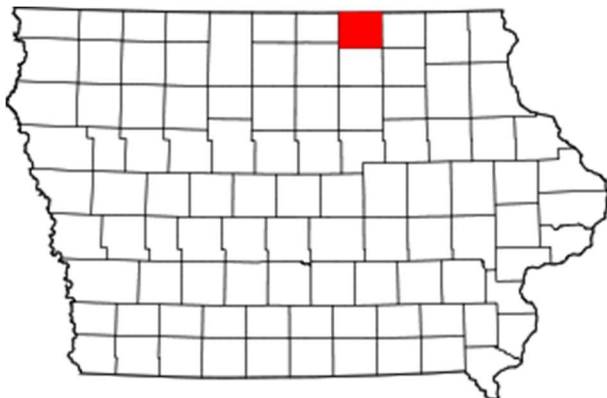
Mitchell County, Iowa was founded in 1851 and is in the north central part of Iowa on the Minnesota- Iowa boarder.

The population is 10,555 (2021) and over 50% of the population is between ages of 18-64. 96% of the population is Non-Hispanic White. Mitchell county is rural county and composed of small towns.

In 2023, Mitchell County was ranked #4 county in Iowa on the County Health Rankings and Roadmaps report for health outcomes and #18 for health factors.

	Mitchell County	Iowa
Population	10,555	3,193,079
% Below 18 Years of Age	24.0%	23.1%
% 65 and Older	20.8%	17.7%
% Non-Hispanic Black	0.6%	4.1%
% American Indian or Alaska Native	0.2%	0.6%
% Asian	0.5%	2.8%
% Native Hawaiian or Other Pacific Islander	0.0%	0.2%
% Hispanic	2.0%	6.7%
% Non-Hispanic White	96.0%	84.1%
% Not Proficient in English **	0%	2%
% Female	49.7%	49.8%
% Rural	67.2%	36.0%

Source: County Health Rankings & Roadmap



Executive Summary

Mitchell County Public Health presents the Mitchell County Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP).

A Community Health Assessment is a community wide process to identify and understand the most important factors affecting health in the community and developing a plan to improve health by building on community strengths and working on gaps. The Community Health Improvement Plan consists of goals and strategies for addressing the priority opportunities identified in the CHA. It is a realistic but flexible plan that will assist Mitchell County Public Health improve the health of the people and communities it serves over the next five years. It has measurable strategies and will help influence policies to help make progressive changes to the county. It recommends priorities for action and is used by health, education, social services, business, and other governmental organizations to implement policies and programs to promote health.

Quantitative and Qualitative data as well as community input led to the identification of the top needs. Focus groups consisting of community members and key stakeholders met several times to collect and review data. A survey was launched and advertised through businesses, social media, and local papers. Individuals could scan the link provided to take the survey, fill out paper surveys and mail them into us or contact us and we could help them fill out the survey over the phone. We received 480 responses back from our survey.

It is important to recognize that multiple factors affect health. Where and how we live, work, play, and learn are interconnected aspects that are critical to consider.

This plan was developed because of the needs identified from the survey, interviews and focus groups response. The stakeholders went through prioritization framework when discussing and determining top priorities. This plan focuses on a small number of priorities, not all health issues are identified. This does not exclude the importance of other public health identified needs or imply that resources and services should not continue for other opportunities identified. It is intended to bring the community together around a limited number of issues with the greatest opportunity for health improvement through joint efforts.

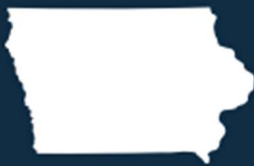
Community Health Needs Assessment

Priority 1: Mental Health


Mental health affects people of all ages. Over the last several years the already rising rates of mental health have increased even more. According to National Alliance on Mental Illness (NAMI), more than half of the people with a mental health condition in the U.S did not receive any treatment in the last year. 1,821,280 people in Iowa live in a community that does not have enough mental health professionals. 58.1% of Iowans aged 12-17 who have depression did not receive any care in the last year!



1 in 5 U.S. adults experience mental illness each year.



473,000 adults in Iowa have a mental health condition.

 That's more than **3X** the population of Cedar Rapids.

Mental health was ranked a top health condition in the Mitchell County CHA survey by its participants with 77% of respondents with concern with general mental health and access to mental health services. It was also a common theme that was identified in our community meetings.

According to the County Health Rankings and Roadmaps Mitchell County reported a 4.3 mentally unhealthy days in the past 30 days.



Community Health Needs Assessment

Priority 2: Immunizations

Immunizations prevent between 2-3 million deaths every year and they help prevent infectious diseases.

Mitchell County falls far behind in childhood and adolescent immunizations and most adult immunizations compared to Iowa's percentage. Teaching individuals about the importance of vaccines, sending reminders and having more access will help increase our vaccination rates.

63.8 percent of Mitchell County children have received their 2-year-old recommended vaccines. 72.8 percent of Mitchell County adolescents have received their recommended vaccines. The childhood and adolescent percentage rates are both below the state of Iowa's vaccine rates.



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)

Community Health Needs Assessment

Priority 3: Healthy Lifestyles and Obesity- Physical Inactivity

Only 1 in 4 adults and 1 in 5 adolescents in the United States meet physical activity guidelines.

According to County Health Rankings and Roadmaps 29% of adults reported participating in no physical activity outside of work, which is above the Iowa and United States rate. 64% of Mitchell County residents state they have access to exercise opportunities. 35% of adult Mitchell County residents are considered obese. Providing strategies that make it easier to get active, can help people get more physical activity.



About 2 in 5 adults and 1 in 5 adolescents in the United States have obesity and many others are overweight. Obesity is linked to many serious health problems.

Approximately 49.25 percent of survey respondents said obesity was a top health priority in Mitchell County. 37% of adults had a BMI of 30 or greater according to the County Health Rankings and Roadmaps.

Physical inactivity leads up to obesity and a non-healthy lifestyle. Physical activity can help prevent disease, disability, obesity, etc. Helping people eat healthy and getting enough physical activity will help people maintain a healthy weight.

Community Health Needs Assessment

Priority 4: Preventative Healthcare

Getting preventive care reduces the risk for diseases, disabilities, and death, yet millions of people in the United States don't get recommended preventive health care services.

There are many screenings that can be done at your yearly physicals such as blood pressure, cancer, depression, falls, diabetic, HIV, immunizations etc. that could prevent health problems or find these health problems before they become too serious. Children as well need their regular well child check ups to track their development.

Mitchell County has several health conditions (diabetes, Heart Disease, Cancer, High Blood Pressure etc.) which rank high, and they could all be prevented.



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Health Improvement Plan

Mental Health

Goal 1: Provide education and outreach on mental health services and resources available in Mitchell County.

Objective 1: Promote training available to designate members of Mitchell County at least once annually.

Objective 2: Promote Mental Health services and resources available in Mitchell County by offering at least 2 community presentations per year.

Objective 3: County social services will host a booth at a minimum of 2 community events each year.

Strategies:

1. Publicize Mental Health First Aid, Question, Persuade, Refer suicide prevention training and other mental health focused trainings on social media and websites.
2. Notify law enforcement when Crisis Intervention Trainings are being held and encourage participation.
3. Attend various community meetings and clubs to present information and resources.
4. Highlight services that are available through CSS-MHDS region.
5. Promote other mental health providers and services available in Mitchell County.



Goal 2: Improve access to Mental Health Services in Mitchell County.

Objective: Have face-to-face mental health therapy available within Mitchell County at least 1 day per week.

Strategies:

1. Confirm Mitchell County BOS will allow utilization of vacant office space within the County Services Building here in Osage.
2. Contact non-profit therapy agencies to offer the space and discuss developing a utilization plan if multiple agencies show interest.

Responsible Party: County Social Services, MCRHC Clinics and Hospital, Public Health, Mitchell County Businesses, schools, law enforcement, and governmental Agencies

Alignment: Our Mental Health goals align with Healthy People 2030 and Healthy Iowa.



This Photo by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/)

Health Improvement Plan

Immunizations

Goal: Increase vaccination rates of Mitchell County Residents.

Objective 1: Increase the percentage of Mitchell Counties childhood (61%) and adolescent (78%) vaccination rates by 1 % each year.

Objective 2: Increase the percentage of Mitchell counties adolescent male and females (13-17) completed HPV (50%) vaccine series by 1% each year.

Objective 3: Increase influenza rates for 0-6 (22%), 7-18 (16%) and 19+ (28%) by 1% each year.

Strategies:

1. Educate and promote the importance of receiving vaccines by providers and nurses through social media and face to face encounters.
2. Promote and educate residents of Mitchel County where they receive vaccines.
3. Sending out immunization reminders 2-3 times per year.
4. Quarterly outreach via phone for reminders.
5. Offer clinics throughout Mitchell County at businesses and by drive thru each year.

Responsible Party: Mitchell County Home Health and Public Health, Mitchell County Regional Health Center (Osage, St. Ansgar, Riceville Clinics and Hospital, Mitchell County businesses.

Alignment: Our Immunization goals align with the national goal for immunization rates and State of Iowa's QI strategy and Healthy People 2030.



Health Improvement Plan

Healthy Lifestyles and Obesity – Physical Inactivity

Goal: By 2028 reduce the Physical inactivity for Mitchell County residents.

Objective: Decrease physical inactivity (29%) in Mitchell County by 3%.

Strategies:

1. Collaborate with partners to provide more access for physical activities.
2. Better marketing for already existing activities to participate in and other services communities already have established (i.e.: Walking Trails).
3. Collaborate with partners to host more adult leagues i.e.: volleyball, softball, pickle ball etc.
4. Expand trails throughout Mitchell County.
5. Having equipment (bikes, basketballs, pickle ball equipment, tennis racks etc.) available at parks in each town.
6. Park and Recreation expansion (mimic Stacyville park and rec summer program).
7. Transportation- kids out of town for the pool, CRC events that don't have transportation during working hours.
8. 24/7 gym access.

Responsible Party: Mitchell County Park and Recs, Schools, Cedar River Complex and Businesses.

Alignment: Healthy Lifestyles and Obesity goals align with Healthy People 2030, Healthy Iowa, and Healthiest State Initiative.



Health Improvement Plan

Preventative Healthcare

Goal: Increase the number of annual physicals completed.

Objective: Increase the number of Mitchell County residents' annual physical rate by 5 percent.

Strategies:

1. Informative education campaign through schools.
2. Social media blitz.
3. Send information to local business for inserts with paystubs etc.
4. Educate about wellness exams through newspaper articles, fair booth, lunch and learns, fliers etc.

Responsible Party: MCRHC Clinics and Hospital, Economic Development, Mitchell County businesses, schools, and Public Health.

Alignment: Preventative care goals align with Healthy People 2030 and Healthy Iowa



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

References

- <https://www.census.gov/quickfacts/mitchellcountyiowa>
- <https://iowahealthfactbook.org/factbook/#/counties/Mitchell>
- <https://tracking.idph.iowa.gov>
- <https://health.gov/healthypeople>
- <https://www.countyhealthrankings.org/explore-health-rankings/iowa/mitchell?year=2022>
- <https://www.usnews.com/news/healthiest-communities/iowa/mitchell-county#overview>