



SAC COUNTY PUBLIC HEALTH

COMMUNITY HEALTH NEEDS ASSESSMENT

2023 >>>>>



“PUBLIC HEALTH, AT THE HEART OF LIFE.”

TABLE OF CONTENTS

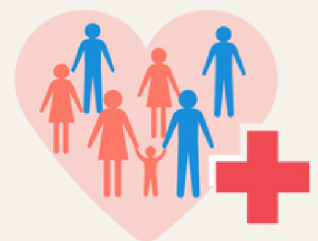
- 1-About/M-V-V
- 2-Executive Summary
- 3-Overall Health Summary
- 4-Assessment & Identified Needs
- 5-Priorities
- 6-Next Steps/Contact

ABOUT SAC COUNTY PUBLIC HEALTH >>>>>

SINCE 1975 SAC COUNTY HEALTH SERVICES CONTINUALLY STRIVES TO APPLY PUBLIC HEALTH KNOWLEDGE TO PROMOTE AND PRESERVE THE HEALTH OF INDIVIDUALS AND THE ENTIRE COMMUNITY, SERVING ALL AGES AND INCOME LEVELS.

THE ENTIRE AGENCY STAFF, UNDER THE DIRECTION OF THE BOARD OF HEALTH, MAINTAINS, PROMOTES AND RESTORES HEALTH THROUGH CARING, COORDINATING AND COLLABORATING WITH OTHER HEALTH PROFESSIONALS. WE RESPECT THE RIGHT OF INDIVIDUALS AND FAMILIES TO PARTICIPATE IN THE DECISION MAKING AND PLANNING REGARDING THEIR CARE WITH A GOAL OF MAINTAINING INDEPENDENCE.

 **MISSION - VISION - VALUES**



THE PUBLIC HEALTH STANDARDS AS DEFINED BY THE NATIONAL ASSOCIATION OF COUNTY AND CITY HEALTH OFFICIALS ARE:

1. MONITOR HEALTH STATUS AND UNDERSTAND HEALTH ISSUES FACING THE COMMUNITY
2. PROTECT PEOPLE FROM HEALTH PROBLEMS AND HEALTH HAZARDS
3. GIVE PEOPLE THE INFORMATION THEY NEED TO MAKE HEALTHY CHOICES
4. ENGAGE THE COMMUNITY TO IDENTIFY AND SOLVE HEALTH PROBLEMS
5. DEVELOP PUBLIC HEALTH POLICIES AND PLANS
6. ENFORCE PUBLIC HEALTH LAWS AND REGULATIONS
7. HELP PEOPLE RECEIVE HEALTH SERVICES
8. MAINTAIN A COMPETENT PUBLIC HEALTH WORKFORCE
9. EVALUATE AND IMPROVE PROGRAMS AND INTERVENTIONS
10. CONTRIBUTE TO THE EVIDENCE BASE OF PUBLIC HEALTH

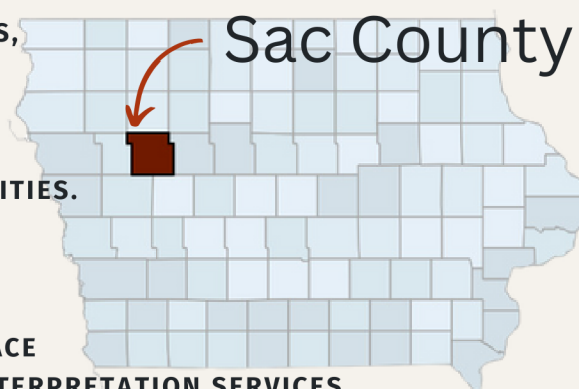
EXECUTIVE SUMMARY

EVERY FIVE YEARS, THE IOWA DEPARTMENT OF HEALTH AND HUMAN SERVICES REQUIRES LOCAL PUBLIC HEALTH AGENCIES TO COMPLETE A COMMUNITY HEALTH ASSESSMENT AND COMMUNITY HEALTH IMPROVEMENT PLAN. THE COMMUNITY HEALTH ASSESSMENT IDENTIFIES THE MOST IMPORTANT FACTORS THAT SHAPE HEALTH & WELLNESS FOR ALL WHO RESIDE WITHIN OUR COUNTIES BASED UPON DATA AND RESEARCH CONDUCTED, WHICH THEN HELPS TO CREATE THE COMMUNITY HEALTH IMPROVEMENT PLAN.

***EACH AGE GROUP HAS HEALTH, WELLNESS, AND SOCIAL NEEDS THAT ARE UNIQUE.**

***DATA NEEDS TO BE BROKEN DOWN BY RACE AND ETHNICITY TO IDENTIFY DISPARITIES.**

***WHILE MOST IOWANS USE ENGLISH AS THEIR PRIMARY LANGUAGE, THOSE WITH ENGLISH AS A SECOND LANGUAGE FACE BARRIERS WHEN IT COMES TO GETTING INTERPRETATION SERVICES.**



	County	Iowa
Population	9,752	3,193,079
% Below 18 Years of Age	22.5%	23.1%
% 65 and Older	23.9%	17.7%
% Non-Hispanic Black	0.5%	4.1%
% American Indian or Alaska Native	0.2%	0.6%
% Asian	0.6%	2.8%
% Native Hawaiian or Other Pacific Islander	0.4%	0.2%
% Hispanic	4.1%	6.7%
% Non-Hispanic White	93.4%	84.1%
% Not Proficient in English **	1%	2%
% Female	49.9%	49.8%
% Rural	100.0%	36.0%

Sac County, Iowa is Rural (outside of urban cores of 10,000 or more population). In Sac County, 100% of the population lives in a low population density area (500 or fewer people per square mile and less than 2,500 people)..



OVERALL HEALTH SUMMARY

HEALTH OUTCOMES

HEALTH OUTCOMES REPRESENT HOW HEALTHY A COUNTY IS RIGHT NOW, IN TERMS OF LENGTH OF LIFE BUT QUALITY OF LIFE AS WELL.

-SAC (SA) IS RANKED IN THE HIGHER MIDDLE RANGE OF COUNTIES IN IOWA (HIGHER 50%-75%).



Length of Life	Sac (SA) County	Iowa	United States
Premature Death	6,400	6,500	7,300
Quality of Life	Sac (SA) County	Iowa	United States
Poor or Fair Health	12%	12%	12%
Poor Physical Health Days	3.0	2.8	3.0
Poor Mental Health Days	4.2	4.4	4.4
Low Birthweight	6%	7%	8%

HEALTH FACTORS

HEALTH FACTORS REPRESENT THOSE THINGS WE CAN MODIFY TO IMPROVE THE LENGTH AND QUALITY OF LIFE FOR RESIDENTS.

-SAC (SA) IS RANKED IN THE HIGHER MIDDLE RANGE OF COUNTIES IN IOWA (HIGHER 50%-75%).



Health Behaviors	Sac (SA) County	Iowa	United States
Adult Smoking	19%	17%	16%
Adult Obesity	41%	37%	32%
Food Environment Index	9.1	8.6	7.0
Physical Inactivity	25%	23%	22%
Access to Exercise Opportunities	62%	79%	84%
Excessive Drinking	25%	25%	19%
Alcohol-Impaired Driving Deaths	8%	27%	27%
Sexually Transmitted Infections	246.9	478.5	481.3
Teen Births	16	16	19

ASSESSMENT & IDENTIFIED NEEDS

IN ORDER TO OBTAIN INFORMATION FROM COMMUNITY MEMBERS, WE USED BOTH SURVEYS AND PARTNERSHIPS. THE SURVEY WAS PROVIDED IN ENGLISH WITH A SPANISH SPEAKING OPTION AVAILABLE UPON REQUEST; ASSISTANCE WAS AVAILABLE FOR INDIVIDUALS WHO IDENTIFIED TROUBLES WHILST READING OR COMPREHENDING THE SURVEY. IN TOTAL, 113 SURVEYS WERE COMPLETED AND RETURNED. WE ALSO JOINED FORCES WITH SEVERAL RURAL PARTNER GROUPS THAT INCLUDED NOT ONLY COMMUNITY MEMBERS, BUT COMMUNITY SERVICE PROVIDERS AND OTHER INVESTED INDIVIDUALS AS WELL. SURVEY DATA WAS REVIEWED, AS WELL AS DATA RELATED TO CENUS AND HEALTH FACTORS. TOGETHER, THIS ALLOWED FOR INFORMATIONAL COLLABORATION. PARTNERS ALSO PROVIDED STRATEGIES TO ADDRESS THE AREAS OF PRIORITY IN WHICH HAD BEEN IDENTIFIED.

KEY IDENTIFIED NEEDS:

- **MENTAL HEALTH**
- **NUTRITION & OBESITY**
- **SUBSTANCE ABUSE**
- **ACCESS TO CARE**
- **HEALTH EDUCATION**
- **UNABLE TO AFFORD COPAY/ OR DEDUCTIBLE**
- **TRANSPORTATION**
- **SPECIALTY PROVIDERS**



>>>>> PRIORITIES

MENTAL HEALTH

MENTAL HEALTH CONDITIONS AND DISORDERS AFFECT INDIVIDUALS OF ALL BACKGROUNDS REGARDLESS OF AGE, ECONOMIC STANDING, ETHNICITY, SOCIAL STANDING, OR RACE AND SOME POPULATIONS ARE MORE LARGELY AFFECTED THAN OTHERS. OUR GOALS IN ACCORDANCE WITH OUR PARTNERS IS TO CONTINUE TO GENERATE AWARENESS SURROUNDING MENTAL HEALTH TO REDUCE MENTAL ILLNESS RELATED STIGMA. SOME KEY REASONS THAT MENTAL HEALTH IS A PRIORITY WITHIN OUR COUNTY ARE AS FOLLOWS; LACK OF MENTAL HEALTH CARE PROVIDER ACCESS, AFFORDABILITY OF SERVICE, & CONNECTIONS TO SUBSTANCE ABUSE.

NUTRITION & OBESITY

NUTRITION AND OBESITY ARE DIRECTLY LINKED AND AFFECT CAN HAVE DIRECT AFFECT ON INDIVIDUALS HEALTH AND WELLNESS. OUR GOALS IN ACCORDANCE WITH OUR PARTNERS IS TO CONTINUE TO EXPAND COMMUNITY WIDE INITIATIVES AND SERVICES RELATED TO THE EDUCATION OF NUTRITION AND OBESITY. SOME KEY FACTORS OF NUTRITION AND OBESITY BEING SITED AS A PRIORITY WITHIN OUR COUNTY ARE AS FOLLOWS; LINKS BETWEEN OBESITY AND POOR NUTRITION WITH DISEASE AND CHRONIC ILLNESS, AFFORDABILITY OF NUTRITIOUS FOODS, & RURAL ACCESS TO AFFORDABLE FOODS.

SUBSTANCE ABUSE

SUBSTANCE ABUSE AND THE STIGMA SURROUNDING SUBSTANCE ABUSE HAS SHOWN TO HAVE A DIRECT AFFECT ON INDIVIDUALS BOTH MENTAL & PHYSICAL HEALTH AND WELLNESS. OUR GOALS IN ACCORDANCE WITH OUR PARTNERS IS TO CONTINUE TO INCREASE AWARENESS AND COORDINATION OF SERVICES TO IMPROVE ACCESS TO SUBSTANCE ABUSE SERVICES AND EDUCATION. SOME KEY FACTORS OF SUBSTANCE ABUSE BEING CHOSEN AS A PRIORITY WITHIN OUR COUNTY ARE AS FOLLOWS; DIRECT LINKAGES BETWEEN SUBSTANCE ABUSE AND MENTAL HEALTH, LACK OF ACCESS TO SUBSTANCE ABUSE IN PATIENT CARE OR REHABILITATION SERVICES WITHIN OUR COUNTY, LACK OF HEALTH EDUCATION IN REGARD TO SUBSTANCE ABUSE THE LONG TERM HEALTH EFFECTS THEREIN.




>>>>> NEXT STEPS

OUR PLAN IS TO USE THE INFORMATION FROM THIS CURRENT COMMUNITY HEALTH NEEDS ASSESSMENT TO THEN FORM THE COMMUNITY HEALTH IMPROVEMENT PLAN. INFORMATION IN WHICH WE HAVE RETAINED WILL BE CONTINUALLY UTILIZED TO SET GOALS AND PLAN INITIATIVES TO ASSIST TO IMPROVE THE HEALTH AND WELLNESS OF ALL RESIDENTS WITHIN SAC COUNTY.



>>>>> CONTACT



 1-(712)-662-4785

 BLOUNSBURY@SACCOUNTYIOWA.GOV

 116 S STATE ST. SAC CITY, IOWA 50583