

Part I. Contact Information

Community Health Needs Assessment (CHNA) Report for
Shelby County, Iowa

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For additional information about this report:

CONTACT 1

Name: Tina Holdsworth

Organization: Myrtue Medical Center Community Health

Phone: 712-755-4471

Email: tiboldsworth@myrtuemedical.org

CONTACT 2

Name: Anna Schwarte

Organization: Myrtue Medical Center Community Health

Phone: 712.755.4408

Email: anna.schwarte@myrtuemedical.org

Part II. Community Health Needs Assessment Details Instructions

Priority #: Enter information below

Provide a brief description of the factor/issue/need/problem your community identifies as important (significant) in affecting health. It should be specific enough to be clear what the issue is and who it affects, but it should not include specific rationale or data. For example, "Binge drinking by 11th grade students" is better than simply "Binge drinking." You may list as many factors/issues/needs/problems as your community identifies as important. **REMINDER: Put the list of issues in priority order. In this report, PRIORITY means that the community has decided the issue currently has the greatest impact on or is most important to the community's health. It does not necessarily mean that the community has the capacity to address it.**

Data/Rationale: Enter information below

Describe the data/evidence that shows what the specific factor/issue/need/problem is or the reasons the community used to determine it is important (significant). This is where you will describe comparisons with peers, the state, or other benchmarks, such as "According to the 2016 Iowa Youth Survey, 38% of 11th graders in XYZ County reported binge drinking in the last 30 days. The state rate for 11th graders is 27%."

Is this issue addressed in an improvement plan? Choose Yes or No

If No, choose one or more reasons why the issue is not addressed in an improvement plan:

- Lack of human resources/staff
- Community partners do not exist
- Lead organization does not exist
- Lack of financial resources
- Existing programs already address issue
- Other: <<Fill-in other reasons not in the list above>>

Part III. Community Health Needs Assessment Details

Priority 1: Increase access to healthcare services by increasing availability and transportation options for residents of Shelby County.

Data/Rationale: Data shows the following concerns for Shelby County residents: Risk Factors: 7.9% of Shelby County residents are living with a disability; 22.8% of residents are 65 years of age and older; 8.3% of the population live in poverty.

Provider availability: Primary health care provider ratio of population to physician is 1910:1 (trending negatively and 40% worse than the rest of Iowa); Dentist ratio to population ratio (1680:1) is 17% worse than Iowa: Mental health providers are fewer in Shelby County: MH provider ratio to population (780:1) is 47% less than Iowa. Urgent care provider access (46.62%) was the second ranking community medical service need on the 2023 CHA Survey. Other mentioned needed medical services on the 2023 CHA survey included Emergency Medical Service provision; cancer treatment, and women's health services.

Dental access was specifically noted: 49% of new mothers go without dental care during pregnancy; one local dental office offers care to children on Medicaid on a case-by-case basis; reimbursement rates are a concern locally, statewide, and nationally; ER visits in Shelby County for dental care are 182.6/100K.

Mental Health: Shelby County residents report average of 4.4 poor mental health days in the past thirty days; 2021 Youth survey shows that 40% of 11th grade students report feeling sad or hopeless; 18% of sixth grade students in Shelby County have a suicide plan. Mental Health concerns (49.32%) ranked second of the top four health concerns in Shelby County on the 2023 CHA Survey. Substance abuse (45.95%) ranked third of the top four health concerns on the 2023 CHA Survey. Alcohol and drug abuse was identified as #1 and #3 as the risky behaviors that have the greatest impact on overall community health in the 2023 CHA survey. The 2023 CHA survey recognized mental health counseling (55.41%) and alcohol and drug abuse treatment (39.86%) as two of the top three medical services most needed in the community.

Transportation access to those that live outside of Harlan was a concern mentioned at the Focus Group and was a substantial part of the access to healthcare discussion. However only 2.7% mentioned that was a need on the 2023 CHA Survey.

Is this issue addressed in an improvement plan? Yes or No

If No, reason(s) why this issue is not addressed in an improvement plan:

Lack of human resources/staff
Community partners do not exist
Lead organization does not exist
Lack of financial resources
Existing programs already address issue
Other:

Part III. Community Health Needs Assessment Details

Priority 2: Address Environmental Health issues that negatively influence health outcomes for Shelby County residents.

Data/Rationale: The past two summers, local water utility companies have had issues supplying Shelby County residents with water for drinking and other uses including commercial and agricultural water use. Due to ongoing concerns about water access in the midst of drought conditions, the CHA Focus Group voiced water access concerns for fire suppression, consumption, and general use. In addition, radon was a concern voiced during the Community Focus Group as Shelby County ranks very high in radon exposure. Indoor radon levels in Shelby County are 7x the national average at 9.5 pCi/L. All of Iowa is in Zone 1 indicating that Iowa is at very high risk for elevated levels of radon. The 2023 County Health rankings listed no drinking water violations in Shelby County. On the 2023 Shelby County CHA survey, 4.73% of the population listed unsafe drinking water as a top health concern for Shelby County residents. 9.46% listed radon as a top health concern.

Is this issue addressed in an improvement plan? Yes or No

If No, reason(s) why this issue is not addressed in an improvement plan:

Lack of human resources/staff
Community partners do not exist
Lead organization does not exist
Lack of financial resources
Existing programs already address issue
Other:

Part III. Community Health Needs Assessment Details

Priority 3: Instill and promote Community Protective Factors to promote healthy brain development, supportive relationships, and a healthy and resilient community.

Data/Rationale: In Region 4 (Shelby County is in Region 4), 12.4 % of the adult population has four or more adverse childhood experiences (ACES), predisposing this community to a high prevalence of chronic disease, alcoholism, mental health issues, risky health behaviors, and socio-economic challenges. Relevant Shelby County data includes:

- Child abuse and neglect rates of 18.4%
- 5,500 Years of potential life lost between 2018-2020
- Life expectancy of 79.4 years
- Adult smoking rates at 18%
- Sexually transmitted infections at 218.3 cases/100,000
- Obesity rates at 39%
- Excessive adult drinking at 25%
- 10% of Shelby County children live in poverty
- E-cigarette use in 11th grade students at 38%
- Marijuana and alcohol use in 11th grade students at 22%.
- Maternal Depression 11.2%
- Poor Adult Mental Health 4.4 days in the past 30 days
- 40% of 11th grade students report feeling sad or hopeless.
- 18% of 6th grade students have a plan for suicide; 15% of 11th grade students have a plan for suicide.
- Total substance abuse treatment admissions—68/99 state ranking (32 counties have a worse ranking).
- No Shelby County Specific data, but 1:4 Iowa women and 1:9 Iowa men have experienced intimate partner violence.

Is this issue addressed in an improvement plan? **Yes** or No

If No, reason(s) why this issue is not addressed in an improvement plan:

Lack of human resources/staff
Community partners do not exist
Lead organization does not exist
Lack of financial resources
Existing programs already address issue
Other:

Part III. Community Health Needs Assessment Details

Priority 4: Reduce health inequities by addressing social determinants of health through economic development, access to affordable housing, quality childcare, and food security.

Data/Rationale: Economic and Equity data for Shelby County is listed below:

- 91.7% of Shelby County residents have graduated from high school
- 21.1% have a Bachelor's degree or higher
- 8.3% of all Shelby County residents live in poverty/10% of children live in poverty
- 76.2% of Shelby County residents have a 4th grade reading level
- 6% of people under 65 years of age are uninsured
- Unemployment is 3.2%
- Children in single parent homes is 11%
- Children eligible for free and reduced lunch 39.9%
- Childcare cost is 29% of a family's income
- There are three childcare programs in Shelby County that have received a quality rating
- 7% of Shelby County residents have trouble accessing affordable, safe housing
- 75% of Shelby County residents are home owners
- 80% of Shelby County have access to Wi-Fi
- 80% increase in the past five years in food bank support to meet basic needs
- 4,938 people are employed in Shelby County; Per capita income is \$34,617.

Is this issue addressed in an improvement plan? **Yes** or No

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Lack of human resources/staff

Community partners do not exist

Lead organization does not exist

Lack of financial resources

Existing programs already address issue

Other:

Part III. Community Health Needs Assessment Details

Priority 5: Reduce the health burden of obesity through proper nutrition and physical exercise.

Data/Rationale:

Despite having “Increase physical activity in Shelby County to reduce adult obesity rates” as a 2020 Community Health Improvement Plan (CHIP) priority, obesity rates continued to climb from 2020-2023. Current obesity rates are at 39%; 2020 obesity rates were at 35%. The Community Health focus group stated that many activities were completed in the 2020 CHIP to increase physical activity and recommended that we keep looking for opportunities to promote physical activities without having it be an actual CHIP priority. Additional data for this health need includes: 2023 County Health Rankings noted that 51% of Shelby County residents have access to exercise opportunities as compared to a 79% access to exercise opportunities in Iowa. Up to 55% of 6-11th grade students in Shelby County report four or more hours per day of screen time before or after school; Up to 65% of 6th-11th grade students exercise for less than an hour per day/five days per week. From a nutrition standpoint, 39.9% of children in Shelby County are eligible for free and reduced lunch. The BRFSS survey reports that 78% of Southwest Iowa adults eat one or more vegetables per day and 58% of Southwest Iowa adults eat one or more fruit per day. Poverty rates impact the nutritional quality of food choices as well. Overall poverty in Shelby County is 8.3% with 10% of children impacted by poverty. Data from the 2023 Community Health Survey includes: 16.89% of respondents stated that healthy behaviors and lifestyles were top factors for a healthy community, 55.41% of respondents identified being overweight as a top “risky behavior” in Shelby County, and poor eating habits were identified by 20.95% of respondents as a risky behavior.

Is this issue addressed in an improvement plan? Yes or **No**

If No, reason(s) why this issue is not addressed in an improvement plan:

Lack of human resources/staff

Community partners do not exist

Lead organization does not exist

Lack of financial resources

Existing programs already address issue

Other: Focus group recommended that increasing physical activity efforts continue although not considered a top four priority.

Part III. Community Health Needs Assessment Details

Priority 6: Reduce chronic disease burden in the community through primary prevention and effective health interventions.

Data/Rationale:

2023 County Health Rankings for Shelby County indicate that we are in the second quartile (51-74%) of Iowa counties when it comes to health outcomes. A portion of Health outcomes is premature death; Shelby County has 5,900 years of life lost from 2018-2020. With recent deaths of young children, young adults, and middle-aged adults in Shelby County, this negative trend is going to continue for the next three years. Cancer, heart disease, chronic lung disease, and accidents are the top four causes of premature death (under age 75) in Shelby County. Cancer incidence continues to rise in Shelby County, nearly catching up to the perennial leader, heart disease. 154 Shelby County residents lost their battle with cancer from 2015-2019. Lung cancer, pancreatic cancer, and colorectal cancer were the leading causes of cancer deaths in Shelby County. Non-cancer related mortality in Shelby County (2015-2019) included 178 lives lost to heart disease, 45 lives shortened by chronic lung disease, 33 deaths from stroke, 52 deaths from Alzheimer's; 33 deaths from accidents, and 20 diabetes-related deaths. 14% of adults in Southwest Iowa are smokers; 9% of SW Iowa adult residents are diabetic, and 18% of SW Iowa adult residents binge drink. 12.4% of all Iowans in Region 4 (Southwest IA) have four or more ACES, predisposing them to a much higher risk of obesity, diabetes, cancer, heart disease, stroke, kidney disease, asthma, COPD, and depression. The 2023 CHA survey, 2.7% of the respondents identified low adult death and disease rates as an important health factor in the community. 38% of the CHA survey's possible answers to the most important health problems in Shelby County were various chronic diseases. 14% of the 2023 CHA Survey's possible answers for most needed medical services were specific to chronic disease management.

Is this issue addressed in an improvement plan? Yes or **No**

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Lack of human resources/staff
Community partners do not exist
Lead organization does not exist
Lack of financial resources
Existing programs already address issue

Other: Higher priorities were selected. Reducing isolation and adverse childhood experiences will reduce the chronic disease burden over the course of time.

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Priority 7: Decrease alcohol and other drug use in Shelby County among teens and adults.

Data/Rationale:

There are several data points that support the need to address alcohol and substance abuse in Shelby County. County Health rankings report that 25% of Shelby County residents excessively drink. In Shelby County, Iowa, 36% of motor vehicle crash deaths involved alcohol. In the 2021 Youth Survey, 22% of 11th grade students and 17% of 8th grade students in Shelby County drank alcohol in the past 30 days. Tobacco use hovered around 9% for sixth, eighth, and 11th grade students. E-cigarette use is just under 40% of 11th grade students and marijuana use is 22% of 11th grade students in Shelby County. The Iowa Health Fact Book shows that Shelby County residents use methamphetamine, marijuana and alcohol at roughly the same rates with 68 counties in Iowa having more total admissions for substance abuse than Shelby County. 16.89% of the 2023 CHA Survey responses recognized healthy behaviors and lifestyles as an important factor for a healthy community. 45.95% of the responses indicated that addiction and substance abuse was an important health problem in Shelby County. 65.54% of respondents chose alcohol abuse as a top three risky behavior while 56.08% of respondents chose drug abuse as one of the top three risky behaviors.

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Community partners do not exist
Lead organization does not exist
Lack of financial resources
Existing programs already address issue

Other: This will be addressed *in part* via the "Access to Care" priority by exploring opportunities to increase substance abuse treatment access locally.

Part III. Community Health Needs Assessment Details

Priority 8: Reduce community violence and interpersonal abuse in Shelby County.

Data/Rationale:

Violent crime and interpersonal violence data is positive in Shelby County. Property crime rates in Shelby County is 95.8/100,000. Violent crime rate is even lower at 10.7/100,000. Accidental death is 36.6/100,000 and vehicle crash rate is 16.4/100,000. All 2022 Community Safety data points to a safe, cost effective community safety process in Shelby County. 22% of 11th grade students in Shelby County believe violence is an acceptable way to solve problems, however. In addition, the Maternal Infant and Early Childhood Home Visiting research shows an 18.4% child abuse and neglect rate in Shelby County. In general, one in four women and one in nine men in Iowa have been exposed to interpersonal violence. Low crime and safe neighborhoods were ranked as important health factors by 39.19% of responses in the 2023 Shelby County CHA survey. 12.84% of 2023 CHA Survey responses indicated that interpersonal violence was a concerning health factor in Shelby County.

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Lack of human resources/staff
Community partners do not exist
Lead organization does not exist
Lack of financial resources
Existing programs already address issue

Other: This health concern can be addressed in part through Community Protective Factors. There were other higher priorities.

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Priority 9: Promote vaccinations as recommended by the Advisory Committee on Immunization Practices (ACIP) for all ages in Shelby County.

Data/Rationale:

Shelby County childhood immunization rates are consistently better than rates for Iowa in general. 2 year-old benchmark is 81%; Adolescent benchmark is 78% and Adolescent HPV rates are 49%. The national goal for adolescent and 2-year-old rates is 90%. The national goal for HPV rates is 80%. Just under 50% of adults received influenza vaccine in the past year and 38% of adults have received pneumococcal vaccine. COVID vaccination rates include 91% of residents over 65 years of age are fully vaccinated with 74% receiving booster vaccines. 61% of all residents are fully vaccinated against COVID-19 with 36% of all residents receiving a boost dose. As vaccination rates increase, those that are too young to be vaccinated or those with weakened immune system are protected by herd immunity. While Shelby County is better than the state in general, we are not at herd immunity status based on benchmark data for childhood immunizations, flu vaccine, or COVID vaccine. 11.49% of the 2023 CHA survey responses indicated that not getting immunizations to prevent disease was an important risky behavior. Infectious disease received zero responses as a top health concern.

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Lack of human resources/staff

Community partners do not exist

Lead organization does not exist

Lack of financial resources

Existing programs already address issue

Other:

Part III. Community Health Needs Assessment Details

Priority 10: Reduce sexually transmitted infection rates in Shelby County.

Data/Rationale:

Sexually transmitted infection rates continue to creep up. In FY21, there were 48 cases of chlamydia, 19 cases of gonorrhea, and one case of syphilis. Data from the Iowa Health Fact Book indicate that as the 65th biggest county in Iowa, Shelby County ranks 45/99 counties for gonorrhea; 82/99 counties in chlamydia; and 25/99 counties in syphilis. Data from the 2023 County Health Rankings indicate a negative trend in STI rates at 218.3/100,000 population. The rating is more than half of state and national rates, despite trending negatively. 2.03% of CHA Survey responses selected STI as a top health concern in Shelby County. 2.7% of the CHA responses indicated that unsafe sex was an important risky behavior in Shelby County.

Is this issue addressed in an improvement plan? Yes or No

If No, reason(s) why this issue is not addressed in an improvement plan:

Lack of human resources/staff
Community partners do not exist
Lead organization does not exist
Lack of financial resources
Existing programs already address issue

Other: Other higher priorities were selected.

Priority 11: Provide effective community preparedness planning in Shelby County.

Data/Rationale: Despite the recent lifting of the Public Health Emergency Designation on the COVID-19 pandemic, there is little data in Shelby County to suggest that emergency preparedness is a concern. There were no survey responses that indicated emergency preparedness for disaster response was a priority.

Is this issue addressed in an improvement plan? Yes or No

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Lack of human resources/staff
Community partners do not exist
Lead organization does not exist
Lack of financial resources
Existing programs already address issue

Other: Public Health, Myrtle Medical Center, and local EMA services meets community need.