



TAMA
COUNTY



Public Health
Prevent. Promote. Protect.



2023 Community Health Assessment and Community Health Improvement Plan

**Tama County Public
Health & Home Care**

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INTRODUCTION

Purpose

Every five years, the Local Public Health Department performs a Community Health Assessment and Community Health Improvement Plan (CHA/CHIP). A CHA CHIP in Iowa counties has been performed for over 30 years. The process is designed to identify the most important factors affecting health and quality of life in our communities. The collection of information from community members and existing data helps to identify the most important factors in the area and assists in developing strategies to improve the health of our County.

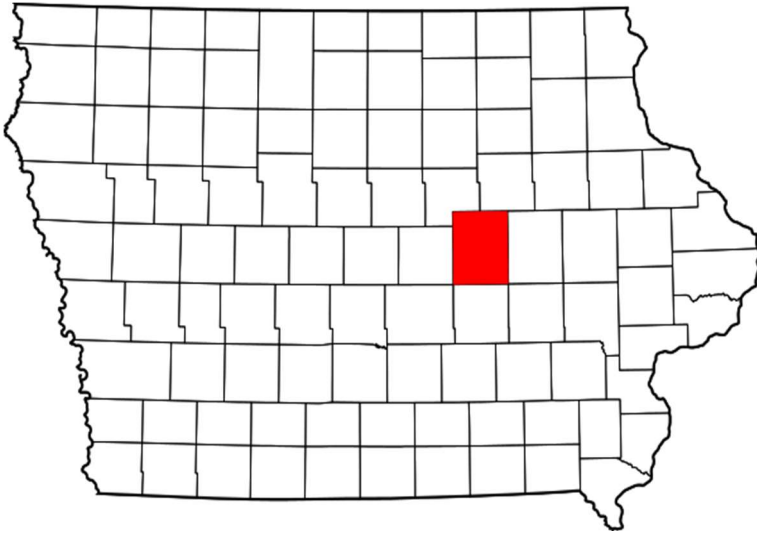
Methods

Tama County Public Health & Home Care utilized data review of health factors, communications with community groups and partners, and assessment survey results to guide the CHA CHIP process.

Surveys were distributed electronically to community partners, made available online, on paper forms at the office, as well as distributed at events held in communities, i.e.: Senior Senior Prom, Farmers Market, Pizza with the Police, Agency Open House, Family Fishing Event and at Health Fairs. This provided access to the survey to a wide range of community members.

DEMOGRAPHICS

Tama County is in Central Iowa. Tama County is ranked amongst the least healthy counties in Iowa at 85 of 99.



This Photo

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	County	Iowa
Population	16,801	3,163,561
% below 18 years of age	24.1%	22.9%
% 65 and older	20.5%	17.9%
% Non-Hispanic Black	0.9%	4.0%
% American Indian & Alaska Native	8.6%	0.6%
% Asian	0.5%	2.8%
% Native Hawaiian/Other Pacific Islander	0.2%	0.2%
% Hispanic	11.5%	6.5%
% Non-Hispanic White	78.7%	84.5%
% non-proficient in English	3%	2%
% Female	50.2%	50.2%
% Rural	72.4%	36.0%

Per the County Health Rankings & Roadmaps Report 2022

Statistics



Leading causes of death under age 75

- Malignant neoplasms
- Disease of the heart
- Chronic lower respiratory disease
- COVID-19
- Chronic liver disease and cirrhosis



17% of adults reported they consider themselves to be in fair or poor health



Tama County adults report that on 4.2 of the previous 30 days, their mental health was not good



7% of babies born to Tama County residents are considered low birth weight (under 5 lbs., 8 ounces)



The average life expectancy in Tama County is 76.5 years, Iowa average is 79.4 years



10% of adults (20+) in Tama County live with a diagnosis of diabetes, compared to 9% of Iowa residents

Statistics



19% of adults are current cigarette smokers, compared to 17% of Iowa adults



38% of adults in Tama County have a BMI of 30 or greater, compared to 34% of Iowans



30% of adults in Tama County report participating in no physical activity outside of work, compared to 26% of Iowans



22% of Tama County adults report binge or heavy drinking, compared to 25% of Iowans



57% of motor vehicle crash deaths involved alcohol in Tama County, compared to 27% in Iowa



34% of Tama County adults report getting fewer than 7 hours of sleep each night, compared to 33% of Iowans



10% of Tama County residents under age 65 do not have health insurance coverage, compared to 7% of Iowans

Statistics

Available care in Tama County



1 primary care physician per 4,210 people in Tama County
State ratio 1 provider for every 1,350 people



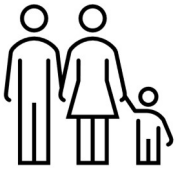
1 dentist per 3,360 people in Tama County
State ratio 1 dentist for every 1,440 people



1 mental health provider per 2,800 people in Tama County
State ratio 1 mental health care provider for every 570 people

There are no Hospitals or Urgent Care centers in Tama County.

Statistics



Children and families in Tama County

- There are approximately 4,152 children between 0 and 17 in Tama County
- 16% of children live in poverty
- Wage needed to meet the basic needs: single parent with 1 child under 6 = \$18.14/hr
- 16% of babies born in Tama County had inadequate prenatal care
- Yearly cost of infant care=\$9,198
- Yearly cost of school age care = \$5,300

Services available to families:

- Mid-Iowa Community Action
- Lutheran Services in Iowa (LSI)
- SKIP
- Maternal Health
- Tama County Nest



Summary of findings

Top concerns by category from survey findings:



Promoting Healthy Living, top concerns:

- Alcohol and other drug use/abuse
- Mental Health services
- Elderly Wellness



Preventing Injury, top concerns:

- Disability
- Emergency Medical Services
- Violent and abusive behavior



Preventing Epidemics, top concerns

- Disease control and surveillance
- Sexually Transmitted Infections
- Immunizations/Vaccinations



Protecting Against Environmental Hazards, top concerns:

- Drinking water protection
- Food safety
- Hazardous waste management



Prepare for, Respond to and Recover from Public Health Emergencies, top concerns:

- Communication Networks
- Emergency Planning
- Emergency Response



Strengthen the Healthcare Infrastructure, top concerns:

- Access to quality health services
- Food and nutrition assistance
- Health insurance

Assets to Health

Disease Control and Surveillance

- Tama County Public Health & Home Care provides communicable disease investigation and follow up for the county
- Responds to pandemics
- Monitors respiratory illness reports
- Acts as a resource to businesses, residents and schools
- Tama County Public Health participates in “My Iowa Condom” program and distributes condoms for free to residents and businesses
- Tama County Public Health works with Linn County Public Health to provide space for free STI testing clinics and home test kits

Immunizations

- Tama County Public Health & Home Care completes yearly immunization audits of all schools and daycare centers
- Providers and TCPH participate in the Vaccines for Children program to make sure vaccinations are available to under insured and uninsured children in the county
- Influenza vaccination is offered throughout Tama County at pharmacies and provider offices
- COVID-19 vaccine effort in 2021: Tama County Public Health & Home Care with the assistance of the Tama County Volunteer Medical Corp provided COVID-19 Vaccine:
 - 1,480.5 hours worked
 - 6,812 shots given
 - 146 clinics hosted

Public Health Emergency Response

- Tama County employs a full-time Emergency Management Coordinator to serve and assist the residents of Tama County with preparedness, training, rapid response, and recovery in all emergency situations.
- Tama County has a Local Emergency Preparedness Coalition that incorporates the EMA, Public Health, EMS, Police Departments, healthcare workers, and city officials from across the county to plan and prepare for emergencies
- TCPH&HC and the Tama County EMA are members of the State Health Coalition and work closely with hospital, EMS and Public Health officials from a 16 County region in Central Iowa on preparedness activities and planning
- TCPH&HC organizes a Volunteer Medical Reserve Corp that is available to assist in emergency situations (such as the COVID-19 vaccination effort)



Food and Nutrition Assistance

As concerns of food insecurity rose across Tama County, ISU Extension led efforts to organize local partners and address the issue. A survey was created for residents to participate in to establish needs and concerns. Existing programs in the county include the WIC program, food assistance through the Department of Human Services, the South Tama County Food Pantry, North Tama Food Pantry, school backpack programs, summer food programs and Senior Meals. Despite these existing services, there were still shortfalls for Tama County residents, the collaboration led to the creation of Little Free Food Pantries across the county as well as hosting the Northeast Iowa Food Bank Mobile Food Pantry. The Mobile Food Pantry began in March of 2022 and arrives monthly to the County to distribute food items to those in need. The effort is made possible by volunteers from the area. In the first full year of distribution, a total of 542 households registered and attended the mobile food distribution at least once, serving 1734 individuals.

MFD stats:

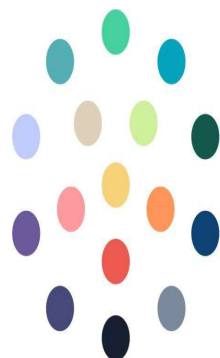
White 53%

Hispanic 28%

Undisclosed 13%

American Indian 4%

Asian <1%



NORTHEAST IOWA
FOOD BANK

Community Health Assessment

In identifying the following 4 priority health needs in Tama County, survey results, data sets, community input and health rankings reports were taken into consideration.

Priority 1: Obesity and Physical Activity

Obesity and Physical Activity are two concerns in Tama County that link directly to other health problems, like heart disease and diabetes. This concern is not unique to Tama County, it is also one of seven priorities identified in the Healthy Iowans: Iowa's State Health Assessment. 38% of Tama County residents report a body mass index (BMI) greater than or equal to 30, compared to 30% of Iowans and 32% of Americans having a BMI of 30 or higher. BMI is a tool used to screen for weight issues that may lead to health problems. A healthy BMI is 18.5-<25, 25.0-<30 is considered overweight and 30 and higher is in the obese range, per the Center for Disease Control (CDC).


“Physical activity is one of the best things people can do to improve their health. It is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death.” CDC Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion, February 24, 2023. Active people are at less risk for developing type 2 diabetes, heart disease, obesity and some forms of cancer. Yet, per the County Health Rankings & Roadmaps, 30% of Tama County adults reported participating in no physical activity outside of work, compared to 26% of Iowans and Americans. 10% of Tama County adults are living with a diagnosis of diabetes. Heart disease is the second leading cause of death for Tama County adults under the age of 75.

American Heart Association Physical Activity Recommendations for Adults:

- Get at least **150 minutes per week** of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.

There are multiple factors that influence inactivity, such as: access to recreational facilities, safe walkable sidewalks, lower incomes, lower education levels and disability. Per the IDPH Bureau of Nutrition and Physical Activity Report 2020, 54% of rural Iowans reported having access to sidewalks, compared to 73% of urban residents.

- 9% of Tama County residents do not have reliable food sources
- 7% of Tama County residents report low income and do not live close to a grocery store, limiting availability to healthy foods

 Healthy eating and active living is an identified need in Iowa's 2023-2027 State Health Improvement Plan.

Priority 2: Elderly Wellness

Tama County is home to 16,801 people. Of those residents, 20.5% are over age 65. Like much of Iowa, we have a large aging population. Older adults have a higher risk of developing chronic health problems. Many diseases of the aging population require family, community, and healthcare support. The need for caregivers to assist the aging population is increasing as well. Per USAging, by 2034, the population of adults aged 65 and older in the United States will outnumber children younger than 18. The average life expectancy for Tama County residents is 76.5 years of age.

There are currently 23,880 home health and personal care aides in Iowa, Alzheimer's Impact Movement estimates a 32.2% increase is needed to meet demand by 2030. In 2022, Iowa recorded 98,000 unpaid caregivers for dementia sufferers. 65% of caregivers were found to have chronic health conditions themselves and 13.8% were in poor physical health.

Elderly wellness encompasses many different needs and assistance:

- Nutrition needs
- Oral health
- Dementia resources
- Caregiver assistance
- Respite care
- Homemaking
- Home Health
- Legal assistance and abuse prevention
- Emergency preparedness plans
- Medication assistance
- Durable Medical Equipment
- Mental Health
- Socialization/Loneliness
- Physical activity
- Transportation

Priority 3: Access to Care

Per the U.S. Census Bureau, Tama County is the 9th largest county in Iowa by total area. Tama County has 721.0 square miles of land. We are one of nine counties in Iowa that does not have a hospital. There are no urgent care clinics, we have six medical clinics and two dental offices in our county. 17% of adults in Tama County report that they consider themselves in poor health and 11% report experiencing poor physical health for 14 or more of the last 30 days.

- 50% of Medicare enrolled females receive an annual mammogram
- 48% of Medicare enrollees receive an annual flu vaccine
- 10% of adults under age 65 are uninsured
- 5% of children under age 19 are uninsured
- 1 primary care provider (NP or PA) per 1,530 people in Tama County (Iowa ratio 840:1)
- 4 pharmacies in the county
- 4 long term care facilities
- 4 assisted livings
- 1 pediatric provider
- 1 dental office

Healthy People 2030 identifies health care access and quality as a goal.

Priority 4: Mental Health (including substance use, suicide, violent and abusive behavior)

Tama County Residents who participated in the survey process for the CHA/CHIP overwhelmingly picked mental health, violent and abusive behavior, suicide and substance use as priority needs in our county. Tama County adults reported their mental health was not good on 4.2 of the past 30 days, this is just slightly higher than the State at 4.1 days. 14% of Tama County adults reported 14 or more poor mental health days in the past 30.

Statistics:

- 22% of Tama County adults report binge drinking
- 57% of motor vehicle crash deaths involve alcohol
- Between 2016 and 2020 there were 17 deaths by suicide/100,000 people
- 35 juvenile delinquency court cases per 1,000 youth (2019)
- 11% of households in Tama County experience overcrowding, high housing cost, lack of kitchen facilities or lack of plumbing

Iowa Health and Human Services Child Welfare Data 2022 for Tama County:

- Confirmed Child Abuse Cases 7
- Founded Child Abuse Cases 79
- Denial of Critical Care Cases 148
- Physical Abuse Cases 7
- Sexual Abuse Cases 3
- Presence of illegal drugs in the home 8

Priority 1: Obesity and Physical Activity

GOAL ONE: INCREASE TAMA COUNTY RESIDENTS' AWARENESS OF EXERCISE BENEFITS AND OPPORTUNITIES TO BE PHYSICALLY ACTIVE

Objective 1:1 Decrease number of adults in Tama County reporting no physical activity outside of work from 30% to 26% by 2028

GOAL TWO: EDUCATE TAMA COUNTY RESIDENTS ON HEALTHY FOOD OPTIONS

Objective 2:1 Decrease percentage of Tama County residents with a BMI of 30 or more from 38% to 33% by 2028

Strategy	Collaborating Agencies	Target Date	Responsible Party
Promote family events that encourage physical activity	TCPH&HC SKIP Schools Churches Tama County Conservation	Ongoing	TCPH&HC
Raise awareness of local groups providing opportunities for physical activity	TCPH&HC ISU Extension Long Term Care Assisted Living Toledo Healthy Hometown Committee	2028	TCPH&HC
Share resources with communities on food pantries	ISU Extension (brochures) TCPH&HC Coffee Talk Sites	Ongoing	TCPH&HC
Promote and provide nutritional education opportunities	TCPH&HC ISU Extension Nest Program	Ongoing	TCPH&HC
Promote 52310	TCPH&HC Libraries ISU Extension STCCSD Toledo Healthy Hometown Committee	TBD based on grant availability	TCPH&HC
Develop educational campaign on nutrition	TCPH&HC ISU Extension Nest	2028	TCPH&HC

Priority 2: Elderly Wellness

GOAL ONE: SUPPORT THE ABILITY OF OLDER ADULTS TO LIVE SAFELY IN THEIR HOMES AND COMMUNITIES.

Objective 1:1 Tama County will maintain home health services offered to individuals in the county.

GOAL TWO: INCREASE SOCIALIZATION OPPORTUNITIES

Objective 2:1 Decrease loneliness and isolation in Seniors by providing opportunities and information on social events in the County for Seniors by 2028.

Plan of Action: Elderly Wellness

Strategy	Collaborating Agencies	Target Date	Responsible Party
Offer home health and homemaker services in the county through Medicare certified agency	TCPH&HC Area Hospitals Medical Clinics Long Term Care	Ongoing	TCPH&HC
Promote local agencies and services available for aging population	TCPH&HC ISU Extension Long Term Cares Assisted Livings Historical Society Theaters	Ongoing	TCPH&HC
Provide education on home safety, fall risk reduction and emergency preparedness to the aging population	TCPH&HC Coffee Talks LEPC Millenium Therapy EMS	Ongoing	TCPH&HC
Promote local activities and groups for the aging population	TCPH&HC COA Senior Centers Churches Historical Society Libraries OWL group Toledo Healthy Hometown	Ongoing	TCPH&HC
Provide social opportunities for the aging population	TCPH&HC Long Term Care Assisted Living Churches Theaters Libraries Historical Society	Ongoing	TCPH&HC
Network with COA, NEI3A, long term care centers and assisted livings to support the aging population in the county	TCPH&HC COA NEI3A LTC	Ongoing	TCPH&HC

Priority 3: Access to Care

GOAL ONE: IMPROVE ACCESS TO HEALTH CARE FOR TAMA COUNTY RESIDENTS.

Objective 1:1 Keep residents informed of changes in services within the County and provider availability, have at least 1 full time Physician in the County by 2028.

Plan of Action: Access to Care

Strategy	Collaborating Agencies	Target Date	Responsible Party
Educate Tama County residents on changes in local healthcare systems	TCPH&HC Medical Clinics	Ongoing	TCPH&HC
Educate residents on service types (ie: ER vs Urgent Care)	TCPH&HC Medical Clinics Coffee Talks	Ongoing	TCPH&HC
Promote healthcare services and specialty care available in Tama County	TCPH&HC Coffee Talks Medical Clinics	Ongoing	TCPH&HC
Inform residents of transportation options	TCPH&HC COA Senior Centers Coffee Talks	Ongoing	TCPH&HC
Maintain and distribute current Tama County Resource Guide to residents and other agencies	TCPH&HC Coffee Talks SKIP MICA LEPC	Ongoing	TCPH&HC
Promote vaccinations available in the county	TCPH&HC COA NEI3A LTC	Ongoing	TCPH&HC
Collaborate with State initiatives to attract DO's/MD's to the area	TCPH&HC Local Providers and clinics	2028	TCPH&HC

Priority 4: Mental Health (including substance use, suicide, violent and abusive behavior)

GOAL ONE: EDUCATE TAMA COUNTY RESIDENTS ON MENTAL HEALTH AND AVAILABLE SUPPORTS.

Objective 1:1 Decrease the average poor mental health days reported in Tama County from 4.2 in 30 days to 4.0 by 2028.

Plan of Action: Mental Health (including substance use, suicide, violent and abusive behavior)

Strategy	Collaborating Agencies	Target Date	Responsible Party
Promote existing mental health and substance abuse services available	TCPH&HC Center Associates SKIP Spero Counseling SATUCI Access Pathways	Ongoing	TCPH&HC
Develop and disseminate mental health awareness information and supports available	TCPH&HC LEPC Pathways ISU Extension	2028	TCPH&HC
Share educational opportunities for EMS, law enforcement and social service providers in the county	TCPH&HC LEPC SKIP	2028	TCPH&HC
Provide a platform for information sharing among agencies	SKIP	Ongoing	TCPH&HC

References:

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