

2022 - 2024



# HEALTH NEEDS ASSESSMENT

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FOR THE SIOUXLAND COMMUNITY

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**UnityPoint Health**  
St. Luke's

## Letter from Area Leadership

The Siouxland Area Community Health Needs Assessment (CHNA) team is pleased to share with you our 2022 Community Health Needs Assessment. Since merging forces in 2016, the team has been committed to improving the lives and health of people living in our communities. This report is a tangible representation of our continued commitment to that goal.

Building on our first joint community health needs assessment in 2016, the CHNA team opted to follow the principles of National Association of County and City Health Officials (NACCHO) Mobilizing for Action through Planning Partnerships (MAPP) process. It is a community-driving strategic planning process for improving community health.

As a result, this report includes community thoughts from the following:

- 609 online survey respondents
- 2 community – wide meetings with a combined 93 attendees
- 38 different community and city-based organizations
- 4 focus group meetings with a combined 25 attendees

This wealth of quantitative and qualitative data allowed us to fulfill our commitment to the community by prioritizing their needs in our assessment. The CHNA Team would like to thank everyone who was involved in development of this assessment. We would also like to thank you for reading this report, and your interest and commitment to improving the health of the Siouxland Community.



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Rob Monical, CEO Dunes Surgical Hospital



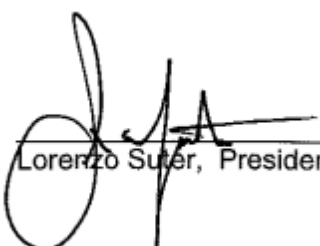
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Beth Hughes, President MercyOne Siouxland Medical Center



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Kevin Grieme, Director Siouxland District Health Dept



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Lorenzo Suter, President and CEO UnityPoint Health - St. Luke's

## Executive Summary

### Community Health Needs Assessment

Siouxland Area Residents,

The Affordable Care Act and the Health Care Education Affordability Reconciliation Act, both enacted in March 2010, mandate tax-exempt hospital organizations to conduct a Community Health Needs Assessment every three years, beginning in 2011. Since 2015/2016 Dunes Surgical Hospital (DSH), MercyOne Siouxland Medical Center (MercyOne), Siouxland District Health Department (SDHD), and UnityPoint Health - St. Luke's have partnered together to complete a joint Community Health Needs Assessment (CHNA) to determine the community's greatest health needs, and to coordinate efforts to improve population health outcomes for the Siouxland area. Once again, the same entities came together to complete the 2022 -2024 joint community health needs assessment.

Throughout 2021 the CHNA Planning Committee, made up of representatives from Briar Cliff University, Dunes Surgical Hospital, Growing Community Connections, MercyOne Siouxland Medical Center, Siouxland Community Health Center, Siouxland District Health Department, Source for Siouxland and UnityPoint Health – St. Luke's elected to utilize the National Association of Counties and Cities Health Officials (NACCHO), Mobilizing for Action through Planning and Partnerships (MAPP) community-driven strategic planning process to complete their community health needs assessment. The year-long process included six phases:

- Phase 1: Organize for Success & Partnerships
- Phase 2: Visioning
- Phase 3: The Four Assessments
- Phase 4: Identify Strategic Issues
- Phase 5: Formulate Goals & Strategies
- Phase 6: Action Cycle

The joint CHNA looked at data from the following six counties in the tri-state Siouxland area, as each hospital serves a larger territory outside of just Woodbury County:

- Union, SD
- Dakota, Dixon, and Thurston, NE
- Plymouth and Woodbury, IA

After reviewing all information and data available, the following four areas of need were identified for the Siouxland area: **Preventative Care, Substance Misuse, Physical Health** and **Mental Health** to all include a focus of health equity and inclusion.

Siouxland's CHNA is not designed to be an exhaustive list of the area's health concerns. Rather this document represents the three-year health concern priorities and is the starting point from what must be done to achieve measurable progress for the health of Siouxland residents. The joint Health

Improvement Plan is a supporting document that includes actionable performance measures keyed to the four identified areas of need.

The Dunes Surgical Hospital is in Dakota Dunes, SD. The hospital's focus is on offering a high quality, service-oriented environment for patient's surgical procedures. DSH is accredited by Accreditation Association for Hospitals/Health Systems, and specialize in Dental/Oral Surgery, Ear Nose and Throat, General, Gastrointestinal, Gynecology, Neurosurgery, Ophthalmology, Orthopedic, Pain, Plastic, Podiatry, Spine, and Urology.

MercyOne's Mission is to serve with fidelity to the Gospel as a compassionate - healing ministry of Jesus Christ to transform the health of our communities. Living the traditions, vision and values of the Sisters of Mercy, MercyOne Siouland is a regional Level II Trauma Center that meets the needs of residents in Iowa, Nebraska and South Dakota. In addition to the main hospital in Sioux City, MercyOne owns rural hospitals in Primghar, Iowa, manages hospitals in Pender, Nebraska and Hawarden, Iowa, and operates a primary care clinic network, specialty care clinics and home health services. MercyOne also partners with other community healthcare providers to sponsor a regional cancer center, hospice services, a freestanding surgery center and a variety of other health services.

Siouland District Health Department serves as the public health office for Woodbury County, IA. Its mission is "Leading a collaborative effort to build a healthier community through improved access to health services, education and disease prevention." SDHD services include public health nursing, disease prevention and investigation, health promotions, nutrition education, environmental health and home-based services.

As part of UnityPoint Health, UnityPoint Health – St. Luke's is one of the region's most patient and family-centered hospitals, with the region's premier birth center and hospital outpatient services including cardiology and pulmonology. St. Luke's delivers innovative care to communities in the tri-state area including Iowa, Nebraska and South Dakota. Using a team approach, the physicians and specialists of UnityPoint Clinic are committed to helping patients manage their health with services including family practice, general surgery, maternal-fetal medicine, pediatrics, podiatry, and physical medicine and rehab. For patients who need additional care at home, UnityPoint at Home provides services and equipment including nursing care, infusion therapy, respiratory therapy, rehabilitation, home medical equipment and supplies. Through our mission to improve the health of the people and the communities we serve, UnityPoint Health - St. Luke's, UnityPoint Clinic and UnityPoint at Home work together to ensure the best outcome for every patient every time.



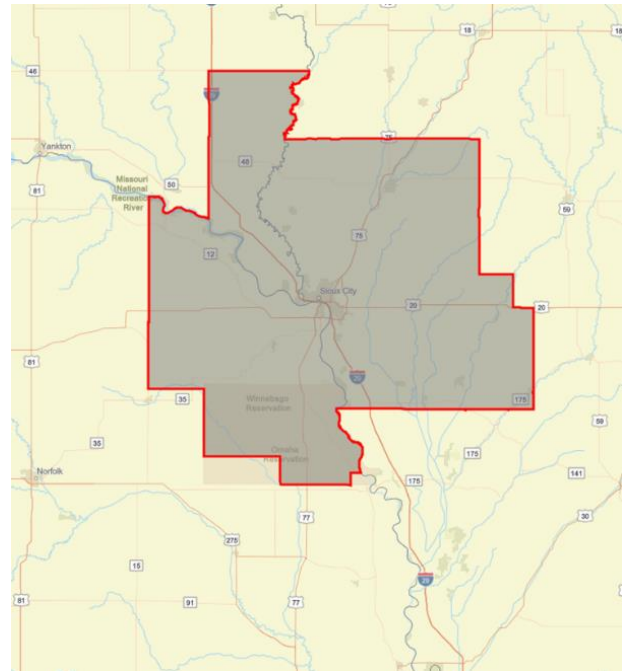
# Community Health Needs Assessment

## Description of Community

### Service Area

#### ***Siouxland Service Area Characteristics***

Sioux City, Iowa serves as the regional hub for business, employment, industry, retail trade, medical care and educational opportunities. Six counties in the tri-state area of northwestern Iowa, northeastern Nebraska, and southeastern South Dakota are included in the Siouxland Community Health Needs Assessment. Individuals residing in these counties live within a 40-mile radius of Sioux City, as noted in the map.<sup>1</sup> The area includes the Iowa counties of Woodbury and Plymouth; the Nebraska counties of Dakota, Dixon, and Thurston; and the South Dakota county of Union. The total area for these counties is 3,355 square miles, with Woodbury and Plymouth representing 52% of this total area.<sup>2</sup> The Siouxland region, outlined in the map, has a population of 177,000.<sup>1</sup>



As shown in the graph, 27.5% of the population is under the age of 18 years and 16% of the population is over the age of 65 years. Dixon has the oldest population, while Thurston has the youngest.

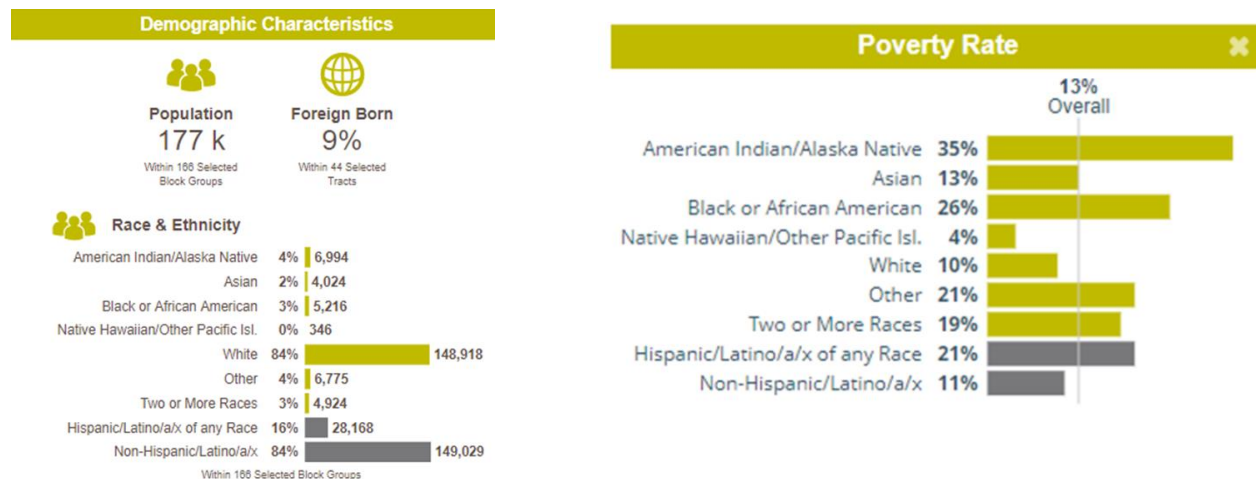
		Age Groups							
		Under 5		Under 18		Age 20 - 59		Age 65 and older	
State	County	population	% of population	population	% of population	population	% of population	population	% of population
IA	Plymouth	1,560	6.2%	6,294	25.0%	11,707	46.5%	4,557	18.1%
	Woodbury	6,701	6.5%	26,704	25.9%	58,152	56.4%	15,466	15.0%
NE	Dakota	1,722	8.6%	5,827	29.1%	10,113	50.5%	2,683	13.4%
	Dixon	394	7.0%	1,409	25.0%	2,575	45.7%	1,127	20.0%
	Thurston	700	9.7%	2,593	35.9%	3,214	44.5%	859	11.9%
SD	Union	924	5.8%	3,855	24.2%	7,966	50.0%	2,772	17.4%
Siouxland Regional Total		12,001	7.30%	46,682	27.50%	93,727	48.90%	27,464	16.0%

<sup>1</sup> Casey Foundation CAI Maps

<sup>2</sup> Wikipedia, County State Profiles

The race/ethnicity distribution in the area is 84% White, 4% American Indian, 4% other, 3% Black, 3% two or more races and 2% Asian. 84% are non-Hispanic while 16% are Hispanic/Latino.

In the area, overall poverty rate is 13%, with American Indian/Alaska Native and Black or African American having the highest poverty rate. Thirty percent of households fall under the 200% poverty rate and the median household income for the area is \$61,393.



The regional economy is based on food manufacturing/processing, agriculture, health care and social assistance, education and the food service industries. The June 2021 unemployment rate for the largest counties in the region –Woodbury, Plymouth, and Dakota – was 4.9%, 3.5%, and 3.4%, respectively. <sup>3</sup>

### Individual County Characteristics

**Woodbury County, IA** has a population of 103,107 which represents 58% of the Siouxland regional total. The residents of Sioux City and Sergeant Bluff represent nearly 90% of the Woodbury County population. **Plymouth County, IA** has a population of 25,177 or 14% of the Siouxland regional total. The largest community in the county is Le Mars with a population of 10,081.

**Dakota County, NE** has a population of 20,026. South Sioux City and Dakota City total residents represent 73% of the county population.

**Union County, SD** has a population of 15,932 which represents 9% of the regional total. North Sioux City and Dakota Dunes’ total residents represent 34% of the county population.

**Thurston County, NE** with a population of 7,224 and **Dixon County, NE** with a population of 5,636 represent 7% of the regional total, complete the six-county area.

<sup>3</sup> US Bureau of Labor Statistics

## Social Determinants of Health



Health starts in our homes, schools, workplaces, neighborhoods, and communities. We know that taking care of ourselves by eating well and staying active, not smoking, getting the recommended immunizations, and screening tests, and seeing a doctor when we are sick all influence our health. Our health is also determined in part by access to social and economic opportunities; the resources and supports available in our homes, neighborhoods, and communities; the quality of our schooling; the safety of our workplaces; the cleanliness of our water, food, and air; and the nature of our social interactions and relationships. The conditions in which we live explain in part why some Americans are healthier than others and why Americans more generally are not as healthy as they could be.

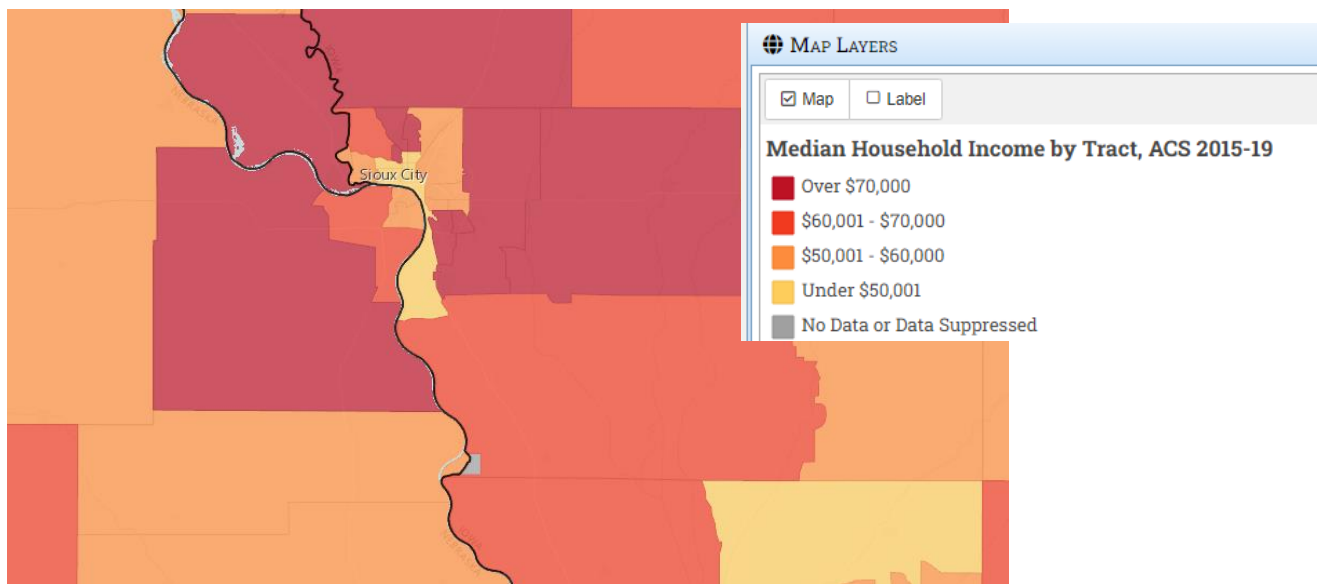
## Economics

According to the Casey Foundation, within the 6-county report area 13% or 23,010 individuals are living in households with income below the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status. Thurston County, NE has 25.5% of residents living in poverty while Union County, SD has the lowest at just over 8.6%.

County	Total Population	Percent Population in Poverty	Median Household Income
Woodbury, IA	103,107	12.70%	\$59,224
Plymouth, IA	25,177	9.10%	\$67,297
Iowa	3,155,070	11.50%	\$60,523
Dakota, NE	20,026	16.20%	\$59,231
Dixon, NE	5,626	9.50%	\$56,905
Thurston, NE	7,224	25.50%	\$51,034
Nebraska	1,934,408	11.10%	\$61,439
Union, SD	15,932	8.60%	\$70,378
South Dakota	884,659	13.10%	\$58,275
USA	328,239,523	13.40%	\$62,843

Woodbury County's overall poverty percentage is at 12.7%, however Sioux City alone has seven census tracts with more than 20% of their residents living in poverty, with their highest census tract at nearly 48% of the population living below the poverty level. Top three census tracts living in poverty in Sioux City account for 25% of the city population. Of those living in those tracts, 43% are Hispanic or Latino, 38% are non-Hispanic White and 9% are Black or African American.

Plymouth County, IA and Union County, SD report a higher median household income than their respective state's average household income, however Woodbury County, Dakota County, Dixon County and Thurston County all report lower than state averages for household income. Once again segments of Sioux City in Woodbury County report the lowest household incomes in the reporting area.



## Education

In the six-county reporting area, 12% of the population aged 25 and older do not have a high school diploma.<sup>4</sup> Dakota County, NE has the largest percentage at nearly 24% of residents age 25+ who do not have a high school diploma, while Plymouth County, IA has the lowest at 7%.<sup>5</sup> Almost 23% of the population age 25 and older in the six-county reporting area have obtained a Bachelor's level degree or higher.<sup>4</sup> This indicator is relevant because educational attainment has been linked to positive health outcomes.

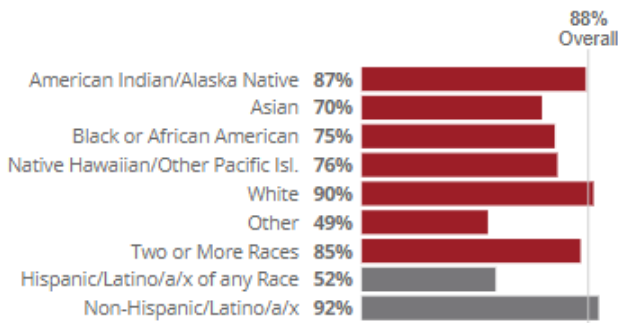
<sup>4</sup> Casey Foundation

<sup>5</sup> Census American Community Survey

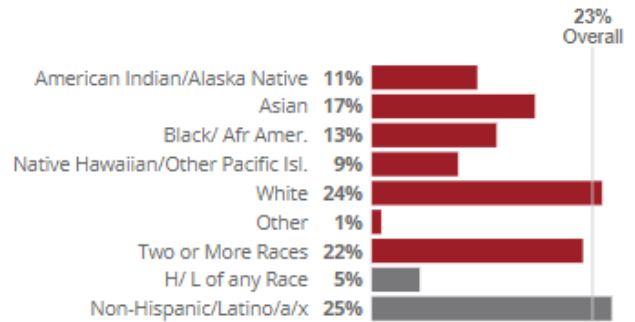


The 6-county Siouxland reporting area mirrors national trends with regard to the Hispanic/Latino population reporting a larger percentage of the population without a high school diploma or bachelor's degree.

**Age 25+ with HS Diploma/GED**



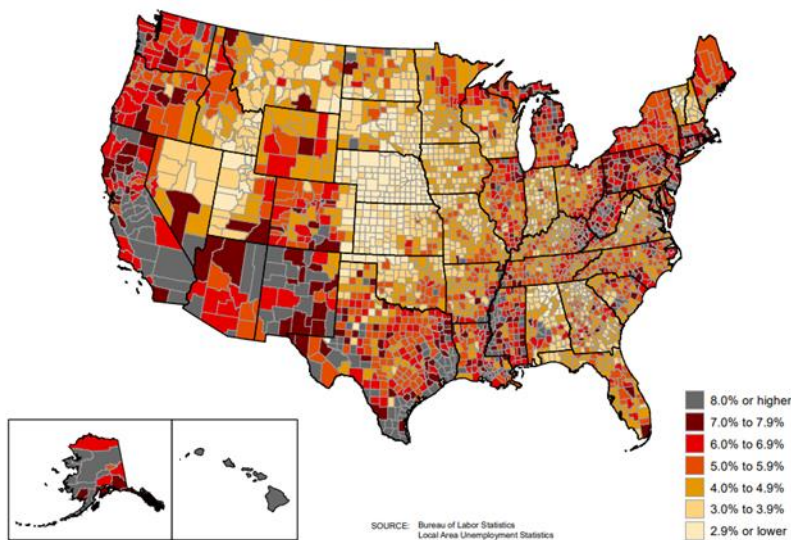
**Age 25+ with a Bachelor's Degree+**



## Employment

Unemployment during the past few years has been highly impacted by COVID-19. Fortunately, the Midwest and specifically our tri-state area has not been as negatively impacted as the rest of the U.S. For Sept. 2020 – Aug 2021 our six-county area reported an average unemployment rate of 3% - 6%.

**Unemployment rates by county, September 2020-August 2021 averages**  
(U.S. rate = 6.2 percent)



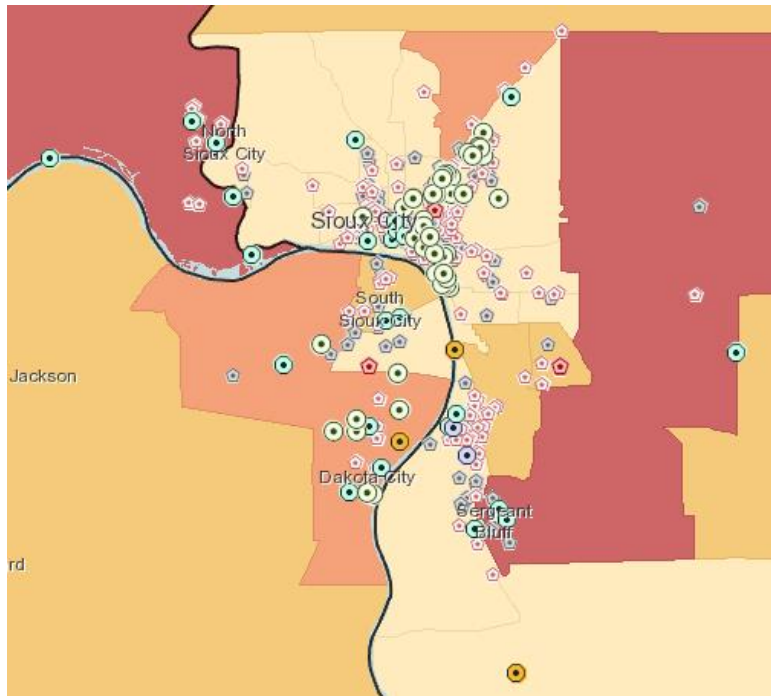
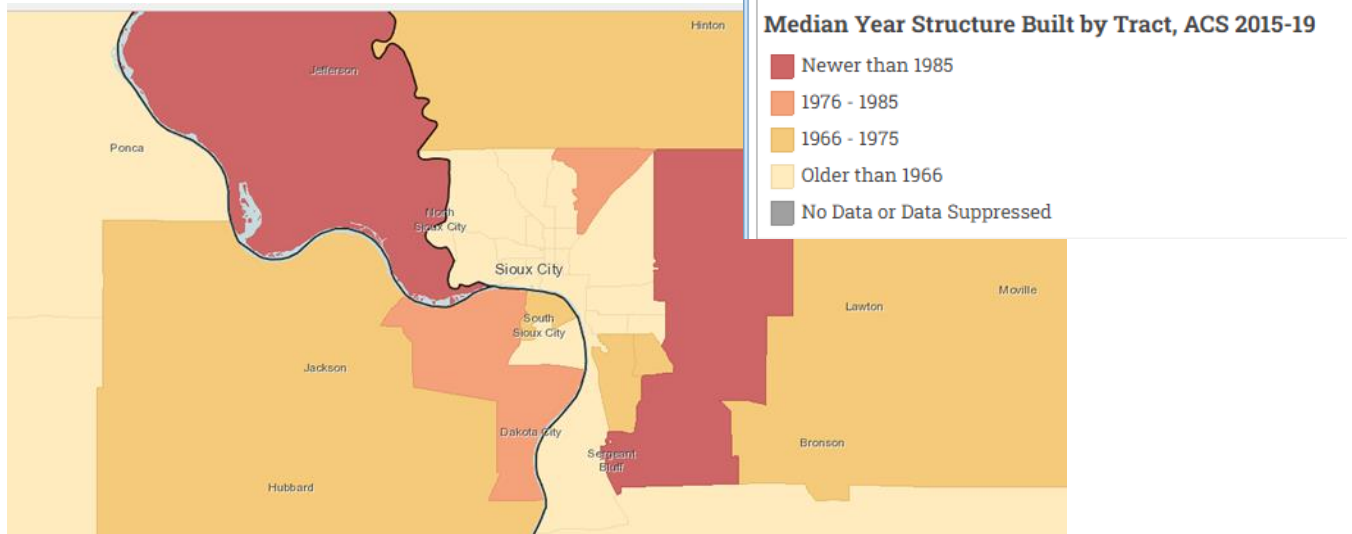
In April 2020, the first month following the initial cases of COVID in the tri-state area, unemployment did reach 10.5%, 7.6% and 6.7% for Woodbury, Plymouth and Dakota County respectively. However, it did begin to decrease immediately in May 2020. As mentioned earlier, now a year later, June 2021 unemployment rate for the largest counties in the region for Woodbury, Plymouth, and Dakota County are, 4.9%, 3.5%, and 3.4%, respectively.

This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food and other necessities that contribute to poor health status.

## Neighborhood and Built Environment

The neighborhoods people live in have a major impact on their health and well-being.

Median year of homes built in the tristate area range, from older than 1966, in the majority of Sioux City, IA to 1998 in Union County, SD and the newer developments on the outskirts of Sioux City. With a community of older homes, risks such as radon, mold and lead are increased and could significantly increase health issues.



When Brownfield Sites, land previously used for industrial purposes or some commercial use, that may be contaminated by low concentrations of hazardous water pollutions, surface water pollution discharge sites and hazardous waste sites are added to the map, you will see most of them are in the downtown to near northside of Sioux City and in the industrial area south of Sioux City.

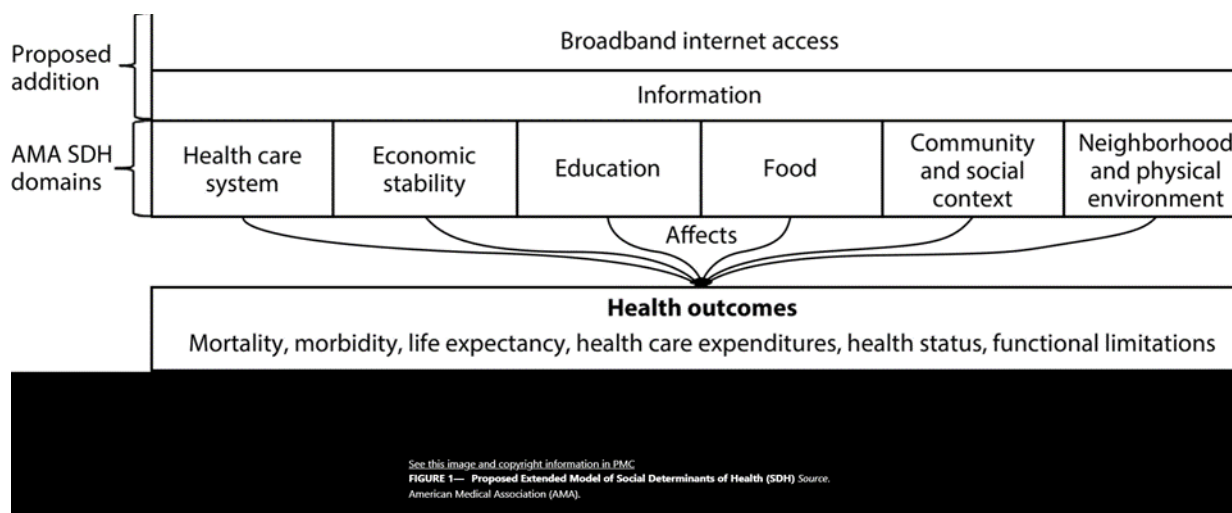
Air and water pollutants may stay in the environment for long periods of time and be harmful to your health.

The top three household health concerns reported in the Siouxland Community Health Needs Assessment Survey were: mold, outdoor air quality and insects.

According to the 2021 Siouxland Community Health Needs Assessment Survey, nearly 82.5% of survey responders reported feeling quite safe or extremely safe from crime in their neighborhood, with the remaining 17.5% feeling - slightly safe (15.5%), not safe at all, (1.7%) or didn't know (.3%). From 2015 -2020, reported violent crimes have increased throughout the tristate area. Woodbury County increased from 331 to 355 per 100,000, Dakota County increased from 114 – 234 per 100,000 and Union County increased from 34 to 146 per 100,000.

Most of the tristate area has adequate access to locations for physical activity such as a park or recreational facility near their home. As reported by the Community Health Rankings, 94% of Woodbury County residents have access followed by 86% and 72% for Dakota and Union counties. Although access may be available, members of focus groups held during the spring of 2020 indicated certain locations within Sioux City specifically were not safe to exercise due to crime and or transient individuals.

Reduced Broadband Internet Access (BIA) impacts every Social Determinant of Health, as it improves access to telehealth, virtual work options and education options, and social and community connections as indicated by the American medical Association graphic below.



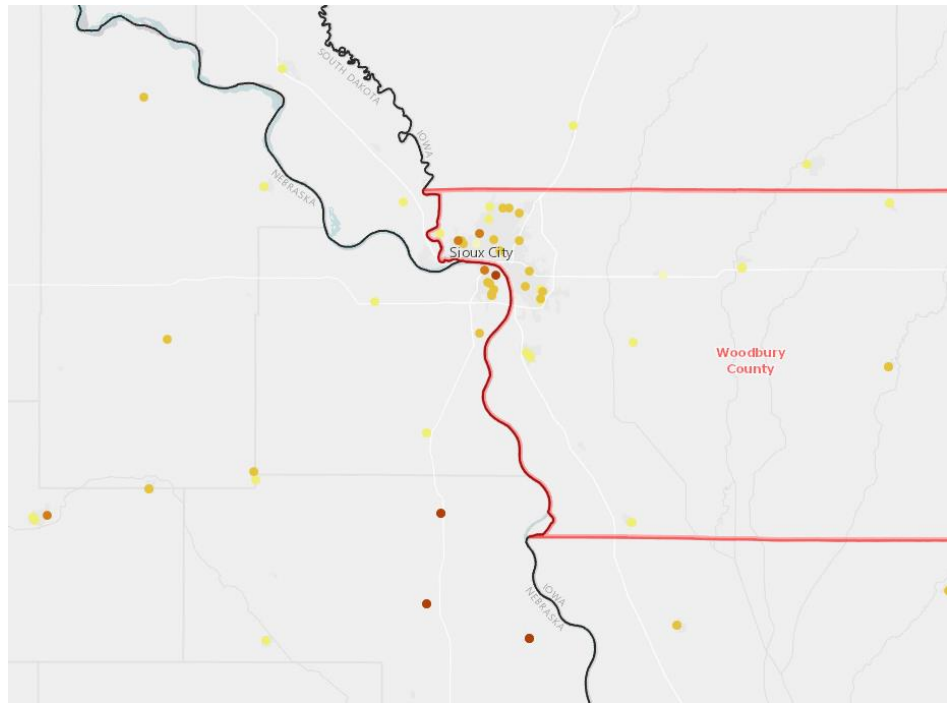
Locally we are slightly behind the national average of 80%, with regards to access to BIA. Woodbury county is at 75%, Dakota County is at 75% and Union County is at 80%.

## Social Services

The Siouxland Food Bank reports 25,000 food insecure individuals living in the Siouxland community, including 10,500 food-insecure children. Roughly each county in the 6-county

reporting area averages a food insecurity rate of 7.5-12%, except Thurston, which is at 19%.<sup>5</sup> In 2020, 3.8 million pounds of food were distributed throughout Siouxland.

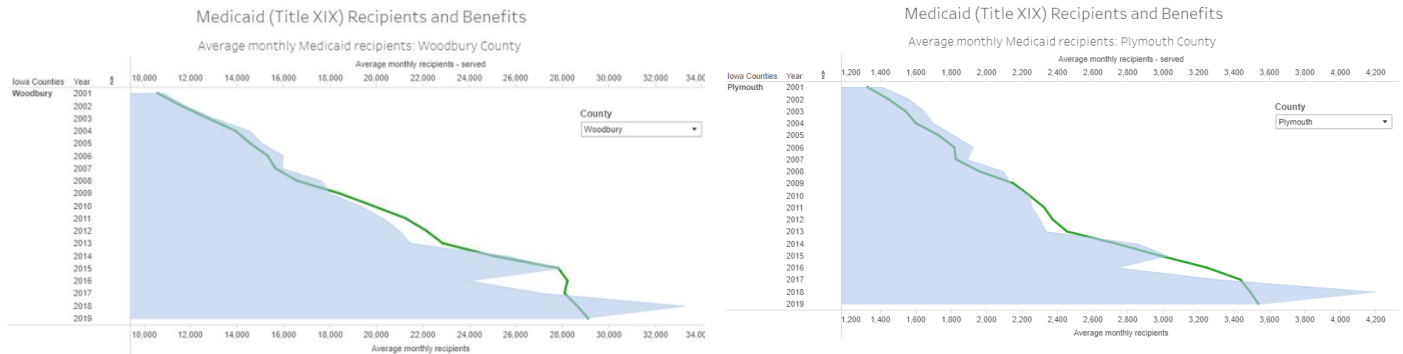
Free and reduced lunch eligible children are highest in portions of Thurston, Dakota and Woodbury County. As indicated



by the darkest circles, three schools within Thurston County report 100% Free and Reduced lunch, while Dakota County has one school at 94% and a second at 87%. For the 20/21 school year schools within Woodbury County ranged from 19% (rural) to 90% (city).

## Access to Care

In 2019, the average number of monthly recipients eligible for Medicaid benefits were 29,118 in Woodbury County and 3,539 in Plymouth County. This is a continued growth for each county.



Access to primary care throughout the 6-county report area has primarily stayed level, with a rough provider/population ratio of around 2,000:1, with the exception of Dakota County where they have improved their provider/population ratio from 20,780:1 to 10,040:1, according to the 2021 Community Health Rankings report.

<sup>5</sup> Feeding America Map the Meal Gap 2019

There are four Federally Qualified Health Center locations in the reporting area. They are community assets that provide health care to vulnerable populations; they receive extra funding from the federal government to promote access to ambulatory care in areas designated as medically underserved.

Woodbury County, IA – 1  
 Dakota County, NE – 1  
 Union County, SD – 2

Mental health providers are defined as psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, and mental health providers that treat alcohol and other drug abuse, as well as advanced practice nurses specializing in mental health care. Mental health providers have been increasing in the tri-state area over the year. The chart below identifies the number of providers in 2020 throughout the tristate area.

County	# of providers	Population to Provider Ratio
Woodbury County, IA	229	450:1
Plymouth County, IA	32	780:1
Union County, SD	8	1,950:1
Dakota County, NE	46	430:1
Dixon County, NE	1	5,710:1
Thurston County, NE	24	300:1

Although there are roughly 30 dental offices in the tri-state area, only one provider is taking new Medicaid patients as of summer 2021.

Population to Dental Provider Ratio	
Woodbury	1,420:1
Plymouth	2,090:1
Dakota	2,870:1
Dixon	1,900:1
Thurston	1,220:1
Union	1,120:1

## Health Disparities

Health disparities are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.

Sioux City’s Hispanic population is 16,206. Sioux City has the second highest Hispanic population in the state, behind the state capital city of Des Moines. Sioux City has a Hispanic population that is 19.6% of the total city population compared to the state of Iowa percentage of 6.3%. This now also exceeds the U.S. percentage of 18.5%. Sioux City also sits on a tri-state border with South Dakota and Nebraska. South Sioux City, NE has a population of nearly 13,000 with 48% being Hispanic.

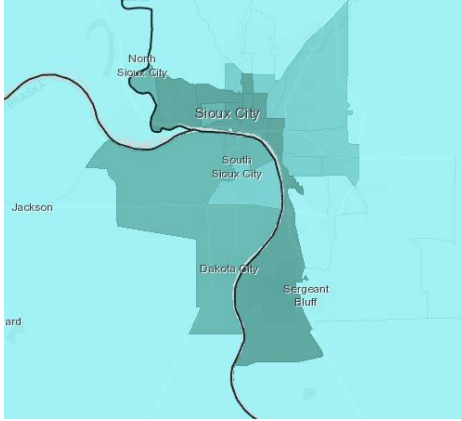
Census tract mapping shows that seven census tracts within Sioux City have 20% or more of their population below the 100% poverty levels. The top two census tracts for poverty are comprised roughly of 38% Hispanics residents for each one, even though they make up 19.6% of the entire population of Sioux City. Non-Hispanic whites only account for 31.5% of those living in census tracts in poverty but make up 68.3% of the population.

The Point in Time Homeless count was performed on Jan 27, 2021 and does not include the number of individuals that stayed at the Gospel Mission Women’s and Children’s Shelter on that night. According to the Institute for Community Alliances snapshot report for 2020, the average number of days for an individual in Siouxland to be at a shelter is 52, and that 95% are first time homeless individuals.

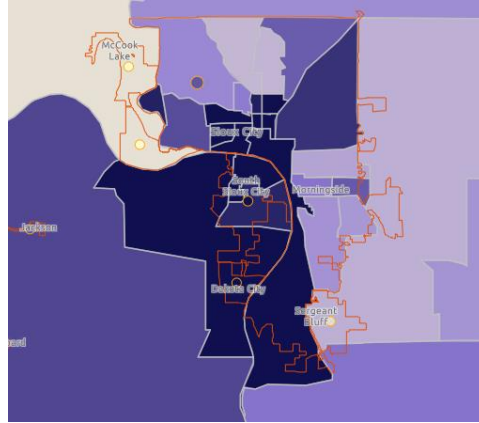
Homelessness (PIT Numbers- January)	2016	2017	2018	2019	2020	2021
<b>Unsheltered People</b>	9	2	6	7	17	16
<b>Sheltered People (Total)</b>	339	286	258	248	284	198
<b>People in Emergency Shelter</b>	168	171	189	170	220	175
<b>People in Transitional Housing</b>	171	115	69	78	64	23
<b>Chronically Homeless People</b>	17	17	37	21	34	38
<b>Point in Time (PIT) Total</b>	348	288	264	255	301	214

The top impoverished census tracts in the tri state area, mirror the top census tracts for the higher physical inactivity, current smokers, and higher adult diabetes and asthma prevalence.

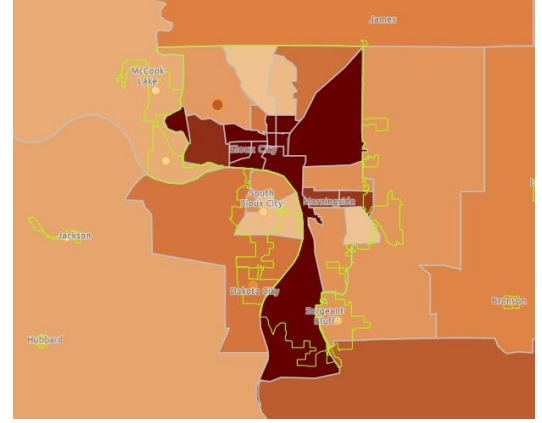
Population below 100% Poverty



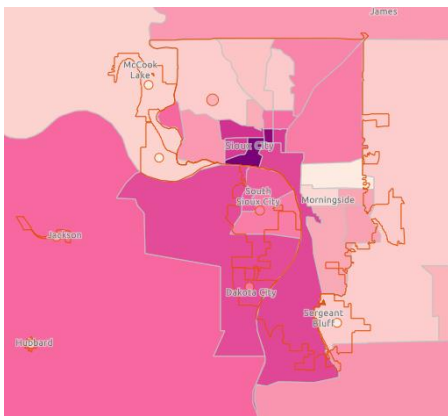
Physically Inactive



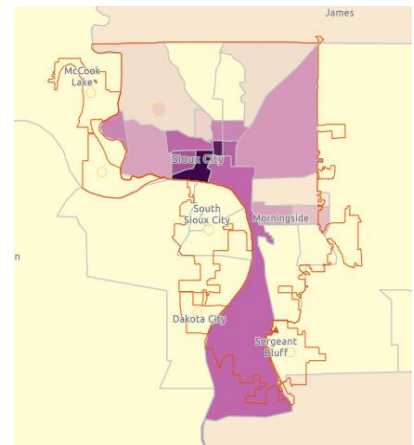
Current Smokers



Diabetes Prevalence adults



Asthma prevalence adults



Woodbury County has continued to see a decrease in teen pregnancy rates each year since 2017, however the county still has the highest rate of pregnancy among like-size counties in the state. (IDPH Tracking Portal)

County	2020 - Live Birth Rate for Mothers Under 20	# of Live Births
Johnson County, IA	2.3	29
Plymouth, IA	3.6	6
Linn County, IA	5.0	74
Pottawattamie County, IA	7.3	45
Black Hawk County, IA	7.6	67
Polk County, IA	7.8	242
Scott County, IA	10.1	111
Woodbury County, IA	10.4	78

Not all individuals in the LGBT community are included in the data presented on this chart. The U.S. Census does not ask sexual orientation or gender identity questions on their surveys. Only couples where both individuals identified as male or both individuals identified as female are included in the data. Thus, this data gives a peek at the characteristics of a subset of individuals in the LGBT community: individuals in same-sex couples. (UCLA School of Law Williams Institute)

County	Same Sex Couple per 1K Households	Raising Children
Union County, SD	3.04	0%
Plymouth County, IA	1.05	0%
Woodbury County, IA	3.06	42.8%
Dixon County, NE	.92	100%
Dakota County, NE	1.14	100%
Thurston County, NE	6.9	85.5%

The Foreign-born population within Woodbury County is 9,008. Of those, 4,920 are naturalized US citizens while 4,088 are not a US citizen. (2019 American Community Survey US Census).

Income inequality within US communities can have broad health impacts, including increased risk of mortality, poor health, and increased cardiovascular disease risks. Communities with greater income inequality can experience a loss of social connectedness, as well as decreases in trust, social support, and a sense of community for all residents. Income inequality in a society has a strong causal connection to health, independent of the income of individuals. A higher inequality ratio indicates greater division between the top and bottom ends of the income spectrum.

County	Income Inequality Ratio
Plymouth County, IA	3.5
Woodbury County, IA	4.2
Union County, SD	4.0
Dixon County, NE	3.8
Dakota County, NE	3.8
Thurston County, NE	4.7

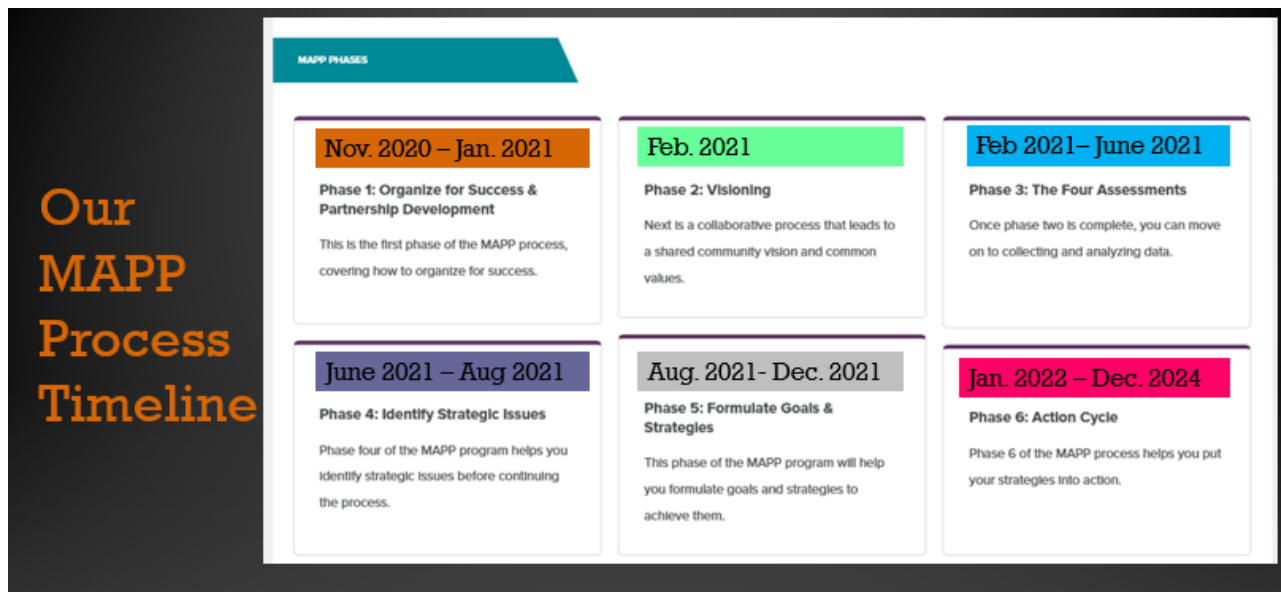
Per the Center for Disease Control (CDC) 25% of adults nationally, reported having a disability, while 11% of Iowans over the age of 5 years have some type of disability. Data shows that compared to persons without disabilities those with disabilities experience more adverse social conditions that are linked to poor health outcomes and are more likely to have high blood pressure, be smokers, be inactive and have a BMI classified as obese. In Plymouth County just over 2,300 male and females over 35 have a disability. In Woodbury County just over 5,000 individuals over the age of 35 are classified as being disabled. (Iowa Data Center)



## Community Health Needs Assessment Process and Data

During the 2021 Community Health Needs Assessment process, the Mobilizing for Action through Planning and Partnerships (MAPP) community-driven strategic planning process was utilized. Six phases were completed over the course of the year.

### Phase 1 & 2: Organize for Success & Partnership Development and Visioning



In late November of 2020 the CHNA/HIP Steering Committee met to outline the timeline and process for the next Community Health Needs Assessment and Health Improvement Plan. Steering Committee members represent Briar Cliff University, Dunes Surgical Hospital, Growing Community Connections, MercyOne Siouxland Medical Center, Siouxland Community Health Center, Siouxland District Health Department, Source for Siouxland and UnityPoint Health – St. Luke's.

In February 2021 a kick-off meeting was held virtually with 52 community partners coming together to participate in a visioning workshop. The purpose of this meeting was to engage the group in visionary thinking and to create a shared list of visionary components. The CHNA/HIP Steering Committee then met to review the visionary items suggested during the community meeting, and through a consensus workshop were able to organize them into a detailed vision for Siouxland:

**“Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care.”**

**Inclusive** reflects the purposeful invitation and acceptance of individuals from all backgrounds within the county - social, economic and cultural. No one is left behind.

**Thriving** describes the growth and flourishing of the community – expansion of trails, green spaces, opportunities for physical activity and healthy eating.

**Healthy** reflects the community’s experience of physical, mental, social and spiritual well-being.

**Educated** describes individuals and organizations being connected through collaboration to be aware of resources available to the community.

**Access to Care** means all individuals have health care needs fulfilled and are not hindered by insurance, language, transportation or specialty care.

**Phase 3: Assessments**

Through a multi-level approach, the committee conducted a comprehensive search of all available health data sources and analyzed the findings. To best capture a clear snapshot of resident health status the most current information was compiled utilizing over 54 different sources. A sampling is listed below.

US Census Bureau website	2019 CARES Youth Survey	CARES HQ website and map room
2021 National County Health Rankings	2020 Comprehensive Strategies Data Booklet	CDC 500 Cities: Local Data for Better Health website
2020 IA Vital Statistics	Local Hospital ER Data	Bureau of Labor Statistics
Iowa Public Health Tracking Portal	Point-in-time Count for Iowa Homeless Programs	Iowa Poison Control Center

A Siouxland Community Health Needs Assessment survey was also distributed to residents in the community. An on-line survey via [www.surveymonkey.com](http://www.surveymonkey.com), was completed by 609 individuals. The survey was distributed via several e-mail distribution lists, posted on several organizational social media sites, sent to local employers, and posted on Siouxland District Health Department’s website. Survey summary is in the appendix.

A series of 4 focus groups were also held with:

- Youth and adolescents utilizing members of the Sioux City Mayor’s Youth Commission
- 65+ population utilizing members of the Center for Active Generations
- Immigrant population utilizing members of the ESL class at Mary Treglia Community House
- People in recovery utilizing residents of Rosecrance Jackson’s Women’s and Children’s Home

The next 11 pages highlight data collected during the assessment process, with additional excel data sheets available to view at [www.siouxlanddistricthealth.org](http://www.siouxlanddistricthealth.org)

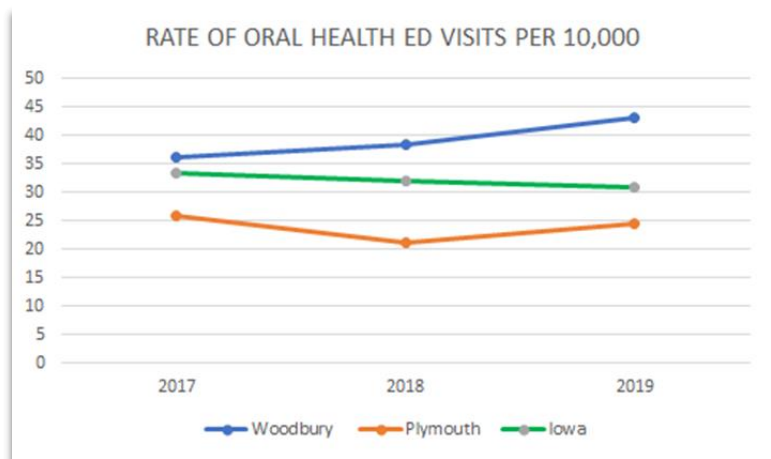
## Topic Area: Preventative Care



Healthy People 2030 focuses on increasing preventative care for people of all ages. Preventative care can reduce the risk of diseases, disabilities and death.

However, for a variety of reasons, many people don't get the preventive care they need. Barriers include cost, not having a primary care provider, living too far from providers and lack of awareness about recommended preventive services.

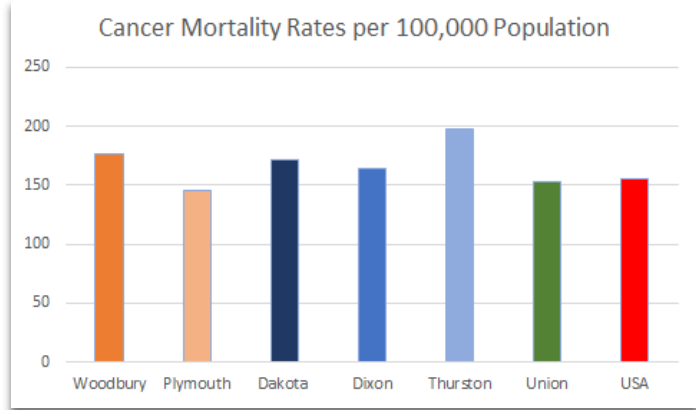
Untreated dental disease can lead to serious health effects including pain, infection and tooth loss. Local data indicates that there are increasing visits to the ER for oral health concerns, as fewer dental offices in the tri-state area are registered as Medicaid providers, with currently only one office accepting new Medicaid patients. The local I-Smile™ program through SDHD provides oral health screenings to children 0 – 21 throughout Woodbury County. In FY21 19.2% of individuals screened in Woodbury County were found to have decay.



*Iowa Public Health Tracking Portal, 2020*

Cancer screenings or checking for cancer in people who have no symptoms, have been shown to detect cancer early and to reduce the chance of dying from cancer. Cancer mortality rates in four of the tri-state area counties surpass the national average of 155.5, while Union and Plymouth counties are slightly lower. According to BRFSS data in 2018, just over 61.1% of adults ages 50 – 75 had not had a colonoscopy screening in the past 10 years. The national rate from 2013 – 2017

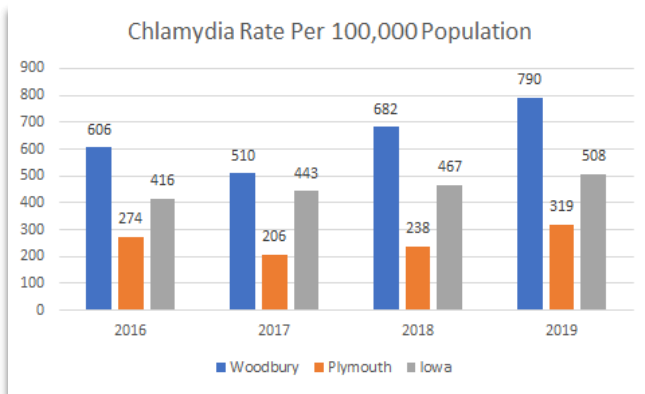
was 38.4 per 100,000. Thurston’s rate was 72, followed by Woodbury at 54.5 and Union at 54. With regards to breast cancer incidence rates among females from 2013 – 2017, Woodbury, Thurston and Union Counties were above the national rate, while Dixon, Dakota and Plymouth were below.



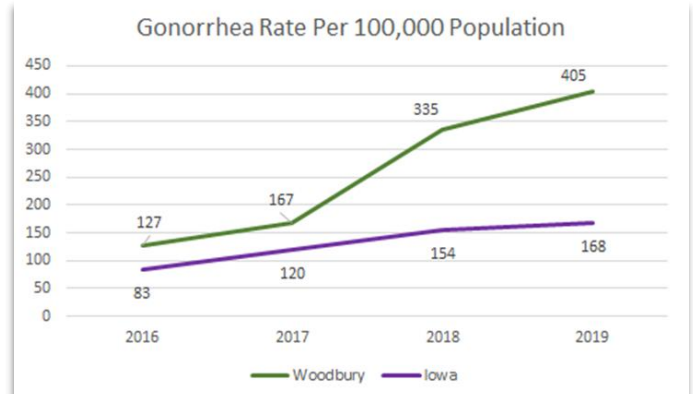
National Cancer Institute, 2014-2018

Per focus group discussions, individuals lack insurance that covers cancer screenings/cost of out-of-pocket expense for screenings which may be why screening numbers are lower locally.

The current rise of STIs is a serious public health concern. If left untreated, STIs can lead to severe health complications, including pelvic inflammatory disease (PID), increased risk of getting HIV, certain cancers, and even infertility. Chlamydia is the most common bacterial sexually transmitted infection (STI) in North America and is one of the major causes of tubal infertility, ectopic pregnancy, pelvic inflammatory disease and chronic pelvic pain. Nationally the number of combined cases of gonorrhea, syphilis and chlamydia was more than 2.4 million in 2018, up from 1.8 million in 2013.



Iowa Public Health Tracking Portal, 2019



Iowa Public Health Tracking Portal, 2019

Locally our numbers continue to increase as well. In 2017 Woodbury County had a rate of 530 per 100,000 for Chlamydia while Plymouth County had a rate of 206. Two short years later the rates have increased to 790 in Woodbury County per 100,000 and to 319 in Plymouth. Gonorrhea rates have also increased locally with Woodbury County seeing numbers triple in just 3 years, and to more than double the state rate.

Although teen births continue to decline nationally and locally, Woodbury County continues to have the highest rate of pregnancy among like-size counties in the state (see chart page 15).

According to the Siouxland Community Survey, 75% of survey takers stated they were unaware of locations to secure low-cost family planning services. Focus group members also shared “no one knows where to get tested.”

According to the latest Siouxland Community Health Survey conducted in 2021, the #1 reason individuals did NOT see a doctor for health care was it costs too much, followed by lack of convenient hours and cannot get time off from work. Looking forward, a variety of factors may improve preventative care services including increased hours of operation, increasing residents with a medical home and how to use health insurance and preventative screening schedules, partnering with schools and other organizations for onsite health services.

## Topic Area: Substance Abuse



From 2018 – 2020, adult substance abuse commitment applications in Woodbury have decreased from 197 to 133 and Public Intoxication Arrests for the Sioux City Policy Dept. have also decreased from 380 in 2018 to 338 in 2020.

Unfortunately, grams of cocaine/crack, marijuana and meth seized in the tri-state area have all increased in the past few years.

Drug	2018	2019
<b>Cocaine/Crack Seized (grams)</b>	51	1,362
<b>Marijuana Seized (grams)</b>	12,441	43,532
<b>Meth Seized (grams)</b>	51,888	56,552

Alcohol use among adults continues to rise. According to the County Health Rankings reports from 2016 – 2021, each county in the tri-state area is recording the highest use of alcohol among adults in the 2021 report (data from 2018), except Dakota that decreased by 1%. During one of the community focus groups, individuals cited substance abuse as an issue in the community and stated that, “every store has alcohol and that you see it everywhere. It’s triggering for those in recovery.”

Tobacco use among adults has increased and decreased over the years, however 2021 data (which is from 2017) shows an increase in each of the 6 tri-state counties, except Thurston that stayed at 27%.

Adult Substance Use			2016	2017	2018	2019	2020	2021
Percentage of Current Smokers	CHR	Woodbury	20%	17%	17%	17%	17%	21%
Percentage of Current Smokers	CHR	Plymouth	16%	15%	14%	14%	15%	18%
Percentage of Current Smokers	CHR	Dakota	18%	19%	19%	19%	19%	21%
Percentage of Current Smokers	CHR	Dixon	15%	14%	17%	17%	13%	17%
Percentage of Current Smokers	CHR	Thurston	31%	29%	29%	29%	27%	27%
Percentage of Current Smokers	CHR	Union	17%	17%	15%	15%	14%	17%

Expecting mothers who smoked cigarettes anytime during pregnancy also continues to increase. In 2017, 448 pregnant individuals smoked and this increased to 489 in 2018. The number of drug exposed babies also continue to be elevated. In 2007, only nine newborns from Woodbury County tested positive for drugs, but since 2015, the annual number of drug exposed babies have ranged from 65- 86.

	Source	Area	2016	2017	2018	2019	2020
<b>Newborn Drug Tests</b>							
Number Tested	SL/MO	Tri	436	472	452	491	481
Newborns tested positive for drugs	SL/MO	Tri	75	80	65	83	73
% positive tests (pos tests/number tested)	SL/MO	Tri	17.8%	16.9%	14.3%	16.9%	15.2%

*Notes: Positive test breakdown by type of substance is available upon request.*

According to the Siouxland CARES Greater Sioux City Metro Area Youth Survey, alcohol use, binge drinking and riding in a vehicle with a driver who has been drinking has steadily declined over the past decade. Two areas of concern, however, are the increase in vaping and marijuana use. According to the focus groups, vaping in the middle and high schools is very prevalent and is done in school bathrooms.

Compliance officers and local police are conducting checks across Iowa and Nebraska to ensure tobacco and alcohol product retailers are adhering to federal laws and not selling to minors. Compliance rates for alcohol in both Sioux City and South Sioux City have decreased within the past few years.

Compliance Checks			2014	2015	2016	2017	2018	2019	2020
Compliance Rate - Tobacco	IABD	IA	93%	91%	91%	91%	93%	93%	96%
Compliance Rate - Tobacco	SCPD	SC	91%	89%	85%	89%	93%	91%	83%
Compliance Checks- Tobacco	SCPD	SC	163	101	160	64	122	152	77
Compliance Rate - Alcohol	SCPD	SC	94%	87%	83%	89%	89%	0%	90%
Compliance Checks - Alcohol	SCPD	SC	145	135	139	149	123	1	83
# Compliance Checks - Alcohol	CARES	SSC	25	31	31	30	30	30	NYA
Compliance Rate - Alcohol	CARES	SSC	92%	94%	94%	97%	97%	80%	NYA

Alcohol/Drug Abuse was cited as the #2 concern in the Siouxland area on the most recent community survey, only preceded by mental health at #1. Substance abuse has a major impact on individuals, families and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental and public health problems.

## Topic Area: Physical Health



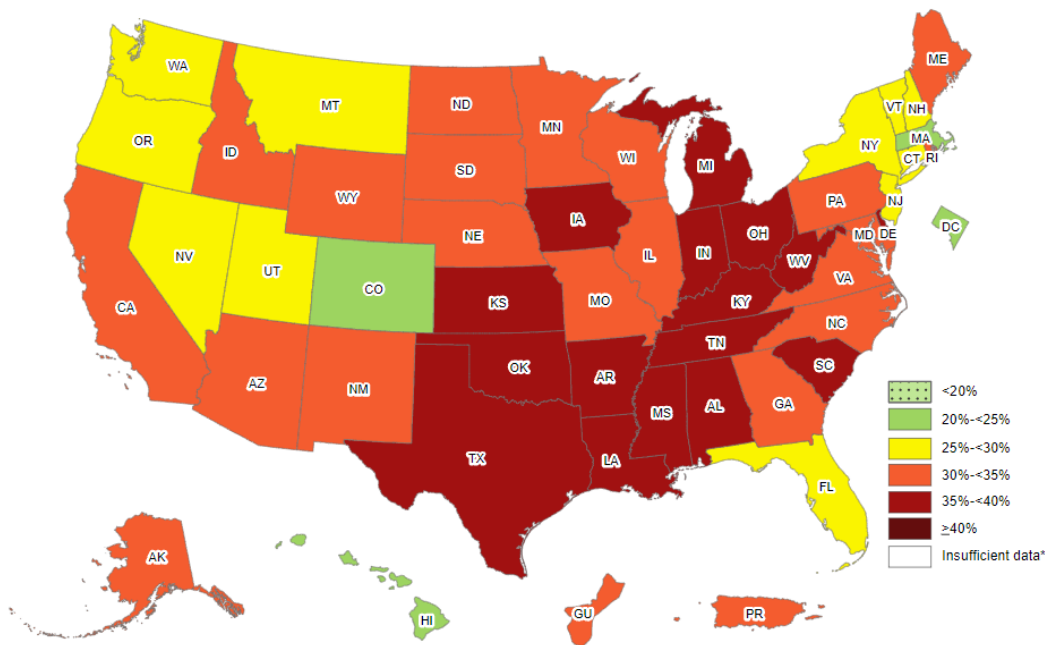
### Nationwide data

Adult Obesity is the percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m. In 2020, all states had more than 20% of adults with obesity. Many states (18) had between 30% - 35% of obese adults. Iowa now has over 35% of their population classified as obese along with 15 other states. South Dakota and Nebraska are in the 30-35% range for obesity.

### Map: Overall Obesity

#### Prevalence<sup>†</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2020

<sup>†</sup>Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



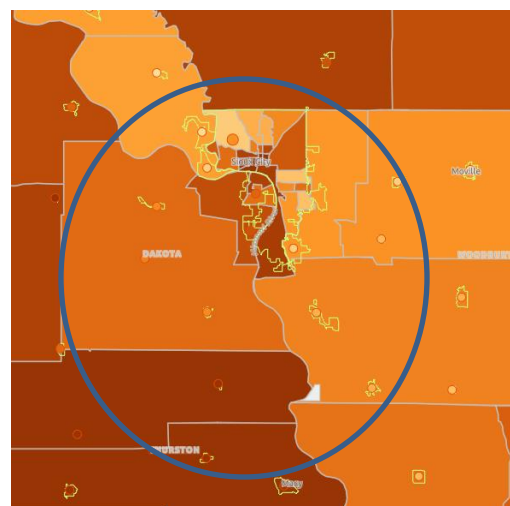


Hispanic and non-Hispanic blacks had the highest prevalence of obesity followed by non-Hispanic whites across the states from 2018-2020. Obesity leads to several chronic diseases including diabetes, hypertension and cardiovascular disease.

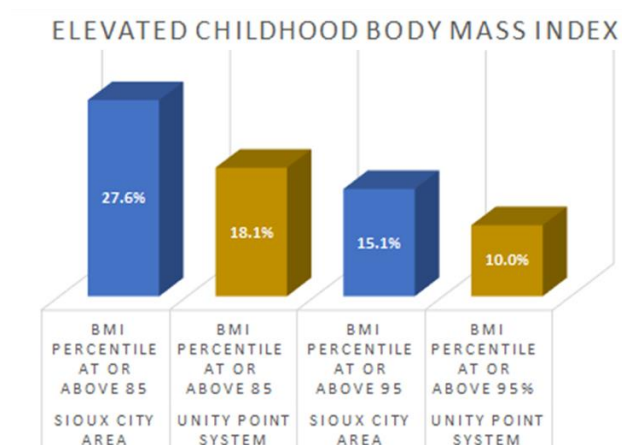
### Obesity Percentages by state 2018-2022

	White Non-Hispanic	White Hispanic	Black
Iowa	35.3%	36.4%	45.4%
South Dakota	33.9%	35.8%	34.3%
Nebraska	30.9%	37.8%	41.1%

Obesity levels continue to be high in the tri-state area. Thurston County, NE has the highest obesity rate at 47%, while Union, SD has the lowest at 34%. Breaking it down even further, the census tract in Thurston has the highest at 46.2% while two census tracts near downtown Sioux City have 42% and 43% obesity among adults.



With regards to childhood obesity, UnityPoint System Wide (IA, IL, MO) had 18.1% of their 2-18 year olds with BMI percentile at or above 85, while Sioux City UnityPoint children 2- 18 years old had nearly 28% with BMI percentile at or above 85.



Lack of physical activity and lack of a nutritious diet may lead to obesity and additional chronic diseases. Again, the majority of the Siouxland counties had 30% of their population who reported physical inactivity, while Union County, SD reported only 24%. Of those surveyed, the most used amenity for physical activity were the local parks and walking and biking trails.

Within Sioux City and South Sioux City, there are nearly 70 public parks and nearly 50 miles of trails which allows for free accessible locations for physical activity. However, during the focus groups we heard the concern about safety at several of those locations, mainly in the near north side of Sioux City and along the Riverfront due to violence and homeless individuals.

Per the community survey, residents would like to see more non-traditional sports, activities for those with disabilities, more low cost/no cost recreational activities and outdoor gyms.

Woodbury and Plymouth counties combined have just over an estimated 20,000 disabled individuals, which research states tend to have higher chronic disease risks. Adults with disabilities are three times more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities. Aerobic physical activity can help reduce the impact of these chronic diseases, yet nearly half of all adults with disabilities get no leisure time aerobic physical activity.

According to the 2021 County Health Rankings, which includes diabetes data from 2017, the prevalence of diabetes ranges from 9% in Union to 19% in Thurston. Most other tri-state counties were around 10% of the population.

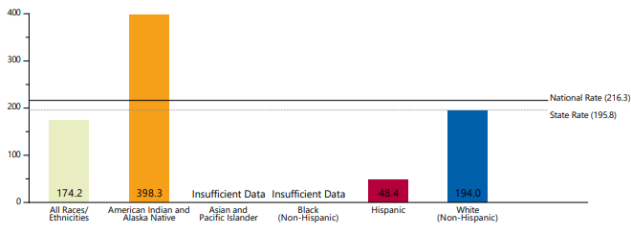
Four of the tri-state counties are below their state rate for cardiovascular deaths, while Dixon and Thurston are above. The American Indian and Alaska Native populations are more impacted by cardiovascular deaths when compared to other races/ethnicities in the tri-state area according to 2017-2019 data from the CDC.

County/State	Rate of Cardiovascular deaths by 100,000
Woodbury County	216
Plymouth County	151.8
<b>State of Iowa</b>	217.5
Union County	155
<b>State of South Dakota</b>	206
Dakota County	174
Dixon County	206
Thurston County	277
<b>State of Nebraska</b>	195.8

### County Profile for Dakota, NE

CDC Interactive Atlas of Heart Disease and Stroke

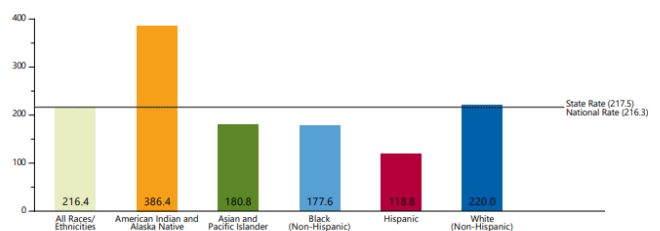
Total Cardiovascular Disease Death Rate per 100,000, All Ages, All Races/Ethnicities, Both Genders, 2017-2019



### County Profile for Woodbury, IA

CDC Interactive Atlas of Heart Disease and Stroke

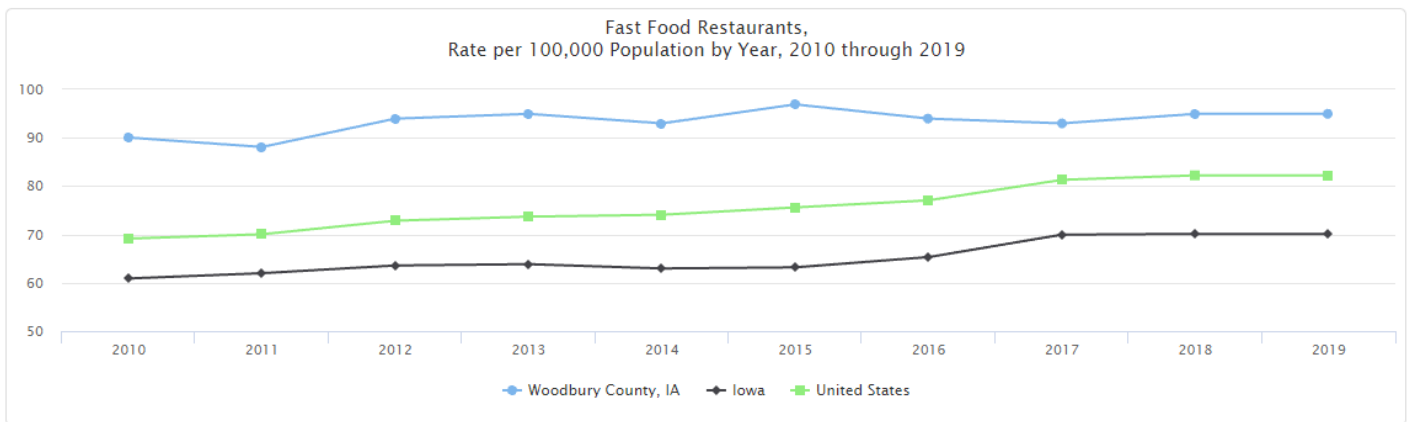
Total Cardiovascular Disease Death Rate per 100,000, All Ages, All Races/Ethnicities, Both Genders, 2017-2019



Food insecure individuals in 2019, ranged from 8.7% of the population in Union and 7.6% in Plymouth to nearly 19% in Thurston. Food bank distributions in the region increased from 2.2 million in 2018 to over 3.8 million in 2020.

In 2021 there were eight community gardens located in Sioux City and South Sioux City, along with several food pantries and blessing boxes.

According to 2019 BRFSS data, only 1/3 of the population consumed 2+ servings of vegetables per day. Individuals in focus groups shared “healthy” food is expensive and although the farmer’s market is nice, it is expensive. Individuals also mentioned they appreciate the number of food pantries and blessing boxes, but many people do not know about them or their location. Fast food restaurants have held steady from 2016 – 2019 in Woodbury County. The number of restaurants is much higher than the state and national average.



# Topic Area: Mental Health

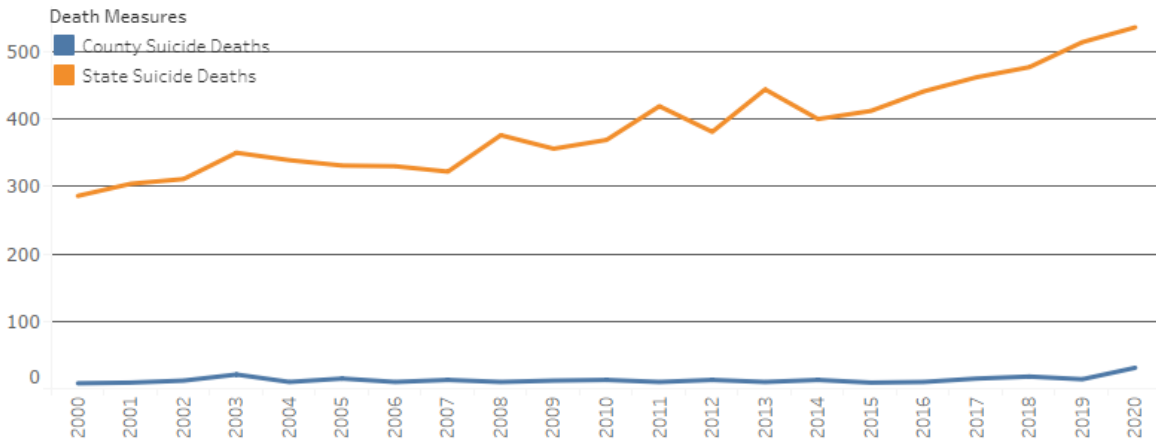
Our nation is facing a mental health crisis. An estimated 50% of all Americans are diagnosed with a mental illness or disorder at some point in their lifetime according to the Centers for Disease Control. And according to the National Institutes of Mental Health, only half of all people with mental disorders get the treatment they need.



In Woodbury County suicide deaths doubled from 2019 – 2020, jumping from 14 to 31.

## Suicide Deaths by Year - Woodbury County

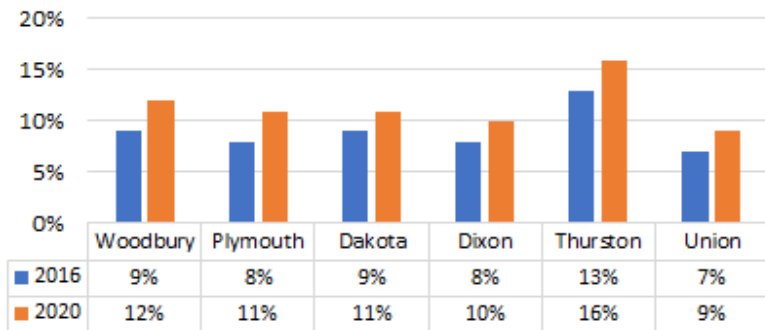
A break in the line indicates no data for that period



Mental distress days have also increased in all 6 counties in the tri-state area since 2016.

Although COVID-19 may have had an impact, Adult and Juvenile Mental Health 48 Hour Holds, both decreased in 2020, to 183 and 18 respectively.

## Frequent Mental Distress (14+ Days Monthly)



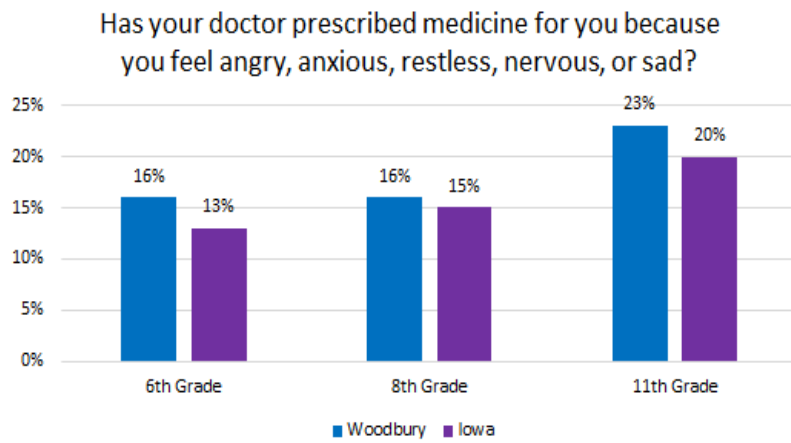
The number of mental health providers has also continued to grow over the past 5 years, with roughly a 490:1 ratio of residents to providers, with the exception of Union County which still has a ratio of 1,950:1.

Woodbury County students participating in the Iowa Youth Survey in 2018 reported a higher percentage of prescribed medicine used for feeling angry, anxious, restless, nervous or sad.

According to adolescent focus groups held during the spring of 2021, high school students feel mental health is

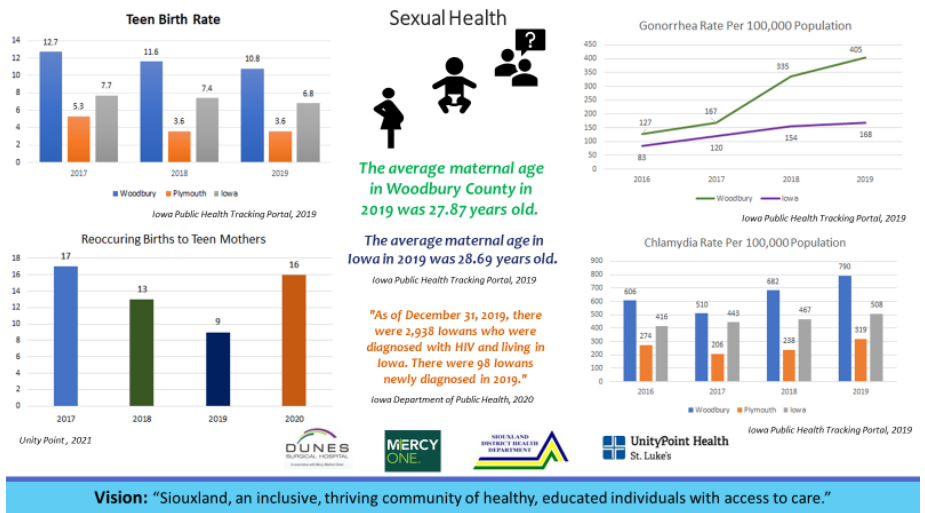
stigmatized, making students nervous/scared to seek out medical help. Students are also unsure where to go for help for friends with mental health concerns.

Siouxland Community survey participants ranked mental health as the #1 health concern in the area, with 65% stating there should be more school-based services, and 59% feeling there should be more child therapists.



## Phase 4 Identify Strategic Issues

To assist in providing feedback to the Community Health Needs Assessment findings, and to also assist in identifying and confirming the strategic issues that should be focused on during the 2022 - 2024 Health Improvement Plan cycle, a second community meeting was held virtually in June of 2021. Forty local partners convened for a virtual “Strategic Issues Gallery Walk” activity.



Attendees were briefed on nine different broad health topics through a visual poster presentation. Poster topics included the following: Housing/Homelessness, Obesity & Food Access, Sexual Health, Access to Care, Cancer, Domestic Violence, Substance Abuse, Safety & Accidents and Mental Health (See Appendix).

After the briefings had concluded attendees were randomly assigned to breakout groups where they spent time digging further into the data of a particular topic and utilizing prioritization guidelines to determine the top 3-5 health issues within their assigned topic.

Groups reconvened into the large group towards the end of the meeting where all the health issues were merged onto one survey. Attendees were then asked to identify their top 5 health issues from that list.

## Phase 5 Formulate Goals and Strategies

The completion of the 2022-2024 Community Health Needs Assessment for the Siouxland area fulfilled phases 1- 4 of the MAPP process. Phase 5 of the MAPP process involves the development of a Health Improvement Plan, which is a supporting document that includes actionable performance measures keyed to the four identified areas of need.

Four different focus groups were held in August 2021 with local content experts to assist in formulating possible goals and strategies for the selected area of need: Substance Abuse, Mental Health, Preventative Care and Physical Health. Content experts reviewed the results of the June “Strategic Issues Gallery Walk” activity, reviewed current data and trends, and then participated in a brainstorming activity.

The recommended goals and strategies that were developed from the brainstorming activity were then provided to both local hospitals and Siouxland District Health Department. Focus Group recommendations can be found in appendix.

Final strategies were then presented to the general public via social media postings, web page postings for open comments, SDHD Quarterly newsletter and various e-mail distribution lists.

### **Phase 6 Action Cycle**

Over the next three years both hospitals and Siouxland District Health Department will implement the identified strategies in conjunction with various local coalitions to make a positive impact on the health and well-being for the residents of Siouxland.

Siouxland Area Community Health Improvement Plan can be located at  
[www.siouxlanddistricthealth.org](http://www.siouxlanddistricthealth.org)  
[www.unitypoint.org](http://www.unitypoint.org)  
<https://www.mercyone.org/siouxland>

## Appendix Items

- Partner list of who attended Feb (Phase 1 & 2) Community Meeting Pg. 33
- Siouxland Community Health Needs Assessment Survey results Pg. 34
- Partner list of who attended June (Phase 4) Community Meeting Pg. 46
- Posters presented and Breakout Group input from June Community Meeting Pg. 47
- Results of voting from June Community Meeting Pg. 65
- Content Expert Group Meeting Documentations Pg. 66



## Partner List

**Those who attended the February 2021 (Phase 1&2) community meeting**

Partner Agency	Population Focus or Minorities Served
<b>Dunes Surgical Hospital</b>	General population
<b>Boys and Girls Home and Family Services</b>	Mental Health for children/adolescents
<b>Briar Cliff University</b>	Young adults
<b>Dakota County Juvenile Diversion</b>	Juveniles
<b>Department of Correctional Services</b>	Law offenders
<b>Girls Inc.</b>	Adolescent females
<b>Growing Community Connections</b>	General population
<b>Institute for Community Alliance</b>	Homeless
<b>Iowa Poison Control Center</b>	General population
<b>Iowa State University Extension</b>	General population
<b>June E Nylén Cancer Center</b>	Medically fragile
<b>MercyOne Siouxland Medical Center</b>	General population
<b>Morningside College</b>	Young adults
<b>NAACP</b>	African American population
<b>Norm Waitt Sr. YMCA</b>	General population
<b>One Siouxland</b>	Immigrant population
<b>Proteus</b>	Agricultural Workers
<b>Rosecrance Jackson Recovery Center</b>	Substance Abuse
<b>Siouxland CARES</b>	Children and adolescents
<b>Siouxland Community Health Center</b>	Lower socioeconomic individuals
<b>Siouxland District Health Department</b>	General population
<b>Siouxland Human Investment Partnership</b>	General population
<b>Siouxland Mental Health Center</b>	Individuals with Mental illness
<b>Source for Siouxland</b>	General population
<b>The Warming Shelter</b>	Homeless
<b>UnityPoint Health - St Luke's</b>	General population
<b>United Way of Siouxland</b>	General population

The agencies invited to attend the Community Input meeting are current partners of the Healthy Siouxland Initiative (HSI) Group. HSI is a committee formed in 1998, that consists of a broad community representation. HSI's mission is "To build partnerships that assure a healthy and safe community." This committee continues to meet monthly; over 20 years later, to network, educate and analyze data and trends all in the name of health. Also invited were local education administrators, law enforcement, city and governmental elected officials & individuals from social service agencies and businesses currently not represented on HSI.

# Community Health Needs Survey 2021

English= 582 Surveys, Spanish=27 Surveys, Total= 609 Surveys

## 1. How safe from crime do you consider your neighborhood to be?

Answers	English (581, 1 Skipped)	Spanish (26, 1 Skipped)	Total (607, 2 Skipped)
Extremely Safe	152 (26.16%)	1 (3.85%)	153 (25.21%)
Quite Safe	338 (58.18%)	10 (38.46%)	348 (57.33%)
Slightly Safe	80 (13.77%)	14 (53.85%)	94 (15.49%)
Not At All Safe	10 (1.72%)	0	10 (1.65%)
Don't Know	1 (0.17%)	1 (3.85%)	2 (.33%)

## 2. In the past 30 days have you been concerned about having enough food for you or your family?

Answers	English (581, 1 Skipped)	Spanish (26, 1 Skipped)	Total (607, 2 Skipped)
Yes	47 (8.09%)	9 (34.62%)	56 (9.23%)
No	534 (91.91%)	17 (65.38%)	551 (90.77%)

## 3. Exposure to the following items in or around households has been associated with poor health. Which of the following do you think have threatened you or your family's health in the past year? (Mark all that apply)

Answers	English (575, 7 Skipped)	Spanish (26, 1 Skipped)	Total (601, 8 Skipped)
Rodents	32 (5.57%)	1 (3.85%)	33 (5.49%)
Insects	31 (5.39%)	6 (23.08%)	37 (6.16%)
Bed Bugs	12 (2.09%)	0	12 (2.0%)
Cockroaches	5 (0.87%)	1 (3.85%)	6 (1.0%)
Lice	10 (1.74%)	2 (7.69%)	12 (2.0%)
Unsafe water supply/wells	19 (3.3%)	0	19 (3.16%)
Sewage/wastewater problems	11 (1.91%)	0	11 (1.83%)
Indoor air quality	36 (6.26%)	0	36 (5.99%)
Outdoor air quality	45 (7.83%)	2 (7.69%)	47 (7.82%)
Temperature regulations	16 (2.78%)	1 (3.85%)	17 (2.83%)
Safety hazards (structure problems)	19 (3.3%)	0	19 (3.16%)
Lead paint	9 (1.57%)	0	9 (1.5%)
Chemicals found in household products	15 (2.61%)	0	15 (2.5%)
Agriculture chemicals	27 (4.7%)	1 (3.85%)	28 (4.66%)
Mold	45 (7.83%)	3 (11.54%)	48 (7.99%)
Moisture issues	29 (5.04%)	3 (11.54%)	32 (5.25%)
Sanitization issues	7 (1.22%)	0	7 (1.16%)
Asbestos	4 (.7%)	0	4 (0.67%)
None	407 (70.78%)	12 (46.15%)	419 (69.71%)

4. Do you identify as an individual with a physical or mental disability that limits your movement, senses, or activity? If so, which disability do you associate with? (Mark all that apply)

Answers	English (578, 4 Skipped)	Spanish (26, 1 Skipped)	Total (604, 5 Skipped)
Mobility & Physical Impairment	22 (3.81%)	0	22 (3.64%)
Head/Brain Disability	5 (0.87%)	0	5 (0.83%)
Vision Disability	5 (0.87%)	0	5 (0.83%)
Hearing Disability	10 (1.73%)	0	10 (1.66%)
Cognitive Disability	8 (1.38%)	0	8 (1.32%)
Psychological Disability	14 (2.42%)	0	14 (2.32%)
I do not have a disability	530 (91.7%)	26 (100%)	556 (92.05%)

5. What do you think are the 3 greatest STRENGTHS of Siouxland?

Answers	English (527, 55 Skipped)	Spanish (3, 24 Skipped)	Total (530, 79 Skipped)
Access to Affordable Healthy Foods	31 (5.88%)	2 (66.67%)	33 (6.23%)
Access to Alcohol/Drug Treatment	16 (3.04%)	0	16 (3.02%)
Access to Child Care	25 (4.74%)	0	25 (4.72%)
Access to Healthcare	132 (25.05%)	0	132 (24.91%)
Affordable Housing	35 (6.64%)	0	35 (6.60%)
Arts and Cultural Events	27 (5.12%)	0	27 (5.09%)
Clean Environment	41 (7.78%)	0	41 (7.74%)
Early Childhood Services	42 (7.97%)	0	42 (7.92%)
Friendly Community	142 (26.94%)	0	142 (26.79%)
Good Jobs & Healthy Economy	91 (17.27%)	1 (33.33%)	92 (17.36%)
Good Schools	151 (28.65%)	0	151 (28.49%)
Homeless Services	22 (4.17%)	0	22 (4.15%)
Low Crime/Safe Neighborhoods	74 (14.04%)	0	74 (13.96%)
Parks & Recreation	98 (18.6%)	0	98 (18.49%)
Police, Fire, and Rescue Services	218 (41.37%)	0	218 (42.13%)
Prepared for Emergencies	52 (9.87%)	0	52 (9.81%)
Programs for Youth Outside of School	40 (7.59%)	1 (33.33%)	41 (7.76%)
Public Transportation	31 (5.88%)	0	31 (5.85%)
Religious/ Spiritual Values	57 (10.82%)	0	57 (10.75%)
Respect toward Different Cultures/Races	37 (7.02%)	0	37 (6.98%)
Senior Services	24 (4.55%)	0	24 (4.53%)
Technology	30 (5.69%)	0	30 (5.66%)
Walkable, Bikeable Community	87 (16.51%)	0	87 (16.42%)
Other	13 (2.47%)	0	13 (2.45%)

6. What do you think are the 3 most important health concerns in Siouxland?

Answers	English (527, 55 Skipped)	Spanish (3, 24 Skipped)	Total (530, 79 Skipped)
Accidental Injuries	4 (.76%)	1 (33.33%)	5 (.94%)
Aging Problems	38 (7.21%)	1 (33.33%)	39 (7.36%)
Alcohol/Drug Abuse	275 (52.18%)	0	275 (51.89%)
Alzheimer's/Dementia	22 (4.17%)	0	22 (4.15%)
Bullying	74 (14.04%)	1 (33.33%)	75 (14.15%)
Cancers	70 (13.28%)	0	70 (12.21%)
Child Abuse/Neglect	67 (12.71%)	0	67 (12.64%)
Dental Problems	17 (3.23%)	0	17 (3.21%)
Diabetes	35 (6.64%)	0	35 (6.60%)
Disabilities	16 (3.04%)	0	16 (3.02%)
Domestic Violence	43 (8.16%)	0	43 (8.11%)
Fire-arm Related Injuries	21 (3.98%)	0	21 (3.96%)
Heart Disease & Stroke	29 (5.50%)	0	29 (5.47%)
High Blood Pressure	13 (2.47%)	0	13 (2.45%)
Housing that is Safe & Affordable	125 (23.72%)	0	125 (23.58%)
Infectious Disease	11 (2.09%)	0	11 (2.08%)
Maternal Health	9 (1.71%)	0	9 (1.70%)
Mental Health Problems	229 (43.45%)	0	229 (43.21%)
Motor Vehicle Injury	8 (1.52%)	0	8 (1.51%)
Obesity (overweight)	137 (26.00%)	0	137 (25.85%)
Rape/Sexual Assault	8 (1.52%)	0	8 (1.51%)
STDs Including HIV/Aids	15 (2.85%)	0	15 (2.83%)
Stress	70 (13.28%)	0	70 (13.21%)
Suicide	21 (3.98%)	0	21 (3.96%)
Teenage Pregnancy	9 (1.71%)	0	9 (1.70%)
Tobacco Use/Smoking/E-cigarettes/Vaping	43 (8.16%)	0	43 (8.11%)
Too Much Screen Time/Technology Use	83 (15.75%)	0	83 (15.66%)
Violence	36 (6.83%)	0	36 (6.79%)
Other	16 (3.04%)	0	16 (3.02%)

7. How would you rate the health of Siouxland?

Answers	English (524, 58 Skipped)	Spanish (3, 24 Skipped)	Total (527, 82 Skipped)
Very Healthy	5 (.95%)	1 (33.33%)	6 (1.14%)
Healthy	143 (27.29%)	1 (33.33%)	144 (27.32%)
Somewhat Unhealthy	311 (59.35%)	1 (33.33%)	312 (59.20%)
Unhealthy	60 (11.45%)	0	60 (11.39%)
Very Unhealthy	5 (0.95%)	0	5 (0.95%)

8. How would you rate your personal health?

Answers	English (526, 56 Skipped)	Spanish (3, 24 Skipped)	Total (529, 80 Skipped)
Very Healthy	71 (13.5%)	1 (33.33%)	72 (13.61%)
Healthy	314 (59.7%)	2 (66.67%)	316 (59.74%)
Somewhat Unhealthy	124 (23.57%)	0	124 (23.44%)
Unhealthy	15 (2.85%)	0	15 (2.84%)
Very Unhealthy	2 (.38%)	0	2 (.38%)

9. If Siouxland received \$1 million dollars what do you feel the money should be designated towards?

Answers	English (527, 55 Skipped)	Spanish (3, 24 Skipped)	Total (530, 79 Skipped)
Affordable Healthy Food Options	98 (18.6%)	0	98 (18.5%)
Building a Medical Facility	13 (2.47%)	2 (66.67%)	15 (2.83%)
Dental Health Services	33 (6.26%)	0	33 (6.23%)
Expanding Medical Services	59 (11.2%)	0	59 (11.13%)
Healthy and Safe Home Environments	108 (20.49%)	0	108 (20.38%)
Homeless Facilities	139 (26.38%)	0	139 (26.23%)
Mental Health Services	284 (53.89%)	0	284 (53.58%)
Preventative Health Screenings	83 (15.75%)	0	83 (15.67%)
Sexual Health Services	20 (3.8%)	0	20 (3.77%)
Substance Abuse Services	151 (28.65%)	0	151 (28.49%)
Trails/Green Spaces	142 (26.94%)	1	143 (26.98%)
Youth Physical Activity Programs	152 (28.84%)	0	152 (28.70%)
Other	46 (8.73%)	0	46 (8.68%)

10. Which of the following preventative procedures have you had in the past 12 months?

Answers	English (509, 73 Skipped)	Spanish (3, 24 Skipped)	Total (512, 97 Skipped)
Blood pressure check	409 (80.35%)	0	409 (79.88%)
Blood sugar check	257 (50.49%)	1 (33.33%)	258 (50.39%)
Bone density test	57 (11.2%)	0	57 (11.13%)
Cardiovascular screening	59 (11.59%)	0	59 (11.52%)
Cholesterol screening	264 (51.87%)	0	264 (51.56%)
Colon/rectal exam	46 (9.04%)	0	46 (8.98%)
Dental cleaning/x-rays	332 (65.23%)	0	332 (64.84%)
Flu shot	366 (71.91%)	2 (66.66%)	368 (71.88%)
Hearing screening	26 (5.11%)	1 (33.33%)	27 (5.27%)
Mammogram	199 (39.1%)	0	199 (38.88%)
Pap smear	180 (35.36%)	0	180 (35.16%)
Physical exam	308 (60.51%)	1 (33.33%)	309 (60.35%)
Prostate cancer screening	17 (3.34%)	0	17 (3.32%)
Skin cancer screening	89 (17.49%)	0	89 (17.38%)
Vision screening	264 (51.87%)	0	264 (51.56%)
None of the above	12 (2.36%)	0	12 (2.34%)
Other	33 (6.48%)	0	33 (6.45%)

11. Would you support an ordinance to ban smoking in the following places?

Answers	English (508, 74 Skipped)	Spanish (3, 24 Skipped)	Total (511, 98 Skipped)
Vehicle with a minor present	365 (71.85%)	1 (33.33%)	366 (71.62%)
Parks or trails	278 (54.72%)	1 (33.33%)	279 (54.60%)
Fairgrounds	273 (53.74%)	0	273 (53.42%)
Multi-Unit Housing	308 (60.63%)	1 (33.33%)	309 (60.47%)
Community Events	368 (72.44%)	0	368 (72.02%)
None of the above	53 (10.43%)	0	53 (10.37%)

12. What additional Mental Health services do you feel Siouxland should have?

Answers	English (510, 72 Skipped)	Spanish (3, 24 Skipped)	Total (513, 96 Skipped)
More Psychologists	199 (39.02%)	1 (33.33%)	200 (38.97%)
More Psychiatrists	217 (42.55%)	0	217 (42.3%)
More Child Therapists	304 (59.61%)	0	304 (59.26%)
More Inpatient Service	226 (44.31%)	0	226 (44.05%)
More School-Based Services	320 (62.75%)	1 (33.33%)	321 (62.57%)
More Group Therapies	138 (27.06%)	0	138 (26.90%)
Do Not Know	57 (11.18%)	0	57 (11.11%)
Do Not Feel We Need Any Additional Mental Health Services	12 (2.35%)	1 (33.33%)	13 (2.53%)

13. What physical activity amenities have you used in the past 12 months?

Answers	English (508, 74 Skipped)	Spanish (3, 24 Skipped)	Total (511, 98 Skipped)
Basketball Court	79 (15.55%)	0	79 (15.46%)
Community Pool	85 (16.73%)	0	85 (16.63%)
Community Splash Pad	54 (10.63%)	0	54 (10.57%)
Cone Park	117 (23.03%)	0	117 (22.90%)
Golf Course	139 (27.36%)	0	139 (27.20%)
Local Adult Organized Sport League	34 (6.69%)	0	34 (6.65%)
Local Park	338 (66.54%)	0	338 (66.14%)
Local Walking/Biking Trail	330 (64.96%)	2 (66.67%)	332 (64.97%)
Local Youth Organized Sport League	129 (25.39%)	0	129 (25.24%)
Membership to Local Fitness Facility	160 (31.50%)	0	160 (31.31%)
Pickle Ball Court	19 (3.74%)	0	19 (3.72%)
Tennis Court	29 (5.71%)	0	29 (5.68%)
None of the Above	52 (10.24%)	1 (33.33%)	53 (10.37%)
Other	13 (2.56%)	0	13 (2.54%)

14. If you or a loved one required substance abuse (drug and alcohol) assistance where would you turn for help in Siouxland?

Answers	English (505, 77 Skipped)	Spanish (3, 24 Skipped)	Total (508, 101 Skipped)
Counselor	98 (19.41%)	1 (33.33%)	99 (19.49%)
EAP (Employee Assistance Program)	93 (18.42%)	0	93 (18.31%)
Faith Based Leader	50 (9.90%)	0	50 (9.84%)
Local Hospital	40 (7.92%)	0	40 (7.87%)
Rosecrance Jackson	151 (29.90%)	0	151 (29.72%)
Siouxland CARES	42 (8.32%)	0	42 (8.27%)
Transitional Services of Iowa	22 (4.36%)	0	22 (4.33%)
Heartland Counseling	103 (20.40%)	0	103 (20.28%)
Have Not Needed Assistance	218 (43.17%)	2 (66.66%)	220 (43.31%)
Other	26 (5.15%)	0	26 (5.19%)

15. Are you aware of locations where you or a partner can secure free or low-cost family planning services?

Answers	English (502, 80 Skipped)	Spanish (3, 24 Skipped)	Total (505, 104 Skipped)
No	378 (75.3%)	2 (66.67%)	380 (75.25%)
Yes	124 (24.7%)	1 (33.33%)	125 (24.75%)

16. Have you or a household member been diagnosed with COVID-19?

Answers	English (508, 74 Skipped)	Spanish (3, 24 Skipped)	Total (511, 98 Skipped)
Yes	182 (35.83%)	3 (100%)	185 (36.20%)
No	326 (64.17%)	0	326 (63.80%)

17. Have you received a COVID-19 vaccine?

Answers	English (507, 75 Skipped)	Spanish (3, 24 Skipped)	Total (510, 99 Skipped)
Yes	395 (77.91%)	1 (33.33%)	396 (77.65%)
No, not old enough	2 (0.39%)	0	2 (0.39%)
No, haven't been able to access it	5 (0.99%)	0	5 (.98%)
No afraid to get it	19 (3.75%)	2 (66.67%)	21 (4.12%)
No, don't believe in it	27 (5.33%)	0	27 (5.29%)
No, still currently have antibodies	11 (2.17%)	0	11 (2.16%)
No, other	48 (9.47%)	0	48 (9.41%)

18. Where do you get most of your health information?

Answers	English (502, 80 Skipped)	Spanish (3, 24 Skipped)	Total (505, 104 Skipped)
Church Group	4 (0.80%)	0	4 (0.79%)
Doctor/Health Care Provider	422 (84.06%)	0	422 (83.57%)
Facebook/Twitter	78 (15.54%)	0	78 (15.45%)
Family or Friends	138 (27.49%)	1 (33.33%)	139 (27.52%)
Hospital	80 (15.94%)	0	80 (15.84%)
Library	14 (2.79%)	0	14 (2.77%)
Local Health Department	165 (32.87%)	2 (66.67%)	167 (33.07%)
Newspaper/Magazine	69 (13.75%)	0	69 (13.66%)
Other Social Media	63 (12.55%)	0	63 (12.48%)
Radio	37 (7.37%)	0	37 (7.33%)
School/College	25 (4.98%)	0	25 (4.95%)
TV	92 (18.33%)	0	92 (18.22%)
Worksite	83 (16.53%)	0	83 (16.44%)
Other	53 (10.56%)	0	53 (10.50%)

19. Select all of the organizations that you are familiar with?

Answers	English (498, 84 Skipped)	Spanish (3, 24 Skipped)	Total (501, 108 Skipped)
Boys and Girls Home Family Services	397 (79.72%)	0	397 (79.24%)
Catholic Charities	347 (69.68%)	0	347 (69.26%)
Center for Siouxland	268 (53.82%)	0	268 (53.49%)
Community Action Agency of Siouxland	342 (68.67%)	0	342 (68.26%)
Crittenton Center	334 (67.07%)	0	334 (66.67%)
Family Health Care of Siouxland	398 (79.92%)	0	398 (79.44%)
Gospel Mission	369 (74.10%)	0	369 (73.65%)
Growing Community Connections	111 (22.29%)	0	111 (22.16%)
Her Health's Women Center	194 (38.96%)	0	194 (38.72%)
Hope Street of Siouxland	105 (21.08%)	0	105 (20.96%)
Lutheran Services in Iowa	190 (38.15%)	1 (33.33%)	191 (38.12%)
MercyOne Siouxland Medical Center	395 (79.32%)	1 (33.33%)	396 (79.04%)
Planned Parenthood	320 (64.26%)	0	320 (63.87%)
Prairie Pediatrics	320 (64.26%)	1 (33.33%)	321 (64.07%)
Rosecrance Jackson	285 (57.23%)	0	285 (56.89%)
SafePlace	138 (27.71%)	0	138 (27.54%)
Siouxland CARES	193 (38.76%)	0	193 (38.52%)
Siouxland Community Health Center	382 (76.71%)	2 (66.67%)	384 (76.65%)
Siouxland District Health Department	395 (79.32%)	1 (33.33%)	396 (79.04%)
Siouxland Mental Health Center	287 (57.63%)	0	287 (57.29%)
The Warming Shelter	346 (69.48%)	0	346 (69.06%)
UnityPoint Health Medical Center	397 (79.72%)	1 (33.33%)	398 (79.44%)



20. Which services are you familiar with?

Answers	English (342, 240 Skipped)	Spanish (0, 27 Skipped)	Total (342, 267 Skipped)
Quitline Iowa	157 (45.91%)	0	157 (45.91%)
My Life My Quit	18 (5.26%)	0	18 (5.26%)
5-2-1- Healthy Choices Count!	40 (11.70%)	0	40 (11.70%)
Move Your Way	86 (25.15%)	0	86 (25.15%)
Centering Pregnancy	19 (5.56%)	0	19 (5.56%)
HOPES Home Visitation Program	99 (28.95%)	0	99 (28.95%)
Hawk-i	291 (85.09%)	0	291 (85.09%)
I-Smile	184 (53.80%)	0	184 (53.80%)

21. What is the source of your insurance coverage?

Answers	English (497, 85 Skipped)	Spanish (3, 24 Skipped)	Total (500, 109 Skipped)
Your employer	315 (63.38%)	1 (33.33%)	316 (63.20%)
Some else's employer	92 (18.51%)	0	92 (18.40%)
A plan that you or someone else buys on your own	24 (4.83%)	0	24 (4.80%)
Medicare	48 (9.66%)	0	48 (9.60%)
Medicaid or Medical Assistance	35 (7.04%)	1 (33.33%)	36 (7.20%)
Military, VA	10 (2.01%)	0	10 (2.00%)
The Indian Health Services	4 (0.80%)	0	4 (0.80%)
Health Insurance Marketplace	15 (3.02%)	0	15 (3.00%)
None	6 (1.21%)	1 (33.33%)	7 (1.40%)
Don't know	2 (0.40%)	0	2 (0.40%)

22. What transportation issues do you have?

Answers	English (474, 108 Skipped)	Spanish (3, 24 Skipped)	Total (477, 132 Skipped)
I don't have any transportation issues	455 (95.99%)	2 (66.67%)	457 (95.80%)
No car	2 (0.42%)	1 (33.33%)	3 (0.63%)
No driver's license/suspend license	3 (0.63%)	0	3 (0.63%)
No car insurance/expense	5 (1.05%)	0	5 (1.05%)
Can't afford gas	9 (1.90%)	0	9 (1.89%)
Disabled	1 (0.21%)	0	1 (0.21%)
Limited public transportation available or accessible	11 (2.32%)	0	11 (2.31%)
No public transportation available or accessible	2 (0.42%)	0	2 (0.42%)
Do not feel safe to drive	1 (0.21%)	0	1 (0.21%)

23. What has prevented you from seeing a doctor when you were sick, injured, or needed some type of health care?

Answers	English (493, 89 Skipped)	Spanish (3, 24 Skipped)	Total (496, 113 Skipped)
Nothing	339 (68.76%)	1 (33.33%)	340 (68.55%)
Cost	97 (19.68%)	0	97 (19.56%)
Doctor will not take my insurance	14 (2.84%)	0	14 (2.82%)
Frightened of the procedure or doctor	16 (3.25%)	0	16 (3.23%)
Language barrier with medical facility	3 (0.61%)	0	3 (6.05%)
Cannot get time off from work	37 (7.51%)	0	37 (7.46%)
Cannot find childcare	4 (0.81%)	0	4 (0.81%)
Hours are not convenient	36 (7.30%)	1 (33.33%)	37 (7.46%)
Difficult to get an appointment	24 (4.87%)	1 (33.33%)	25 (5.04%)
Do not trust doctors	4 (0.81%)	0	4 (0.81%)
Discrimination	0	0	0
No transportation or difficult to find transportation	5 (1.01%)	0	5 (1.01%)

24. Are you aware of individuals that are required to travel outside of the Siouxland area for specialty health care?

Answers	English (494, 88 Skipped)	Spanish (3, 24 Skipped)	Total (497, 112 Skipped)
No	239 (48.38%)	3 (100%)	242 (48.69%)
Yes	255 (51.62%)	0	255 (51.31%)

25. What is your current identity?

Answers	English (491, 91 Skipped)	Spanish (3, 24 Skipped)	Total (494, 115 Skipped)
Male	88 (17.92%)	1 (33.33%)	89 (18.02%)
Female	402 (81.87%)	2 (66.67%)	404 (81.78%)
Trans male/ Trans man	0	0	0
Trans female/ Trans woman	0	0	0
Gender non-conforming	1 (0.20%)	0	1 (0.20%)

26. What is your age?

Answers	English (495, 87 Skipped)	Spanish (3, 24 Skipped)	Total (498, 111 Skipped)
Under 18 years	2 (0.40%)	0	2 (0.40%)
18-24 years	7 (1.41%)	0	7 (1.41%)
25-40 years	145 (29.29%)	2 (66.67%)	147 (29.52%)
40-65 years	293 (59.19%)	1 (33.33%)	294 (59.04%)
65-85 years	48 (9.70%)	0	48 (9.64%)
86 and older	0	0	0

27. Which one or more of the following would you say is your race?

Answers	English (493, 89 Skipped)	Spanish (2, 25 Skipped)	Total (495, 114 Skipped)
American Indian/Alaska Native	13 (2.64%)	0	13 (2.63%)
Asian	6 (1.22%)	0	6 (1.21%)
Black or African American	11 (2.23%)	0	11 (2.22%)
Native Hawaiian/ Other Pacific Islander	0	0	0
White	461 (93.51%)	1 (50.00%)	462 (93.33%)
Other	20 (4.06%)	1 (50.00%)	21 (4.24%)

28. Are you of Hispanic, Latino or Spanish origin?

Answers	English (491, 91 Skipped)	Spanish (3, 24 Skipped)	Total (494, 115 Skipped)
Yes	45 (9.16%)	3 (100%)	48 (9.72%)
No	446 (90.84%)	0	446 (90.28%)

29. What is the highest grade of school you completed?

Answers	English (492, 90 Skipped)	Spanish (3, 24 Skipped)	Total (495, 114 Skipped)
Less than high school	4 (0.81%)	0	4 (0.81%)
Attended high school but did not graduate	4 (0.81%)	0	4 (0.81%)
High School graduate	58 (11.79%)	3 (100%)	61 (12.32%)
Attended/Attending college	48 (9.76%)	0	48 (9.70%)
College graduate	245 (49.80%)	0	245 (49.49%)
Post-graduate degree	133 (27.03%)	0	133 (26.87%)

30. Is your annual household income from all sources...

Answers	English (480, 102 skipped)	Spanish (3, 24 Skipped)	Total (483, 126 Skipped)
Less than \$10,000	2 (0.42%)	2 (66.67%)	4 (.83%)
\$10,000- \$39,999	69 (14.37%)	1 (33.33%)	70 (14.49%)
\$40,000-\$59,999	68 (14.17%)	0	68 (14.08%)
\$60,000-\$89,999	95 (19.79%)	0	95 (19.67%)
\$90,000-\$119,999	98 (20.42%)	0	98 (20.29%)
More than \$120,000	148 (30.83%)	0	148 (30.64%)

31. What county do you live in?

Answers	English (494, 88 skipped)	Spanish (3, 24 Skipped)	Total (497, 112 Skipped)
Woodbury County	314 (63.56%)	0	314 (63.18%)
Plymouth	16 (3.24%)	0	16 (32.19%)
Dakota County	114 (23.08%)	3 (100.00%)	114 (22.94%)
Dixon County	2 (0.40%)	0	2 (4.02%)
Thurston County	1 (0.20%)	0	1 (0.20%)
Monona County	3 (0.61%)	0	3 (0.60%)
Union County	34 (6.88%)	0	34 (6.84%)
Other	10 (2.02%)	0	10 (2.01%)

Please leave any additional feedback here.

- Mental health services for children are abysmal in this area. The psychologists are poorly trained and overwhelmed. Also housing in this area is ridiculously expensive for the average annual income. When the minimum rent for all the new apartment complexes is \$1000 per month in a community supported by retail jobs it's too expensive.
- Thank you for allowing us to come promote sled hockey and for my son with disabilities to enjoy your facilities.
- Thank you for the All Abilities Day. Our kids love to be active and be around other kids and have fun!
- There are a variety of services in the Siouxland area, but feel people are not always aware of them. Need to be a better job of partnering with schools, churches, worksites and local media to help share the information.
- Hopefully everything can change and make changes and help for the taxes for the house in South Sioux City Nebraska.
- Roads in SSC need fixed. Terrible to drive on. No urgent care in SSC at FHC. Litter around town, More community activities like the Cardinal Festival Days. Need more after school programs. Need more childcare in SSC.
- Everything very expensive!!! And when we ask for some kind of help, they always say no you make too much!!! What we get pay now a days is nothing we get no good races. They always look at your check for the gross pay never on the net. Why???
- Outdoor activity for kids with autism
- BLM.
- More affordable housing for families wanting a newer home.
- Would love for Sioux City to get a Zoo for our Kids
- Lakeport by Graceland Cemetery needs patrolled with officer... cars speeding all day and night on that road.
- I am moving out of the community in 2 weeks after retiring partially due to the lack of health and vibrancy of our community. I was able to find some connections of people who enjoy good food and exercise/yoga but very small circle. I applaud what you are doing to increase healthy lifestyle here!
- Retired so many issues do not apply
- Both hospitals are obscenely understaffed except in administration
- Siouxland needs a reason for people to want to live here. It is boring but has a lot of potential for growth. Invest in the community.

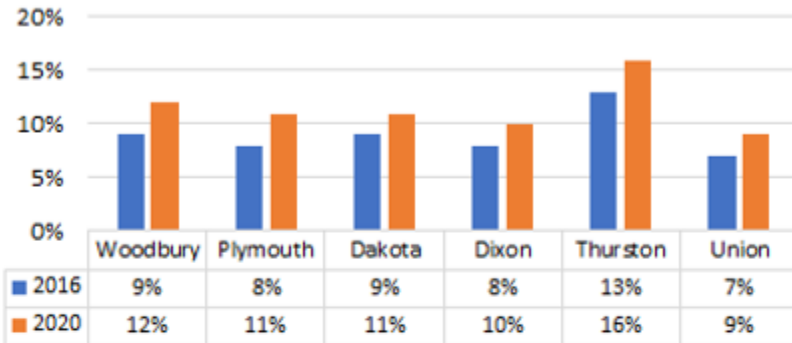
- There haven't been statistics of suicide attempts. Recently there have been 3 patients, 1 female and 2 males ages 81-84 who have attempted suicide. The attempts are cries for help that aren't being addressed, no matter what age.
- Thanks
- My county zip code was not listed to choose from: 51028.
- Please help our mentally ill homeless residents
- I am a white privileged female. I hope you are working hard to get the responses from those who don't have easy internet access. I know many with crapy insurance and an unstable vehicle. We need programs to help them get on their feet, take care of car issues, and make sure they do have access to good health care. Preventative care saves a ton of money. Transportation is really important as well for jobs and access to safety and help.
- Sioux City needs more services like permanent supportive housing, for example remodeling an old hotel to convert it into apartment for low income housing.
- I would like to see Bilingual Psychologists in the area as well as mental awareness in other languages. Many people in our county are suffering from depression or stress.
- Sioux City needs to do better to corral the transient community and their panhandling activities, drug, and alcohol abuse!!!!
- There needs to be sidewalks on Floyd Blvd for people to walk/ride bikes to Walmart from Midtown. Jensen Bridge on Outer Drive does not have a safe way for pedestrians to cross.
- I did fill out this survey based on what I see mostly through my work and as a case manager in this community.
- Job well done. Thank you.
- Thanks for doing this
- No
- Large need for homelessness resources and mental health barriers
- Counselors in private practice need to be included; this survey needs to go out to all socio-economic folks; our community needs more alternative methods of health practices for people who are interested in them.
- Thank you for the work you do!
- You need to include both Sioux City hospitals and their clinics
- Thank you!
- I encourage you to stress the importance of empathy and communication in workers that show up to disasters within the community. I was affected by a fire this year and no one tended to my health care needs on the scene, and no one followed up with me regarding what can be salvaged or how things are going regarding the investigation.

**Partner List**  
**Those who attended June 2021 (Phase 4) community meeting**

<b>Partner Agency</b>	<b>Population Focus Expertise or Minorities Served</b>
<b>Boys and Girls Home and Family Services</b>	Mental Health for children/adolescents
<b>Briar Cliff University</b>	Young adults
<b>Circles of Care</b>	Native American
<b>City of South Sioux City, NE</b>	Elected official
<b>Community Volunteer</b>	General population
<b>Dakota County Juvenile Diversion</b>	Adolescents
<b>Goodwill Great Plains</b>	General population
<b>Growing Community Connections</b>	General population
<b>Iowa Poison Control Center</b>	General population
<b>Iowa State University Extension &amp; Outreach</b>	General population
<b>Jackson Recovery Centers</b>	Substance Abuse
<b>June E Nylén Cancer Center</b>	Medically fragile
<b>Lutheran Services of Iowa</b>	General population
<b>Mary J Treglia Community House</b>	Immigrant
<b>MercyOne Home Care</b>	Older population
<b>MercyOne Siouxland Medical Center</b>	General population
<b>MercyOne Occupational Health</b>	General population
<b>Norm Waitt Sr. YMCA</b>	General population
<b>One Siouxland</b>	Immigrant
<b>Parent Partners</b>	Child Protection Services Families
<b>Planned Parenthood</b>	Females
<b>Seasons Center for Behavioral Health</b>	Individuals with Mental illness
<b>Siouxland CARES</b>	Children and adolescents
<b>Siouxland Community Health Center</b>	Lower socioeconomic individuals
<b>Siouxland District Health Department</b>	General population
<b>Siouxland Human Investment Partnership</b>	General population
<b>Siouxland Mental Health Center</b>	Individuals with Mental illness
<b>Source for Siouxland</b>	General population
<b>The Warming Shelter</b>	Homeless
<b>Tyson Fresh Foods</b>	Workforce
<b>UnityPoint Health - St Luke's</b>	General population
<b>United Way of Siouxland</b>	General population

# Posters and Breakout Group Reports – June Community Input Meeting

## Frequent Mental Distress (14+ Days Monthly)

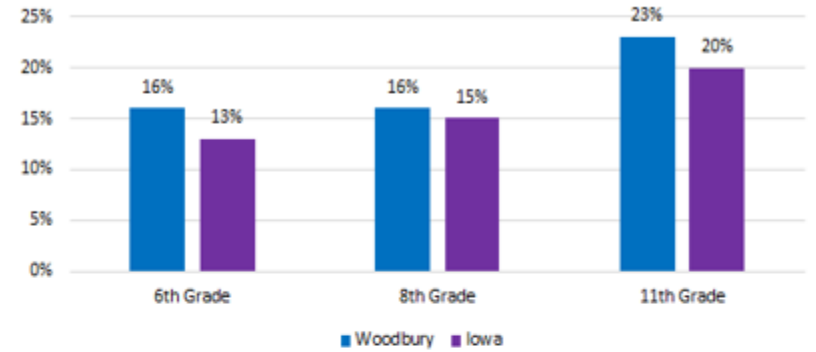


County Health Rankings & Roadmaps, 2020

## Mental Health

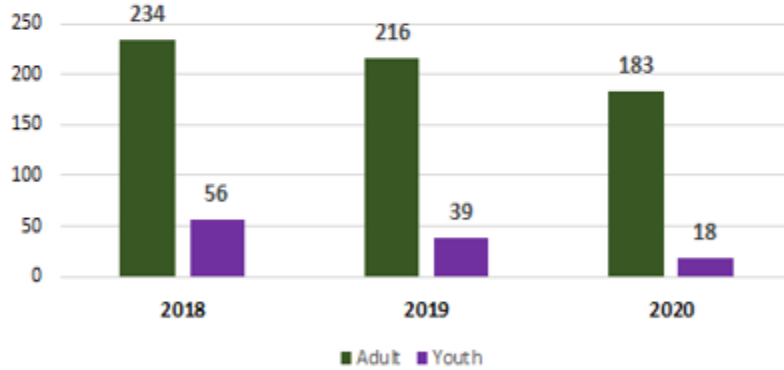


## Has your doctor prescribed medicine for you because you feel angry, anxious, restless, nervous, or sad?



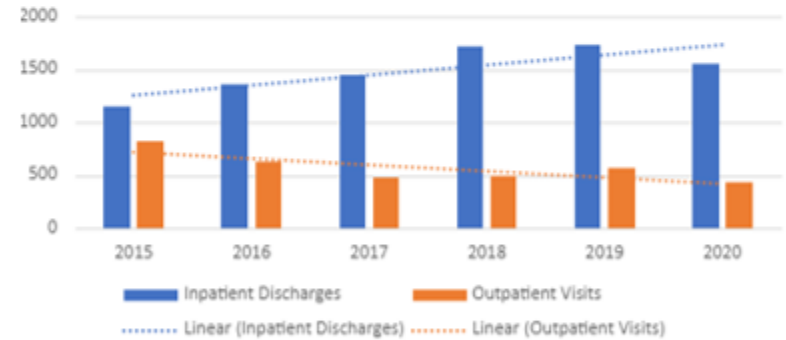
Iowa Youth Survey, 2018

## Woodbury County Mental Health 48 Hour Holds



Woodbury County Clerk of Courts Office, 2021

## Behavioral Health Volumes -Sioux City Community Hospitals Combined



Iowa Hospital Association, 2020



**Vision:** “Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care.”

## Breakout Room 1- Mental Health

1. Quick introductions around the room
2. Choose a scribe & spokesperson
3. What is one thing that stood out to you about this category



What are significant data points or trends noted?

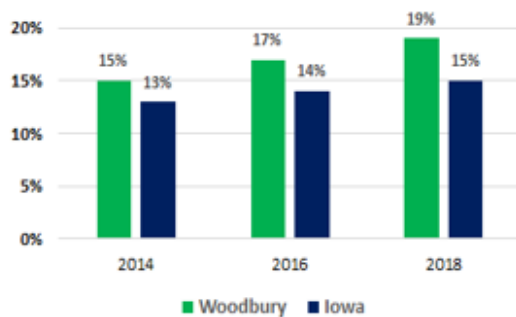
- Amount of inpatient discharges increased while outpatient service visits decreased
- Percentage of children medicated
- Frequent mental distress has increased

Current Urgency/ Problem Issues  
(Priority strategic issues)

- Lack of mental health resources
- Unable to access resources due to lack of them
- Stigma involved with trying to access resources overall
- Stigma of receiving mental health services among minorities
- Interpretive Services



### Youth Report People with Substance Abuse Problems in their Homes



Iowa Youth Survey, 2018



31% of surveyed Siouxland 11th graders were around other teens who were using marijuana in the past year.

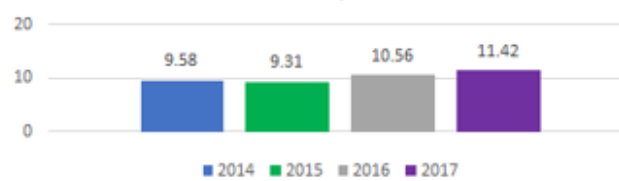


4% of surveyed Siouxland 6th, 8th, and 11th graders took over-the-counter medications to get high in the past month.

Siouxland CARES Youth Survey, 2019

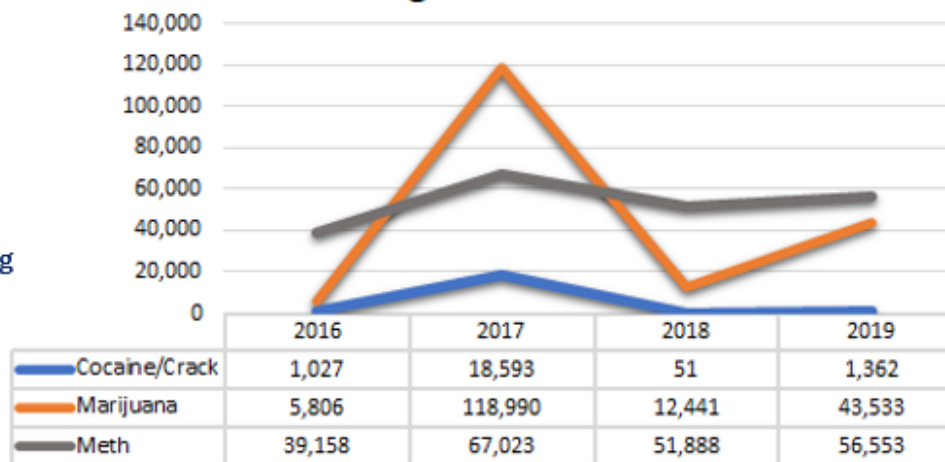
### Substance Abuse

Woodbury County Drug Overdose Mortality Per 100,000 Population



Cares Engagement Network, 2018

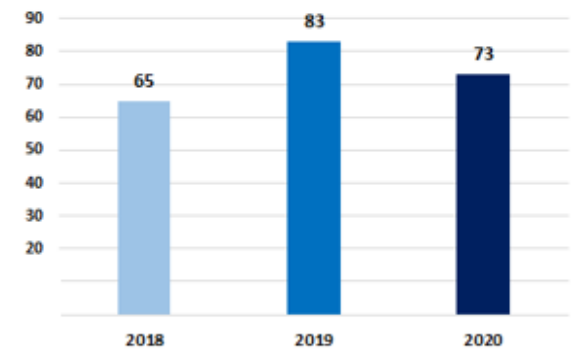
### Grams of Drugs Seized in Tri-State Area



Tri-State Drug Task Force, 2020



### Siouxland Drug Exposed Infants



Siouxland Council on Child Abuse & Neglect, 2021



16% of surveyed Siouxland 11th graders reported riding with a driver who was under the influence.



7% of surveyed Siouxland 11th graders reported binge drinking in the past 30 days.

Siouxland CARES Youth Survey, 2019

**Vision:** "Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care."

## Breakout Room 2- Substance Abuse

1. Quick introductions around the room
2. Choose a scribe & spokesperson
3. What is one thing that stood out to you about this category



What are significant data points or trends noted?

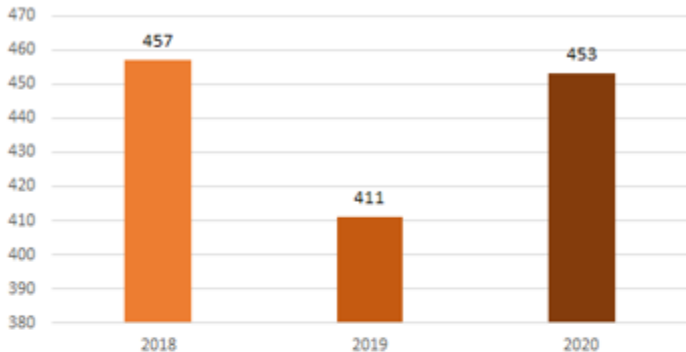
- Continued high rates of meth use in tri-state area
- Age of youth attempting to get “high” (i.e. 6th graders) is concerning
- Wondering about correlation between youth substance abuse users and their home environment/what’s going on in the home
- Rate of drug exposed infants continues to be alarming - wondering about some correlation between adult drug use rates

Current Urgency/ Problem Issues

- Rate of drug exposed infants
- Rate of meth use
- Drug overdose mortality rate increase

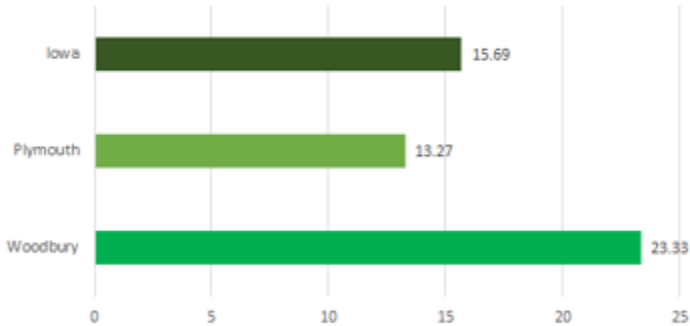
# Domestic Violence, Child Abuse & Other Crime

Sioux City Domestic Assaults



Sioux City Police Department, 2021

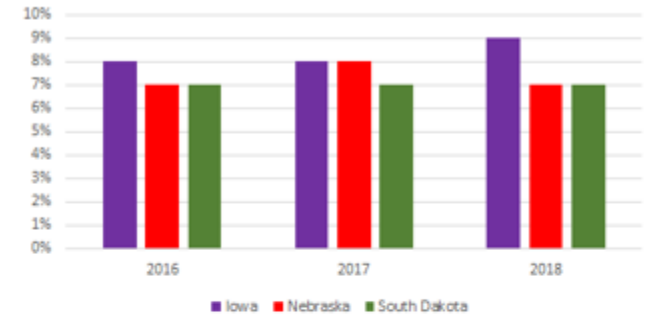
Children Abused per 1,000



Prevent Child Abuse Iowa, 2019

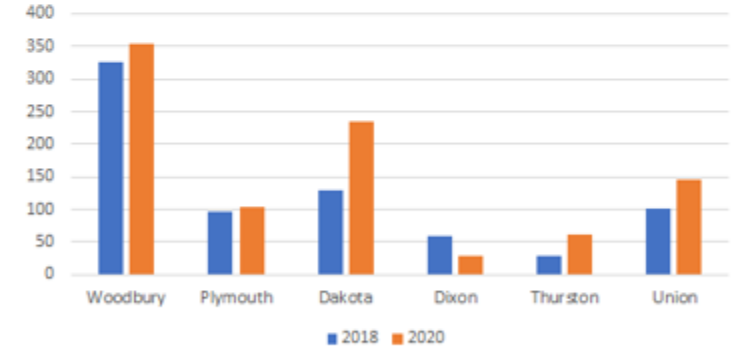


Children in Out-Of-Home Care (per 100,000)



Kids Count Data Center, 2018

Violent Crimes Per 100,000 Population



County Health Rankings & Roadmaps, 2020



**Vision:** "Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care."

## Breakout Room 3- Domestic Violence, Child Abuse & Other Crime

1. Quick introductions around the room
2. Choose a scribe & spokesperson
3. What is one thing that stood out to you about this category



What are significant data points or trends noted?

- Child abuse being higher than average
- Violent crimes over 2018 in nearly all counties
- The way the data was reported - some as a trend, some not.

Current Urgency/ Problem Issues

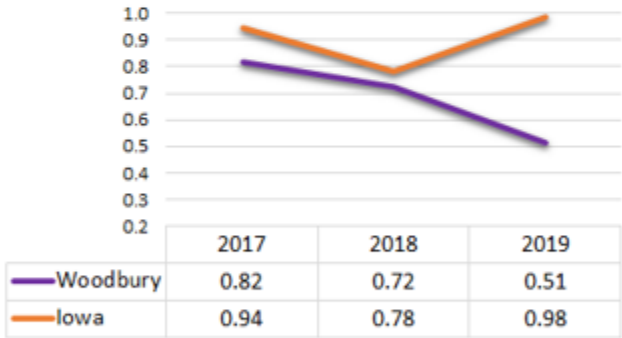
- Child Abuse
- Violent Crimes
- COVID Factor on trends

## Motor Vehicle Deaths Percentage with Alcohol Involvement

	2018	2019	2020
Woodbury	26%	22%	20%
Plymouth	31%	33%	27%
Dakota	18%	18%	23%
Dixon	67%	50%	0%
Thurston	61%	62%	56%
Union	9%	14%	33%

County Health Rankings & Roadmaps, 2020

## Unintentional Poisoning Death Rate



Iowa Public Health Tracking Portal, 2020

## Safety & Accidents

**96.7%** of Woodbury County residents wore a seatbelt during the Iowa Seatbelt Use Survey.



**95.2%** of Iowans overall wore a seatbelt during the Iowa Seatbelt Use Survey.

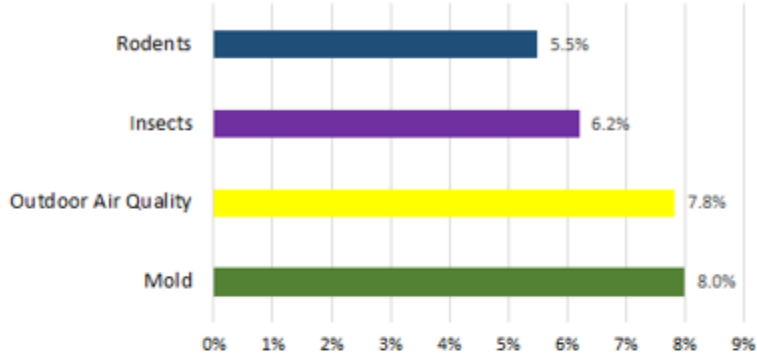
Center for Statistics & Methodology, 2020



**82.5%** of surveyed Siouxland residents reported feeling that their neighborhood is "extremely safe" or "quite safe" from crime.

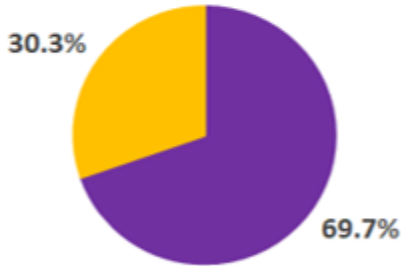
Siouxland Community Themes & Strengths Assessment, 2021

## Most Frequently Reported Health Hazards



Siouxland Community Themes & Strengths Assessment, 2021

## Household Health Hazards



Siouxland Community Themes & Strengths Assessment, 2021



None Reported At Least One

**Vision:** "Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care."

## Breakout room 4- Safety & Accidents

1. Quick introductions around the room
2. Choose a scribe & spokesperson
3. What is one thing that stood out to you about this category



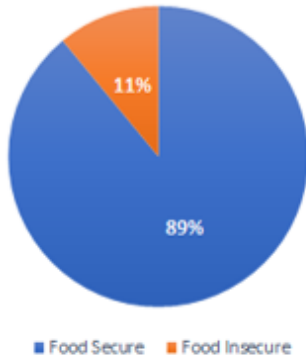
What are significant data points or trends noted?

- Spend energy on safe homes (concern about mold, concern about where home located with air quality)
- Seatbelt information higher than state level despite our rural community
- Unintentional poisoning rate positive. Why?
- Increase of motor vehicle deaths with alcohol involvement.
- Number of children getting into vehicles with an impaired driver.

Current Urgency/ Problem Issues

- Increase of motor vehicle deaths with alcohol involvement. Children riding in vehicles with impaired drivers.
- Older housing inventory with hazards in that housing (water hazard, air quality, rodents, pests, etc....)
- 17.5% of Siouxlanders don't feel safe in their neighborhoods. (Siouxlanders seem less likely to get to know neighbors than other communities we have lived in)

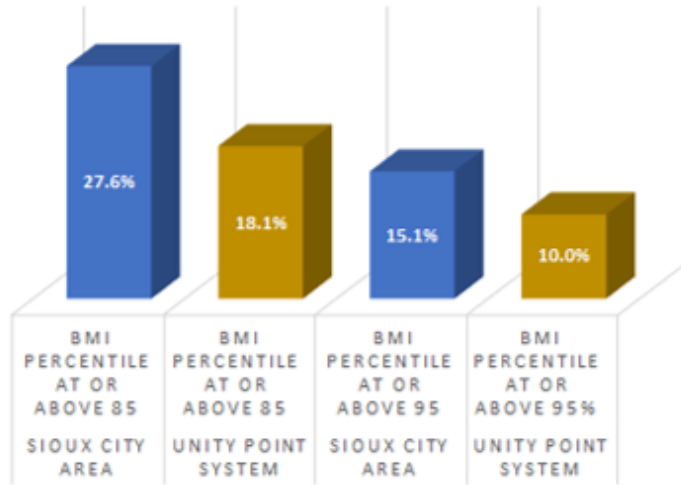
## FOOD SECURITY IN WOODBURY COUNTY



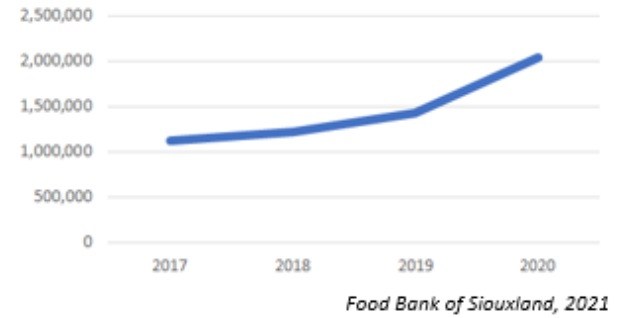
County Health Rankings & Roadmaps, 2020

## Obesity, Physical Health, & Food Access

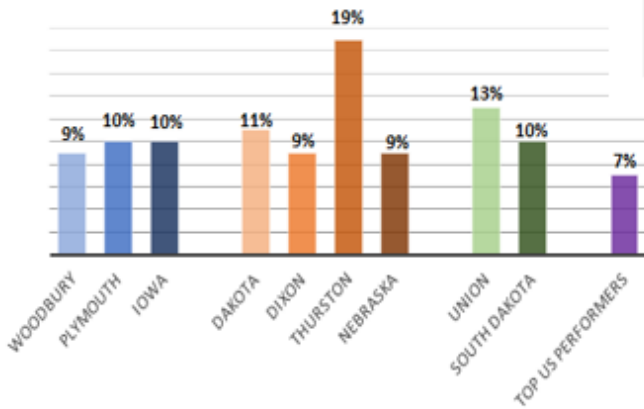
### ELEVATED CHILDHOOD BODY MASS INDEX



### POUNDS OF FOOD DISTRIBUTED BY THE FOOD BANK OF SIOUXLAND IN WOODBURY

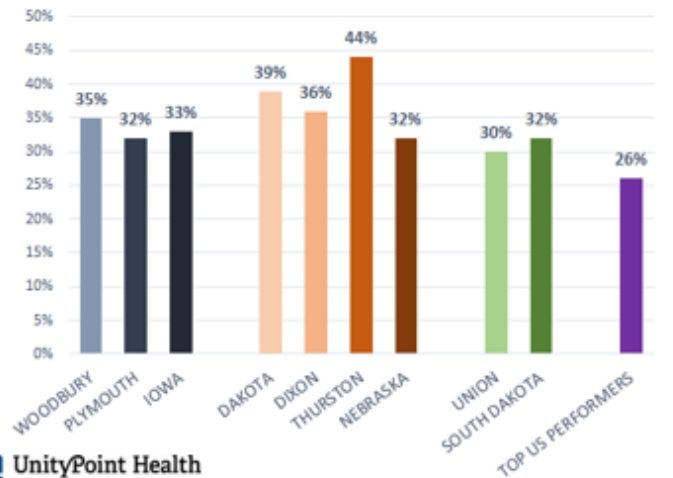


### DIABETES PREVALENCE FOR ADULTS (20+)



County Health Rankings & Roadmaps, 2020

### ADULT OBESITY



County Health Rankings & Roadmaps, 2020



**Vision:** "Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care."

## Breakout Room 5- Obesity, Physical Health & Food Access

1. Quick introductions around the room
2. Choose a scribe & spokesperson
3. What is one thing that stood out to you about this category



What are significant data points or trends noted?

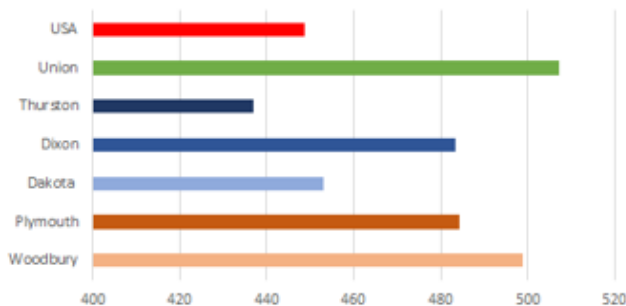
- Diabetes trends over the years
- Childhood obesity lack of data
- Thurston County ranking high in several items - social economics, food costs, access to screenings
- Plenty of opportunities for physical activity through parks, etc. but perhaps not enough resources for healthy eating/education on it.
- Wondering if food bank distribution will go down again after COVID pandemic due to more donations coming in during pandemic from large companies.
- Limited dietitians or nutritionist to access - Hy-Vee only has one now. Need to be diabetic before you can access one through insurance.

Current Urgency/ Problem Issues

- Childhood obesity
- Lack of awareness and referrals of local resources (diabetes screening, free/low cost food)
- Lack of nutritionist/healthy eating resources



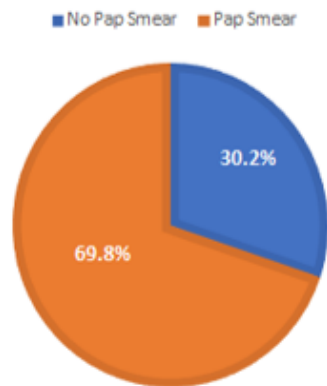
Cancer Incidence Rate per 100,000 Population



National Cancer Institute, 2013-2017

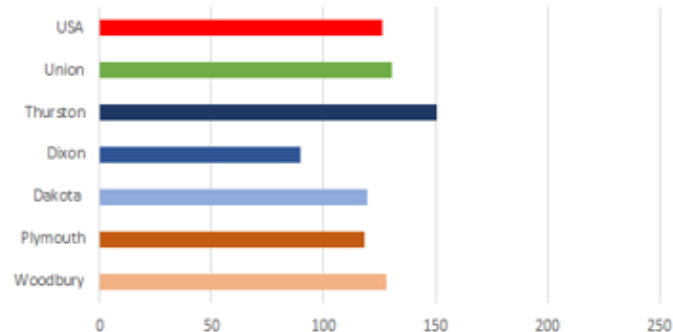
## Cancer

IOWA WOMEN SCREENED IN THE PAST 3 YEARS



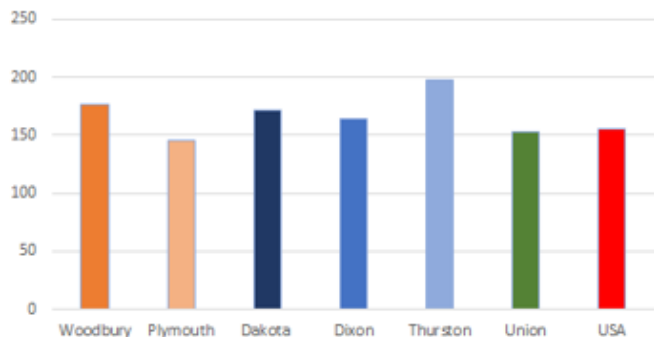
National Cancer Institute, 2018

Breast Cancer Incidence Rates Per 100,000 Population



National Cancer Institute, 2013-2017

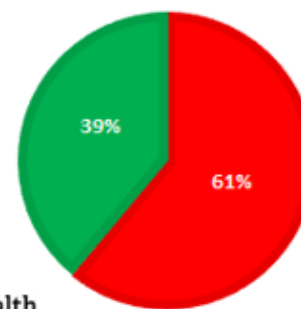
Cancer Mortality Rates per 100,000 Population



National Cancer Institute, 2014-2018

ADULT (50-75) COLONOSCOPY SCREENINGS IN THE PAST 10 YEARS

■ Colonoscopy ■ No Colonoscopy



Siouxland Area, BRFSS, 2018



**Vision:** "Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care."

## Breakout Room 6- Cancer

1. Quick introductions around the room
2. Choose a scribe & spokesperson
3. What is one thing that stood out to you about this category

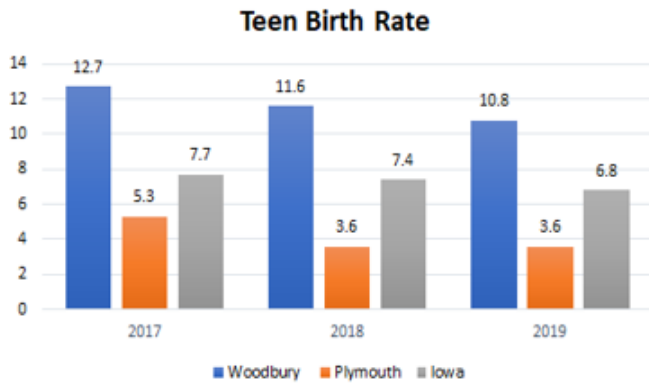


What are significant data points or trends noted?

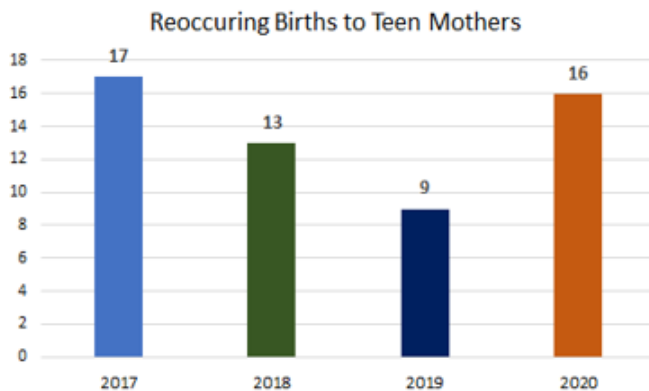
- Woodbury and Union county trending higher than national average
- Only 60 % of Community is getting colonoscopies - is this due to cost? At home testing?
- Thurston county - High levels of breast cancer incidence with highest cancer mortality rate

Current Urgency/ Problem Issues

- Lack of insurance that covers cancer screenings/cost out of pocket
- Transportation to Cancer screening appointments or treatment
- Screenings are covered, but lack of insurance coverage for follow up or treatment



Iowa Public Health Tracking Portal, 2019



Unity Point Health, 2021



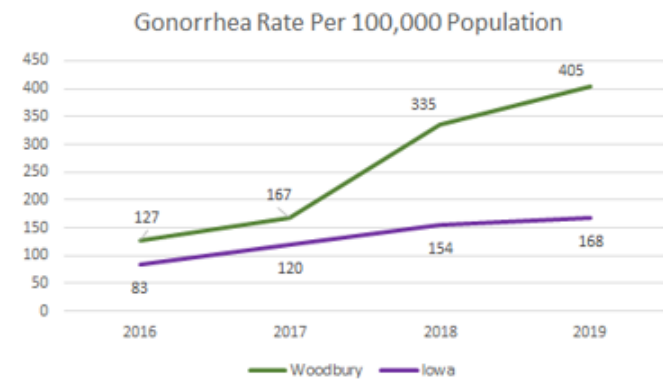
The average maternal age in Woodbury County in 2019 was 27.87 years old.

The average maternal age in Iowa in 2019 was 28.69 years old.

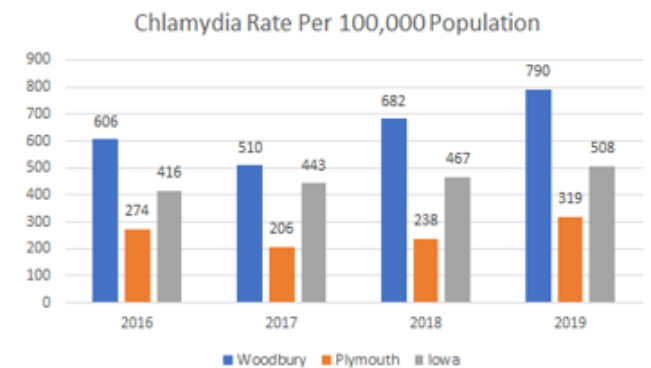
Iowa Public Health Tracking Portal, 2019

"As of December 31, 2019, there were 2,938 Iowans who were diagnosed with HIV and living in Iowa. There were 98 Iowans newly diagnosed in 2019."

Iowa Department of Public Health, 2020



Iowa Public Health Tracking Portal, 2019



Iowa Public Health Tracking Portal, 2019



**Vision:** "Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care."

## Breakout Room 7-Sexual Health

1. Quick introductions around the room
2. Choose a scribe & spokesperson
3. What is one thing that stood out to you about this category



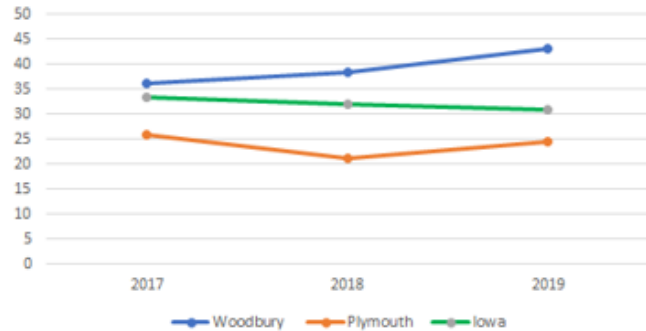
What are significant data points or trends noted?

- Difference between Woodbury & Plymouth Counties yet such close proximity
- Teen birth rates steadily incline; impacts all socioeconomic groups
- STI's increase & long term health care affects

Current Urgency/ Problem Issues

- Providing resources - sharing resources, educating all age groups
- Overall awareness - STI's amongst all populations (including socioeconomic groups)

RATE OF ORAL HEALTH ED VISITS PER 10,000



Iowa Public Health Tracking Portal, 2020

**Amount Spent on Interpretation Services**

Unity Point	CY 2020	\$189,590.00
MercyOne	CY 2020	\$152,087.00
SDHD	FY 2020	\$33,442.40

**Top Language Line Languages**

MercyOne	SDHD	Unity Point
Spanish	Spanish	Spanish
Somali	Vietnamese	Vietnamese
Lingala	Tigrinya	French
Vietnamese	Oromo	Tigrinya
French	French	Somali

Unity Point Health Mercy One, Siouxland District Health Department, 2021

**Access to Care**

**Population to Dental Provider Ratio**

Woodbury	1,420:1
Plymouth	2,090:1
Dakota	2,870:1
Dixon	1,900:1
Thurston	1,220:1
Union	1,120:1

County Health Rankings & Roadmaps, 2020



**About 1 in 5 of the surveyed community members reported not seeing a doctor when sick or injured due to cost.**

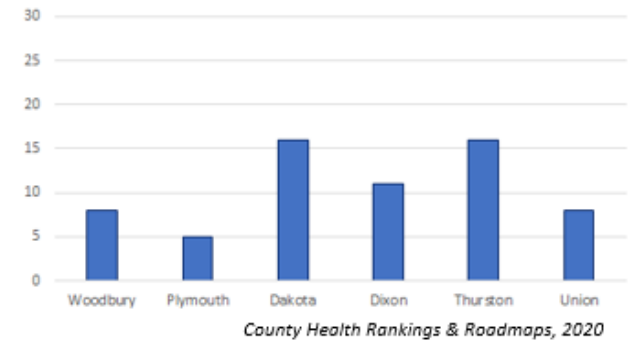
Siouxland Community Themes & Strengths Assessment, 2021

**32 dental offices in the tri-state area are registered as a Medicaid provider. However, only one provider is taking new Medicaid patients.**

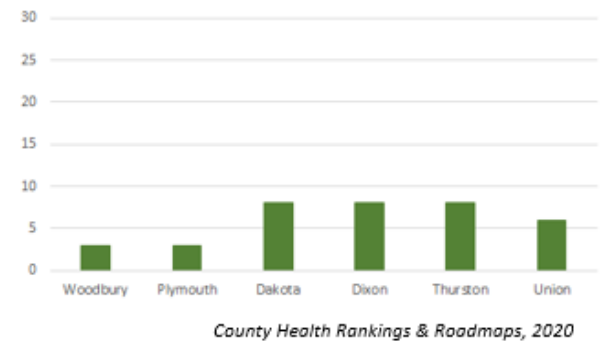
Siouxland District Health Department I-Smile, 2020



Percentage of Population Uninsured (Under 65)



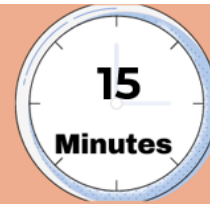
Percentage of Children Uninsured



**Vision:** "Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care."

## Breakout Room 8- Access to Care

1. Quick introductions around the room
2. Choose a scribe & spokesperson
3. What is one thing that stood out to you about this category

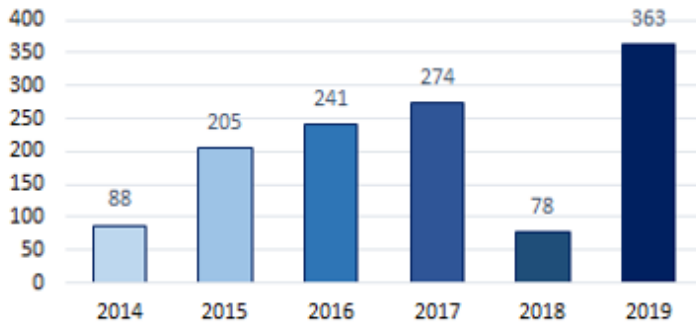


What are significant data points or trends noted?

Current Urgency/ Problem Issues

- **Interpretation resources**
- More ESL classes
- **Insurance - understanding benefits and high cost of premiums**
- Lack of Dental Providers
- Transportation
- Fear of COVID
- **Healthy food access and cost. Healthy Eating Education**
- Increased educational programs.

### New Housing Units Constructed in Sioux City



Sioux City Housing Authority, 2020

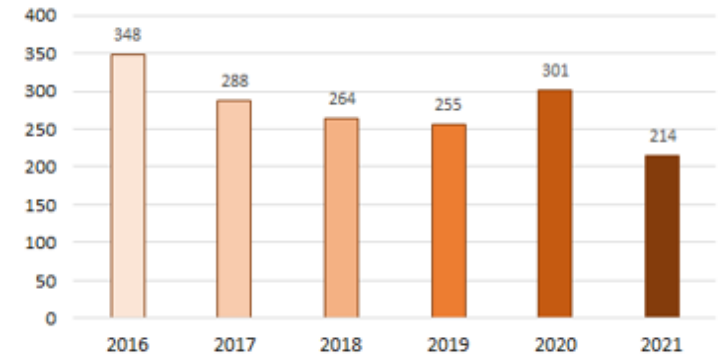
## Housing & Homelessness

35% of the housing in Sioux City has an elevated lead risk. 17.6% is the reported average of elevated lead risk across measured cities in the USA.

City Health Dashboard, 2018

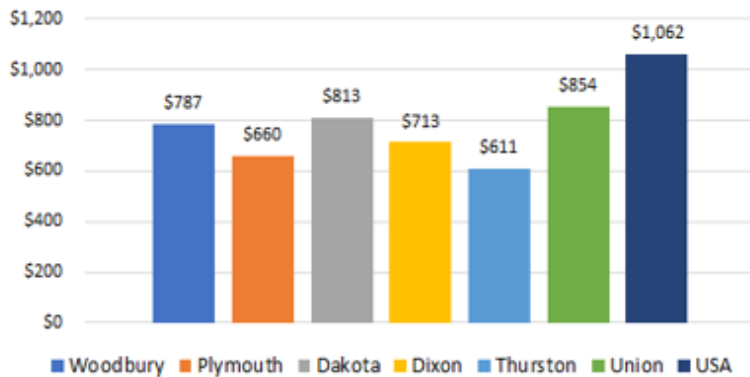


### Counted Homeless Individuals in Siouxland



January Point In Time Count, 2021

### Median Gross Rent



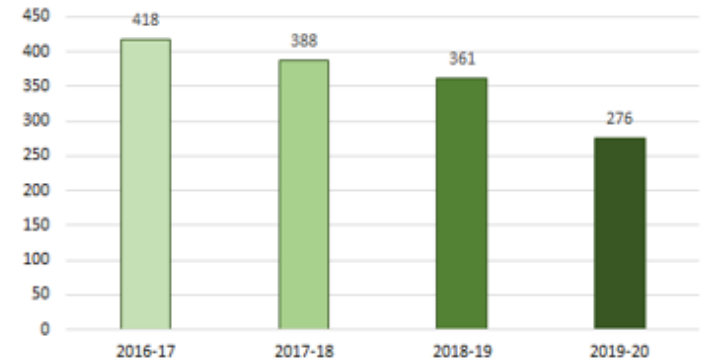
Census ACS, 2015-2019

In 2021, there 25 rental properties, with 661 rental units, on the Smoke Free Homes Registry in Woodbury County.

Siouxland District Health Department, 2021



### Identified Homeless Students



Sioux City Community Schools, 2020



**Vision:** "Siouxland, an inclusive, thriving community of healthy, educated individuals with access to care."

## Breakout Room 9- Homelessness

1. Quick introductions around the room
2. Choose a scribe & spokesperson
3. What is one thing that stood out to you about this category



What are significant data points or trends noted?

Current Urgency/ Problem Issues

- Is there a factor that makes the homeless ineligible for accessing services. I.e: behavior
- Only one dental provider is accepting medicaid is accepting new patients
- Families that do access medicaid, their service provider is not able to accept it as a payment source because of state boundaries



## Strategic Issues Voting Results from June Community Meeting

	TOP	Second	Third	Fourth	Fifth	Total	Overall Rankings
Lack of Mental Health Resources	8	2	1	2	0	13	#1
Unable to access mental health resources due to lack of resources	1	1	0	0	1	3	
Stigma involved with trying to access resources	2	0	0	0	0	2	
Stigma of receiving mental health services among minorities	0	2	0	1	0	3	
lack of interpretive services	2	0	1	4	0	7	#4
rate of drug exposed infants	1	0	0	1	2	4	
rate of meth use	0	4	0	2	0	6	
drug overdose mortality rate increase	0	0	0	0	0	0	
child abuse	1	0	4	1	0	6	
violent crimes	0	0	2	1	0	3	
COVID factor on trends	0	0	0	0	1	1	
Increase of motor vehicle deaths with alcohol involvement. Children riding in vehicles with impaired drivers	0	1	0	1	1	3	
Older housing inventory with hazards in that housing (water hazard, air quality, rodents, pests, etc)	1	0	1	0	1	3	
17.5% of Siouxland don't feel safe in their neighborhoods	0	0	2	1	0	3	
Childhood obesity	0	3	5	1	0	9	#2
Lack of awareness and referrals of local resources (diabetes screening, free/low cost food)	4	1	1	0	1	7	#4
Lack of nutritionist/healthy eating resources	0	0	1	4	3	8	#3
lack of insurance that covers cancer screenings/cost out of pocket	0	1	2	2	2	7	#4
transportation to cancer screening appointments or treatment	1	1	1	0	1	4	
Screenings are covered, but lack of insurance coverage for follow up or treatment	1	1	0	0	0	2	
providing resources - sharing resources, educating all age groups	1	1	1	0	1	4	
overall awareness - STI's amongst all populations)	1	2	1	2	0	6	
Interpretation resources	0	1	0	0	1	2	
insurance - understanding benefits and high costs of premiums	0	0	0	1	1	2	
Healthy food access and cost. Healthy Eating Education	0	1	0	0	1	2	
Is there a factor that makes the homeless ineligible for accessing services. Ie: behavior	0	1	0	0	0	1	
Only one dental provider is accepting new Medicaid patients	0	1	1	2	3	7	#4
Families that do access Medicaid, their service provider is not able to accept is as a payment source because of state boundaries.	0	0	0	2	0	2	

What themes did you see among the different assessments? What data points informed these themes? How do these data points address our vision?	
Relationship to Vision: Healthy individuals – including mental well being	
Theme: Mental health issues	
Community Survey	<ul style="list-style-type: none"> <li>• Ranked as the #1 health concern with 43% identifying it as a concern</li> <li>• Ranked at #1 if there were \$1 million dollars to allocate toward a need. 54% said towards mental health services.</li> <li>• 44% state they feel there should be more inpatient services</li> <li>• 42% state there should be more psychiatrists</li> <li>• 63% feel there should be more school-based services</li> <li>• 59% feel there should be more child therapists</li> </ul>
Focus Groups	<ul style="list-style-type: none"> <li>• One father working with DHS for issues in school with son. Feels he has not received much assistance.</li> <li>• Elderly individuals feel there is a concern of mental health among their peers especially loneliness.</li> <li>• High school students state kids are nervous/scared to seek out medical help for depression or other mental health conditions.</li> <li>• High school students feel mental health is stigmatized</li> <li>• High school students feel there is not enough help in schools and that it is underfunded.</li> <li>• High school students are appreciative of one school that has an afterschool club for mental health</li> <li>• High school students feel there should be more rules around mental health (ie: less work, have more time to make up work if out due to MH condition).</li> <li>• High school students not sure where to go for help for friends with MH concerns – school counselor probably first</li> <li>• Appreciate local doctors who have adolescents complete mental health questionnaire at well checks without parents in the room.</li> </ul>
Community Data Presentation	<ul style="list-style-type: none"> <li>• Lack of Mental Health Resources ranked as top priority from attendees (out of 28)</li> <li>• Frequent Mental Distress has increased in all Siouxland Counties from 2016 – 2020.</li> <li>• Iowa Youth survey indicates 23% of Woodbury County youth were prescribed medicine for feeling angry, anxious, restless nervous or sad in 2018.</li> <li>• Sioux City hospitals have seen an increase in behavioral health inpatient clients with a slight decline in outpatient visits from 2015 – 2020.</li> </ul>
Community Partners	Catholic Charities, Rosecrance Jackson Recovery Center, Siouxland Community Health Center, Siouxland Mental Health, MercyOne Medical Center, UnityPoint Health – St. Luke’s, Local mental health providers, area schools.

Strategic Issue:	How can we reduce the stigma of mental health, increase awareness of mental health resources and improve access to mental health services in the community?
Items to consider:	Awareness of resources, addressing stigma, recruitment of providers, translation available

**Mental Health Ideas From Content Experts**

**Trainings**

- Trauma Informed Care
- Mental Health First Aid

**More Providers**

- Having more specialized MH providers
- Increase MH therapists, shortage of therapists in community
- More therapists

**Transportation**

- Barriers to transportation to address MH needs

**Special Groups**

- Expand care available to individuals 55-65 age group that address MH, Cognitive Disorders, Substance Abuse
- Post Partum depression and Anxiety resources
- Partner with Elderly nursing homes
- LGBTQIA youth mental health groups
- Persons of color

**Community Education #1**

- Community Education through a mental health fair or something like that
- Destigmatize mental health through various campaigns

**Referrals & Work with providers #2**

- Improve referral streams between organizations
- Education to family practice about resources available

**ER Work**

- Reduce recidivism for higher utilizers through psychoeducation
- Diversion from inpatient hospital/ER by utilizing expansion in continuation of care

**Youth and Adolescent**

- Expand access to MH services targeted to youth 16-19 yrs. old. Both inpatient and community based
- Education in the schools for students
- Focus on education prevention & resources available to youth/teens
- De-stigmatize for kids – Mental Health First Aid
- Starting in school/pre-school

<p>What themes did you see among the different assessments?            What data points informed these themes?            How do these data points address our vision?</p>	
<p>Relationship to Vision: Healthy individuals – including physical wellbeing and Thriving Community - including opportunities for physical activity and healthy eating.</p>	
<p>Theme: Physical Health</p>	
<p>Community Survey</p>	<ul style="list-style-type: none"> <li>Ranked as the #3 health concern with 26% identifying it as a concern</li> <li>Ranked at #2 &amp; #3 if there were \$1 million dollars to allocate toward a need. 29% said towards youth physical activity programs, 27% said towards trails and green spaces.</li> <li>Individuals feel there should be more non-traditional sports, more activities for those with a disability, more low cost/no cost recreational activities, outside gyms, safer walking access to parks and along streets.</li> </ul>
<p>Focus Groups</p>	<ul style="list-style-type: none"> <li>Those without insurance don't have way to treat diabetes</li> <li>Need to address safety issues of parks (homelessness/shootings) so people can utilize green spaces again.</li> <li>Healthy food is expensive.</li> <li>Farmer's market is nice, but expensive and limited hours and difficult to get to.</li> <li>Several locations for exercise (fitness clubs, parks, Center for Active Generations, mall). Not much for those with Parkinson's Disease or low cost/ free in cooler weather.</li> <li>Good number of locations to access food (pantries, blessing boxes, school snack packs) but people may not know about them.</li> <li>Free lunch and breakfast at school has been great for students</li> </ul>
<p>Community Data Presentation</p>	<ul style="list-style-type: none"> <li>Childhood obesity was the 2<sup>nd</sup> overall top priority of attendees (out of 28).</li> <li>Lack of nutritionist/healthy eating resources was the 3<sup>rd</sup> overall top priority of attendees.</li> <li>Lack of awareness and referrals of local resources such as diabetes screenings and free/low cost food was tied for 4<sup>th</sup> overall top priority of attendees</li> <li>Childhood BMI was nearly 10% higher in Sioux City patients than from across the state of Iowa for UnityPoint clinics.</li> <li>Adult obesity ranges from 32% - 44% in Siouxland counties, with top US performers at 26%.</li> <li>Adult diabetes ranges from 9% - 19% in Siouxland counties with top US performers at 7%.</li> <li>Siouxland Counties report no physical activity of their adult population in the last month anywhere from 24% - 33%, with top US performers at 20%.</li> </ul>
<p>Community Partners:</p>	<p>Area fitness facilities, Farmer's Market, Hy-Vee Dieticians, ISU Extension, Local Parks and Rec Dept., MercyOne, SIMPCO, Siouxland District Health Department, Siouxland Foodbank, UnityPoint Health -St. Luke's, Up From the Earth, Worksite Wellness Coalition</p>

Strategic Issue:	How can the public health and medical community positively enhance the physical wellbeing of our community?
Items to consider:	Obesity, diabetes, access to food. Sports youth activities and lack of nutritionists. Recruitment of endocrinologists.

**Physical Health Content Expert Group Ideas**

**Programs and Resource Guides #1**

- Hy-Vee Offers free heart health screening events. Help promoting would improve reach
- List of local places for community members to exercise at
- Hy-Vee offers free nutrition webinars on diabetes, heart health and weight management
- Cooking classes at Hy-Vee
- Siouxland Healthy eating and/or physical activity resource guide
- Navigate people – low income, on insurance limited resources to services for care: diabetes, hypertension, etc.
- A streamline way to share resources & programming that exists.
- Hy-Vee offers free Facebook Live on Health Topics: healthy lunches, diabetes friendly recipes, etc.
- Monthly Community Health newsletter that gets distributed to everyone that has all the evets coming up.
- Hire/develop park and rec asset/community guide. One stop shopping for parks, trails, healthy markets, gyms, gardens.
- Resources may be available, but people may not know, so more resources & education throughout community.

**Fitness Clubs**

- Fitness Centers participate in community events such as Unity in the Community, Pride Picnic.
- Health Clubs create programs to motivate the large number of “sleepers” in the insurer provided membership. (people with memberships that don’t use them).
- Free trials or day passes to facilities
- Economically disadvantage participate in activities organized by health clubs for several months then received discounted or free membership.
- Engage with communities or community organizations to provide seniors access to fitness centers at discounted memberships (SIMPCO/Sergeant Bluff)

**Trails/Outdoor Opportunities**

- Better connections from neighborhoods to trails
- Improve walkability, safety in low-income neighborhoods to parks/food pantries
- Outdoor exercise stations at neighborhood parks

- Outside free gyms/workout areas

### **Diabetes**

- Document of local provider of diabetes programs/services we can offer all individuals with diabetes.
- Free blood sugar screenings at events, congregate meals, etc.
- All clinics would host diabetes prevention
- Diabetes education programs for universal under insured.
- Diabetes prevention or diabetes exercise referral source
- Hy-Vee offers free A1C screening events. Help promoting this event would improve reach.

### **Campaigns/Events**

- Implement all or some of the 5-2-1-0 program in the community
- Continue to promote Move Your Way in the community
- Work with schools and childcare centers to educate students on physical activity
- Cone Park summer activities
- Targeted events at specific populations. For example, pop up parks get 200+ people in neighborhood parks. Target specific areas where people need resources.

### **Food Insecurity/food initiatives #4**

- Do a deeper study to identify “food deserts” in Siouxland area
- Year-round accessible farmer’s market
- Bring Farmer’s Market “events” to schools at parent pick up time
- Bring Farmer’s Market “events” to activities such as senior meals
- Expand Fruit and Vegetable Rx program
- Handouts with local food pantry info on it for community members
- Expand community gardens across the city. No cost to plant. St. Thomas Episcopal is a good example.
- Expand network of community gardens/free produce. Increase community awareness about these sources
- Partner with ISU Ext. on community garden plan. City-wide program.

### **Weight loss programs**

- Develop weight loss support groups
- Hy-Vee and YMCA weight loss program with nutrition and exercise
- Refer individuals to weight loss programs

## **Specialized physical activity programs**

### **Youth**

- Teen youth strength training
- Affordable youth dance program
- Childhood obesity after school program
- Offer Yoga classes to students after school
- Scholarship funding for youth sports

### **Families**

- Physical activity classes for families instead of individuals – family yoga

### **Low Income**

- Develop a free healthy education program targeted toward low income, at-risk populations. Offer a “series” that teaches audiences about nutrition, exercise, disease prevention, safety. Offer incentives for individuals that participate in each session.

### **Seniors**

- Physical activity programs for low-income seniors

## **Disabled #3**

- Physical activity programs/gym equipment for disabled
- Ensure accessibility for inclusive recreation opportunities for programs (nutrition & physical activity)
- Adult adaptive sports and miracle league
- Adding disability programming
- Adapted sports for people with mobility disabilities
- Lions Club Beep Ball (Visually Impaired)

## **Walking Initiatives #2**

- Implement/Expand Walk with the Doc Program
- Walking clubs for older adults or mom’s
- Establish stroller walks for parents
- Establish safe walking groups in neighborhoods (like walking school buses)
- Senior Advisory Committee – Senior Walking Programs

## **Electronic/Virtual**

- Use YouTube channels to promote short exercise videos for various age groups
- Nontraditional sport ideas: e-sports, rock climbing, skateboarding
- Free guided exercise video for those who may not know what exercise to do.

<p>What themes did you see among the different assessments?            What data points informed these themes?            How do these data points address our vision?</p>	
Relationship to Vision: Access to Care and physical and mental wellbeing	
Theme: Preventative Care	
Community Survey	<ul style="list-style-type: none"> <li>Individuals reported the following for preventive procedures: 11% for bone density, 12% for cardiovascular screening, 9% for colon/rectal screenings and 5% for hearing screening</li> <li>75% stated they are unaware of a location to secure low-cost family planning (preventative sexual) care</li> <li>Reasons cited for not seeing a doctor for health care: 20% cost, 7% hours not convenient, and 7% cannot get time off from work.</li> </ul>
Focus Groups	<ul style="list-style-type: none"> <li>Haven't been able to access free mammograms</li> <li>Need more comprehensive sex ed in schools. No one knows where to get tested or where to access birth control or free condoms.</li> <li>Need dental access. Iowa Total Care doesn't cover dental. Need IMOM to come more frequently. No dentists or SCHC taking new patients. Have to go to ER.</li> <li>Individuals using drugs do not access prenatal care because fear of being judged or DHS being called.</li> </ul>
Community Data Presentation	<ul style="list-style-type: none"> <li>Lack of insurance that covers cancer screenings/cost of out-of-pocket expense for screenings tied for 4<sup>th</sup> overall top priority of attendees (out of 28).</li> <li>Only one dental provider is accepting new Medicaid patients tied for 4<sup>th</sup> overall priority of attendees.</li> <li>Over the past 10 years nearly 40% of adult population has not been receiving a colonoscopy screening.</li> <li>Teen birth rate has slightly decreased in Woodbury County the past 3 years but is still higher than the state rate. (10.8 vs. 6.8)</li> <li>Gonorrhea and Chlamydia rates continue to increase drastically. Gonorrhea (Woodbury County 405/state 168) Chlamydia (Woodbury County 790/state 508)</li> <li>Rate of oral health ER visits decreased for the state of Iowa in 2019, but continues to increase in Woodbury County. (24 vs. 44 respectively).</li> </ul>
Community Partners:	Crittenton Center, Girls Inc., June E Nysten Cancer Center, Local Medical and Dental Provider Offices, Lutheran Services in Iowa, MercyOne, Planned Parenthood Educators, Siouxland Community Health Center, Siouxland District Health Department, UnityPoint Health – St. Luke's
Strategic Issue:	How do we promote the importance of preventative services and ensure access for all in our community?
Items to consider:	Sexual health prevention and access, oral health access, screenings, prenatal health prevention.



## Preventative Care Content Expert Group Ideas

### **Sexually Transmitted Infections #2**

- Long-Acting Reversible Control (LARC) for TEENS and at-risk women who want them
- Offer STI screenings in schools
- Implement express visits for STI as another options to comprehensive visits so that more people will get screened.
- Gonorrhea and Chlamydia testing and BCM in school-based health centers
- Promotion/Ad for Title X Services @ SCHC
- Work with School Board for comprehensive sex ed in middle and high school
- STD Testing early & ongoing throughout pregnancy & with every new partner
- Decrease STDs by getting info into bars. Maybe a flyer or pens.
- Offer universal testing – not everyone has “high” risk factors
- Work with school nurses so they can educate students on STI/Birth Control resources
- Educate providers on new changes to 2021 MMWR CDC guidelines for treatment
- Importance of multisite testing
- Work with providers to offer STI screenings even when patient presents for other services
- Provide STD education information to send home with patient with contact numbers

### **Dental Care**

- Advocate for dental coverage with MCO's (Universal Health Care)
- Contact SCHC Dental to schedule prenatal dental appointment
- During SCHC Centering Groups get newborn oral assessments completed and fluoride for siblings. Establish care
- Expand SCHC's Dental Program perhaps dental students?
- More Medicaid openings for dental (kids to adult)

### **Prenatal Care**

- Prenatal care available to everyone no matter age. (With or without parental consent)
- During prenatal visits, test, schedule & treat STD's
- Understand the correlation between pregnant women with drug use and STI's & infant mortality
- Screen all pregnant women during 28-32 weeks for Syphilis. In addition to earlier screening
- Well Women Home and program, for women who use drugs & are pregnant. Follow up with BCM after delivery.

### **Worksite/Business Initiatives**

- Health Promotion Campaigns. Incentives for preventative visits
- Employees offer incentives (pd day cash, lower premiums) for checklist of prevention care items.

### **Primary Care Provider #1**

- Have to get more people to have a designated primary care physician/seen routinely

### **Partnering Organizations**

- Partnership with Title X @ SCHC and SDHD Care for Yourself Program – More Marketing
- Referrals to HOPES Program – offered virtually also. Can educate about sexual health prevention and access. Can educate and refer for oral health care needs.

### **Community Screenings #3**

- Big Annual Prevention Care Clinic with specialties one central location for those without insurance
- Free Screening day every 3 months. A big event @ Tyson event Center
- Education on free screenings/preventative care both physician and community (care for yourself, Every Woman Matters, All Women Count)
- Consider working with SCFD and SCPD to help get the word out about screenings available. They could share with their frequent 911 callers. Fire may be dealing with diabetic calls, could educate them.
- Educate and share information on available screenings, to churches and other family central locations
- Education to community about all possible ways of colorectal screenings
- Education to the community about the importance of bone health and dexa scans
- Colonoscopy screenings: Fear of screening vs. diagnostic testing and what insurance will pay for.
- Education to community about importance of colon screenings; early detection, better outcomes
- Have to address no insurance – there are state programs for mammograms and paps but not colonoscopy.
- Do not allow those with insurance to take part in “free screenings” (free skin cancer check, IMOM)
- Adjust to offer evenings and weekend hours for care (bone density, cardio, colon/rectal/hearing)
- Express/walk in appts at offices who do screenings (dermatology)
- Create better access for preventative screenings – evenings/weekends

<p>What themes did you see among the different assessments?            What data points informed these themes?            How do these data points address our vision?</p>	
Relationship to Vision: Physical wellbeing and access to care	
Theme: Substance Abuse	
Community Survey	<ul style="list-style-type: none"> <li>Alcohol/Drug Abuse sited as #2 health concern in Siouxland with 52%.</li> <li>Ranked #3 if there were \$1 million dollars to allocate toward a need. 29% said towards Substance Abuse services</li> <li>If individuals required substance abuse assistance, they would turn to Rosecrance Jackson (30%) followed by Heartland Counseling (20%) and a personal counselor (19%).</li> </ul>
Focus Groups	<ul style="list-style-type: none"> <li>Drug use in schools especially vaping in the middle and high schools. Used heavily in bathrooms, peer pressure.</li> <li>Site general substance abuse as issue in the community – every store has alcohol, you see it everywhere. It’s triggering for those in recovery.</li> <li>Addiction is a disease, but many pregnant people are afraid to get help.</li> <li>Appreciate local stores seem to check IDs for alcohol and tobacco and can have notes in medical files instructing medical providers to not prescribe pain medication due to substance use disorder.</li> </ul>
Community Data Presentation	<ul style="list-style-type: none"> <li>Siouxland Drug Exposed Infants number in the 70-80’s annually. Prior to 5 years ago they were in the 20’s annually.</li> <li>16% of Siouxland 11<sup>th</sup> graders report riding with a driver who was under the influence.</li> <li>Marijuana and Meth seized in the tri-state area continues to rise (Meth nearly 60,000 grams, Marijuana just over 40,000 grams).</li> <li>Youth reporting people with substance abuse problems in their home has increased for three consecutive years to 19% in 2018.</li> <li>448 mothers in Woodbury County smoked during pregnancy during 2017-2018 (out of roughly 1400 births)</li> </ul>
Community Partners:	Area Law Enforcement Agencies, Sober Living Facilities, Employer Assistance Programs, Iowa Poison Control Center, Local Medical Providers, Local Schools, Rosecrance Jackson Recovery Center, MercyOne, Quitline Iowa, Siouxland Community Health Center, Siouxland District Health Department, Siouxland Mental Health, UnityPoint Health – St. Luke’s
Strategic Issue:	How do we decrease the prevalence of substance abuse in our community?
Items to consider:	Address drunk driving, drug babies, alcohol and smoking use in pregnant moms. People’s perceptions of marijuana.

## Substance Abuse Content Expert Ideas

### Education & Classes

- Educate doctors and nurses on addiction withdrawal overdose symptoms and negative effects of alcohol and vaping
- Information videos etc for parents to increase their comfort level in talking to their kids about substances, mental health, and other stigmatized topics
- Use common spaces (gas pumps, pre-movies, etc) for messaging
- Helping people recognize the substance use is about brain health not rite of passage
- Recognize that \$1 in prevention saves \$7 in treatment
- Parenting classes ie: parent over friend
- Utilize resources such as One Iowa and Progress Iowa to focus on Substance Abuse Issues with Youth and Adults
- Prevention Education in all Community Health Centers particularly for adult alcohol use, youth marijuana use and youth & adult vaping
- Expand prevention efforts within the school systems for youth substance abuse
- Some type of resource or group designed to help teens, young adults whose family members use substances at home
- Adult Alcohol use: continue to check if stores checking IDS, Education to youth & on college campuses & to employers, people didn't feel they have a drinking problem so helping them understand what that means.
- Parent Education on Substance abuse
- Counter social media messaging with fact science truth
- Stigma about addictions & recovery
- "vaping diversion" class for drug use with similar concept. Ex. Student takes class on drug use instead of vaping.
- Programs for at-risk youth (who have not yet had consequences) to bolster protective factors (life skills/programs, neighborhood/community engagement, school activity support)
- Support groups for youth who recognize they need help after school or for families going through drug court.

### Maternal Health Population #1

- Smoking in pregnancy – all ages- need local access to services for helping cessation
- Work with UnityPoint & OBGYN offices to address Tobacco & Nicotine use in pregnant women
- Informational campaign for girls/young women about risk of substance use during pregnancy. (Target before pregnancy)
- Perception of marijuana use in pregnancy – all ages – many women find it safer to use marijuana for nausea and anxiety than prescriptions.
- Smoking vs vaping in pregnancy. Many women think vaping is much safer.
- Moms using Meth while pregnant. Delivering meth addicted babies
- Better DHS involvement at hospital for drug babies – all drugs – even marijuana
- Improve early access to prenatal care especially mothers at risk or vulnerable – don't wait till 2<sup>nd</sup> trimester

### Binge Drinking

- Binge drinking in teenagers
- Binge Drinking including adults (education on what is low risk use)

### **Family Events**

- More sober friendly events and activities for adults in recovery (accessible, low cost)
- Create substance free alternatives for youth, families, adults

### **Treatment Settings/Recovery**

- More detox options, more inpatient treatment options, transportation options for treatment, more substance abuse therapists.
- Include substance prevention and treatment professionals in decision making ie: alcohol delivery
- Provide/facilitate support groups for youth and students who indicated substance use in the home
- Partnering programs for those in recovery and those seeking recovery. Someone seeking recovery is “buddied” with someone recovered
- Address mental illness in combination with treatment

### **Vaping #2**

- Vaping including adults
- Increase education among youth and adults about vaping
- Youth & young adults vaping – restricting access to nicotine and other substances that can be vaped. More education to youth
- Young age of first use
- Work more with middle schools & elementary schools to educate kids on vaping
- Resources for parents on vaping and how to talk to their kids
- Free vaping education classes for parents
- Kids vaping in middle & high school
- Vaping in teenagers
- Vaping issues in school

### **Resources/Outreach**

- Promote programs that assist with substance use disorders. Highlight programs that already exist.
- Have more outreach within community
- Free resource guide on drugs and tobacco for teens and adults
- Spread the word on tobacco/drug services for teens in the area
- Provide an annual resource fair within the community to promote all local and regional services
- What is currently being done with addiction
- Increase community awareness on how drug options have evolved

### **General observations/issues**

- Accessibly to alcohol – sold everywhere, cheap cost, teens to young adulthood correspondence, harsher on offences
- Limit the use of words like “organic” “natural” when associated with CBD, Kratom, etc advertising

- Lack of assistance in other languages
- Drugged driving including THC
- High potency THC & Low perception of harm
- Meth Use and Availability
- Opioid Overdoses
- Kids calling into Jul stating device is broken and providing serial number, Jul sends new one at no charge. Continue to do this regularly for free devices.

### **Policy/Community Leadership**

- Collaborate with the policy department to monitor data and identify any community themes or emerging trends (drug arrests, Patterns in drug use meth, opioids)
- Utilize leaders in the BIPOC community for all community health efforts – expanding our reach for equity and inclusion (churches, youth groups, schools, BLM mov groups)
- Have substance use consequences as part of leadership agendas regularly
- Award visibility – those who comply with ordinances and policies – also kids will no longer go there so limits options.
- Drug Court – more accessible for lesser charges