



HENRY COUNTY HEALTH CENTER  
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IOWA STATE  
UNIVERSITY  
Extension and Outreach

# 2020 Henry County Community Health Needs Assessment



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## Executive Summary

Community Health Needs Assessments are an essential part of providing quality healthcare and implementing community health programs. Local public health departments are required to complete a community assessment every five years for accreditation and, since the passage of the Affordable Care Act in 2010, nonprofit hospitals are required to complete one every three years. In order to increase collaboration and share resources, the Henry County 2020 Community Health Needs Assessment and Health Improvement Plan (CHNA/HIP) was completed through a partnership between Henry County Public Health, Henry County Health Center, and ISU Extension and Outreach.

The assessment process included gathering primary data from a community survey and secondary data from a variety of sources from state and national organizations. Due to unforeseen disruptions in the assessment process due to the coronavirus pandemic, some assessment and priority setting activities had to be canceled or modified and new priorities added to the health improvement plan.

The assessment identified ten priorities that needed to be addressed in order to make Henry County a healthier place to live and work.

1. Mental Health
2. Obesity/Poor Nutrition
3. Cancers
4. Access to Health Care
5. Infectious Disease Mitigation
6. Low-income/Poverty
7. Underinsured/Lack of health insurance
8. Tobacco/Nicotine Use
9. Substance Use
10. Cardiovascular Disease

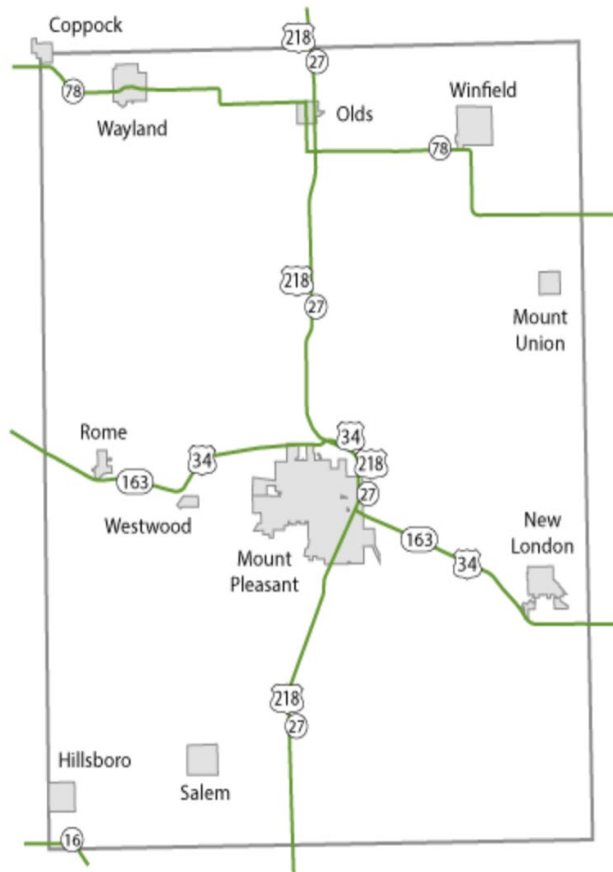
Of those ten, the first five were included in the health improvement plan. The 2020 Henry County Health Improvement Plan is a collaborative effort led by Henry County Public Health, Henry County Health Center, and ISU Extension and Outreach but includes many other community partners necessary to the success of the plan.

## Demographics & Geographic Composition

Henry County, a rural county with a population estimate of 19,954, is located in southeast Iowa. The county seat is Mt. Pleasant and other incorporated towns located inside of Henry County include Hillsboro, New London, Olds, Rome, Salem, Wayland, Westwood, and Winfield.

Town	Population
Mt. Pleasant	8737
New London	1857
Hillsboro	178
Wayland	952
Westwood	109
Salem	382
Rome	116
Winfield	1105
Olds	226

Source: United States Census estimate



### Age, Race, and Ethnicity

According to Census estimates, 51.6% of the population is male and 48.4% of the population is female. Nineteen percent of the population is 65 years or older which is higher than Iowa's overall rate of 17.1%. There is a lower percentage of young people living in Henry County (21.6%) compared to Iowa (23.2%). According to the U.S. Census 2019 estimates, Henry County is 92% White, 2.8% Black or African American, 0.4% American Indian and Alaska Native, 2.6% Asian, and 1.7% two or more races. In addition, 5% of the population of Henry County is estimated to be Hispanic or Latino (U.S. Census, 2019).

## **Education**

Henry County is home to four public school districts: Mt. Pleasant Community School District, New London Community School District, WACO Community School District, and Winfield-Mt. Union Community School District. In addition, there is one private school, Mt. Pleasant Christian School. There are two post-secondary educational institutions located in Henry County. Mt. Pleasant is the home of Iowa Wesleyan University, an accredited private liberal arts university. Southeastern Community College has a satellite location in Mt. Pleasant which offers educational and workforce development opportunities. According to the U. S. Census, 92% of residents over the age of 25 have their high school diploma or GED and 20% of this group have their bachelor's degree or higher.

## **Households and Housing**

According to the U.S. Census, there are approximately 7,714 households living in Henry County with an average of 2.39 people per household. Approximately 5.6% of households speak a language other than English at home.

There are approximately 8,459 housing units in Henry County and 71% are owner-occupied (U.S. Census, 2019). The median value of owner-occupied housing is \$108,700. Median housing costs for owners with a mortgage (2014-2018) is \$1,041. Median monthly gross rent (2014-2018) is \$681. According to County Health Rankings, 11% of residents experience one of the following severe housing problems: overcrowding, high housing cost, lack of kitchen facilities, or lack of plumbing facilities. In addition, County Health Rankings report that 9% of residents experience a severe housing cost burden which is defined as paying more than 50% of gross income on housing.

## **Income**

The median household income in Henry County is \$52,428. This is lower than the state median (\$58,580) and national median (\$60,293). Eleven percent of all residents and 15% of children under the age of 18 live in households earning less than the federal poverty level. According to the United Way's ALICE Report, the household survival income level for a single adult in Henry County is \$20,352 and for a family of four is \$57,072. This is much higher than the federal poverty level which is \$12,760 for a single person and \$26,000 for a family of four. Forty-one percent of households in Henry County have incomes below the survivable wage as defined by United Way. Single female-headed households with children fare the worst in Henry County with 41% living below the federal poverty level and an additional 32% with incomes below a survivable wage (United Way, 2016).

## **Food Security**

In 2019, an average of 1,006 households (2,349 people) received food assistance program benefits (formerly Food Stamps) per month in Henry County (Iowa State Data Center). The average monthly benefit per person was \$103.71. According to County Health Rankings, 43% of children are eligible for free or reduced price lunch. The Hunger Vital Sign measurement tool was included in the 2020 Henry County Community Health Needs survey and 27% of respondents were determined to live in a food insecure household.

## Health Behaviors

Behaviors	Henry County	Iowa
<b>Adult smoking</b> % of adults who are current smokers	17%	17%
<b>Adult obesity</b> % of adults w/BMI > or = 30	35%	33%
<b>Physical inactivity</b> % of adults reporting no leisure time physical activity	29%	24%
<b>Excessive drinking</b> % of adults reporting binge or heavy drinking	20%	22%
<b>Alcohol impaired deaths</b> % of driving deaths involving alcohol	25%	27%
<b>Limited access to healthy foods</b> % of population with low-income and do not live close to a grocery store	10%	6%
<b>Insufficient Sleep</b> % of adults reporting <7 hrs. sleep	31%	28%

Source: County Health Rankings, 2020

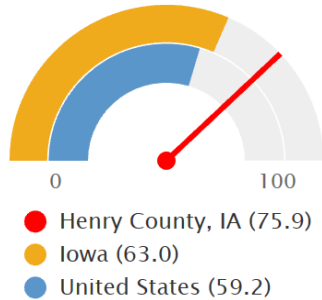
## Health Insurance Coverage

		Henry County %	Iowa %
<b>Under 19 years:</b>	With health insurance coverage	25.9%	24.4%
	No health insurance coverage	.3%	.7%
<b>19 to 64 years:</b>	With health insurance coverage	50.9%	54.3%
	No health insurance coverage	3.6%	4.0%
<b>65 years and over:</b>	With health insurance coverage	19.3%	16.5%
	No health insurance coverage	0%	.03%

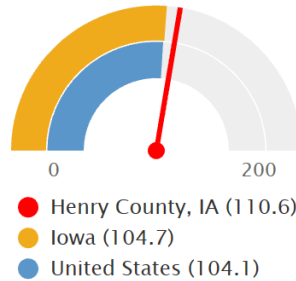
Source: American Community Survey, 2018

# Disease Prevalence

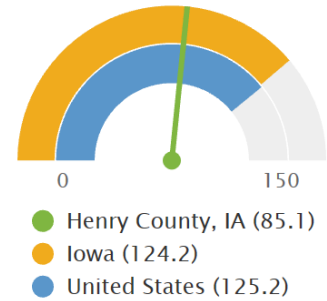
Lung Cancer Incidence Rate  
(Per 100,000 Pop.)



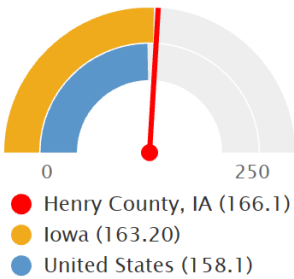
Prostate Cancer Incidence Rate  
(Per 100,000 Pop.)



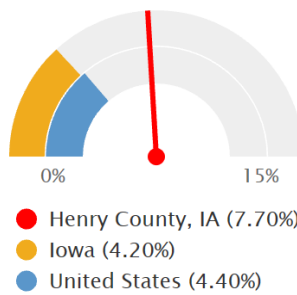
Breast Cancer Incidence Rate  
(Per 100,000 Pop.)



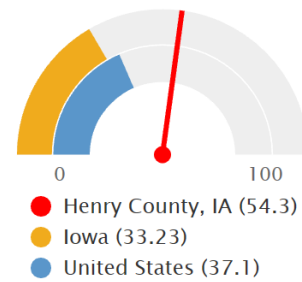
Cancer Mortality, Age-Adjusted  
Death Rate  
(Per 100,000 Pop.)



Percent Adults with Heart Disease

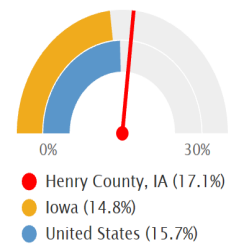


Stroke Mortality, Age-Adjusted  
Death Rate  
(Per 100,000 Pop.)



Report Area	Population Age 18	Adults with Poor Dental Health	Adults with Poor Dental Health, Percent
Henry County, IA	15,247.00	2,613.00	17.1%
Iowa	2,307,562.00	341,535.00	14.8%
United States	235,375,690.00	36,842,620.00	15.7%

Adults with Poor Dental Health,  
Percent



Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES, 2006-10. Source geography:

County → Show more details

Source: CARES Engagement Network, CHNA Report, Henry County, IA

## Survey Overview

As part of the needs assessment, a Henry County Community Health Needs survey was conducted in February 2020. The survey collected demographic information, perspectives on healthcare access, and opinions on the most important health needs of the county. Respondents could complete the survey online or by filling out a paper copy made available at public locations across the county. The survey was translated into Spanish and outreach activities targeted typically underrepresented groups. Conscious efforts were made to include residents of Henry County who live in small towns and rural areas outside of the county seat of Mt. Pleasant. There was a total of 1,148 completed surveys returned to Public Health for data analysis, which is over 5% of the population of Henry County.

## Priorities Identified in the Community Survey

Overwhelmingly, survey respondents identified mental health (75%) and access to mental health (64%) care as top health issues in Henry County. The related issues of substance use (59%) and tobacco/nicotine use (41%) were rated in the top five health concerns along with obesity (59%) and cancers (35%).

Rank	%	What do you think are the top five health concerns in our community?
1	75%	Mental Health
2	59%	Substance Use
3	59%	Obesity
4	41%	Tobacco
5	34%	Cancers
6	27%	Child Abuse
7	26%	Poor Nutrition
8	25%	Heart Disease
9	25%	Aging Problems
10	22%	Diabetes

Rank	%	What do you think are the five most important factors for a healthy community and a good quality of life?
1	65%	Access to health care
2	60%	Good jobs and a healthy economy
3	51%	Good schools



4	46%	Low crime/safe neighborhoods
5	43%	Clean environment
6	38%	Quality and affordable housing
7	28%	Family friendly environment
8	27%	Access to health insurance
9	27%	Access to childcare/after-school programs
10	24%	Healthy behaviors and lifestyles

Rank	%	What do you think are the top five barriers to health and well-being in our community?
1	64%	Access to mental health care
2	55%	Low wages
3	49%	Health insurance coverage
4	43%	Poverty
5	36%	Unaffordable housing
6	32%	Lack of education/job training
7	31%	Access to health care
8	25%	Lack of transportation
9	22%	Access to specialty care
10	21%	Lack of free recreational opportunities

Rank	%	Thinking about you and your family, which barriers keep you from being healthy?
1	39%	Low wages
2	29%	Health insurance coverage
3	28%	Access to mental health care
4	26%	Lack of free recreational opportunities
5	21%	Access to healthy food

<b>Rank</b>	<b>%</b>	<b>Thinking about you and your family, what is missing or most needed in our community to improve your health?</b>
<b>1</b>	43%	Mental Health services
<b>2</b>	31%	Healthier Food
<b>3</b>	31%	Childcare
<b>4</b>	31%	Job opportunities
<b>5</b>	30%	Affordable health insurance
<b>6</b>	25%	Walking/biking trails
<b>7</b>	25%	Specialty physicians
<b>8</b>	25%	Affordable housing
<b>9</b>	23%	Safe places to walk/play
<b>10</b>	22%	Wellness services

<b>Rank</b>	<b>%</b>	<b>What are five things that our community does well?</b>
<b>1</b>	51%	Quality schools
<b>2</b>	45%	Locally owned and operated businesses
<b>3</b>	39%	Parks and recreation
<b>4</b>	39%	Volunteer opportunities
<b>5</b>	37%	Reasonable commute

<b>Rank</b>	<b>%</b>	<b>What are five things that our community could improve?</b>
<b>1</b>	50%	Affordable and quality childcare
<b>2</b>	47%	Variety of food options (dining and shopping)
<b>3</b>	41%	Affordable and quality housing
<b>4</b>	37%	Good jobs
<b>5</b>	35%	Transportation options

## Identified Priorities for the Health Improvement Plan

After reviewing the survey data along with secondary data highlighted above, the following priorities were determined collectively by the leadership team.

### Priority #1: Mental Health

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**Rationale:** In the community survey, mental health was identified as a top health concern by 75% of respondents. Lack of access to mental health care was identified as a top barrier to health in Henry County by 64% of respondents. Henry County is located in a mental health provider shortage area as defined by the Health Resources and Services Administration. According to County Health Rankings, Henry County has a population to provider ratio of 870:1 compared to Iowa's overall ratio of 640:1.

### Priority #2: Obesity/Poor Nutrition

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**Rationale:** In the community survey, obesity was identified by 59% of respondents and poor nutrition was identified by 26% of respondents as top health concerns in Henry County. When identifying personal barriers to health, 26% of respondents selected lack of free recreational opportunities and 21% selected access to healthy food. According to County Health Rankings, 35% of adults in Henry County are obese, up from 31% in 2010, and 29% of adults report no leisure time physical activity.

### Priority #3: Cancer

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**Rationale:** In the community survey 34% of respondents identified cancer as a top health concern in Henry County. Henry County has higher rates than the state average of lung cancer, colorectal cancer and melanoma. According to the Iowa Public Health Tracking Portal, Henry County has a Five Year (2012-2016) incidence rate (age-adjusted per 100K) of 74.67 for Lung and Bronchus Cancer (IA is 62.69), 57.86 for Colorectal Cancer (IA is 44.17), and 29.60 for Melanoma of the Skin (IA is 26.17). Cervical cancer data is suppressed.

### Priority #4: Access to Health Care

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**Rationale:** Access to health care was listed as a top barrier to health in Henry County by 31% of community survey respondents and was identified as one of the most important factors for a healthy community by 65% of respondents. Henry County is designated as a health care provider shortage area by the Health Resources and Services Administration. In the community survey, food-insecure households reported more difficulty accessing health care than food-secure households.

### Priority #5: Infectious Disease Mitigation

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**Rationale:** On March 23, 2020, the Iowa Department of Public Health identified the first Henry County case of COVID-19 and all available information indicates that COVID-19 currently poses a substantial widespread risk of infection leading to a significant risk of harm to residents.

## Priority #6: Low-income/Poverty

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**Rationale:** Fifty-five percent of survey respondents identified low wages and 43% identified poverty as top barriers to health in Henry County. According to the United Way's ALICE report, 41% of households in Henry County have income below a survivable wage. The situation is most difficult for single parent families: 41% of single female-headed households and 20% of single male-headed households live in poverty.

## Priority #7: Underinsured/Lack of health insurance

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**Rationale:** In the community survey, health insurance coverage was identified by 49% of respondents as a top barrier to health in Henry County. According to the 2020 County Health Rankings, 6% of Henry County under the age of 65 is uninsured which is higher than the Iowa rate of 5%.

## Priority #8: Tobacco/Nicotine Use

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**Rationale:** Forty-one percent of survey respondents identified tobacco and other nicotine product use as a top health concern in Henry County. According to the 2018 Iowa Youth Survey, 13% of 11th graders in Henry County reported using tobacco products in the past 30 days and 26% reported using e-cigarettes in the past 30 days. This measure has increased since the 2016 IYS when 6% of 11th graders reported current e-cigarette use.

## Priority #9: Substance Use

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**Rationale:** Fifty-nine percent of community survey respondents identified substance use as a top health concern in Henry County. According to County Health Rankings 20% of adults in Henry County report binge drinking or heavy drinking and 25% of driving deaths had alcohol involvement.

## Priority #10: Cardiovascular Disease

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**Rationale:** Henry County has a 2018 heart attack hospitalization rate of 30.64 (age adjusted rate (Per 10K) [35 and older]). This is higher than Iowa's overall rate of 28.87. Diseases of heart was the second highest cause of death for people under the age of 75 in Henry County (2020 County Health Rankings).

View the detailed Health Improvement Plan, along with the full survey report, at [www.HealthyHenryCounty.org/PublicHealth](http://www.HealthyHenryCounty.org/PublicHealth)