



**LUCAS COUNTY  
PUBLIC HEALTH**

**LUCAS HEALTH  COUNTY  
CENTER**

An Affiliate of  UnityPoint Health

# COMMUNITY HEALTH NEEDS ASSESSMENT REPORT

2023



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# INTRODUCTION

For the 2023 Community Health Needs Assessment (CHNA), Lucas County Public Health (LCPH) and Lucas County Health Center (LCHC) agreed it would be in the best interest of both organizations to complete a joint assessment.

Together, our two organizations are committed to serving as community health leaders and are working to address the needs of our community. By collecting data, we are able to determine our partnerships, outreach efforts, and goals from a resource, education, and delivery standpoint.

With this survey, we collected data with the hopes of:

- Understanding the health and safety issues our residents face
- Identifying strengths, existing programs, and activities that are working to help the community thrive
- Aligning our community outreach and benefits efforts to the needs of our community
- Developing and implementing a strategic plan to improve our community's health

# METHODOLOGY

To ensure we captured the most comprehensive needs of our community, we used a variety of methods to communicate the importance of survey participation to our community, including:

- Online survey link - available through LCPH's social media, LCHC's social media, and LCHC's website
- Information on electronic communication through our partnership with Chariton Area Chamber/Main Street
- Press releases in the Chariton newspaper
- Print copies of the survey located at LCPH, LCHC, Chariton Area Chamber/Main Street, and City of Chariton

In addition to communicating the survey availability, we also took time to collect data about our community, including demographics, health indicators, health risks, and more. To do this, we used SparkMap tool from University of Missouri.

# COMMUNITY DATA

To create a complete understanding of our population, we began by pulling data about our residents, including age, gender, race/ethnicity, education, employment status, household income, health insurance status, and more.



## Total Population

A total of 8,556 people live in the 430.68 square mile report area defined for this assessment according to the U.S. Census Bureau American Community Survey 2016-20 5-year estimates.

Report Area	Total Population	Population Density (per square mile)
Lucas County, IA	8,556	20
Iowa	3,150,011	56
United States	326,569,308	92

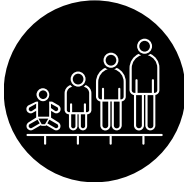


## Gender

As of the 2016-2020 Census Survey, the population of Lucas County was 4,338 males (or 50.7%) and 4,218 females (or 49.3%).

Report Area	Male	Female	Male %	Female %
Lucas County, IA	4,338	4,218	50.7%	49.3%
Iowa	1,564,436	1,585,575	49.66%	50.34%
United States	160,818,530	165,750,778	49.24%	50.76%





## Age Groups

According to the US Census Bureau 2016- 2020 Survey, this report shows the population by age group.

Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
Lucas County, IA	514	1,438	627	860	898	1,017	1,359	1,843
Iowa	195,462	533,025	316,660	396,791	381,270	372,676	416,726	537,401
United States	19,650,192	53,646,546	30,435,736	45,485,165	41,346,677	41,540,736	42,101,439	52,362,817



## Race

According to the US Census Bureau 2016- 2020 Survey, this report shows the population by race.

Report Area	White	Black	Asian	Native American/ Alaska Native	Native Hawaiian/ Pacific Islander	Other Race	Multiple Races
Lucas County, IA	8,398	24	0	4	0	23	107
Iowa	2,806,418	117,035	79,296	10,538	3,941	39,804	92,979
United States	229,960,813	41,227,384	18,421,637	2,688,614	611,404	16,783,914	16,875,542



## Education

Educational Attainment shows the distribution of the highest level of education achieved in the report area, and helps schools and businesses to understand the needs of adults, whether it be workforce training or the ability to develop science, technology, engineering, and mathematics opportunities. Educational attainment is calculated for persons over 25 years old, and is an estimated average for the period from 2016 to 2020.

Report Area	No High School Diploma	High School Only	Some College	Associates Degree	Bachelors Degree	Graduate Degree or Higher
Lucas County, IA	7.01%	42.4%	24.3%	9.8%	12.5%	4.1%
Iowa	7.53%	30.8%	20.6%	11.8%	19.7%	9.6%
United States	11.47%	26.7%	20.3%	8.6%	20.2%	12.7%



## Employment Participation

Economic and social insecurity often are associated with poor health. Poverty, unemployment, and lack of educational achievement affect access to care and a community's ability to engage in healthy behaviors.

The table below displays the labor force participation rate for the report area according to the 2016 – 2020 American Community Survey.

Report Area	Total Population Age 16+	Labor Force	Labor Force Participation Rate	Unemployment Rate
Lucas County, IA	6,887	4,172	60.58%	2.2%
Iowa	2,504,540	1,677,262	66.97%	2.8%
United States	261,649,873	164,759,496	62.97%	3.4%

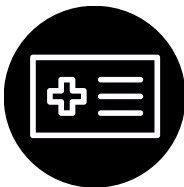


## Household Income

Economic and social insecurity often are associated with poor health. Poverty, unemployment, and lack of educational achievement affect access to care and a community's ability to engage in healthy behaviors.

The current average household income for Lucas County is \$55,297, compared to \$65,429 in the state of Iowa. This includes the income of the householder and individuals 15 years and older living in the home. To assist in guiding this report, the chart below outlines average household incomes and the percentage of our county that falls within those guidelines.

Report Area	Under \$25,000	\$25,000 – \$49,999	\$50,000 – \$99,999	\$100,000 – \$199,999	\$200,000+
Lucas County, IA	23.13%	20.17%	35.61%	19.12%	1.96%
Iowa	16.63%	21.22%	33.03%	23.37%	5.57%
United States	17.18%	19.6%	29.63%	24.14%	9.46%



## Health Insurance

The lack of health insurance is considered a key driver of health status. This indicator is relevant because lack of insurance is a primary barrier to healthcare access.

Report Area	Total Population For Whom Insurance Status Is Determined	Uninsured Population	% of Uninsured Population
Lucas County, IA	8,446	559	6.62%
Iowa	3,106,492	145,633	4.69%
United States	321,525,041	28,058,903	8.73%

# HEALTH NEEDS OF OUR COMMUNITY



With the information gathered from our Community Health Needs Assessment, LCHC and LCPH were able to identify the top five health needs of our community.

The identified needs are used to assist with community outreach planning including education opportunities, community events, and more.

The following pages will describe, in depth, how the data gathered helped to identify these needs.

## Top 5 Concerns

1. Mental Health
2. Insurance Gaps
3. Transportation
4. Skin Cancer
5. Blood Pressure



# 1. MENTAL HEALTH

When asked to identify the five most important health issues in our community, 73.81% of respondents selected mental health issues. Additionally, when asked what types of health screenings and/or services are needed to keep their family healthy, 46.43% of respondents indicated they/their family needed mental health screenings and services.

In Lucas County, SparkMap estimates that 16% of adults in Lucas County have poor mental health. Given that 1 in 5 Americans will experience a mental illness in a given year, we are not surprised that mental health is our most needed health service.

## GOAL

Host 3 community education events each year focused on mental health

Strategies to achieve this goal include, but are not limited to:

Target	Strategy	Tactics
Youth ages 12-14	Partner with Infinity Health and SIEDA to address substance abuse and mental health in middle school	<ul style="list-style-type: none"><li>• Provide Mental Health First Aid to school staff</li><li>• Work with school system to provide education</li></ul>
Veterans	Work with Lucas County Veterans Affairs to create programs for local veterans	<ul style="list-style-type: none"><li>• TBD</li></ul>
Middle-aged adults	Utilize Healthy University to create mental health & substance abuse opportunities	<ul style="list-style-type: none"><li>• Educate healthcare and law enforcement on "Handle with Care" program</li><li>• Utilize community Narcan education</li></ul>

## 2. INSURANCE GAPS

When asked if they had any kind of health coverage, 8.33% of respondents indicated they did not have any kind of coverage, including insurance, prepaid plans, or government plans. Additionally, 4.76% of respondents indicated it was somewhat difficult/very difficult to receive services because they did not have insurance while 9.52% of respondents said their insurance was not accepted. These statistics fell in line with the reports generated by SparkMaps, which indicated 6.62% of Lucas County's population is uninsured.

**GOAL** Decrease Lucas County's uninsured rate to 5% or below

Strategies to achieve this goal include, but are not limited to:

Strategy	Tactic	Notes
Decrease insurance gaps among residents	Utilize Financial Counselor at Lucas County Health Center	<ul style="list-style-type: none"><li>Promote services/assistance enrolling</li></ul>
Decrease insurance gaps among residents	Work with State of Iowa Medicare/Medicaid program	<ul style="list-style-type: none"><li>Gather resources (brochures, etc.) to assist residents with enrolling</li></ul>

# 3. TRANSPORTATION

SparkMap estimates that 9.06% of Lucas County Households do not have a motor vehicle. Additionally, the rate of households with no motor vehicle is 8 times more likely to be renter-occupied than owner-occupied. This further indicates it is our lower-income households that are more likely to struggle with reliable transportation.

It is easy to see that lack of transportation is a major barrier to healthcare.

## GOAL

Provide services to 100 individuals each year through free ride days and/or voucher program

Strategies to achieve this goal include, but are not limited to:

Strategy	Tactic	Notes
Educate our community about current transportation resources	Utilize social media, internal resources, and community publications	<ul style="list-style-type: none"><li>• Share specifics about 10-15 program, including hours, cost, etc.</li></ul>
Increase free transportation options	Sponsor "Free Ride" days for community	<ul style="list-style-type: none"><li>• Utilize 10-15 for services</li></ul>
Provide ride vouchers to residents who need assistance getting to hospital, public health, etc.	Educate community about no cost options; educate staff about creating open dialogue	<ul style="list-style-type: none"><li>• Work with 10-15 to keep vouchers on hand</li></ul>

## 4. SKIN CANCER

According to the National Cancer Institute, the rate of Melanoma of the Skin in Iowa is 29.7, as compared to 22.9 for the United States. For more than 30 years, the number of cases per 100,000 Iowa residents has continued to increase.

In Lucas County, the skin cancer rates for females is 2.4% and men is 5.0%. When you consider a large number of blue-collar jobs in our community, it is not surprising that skin cancer is a concern for our residents, especially men.

### GOAL

Reduce skin cancer prevalence by 1% in male population

Strategies to achieve this goal include, but are not limited to:

Strategy	Tactic	Notes
Offer skin cancer screenings in community	Partner with Radiant Complexions to schedule screening events	<ul style="list-style-type: none"><li>• TBD</li></ul>
Sunscreen at community events	Hand out sunscreen bottles and/or place LCHC sunscreen stands	<ul style="list-style-type: none"><li>• If possible, utilize funding opportunities to support ongoing efforts</li></ul>
Educate male population about skin cancer	Work with local businesses/ organizations to reach blue-collar populations	<ul style="list-style-type: none"><li>• Hy-Vee</li><li>• Johnson Machine Works</li><li>• Farmers Co-ops</li></ul>

# 5. BLOOD PRESSURE

When asked what types of screenings/services are needed to keep their family healthy, 58.33% of respondents indicated blood pressure screenings were needed. This is not surprising when SparkMap reports an estimated 37-42% of our county's total population struggles with high blood pressure.

Additionally, SparkMap reports that 57.4% of our Medicare beneficiary population has high blood pressure. This is, however, in line with the rates across the United States, which currently sits at an estimated 57.2% of Medicare beneficiaries reporting high blood pressure concerns.

## GOAL

Reduce high blood pressure beneficiaries rate by 5% overall

Strategies to achieve this goal include, but are not limited to:

Strategy	Tactic	Notes
Blood Pressure Checks - Lucas County Public Health	Promote free blood pressure checks offered by LCPH	<ul style="list-style-type: none"><li>• Include in newspaper, social media, etc.</li></ul>
Blood Pressure Education	Offer educational event about high blood pressure once per year	<ul style="list-style-type: none"><li>• Utilize Healthy University programming</li></ul>

# CONCLUSION

Lucas County Public Health and Lucas County Health Center believe in the importance of conducting a Community Health Needs Assessment to ensure we are addressing healthcare needs in the communities we serve. Given the complexity of the needs and lack of resources available to meet many of them, we are faced with the difficult task of focusing on the areas of the greatest need. As we conclude the Community Health Needs Assessment process and report, we will begin incorporating these goals and strategies into our future strategic initiatives.

*Teamwork: Coming together is the beginning, keeping together is progress, working together is success.*

*- Henry Ford*