

## Community Health Assessment - 2012

### Purpose

The purpose of the community health assessment is to convene a diverse stakeholder group to identify what factors affect the health of its population and what resources are available within the community to address these factors. Completing a Community Health Assessment is a core function of local public health.

### Data Sources

- Bridge to Health - BTH (2000, 2005, 2010)
- Minnesota Student Survey MSS (2004, 2007, 2010)
- Minnesota Department of Health Statistics
- Minnesota Department of Human Services
- Census Data

### Process

- Highlighted data sets from the above sources were compiled into a Community Health Assessment Data Profile Document. The Profile is posted online at (Health Data tab) on [www.communityhealthboard.org](http://www.communityhealthboard.org)
- An opinion survey was distributed and completed by 213 Carlton County residents.
- Community stakeholders met during 2012- 2013 to review data and identify top health issues.

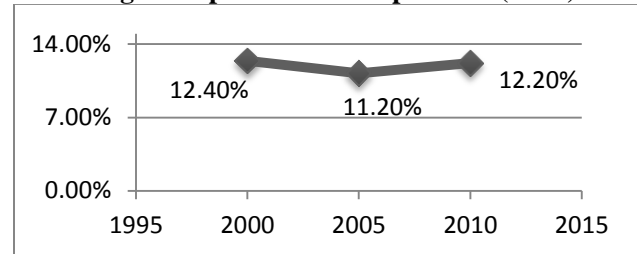
### Partners Involved:

- Community Memorial & Mercy Hospitals
- Carlton Co. Public Health & Human Services
- Carlton Co. Children & Family Services Collaborative
- Veteran's Services
- Public Health Advisory Committee
- Carlton County Volunteer Services
- Nursing Homes
- Schools and college
- Carlton County Human Services Advisory Board
- County residents
- Fond du Lac Reservation
- U of M Extension Nutrition Program

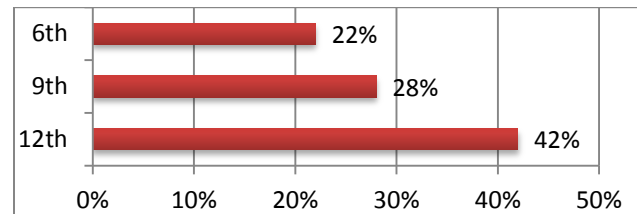
### Priority 1: Mental Health

High rates of mental health issues (e.g., anxiety, depression, stress) are being reported by adults and youth that could increase harmful behaviors such as suicide.

#### Percentage of reported adult depression (BTH)



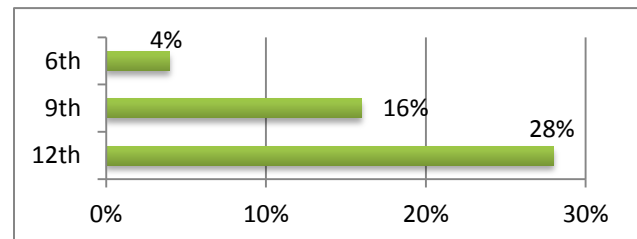
In 2010, percentage of adolescents who reported feeling under great pressure in the last 30 days (MSS).



### Priority 2: Drug Use

Adolescent and adult drug use is high and increasing.

In 2010, the percentage of adolescents who reported using marijuana on one of more days in the last 12 months (MSS).



### Priority 3: Obesity

Consistently increasing rates of overweight and obesity among adults and children lead to chronic health conditions and diseases.

According to data from Bridge to Health, from 2005 to 2010, percentage of people reported as obese increased from 21.4% to 24% (BTH).

## OTHER PRIORITIES ...

### Priority: Physical Activity

Higher participation levels of physical activity across all ages are needed to impact overall health.

*According to Bridge to Health, from 2005 to 2010, the percentage of adults who reported engaging in moderate physical activity 3 or more days a week for at least 30 minutes increased from 37.6% to 49.8% (BTH).*

### Priority: Increased Food Insecurity

Increased rates for food assistance and support programs indicate food insecurity which results in a negative impact on overall health. Food insecurity limits access to healthy foods.

*According to data from Bridge to Health, from 2000 to 2010 percentage of adults who reported usage of community food shelf increased from 3.7% to 6.1% (BTH).*

### Priority: Poverty

Poverty has a negative impact on health (e.g., diet, substance use, exercise, access to health care, stress, etc.). Single parent households are more likely to experience poverty.

*According to data from Minnesota Department of Health, from 1995 to 2009 the percentage of people reported living in poverty increased from 9.9% to 10.5% (MDH).*

### Priority: Diabetes

A growing percentage of adults in Carlton County report having diabetes.

*According to Bridge to Health, from 2000 to 2010, percentage of adults who reported having Diabetes increased from 5% to 11.2% (BTH).*

### Priority: Access to Dental Care

There is limited access to dental care for low income adults and children even if covered by a MN Health Care Program (e.g., MA, MN Care). High number of residents postponed dental care due to cost.

*According to Bridge To Health, from 2005 to 2010, percentage of adults who have reported postponing dental work in the past year decreased from 31.5% to 23.1% (BTH).*

### Priority: Preventative screenings & check ups

Adults and children are not getting preventive screenings and immunizations.

*According to Bridge to Health, from 2000 to 2010, percentage of adults who reported having mammogram (within 2 years period) decreased from 82.4% to 71.2% (BTH).*

### Priority: Poor Eating Habits

Low percentage of adults and children report that they consistently eat the recommended servings of fruits and vegetables.

*According to Bridge to Health, from 2000 to 2010, percentage of adults who reported eating 5 or more servings of fruits, fruit juices and vegetables yesterday decreased from 15.5% to 13.5% (BTH).*

## Next Steps

- Complete an environmental scan identifying current activities, community partners and gaps in services.
- Develop a Community Improvement Plan to address the top prioritized health issue: Mental Health.

