



## Community Health Assessment – 2019

### Purpose

A thorough Community Health Assessment is a customary practice and core function of public health. Every Minnesota Community Health Board (CHB) must submit its Ten Most Important Community Health Issues to the Minnesota Department of Health.

### Partners

- Local Policy Makers
- Hospital & Clinic Staff, other health care and long term care providers
- Public Health and Human Services
- City and county government, schools
- Foundations, Churches and Civic Groups
- Service organizations and agencies
- Health Plans

### Data Sources

The Kandiyohi-Renville Health Assessment was prepared under a KaRe to Achieve leadership team and the Kandiyohi-Renville CHB, using data from MDH, CDC, student and PACT for Families surveys, SW Regional Adult Health Survey, and local hospital and clinics. The Health Assessment was organized into sections similar to the format used by the Minnesota Department of Health in 2017 MN Statewide Health Assessment, with a lens of social determinants of health and Adverse Childhood Experiences:

- What creates health
- People
- Opportunity
- Nature
- Belonging
- Moving to a state of well-being
- Community Partnerships

### Process

#### Phase 1: Initial Planning Meetings

The KaRe to Achieve Leadership group worked over a year to compile, find gaps and critique data. Subjective data was gathered from surveys to targeted populations and a Health Equity Data Analysis (HEDA) study.

#### Phase 2: Other Analysis

The Public Health Advisory Committee compiled a "Strength and Assets" and "Forces of Change" analysis of our communities.

#### Phase 3: Other Community Input

Both Kandiyohi and Renville Counties hosted community conversation meetings with over 110 community members to share findings of the Community Health Assessment and Health Equity Data Analysis. The community groups selected top health issues and priorities for each county.

#### Phase 4: Identify Top Issues

The Public Health Advisory Committee and the Kandiyohi-Renville CHB reviewed the top priorities identified by the community groups and made the final selection based on specific criteria: size of the problem, if some groups were affected more than others, community support, and if there are solutions and resources available to impact the problem.

### Next Steps

The Kandiyohi-Renville CHB identified Mental Health as an issue to address for both counties in the Community Health Improvement Plan (CHIP). Community groups from each county will select an additional issue to address specific to each county.



Kandiyohi-Renville  
Community Health Board  
Public Health  
Prevent. Promote. Protect.

# Top Ten Health Issues 2019

### 3 Priority: Adverse Childhood Experiences *new*

Research shows that the adversity experienced as children can affect us into adulthood. ACEs are incredibly common – 2/3 of children in Kandiyohi and Renville Counties have experienced at least one ACE and 1 in 8 have experienced 4 or more ACEs. The adversity we experience as a child can affect how our stress response functions, leading to long-term changes in our brains and bodies and leading to health problems and unhealthy coping. Early identification, support and understanding can build resiliency in children and adults who experienced early trauma.

### Priority: Aging Population / Chronic Diseases *embed in all*

By 2035, the projected over 60-year-old population in Kandiyohi County is expected to be 32% of the total population while for Renville County, the projection is over 40%. This shift in demographics will slow the work force growth and increase the demand for government and other support services. Even though aging brings with it cumulative effects of chronic diseases, there are also prevention opportunities to improve or maintain health in this population.

### 2 Priority: Alcohol, Tobacco & Other Drugs *Kandi 2 continue*

While the rates for binge drinking and cigarette smoking in teenagers has shown a decline, there is still concern about teenage alcohol use and adult abuse. Smoking remains the leading cause of death in the nation and state, thus efforts need to continue to reduce smoking rates across all populations. Vaping, marijuana, and opioids are emerging issues.

### Priority: Child Care Access *new*

Studies show that children who receive quality child care enter school with better math, language, and social skills. These skills give a child a good start to succeed in school and in life. Without adequate and affordable day care access, families are finding barriers to employment. Income is one of the strongest and most consistent predictors of health and disease. Research finds that people with higher incomes generally enjoy better health and live longer than people with lower incomes

### Priority: Health Care Access and Cost *new*

Residents of Kandiyohi and Renville Counties see healthcare as an important problem facing our counties. National polls repeatedly show this as a concern. This includes total cost of health insurance and co-pays, prescription drugs, choosing care, and government benefits like Medicare and Medical Assistance. Dental access was also noted as an area of concern.

### Priority: Housing *new*

Aspects of housing quality include air quality, home safety, space per individual and presence of mold, asbestos, or lead. Poor-quality housing is associated with various negative health outcomes, including chronic disease and injury and poor mental health. Low income families are more likely to live in poor-quality housing that can damage health.

### Priority: Lack of Physical Activity / Movement *continue*

People of all ages from early childhood to elders are less active than recommended for optimal physical and mental health. When less physically active, individuals are more likely to develop heart disease, diabetes, high blood pressure, high cholesterol, and increased risk of a stroke. A unique barrier for residents are our extended winters. Regular movement can produce long term health benefits including adequate sleep, more energy, stronger muscles and bones, and less depression.

### 1 Priority: Mental Health (Illness and Well-being) *AGEs? Resilience*

Mental health and well-being were ranked number one in all issues for the counties, as it is tied and affected by almost every other issue identified. Both Kandiyohi and Renville Counties have a higher rate of adults and children receiving mental health services than the state as a whole. Mental and emotional health struggles can place significant strains on relationships, affect the ability to learn, work and be physically active, and can lead to self-harm. There remains some stigma associated with these diagnoses. There is also a growing interest and need for building mental well-being and resilience in children, teens, and adults.

### Priority: Obesity / Overweight *continue*

Obesity and overweight rates of adults and children have increased. Obesity leads to long-term health complications (heart disease, diabetes, depression, arthritis, some cancers, etc.) Nearly 60% of pregnant WIC participants in both counties are overweight or obese, along with 32% of WIC children age 2-5. Preventing obesity in children helps adolescents maintain a healthy weight into adulthood.

### Priority: Transportation *new*

Living in a rural area, it is recognized that having reliable transportation is a necessity for the quality of life. Most people own cars to get to work, school, appointments, entertainment, and shopping. Public transportation is limited in areas of the counties. For some rural residents, longer commute times and lack of transportation options are barriers to employment. Existing transportation services may have higher costs per ride in rural areas, due to long travel distances and low population densities.

### Taken Off

- Violence
- Bullying
- Nutrition
- Diversity
- Crashes