



FY2024

Humboldt County - Public Health

COMMUNITY HEALTH ASSESSMENT



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This information was put together by Humboldt County Public Health

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Introduction

Dear Humboldt County residents and community,

Our mission at Humboldt County Public Health is healthy people in healthy communities. This includes our efforts to improve the health of the public by using science-based evidence backed strategies to give everyone a safe place to live, learn, work, and play.

In Iowa, all 99 counties are represented by a public health agency. A recent review of all counties concluded that there are 8 different ways a public health department is structured in Iowa. We follow a hospital based agency structure as a department of Humboldt County Memorial Hospital. We have found this structure provides the best support for our county as the collaboration between public health, hospital and primary care clinic is imperative for coordination of care for you and your families.

Humboldt County Public Health Board is comprised of a five community member advisory board which meet to review and access the progress and needs of our community. The activities in which our public health agency operates all fall within the 10 Essential Services of Public Health as recommended by the Center for Disease Control and Prevention.

We recognize that there are many factors that influence a communities health and hope that the information contained in the 2023 Community Health Assessment provides a useful synopsis of the health status of our community and increases the understanding of a healthy community.

We look forward to working with our community and partners to address the health issues outlined here as we work to create our Humboldt County Health Improvement Plan.

Sincerely,



Christen Sewell, MHA, BS
Director, Humboldt County Public Health

ESSENTIAL PUBLIC HEALTH SERVICE #1
Assess and monitor population health status, factors that influence health, and community needs and assets

ESSENTIAL PUBLIC HEALTH SERVICE #2
Investigate, diagnose, and address health problems and hazards affecting the population

ESSENTIAL PUBLIC HEALTH SERVICE #3
Communicate effectively to inform and educate people about health, factors that influence it, and how to improve it

ESSENTIAL PUBLIC HEALTH SERVICE #4
Strengthen, support, and mobilize communities and partnerships to improve health

ESSENTIAL PUBLIC HEALTH SERVICE #5
Create, champion, and implement policies, plans, and laws that impact health

ESSENTIAL PUBLIC HEALTH SERVICE #6
Utilize legal and regulatory actions designed to improve and protect the public's health

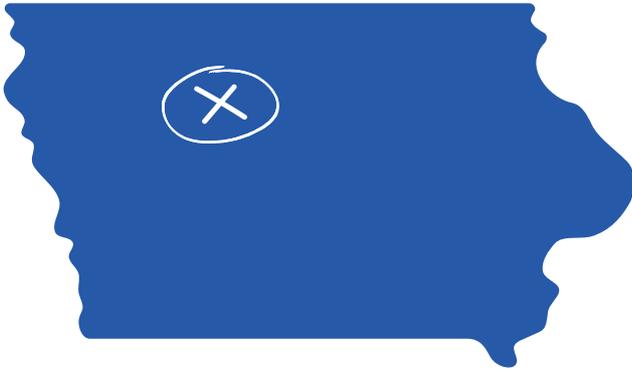
ESSENTIAL PUBLIC HEALTH SERVICE #7
Assure an effective system that enables equitable access to the individual services and care needed to be healthy

ESSENTIAL PUBLIC HEALTH SERVICE #8
Build and support a diverse and skilled public health workforce

ESSENTIAL PUBLIC HEALTH SERVICE #9
Improve and innovate public health functions through ongoing evaluation, research, and continuous quality improvement

ESSENTIAL PUBLIC HEALTH SERVICE #10
Build and maintain a strong organizational infrastructure for public health

Community Health Assessment



A community health assessment refers to a process that identifies key health needs and issues through data collection and analysis

As part of this Community Health Assessment we carried out a survey among our community members, partners, and staff. Along with the survey, secondary data from various local, state, and national resources are highlighted.

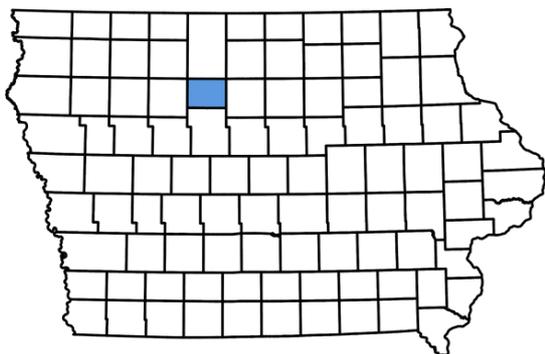
The results of our community survey identify the areas of highest need. Our results can be summarized into behavioral and mental health and healthy habits including increasing activity, nutritional foods, and maintaining healthy weight levels.

What would a Healthier Humboldt County look like to you?

23% of comments included the words "Mental Health"



Humboldt County At A Glance



Humboldt County is a rural county located in north central Iowa. It includes 436 square miles. Thirteen incorporated communities make up a total population of 9,572 residents

Humboldt Communities

Bradgate | Dakota City | Gilmore City | Hardy | Humboldt | Livermore | Lu Verne | Ottosen | Pioneer | Renwick | Rutland | Thor | Bode

Population Trends

Humboldt County is home to an estimated 9,572 individuals, with nearly half of those individuals residing in the city of Humboldt. The county continues to see a slight decrease in population from 2020 to 2022, but a ten-year decrease of (-2.22). All Humboldt's neighboring counties have seen decreasing population while the state of Iowa has seen a ten-year increase in population by 4.73%

Neighboring Counties - Percent Population Change

County	'90 ¹ -'00 ²	'00 ² -'10 ³	'10 ³ -'20 ⁴
Hancock, IA	-4.26%	-6.27%	-4.81%
Humboldt, IA	-3.49%	-5.45%	-2.22%
Kossuth, IA	-7.68%	-9.44%	-4.60%
Palo Alto, IA	-4.89%	-7.15%	-4.51%
Pocahontas, IA	-9.06%	-15.61%	-3.17%
Webster, IA	-0.27%	-5.52%	-2.67%
Wright, IA	0.46%	-7.71%	-2.16%
State of Iowa	5.39%	4.10%	4.73%

ISU Extension Indicators

Percentage of Population by Race/Hispanic Origin^{3,4}

Race Groups	County		State	
	2010	2020	2010	2020
One Race Only	99%	96.8%	98.2%	94.4%
White	96%	92.9%	91.3%	84.5%
White Alone, Not Hispanic	94.6%	91.9%	88.7%	82.7%
Black or African American	0.4%	0.6%	2.9%	4.1%
Asian	0.3%	0.2%	1.7%	2.4%
American Indian	0.2%	0.2%	0.4%	0.5%
Hawaiian/Other Pacific Islander	0%	0.1%	0.1%	0.2%
Other	2.1%	2.8%	1.8%	2.8%
Two or more races	1%	3.2%	1.8%	5.6%
Hispanic origin*	3.6%	4.5%	5%	6.8%

* Hispanics can be of any race.

ISU Extension Indicators

Race and Ethnicity

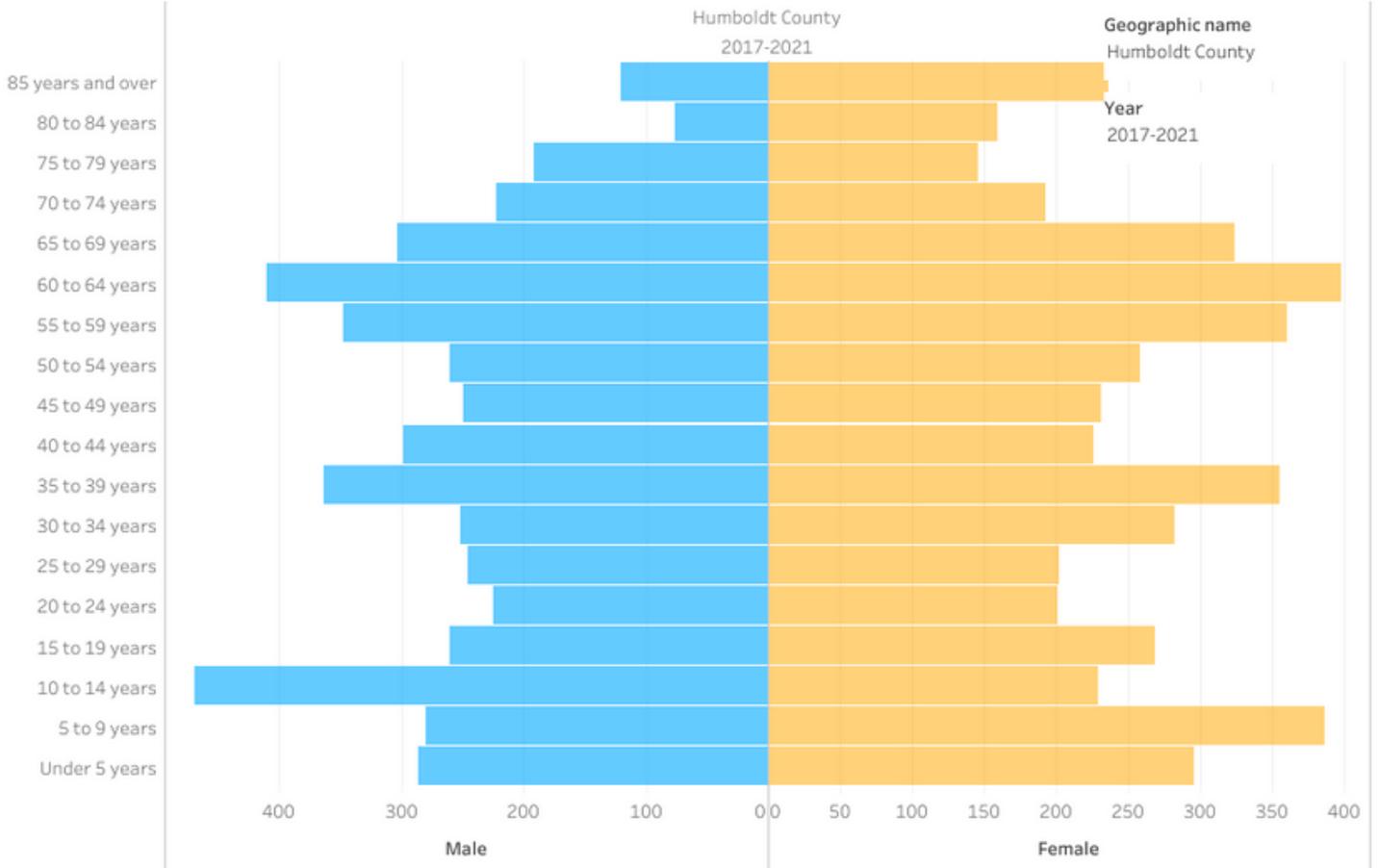
While Humboldt County is predominantly white (92.9%), we have seen a minor decrease in the population that is white from 2010 to 2020.

Our County saw the largest increase (2.2%) in race within individuals who identify as two or more races.

Age by Sex (5-year period estimates)

Universe: Total population

Geographic level
County (Iowa only)



Source agency name: U.S. Census Bureau

Source agency program: American Community Survey

Source agency contact: (301) 763-8950, <https://www.census.gov/programs-surveys/acs/>

Source agency release date: December 8, 2022

Table number: B10001

Date added to State Data Center Web site: December 14, 2022

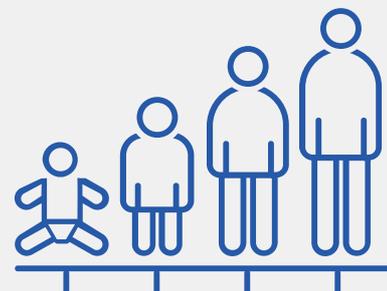
State Data Center contact information:...

Age

Humboldt County's population that is older than 65 years is 21.1%. This is higher than the state at 18%.

48.4% of Humboldt residents are between the ages of 24-64.

Humboldt has a slightly higher population of teens and children 17 and younger, 24.3% as compared to the state of Iowa at 23.2%.



Median Age
= 41.8 years

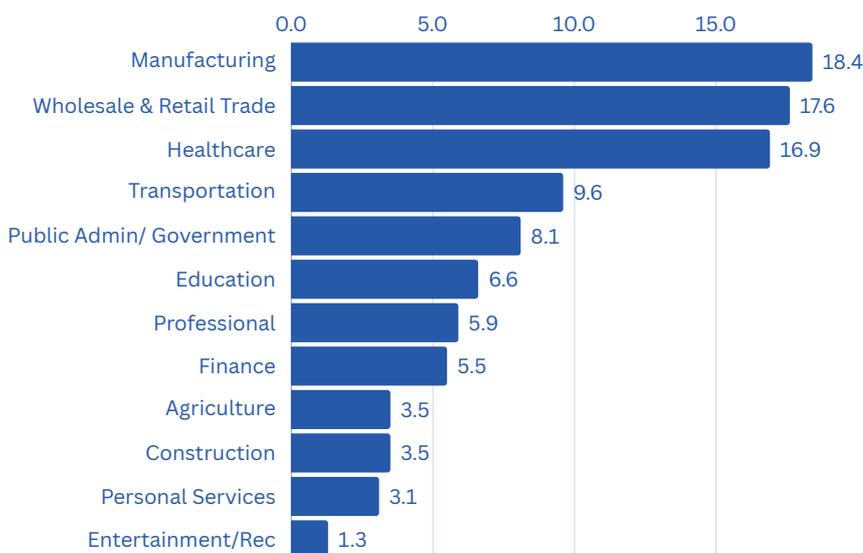
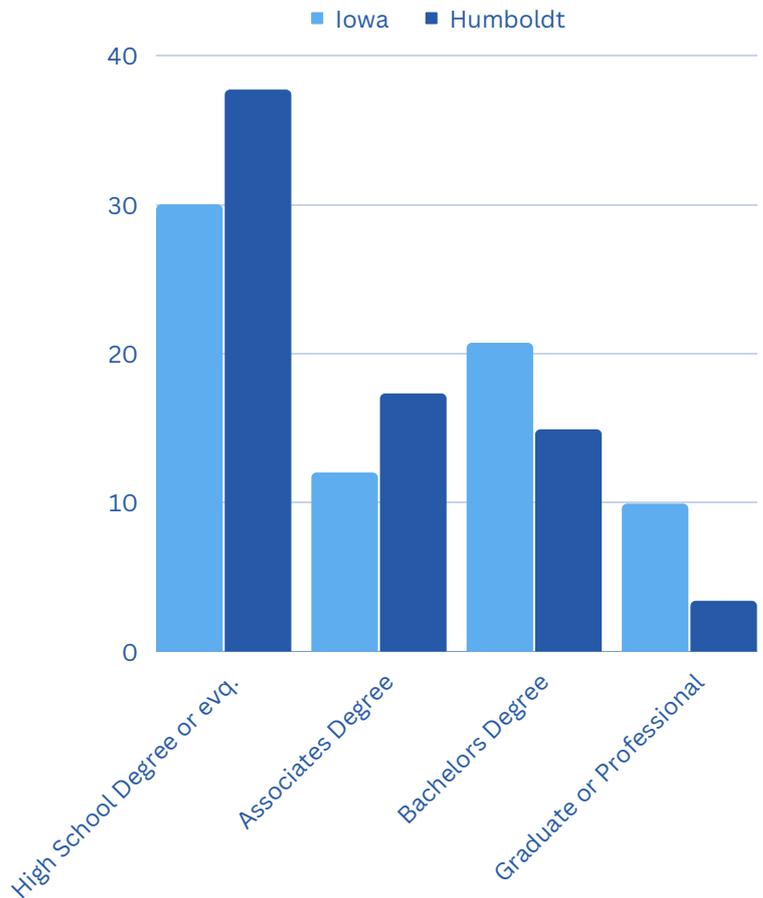
Education

Humboldt Community School District continues to grow on its vision of learning and success for all. Humboldt High School is ranked 26th out of all of the Iowa high schools according to the most recent US News Rankings. Humboldt schools have a graduation rate of 93%.

Math and Reading Proficiency

82% of students tested at or above the proficient level for reading, and 83% tested at or above that level for math.

Humboldt County is served by the Humboldt Community School District which serves approximately **1,500** students yearly.



Employment

The Humboldt County workforce is made up of a wide variety of industries. Those among the top industries of employed Humboldt residents include: manufacturing, wholesale/retail trade, and healthcare. Humboldt has approximately 35.5% of residents that work in other communities. Most of those who are out commuting are to Fort Dodge or Pocahontas.

Economic Stability

Economic Stability can be described as the ability to access resources that are essential to one's life and well being. Within Humboldt County we experience an **unemployment rate of 2.5%** in our population. Other key areas that impact economic stability are highlighted below.



Income

The median household income for Humboldt County.

\$60,008

American Community Survey



Poverty

Individuals and Families below the poverty level.

14.3%

ISU Extension Indicators



Food Insecurity

The lack of access, at times, to enough food for an active, healthy life.

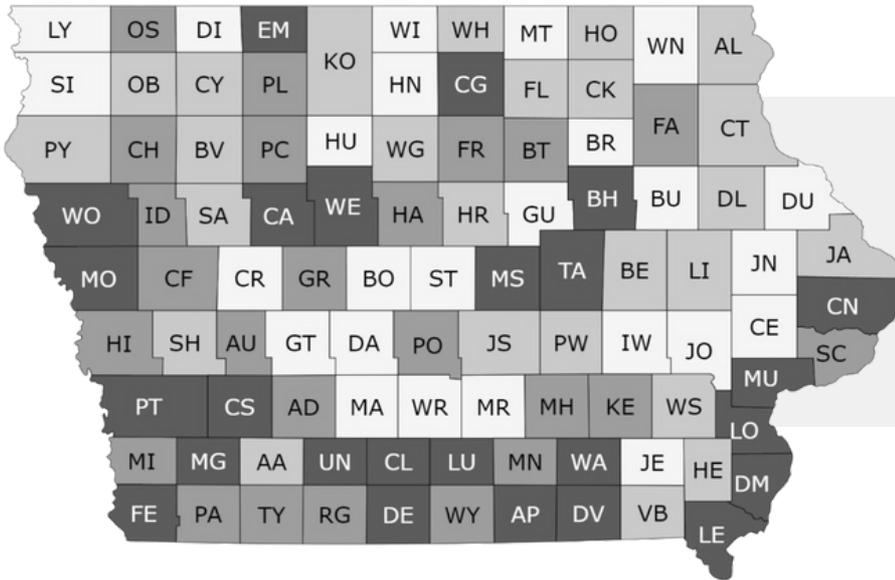
9.5%

Feeding America

Economic stability and its contributing factors impact the health and well-being of individuals. Daily struggles around unemployment, poverty, housing instability and food insecurity all contribute to an increased risk of poor health outcomes for people.

County Health Rankings

Humboldt is ranked the **20th** healthiest county in the state of Iowa in **health outcomes** in the 2023 County Health Rankings report. Health outcomes include length of life and quality of life. It is a measure of how healthy a county is **right now**. The ranking reflects the physical and mental well-being of residents.



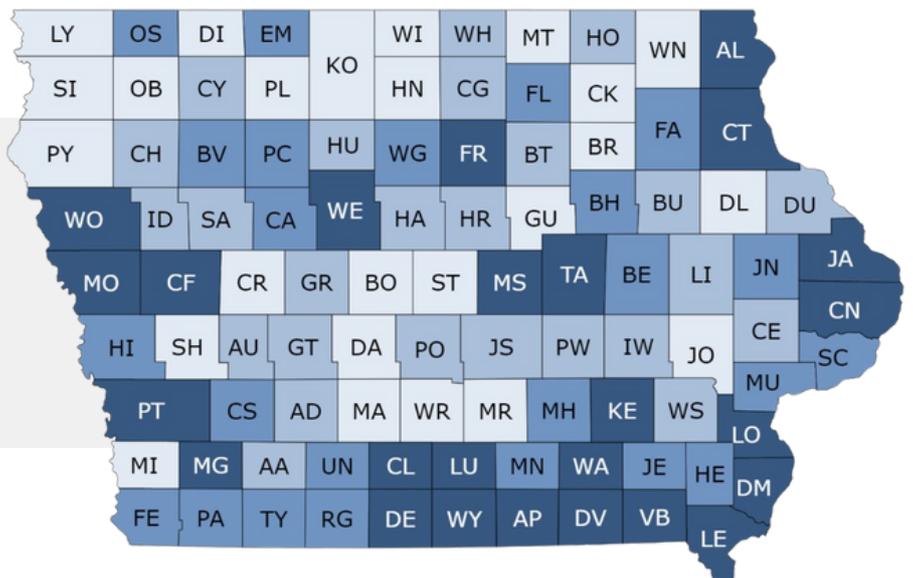
20TH OUT OF 99 COUNTIES

(No change from 2022)

Health Outcome Ranks 1 to 25 26 to 50 51 to 74 75 to 99

Health Factors

County Health Rankings Health Factors represent community conditions that we can change to improve health and opportunity, such as access to **quality education, living wage jobs, quality clinical care, nutritious foods, green spaces, and secure and affordable housing**. Humboldt County's health factors ranking is **36**.



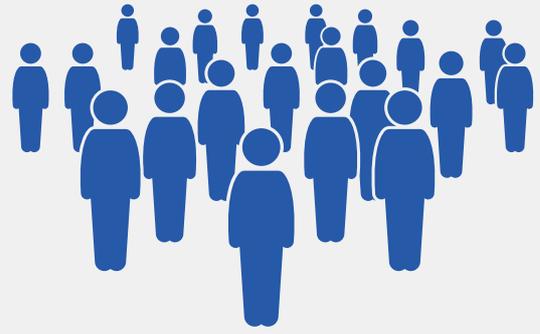
36TH OUT OF 99 COUNTIES

(12 position decrease from 2022)

Health Factor Ranks 1 to 25 26 to 50 51 to 74 75 to 99

Chronic Diseases

Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both.



Cancer

80 new cancer diagnosis and 20 cancer deaths estimated for 2023

The top cancers diagnosis include breast, prostate, lung, colon, and skin.



Diabetes

8.4% residents 18+ have a diabetes diagnosis

Residents who have been told by a provider that they may have prediabetes has nearly **TRIPLED** in recent years.



Heart Disease and Stroke

#1 cause of death in Humboldt County

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. Other factors include: diabetes, obesity, diet, inactivity, and alcohol use.



Chronic Lung Disease

2022: 120 Emergency Room Visits

Chronic Obstructive Pulmonary Disease (COPD) is among the nation's most common and costly chronic conditions. COPD refers to a group of diseases that cause airflow blockage and breathing related problems.

Community Input Survey Overview

In the summer of 2023 Humboldt County Public Health in collaboration with Humboldt County Memorial Hospital surveyed the members of the community.

Feedback was solicited using an online survey tool that was easily accessible via a link or QR code. Postcards like the one to the right were distributed at local events that Humboldt County Public Health was participating or volunteering with.

We also utilized the power of social media marketing to share on different social platforms to increase our reach within the community.

Other partners essential to the collection of survey results were the Humboldt Community School District which helped share the link and information with teachers, parents and students. And our Humboldt County Economic Development Association was able to share with all Humboldt County businesses and their employees.

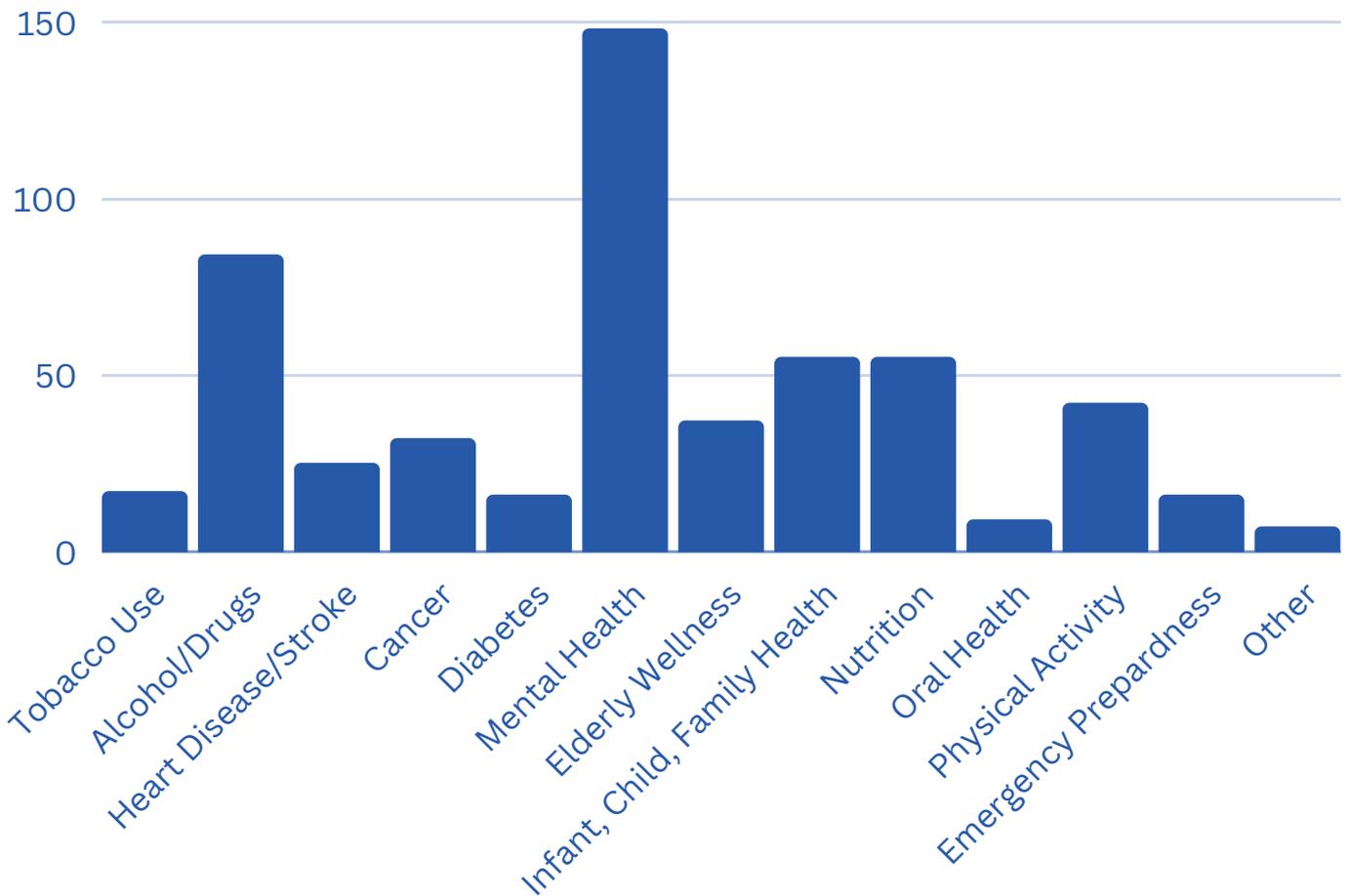
The survey was open from March 5- July 5. At the close of the survey we had nearly 200 individuals who had participated.

A review of the survey data was presented at the Board of Health meeting with the approval to move forward with the process in identifying strategic priorities and planning process.

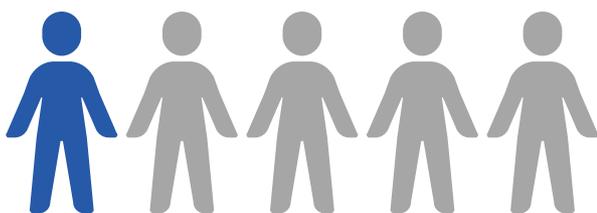


What would a
HEALTHIER
Humboldt County
look like to you?

Which services should be considered a top priority?



Mental Health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health that helps individuals make decisions, build relationships and shape the community we live in. Mental health is crucial to person, community and socio-economic development.

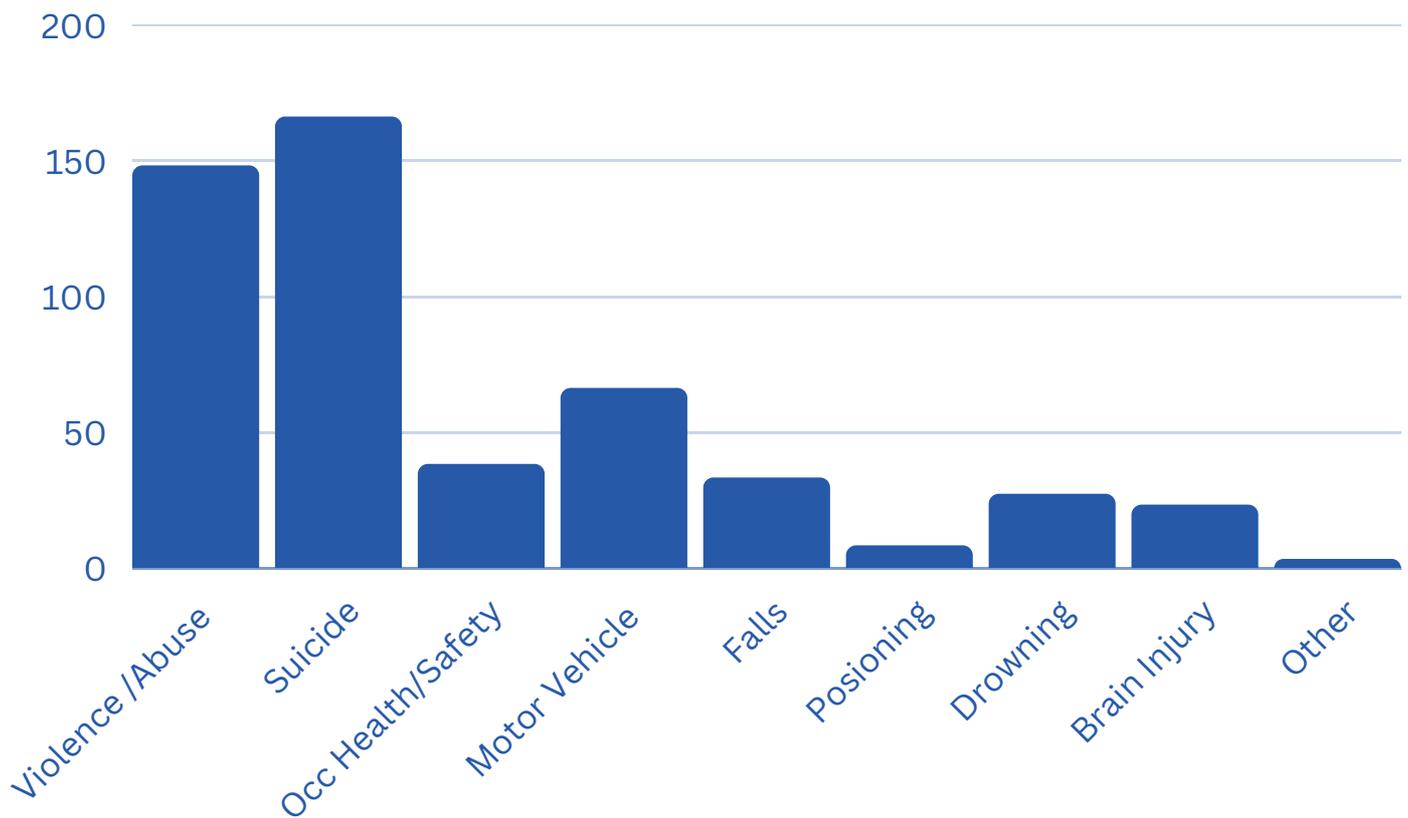


1 in 5 adults experience mental illness each year

50% of all lifetime cases of mental illness begin by age 14

and 75% by age 24

Which preventable injury should be a priority?



Violence is a widespread public health priority that impacts all of us and can occur in many forms:

- Child abuse and neglect
- Child sexual abuse
- Youth violence
- Sexual violence
- Intimate partner violence
- Elder abuse
- Homicide
- Suicide

Many individuals who survive violent experiences are left struggling with long-term physical, psychological, and emotional effects. Violence can erode entire families and communities by reducing productivity, decreasing property values, disrupting essential social services, and making people feel unsafe in the places they live, work, and learn.

34,512

assessments for **child abuse** or **neglect** were completed in Iowa in 2022

Iowa HHS
Child Abuse Statistics

79%

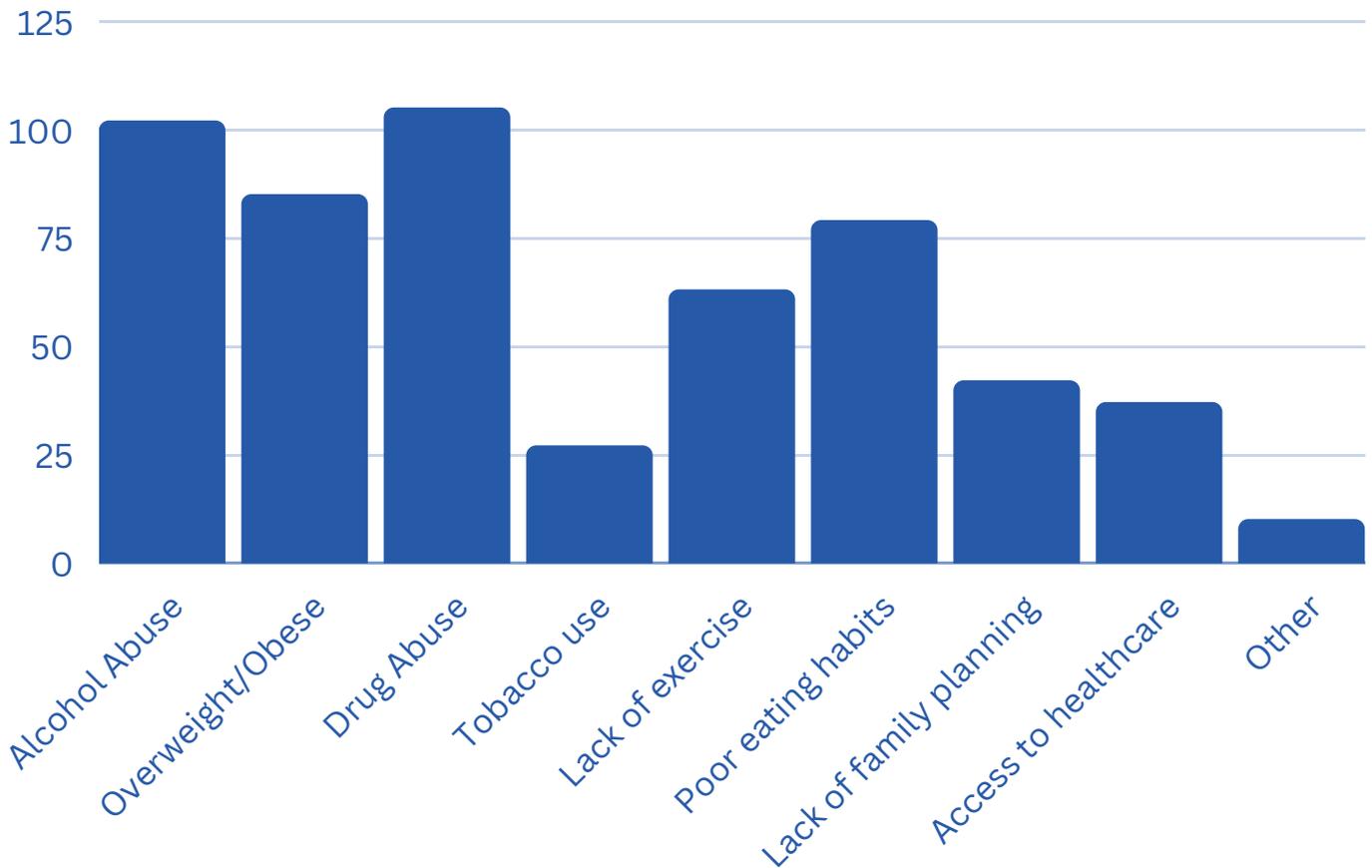
of violent deaths in 2022 were reported as **suicide**

Iowa HHS
Violent Death Reporting System

1 in 3 women and **1 in 6** men in the U.S. experience some form of **sexual violence** in their lifetime

National Intimate Partner and Sexual Violence Survey

What behaviors have the greatest impact on community health?



Health behaviors are practices that can either improve or damage the health of the individuals or community members. Health behaviors are determined by the choices available in the places in which our community lives, learns, works, and play.

Most Iowans are participating in some physical activity; however, only about one-fifth are meeting the recommended guidelines for physical activity.

Physical Activity Guidelines for Adults

- At least 150 minutes of aerobic physical activity per week
- Muscle strengthening activities on 2 or more days per week.

Alcohol Misuse

5 or more drinks for males
4 or more drinks for females
(consumed in 2 hours or less)



Your Life Iowa

6 OUT OF 10

fantanyl-laced fake
prescription pills contain a
LEATHAL dose of fentanyl

US Drug Enforcement Agency

Humboldt County Health Improvement Plan Priorities

Mental Health



Engaging in Healthy Behaviors



Humboldt County's health improvement priorities align with the state of Iowa plan, Healthy Iowans, and the nation's health improvement plan, Healthy People 2023.

Humboldt County	State of Iowa	National
<p>Mental Health</p>	<p>Goal 1: To improve access to inclusive behavioral health services</p> <p>Goal 2: To strengthen Iowa's behavioral health system by increasing available resources and capacity</p> <p>Goal 3: To reduce behavioral health stigma in Iowa</p>	<p>Goal: Improve mental health</p>
<p>Engaging in Healthy Behaviors</p>	<p>Goal 1: To build a strong Healthy Iowans Partnership</p> <p>Goal 2: To increase engagement in active living among all people in Iowa</p>	<p>Goal: Improve health by promoting healthy eating and making nutritious foods available</p> <p>Goal: Improve health, fitness, and quality of life through regular physical activity.</p> <p>Goal: Reduce overweight and obesity by helping people eat healthy and get physical activity.</p>

Improvement Plan

MENTAL HEALTH

Goal: Humboldt County residents have the knowledge, tools, and services to achieve or maintain optimal mental health.

Objective: By 2027, decrease the percentage of respondents that indicate mental health as a top priority.

Strategy: Develop a Humboldt County Health Improvement Coalition.

Strategy: Increase awareness of existing resources for mental health through community campaigns.

Strategy: Reduce the stigma associated with mental health and increase the perception of receiving mental health services as a positive and whole body health improvement.

Strategy: Increase capacity of mental health providers to expand access points for schools, community members, and businesses.

Strategy: Increase advocacy to support timely access and appropriate levels of mental health coverage and care for the residents.

Improvement Plan

ENGAGING IN HEALTHY BEHAVIORS

Goal: Increase healthy behaviors in Humboldt County.

Objective: By 2027, decrease adult obesity in Humboldt County by 1%.
(Baseline=37%)

Strategy: Develop a Humboldt County Health Improvement Coalition.

Strategy: Increase awareness of existing resources for healthy behaviors.

Strategy: Utilize and promote existing statewide programs (Iowa Healthiest State Initiative, Live Healthy Iowa, Fresh Conversations).

Strategy: Increase engagement in available options to participate in healthy behavior incentives through joint messaging, information sharing, and collaboration.

Strategy: Increase advocacy to support policies to increase healthy behaviors within the community.

Community Survey



1. Promoting Health Living: Which of these services should be considered a top priority? (Please select at most 3 options.)

- Tobacco use
- Alcohol and other drugs
- Heart Disease and Stroke
- Cancer
- Diabetes
- Mental Health
- Elderly Wellness
- Infant, Child, and Family Health
- Nutrition
- Oral Health
- Physical Activity
- Emergency Preparedness

2. Preventing Injuries: Which of these preventable injuries should be considered a top priority? (Please select at most 3 options.)

- violent or abusive behavior
- suicide
- occupational health and safety
- motor vehicle injuries
- falls
- poisoning
- drowning
- brain injury

3. In our community what three behaviors have the greatest impact on overall community health? (Please select at most 3 options.)

- Alcohol abuse
- Being overweight
- Drug abuse
- Tobacco use
- Lack of exercise
- Poor eating habits
- Lack of family planning resources
- Access to healthcare

4. Preventing Disease: Which of these services would you consider a priority? (Please select at most 2 options.)

- Disease Control
- Sexually Transmitted Disease
- Tuberculosis
- Immunizations/Vaccinations

5. Strengthening Health Partnerships: Which of these services would you consider a priority for attention. (Please select at most 3 options.)

- Access to quality health services
- Food security/assistance
- Transportation
- Wellness
- Education
- Community Engagement
- Mental Health

6. What would a Healthier Humboldt County look like to you?

7. How would you rate the overall health the residents of the Humboldt County community? (Scale: 5 = very healthy)

1 2 3 4 5

8. How would you rate your overall personal health? (Scale: 5 = very healthy)

1 2 3 4 5

9. Enter your zip code

10. Gender

- Male
- Female
- Non-binary
- Prefer not to say

11. What is your age?

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

12. What is your annual household income

- Unknown
- Less than \$25,000
- \$25,000-\$50,000
- \$51,000-\$75,000
- \$76,000-\$100,000
- \$100,000+

13. Race/Ethnicity

- African American
- American Indian
- Caucasian
- Hispanic
- Prefer not to disclose

14. What are the top 3 places you get health and wellness information? (Please select at most 3 options.)

- Newspaper
- Television
- Radio
- Internet (websites)
- Social Media
- Friends/Family
- Hospitals/ Clinics
- Pharmacies

15. (*Optional) Name:

16. (*Optional) Email:

For a complete summary of the survey responses please contact **Humboldt County Public Health**

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Acknowledgements

We would like to thank all those that contributed to this report as well as all of those that will use it to make health improvements in your own communities.

Thank you for your continued support and efforts to create a Healthier Humboldt County.

Contact

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[@HumboldtCountyPublicHealth](https://www.facebook.com/HumboldtCountyPublicHealth) 