



**Marengo Memorial Hospital d/b/a  
Compass Memorial Healthcare**

**Community Health Needs Assessment  
2023**

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# Executive Summary

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Compass Memorial Healthcare (CMH) is a 25-bed critical access hospital located in the City of Marengo, Iowa County, Iowa. CMH is the only hospital in Iowa County, Iowa. Marengo is a rural community of 2,535 residents and Iowa County has 15,671 residents per the 2000 census. Marengo sits adjacent to the Iowa River and is approximately 35 minutes from both Cedar Rapids, Iowa and Iowa City, Iowa.

It is our mission at Compass Memorial Healthcare to provide remarkable healthcare that makes a difference in the well-being of the communities and patients we serve. As part of that mission, we develop a Community Health Needs Assessment (CHNA) in partnership with Iowa County Public Health Department to identify high priority areas impacting the health and well-being of the local community and develop strategies to address these identified health needs in our community.

This CHNA consist of the following information:

- Description of the process and methods used to conduct the CHNA
- Description of the community and trends in demographics, employment and education levels
- Description of the community health profile and trends
- Assessment of 2019 CHNA assessment and implementation strategy efforts

To assist in meeting the health needs of the community, CMH offers the following services: 24/7 emergency care, inpatient services and skilled nursing care; surgical services that include the following specialties: general surgery, orthopedic, ophthalmology, ENT, podiatry, urology and cosmetic surgery; ancillary services which includes laboratory testing, respiratory services, and radiology services; physical, occupational and speech therapy; cardiac rehab; pulmonary rehab; sleep medicine; oncology and hematology clinic; pain medicine clinic; infusion services; and five rural health clinics located in Marengo, Williamsburg, Victor, North English and Amana; and one retail pharmacy located in North English. In addition, we offer specialty clinic services that include the following specialties: oncology and hematology, pain medicine, ENT, dermatology, urology, orthopedics, podiatry, general surgery, cardiology, pulmonology and orthotic and prosthetic rehabilitation.

Data was gathered from multiple, well-respected sources to build an accurate picture of the current community health needs. General community population was reviewed, county health data and trends, and outcomes from a community survey performed by Iowa County Health Department.

The significant health needs identified in 2023 for Iowa County within obesity, cancer and mental health. CMH is dedicated to continuing efforts to address these areas that have been identified by offering services through the hospital and clinics, collaboration with local organizations and provide measures to track progress. These improvement efforts will be documented within a performance improvement plan as part of the CHNA process.

# Methodology, Data Collection and Analysis

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The methodology to conduct this assessment takes a comprehensive approach to assess community health needs, perform several independent data analyses based on secondary source data, review community opinions through the opinions formed by the survey respondents, and resolve any data inconsistency or discrepancies.

## Data Collection and Analysis

The Hospital relied on secondary source data and a community survey as the primary data sources to complete the CHNA. For a full listing of all secondary sources, please refer to the appendix and the end of this document.

Secondary data sources include:

- [www.countyhealthrankings.org](http://www.countyhealthrankings.org)
- [www.worldlifeexpectancy.com](http://www.worldlifeexpectancy.com)
- US Census Bureau
- Iowa Department of Education
- Centers for Medicare & Medicaid Services: Mapping Medicare Disparities by Population
- National Cancer Institute
- Kaiser Family Foundation

The online community survey was conducted by the Iowa County Department of Public Health, which included a survey shared with community partners through a local community email distribution list and shared on public social media platforms. The survey was available for 2 weeks, which resulted in a total of 53 collected responses.

Survey respondents were asked what they thought were the top three health concerns in the community. The top concerns included mental health, obesity/overweight, substance abuse, cancer, and tobacco use.

# Community Description

Iowa County is the 26<sup>th</sup> largest county in Iowa with a land area spanning 586.5 square miles. Compass Memorial's service area includes Iowa County and some of the boarding counties such as Benton, Johnson, Keokuk, Linn, Poweshiek, Tama and Washington County.

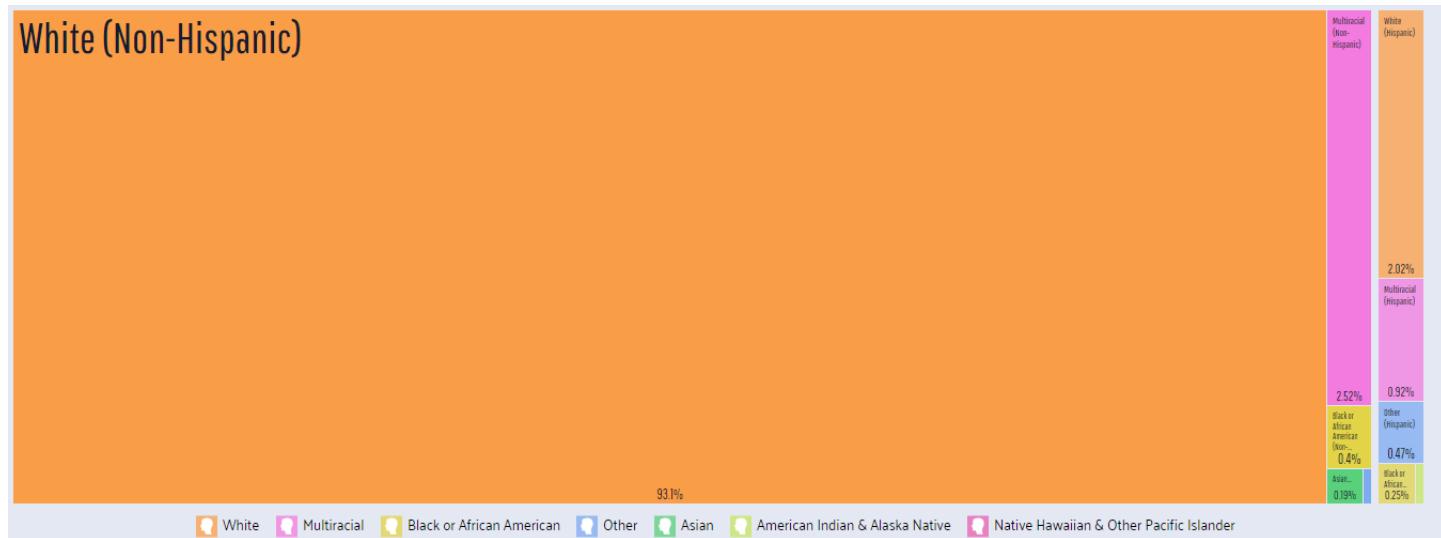
In 2022, Iowa County, Iowa had a population of 16.6K people with a median age of 42.2 and a median household income of \$69,787. The poverty rate for Iowa County is 9.13%. The largest ethnic group in Iowa County is White (Non-Hispanic) (93.1%), with all households in Iowa County stating that their primary shared language is English.

## Population: Age and Sex

The median age in Iowa County is 42.2 years of age with 5.5% of the population being 5 and under, 23.3% of the persons in Iowa County under the age of 18, and 20.7% of the population is 65 and older. 49.1% of the population is female and 50.9% is male.

## Population: Race and Ethnicity

In 2022, there were 36.9 times more white (non-Hispanic) residents (15.4K people) in Iowa County than any other race or ethnicity. There were 418 two or more race (non-Hispanic) residents and 334 white (Hispanic) residents, the 2<sup>nd</sup> and 3<sup>rd</sup> most common ethnic group. 3.72% of people in Iowa County are Hispanic (616 people). The following chart shows the seven races represented in Iowa County as a share of the total population.



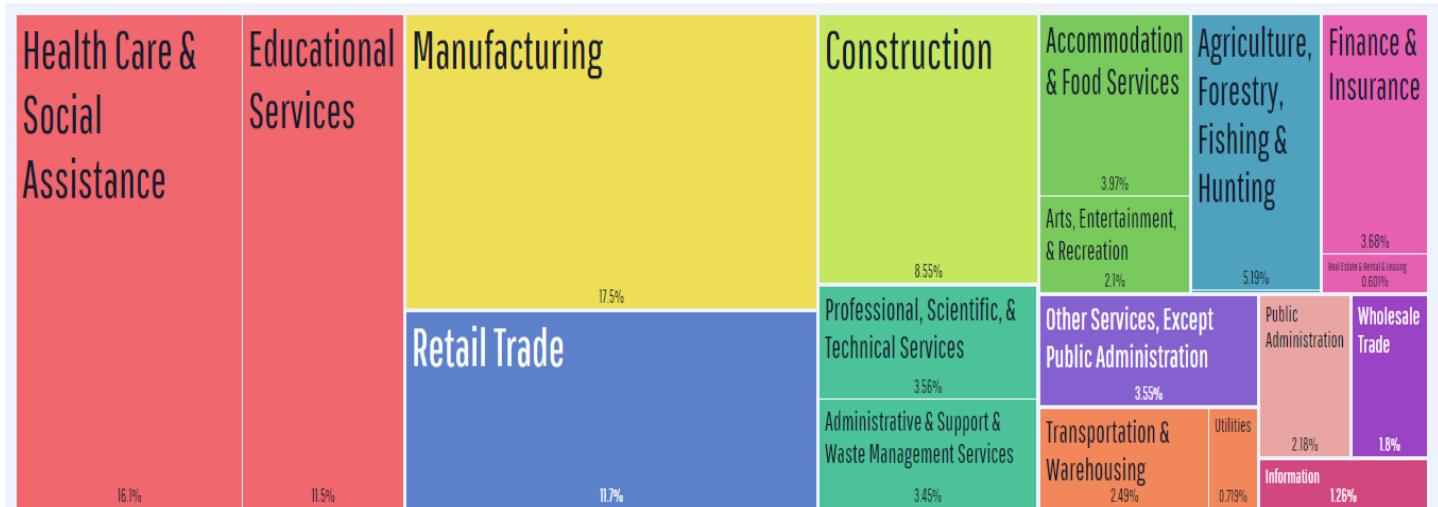
## Population: Citizenship and Foreign Born

As of 2022, 99.3% of Iowa County residents were US citizens, which is higher than the national average of 93.5%. 1.14% of Iowa County residents (189 people) were born outside of the US which is lower than the national average of 13.6%.

## Economy: Employment

The economy of Iowa County employs 8.48K people. The largest industries in Iowa County include manufacturing (1,488 people), healthcare & social assistance (1,362 people), and retail trade (966 people).

The chart below shows the share breakdown of the primary industries for residents of Iowa County, though some of these residents may live in Iowa County and work somewhere else. Census data is tagged to a residential address, not a work address.



## Economy: Unemployment

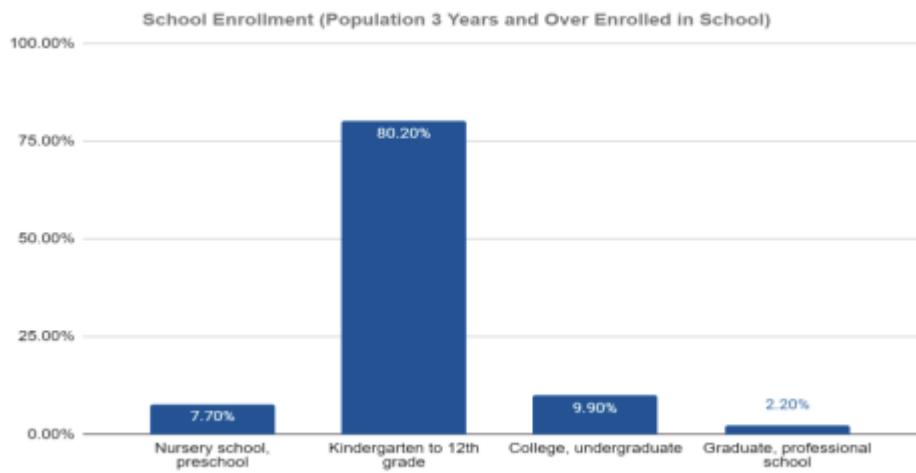
Total unemployment during 2022 in Iowa County averaged 2.5% compared to the state rate of 2.7% and the national rate of 3.7%. The highest unemployment rate for 2022 was in January at 3.7% and the lowest rate was in April at 1.9%. The unemployment rate is a relevant indicator as unemployment creates financial instability and barriers to accessing insurance coverage, health services, healthy food, and other necessities that contribute to an individual's overall health status.

## Economy: Income and Poverty

The median household income for Iowa County based on the latest 5-year American Community Survey estimates is \$69,787 compared to the statewide median household income of \$70,571. Of the 1,290,139 total households throughout Iowa, there are 6,798 households located in Iowa County. 9.13% of the population for whom poverty status is determined in Iowa County (1.49k out of 16.3K people) live below the poverty line, which is lower than the national average of 12.5%. The largest demographic living in poverty are Females ages 6-11, followed by Females ages 18-24 and then Males <5 years of age.

## Education and Graduation

According to the US Census Bureau, 80.2% of the school enrolled population in Iowa County is enrolled in kindergarten to 12<sup>th</sup> grade. The chart on the following page shows the breakdown of the population 3 years and older enrolled in school.



There are four school districts located entirely within Iowa County with graduation rates for each provided in the chart below. Graduation rates for 2022 for each of the four districts exceed the state rate of 89.9 percent. Williamsburg Community School District has the highest graduation rate at 96.3% with Iowa Valley Community School District having the second highest at 95.7%. English Valleys Community School District is ranked third within the county at 93.5% and the lowest graduation rate in the county is HLV Community School district at 91.3%.

Educational Attainment shows the distribution of the highest level of education achieved and is calculated for persons over 25 years old. The below data is an estimated average for the period from 2018 to 2022 from the American Community Survey.

Report Area	No High School Diploma	High School Diploma	Some College	Associate's Degree	Bachelor's Degree	Graduate or Professional Degree
Iowa County, Iowa	6.3%	35.5%	21.7%	13.7%	16.2%	6.5%
Iowa	7.0%	30.6%	20.1%	12.0%	20.3%	10%
United States	10.9%	26.4%	19.7%	8.7%	20.9%	13.4%

The percentage of population in Iowa County over 25 without a high school diploma is 6.3 percent compared to 7.0 percent for the state of Iowa and 10.9 percent nationwide. 35.5 percent of Iowa County residents stopped their formal education attainment after receiving their high school diploma.

## Housing

Iowa County has a homeownership rate of 78.7% compared to the state home ownership rate of 72%. Median gross rent in Iowa County is \$650 compared to state median gross rent of \$891.

# Community Health Profile

The data below shows an overview of Iowa County's strengths and weaknesses regarding health behaviors, quality of life, access to health, physical environment - all of which influence the health of the entire community. In addition, you will also find health outcomes data associated with cancer and top causes of death in Iowa County. These statistics were used to help prioritize the health needs of the community. For descriptions of the measures and dates of when the data was obtained, please visit: <https://www.countyhealthrankings.org> and [www.sparkmap.org](http://www.sparkmap.org).

Health Behaviors		Iowa County	Iowa	United States
Adult Smoking		16%	16%	15%
Adult Obesity		37%	37%	34%
Food Environment Index		9.3	8.8	7.7
Physical Inactivity		24%	24%	23%
Access to Exercise Opportunities		66%	79%	84%
Excessive Drinking		20%	23%	18%
Alcohol-Impaired Driving Deaths		26%	26%	26%
Sexually Transmitted Infections		265.6	489.2	495.5
Teen Births		6	14	17
Clinical Care		Iowa County	Iowa	United States
Uninsured		5%	6%	10%
Primary Care Physicians		1,660:1	1,390:1	1,330:1
Dentists		2,750:1	1,410:1	1,360:1
Mental Health Providers		970:1	500:1	320:1
Preventable Hospital Stays		2,605	2,330	2,681
Mammography Screening		51%	53%	43%
Flu Vaccinations		51%	54%	46%
Uninsured Adults		5%	7%	12%
Uninsured Children		3%	3%	5%
Other Primary Care Providers		1,500:1	750:1	760:1

Physical Environment		Iowa County	Iowa	United States
Air Pollution - Particulate Matter		8.3	7.4	7.4
Drinking Water Violations	Yes			
Severe Housing Problems	8%	11%	17%	
Driving Alone to Work	80%	78%	72%	
Long Commute - Driving Alone	37%	21%	36%	

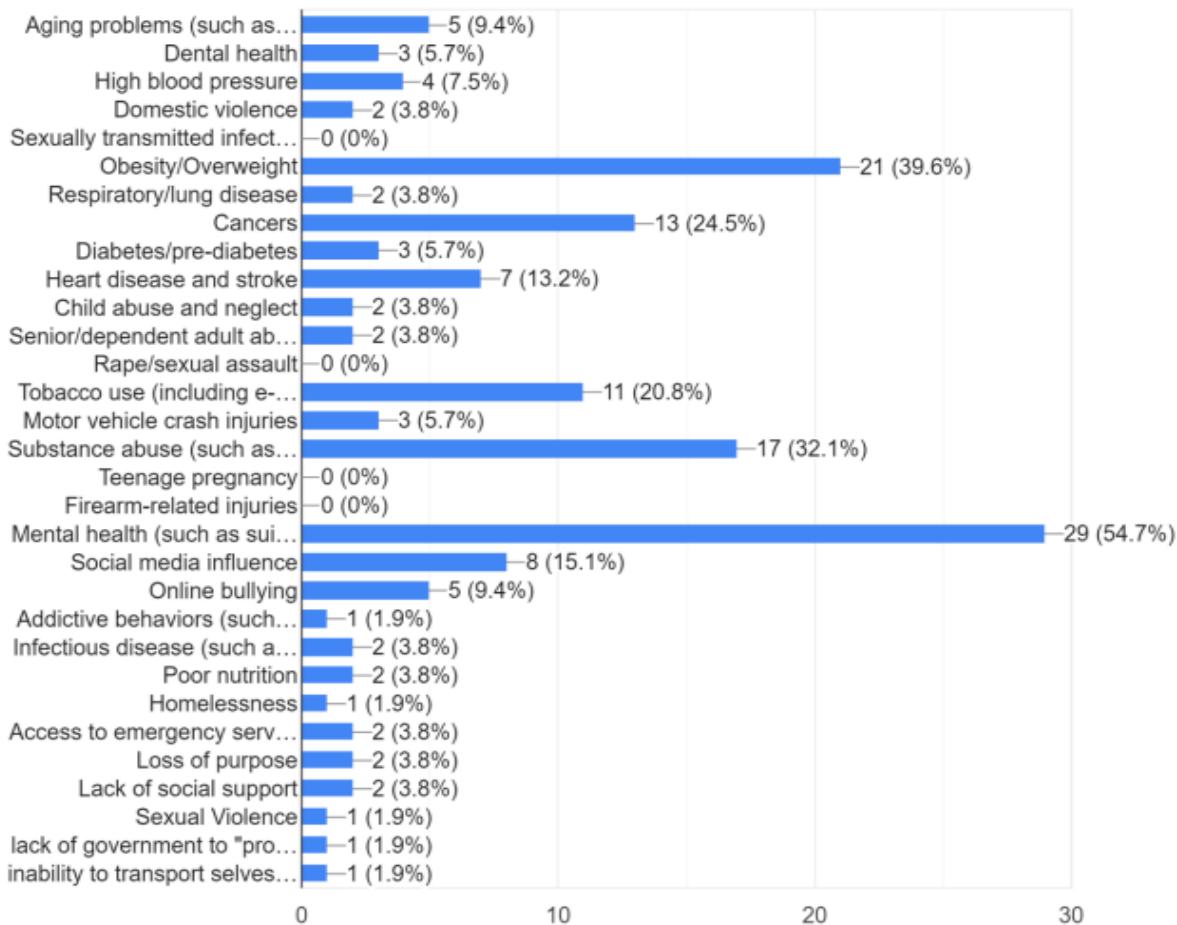
## Community Survey

The Compass Memorial Community Health Needs Assessment consisted of a review of an online community survey conducted by the Iowa County Public Health Department and a quantitative data review of health factors and outcomes. The online survey was available for two weeks and was shared with community partners through a variety of local community email distribution lists and on social media platforms. The survey received 53 responses. Survey respondents were asked what they thought were the top three health concerns in the community.

The top concerns included mental health (54.7%), obesity/overweight (39.6%), substance abuse (32.1%), cancer (24.5%), and tobacco use (20.8%).

What do you think are the top 3 health concerns in our community?

53 responses



## Community Survey Top Concern: Mental Health

Mental Health was noted as the area of greatest concern based on the Iowa County Public Health Department's survey responses, with 54.7 percent of the respondents noting mental health as the top concern in their community. Mental health was ranked as the #2 health priority in the 2019 CHNA report.

In Iowa County, adults reported that their mental health was not good on average of 4.4 days of the previous 30 days according to the County Health Rankings and 15 percent reported experiencing poor mental health for 14 or more of the last 30 days. In 2023 there was 1 mental health provider per 970 people in Iowa County compared to the state of Iowa with 1 mental health provider per 500 people.

In the 2021 Iowa Youth Survey, students in 6<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> grade participated in the survey where they were asked about their general mental health status. Students were asked if in the past 12 months they have felt sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities. The below table shows the Iowa County responses compared to Iowa overall with a higher percentage of Iowa County students reporting "yes" to feeling sad/hopeless in all three surveyed grades.

	6th Grade		8th Grade		11th Grade	
	State	County	State	County	State	County
Yes	27%	44%	29%	37%	36%	47%
No	73%	56%	71%	63%	64%	53%

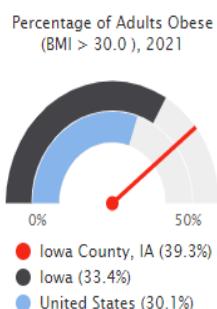
## Community Survey Top Concern: Obesity/Overweight

Of the 53 community respondents of the survey, 21 or 39.6% listed obesity/overweight as the #2 top health concerns in their community. Decreasing the percent of adult obesity in Iowa County was an objective under the goal of decreasing the incidence of chronic disease among Iowa County residents in the 2019 CHNA. According to the 2021 data from the CDC, in Iowa County, 4,893 adults aged 20 years and older self-reported having a BMI greater than 30, which represents 39.3% of the survey population, which is the highest rate since this metric has been measured (lower is better).

Report Area	Population Age 20+	Adults with BMI > 30.0 (Obese)	Adults with BMI > 30.0 (Obese), Percent
Iowa County, IA	12,387	4,893	39.3%
Iowa	2,366,320	789,480	33.4%
United States	232,757,930	70,168,831	30.1%

Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2021. [→ Show more details](#)



The chart below represents the national, state and county variation in the prevalence of obesity amount the adult population by gender (BMI > 30.0) and on the following page shows over time trends.

Report Area	Male	Male, Percent	Female	Female, Percent
Iowa County, IA	2,496	39.7%	2,398	38.9%
Iowa	397,149	33.5%	392,335	33.3%
United States	34,208,595	29.8%	35,960,164	30.5%

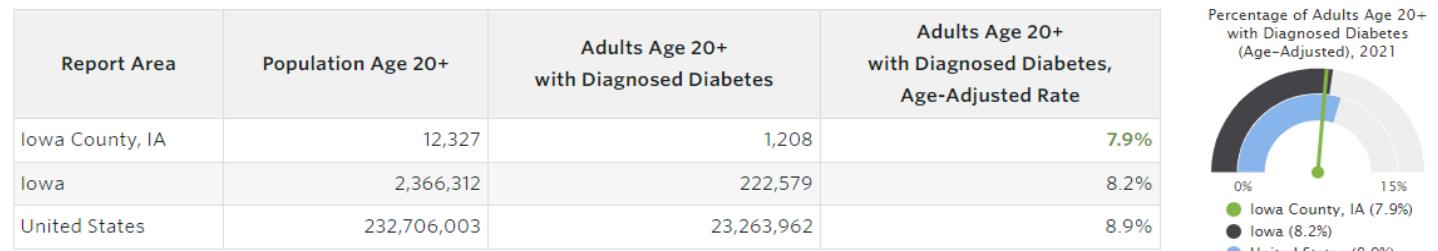
The table below displays trends in the percentage of adults that are obese by year, 2004 through 2021.

Report Area	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2021
Iowa County, IA	22.2%	23.6%	25.3%	30.0%	29.4%	24.2%	21.3%	20.1%	19.0%	23.9%	25.7%	26.6%	27.2%	25.4%	34.4%	30.2%	39.3%
Iowa	21.9%	23.3%	23.8%	25.3%	25.6%	25.7%	25.3%	23.8%	22.1%	28.6%	28.2%	28.8%	28.5%	31.6%	32.0%	32.3%	33.4%
United States	21.4%	22.7%	23.4%	24.7%	25.2%	25.6%	25.7%	24.9%	23.9%	26.1%	26.5%	26.8%	27.0%	27.6%	28.2%	29.0%	30.1%

Excessive weight may indicate an unhealthy lifestyle and puts individuals at risk for further chronic illnesses such as diabetes, heart disease and hypertension.

## Diabetes

Within Iowa County, 1,208 of adults age 20 and older have diabetes. This represents 7.9% of all adults age 20+.



*Note: This indicator is compared to the state average.*

*Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2021. → Show more details*

The table below displays national, state, and county variation in the prevalence of diabetes among adults age 20+ by gender, showing 8.6% of the diabetic population in Iowa County is male and 7.3% are female.

Report Area	Male		Male, Percent		Female		Female, Percent	
Iowa County, IA		649		8.6%		559		7.3%
Iowa		118,113		8.9%		104,467		7.5%
United States		11,866,746		9.5%		11,397,164		8.4%

The table below displays the percent of adults age 20+ with diabetes by year, 2004 through 2021, which shows an increase in the percent of adults with diabetes of 1.8% since 2004.

Report Area	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2021
Iowa County, IA	6.1%	7.3%	6.6%	6.7%	6.7%	6.8%	6.6%	7.0%	7.7%	6.2%	6.4%	7.0%	7.7%	7.3%	8.8%	7.7%	7.9%
Iowa	6.2%	6.6%	6.5%	6.5%	6.6%	6.9%	7.4%	7.6%	8.1%	7.9%	8.0%	7.8%	8.0%	7.9%	8.1%	8.4%	8.2%
United States	6.6%	7.0%	7.3%	7.8%	7.9%	8.2%	8.3%	8.5%	8.7%	8.5%	8.7%	8.6%	8.7%	8.7%	9.0%	9.0%	8.9%

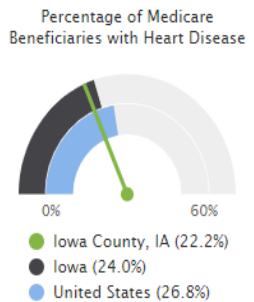
## Heart Disease

Within Iowa County, there were 599 Medicare beneficiaries with heart disease based on administrative claims data in the latest report year (2018). This represents 22.2% of the total Medicare beneficiaries.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Heart Disease	Beneficiaries with Heart Disease, Percent
Iowa County, IA	2,704	599	22.2%
Iowa	459,489	110,102	24.0%
United States	33,499,472	8,979,902	26.8%

Note: This indicator is compared to the state average.

Data Source: Centers for Medicare & Medicaid Services, Centers for Medicare & Medicaid Services - Chronic Conditions. 2018. [→ Show more details](#)



The chart below shows the Medicare population with heart disease by year, 2011-2018, which indicates improvement in the numbers with an overall decrease in the percent of the Medicare population with heart diseases by 1.8% since 2011.

Report Area	2011	2012	2013	2014	2015	2016	2017	2018
Iowa County, IA	24.0%	24.1%	23.2%	22.2%	21.9%	21.9%	21.8%	22.2%
Iowa	26.0%	25.7%	25.1%	24.5%	24.2%	23.9%	24.0%	24.0%
United States	29.8%	29.2%	28.4%	27.7%	27.2%	27.0%	26.9%	26.8%

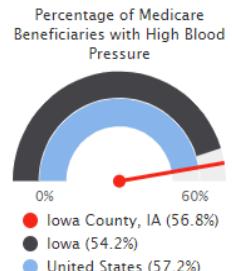
The chart below shows the prevalence of heart disease among Medicare beneficiaries by age, which shows 14.9% fall into the 65 and older category and 7.3% below 65 years of age.

Report Area	65 Years and Older	Less than 65 Years
Iowa County, IA	14.9%	7.3%
Iowa	13.5%	9.1%
United States	14.6%	10.5%

## Hypertension

In Iowa County, there are 1,536 Medicare beneficiaries with hypertension (high blood pressure) based on administrative claims data in the latest year reported (2018). This represents 56.8% of the total Medicare beneficiary population.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with High Blood Pressure	Beneficiaries with High Blood Pressure, Percent
Iowa County, IA	2,704	1,536	56.8%
Iowa	459,489	249,193	54.2%
United States	33,499,472	19,162,770	57.2%



The table below reports the percent of the Medicare population with High Blood Pressure by year, 2011 through 2018, showing a 1% increase since 2011.

Report Area	2011	2012	2013	2014	2015	2016	2017	2018
Iowa County, IA	55.7%	55.2%	56.2%	56.1%	57.5%	57.7%	56.2%	56.8%
Iowa	52.1%	52.0%	52.1%	51.7%	52.0%	52.8%	53.6%	54.2%
United States	56.7%	56.7%	56.8%	56.5%	56.6%	56.9%	57.1%	57.2%

The table below reports the prevalence of high blood pressure among Medicare beneficiaries by age, with 58.9% of Medicare beneficiaries in Iowa County being 65 and older and 36.9% are less than 65 years.

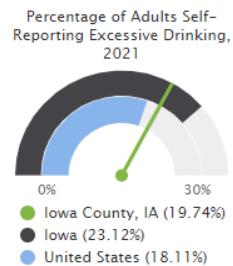
Report Area	65 Years and Older	Less than 65 Years
Iowa County, IA	58.9%	36.9%
Iowa	56.5%	37.6%
United States	59.8%	42.4%

## Community Survey Top Concern: Substance Abuse

Of the 53 community respondents of the survey, 17 or 32.1% listed substance abuse (alcohol, marijuana, other drugs) as one of the top three health concerns in their community.

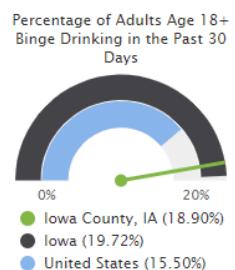
According to data based on survey responses to the 2021 Behavioral Risk Factor Surveillance System (BRFSS) annual survey, 19.74% of adults self-reported excessive drinking in the last 30 days, which is less than the state rate of 23.12%. Excessive drinking is defined as a percentage of the population who report at least one binge drinking episode involving five or more drinks for men and four or more for women over the past 30 days, or heavy drinking involving more than two drinks per day for men and more than one per day for women over the same time period. Alcohol use is a behavior health issue that is also a risk factor for several negative health outcomes, including: physical injuries related to motor vehicle accidents, stroke, chronic diseases such as heart disease and cancer, and mental health conditions such as depression and suicide (CDC, Preventing Alcohol Use, 2020).

Report Area	Population Age 18+	Adults Reporting Excessive Drinking	Percentage of Adults Reporting Excessive Drinking
Iowa County, IA	12,717	2,509	19.74%
Iowa	2,470,275	571,088	23.12%
United States	259,746,218	47,041,079	18.11%



Adults (age 18+) that reported having five or more drinks (men) in the last month or four or more drinks (women) for the same time period on occasion in the past 30 days is defined as binge drinking. 18.9% of adults in Iowa county reported binge drinking in the past 30 days which is higher (age-adjusted) than the national rate, but slightly lower than the state rate.

Report Area	Total Population	Adults Age 18+ Binge Drinking in the Past 30 Days (Crude)	Adults Age 18+ Binge Drinking in the Past 30 Days (Age-Adjusted)
Iowa County, IA	16,568	18.90%	21.70%
Iowa	3,193,079	19.72%	21.33%
United States	331,893,745	15.50%	16.70%



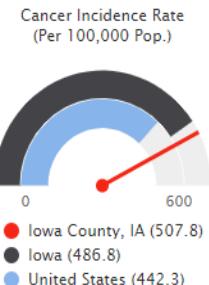
## Community Survey Top Concern: Cancer

24.5% of community respondents listed cancer as one of the three top health concerns in their community. In Iowa County, there were 114 new cases of cancer reported resulting in an age adjusted incidence rate (cases per 100,000 population per year) of 507.8 compared to the statewide rate of 486.8 and nationwide rate of 442.3.

Report Area	Estimated Total Population	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Population)
Iowa County, IA	22,449	114	507.8
Iowa	3,943,508	19,197	486.8
United States	383,976,486	1,698,328	442.3

Note: This indicator is compared to the state average.

Data Source: State Cancer Profiles. 2016-20. [Show more details](#)



The five most common newly diagnosed cancers in Iowa County from 2016-2020 were breast, lung, prostate, bladder, and colon cancer as shown in the table below. According to the CDC, cancer is the 2<sup>nd</sup> highest leading cause of death in Iowa and across the United States.

Area Name	Cancer Site	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Population)
Iowa County, Iowa	1 - Breast (All Stages <sup>^</sup> ), 2016-2020	15	131.9
Iowa County, Iowa	2 - Lung & Bronchus (All Stages <sup>^</sup> ), 2016-2020	15	64.4
Iowa County, Iowa	3 - Prostate (All Stages <sup>^</sup> ), 2016-2020	11	100.1
Iowa County, Iowa	4 - Colon & Rectum (All Stages <sup>^</sup> ), 2016-2020	8	38.5
Iowa County, Iowa	5 - Bladder (All Stages <sup>^</sup> ), 2016-2020	8	33.1
US	1 - Breast (All Stages <sup>^</sup> ), 2016-2020	249,750	127
US	2 - Lung & Bronchus (All Stages <sup>^</sup> ), 2016-2020	215,307	54
US	3 - Prostate (All Stages <sup>^</sup> ), 2016-2020	212,734	110.5
US	4 - Colon & Rectum (All Stages <sup>^</sup> ), 2016-2020	138,021	36.5
US	5 - Melanoma of the Skin (All Stages <sup>^</sup> ), 2016-2020	83,836	22.5

Within Iowa County during the timeframe of 2018-2022, 198 total deaths were due to cancer, which represents a death rate of 242.9 per 100,000 total population, higher than both state and national rates (lower is better).

Report Area	Total Population, 2018-2022 Average	Five Year Total Deaths, 2018-2022 Total	Crude Death Rate (Per 100,000 Population)
Iowa County, IA	16,301	198	242.9
Iowa	3,173,674	31,609	199.2
United States	330,014,476	3,014,809	182.7

The charts below display the mortality rates from deaths due to cancer, grouped by gender as well as the mortality rate yearly trend per 100,000 population from 2004-2022.

Report Area	Male	Female
Iowa County, IA	304.8	180.3
Iowa	212.1	186.3
United States	194.8	170.9

Report Area	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Iowa	214.7	217.7	213.2	212.6	212.9	206.0	208.7	211.6	209.4	210.6	209.3	208.5	205.2	205.0	203.6	200.8	199.3	196.0	196.4
United States	189.2	189.3	187.6	186.9	185.9	185.0	186.2	185.1	185.6	185.0	185.6	185.4	185.1	183.9	183.2	182.7	182.8	182.3	182.5

## Community Survey Top Concern: Tobacco Use

Of the 53 community respondents, 20.8% listed tobacco use as one of the top three health concerns in their community.

In Iowa County, there are 15.7% of adults 18 years of age or more who report having smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days (2021). This rate is the same as the state rate, but higher than the national rate of 13.5%.



# Health Priorities

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Following the collection of statistical data and community input, each health indicator was analyzed through state rate comparisons to determine our community's health priorities. Through this data analysis process, it was determined that obesity, cancer and mental health are the top three health priorities.

CMH is dedicated to continuing efforts to address these areas that have been identified by offering services through the hospital and clinics, collaboration with local organizations and provide measures to track progress. A health improvement plan will be developed to address these health priorities and the objectives CMH is committed to in hopes to improve the data and outcomes related to these health priorities.

## **Health Priority 1: Obesity**

According to the 2021 data from the CDC, in Iowa County, 4,893 adults aged 20 years and older self-reported having a BMI greater than 30, which represents 39.3% of the survey population, which is the highest rate since this metric has been measured (lower is better). When comparing the rates from 2019 to 2021, the obesity rate increased over 9% in a two-year period going from 30.2% to 39.3% and when looking at the rates over the last ten years, it has increased over 19%.

Compass Memorial is committed to developing a health improvement plan to decrease the overall percentage of adults considered obese in Iowa County.

## **Health Priority 2: Cancer**

The five most common newly diagnosed cancers in Iowa County from 2016-2020 were breast, lung, prostate, bladder, and colon cancer. The incidence rate for breast, lung and colon cancer ranks higher than the US rate in Iowa County. According to the CDC, cancer is the 2<sup>nd</sup> highest leading cause of death in Iowa and across the United States. Within Iowa County during the timeframe of 2018-2022, 198 total deaths were due to cancer, which represents a death rate of 242.9 per 100,000 total population, higher than both state and national rates (lower is better).

Compass Memorial is committed to developing a health improvement plan to decrease the cancer related death rate (crude death rate) in Iowa County.

## **Health Priority 3: Mental Health**

Mental Health was noted as the area of greatest concern based on the Iowa County Public Health Department's survey responses, with respondents noting mental health as the top concern in their community. Mental health was ranked as the #2 health priority in the 2019 CHNA report. In Iowa County, adults reported that their mental health was not good on average of 4.4 days of the previous 30 days according to the County Health Rankings and 15 percent reported experiencing poor mental health for 14 or more of the last 30 days. In 2023 there was 1 mental health provider per 970 people in Iowa County compared to the state of Iowa with 1 mental health provider per 500 people.

Compass Memorial is committed to developing a health improvement plan to decrease the number of days on average adults reported their mental health was not good as well as decreasing the days percent of adults experiencing poor mental health in Iowa County.

# Appendix

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<b>Source:</b>	<b>Location:</b>
Centers for Disease Control and Prevention	<a href="https://www.cdc.gov/">https://www.cdc.gov/</a>
County Health Rankings Report	<a href="https://www.countyhealthrankings.org/health-data/iowa/iowa?year=2023">https://www.countyhealthrankings.org/health-data/iowa/iowa?year=2023</a>
Iowa County SparkMap	<a href="https://sparkmap.org/report">https://sparkmap.org/report</a>
Iowa Public Health Tracking Portal	<a href="https://hhs.iowa.gov/public-health/data">https://hhs.iowa.gov/public-health/data</a>
Iowa Workforce Development	<a href="https://workforce.iowa.gov/labor-market-information/indicators/local/data">https://workforce.iowa.gov/labor-market-information/indicators/local/data</a>
US Census Bureau: Iowa County Profile	<a href="https://data.census.gov/profile/Iowa_County,_Iowa?q=050XX00US19095">https://data.census.gov/profile/Iowa_County,_Iowa?q=050XX00US19095</a>
US Census Bureau: American Community Survey	<a href="https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/2020/">https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/2020/</a>
2021 Iowa Youth Survey - IDPH	<a href="https://hhs.iowa.gov/about/performance-and-reports/iowa-youth-health-assessment">https://hhs.iowa.gov/about/performance-and-reports/iowa-youth-health-assessment</a>
Cancer Stats	<a href="https://CancerInFocus.shinyapps.io">Cancer InFocus (shinyapps.io)</a>