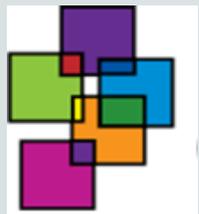
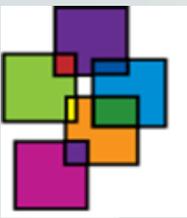




Health Improvement Plan 2016/2020



JOHNSON COUNTY PUBLIC HEALTH



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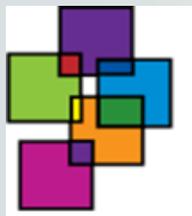
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Message from Johnson County Public Health Director

Welcome and thank you for your interest in and efforts to improve the health of all Johnson County residents. Why else would you be reading this document?

The creation and adoption of a Health Improvement Plan (HIP) is a daunting task as embodied in the Vision Statement adopted by the Steering Committee. While daunting, the Vision and Mission Statements recognize that improvements are possible when we work together and address some of the root causes of poor health. This HIP is unique among Iowa counties in that rather than selecting diseases or health conditions as the focus of proposed interventions, the Steering Committee enthusiastically embraced the idea that we should put more emphasis on the deeper underlying conditions that affect health. They recognized that it's not enough to simply offer programs or services. Real change to remove the barriers and conditions is needed to make healthy choices the easy choices. For many, those choices still do not exist.

After examining all the inputs to the process, Steering Committee members identified Overarching Strategic Themes, specific health priorities and general strategies centered on decreasing disparities and addressing the Social Determinants of Health (SDoH). Did I use the word “daunting” already? I might also use “exciting”, “risky” and “engaging.” It certainly isn't the easy way to meet the basic obligation of creating a HIP. This HIP is not an end product. It's a guidebook for the work ahead of us. It provides a lens through which the community's efforts can be directed. Partnerships are needed, committees are still meeting, strategies and specific actions are being drafted in order to focus on the underlying issues related to health. The changes brought about by these efforts will be rooted in sound policy and should be sustainable well in to the future. I invite you to join the efforts of all the partners in helping make this a reality. Johnson County is already a wonderful place to live and grow and I have faith that the future will be brighter for all. My sincere thanks to all those who have participated so far and I also thank you for the privilege of being able to serve you.

Sincerely,

Douglas E. Beardsley, MPH
Director, Johnson County Public Health

Vision: build a healthy community through planning and partnerships to ensure a supportive and sustainable environment so that all members of Johnson County may more easily choose a healthier lifestyle.

Mission: Objectively utilize & disseminate scientific data to identify the health needs, inequities, and disparities within our community and prioritize for action.



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2016-2020 Johnson County Health Improvement Plan

Introduction

In January 2015, Johnson County Public Health (JCPH) launched the 2016-2020 Community Health Needs Assessment / Health Improvement Plan (CHNA/HIP). The vision of this process is to build a healthy community through planning and partnerships and to ensure a supportive and sustainable environment so that all members of Johnson County may more easily choose a healthier lifestyle.

The first step towards achieving this shared vision for our community was to conduct a comprehensive health needs assessment. JCPH utilized the *Mobilizing for Action through Planning and Partnerships* (MAPP) model to guide community health planning. In brief, this comprehensive assessment included collection of quantitative data on over 100 health indicators, as well as a community-wide survey, focus groups, and public feedback boards designed to identify the community's thoughts, experiences, opinions, and concerns. In addition, JCPH worked with community leaders and elected officials to identify forces of change in the community, as well as members of the steering committee, community partners, and public health staff to assess how well the local public health system delivers the ten essential public health services as determined by the CDC. The full details of these assessments can be found on the JCPH website.

Overall, the steering committee used the information gathered through the assessment phase to identify three overarching strategic issues under which HIP work groups will address health needs, inequities, and disparities within our community. The three strategic issues are:

- 1) Designing Environments and Fostering an Inclusive Culture
- 2) Increasing Accessibility
- 3) Promoting Well-Being

These strategic issues served as a guide for developing the Johnson County Health Improvement Plan (HIP). The HIP is an action-oriented strategic plan outlining the priority health needs in Johnson County and how these needs will be addressed over the next five years. In total, 17 priority health needs were identified as the most critical issues to be addressed in order to achieve our vision for a healthier community. Selection of these 17 needs were based on rationales described under 'Statement of Need' in each section of this document.

Designing Environments and Fostering an Inclusive Culture

- 1) Affordable Housing
- 2) Economic Security
- 3) Radon
- 4) Transportation Services
- 5) Community Diversity



EXECUTIVE SUMMARY

Increasing Accessibility

- 1) Access to Health Care
- 2) Access to Dental Care
- 3) Elderly Care Services and Alzheimer's Disease Services
- 4) Mental Health
- 5) Suicide Prevention
- 6) Shelter and Services for Victims of Abuse and Violence

Promoting Well-Being

- 1) Alcohol
- 2) Food Security
- 3) Diabetes Screening/Education
- 4) Illicit Drugs
- 5) Obesity/Physical Activity
- 6) Sexual Health

The HIP outlining the above priority health needs will serve as a guide to help unify and align our community efforts to achieve a healthier community. The HIP is a dynamic document that will be updated annually to reflect progress and keep pace with the needs of our growing and changing community.

Methodology

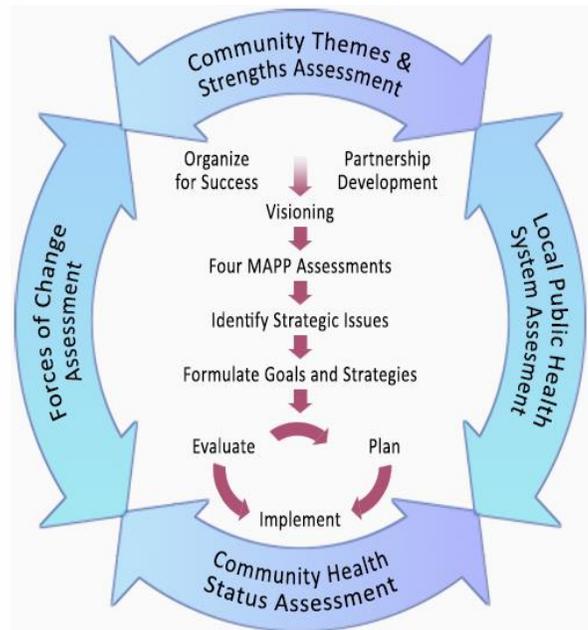
Johnson County Public Health conducted the CHNA/HIP using the MAPP model. MAPP is “a community-driven strategic planning process that helps a community apply strategic thinking to priority public health issues and identify resources to address them” (NACCHO).

For complete review of the methodology utilized to develop the 2015 CHNA, please see the 2015 Johnson County CHNA report available on the JCPH website. In summary, JCPH launched the CHNA/HIP in January 2015 by organizing a steering committee of leaders from a wide array of organizations and community partners. JCPH, along with collaboration from the steering committee completed Phase One and Two of the MAPP Process. Phase Three of the MAPP Process involved completion of four assessments 1) CHNA, 2) Community Themes and Strengths Assessment, 3) Forces of Change Assessment, and 4) Local Public Health System Assessment. The final phases of the MAPP Process were subsequently employed to guide completion of the HIP.

EXECUTIVE SUMMARY

The MAPP process has six phases:

1. Organize for Success/Partnership Development – Community members and agencies form a partnership and learn about the MAPP process
2. Visioning – create a common understanding of what a community would like to achieve
3. Four MAPP Assessments – qualitative and quantitative data are gathered to provide a comprehensive picture of health in the community
4. Identify Strategic Issues – the data are analyzed to uncover the underlying themes that need to be addressed in order for a community to achieve its vision
5. Formulate Goals and Strategies – the community identifies goals it wants to achieve and strategies it wants to implement related to strategic issues
6. Action Cycle – the community implements and evaluates action plans to meet goals, address strategic issues and achieve the community's vision



A strategic planning workshop was held with JCPH staff and community partners to identify strategic issues, Phase 4 of the MAPP Process. Three broad areas strategic issues were identified:

- 1) Designing Environments and Fostering an Inclusive Culture
- 2) Increasing Accessibility
- 3) Promoting Well-Being

Participants in the strategic planning workshop then identified 17 priority health needs based on the findings of the CHNA. Each priority health need was aligned with one of the three strategic issues, along with potential agencies associated with each need. A rationale for each need was developed using the quantitative and qualitative data acquired from the CHNA. Primary data from the CHNA survey, focus groups, public feedback board, Focus of Change Assessment, and the Local Public Health System Assessment were all utilized to develop the rationales.



EXECUTIVE SUMMARY

To promote community collaboration and a unified and coordinated effort to address the 17 priority health needs, the steering committee identified potential key strategic partners in the community with each priority health need in mind. JCPH staff subsequently began the process of launching coalitions or contacting already established coalitions to build strategic relationships within the community to address each priority health need. Subsequently, JCPH worked with community partners and coalitions to begin developing targeted health improvement plans for each priority health need.

The development of each work plan for the 17 health priorities will be aligned with Healthy People 2020, the National Prevention Strategy, and/or the Healthy Iowans goals as they relate to Johnson County's health priorities. Recognizing the importance of prevention to improve the health of the community, JCPH and community partners will research and use available evidence-based interventions creating outreach opportunities to improve population health. The focus of Johnson County is to address the health inequities in our county that contribute to disproportionate health outcomes for all groups of citizens.

It is important to keep in mind that the HIP is an evolving document that will be updated each year to reflect the past progress and future goals and activities planned to address each priority health need. Not all priority health needs have a complete HIP established; however, over the next five years strategic plans will be developed for each priority health need and reflected in the updated HIPs. The full CHNA report and most recently updated HIP can be accessed through our web site www.johnson-county.com/CH. Johnson County Public Health welcomes you to review the data from the CHNA and the HIP. We appreciate your feedback to make this CHNA/HIP as useful as possible.



Designing Environments & Fostering an Inclusive Culture: Affordable Housing

Affordable Housing and Health

Access to affordable, quality, and safe housing is a key component to building a healthier community for Johnson County residents. Housing is a basic human need and one of the crucial social determinants of health. In fact, poor housing conditions have been linked to many of the leading causes of morbidity and mortality including asthma, respiratory infections, lead and radon exposure, mental health, substance abuse, and childhood development and nutrition.¹ In addition, homelessness or substandard housing can make it extremely difficult for people with chronic medical conditions like heart disease, diabetes, and COPD to manage their diseases. Overall, addressing the need for affordable, quality housing in Johnson County can have a meaningful impact on the health and wellbeing of Johnson County residents.



Statement of Need

According to the United States Census Bureau in 2010, Johnson County has a lower proportion of owner occupied housing (59.4%) compared to state (72.1%) and national (65.1%) levels.² The cost of both buying and renting housing in Johnson County is also higher than state levels. Between 2008-2012, the median home value in Johnson County was between \$179,270 – \$186,930 compared to \$122,520 – \$123,480 in Iowa, while the median gross rent in Johnson County was between \$770 – \$808 compared to between \$651 – \$659 in Iowa.³



These high housing costs can have a large impact on the economic security of our residents. Among Johnson County residents, the percentage of severely cost burdened renters (those paying more than 50% of their income for housing) increased by 7.3% between 2000 and 2012.⁴ In a survey of citizens of Johnson County conducted by JCPH, 17% of respondents reported that if they had an additional \$300 to spend each month, they would pay rent or mortgage costs.



Designing Environments & Fostering an Inclusive Culture: Affordable Housing

In addition to higher costs of housing, Johnson County has a lower proportion of housing that is vacant compared to Iowa and the United States which makes finding available housing more difficult for Johnson County residents.² In a community-wide survey, JCPH found that 39% of those surveyed rated improvement in housing options as a top priority area that Johnson County should focus on to improve the health of the community.

Establishing a coordinated response to address the need for more affordable housing in Johnson County is an emerging area of focus within JCPH. JCPH is currently reaching out to community partners in hopes of establishing a coalition to develop targeted approaches to improve access of Johnson County residents to safe, affordable, quality housing. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.





Designing Environments & Fostering an Inclusive Culture: Economic Security



Economic Security and Health

Economic security is a fundamental social determinant of health that has diffuse impacts on health and wellbeing. Underlying factors that impact overall economic security include poverty, employment, food security and housing stability.⁵ Poverty is disproportionately distributed amongst populations with the young, lower education, those belonging to racial/ethnic minorities, and women being most impacted. Residents of Johnson County who live in poverty are among the most vulnerable of our citizens. Poverty can have devastating effects on physical and mental health of the individual and the overall economic health of our community. Addressing the need for greater economic security among Johnson County residents is an important priority health need that can have lasting impacts on the overall health and wellbeing of our community.

Statement of Need

Despite improvements between 2005 and 2013 in Johnson County, approximately 17.2% of residents continue to live below the Federal Poverty Level (FPL).⁶ This percentage is in stark contrast to the 12.7% of Iowans living below the FPL. Even when compared to the nation (15.8%), Johnson County a higher percentage of Johnson County residents live below the FPL. Within Johnson County there are clear disparities in poverty level with a large proportion of those living in poverty in Johnson County belonging to a racial/ethnic minority group. Specifically, 41.5% of African American or Black residents live below the FPL, while 22.9% of Asian residents and 21% of Hispanic or Latino residents live below the FPL.



Children are some of the vulnerable of our population to the negative impacts of poverty. In Johnson County between 2008 and 2012, approximately 4,106 public school students or 27.3% of students were eligible for Free/Reduced Price lunches.



Designing Environments & Fostering an Inclusive Culture: Economic Security

One can clearly see the far-reaching impacts of poverty when examining the results of the JCPH conducted community survey. Of those residents reporting not receiving medical care services for any reason, 47% reported not being able to afford care. In addition, 69% of residents not receiving dental care services cited not being able to afford care as the primary reason. Approximately 17% of respondents reported they at least sometimes “couldn’t afford to eat balanced meals,” while 13% reported at least sometimes worrying “whether our food would run out before I got money to buy more.”

In September of 2015, the Johnson County Board of Supervisors voted to increase the minimum wage in Johnson County from \$7.25 to \$8.20 per hour starting November 1, 2015. The new county ordinance would increase the minimal wage to \$9.15 per hour as of May 1, 2016 and ultimately to \$10.10 as of January 1, 2017. This increase in the minimum wage is expected to impact over 10,000 Johnson County workers. This ordinance represents an important step towards achieving economic security for a greater proportion of Johnson County residents.



Over the next five years, JCPH will seek to build strong coalitions with community organizations and leaders to continue to improve the economic security of the residents of Johnson County. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



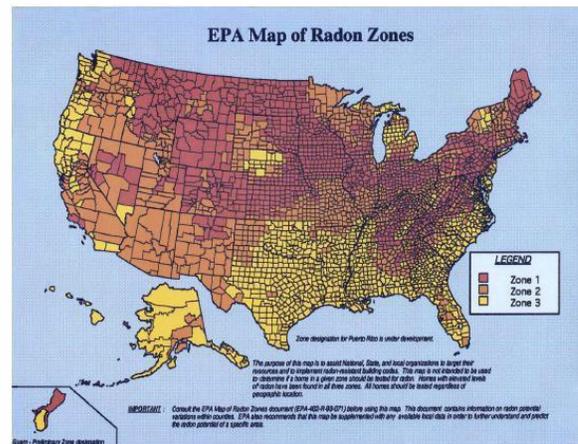
Designing Environments & Fostering an Inclusive Culture: Radon

Radon and Health

Radon is the second leading cause of lung cancer behind smoking. With lung cancer representing the leading cause of cancer mortality in both men and women, reduction of radon levels represents an important strategy towards improving the health of our community. Radon is a tasteless, odorless, invisible gas that naturally occurs in the ground. Because of this, radon is always present in the air we breathe and concentrations are highest indoors.

Statement of Need

Radon levels are over three times higher in Johnson County compared to the nation. The EPA recommends a radon mitigation system be installed in a home if the radon level exceeds 4 pCi/L, yet the *average* indoor radon level for homes in Johnson County exceeds this at 4.3 pCi/L. JCPH encourages residents of Johnson County to test their home radon levels to find out whether the radon levels in their homes exceed EPA standards. JCPH has sought to assist in this effort by making test kits available at the JCPH office for only \$5 or \$7 if the kit is mailed directly to the resident.



The cost of a radon mitigation system will vary based on the specific home, but the average cost nationally is \$1,200.⁷ The life span of this system is usually 10-15 years. Although radon mitigation is a tremendously important step towards improving the health of our community and preventing future cancer incidence, the cost of implementing a radon mitigation system may be overwhelming and financially unmanageable for many families in Johnson County.



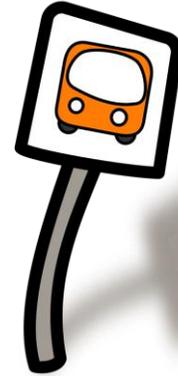
Over the next five years, JCPH will seek to build strategic partnerships with local agencies focused on reducing residential radon levels in Johnson County. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Designing Environments & Fostering an Inclusive Culture: Transportation Services

Transportation Services and Health

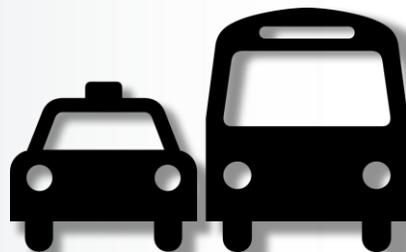
A person's physical environment has large impacts on the health of the individual. Transportation is one such environmental factor that can impact a person's ability to obtain healthy foods, gainful employment, access to healthcare, and capitalize on educational opportunities. Access to safe, reliable, and affordable transportation options is an important component to improving the health and economic wellbeing of the residents of Johnson County. Offering a variety of affordable transportation options can provide residents with a wider range of opportunities to pursue better economic, mental, and physical health.



Statement of Need

Between 2008-2012, an average of 6.31% of residents traveled to work using public transportation in Johnson County compared to only 1.14% in Iowa and 4.98% in the United States. With such a large percentage of the Johnson County work force relying on public transportation, ensuring safe, reliable, and affordable transportation services is particularly important to the health of our community.

In a survey of residents of Johnson County, JCPH found that approximately 7% of respondents indicated that they "sometimes" have transportation issues getting to work. Furthermore, 5% reported "sometimes" having issues getting medical/dental care due to transportation, while 4% reported difficulty getting to the drug store/pharmacy. The survey also found that residents' lack of transportation also impacts their ability to run errands for business, shop, participate in leisure activities and travel to social visits.





Designing Environments & Fostering an Inclusive Culture: Transportation Services

In addition to the community survey, JCPH held focus groups to assess the health needs of elderly people in the community. A key theme in the focus group with the elderly residents was lack of transportation as a barrier to mental and behavioral health services. Multiple elderly residents indicated the Johnson County SEATS Paratransit Department was a key source of transportation for them. The Johnson County SEATS Paratransit Department provides low cost rides to senior citizens, people with disabilities and others who otherwise may find it difficult to obtain transportation. Frequently, the SEATS van provides people in Johnson County with transportation to medical/dental appointments and grocery stores.⁸



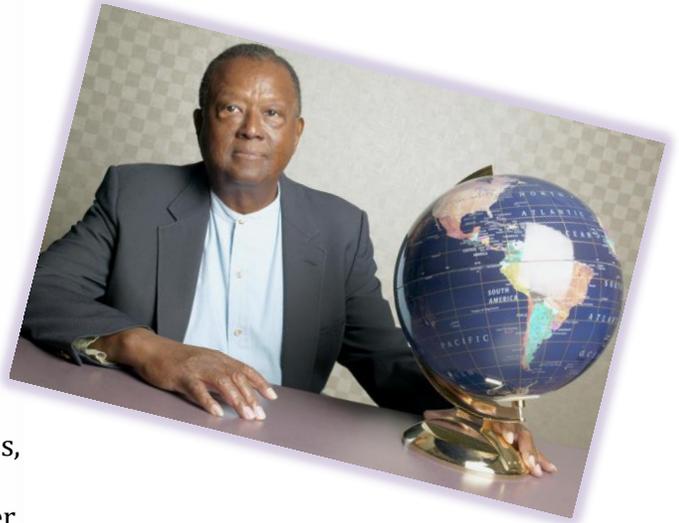
Overall, there is a need for expansion of transportation services in our community. Over the next five years, JCPH plans to establish community partnerships to develop strategies to address the need for increased transportation services. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Designing Environments & Fostering an Inclusive Culture: Community Diversity

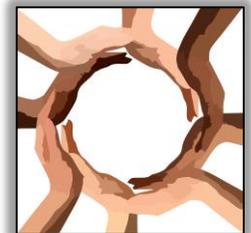
Cultural Diversity and Health

Fostering a culturally diverse and inclusive environment is an important element to developing a healthier community. Social determinants of health as defined by the World Health Organization are the “conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.” A strong body of evidence shows that there are significant racial and ethnic health disparities. To address these health disparities, we must focus on the root causes including differences in income, education, employment, power, and discrimination and cultural attitudes. Focus on encouraging diversity in the community and fostering an inclusive culture will be important as we seek to build a stronger and healthier community for all Johnson County residents.



Statement of Need

Approximately 14.2% of Johnson County residents self-identify as belonging to a racial/ethnic minority group. People belonging to racial/ethnic minority groups are among the fastest growing populations in Johnson County. The percent of African American/Black residents increased by 95.6% between 2000-2010, while the number of residents self-identifying as Hispanic/Latino have increased by 112.5% during the same time period. Johnson County also is home to a higher percentage of foreign born residents (9.4%) compared to Iowa (4.8%).



When asked about race relations in Johnson County, participants in community Focus Groups overall felt that Johnson County was better than other areas, but still had issues that needed to be addressed. Many focus group participants felt like problems with race relations in the community lacked acknowledgement and awareness.

With the growing diversity of the Johnson County community, promoting cultural acceptance and inclusivity is important in developing a healthier community for all residents of Johnson County. Over the next five years, JCPH plans to develop relationships with local agencies to focus on fostering community diversity. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Increasing Accessibility: Access to Health Care

Access to Health Care

Access to affordable and seamless health care when one needs it is essential to creating and maintaining the health of our community. Access to health care has far reaching impacts from overall physical, social, and mental health to the prevention, detection, and treatment of disease and disability.⁹ In addition, access to health care services impacts quality of life, preventable death, and overall life expectancy.⁹

Ensuring access to health care services encompasses four components: coverage, services, timeliness and workforce.⁹ Optimizing the effectiveness of each of these four components is essential to providing adequate access to our community. In addition to optimizing these four components, it is also important to promote health equity amongst the population.

“Healthy People 2020 defines health equity as the “attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities.”⁹

The national Healthy People 2020 goal is to “achieve health equity, eliminate disparities, and improve the health of all groups.”⁹ Successful improvements in access to health care services will require identification of health disparities in Johnson County and coming up with effective solutions to overcome these disparities.



Statement of Need

The state of Iowa currently lags behind Healthy People 2020 goals with only 71% of non-elderly and 86.3% of elderly residents reporting a source of ongoing primary care. In addition, only 66.8% of children under the age of 18 have a medical home in Iowa. Within Johnson County, access to health care services is one of the greatest concerns for residents.

In a community survey, JCPH found 8% of those surveyed had difficulty obtaining medical care in the previous six months. Factors associated with difficulty obtaining medical care included lower level of education, less employment, lower income and lack of insurance. 17% of those unable to obtain medical care reported not having a primary doctor. In addition, nearly 16% of survey respondents reported visiting the emergency room in the previous 6 months, and 51% of those people felt that their care could have been provided at a regular clinic. However, the primary reason for visiting the emergency room was that the clinic was closed or the wait was too long for an appointment.



Increasing Accessibility: Access to Health Care

Focus Groups held at JCPH identified difficulty obtaining health care services as a major challenge for residents of Johnson County. The most common responses to why they could not obtain care were lack of insurance, long wait times, and inaccessibility and unaffordability of health care services.

Johnson County has a robust medical community with four medical facilities serving Johnson and surrounding counties. The University of Iowa Hospitals and Clinics, Iowa City VA Healthcare System, Mercy Iowa City, and the Iowa City Free Medical and Dental Clinic (FMC) all serve patients that are underinsured or uninsured.

During the 2010-2015 CHNA/HIP process, access to health care was identified as one of the major priority areas. JCPH applied for and received the medical homes grant, and subsequently partnered with local safety net providers including the FMC, a local homeless shelter nursing clinic and University of Iowa nursing and medical student groups to establish the Johnson County Healthcare Outreach Group (JCHOG). The coalition focused on building a referral system for those with chronic health conditions such as diabetes, heart disease, high blood pressure, and abnormal cholesterol. Through the coalition partnerships, JCPH was able to provide adult vaccinations, bus tickets and cab vouchers to medical appointment screening, education and referrals for people with chronic medical conditions, assistance obtaining medicines and glucose monitoring supplies, and aid in signing up for the healthcare insurance marketplace. Specifically, JCHOG worked with JCPH, MPH students from the University of Iowa and a regional navigator to develop and deliver a series of educational presents for the community on the healthcare insurance marketplace.



Between 2010 and 2015, JCPH realized many successes in improving access to health care for residents of Johnson County. Over the next five years, JCPH will continue to build on these successes to improve access to health care. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.





Increasing Accessibility: Access to Dental Care

Access to Dental Care

Oral health has a significant impact on overall health with problems affecting the mouth impacting the rest of the body. Access to affordable, timely, and quality dental care is essential in the prevention of pain and disability associated with oral diseases ranging from cavities to oral cancers. Good dental care is important for all residents of Johnson County. Yet, there are many social determinants that affect oral health. Income, education level, race/ethnicity, and disability all impact a person's ability to access dental care.⁹ Many barriers exist that prevent people from accessing dental care including limited availability of dental services, lack of insurance and cost. Developing solutions to overcome these barriers and improve access to dental care in Johnson County will be important to improving the overall health and wellbeing of our community in the future.



Statement of Need

Over 22% of Johnson County residents over the age of 18 have not had a recent dental exam. Although this is slightly better than the state (25.6%) and the United States (30.2%), this still represents a large proportion of the Johnson County population. Despite children from lower income families being at greater risk for tooth decay, less than half of all children enrolled in Medicaid receive preventative dental services in Johnson County.



In a survey of Johnson County residents, JCPH found that those with an unmet need for dental care, 69% reported that the reason for this unmet need was not being able to afford the care. Additionally, 40% reported that they did not have dental insurance and 31% indicated they did not have a primary dentist. Lower income and lack of employment were two factors that impacted nearly all reasons people did not have access to dental care in Johnson County. In addition, zip code (location of residence) was another factor that had a large impact on dental care access.



Increasing Accessibility: Access to Dental Care

Furthermore, a survey completed by the CHNA/HIP steering committee members, community partners and public health staff indicated over 1/3 of respondents felt that although access to dental care was available within 20 minutes or 30 miles of residents, current access failed to meet needs adequately.

One member of JCHOG, a coalition of safety net providers in Johnson County, is the Iowa City Free Medical and Dental Clinic (FMC). The FMC provides many services including filling cavities, simple dental extractions, College of Dentistry referrals and dental hygiene appointments on a limited basis.

The University of Iowa's College of Dentistry is also a major safety net dental provider to many underserved groups in Johnson County, and houses the Geriatric and Special Needs Clinic for elderly and patients with special needs.



Over the next five years, JCPH along with JCHOG will continue to develop innovative strategies to expand access to dental care for residents of Johnson County. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Increasing Accessibility: Elderly Care Services and Alzheimer's Disease Services

Elderly Care Services & Alzheimer's Disease Services and Health

Older adults encompass one of the fastest growing age groups. As our population becomes older, new challenges in management of chronic, age-related illnesses and the associated disability will arise for public health. Due to the increased risk of disease and disability, older adults may require additional services to help support them in completing daily activities and maintaining their quality of life. Disability associated with aging not only affects the individual, but also their caregivers who are typically unpaid family members. Given the rapidly growing population of older adults, providing additional elderly care services will be vital for the health of our community.⁹

Dementia and Alzheimer's Disease is a major cause of morbidity and decreased quality of life among older adults. Furthermore, dementia and Alzheimer's Disease are leading causes of death at the county, state, and national levels. Unfortunately, the number of older adults affected by dementia and Alzheimer's Disease are expected to double by 2050.⁹ Many people suffering from dementia and Alzheimer's Disease require long-term care and as their symptoms worsen, these older adults will require more health services and assistance from their family, caregivers, and society.⁹



Statement of Need

When asked what a healthy community would look like, a focus group comprised of older adults of Johnson County responded access to affordable health care services, access to art, community building opportunities, and programs encouraging "Elders helping Elders". When asked about barriers to obtaining mental/behavioral health services, many older adults cited lack of transportation as a major barrier. Some of the biggest obstacles identified by older adults that impact the health of older adults in the community were economics, age, communication, and that SEATS doesn't operate on Sundays.



Increasing Accessibility: Elderly Care Services and Alzheimer's Disease Services



Alzheimer's Disease is the 6th leading cause of death in Johnson County, Iowa and the nation. Approximately 8.3% of Medicare beneficiaries in Johnson County have dementia compared to 8.9% in Iowa and 9.8% nationally. The age-adjusted mortality rate due to Alzheimer's Disease is higher in Johnson County compared to Iowa which indicates a need for further primary care services for older adults with Alzheimer's Disease in Johnson County. Given the increased mortality rate of Johnson County residents with Alzheimer's Disease compared to the state and nation, the steering committee identified Alzheimer's and dementia services as a priority health need in Johnson County.

The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Increasing Accessibility: Mental Health



Mental Health

Mental health disorders are common causes of disability and impact a large percentage of the population. Poor mental health can have serious and lasting impacts on a person's physical health and social wellbeing. Unfortunately, mental health conditions still have associated stigmas in society. In addition, access to mental health care continues to be limited despite the potential for significant improvement in overall health and wellbeing of communities.

Statement of Need

In a survey of Johnson County residents, JCPH found that 70% of respondents identified Mental Health Care as one of the top priority areas that Johnson County should improve to become a healthier community. A Focus Group consisting of Johnson County residents who have mental disorders reported a shortage of mental health providers, long wait lists, and transportation issues as major barriers to accessing local mental and behavioral health services. In addition, the Focus Group identified mental health stigma being one of the biggest obstacles to health for their specific community. A survey of the steering committee members, community partners and public health staff also found that over 60% of respondents felt that although behavior health care was available within 20 minutes, current access fails to meet the needs of the community adequately.

During the 2010-2015 CHNA/HIP process, Mental Health was identified as one of the major priority areas to be addressed. As a part of the 2010 HIP, JCPH along with community partners developed and implemented a public awareness campaign to the stigma associated with mental illness through programming such as the Out of the Darkness Walk, the NAMI walk, as well as materials displayed at the Johnson County Fair, the University of Iowa Employee Health Fair, local libraries and local Mental Health First Aid trainings. In addition, high schoolers in the Iowa City Community School District participated in TeenScreen, a depression/suicide screening tool for teenagers. JCPH and its partners also organized many suicide prevention programs and events in Johnson County.

Over the next five years, JCPH will build on the successes of the 2010 CHNA/HIP and continue to increase public awareness about mental health conditions, reduce stigma of mental illness, and increase access to care. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Increasing Accessibility: Suicide Prevention

Suicide

Suicide is a leading cause of death at the county, state, and national levels. Many factors increase the risk of suicide including mental health disorders, substance abuse, and serious and chronic health conditions. In addition, a number of social determinants of health impact mental health and suicide including poverty, employment, food security, housing stability, crime and violence, social cohesion, civic participation, incarceration and institutionalization, and perceptions of equity and discrimination.

Statement of Need

Suicide is the 8th leading cause of death in Johnson County. Although suicide rates in Johnson County (11.5 per 100,000 population) remain lower than Iowa rates (13.3 per 100,000 population) and the United States (12.5 per 100,000 population), Johnson County rates remain higher than Healthy People 2020 goals. Suicide rates in Johnson County are highest among males and those 25-55 years of age.

During the 2010-2015 CHNA/HIP process, Mental Health was identified as one of the priority health needs in Johnson County.

During this time, JCPH and the Johnson County Suicide Prevention Coalitions (JCSPC) held numerous community events to raise awareness about suicide prevention in our community. Events such as the Out of the Darkness Walk, the NAMI walk, and holding suicide awareness talks with

national speaker Jordan Burnham. In addition, JCSPC worked with the Crisis Center to develop and display materials about the Johnson County Crisis line and local suicide prevention resources. The JCSPC also implemented multiple activities for Suicide Prevention Week including the Stand Up for Mental Health speaker David Granirer.



The coalition has achieved many successes during the 2010 CHNA/HIP, yet more work is still needed. Over the next five years, JCPH plans to continue to work with the JCSPC to develop and implement suicide prevention programming and events in Johnson County. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Increasing Accessibility: Shelter & Services for Victims of Abuse & Violence

Shelter & Services for Victims of Abuse & Violence and Health

Domestic violence is preventable, and those who are victims of domestic violence represent a particularly vulnerable population in our community. The victims of domestic violence are at risk for significant health consequences including premature death, disability, poor mental health, loss of productivity, and high medical costs. These effects can extend beyond the individual victim of abuse to their family, friends, coworkers, and communities as a whole.⁹



There are many social determinants that impact domestic violence including substance abuse, isolation, access to services, social experiences, social relationships, cohesion in schools and neighborhoods, and societal-level factors.⁹ Many victims of abuse and violence rely on shelters and local services. However, limitations in availability and access to these services make seeking help challenging for many victims. Providing additional shelter and services for victims of abuse and violence in our community can have a positive impact on victims, their families, and the community as a whole.

Statement of Need

Although comparison data is not available to evaluate Johnson County against state and national levels, the Domestic Violence Intervention Program (DVIP) provided services to over 1,400 victims of domestic violence (67% of which were in Johnson County) in 2013. In addition, DVIP provided emergency shelter to 295 women and children in 2013. Unfortunately, these numbers likely underestimate the gravity of the need in Johnson County as many incidents of domestic violence go unreported.

To improve the health of our community and some of its most vulnerable residents, increasing accessibility to shelter and services for victims of abuse and violence represents a priority health need in Johnson County. Over the next five years, JCPH will work to establish community partners to address this important health need. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.





Promoting Well-Being: Alcohol

Alcohol and Health



The effects of alcohol abuse on the individual, their family, and their communities can be significant and far-reaching. Alcohol abuse can result in major negative health effects including liver disease, cancers, cardiovascular disease, and mental/behavioral health problems. In addition, unhealthy alcohol use contributes to social, physical, mental, and public health problems including teen pregnancy, sexually transmitted diseases, domestic violence and child abuse, motor vehicle crashes, crime, mental health disorders, and suicide.⁹ The costly individual and societal impacts of alcohol abuse point to the importance of addressing this issue in our community.

Statement of Need

Both Johnson County and the state of Iowa have higher rates of binge drinking behavior than the national average. In 2012, binge drinking rates in Johnson County were above Healthy People 2020 and Healthy Iowan goals at over 25%. In addition, Johnson County has a higher percentage of adults who report being heavy drinkers (8.3%) compared to Iowa (6.2%) and the nation (5.9%). Unfortunately, Johnson County has seen an increasing trend in heavy drinking since 2006. Of further concern is that the University of Iowa has consistently ranked among the “Top Party Schools in the U.S.” by the Princeton Review.

One encouraging note is the 50% decline in alcohol use among 11th graders in Johnson County between 1999 and 2012. However, nearly 20% of Johnson County 11th graders still report having used alcohol in the previous 30 days.

In a 2015 community survey, 33% of Johnson County residents surveyed indicated alcohol abuse should be a top priority area that Johnson County should address to become a healthier community. In a Focus Group consisting of elderly members of the Johnson County community, binge drinking was identified as one of the biggest health problems in the community. Furthermore, in a survey of the CHNA/HIP steering committee members, community partners, and public health staff, 14% were not aware of any alcohol and drug abuse prevention and treatment problems that were gender specific and allowed women to have young children with them, while an additional 28% were aware of programs, but felt the availability did not meet the need in our community.



Promote Well-Being: Alcohol

During the 2010-2015 CHNA/HIP process, alcohol was identified as a priority health need in Johnson County. As a result of this focus, many positive steps were taken in regards to alcohol use in Johnson County. In 2011, JCPH developed a Guidebook for Talking to Students about Alcohol Use. The Guidebook was provided to area schools, MECCA, and other local organizations to assist in talking with youth about alcohol.

In addition, JCPH worked with municipal leaders to identify local policies towards local consistency (i.e. server training, bar entry age, compliance checks, etc.). As a part of this effort, I-PACT (Iowa Program for Alcohol Compliance Training) training was provided to 567 servers in 2014, and TIPS (Training for Intervention Procedures) training was provided to 91 people in 2014. Furthermore, JCPH and its partners have worked hard to support legislative efforts that assist in encourage safe alcohol use.

Over the next five years, JCPH will build on past success and continue to take steps to reduce unsafe alcohol use in Johnson County. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Promoting Well-Being: Food Security

Food Security and Health

In 1996, the World Food Summit defined food security as “when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life.” This definition includes both physical and economic access to food. Food security has a major impact on the health and wellbeing of children, adults, and our communities. Limited access to nutritious food can affect the health of the community by making it more difficult to eat a well-balanced, nutritious diet. This is particularly difficult for low-income individuals and families.



The youngest of our population are particularly vulnerable to food insecurity. Proper nutrition is critical to the physical, mental, and emotional development of children. In addition to children, food insecurity also affects the elderly. Older adults may have to make the tough decision between buying expensive medicines and paying for groceries. Programs such as SNAP and WIC play an important role in supporting families with limited incomes obtain food and protect against food insecurity. However, accessing SNAP/WIC authorized food stores can be challenging for many families.

Statement of Need

In Johnson County, 13% of respondents to a community survey indicated that they at least sometimes “worried whether our food would run out before we got money to buy more” and 11% indicated that at least sometimes “the food that we bought just didn’t last and we didn’t have money to get more.” Furthermore, over 17% reported that they “couldn’t afford to eat balanced meals” at least some of the time. Food security was found to be associated with lower income, unemployment, and less education. In addition, being a single parents and having a Hispanic/Latino background were also related to food insecurity.





Promoting Well-Being: Food Security



When asked what they would do if they had an additional \$300 to spend each month, 13% of survey respondents indicated food. Furthermore, community Focus Groups comprised of people in the community with disabilities, as well as those with mental health disorders reported that a common issue people face in these specific communities is food insecurity.

Despite many people in the community reporting food insecurity, access to SNAP-authorized food stores in Johnson County is far less than in Iowa and the nation. A similar gap is found in Johnson County with regards to access to WIC-authorized food stores in Johnson County compared to the state and the nation.

The Johnson County Food Policy Council is working closely with local growers, non-profits, Johnson County staff, Field to Family, and individual community members to incorporate policies that will provide easier access to locally produced foods. There are pilot projects being developed that are working with underrepresented and immigrant populations to increase consumption of locally grown foods. Education in food preparation as well as knowledge of specific cultural preferences are helping producers and consumers understand each other's needs.

Over the next five years, JCPH will work with the Johnson County Hunger Task Force to address food insecurity in our community. The Hunger Task Force is a coalition of elected officials, nonprofit leaders, Johnson County staff, and other who are interested in finding solutions to the issue of hunger in Johnson County. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Promoting Well-Being: Diabetes Screening and Education

Diabetes Screening & Education and Health

Diabetes mellitus (DM) affects a large proportion of the United States population. In addition to being a leading cause of death both locally and nationally, DM is also a major cause of morbidity. DM increases the risk of heart disease, blindness, kidney failure, and limb amputations. Type 2 diabetes mellitus (T2DM) accounts for 90-95% of all diabetes cases. Risk factors for T2DM include obesity, increasing age, physical inactivity, impaired glucose tolerance and being of African American, American Indian or Asian American/Pacific Islander descent.



In addition to the health costs, DM places a large financial burden on the individual and the community. In 2007, DM was estimated to cost the United States over \$174 billion due to disability, medical costs, and premature death.¹⁰ Many social determinants of health impact DM including poverty, employment, food security, access to healthy foods, environmental conditions, crime and violence, access to healthcare, and the built environment. Given the far-reaching effects of DM, addressing the need for increased DM screening and education in Johnson County will greatly impact the health and wellness of residents in our community.

Statement of Need

Despite Johnson County having a lower prevalence of DM (6.4%) compared to Iowa (8.18%) and the United States (9.03%), the Johnson County DM mortality rate has risen since 2010 and exceeded that of the state and nation in 2013. Specifically, the Johnson County DM-related age-adjusted mortality rate was 74.2 per 100,000 population in 2013 compared to 72.8 per 100,000 population in Iowa and 69.2 per 100,000 population in the United States. These mortality rates currently exceed Health People 2020 goals. In Johnson County, the DM-related mortality rate in males is nearly 171% higher in males than females.

In a Johnson County community survey, JCPH found that nearly 38% of respondents reported physical activity and 35% indicated overweight/obesity as top priority areas that Johnson County should improve to become a healthier community. Both of these areas contribute to DM in our community. Furthermore, a survey of the steering committee members, community partners, and public health staff found that 37% of respondents indicated a need for improved diabetes prevention, screening and treatment, and 50% indicated a need for improved weight management services in Johnson County.



Promoting Well-Being: Diabetes Screening and Education

The steering committee also provided feedback to JCPH through rating multiple health issues of various criteria including seriousness, health equity, trends, and interventions available. Diabetes was ranked number two issue. When asked what was needed to improve services, many agencies reported a lack of services available for people who are at risk for diabetes.

At the FMC there has been an increasing number of Spanish speaking patients who require an interpreter volunteer during their clinic visit. The FMC has added therapeutic lifestyle change counseling for English speaking patients, but has not had the staff or volunteers available to implement a similar program for Spanish speaking patients with diabetes. Nationally, people from minority populations are more frequently affected by T2DM. In fact, Latinos in the United States are 70% more likely to be diagnosed with diabetes compared to non-Latino Caucasians. This represents a significant health disparity that JCPH will seek to address during the 2016-2020 CHNA/HIP.

JCPH has worked collaboratively on a variety of projects that address DM and related factors. During the 2010-2015 CHNA/HIP process, two priorities were chosen that impacted people with diabetes and pre-diabetes; namely obesity and nutrition, as well as access to healthcare.

To increase the physical activity and encourage health-eating habits among Johnson County residents, JCPH led a subcommittee, which formed the Johnson County Alliance for Healthy Living. This coalition's activities in the community included health fairs, farmer's markets, food demonstrations, cooking classes, farmer's fairs, school fun nights, walking school buses, walking and biking assessments, bike to school days, vending machine assessments, acquisition of bike racks, and food system assessments.

JCPH formed a coalition of healthcare providers in Johnson County including the FMC, a local homeless shelter nursing clinic, and University of Iowa nursing and medical student groups to address the second CHNA/HIP priority to increase access to healthcare. This coalition focused on building a referral system for those with diabetes and other chronic medical conditions. In addition to providing screening, education, and referral services for diabetes, the coalition was able to provide bus tickets and cab rides to medical appointments and pharmacy vouchers for medicine and glucose monitoring supplies.

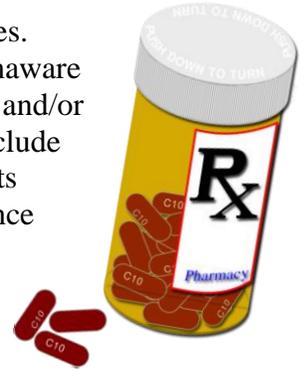
In September 2015, JCPH applied for and received a grant supporting future DM initiatives. This grant will focus on increasing capacity to deliver pre-diabetes curriculum for Hispanic and/or Latino patients, identifying vulnerable pre-diabetic target populations and implementing a pre-diabetes educational program in partnership with the FMC. The goals of the grant align with Healthy People 2020 Target D-16: Increase the proportion of persons at high risk for diabetes with pre-diabetes who report increasing their levels of physical activity or who report trying to lose weight. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Promoting Well-Being: Illicit Drugs

Illicit Drugs and Health

Substance abuse has a major impact on individuals, families, and communities. A large proportion of those individuals with a drug or alcohol problem are unaware that they have a problem. Substance abuse can include abuse of illegal drugs and/or the misuse of prescription medications. The most common drugs of abuse include marijuana, illegal opioids (such as heroin and prescription opioids), stimulants (methamphetamine and cocaine), and hallucinogens (LSD and PCP). Substance abuse contributes to a wide range of physical, mental, social, and public health problems in the community. Many social determinants of health play a role in substance abuse including economic stability, access to health care services, education, employment, social support, and exposure to crime and violence.



Statement of Need

In Johnson County, marijuana, methamphetamine, and cocaine rank behind alcohol as the highest substances of abuse and admission to treatment programs. Among youth in Johnson County, marijuana remains the most reported illicit drug used. Since 1999, the trend has shown a slight decrease in marijuana use among 11th graders, but almost no change among 6th and 8th graders. In addition, a survey of the steering committee members, community partners and public health staff found that almost half felt that improvement is needed in providing alcohol and drug abuse prevention and treatment programs that allow women to have young children with them.

Overall, decreasing the rate of illicit drug use in Johnson County is an important priority health need for our community. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Promoting Well-Being: Obesity/Physical Activity

Obesity/Physical Activity and Health

Over one-third of adults in the United States are obese. Obesity is a major risk factor for a number of conditions, many of which are leading causes of death in the United States. Heart disease, stroke, type 2 diabetes mellitus, and certain types of cancer (breast and colon cancer) are all related to obesity. In addition to the human cost due to diabetes, the national estimated annual medical cost of obesity in the United States was over \$147 billion in 2008.¹¹ Obesity disproportionately affects African Americans or blacks and Hispanics. In addition, obesity is more common in middle age adults. Unfortunately obesity rates are continuing to climb in youth as well.

Many social determinants of health play a key role in the obesity epidemic in the United States including economic stability, food security, employment, access to health care, transportation options, social support, social norms/attitudes, language/literacy, built environment, and community design.

One of major risk factors for obesity is physical inactivity. Over 80% of American adults fail to meet guidelines for both aerobic and muscle-strengthening activities. Physical activity is important in the improvement of physical, as well as mental health. Factors that are positively associated with adult physical activity include higher education and income, enjoyment of exercise, expectation of benefits and self-efficacy, social support, enjoyable scenery, safe neighborhoods, and access to facilities.⁹



Statement of Need

Approximately 60% of adults in Johnson County are overweight or obese. Although county rates are slightly lower than state (64.6%) and national (63%) rates, obesity rate in Johnson County climbed between 2004 and 2010. Males have a slightly higher rate of obesity than females in Johnson County. An important component of physical activity is providing affordable access to recreation and fitness facilities. Johnson County has less recreation and fitness facilities per 100,000 population compared to Iowa, but slightly more than the national average.



Promoting Well-Being: Obesity/Physical Activity



Fewer Johnson County residents report no leisure time physical activity (17.6%) compared to the state (23.5%) and nation (22.5%). Currently, Johnson County meets the Healthy People 2020 goal for percent of adults who engage in no leisure time physical activity; however, it will be important to build on this success in the future. In a survey of Johnson County residents, 38% of those surveyed indicated physical activity and 25% indicated overweight/obesity as top priority areas that Johnson County should improve to become a healthier community. Among focus groups of Johnson County residents, exercise, nutrition and healthy food options were among common responses to what participants believed a healthy community looked like.

JCPH has worked collaboratively on a variety of projects to reduce obesity and improve physical activity in Johnson County. During the 2010-2015 CHNA/HIP process one of the key priority areas identified was overweight/obesity. To address this important health need, JCPH sought to increase physical activity and encourage health-eating habits among Johnson County residents. As a part of the CHNA/HIP, JCPH formed a coalition of community partners called the Johnson County Alliance for Healthy Living. Activities supported by this coalition since 2010 have included health fairs, farmers markets, good demonstrations, cooking classes, farmer's fairs, school fun nights, walking school buses, walking and biking assessments, bike to school days, vending machine assessments, acquisition of bike racks, and food system assessments.



Over the next five years and beyond, it will be essential to build on these past successes and continue to develop strategies to decrease obesity and increase physical activity in Johnson County. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.



Promoting Well-Being: Sexual Health

Sexual Health

Sexual health is an important component to the overall health and wellbeing of individuals in the community. Unfortunately, sexual health is frequently ignored or overlooked because of social stigma and discomfort in discussing problems related to sexual health. Reproductive and sexual health services can often represent an important entry point into the health care system. Reproductive and sexual health services provide pregnancy prevention, testing and treatment for sexually transmitted infections (STI), prenatal care, and screening for reproductive cancer. In addition, these services also provide screening for domestic violence/abuse and substance abuse, as well as general health counseling including nutrition and exercise.⁹



Sexually transmitted infections (STI) are largely preventable, yet these infections continue to have significant health and economic burden on individuals, families, and our communities. STIs can lead to problems with reproductive health, fetal and perinatal problems, and cancers like cervical cancer. Almost half of all STIs occur in young people ages 15-24. Some of the most common STIs include chlamydia, gonorrhea, and HPV. In addition, HIV is a STI that can have serious physical, mental, and social health consequences. Unfortunately, many STIs go undiagnosed leading to potentially serious long-term health consequences including infertility, ectopic pregnancies, chronic pelvic pain, and cancers.

The spread of STIs cannot be fully understood without looking at the direct influences of social, economic, and behavioral factors. STIs disproportionately affect people belonging to racial minorities, the impoverished, disenfranchised people, and people in social networks in which high-risk sexual behaviors are more common.⁹ Given the stigma associated with STIs and discomfort in discussing sexual health, STIs represent an important, yet challenging public health issue for the health and wellbeing of the residents of Johnson County.

Statement of Need

Unfortunately, rates of chlamydia infection since 2007 have risen and consistently have been higher than state and national levels. In addition, rates of gonorrhea infection have generally risen since 2006. Despite being lower than national gonorrhea infection rates, infection rates in Johnson County remain above state levels.





Promoting Well-Being: Sexual Health

Furthermore, rates of syphilis infection in Johnson County, although variable, have generally remained above state and national levels. Further pointing to the need to focus on the sexual health of Johnson County residents is the increasing rates of new HIV infections in Johnson County since 2009. This stands in stark contrast to the generally declining rates at the state and national level.

Although county level data regarding contraceptive/barrier protection use are not available, 2014 University of Iowa data shows rates of consistent condom/barrier protection use during vaginal, oral and anal intercourse to be low at approximately 56%, 7% and 37%, respectively. Given that the highest rate of STIs is in those ages 15-24, these low rates of consistent condom/barrier protection use are particularly concerning.

Over the next five years, JCPH will partner with the Sexual Health Alliance of Linn & Johnson County to achieve a shared vision of a community that has educated providers and connected service agencies where the community is engaged and collaborative and has access to inclusive and comprehensive resources. The HIP will be updated annually to reflect the specific goals and strategies developed to address this important health need in our community.





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