

# Polk County

43%

▶ ATE 3 OR MORE FRUITS AND VEGETABLES IN A DAY

25%

▶ EXERCISED 30 MINUTES OR MORE ONLY 1 DAY PER WEEK

43%

▶ CONSIDER THEMSELVES IN GOOD HEALTH

Brought to you by: Amery Regional Medical Center, Osceola Medical Center, Polk County Health Department and St Croix Regional Medical Center

## 2012 Community Health Needs Assessment Process

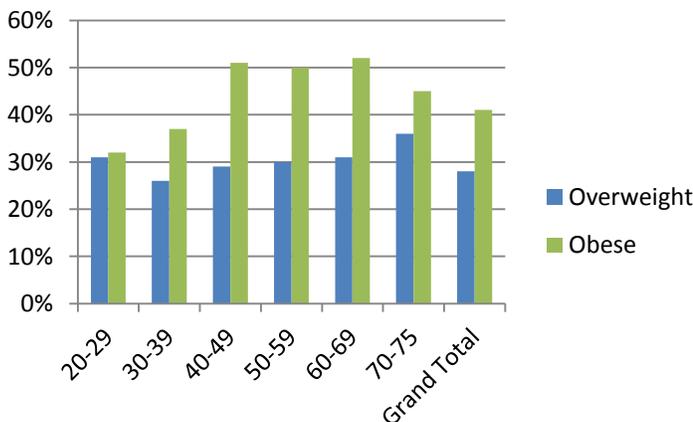
The Health Department, in collaboration with Amery Regional Medical Center, Osceola Medical Center and St. Croix Regional Medical Center has been working the past six months to update the 2009 Polk County Community Health Needs Assessment. This effort included a comprehensive review of health data, an analysis of real time body mass index data from local clinic electronic medical records and health and lifestyle data from recent community surveys. Four community forums were also held throughout the county to elicit public input on the ten top health focus areas identified by the comprehensive data review process.

An exciting component of the assessment was real time data from our medical center's clinics which helps us understand how widespread obesity and overweight is in Polk County. You may remember having your height and weight measured during a clinic visit. This sort of screening is becoming more routine as a preventive effort. Based on those measurements, the percentage of patients that are overweight or obese can be estimated.



### Percent Overweight and Obese

Polk County Patients, Adults  
Jan-June 2012



The assessment shows that a very high percentage of Polk County adults that are screened are overweight or obese. Over time, as more and more people are screened in Polk County clinics, the magnitude of how wide spread these problems are will be more clear. Monitoring change over time is the ultimate goal.

In 2012, the medical centers and the health department also worked together to conduct 3 different health surveys in Polk County. These surveys included:

- An ARMC sponsored Community Needs Assessment survey given over the phone (402 respondents).
- A county wide survey of the health of Polk County residents. This survey was available at all of the medical centers, the health department, as well as advertised in the newspapers and on all 4 organization’s websites (1,214 respondents).
- A consumer health survey funded by the Community Transformation grant which was mailed to all Polk County Residents (154 respondents).

Identical questions on the surveys were combined and all the surveys were analyzed.

Two of the surveys included open ended questions of “What is healthy about Polk County?” and “What is unhealthy about Polk County?” Of people who responded to the questions:

- 25% of respondents were randomly selected and answers were further analyzed.
- Some respondents provided a response to one question, but not the other.
- Many of the responses were limited to a single word or short phrase.
- Others were very descriptive and identified multiple issues.

When commenting on healthy aspects of Polk County, respondents commented in the area of physical activity more often than any single category (42%), followed by physical environment (30%) and other (29%). Respondents also commented frequently on the areas of access to care (19%) and nutrition (14%).

### What is healthy about Polk County?

- “Smoke free businesses”
- “Clean air, natural beauty, green space”
- “Friendly community”
- “Great medical care”
- “Friends who share common goals and knowledge”
- “Nice place to raise a family”
- “Community health care resources such as Interfaith Caregivers, home health care nurses, senior center, hospital”

### What is unhealthy about Polk County?

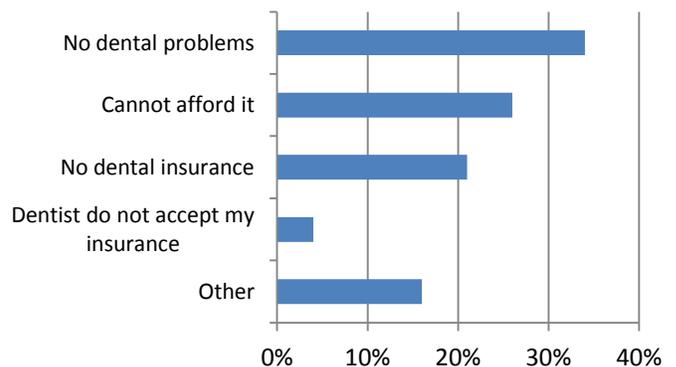
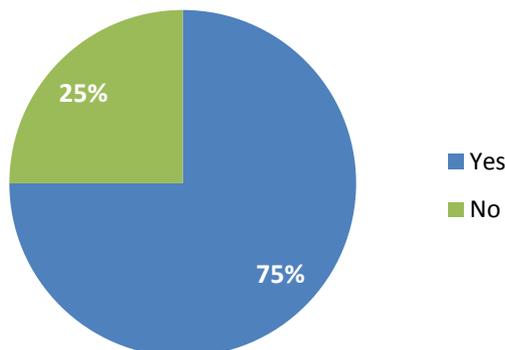
- “Lack of community grocery stores where you can get fresh fruit and veggies at an affordable price.”
- “Too much drug and alcohol use”
- “People are too fat”

When commenting on unhealthy aspects of Polk County, respondents commented in the area of alcohol and other drugs more than any single category (31%), followed by nutrition (12%) and access to health care (11%), physical activity (10%) and tobacco (10%). Approximately one quarter of respondents (23%) also included comments that were considered “other”.

Altogether, the 197 respondents (the 25% selected) provided 514 comments. The two categories that generated the most comments about health in Polk county (on either healthy or unhealthy aspects), were other (30%) and physical activity (30%). Followed by physical environment (13%), alcohol and other drugs (12%), access to health care (11%) and nutrition (10%).

## Survey Highlights

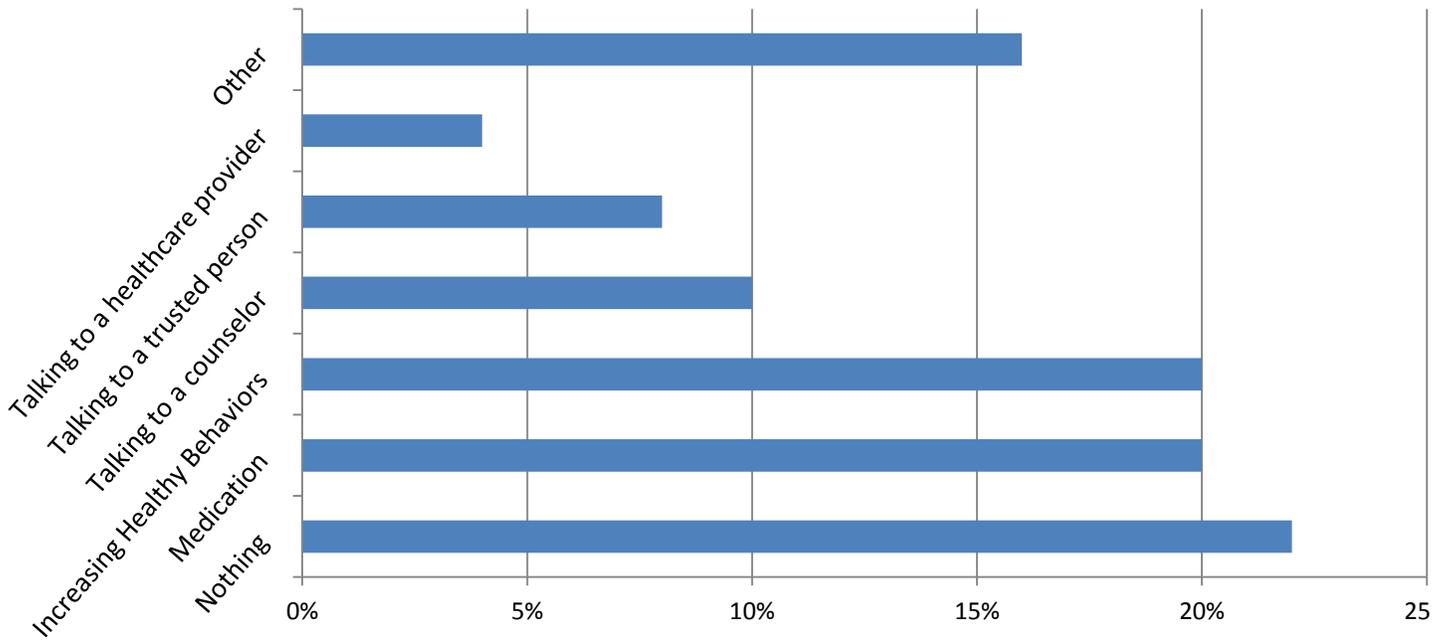
### Have you been to the dentist in the past 12 months? Why not?



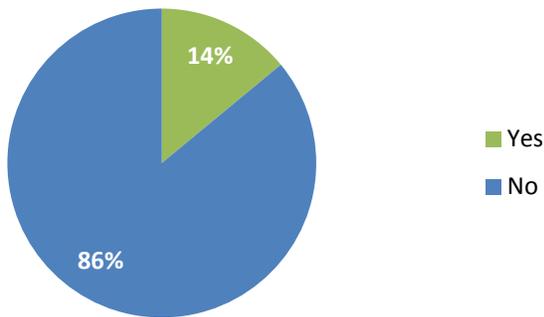
**In the last 12 months have you ever felt so overwhelmed that you considered suicide?**

4% of respondents said yes.

**How are you addressing the problem?**



**In the last twelve months, was there something that prevented you from getting the medical care you needed?**

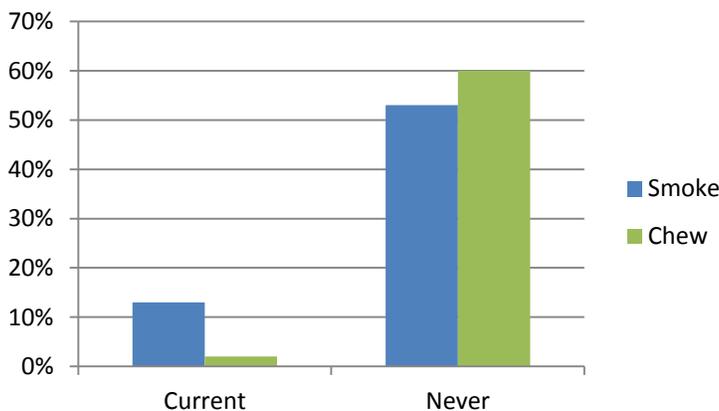


Of the respondents who answered yes, 96% of the people answered the follow-up question “why did you not receive the medical care you thought you needed?”

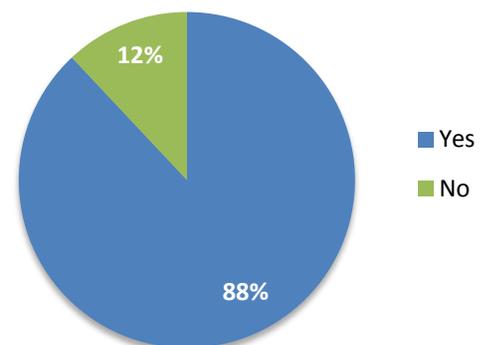
The top answers were:

- Cannot afford to pay
- Uninsured
- Insurance didn't cover it
- Co-payments too high

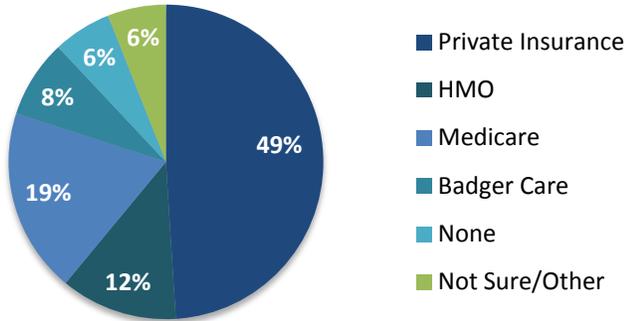
**Tobacco Use**



**Is every member of your household currently covered by health insurance?**

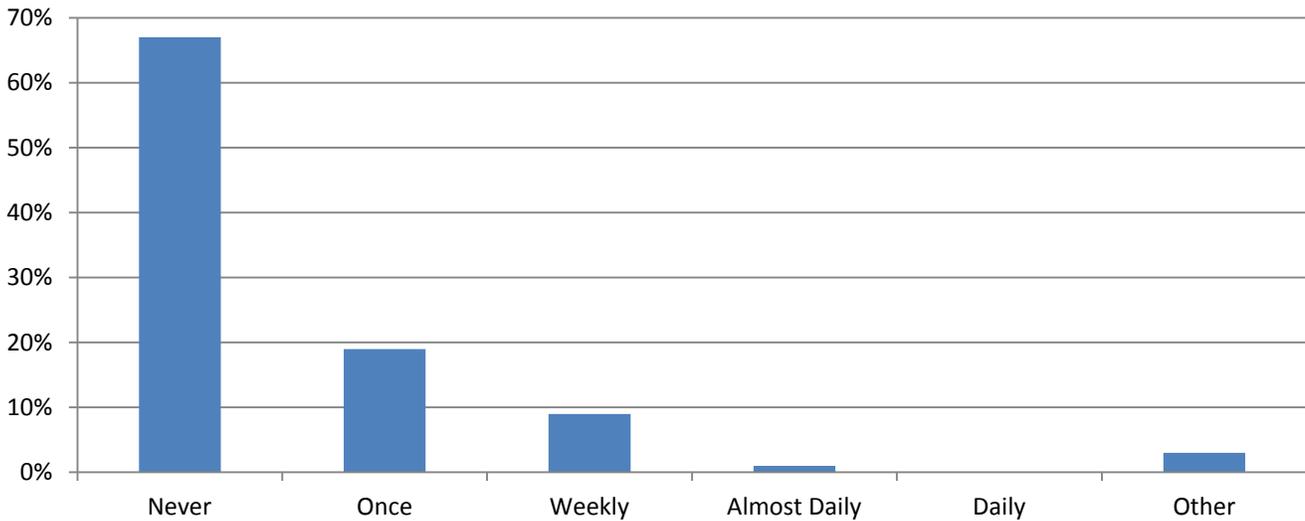


## What is your primary type of health care coverage?



## Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks in one setting (male) or four or more drinks (female)?

Most people (67%) reported never. Some reported binge drinking at varying intervals.



The Health Department worked together with ARMC, OMC and SCRMC to coordinate 4 community meetings to share data on the health of Polk County and elicit the community's thoughts on what the health issues are in Polk County, as well as ideas of next steps. At those meetings, community members had the opportunity to vote for what they thought were the priority health focus areas for Polk County. The table below shows how the community ranked the top ten issues.

Additional issues brought up during the forums are listed below:

- People are getting education on these things-how do we help families take education and apply it?
- How do we get to people before the need for medical care due to chronic disease?
- Access to care (especially mental health and dependence issues)
- Commonalities between the focus areas and how they overlap

Mental Health	16.5%
Obesity	15.3%
Alcohol and other drugs	14.1%
Physical Activity	12.9%
Nutrition	11.8%
Tobacco	7.6%
Violence Prevention	7.6%
Sexual Health	6.5%
Oral Health	2.9%
Injury Prevention	2.9%