



Community Health Assessment

Purpose

The purpose of the community health assessment is to convene a diverse stakeholder group to identify what factors affect the health of its population and what resources are available within the community to address these factors. Completing a Community Health Assessment is a core function of local public health.

Data Sources

- Bridge to Health - BTH (2000, 2005, 2010)
- Minnesota Student Survey MSS (2004, 2007, 2010)
- Minnesota Department of Health Statistics
- Minnesota Department of Human Services
- Census Data

Process

- Highlighted data sets from the above sources were compiled into a Community Health Assessment Data Profile Document. The Profile is posted online www.communityhealthboard.org (Health Data tab).
- An opinion survey was distributed and completed by 108 Lake County residents.
- Community stakeholders met during 2012- 2013 to review data and identify top health issues.

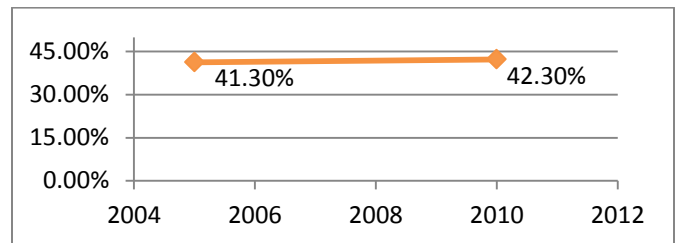
Partners Involved:

- Lake View Hospital and Clinic Staff
- Lake County Health Officer
- Lake County Board of Commissioners
- Lake County Human Services Director
- Lake County Public Health Supervisor
- Lake County Public Health Advisory Committee
- Community Health Board Members
- Community Partners and North Shore Area Partners
- Lake County Local SHIP Coordinator
- Lake Superior Community Education

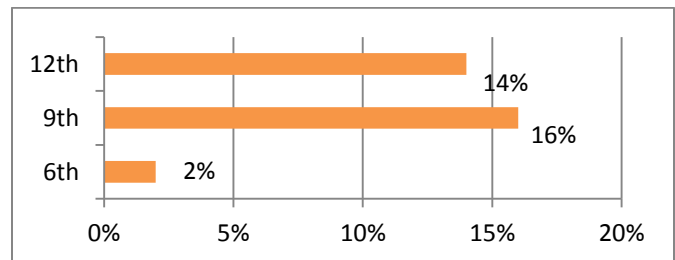
Priority: Inactivity and Poor Nutrition

Lake County adults and adolescents are less active than recommended for optimal health. For a variety of reasons, Lake County adolescents and adults do not consistently eat the recommended servings of fruits and vegetables.

INACTIVITY: According to Bridge to Health, from 2005 to 2010, the percentage of adults who reported engaging in moderate physical activity 3 or more days a week for at least 30 minutes increased from 41.3% to 42.3% (BTH).



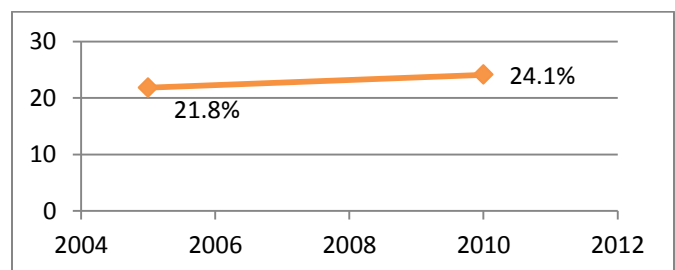
POOR NUTRITION: In Cook and Lake Counties, the percentages of adolescents who ate 5 or more servings of fruit, fruit juices or vegetables yesterday (2010) are 12th graders - 14%, 9th graders 16%, 6th graders - 2% (MSS).



Priority: Overweight and Obese Adults

Rapidly increasing rates of overweight and obesity among adults and children lead to chronic health issues/diseases (e.g., heart disease, diabetes, arthritis, etc.).

According to data from Bridge To Health, from 2005 to 2010, percentage of people reported as obese increased from 21.8% to 24.1% (BTH).



OTHER PRIORITIES ...

ALCOHOL AND DRUG USE: ADULTS AND USE

Chemical/Substance Abuse (drugs, alcohol, tobacco) in adults and children.

In 2010, the percentage of adults who reported engaging in binge drinking in the last month is 24.1% (BTH).

DIABETES

A growing percentage of adults in Lake County report having diabetes.

According to Bridge to Health, from 2000 to 2010, percentage of adults who reported having Diabetes increased from 5.4% to 12.4% (BTH).

UNINSURED/UNDERINSURED

Adults and youth report delaying care related to lack of insurance or being underinsured.

The percentage of adults who reported being uninsured were, in 2000- 3.8%, 2005- 2.7% and in 2010- 11.6% (BTH).

YOUTH ENGAGED IN SEXUAL ACTIVITY AND NOT USING PREVENTATIVE MEASURES

Increasing numbers of youth report engaging in sexual activity with decreased use of preventive measures.

Among sexually active adolescents, the reported percentage of adolescents who always use a birth control method in Cook and Lake Counties (2010) were- 12th graders – 60% and 9th graders- 50% (MSS).

MENTAL HEALTH

An increased number of adults report they have been diagnosed with chronic anxiety and depression. Youth report high levels of stress and mental health issues.

In 2010, percentage of adolescents who reported feeling under great pressure in the last 30 days were 12th graders 41%, 9th- 27% and 6th – 16% (MSS). Percentage of reported adult depression was in 2000 – 9.2%, 2005- 5.8%, 2010- 15.2% (BTH).

Next Steps

- Complete an environmental scan identifying current activities, community partners and gaps in services.
- Develop a Community Improvement Plan to address the top prioritized health issue: Inactivity and poor nutrition.

