



# 2025 COMMUNITY HEALTH NEEDS ASSESSMENT

Poweshiek County, Iowa

Sponsored by



# TABLE OF CONTENTS

<b>INTRODUCTION</b>	<b>5</b>
PROJECT OVERVIEW	6
Project Goals	6
Methodology	6
IRS FORM 990, SCHEDULE H COMPLIANCE	14
SUMMARY OF FINDINGS	15
Significant Health Needs of the Community	15
Summary Tables: Comparisons With Benchmark Data	17
<b>COMMUNITY DESCRIPTION</b>	<b>26</b>
POPULATION CHARACTERISTICS	27
Total Population	27
Urban/Rural Population	28
Age	29
Race & Ethnicity	30
Linguistic Isolation	31
SOCIAL DETERMINANTS OF HEALTH	33
Poverty	34
Education	35
Employment	36
Housing	37
Food Access	40
Transportation	42
Key Informant Input: Social Determinants of Health	43
<b>HEALTH STATUS</b>	<b>44</b>
OVERALL HEALTH STATUS	45
MENTAL HEALTH	47
Mental Health Status	47
Depression	48
Suicide	49
Mental Health Treatment	50
Key Informant Input: Mental Health	52
<b>DEATH, DISEASE &amp; CHRONIC CONDITIONS</b>	<b>54</b>
LEADING CAUSES OF DEATH	55
Distribution of Deaths by Cause	55
Death Rates for Selected Causes	56
CARDIOVASCULAR DISEASE	57
Heart Disease & Stroke Deaths	57
Prevalence of Heart Disease & Stroke	59
Cardiovascular Risk Factors	60
Key Informant Input: Heart Disease & Stroke	63
CANCER	64
Cancer Deaths	64
Cancer Incidence	66
Prevalence of Cancer	67



Cancer Screenings	68
Key Informant Input: Cancer	70
<b>RESPIRATORY DISEASE</b>	<b>71</b>
Respiratory Disease Deaths	71
Prevalence of Respiratory Disease	73
Key Informant Input: Respiratory Disease	75
<b>INJURY &amp; VIOLENCE</b>	<b>76</b>
Unintentional Injury	76
Key Informant Input: Injury & Violence	78
<b>DIABETES</b>	<b>79</b>
Diabetes Deaths	79
Prevalence of Diabetes	80
Kidney Disease Deaths	81
Key Informant Input: Diabetes	82
<b>DISABLING CONDITIONS</b>	<b>83</b>
Multiple Chronic Conditions	83
Chronic Pain	85
Alzheimer's Disease	86
Key Informant Input: Disabling Conditions	87
<b>BIRTHS</b>	<b>88</b>
<b>OBSTETRICS &amp; BIRTHING SERVICES</b>	<b>89</b>
Use of Local Obstetrics & Birthing Services	89
Awareness & Perceptions of Local Obstetrics & Birthing Services	89
<b>BIRTH OUTCOMES &amp; RISKS</b>	<b>92</b>
Low-Weight Births	92
<b>FAMILY PLANNING</b>	<b>93</b>
Births to Adolescent Mothers	93
Key Informant Input: Infant Health & Family Planning	94
<b>MODIFIABLE HEALTH RISKS</b>	<b>95</b>
<b>PHYSICAL ACTIVITY</b>	<b>96</b>
Leisure-Time Physical Activity	96
Activity Levels	97
<b>WEIGHT STATUS</b>	<b>100</b>
Key Informant Input: Nutrition, Physical Activity & Weight	103
<b>SUBSTANCE USE</b>	<b>104</b>
Alcohol Use	104
Drug Use	106
Alcohol & Drug Treatment	108
Key Informant Input: Substance Use	109
<b>TOBACCO USE</b>	<b>111</b>
Cigarette Smoking	111
Use of Vaping Products	113
Key Informant Input: Tobacco Use	115
<b>SEXUAL HEALTH</b>	<b>116</b>
HIV	116
Sexually Transmitted Infections (STIs)	117
Key Informant Input: Sexual Health	117



<b>ACCESS TO HEALTH CARE</b>	<b>118</b>
<b>HEALTH INSURANCE COVERAGE</b>	<b>119</b>
Type of Health Care Coverage	119
Lack of Health Insurance Coverage	120
<b>DIFFICULTIES ACCESSING HEALTH CARE</b>	<b>121</b>
Difficulties Accessing Services	121
Barriers to Health Care Access	122
Accessing Health Care for Children	123
Key Informant Input: Access to Health Care Services	123
<b>PRIMARY CARE SERVICES</b>	<b>125</b>
Access to Primary Care	125
Utilization of Primary Care Services	126
<b>EMERGENCY ROOM UTILIZATION</b>	<b>128</b>
<b>ORAL HEALTH</b>	<b>129</b>
Dental Insurance	129
Dental Care	130
Key Informant Input: Oral Health	131
<b>LOCAL RESOURCES</b>	<b>133</b>
<b>PERCEPTIONS OF LOCAL HEALTH CARE SERVICES</b>	<b>134</b>
Resources Available to Address Significant Health Needs	136
<b>APPENDIX</b>	<b>139</b>
<b>EVALUATION OF PAST ACTIVITIES</b>	<b>140</b>





# PROJECT OVERVIEW

## Project Goals

This Community Health Needs Assessment, a follow-up to a similar study conducted in 2022, is a systematic, data-driven approach to determining the health status, behaviors, and needs of residents in Poweshiek County, the service area of UnityPoint Health Grinnell Regional Medical Center. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

A Community Health Needs Assessment provides information so that communities may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status. This Community Health Needs Assessment will serve as a tool toward reaching three basic goals:

- To improve residents' health status, increase their life spans, and elevate their overall quality of life. A healthy community is not only one where its residents suffer little from physical and mental illness, but also one where its residents enjoy a high quality of life.
- To reduce the health disparities among residents. By gathering demographic information along with health status and behavior data, it will be possible to identify population segments that are most at-risk for various diseases and injuries. Intervention plans aimed at targeting these individuals may then be developed to combat some of the socio-economic factors that historically have had a negative impact on residents' health.
- To increase accessibility to preventive services for all community residents. More accessible preventive services will prove beneficial in accomplishing the first goal (improving health status, increasing life spans, and elevating the quality of life), as well as lowering the costs associated with caring for late-stage diseases resulting from a lack of preventive care.

This assessment was conducted on behalf of UnityPoint Health Grinnell Regional Medical Center by Professional Research Consultants, Inc. (PRC), a nationally recognized health care consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States since 1994.

## Methodology

This assessment incorporates data from multiple sources, including primary research (through the PRC Community Health Survey and PRC Online Key Informant Survey), as well as secondary research (vital statistics and other existing health-related data). It also allows for trending and comparison to benchmark data at the state and national levels.

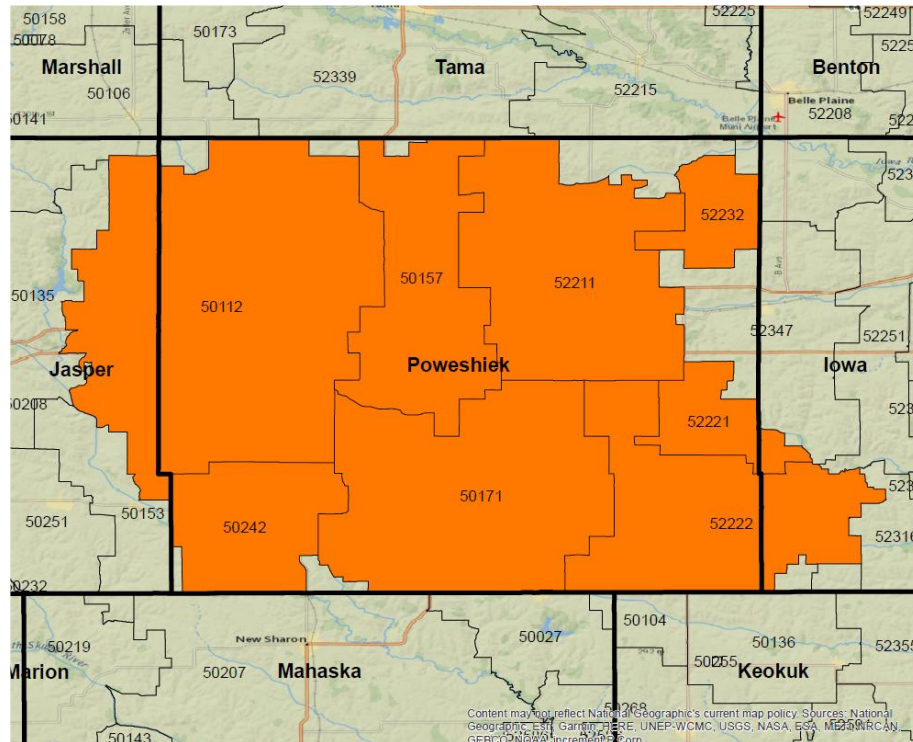
## PRC Community Health Survey

### Survey Instrument

The survey instrument used for this study is based largely on the Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS), as well as various other public health surveys and customized questions addressing gaps in indicator data relative to health promotion and disease prevention objectives and other recognized health issues. The final survey instrument was developed by UnityPoint Health Grinnell Regional Medical Center and PRC and is similar to the previous survey used in the region, allowing for data trending.



The study area for the survey effort (referred to as “Poweshiek County” in this report) is defined as each of the residential ZIP Codes comprising Poweshiek County. This community definition, determined based on the ZIP Codes of residence of recent patients of UnityPoint Health Grinnell Regional Medical Center, is illustrated in the following map.

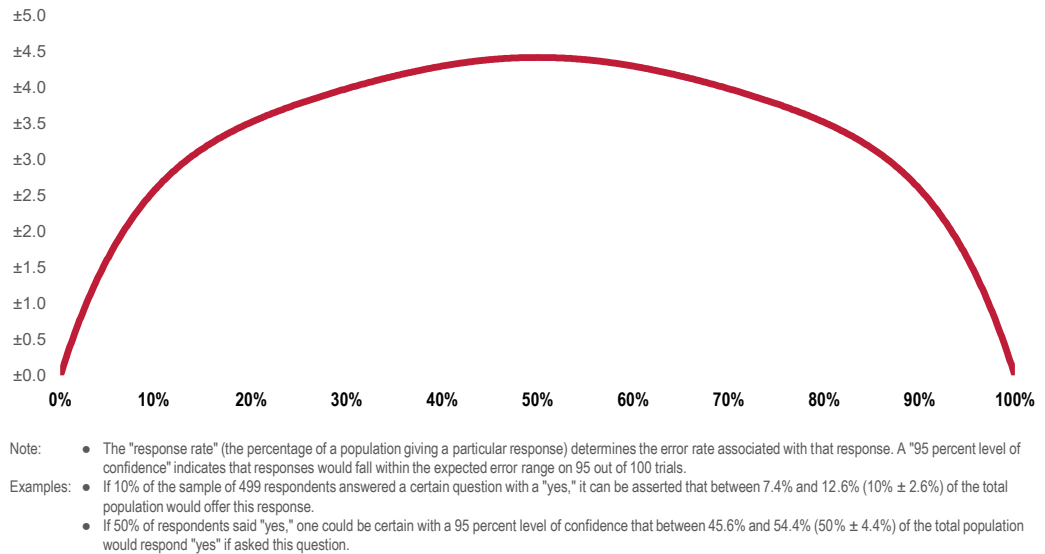


A precise and carefully executed methodology is critical in asserting the validity of the results gathered in the PRC Community Health Survey. Thus, to ensure the best representation of the population surveyed, a mixed-mode methodology was implemented. This included targeted surveys conducted by PRC via telephone (landline and cell phone) or through online questionnaires, as well as a community outreach component promoted by the study sponsors through social media posting and other communications.

**COMMUNITY OUTREACH SURVEYS** (UnityPoint Health Grinnell Regional Medical Center) ► PRC also created a link to an online version of the survey, and UnityPoint Health Grinnell Regional Medical Center promoted this link locally in order to drive additional participation and bolster overall samples. This yielded an additional 299 surveys to the overall sample.

For statistical purposes, for questions asked of all respondents, the maximum rate of error associated with a sample size of 499 respondents is  $\pm 4.4\%$  at the 95 percent confidence level.

## Expected Error Ranges for a Sample of 499 Respondents at the 95 Percent Level of Confidence



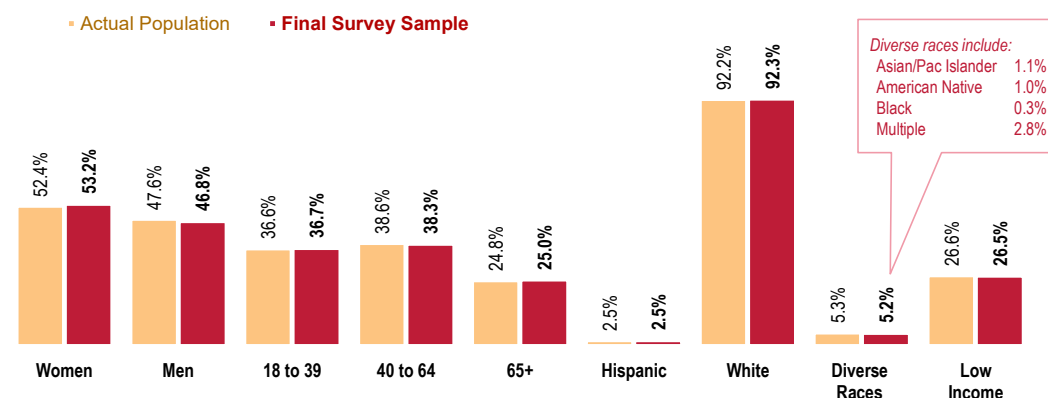
## Sample Characteristics

To accurately represent the population studied, PRC strives to minimize bias through application of a proven telephone methodology and random-selection techniques. While this random sampling of the population produces a highly representative sample, it is a common and preferred practice to "weight" the raw data to improve this representativeness even further. This is accomplished by adjusting the results of a random sample to match the geographic distribution and demographic characteristics of the population surveyed (poststratification), so as to eliminate any naturally occurring bias. Specifically, once the raw data are gathered, respondents are examined by key demographic characteristics (namely sex, age, race, ethnicity, and poverty status), and a statistical application package applies weighting variables that produce a sample which more closely matches the population for these characteristics. Thus, while the integrity of each individual's responses is maintained, one respondent's responses might contribute to the whole the same weight as, for example, 1.1 respondents. Another respondent, whose demographic characteristics might have been slightly oversampled, might contribute the same weight as 0.9 respondents.

The following chart outlines the characteristics of the Poweshiek County sample for key demographic variables, compared to actual population characteristics revealed in census data. [Note that the sample consisted solely of area residents age 18 and older; data on children were given by proxy by the person most responsible for that child's health care needs, and these children are not represented demographically in this chart.]



## Population & Survey Sample Characteristics (Poweshiek County, 2025)



Sources: 

- US Census Bureau, 2016-2020 American Community Survey.
- 2025 PRC Community Health Survey, PRC, Inc.

  
 Notes: 

- "Low Income" reflects those living under 200% of the federal poverty level, based on guidelines established by the US Department of Health & Human Services.
- All Hispanic respondents are grouped, regardless of identity with any other race group. Race reflects those who identify with a single race category, without Hispanic origin. "Diverse Races" includes those who identify as Black or African American, American Indian or Alaska Native, Asian, Native Hawaiian/Pacific Islander, or as being of multiple races, without Hispanic origin.

The sample design and the quality control procedures used in the data collection ensure that the sample is representative. Thus, the findings may be generalized to the total population of community members in the defined area with a high degree of confidence.

## Online Key Informant Survey

To solicit input from key informants, those individuals who have a broad interest in the health of the community, an Online Key Informant Survey also was implemented as part of this process. A list of recommended participants was provided by UnityPoint Health Grinnell Regional Medical Center; this list included names and contact information for physicians, public health representatives, other health professionals, social service providers, and a variety of other community leaders. Potential participants were chosen because of their ability to identify primary concerns of the populations with whom they work, as well as of the community overall.

Key informants were contacted by email, introducing the purpose of the survey and providing a link to take the survey online; reminder emails were sent as needed to increase participation. In all, 65 community representatives took part in the Online Key Informant Survey, as outlined in the table that follows:

ONLINE KEY INFORMANT SURVEY PARTICIPATION	
KEY INFORMANT TYPE	NUMBER PARTICIPATING
Physicians	1
Public Health Representatives	2
Other Health Providers	4
Social Services Providers	4
Other Community Leaders	54



Through this process, input was gathered from individuals whose organizations work with low-income, minority, or other medically underserved populations. Final participation included representatives of the organizations outlined below.

- Ahrens Foundation
- Bear Creek Kids Campus
- BGM School District 7–12
- BGM School District K–6
- Brooklyn Community Estates–Nursing Home
- Brooklyn Public Library
- Director- Grinnell Parks and Rec
- English Valley Bed & Breakfast
- Farm to Table
- Greater Poweshiek Community Foundation
- Grinnell City Council
- Grinnell College
- Grinnell Education Partnership
- Grinnell Fire Department
- Grinnell Housing Authority
- Grinnell Police Department
- Grinnell State Bank
- Grinnell Regional Medical Center Board of Directors
- Grinnell Regional Medical Center Foundation
- Grinnell Regional Medical Center Foundation Board of Directors
- Grinnell–Newberg Schools
- Latitude Signage + Design
- Mid-Iowa Community Action
- Mid-Iowa Community Action–1st Five
- Montezuma Emergency Medical Services
- Montezuma Fire Department
- Montezuma School District
- Parents as Partners
- Pow I-80
- Poweshiek County Board of Health
- Poweshiek County Board of Supervisors
- Poweshiek County Emergency Manager
- Poweshiek County Sanitarian
- Poweshiek County Sheriff
- Prairie Lakes Church
- UnityPoint Health Grinnell, Poweshiek County Public Health
- UnityPoint Health Grinnell Regional Medical Center

In the online survey, key informants were asked to rate the degree to which various health issues are a problem in their own community. Follow-up questions asked them to describe why they identify problem areas as such and how these might better be addressed. Results of their ratings, as well as their verbatim comments, are included throughout this report as they relate to the various other data presented.

## Public Health, Vital Statistics & Other Data

A variety of existing (secondary) data sources was consulted to complement the research quality of this Community Health Needs Assessment. Data for Poweshiek County were obtained from the following sources (specific citations are included with the graphs throughout this report):

- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension, SparkMap ([sparkmap.org](http://sparkmap.org))
- Centers for Disease Control & Prevention, Office of Infectious Disease, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention



- Centers for Disease Control & Prevention, Office of Public Health Science Services, National Center for Health Statistics
- National Cancer Institute, State Cancer Profiles
- US Census Bureau, American Community Survey
- US Census Bureau, County Business Patterns
- US Census Bureau, Decennial Census
- US Department of Agriculture, Economic Research Service
- US Department of Health & Human Services
- US Department of Health & Human Services, Health Resources and Services Administration (HRSA)
- US Department of Justice, Federal Bureau of Investigation
- US Department of Labor, Bureau of Labor Statistics

Note that secondary data reflect county-level data.

## Benchmark Comparisons

### Trending

A similar survey was administered in Poweshiek County in 2022 by PRC on behalf of UnityPoint Health Grinnell Regional Medical Center. Trending data, as revealed by comparison to prior survey results, are provided throughout this report whenever available. Historical data for secondary data indicators are also included for the purposes of trending.

### Iowa Data

State-level findings are provided where available as an additional benchmark against which to compare local findings. For survey indicators, these are taken from the most recently published data from the CDC's Behavioral Risk Factor Surveillance System (BRFSS). For other indicators, these draw from vital statistics, census, and other existing data sources.

### National Data

National survey data, which are also provided in comparison charts, are taken from the *2023 PRC National Health Survey*; these data may be generalized to the US population with a high degree of confidence. National-level findings (from various existing resources) are also provided for comparison of secondary data indicators.

### Healthy People 2030 Objectives

Healthy People provides 10-year, measurable public health objectives — and tools to help track progress toward achieving them. Healthy People identifies public health priorities to help individuals, organizations, and communities across the United States improve health and well-being. Healthy People 2030, the initiative's fifth iteration, builds on knowledge gained over the first four decades.



The Healthy People 2030 framework was based on recommendations made by the Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030. After receiving feedback from individuals and organizations and input from subject matter experts, the US Department of Health and Human Services (HHS) approved the framework which helped guide the selection of Healthy People 2030 objectives.



## Determining Significance

Differences noted in this report represent those determined to be significant. For survey-derived indicators (which are subject to sampling error), statistical significance is determined based on confidence intervals (at the 95 percent confidence level), using question-specific samples and response rates. For the purpose of this report, “significance” of secondary data indicators (which do not carry sampling error but might be subject to reporting error) is determined by a 15% variation from the comparative measure.



## Information Gaps

While this assessment is quite comprehensive, it cannot measure all possible aspects of health in the community, nor can it adequately represent all possible populations of interest. It must be recognized that these information gaps might in some ways limit the ability to assess all of the community's health needs.

For example, certain population groups — such as the homeless, institutionalized persons, or those who only speak a language other than English or Spanish — are not represented in the survey data. Other population groups — for example, pregnant women, LGBTQ+ residents, undocumented residents, and members of certain racial/ethnic or immigrant groups — while included in the overall findings, might not be individually identifiable or might not comprise a large-enough sample for independent analyses.

In terms of content, this assessment was designed to provide a comprehensive and broad picture of the health of the overall community. However, there are certainly medical conditions that are not specifically addressed.

## Public Comment

UnityPoint Health Grinnell Regional Medical Center made its prior Community Health Needs Assessment (CHNA) report publicly available through its website; through that mechanism, the hospital requested from the public written comments and feedback regarding the CHNA and implementation strategy. At the time of this writing, UnityPoint Health Grinnell Regional Medical Center had not received any written comments. However, through population surveys and key informant feedback for this assessment, input from the broader community was considered and taken into account when identifying and prioritizing the significant health needs of the community. UnityPoint Health Grinnell Regional Medical Center will continue to use its website as a tool to solicit public comments and ensure that these comments are considered in the development of future CHNAs.



# IRS FORM 990, SCHEDULE H COMPLIANCE

For nonprofit hospitals, a Community Health Needs Assessment (CHNA) also serves to satisfy certain requirements of tax reporting, pursuant to provisions of the Patient Protection & Affordable Care Act of 2010. To understand which elements of this report relate to those requested as part of hospitals' reporting on IRS Schedule H (Form 990), the following table cross-references related sections.

IRS FORM 990, SCHEDULE H		See Report Page
Part V Section B Line 3a	A definition of the community served by the hospital facility	7
Part V Section B Line 3b	Demographics of the community	27
Part V Section B Line 3c	Existing health care facilities and resources within the community that are available to respond to the health needs of the community	135
Part V Section B Line 3d	How data was obtained	6
Part V Section B Line 3e	The significant health needs of the community	15
Part V Section B Line 3f	Primary and chronic disease needs and other health issues of uninsured persons, low-income persons, and minority groups	Addressed Throughout
Part V Section B Line 3g	The process for identifying and prioritizing community health needs and services to meet the community health needs	16
Part V Section B Line 3h	The process for consulting with persons representing the community's interests	9
Part V Section B Line 3i	The impact of any actions taken to address the significant health needs identified in the hospital facility's prior CHNA(s)	141



# SUMMARY OF FINDINGS

## Significant Health Needs of the Community

The following “Areas of Opportunity” represent the significant health needs of the community, based on the information gathered through this Community Health Needs Assessment. From these data, opportunities for health improvement exist in the area with regard to the following health issues (see also the summary tables presented in the following section).

The Areas of Opportunity were determined after consideration of various criteria, including: standing in comparison with benchmark data (particularly national data); identified trends; the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue. These also take into account those issues of greatest concern to the key informants giving input to this process.

### AREAS OF OPPORTUNITY IDENTIFIED THROUGH THIS ASSESSMENT

ACCESS TO HEALTH CARE SERVICES	<ul style="list-style-type: none"><li>▪ Barriers to Access<ul style="list-style-type: none"><li>○ Cost of Prescriptions</li></ul></li><li>▪ Primary Care Physician Ratio</li></ul>
CANCER	<ul style="list-style-type: none"><li>▪ Leading Cause of Death</li><li>▪ Cancer Deaths<ul style="list-style-type: none"><li>○ Including Lung Cancer and Colorectal Cancer Deaths</li></ul></li><li>▪ Cancer Prevalence</li><li>▪ Cervical Cancer Screening</li></ul>
DIABETES	<ul style="list-style-type: none"><li>▪ Diabetes Deaths</li></ul>
DISABLING CONDITIONS	<ul style="list-style-type: none"><li>▪ Alzheimer’s Disease Deaths</li></ul>
HEART DISEASE & STROKE	<ul style="list-style-type: none"><li>▪ Leading Cause of Death</li><li>▪ Heart Disease Deaths</li><li>▪ Stroke Deaths</li></ul>
HOUSING	<ul style="list-style-type: none"><li>▪ Housing Insecurity</li><li>▪ Housing Conditions</li></ul>
MENTAL HEALTH	<ul style="list-style-type: none"><li>▪ Mental Health Provider Ratio</li><li>▪ Key Informants: <i>Mental Health</i> ranked as a top concern.</li></ul>
NUTRITION, PHYSICAL ACTIVITY & WEIGHT	<ul style="list-style-type: none"><li>▪ Overweight &amp; Obesity [Adults]</li></ul>

— continued on the following page—



AREAS OF OPPORTUNITY (continued)	
RESPIRATORY DISEASE	<ul style="list-style-type: none"> <li>▪ Lung Disease Deaths</li> <li>▪ Pneumonia/Influenza Deaths</li> <li>▪ Asthma Prevalence [Adults]</li> </ul>
SUBSTANCE USE	<ul style="list-style-type: none"> <li>▪ Sought Help for Alcohol/Drug Issues</li> </ul>
TOBACCO USE	<ul style="list-style-type: none"> <li>▪ Use of Vaping Products</li> </ul>

## Community Feedback on Prioritization of Health Needs

Prioritization of the health needs identified in this assessment (“Areas of Opportunity” above) was determined based on a prioritization exercise conducted among providers and other community leaders (representing a cross-section of community-based agencies and organizations) as part of the Online Key Informant Survey.

In this process, these key informants were asked to rate the severity of a variety of health issues in the community. Insofar as these health issues were identified through the data above and/or were identified as top concerns among key informants, their ranking of these issues informed the following priorities:

1. Mental Health
2. Cancer
3. Social Determinants of Health (Including Housing)
4. Diabetes
5. Nutrition, Physical Activity & Weight
6. Substance Use
7. Heart Disease & Stroke
8. Tobacco Use
9. Disabling Conditions
10. Access to Health Care Services
11. Respiratory Disease

## Hospital Implementation Strategy

UnityPoint Health Grinnell Regional Medical Center will use the information from this Community Health Needs Assessment to develop an Implementation Strategy to address the significant health needs in the community. While the hospital will likely not implement strategies for all of the health issues listed above, the results of this prioritization exercise will be used to inform the development of the hospital's action plan to guide community health improvement efforts in the coming years.

Note: An evaluation of the hospital's past activities to address the needs identified in prior CHNAs can be found as an appendix to this report.



# Summary Tables: Comparisons With Benchmark Data

## Reading the Summary Tables

- In the following tables, Poweshiek County results are shown in the larger, gray column.
- The columns to the right of the Poweshiek County column provide trending, as well as comparisons between local data and any available state and national findings, and Healthy People 2030 objectives. Symbols indicate whether Poweshiek County compares favorably (☀️), unfavorably (💜), or comparably (🌊) to these external data.

Note that blank table cells signify that data are not available or are not reliable for that area and/or for that indicator.

*Tip: Indicator labels beginning with a “%” symbol are taken from the PRC Community Health Survey; the remaining indicators are taken from secondary data sources.*

### TREND SUMMARY

(Current vs. Baseline Data)






















#### SURVEY DATA INDICATORS:

Trends for survey-derived indicators represent significant changes since 2022 (or earliest available data). Note that survey data reflect the ZIP Code-defined Poweshiek County.




#### OTHER (SECONDARY) DATA INDICATORS:

Trends for other indicators (e.g., public health data) represent point-to-point changes between the most current reporting period and the earliest presented in this report (typically representing the span of roughly a decade). Local secondary data reflect county-level data.





































SOCIAL DETERMINANTS	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
Linguistically Isolated Population (Percent)	0.9	 2.0	 3.9		
Population in Poverty (Percent)	11.1	 11.0	 12.4	 8.0	
Children in Poverty (Percent)	9.9	 12.7	 16.3	 8.0	
No High School Diploma (Age 25+, Percent)	5.4	 6.8	 10.6		
Unemployment Rate (Age 16+, Percent)	2.6	 3.0	 3.9		 4.6
% Worry/Stress Over Rent/Mortgage in Past Year	29.6		 45.8		 21.6
% Unhealthy/Unsafe Housing Conditions	9.3		 16.4		 4.2
Population With Low Food Access (Percent)	6.1	 20.0	 22.2		
% Food Insecure	17.3		 43.3		 22.3
% Lack of Transportation Prevented Activities in the Past Year	8.4				

 better
  similar
  worse

OVERALL HEALTH	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
% "Fair/Poor" Overall Health	14.8	 17.3	 15.7		 22.0

 better
  similar
  worse

ACCESS TO HEALTH CARE	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
% [Age 18-64] Lack Health Insurance	5.6	 7.4	 8.1	 7.6	 4.3
% Difficulty Accessing Health Care in Past Year (Composite)	37.5		 52.5		 42.6
% Cost Prevented Physician Visit in Past Year	11.6	 7.3	 21.6		 10.1
% Cost Prevented Getting Prescription in Past Year	11.4		 20.2		 4.8
% Difficulty Getting Appointment in Past Year	18.6		 33.4		 23.0
% Inconvenient Hrs Prevented Dr Visit in Past Year	17.0		 22.9		 16.3
% Difficulty Finding Physician in Past Year	13.4		 22.0		 17.7
% Transportation Hindered Dr Visit in Past Year	7.2		 18.3		 7.5
% Language/Culture Prevented Care in Past Year	0.3		 5.0		 1.3
% Difficulty Getting Child's Health Care in Past Year	2.4		 11.1		 9.6
Primary Care Doctors per 100,000	85.7	 118.7	 118.5		
% Routine Checkup in Past Year	69.2	 78.1	 65.3		 68.2
% [Child 0-17] Routine Checkup in Past Year	93.0		 77.5		 91.0
% Two or More ER Visits in Past Year	12.1		 15.6		 10.4
% Rate Local Health Care "Fair/Poor"	15.0		 11.5		 11.5





































better



similar



worse

CANCER	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
Cancer Deaths per 100,000	230.5	 196.6	 182.5	 122.7	 263.7
Lung Cancer Deaths per 100,000	66.7	 45.5	 39.8	 25.1	 33.6
Colorectal Cancer Deaths per 100,000	21.6	 17.6	 16.3	 8.9	 20.8
Cancer Incidence per 100,000	452.7	 491.8	 444.4		
Lung Cancer Incidence per 100,000	62.4	 60.8	 53.1		
Female Breast Cancer Incidence per 100,000	120.1	 136.9	 129.8		
Prostate Cancer Incidence per 100,000	100.3	 125.9	 113.2		
Colorectal Cancer Incidence per 100,000	42.2	 39.9	 36.4		
% Cancer	11.3	 12.9	 7.4		 7.5
% [Women 50-74] Breast Cancer Screening	80.5		 64.0	 80.5	 73.7
% [Women 21-65] Cervical Cancer Screening	69.9		 75.4	 84.3	 88.4
% [Age 45-75] Colorectal Cancer Screening	71.0		 71.5	 74.4	 66.3
















better




























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worse





DIABETES	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
Diabetes Deaths per 100,000	45.0	 31.6	 30.5		 61.0
% Diabetes/High Blood Sugar	10.0	 11.3	 12.8		 14.9
% Borderline/Pre-Diabetes	14.0		 15.0		 12.1
Kidney Disease Deaths per 100,000	13.0	 14.4	 16.4		
		 better	 similar	 worse	




DISABLING CONDITIONS	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
% 3+ Chronic Conditions	39.8		 38.0		 33.9
% High-Impact Chronic Pain	15.8		 19.6	 6.4	 15.6
Alzheimer's Disease Deaths per 100,000	43.2	 39.9	 35.8		 32.3
		 better	 similar	 worse	





HEART DISEASE & STROKE	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
Heart Disease Deaths per 100,000	308.1	 241.9	 209.5	 127.4	 213.5
% Heart Disease	6.9	 6.4	 10.3		 9.8
Stroke Deaths per 100,000	91.9	 43.9	 49.3	 33.4	 70.0
% Stroke	1.7	 2.8	 5.4		 3.2




HEART DISEASE & STROKE (continued)	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
% High Blood Pressure	43.3	 34.5	 40.4	 42.6	 38.1
% High Cholesterol	34.0		 32.4		 35.9
% 1+ Cardiovascular Risk Factor	90.2		 87.8		 89.3















 better
  similar
  worse




INFANT HEALTH & FAMILY PLANNING	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
Teen Births per 1,000 Females 15-19	5.3	 13.7	 15.5		
Low Birthweight (Percent of Births)	7.1	 7.0	 8.4		
% Aware of Local OB/Birthing Services	69.9				
% [Aware of Svcs] Availability of Local OB/Birthing Svcs is "Fair/Poor"	9.5				
% Member of Household Used OB/Birthing Services in the Past Year	18.6				


















 better
  similar
  worse




INJURY & VIOLENCE	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
Unintentional Injury Deaths per 100,000	45.0	 56.3	 67.8	 43.2	 50.2














 better
  similar
  worse



















MENTAL HEALTH	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
% "Fair/Poor" Mental Health	21.1		 24.4		 20.1
% Diagnosed Depression	31.5	 19.2	 30.8		 31.6
Suicide Deaths per 100,000	16.2	 17.1	 14.5	 12.8	
Mental Health Providers per 100,000	96.5	 202.5	 327.7		
% Receiving Mental Health Treatment	24.8		 21.9		 31.6
% Unable to Get Mental Health Services in Past Year	6.4		 13.2		 11.0










 better
  similar
  worse













NUTRITION, PHYSICAL ACTIVITY & WEIGHT	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
% No Leisure-Time Physical Activity	19.8	 24.1	 30.2	 21.8	 27.4
% Meet Physical Activity Guidelines	27.7	 26.0	 30.3	 29.7	 22.6
% [Child 2-17] Physically Active 1+ Hours per Day	50.4		 27.4		 59.4
% Overweight (BMI 25+)	80.6	 72.1	 63.3		 74.5
% Obese (BMI 30+)	47.2	 37.8	 33.9	 36.0	 40.3

 better
  similar
  worse

ORAL HEALTH	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
% Have Dental Insurance	75.4		 72.7	 75.0	 78.7
% Dental Visit in Past Year	69.0	 68.3	 56.5	 45.0	 66.3
% [Child 2-17] Dental Visit in Past Year	87.6		 77.8	 45.0	 78.7
		 better	 similar	 worse	

RESPIRATORY DISEASE	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
Lung Disease Deaths per 100,000	63.1	 53.3	 43.5		 91.5
Pneumonia/Influenza Deaths per 100,000	20.6	 15.4	 14.3		 28.0
% [Age 65+] Flu Vaccine in Past Year	85.3	 63.1	 70.9		 76.5
% Asthma	14.5	 8.9	 17.9		 5.5
% COPD (Lung Disease)	4.4	 6.0	 11.0		 7.7
		 better	 similar	 worse	

SEXUAL HEALTH	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
HIV Prevalence per 100,000	112.4	 119.4	 386.6		
Chlamydia Incidence per 100,000	325.2	 426.8	 492.2		
Gonorrhea Incidence per 100,000	48.8	 116.8	 179.0		
		 better	 similar	 worse	

SUBSTANCE USE	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
Alcohol-Induced Deaths per 100,000	16.2	 16.7	 14.6		 15.1
% Excessive Drinking	22.1	 21.3	 34.3		 17.0
% Used an Illicit Drug in Past Month	2.5		 8.4		 3.5
% Used a Prescription Opioid in Past Year	9.4		 15.1		 11.5
% Ever Sought Help for Alcohol or Drug Problem	4.1		 6.8		 4.4












better



similar



worse

TOBACCO USE	Poweshiek County	POWESHIEK COUNTY vs. BENCHMARKS			
		vs. IA	vs. US	vs. HP2030	TREND
% Smoke Cigarettes	8.0	 13.7	 23.9	 6.1	 14.1
% Someone Smokes at Home	8.2		 17.7		 11.2
% Use Vaping Products	9.9	 7.7	 18.5		 3.6



better



similar



worse



# COMMUNITY DESCRIPTION

# POPULATION CHARACTERISTICS

## Total Population

**Poweshiek County, the focus of this Community Health Needs Assessment, encompasses 584.92 square miles and houses a total population of 18,582 residents, according to latest census estimates.**

Total Population  
(Estimated Population, 2019-2023)

	TOTAL POPULATION	TOTAL LAND AREA (square miles)	POPULATION DENSITY (per square mile)
Poweshiek County	18,582	584.92	32
Iowa	3,195,937	55,853.27	57
United States	332,387,540	3,533,298.58	94

Sources: 

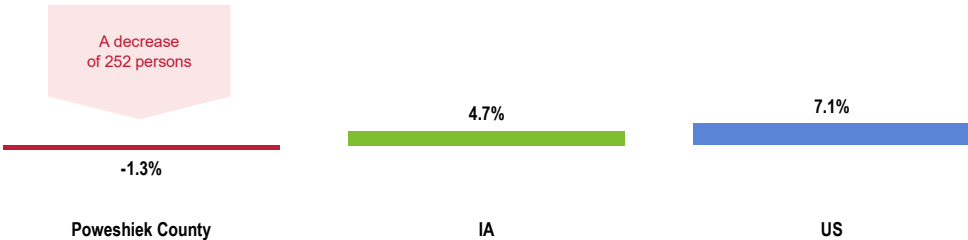
- US Census Bureau American Community Survey, 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).

## Population Change 2010-2020

A significant positive or negative shift in total population over time impacts health care providers and the utilization of community resources.

**Between the 2010 and 2020 US Censuses, the population of Poweshiek County decreased by 252 persons, or -1.3%.**

Change in Total Population  
(Percentage Change Between 2010 and 2020)

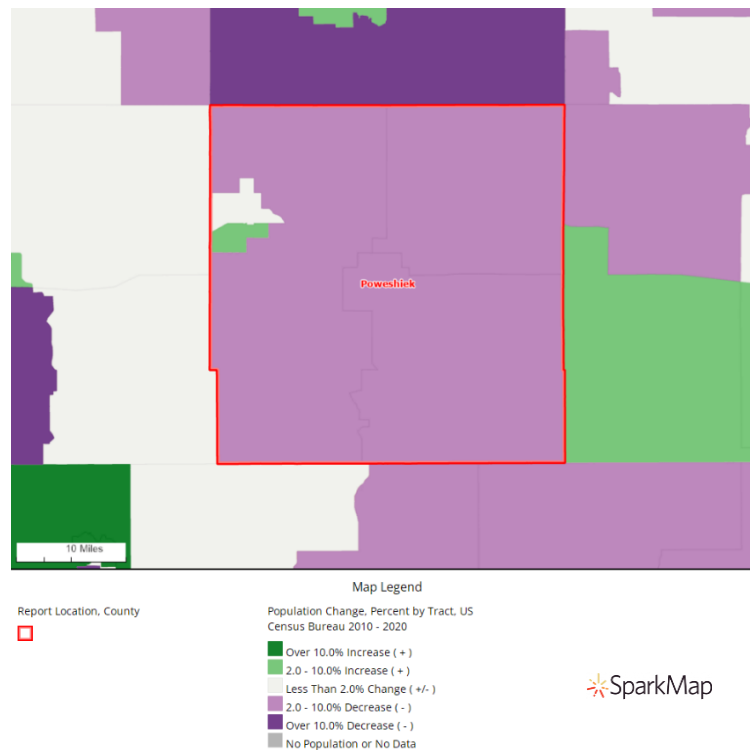


Sources: 

- US Census Bureau Decennial Census (2010-2020).
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).



This map shows the areas of greatest increase and decrease in population between 2010 and 2020.

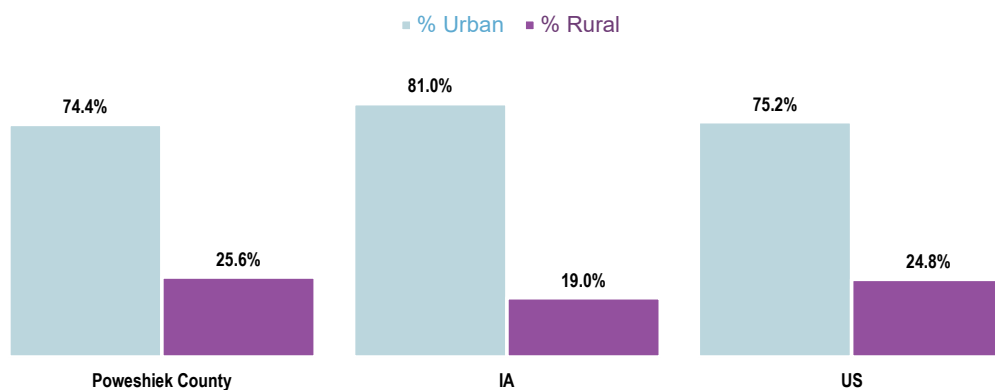


## Urban/Rural Population

Urban areas are identified using population density, count, and size thresholds. Urban areas also include territory with a high degree of impervious surface (development). Rural areas are all areas that are not urban.

**Poweshiek County is predominantly urban, with 74.4% of the population living in areas designated as urban.**

### Urban and Rural Population (2020)



Sources:

- US Census Bureau Decennial Census.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).

Notes:

- This indicator reports the percentage of population living in urban and rural areas. Urban areas are identified using population density, count, and size thresholds. Urban areas also include territory with a high degree of impervious surface (development). Rural areas are all areas that are not urban.



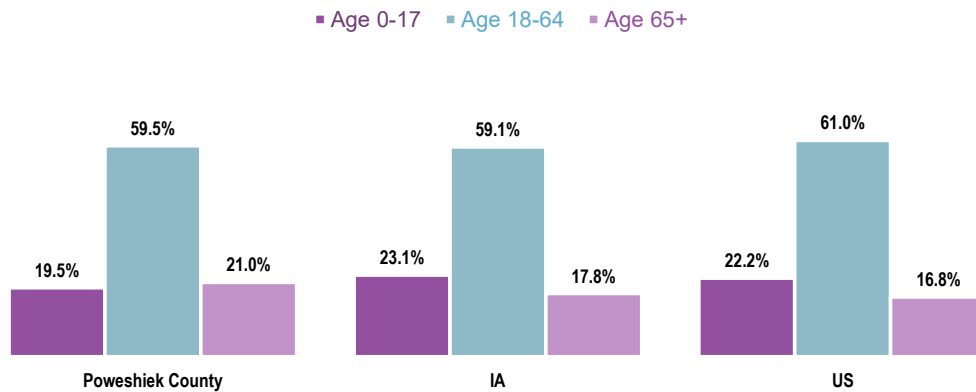
## Age

It is important to understand the age distribution of the population, as different age groups have unique health needs that should be considered separately from others along the age spectrum.

**In Poweshiek County, 19.5% of the population are children age 0-17; another 59.5% are age 18 to 64, while 21.0% are age 65 and older.**

**BENCHMARK** ► Poweshiek County has a higher proportion of residents age 65+ than both the state and US.

Total Population by Age Groups  
(2019-2023)



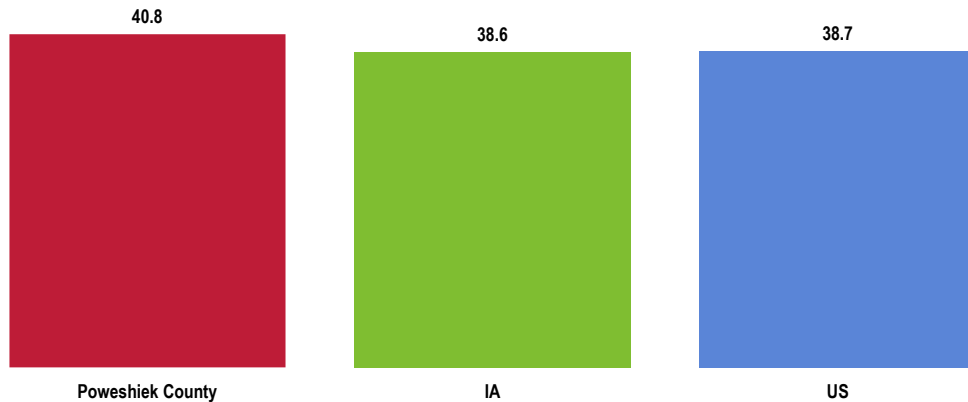
Sources: 

- US Census Bureau American Community Survey, 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).

## Median Age

**Poweshiek County is “older” than the state and the nation in that the median age is higher.**

Median Age  
(2019-2023)

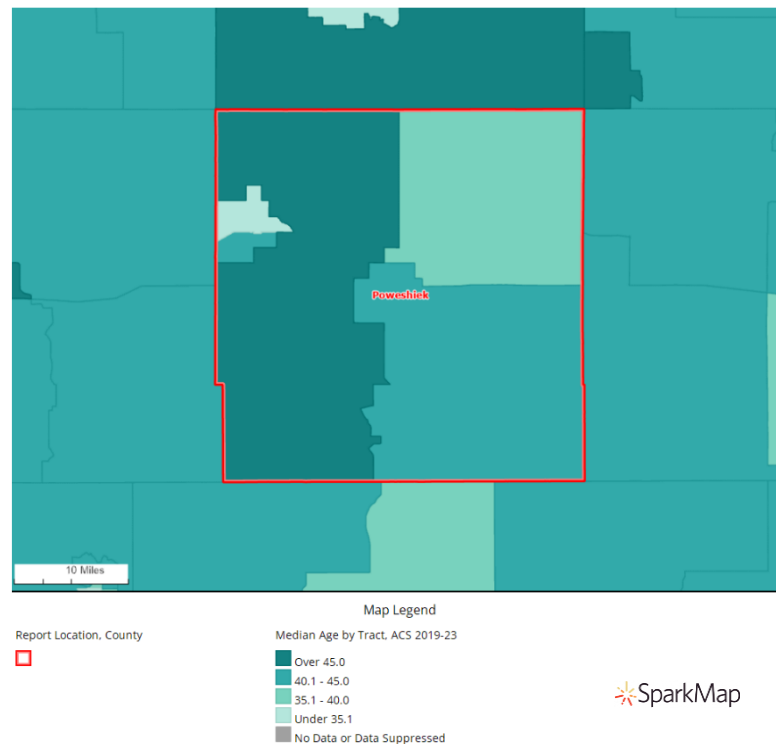


Sources: 

- US Census Bureau American Community Survey, 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).



The following map provides an illustration of the median age by census tract throughout Poweshiek County.



## Race & Ethnicity

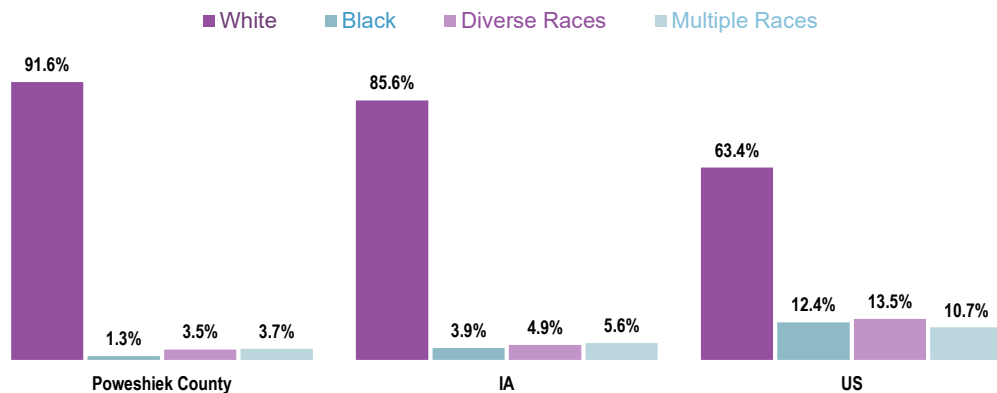
### Race

Race reflects those who identify with a single race category, regardless of Hispanic origin. People who identify their origin as Hispanic, Latino, or Spanish may be of any race.

In looking at race independent of ethnicity (Hispanic or Latino origin), 91.6% of residents of Poweshiek County are White and 1.3% are Black.

**BENCHMARK** ► Less diverse than the state and especially the nation.

### Total Population by Race Alone (2019-2023)



Sources: 

- US Census Bureau American Community Survey, 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap ([sparkmap.org](https://sparkmap.org)).

Notes: 

- "Diverse Races" includes those who identify as American Indian or Alaska Native, Asian, or Native Hawaiian/Pacific Islander, without Hispanic origin.

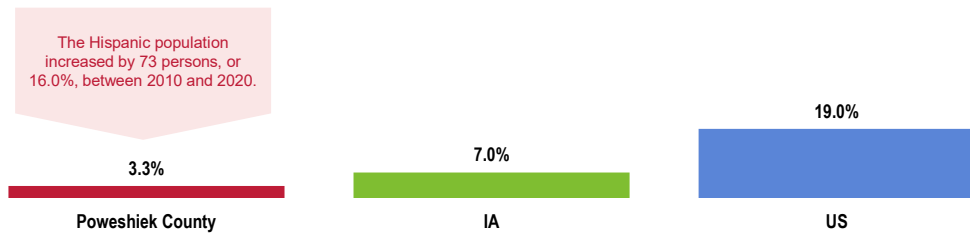


## Ethnicity

A total of 3.3% of Poweshiek County residents are Hispanic or Latino.

BENCHMARK ► Lower than the state and particularly the US.

### Hispanic Population (2019-2023)



Sources: 

- US Census Bureau American Community Survey, 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap ([sparkmap.org](https://sparkmap.org)).

Notes: 

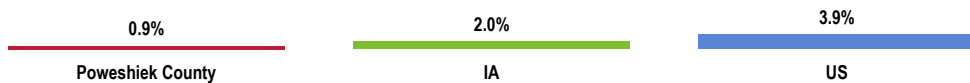
- People who identify their origin as Hispanic, Latino, or Spanish may be of any race.

## Linguistic Isolation

A total of 0.9% of the Poweshiek County population age 5 and older live in a home in which no person age 14 or older is proficient in English (speaking only English or speaking English “very well”).

BENCHMARK ► Lower than found across Iowa and the US.

### Linguistically Isolated Population (2019-2023)



Sources: 

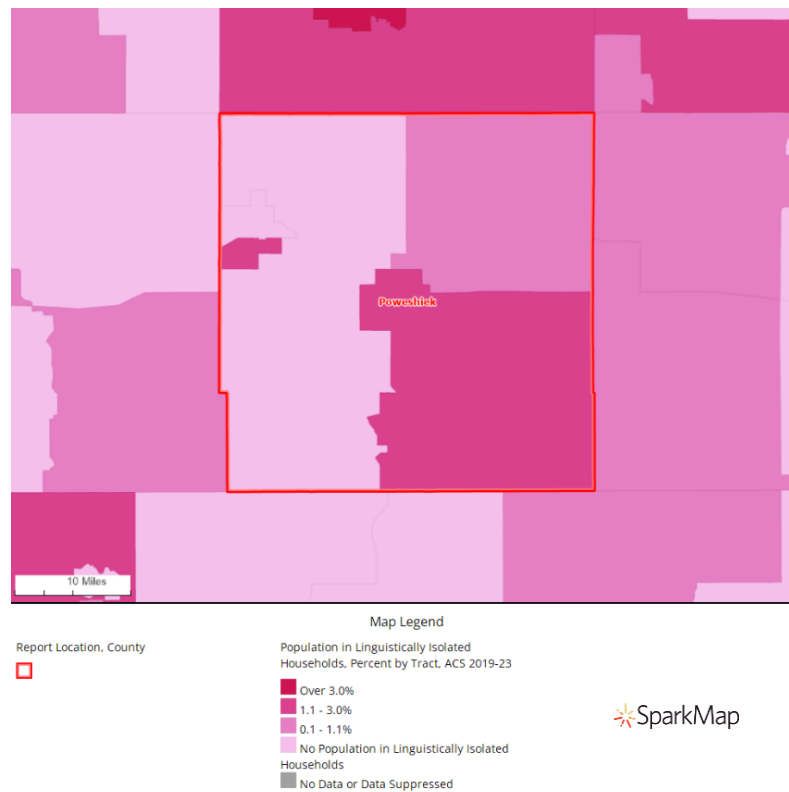
- US Census Bureau American Community Survey, 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap ([sparkmap.org](https://sparkmap.org)).

Notes: 

- This indicator reports the percentage of the population age 5+ who live in a home in which no person age 14+ speaks only English, or in which no person age 14+ speaks a non-English language and speak English “very well.”



Note the following map illustrating linguistic isolation throughout Poweshiek County.



# SOCIAL DETERMINANTS OF HEALTH

## ABOUT SOCIAL DETERMINANTS OF HEALTH

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills

SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

– Healthy People 2030 (<https://health.gov/healthypeople>)



# Poverty

Poverty is considered a key driver of health status because it creates barriers to accessing health services, healthy food, and other necessities that contribute to overall health.

The latest census estimate shows 11.1% of the Poweshiek County total population living below the federal poverty level.

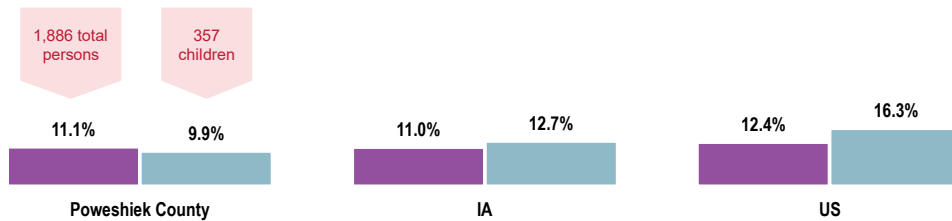
Among just children (ages 0 to 17), this percentage in Poweshiek County is 9.9% (representing an estimated 357 children).

**BENCHMARK** ► The poverty rate for children is below the state and US rates. Rates for both the total population and children fail to satisfy the Healthy People 2030 objective.

## Percent of Population in Poverty (2019-2023)

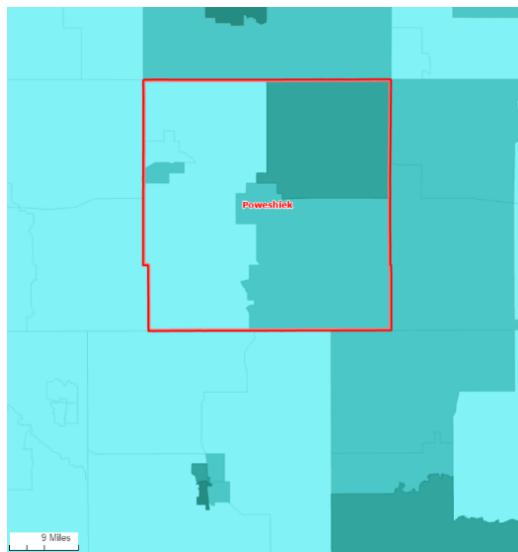
Healthy People 2030 = 8.0% or Lower

■ Total Population ■ Children



Sources:   
 • US Census Bureau American Community Survey, 5-year estimates.   
 • Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).   
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

The following maps highlight concentrations of persons living below the federal poverty level.

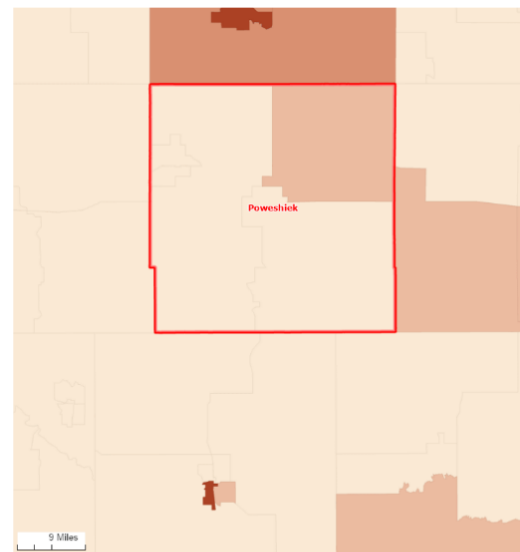


Report Location, County

Population Below the Poverty Level, Percent by Tract, ACS 2019-23

Over 20.0%  
15.1 - 20.0%  
10.1 - 15.0%  
Under 10.1%  
No Data or Data Suppressed

SparkMap



Report Location, County

Population Below the Poverty Level, Children (Age 0-17), Percent by Tract, ACS 2019-23

Over 30.0%  
22.6 - 30.0%  
15.1 - 22.5%  
Under 15.1%  
No Population Age 0-17 Reported  
No Data or Data Suppressed

SparkMap

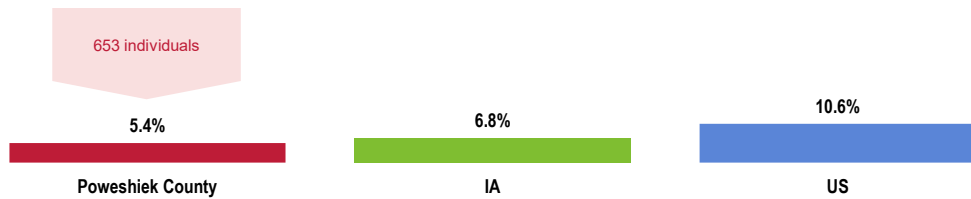


## Education

Among the Poweshiek County population age 25 and older, an estimated 5.4% (653 people) do not have a high school education.

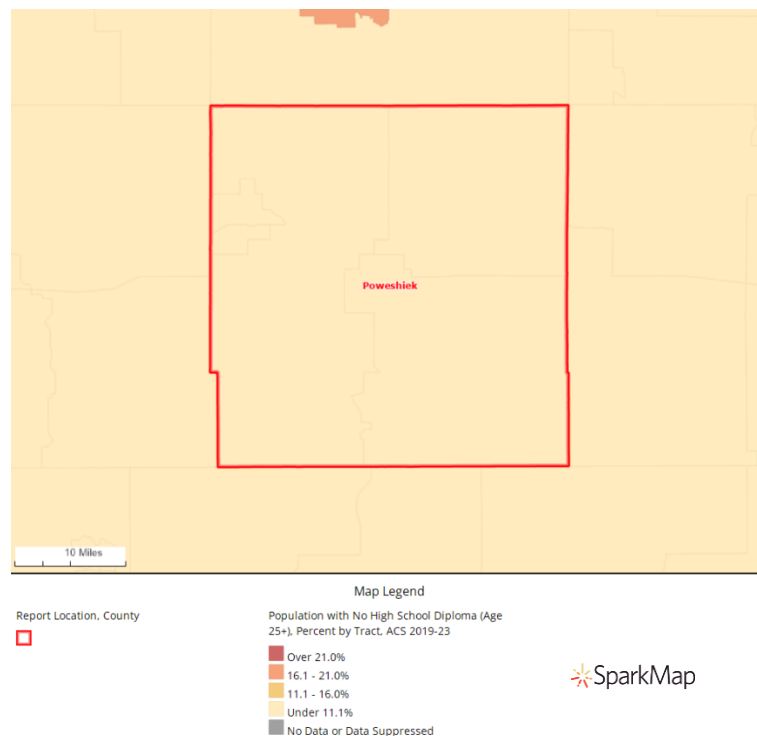
**BENCHMARK** ▶ Lower than statewide and national rates.

### Population With No High School Diploma (Adults Age 25 and Older; 2019-2023)



Sources: 

- US Census Bureau American Community Survey, 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap ([sparkmap.org](https://sparkmap.org)).

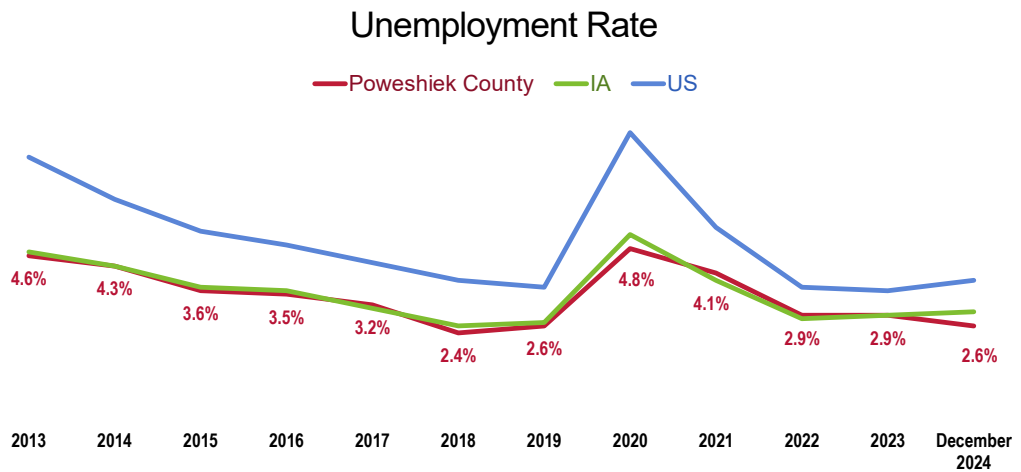


# Employment

According to data derived from the US Department of Labor, the unemployment rate in Poweshiek County as of December 2024 was 2.6%.

**BENCHMARK** ► Lower than the state and national percentages.

**TREND** ► Following significant increases in 2020 (attributed to the COVID-19 pandemic), unemployment has dropped to pre-pandemic levels.



Sources: 

- US Department of Labor, Bureau of Labor Statistics.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).

Notes: 

- Percent of non-institutionalized population age 16+ who are unemployed (not seasonally adjusted).

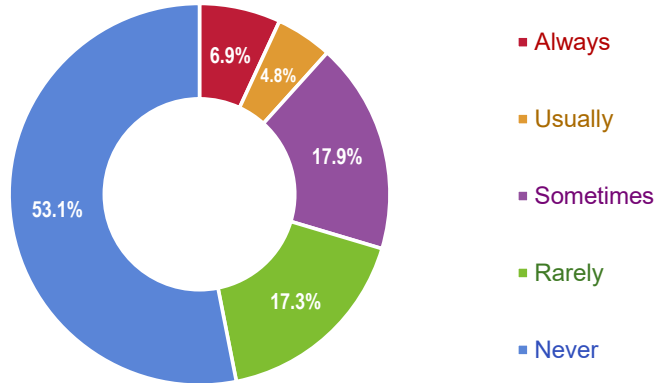


# Housing

## Housing Insecurity

Most surveyed adults rarely, if ever, worry about the cost of housing.

Frequency of Worry or Stress  
Over Paying Rent or Mortgage in the Past Year  
(Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 56]  
Notes: • Asked of all respondents.

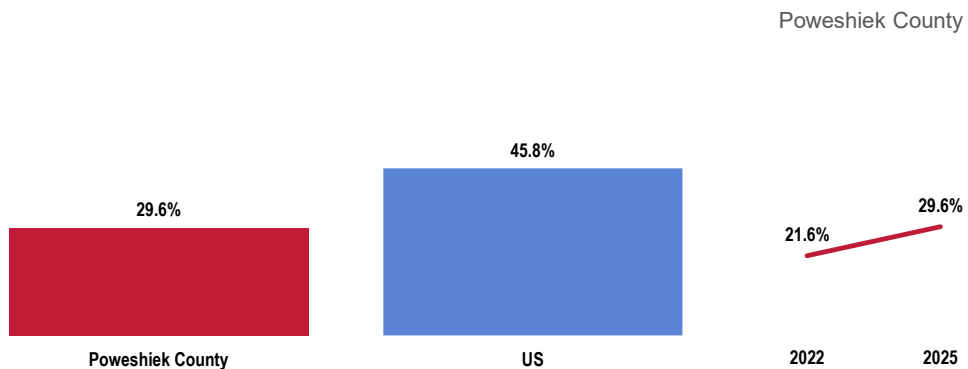
However, a considerable share (29.6%) report that they were “sometimes,” “usually,” or “always” worried or stressed about having enough money to pay their rent or mortgage in the past year.

**BENCHMARK** ► Lower than the national percentage.

**TREND** ► Higher than the 2022 baseline.

**DISPARITY** ► Reported more often among women, adults under the age of 65, those in low-income households, and among renters.

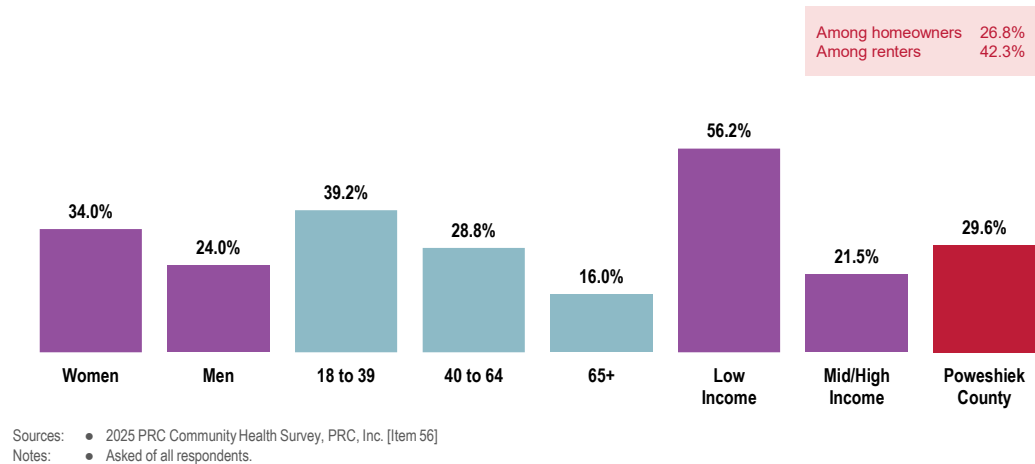
“Always/Usually/Sometimes” Worried  
About Paying Rent/Mortgage in the Past Year



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 56]  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents.



## “Always/Usually/Sometimes” Worried About Paying Rent/Mortgage in the Past Year (Poweshiek County, 2025)



### INCOME & RACE/ETHNICITY

**INCOME** ► Income categories used to segment survey data in this report are based on administrative poverty thresholds determined by the US Department of Health & Human Services. These guidelines define poverty status by household income level and number of persons in the household (e.g., the 2024 guidelines place the poverty threshold for a family of four at \$30,700 annual household income or lower). In sample segmentation: “low income” refers to community members living in a household with defined poverty status or living just above the poverty level, earning up to twice (<200% of) the poverty threshold; “mid/high income” refers to those households living on incomes which are twice or more (≥200% of) the federal poverty level.

**RACE & ETHNICITY** ► While the survey data are representative of the full racial and ethnic makeup of the population, samples were not of sufficient size for independent analysis by race and/or ethnicity.



## Unhealthy or Unsafe Housing

**A total of 9.3% of Poweshiek County residents report living in unhealthy or unsafe housing conditions during the past year.**

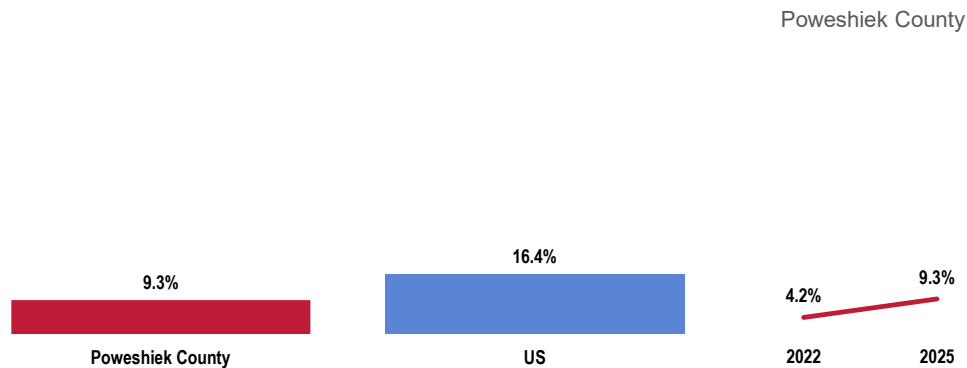
**BENCHMARK** ► Lower than the US prevalence.

**TREND** ► Higher than 2022.

**DISPARITY** ► Most often reported among adults under the age of 65 and low-income residents.

Respondents were asked: "Thinking about your current home, over the past 12 months have you experienced ongoing problems with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe?"

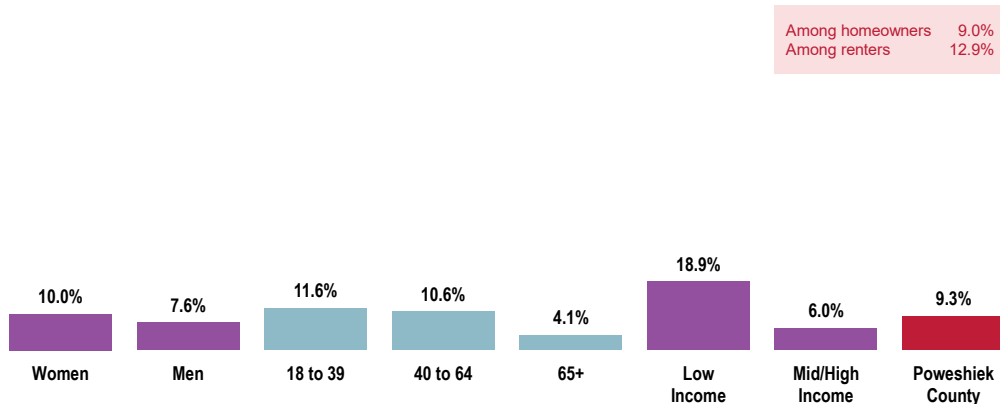
### Unhealthy or Unsafe Housing Conditions in the Past Year



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 55]  
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.  
• Includes respondents who say they experienced ongoing problems in their current home with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe.

### Unhealthy or Unsafe Housing Conditions in the Past Year (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 55]

Notes: • Asked of all respondents.  
• Includes respondents who say they experienced ongoing problems in their current home with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe.



# Food Access

## Low (Geographic) Food Access

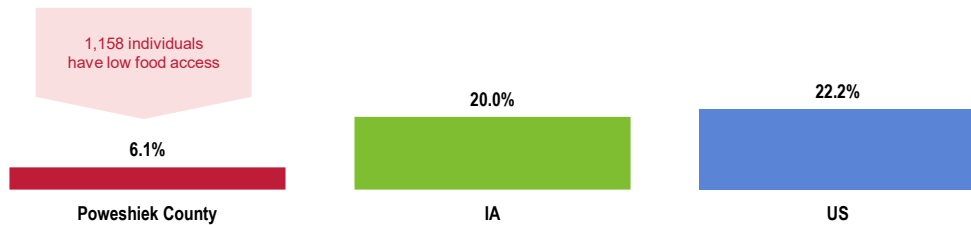
US Department of Agriculture data show that 6.1% of the Poweshiek County population (representing 1,158 residents) have low food access, meaning that they do not live near a supermarket or large grocery store.

**BENCHMARK** ► Considerably lower than the state and national prevalence.

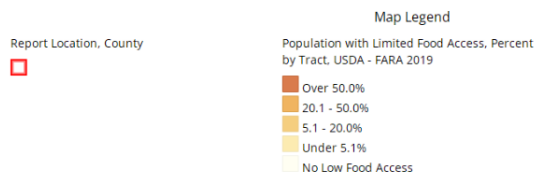
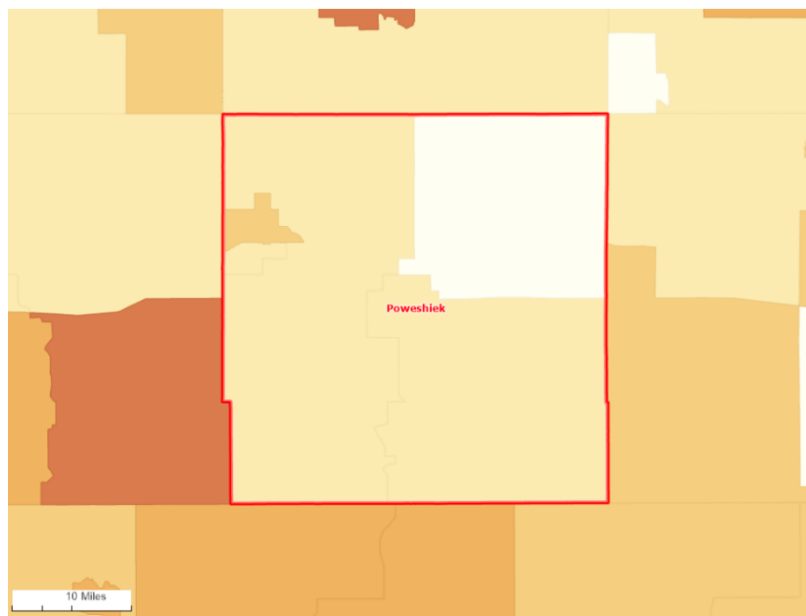
Low food access is defined as living more than 1 mile (in urban areas, or 10 miles in rural areas) from the nearest supermarket, supercenter, or large grocery store.

**RELATED ISSUE**  
See also Difficulty Accessing Fresh Produce in the *Nutrition, Physical Activity & Weight* section of this report.

### Population With Low Food Access (2019)



Sources: • US Department of Agriculture, Economic Research Service, USDA - Food Access Research Atlas (FARA).  
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).  
Notes: • Low food access is defined as living far (more than 1 mile in urban areas, more than 10 miles in rural areas) from the nearest supermarket, supercenter, or large grocery store.



SparkMap



## Food Insecurity

Overall, 17.3% of community residents are determined to be “food insecure,” having run out of food in the past year and/or been worried about running out of food.

**BENCHMARK** ► Lower than the national percentage.

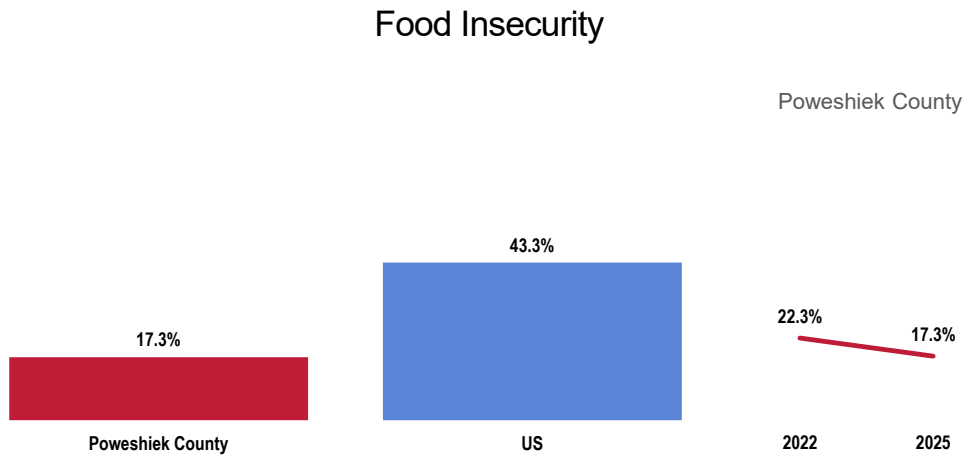
**DISPARITY** ► Adults under the age of 65 and (especially) those with low incomes are more likely to report being food insecure.

Surveyed adults were asked: “Now I am going to read two statements that people have made about their food situation. Please tell me whether each statement was “often true,” “sometimes true,” or “never true” for you in the past 12 months:

*I worried about whether our food would run out before we got money to buy more.*

*The food that we bought just did not last, and we did not have money to get more.”*

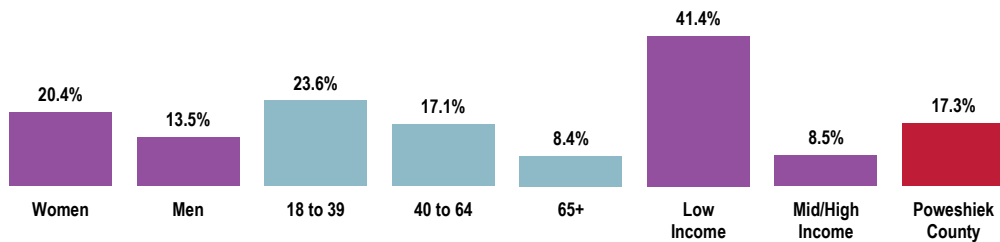
Those answering “often” or “sometimes” true for either statement are considered to be food insecure.



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 98]  
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.  
• Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.

### Food Insecurity (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 98]

Notes: • Asked of all respondents.  
• Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.

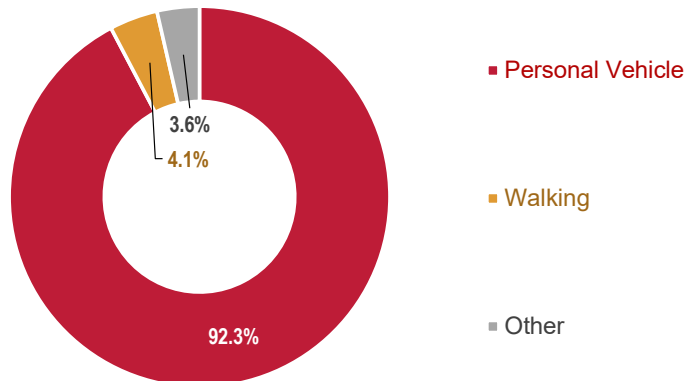


# Transportation

## Primary means of Transportation

While most residents of Poweshiek County use their personal vehicle as their primary means of transportation, 7.7% do not.

Primary Means of Transportation  
(Poweshiek County, 2025)



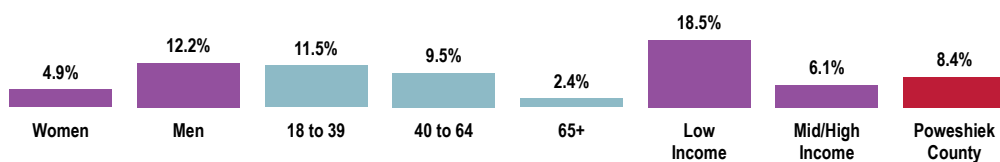
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 302]  
Notes: • Asked of all respondents.

## Lack of Transportation

In the past year, a lack of transportation prevented 8.4% of residents from getting to work, appointments, shopping, or other activities.

DISPARITY ► Reported more often among men, adults under 65, and low-income residents.

Lack of Transportation Prevented Appointments,  
Shopping, or Other Activities in the Past Year  
(Poweshiek County, 2025)



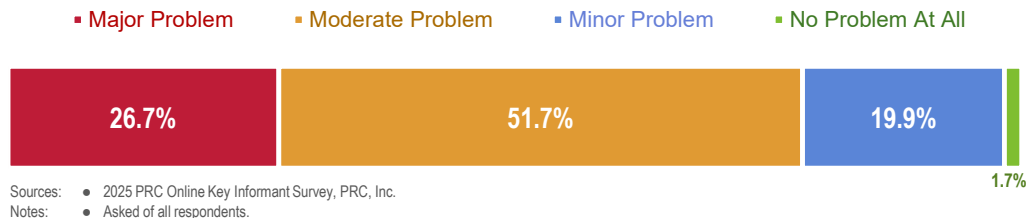
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 303]  
Notes: • Asked of all respondents.



# Key Informant Input: Social Determinants of Health

The greatest share of key informants taking part in an online survey characterized *Social Determinants of Health* as a “moderate problem” in the community.

## Perceptions of Social Determinants of Health as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)



Among those rating this issue as a “major problem,” reasons related to the following:

### Income/Poverty

Poverty: inability to find and afford adequate housing, etc. should be considered a major problem. The amounts or number of cases should not eliminate concerns. — Community Leader

Again, low-income families barely scrape by, encouraging them to buy fruits and vegetables isn't something they are going to prioritize when processed foods are cheaper and easier. — Health Care Provider

Shrinking middle class and rapidly growing lower socioeconomic class. — Community Leader

Economic stability is essential to a healthy community. — Community Leader

In order for an individual to succeed they need multiple things in their life, when one of these things is missing it can be hard to keep the others going or to obtain them. No income - no way to pay rent. No day care - no way to work. — Social Services Provider

It seems that at-risk families often experience issues with the social determinants of health at a greater rate than families with a higher socio-economic status. — Community Leader

### Housing

I see and hear of significant barriers to well-being and opportunity in our community due to lack of affordable, stable, clean, structurally sound housing, low wages/income, food insecurity, and reliable, convenient transportation. Priorities noted in the recent Build a Better Grinnell project list mental health and prices & wages as prioritized issues in the community as well. — Community Leader

Lack of affordable housing and support for families that are economically struggling.— Community Leader

Affordable housing. — Social Services Provider

### Unhoused Population

Poweshiek county has many residents that are unhoused, un- or under-employed, are not fluent in English, lack education, and face discrimination (LGBTQ+, BIPOC, women, elderly, etc.) and these all affect how people can access healthcare, healthy food, and prioritize time for mental and physical health. Discrimination limits what services people feel comfortable accessing, what is even made available to them, or what they think they can access. Language barriers make it hard to know how to access services. Lower income residents may not have the funds to prioritize healthcare, healthy food, or self-care. Those with lower levels of education may not understand and trust service providers or organizations attempting to provide outreach. The list goes on... — Community Leader

### Radon

Insufficient information about and testing for radon and possible health impacts. — Community Leader

### Built Environment

There is a lack of access to winter recreation in the county. — Community Leader

### Incidence/Prevalence

It is the root issue of most challenges. — Community Leader





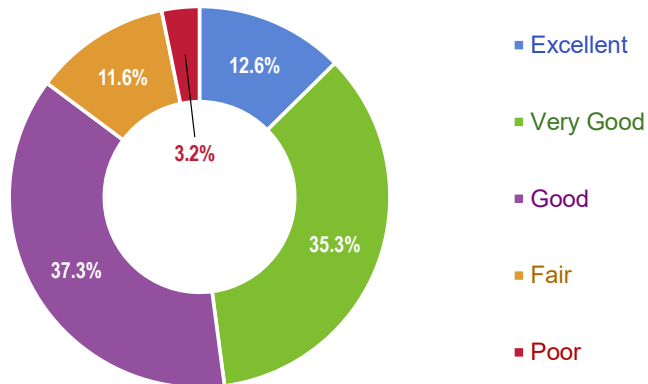
# HEALTH STATUS

# OVERALL HEALTH STATUS

The initial inquiry of the PRC Community Health Survey asked: "Would you say that in general your health is excellent, very good, good, fair, or poor?"

**Most Poweshiek County residents rate their overall health favorably (responding "excellent," "very good," or "good").**

**Self-Reported Health Status**  
(Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 4]  
Notes: • Asked of all respondents.

**However, 14.8% of Poweshiek County adults believe that their overall health is "fair" or "poor."**

**TREND** ► A lower (better) percentage than in 2022.

**DISPARITY** ► Men, adults age 40 to 64, and low-income residents are more likely to report their health is "fair" or "poor."

## Experience "Fair" or "Poor" Overall Health

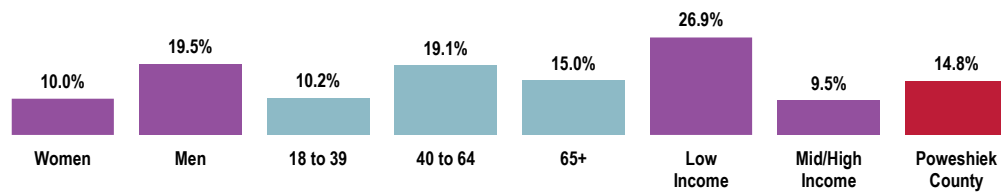
Poweshiek County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 4]  
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents.



## Experience “Fair” or “Poor” Overall Health (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 4]  
Notes: • Asked of all respondents.



# MENTAL HEALTH

## ABOUT MENTAL HEALTH & MENTAL DISORDERS

About half of all people in the United States will be diagnosed with a mental disorder at some point in their lifetime. ...Mental disorders affect people of all ages and racial/ethnic groups, but some populations are disproportionately affected. And estimates suggest that only half of all people with mental disorders get the treatment they need.

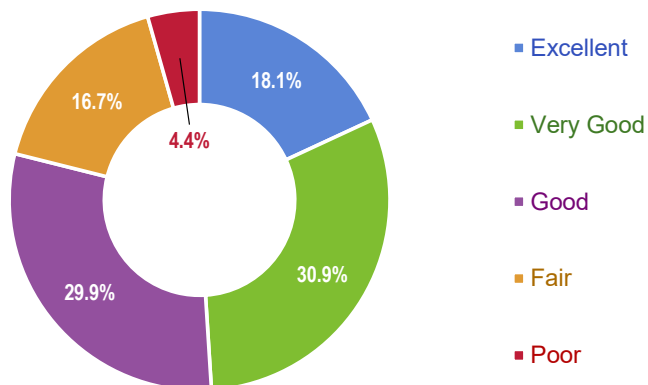
In addition, mental health and physical health are closely connected. Mental disorders like depression and anxiety can affect people's ability to take part in healthy behaviors. Similarly, physical health problems can make it harder for people to get treatment for mental disorders. Increasing screening for mental disorders can help people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Mental Health Status

**Most Poweshiek County adults rate their overall mental health favorably (“excellent,” “very good,” or “good”).**

Self-Reported Mental Health Status  
(Poweshiek County, 2025)



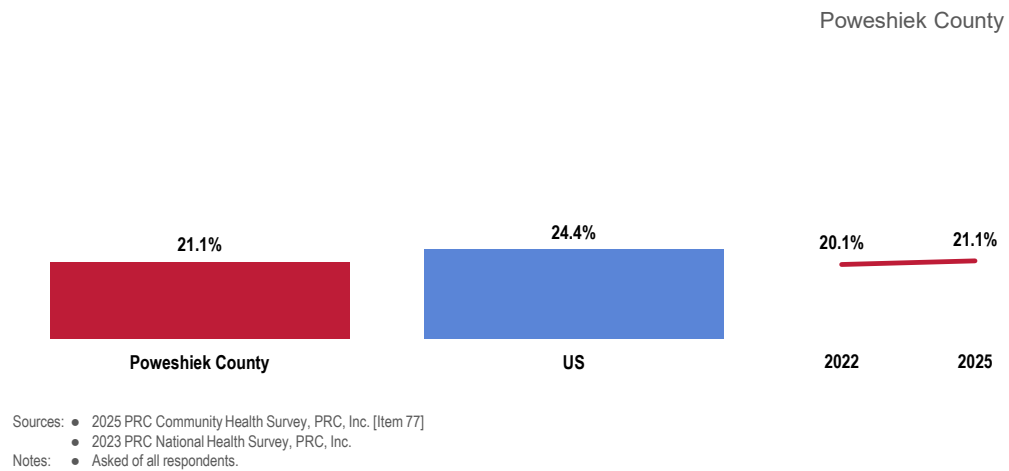
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 77]  
Notes: • Asked of all respondents.

“Now thinking about your mental health, which includes stress, depression, and problems with emotions, would you say that, in general, your mental health is excellent, very good, good, fair, or poor?”



However, 21.1% believe that their overall mental health is “fair” or “poor.”

## Experience “Fair” or “Poor” Mental Health



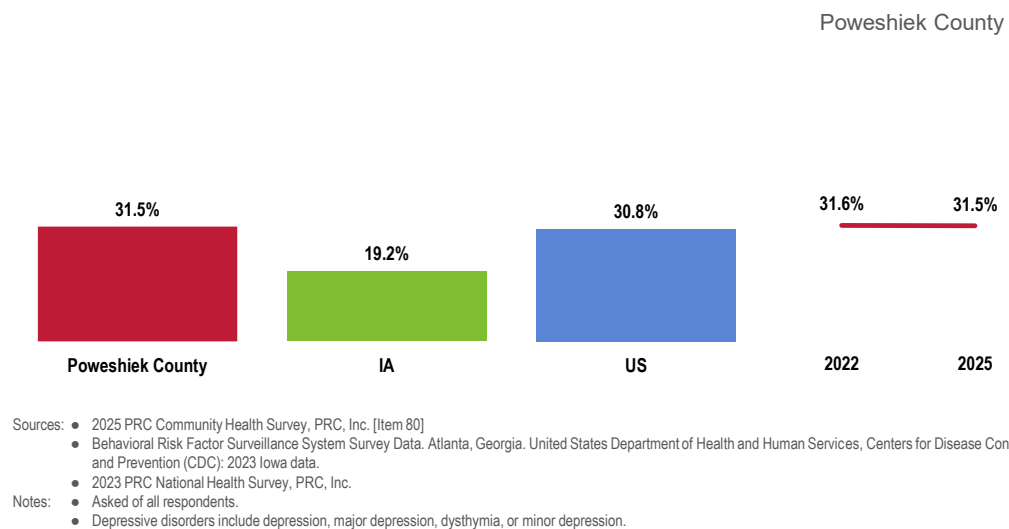
## Depression

### Diagnosed Depression

A total of 31.5% of Poweshiek County adults have been diagnosed by a physician or other health professional as having a depressive disorder (such as depression, major depression, dysthymia, or minor depression).

**BENCHMARK** ► Higher than the statewide prevalence.

## Have Been Diagnosed With a Depressive Disorder

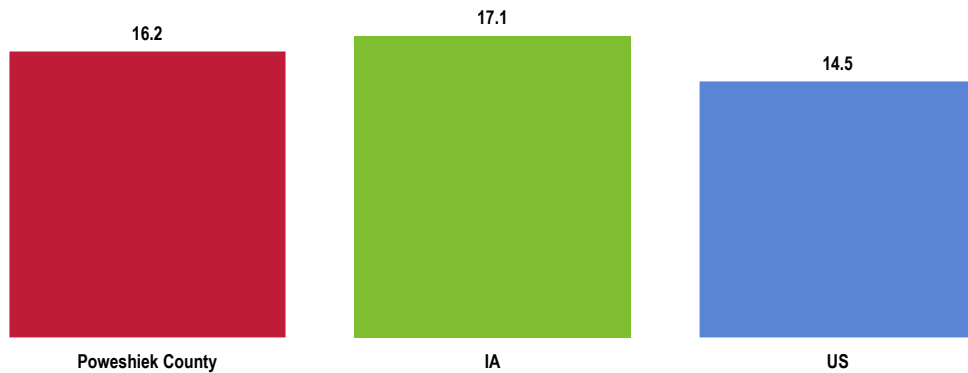


# Suicide

In Poweshiek County, there were 16.2 suicides per 100,000 population (2019-2023 annual average rate).

BENCHMARK ► Fails to satisfy the Healthy People 2030 objective.

**Suicide Mortality**  
(2019-2023 Annual Average Deaths per 100,000 Population)  
Healthy People 2030 = 12.8 or Lower



- Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.
  - US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>
- Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
  - Rates are per 100,000 population.



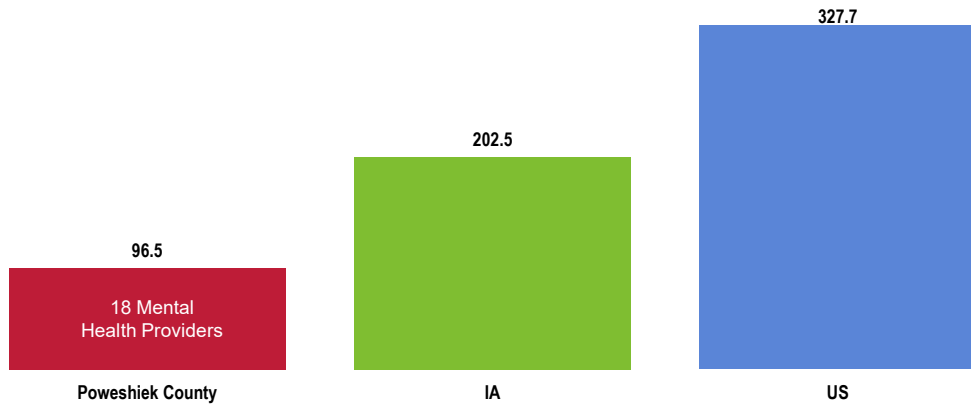
# Mental Health Treatment

## Mental Health Providers

In Poweshiek County in 2025, there were 18 mental health providers (including psychiatrists, psychologists, clinical social workers, and counselors who specialize in mental health care), translating to a rate of 96.5 per 100,000 population.

**BENCHMARK** ► Significantly lower than both the state and national rates.

### Number of Mental Health Providers per 100,000 Population (2025)



Sources: 

- Centers for Medicare and Medicaid Services, National Plan and Provider Enumeration System (NPPES).
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).

Notes: 

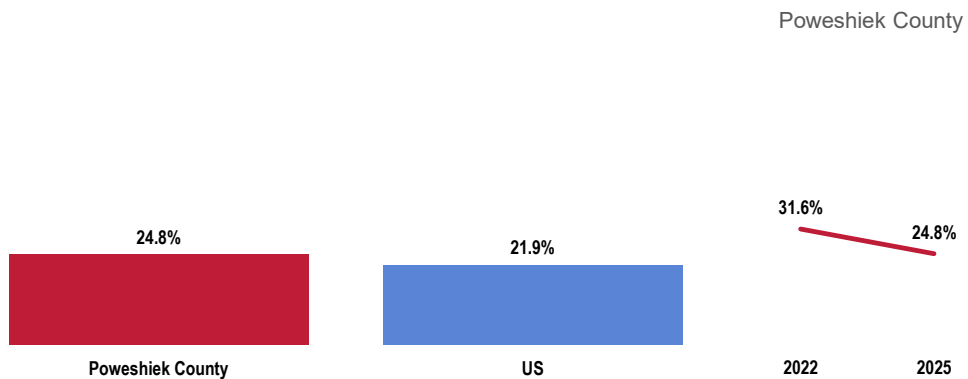
- This indicator reports the rate of the county population to the number of mental health providers including psychiatrists, psychologists, clinical social workers, and counselors that specialize in mental health care.

## Currently Receiving Treatment

A total of 24.8% are currently taking medication or otherwise receiving treatment from a doctor or other health professional for some type of mental health condition or emotional problem.

**TREND** ► Lower than the 2022 percentage.

### Currently Receiving Mental Health Treatment



Sources: 

- 2025 PRC Community Health Survey, PRC, Inc. [Item 81]
- 2023 PRC National Health Survey, PRC, Inc.

Notes: 

- Asked of all respondents.
- Includes those now taking medication or otherwise receiving treatment for any type of mental health condition or emotional problem.



## Difficulty Accessing Mental Health Services

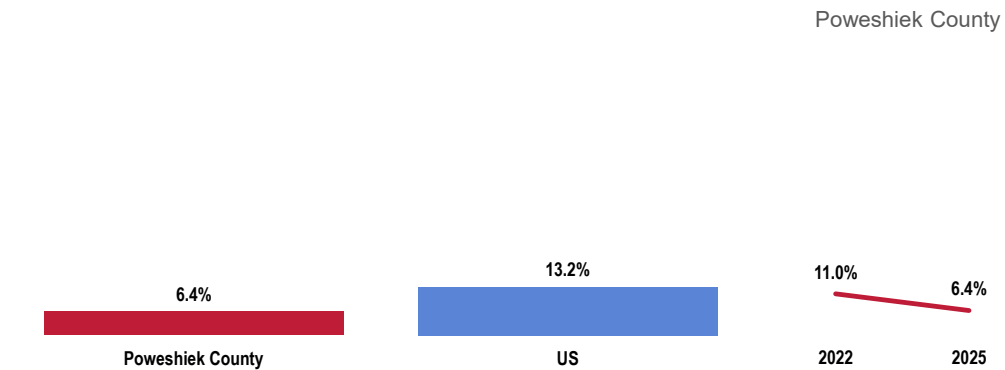
A total of 6.4% of Poweshiek County adults report a time in the past year when they needed mental health services but were not able to get them.

**BENCHMARK** ► Lower than the national percentage.

**TREND** ► Improving since 2022.

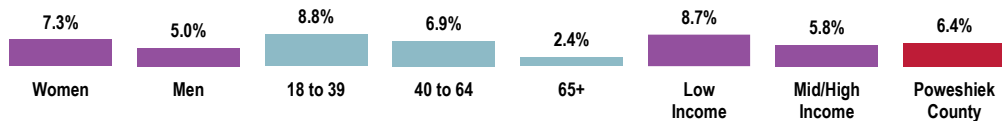
**DISPARITY** ► Most common among adults under the age of 65.

### Unable to Get Mental Health Services When Needed in the Past Year



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 82]  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents.

### Unable to Get Mental Health Services When Needed in the Past Year (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 82]  
Notes: • Asked of all respondents.



## Key Informant Input: Mental Health

The greatest share of key informants taking part in an online survey characterized *Mental Health* as a “major problem” in the community.

### Perceptions of Mental & Emotional Health as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)

■ Major Problem   ■ Moderate Problem   ■ Minor Problem   ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

#### Access to Care/Services

- Lack of resources for school aged students and families and lack of knowledge and resources for the schools to help support students. — Community Leader
- Lack of mental health services and consistent counseling. It is nearly impossible to find weekly availability for counseling. — Community Leader
- Access to mental health professionals and mental health rooms. — Community Leader
- Although there are more providers in Grinnell than we have seen previously, and more providers state-wide offer virtual meetings, wait times and navigating the insurance nightmare (referrals, declined coverage, etc.) continues to be a barrier. Access to psychiatrists is particularly difficult, even in Grinnell. To be evaluated for any psychiatric needs and med management is extremely difficult unless someone is well-connected or can get to Iowa City or Des Moines. Even something as simple as ADHD testing takes months and months. — Community Leader
- Availability of mental health resources. — Public Health Representative
- Access to services. — Community Leader
- Provider access. — Community Leader
- I helped a local organization that supports people with mental health care and medication coordinate a strategic planning process. I remember from the session that healthcare for mental health was named as one of the largest issues. Advocacy was another issue named, specifically informing legislators about local issues that could be supported by public funding. — Community Leader
- Access to care. Outside of primary care physicians, are there any other resources in the area? Are there other crisis counselors or therapist practices? — Community Leader
- No where to go for care. — Community Leader
- Inpatient mental health services are insufficient for the need in Poweshiek County and in the entire state of Iowa. Access to mental health professionals is also insufficient - not enough providers/appointment hours to meet the need. Cost of mental health services makes access to care challenging, too. — Community Leader
- Finding providers. — Community Leader
- The lack of services and support available; funding this issue is a major obstacle. — Community Leader
- Access to mental health care professionals. Placements for high-risk individuals. — Community Leader
- The resources in our state and also locally are not enough to meet the needs. We have come a long way with adding a position to our police department, but it is not enough. — Community Leader
- Availability. — Community Leader
- Access to care. — Community Leader
- There are many people with significant, debilitating mental illness, and where can they go? Nowhere. We need facilities for homeless, low income, etc. We also need to promote mental health and make access to care easier. — Health Care Provider



## Diagnosis/Treatment

The whole mental health system is flawed. The ER is not the place to deal with mental health crisis and neither are the hospitals we send patient to for five days, at best. It's just a revolving door for people with serious mental health crises. — Social Services Provider

Mental Health is hard for many reasons on both sides, individual and professional. Often times individuals are not aware they have a mental health issue, or the mental health issue is actually holding them back from getting help. They believe everyone else is the problem. From my standpoint, I want to help these individuals but don't feel I understand Mental Health enough to make it better. — Social Services Provider

## Lack of Providers

Lack of psychiatrists. Insurance obstacles, No beds available at Unity Point Grinnell. — Community Leader

Lack of availability of mental health providers. — Community Leader

## Denial/Stigma

Acknowledging the problem. — Social Services Provider

Mental health stigma. — Community Leader

## Incidence/Prevalence

As an EMS provider in the county, we have seen a significant increase in Mental Health related calls for service. Minor, such as anxiety attacks, to major, such as suicide attempts, threats, etc. From what we are hearing from the patients that we come into contact with it is a lack of providers, support services, access to medicines as well as the individual not taking the time to follow-up with their provider. We have also seen reports to DHS, law enforcement and the patients' providers go unanswered or concerns that are unfounded due to lack of availability for site visits or in person screening or follow up. — Community Leader

## Alcohol/Drug Use

I see drug abuse as one of the biggest causes of our mental health issues. Certainly not all but it seems to be a large factor. This can potentially affect an entire family. This is a problem throughout the country so not specific to our county. We lack treatment facilities for both drug abuse and mental health. I know we offer counseling, but many can't afford it. People either have no insurance or insurance won't cover them. — Community Leader

## Transportation

I believe access to mental health services for emergencies is a major problem in the communities outside of Grinnell. A lot of that is transportation. In patient treatment facilities are a nonexistent in this area as well. We see a lot of folks come into our jails that are abusing street narcotics and they usually state that either couldn't get the medicine they needed or couldn't afford it. — Community Leader

## Funding

Lack of funding for facilities. Inability of patients to pay for services. Scarcity of financial assistance and/or knowledge about how to access such assistance. Overworked professionals trying to provide care to those in need. — Community Leader

## Denial/Stigma

Wanting and getting help for a person's mental health challenges. — Community Leader





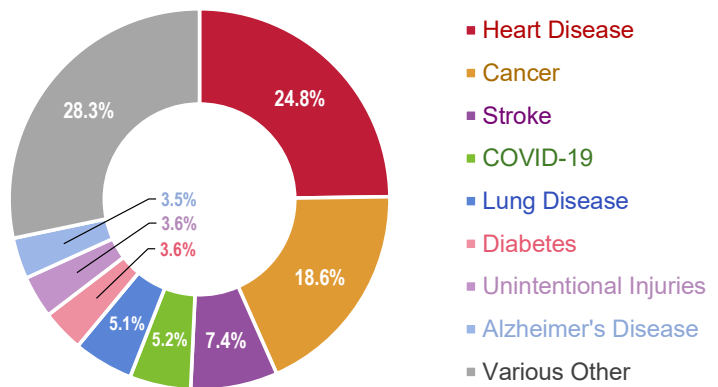
## DEATH, DISEASE & CHRONIC CONDITIONS

# LEADING CAUSES OF DEATH

## Distribution of Deaths by Cause

Together, heart disease and cancers accounted for the largest share of all deaths in Poweshiek County in 2021-2023.

Leading Causes of Death  
(Poweshiek County, 2021-2023)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

Notes: • Lung disease includes deaths classified as chronic lower respiratory disease.



## Death Rates for Selected Causes

Here, deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10). Rates are per 100,000 population.

The following chart outlines 2021-2023 annual average death rates per 100,000 population for selected causes of death in Poweshiek County.

Leading causes of death are discussed in greater detail in subsequent sections of this report.

### Death Rates for Selected Causes (2021-2023 Deaths per 100,000 Population)

	Poweshiek County	Iowa	US	Healthy People 2030
Heart Disease	308.1	241.9	209.5	127.4*
Cancers (Malignant Neoplasms)	230.5	196.6	182.5	122.7
Stroke (Cerebrovascular Disease)	91.9	43.9	49.3	33.4
Lung Disease (Chronic Lower Respiratory Disease)	63.1	53.3	43.5	—
Unintentional Injuries	45.0	56.3	67.8	43.2
Diabetes	45.0	31.6	30.5	—
Alzheimer's Disease	43.2	39.9	35.8	—
Pneumonia/Influenza [2019-2023]	20.6	15.4	14.3	—
Alcohol-Induced Deaths	16.2	16.7	14.6	—
Suicide [2019-2023]	16.2	17.1	14.5	12.8
Kidney Disease [2019-2023]	13.0	14.4	16.4	—

Sources:

- CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>.

Note:

- \*The Healthy People 2030 coronary heart disease target is adjusted here to account for all diseases of the heart.
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population.



# CARDIOVASCULAR DISEASE

## ABOUT HEART DISEASE & STROKE

Heart disease and stroke can result in poor quality of life, disability, and death. Though both diseases are common, they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment.

In addition, making sure people who experience a cardiovascular emergency — like stroke, heart attack, or cardiac arrest — get timely recommended treatment can reduce their risk for long-term disability and death. Teaching people to recognize symptoms is key to helping more people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Heart Disease & Stroke Deaths

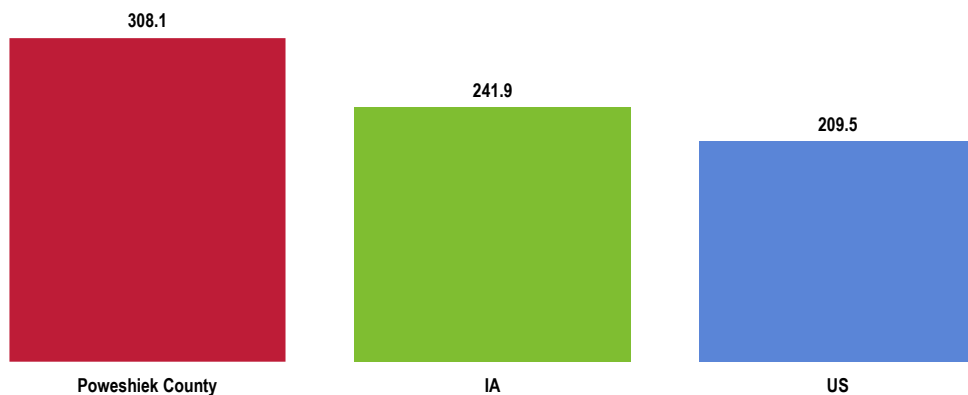
### Heart Disease Deaths

**Between 2021 and 2023, there was an annual average heart disease mortality rate of 308.1 deaths per 100,000 population in Poweshiek County.**

**BENCHMARK** ► Higher than both the state and national rate. Over twice the Healthy People 2030 objective.

**TREND** ► Trending upward from the 2014-2016 reporting period.

**Heart Disease Mortality**  
(2021-2023 Annual Average Deaths per 100,000 Population)  
Healthy People 2030 = 127.4 or Lower (Adjusted)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • The Healthy People 2030 coronary heart disease target is adjusted here to account for all diseases of the heart.

• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

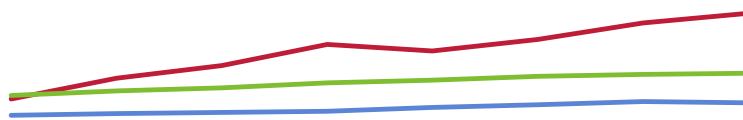
• Rates are per 100,000 population.



## Heart Disease Mortality Trends

(Annual Average Deaths per 100,000 Population)

Healthy People 2030 = 127.4 or Lower (Adjusted)



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Poweshiek County	213.5	236.6	250.3	273.9	266.3	279.3	297.6	308.1
IA	217.4	222.5	225.7	231.3	234.2	238.7	240.5	241.9
US	195.5	197.5	198.6	200.0	204.2	207.3	210.7	209.5

Sources: ● CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

● US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: ● The Healthy People 2030 coronary heart disease target is adjusted here to account for all diseases of the heart.

● Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

● Rates are per 100,000 population.

## Stroke Deaths

**Between 2021 and 2023, there was an annual average stroke mortality rate of 91.9 deaths per 100,000 population in Poweshiek County.**

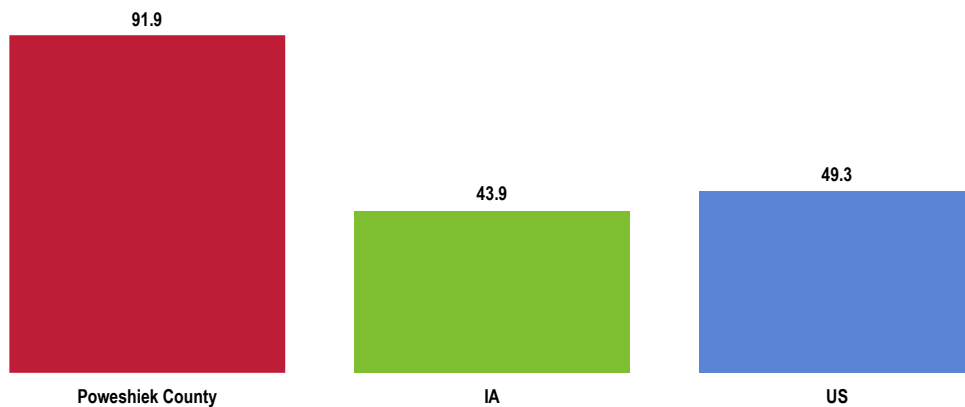
**BENCHMARK** ► Higher than the state and national rates. Nearly three times the Healthy People 2030 objective.

**TREND** ► Fluctuating considerably over time, though an increase from the baseline.

## Stroke Mortality

(2021-2023 Annual Average Deaths per 100,000 Population)

Healthy People 2030 = 33.4 or Lower



Sources: ● CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

● US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: ● Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

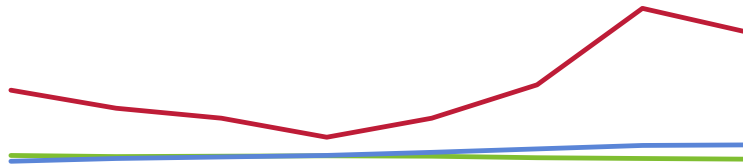
● Rates are per 100,000 population.



## Stroke Mortality Trends

(Annual Average Deaths per 100,000 Population)

Healthy People 2030 = 33.4 or Lower



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Poweshiek County	70.0	63.2	59.4	52.2	59.4	72.1	101.0	91.9
IA	45.3	44.9	45.0	45.1	45.0	44.4	44.2	43.9
US	43.1	44.2	44.7	45.3	46.5	47.8	49.1	49.3

Sources: 

- CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: 

- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population.

## Prevalence of Heart Disease & Stroke

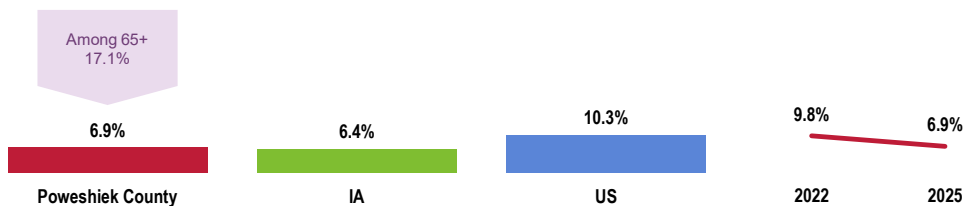
### Prevalence of Heart Disease

**A total of 6.9% of surveyed adults report that they suffer from or have been diagnosed with heart disease, such as coronary heart disease, angina, or heart attack.**

**BENCHMARK** ► Lower than the national prevalence.

### Prevalence of Heart Disease

Poweshiek County



Sources: 

- 2025 PRC Community Health Survey, PRC, Inc. [Item 22]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 Iowa data.
- 2023 PRC National Health Survey, PRC, Inc.

Notes: 

- Asked of all respondents.
- Includes diagnoses of heart attack, angina, or coronary heart disease.



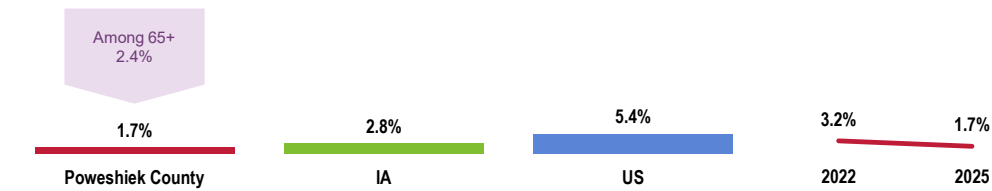
## Prevalence of Stroke

A total of 1.7% of surveyed adults report that they suffer from or have been diagnosed with cerebrovascular disease (a stroke).

BENCHMARK ► Lower than the US prevalence.

### Prevalence of Stroke

Poweshiek County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 23]  
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 Iowa data.  
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

## Cardiovascular Risk Factors

### Blood Pressure & Cholesterol

A total of 43.3% of Poweshiek County adults have been told by a health professional at some point that their blood pressure was high.

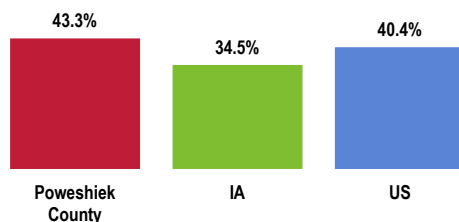
BENCHMARK ► Higher than the statewide prevalence.

A total of 34.0% of adults have been told by a health professional that their cholesterol level was high.



## Prevalence of High Blood Pressure

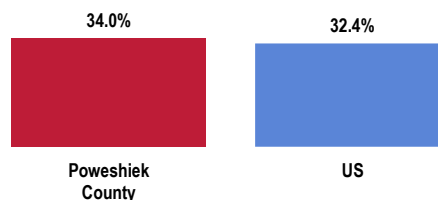
Healthy People 2030 = 42.6% or Lower



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 29-30]  
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.  
 • 2023 PRC National Health Survey, PRC, Inc.  
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

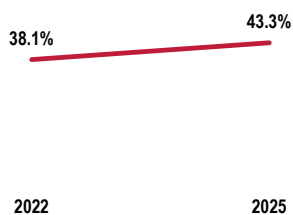
Notes: • Asked of all respondents.

## Prevalence of High Blood Cholesterol

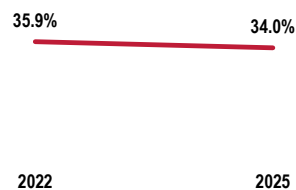


## Prevalence of High Blood Pressure (Poweshiek County)

Healthy People 2030 = 42.6% or Lower



## Prevalence of High Blood Cholesterol (Poweshiek County)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 29-30]  
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.



## Total Cardiovascular Risk

Total cardiovascular risk reflects the individual-level risk factors which put a person at increased risk for cardiovascular disease, including:

- High Blood Pressure
- High Blood Cholesterol
- Cigarette Smoking
- Physical Inactivity
- Overweight/Obesity

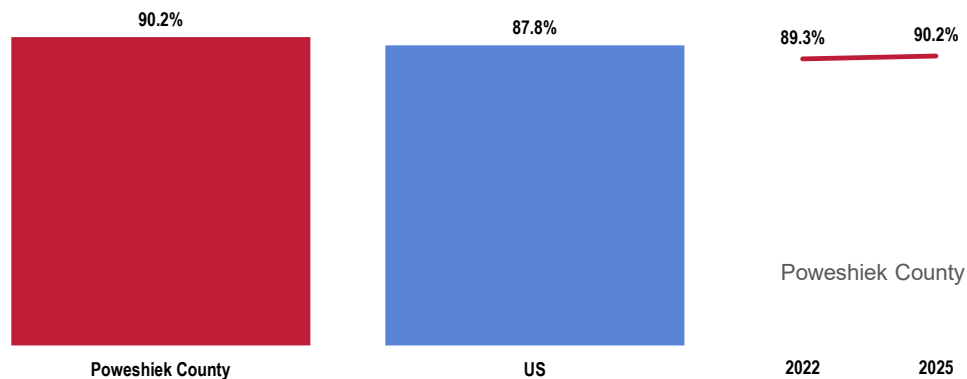
Modifying these behaviors and adhering to treatment for high blood pressure and cholesterol are critical both for preventing and for controlling cardiovascular disease.

**RELATED ISSUE**  
See also *Nutrition, Physical Activity & Weight and Tobacco Use* in the **Modifiable Health Risks** section of this report.

**Most (90.2%) Poweshiek County adults report one or more cardiovascular risk factors, such as being overweight, smoking cigarettes, being physically inactive, or having high blood pressure or cholesterol.**

**DISPARITY** ► Reported more often among men and adults age 40 to 64.

### Exhibit One or More Cardiovascular Risks or Behaviors

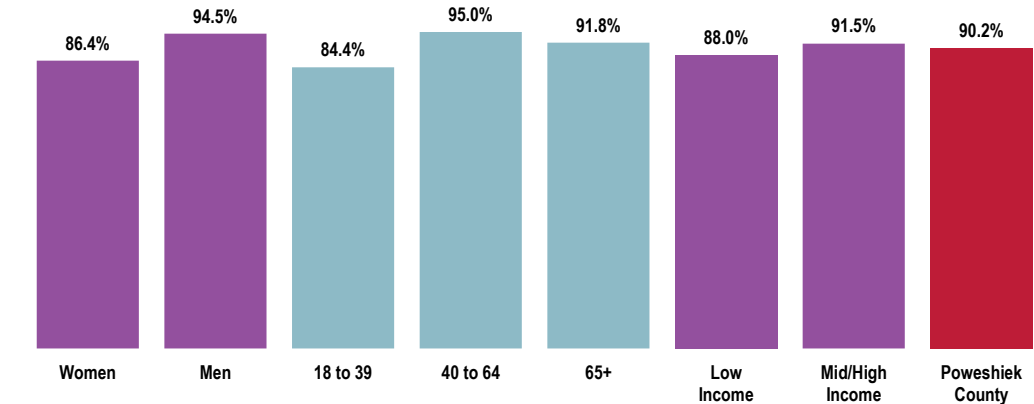


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 100]  
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Reflects all respondents.  
• Cardiovascular risk is defined as exhibiting one or more of the following: 1) no leisure-time physical activity; 2) regular/occasional cigarette smoking; 3) high blood pressure; 4) high blood cholesterol; and/or 5) being overweight/obese.



## Exhibit One or More Cardiovascular Risks or Behaviors (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 100]

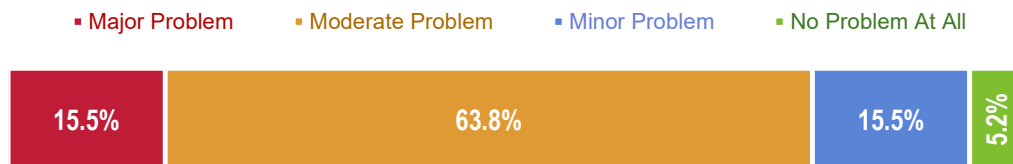
Notes: • Reflects all respondents.

• Cardiovascular risk is defined as exhibiting one or more of the following: 1) no leisure-time physical activity; 2) regular/occasional cigarette smoking; 3) high blood pressure; 4) high blood cholesterol; and/or 5) being overweight/obese.

## Key Informant Input: Heart Disease & Stroke

The greatest share of key informants taking part in an online survey characterized *Heart Disease & Stroke* as a “moderate problem” in the community.

### Perceptions of Heart Disease & Stroke as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.

Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

#### Lifestyle

Diet, lack of exercise and financial issues make eating healthy very difficult. Eating healthy is expensive, which just adds to the problem. — Health Care Provider

Unhealthy lifestyles, excessive demands from employers and alcohol/tobacco usage. — Community Leader

Young people eat more fast food which long term affects their health. Children are sedentary using their devices which leads to obesity. Some heart disease is hereditary. — Community Leader

#### Incidence/Prevalence

Older population, obesity, lack of knowledge or desire on prep of fresh vegetables. Also, smokers or previous smokers, lack of exercise, and possibly long-term side effects of Covid. — Community Leader

In addition to my family's history of heart disease and stroke, I have personal knowledge of others in the community with these health conditions. — Community Leader

#### Obesity

Lots of obesity and other risk factors, elderly population. — Physician

Lack of exercise and obesity. — Social Services Provider



# CANCER

## ABOUT CANCER

The cancer death rate has declined in recent decades, but over 600,000 people still die from cancer each year in the United States. Death rates are higher for some cancers and in some racial/ethnic minority groups. These disparities are often linked to social determinants of health, including education, economic status, and access to health care.

Interventions to promote evidence-based cancer screenings — such as screenings for lung, breast, cervical, and colorectal cancer — can help reduce cancer deaths. Other effective prevention strategies include programs that increase HPV vaccine use, prevent tobacco use and promote quitting, and promote healthy eating and physical activity. In addition, effective targeted therapies and personalized treatment are key to helping people with cancer live longer.

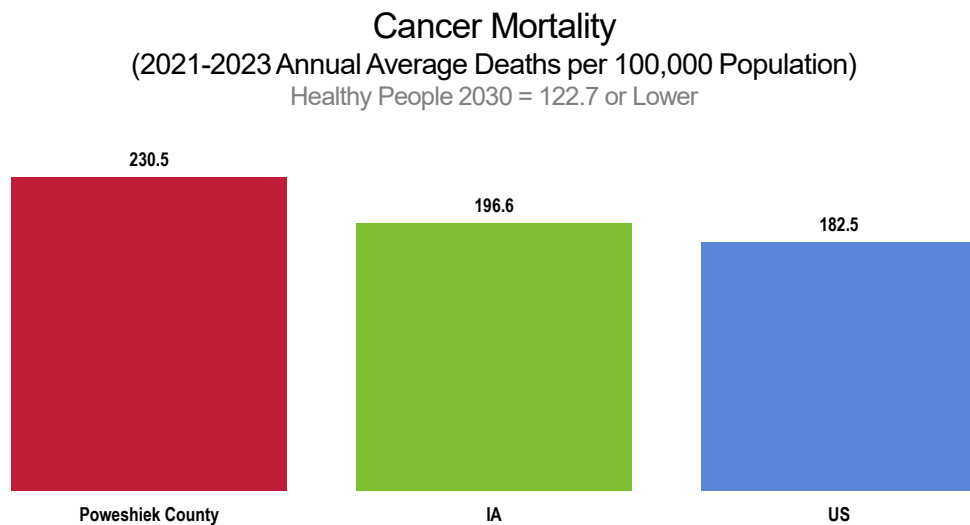
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Cancer Deaths

### All Cancer Deaths

**Between 2021 and 2023, there was an annual average cancer mortality rate of 230.5 deaths per 100,000 population in Poweshiek County.**

**BENCHMARK** ► Higher than the national rate. Fails to satisfy the Healthy People 2030 objective.



Sources: 

- CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: 

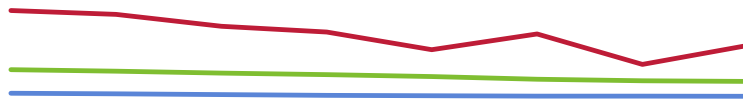
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population.



## Cancer Mortality Trends

(Annual Average Deaths per 100,000 Population)

Healthy People 2030 = 122.7 or Lower



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Poweshiek County	263.7	260.0	248.6	243.4	226.7	241.5	212.7	230.5
IA	207.7	206.2	204.6	203.1	201.2	198.7	197.2	196.6
US	185.4	184.8	184.1	183.3	182.9	182.6	182.6	182.5

Sources: 

- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: 

- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population.

## Cancer Deaths by Site

### BENCHMARK

**Lung Cancer** ► Higher than both state and national rates. Fails to satisfy the Healthy People 2030 objective.

**Colorectal Cancer** ► Higher than both state and national rates. Fails to satisfy the Healthy People 2030 objective.

## Cancer Death Rates by Site

(2021-2023 Annual Average Deaths per 100,000 Population)

	Poweshiek County	Iowa	US	Healthy People 2030
<b>ALL CANCERS</b>	<b>230.5</b>	<b>196.6</b>	<b>182.5</b>	<b>122.7</b>
<b>Lung Cancer</b>	<b>66.7</b>	<b>45.5</b>	<b>39.8</b>	<b>25.1</b>
<b>Colorectal Cancer</b>	<b>21.6</b>	<b>17.6</b>	<b>16.3</b>	<b>8.9</b>

Sources: 

- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: 

- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population.
- Data unavailable for breast and prostate cancers.



# Cancer Incidence

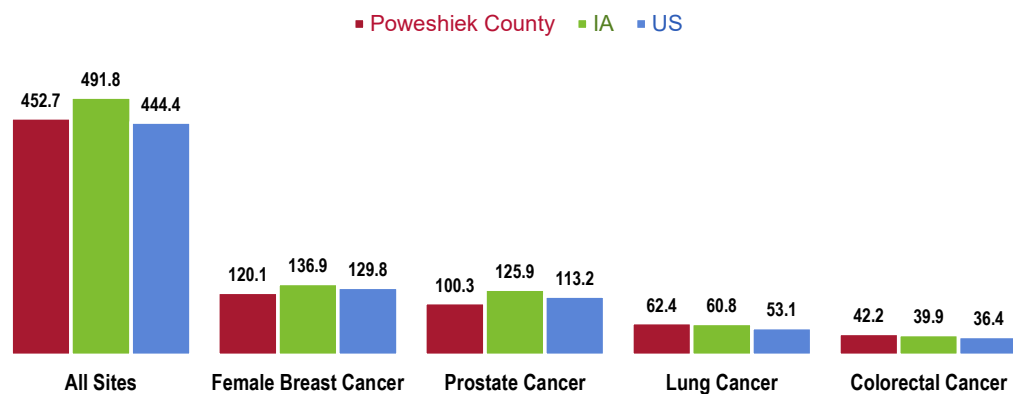
“Incidence rate” or “case rate” is the number of newly diagnosed cases in a given population in a given year, regardless of outcome. It is usually expressed as cases per 100,000 population per year.

The highest cancer incidence rates are for female breast cancer and prostate cancer.

## BENCHMARK

Prostate Cancer ► Lower than the statewide rate.

Cancer Incidence Rates by Site  
(2017-2021)



Sources: 

- State Cancer Profiles.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).

Notes: 

- This indicator reports the incidence rate (cases per 100,000 population per year) for select cancers.



# Prevalence of Cancer

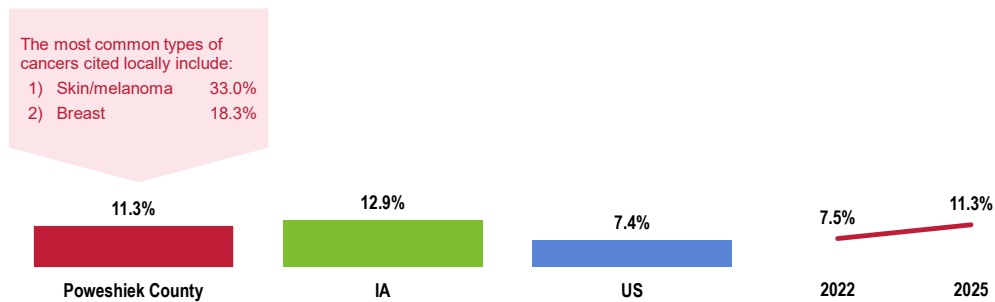
A total of 11.3% of surveyed Poweshiek County adults report having ever been diagnosed with cancer.

**BENCHMARK** ► Higher than the national percentage.

**DISPARITY** ► The prevalence of cancer increases with age.

## Prevalence of Cancer

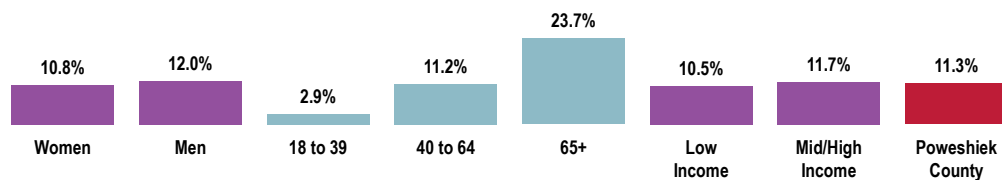
Poweshiek County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 24-25]  
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.  
 • 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

## Prevalence of Cancer (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 24]  
 Notes: • Asked of all respondents.



# Cancer Screenings

The American Cancer Society recommends that both men and women get a cancer-related checkup during a regular doctor's checkup. It should include examination for cancers of the thyroid, testicles, ovaries, lymph nodes, oral cavity, and skin, as well as health counseling about tobacco, sun exposure, diet and nutrition, risk factors, sexual practices, and environmental and occupational exposures. Screening levels in the community were measured in the PRC Community Health Survey relative to the following cancer sites:

## FEMALE BREAST CANCER

The US Preventive Services Task Force (USPSTF) recommends biennial screening mammography for women age 40 to 74 years.

## CERVICAL CANCER

The US Preventive Services Task Force (USPSTF) recommends screening for cervical cancer every 3 years with cervical cytology alone in women age 21 to 29 years. For women age 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting). The USPSTF recommends against screening for cervical cancer in women who have had a hysterectomy with removal of the cervix and do not have a history of a high-grade precancerous lesion (i.e., cervical intraepithelial neoplasia [CIN] grade 2 or 3) or cervical cancer.

## COLORECTAL CANCER

The US Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer starting at age 45 years and continuing until age 75 years.

– US Preventive Services Task Force, Agency for Healthcare Research and Quality, US Department of Health & Human Services

Note that other organizations (e.g., American Cancer Society, American Academy of Family Physicians, American College of Physicians, National Cancer Institute) may have slightly different screening guidelines.

“Appropriate cervical cancer screening” includes Pap smear testing (cervical cytology) every 3 years in women age 21 to 29 and Pap smear testing and/or HPV testing every 5 years in women age 30 to 65.

**Among women age 40 to 74, 80.5% have had a mammogram within the past 2 years.**

**BENCHMARK** ► Higher than the national percentage.

**Among Poweshiek County women age 21 to 65, 69.9% have had appropriate cervical cancer screening.**

**BENCHMARK** ► Fails to satisfy the Healthy People 2030 objective.

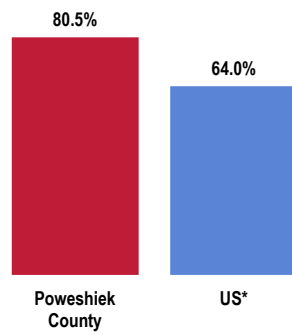
**TREND** ► Decreasing over time.

**Among all adults age 45 to 75, 71.0% have had appropriate colorectal cancer screening.**

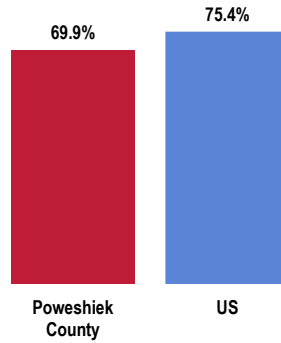
“Appropriate colorectal cancer screening” includes a fecal occult blood test within the past year and/or lower endoscopy (sigmoidoscopy or colonoscopy) within the past 10 years.



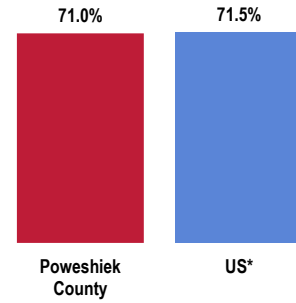
**Breast Cancer Screening**  
(Women 40-74)  
Healthy People 2030 = 80.5% or Higher



**Cervical Cancer Screening**  
(Women 21-65)  
Healthy People 2030 = 84.3% or Higher



**Colorectal Cancer Screening**  
(All Adults 45-75)  
Healthy People 2030 = 74.4% or Higher

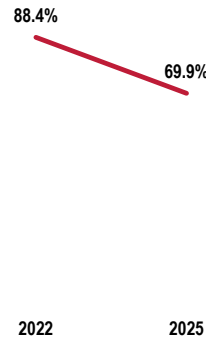


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 101-103]  
 • 2023 PRC National Health Survey, PRC, Inc.  
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
 Notes: • Each indicator is shown among the gender and/or age group specified.  
 • \*Note that national data for breast cancer screening reflect women age 50 to 74. National data for colorectal cancer screening reflect adults age 50 to 75.

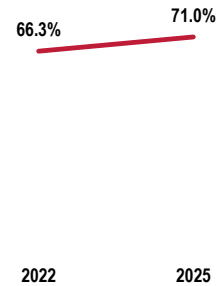
**Breast Cancer Screening**  
(Women 40-74)  
Healthy People 2030 = 80.5% or Higher



**Cervical Cancer Screening**  
(Women 21-65)  
Healthy People 2030 = 84.3% or Higher



**Colorectal Cancer Screening**  
(All Adults 45-75)  
Healthy People 2030 = 74.4% or Higher



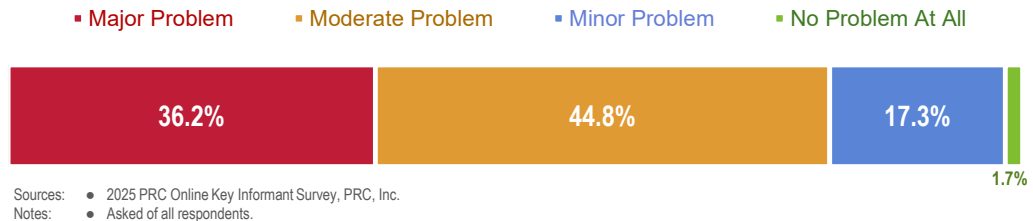
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 101-103]  
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
 Notes: • Each indicator is shown among the gender and/or age group specified.  
 • \*Note that trend data for breast cancer screening reflect the age group (50 to 74) of the previous recommendation.  
 Trend data for colorectal cancer screening reflect the age group (50 to 75) of the previous recommendation.



## Key Informant Input: Cancer

The greatest share of key informants taking part in an online survey characterized **Cancer** as a “moderate problem” in the community.

### Perceptions of Cancer as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)



Among those rating this issue as a “major problem,” reasons related to the following:

#### Incidence/Prevalence

In the past HRT was recommended for women. Now seeing a large increase in breast cancer in women who used HRT. Other farm related chemicals are reported to cause cancer. — Community Leader

The number of people in the community being diagnosed or have passed away from cancer seems to be increasing every year. — Community Leader

Cancer is very prevalent in our community. — Health Care Provider

Because it is affecting everyone, whether they were smokers or not. — Public Health Representative

We have so many that are battling cancer in our county. While some survive, many do not. — Community Leader

Cancer is on the increase, not only in the elderly, but more and more in younger individuals. — Community Leader

Iowa is in the top percentile of states with the highest population of people experiencing cancer. — Community Leader

Because of the prevalence and concerning rise in numbers. — Community Leader

There have been so many I know or am close to that are going through treatments or have died from this. Throughout treatments they must travel outside of Poweshiek County. — Community Leader

I know that Iowa is ranked high nationally for new cancer diagnosis and based on people I know who are dealing with this diagnosis, I believe this is a problem for Poweshiek County. — Community Leader

Because Iowa has one of the highest rates of cancer in the country. Lack of top-notch providers and research. — Community Leader

Iowa as a whole is the second leading state in cancer diagnosis. Younger people are getting diagnosed as well. I am aware of other healthcare workers that have gone to out of state seminars trying to figure out this issue. — Health Care Provider

It's hard to have a conversation without the "C" word coming up. Most are debilitating, but some are basic skin cancers as well. — Community Leader

I have seen the cancer consortium numbers and they are startling. — Community Leader

On a personal level, I have had several family members and friends, all who led what I'd call a healthy life, die of cancer. — Community Leader

I know so many people with cancer and who have been touched by cancer, also the rising cancer rates across the state are a cause for alarm. — Community Leader

#### Environmental Contributors

Rural access to healthcare, age of population and lifestyle choices such as tobacco use, and environmental and agricultural exposure, radon, farming chemicals, etc. — Public Health Representative

Larger percentage per population. All ages question rural chemical radon connection. — Community Leader

Agricultural pollution in our air, soil, water, and food. — Community Leader

#### Access to Care/Services

Have to go out of town or state for competent treatment. — Community Leader



# RESPIRATORY DISEASE

## ABOUT RESPIRATORY DISEASE

Respiratory diseases affect millions of people in the United States. ...More than 25 million people in the United States have asthma. Strategies to reduce environmental triggers and make sure people get the right medications can help prevent hospital visits for asthma. In addition, more than 16 million people in the United States have COPD (chronic obstructive pulmonary disease), which is a major cause of death. Strategies to prevent the disease — like reducing air pollution and helping people quit smoking — are key to reducing deaths from COPD.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Respiratory Disease Deaths

### Lung Disease Deaths

**Between 2021 and 2023, the Poweshiek County reported an annual average lung disease mortality rate of 63.1 deaths per 100,000 population.**

**BENCHMARK** ► Higher than both the state and national rates.

**TREND** ► A decrease from the 2014-2016 reporting period.

Note: Here, lung disease reflects chronic lower respiratory disease (CLRD) deaths and includes conditions such as emphysema, chronic bronchitis, and asthma.

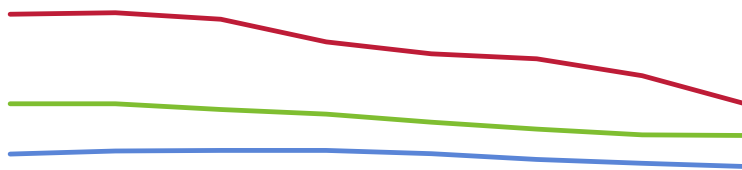
**Lung Disease**  
(2021-2023 Annual Average Deaths per 100,000 Population)



- Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.
- Notes:
- Here, lung disease reflects chronic lower respiratory disease (CLRD) deaths and includes conditions such as emphysema, chronic bronchitis, and asthma.
  - Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
  - Rates are per 100,000 population.



## Lung Disease Mortality Trends (Annual Average Deaths per 100,000 Population)



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
<span style="color: red;">—</span> Poweshiek County	91.5	92.0	90.0	82.8	79.1	77.5	72.1	63.1
<span style="color: green;">—</span> IA	63.3	63.3	61.5	60.1	57.5	55.3	53.5	53.3
<span style="color: blue;">—</span> US	47.4	48.4	48.6	48.6	47.6	45.7	44.5	43.5

Sources: 

- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

Notes: 

- Here, lung disease reflects chronic lower respiratory disease (CLRD) deaths and includes conditions such as emphysema, chronic bronchitis, and asthma.
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population.

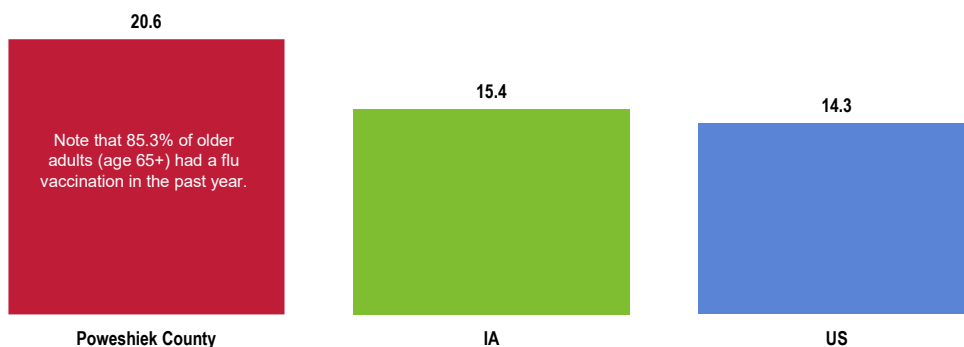
## Pneumonia/Influenza Deaths

**Between 2019 and 2023, Poweshiek County reported an annual average pneumonia/influenza mortality rate of 20.6 deaths per 100,000 population.**

**BENCHMARK** ► Higher than both the state and national rate.

**TREND** ► A decrease from the 2014-2018 reporting period.

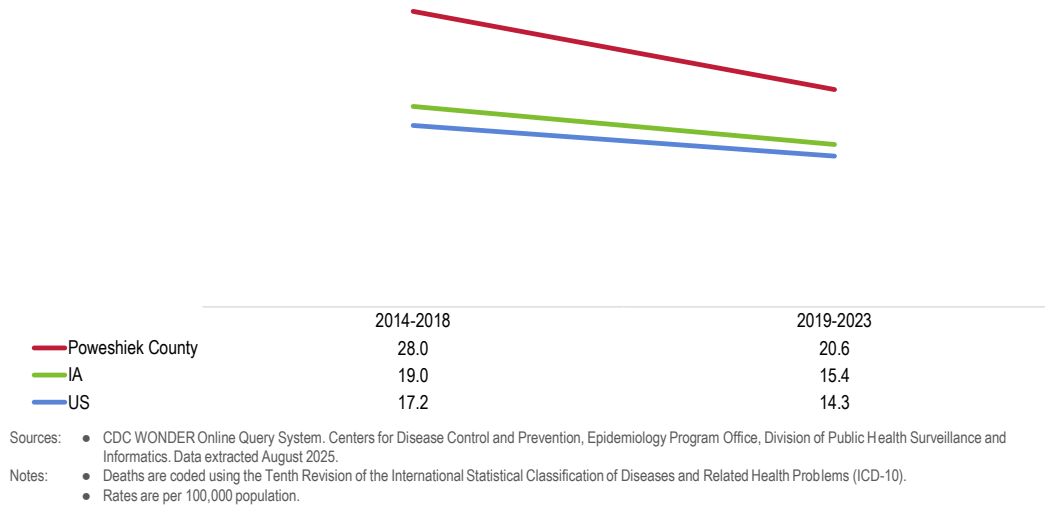
## Pneumonia/Influenza Mortality (2019-2023 Annual Average Deaths per 100,000 Population)



Sources:	<ul style="list-style-type: none"> <li>• 2025 PRC Community Health Survey, PRC, Inc. [Item 301]</li> <li>• CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.</li> </ul>
Notes:	<ul style="list-style-type: none"> <li>• Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).</li> <li>• Rates are per 100,000 population.</li> </ul>



## Pneumonia/Influenza Mortality Trends (Annual Average Deaths per 100,000 Population)



## Prevalence of Respiratory Disease

### Asthma

**A total of 14.5% of Poweshiek County adults have asthma.**

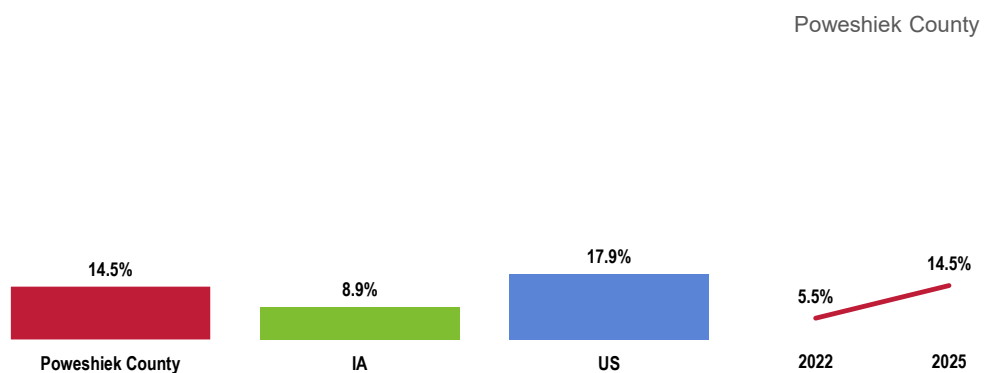
**BENCHMARK** ► Higher than the statewide percentage.

**TREND** ► A significant increase from 2022.

**DISPARITY** ► Most prevalent among adults under 40 and low-income residents.

Survey respondents were asked to indicate whether they suffer from or have been diagnosed with various respiratory conditions, including asthma and COPD.

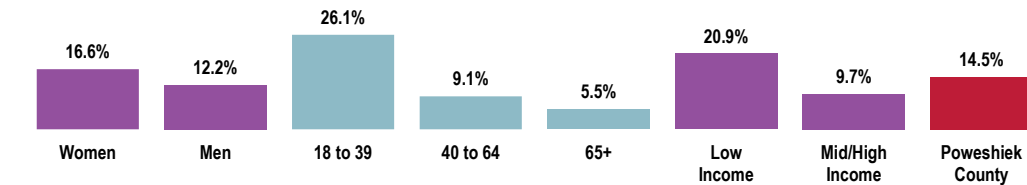
### Prevalence of Asthma



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 26]  
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 Iowa data.  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents.



## Prevalence of Asthma (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 26]  
Notes: • Asked of all respondents.

## Chronic Obstructive Pulmonary Disease (COPD)

**A total of 4.4% of Poweshiek County adults suffer from chronic obstructive pulmonary disease (COPD).**

**BENCHMARK** ► Less than half the national percentage.

Note: COPD includes lung diseases such as emphysema and chronic bronchitis.

## Prevalence of Chronic Obstructive Pulmonary Disease (COPD)

Poweshiek County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 21]  
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents.  
• Includes conditions such as chronic bronchitis and emphysema.



## Key Informant Input: Respiratory Disease

The greatest share of key informants taking part in an online survey characterized *Respiratory Disease* as a “minor problem” in the community.

### Perceptions of Respiratory Disease as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

#### Environmental Contributors

■ Polluted air we are forced to breathe. — Community Leader



# INJURY & VIOLENCE

## ABOUT INJURY & VIOLENCE

**INJURY** ► In the United States, unintentional injuries are the leading cause of death in children, adolescents, and adults younger than 45 years. ...Many unintentional injuries are caused by motor vehicle crashes and falls, and many intentional injuries involve gun violence and physical assaults. Interventions to prevent different types of injuries are key to keeping people safe in their homes, workplaces, and communities.

Drug overdoses are now the leading cause of injury deaths in the United States, and most overdoses involve opioids. Interventions to change health care providers' prescribing behaviors, distribute naloxone to reverse overdoses, and provide medications for addiction treatment for people with opioid use disorder can help reduce overdose deaths involving opioids.

**VIOLENCE** ► Almost 20,000 people die from homicide every year in the United States, and many more people are injured by violence. ...Many people in the United States experience physical assaults, sexual violence, and gun-related injuries. Adolescents are especially at risk for experiencing violence. Interventions to reduce violence are needed to keep people safe in their homes, schools, workplaces, and communities.

Children who experience violence are at risk for long-term physical, behavioral, and mental health problems. Strategies to protect children from violence can help improve their health and well-being later in life.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Unintentional Injury

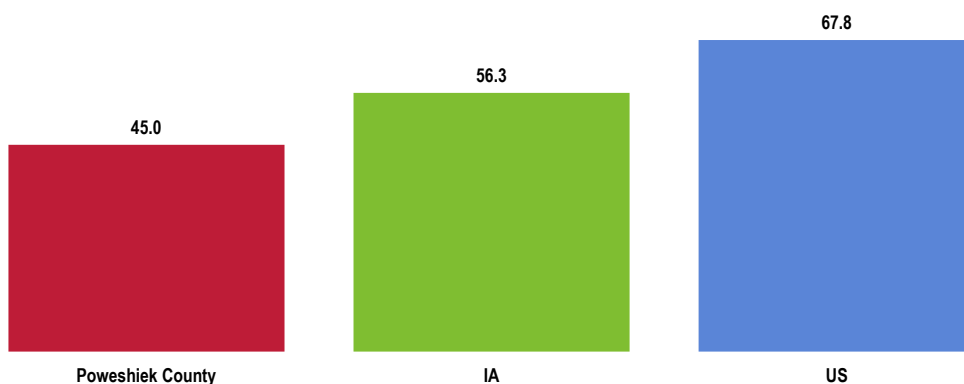
### Unintentional Injury Deaths

**Between 2021 and 2023, there was an annual average unintentional injury mortality rate of 45.0 deaths per 100,000 population in Poweshiek County.**

**BENCHMARK** ► Lower than both the state and US rates.



## Unintentional Injury Mortality (2021-2023 Annual Average Deaths per 100,000 Population) Healthy People 2030 = 43.2 or Lower

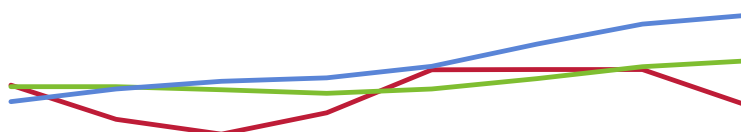


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).  
• Rates are per 100,000 population.

## Unintentional Injury Mortality Trends (Annual Average Deaths per 100,000 Population) Healthy People 2030 = 43.2 or Lower



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
Poweshiek County	50.2	41.5	37.8	43.2	54.0	54.1	54.1	45.0
IA	49.8	49.8	49.0	48.1	49.2	51.8	54.8	56.3
US	46.0	49.2	51.1	52.0	54.9	60.5	65.6	67.8

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

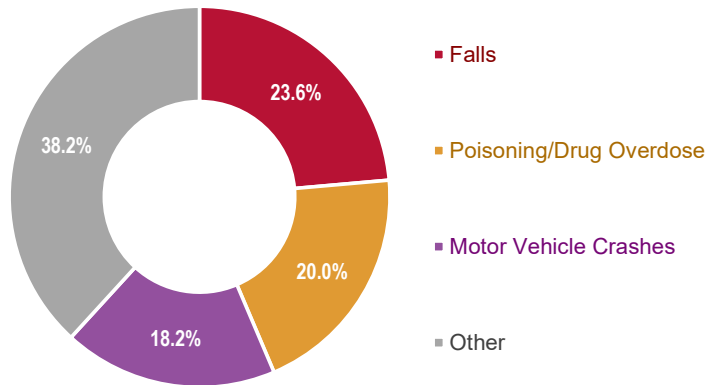
Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).  
• Rates are per 100,000 population.



## Leading Causes of Unintentional Injury Deaths

Falls, poisoning (including unintentional drug overdose), and motor vehicle crashes accounted for most unintentional injury deaths in Poweshiek County between 2019 and 2023.

Leading Causes of Unintentional Injury Deaths  
(Poweshiek County, 2019-2023)

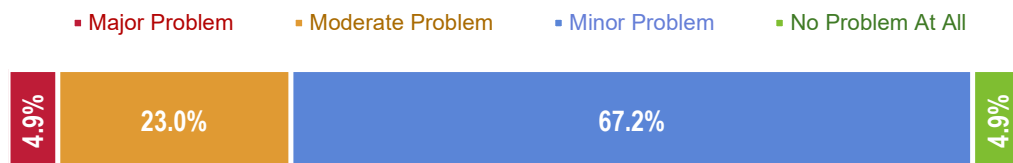


Sources: • CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

## Key Informant Input: Injury & Violence

The largest share of key informants taking part in an online survey characterized *Injury & Violence* as a “minor problem” in the community.

Perceptions of Injury & Violence as a Problem in the Community  
(Among Key Informants; Poweshiek County, 2025)



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

### Alcohol/Drug Use

Drugs/alcohol. — Community Leader

Because of the high percentage of people who are using drugs, which often times leads to injury and violence.  
— Community Leader

### Co-Occurrences

Because of the mental health challenges in the community, there is more of a propensity for injury and violence.  
— Community Leader



# DIABETES

## ABOUT DIABETES

More than 30 million people in the United States have diabetes, and it's the seventh leading cause of death. ...Some racial/ethnic minorities are more likely to have diabetes. And many people with diabetes don't know they have it.

Poorly controlled or untreated diabetes can lead to leg or foot amputations, vision loss, and kidney damage. But interventions to help people manage diabetes can help reduce the risk of complications. In addition, strategies to help people who don't have diabetes eat healthier, get physical activity, and lose weight can help prevent new cases.

– Healthy People 2030 (<https://health.gov/healthypeople>)

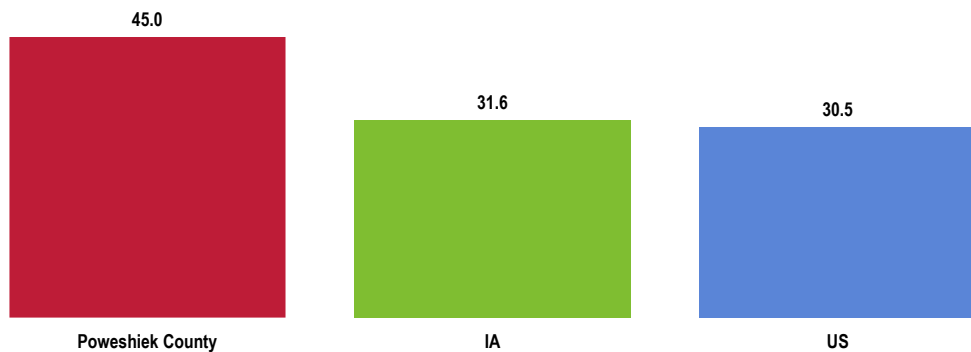
## Diabetes Deaths

**Between 2021 and 2023, there was an annual average diabetes mortality rate of 45.0 deaths per 100,000 population in Poweshiek County.**

**BENCHMARK** ► Higher than both state and national rates.

**TREND** ► A decrease from the 2014-2016 reporting period.

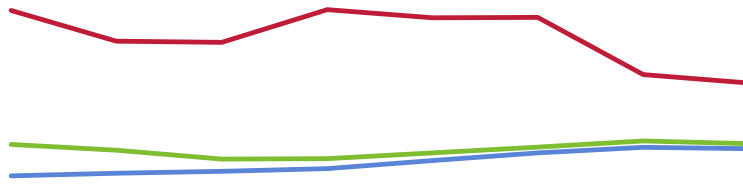
**Diabetes Mortality**  
(2021-2023 Annual Average Deaths per 100,000 Population)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.  
Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).  
• Rates are per 100,000 population.



## Diabetes Mortality Trends (Annual Average Deaths per 100,000 Population)



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
<span style="color: red;">—</span> Poweshiek County	61.0	54.2	54.0	61.2	59.4	59.5	46.9	45.0
<span style="color: green;">—</span> IA	31.4	30.2	28.2	28.3	29.6	30.8	32.2	31.6
<span style="color: blue;">—</span> US	24.5	25.1	25.5	26.1	27.9	29.6	30.8	30.5

Sources: 

- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

Notes: 

- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population.

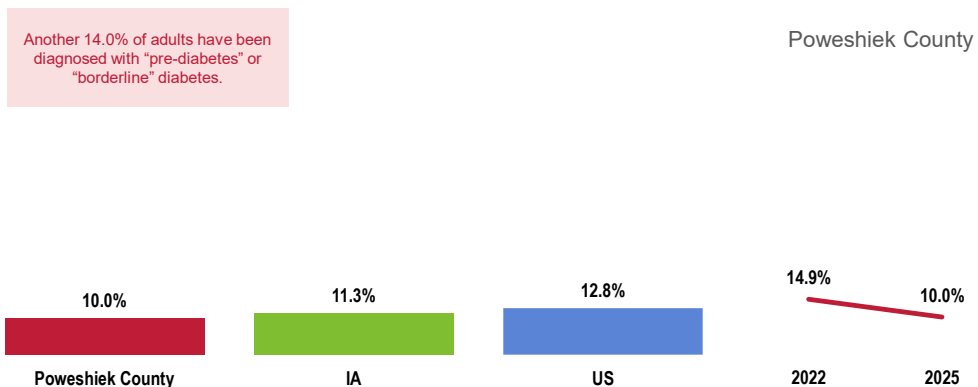
## Prevalence of Diabetes

**A total of 10.0% of Poweshiek County adults report having been diagnosed with diabetes.**

**TREND** ► Decreasing significantly since 2022..

**DISPARITY** ► Reported more often among men, adults age 65+, and low-income residents.

### Prevalence of Diabetes



Sources: 

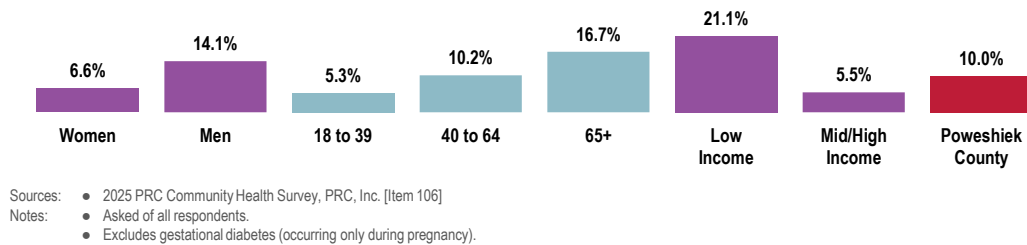
- 2025 PRC Community Health Survey, PRC, Inc. [Item 106]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.
- 2023 PRC National Health Survey, PRC, Inc.

Notes: 

- Asked of all respondents. Excludes gestational diabetes (occurring only during pregnancy).



## Prevalence of Diabetes (Poweshiek County, 2025)



## Kidney Disease Deaths

### ABOUT KIDNEY DISEASE & DIABETES

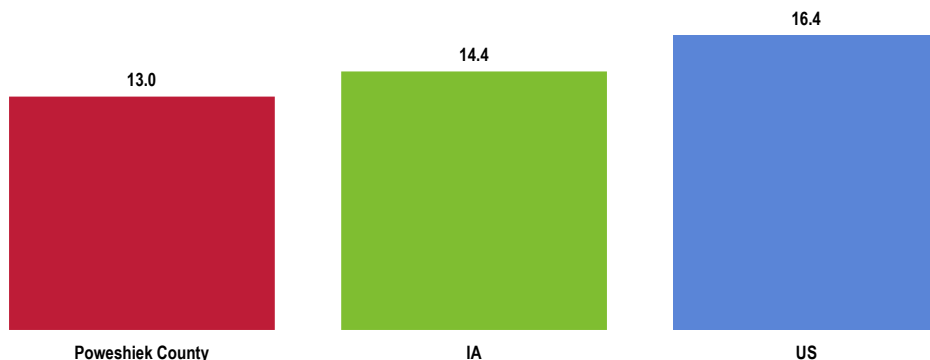
Chronic kidney disease (CKD) is common in people with diabetes. Approximately one in three adults with diabetes has CKD. Both type 1 and type 2 diabetes can cause kidney disease. CKD often develops slowly and with few symptoms. Many people don't realize they have CKD until it's advanced and they need dialysis (a treatment that filters the blood) or a kidney transplant to survive.

– Centers for Disease Control and Prevention (CDC)  
<https://www.cdc.gov/diabetes/managing/diabetes-kidney-disease.html>

**Between 2021 and 2023, there was an annual average kidney disease mortality rate of 13.0 deaths per 100,000 population in Poweshiek County.**

**BENCHMARK** ► Lower than the national rate.

### Kidney Disease Mortality (2021-2023 Annual Average Deaths per 100,000 Population)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.  
 Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).  
 • Rates are per 100,000 population.

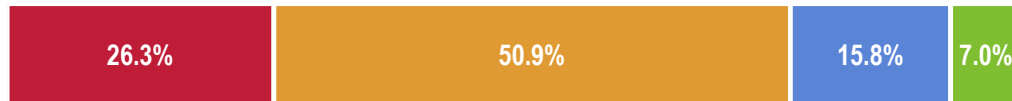


## Key Informant Input: Diabetes

A high percentage of key informants taking part in an online survey characterized *Diabetes* as a “moderate problem” in the community.

### Perceptions of Diabetes as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

#### Access to Affordable Healthy Food

- Health food options and willingness to embrace them. — Community Leader
- Affordable nutrition, diabetic education and transportation to such and addressing it's associated mental illnesses. — Social Services Provider
- Options for healthy food choices. Limited availability of healthier food in smaller communities. — Public Health Representative
- Food that is affordable for their diet needs. — Social Services Provider

#### Awareness/Education

- Need for further educational seminars. — Community Leader
- Education on managing diabetes and no local access to specialists. — Community Leader
- Lack of understanding of healthy foods and understanding of facilities and trails in Poweshiek County to stay healthy and active. — Community Leader

#### Follow-Up/Support

- There are no support groups, even by the hospital. My own family has inquired and there is nothing. There is a large gap between nutrition and exercise for diabetics. I don't think people truly understand the disease and what can be done for it. — Health Care Provider

#### Disease Management

- Just controlling it. Have availability of counselors for diabetes in community. — Physician

#### Access to Care/Services

- Access to providers and resources. — Community Leader

#### Affordable Medications/Supplies

- Price of insulin. — Community Leader

#### Insurance Issues

- Insurance and cost. — Community Leader

#### Nutrition

- Controlling what they eat. — Public Health Representative



# DISABLING CONDITIONS

## ABOUT DISABILITY & HEALTH

Studies have found that people with disabilities are less likely to get preventive health care services they need to stay healthy. Strategies to make health care more affordable for people with disabilities are key to improving their health.

In addition, people with disabilities may have trouble finding a job, going to school, or getting around outside their homes. And they may experience daily stress related to these challenges. Efforts to make homes, schools, workplaces, and public places easier to access can help improve quality of life and overall well-being for people with disabilities.

– Healthy People 2030 (<https://health.gov/healthypeople>)

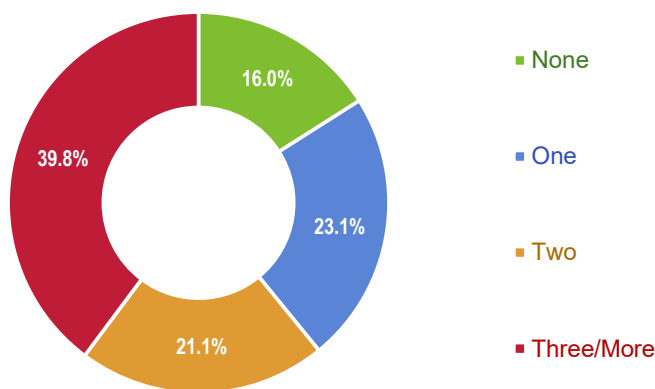
## Multiple Chronic Conditions

**Among Poweshiek County survey respondents, most report having at least one chronic health condition.**

For the purposes of this assessment, chronic conditions include:

- Asthma
- Cancer
- Chronic pain
- Diabetes
- Diagnosed depression
- Heart disease
- High blood cholesterol
- High blood pressure
- Lung disease
- Obesity
- Stroke

Number of Chronic Conditions  
(Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 107]

Notes: • Asked of all respondents.

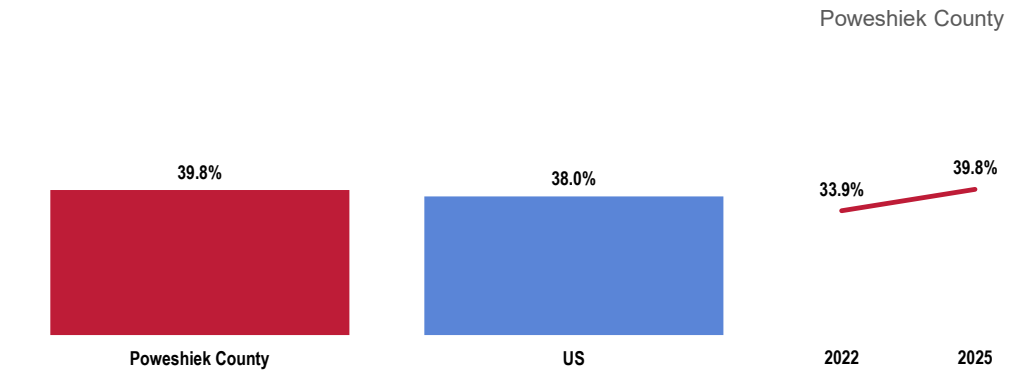
• In this case, chronic conditions include asthma, cancer, chronic pain, diabetes, diagnosed depression, heart disease, high blood cholesterol, high blood pressure, lung disease, obesity, and stroke.



**In fact, 39.8% of Poweshiek County adults report having three or more chronic conditions.**

**DISPARITY** ► Most often reported among men, adults over the age of 40, and low-income residents.

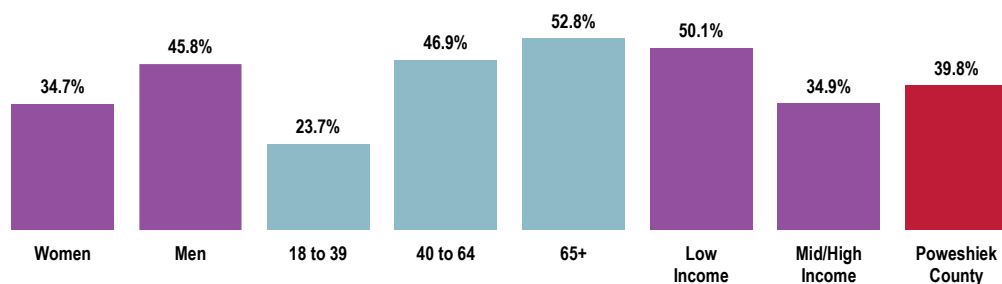
## Have Three or More Chronic Conditions



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 107]  
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.  
• In this case, chronic conditions include asthma, cancer, chronic pain, diabetes, diagnosed depression, heart disease, high blood cholesterol, high blood pressure, lung disease, obesity, and/or stroke.

## Have Three or More Chronic Conditions (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 107]

Notes: • Asked of all respondents.  
• In this case, chronic conditions include asthma, cancer, chronic pain, diabetes, diagnosed depression, heart disease, high blood cholesterol, high blood pressure, lung disease, obesity, and/or stroke.



## Chronic Pain

A total of 15.8% of Poweshiek County adults experience high-impact chronic pain, meaning physical pain that has limited their life or work activities “every day” or “most days” during the past six months.

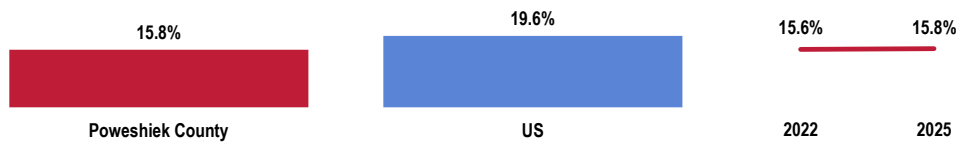
**BENCHMARK** ► Fails to satisfy the Healthy People 2030 objective.

**DISPARITY** ► Reported more often among older adults and low-income residents.

### Experience High-Impact Chronic Pain

Healthy People 2030 = 6.4% or Lower

Poweshiek County

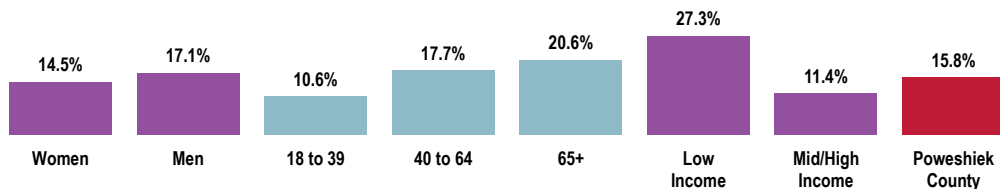


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 31]  
 • 2023 PRC National Health Survey, PRC, Inc.  
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
 Notes: • Asked of all respondents.  
 • High-impact chronic pain includes physical pain that limits life or work activities on “most days” or “every day” of the past six months.

### Experience High-Impact Chronic Pain

(Poweshiek County, 2025)

Healthy People 2030 = 6.4% or Lower



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 31]  
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
 Notes: • Asked of all respondents.  
 • High-impact chronic pain includes physical pain that limits life or work activities on “most days” or “every day” of the past six months.



# Alzheimer's Disease

## ABOUT DEMENTIA

Alzheimer's disease is the most common cause of dementia. Nearly 6 million people in the United States have Alzheimer's, and that number will increase as the population ages.

Dementia refers to a group of symptoms that cause problems with memory, thinking, and behavior. People with dementia are more likely to be hospitalized, and dementia is linked to high health care costs.

While there's no cure for Alzheimer's disease, early diagnosis and supportive care can improve quality of life. And efforts to make sure adults with symptoms of cognitive decline — including memory loss — are diagnosed early can help improve health outcomes in people with dementia. Interventions to address caregiving needs can also help improve health and well-being in people with dementia.

– Healthy People 2030 (<https://health.gov/healthypeople>)

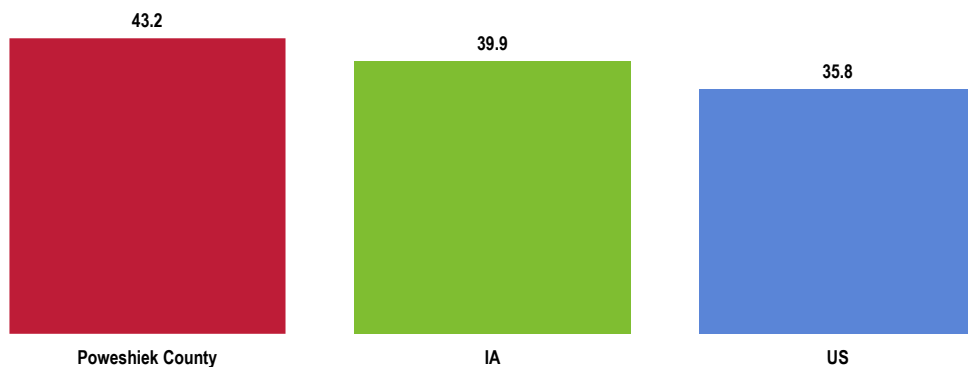
## Alzheimer's Disease Deaths

**Between 2021 and 2023, the county reported an annual average Alzheimer's disease mortality rate of 43.2 deaths per 100,000 population.**

**BENCHMARK** ► Higher than the US rate.

**TREND** ► An increase from the 2014-2016 reporting period.

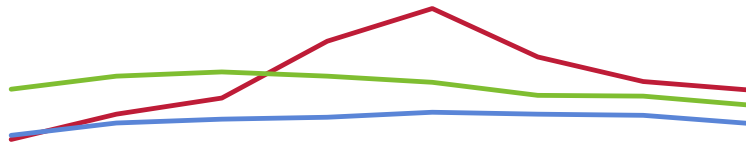
**Alzheimer's Disease Mortality**  
(2021-2023 Annual Average Deaths per 100,000 Population)



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.  
Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).  
• Rates are per 100,000 population.



## Alzheimer's Disease Mortality Trends (Annual Average Deaths per 100,000 Population)



	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020	2019-2021	2020-2022	2021-2023
<span style="color: red;">—</span> Poweshiek County	32.3	37.9	41.4	54.0	61.2	50.5	45.1	43.2
<span style="color: green;">—</span> IA	43.4	46.3	47.2	46.3	44.9	42.0	41.9	39.9
<span style="color: blue;">—</span> US	33.2	35.9	36.8	37.2	38.3	37.9	37.6	35.8

Sources: 

- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

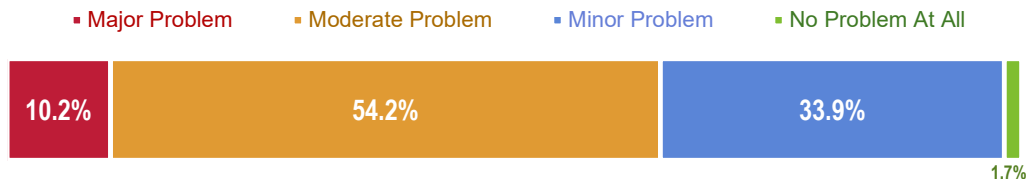
Notes: 

- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population.

## Key Informant Input: Disabling Conditions

Key informants taking part in an online survey most often characterized **Disabling Conditions** as a “moderate problem” in the community.

### Perceptions of Disabling Conditions as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)



Sources: 

- 2025 PRC Online Key Informant Survey, PRC, Inc.

Notes: 

- Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

### Aging Population

The population is aging. Families not equipped to manage sometimes due to full time care needs or complicated needs. Insurance doesn't cover in-home care needs; pain and lack of transportation prevents people from leaving their homes to see their provider, they let things go too far and end up hospitalized. Patients are overwhelmed, depressed, lonely, and scared. Elderly not skilled in electronic forms of communication, need to pay their bills in cash and in-person. Economic standards are far above what most have planned for financially. Not enough Medicaid beds in nursing homes. Not enough beds in nursing homes. — Social Services Provider

With senior retirement community, we are seeing a lot of individuals over 55 struggling with disabling conditions. Excellent services available for these types of conditions at the facilities and hospital. — Community Leader

Older population, increased cases of dementia and all other conditions listed above. — Community Leader

I believe the hardest to help are those who are older but not elderly. Often times I have individuals in my office that have been in long-term pain, have major health issues and are not able to work. Their ability to not work and their health issues limit their drive or ability to get to a location that can help them. I also have one client who is nearly blind; this individual has no transportation and lives in a 3rd floor apartment. I've tried to help him as much as I can, but my ability can be limited. — Social Services Provider

### Lack of Specialists

No specialists. — Community Leader





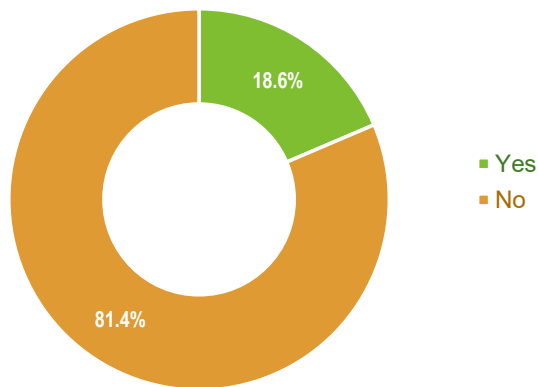
# BIRTHS

# OBSTETRICS & BIRTHING SERVICES

## Use of Local Obstetrics & Birthing Services

In the past year, 18.6% of all respondents have used (or known someone who has used) obstetrics and birthing services in the community.

Have Used or Known Someone Who Has Used  
Local Obstetrics or Birthing Services in the Past Year  
(Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 306]  
Notes: • Asked of all respondents.

## Awareness & Perceptions of Local Obstetrics & Birthing Services

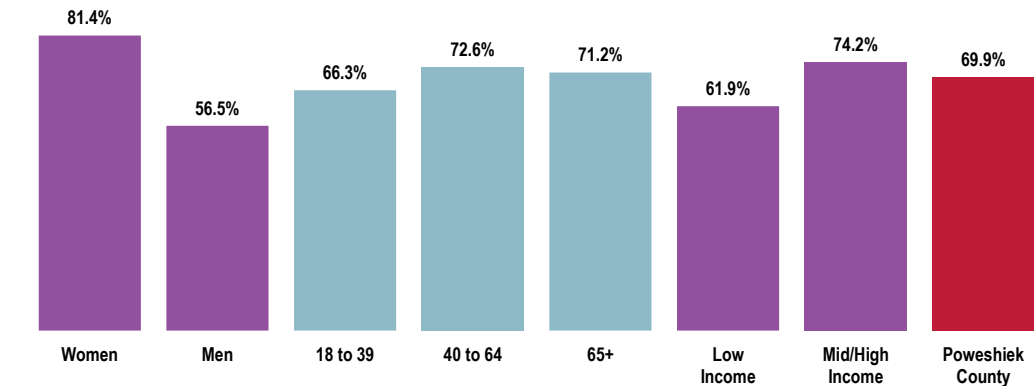
### Awareness of Obstetrics & Birthing Services

Just over two in three residents (69.9%) are aware of the obstetrics and birthing services available in the community.

DISPARITY ► Much lower among men and low-income residents.



## Aware of Local Obstetrics and Birthing Services (Poweshiek County, 2025)



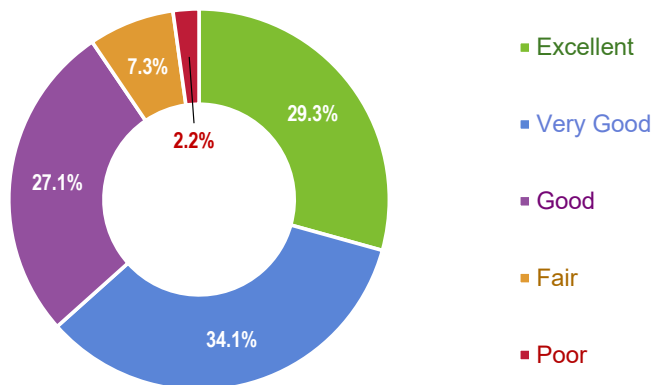
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 304]  
Notes: • Asked of all respondents.

## Perceptions of Obstetrics & Birthing Services

Of those who are aware of obstetrics and birthing services, 9.5% rate the availability as “fair/poor.”

**DISPARITY** ► Men and younger adults are most critical of the availability of obstetrics and birthing services.

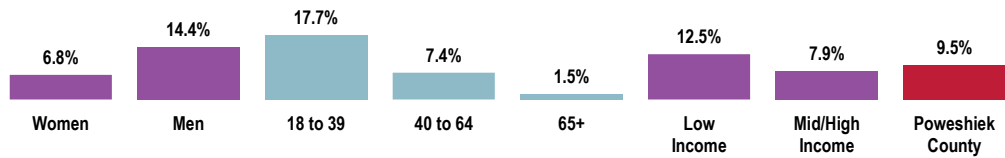
## Rating of the Perceived Availability of Local Obstetrics and Birthing Services (Among Respondents Aware of OB/Birthing Services, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 305]  
Notes: • Asked of all respondents who are aware of local obstetrics and birthing services.



## Perceive the Availability of Local Obstetrics and Birthing Services Perceived to Be “Fair/Poor” (Among Respondents Aware of OB/Birthing Services, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 305]  
Notes: • Asked of all respondents who are aware of local obstetrics and birthing services.



# BIRTH OUTCOMES & RISKS

## Low-Weight Births

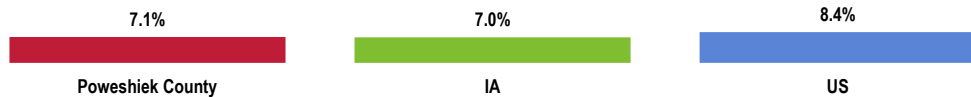
Low birthweight babies, those who weigh less than 2,500 grams (5 pounds, 8 ounces) at birth, are much more prone to illness and neonatal death than are babies of normal birthweight.

Largely a result of receiving poor or inadequate prenatal care, many low-weight births and the consequent health problems are preventable.

**A total of 7.1% of 2017-2023 Poweshiek County births were low-weight.**

**BENCHMARK** ► Lower than the national percentage.

### Low-Weight Births (Percent of Live Births, 2017-2023)



Sources: 

- University of Wisconsin Population Health Institute, County Health Rankings.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).

Note: 

- This indicator reports the percentage of total births that are low birth weight (Under 2500g).



# FAMILY PLANNING

## ABOUT FAMILY PLANNING

Nearly half of pregnancies in the United States are unintended, and unintended pregnancy is linked to many negative outcomes for both women and infants. ...Unintended pregnancy is linked to outcomes like preterm birth and postpartum depression. Interventions to increase use of birth control are critical for preventing unintended pregnancies. Birth control and family planning services can also help increase the length of time between pregnancies, which can improve health for women and their infants.

Adolescents are at especially high risk for unintended pregnancy. Although teen pregnancy and birth rates have gone down in recent years, close to 200,000 babies are born to teen mothers every year in the United States. Linking adolescents to youth-friendly health care services can help prevent pregnancy and sexually transmitted infections in this age group.

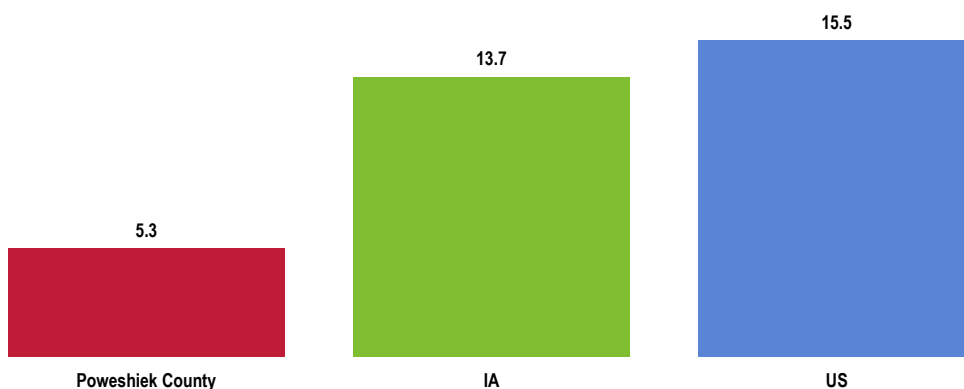
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Births to Adolescent Mothers

**Between 2017 and 2023, 5.3% of all births in Poweshiek County were to adolescents between 15 and 19 years of age.**

**BENCHMARK** ► Significantly lower than both the state and national rates.

**Teen Birth Rate**  
(Births to Adolescents Age 15-19 per 1,000 Females Age 15-19, 2017-2023)



Sources: 

- Centers for Disease Control and Prevention, National Vital Statistics System.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap ([sparkmap.org](https://sparkmap.org)).

Notes: 

- This indicator reports the rate of total births to women under the age of 15–19 per 1,000 female population age 15–19.



# Key Informant Input: Infant Health & Family Planning

Key informants taking part in an online survey largely characterized *Infant Health & Family Planning* as a “moderate problem” in the community.

## Perceptions of Infant Health & Family Planning as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

### Access to Care/Services

Limited access to limited options. — Community Leader

No more planned parenthood for our expanding lower socioeconomic class. — Community Leader

Lack of OB care in the area, neighboring communities have discontinued services leading to a higher demand from GRHC. — Community Leader

Reproductive healthcare, including access to abortions, is getting more difficult for women in Iowa as well as in Poweshiek County. This is particularly for lower-income, single, or less-connected individuals, and those living in the more rural areas of the county. The lack of healthcare in the smaller towns in Poweshiek makes it more difficult to schedule and attend the necessary prenatal and infant appointments. Fertility treatments and other more specialized reproductive health services are also more limited in the county. — Community Leader  
Pediatric Care - There's already a lack of Family Practice Doctors taking new patients and with the increase in the amount of babies being delivered locally, some prematurely, the parents have to commute sometimes up to an hour away for appropriate care whether routine, emergency, UCI, etc. — Community Leader

### Awareness/Education

Grinnell has a great program for this, however not everyone knows about the program or has the ability to receive this help or realize how much they need it. — Social Services Provider

### Funding

Don't believe these services are adequately funded and or that necessary providers are available. — Community Leader

### Vaccination Rates

Individuals moving into community who have not had their children vaccinated. — Community Leader

### Income/Poverty

Family planning not taken serious by many low-income families. — Social Services Provider





# MODIFIABLE HEALTH RISKS

# PHYSICAL ACTIVITY

## ABOUT PHYSICAL ACTIVITY

Physical activity can help prevent disease, disability, injury, and premature death. The Physical Activity Guidelines for Americans lays out how much physical activity children, adolescents, and adults need to get health benefits. Although most people don't get the recommended amount of physical activity, it can be especially hard for older adults and people with chronic diseases or disabilities.

Strategies that make it safer and easier to get active — like providing access to community facilities and programs — can help people get more physical activity. Strategies to promote physical activity at home, at school, and at childcare centers can also increase activity in children and adolescents.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Leisure-Time Physical Activity

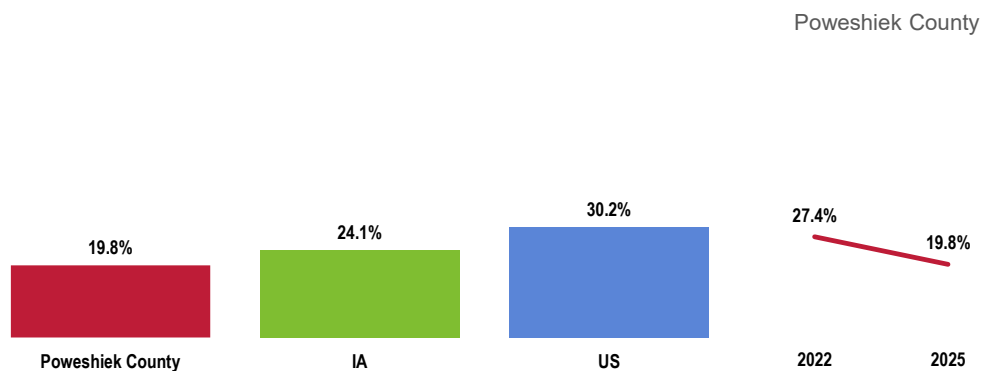
**A total of 19.8% of Poweshiek County adults report no leisure-time physical activity in the past month.**

**BENCHMARK** ► Lower than both state and US percentages.

**TREND** ► A decrease (improvement) from 2022.

### No Leisure-Time Physical Activity in the Past Month

Healthy People 2030 = 21.8% or Lower



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 69]  
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.  
• 2023 PRC National Health Survey, PRC, Inc.  
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.



# Activity Levels

## Adults

### ADULTS: RECOMMENDED LEVELS OF PHYSICAL ACTIVITY

For adults, “meeting physical activity recommendations” includes adequate levels of both aerobic and strengthening activities:

- **Aerobic activity** is one of the following: at least 150 minutes per week of light to moderate activity (such as walking), 75 minutes per week of vigorous activity (such as jogging), or an equivalent combination of both.
- **Strengthening activity** is at least two sessions per week of exercise designed to strengthen muscles (such as push-ups, sit-ups, or activities using resistance bands or weights).

– 2013 Physical Activity Guidelines for Americans, US Department of Health and Human Services.  
[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)

**A total of 27.7% of Poweshiek County adults regularly participate in adequate levels of both aerobic and strengthening activities (meeting physical activity recommendations).**

DISPARITY ► Reported most often among adults under age 40.

### Meets Physical Activity Recommendations

Healthy People 2030 = 29.7% or Higher

Poweshiek County



Sources:

- 2025 PRC Community Health Survey, PRC, Inc. [Item 110]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 Iowa data.
- 2023 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

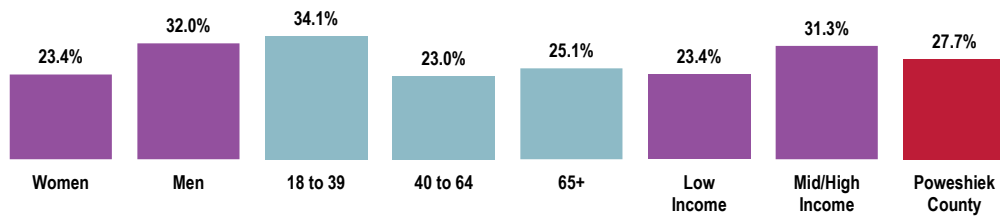
Notes:

- Asked of all respondents.
- Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week (or an equivalent combination of moderate and vigorous-intensity activity) and who also report doing physical activities specifically designed to strengthen muscles at least twice per week.



## Meets Physical Activity Recommendations (Poweshiek County, 2025)

Healthy People 2030 = 29.7% or Higher



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 110]

• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.

• Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week (or an equivalent combination of moderate and vigorous-intensity activity) and who also report doing physical activities specifically designed to strengthen muscles at least twice per week.



## Children

### CHILDREN: RECOMMENDED LEVELS OF PHYSICAL ACTIVITY

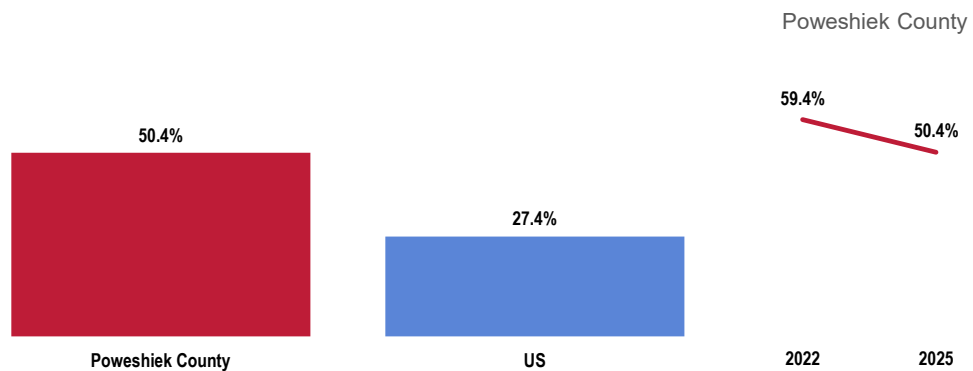
Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

– 2013 Physical Activity Guidelines for Americans, US Department of Health and Human Services.  
[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)

**Among Poweshiek County children age 2 to 17, half (50.4%) are reported to have had 60 minutes of physical activity on each of the seven days preceding the interview (1+ hours per day).**

**BENCHMARK** ► Nearly double the US percentage.

### Child Is Physically Active for One or More Hours per Day (Children 2-17)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 94]  
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents with children age 2-17 at home.  
• Includes children reported to have one or more hours of physical activity on each of the seven days preceding the survey.



# WEIGHT STATUS

## ABOUT OVERWEIGHT & OBESITY

Obesity is linked to many serious health problems, including type 2 diabetes, heart disease, stroke, and some types of cancer. Some racial/ethnic groups are more likely to have obesity, which increases their risk of chronic diseases.

Culturally appropriate programs and policies that help people eat nutritious foods within their calorie needs can reduce overweight and obesity. Public health interventions that make it easier for people to be more physically active can also help them maintain a healthy weight.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. The BMI should be used to assess overweight and obesity and to monitor changes in body weight. In addition, measurements of body weight alone can be used to determine efficacy of weight loss therapy. BMI is calculated as weight (kg)/height squared ( $m^2$ ). To estimate BMI using pounds and inches, use: [weight (pounds)/height squared (inches<sup>2</sup>)] x 703.

In this report, overweight is defined as a BMI of 25.0 to 29.9  $kg/m^2$  and obesity as a BMI  $\geq 30 kg/m^2$ . The rationale behind these definitions is based on epidemiological data that show increases in mortality with BMIs above 25  $kg/m^2$ . The increase in mortality, however, tends to be modest until a BMI of 30  $kg/m^2$  is reached. For persons with a BMI  $\geq 30 kg/m^2$ , mortality rates from all causes, and especially from cardiovascular disease, are generally increased by 50 to 100 percent above that of persons with BMIs in the range of 20 to 25  $kg/m^2$ .

– Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.

CLASSIFICATION OF OVERWEIGHT AND OBESITY BY BMI	BMI ( $kg/m^2$ )
Underweight	<18.5
Healthy Weight	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	$\geq 30.0$

Source: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.



## Overweight Status

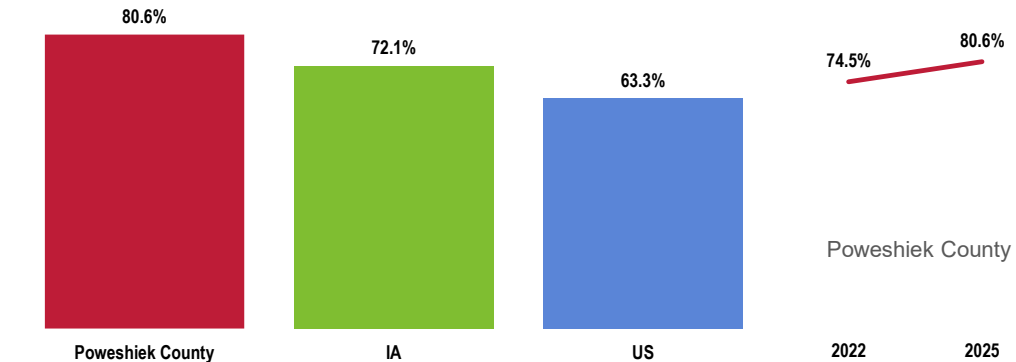
A total of 8 in 10 Poweshiek County adults (80.6%) are **overweight**.

**BENCHMARK** ► Higher than both the state and national percentages.

**TREND** ► An increase from 2022.

Here, "overweight" includes those respondents with a BMI value  $\geq 25$ .

### Prevalence of Total Overweight (Overweight and Obese)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 112]  
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.  
 • 2023 PRC National Health Survey, PRC, Inc.  
 Notes: • Based on reported heights and weights, asked of all respondents.  
 • The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0.  
 • The definition for obesity is a BMI greater than or equal to 30.0.

The overweight prevalence above includes 47.2% of Poweshiek County adults who are **obese**.

**BENCHMARK** ► Well above Iowa and US percentages; fails to satisfy the Healthy People 2030 goal.

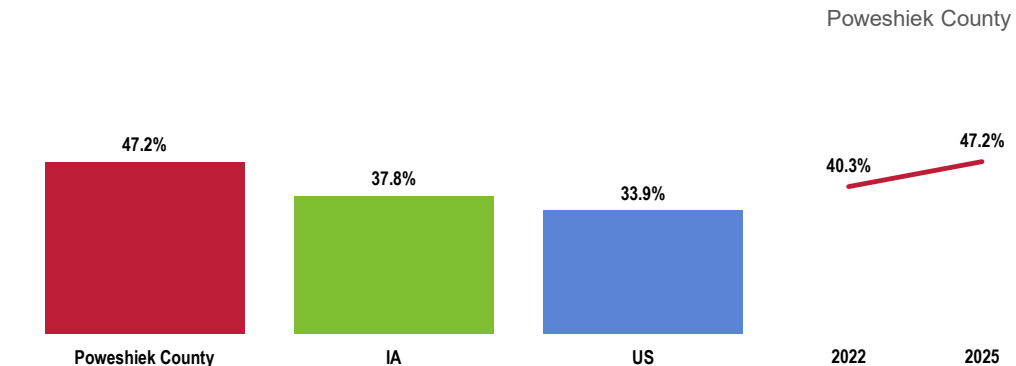
**TREND** ► An increase from 2022.

**DISPARITY** ► Reported most often among middle aged adults.

"Obese" (also included in overweight prevalence discussed previously) includes respondents with a BMI value  $\geq 30$ .

### Prevalence of Obesity

Healthy People 2030 = 36.0% or Lower

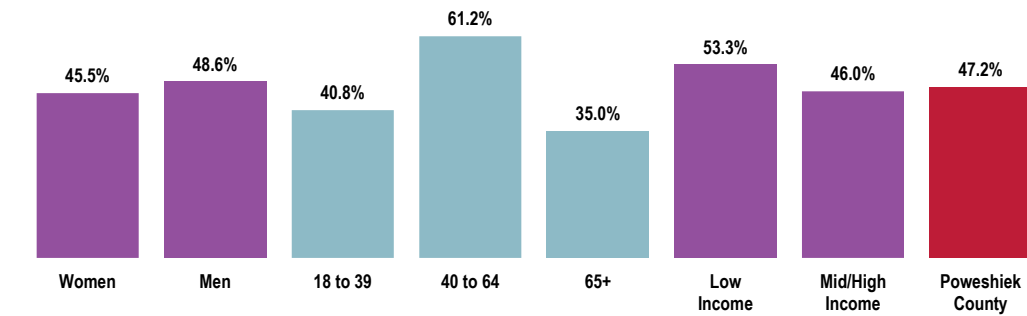


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 112]  
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.  
 • 2023 PRC National Health Survey, PRC, Inc.  
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
 Notes: • Based on reported heights and weights, asked of all respondents.  
 • The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0.



## Prevalence of Obesity (Poweshiek County, 2025)

Healthy People 2030 = 36.0% or Lower



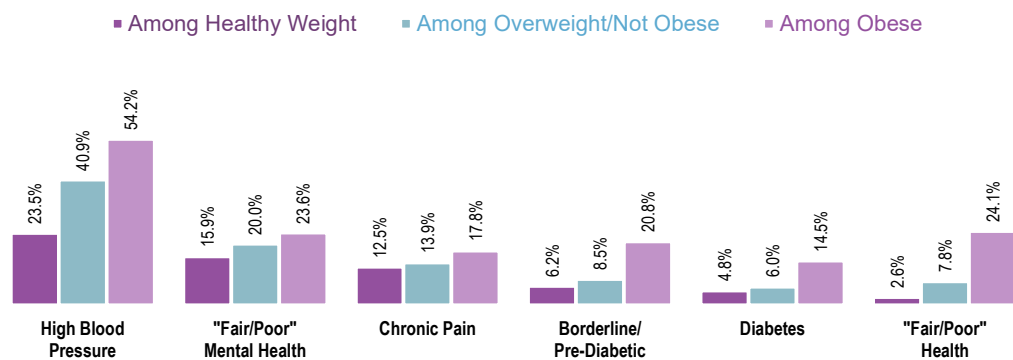
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 112]  
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
 Notes: • Based on reported heights and weights, asked of all respondents.  
 • The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.

## Relationship of Overweight with Other Health Issues

Overweight and obese adults are more likely to report a number of adverse health conditions, as outlined in the following chart.

The correlation between overweight and various health issues cannot be disputed.

### Relationship of Overweight With Other Health Issues (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 112]  
 Notes: • Based on reported heights and weights, asked of all respondents.

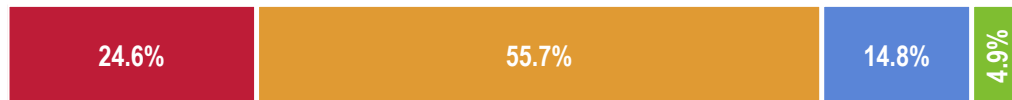


## Key Informant Input: Nutrition, Physical Activity & Weight

Key informants taking part in an online survey most often characterized *Nutrition, Physical Activity & Weight* as a “moderate problem” in the community.

### Perceptions of Nutrition, Physical Activity & Weight as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

#### Access to Affordable Healthy Food

Access to health foods and willingness to embrace the culture and fun community wellness activities.

— Community Leader

To eat right, food is expensive. Fast food, processed foods are easier and cheaper to make, so we are just adding to the existing problem of obesity and lack of exercise. — Health Care Provider

The least expensive food is often the least healthy. When you don't eat food that gives you energy, and when you don't feel good, you don't want to move and be active. It seems to be a vicious cycle. — Community Leader

Food insecurity is a problem throughout the county, and unfortunately cheap foods are also some of the unhealthier foods. Low-income families lack access to fresh, healthy options. School meals may meet state menu requirements, but they are not necessarily the most healthy, and there is limited nutrition education happening in the schools (for kids and for families). Our parks could also benefit from equipment, signage, or trails that could encourage healthy outdoor activities that would be free and accessible for various ages and abilities (think fitness courses, outdoor affixed gym equipment, etc.). — Community Leader

Nutritious food resources don't have the capital and infrastructure they need to serve the entire community. — Community Leader

#### Obesity

Lots of obesity in the area. — Community Leader

I personally struggle with these three issues, but I also see numerous individuals in my community who are overweight and must struggle with maintaining a balanced nutrition and activity level in their lives.

— Community Leader

#### Lifestyle

Busy families tend to eat more fast food. Family members not fixing healthy meal, children on devices, poor parenting skills, vaping, cigarette smoking and recreational drugs. — Community Leader

Fast food, over processed food and lacking in exercise. — Community Leader

#### Income/Poverty

The population of individuals and families I work with have limited income and ability or understanding. For example, if they grew up in an environment that people did not brush their teeth, then they don't realize the importance of this and will also not push their kids to do it either. Poor health, poor understanding of what foods they should be eating or providing, limited funds and transportation. — Social Services Provider

#### Built Environment

Lack of opportunities for individuals to exercise in the winter months. We have wonderful opportunities in the summer but in the winter, we are lacking community gyms and exercise opportunities for everyone in the county.

— Community Leader



# SUBSTANCE USE

## ABOUT DRUG & ALCOHOL USE

Substance use disorders can involve illicit drugs, prescription drugs, or alcohol. Opioid use disorders have become especially problematic in recent years. Substance use disorders are linked to many health problems, and overdoses can lead to emergency department visits and deaths.

Effective treatments for substance use disorders are available, but very few people get the treatment they need. Strategies to prevent substance use — especially in adolescents — and help people get treatment can reduce drug and alcohol misuse, related health problems, and deaths.

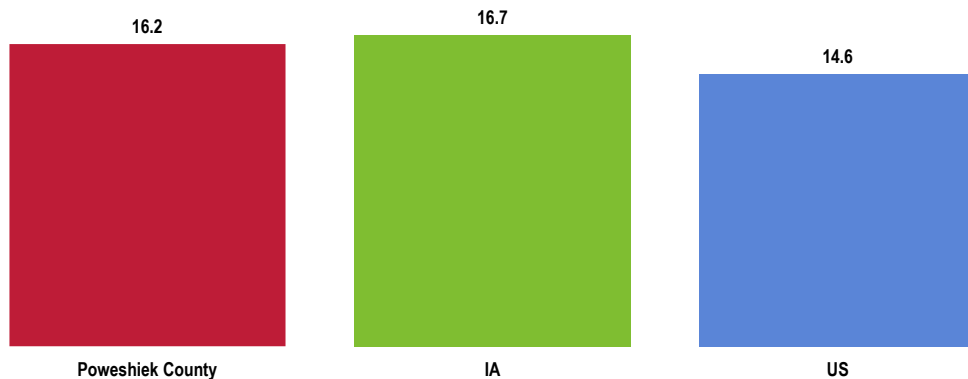
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Alcohol Use

### Alcohol-Induced Deaths

**Between 2021 and 2023, Poweshiek County reported an annual average mortality rate of 16.2 alcohol-induced deaths per 100,000 population.**

**Alcohol-Induced Mortality**  
(2021-2023 Annual Average Deaths per 100,000 Population)

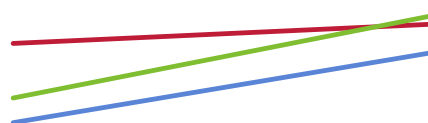


Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

Notes: • Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).  
• Rates are per 100,000 population.



## Alcohol-Induced Mortality Trends (Annual Average Deaths per 100,000 Population)



	2014-2018	2019-2023
<span style="color: red;">—</span> Poweshiek County	15.1	16.2
<span style="color: green;">—</span> IA	12.0	16.7
<span style="color: blue;">—</span> US	10.6	14.6

Sources: 

- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2025.

Notes: 

- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population.

## Excessive Drinking

**Excessive drinking** includes heavy and/or binge drinkers:

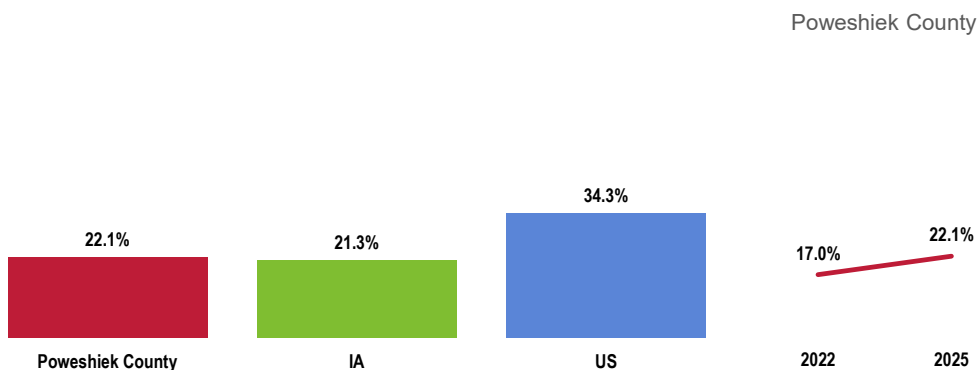
- **HEAVY DRINKING** ► men reporting 2+ alcoholic drinks per day or women reporting 1+ alcoholic drink per day in the month preceding the interview.
- **BINGE DRINKING** ► men reporting 5+ alcoholic drinks or women reporting 4+ alcoholic drinks on any single occasion during the past month.

**A total of 22.1% of area adults engage in excessive drinking (heavy and/or binge drinking).**

**BENCHMARK** ► Lower than the national rate.

**DISPARITY** ► Reported most often among men and mid/high income residents.

## Engage in Excessive Drinking



Sources: 

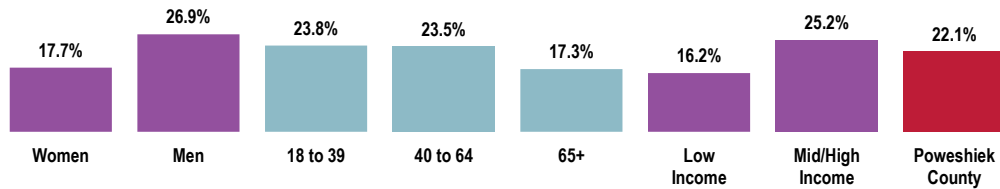
- 2025 PRC Community Health Survey, PRC, Inc. [Item 116]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.
- 2023 PRC National Health Survey, PRC, Inc.

Notes: 

- Asked of all respondents.
- Excessive drinking reflects the percentage of persons age 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.



## Engage in Excessive Drinking (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 116]

Notes: • Asked of all respondents.

• Excessive drinking reflects the percentage of persons age 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.

## Drug Use

### Illicit Drug Use

**A total of 2.5% of Poweshiek County adults acknowledge using an illicit drug in the past month.**

**BENCHMARK** ► Lower than the national rate.

### Illicit Drug Use in the Past Month

Poweshiek County



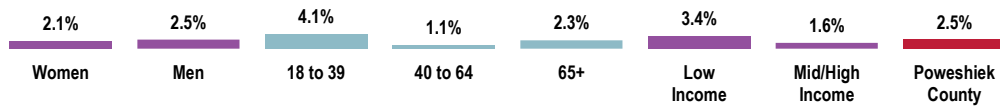
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 40]

• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.



## Illicit Drug Use in the Past Month (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 40]  
Notes: • Asked of all respondents.

## Use of Prescription Opioids

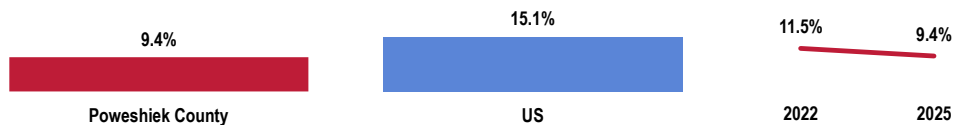
**A total of 9.4% of county adults report using a prescription opioid drug in the past year.**

**BENCHMARK** ► Lower than the national prevalence.

**DISPARITY** ► Most often reported among adults age 65+.

## Used a Prescription Opioid in the Past Year

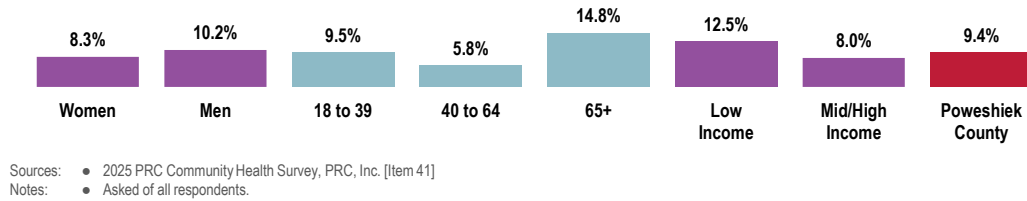
Poweshiek County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 41]  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents.



## Used a Prescription Opioid in the Past Year (Poweshiek County, 2025)



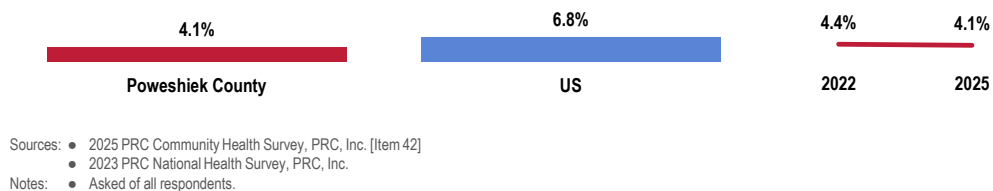
## Alcohol & Drug Treatment

A total of 4.1% of Poweshiek County adults report that they have sought professional help for an alcohol or drug problem at some point in their lives.

**BENCHMARK** ► Lower than the national percentage.

## Have Ever Sought Professional Help for an Alcohol/Drug-Related Problem

Poweshiek County

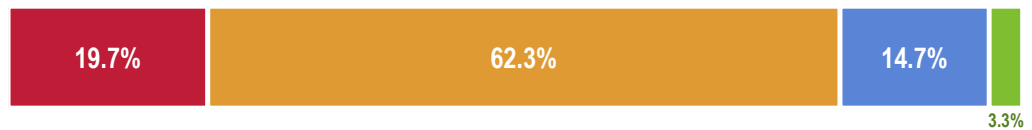


## Key Informant Input: Substance Use

The greatest share of key informants taking part in an online survey characterized *Substance Use* as a “moderate problem” in the community.

### Perceptions of Substance Use as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

#### Denial/Stigma

Admitting they have a problem is the first issue. Methamphetamines are prevalent in the area, I don't think many users really want help. — Health Care Provider

Admission of user that there is a problem, not knowing where to go or who to contact for help, how to get there, transportation. Worry about the cost of treatment, job does not allow for time off needed for treatment and counseling. — Community Leader

People accepting the fact that they need treatment. Denial is a big problem. How being around this affects a child's/adult health. Services are available locally but have to be willing to access the services. — Community Leader

The individual does not want to go due to lack of motivation to get better, the understanding of the depth of their issue, lifestyle, habits. Sometimes when people get so deep in these situations, they don't have any way or anyone to help them get out. — Social Services Provider

#### Awareness/Education

Education of the repeat offenders as well as people just not caring about their own person health or well-being. There have been Narcan boxes put up around the county which is a help for the public and many trainings for our EMS providers but a lack of support system for these patients or lack of follow-up by law enforcement has been an issue. — Community Leader

Knowing where to go for help. — Social Services Provider

#### Access to Care/Services

No where to go. — Community Leader

Lack of facilities and beds. — Community Leader Alcohol and drug abuse rehabilitation programs, services and facilities. — Community Leader

#### Transportation

Transportation for the rural communities is a major barrier. Also, in patient treatment when needed. — Community Leader

#### Lack of Providers

Lack of staffing. Appropriate treatment needs. Transportation services. — Social Services Provider



## Most Problematic Substances

Key informants (who rated this as a “major problem”) identified **methamphetamine/other amphetamines** as causing the most problems in the community, followed by **alcohol**, **cocaine/crack**, and **marijuana**.

### SUBSTANCES VIEWED AS MOST PROBLEMATIC IN THE COMMUNITY (Among Key Informants Rating Substance Use as a “Major Problem”)

METHAMPHETAMINE OR OTHER AMPHETAMINES	40.0%
ALCOHOL	30.0%
COCAINE OR CRACK	20.0%
MARIJUANA	10.0%



# TOBACCO USE

## ABOUT TOBACCO USE

Most deaths and diseases from tobacco use in the United States are caused by cigarettes. Smoking harms nearly every organ in the body and increases the risk of heart disease, stroke, lung diseases, and many types of cancer. Although smoking is widespread, it's more common in certain groups, including men, American Indians/Alaska Natives, people with behavioral health conditions, LGBT people, and people with lower incomes and education levels.

Several evidence-based strategies can help prevent and reduce tobacco use and exposure to secondhand smoke. These include smoke-free policies, price increases, and health education campaigns that target large audiences. Methods like counseling and medication can also help people stop using tobacco.

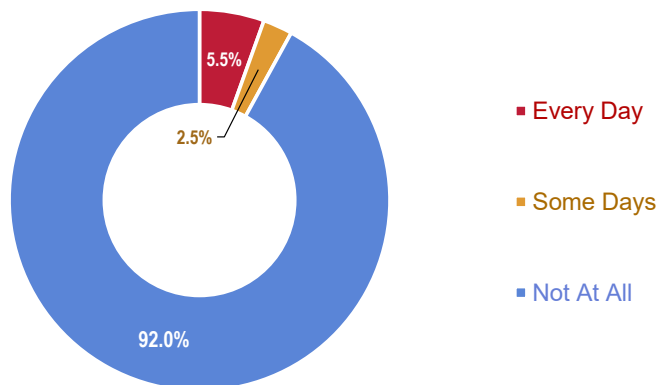
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Cigarette Smoking

### Prevalence of Cigarette Smoking

**A total of 8.0% of Poweshiek County adults currently smoke cigarettes, either regularly (every day) or occasionally (on some days).**

Prevalence of Cigarette Smoking  
(Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 34]  
Notes: • Asked of all respondents.



Note the following findings related to cigarette smoking prevalence in Poweshiek County.

**BENCHMARK** ► Lower than state and US percentages.

**TREND** ► Decreasing significantly since 2022.

**DISPARITY** ► Reported more often among low-income residents.

## Currently Smoke Cigarettes

Healthy People 2030 = 6.1% or Lower

Poweshiek County



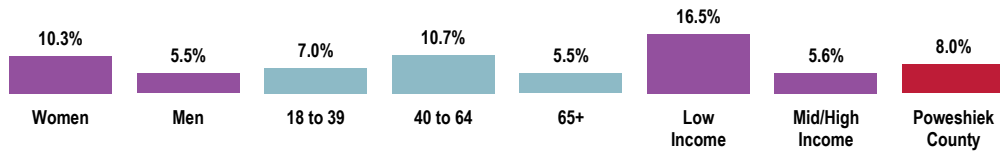
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 34]  
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2023 Iowa data.  
• 2023 PRC National Health Survey, PRC, Inc.  
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.  
• Includes those who smoke cigarettes every day or on some days.

## Currently Smoke Cigarettes

(Poweshiek County, 2025)

Healthy People 2030 = 6.1% or Lower



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 34]  
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: • Asked of all respondents.  
• Includes those who smoke cigarettes every day or on some days.

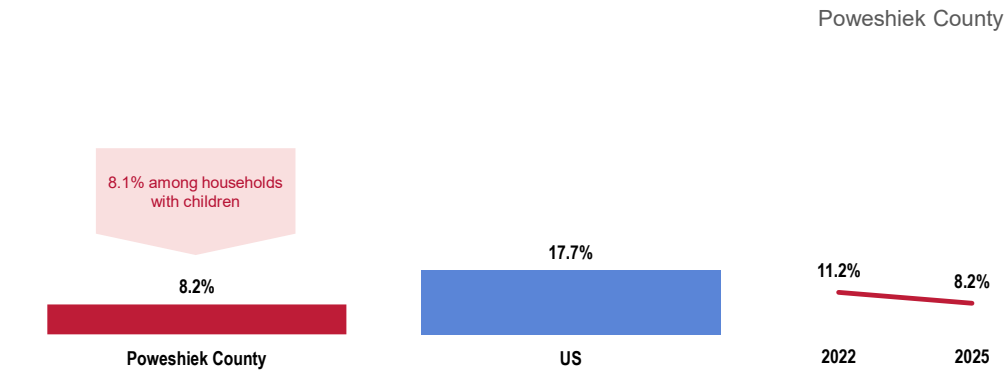


## Environmental Tobacco Smoke

Among all surveyed households in Poweshiek County, 8.2% report that someone has smoked cigarettes, cigars, or pipes anywhere in their home an average of four or more times per week over the past month.

**BENCHMARK** ► Lower than the national prevalence.

### Member of Household Smokes at Home



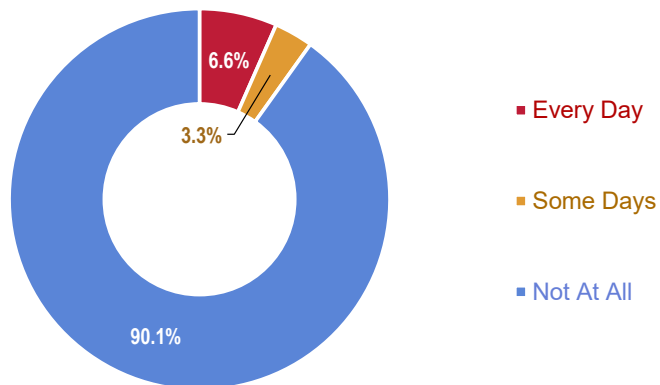
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 35, 114]  
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.  
• "Smokes at home" refers to someone smoking cigarettes, cigars, or a pipe in the home an average of four or more times per week in the past month.

## Use of Vaping Products

Most Poweshiek County adults do not use electronic vaping products.

### Use of Vaping Products (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 36]  
Notes: • Asked of all respondents.



However, 9.9% currently use electronic vaping products either regularly (every day) or occasionally (on some days).

**BENCHMARK** ► Lower than the national percentage.

**TREND** ► An increase from the 2022 baseline.

**DISPARITY** ► Most often reported among adults under 40 and low-income residents.

## Currently Use Vaping Products (Every Day or on Some Days)

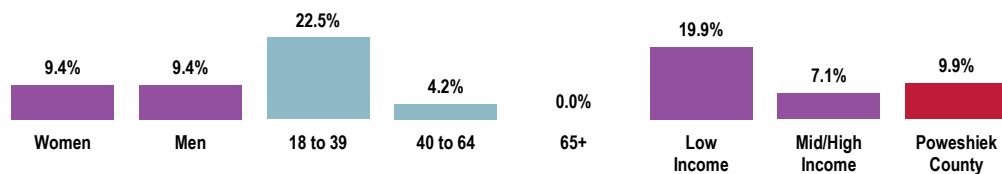
Poweshiek County



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 36]  
 • 2023 PRC National Health Survey, PRC, Inc.  
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.

Notes: • Asked of all respondents.  
 • Includes those who use vaping products every day or on some days.

## Currently Use Vaping Products (Poweshiek County, 2025)



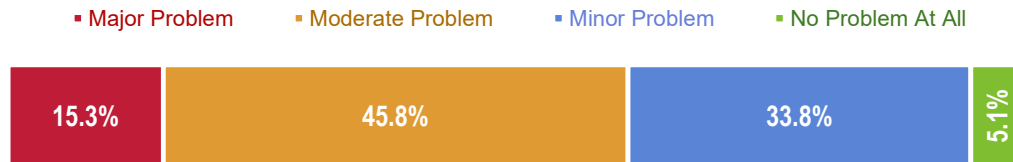
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 36]  
 Notes: • Asked of all respondents.  
 • Includes those who use vaping products every day or on some days.



## Key Informant Input: Tobacco Use

The greatest share of key informants taking part in an online survey characterized *Tobacco Use* as a “moderate problem” in the community.

### Perceptions of Tobacco Use as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

#### Incidence/Prevalence

Adults smoking and kids openly vaping around town. — Community Leader

Prevalent in every community in our county with ease of access in every community. I also believe that family influence can be a factor. If parents are smokers or tobacco users, it can influence their children to do the same. i.e., “dad always smoked, so one day i started too.” — Public Health Representative

Tobacco is a problem in all communities. The population I work with a majority of them are smokers. I think it can also be linked to their lifestyle. — Social Services Provider

#### Impact on Quality of Life

The health effects from cigarette smoking and vaping have long term health implications. — Community Leader

We have come into contact with tobacco users, especially ones on home oxygen with COPD or other respiratory issues that continue to smoke when they have been advised by their primary care physician, EMS providers and family. The prevalence of smoke shops and other places to obtain these products has certainly increase the usage. — Community Leader

#### Easy Access

I believe that the ease of access to tobacco and especially the vape devices. — Community Leader

Underage children able to get it. — Social Services Provider (Poweshiek County)



# SEXUAL HEALTH

## ABOUT HIV & SEXUALLY TRANSMITTED INFECTIONS

Although many sexually transmitted infections (STIs) are preventable, there are more than 20 million estimated new cases in the United States each year — and rates are increasing. In addition, more than 1.2 million people in the United States are living with HIV (human immunodeficiency virus).

Adolescents, young adults, and men who have sex with men are at higher risk of getting STIs. And people who have an STI may be at higher risk of getting HIV. Promoting behaviors like condom use can help prevent STIs.

Strategies to increase screening and testing for STIs can assess people's risk of getting an STI and help people with STIs get treatment, improving their health and making it less likely that STIs will spread to others. Getting treated for an STI other than HIV can help prevent complications from the STI but doesn't prevent HIV from spreading.

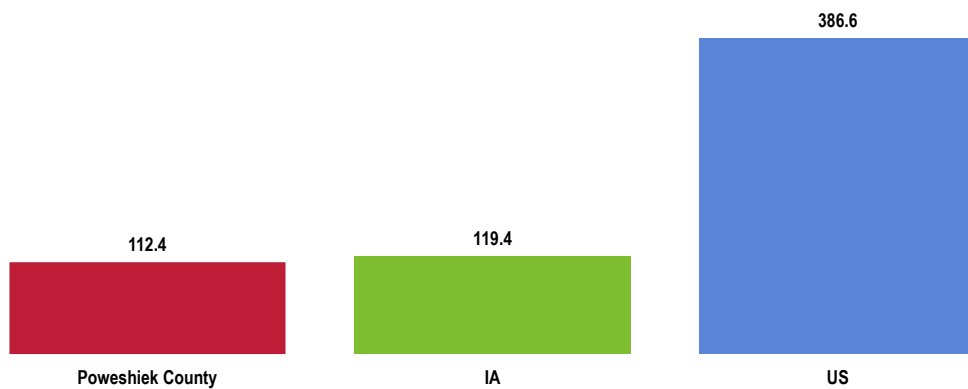
– Healthy People 2030 (<https://health.gov/healthypeople>)

## HIV

**In 2022, there was a prevalence rate of 112.4 HIV cases per 100,000 population in Poweshiek County.**

**BENCHMARK** ► Drastically lower than the national rate.

**HIV Prevalence**  
(Prevalence Rate of HIV per 100,000 Population, 2022)



Sources: 

- Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap ([sparkmap.org](https://sparkmap.org)).



# Sexually Transmitted Infections (STIs)

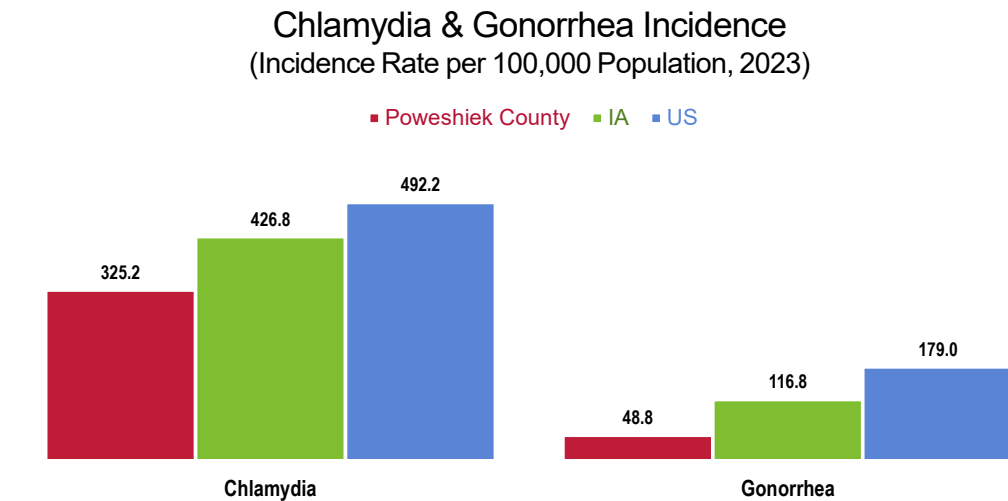
## Chlamydia & Gonorrhea

In 2023, the chlamydia incidence rate in Poweshiek County was 325.2 cases per 100,000 population.

BENCHMARK ► Lower than Iowa and US rates.

The county's gonorrhea incidence rate in 2023 was 48.8 cases per 100,000 population.

BENCHMARK ► Lower than both state and national rates.

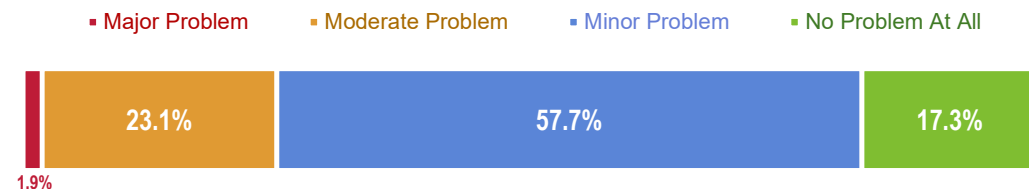


Sources: • Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention.  
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap (sparkmap.org).

## Key Informant Input: Sexual Health

A plurality of key informants taking part in an online survey characterized *Sexual Health* as a “minor problem” in the community.

### Perceptions of Sexual Health as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.





# ACCESS TO HEALTH CARE

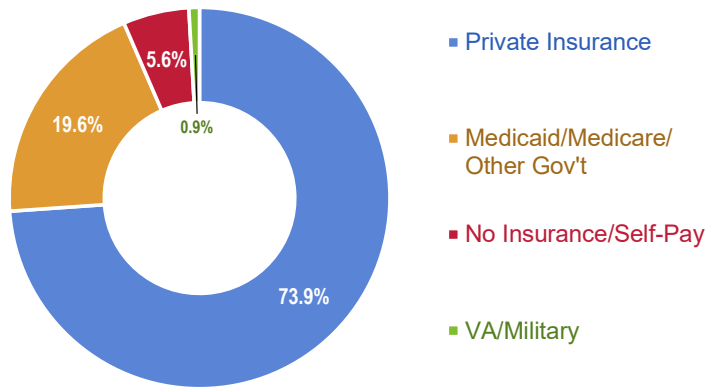
# HEALTH INSURANCE COVERAGE

## Type of Health Care Coverage

A total of 73.9% of Poweshiek County adults age 18 to 64 report having health care coverage through private insurance. Another 20.5% report coverage through a government-sponsored program (e.g., Medicaid, Medicare, military benefits).

Survey respondents were asked a series of questions to determine their health care insurance coverage, if any, from either private or government-sponsored sources.

Health Care Insurance Coverage  
(Adults 18-64; Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 117]  
Notes: • Reflects respondents age 18 to 64.



# Lack of Health Insurance Coverage

Among adults age 18 to 64, 5.6% report having no insurance coverage for health care expenses.

## Lack of Health Care Insurance Coverage (Adults 18-64)

Healthy People 2030 = 7.6% or Lower

Poweshiek County



Sources: 

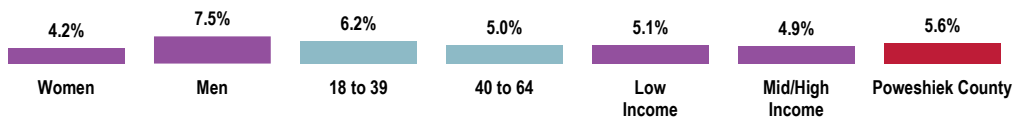
- 2025 PRC Community Health Survey, PRC, Inc. [Item 117]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.
- 2023 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: 

- Reflects respondents age 18 to 64.

## Lack of Health Care Insurance Coverage (Adults 18-64; Poweshiek County, 2025)

Healthy People 2030 = 7.6% or Lower



Sources: 

- 2025 PRC Community Health Survey, PRC, Inc. [Item 117]
- US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

Notes: 

- Reflects respondents age 18 to 64.



# DIFFICULTIES ACCESSING HEALTH CARE

## ABOUT HEALTH CARE ACCESS

Many people in the United States don't get the health care services they need. ...People without insurance are less likely to have a primary care provider, and they may not be able to afford the health care services and medications they need. Strategies to increase insurance coverage rates are critical for making sure more people get important health care services, like preventive care and treatment for chronic illnesses.

Sometimes people don't get recommended health care services, like cancer screenings, because they don't have a primary care provider. Other times, it's because they live too far away from health care providers who offer them. Interventions to increase access to health care professionals and improve communication — in person or remotely — can help more people get the care they need.

— Healthy People 2030 (<https://health.gov/healthypeople>)

## Difficulties Accessing Services

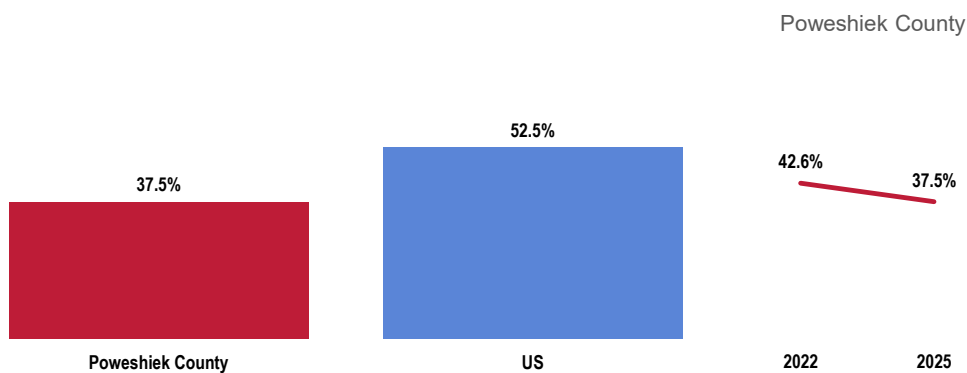
**A total of 37.5% of Poweshiek County adults report some type of difficulty or delay in obtaining health care services in the past year.**

**BENCHMARK** ► Lower than the national prevalence.

**DISPARITY** ► Most often reported among women, adults under 65, and low-income residents.

This indicator reflects the percentage of the total population experiencing problems accessing health care in the past year, regardless of whether they needed or sought care. It is based on reports of the barriers outlined in the following section.

### Experienced Difficulties or Delays of Some Kind in Receiving Needed Health Care in the Past Year

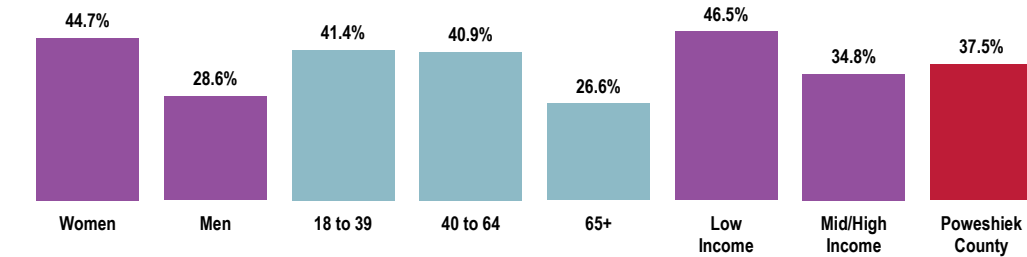


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 119]  
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.  
• Percentage represents the proportion of respondents experiencing one or more barriers to accessing health care in the past 12 months.



## Experienced Difficulties or Delays of Some Kind in Receiving Needed Health Care in the Past Year (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 119]  
 Notes: • Asked of all respondents.  
 • Percentage represents the proportion of respondents experiencing one or more barriers to accessing health care in the past 12 months.

## Barriers to Health Care Access

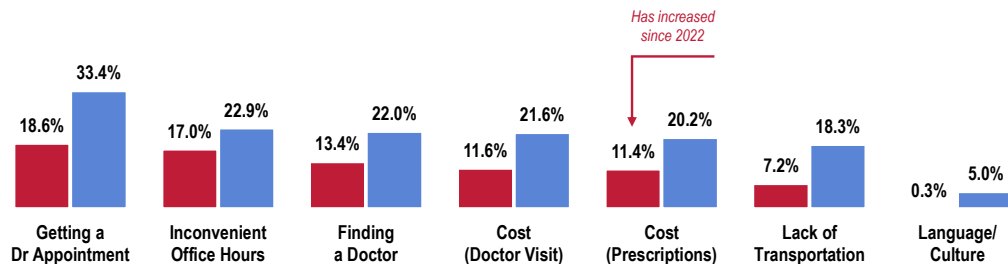
Of the tested barriers, appointment availability and inconvenient office hours impacted the greatest shares of Poweshiek County adults.

**BENCHMARK** ► All areas are lower than national percentages.

**TREND** ► The impact of prescription costs has increased significantly since 2022.

### Barriers to Access Have Prevented Medical Care in the Past Year

■ Poweshiek County ■ US



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Items 6-13]  
 • 2023 PRC National Health Survey, PRC, Inc.  
 Notes: • Asked of all respondents.



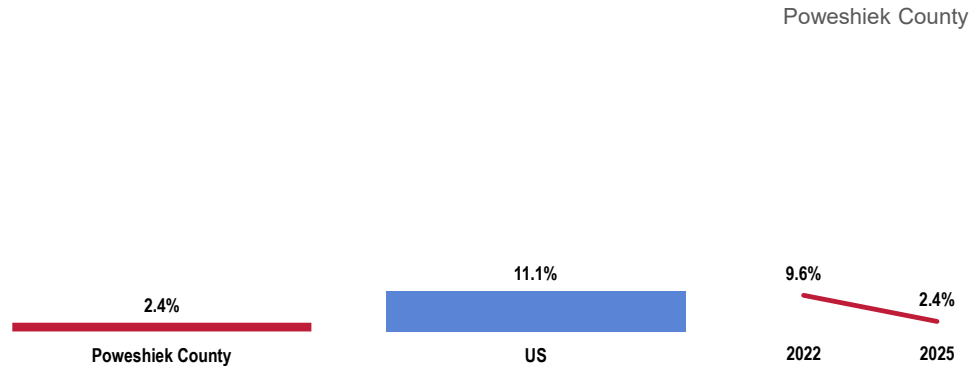
## Accessing Health Care for Children

Surveyed parents were also asked if, within the past year, they experienced any trouble receiving medical care for a randomly selected child in their household.

**A total of 2.4% of parents say there was a time in the past year when they needed medical care for their child but were unable to get it.**

**BENCHMARK** ► Well below the US prevalence.

### Had Trouble Obtaining Medical Care for Child in the Past Year (Children 0-17)

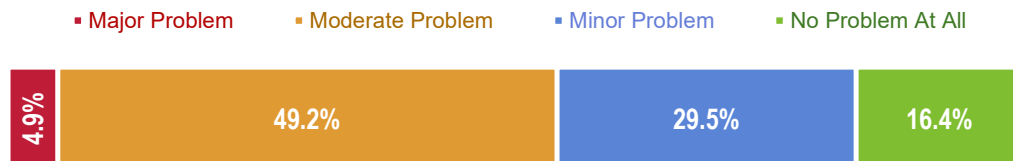


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 90]  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents with children age 0 to 17 in the household.

## Key Informant Input: Access to Health Care Services

**Key informants taking part in an online survey most often characterized *Access to Health Care Services* as a “moderate problem” in the community.**

### Perceptions of Access to Health Care Services as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.



Among those rating this issue as a “major problem,” reasons related to the following:

### Access to Care/Services

Lack of primary care availability. — Community Leader

Access to services. — Community Leader Wound care. People need to travel out of town to receive chronic wound care. — Community Leader

### Transportation

Transportation and provider availability. — Community Leader

Lack of affordable transportation to medical appointments for those in rural Poweshiek County. — Community Leader

### Medicare/Medicaid Funding

If the congress passes the current proposed budget bill and Medicare and Medicaid funding is reduced those who need those coverages will not be able to afford any of the services, they may need. Also, the providers will not be able to provide services that are not paid for. — Community Leader

### Insurance Issues

Lack of universal healthcare, lack of providers who take Medicaid. — Community Leader



# PRIMARY CARE SERVICES

## ABOUT PREVENTIVE CARE

Getting preventive care reduces the risk for diseases, disabilities, and death — yet millions of people in the United States don't get recommended preventive health care services.

Children need regular well-child and dental visits to track their development and find health problems early, when they're usually easier to treat. Services like screenings, dental check-ups, and vaccinations are key to keeping people of all ages healthy. But for a variety of reasons, many people don't get the preventive care they need. Barriers include cost, not having a primary care provider, living too far from providers, and lack of awareness about recommended preventive services.

Teaching people about the importance of preventive care is key to making sure more people get recommended services. Law and policy changes can also help more people access these critical services.

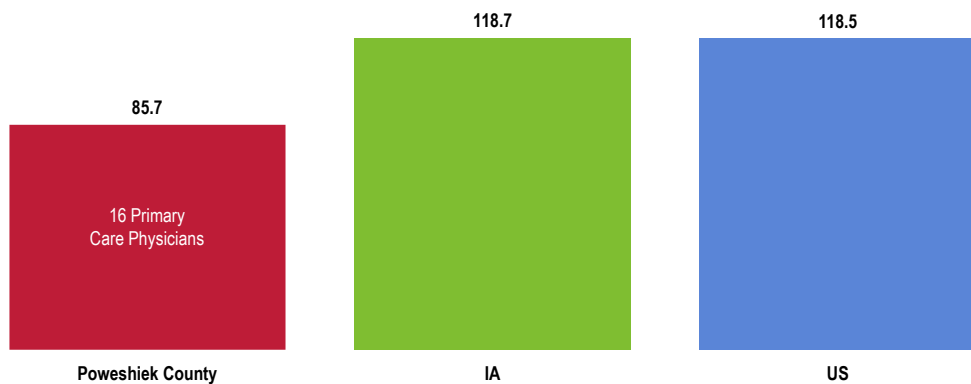
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Access to Primary Care

In 2025, there were 16 primary care physicians in Poweshiek County, translating to a rate of 85.7 primary care physicians per 100,000 population.

**BENCHMARK** ► Lower than both state and US rates.

### Number of Primary Care Physicians per 100,000 Population (2025)



Sources: • Centers for Medicare and Medicaid Services, National Plan and Provider Enumeration System (NPPES).  
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2025 via SparkMap ([sparkmap.org](https://sparkmap.org)).  
Notes: • Doctors classified as "primary care physicians" by the AMA include general family medicine MDs and DOs, general practice MDs and DOs, general internal medicine MDs, and general pediatrics MDs. Physicians age 75 and over and physicians practicing sub-specialties within the listed specialties are excluded.



# Utilization of Primary Care Services

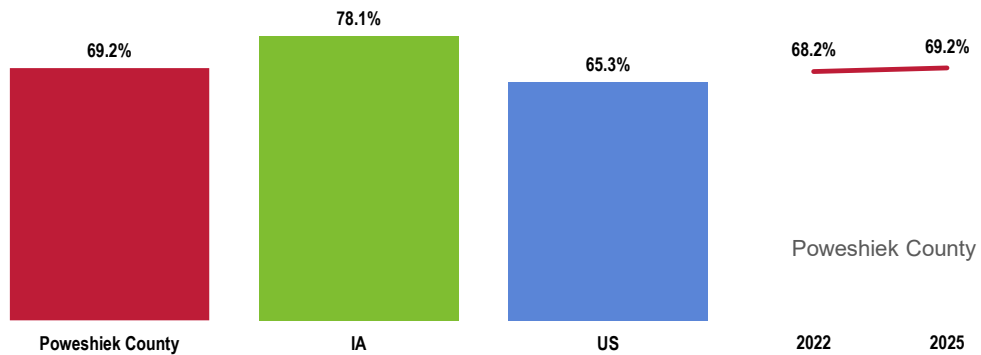
## Adults

More than two in three adults (69.2%) visited a physician for a routine checkup in the past year.

**BENCHMARK** ► Lower than the statewide percentage.

**DISPARITY** ► Reported less often among adults under age 65 and low-income residents.

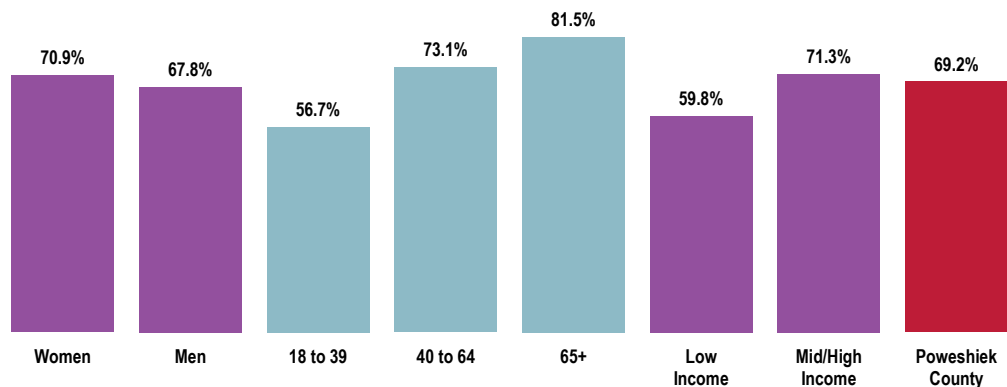
### Have Visited a Physician for a Checkup in the Past Year



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 16]  
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.  
• 2023 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

### Have Visited a Physician for a Checkup in the Past Year (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 16]  
Notes: • Asked of all respondents.

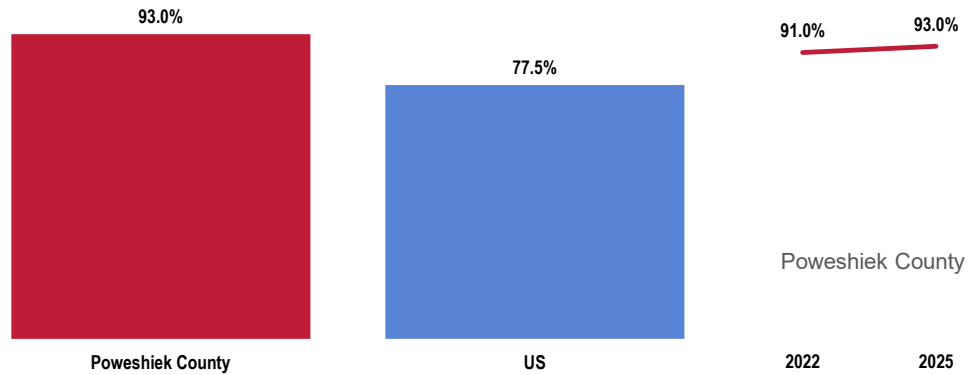


## Children

Among surveyed parents, 93.0% report that their child has had a routine checkup in the past year.

BENCHMARK ► Higher than the national prevalence.

### Child Has Visited a Physician for a Routine Checkup in the Past Year (Children 0-17)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 91]  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents with children age 0 to 17 in the household.

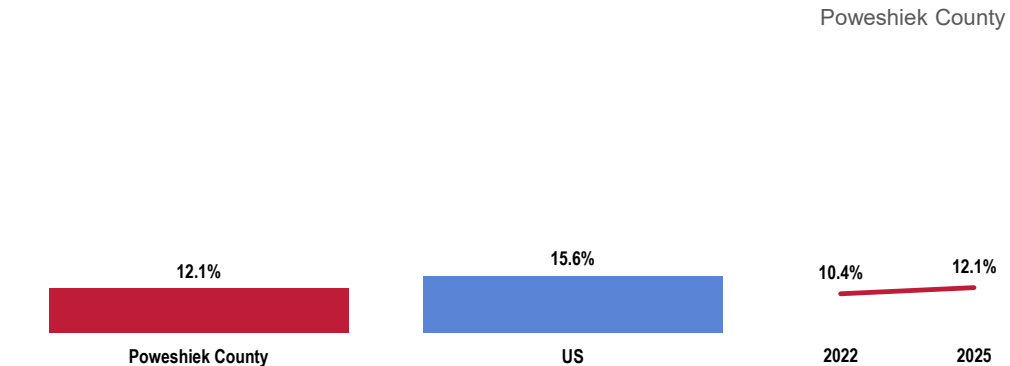


# EMERGENCY ROOM UTILIZATION

A total of 12.1% of Poweshiek County adults have gone to a hospital emergency room more than once in the past year about their own health.

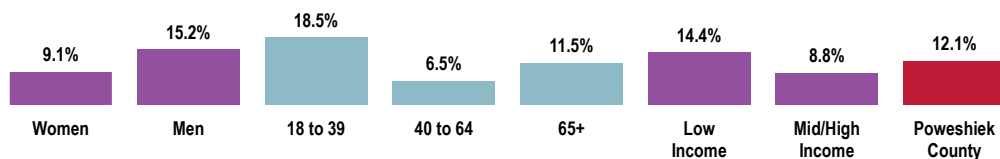
DISPARITY ► Reported most often among adults under age 40.

## Have Used a Hospital Emergency Room More Than Once in the Past Year



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 19]  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents.

## Have Used a Hospital Emergency Room More Than Once in the Past Year (Poweshiek County, 2025)



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 19]  
Notes: • Asked of all respondents.



# ORAL HEALTH

## ABOUT ORAL HEALTH

Tooth decay is the most common chronic disease in children and adults in the United States. ...Regular preventive dental care can catch problems early, when they're usually easier to treat. But many people don't get the care they need, often because they can't afford it. Untreated oral health problems can cause pain and disability and are linked to other diseases.

Strategies to help people access dental services can help prevent problems like tooth decay, gum disease, and tooth loss. Individual-level interventions like topical fluorides and community-level interventions like community water fluoridation can also help improve oral health. In addition, teaching people how to take care of their teeth and gums can help prevent oral health problems.

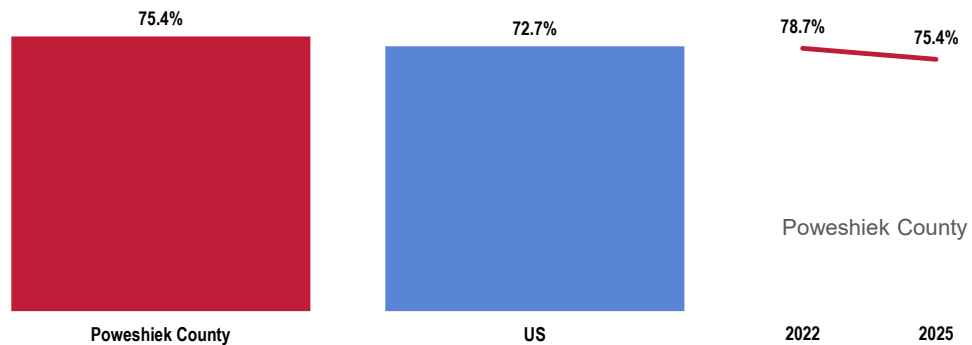
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Dental Insurance

**Three in four (75.3%) Poweshiek County adults have dental insurance that covers all or part of their dental care costs.**

### Have Insurance Coverage That Pays All or Part of Dental Care Costs

Healthy People 2030 = 75.0% or Higher



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 18]  
• 2023 PRC National Health Survey, PRC, Inc.  
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
Notes: • Asked of all respondents.



# Dental Care

## Adults

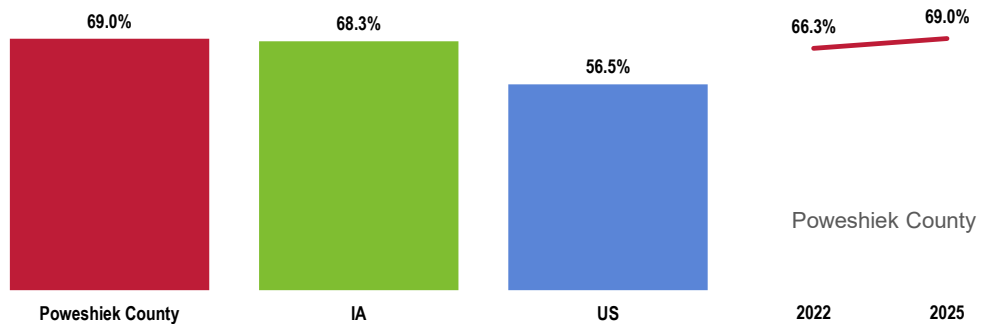
**A total of 69.0% of Poweshiek County adults have visited a dentist or dental clinic (for any reason) in the past year.**

**BENCHMARK** ► Higher than the national percentage. Satisfies the Healthy People 2030 objective.

**DISPARITY** ► Reported less often among young adults and low-income residents, and especially among those without dental insurance coverage.

### Have Visited a Dentist or Dental Clinic Within the Past Year

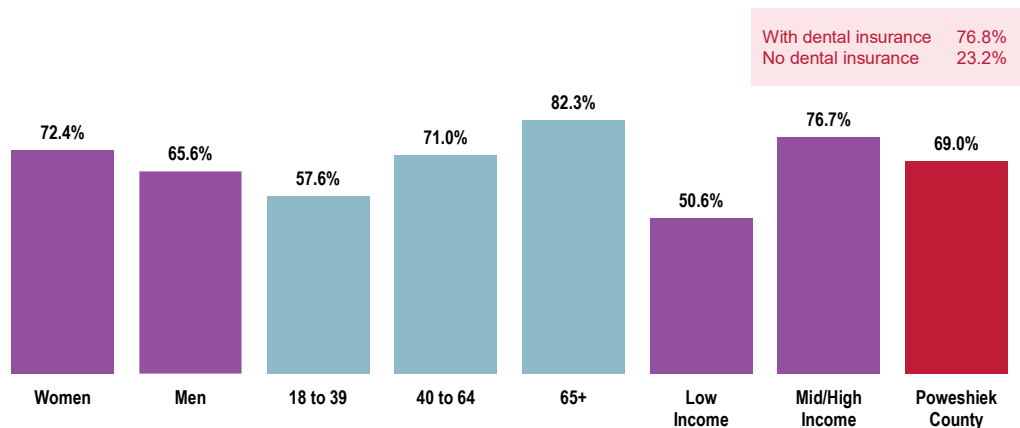
Healthy People 2030 = 45.0% or Higher



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 17]  
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2023 Iowa data.  
• 2023 PRC National Health Survey, PRC, Inc.  
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
Notes: • Asked of all respondents.

### Have Visited a Dentist or Dental Clinic Within the Past Year (Poweshiek County, 2025)

Healthy People 2030 = 45.0% or Higher



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 17]  
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
Notes: • Asked of all respondents.



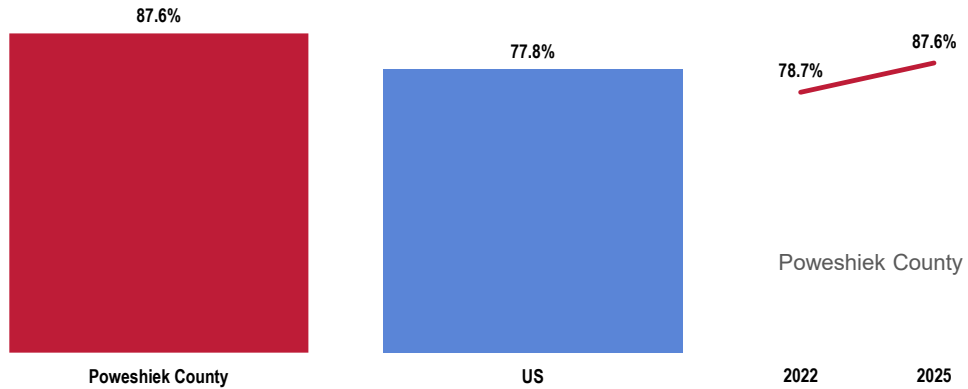
## Children

A total of 87.6% of parents report that their child (age 2 to 17) has been to a dentist or dental clinic within the past year.

**BENCHMARK** ► Higher than the national prevalence. Satisfies the Healthy People 2030 objective.

### Child Has Visited a Dentist or Dental Clinic Within the Past Year (Children 2-17)

Healthy People 2030 = 45.0% or Higher



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 93]  
• 2023 PRC National Health Survey, PRC, Inc.  
• US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>  
Notes: • Asked of all respondents with children age 2 through 17.

## Key Informant Input: Oral Health

Key informants taking part in an online survey most often characterized *Oral Health* as a “minor problem” in the community.

### Perceptions of Oral Health as a Problem in the Community (Among Key Informants; Poweshiek County, 2025)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • 2025 PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.



Among those rating this issue as a “major problem,” reasons related to the following:

### Access for Medicaid Patients

Dentists do not accept Medicaid in town. — Social Services Provider Lack of pediatric dental care for Medicaid patients. Lack of dental care for adult patients on Medicaid. — Physician

### Access to Care for Uninsured/Underinsured

Access to dental care for uninsured or under-insured residents is really hard to come by. Local dental providers do not readily accept patients that do not have private insurance which requires travel out of the county for already-challenged families. The Poweshiek Dental Coalition fills gaps as it is able but adequate dental care remains a major concern. — Community Leader

### Awareness/Education

The population of individuals and families I work with do not understand the importance of oral health or do not have access to the things they need including the funds to go to the dentist. Education is a big part of this. — Social Services Provider

### Prevention/Screenings

There are many families who do not have dental care which means they don't do preventative work like getting teeth cleaned. They wait until there is a problem to seek help. The issue is much worse and likely much more expensive. There are some dentists who do not take Medicaid. — Community Leader

### Insurance Issues

Families have to go out of town because the dentist in town won't take their insurance. — Community Leader

### Lack of Providers

Limited number of dentists. Limited number of dentists who accept Medicaid. Many residents who do not have dental insurance. — Community Leader



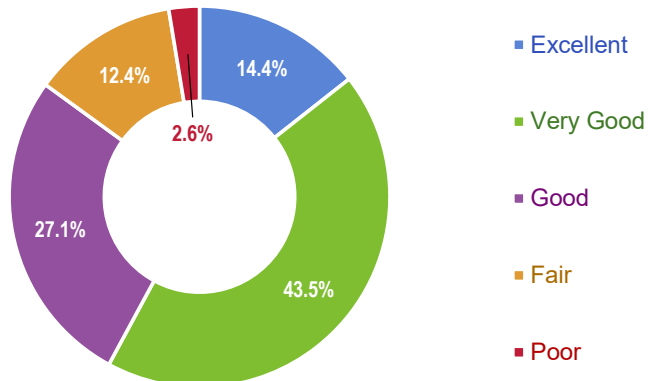


## LOCAL RESOURCES

# PERCEPTIONS OF LOCAL HEALTH CARE SERVICES

Over half of county adults rate the overall health care services available in their community as “excellent” or “very good.”

Rating of Overall Health Care Services Available in the Community  
(Poweshiek County, 2025)



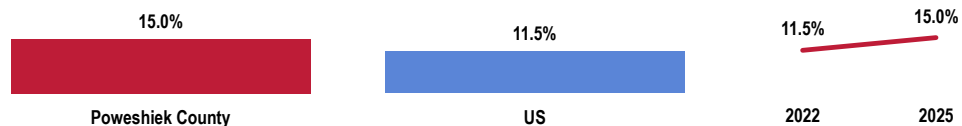
Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 5]  
Notes: • Asked of all respondents.

However, 15.0% of residents characterize local health care services as “fair” or “poor.”

DISPARITY ► Higher among adults with recent access difficulties.

## Perceive Local Health Care Services as “Fair/Poor”

Poweshiek County

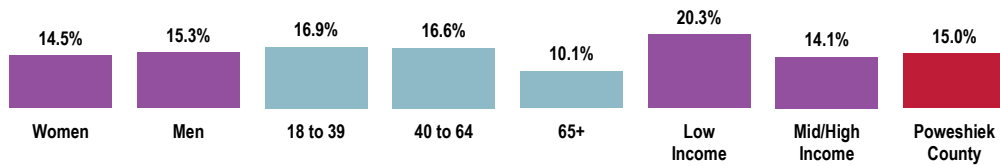


Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 5]  
• 2023 PRC National Health Survey, PRC, Inc.  
Notes: • Asked of all respondents.



## Perceive Local Health Care Services as “Fair/Poor” (Poweshiek County, 2025)

With access difficulty 31.1%  
No access difficulty 5.7%



Sources: • 2025 PRC Community Health Survey, PRC, Inc. [Item 5]  
Notes: • Asked of all respondents.



# Resources Available to Address Significant Health Needs

The following represent potential measures and resources (such as programs, organizations, and facilities in the community) identified by key informants as available to address the significant health needs identified in this report. This list only reflects input from participants in the Online Key Informant Survey and should not be considered to be exhaustive nor an all-inclusive list of available resources.

## Access to Health Care Services

- People Ride
- UnityPoint
- Urgent Care

- VA
- Weight Loss Clinic

## Cancer

- BMC
- Cedar Rapids
- Doctors' Offices
- Friends/Relatives
- Grinnell Regional Hospital
- Grinnell Regional Medical Center
- Hospitals
- Library
- Online Services
- Public Health
- Quick Visit
- Support Groups
- UnityPoint
- UnityPoint-Grinnell
- University of Iowa
- University of Iowa Health Care
- Urgent Care
- VA

## Disabling Conditions

- Grinnell Regional Hospital
- Grinnell Regional Medical Center
- Mayflower
- People Ride
- Public Health
- Rehab Agencies
- St. Francis Manor
- UnityPoint-Grinnell
- Windsor Manor

## Heart Disease & Stroke

- Doctors' Offices
- Fitness Centers/Gyms
- Grinnell Regional Hospital
- Grinnell Regional Medical Center
- Mayflower
- Nutritionists
- Rehab Agencies
- St. Francis Manor
- UnityPoint
- UnityPoint-Grinnell
- Windsor Manor

## Diabetes

- Doctors' Offices
- Fitness Centers/Gyms
- Food Banks/Pantries
- Grinnell Aquatic Center
- Grinnell College Bear Center
- Grinnell Farm to Table
- Grinnell Regional Medical Center
- Hospitals
- Medical Resources
- Mid-Iowa Community Action
- Parks and Recreation
- Public Health
- Uber
- UnityPoint-Grinnell

## Infant Health & Family Planning

- Doctors' Offices
- Grinnell Regional Medical Center
- Hospitals
- Hy-Vee
- Public Health
- UnityPoint
- UnityPoint QuickCare
- UnityPoint-Grinnell



## **Injury & Violence**

- Capstone
- Doctors' Offices
- Grinnell Regional Medical Center
- Telehealth

## **Mental Health**

- Build a Better Grinnell
- Capstone
- Cedar Rapids
- Central Iowa Community Services
- Churches
- Davis Health Care
- Doctors' Offices
- Faith Repp
- Grinnell Area Mental Health Consortium
- Grinnell Area Mental Health Consortium-JPK
- Grinnell Police Department
- Grinnell Regional Hospital
- Grinnell Regional Medical Center
- Healthy Homes Family Services
- Hickory Oak
- Hope Family Counseling
- Hospitals
- Marshalltown Sites
- Mental Health Awareness Events
- Midwest Counseling
- Ministerial Association
- Online Services
- Police Department
- Public Health
- Red Couch Therapy
- School System
- Suicide Hotline
- Telehealth
- UnityPoint
- UnityPoint-Grinnell
- University of Iowa Health Care
- Veterans Service Organization

## **Nutrition, Physical Activity & Weight**

- 24-Hour Fitness
- Ahrens Fitness Center
- Ahrens Foundation
- Anytime Fitness
- Doctors' Offices
- Fitness Centers/Gyms
- Grinnell Athletic and Recreation Center
- Grinnell College Bear Center
- Grinnell Farm to Table

- Grinnell Food Coalition
- Grinnell Regional Medical Center
- Hospitals
- Iowa Kitchen
- Mid-Iowa Community Action
- Ministerial Association
- Nutritionists
- Parks and Recreation
- Pharmacies
- Postels
- Public Health
- School System
- Substance Abuse Treatment Unit of Central Iowa
- UnityPoint
- UnityPoint QuickCare
- UnityPoint-Grinnell
- Women, Infants and Children

## **Oral Health**

- Dental Offices
- Doctors' Offices
- I-Smile Program
- Mid-Iowa Community Action
- Poweshiek County Dental Coalition
- UnityPoint-Grinnell

## **Social Determinants of Health**

- Ahrens Foundation
- Central Iowa Shelter Services
- Churches
- City Government
- Department of Human Services
- Empowerment Command Center
- Food Recovery Programs
- General Assistance
- Grinnell Athletic and Recreation Center
- Grinnell Housing Authority
- Grinnell Regional Medical Center
- Grinnell-Newburg School District
- Housing Support
- Local Affinity Groups
- Mid-Iowa Community Action
- Ministerial Association
- School System
- Social Services
- UnityPoint-Grinnell



## Substance Use

- AA/NA
- Capstone
- Churches
- Doctors' Offices
- Hickory Oak
- Hospitals
- Ivory Plains
- Narcan Boxes
- Prairie Ridge
- St. Gregory
- Substance Abuse Treatment Unit of Central Iowa
- UnityPoint-Grinnell

## Tobacco Use

- Public Health
- Smoking Cessation Programs
- State of Iowa
- UnityPoint





# APPENDIX

# EVALUATION OF PAST ACTIVITIES

## Community Benefit

Over the past three years, UPH-Grinnell has invested in improving the health of our community's most vulnerable populations. Our commitment to this goal is reflected in:

- Over \$240,000 in community benefit, excluding uncompensated Medicare.
- More than \$600,000 in charity care and other financial assistance programs.

Our work also reflects a focus on community health improvement, as described below.

## Addressing Significant Health Needs

UPH-Grinnell conducted its last CHNA in 2022 and reviewed the health priorities identified through that assessment. Taking into account the top-identified needs — as well as hospital resources and overall alignment with the hospital's mission, goals, and strategic priorities — it was determined at that time that UPH-Grinnell would focus on developing and/or supporting strategies and initiatives to improve:

- Mental Health and Substance Abuse
- Cancer
- Preventive Services
  - Diabetes, Nutrition, Physical Activity, and Weight
- Access to Health Services

Strategies for addressing these needs were outlined in UPH-Grinnell's Implementation Strategy. Pursuant to IRS requirements, the following sections provide an evaluation of the impact of the actions taken by UPH-Grinnell to address these significant health needs in our community.



## Evaluation of Impact

Priority Area: Mental Health and Substance Abuse	
Community Health Need	Improve access to behavioral health services
Goal(s)	<ul style="list-style-type: none"> <li>• Increase access to behavioral health and substance abuse services.</li> <li>• Resource and Referral Coordination</li> <li>• Provide community-focused mental health wellness opportunities.</li> <li>• Community Wellness programming and partnerships</li> <li>• Expand services through financial and in-kind contributions</li> </ul>

Strategy 1: Increase access to behavioral health and substance abuse services	
Strategy Was Implemented?	Yes
Target Population(s)	All residents in Poweshiek County
Partnering Organization(s)	Internal: UnityPoint Health Clinic (UPC) External: Grinnell College, Grinnell Police Department- Mental Health Liaison, Eyerly Ball, Capstone, Campbell Fund
Results/Impact	<p><b>Internal:</b></p> <ul style="list-style-type: none"> <li>• UnityPoint Health Clinic (UPC) implemented an outpatient tele-health, Behavioral Health clinic July 2024 to focus on therapy and medication management. This clinic is two days per week and is staffed with a APP. This clinic further expanded in August 2025 to add a therapist 3 day/week. Total patient visits equal 710 (272= 2024, 438= 2025 through July 31).</li> <li>• March 2024 UPH-Grinnell initiated admitting detox patients that present to the ED.</li> <li>• UPH-Grinnell implemented a consult/referral process to Powell Chemical Dependency (CDC) for inpatient substance abuse. As of July 2025, four patients have voluntarily chosen inpatient substance abuse referral.</li> <li>• Post- Partum home visits include screening new moms for postpartum depression. The home visit nurse encourages new moms to seek support and help from their providers if post-partum depression is determined based on their Edinburgh Post-Natal Depression Scale and The Family Safety Survey. The home visit nurse encourages all the new mothers she visits with to attend the post-partum support group at UPH- Grinnell. The post-partum support nurse saw 356 mothers in their home from 2023-July 31, 2025.</li> <li>• Life with Baby Postpartum Support and Connection Group is a free support group that meets monthly UPH-Grinnell. Caregivers and their infant(s) from newborn to one year of age are invited to connect with healthcare experts and peers in a supportive, come-and-go atmosphere. This post- partum support group launched in 2024 through UPH- Grinnell. From 2024- present, around thirty mothers that have attended the support group.</li> </ul> <p><b>External:</b></p> <ul style="list-style-type: none"> <li>• From July 1, 2023- June 30, 2025, Grinnell College's tele-health clinic served 176 students. Students can access tele-mental health services with Student Health and Wellness (SHAW) telepsychiatry 3 days a week and can access outsourced mental health services 7 days a week. Grinnell College's SHAW center</li> </ul>



has one Licensed mental health providers, PA and then outsourced providers including Physicians, PA's, and NP.

- Grinnell Police Department- A Mental Health Liaison was hired to connect community needs/requests to resources within Grinnell—housing, therapy, med management, emergency services, and waiver support/funding. The Mental Health Liaison serves/supports ages 0-100+, 5 days, a week – emergency needs on an ongoing basis if needed. Grinnell Police Department has approximately 80-120 crisis related calls that have come through Grinnell's Police Department in a month period, this role covers 60-70% of the month's calls. The Mental Health Liaison is certified in the following: De-Escalation Trained, Juvenile + Adults, Mental Health + Wellness (Resiliency), Crisis Negotiations, Level 1 & 2, CIT (Crisis Intervention Training). The Mental Health Liaison position was created as a contracted position in 2022 with Capstone Behavioral Health and in July 2024, the City of Grinnell created a full-time position for the Mental Health Liaison at the Grinnell Police Department.
- Eyerly Ball offers a 24/7 Mobile Crisis Response Team for eighteen counties. The Mobile Crisis Response Team is an active part of a state-wide crisis system of prevention, response and postvention services, responding immediately to crisis events and providing postvention follow-up services to all clients.
- Campbell Fund is accessible by the low- income residents of Grinnell. This fund may assist with medical needs, utilities, rent for medical issues or domestic violence victims, and people rides. This fund assists in expanding services for individuals in need. The Campbell Fund provided the following assistance to residents of Grinnell, Iowa. July 1 - Dec. 31, 2023: Households assisted = 123, Amount of assistance = \$106,122.94, Jan. 1 - Dec. 31, 2024: Households assisted = 215, Amount of assistance = \$190,506.76, Jan. 1 - Jun. 30, 2025: Households assisted = 135, Amount of assistance = \$120,159.00
- Integrated Tele-Health Partners (ITP) provides access to an experienced group of psychiatrists and psychiatric nurse practitioners who have extensive training and board certifications covering child and adolescent and adult psychiatry, geriatric, and forensic psychiatry services as well as substance abuse detox and treatment and medication assisted treatment for opioid addictions. These services are provided throughout the hospital.
- Capstone Behavioral Health offers therapy, medication management, psychological testing, Supported Community Living, Peer Support, Case management services, Connections(drop-in-center), substance abuse treatment Monday- Friday during business hours with licensed mental health therapists/counselors, Physician assistants, and ARNP. A crisis line for after-hours. From July 1- June 30, 2025, Capstone had 481 new patients from Poweshiek County and served 1,243 individual patients during that time.



## Strategy 2: Resources and Referral Coordination

Strategy Was Implemented? Yes

Target Population(s) All Residents of Poweshiek County

Partnering Organization(s) Internal: UPH- Grinnell Clinics, UPH- Grinnell Public Health  
External: Grinnell Police Department Mental Health Liaison, Mental Health Lab/Mental Health Liaison, AmeriCorps- Drake Community Library- Grinnell, Campbell Fund

### Results/Impact

#### Internal:

- UPH- Grinnell Public Healthy Choices Coalition over the last three years to help connect local resources with each other to better serve patients and clients throughout the county. The coalition grew from five consistent members to twenty consistent members monthly.
- Public Health utilized funding through Poweshiek County's Opioid Settlement funds to purchase two vending machines to be placed at Grinnell College and Drake Community Library in Grinnell as well as supplies to go into the machines which include: Naloxone, sharps containers, wound care kits, hygiene kits, tampons, condoms, sanitary pads and has resources and information on the machines. Public Health also purchased three repurposed newspaper stands that are now Naloxone boxes. Boxes were placed at the Brooklyn Library in Brooklyn, Iowa, outside the County Courthouse in Montezuma, Iowa and at the Iowa Valley Extension College in Grinnell, Iowa. Naloxone, sharps containers, condoms and resources are placed in each of these boxes. This initiative was implemented to aide in decreasing overdoses and harm reduction efforts.
- UPH- Grinnell Public Health sub-contracted the Iowa Tobacco Grant under Johnson County Public Health until July 1, 2025, where Public Health took over the grant for Poweshiek County initiatives. Under the Tobacco grant, public health advocates for Quitline and My Life, My Quit utilization and referrals among businesses, health care providers, dental providers, mental health providers and a public event.
- UPH- Grinnell Public Health continues to follow the social media plan developed to increase awareness of resources and services, initiatives and events that align with the top four areas of greatest concern from the 2022 CHNA. Public Health also developed a quarterly newsletter that will be mailed to every home address in the County following the same initiatives and content being posted on social media to reach a greater population of residents within the county.
- UPH- Grinnell Poweshiek County Public Health began an Alzheimer's Support Group to support families and friends who are navigating life with a family member suffering from Alzheimer's or Dementia. This group meets monthly and has served fourteen people since launching in 2023.

#### External:

- Grinnell's Drake Community Library partnered with AmeriCorps and had a member help to develop an "Essentials" quick resource guide for residents, including information on behavioral health resources. This resource is now available in multiple languages.
- Grinnell Police Department- A Mental Health Liaison was hired to connect community needs/requests to resources within Grinnell—housing, therapy, med management, emergency services, and waiver support/funding. The Mental Health Liaison serves/supports ages 0-100+, 5 days, a week – emergency



needs on an ongoing basis if needed. Grinnell Police Department has approximately 80-120 crisis related calls that have come through Grinnell's Police Department in a month period, this role covers 60-70% of the month's calls. The Mental Health Liaison is certified in the following: De-Escalation Trained, Juvenile + Adults, Mental Health + Wellness (Resiliency), Crisis Negotiations, Level 1 & 2, CIT (Crisis Intervention Training). The Mental Health Liaison position was created as a contracted position in 2022 with Capstone Behavioral Health and in July 2024, the City of Grinnell created a full-time position for the Mental Health Liaison at the Grinnell Police Department.

- The Mental Health Lab employs a Mental Health Counselor who sees detainees with mental health needs, arranges evaluations, assists with Medicaid/Social Security, schedules treatment, and follows up post-release back into the community in Poweshiek County. The Mental Health Lab had 127 jail therapy sessions in 2023, 94 jail therapy sessions in 2024, and 45 jail therapy sessions from Jan. - June of 2025.
- The Ahrens Foundation created the Grinnell Area Mental Health Consortium- JPK funds in 2017. The purpose of this fund is to serve those in the Poweshiek County area with mental health needs by providing financial assistance support, convening groups around mental health needs, and advocating for those in need. From July 1, 2023- June 30, 2025, the JPK fund received 591 requests for funding and distributed \$282,744.00 dollars to serve 541 individuals in Poweshiek County.
- The Campbell Fund is accessible by the low- income residents of Grinnell. This fund may assist with medical needs, utilities, rent for medical issues or domestic violence victims, and people rides. This fund assists in expanding services for individuals in need. The Campbell Fund provided the following assistance to residents of Grinnell, Iowa. July 1 - Dec. 31, 2023: Households assisted = 123, Amount of assistance = \$106,122.94, Jan. 1 - Dec. 31, 2024: Households assisted = 215, Amount of assistance = \$190,506.76, Jan. 1 - Jun. 30, 2025: Households assisted = 135, Amount of assistance = \$120,159.00



### Strategy 3: Provide Community- Focused Mental Health Wellness Opportunities

Strategy Was Implemented? Yes

Target Population(s) All Residents of Poweshiek County

Partnering Organization(s) Internal: UPH- Grinnell Public Health  
External: Satuci/Prairie Ridge Integrated Behavioral Healthcare

#### Results/Impact

##### Internal:

- UPH- Grinnell Poweshiek County Public Health utilized Opioid Settlement funding through Poweshiek County to purchase educational workbooks for seventh grade students that will be utilized this fall, 2025 with the Sheriff department and Public Health. The name of program is called "Too Good."
- UPH- Grinnell Public Health worked in coordination with BGM High School to have an I-STEP group for students to join in grades 7-12<sup>th</sup>. This is a youth-led substance and tobacco education and prevention program that educates and leads students to advocate for healthier lifestyles among their peers.
- UPH- Grinnell Poweshiek County Public Health launched a Dementia Prevention course for individuals in and around Poweshiek County in 2023. Since launching, Public Health has completed a total of 7, 10-week cohorts with the eighth cohort ending mid-September. This program has helped guide eighty-five individuals through the 10- week program.

##### External:

- Satuci, now Prairie Ridge Integrated Behavioral Healthcare is a Behavioral Healthcare organization offering a wide variety of education and presentations to the Poweshiek County area. Prairie Ridge has partnered with Grinnell College to educate staff and students on Naloxone, Opioids, and stigma over the last year. Prairie Ridge distributed 60 Naloxone after educating staff on how to use it.



#### Strategy 4: Community Wellness programming and partnerships

Strategy Was Implemented? yes

Target Population(s) All residents of Poweshiek County

Partnering Organization(s) Internal: UPH- Grinnell, UPH- Grinnell Public Health  
External: Poweshiek County Conservation, Grinnell College- Art in the Park, Grinnell School of Music

**Results/Impact**

**Internal:**

- UPH- Grinnell Wellness provided multiple free events for families to attend including Yoga in the Park and Kitten Yoga.
- UPH- Grinnell Public Health works with area businesses and schools to educate on healthy ways to improve mental health. Public Health partners together with UPH-Grinnell and the Mental Health Consortium to inform participants on the available resources and events throughout the county.

**External:**

- Grinnell College- Art in the Park is a program in Grinnell focusing on art, early literacy, and access to food. Art in the Park has provided children with a constructive outlet to process experiences and build overall emotional well-being. Art supports mental health in young children by fostering emotional expression, self-regulation, and resilience. This program served more than 1,000 people in 2023, over 1,090 in 2024, and a record 2,708 children in 2025.
- Grinnell School of Music offers a variety of musical learning experiences to Grinnell and surrounding areas. The Grinnell School of Music provides private lessons, group singing, music and movement and theatrical sessions since opening their business location in downtown Grinnell in September of 2024. Since opening their new location, Grinnell School of Music had over 460 individuals and families engage in musical sessions. By increasing music and events that Grinnell School of Music hosts, individuals are accessing healthy, therapeutic ways to practice improving their mental health.
- Poweshiek County Conservation promotes wellbeing through connection with nature. The conservation offers a variety of outdoor nature activities year-round.



### Strategy 5: Expand services through financial and in-kind contributions

Strategy Was Implemented? yes

Target Population(s) All residents of Poweshiek County, Iowa.

Partnering Organization(s) Internal: UPH- Grinnell, UPH- Grinnell Public Health  
External: Mental Health Consortium JPK Fund

**Results/Impact**

**Internal:**

- UPH- Grinnell donated Grinnell-Area Mental Health Consortium \$1,200 in 2024 and \$1,200 in 2025 to assist in expanding services for patients.
- UPH- Grinnell Public Health continues to increase efforts for community outreach to educate individuals working and living in Poweshiek County on Mental Health resources, substance abuse risks as well as resources for support. Public Health collaborates with Iowa State Extension, Montezuma Community Development, Brooklyn Chamber, Grinnell Chamber, Schools, Brownell's, Bayer, and Grinnell Mutual to attend community events to provide education and highlight resources.

**External:**

- Grinnell-Area Mental Health Consortium JPK Fund contributed \$282,744.00 dollars to serve 541 individuals in Poweshiek County between July 1, 2023- June 30, 2025.

### Priority Area: Cancer

Community Health Need Expand services for Poweshiek County residents to including quality screening, resources, and referrals.

Goal(s)

- Expand Cancer services.
- Patients referred to appropriate community screenings and treatment to improve health outcomes.
- UPH-GRMC will provide support to community partner organizations working to address Cancer as a priority.

### Strategy 1: Resource and Referral Coordination

Strategy Was Implemented? Yes

Target Population(s) All Poweshiek County residents

Partnering Organization(s) Internal: UPH- Grinnell, UPH- Grinnell Public Health  
External: Mission Cancer + Blood

**Results/Impact**

**Internal:**

- UPH- Grinnell Clinics provided breast, cervical and colorectal screenings on patients in their care. Statistics are included below.
  - **UPH- Grinnell Family Practice Clinic-**



- Breast Cancer Screening on patients increased from 79.3% in 2022 to 83.1% 2024. We are currently at 80.1%, which is still above our goal of 78.5%.
- Cervical Center Screening on patients increased from 77.5% in 2022 to 82.7% in 2025.
- Colorectal Cancer Screening on patients increased from 73.1% in 2022 to 74.3% in 2025.
  - **UPH- Grinnell Internal Medicine Clinic**
- Breast Cancer Screening on patients increased from 74.4% in 2023 to 85.9% in 2025.
- Cervical Center Screening on patients increased from 79.5% in 2023 to 81.5% in 2025.
- Colorectal Cancer Screening on patients increased from 75.2% in 2023 to 84.8% in 2025.
- We did not track any of these in 2022 and started in 2023.
  - **UPH- Grinnell OBGYN Clinic**
- Breast Cancer Screening on patients increased from 82.5% in 2023 to 95.3% in 2025.
- Cervical Center Screening on patients increased from 82.4% in 2023 to 87.2% in 2025.
- Colorectal Cancer Screening on patients increased from 64.2% in 2023 to 84.7% in 2025.
- We did not track any of these in 2022 and started in 2023.

- Together We Care, resource and referral are being implemented within UPH-Grinnell Clinics and throughout the County to allow patients to access services.
- UPH- Grinnell Public Health is a part of the Iowa Cancer Consortium. With this Consortium, Public Health meets monthly to discuss resources, initiatives, and ways to help raise awareness and educate the population about cancer in Iowa. For the last 3 years, Public Health has applied for and received the Sunscreen Grant for Poweshiek County. With this grant, Public Health received 3- 1- gallon jugs of sunscreen to distribute throughout the county to decrease the risk of skin cancer. Awareness and education were provided a variety of public events throughout the county from 2022-2025. Along with the Cancer Consortium, monthly toolkits are utilized to educate the public via Facebook and quarterly newsletter on cancer awareness months and events happening throughout Iowa.
- UPH- Grinnell Public Health partnered with Iowa Cancer Registry, University of Iowa, and the Cancer Consortium to bring Poweshiek County specific Cancer statistic and brainstorming to decrease the rates of growing cancer.

**External:**

- Misson Cancer + Blood provides outreach services at UPH-Grinnell. Patients are able to have oncology appointments, and therapies through this collaboration.



## Strategy 2: Expand services through financial and in-kind contributions

Strategy Was Implemented? Yes

Target Population(s) All Poweshiek County residents

Partnering Organization(s) Internal: UPH- Grinnell  
External: Mission Cancer, Leukemia and Lymphoma Society

**Results/Impact**

**Internal:**

- From 2022-2025 UPH-Grinnell absorbed approximately \$50,000 in the cost of chemo biologics versus sending patients to outside facilities.

**External:**

- Mission Cancer + Blood provides outreach services at UPH-Grinnell. Patients are able to have oncology appointments and services at UPH- Grinnell. Chemotherapy and infusion therapies can be administered at UPH- Grinnell in collaboration with Mission Cancer + Blood. Mission Cancer also joined efforts with the University of Iowa Health Care (UI Health Care) to build comprehensive a statewide oncology care network and provide services, like clinical trials, to rural areas. 2022-2025 UPH-Grinnell has absorbed approximately \$50,000 in the cost of chemo biologics versus sending patients to outside facilities.

## Priority Area: Preventative Services: Diabetes, Nutrition, Physical Activity, and weight

Community Health Need Collaborate preventive services across the county to improve health outcomes.

Goal(s)

- Collaborative with partners to use programs that reach a diverse population.
- Refer patients to appropriate community screenings and treatment to improve health outcomes.
- Implement community partners with partner organizations to contribute to mental wellbeing.
- Expand services to through UPH- Grinnell to provide financial and in-kind contributions to support individuals needing preventive services

## Strategy 1: Health Equity and DEI initiatives and partnerships to address underrepresented populations

Strategy Was Implemented? Yes

Target Population(s) All Poweshiek County residents

Partnering Organization(s) Internal: UPH- Grinnell, UPH- Grinnell Public Health  
External: Free Clinics of Iowa, SafeNet RX, Poweshiek Dental Coalition, MICA

Results/Impact **Internal:**



- Community Care Clinic at Public Health is a clinic under the Free Clinics of Iowa providing primary care services to those that are noninsured, under-insured or experience barriers to health care. From 2023- July 31, 2025, the Community Care Clinic served ninety-five patients.
- UPH- Grinnell OBGYN and OB Department increased education and efforts to educate mothers on the Count the Kicks, Healthy Birth, breast-feeding and car seat safety.
- In 2025, Public Health received the DCAT Grant to strengthen early literacy, family education, and home safety efforts. Through a partnership with Read-to-Lead, families receive books from the Dolly Parton Imagination Library, providing infants with one book each month during their first year. The grant also funded educational materials on safe sleep, immunizations, feeding, and more, along with home safety kits distributed by the postpartum home nurse. To date, materials have been secured for 240 families, with seventeen mothers engaged in postpartum visits between May and July 2025.
- Early Childhood JMP Grant- Extended maternal health outreach through public health services in Jasper and Poweshiek Counties. The Public Health post-partum support nurse visited 277 babies from Poweshiek and Jasper counties that were delivered at UPH-Grinnell.
- August 2023- August 2025, Public health led a collaborative Back-to-School Clinics initiative. The events provided services to 167 students across three school districts. Launched in 2023 in Grinnell, the clinics expanded in 2024 to Montezuma and BGM, offering free physicals, immunizations, vision, and dental screenings, along with school supplies, shoe vouchers, haircuts, winter gear, meals, and donated gifts. Each year, the clinics have also connected families with community resources and local business support through donations and prize drawings.
- Village Closet is a new initiative that Public Health officially opened October 2024. This program allows mothers/families in need of maternity clothing, belly bands, bras and other support items, clothing, and essential items for newborns through 12 months including but not limited too- pack and plays, car seats, nursing supplies, bathtubs, toys, diapers, wipes and more. Since this program launched, we have served over fifty families in need.

#### External:

- MICA has multiple resources that they offer the residents of Poweshiek County that qualify for services.
  - ISMILE- dental services for children on Medicaid. The dental hygienists' complete dental screenings on children. ISMILE had 298 children access services from July 1, 2023- June 30, 2025.
  - 1<sup>st</sup> FIVE- This program is a provider referral program to help families learn how to parent their young children. 1<sup>st</sup> FIVE program is a resource for families with children ages 0-5. 1<sup>st</sup> Five had nine families access services from July 1, 2023- June 30, 2025.
  - WIC- The Women, Infant and Children program provides free healthy food for pregnant women, infants 0-12 months and children through the age of 5 years old. WIC reported serving 901 individuals from 2023- August of 2025.
  - Maternal/Child Health had eleven mothers access services from July 1, 2023- June 30, 2025.
  - Head Start- Is a federally funded preschool program designed for children ages 3-5 years old from low-income families. The goal of Head Start is to prepare students for kindergarten success and school readiness. During the



2023-2024 school year, MICA had nineteen students enrolled in the Grinnell program. In 2024-2025, MICA had fifteen students enrolled in the Head Start program.

- STI clinics with Johnson County offered free testing and treatment for sexually transmitted infections. This service was provided at Public Health. This clinic started in August 2023 and concluded services in December of 2024. The clinic served roughly eight patients.
- Poweshiek County Dental Coalition partners with United Way of Grinnell and local dental providers to offer free dental services to children 3-18 years of age who have barriers to accessing dental services. Poweshiek County has one dental office that accepts Medicaid leaving hundreds of children without a dental provider. This rising concern has led to a collaborative effort to provide dental healthcare for the children of Poweshiek County with the three dental providers in the area. From 2023-2025 this collaborative effort has hosted three, week-long clinics.

## Strategy 2: Resources and Referral Coordination

**Strategy Was Implemented?** Yes

**Target Population(s)** All residents of Poweshiek County.

**Partnering Organization(s)** Internal: UPH- Grinnell Clinic- Diabetic Educator and Bariatric Program  
External: Findhelp

### Results/Impact

#### Internal:

- UPH- Grinnell Diabetic Educator program began in 2023. This is a true collaboration of partnership with primary care providers. The Diabetic Educator's goal is to improve each person's quality of life as they live with diabetes. The Diabetic Educator supports patients with education and self-management skills. The Diabetic Educator at UPH-Grinnell is certified through the American Diabetes Association's (ADA) Education Recognition Program (ERP). In 2023, the Diabetic Educator served 222 individuals, in 2024- 271, and in 2025- year-to-date- 81 individuals.
- UPH- Grinnell Bariatric is a level 1 bariatric surgical center of excellence. Our surgeons, doctors, nurses, and support staff provide a comprehensive, multi-disciplinary approach to ensure each patients' success. Our expert surgeons offer several types of weight loss surgery for each patient. UPH-Grinnell selects procedures that are shown to be safe and effective. We provide minimally invasive and robotic surgery options, and we offer gastric bypass revision surgery. The UPH- Grinnell bariatric center of excellence staff collaborates with other experts, including family practice, internal medicine, cardiology, and pulmonology experts. Nutrition, therapy, and mental health experts support each patient. The UPH- Grinnell social workers and care coordinators work collaboratively to ensure coordination of services moves smoothly.
- In 2024, the Clinical dietitians at UPH- Grinnell became certified in Obesity for Pediatric and Adults

#### External:

- Together We Care, resource and referral are being implemented within UPH-Grinnell Clinics and throughout the County to allow patients to access services.



### Strategy 3: Community Wellness programming and partnerships

Strategy Was Implemented? yes

Target Population(s) All residents of Poweshiek County

Partnering Organization(s) Internal: UPH- Grinnell, UPH- Grinnell Public Health, PWA Fitness Center  
External: City of Grinnell, Lion's Club, Iowa State Extension, SNAP-Supplemental Nutrition Assistance Program, WIC, MICA, Montezuma Food Pantry, Brooklyn Food Pantry, Malcom Food Pantry

**Results/Impact**

**Internal:**

- UPH- Grinnell Public Health collaborated with BGM School District to implement a new program for 3<sup>rd</sup> and 4<sup>th</sup> grades called Mileage Club to educate students on health and wellness and encourage walking/running during lunch breaks and extra recesses for prizes. Students at BGM walked/ran over 1,000 miles for their first year with Mileage Club.
- UPH- Grinnell's Life with Baby Postpartum Support and Connection Group is a free support group that meets monthly UPH-Grinnell. Caregivers and their infant(s) from newborn to one year of age are invited to connect with healthcare experts and peers in a supportive, come-and-go atmosphere. This post-partum support group launched in 2024 through UPH- Grinnell. From 2024 to present, around thirty mothers that have attended the support group. The Life with Baby Postpartum Support and Connection Group partners with local businesses to bring in services like massage therapy, educators, and various other benefits to attending the support group to give mothers a little more attention.
- UPH- Grinnell Public Health provides outreach and education within the community covering a variety of preventative topics. Initiatives focused on from 2023-2025 include: Safe Sleep- SIDS infant reduction, Car seat Safety with one nurse being car seat certified and another nurse attending the training early September 2025. Public Health provides free bike and ATV helmets and education on brain safety handing out a total of 70 ATV helmets throughout the summer of 2025 and twenty-five bike helmets at farmers markets and the county fair.
- UPH- Grinnell Public Health attended Ag Day with the Lion's Club in Grinnell in 2023 drawing a1c for diabetic education, 2024- checking blood pressures and discussing heart health, and in 2025 distributing emergency preparedness resources, ATV/ UTV educational material, and mini first aid kits.
- UPH- Grinnell Public Health works in collaboration with corporate businesses throughout the county to provide wellness blood draws. In 2024, public health partnered with UPH-At Work to provide comprehensive blood work for Grinnell Mutual to monitor cancer markers closer. Public Health conducted twenty-six wellness screens from 2023-2025 in Poweshiek County for Brownell's, Grinnell Mutual, Grinnell School District and Poweshiek County employees.
- UPH- Grinnell Public Health works to increase awareness with the Community Partnerships for Protecting Children. Public Health partnered to provide education at Grinnell School during their Ag Day with Iowa State Extension on sun safety. Funding received annually is utilized to purchase items to help decrease child abuse and raise awareness about child abuse.
- UPH- Grinnell attends Grinnell Farmer's Markets monthly from May to October alternating departments highlighting UPH services.



- UPH- Grinnell Public Health attends Grinnell Farmer's Markets monthly from May to October highlighting the various public health programs and resources available in the county.
- PWA Fitness Center collaborates with the Grinnell Foundation, Bikes to You and other local businesses to purchase, fit and distribute free bike helmets to all third-grade students throughout the county.

**External:**

- Ahren's Foundation partners annually with Grinnell School District to provide health and wellness education in collaboration with UPH- Grinnell and Iowa State Extension to children k-4<sup>th</sup> grades to include P.O.W.E.R kids and Mileage Club.
- Grinnell Chamber of Commerce partners to help promote resources, events and opportunities within Grinnell and surrounding area. Although the Grinnell Chamber is in Grinnell, the Chamber supports many of the free options across the entire county. The Grinnell Chamber has improved their website and social media presence to ensure free meals, events, resources, and more is shared across various platforms to reach the population of Poweshiek County.
- Iowa State Extension collaborates throughout the county to educate and provide resources on nutrition, physical activity, and weight. The Iowa State Extension has an office in Montezuma Iowa which allows for Poweshiek County to receive support and resources from the programs and initiatives that ISU Extension has. The ISU Extension lead the Poweshiek Leadership Program during the 2023-2024 Community Health Implementation cycle leading roughly forty community leaders through the program to build relationships and resources. ISU Extension works with the area schools to educate on health and wellness.
- SNAP- (Supplemental Nutrition Assistance Program) provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency. Grinnell Farmer's Market and area grocery stores like Fareway and Hy-Vee participate in double-up food bucks and support the SNAP initiative to help connect families with healthy food options.
- MICA has multiple resources that they offer the residents of Poweshiek County that qualify for services.
  - ISMILE- dental services for children on Medicaid. The dental hygienists' complete dental screenings on children. ISMILE had 298 children access services from July 1, 2023- June 30, 2025.
  - 1<sup>st</sup> FIVE- This program is a provider referral program to help families learn how to parent their young children. 1<sup>st</sup> FIVE program is a resource for families with children ages 0-5. 1<sup>st</sup> Five had nine families access services from July 1, 2023- June 30, 2025.
  - WIC- The Women, Infant and Children program provides free healthy food for pregnant women, infants 0-12 months and children through the age of 5 years old. WIC reported serving 901 individuals from 2023- August of 2025.
- Montezuma Food Pantry, Brooklyn Food Pantry, Malcom Food pantries offer free food to individuals and families that access sites. Malcom food pantry increased facility size to help support Malcom and surrounding area residents.



#### Strategy 4: Expand services through financial and in-kind contributions

Strategy Was Implemented? yes

Target Population(s) All residents of Poweshiek County

Partnering Organization(s) Internal: UPH- Grinnell  
External: Grinnell Farm to Table

**Internal:**

- UPH- Grinnell- Supports organizations to provide free snacks and meals to Grinnell School District for Tiger Packs Program. This program ensures that students have food over the weekends and holiday breaks. UPH- Grinnell also supports organizations to provide snacks during the local AA group meeting in Grinnell.

**Results/Impact**

**External:**

- Grinnell Farm to table operates as an online farmers market and food access program, following its merger with Local Foods Connection. The organization serves as a year-round online market for local farmers and producers and runs a food access program for low-income families and food pantries. Grinnell Farm to Table online market merged with Local Foods Connection to make the Grinnell Farm to Table nonprofit in early 2023 to combine resources and increase access to local foods.

#### Priority Area: Access to Healthcare Services

Community Health Need Increase access to quality healthcare services

**Goal(s)**

- Increase access to behavioral health and substance abuse services.
- Health Equity and DEI partnerships to address underrepresented populations.
- Resource and Referrals collaboration
- Community Wellness programming and partnerships
- Recruitment and retention of health care providers
- Expand services through financial and in-kind contributions

#### Strategy 2: Health Equity and DEI initiatives and partnerships to address underrepresented populations

Strategy Was Implemented? yes

Target Population(s) All Poweshiek County residents

Partnering Organization(s) Internal: UPH- Grinnell and UPH- Grinnell Public Health  
External: UPH- Marshalltown, Jasper County Public Health

**Results/Impact**

**Internal:**

- UPH- Grinnell received the Center of Excellence Grant in 2022 and again in 2024 to increase and expand Maternal Health Services offered at UPH- Grinnell. Part of these efforts in the Maternal Health outreach program. By implementing this



program, providers can see OB/GYN patients at the Marshalltown UPH outreach clinic.

**External:**

- UPH- Marshalltown collaborates with UPH- Grinnell to advertise the maternal health outreach clinic and resources to Marshall County residents. These efforts contribute to the growth of the OB/GYN clinics and department.
- Jasper County Public Health assist with sharing information and resources about UPH- Grinnell OB/GYN and outreach services. These efforts contribute to the growth of the OB/GYN clinics and department.

### Strategy 3: Resources and Referral Coordination

**Strategy Was Implemented?** Yes

**Target Population(s)** All Poweshiek County residents

**Partnering Organization(s)** Internal: UPH- Grinnell, UPH- Grinnell Public Health  
External: SHIIP

**Results/Impact**

**Internal:**

- Center of Excellence (CoE) Grant- Extended maternal health outreach through public health services as well as OBGYN support with clinic in Marshalltown, Iowa. The CoE grant helped Public Health reach patients that delivered at UPH-Grinnell. Seventy-nine babies delivered were visited by the Postpartum nurse at Public Health that delivered at UPH- Grinnell outside of Poweshiek and Jasper Counties. The Counties that the postpartum home visit nurse was able to visit new mothers in include Marshall County, Iowa County, Benton County, Mahaska, and Tama Counties.

**External:**

- SHIIP- Iowa Senior Health Insurance Information Program/Senior Medicare Patrol program partners with UPH- Grinnell Public Health to offer services with Poweshiek County residents. Volunteers meet year-round but assist with education during open-enrollment season for Medicare eligible individuals. The volunteer SHIIP team served 1,479 individuals from July 1, 2023- June 30, 2025.

### Strategy 4: Community wellness programming and partnerships

**Strategy Was Implemented?** yes

**Target Population(s)** All Poweshiek County residents

**Partnering Organization(s)** Internal: Village Closet, Loan Closet  
External: Drake Community Library

**Results/Impact**

**Internal:**

- Village Closet is a new initiative that Public Health officially opened October 2024. This program allows mothers/families in need of maternity clothing, belly bands, bras and other support items, clothing for newborns through 12 months, pack and



plays, car seats, nursing supplies, bathtubs, toys and more. Families in need contact Public Health to set up a time to pick up items they are needing. Each family that utilized the Village Closet also receives a package of diapers and wipes. Since this program launched, we have served over fifty families in need.

- Loan Closet located at Public Health provides medical equipment- wheelchairs, crutches, stool risers, bath benches, and other miscellaneous donated equipment for individuals to borrow and return.

**External:**

- Grinnell's Drake Community Library partnered with AmeriCorps and had a member help to develop an "Essentials" quick resource guide for residents, including information on behavioral health resources. This resource is now available in multiple languages.

### Strategy 5: Recruitment and retention of healthcare providers

**Strategy Was Implemented?** yes

**Target Population(s)** Providers and other Healthcare Workers

**Partnering Organization(s)** Internal: UPH- Des Moines  
External: Des Moines University, University of Iowa, Marshalltown Community College

**Results/Impact**

**Internal:**

- UPH- Grinnell is part of the larger UnityPoint Health system, working closely with UnityPoint Health – Des Moines to provide coordinated, seamless care. Our emergency department is now fully staffed with all Emergency trained providers through this collaboration.
- To enhance services and access to care, UPH- Grinnell has hired the following providers: OBGYN, Nurse Midwife, Family Practice Provider, General Surgeon,
- UPH- Grinnell launched an apprenticeship program to increase Patient Care Techs for the hospital departments collaborating with Marshalltown Community College. Since launching the program, we have had one participant.

**External:**

- UPH- Grinnell works to collaborate with Des Moines University, The University of Iowa, and Marshalltown Community College to recruit future employees.



## Strategy 6: Expand services through financial and in-kind contributions

**Strategy Was Implemented?** yes

**Target Population(s)** All Poweshiek County residents

**Partnering Organization(s)** Internal: UPH- Grinnell, Community Care Clinic  
External: Campbell Fund, SafeNet Rx

**Results/Impact**

**Internal:**

- Community Care Clinic at Public Health is a clinic under the Free Clinics of Iowa providing primary care services to those that are noninsured, under-insured or experience barriers to health care. From 2023- July 31, 2025, the Community Care Clinic served ninety-five patients.

**External:**

- Campbell Fund is accessible by the low- income residents of Grinnell. This fund may assist with medical needs, utilities, rent for medical issues or domestic violence victims, and people rides. This fund assists in expanding services for individuals in need. The Campbell Fund provided the following assistance to residents of Grinnell, Iowa. July 1 - Dec. 31, 2023: Households assisted = 123, Amount of assistance = \$106,122.94, Jan. 1 - Dec. 31, 2024: Households assisted = 215, Amount of assistance = \$190,506.76, Jan. 1 - Jun. 30, 2025: Households assisted = 135, Amount of assistance = \$120,159.00
- SafeNet Rx is an Iowa-based nonprofit providing medication access for underserved communities. SafeNet RX utilizes unused or donated medications and making them available to underserved populations, patients can access needed medications.

