



Jefferson County Health Department

2017 Community Health Assessment

Acknowledgements

The following community health assessment was completed due to the generous support of the Jefferson Foundation, as well as the hard work and diligence of the Jefferson County Health Department staff, and a variety of community partners and organizations.

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Executive Summary

The Jefferson County Health Department (JCHD) is the local public health agency for Jefferson County, Missouri. Our mission is to promote and protect quality of life through education, leadership, partnership, prevention and response.

The Jefferson County Health Department is continually looking for the best ways to provide needed services to community members of Jefferson County. To do this, a complete understanding of the unique issues and problems Jefferson County community members face on a daily basis was needed. The goal of the 2017 Community Health Assessment was to gain insight into the perceptions of county residents on the most pressing health issues, risk factors, barriers to care, and health services utilization. Our hope was this assessment would also give community members a voice in what services they need and want, and act as a springboard moving forward with community collaborations and initiatives. We believe the information we obtained provides a good snapshot into the health and well-being of the county.

Now more than ever, local health departments must focus on innovative programs, initiatives, and partnerships that provide the meaningful impact to community populations while being an efficient use of time and resources. With a high prevalence of chronic disease and substance abuse throughout Jefferson County, JCHD is in a unique position to be a catalyst for change and foster a culture of health for all ages.

Process and Methods

Timeline



**DECEMBER
2016**

Grant awarded by Jefferson Foundation



**APRIL-MAY
2017**

Survey developed by JCHD staff



**JUNE-AUGUST
2017**

Survey disseminated and data collected



**NOVEMBER
2017**

Data analysis and interpretation begins

Methods

The JCHD Community Health Assessment was unique in regards to what specific information it was looking to gain from the community. JCHD wanted to get a good picture of the health issues residents face in our community, what residents feel are the most important issues, how the community utilizes health department services, and what programs or services the community would like to see offered. To do that, the survey included questions about health choices and behaviors that are not typically addressed in standard community health assessments such as where do they obtain most of their meals, how often do they engage in physical activity and where, barriers preventing from eating healthy foods and obtaining health services, and what services they would like to see offered in the community.

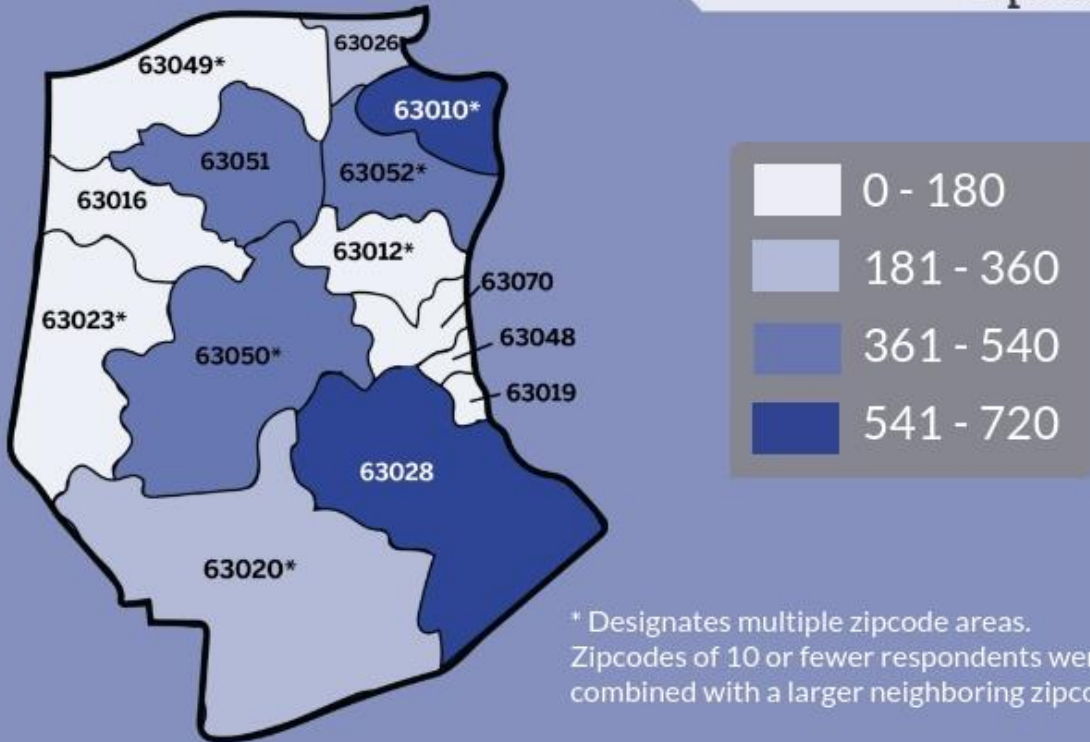
Data analysis and interpretation used primarily by the analytic programs within QuestionPro, Microsoft Excel, and the GIS mapping software. Utilizing these three programs, descriptive statistics were compiled and interpreted.

To disseminate the survey, a variety of methods were used to capture complete data. Online and paper surveys were distributed through social media platforms and newspaper publications, as well as at food pantries, libraries, recreation centers, and other public locations.



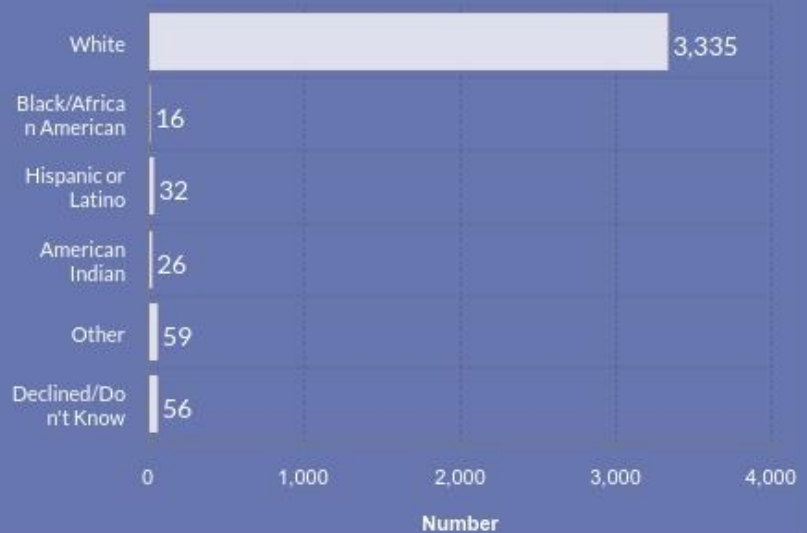
Survey Demographics

Number of Respondents by Zipcode Area



3,523
Number of respondents

Respondents By Race



Survey Demographics

Most respondents were female who own or rent their place of residence. It was also found that the majority of respondents had completed at least a high school education. Almost half of respondents reported an average yearly income of \$50,000 or more.

85 %

Percentage of respondents with a high school education

2267 Females **64%**

1182 Males **34%**

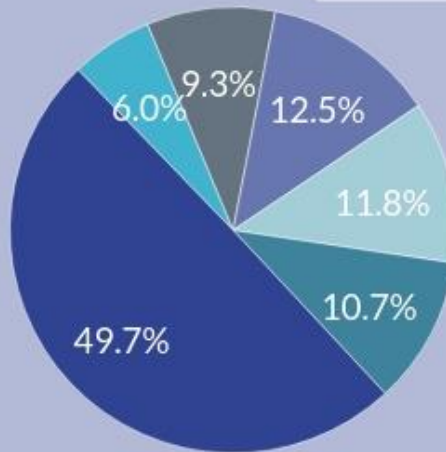
7 Other **0.2%**

67 Declined/
Don't Know **2%**

91 %

Percentage of respondents who rent or own their place of residence

Total Household Income



\$10,000 or Less	199	\$10,001-\$20,000	311
\$20,001-\$30,000	419	\$30,001-\$40,000	393
\$40,001-\$50,000	358	\$50,000 or Above	1,661

* 182 respondents declined to report their income

Health Insights

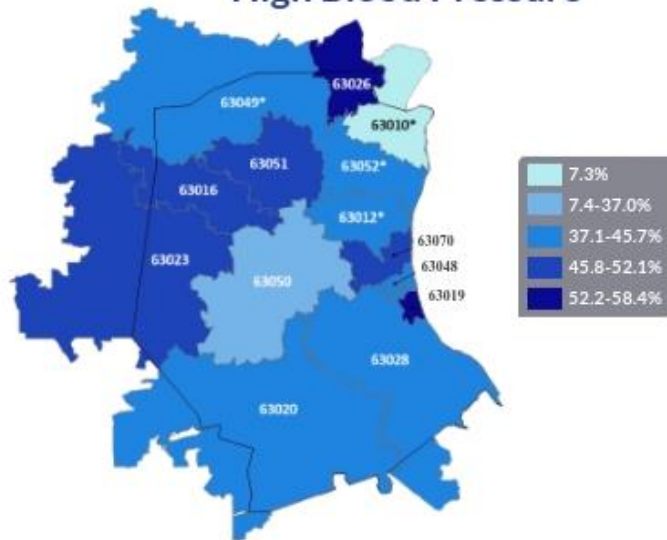
Adult Diagnoses

Respondents were asked to list any health conditions they had been diagnosed with. It was found that the top 5 reported diagnoses included:

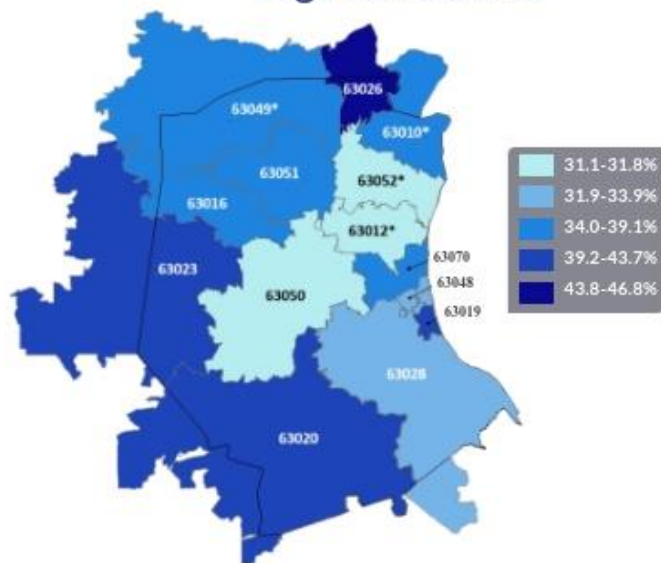


The maps below and on the next page break down each one of the top five reported adult diagnoses by zipcode area, reporting the percentage of those respondents who have the condition. These percentages are not weighted by respondent size, but still provide a detailed picture to the areas of the county with the highest health disparities.

High Blood Pressure

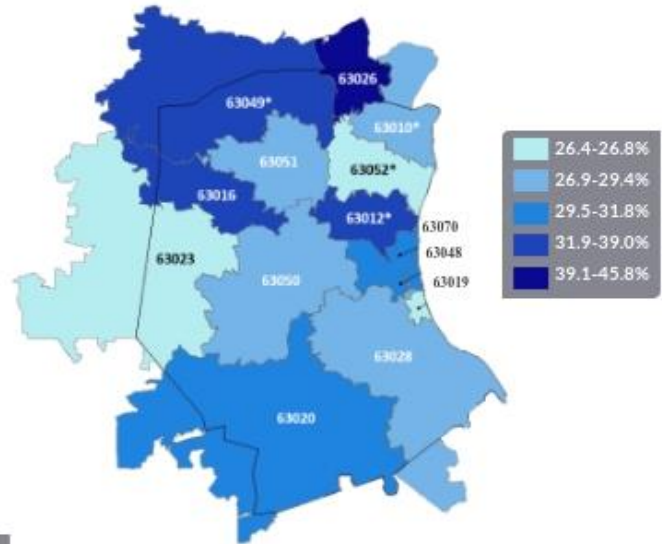


High Cholesterol

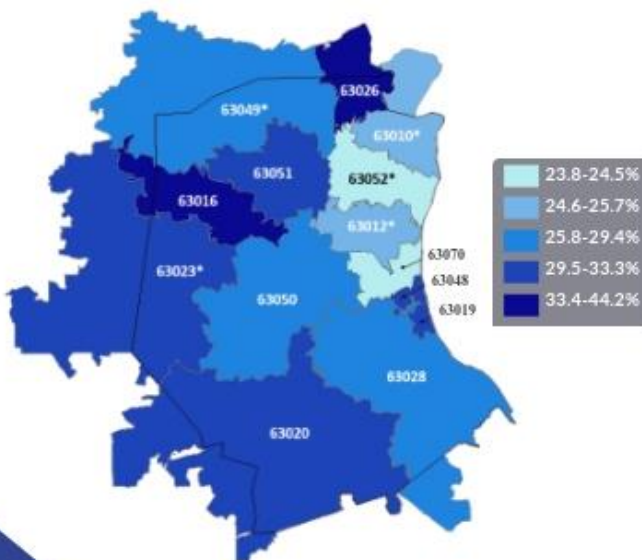


Health Insights

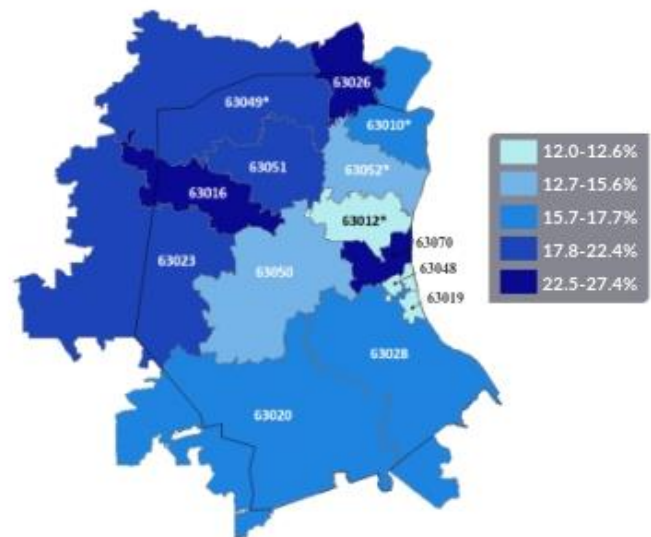
Overweight/Obese



Depression or Anxiety



Diabetes (not gestational)



Adult Diagnoses (continued)

Health Perceptions

Health Issues

Respondents were asked what they felt were the top 5 health issues in their community. It was found that the top 5 reported health issues included:

55%

Alcohol/
Substance
Abuse

Obesity

49%

47%

Prescription
Drug Misuse

Smoking/
Vaping

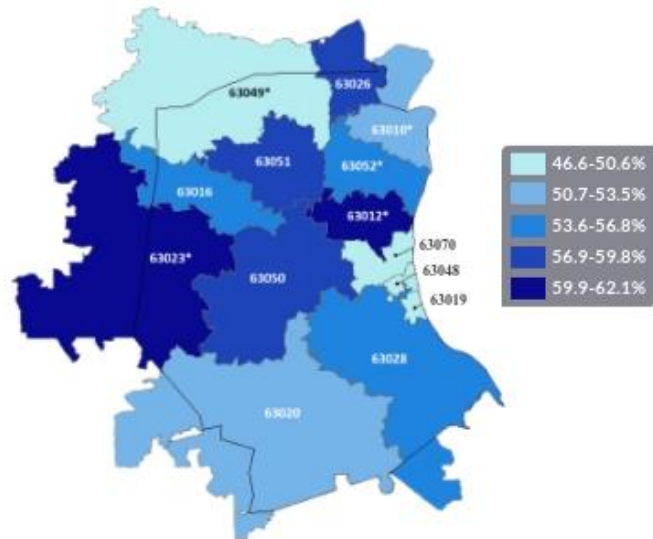
44%

29%

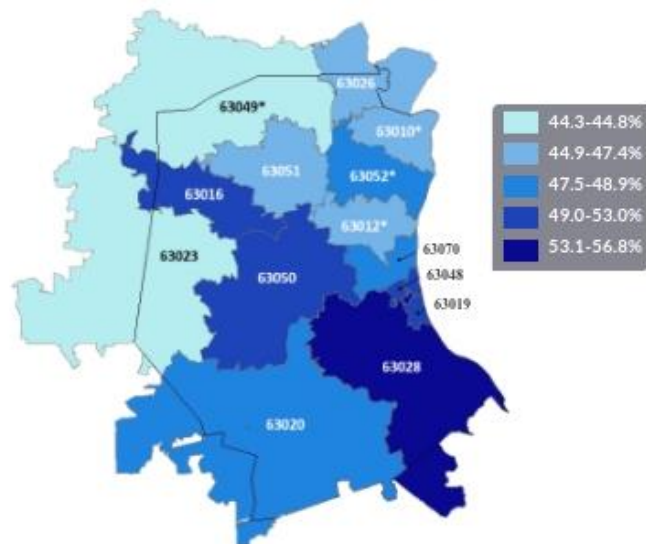
Diabetes
(Not gestational)

The maps below and on the next page break down each one of the top five reported health issues by zipcode area, reporting the percentage of the respondents who believe the health issue is a top 5 problem in their community.

Alcohol/Substance Abuse

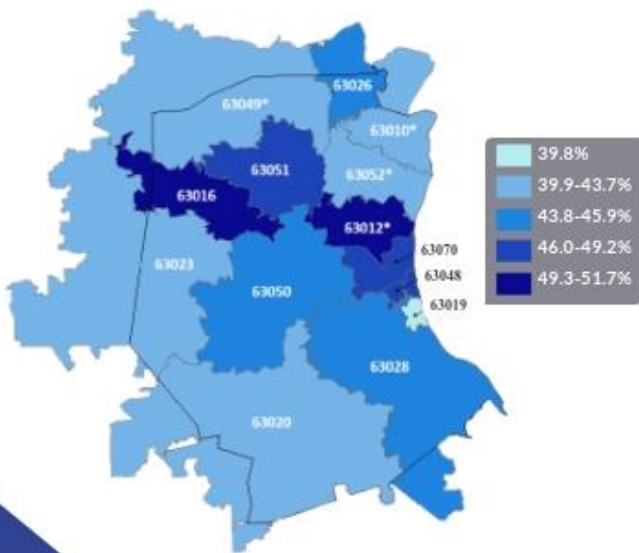


Obesity

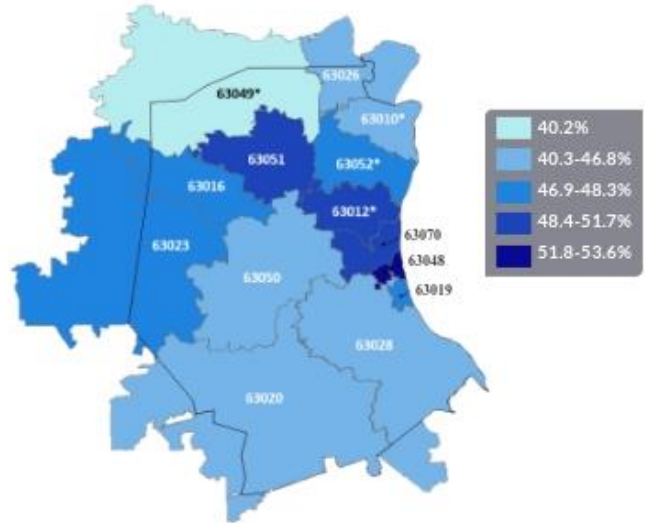


Health Perceptions

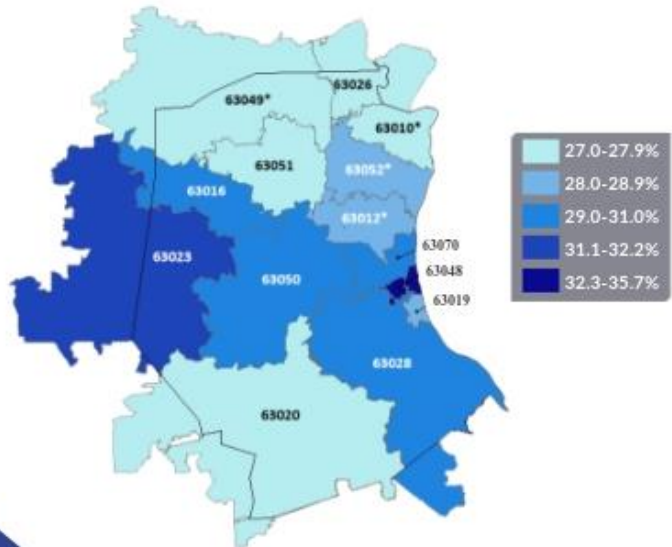
Smoking/Vaping



Prescription Drug Misuse



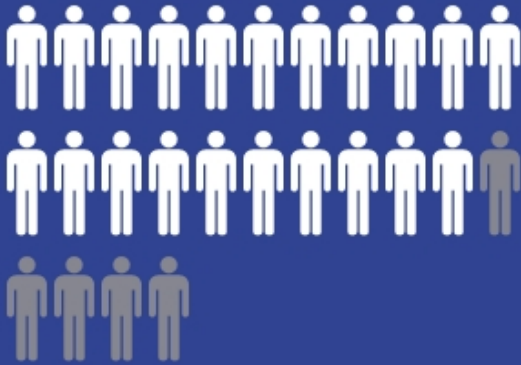
Diabetes (not gestational)



Health Issues
(continued)

Health Insights

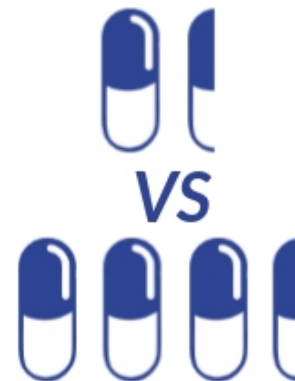
Perceived Health



The survey found that the large majority of respondents, 82%, perceived themselves as healthy or very healthy.

Health Conditions

On average, respondents who reported themselves as unhealthy or very unhealthy had over twice as many diagnosed health conditions than those who reported themselves as healthy or very healthy.



Health Services



80%



81%

Most of the respondents reported getting the majority of their health information from a doctor or nurse and most commonly going to a doctor's office for their medical care.

Health Insights

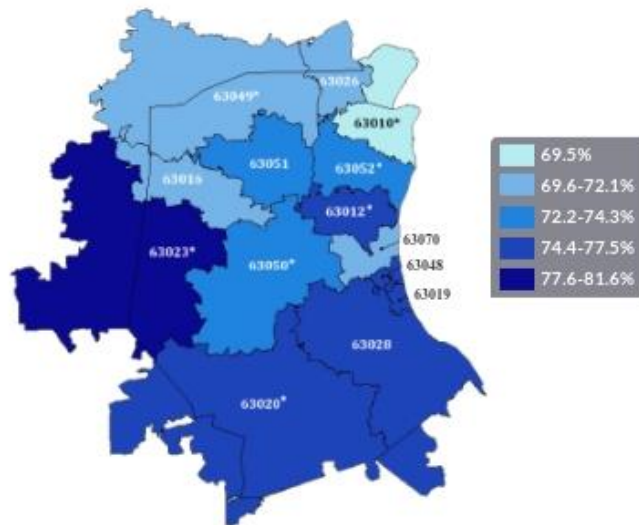
Risk Factors

Respondents were asked to list the top 5 risky behaviors that impact the health in their community. Below shows the collective top 5 selected by the respondents.

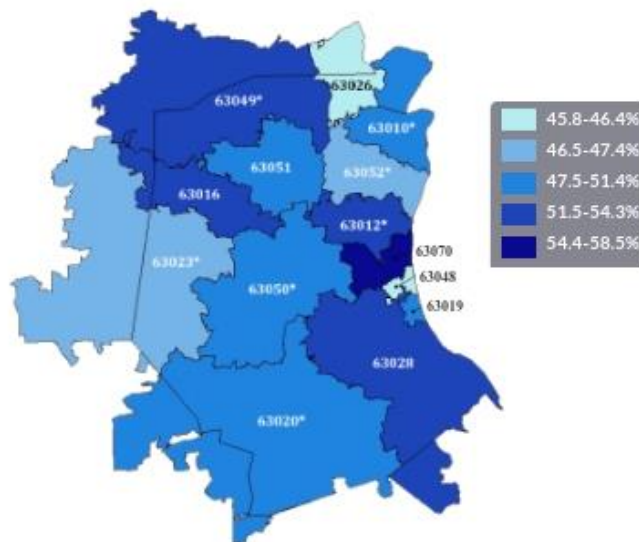


The maps below and on the next page break down each one of the top five reported risk factors by zipcode area, reporting the percentage of the respondents who believe the factor is a top 5 issue to health in their community.

Alcohol/Drug Use

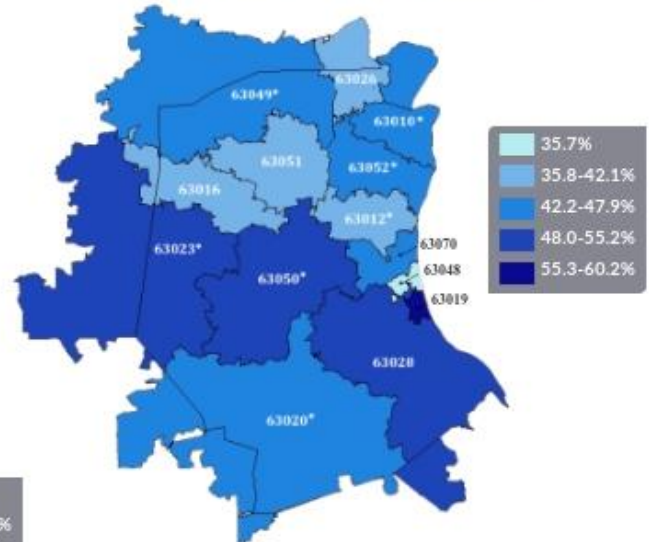


Smoking/Vaping

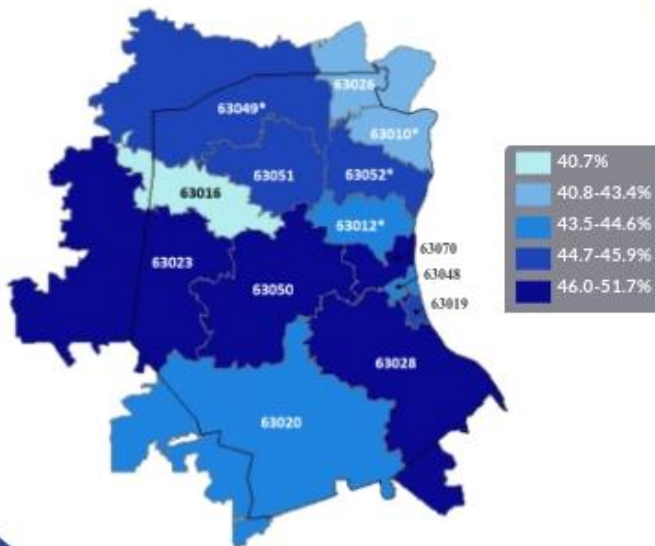


Health Insights

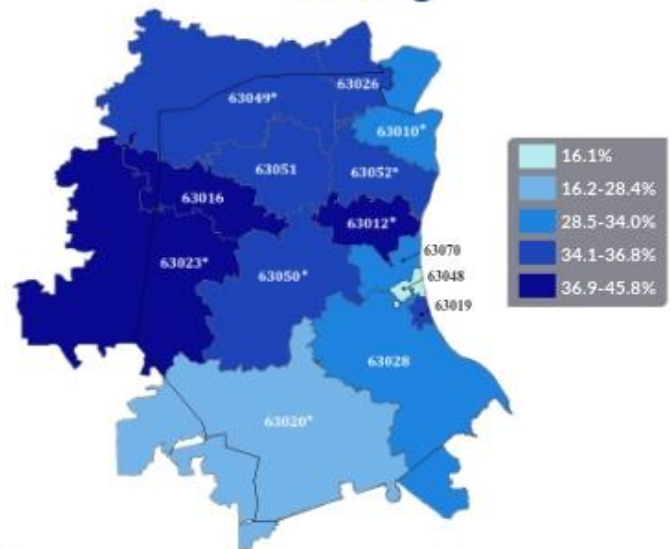
Poor Eating Habits



Lack of Exercise



Reckless/Drunk Driving



Risk Factors
(continued)

Health Insights

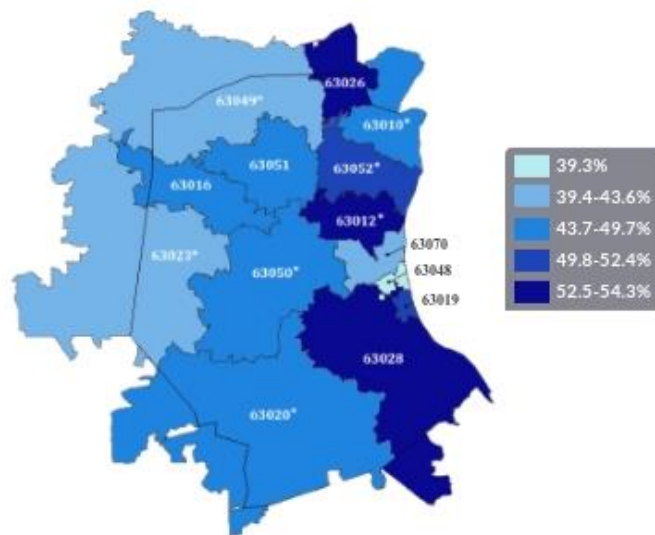
Social Factors

Respondents were asked to list the top 5 social factors that impact the health in their community. Below shows the collective top 5 selected by the respondents.

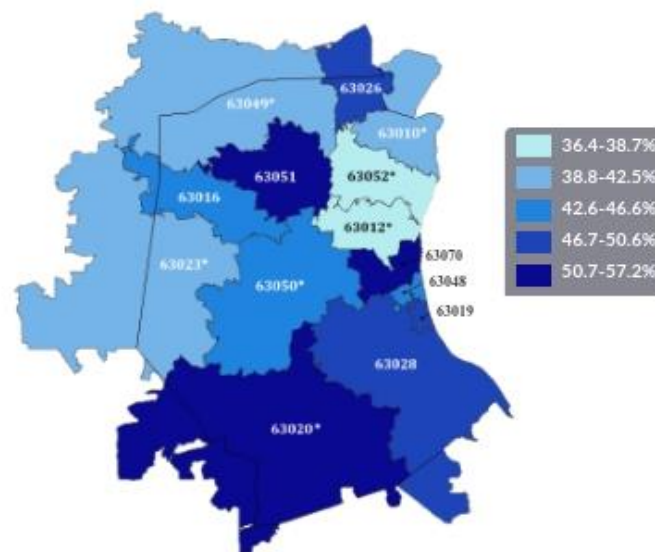


The maps below and on the next page break down each one of the top five reported social factors by zipcode area, reporting the percentage of the respondents who believe the factor is a top 5 issue to health in their community.

Affordability of Health Services

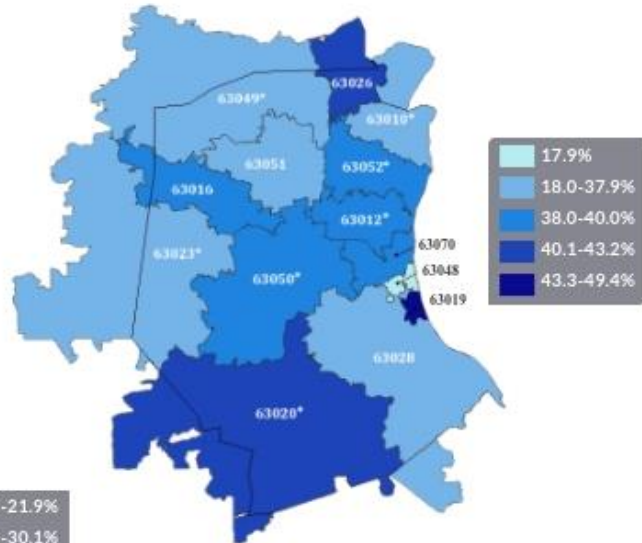


Low Income/Poverty

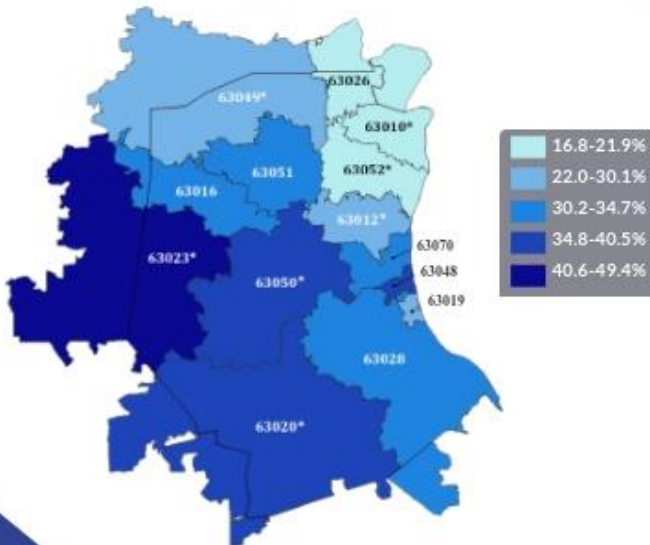


Health Insights

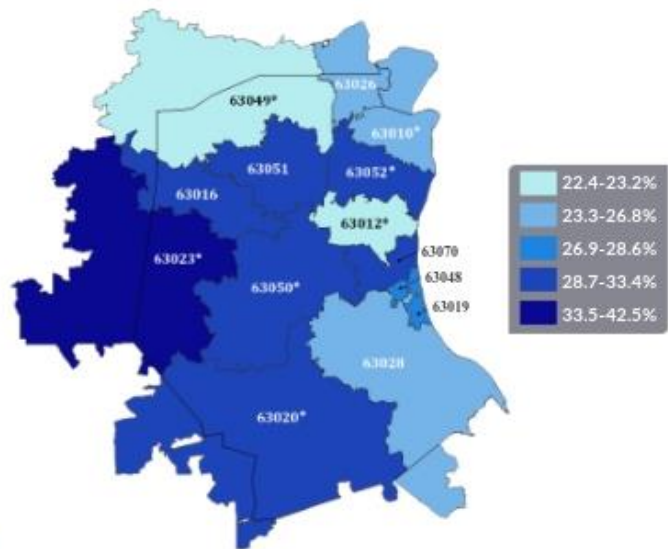
Lack of Health Insurance



Lack of Job Opportunities



Unemployment



Social Factors
(continued)

Activities

Physical Activity



Lack of consistent exercise was found to be a common issue among the respondents, the large majority (71%) exercising 3 or fewer times a week for 30 minutes.

Exercise Locations

Respondents' top places to exercise included their homes, parks, public recreation centers (including YMCA), and private gyms. Within the "Other" category, respondents noted most often exercising outside (hiking, walking sidewalks, etc.), and getting exercise through their jobs (manual labor).



Screen Time



2-3+ hours a day

The large majority of respondents watched at least 2-3 hours a day, however, that percentage dropped to 34% at 4-5+ hours a day

Drug Use

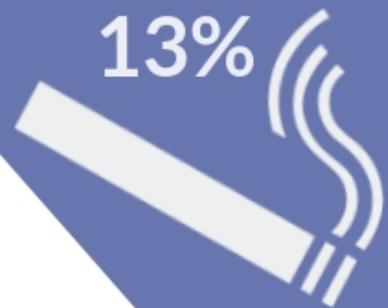
Tobacco

Respondents reported being exposed to secondhand smoke in a variety of places, with restaurants/businesses most often at 18% and homes second most often at 9%

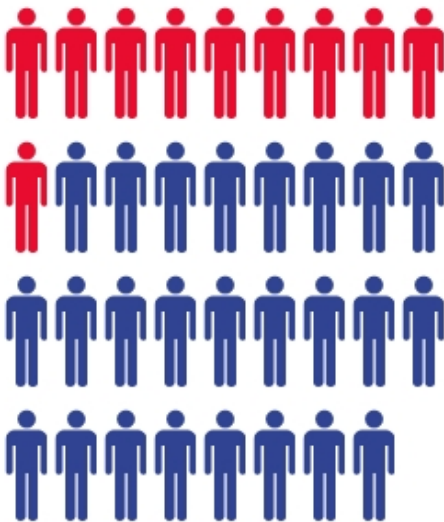


Smoking and vaping among the respondents was found to be lower than the county average of 21%

13%



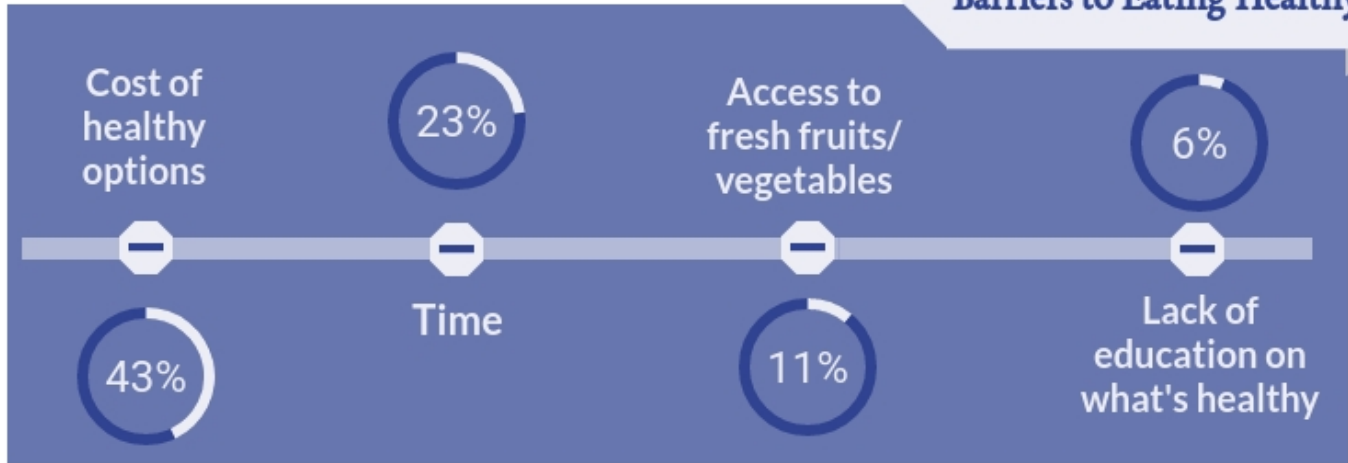
Opioids



The prescription drugs/opioid problem is a widely known issue in Jefferson County. It was found that over 29% of the respondents have been affected in some way by prescription drug or opioid misuse, either personally, through a family member, or friend.

Barriers to Health

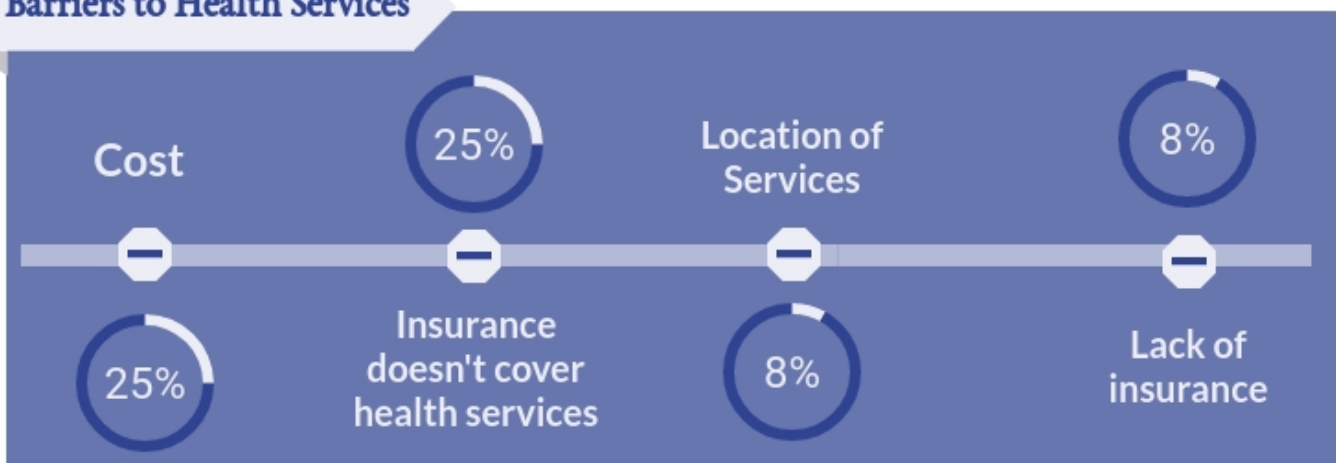
Barriers to Eating Healthy



Respondents were asked to choose what they perceived to be the largest barrier(s) to eating a healthy diet. The most often selected barriers among the total respondents included, cost of health options, time, access to fresh fruits/vegetables, and lack of education on what's healthy. Other notable barriers included not liking healthy foods (5.7%) and not knowing how to cook (5%).

Respondents were also asked about what they perceived to be the largest barrier(s) to using health services. The most often selected barriers among total respondents included, cost, insurance not covering the service, location of services, and lack of insurance. Other notable barriers reported were transportation (6%) and lack of providers (4%).

Barriers to Health Services



Needed Services

Needed Services

Healthy cooking classes

26%



26%



Aging Resources

Physical Activity Classes



23%



Substance Abuse Treatment

22%

Mental Health Services



21%

Respondents were asked to list any services they felt were needed and were not currently available or accessible. The top responses included healthy cooking classes, aging resources, physical activity classes, substance abuse treatment, and mental health services. Many of these choices were not surprising given the reported health issues and social factors. These findings reaffirm the need for targeted operations in these areas.



Moving forward

Summary

The results found from the community health assessment provided JCHD with a good picture of the health issues residents face in our community, what residents feel are the most important issues, how the community utilizes health department services, and what programs or services the community would like to see offered. Our hope is that the community will be able to use this information to better understand the needs of the population and develop programs/provide services to combat those issues.

Limitations

- The survey was not weighted to account for socioeconomic status of the residents and thus has the potential to be biased.
- Our goal was to gain a general understanding of the perceptions of residents and we understand that the data can only be loosely generalized to the general population of Jefferson County.

Moving Forward

The information obtained from health assessment has already proven invaluable in the development of future programs and initiatives. The information highlighted recurrent barriers and needs of respondents and JCHD has already begun to develop responses to the results. These include:

- Purchasing of a mobile wellness van to provide services to locations with difficult or no access to care
- Partnering with Healthy Lifestyles Initiative (12345 Fit-Tastic) to enhance our educational messaging and wellness programming.
- 3.4.50 framework, a community health improvement strategy based on evidence that three health behaviors elevate risk for four chronic conditions that together cause more than fifty percent of deaths, will become a driving force in future program development.
- Development of a large scale grocery store initiative has begun, targeting healthy food education and availability.