2018 Community Health Assessment

Seward County

Memorial Health Care Systems

Polk Butler York Seward

Four Corners Health Department

Public Health
Prevent. Promote. Protect.

Introduction

Four Corners Health Department and Memorial Health Care Systems worked together to conduct the 2018 Seward County Community Health Assessment. The purpose of a community health assessment is to describe the health status of the population, identify areas for health improvement, determine factors that contribute to health issues, and identify assets and resources that can be mobilized to address population health issues.

The Community Health Assessment Survey was completed as an update to the prior survey conducted in 2015. In 2015, a community driven process, called MAPP, was chosen to complete the assessment. Mobilizing for Action through Planning and Partnerships (MAPP) is a dynamic process developed by the Centers for Disease Control and Prevention (CDC) and the National Association of City and County Health Officials (NACCHO) that helps communities prioritize public health issues and identify resources for addressing them. Community ownership is the fundamental component of MAPP.

A Community Health Advisory Team consists of individuals representing 22 partner agencies from across the Four Corners District. The team works to identify health concerns and needs across the District and then helps to identify possible solutions to the most pressing concerns. The team uses the MAPP process as seen below.

Background Information

In April of 2015, Four Corners Health Department launched a community assessment project. Mobilizing for Action through Planning and Partnerships (MAPP) is a dynamic process developed by the Centers for Disease Control and Prevention (CDC) and the National Association of City and County Health Officials (NACCHO) that helps communities prioritize public health issues and identify resources for addressing them. Community ownership is the fundamental component of MAPP.

The MAPP project includes four community assessments. In this report, we have focused on the results of the Community Themes and Strengths Assessment. The Community Themes and Strengths Assessment focuses on collecting the community's perspective on issues such as health care, education, care for older adults, jobs, support networks, health problems, and risky behaviors. A survey was designed by utilizing a sample survey provided by NACCHO. The survey can be found in Appendix A.

An updated survey was distributed in 2018. The survey was available from August to October of 2018. It was available at community meetings such as Rotary, Kiwanis, or Sertoma Clubs. They were taken to churches, school events, county fairs, etc. The survey was also available online at Survey Monkey. In **Seward** County, **120** responses were received. The compiled results of those **120** surveys are reported here.

To learn more about the MAPP project, contact us:

Four Corners Health Department
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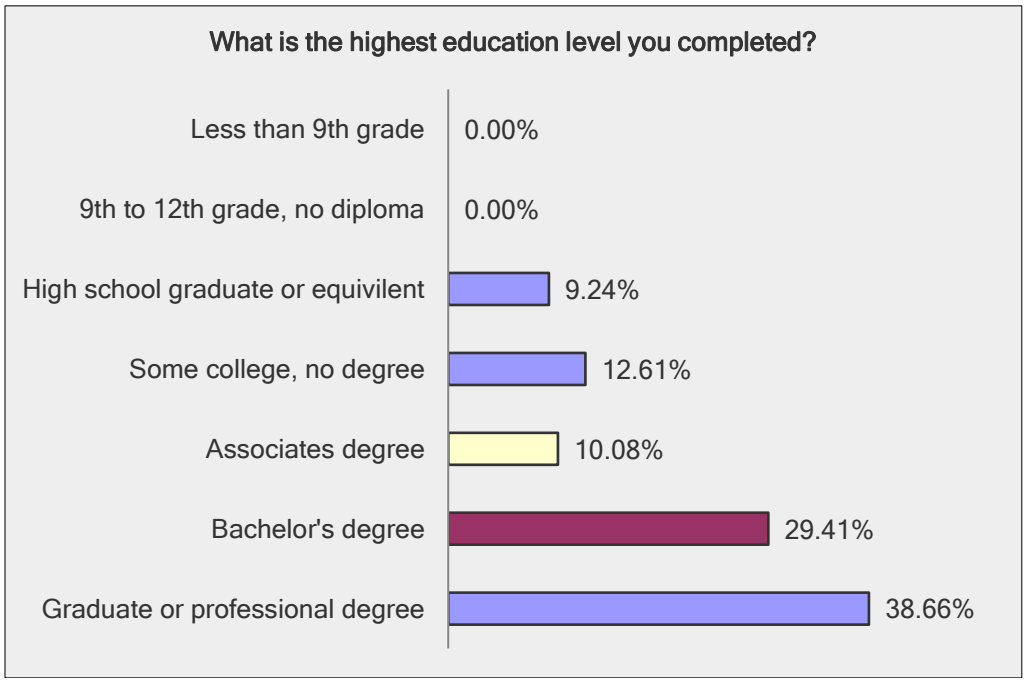
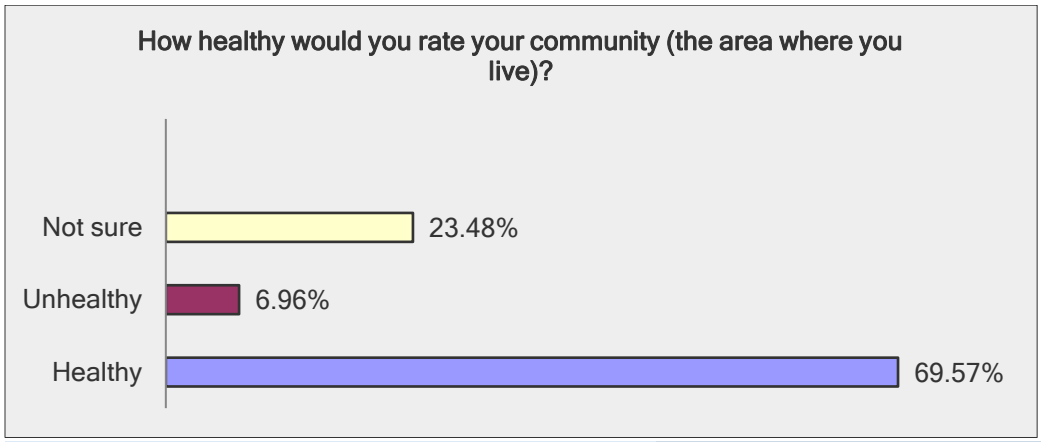
Website: www.fourcorners.ne.gov

Demographics

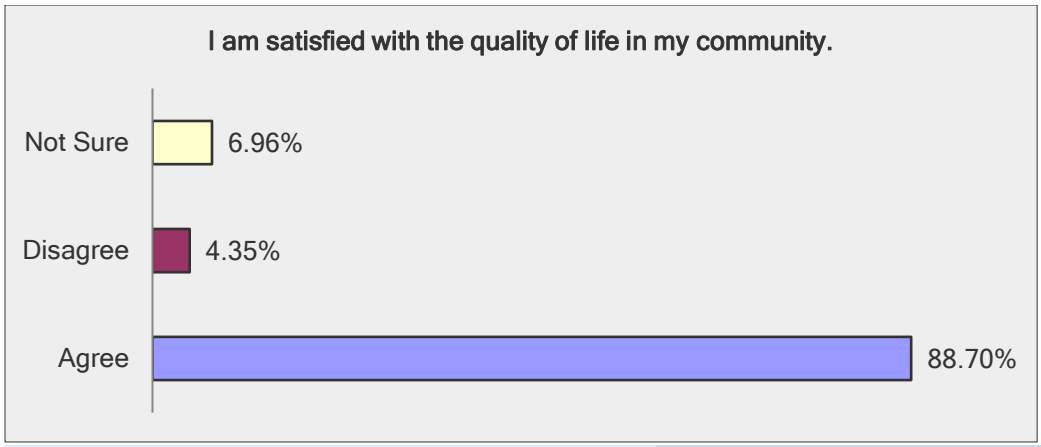
How old are you?		
Answer Options	**Response Percent**	**Response Count**
19-25 years	4.20%	5
26-39 years	30.25%	36
40-54 years	37.82%	45
55-64 years	17.65%	21
65-80 years	8.40%	10
Over 80 years	1.68%	2
	answered question	119

Which describes your race/ethnicity? Please select just one.		
Answer Options	**Response Percent**	**Response Count**
White, not Hispanic or Latino	98.28%	114
Hispanic or Latino	0.86%	1
American Indian, not Hispanic or Latino	0.4%	1
Asian, not Hispanic or Latino	0.8%	2
Black, not Hispanic or Latino	0.0%	0
Multi-Race, not Hispanic or Latino	0.0%	0
Some other race alone, not Hispanic or Latino	0.0%	0
Native Hawaiian and other Pacific Islander - not Hispanic or Latino	0.0%	0
	answered question	116

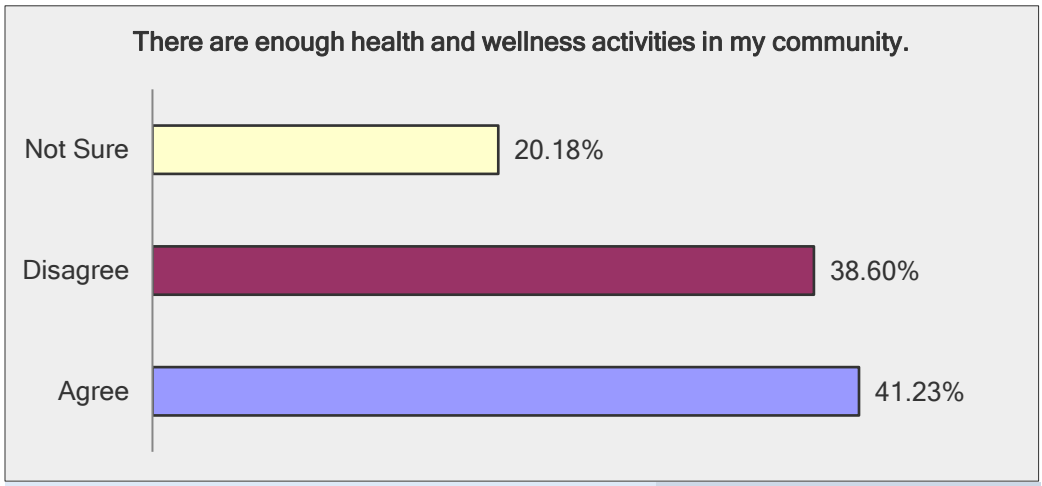




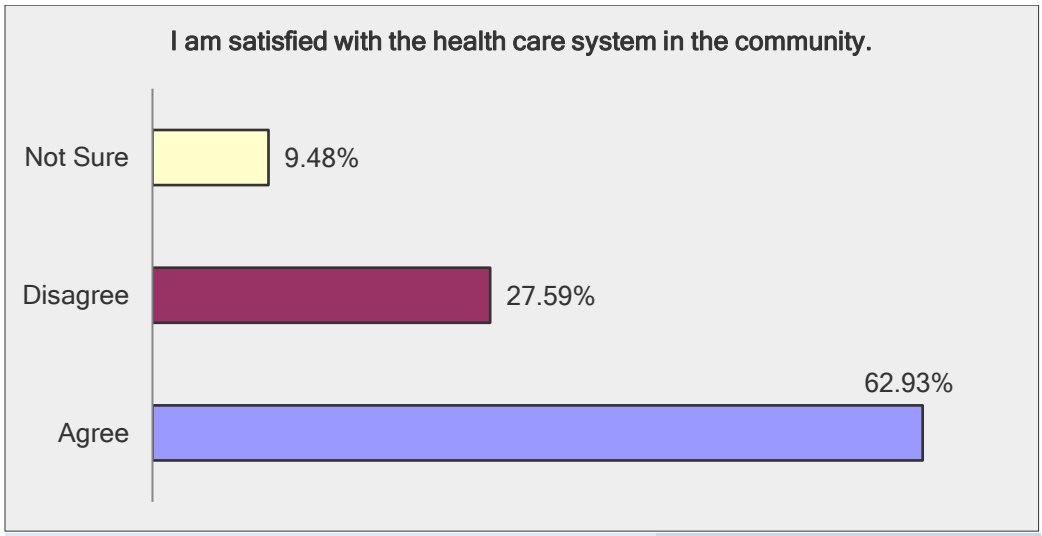
Answer Options	Response Percent	Response Count
Healthy	69.57%	80
Unhealthy	6.96%	8
Not sure	23.48%	27
answered question		115



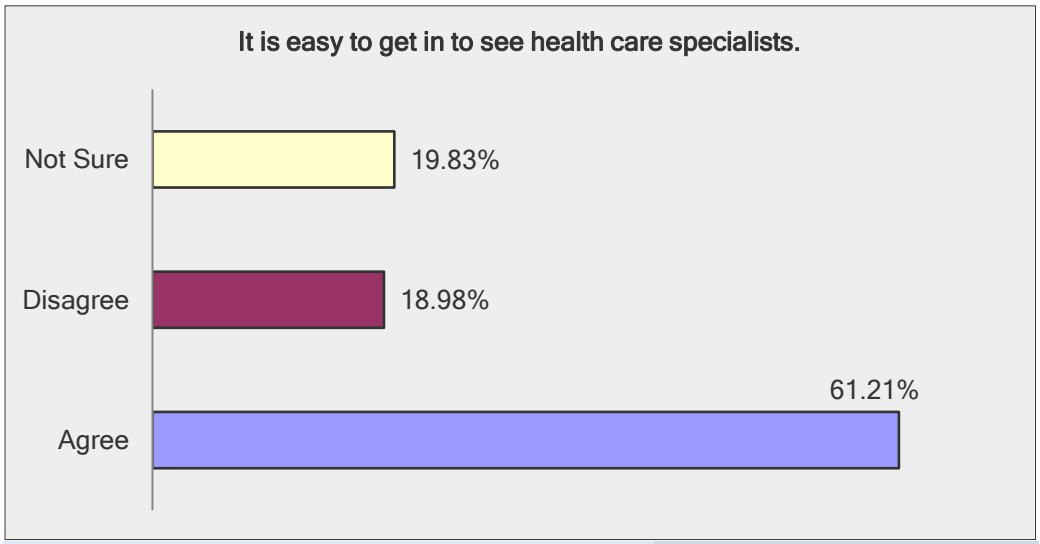
Answer Options	Response Percent	Response Count
Agree	88.70%	102
Disagree	4.35%	5
Not Sure	6.96%	8
answered question		115



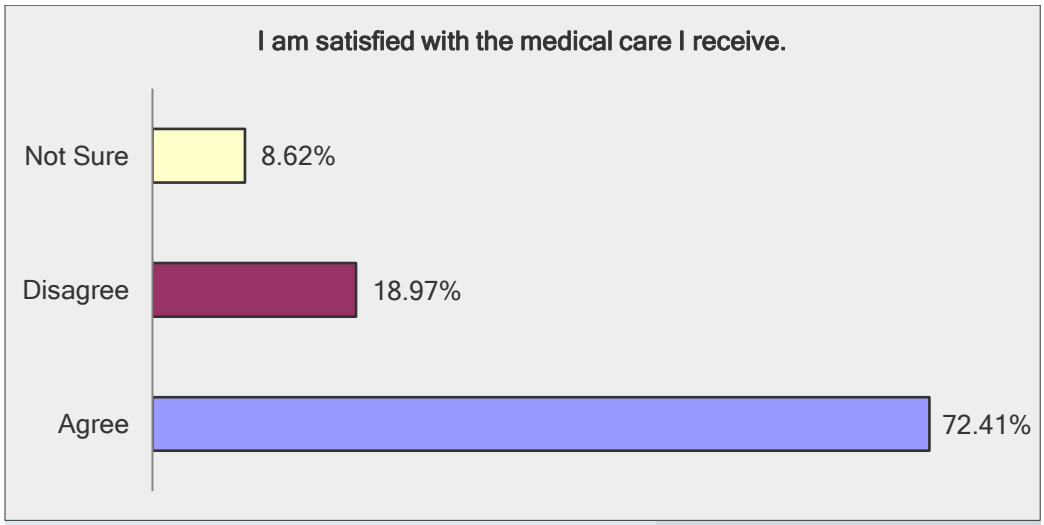
Answer Options	Response Percent	Response Count
Agree	41.23%	47
Disagree	38.60%	44
Not Sure	20.18%	23
answered question		114



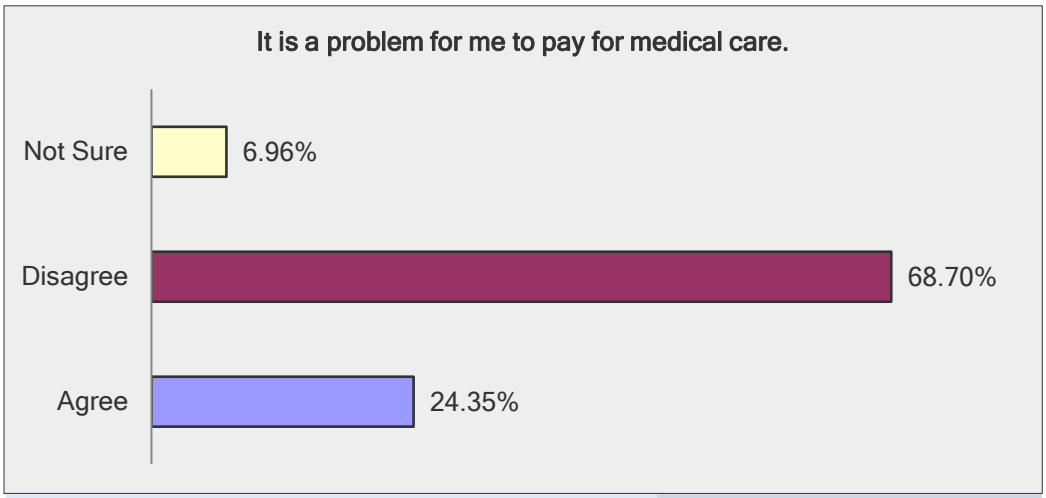
Answer Options	Response Percent	Response Count
Agree	62.93%	73
Disagree	27.59%	32
Not Sure	9.48%	11
answered question		116



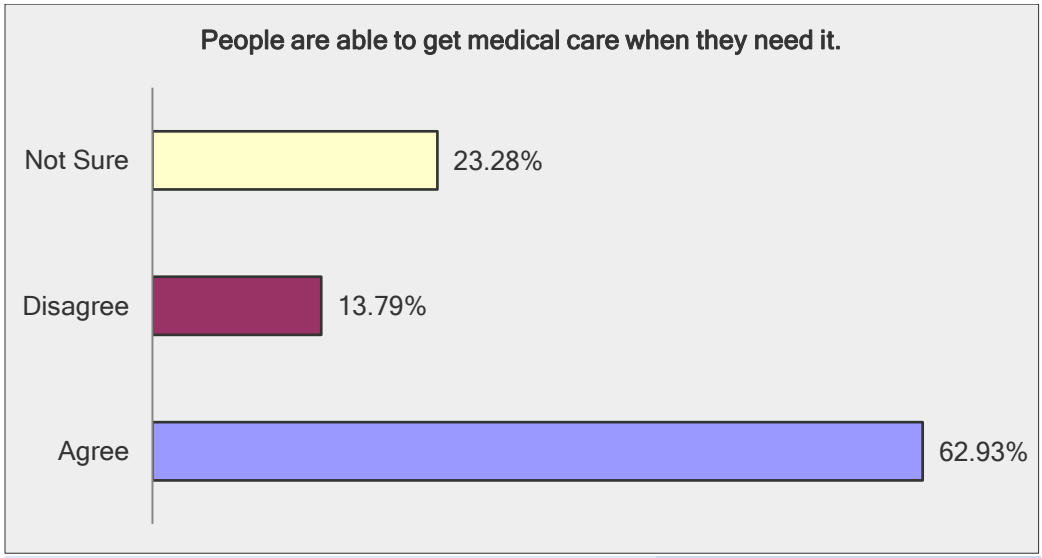
Answer Options	Response Percent	Response Count
Agree	61.21%	71
Disagree	18.98%	22
Not Sure	19.83%	23
answered question		116



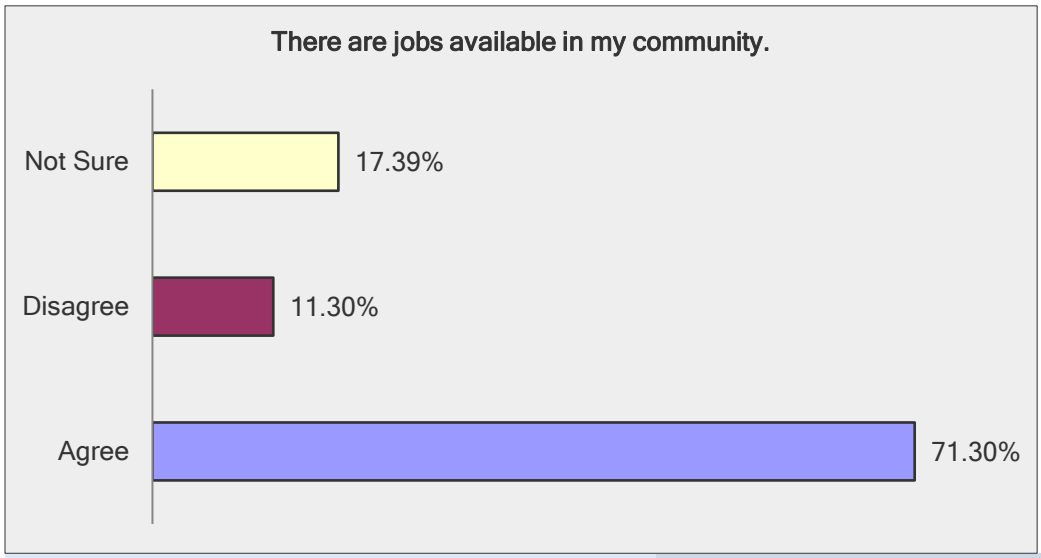
Answer Options	Response Percent	Response Count
Agree	72.41%	84
Disagree	18.97%	22
Not Sure	8.62%	10
answered question		116



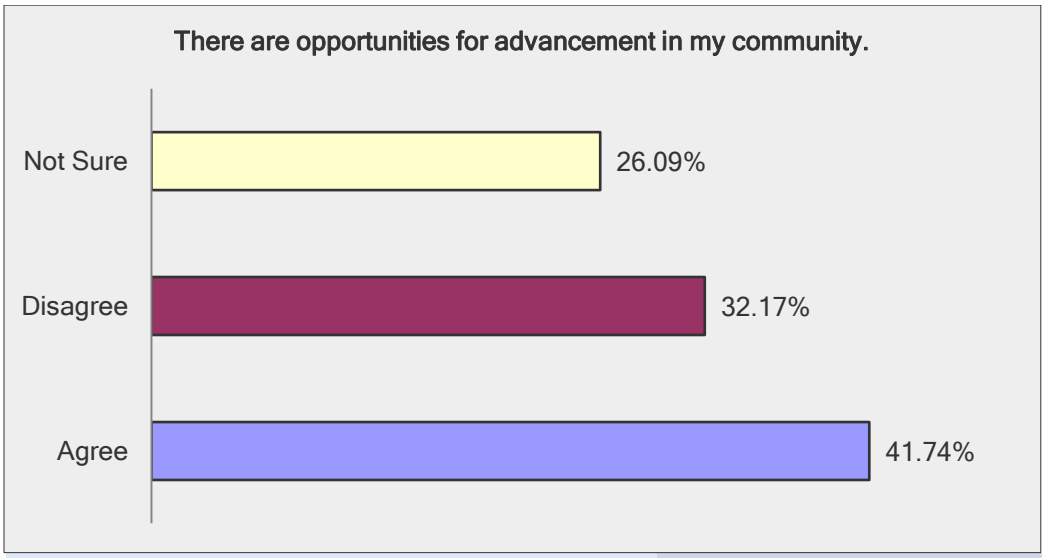
Answer Options	Response Percent	Response Count
Agree	24.35%	28
Disagree	68.70%	79
Not Sure	6.96%	8
answered question		115



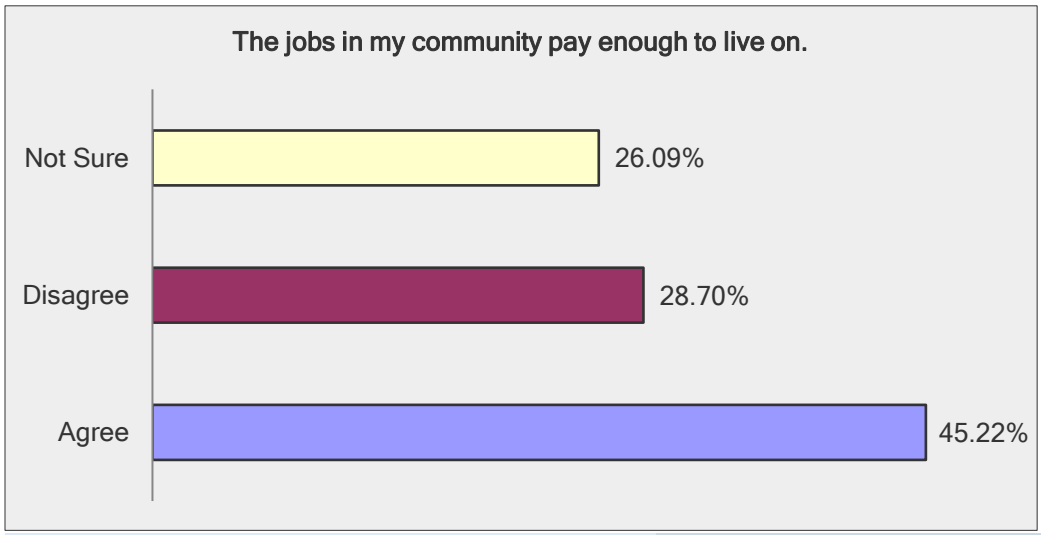
Answer Options	Response Percent	Response Count
Agree	62.93%	73
Disagree	13.79%	16
Not Sure	23.28%	27
answered question		116



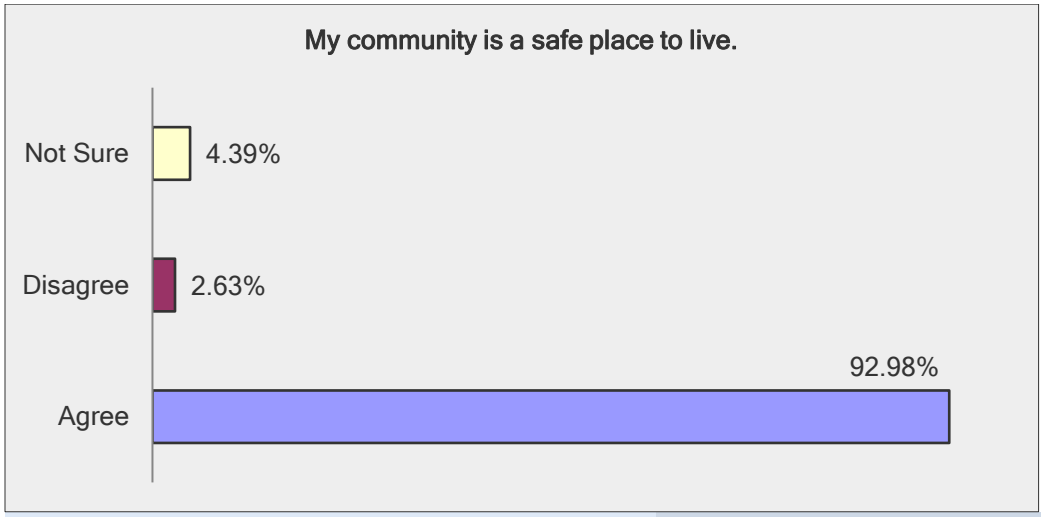
Answer Options	Response Percent	Response Count
Agree	71.30%	82
Disagree	11.30%	13
Not Sure	17.39%	20
	answered question	115



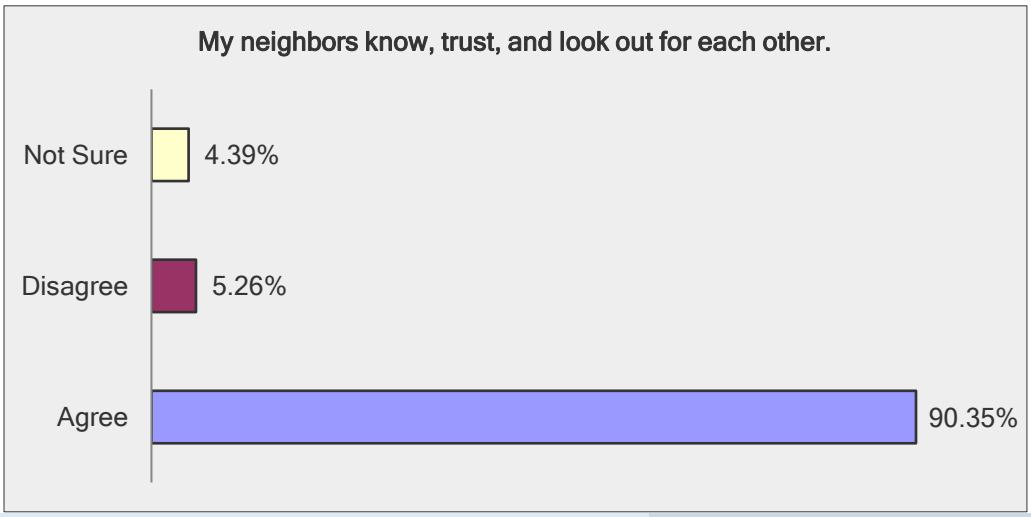
Answer Options	Response Percent	Response Count
Agree	41.74%	48
Disagree	32.17%	37
Not Sure	26.09%	30
	answered question	115



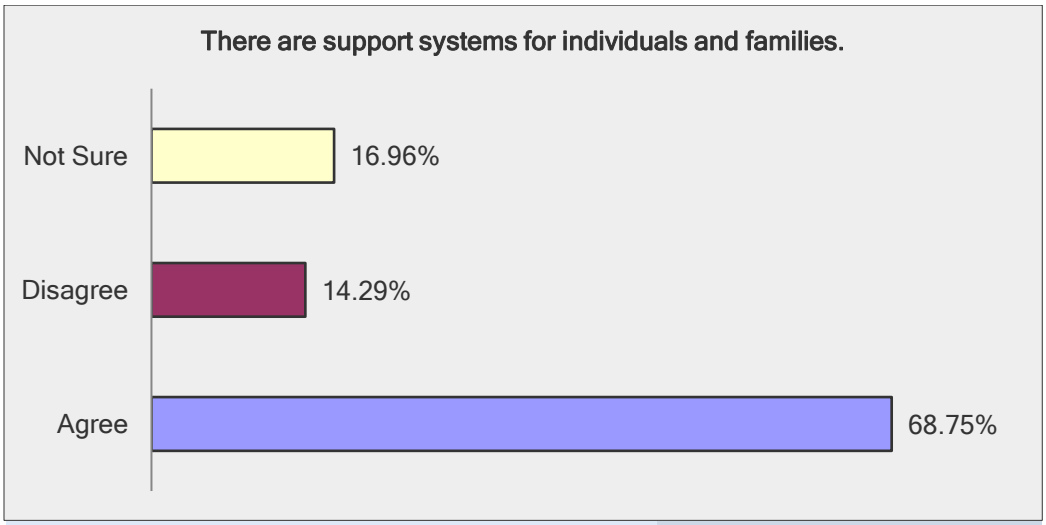
Answer Options	Response Percent	Response Count
Agree	45.22%	52
Disagree	28.70%	33
Not Sure	26.09%	30
answered question		115



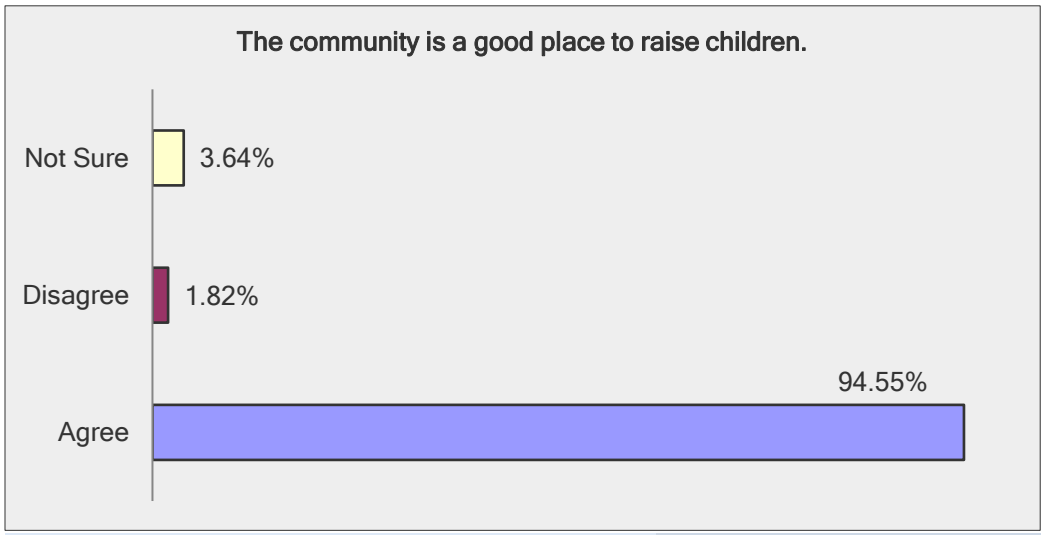
Answer Options	Response Percent	Response Count
Agree	92.98%	106
Disagree	2.63%	3
Not Sure	4.39%	5
answered question		114



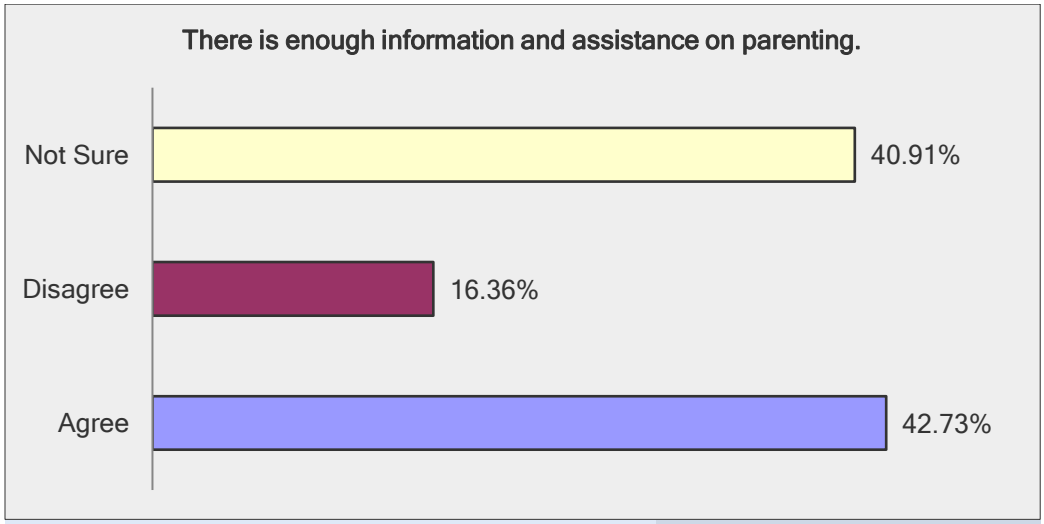
Answer Options	Response Percent	Response Count
Agree	90.35%	103
Disagree	5.26%	6
Not Sure	4.39%	5
answered question		114



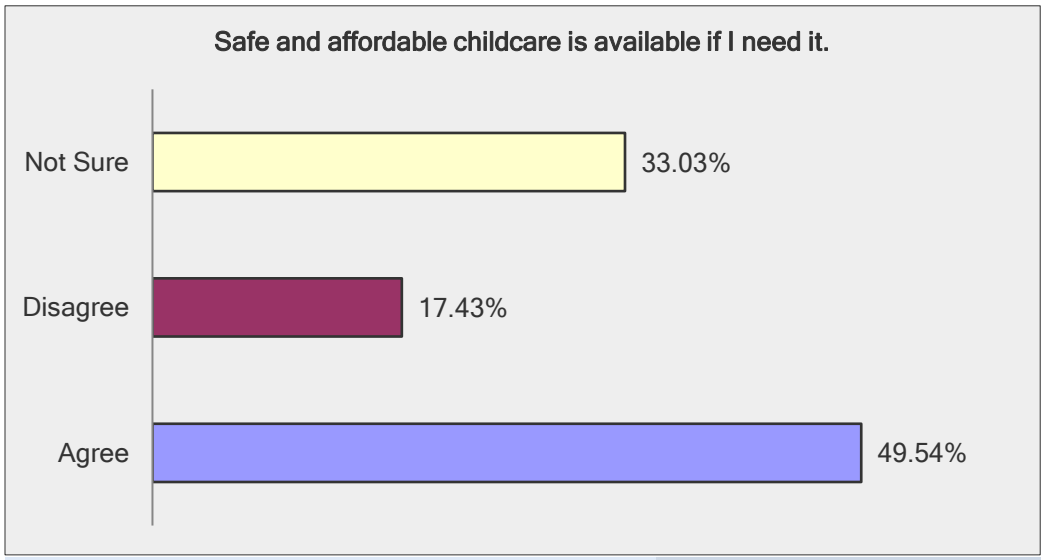
Answer Options	Response Percent	Response Count
Agree	68.75%	77
Disagree	14.29%	16
Not Sure	16.96%	19
answered question		112



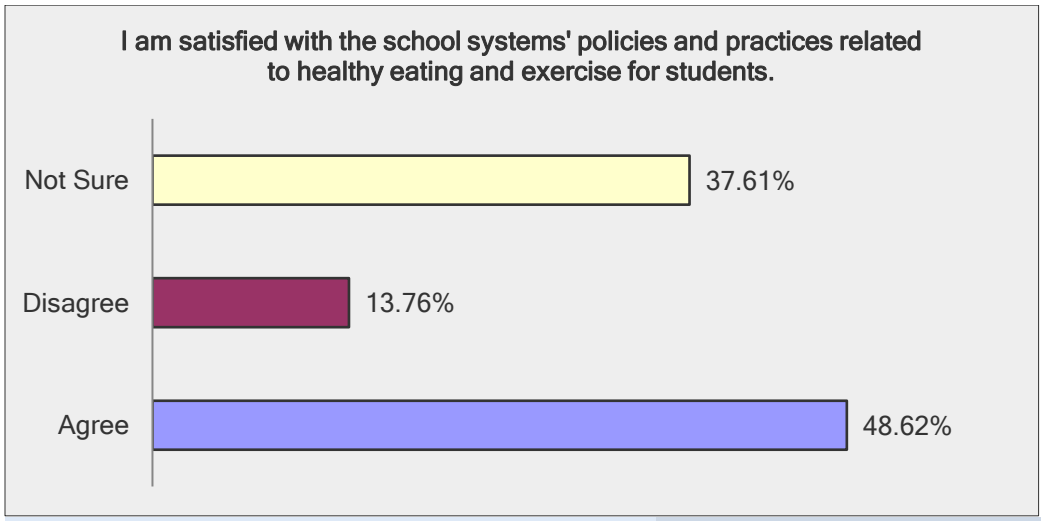
Answer Options	Response Percent	Response Count
Agree	94.55%	104
Disagree	1.82%	2
Not Sure	3.64%	4
answered question		110



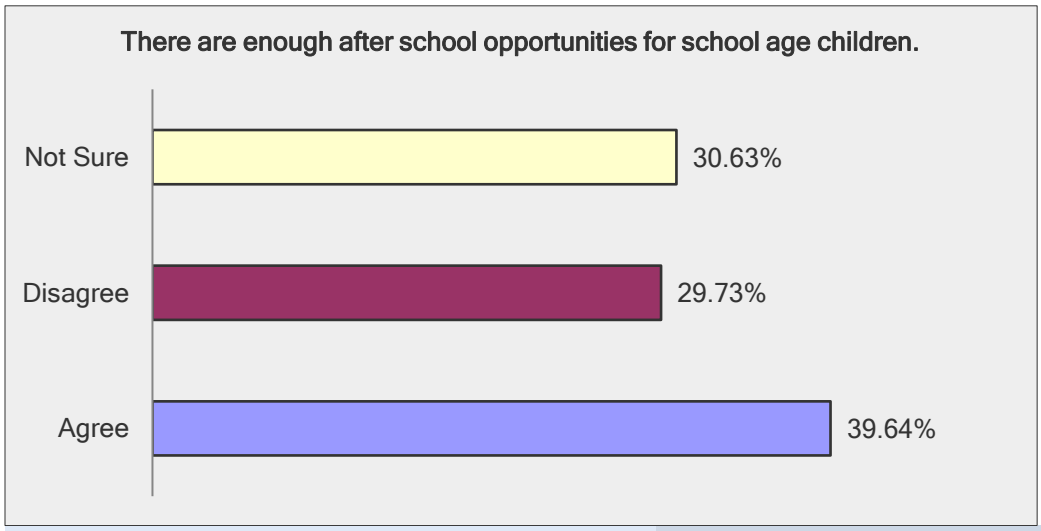
Answer Options	Response Percent	Response Count
Agree	42.73%	47
Disagree	16.36%	18
Not Sure	40.91%	45
answered question		110



Answer Options	Response Percent	Response Count
Agree	49.54%	54
Disagree	17.43%	19
Not Sure	33.03%	36
answered question		109



Answer Options	Response Percent	Response Count
Agree	48.62%	53
Disagree	13.76%	15
Not Sure	37.61%	41
answered question		109



Answer Options	Response Percent	Response Count
Agree	39.64%	44
Disagree	29.73%	33
Not Sure	30.63%	34
answered question		111

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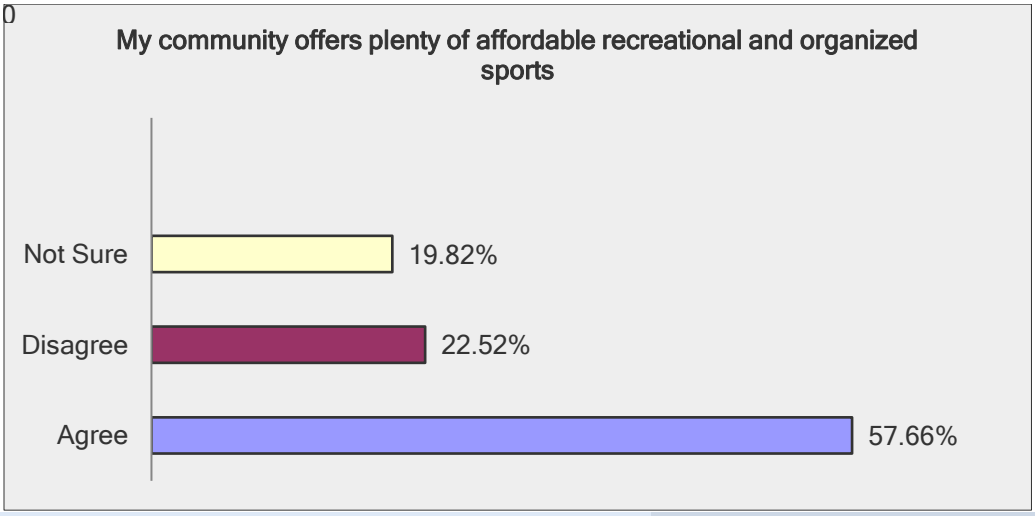
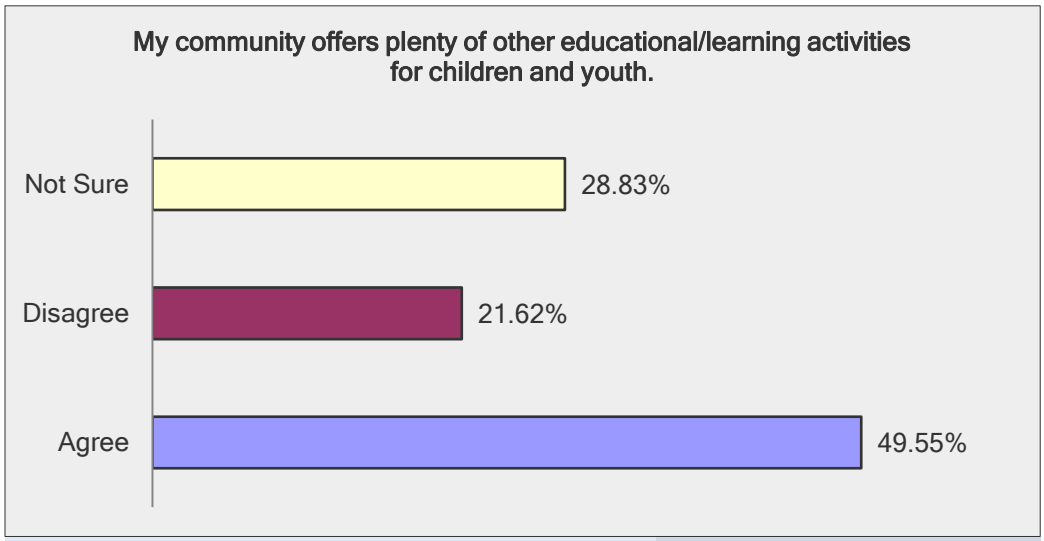
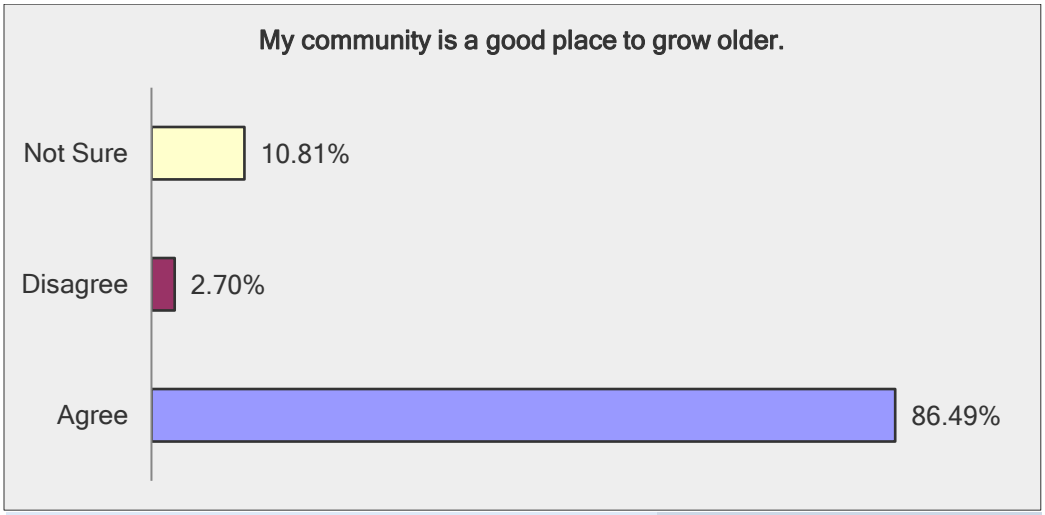


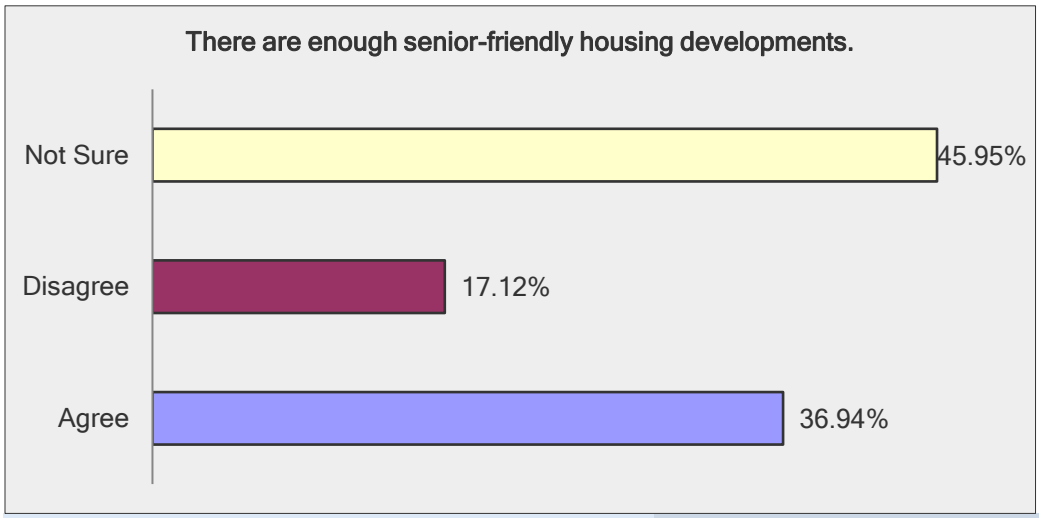
Answer Options	Response Percent	Response Count
Agree	57.66%	64
Disagree	22.52%	25
Not Sure	19.82%	22
answered question		111



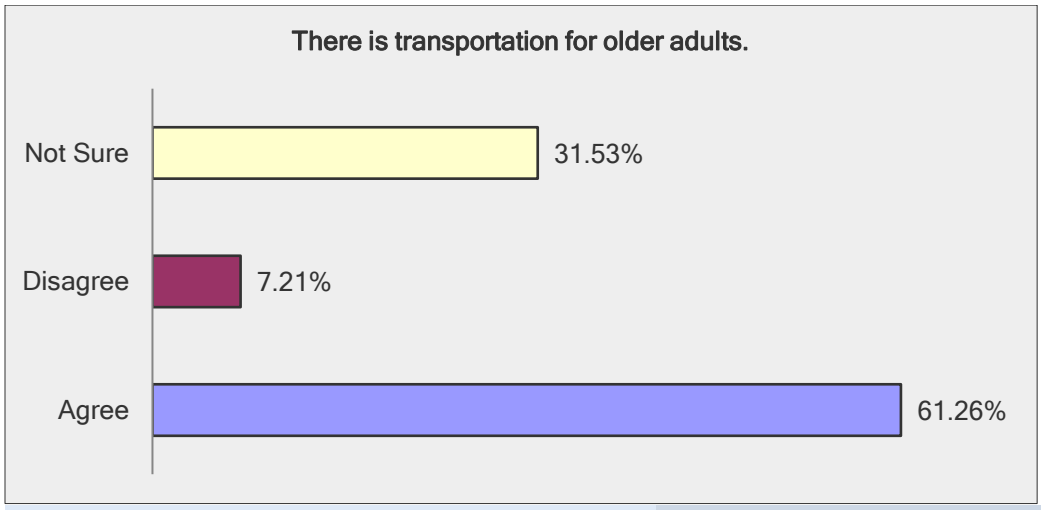
Answer Options	Response Percent	Response Count
Agree	49.55%	55
Disagree	21.62%	24
Not Sure	28.83%	32
answered question		111



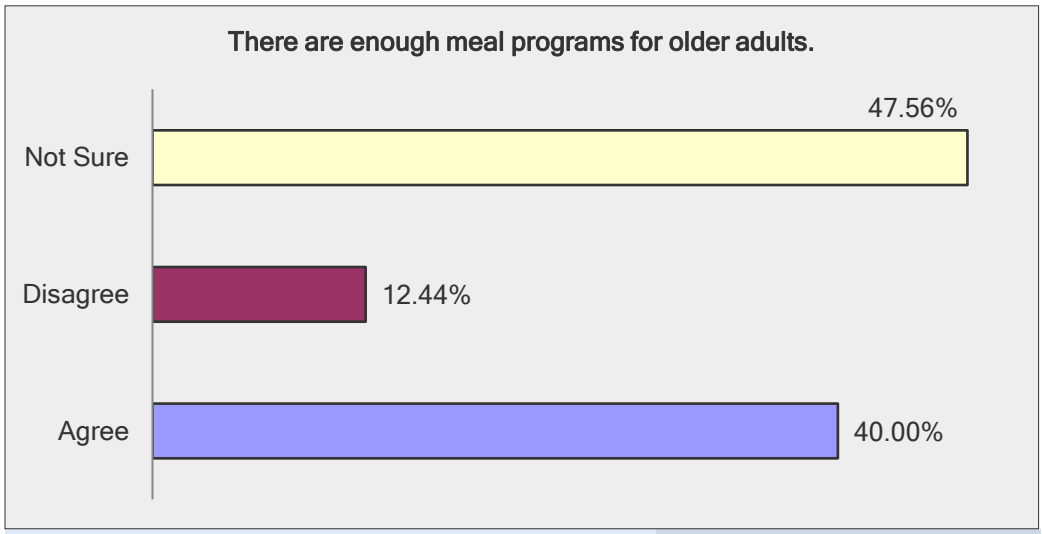
Answer Options	Response Percent	Response Count
Agree	86.49%	96
Disagree	2.70%	3
Not Sure	10.81%	12
answered question		111



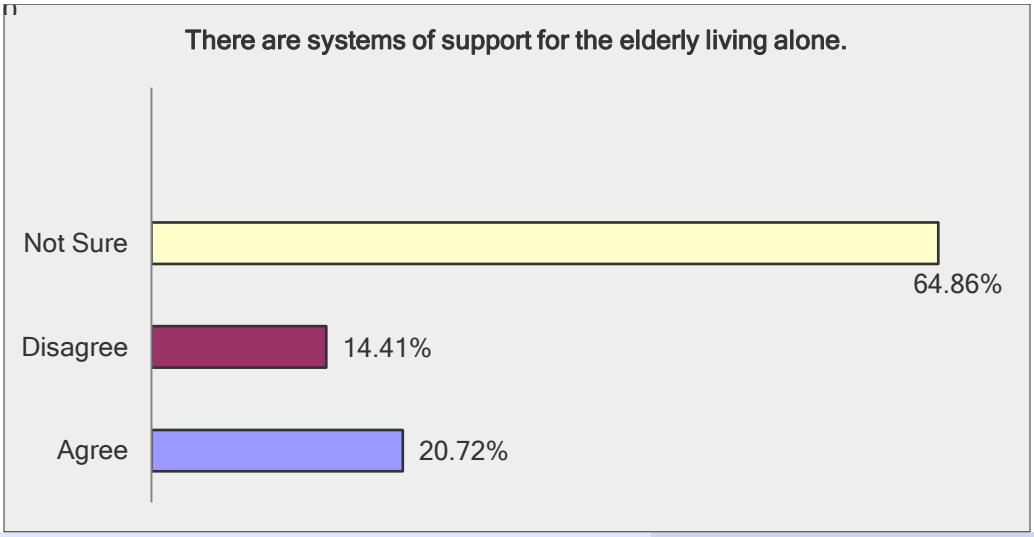
Answer Options	Response Percent	Response Count
Agree	36.94%	41
Disagree	17.12%	19
Not Sure	45.95%	51
answered question		111



Answer Options	Response Percent	Response Count
Agree	61.26%	68
Disagree	7.21%	8
Not Sure	31.53%	35
answered question		111



Answer Options	Response Percent	Response Count
Agree	30.63%	34
Disagree	9.91%	11
Not Sure	59.46%	66
answered question		111



Answer Options	Response Percent	Response Count
Agree	20.72%	23
Disagree	14.41%	16
Not Sure	64.86%	72
answered question		111

Question: What causes you the most amount of stress?
(The top six answers are reported.)

Answer Options	Response Percent	Response Count
Money/finances	53.77%	57
Major Life Events	31.13%	33
Work / Job	31.13%	33
Parenting / children	27.36%	29
Family Responsibilities	22.64%	24
Negative Use of Social Media	22.64%	24
	answered question	106

Question: What are three common ways you manage your stress?
(The top five answers are reported.)

Answer Options	Response Percent	Response Count
Pray or go to church	47.27%	52
Exercise, walk, or go for a bike ride	44.55%	49
Spend time with/call family or friends	32.73%	36
Watch TV or movies	27.27%	30
Spend time doing a hobby	23.64%	26
	answered question	110

Question: What do you think are the three biggest "health problems" in your community?
(The top five answers are reported.)

What do you think are the three biggest "health problems" in your community? (Please check only three)		
Answer Options	**Response Percent**	**Response Count**
Being overweight	56.73%	59
Mental Health Problems	29.81%	31
Cancers	23.08%	24
Alcohol abuse	20.19%	21
Aging problems (arthritis, hearing loss, etc.)	19.23%	20
	answered question	104

Question: What do you think are the three most significant "risky behaviors" in your community?

(The top five answers are reported.)

What do you think are the three most significant "risky behaviors" in your community? (Please check only three)		
Answer Options	Response Percent	Response Count
Alcohol abuse	51.89%	55
Lack of exercise	37.74%	40
Poor eating habits	36.79%	39
Illegal drug use (marijuana, cocaine, heroin, etc.)	35.85%	38
Too much screen time (TV, computer, phone, etc.)	34.91%	37
answered question		106

Question: Of the health problems and risky behaviors that you marked, which one would you suggest the community work on?

The most frequent responses included:

Illegal drug use
Alcohol abuse
Lack of Exercise
Healthy eating
Screen time

Question: Tell us what makes you feel your county is healthy.

The most frequent responses included:

Connectedness with neighbors/community
Healthcare Access
Overall happy and active community
Safe, low crime
Healthy food options – Farmers Market

Question: Tell us what makes you feel your county is unhealthy.

The most frequent responses included:

Obesity/Overweight
Alcohol Abuse
Lack of Exercise
Unhealthy Eating Habits
Tobacco Use

In addition to the data presented here, the Community Health Survey allowed residents the opportunity to comment on individual questions. Hundreds of comments were collected, and comments to specific questions can be made available upon request. For more information on specific questions or comments, please contact Four Corners Health Department.

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Website: www.fourcorners.ne.gov

Appendix A: Community Health Survey

2018 Seward County Health Survey

Please take a moment to complete the survey below. The purpose of this survey is to collect your thoughts about community health topics in Seward County. The results of this survey will be used to identify the most pressing health issues which can be addressed through community action. Thank you for your time. Please mark the appropriate category with a checkmark. Any additional comments you can provide are very helpful. If you do disagree, any comments can help us to improve. You are not required to answer any question – please answer only the questions you feel comfortable answering. This survey is also available online at https://www.surveymonkey.com/r/SewardCo2018 . Please complete this survey by October 15, 2018.

1. What is the community where you live?
   - Seward
   - Milford
   - Beaver Crossing
   - Goehner
   - Pleasant Dale
   - Cordova
   - Utica
   - Tamora
   - Staplehurst
   - Garland
   - Bee

2. How old are you?
   - 19-25 years
   - 26-39 years
   - 40-54 years
   - 55-64 years
   - 65-80 years
   - Over 80 years

3. Which describes your race/ethnicity? Please select just one.
   - American Indian, not Hispanic or Latino
   - Asian, not Hispanic or Latino
   - Black, not Hispanic or Latino
   - Hispanic or Latino
   - Native Hawaiian and other Pacific Islander, not Hispanic or Latino
   - White, not Hispanic or Latino
   - Multi-Race, not Hispanic or Latino
   - Some other race alone, not Hispanic or Latino

4. What is the highest education level you completed?
   - ○ Less than 9th grade
   - ○ 9th to 12th grade, no diploma
   - ○ High school graduate or equivalent
   - ○ Some college, no degree
   - ○ Associate's degree
   - ○ Bachelor's degree
   - ○ Graduate or professional degree

COMMUNITY HEALTH AND QUALITY OF LIFE

5. How healthy would you rate your community (the area where you live)?
   - ○ Healthy ○ Unhealthy ○ Not sure

   Comments: _____

   _____

Please select whether you agree, disagree, or are not sure about the following statements.

6. I am satisfied with the quality of life in my community.
   - ○ Agree ○ Disagree ○ Not sure

   Comments: _____

   _____

7. There are enough health and wellness activities in my community.
   - ○ Agree ○ Disagree ○ Not sure

   Comments: _____

   _____

8. I am satisfied with the health care system in the community.
   - ○ Agree ○ Disagree ○ Not sure

   Comments: _____

   _____

9. It is easy to get in to see health care specialists.
   - ○ Agree ○ Disagree ○ Not sure

   Comments: _____

   _____

10. I am satisfied with the medical care I receive.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

11. It is a problem for me to pay for medical care.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

12. People are able to get medical care when they need it.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

ECONOMIC OPPORTUNITY

13. There are jobs available in my community.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

14. There are opportunities for advancement in my community.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

15. The jobs in my community pay enough to live on.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

SAFETY & SOCIAL SUPPORT

16. My community is a safe place to live.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

17. My neighbors know, trust, and look out for each other.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

18. There are support systems for individuals and families.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

CHILDREN

19. The community is a good place to raise children.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

20. There is enough information and assistance on parenting.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

21. Safe and affordable child care is available if I need it.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

22. I am satisfied with the school systems' policies and practices related to healthy eating and exercise for students.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

23. There are enough after school opportunities for school age children.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

24. My community offers plenty of affordable recreational and organized sports opportunities for children and youth.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

25. My community offers plenty of other educational/learning activities for children and youth.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

SENIORS

26. My community is a good place to grow older.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

27. There are enough senior-friendly housing developments.
    - ○ Agree ○ Disagree ○ Not sure

    Comments: _____

    _____

28. There is transportation for older adults.
    - ○ Agree
    - ○ Disagree
    - ○ Not sure

    Comments: _____

    _____

29. There are enough meal programs for older adults.
    - ○ Agree
    - ○ Disagree
    - ○ Not sure

    Comments: _____

    _____

30. There are systems of support for the elderly living alone.
    - ○ Agree
    - ○ Disagree
    - ○ Not sure

    Comments: _____

    _____

STRESS

31. Please select up to <u>three</u> items from the list below that cause you the most amount of stress.
    - ○ Abuse
    - ○ Discrimination
    - ○ Extracurricular activities
    - ○ Family responsibilities
    - ○ Lack of safety
    - ○ Lack of transportation
    - ○ Major life events
    - ○ Mental or physical health concerns
    - ○ Money/finances
    - ○ Negative use of social media/internet
    - ○ Parenting/children
    - ○ Poor or unstable housing
    - ○ Relationship problems (friends, spouses, etc.)
    - ○ School
    - ○ Substance abuse
    - ○ Unemployment
    - ○ Work/job

32. What are three common ways you manage your stress?
    - Clean or do chores
    - Drink alcohol
    - Eat
    - Exercise, walk, or go for a bike ride
    - Go for a drive
    - Listen to music
    - Nap
    - Nothing
    - Play sports
    - Play video games or surf the internet
    - Pray or go to church
    - Read
    - See a mental health professional
    - Shop
    - Smoke
    - Spend time doing a hobby
    - Spend time with/call family or friends
    - Watch TV or movies

HEALTH PROBLEMS

33. What do you think are the three biggest "health problems" in your community? (Please check only three)
    - Access to health care
    - Accidental/unintentional injuries
    - Alcohol abuse
    - Aging problems (arthritis, hearing loss, etc.)
    - Being overweight
    - Cancers
    - Childhood abuse/neglect
    - Dental problems
    - Diabetes
    - Domestic violence
    - Heart disease & Stroke
    - High blood pressure
    - Infant deaths
    - Infectious Diseases (e.g. whooping cough, influenza, etc.)
    - Mental Health Problems
    - Motor Vehicle Crash Injuries
    - Rape/Sexual Assault
    - Respiratory/Lung Disease
    - Sexually Transmitted Diseases (STDs)
    - Suicide
    - Teenage Pregnancy
    - Don't know/Not sure
    - Others:
      _____
      _____
      _____

34. What do you think are the three most significant "risky behaviors" in your community? (Please check only three)
    - Alcohol abuse
    - Dropping out of school
    - Illegal drug abuse (marijuana, cocaine, heroin, etc.)
    - Lack of exercise
    - Not getting "shots" to prevent disease
    - Not getting enough sleep
    - Not using seat belts and/or child safety seats
    - Poor eating habits
    - Prescription drug abuse
    - Racism
    - Tobacco use
    - Too much screen time (TV, computer, phone, etc.)
    - Unsafe sex
    - Working too much
    - Don't know/Not sure
    - Others: _____

35. Of the health problems and risky behaviors that you marked, which one would you suggest the community work on?

    _____

36. Tell us what makes you feel your county is healthy.

    _____
    _____
    _____

37. Tell us what makes you feel your county is unhealthy.

    _____
    _____
    _____

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