



# Fallon County Health Department

Community Health Assessment

August 2016

Revised December 2016



# Fallon County Health Department

## Community Health Assessment

This assessment was completed using a variety of partners stakeholders including; Fallon County Health Department, Fallon County Board of Health, Fallon Medical Complex, Baker Public Schools, local law enforcement agencies, Fallon County DES, local mental health professionals, and the Baker City Mayor.

These stakeholders came together throughout the past 2 years with regular meetings and communication to put together the Community Health Assessment survey and analyze its results. Specific methodology and analyzing techniques can be found within the content of this Community Health Assessment report.

## *Funding Sources*



Funding sources to complete this health assessment include:

- Montana Healthcare Foundation
- Fallon County
- Fallon Medical Complex



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## *Executive Summary*

The Fallon County Health Department, in coordination with the Fallon County Board of Health and various stakeholders, completed a Community Health Assessment in August 2016. A community health assessment is a process that uses quantitative and qualitative methods to systematically collect and analyze data to understand health within a specific community.

This process began with a vision to better the needs of our community regarding health care and the services we can provide. We began planning this assessment during the summer of 2015. It was noted that in the recent past, there had been no formal assessments done in this area within our community, so the need seemed much warranted.

Both members of the Fallon County Board of Health and staff from the Fallon County Health Department had noted, in speaking with citizens in our community, that there were several discrepancies, health issues, and lack of health services within our county that needed to be addressed. Thus, the work on the Community Health Assessment appeared of utmost importance.

The overall goal is to take the information obtained from the assessment and provide needed services for the top 3 stated healthcare needs. If unable to provide these services, we hope to contract with outside agencies that may be able to provide those services.



## *CHA Methodology Summary*

During our initial planning stages, we hosted a meeting with various stakeholders in our community. These included health board members, law enforcement officials, school officials, mental health professionals, health department employees, and city officials. At that meeting, several topics were discussed, including what health issues we've heard our citizens discuss in the public and in the office of the health department, as well as what we perceive to be health issues within the county. Every stakeholder provided input on these topics and the group then evaluated the topics and chose those that appeared most important for the questionnaire. A copy of this survey is included at the end of this document.

It was decided by all stakeholders that the best option was to mail out a survey polling random registered voters within the county. We enlisted the help of the Clerk and Records office to give us labels with all the registered voters' names and address on them and randomly chose 200 of those labels (approximately 10% of our population). Approximately 200 surveys were sent out. A self-addressed stamped envelope was included within the survey to ensure ease of return for senders. We allowed 2 months for receiver to fill out and send back. We received approximately 48% of all surveys completed and sent back.

Upon return of our surveys, the health department employees went through all surveys and tallied results individually. From there, we calculated the top 3 health concerns within our community based purely on the numbers stated in the survey. We also calculated the top 3 areas that people from the community felt more health education was needed. This, again, was based purely on the numbers stated in the survey. We felt this was a very important topic because of our rural area and lack of services available and was often what we heard discussed from individuals within our community as a health concern.

These top issues were then brought to all stakeholders at the following meeting in August 2016 to begin discussions on how to complete the assessment and move on to the Community Health Improvement Plan. All members present felt the survey accurately represented our community's health and the issues that may be present within our community. It was decided that the staff at Fallon County Health Department would take the major role in completing this assessment and would re-present it to the Board. Once approved, we will move on to the Community Health Improvement Plan.

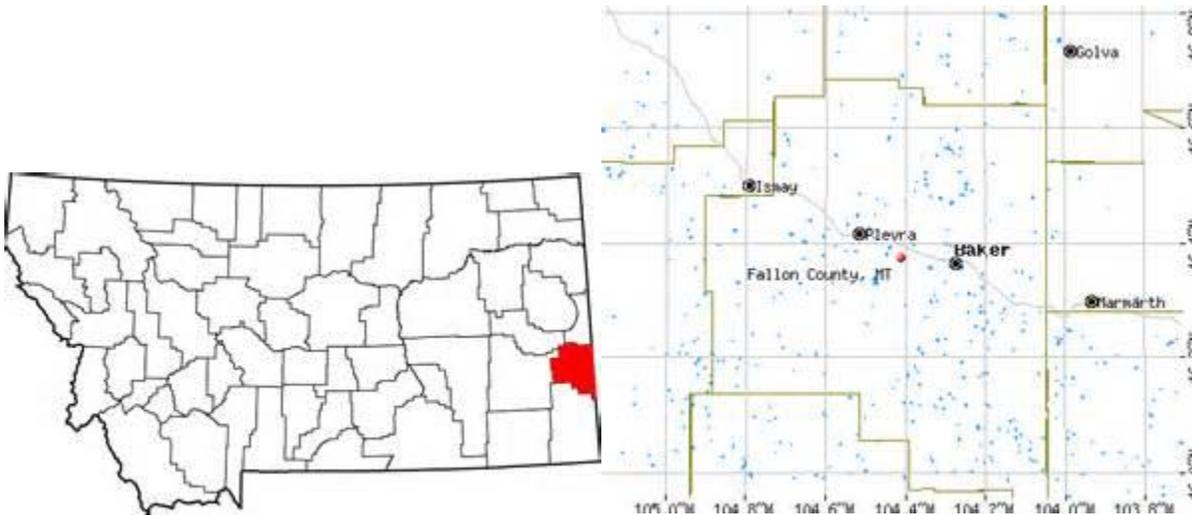
The completed Community Health Assessment Plan was presented to the Fallon County Health Board for final review on November 2, 2016 and approved by all members.



## Community Description

Fallon County has a population of about 2800 people and includes two incorporated towns; Baker, the county seat, population of about 1600, and Plevna, population 125, 13 miles west of Baker. Fallon County is located on Highway 12, 80 miles east of Miles City and 12 miles west of the Montana/North Dakota border. Highway 7 runs north and south through Baker with the town of Wibaux and Interstate 94, 47 miles to the north and the town of Ekalaka, located in Carter County 35 miles south. Fallon County borders Custer, Prairie, Wibaux, and Carter counties in Montana. Fallon County contains about 1630 square miles.

Male to female ratio is approximately equal. Approximately 99% of the population is white/non-hispanic. Median value of housing unit is \$122,800 and median household income is \$51,595. Approximately 74% of citizens over the age of 16 are in the workforce.



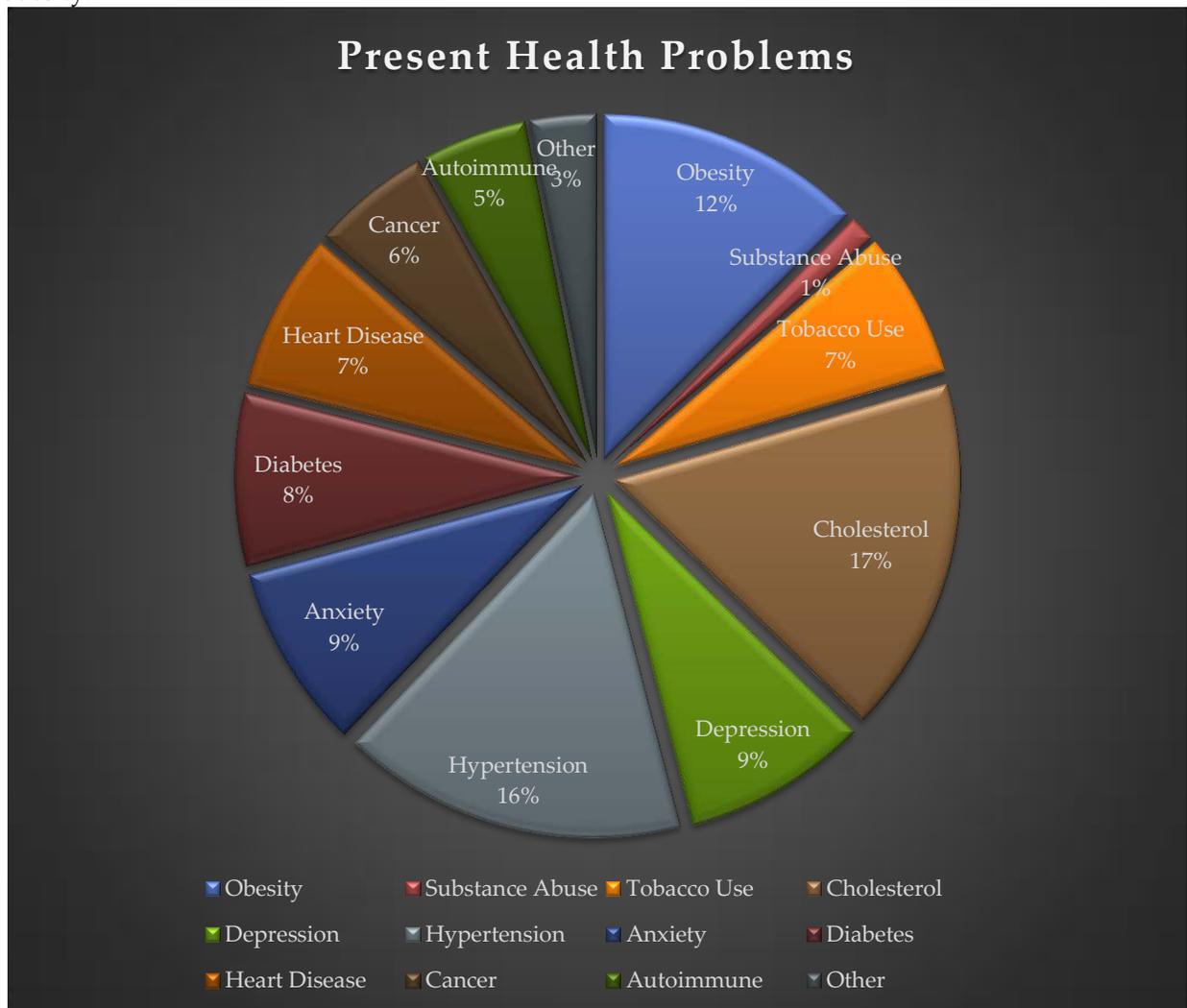


## Data Summary

### Top 3 Significant Present Health Problems in our County

1. High Cholesterol (41% of all respondents suffer from this)
2. Hypertension (39% of all respondents of )
3. Obesity (30% of all respondents)

When asked what health problems they currently suffer from, these three items were the top answers marked. 41% of all respondents state they suffer from high cholesterol, 39% of all respondents state they suffer from hypertension, and 39% of all respondents state they suffer from obesity.

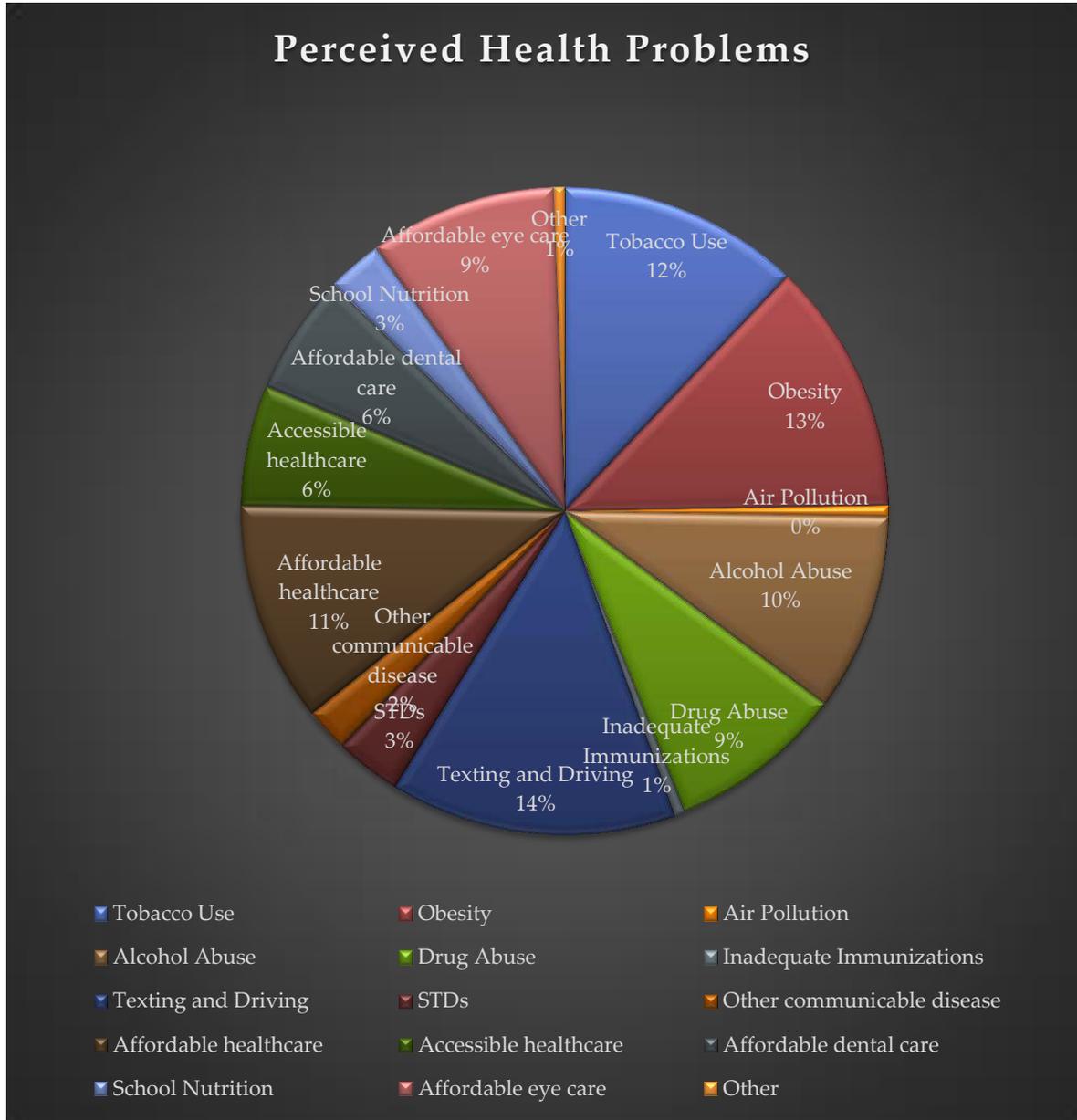




**Top 3 Perceived Health Problems in our County**

1. Texting and Driving
2. Obesity
3. Smoking/Tobacco Use

When asked what major health problems were present in our county based on perception of all citizens, these three items were the top answers marked. 39% of all respondents felt texting a driving was a major problem, 35% of all respondents felt obesity was a major problem, and 33% felt tobacco use was a major problem.

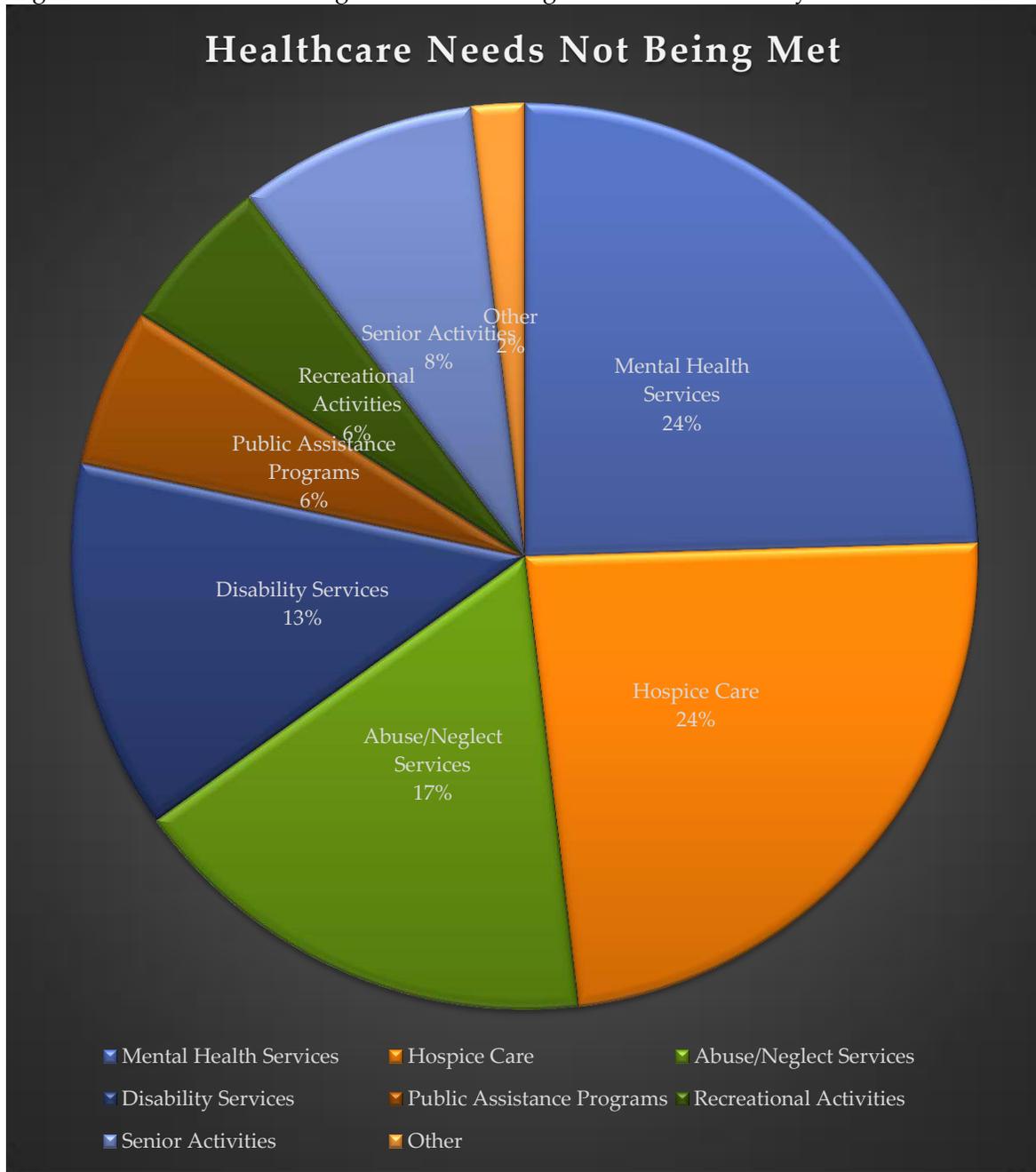




**Top 3 Healthcare Needs Not Adequately Being Met in our County**

1. Mental Health Services
2. Hospice Services
3. Abuse/Neglect Services

When respondents were asked about healthcare needs not being met adequately within our county, these were the top responses marked. 41% of all respondents felt that mental health care was a major need, 39% felt that hospice or end of life care was a major need, and 27% felt that abuse and/or neglect services was something that was not being met within our county.

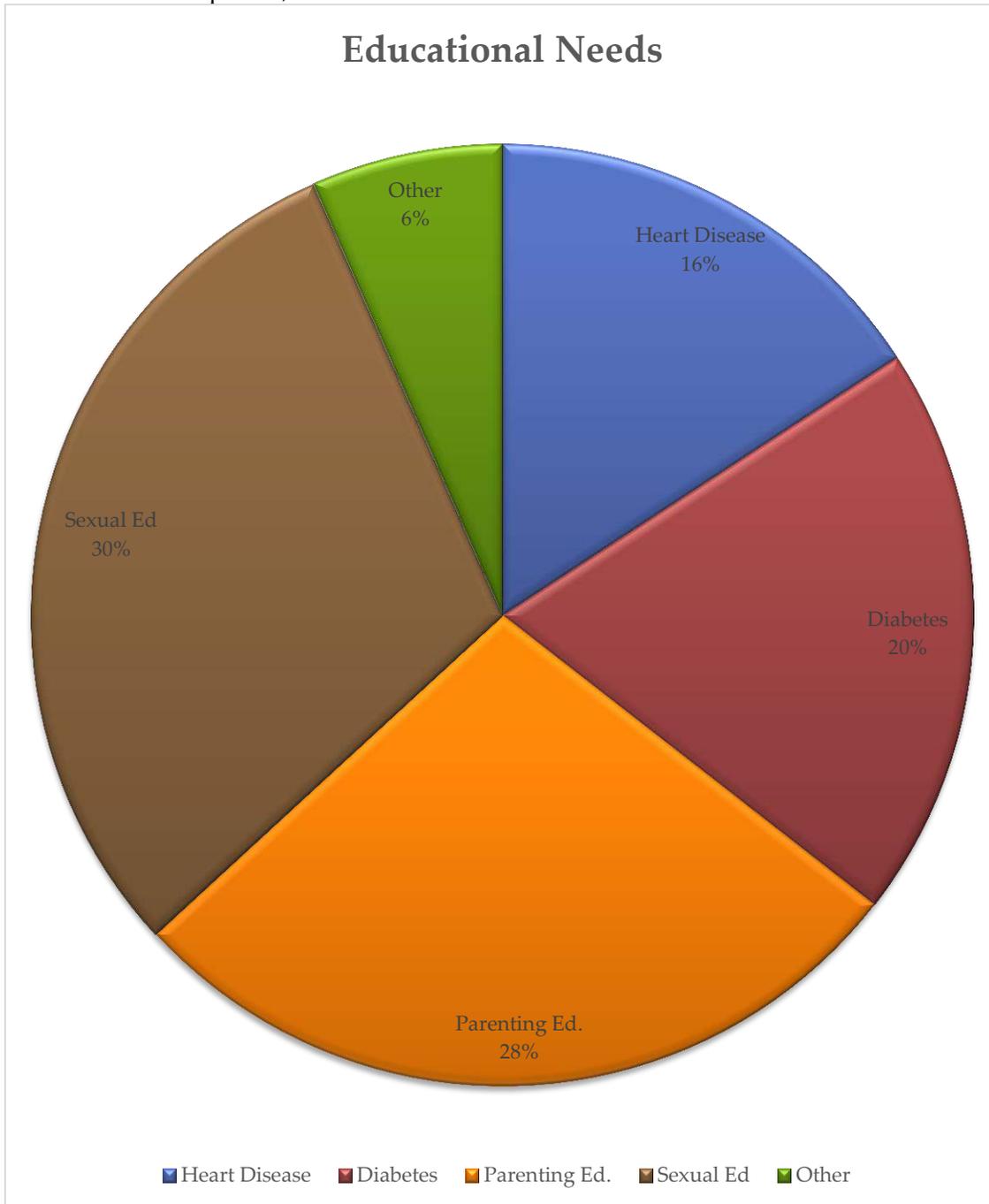




**Top 3 Healthcare Educational Needs in our County**

1. Sexual Education/STD Education
2. Parenting Education
3. Diabetes Education

When asked about the top healthcare educational needs, the above responses were at the top of the list. 35% of respondents felt more sexual and STD education was needed, 32% felt parenting education was a top need, and 23% listed diabetes education as a need.

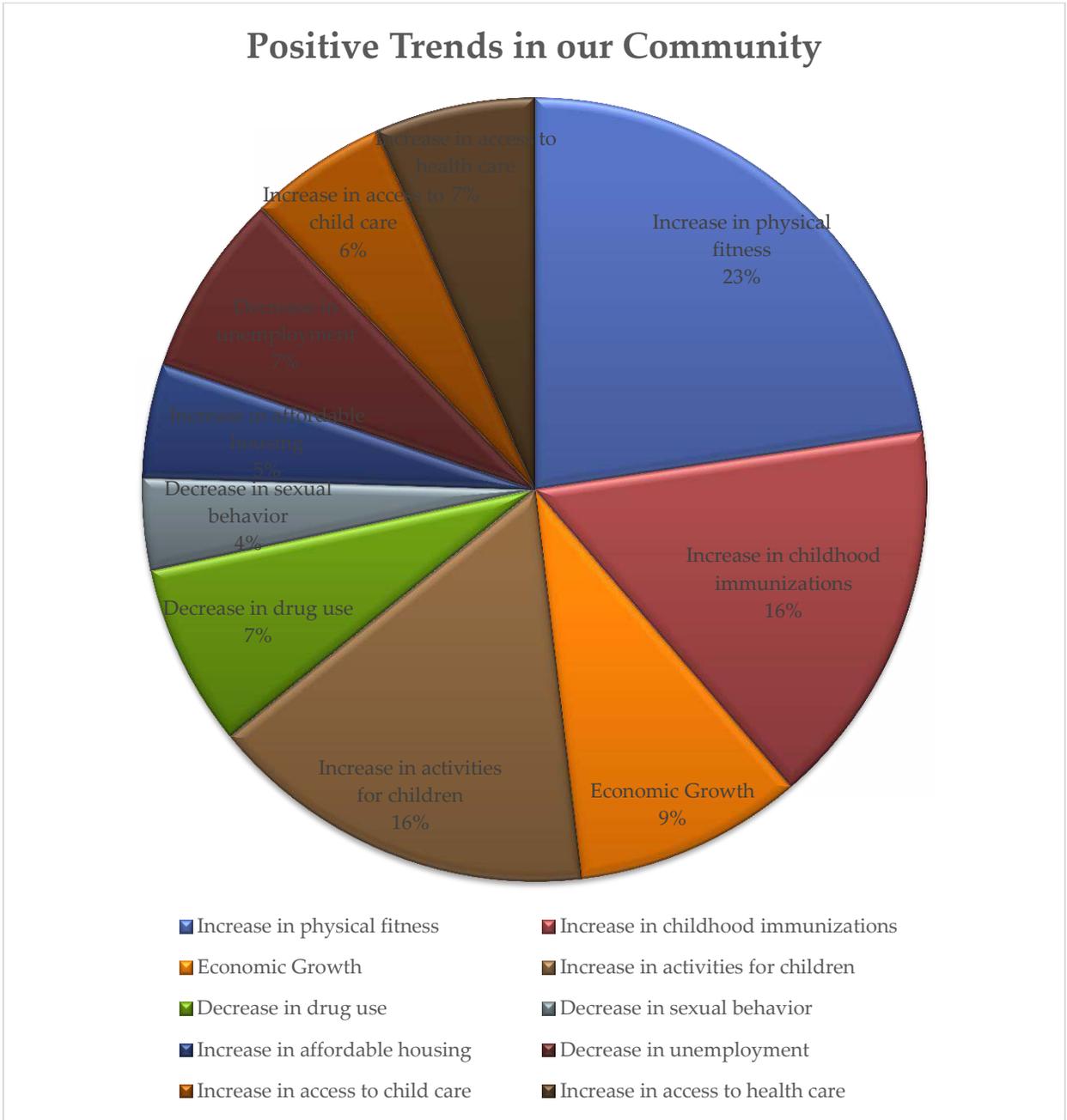




**Top 3 Positive Trends in Our Community**

1. Increase in Physical Fitness
2. Increase in Childhood Immunizations
3. Increase in Activities for Children

This question was asked strictly for information on positive trends within our community. 36% of respondents felt that increases in physical fitness opportunities were a positive in our community, 26% of all respondents listed increase in childhood immunizations and increase in activities for children as a positive trend as well.





## *Health and Community Resources*

Common resources at this time to help address health issues include:

- Baker Public School
- Local area churches
- Fallon County Health Department
- Fallon Medical Complex
- Eastern Montana Mental Health (Miles City)
- Office of Public Assistance (Miles City)
- Drug & Alcohol Counseling (Miles City)
- Council on Aging/Food Bank

## *Next Steps*

- Review and share community health assessment with all stakeholders at meeting in August 2016.
- Final approval of community health assessment with all stakeholders at meeting in November 2016.
- All stakeholders will work together to create a Community Health Improvement Plan by summer of 2017 using the Community Health Assessment to identify health needs or problems within our county.
- Continue to update and supplement this community health assessment as needed.

A copy of the original survey mailed out to community members can be found on the following pages.

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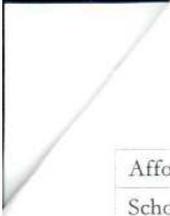


## COMMUNITY HEALTH ASSESSMENT

The Fallon County Health Department is conducting a Community Health Assessment to measure the overall health of our county and discover areas for improvement in the services we provide. If you could take a moment to fill out this survey and return it to us in the self-addressed stamped envelope, we would greatly appreciate it!

Statement	Yes	No			
My overall health is good.					
<b>I AND/OR someone in my immediate family have been diagnosed with AND/OR suffer from the following health condition:</b>					
Obesity/Overweight					
Substance Abuse					
Tobacco use					
High Cholesterol					
Depression					
High Blood Pressure/Hypertension					
Anxiety					
Diabetes					
Heart Problems/Heart Disease					
Cancer					
Autoimmune Disease (please list type)					
Other (please explain):					
<b>I see the following as a significant health problem in our county</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neutral</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
Smoking					
Obesity					
Air Pollution/Quality					
Alcohol Abuse					
Drug Abuse					
Inadequate Immunizations					
Texting and driving					
Sexually Transmitted Diseases					
Other Communicable Diseases					
Affordable Health Care					
Accessible Health Care					

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Affordable Dental Care				
School Nutrition and Education				
Affordable Eye Care				
Other (please explain):				
<b>I see the following as a positive trend in our community (Strongly agree = positive, Strongly disagree = negative)</b>				
Increase in Physical Fitness				
Increase in Childhood Immunizations				
Economic Growth				
Increase in Activities for Children				
Decrease in Recreational Drugs				
Decrease in Promiscuous Sexual Behavior				
Increase in Affordable Housing				
Decrease in Unemployment				
Increase in Access to Child Care				
Increase in Access to Health Care Needs				
Other (please explain):				
<b>Education is needed in the following topics to increase overall health in our community</b>				
Heart Disease				
Diabetes				
Parenting Education				
Sexual Education/STD Education				
Other (please explain):				
<b>The following is a need that is NOT adequately being met in our county</b>				
Mental Health Services				
Hospice/End of Life Care				
Abuse/Neglect Services				
Disability Services and Assistance				
Public Assistance Programs				

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Recreational Activities for Children or Families					
Senior Activities or Care					
Other (please explain):					
Additional Demographic Questions:					
<u>Sex:</u>					
<u>Age:</u>					
<u>Marital Status:</u>					
<u>Family Size:</u>					
<u>Primary Language:</u>					
<u>Race:</u>					
<u>Ethnicity:</u>					
<u>Approximate Household Income:</u>					
<u>Do you have a family physician?:</u>					
<u>Do you have regular phone access?:</u>					
<u>Do you have regular internet access?:</u>					
Thank you for taking the time to fill out this survey. Your input is so greatly appreciated! If you have any questions or concerns regarding this survey, please feel free to call us at (406)778-2824. The Fallon County Health Department Staff					
Comments or Suggestions:					