



# Mobilizing for Action through Planning and Partnerships

## Polk County

2015 Community Health Assessment



## Introduction

The overall mission of Four Corners Health Department is to promote health, prevent disease, and protect the environment improving the health of the Four Corners Community.

In April of 2015, Four Corners Health Department launched a community health assessment project that will have lasting effects for the entire public health system in the district. 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.

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.

The MAPP Advisory Committee was created to work through this process. Individuals representing 22 partner agencies from across the Four Corners District met regularly to work through the MAPP process as seen below.



## Background Information

In April of 2015, Four Corners Health Department launched a community assessment project that will have lasting effects for the entire public health system in the district. 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.

MAPP Advisory Committee members worked together to distribute paper copies of the surveys at community meetings such as Rotary, Kiwanis, or Sertoma Clubs. They were taken to churches, school events, county fairs, etc. The survey was distributed throughout the district from May to October 2015. Responses were received from 817 individuals. In **Polk** County, **199** responses were received. The compiled results of those **199** surveys are reported here.

To learn more about the MAPP project, contact us:

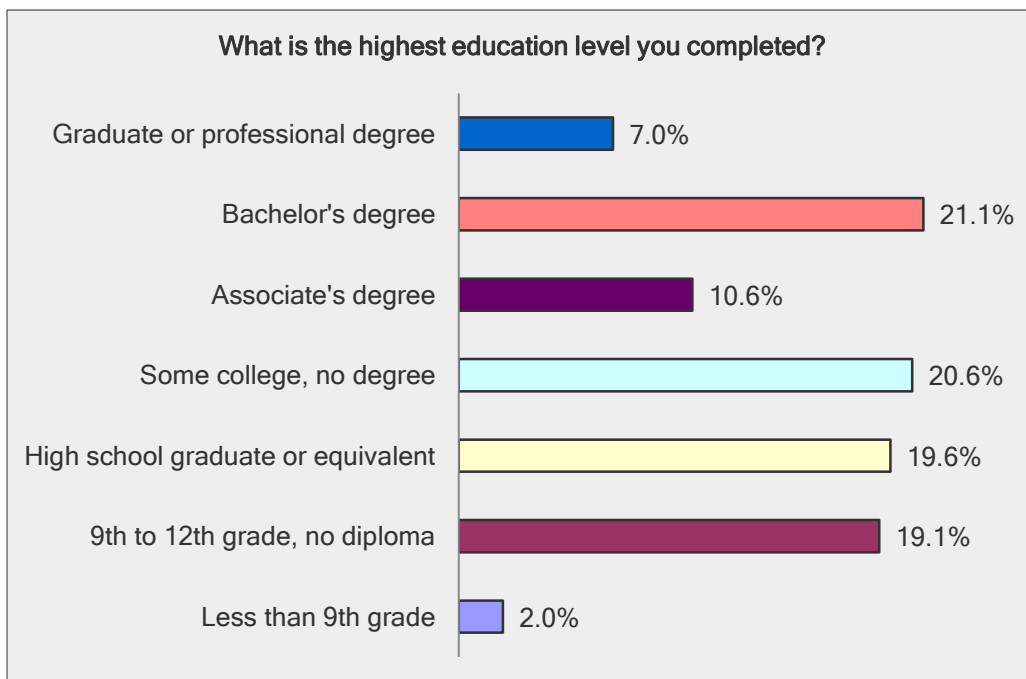


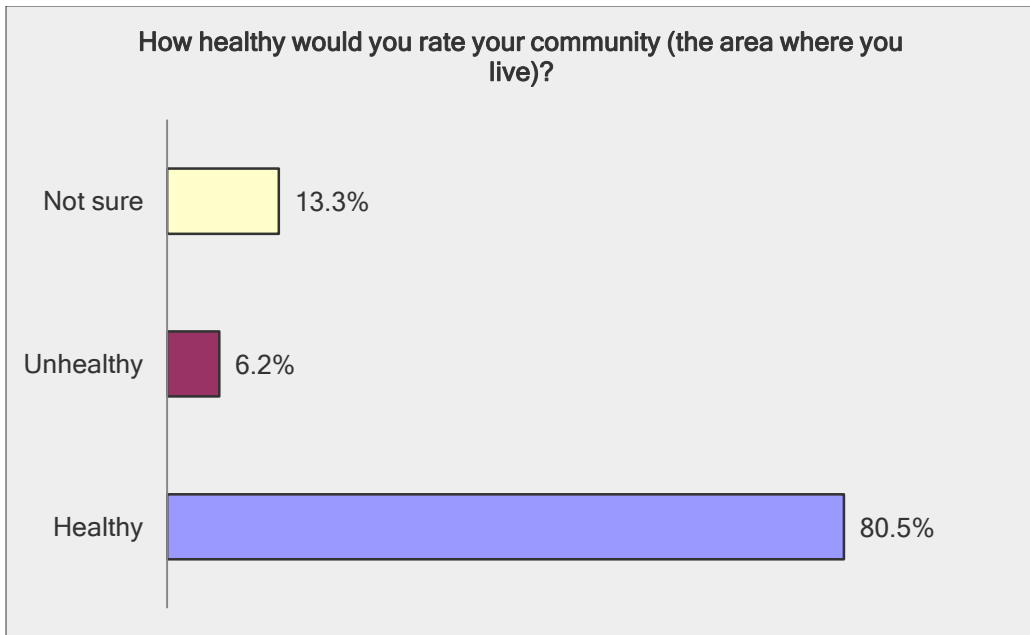
2101 N. Lincoln Ave. – York, NE 68467  
Phone: 402-362-2621 \* 877-337-3573 Fax: 402-362-2687  
E-mail: [questions@fourcorners.ne.gov](mailto:questions@fourcorners.ne.gov)  
Website: [www.fourcorners.ne.gov](http://www.fourcorners.ne.gov)

## Demographics

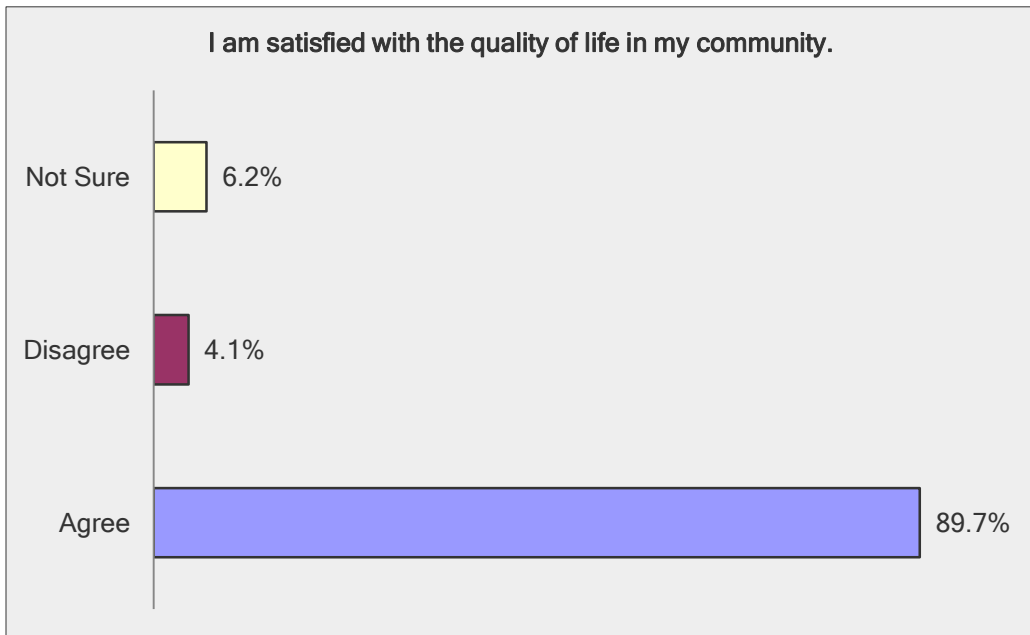
How old are you?		
Answer Options	Response Percent	Response Count
14-18 years	19.1%	38
19-25 years	5.5%	11
26-39 years	13.1%	26
40-54 years	18.6%	37
55-64 years	14.1%	28
65-80 years	19.1%	38
Over 80 years	10.6%	21
<i>answered question</i>		<b>199</b>

Which describes your race/ethnicity? Please select just one.		
Answer Options	Response Percent	Response Count
White, not Hispanic or Latino	97.5%	192
American Indian, not Hispanic or Latino	1.0%	2
Hispanic or Latino	1.0%	2
Multi-Race, not Hispanic or Latino	0.5%	1
<i>answered question</i>		<b>197</b>

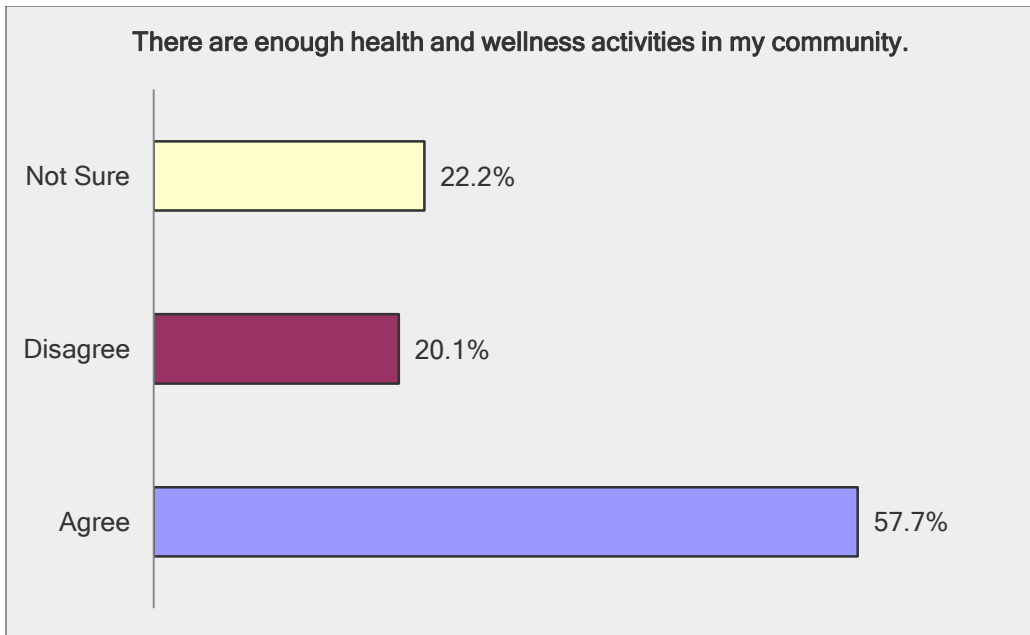




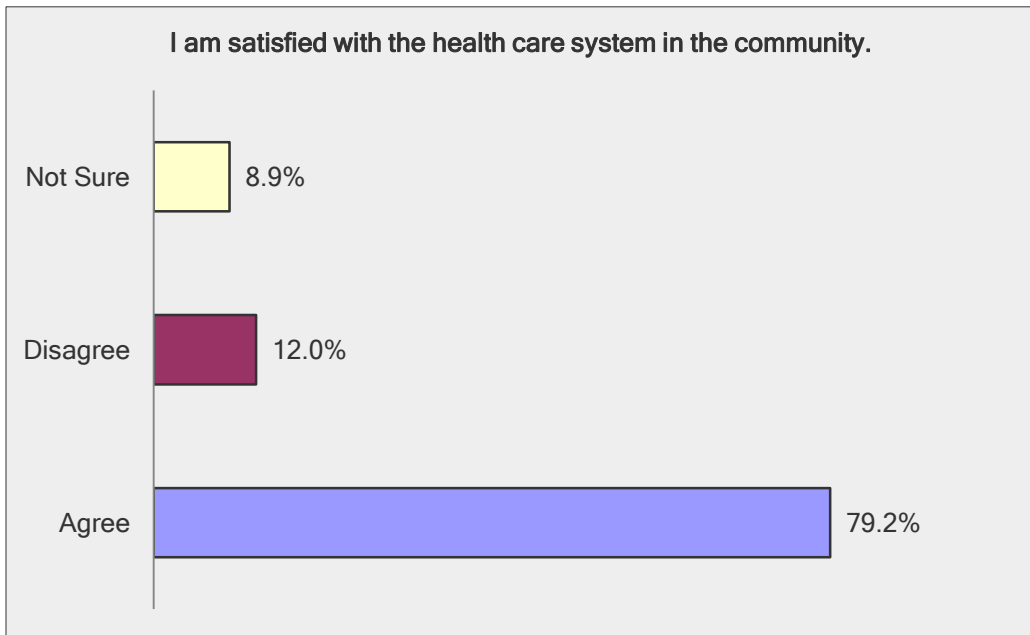
Answer Options	Response Percent	Response Count
Healthy	80.5%	157
Unhealthy	6.2%	12
Not sure	13.3%	26
<i>answered question</i>		<b>195</b>



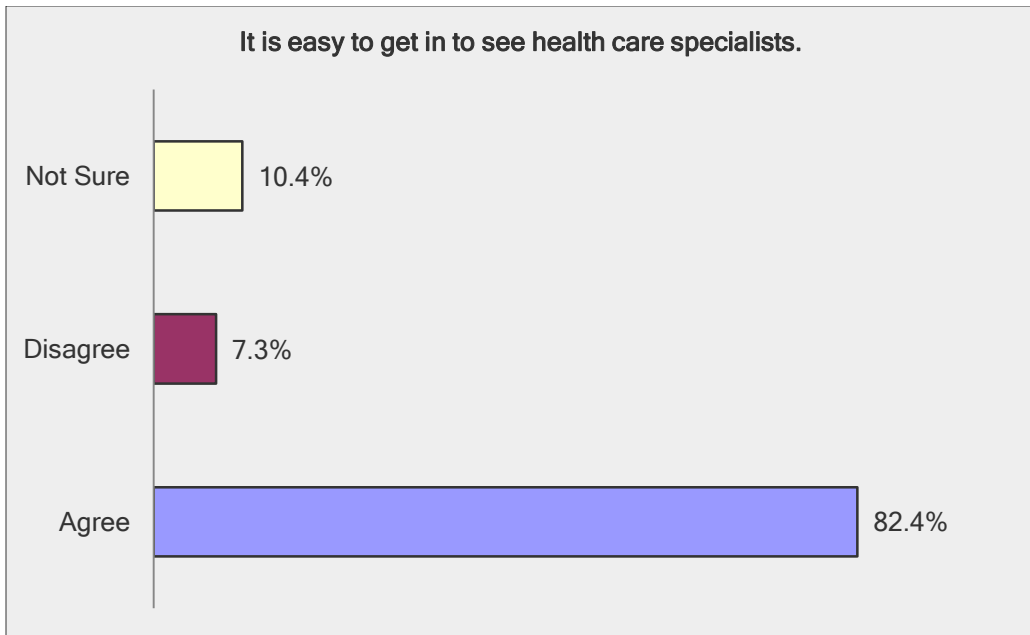
Answer Options	Response Percent	Response Count
Agree	89.7%	174
Disagree	4.1%	8
Not Sure	6.2%	12
<i>answered question</i>		<b>194</b>



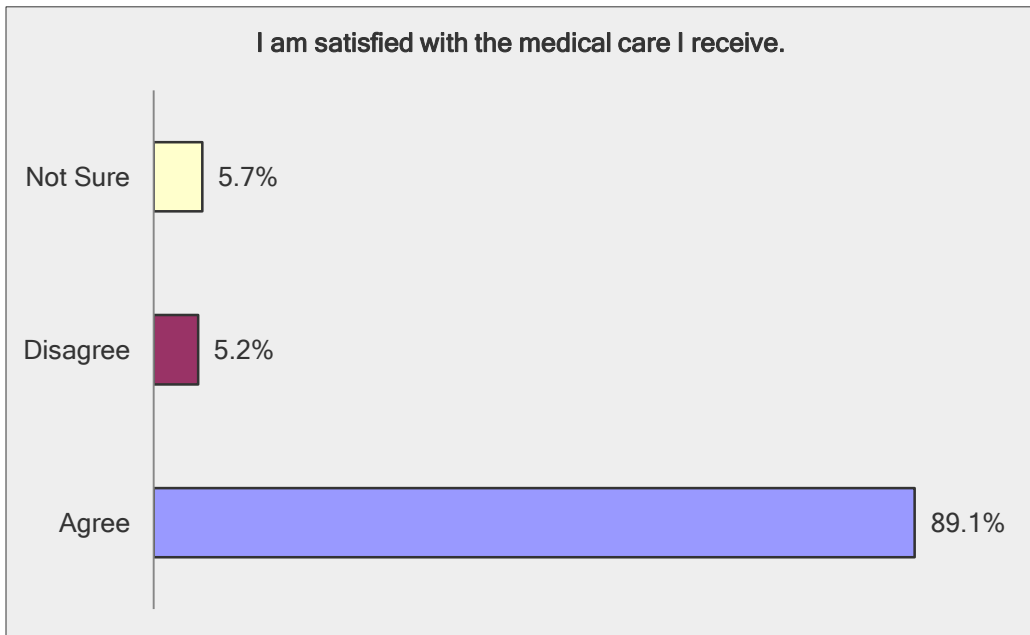
Answer Options	Response Percent	Response Count
Agree	57.7%	112
Disagree	20.1%	39
Not Sure	22.2%	43
<i>answered question</i>		<b>194</b>



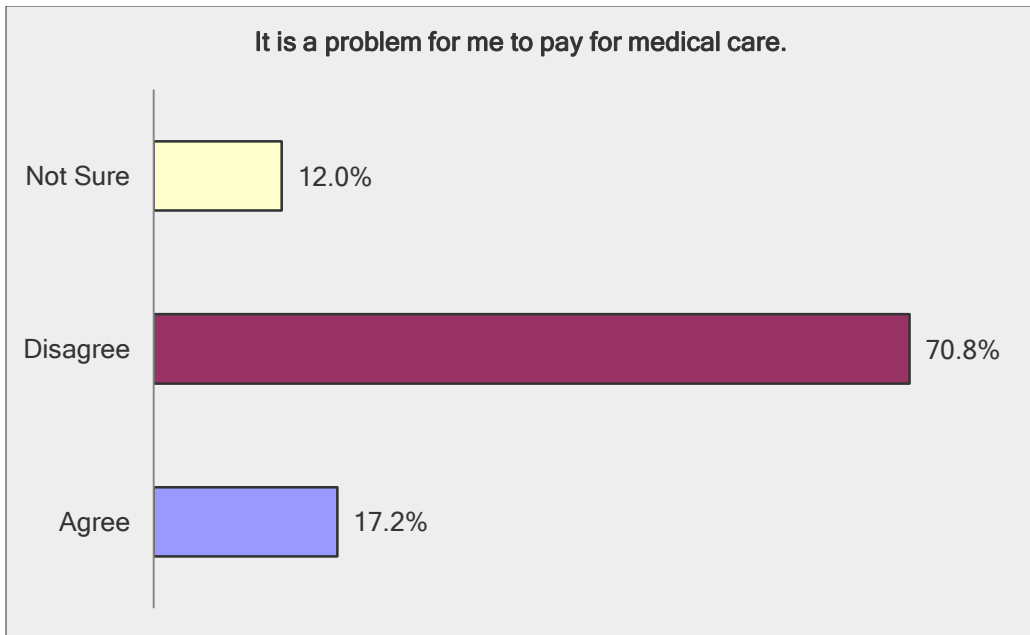
Answer Options	Response Percent	Response Count
Agree	79.2%	152
Disagree	12.0%	23
Not Sure	8.9%	17
<i>answered question</i>		<b>192</b>



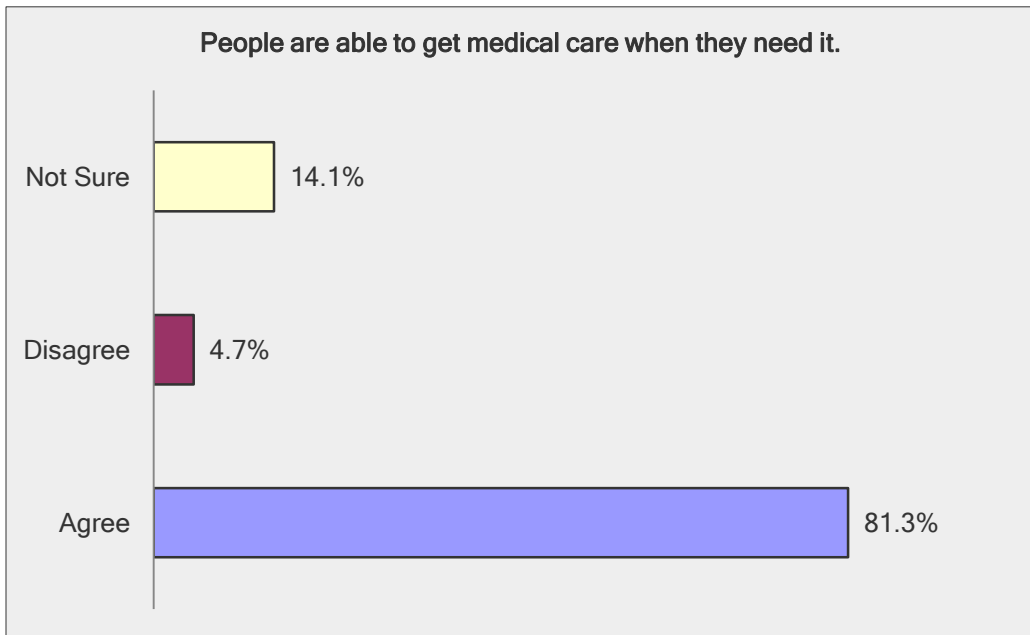
Answer Options	Response Percent	Response Count
Agree	82.4%	159
Disagree	7.3%	14
Not Sure	10.4%	20
<i>answered question</i>		<b>193</b>



Answer Options	Response Percent	Response Count
Agree	89.1%	171
Disagree	5.2%	10
Not Sure	5.7%	11
<i>answered question</i>		<b>192</b>

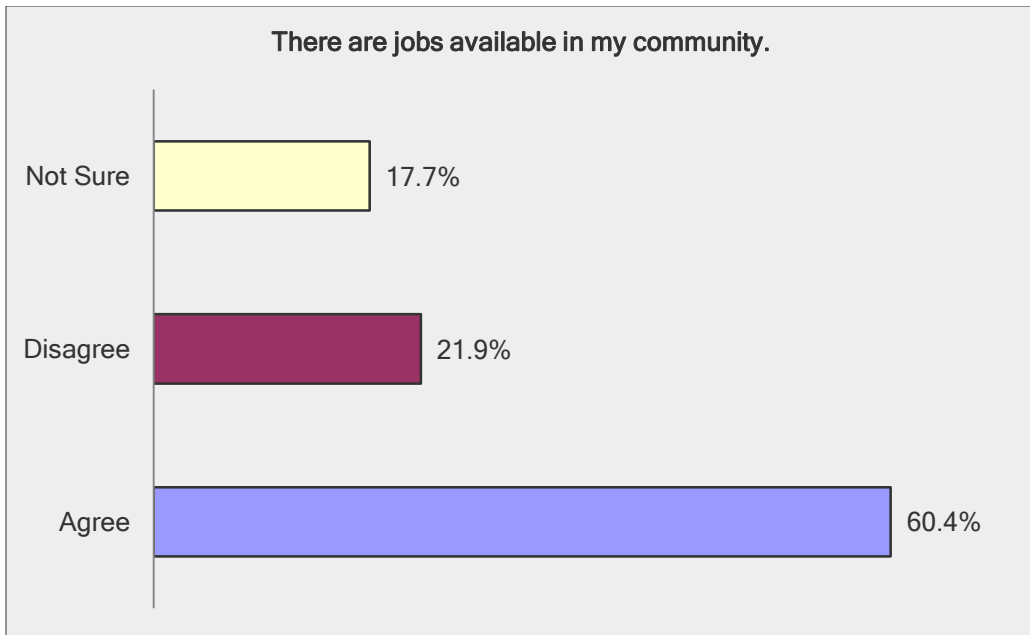


Answer Options	Response Percent	Response Count
Agree	17.2%	33
Disagree	70.8%	136
Not Sure	12.0%	23
<i>answered question</i>		<b>192</b>

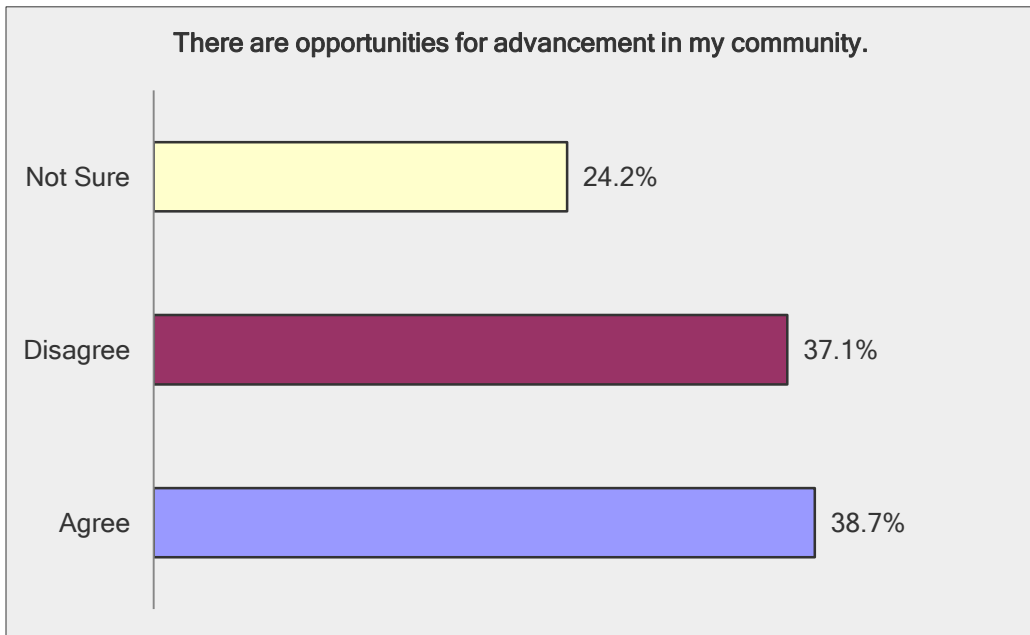


Answer Options	Response Percent	Response Count
Agree	81.3%	156
Disagree	4.7%	9
Not Sure	14.1%	27
<i>answered question</i>		<b>192</b>

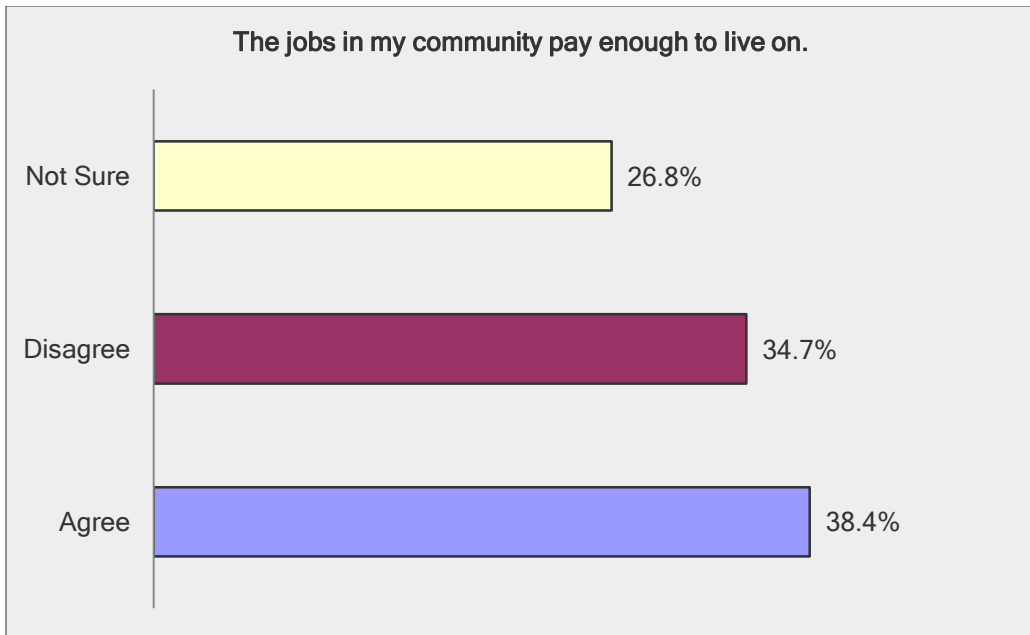




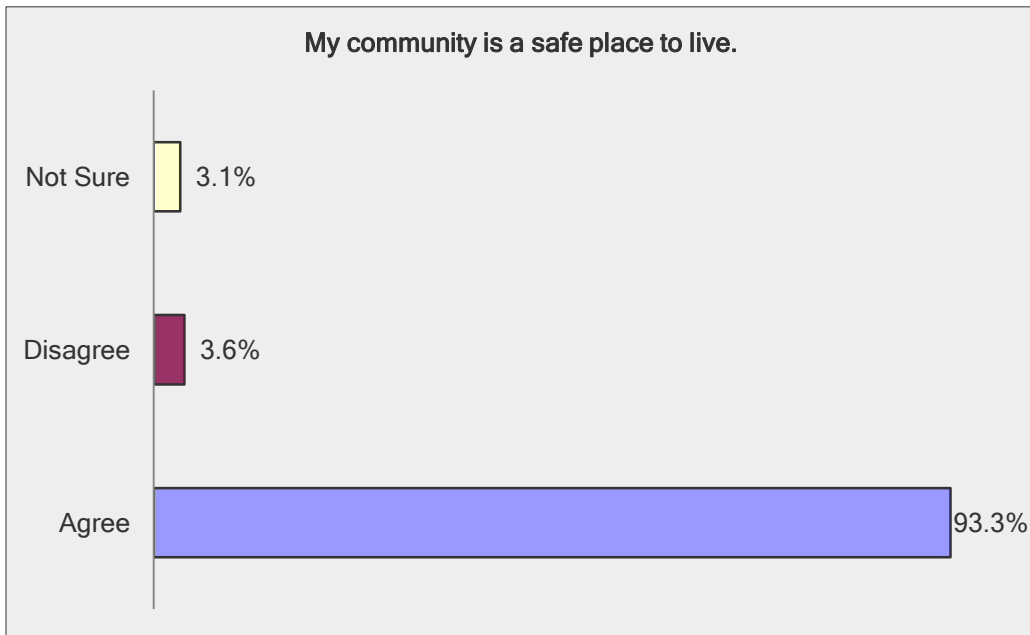
Answer Options	Response Percent	Response Count
Agree	60.4%	116
Disagree	21.9%	42
Not Sure	17.7%	34
<i>answered question</i>		<b>192</b>



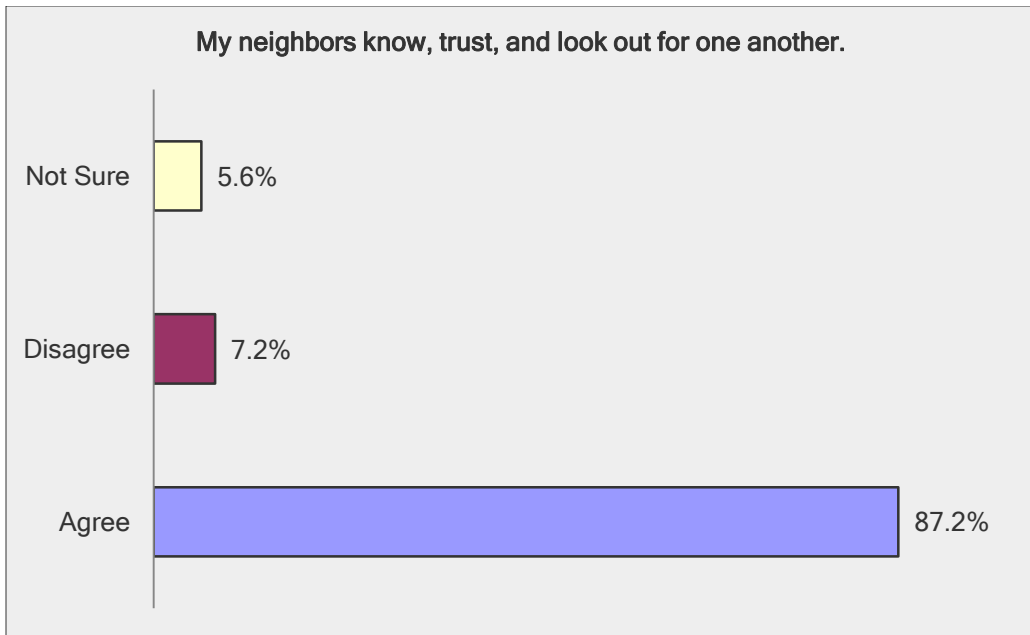
Answer Options	Response Percent	Response Count
Agree	38.7%	75
Disagree	37.1%	72
Not Sure	24.2%	47
<i>answered question</i>		<b>194</b>



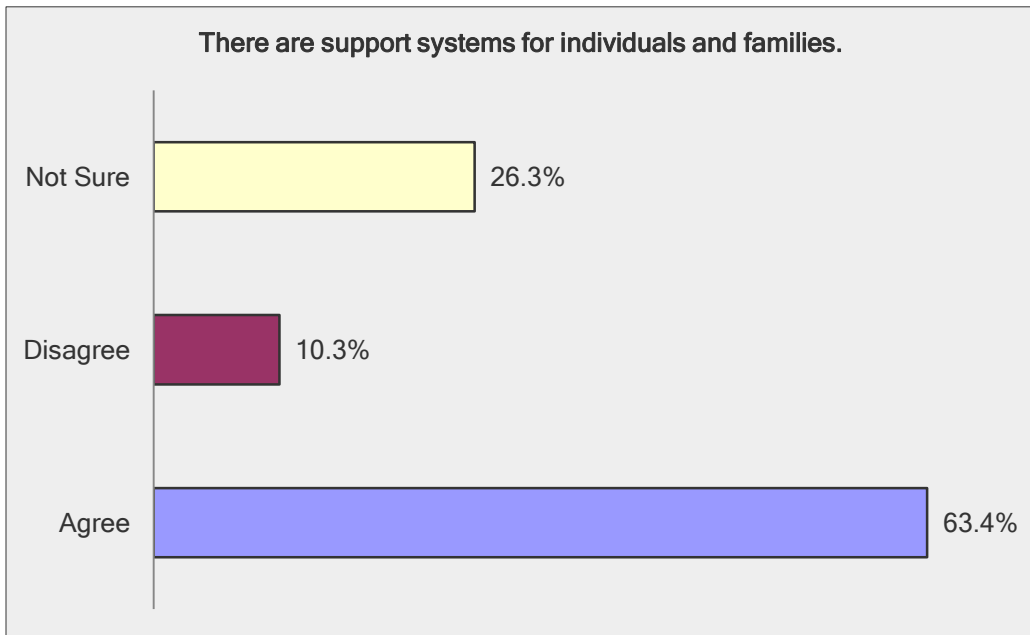
Answer Options	Response Percent	Response Count
Agree	38.4%	73
Disagree	34.7%	66
Not Sure	26.8%	51
<i>answered question</i>		<b>190</b>



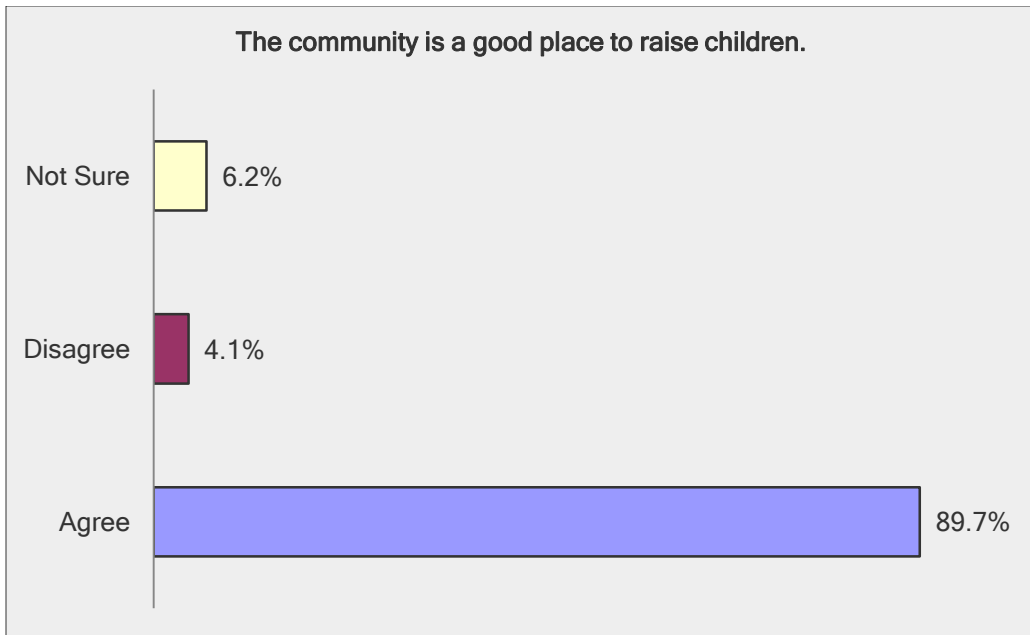
Answer Options	Response Percent	Response Count
Agree	93.3%	182
Disagree	3.6%	7
Not Sure	3.1%	6
<i>answered question</i>		<b>195</b>



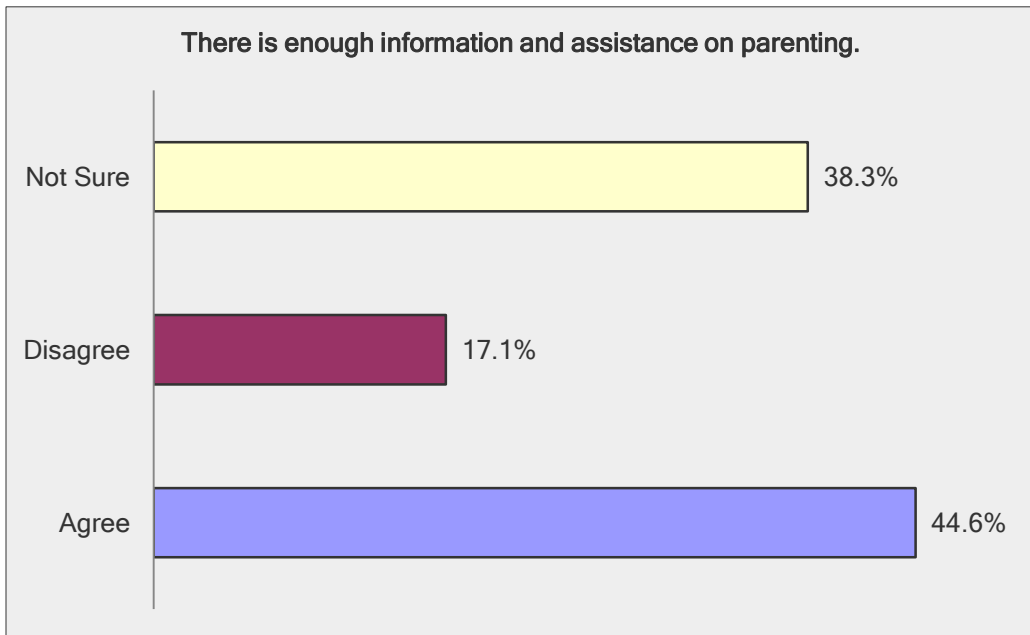
Answer Options	Response Percent	Response Count
Agree	87.2%	170
Disagree	7.2%	14
Not Sure	5.6%	11
<i>answered question</i>		<b>195</b>



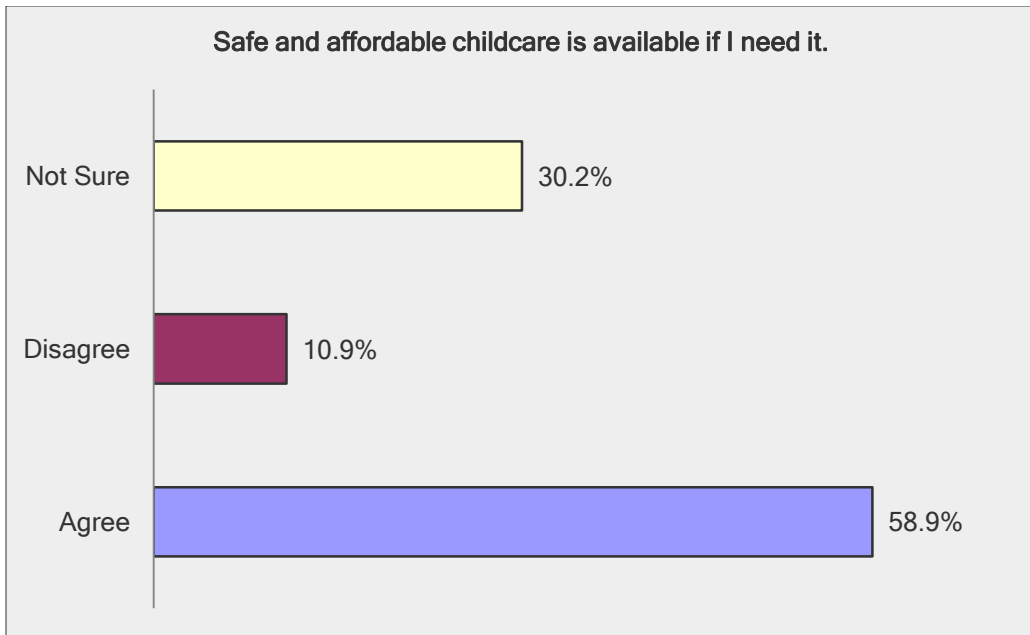
Answer Options	Response Percent	Response Count
Agree	63.4%	123
Disagree	10.3%	20
Not Sure	26.3%	51
<i>answered question</i>		<b>194</b>



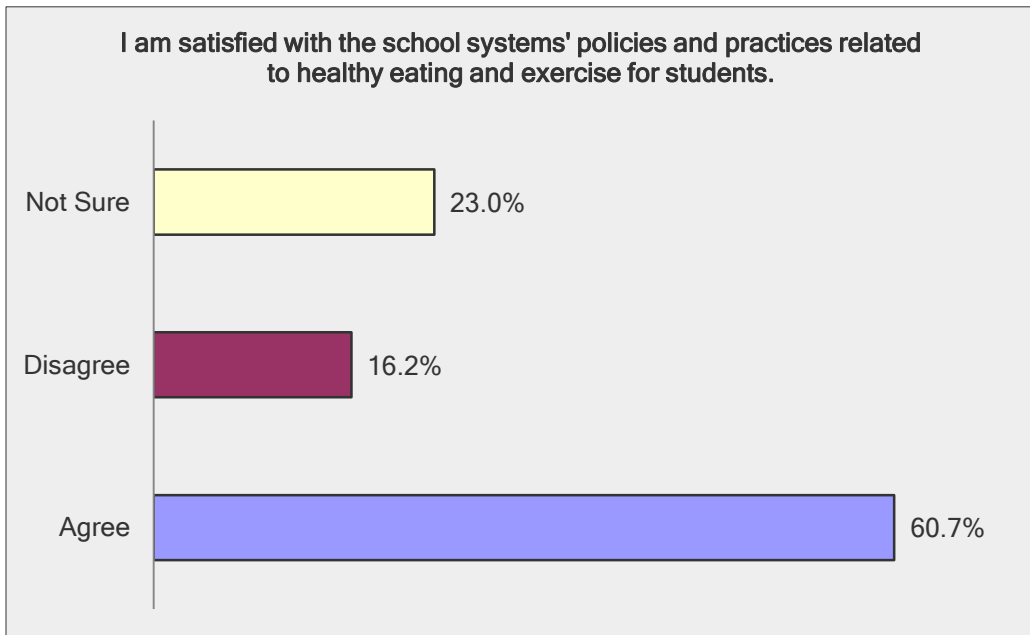
Answer Options	Response Percent	Response Count
Agree	89.7%	174
Disagree	4.1%	8
Not Sure	6.2%	12
<i>answered question</i>		<b>194</b>



Answer Options	Response Percent	Response Count
Agree	44.6%	86
Disagree	17.1%	33
Not Sure	38.3%	74
<i>answered question</i>		<b>193</b>

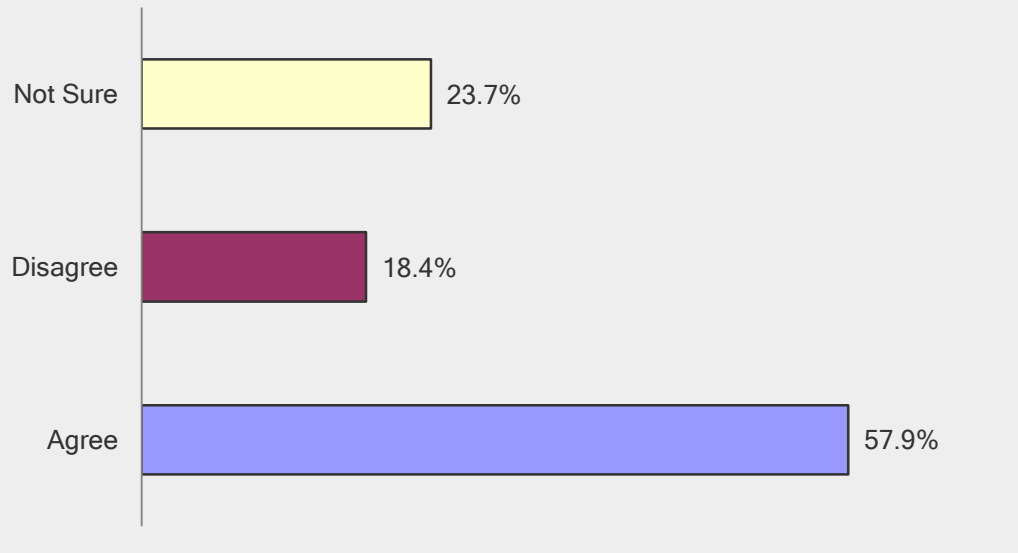


Answer Options	Response Percent	Response Count
Agree	58.9%	113
Disagree	10.9%	21
Not Sure	30.2%	58
<i>answered question</i>		<b>192</b>



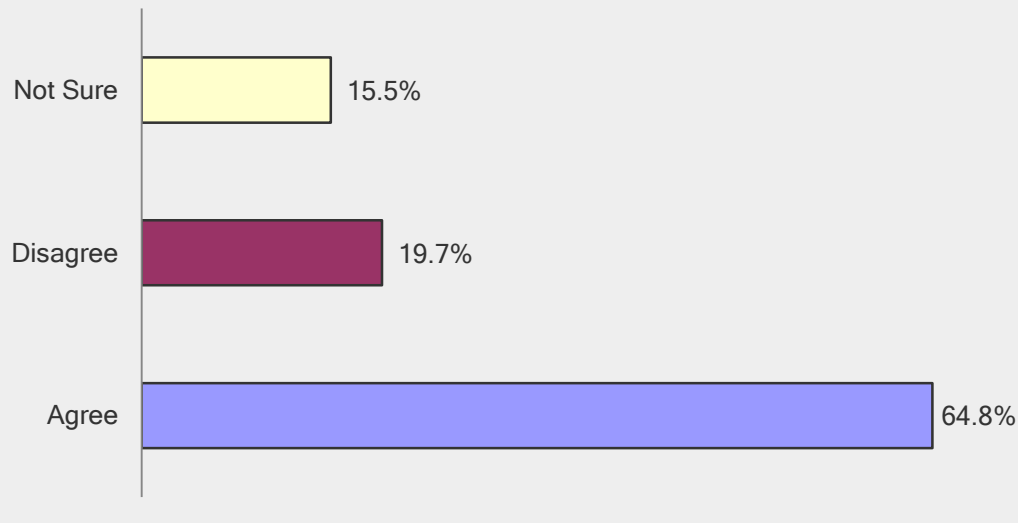
Answer Options	Response Percent	Response Count
Agree	60.7%	116
Disagree	16.2%	31
Not Sure	23.0%	44
<i>answered question</i>		<b>191</b>

There are enough after school opportunities for school age children.



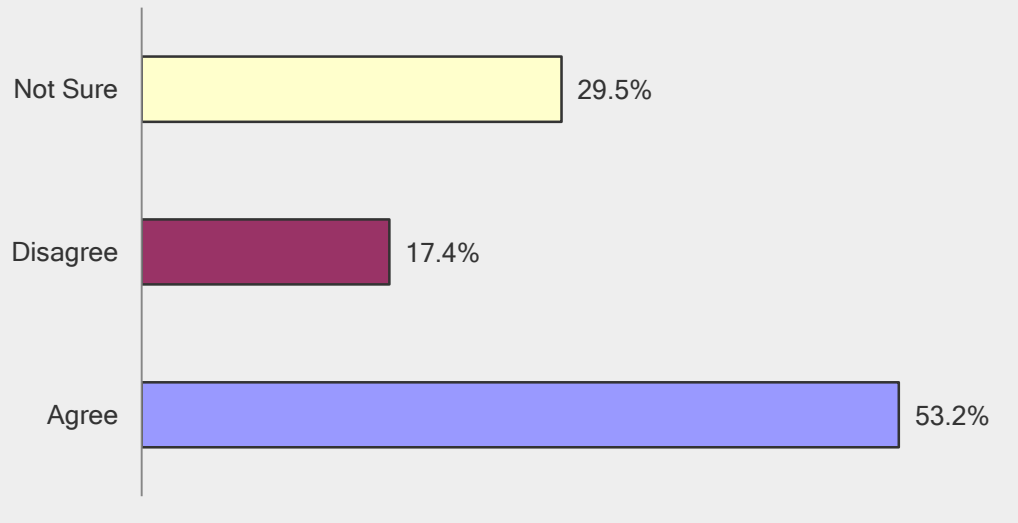
Answer Options	Response Percent	Response Count
Agree	57.9%	110
Disagree	18.4%	35
Not Sure	23.7%	45
<i>answered question</i>		<b>190</b>

My community offers plenty of affordable recreational and organized sports opportunities for children and youth.



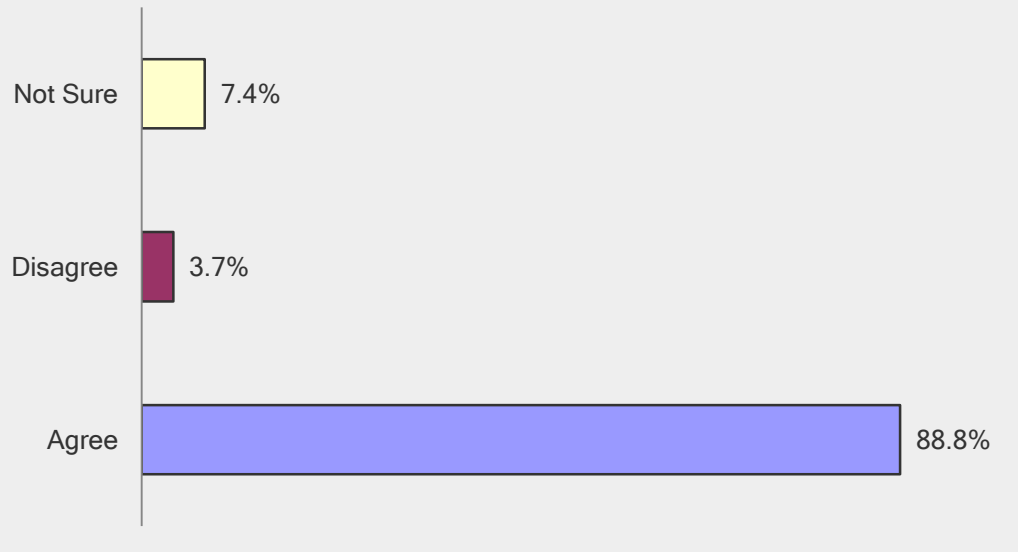
Answer Options	Response Percent	Response Count
Agree	64.8%	125
Disagree	19.7%	38
Not Sure	15.5%	30
<i>answered question</i>		<b>193</b>

**My community offers plenty of other educational/learning activities for children and youth.**

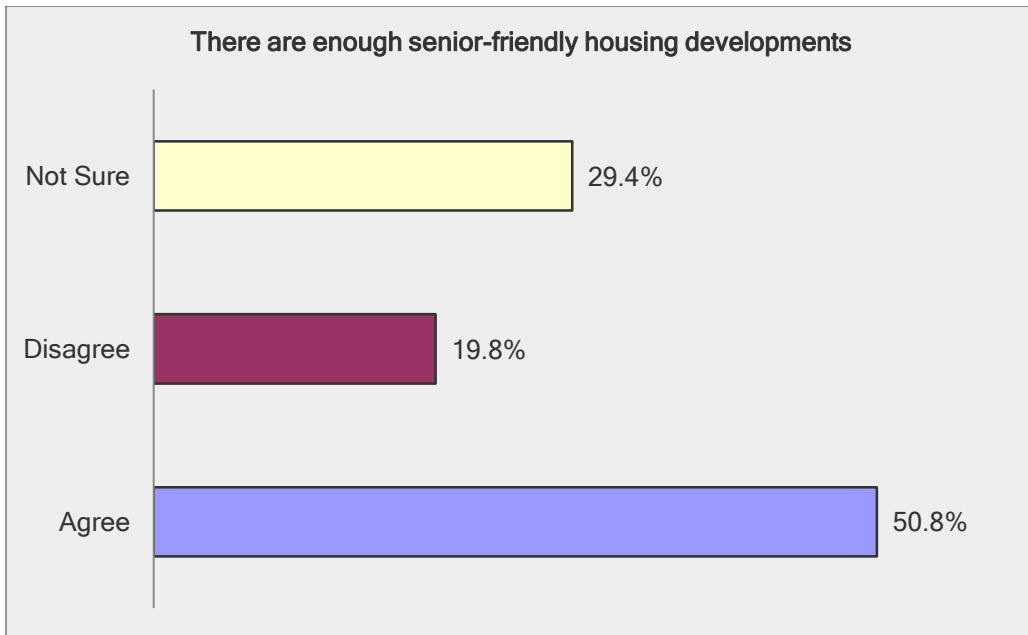


Answer Options	Response Percent	Response Count
Agree	53.2%	101
Disagree	17.4%	33
Not Sure	29.5%	56
<i>answered question</i>		<b>190</b>

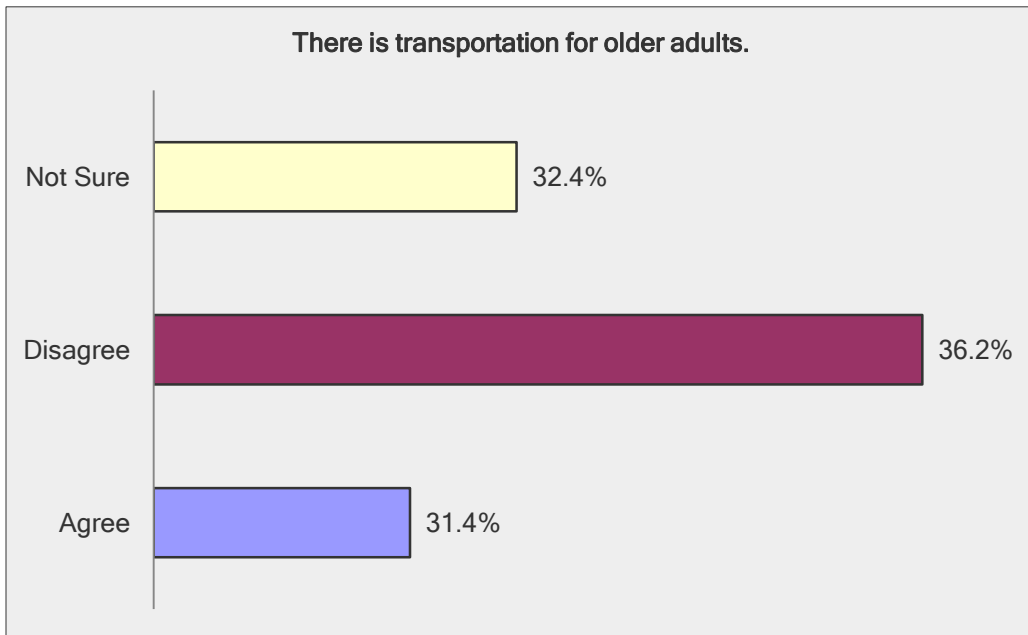
**My community is a good place to grow older.**



Answer Options	Response Percent	Response Count
Agree	88.8%	167
Disagree	3.7%	7
Not Sure	7.4%	14
<i>answered question</i>		<b>188</b>

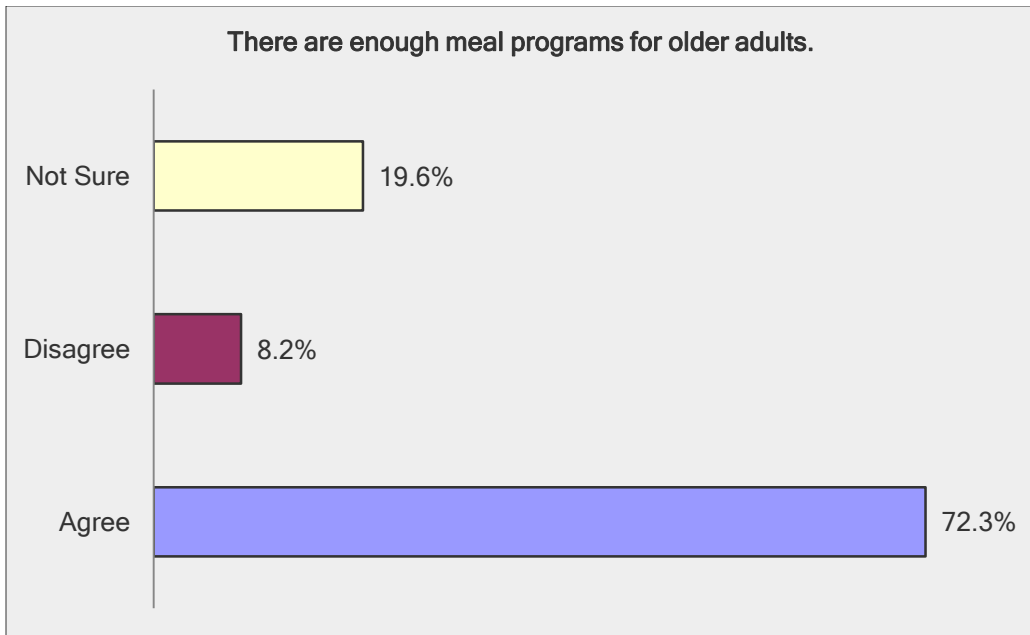


Answer Options	Response Percent	Response Count
Agree	50.8%	95
Disagree	19.8%	37
Not Sure	29.4%	55
<i>answered question</i>		<b>187</b>

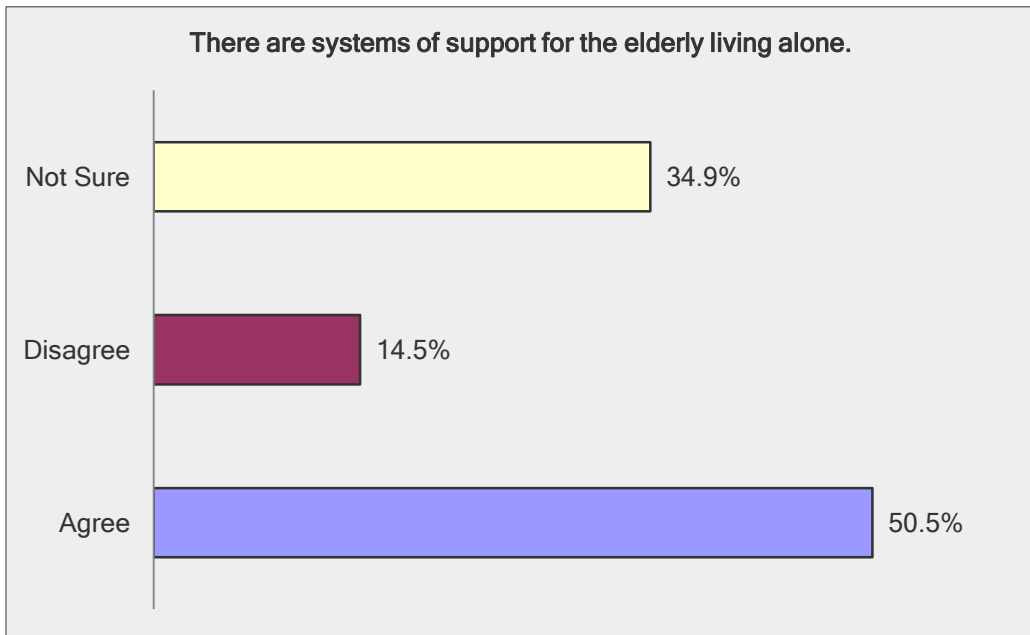


Answer Options	Response Percent	Response Count
Agree	31.4%	59
Disagree	36.2%	68
Not Sure	32.4%	61
<i>answered question</i>		<b>188</b>



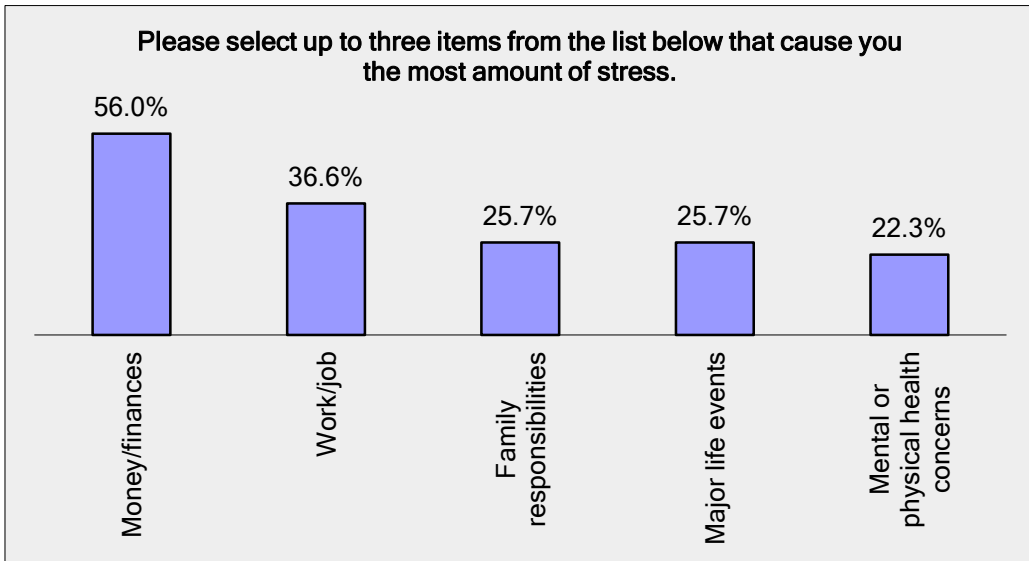


Answer Options	Response Percent	Response Count
Agree	72.3%	133
Disagree	8.2%	15
Not Sure	19.6%	36
<i>answered question</i>		<b>184</b>

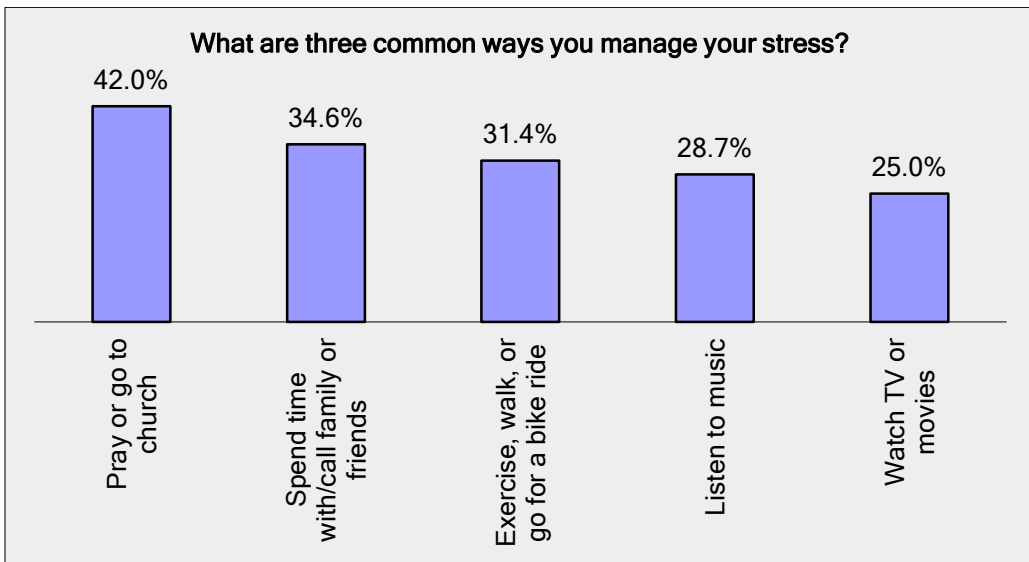


Answer Options	Response Percent	Response Count
Agree	50.5%	94
Disagree	14.5%	27
Not Sure	34.9%	65
<i>answered question</i>		<b>186</b>

For the following questions, the top five answers are reported.



Answer Options	Response Percent	Response Count
Money/finances	56.0%	98
Work/job	36.6%	64
Family responsibilities	25.7%	45
Major life events	25.7%	45
Mental or physical health concerns	22.3%	39
<i>answered question</i>		<b>175</b>



Answer Options	Response Percent	Response Count
Pray or go to church	42.0%	79
Spend time with/call family or friends	34.6%	65
Exercise, walk, or go for a bike ride	31.4%	59
Listen to music	28.7%	54
Watch TV or movies	25.0%	47
<i>answered question</i>		<b>188</b>

For the following questions, 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
Cancers	44.3%	82
Being overweight	36.8%	68
Aging problems (arthritis, hearing loss, etc.)	36.2%	67
Alcohol abuse	22.2%	41
Diabetes	18.4%	34
<i>answered question</i>		<b>185</b>

Survey respondents were also asked about the following health problems:

- High blood pressure
- Heart disease and stroke
- Accidental/unintentional injuries
- Mental health problems
- Motor vehicle crash injuries
- Access to health care
- Infectious diseases
- Respiratory/lung disease
- Teenage pregnancy
- Childhood abuse/neglect
- Domestic violence
- Suicide
- Dental problems
- Infant deaths
- Sexually transmitted diseases
- Rape/sexual assault

These issues, though important, were not considered as important for the residents of Polk County as the five listed in the table above.

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	47.3%	88
Illegal drug abuse (marijuana, cocaine, heroin, etc.)	35.5%	66
Lack of exercise	34.4%	64
Poor eating habits	32.8%	61
Too much screen time (TV, computer, phone, etc.)	29.0%	54
<i>answered question</i>		<b>186</b>

Survey respondents were also asked about the following risky behaviors:

- Tobacco use
- Not getting enough sleep
- Not using seat belts and/or child safety seats
- Dropping out of school
- Working too much
- Prescription drug abuse
- Unsafe sex
- Not getting shots to prevent disease
- Racism

These risky behaviors, while important, were not considered as important to the residents of Polk County as the five listed in the table above.

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

Answers to this question were compiled and assembled into a word cloud. A word cloud is an image composed of words used in a particular text or subject, in which the size of each word indicates its frequency or importance. In this instance, the size of the word indicates the number of respondents who answered that particular health issue. The largest words were the most common answers.



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

Answers to this question were compiled and assembled into a word cloud. A word cloud is an image composed of words used in a particular text or subject, in which the size of each word indicates its frequency or importance. In this instance, the size of the word indicates the number of respondents who answered that particular health issue. The largest words were the most common answers.



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.

The results of this Community Health Survey will be compiled with results from the other three MAPP Assessments:

- Community Themes and Strengths Assessment
- Local Public Health System Assessment
- Forces of Change Assessment

Upon completion of all four assessments, the results will be compiled into a comprehensive community health assessment. Data from this will be used by the Four Corners Community Health Assessment Advisory Committee to identify strategic issues and formulate goals and strategies to address those strategic issues. These goals and strategies will help inform future programs and initiatives of Four Corners Health Department and other community partners.



2101 N. Lincoln Ave. – York, NE 68467  
Phone: 402-362-2621 \* 877-337-3573 Fax: 402-362-2687  
E-mail: [questions@fourcorners.ne.gov](mailto:questions@fourcorners.ne.gov)  
Website: [www.fourcorners.ne.gov](http://www.fourcorners.ne.gov)

## **Appendix A: Community Health Survey**

## 2015 Community 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 Butler, Polk, Seward, and York counties. The Four Corners District Partners will use the results of this survey 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/FCHDCHA2015>. Please complete this survey by August 31, 2015.

1. What is the county where you live?

- Butler
- Polk
- Seward
- York

2. How old are you?

- 14-18 years
- 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. Are you a U.S. citizen?

- Yes
- No

5. What is the highest education level you completed?

- Less than 9<sup>th</sup> grade
- 9<sup>th</sup> to 12<sup>th</sup> grade, no diploma
- High school graduate or equivalent
- Some college, no degree
- Associate's degree
- Bachelor's degree
- Graduate or professional degree



## COMMUNITY HEALTH

6. How healthy would you rate your community (the area where you live)?

- Healthy  Unhealthy  Not sure

Comments: \_\_\_\_\_

\_\_\_\_\_

## QUALITY OF LIFE

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

7. I am satisfied with the quality of life in my community.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

\_\_\_\_\_

8. There are enough health and wellness activities in my community.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

\_\_\_\_\_

9. I am satisfied with the health care system in the community.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

\_\_\_\_\_

10. It is easy to get in to see health care specialists.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

\_\_\_\_\_

11. I am satisfied with the medical care I receive.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

\_\_\_\_\_

12. It is a problem for me to pay for medical care.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

13. People are able to get medical care when they need it.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

### **ECONOMIC OPPORTUNITY**

14. There are jobs available in my community.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

15. There are opportunities for advancement in my community.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

16. The jobs in my community pay enough to live on.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

### **SAFETY & SOCIAL SUPPORT**

17. My community is a safe place to live.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

18. My neighbors know, trust, and look out for each other.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

19. There are support systems for individuals and families.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

**CHILDREN**

20. The community is a good place to raise children.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

21. There is enough information and assistance on parenting.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

22. Safe and affordable child care is available if I need it.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

23. I am satisfied with the school systems' policies and practices related to healthy eating and exercise for students.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

24. There are enough after school opportunities for school age children.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_  
\_\_\_\_\_

25. My community offers plenty of affordable recreational and organized sports opportunities for children and youth.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

---

26. My community offers plenty of other educational/learning activities for children and youth.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

---

**SENIORS**

27. My community is a good place to grow older.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

---

28. There are enough senior-friendly housing developments.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

---

29. There is transportation for older adults.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

---

30. There are enough meal programs for older adults.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

---

31. There are systems of support for the elderly living alone.

- Agree  Disagree  Not sure

Comments: \_\_\_\_\_

---

## STRESS

32. Please select up to three 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
- Other (please specify)

33. 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
- Other (please specify)

## HEALTH PROBLEMS

34. 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:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

35. 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:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

---

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

---

---

---

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

---

---

---



2101 N. Lincoln Avenue, York NE 68467

Phone: 402-362-2621 / 877-337-3573 Email: [questions@fourcorners.ne.gov](mailto:questions@fourcorners.ne.gov)