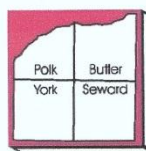




Mobilizing for Action through Planning and Partnerships

Seward County

2015 Community Health Assessment



**Four Corners
Health Department**



Public Health
Prevent. Promote. Protect.

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 **Seward** County, **138** responses were received. The compiled results of those **138** surveys are reported here.

To learn more about the MAPP project, contact us:

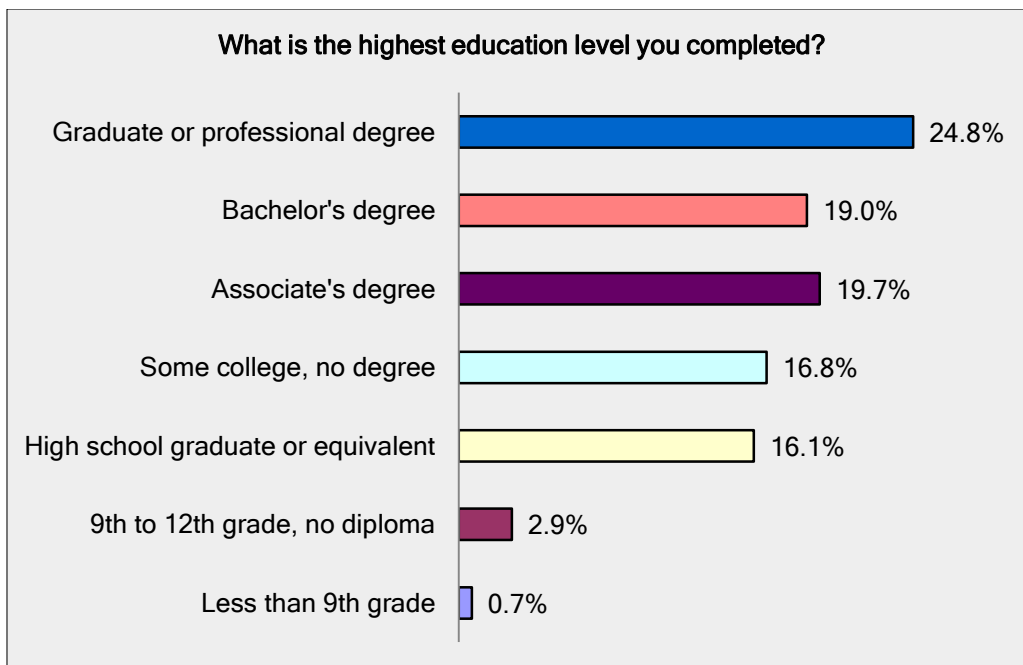


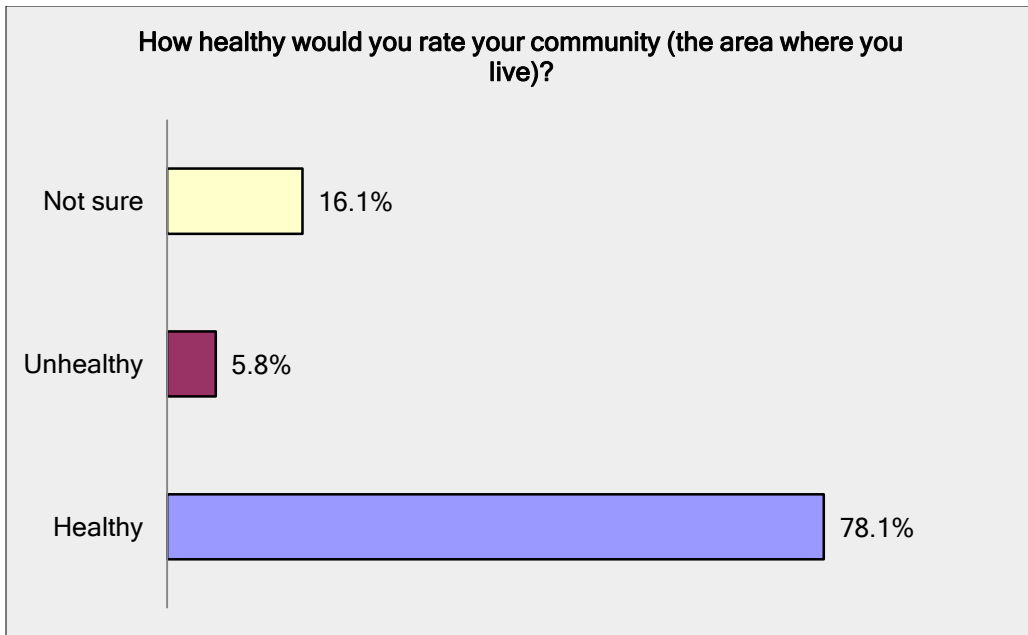
2101 N. Lincoln Ave. – York, NE 68467
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E-mail: questions@fourcorners.ne.gov
Website: www.fourcorners.ne.gov

Demographics

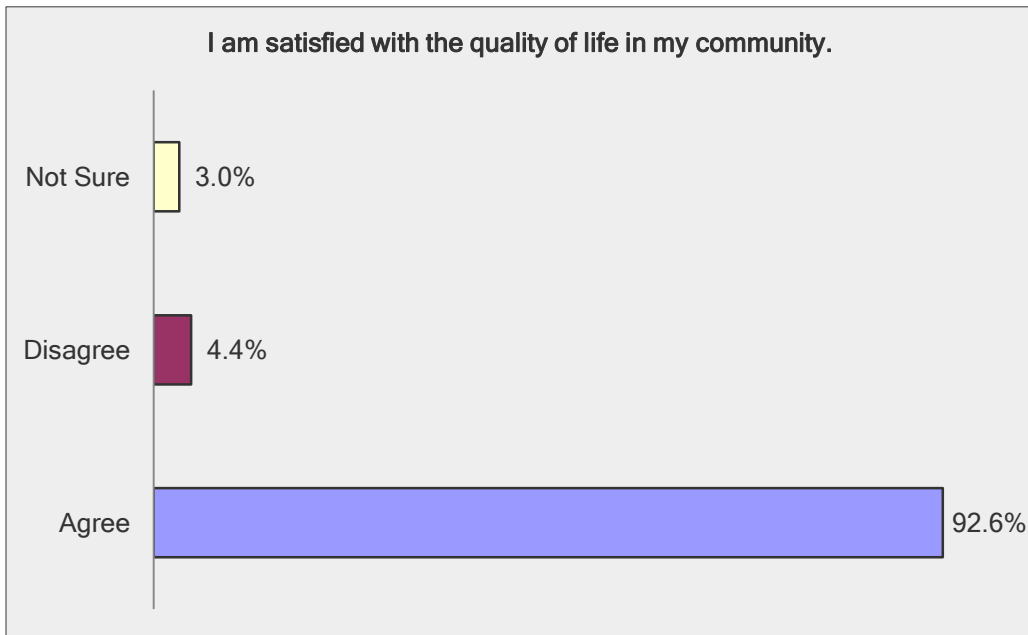
How old are you?		
Answer Options	Response Percent	Response Count
14-18 years	1.5%	2
19-25 years	4.4%	6
26-39 years	18.4%	25
40-54 years	19.9%	27
55-64 years	22.8%	31
65-80 years	24.3%	33
Over 80 years	8.8%	12
<i>answered question</i>		136

Which describes your race/ethnicity? Please select just one.		
Answer Options	Response Percent	Response Count
White, not Hispanic or Latino	99.3%	137
Hispanic or Latino	0.7%	1
<i>answered question</i>		138

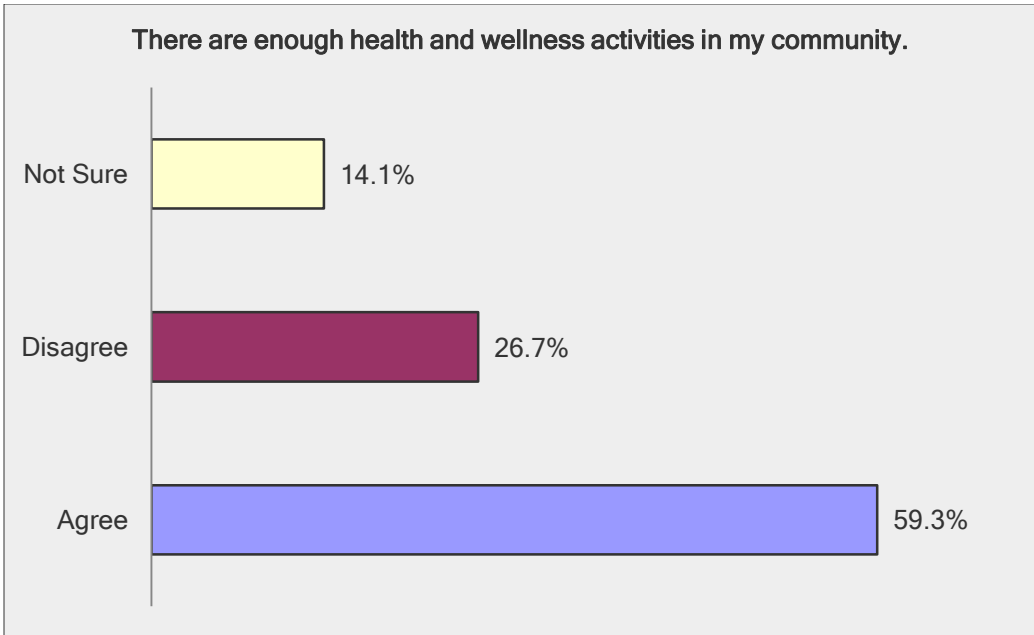




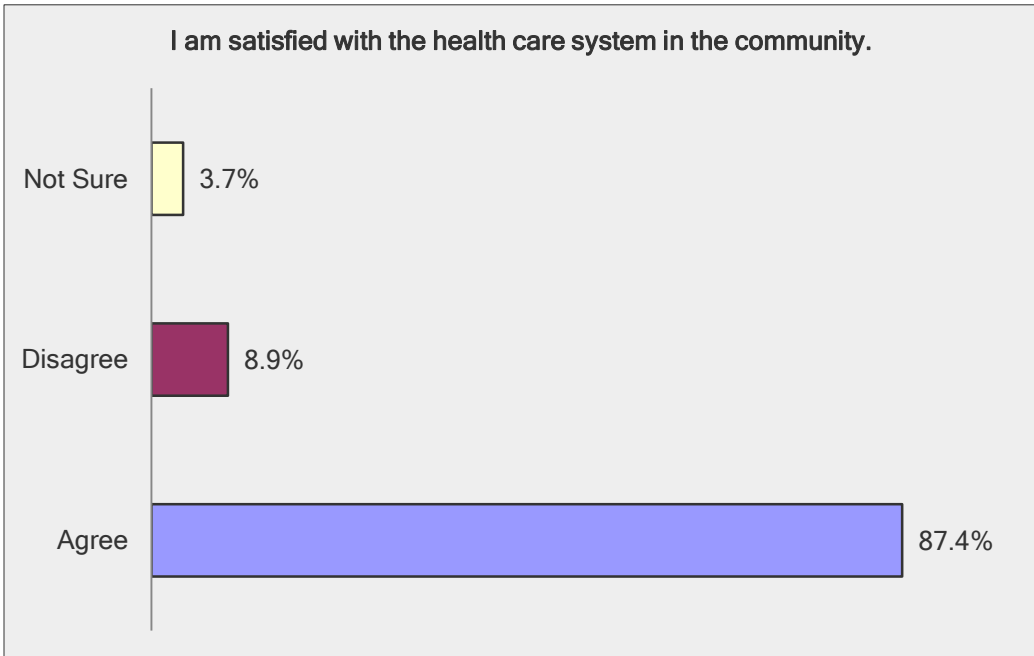
Answer Options	Response Percent	Response Count
Healthy	78.1%	107
Unhealthy	5.8%	8
Not sure	16.1%	22
<i>answered question</i>		137



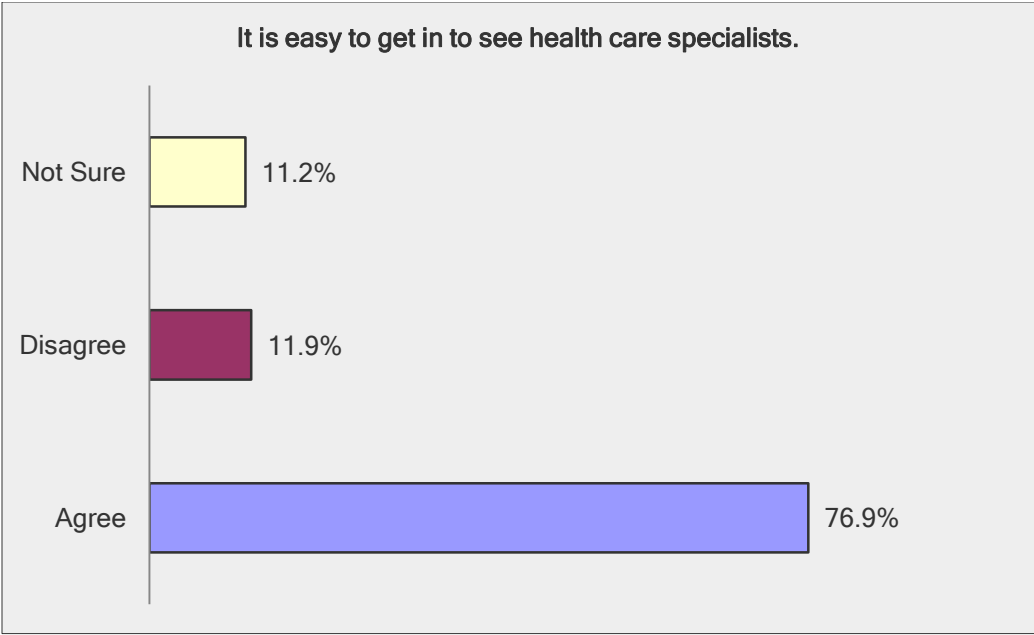
Answer Options	Response Percent	Response Count
Agree	92.6%	125
Disagree	4.4%	6
Not Sure	3.0%	4
<i>answered question</i>		135



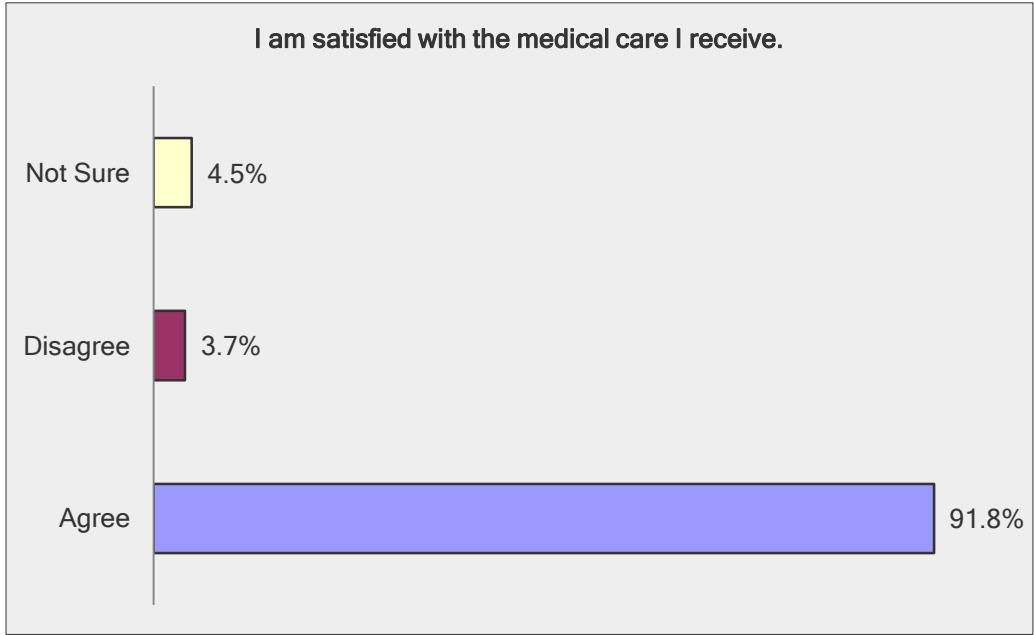
Answer Options	Response Percent	Response Count
Agree	59.3%	80
Disagree	26.7%	36
Not Sure	14.1%	19
<i>answered question</i>		135



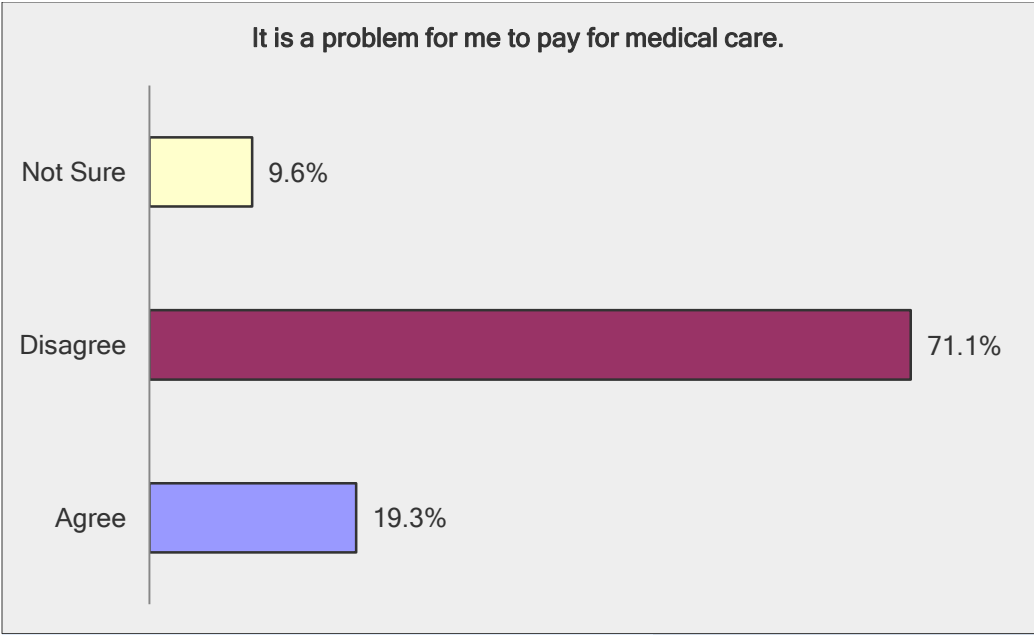
Answer Options	Response Percent	Response Count
Agree	87.4%	118
Disagree	8.9%	12
Not Sure	3.7%	5
<i>answered question</i>		135



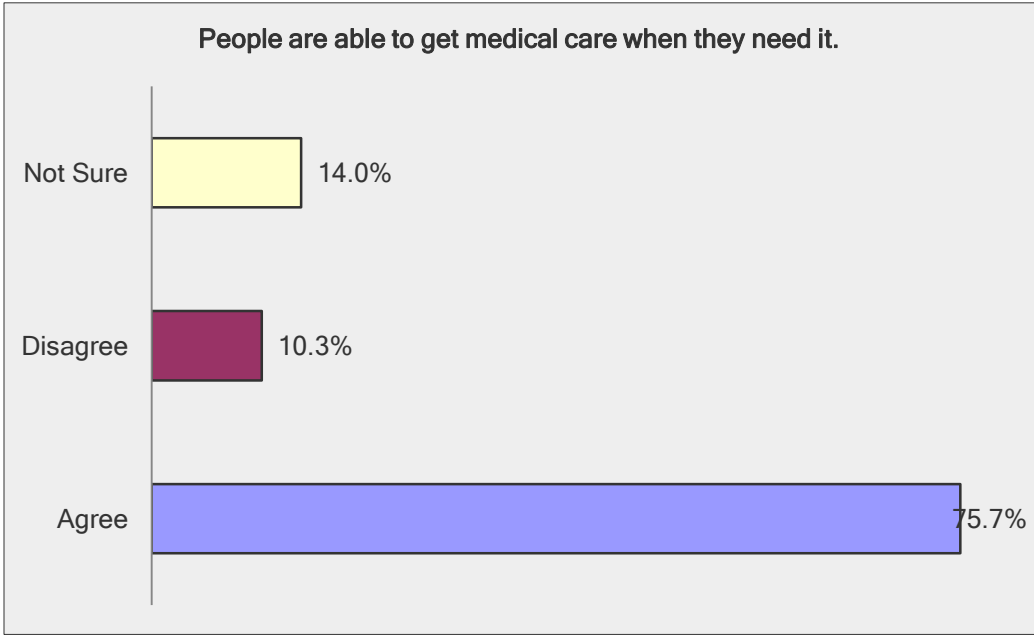
Answer Options	Response Percent	Response Count
Agree	76.9%	103
Disagree	11.9%	16
Not Sure	11.2%	15
<i>answered question</i>		134



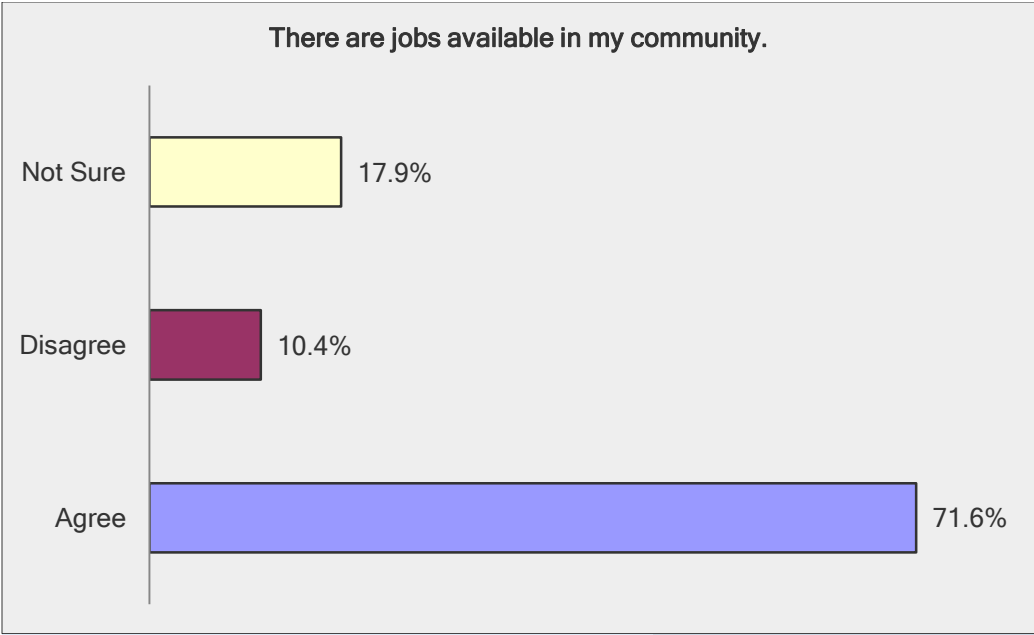
Answer Options	Response Percent	Response Count
Agree	91.8%	123
Disagree	3.7%	5
Not Sure	4.5%	6
<i>answered question</i>		134



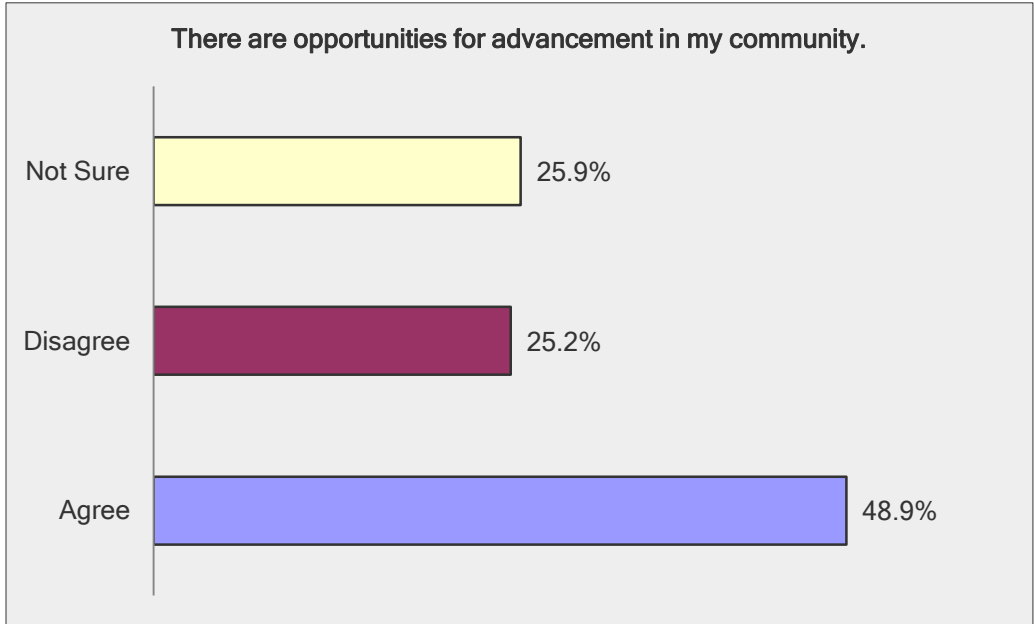
Answer Options	Response Percent	Response Count
Agree	19.3%	26
Disagree	71.1%	96
Not Sure	9.6%	13
<i>answered question</i>		135



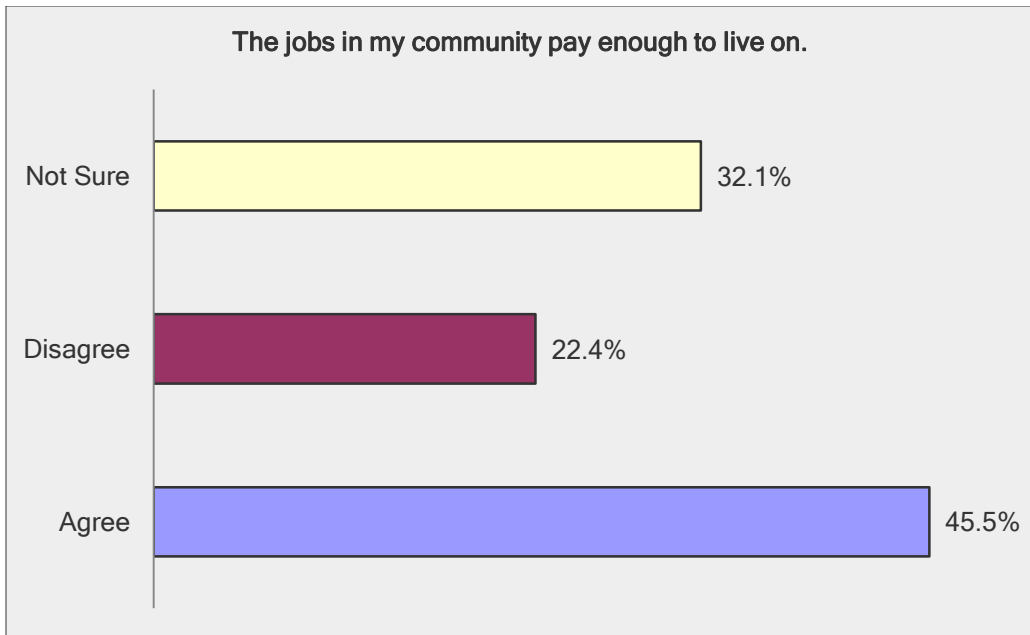
Answer Options	Response Percent	Response Count
Agree	75.7%	103
Disagree	10.3%	14
Not Sure	14.0%	19
<i>answered question</i>		136



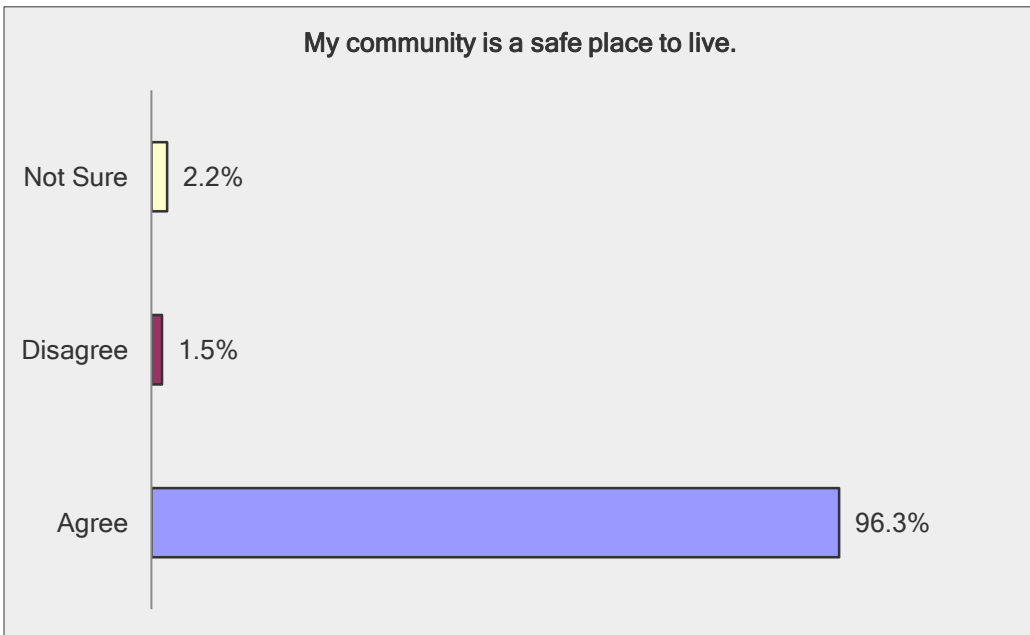
Answer Options	Response Percent	Response Count
Agree	71.6%	96
Disagree	10.4%	14
Not Sure	17.9%	24
<i>answered question</i>		134



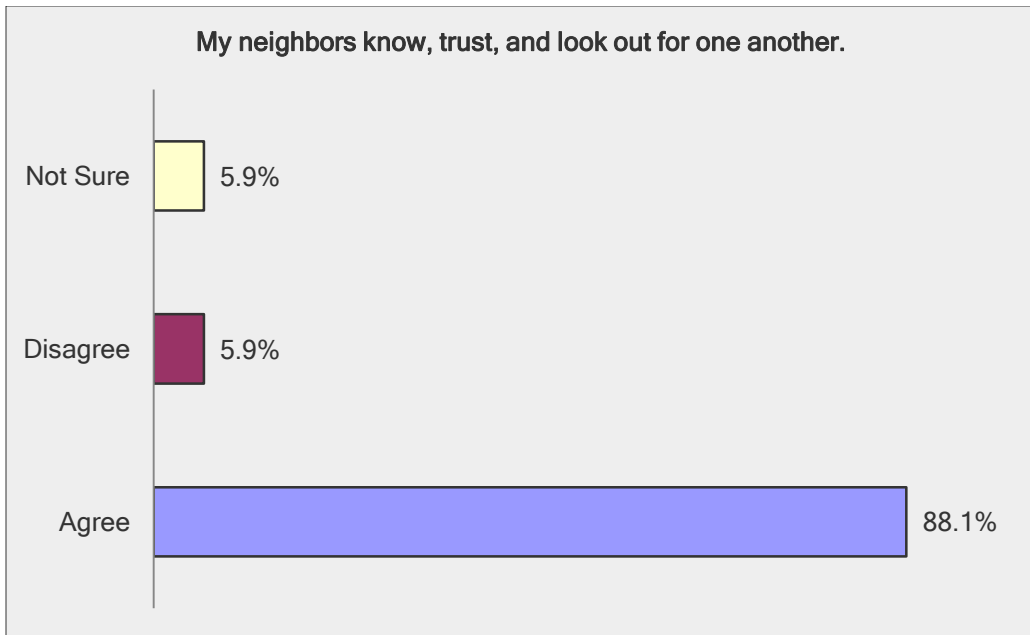
Answer Options	Response Percent	Response Count
Agree	48.9%	66
Disagree	25.2%	34
Not Sure	25.9%	35
<i>answered question</i>		135



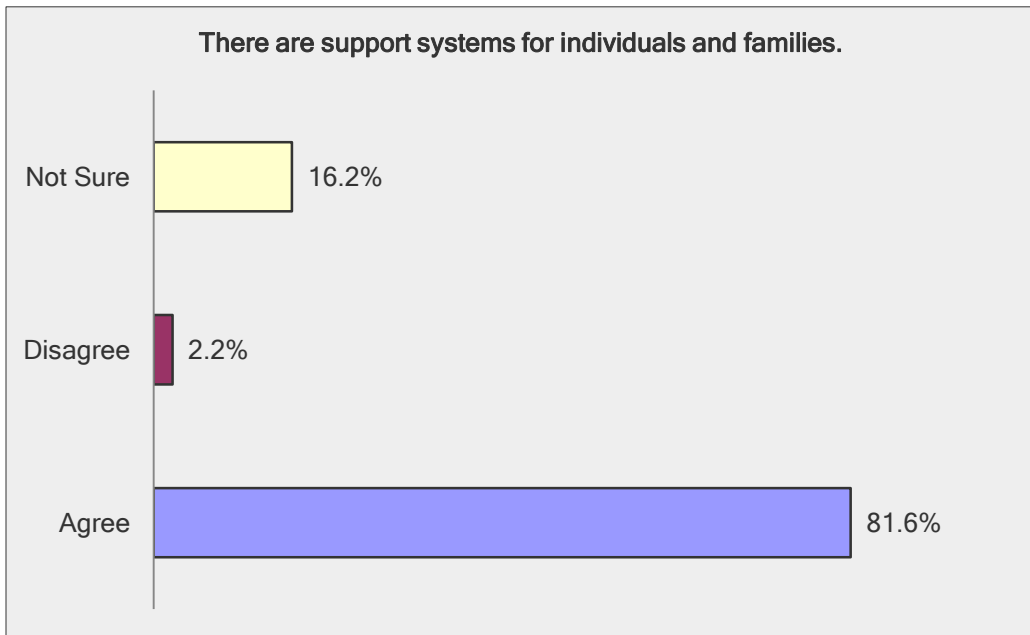
Answer Options	Response Percent	Response Count
Agree	45.5%	61
Disagree	22.4%	30
Not Sure	32.1%	43
<i>answered question</i>		134



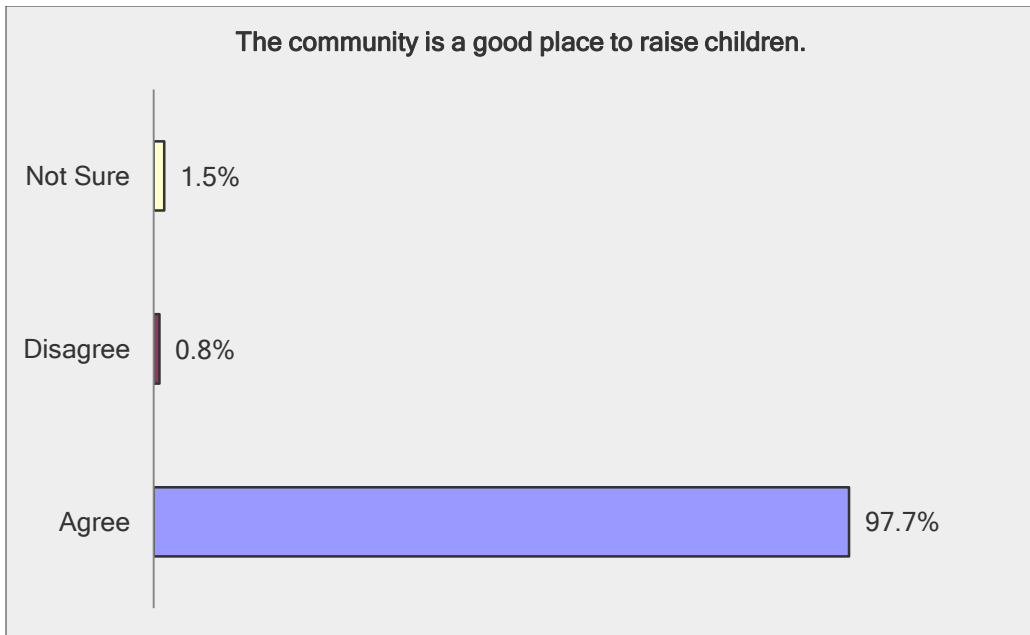
Answer Options	Response Percent	Response Count
Agree	96.3%	131
Disagree	1.5%	2
Not Sure	2.2%	3
<i>answered question</i>		136



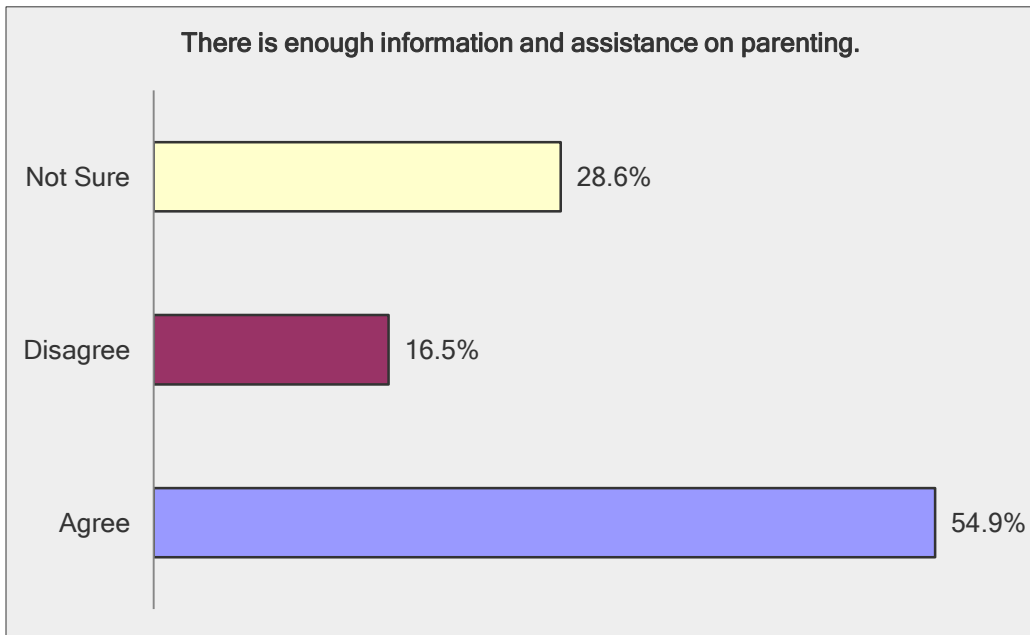
Answer Options	Response Percent	Response Count
Agree	88.1%	119
Disagree	5.9%	8
Not Sure	5.9%	8
<i>answered question</i>		135



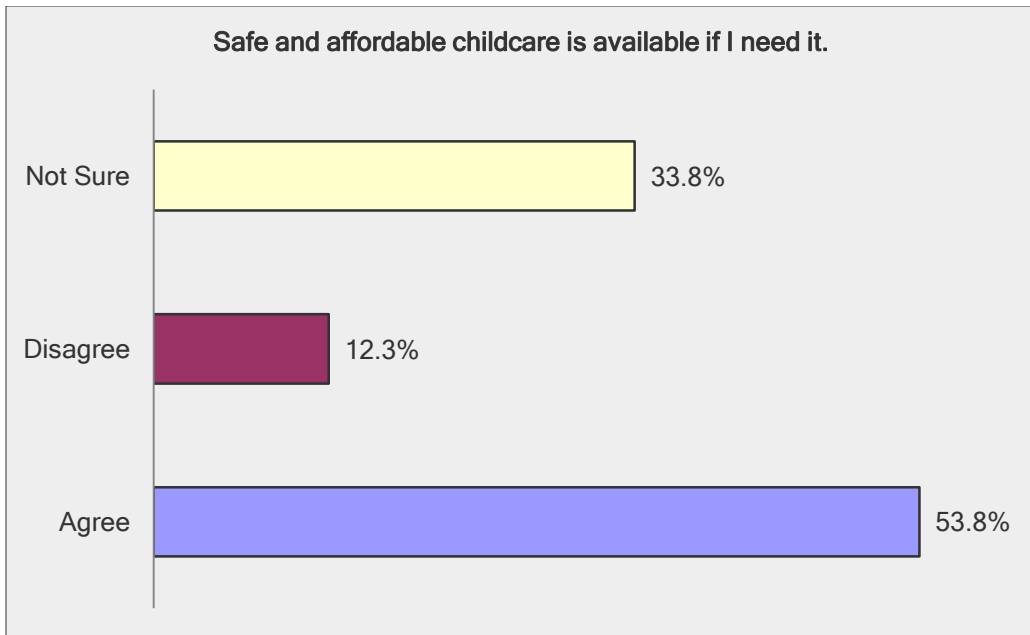
Answer Options	Response Percent	Response Count
Agree	81.6%	111
Disagree	2.2%	3
Not Sure	16.2%	22
<i>answered question</i>		136



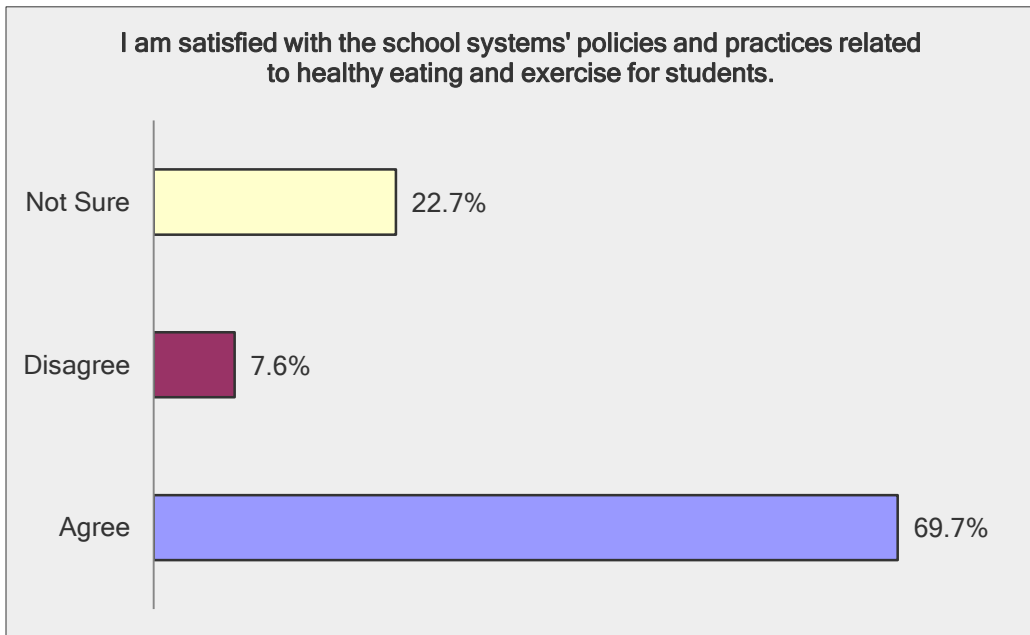
Answer Options	Response Percent	Response Count
Agree	97.7%	130
Disagree	0.8%	1
Not Sure	1.5%	2
<i>answered question</i>		133



Answer Options	Response Percent	Response Count
Agree	54.9%	73
Disagree	16.5%	22
Not Sure	28.6%	38
<i>answered question</i>		133

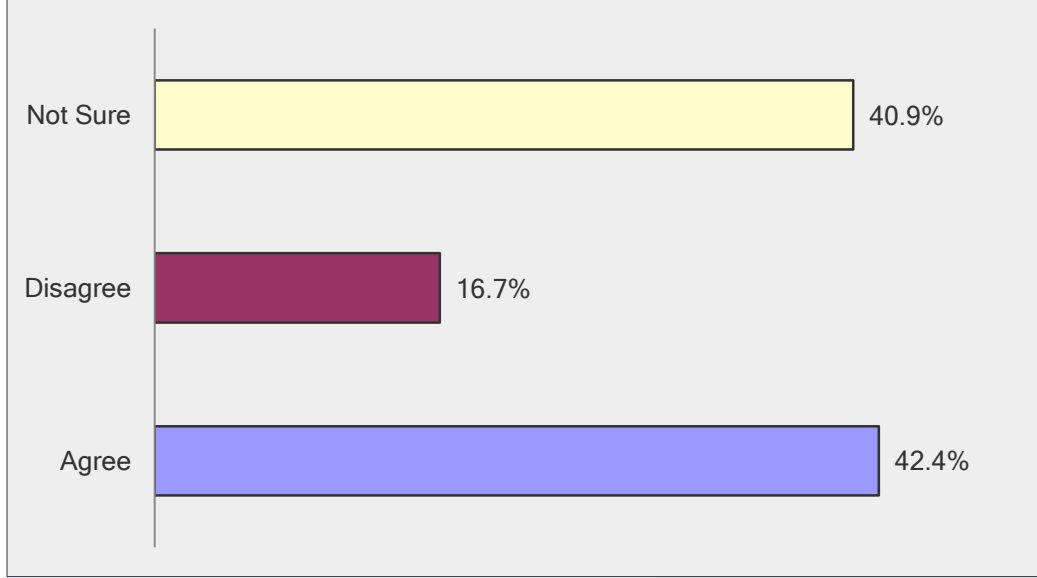


Answer Options	Response Percent	Response Count
Agree	53.8%	70
Disagree	12.3%	16
Not Sure	33.8%	44
<i>answered question</i>		130



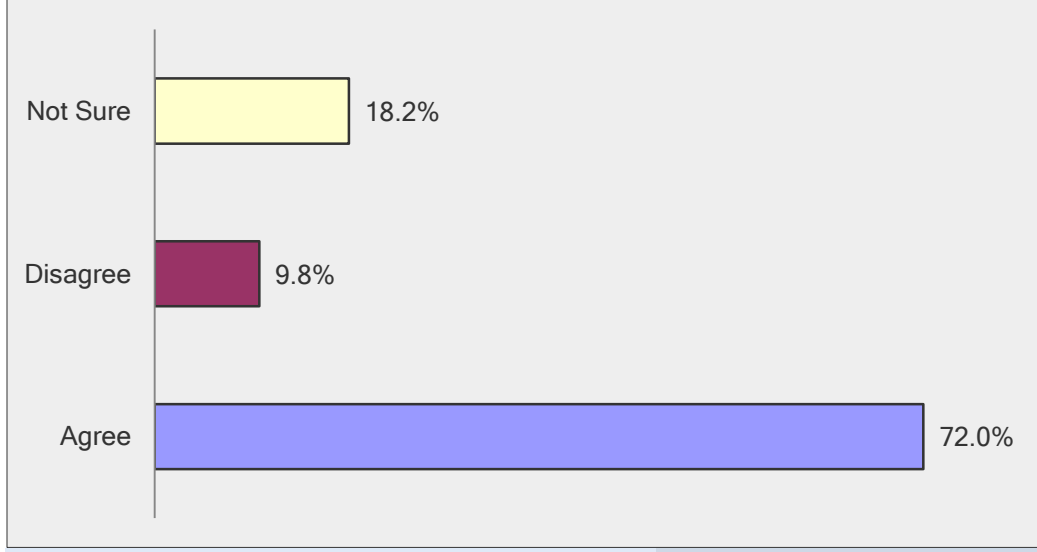
Answer Options	Response Percent	Response Count
Agree	69.7%	92
Disagree	7.6%	10
Not Sure	22.7%	30
<i>answered question</i>		132

There are enough after school opportunities for school age children.

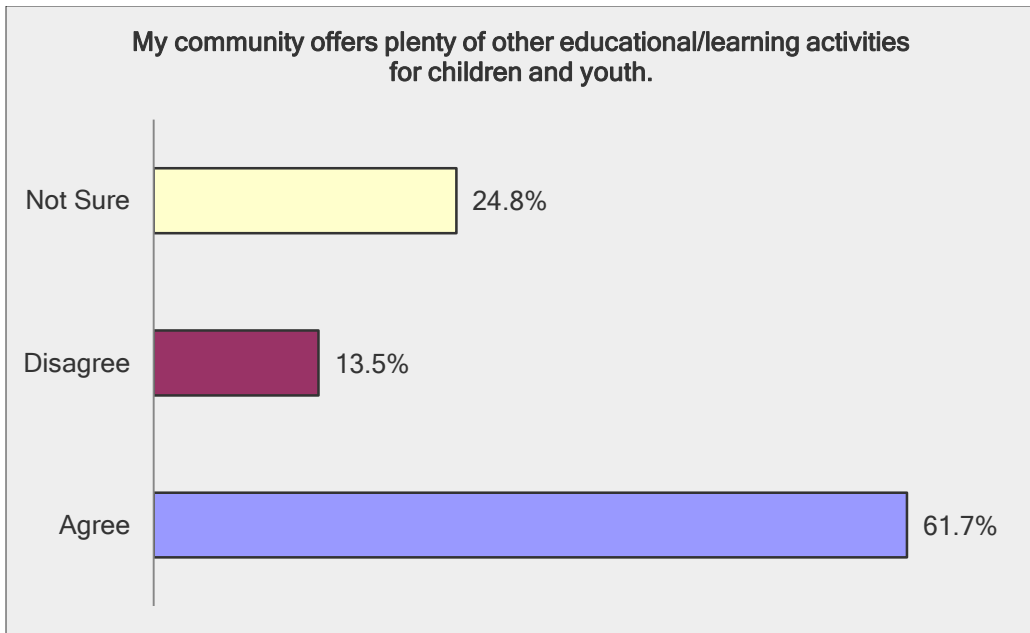


Answer Options	Response Percent	Response Count
Agree	42.4%	56
Disagree	16.7%	22
Not Sure	40.9%	54
<i>answered question</i>		132

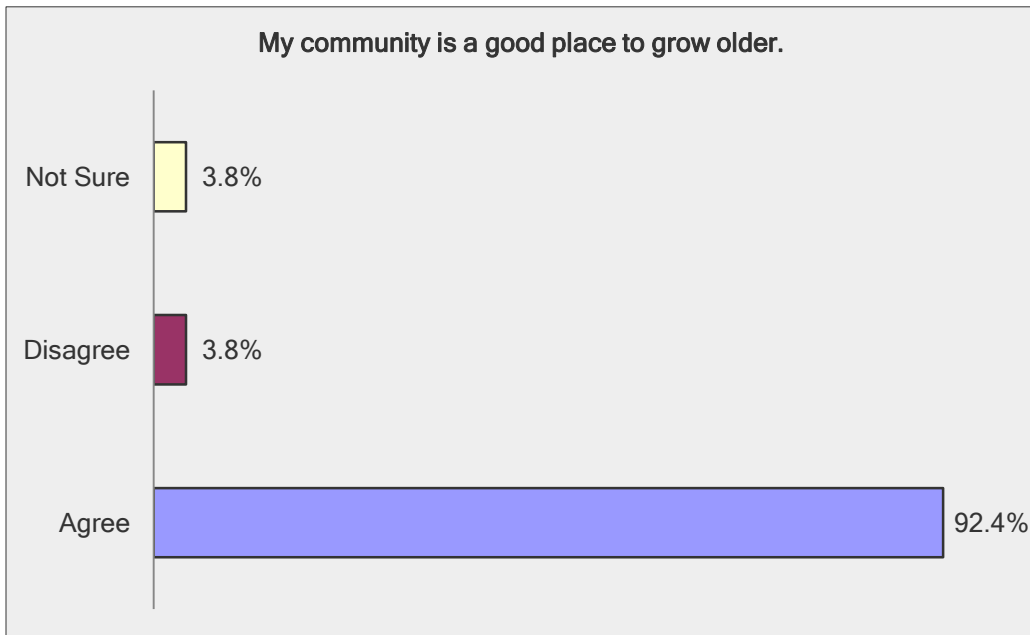
My community offers plenty of affordable recreational and organized sports opportunities for children and youth.



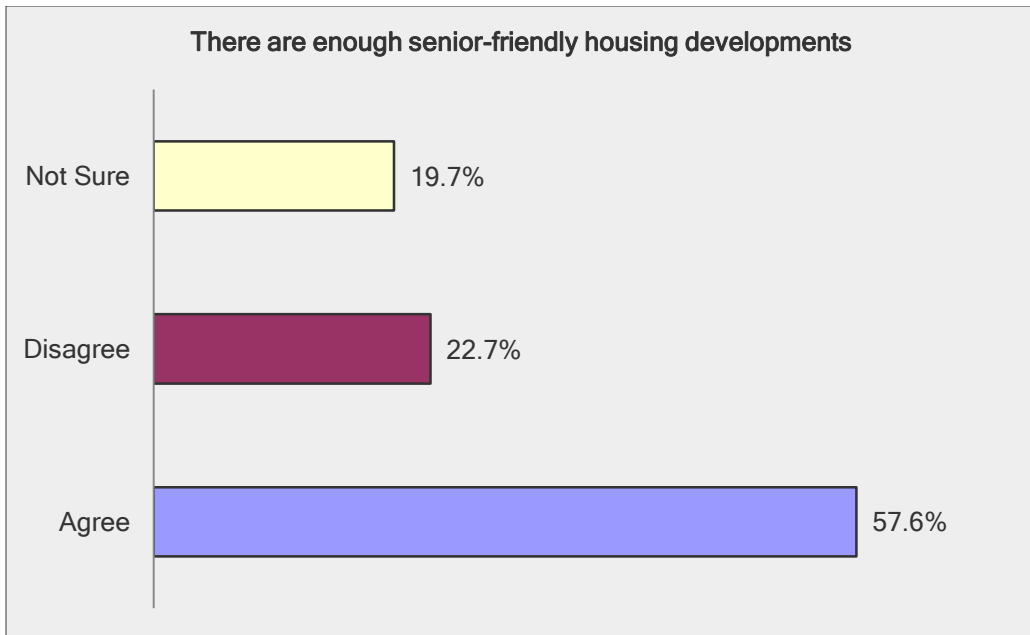
Answer Options	Response Percent	Response Count
Agree	72.0%	95
Disagree	9.8%	13
Not Sure	18.2%	24
<i>answered question</i>		132



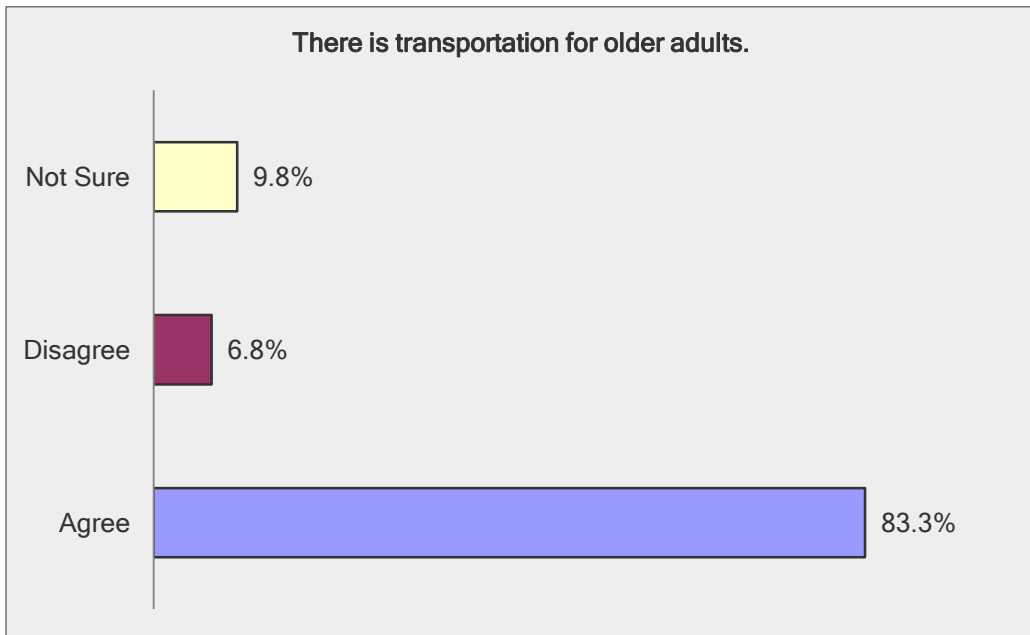
Answer Options	Response Percent	Response Count
Agree	61.7%	82
Disagree	13.5%	18
Not Sure	24.8%	33
<i>answered question</i>		133



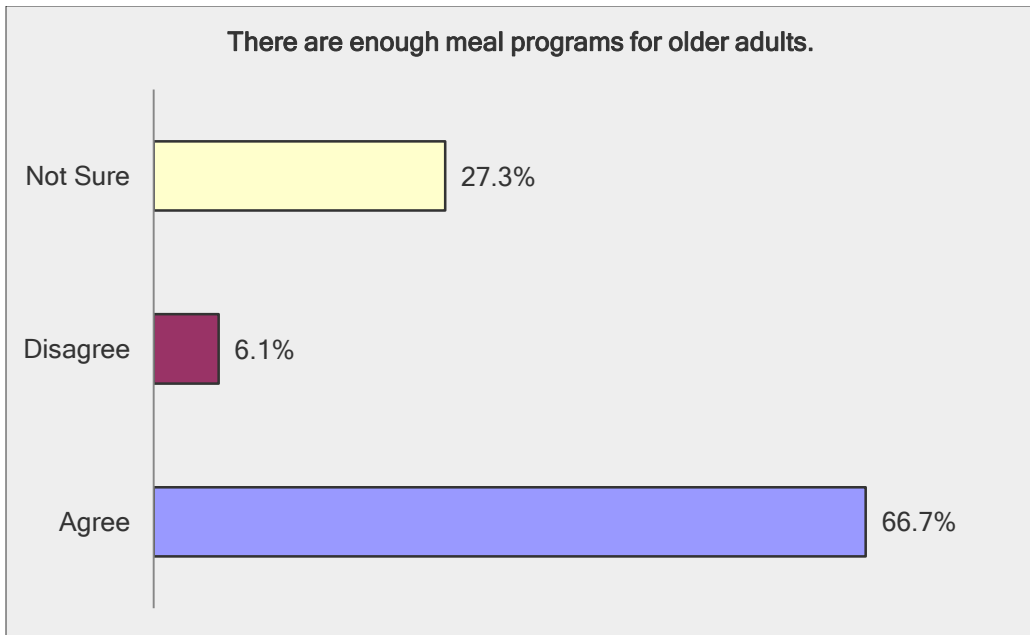
Answer Options	Response Percent	Response Count
Agree	92.4%	121
Disagree	3.8%	5
Not Sure	3.8%	5
<i>answered question</i>		131



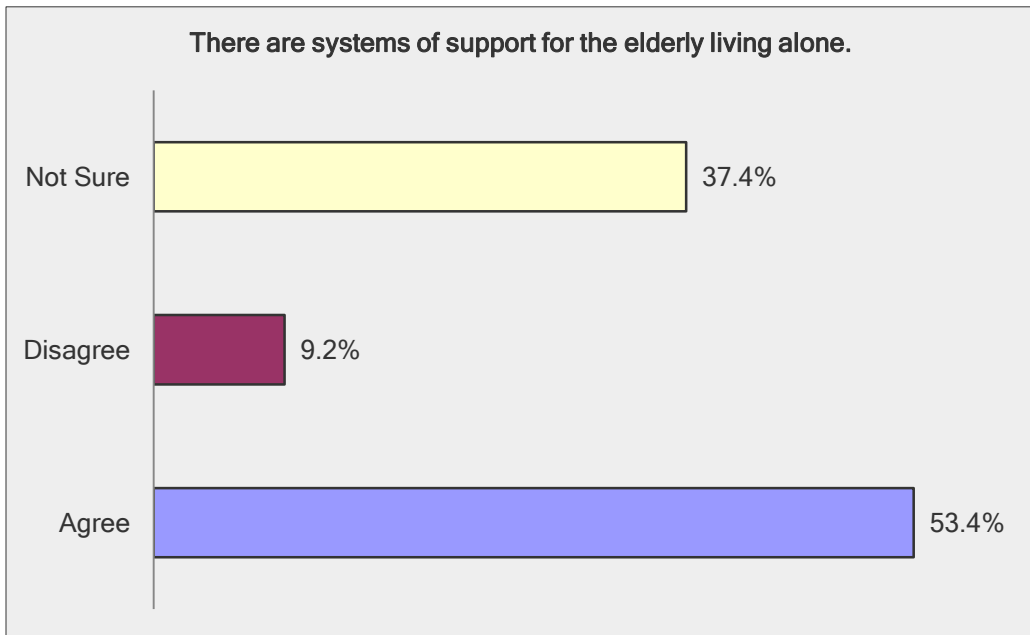
Answer Options	Response Percent	Response Count
Agree	57.6%	76
Disagree	22.7%	30
Not Sure	19.7%	26
<i>answered question</i>		132



Answer Options	Response Percent	Response Count
Agree	83.3%	110
Disagree	6.8%	9
Not Sure	9.8%	13
<i>answered question</i>		132

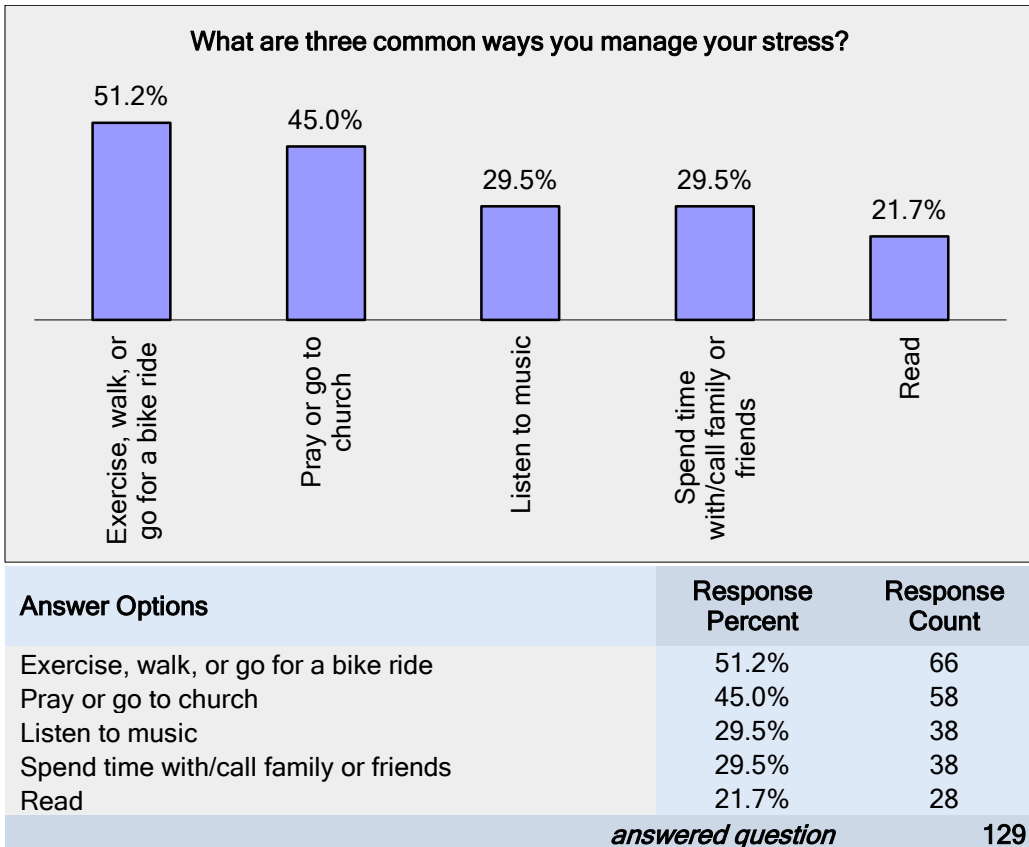
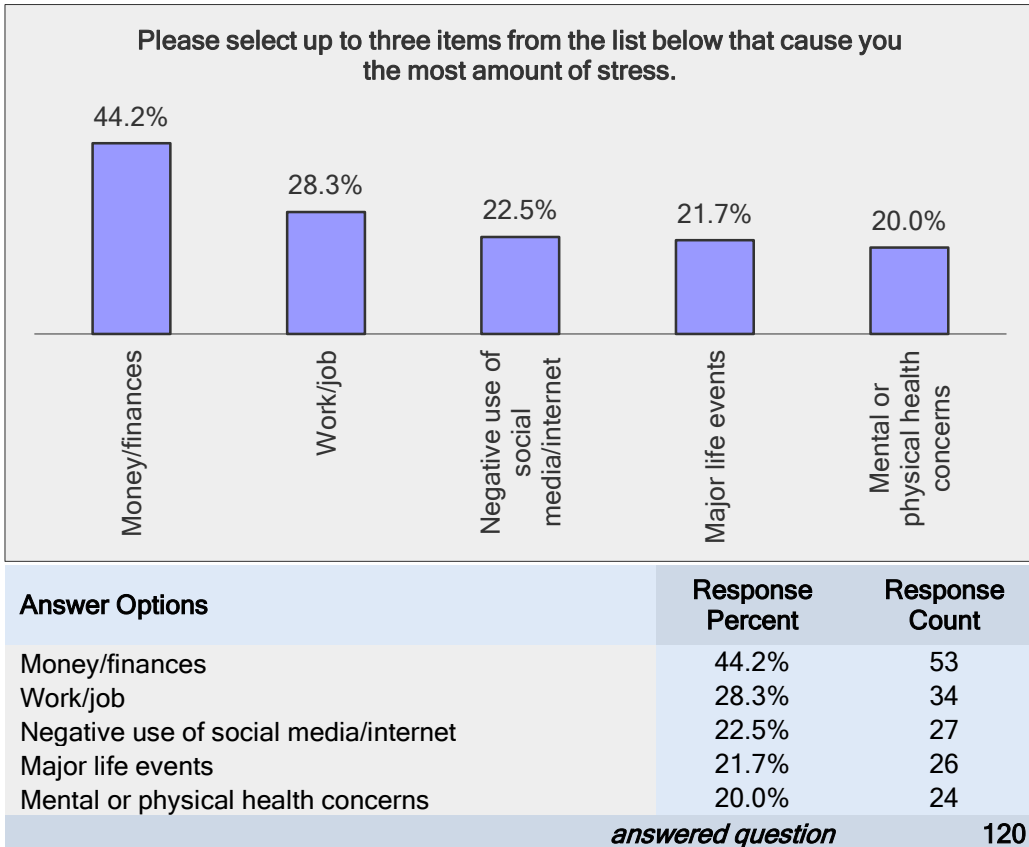


Answer Options	Response Percent	Response Count
Agree	66.7%	88
Disagree	6.1%	8
Not Sure	27.3%	36
<i>answered question</i>		132



Answer Options	Response Percent	Response Count
Agree	53.4%	70
Disagree	9.2%	12
Not Sure	37.4%	49
<i>answered question</i>		131

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



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
Being overweight	49.2%	61
Cancers	31.5%	39
Alcohol abuse	26.6%	33
Aging problems (arthritis, hearing loss, etc.)	26.6%	33
Heart disease and stroke	18.5%	23
<i>answered question</i>		124

Survey respondents were also asked about the following health problems:

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

These health issues, though important, were not considered as important to the residents of Seward 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	45.2%	56
Illegal drug abuse (marijuana, cocaine, heroin, etc.)	41.9%	52
Too much screen time	41.9%	52
Poor eating habits	35.5%	44
Lack of exercise	32.3%	40
<i>answered question</i>		124

Survey respondents were also asked about the following risky behaviors:

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

These risky behaviors, while important, were not considered as important to the residents of Seward 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.



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Website: 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 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

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.



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