HEALTHY BEHAVIORS AND LIFESTYLES:

42% of Dubuque County adults are overweight

24% of Dubuque County adults are physically inactive

Both are of major contributors to chronic disease

Substance use treatment admissions data indicates an increase in Dubuque County for methamphetamine, while drug submissions (in grams) to the Iowa Division of Criminal Investigation lab show increases for marijuana, methamphetamine, cocaine, heroin, and fentanyl-containing drugs.

Adult Excessive Drinking

31.5% age-adjusted estimated adult excessive drinking compared to the Iowa average of 21.4%.

28% of driving deaths involved alcohol impairment (increased from 14% in 2014)

DISEASE INFECTION CONTROL:

79% ADULTS NEVER SCREENED FOR HIV/AIDS

73.82% IOWA AVERAGE

GOALS:

Reduce the current level of overweight population in Dubuque County through improved food and physical activity opportunities/environments.

Expand and coordinate substance use preventative and interventional activities and resources.

Increase the number of HIV tests to county residents.

Decrease the rates of Gonorrhea and Chlamydia.

Increase the availability of influenza vaccination sites to county residents.

STD Infection Rate

The sexually transmitted infection rate (417.1) is higher than the statewide rate (388.9) and has steadily risen over the past several years for chlamydia, gonorrhea and statewide for syphilis.

Iowa reports 244 Influenza-associated mortalities and 5293 Influenza-associated hospitalizations during the 2017-18 influenza season.
HEALTH CARE ACCESS

Lack of ADEQUATE primary and specialty health care providers, access to care, access to primary care, elder care resources, and to dental and mental health services are continually a basis for concern in our community.

Mental Health Providers per 100,000

<table>
<thead>
<tr>
<th></th>
<th>State Average</th>
<th>Dubuque County</th>
<th>National Average</th>
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<tbody>
<tr>
<td>DUBUQUE COUNTY</td>
<td>(140)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>STATE AVERAGE</td>
<td>(125.1)</td>
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<tr>
<td>NATIONAL AVERAGE</td>
<td>(202.8)</td>
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Dubuque County (140) has more mental health providers per 100,000 than the Iowa rate (125.1) but well below the national average rate of 202.8.

GOALS:

Develop and sustain mental health services that are accessible, creative and evaluated.

Establish a Dubuque County Health Care Access Coalition to provide on-going monitoring of health care access challenges and to identify and employ strategies to improve health care access, navigation and health literacy in Dubuque County.

Educate and increase awareness of regular preventive oral health care and the importance of accessing and establishing a dental home.

ENVIRONMENTAL HEALTH

Although the CDC lowered its Blood Lead Level of concern to 5 ug/dL of whole blood, Iowa’s level of concern remains at 10 ug/dL. Dubuque County’s rate of lead poisoning is slightly lower than the city of Dubuque’s rate, which contains a higher percentage of older homes with lead-based paint.

The number of homes with radon above EPA action level continues to be higher than the national average.

Dubuque County reports drinking water violations for private wells and communities without proper sewage treatment/public sewage treatment.

GOALS:

Assure water quality that meets or exceeds state and federal guidelines and requirements.

Encourage healthy neighborhoods through environmental changes and sustainable practices that promote physical activity and reduced exposure to environmental health risks.

Social Determinants of Health - moving from diseases toward determinants and causes. Social determinants of health, are “conditions in which people are born, grow, work, live and age, and the wider set of forces and systems shaping the conditions of daily life.” Dubuque County as a whole, considers a “place-based” organizing framework that reflects several key social determinants of health - economic stability, education, social and community context, health, health care, neighborhood, and the built environment.

COMMUNITY INPUT

What do residents say?

Survey respondents indicated that the top three barriers impacting community health include drug abuse, obesity and poor diet.

Not getting flu shots/vaccinations, unprotected sex and food safety are notable behaviors impacting infectious disease.

The top three barriers keeping community members from accessing health services include out of pocket expenses/lack of insurance, lack of providers/difficulty of getting an appointment, and navigating the healthcare system.

The top three environmental factors impacting community health include healthy homes, drinking water and disaster preparedness.

Dubuque County as a whole, considers a “place-based” organizing framework that reflects several key social determinants of health - economic stability, education, social and community context, health, health care, neighborhood, and the built environment.