



Hill County Community Health Assessment 2010-2011

Soliciting Hill County's community
voice ~ encouraging collaboration
for a vibrant community.

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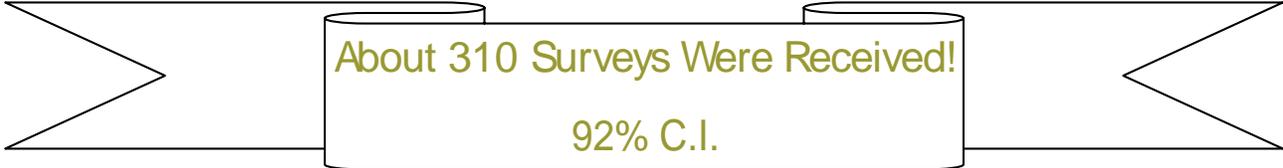
Introduction

The 2010–2011 Hill County Community Health Assessment was brought to the attention of the Hill County Consortium members by the Hill County Health Department. The Health Department itself was required to do a Community Health Assessment to participate in the House Bill 173 pilot project through the Montana Department of Public Health and Human Services. The first few meetings of the Hill County Consortium were to draw out what had been done on the prior Health Assessment by the Consortium, and what needs to be done for this one. Partnerships were formed through the Consortium, which would in turn lead to better collaboration in gathering our data. It took little convincing for partners to agree we needed to do a Community Health Assessment, but figuring out which way to go from there was a challenge, since no one had been part of the first Health Assessment.

The CHANGE (Community Health Assessment and Group Evaluation) Tool from the CDC website was chosen to help us through the process of our Community Health Assessment mainly because it would walk us through each step in the process. CHANGE can be used to gain a picture of the policy, systems, and environmental change strategies currently in place throughout the community; develop a community action plan for improving policies, systems, and the environment to support healthy lifestyles; and assist with prioritizing community needs and allocating available resources. The CHANGE Tool involves dividing our community into 5 different sectors and choosing a few sites within those sectors to collect responses from. The 5 Sectors include:

1. Community-At-Large
2. Community-Institutions-Organizations
3. Worksite
4. Health Care
5. Schools

Along with the CHANGE Tool, a written survey was created using an example from Wilkes Healthy Carolinians Council. (WilkesHealth.com) This survey seemed to fit quite closely to our needs. Only minor adjustments were made to fit Hill County. This written survey was available throughout Hill County at various waiting areas so people would have adequate time to complete them.



About 310 Surveys Were Received!

92% C.I.

Acknowledgements

The Hill County Consortium is composed of many important stakeholders of our community who put in a great deal of time and resources to make this Community Health Assessment become a reality. Those who participated include:

1. Hill County Health Department
2. Boys and Girls Club of the Hi-Line
3. Northern Montana Hospital
4. MSU-Northern
5. Board of Health (BOH)
6. Community Members
7. Rocky Boy Health Department
8. Salvation Army
9. United Way
10. Human Resource Development Council (HRDC)
11. Havre Public Schools
12. Extension Office
13. Sanitarian/Planner
14. Commissioners
15. Havre Daily News
16. New Media Broadcasters Inc.
17. Office of Public Assistance
18. 12th Judicial District Youth Court
19. Quality Life Concepts
20. Domestic Abuse Program
21. Opportunity Link
22. Department of Family Services
23. Bullhook Community Health Center
24. Youth Dynamics

A very special Thank You goes out to those who volunteered their time around the holidays to be a part of the CHANGE Tool Data Collection Team. Those individuals include:

- Lindsey Brown—MSU Northern Dean of Students
- Brittany Christofferson—Domestic Abuse Program
- Trina Crawford—Salvation Army
- Kristi Kline—BOH Member
- Luann McLain—Boys and Girls Club
- Christen Obresley—Northern Montana Hospital
- Lorraine Verploegen—United Way



Community Profile

Hill County offers wide open spaces for enhanced rural living, farming, and ranching. Hill County was formed February 28, 1912, from the original Chouteau County. Hill County, located in North Central Montana is home to the beautiful Bears Paw Mountains, Beaver Creek Park and Fresno Reservoir, along with many other recreational activities available to our community.

With a population of 16,454 according to the 2008 Census Bureau, that spans over 2,896 square miles, it is a very sparsely populated area, averaging only 5.7 people per square mile. The population of Hill County is primarily white, but claims 3,511 American Indians, approximately 21% of the total population.

County Demographics

- * 76.6% of the population is Caucasian (2008 Census)
- * 49.5% of the population is female (2008 Census)
- * 50.5% of the population is male (2008 Census)
 - * Median age is 35 years (2008 Census)
- * 16.1% of population is under 5 years (2008 Census)
- * 52.9% of population is under 18 years (2008 Census)
- * 24.3% of populations is over 65 years (2008 Census)
- * 1.3% decrease in population from 2000 (2008 Census)



Socioeconomics of Hill County

- * Median Household income is \$39,155
- * Unemployment Rate is at 4.5%
- * 18% of population lives below the Federal Poverty Level

Methodology

The Community Health Assessment process was implemented in order to participate in the HB 173 pilot project through the Montana Department of Public Health and Human Services. The Health Department began the process by assembling the Hill County Consortium because working together with community partners would allow us a much more successful Community Health Assessment. The Consortium determined that a Health Assessment would provide the best results as a collaborative effort. The Consortium researched possible tools that could help the process. The CHANGE Tool from the CDC stood out to us because it walked us through the process step by step. We used this tool to look at the five different sectors of the community and identify what policies and environmental elements were in place and what needs to be addressed. The CHANGE Tool was taken over by the data collection team, made up of about 7 people who canvassed the community and interviewed agencies to get the information we needed. Those 7 people really did a great job collecting the data, and returning it for entry and analysis.

Along with the CHANGE Tool, the Community Health Assessment Survey was developed using a survey from the Wilkes Healthy Carolinians Council from Wilkes County in North Carolina. The survey that they had developed to assess the health of their community fit very well to the questions we wanted to ask, and minor changes/additions were made so it would better fit Hill County and address our specific questions/concerns. The survey ended up being about 40 questions long, and 311 responses were returned resulting in just over a 92% confidence interval (92% sure that this sample represents our community), so we were very pleased. We had the survey available at many different agencies around town so we could reach a wide variety of people, those agencies include:

- * NMMG West Clinic
- * NMMG East Clinic
- * Bullhook Community Health Center
- * Bullhook Dental
- * Kostelecky Chiropractic
- * Hill County Health Department
- * HRDC
- * Boys and Girls Club
- * Dr. Shelby's Dental Office...and...



...we also made the survey available at SurveyMonkey.com, and had the link to it on the Hill County Health Department website.

Methodology Continued

Also, to enhance the overall effect of our data and findings, some students from MSU Northern volunteered to go around Hill County and take pictures of whatever they thought was worthy of a second look. These pictures range from a beautiful landscape to a park that is being overrun by weeds and wild grasses. They show the good, as well as areas of weakness.

The Community Health Assessment was conducted from November 2010 until the first week in January 2011. All the information was gathered and prepared for presentation, to show our Hill County Consortium. The Data Collection team conducted interviews within the five sectors of the CHANGE Tool, and reported their findings to the program assistant to be entered into the appropriate worksheets. The surveys that were filled out at the agencies were manually entered into survey monkey to go along with those that had been done online, and a total of 311 individuals were surveyed to obtain a 92% confidence interval with a +/- 5.0 margin of error.

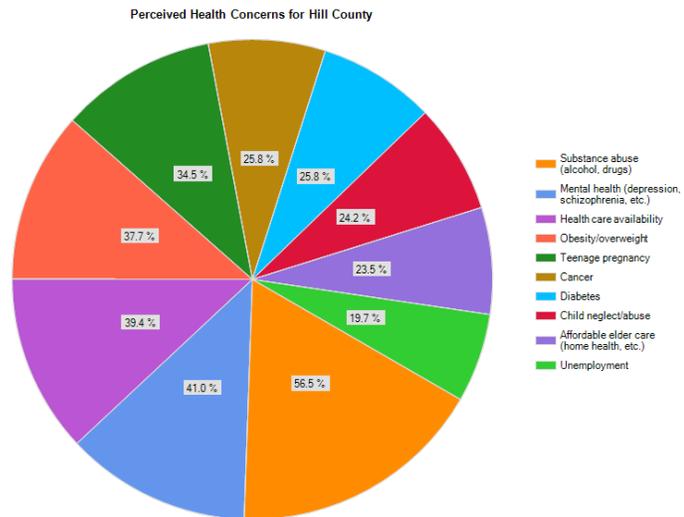
Statistical data from the State was utilized to compare Hill Counties findings to, as well as identify other issues that need to be addressed.



“Perceived” Health Concerns

The written survey, asked the question to our community, “Using the following list, please put a check mark next to what you think are the five (5) most important “health concerns” in Hill County.” (In other words, what problems have the greatest effect on overall community health?). What the community sees as the top health concerns in Hill County are:

- * Substance Abuse (56.5%)
- * Mental Health/Depression (41%)
- * Health Care Availability (39.4%)
- * Obesity/Overweight (37.7%)
- * Teenage Pregnancy (34.5%)



While going through our survey data, we found that our community has a good understanding of what is going on in Hill County. The following statistics are results from the written survey and other statistical data sources.

Substance Abuse

30% of those who took the survey report **Binge Drinking** in the last 30 days

20% of those surveyed report being **Heavy Drinkers**, or having at least 1 drink every night in the last 30 days

Mental Health/ Depression

38% of those surveyed report that they felt they **needed mental health care** in the last 12 months

>10% of those who needed mental health care **did not know** where to go to get it

MT Mental Health Statistics (BRFSS 03/ 08, Death Certificate data 99-08)

8.8% report 14+ days of “not good” mental health in MT/8.3% for Hill County

20.3 suicide rate for MT/15.9 for Hill County (per 100,000 pop.)

MT Stats for Substance Abuse (BRFSS)

16.9% Binge Drinking Rate

5.9% Heavy Drinking Rate

Statistics on Health Concerns for Hill County

Obesity/ Overweight

43% of those surveyed have been told by a health care professional they are overweight/obese

48% do not exercise regularly

99% of those surveyed do not eat the recommended daily amount of fruits and vegetables.



Other Impacts of Obesity/ Overweight

30% of those surveyed have been told they have high Blood Pressure

30% of those surveyed have been told they have high Cholesterol

Heart Disease is the leading cause of death in Hill County

Health Care Availability/ Teenage Pregnancy

Through our survey, and collaboration with community partners, we found that the issue is not Health Care "Availability" but rather Health Care "Awareness." We have many different options for Health Care in Hill County, but we find the majority of our community do not know about them, so education and increasing awareness is a major goal for us!

Teenage pregnancy continues to be a concern, but from the statistics we received from the State, Hill County's rate has been decreasing and we will continue to work toward that in the future.

Births to Teens for Hill County (as percent of all births)

17% in 2000

10% in 2009

(Montanakidscount.org)

“Perceived” Unhealthy Behaviors

The survey asked the question, “Using the following list, please put a check mark next to what you think are the five (5) most important “unhealthy behaviors” in Hill County. (Unhealthy behaviors that have the greatest effect on overall community health and safety). What the community sees as the top unhealthy behaviors in Hill County are:

- * Alcohol Abuse (81.6%)
- * Drug Abuse (63.4%)
- * Being Overweight (46%)
- * Having Unsafe Sex (36.2%)
- * Tobacco Use (35.6%)

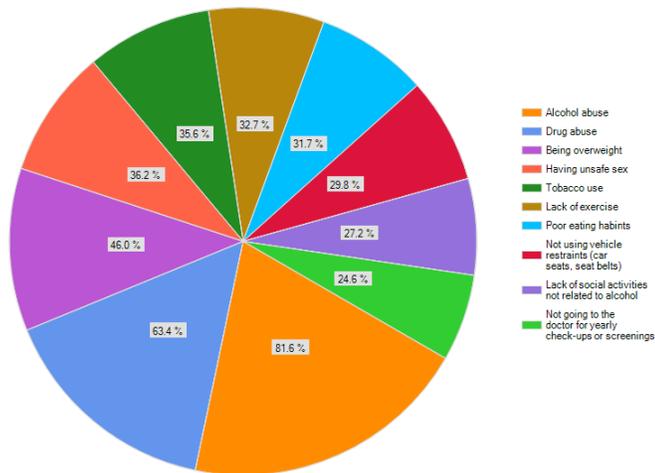
The Health Concerns Identified, and the Unhealthy Behaviors are very closely related, and help to support that those issues really stand out in our community and need to be addressed. The Hill County Consortium will be taking a closer look at what can be done to address these needs in the future. The following statistics about Unsafe sex and tobacco use are results from the written survey and other statistical data sources.

Tobacco Use

20% of people surveyed report being smokers

25% of women in Hill County smoke while pregnant/ 18% in MT (2009 Hill County Health Profile)

Perceived Unhealthy Behaviors in Hill County



Unsafe Sex Practices

Having unsafe sex can lead to many different outcomes, some include:

Teen Pregnancy

Births to Teens in Hill County (% of all births) (montanakidscount.org)

17% in 2000

10% in 2009

Sexually Transmitted Infections (STI)

Chlamydia Incidence Rate (cases per 100,000) (2009 Hill County Health Profile)

Hill County ~ 629.2

MT ~ 285.3

Unidentified Issues

Once the survey was complete and data analyzed, it was found that there were a few issues/needs that most of our population do not see. This helps to identify that more education and awareness is needed in our county.

Domestic Violence

32% of those surveyed report they or someone they know **has been a victim** of domestic violence in the last 12 months.

Domestic Violence Rates (3 year rate per 100,000 population)

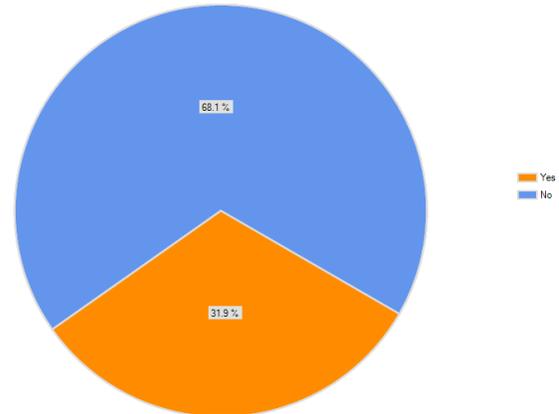
Hill County ~ 868.8

MT ~ 438.6

(2007-2009 Data for Community Health Assessment)

Crime Rates for Hill County (4365) almost double that of MT (2813).
(MT ACA Home Visiting Needs Assessment 2009)

In the past 12 months have you or someone you know experienced any form of domestic abuse (physical, emotional, financial, sexual or verbal)?



Energy Costs

About half of the people surveyed said they will skip purchasing prescription drugs or getting medical care due to rising energy costs.

52.7% of people surveyed would like help making their house more energy efficient.

Activities People Want In Our Community

Nutrition Class ~ 36.9%

Winter Clothing Exchange ~ 36.9%

Preschool Play Group ~ 31.3%

Parents' Support Group ~ 20%

Baby Sign Language Class ~ 16.3%



Limitations

The Hill County Community Health Assessment went quite smoothly, and the results will have an impact on our future, but there were limitations along the way that may have skewed a few results. Those limitations include, but are not limited to:

1. The time span we had to complete the assessment was quite short.
2. The time of year we did the assessment was very tough because it was right between Thanksgiving and Christmas when people are very busy with other personal/business things.
3. The locations we made the survey available at could have been a barrier for some of our community members that do not use public services.
4. The length of the survey did turn a few people away. Availability of two shorter versions or just a shorter survey may have more people.
5. Also, some people skipped questions on the survey because they either didn't see them or they didn't feel comfortable answering.

Future Use

The Hill County Consortium and community members will use this information to identify and prioritize key health needs in our community. A Community Health Improvement Plan (CHIP) will be created to address the top issues identified as most doable and realistic for our group to address. The Community Health Improvement Plan will be used to guide the Consortium's work as well as help in the implementation of the Hill County Health Department's Strategic Plan.

The Consortium members, community organizations, as well as community members are encouraged to look over this data and use it in any way they can to improve overall wellness in Hill County. The Hill County Consortium wants to encourage community members to bring ideas forward, either to organizations or Consortium meetings so you can help us achieve better health and well being. We look forward to hearing from all of you!



Resources

1. MSU—Northern Student Volunteers—photographs taken around the county that they believed needed a second look.
2. CHANGE Tool data from interviews.
3. Hill County Consortium’s Community Health Assessment Survey Data.
4. 2003-2008 Behavioral Risk Factors Surveillance System
5. Aggregate Vital Statistics Death Certificate data from 1999—2008
6. 2009 Hill County Health Profile
7. www.cdc.gov —CHANGE Tool
8. Survey Monkey—surveymonkey.com
9. Montana Kids County—www.montanakidscount.org
10. MT ACA Home Visiting Needs Assessment 2009
11. Hill County MT Website—<http://co.hill.mt.us/>
12. Wilkes Healthy Carolinians Council Survey—http://nciph.sph.unc.edu/incubator/partnerships/northwest/nw_tools/WellnessSurvey/WilkesSurveyEnglish.doc
13. Sample Size Calculator—<http://www.raosoft.com/samplesize.html>
14. 2003-2008 Data from U.S. Census Bureau
15. Prevention Needs Assessment Survey, 2010
16. 2007-2009 data for Community Health Assessment (U.S. Census Bureau)