# Community Initiated Decision Making Project Overview

County wide training – 2 and half days

- 37 participants – 13 public health or state government – 24 – representing county
- Overwhelmingly positive evaluations
- $52.00 under budget
- 14 participants from the training agreed to serve on the Community Health Council of Goodhue County – 4 additional participants that were unable to attend the training also agreed to serve on the health council
- Nurses, aides and environmental staff were trained in the CIDM process in August and September 2004

Community Health Council of Goodhue County

- Met twice a month since August 3, 2004 – 12 official meetings
- Developed "question" for street interview
- Public health nurses and aides used "question" for interviews with clients
- The "question" was also used at: Diversity Festival, Gemini Health Fair, Employee Wellness Day, and Prairie Island Health Fair
- Council identified at least 10 individuals who they could dialogue with about process
- Developed Key informant interview
- Coordinated key informant interview with United Way's Community Asset Mapping Project
- Developed natural focus group interview
- Identified 184 key informants – informal or formal leaders within a community
- Interviewed 146 key informants
- Identified 118 natural focus groups – naturally occurring groups of people that get together for other purposes
- Interviewed 32 natural focus groups
- Sent out a random sampling survey to 1000 households
- 515 random sampling surveys were received
- Conducted 5 county-wide community wide goal setting meetings with 100 people in attendance

Total Amount of Hours put into the project

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| Health Council Meetings | 189 hours |
| The "question" | 50 hours |
| Select 10 dialogues | 5 hours |
| Key informant interviews | 219 hours |
| Natural Focus Groups | 21 hours |
| Random Survey hours | |
| Mailings 75 hours | |
| Data entry 32 hours | |
| Total | 107 hours |
| Community Wide Meetings | |
| Staff time 70 hours | |
| Health Council time 66 hours | |
| Total | 136 hours |
| Total amount of hours for effort | 727 hours* - Estimate |

Total Amount of people reached
Training – 37
Select 10 – 75*
Survey - 515
Question – 600 responses
Key informants – 146
Natural Focus Groups – some groups had 6; some had 90 – average 10 – Approximately 300*
Community Wide Meetings – 100

Total reached approximately – 1700 people – 5% adult population in Goodhue County
*These numbers are approximations

Media Information

- Numerous press releases were written to all media outlets – newspapers and radio stations – may not be a complete list – unable to verify radio announcements

  - ✓ Republican Eagle – 7-20-04 – workshop article
  - ✓ Republican Eagle – 7-20-04 – Health Council article
  - ✓ Kenyon Leader – 7-28-04 – Health Council article
  - ✓ Cannon Falls Beacon – 7-29-04 – Health Council article
  - ✓ Republican Eagle – 7-30-04 – Editorial about the health council
  - ✓ News Record – 1-5-05 – Community Wide Meetings

- ✓ Republican Eagle – 1-15/16-05 – Community Wide Meeting article
- ✓ Kenyon Leader – 1-19-05 – Health Council and Community Wide Meeting article
- ✓ News Record – 1-19-05 – Community Wide Meetings
- ✓ Republican Eagle – 3-4-05 – Priority article
- ✓ Republican Eagle – 3-16-05 – COW meeting and priorities
- ✓ Cannon Falls Beacon – 3-25-05 – Priority article
- ✓ Kenyon Leader – 3-30-05- Priority article and next steps

<u>Now what?</u>

- Public Health's role – leadership in some priorities, and partnership in other priorities

- For example - Leadership role:

1. Healthy Lifestyle Choices and wellness
2. Smoke Free Ordinance
3. Health Insurance Issues
4. Prescription Drug Issues

- For example – partnership role:

1. Alcohol and Drug issues – Family Services Collaborative, Youth Services, etc.
2. Mental Health Issues – Goodhue County Mental Health and Social Services, Fairview, Faith-based organizations, etc.

- Working groups starting in about one month –

1. Healthy lifestyle choices and wellness
2. Health insurance issues
3. Prescription drug issues
4. Smoke free ordinance

Key informant and natural focus group key findings

| Issue | Key Informant | (Rank) | Natural Focus Group | (Rank) |
|---|---|---|---|---|
| Alcohol and Drug Use – General | 34% | (2) | 36% | (7) |
| Alcohol Use Among Adolescents | 6.8% | | 3% | |
| Assisted Living Facilities | 7.4% | | 21% | |
| Cancer | 8.1% | | 12% | |
| Children's Issues | 6% | | 12% | |
| Community Centers | 3.4% | | N/A | |
| Community Services | 21% | (8) | 12% | |
| Dental Issues | 9.5% | | 12% | |
| Diabetes | 10% | | 9% | |
| Education | 29% | (5) | 58% | (2) |
| Environmental Concerns | 2% | | 15% | |
| Greater County Services | 7.4% | | N/A | |
| Health and Wellness Issues | 28% | (6a) | 33% | (8a) |
| Health Insurance | 33% | (4) | 52% | (3) |
| Heart Disease | 4.1% | | 9.1% | |
| Highway Safety | 2.7% | | 3% | |
| Medical Care Issues | 32% | (3) | 70% | (1) |
| Mental Health Issues | 19% | (9) | 30% | (9a) |
| Nutrition | 15% | | 45% | (4a) |
| Obesity | 36% | (1) | 33% | (8b) |
| Parent Education | 8.1% | | 9.1% | |

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|---|---|---|---|---|
| Physical Activity | 28% | (6b) | 39% | (6a) |
| Prescription Drug Issues | 15% | | 39% | (6b) |
| Prevention Education in Schools | 18% | | 30% | (9b) |
| School Food Choices | 8.1% | | 45% | (4b) |
| Senior Issues | 28% | (6c) | 40% | (5) |
| Smoke Free Ordnance | | | | |
| Smoking Issues | 22% | (7) | 24% | |
| Transportation | 13% | | 27% | |
| Walking Trails | 2.7% | | 15% | |
| Youth Drug Issues | 4.7% | | 6.1% | |

**Community Health Council of Goodhue County survey**

| **Initial frequencies**<br>n=515 returned surveys | **No problem** | **Minor problem** | **Moderate problem** | **Serious problem** |
|---|---|---|---|---|
| | % | % | % | % |
| Q1.High blood pressure among adults | 6.8 | 17.5 | 59.6 | 16.1 |
| Q2.Unhealthy eating habits | 6.9 | 12.2 | 42.1 | 38.7 |
| Q3.Lack of exercise (physical activity) | 5.4 | 12.4 | 44.7 | 37.6 |
| Q4.Obesity (overweight) among adults | 6.6 | 9.8 | 40.2 | 43.4 |
| Q5.Obesity (overweight) among children | 8.1 | 13.4 | 37.3 | 41.2 |
| Q6.Diabetes among adults | 9.1 | 26.1 | 47.6 | 17.2 |
| Q7.Diabetes among children | 13.1 | 42.4 | 33.6 | 10.9 |
| Q8.People not getting recommended check-ups | 9.4 | 31.9 | 42.0 | 16.7 |
| Q9.People not getting recommended dental care | 9.2 | 32.2 | 41.6 | 17.1 |
| Q10.Adults not able to Care for themselves at home | 13.1 | 36.1 | 41.3 | 9.5 |
| Q11.Adults not able to Do routine household chores or home repairs | 11.8 | 35.8 | 44.3 | 8.1 |
| Q12.Adults not able to Take medications they need | 13.1 | 34.9 | 38.2 | 13.8 |
| Q13.Lack of nursing home beds | 21.2 | 39.9 | 28.9 | 10.0 |
| Q14.Lack of services to allow people to stay at home | 12.5 | 30.6 | 36.2 | 20.7 |
| Q15.Lack of alternative housing such as assisted living and adult foster care | 14.1 | 25.1 | 39.3 | 21.4 |
| Q16.Children not getting their shots | 20.2 | 55.3 | 20.5 | 4.0 |
| Q17.Adults not getting their shots (flu, tetanus, pneumonia) | 15.6 | 47.8 | 29.9 | 6.7 |
| Q18.Lack of proper handwashing | 11.7 | 28.5 | 35.3 | 24.5 |
| Q19.Sexually transmitted disease, including chlamydia, syphilis, HIV/AIDS | 13.2 | 43.4 | 29.9 | 13.5 |
| Q20.Tuberculosis (TB) | 39.3 | 47.6 | 10.8 | 2.2 |
| Q21.Mosquito-borne illness (West Nile, LaCrosse) | 29.6 | 51.1 | 13.6 | 5.6 |
| Q22. Peeling lead-based paint in homes with children | 24.2 | 59.3 | 14.2 | 2.3 |
| Q23.Food safety. Chemicals, pesticides and hormones in foods | 20.3 | 45.3 | 22.6 | 11.9 |
| Q24.Food safety. Cleanliness of restaurants | 15.4 | 45.3 | 31.9 | 7.5 |
| Q25.Indoor air pollution related to Radon | 29.7 | 52.1 | 15.4 | 2.8 |
| Q26.Indoor air pollution related to Second-hand smoke | 12.5 | 35.9 | 35.0 | 16.6 |
| Q27.Indoor air pollution related to Carbon monoxide | 23.8 | 53.0 | 18.5 | 4.8 |
| Q28.Unsafe drinking water | 32.3 | 44.3 | 16.1 | 7.3 |
| Q29.Rodent and insect breeding grounds | 23.6 | 53.8 | 18.0 | 4.6 |
| Q30.Environmental contamination from meth labs | 15.8 | 38.9 | 28.7 | 16.6 |
| Q31.Poor eating habits during pregnancy | 12.6 | 51.5 | 29.8 | 6.1 |
| Q32.Alcohol/drug use during pregnancy | 10.9 | 41.1 | 35.7 | 12.3 |
| Q33.Tobacco use during pregnancy | 9.6 | 32.9 | 43.5 | 13.9 |
| Q34.Unplanned pregnancy | 8.8 | 30.3 | 39.3 | 21.5 |
| Q35.Teen pregnancy | 8.2 | 27.8 | 37.5 | 26.5 |
| Q36.Difficulty obtaining family planning services | 22.6 | 49.0 | 21.4 | 6.9 |
| Q37.Pregnant women not getting prenatal care | 17.7 | 55.7 | 20.5 | 6.1 |
| Q38.Premature babies | 16.3 | 62.0 | 16.5 | 5.2 |
| Q39.Babies born with low birth weight | 16.3 | 62.4 | 17.4 | 4.0 |
| Q40.Babies born with a disability | 17.3 | 62.2 | 13.6 | 7.0 |
| Q41.Farm-related injuries | 14.0 | 48.2 | 33.6 | 4.2 |
| Q42.Falls among the elderly | 8.1 | 33.8 | 45.1 | 12.9 |
| Q43.Home injuries (burns, poisoning, choking, etc.) | 15.9 | 60.0 | 22.0 | 2.1 |

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| Q44.Unsafe work environment | 18.3 | 57.9 | 20.5 | 3.3 |
| Q45.Gun/firearm injuries | 27.4 | 53.9 | 13.7 | 5.1 |
| Q46.Traffic injuries (car, motorcycle, pedestrian, etc.) | 10.5 | 29.9 | 40.9 | 18.7 |
| Q47.Recreational vehicle injuries (ATV, snowmobile, etc.) | 11.0 | 37.8 | 37.4 | 13.8 |
| Q48.Improper use of or not using child car seats | 13.8 | 43.3 | 30.5 | 12.3 |
| Q49.Not using seat belts | 13.6 | 38.7 | 33.9 | 13.8 |
| Q50.Not using safety helmets (motorcycle, bike, ATV, etc.) | 10.7 | 30.1 | 36.8 | 22.4 |
| Q51.Domestic abuse | 10.2 | 32.6 | 41.0 | 16.2 |
| Q52.Gang violence | 17.4 | 39.9 | 29.3 | 13.4 |
| Q53.Violence in schools. Bullying | 8.0 | 25.9 | 42.0 | 24.2 |
| Q54.Violence in schools. Physical fights | 11.6 | 39.7 | 33.0 | 15.7 |
| Q55.Violence in schools. Weapon violence | 21.4 | 47.0 | 22.2 | 9.4 |
| Q56.Abuse/neglect of children | 12.0 | 37.8 | 34.3 | 15.8 |
| Q57.Abuse/neglect of adults unable to care for themselves | 14.5 | 48.4 | 27.9 | 9.1 |
| Q58.Tobacco use by youth | 6.8 | 15.4 | 40.5 | 37.3 |
| Q59.Tobacco use by adults | 9.1 | 18.8 | 39.5 | 32.6 |
| Q60.Alcohol use by underage youth | 6.3 | 15.2 | 34.0 | 44.5 |
| Q61.Alcohol abuse by adults | 8.3 | 20.3 | 40.6 | 30.8 |
| Q62.Adults allowing or tolerating youth alcohol use | 8.6 | 23.2 | 35.5 | 32.6 |
| Q63.Drinking and driving | 7.7 | 16.4 | 35.8 | 40.1 |
| Q64.Use of illegal drugs | 7.4 | 17.6 | 35.6 | 39.4 |
| Q65.Abuse of over-the-counter and prescription drugs | 12.4 | 36.4 | 36.9 | 14.3 |
| Q66.Parents with inadequate/poor quality parenting skills | 10.1 | 29.3 | 39.9 | 20.7 |
| Q67.Children's health problems going untreated | 12.8 | 48.3 | 30.5 | 8.4 |
| Q68.Children not getting regular check-ups | 12.5 | 46.3 | 32.7 | 8.5 |
| Q69.Children and adolescents unsupervised after school | 8.1 | 29.3 | 43.8 | 18.8 |
| Q70.Adolescents becoming sexually active | 7.7 | 16.5 | 39.4 | 36.4 |
| Q71.County government's lack of preparation for a disaster, disease outbreak or terrorist event | 18.9 | 43.0 | 26.6 | 11.5 |
| Q72.Ambulance/rescue squad response time to 911 | 38.9 | 39.8 | 16.2 | 5.1 |
| Q73.Community's lack of knowledge of first aid/CPR | 21.4 | 38.3 | 32.9 | 7.5 |
| Q74.People without insurance or medical coverage | 8.6 | 23.5 | 35.4 | 32.5 |
| Q75.Cost of prescription medications | 7.0 | 6.9 | 24.1 | 62.1 |
| Q76.People don't know where or how to get health care services | 16.6 | 43.5 | 28.2 | 11.7 |
| Q77.Language barriers in getting health care | 24.8 | 43.6 | 23.8 | 7.8 |
| Q78.Lack of provider knowledge about the health care needs of people of different cultures | 25.3 | 40.3 | 27.2 | 7.2 |
| Q79.Lack of transportation to health care services | 22.6 | 45.5 | 25.8 | 6.1 |
| Q80.Depression among youth | 8.6 | 25.4 | 46.3 | 19.7 |
| Q81.Depression among seniors | 7.8 | 23.5 | 48.5 | 20.2 |
| Q82.Depression among other adults | 7.8 | 30.5 | 49.6 | 12.1 |
| Q83.Suicide among youth | 16.4 | 37.3 | 28.9 | 17.5 |
| Q84.Suicide among seniors | 22.8 | 47.6 | 23.9 | 5.7 |
| Q85.Suicide among other adults | 17.6 | 51.3 | 24.5 | 6.6 |
| Q86.Eating disorders (anorexia, bulimia, binge eating) | 12.6 | 35.5 | 37.4 | 14.6 |
| Q87.Difficulty obtaining mental health services for youth | 18.7 | 36.7 | 30.6 | 13.9 |
| Q88.Difficulty obtaining mental health services for adults | 18.6 | 38.2 | 31.9 | 11.3 |
| Q89.Difficulty obtaining alcohol and drug abuse treatment. For youth | 19.5 | 41.6 | 26.9 | 12.0 |
| Q90.Difficulty obtaining alcohol and drug abuse treatment. For adults | 21.0 | 41.6 | 26.2 | 11.2 |

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|---|---|---|---|---|
| Q91.People not taking prescribed medication for mental health problems | 11.4 | 37.2 | 36.0 | 15.4 |