



ANOKA COUNTY COMMUNITY HEALTH ASSESSMENT REPORT 2010-2014



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Anoka County Community Health Assessment Report

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Anoka County Community Health Assessment Report and Action Plan 2010-2014 Overview

Minnesota counties acting as community health boards have local governmental responsibilities for basic health protection. Under the Minnesota Public Health Act (MN Statute 145A), they are required to assess the health problems and resources in their communities, establish local public health priorities, identify goals and objectives and determine the mechanisms by which they will address the local priorities to achieve desired outcomes. This Community Health Assessment and Action Plan (CHAAP) process must be conducted every five years.

There are six essential local public health activities that must be addressed. These include: Assure an adequate local public health infrastructure; Promote healthy communities and healthy behaviors; Prevent the spread of infectious diseases; Protect against environmental health hazards; Prepare for and respond to disasters and assist communities in recovery; Assure the quality and accessibility of health services.

A comprehensive community health assessment process was conducted in 2009 that included strategies designed to involve as many residents and workers as possible to identify issues that affect them. State and local health data and statistics from a wide array of sources were also reviewed as part of the assessment process.

The community health issues identified as serious concerns were then further prioritized to four areas:

- A. Children and adults who are obese and overweight are at-risk.
- B. The health and well-being of families are at risk.
- C. The quality and accessibility of health services are being challenged.
- D. Alcohol and prescription drug abuse and dependency, tobacco use, and illegal drug use result in health and safety concerns.

An Interventions Plan has been developed for each priority that includes: a goal statement, target population, and an action plan with outcomes, measurement indicators and evaluation.

The Anoka County Community Health Advisory Committee, a County Board appointed committee of community residents and representatives from health care, business, education, law enforcement and other community agencies served to guide and review the assessment and plan process.

Community Health and Environmental Services also conducted a separate Water Resource Assessment of Anoka County's groundwater and surface water. A Water Resource Management Advisory Task Force (which included local community residents and water experts), participated in the development of the Assessment Report which includes recommendations for the protection of water quality and quantity in Anoka County.

The Water Resources Assessment Report is compiled in a separate document, which is available from the department upon request.

COMMUNITY DESCRIPTION

Anoka County, Minnesota



Anoka County is in the northern area of the Twin Cities greater Metropolitan area of Minneapolis and St. Paul, Minnesota.

Area: 440 square miles.
Population: 352,082 (2010 estimate).

It is the fourth most populous county in the state of Minnesota. It is comprised of 20 cities and one township.

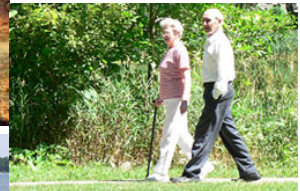
Anoka County is governed by a seven-person Board of Commissioners, each elected to four-year terms. The board is responsible for transportation, property tax assessment, elections, record keeping, planning and zoning, solid waste management, environmental protection, parks and water management, law enforcement, and health and human services.

The County Board of Commissioners is also the Community Health Board. It is responsible to protect and promote health, and prevent disease and disability in its residents.

Through at least 2012, Anoka County is represented by three Congressional members at the federal level of government. At the state level of government, there are eight State Senators and 13 members of the Minnesota House of Representatives.

Geographically, Anoka County is comprised primarily of a relatively flat sand plain. About five percent of the 440 square miles of land are covered with water.

Anoka County currently has seven regional parks, one park reserve, five county parks, two natural areas, and six regional trails, covering 10,000 acres. There are more than three million visits a year to the Anoka County park system; this is more than the number of visitors to Yellowstone and Voyager National Parks combined.



The Anoka County library system has eight branch locations. There is also one affiliated city library in Anoka County.



There are seven school districts located within the county borders, as well as several school facilities that are part of two school districts headquartered outside of the county. There is a public community college and a public technical college within Anoka County. In addition to the public schools, Anoka County has 30 private K-12 schools.

Anoka County has a well established and growing health care system which includes Mercy and Unity Hospitals; with a total of 546 licensed beds. In 2008, they provided in-patient services to 33,911 patients. They have achieved national recognition.

There are 24 primary health care clinics, 74 specialty health care clinics, and 8 urgent care clinics in Anoka County. However, the current available psychiatric services do not meet the needs of the population.

While there are a fair number of dental clinics, access to dental care for those on publicly funded health care programs is limited. The reasons range from low reimbursement to providers, limited benefit sets and a higher than average "no show" rate with this population.

Brief History of Anoka County

The original residents of the area were probably from the Dakota (Sioux) and Chippewa tribes of American Indians.

The first house built in the county was in 1844 near the confluence of the Rum River and the Mississippi River. The first permanent colony settlement occurred in 1850 in the community of Ramsey. And, the first school was taught during the winter of 1853-54.

The county was organized on May 23, 1857, by the Legislative Assembly of the Territory of Minnesota. It included eight townships. The first community hospital was built in 1902. Anoka County Public Health Nursing began in the 1940s. County development slowed as the country experienced the Depression and two World Wars. Following World War II there was a great demand for housing. As a result, nine cities were incorporated in the county between 1950 and 1962.

Today, Anoka County is one of the largest and fastest growing counties in the State of Minnesota.

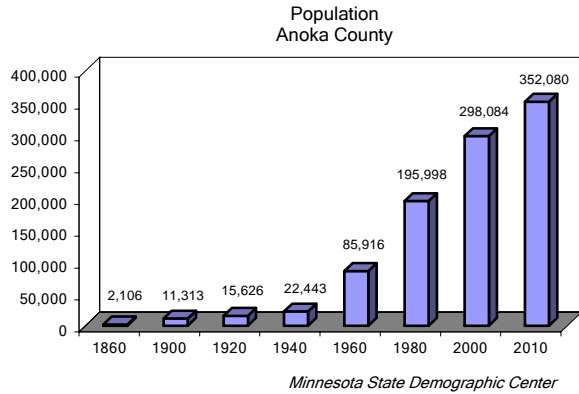
Mission

The mission of Anoka County government is to preserve the public trust by serving Anoka County citizens in a compassionate, innovative, and fiscally responsible manner.



DEMOGRAPHICS

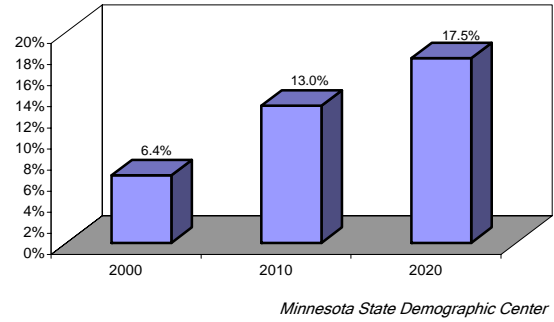
Anoka County Population



Anoka County continues to experience significant growth. In 1860, the population was 2,106. The Year 2000 U.S. Census showed the population at 298,084. The Minnesota State Demographic Center has estimated the population in 2010 at 352,080.

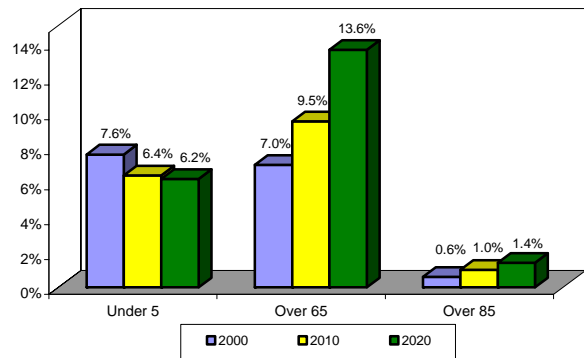
In the year 2000, the minority population was 6.4% of Anoka County's population. It is estimated that in 2010 the minority population will be 13% of the population and 17.5% by the year 2020.

Minority Population Anoka County



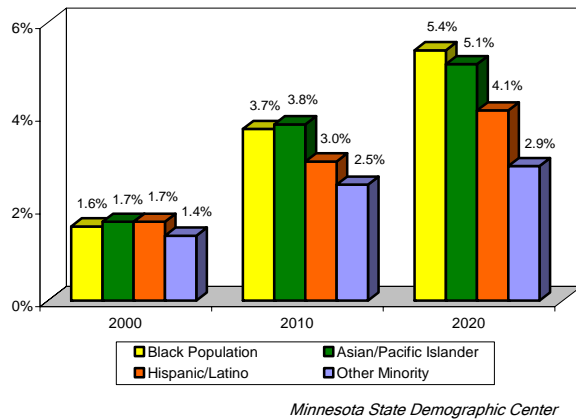
Age Population Projections

Age Population Characteristics Anoka County



Minority Population Projections

Minority Population by Race/Ethnicity Anoka County

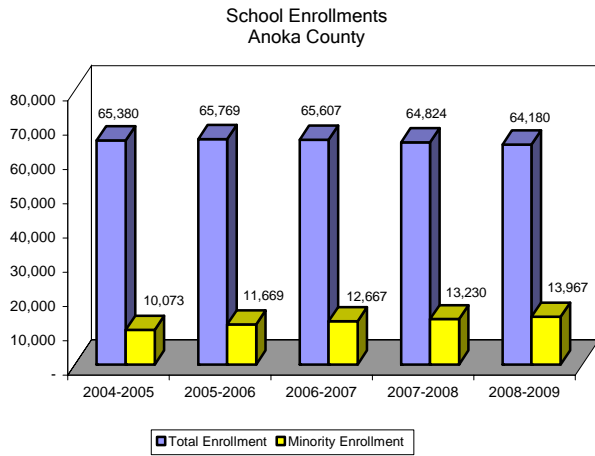


The percentage of senior adults in the population, aged 65 and older, is projected to almost double in 2020 from what it was in 2000; while senior adults over age 85 will more than double in numbers during that timeframe. During the same time, the number of children under five years of age, as a percentage of the total population, is projected to continue to decrease by the year 2020.

The Anoka County median age in 2007 was estimated to be 35.8, as compared to the state median of 37.1 years of age.

There are almost equal numbers of males and females in the county, with males having a slight edge.

School Enrollments

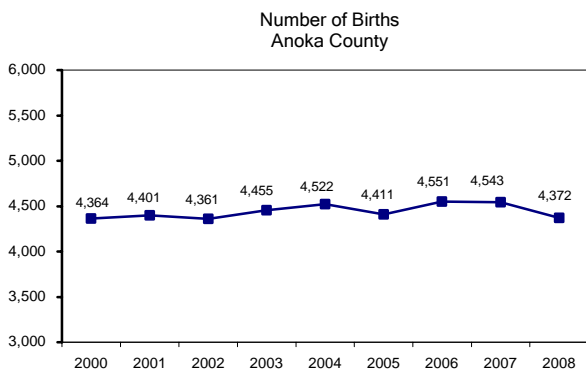


Minnesota Department of Education

The school enrollment data from the period of school year 2004-2005 through 2008-2009 reflects the current population changes.

There has been some increase in the number of children pre-school to 12th grade enrolled in special education programs. In school year 2002-2003, there were 8,038; while in school year 2008-2009, there were 8,611.

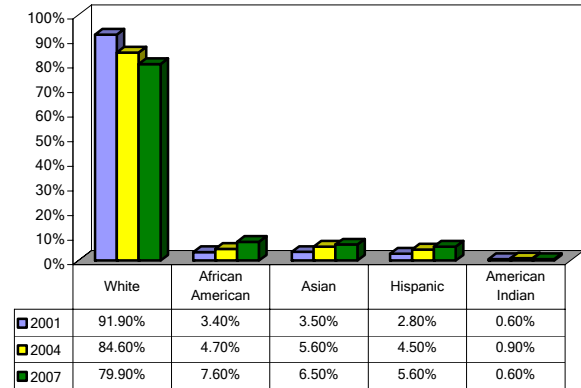
Births



Minnesota Center for Health Statistics as Geocoded by the Metro Public Health Data Analysis Work Group

There were 4,543 births to Anoka County residents in 2007 (the latest data available at the time of compilation). The birth rate in the county is 13.7 per 1,000 population. The Minnesota birth rate for the same period is 14.2 per 1,000 population.

Births by Race/Ethnicity
Anoka County

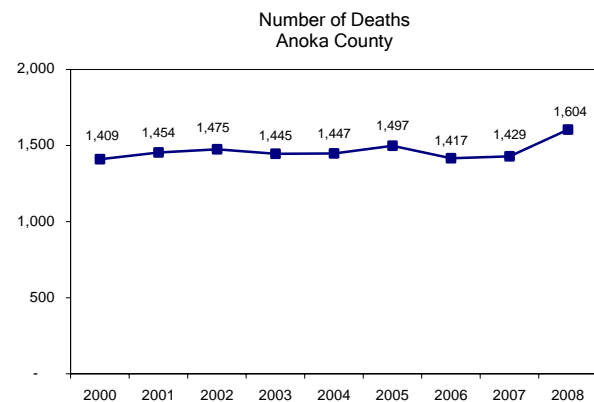


Minnesota Department of Health

The percentage increase in the number of births to minority populations is reflective of the changes in the makeup of the total population in Anoka County.

Deaths

There were 1,429 deaths of Anoka County residents in 2007. The death rate in the county is 4.4 per 1,000 population. The Minnesota death rate is 7.1 for the same period.

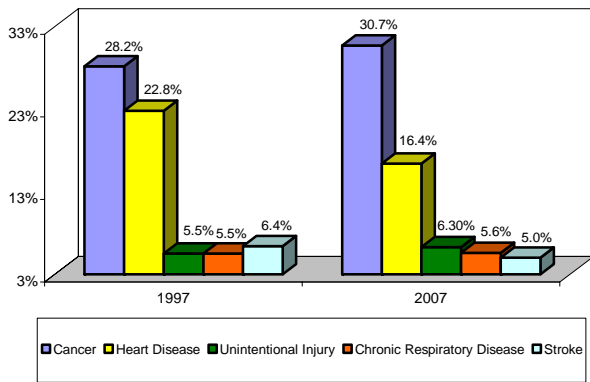


Minnesota Center for Health Statistics as Geocoded by the Metro Public Health Data Analysis Work Group

Cancer is the leading cause of death in Anoka County, as it has been from 1997 to 2007. During the same time, there has been a reduction in heart disease fatalities, and a slight increase in deaths caused by unintentional injuries.

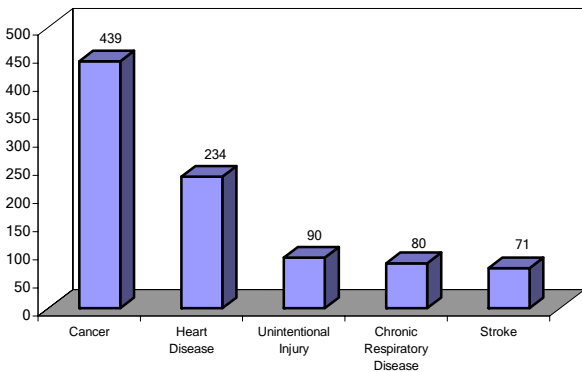
- Unintentional injury is the leading cause of death for people aged 0-44 years.
- Cancer is the leading cause of death for people aged 45-74 years.

Leading Causes of Death
1997 versus 2007
Anoka County



Minnesota Department of Health

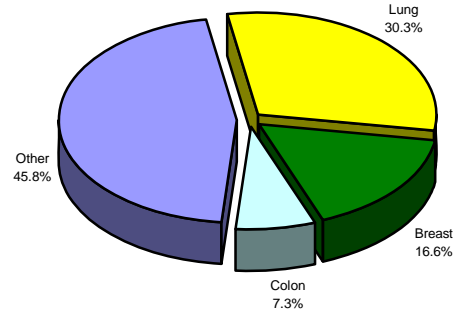
Leading Causes of Death
2007
Anoka County



Minnesota Department of Health

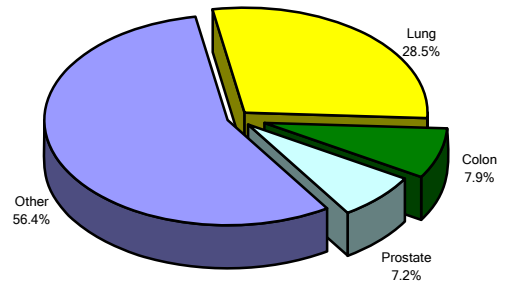
While there were 1,429 deaths in Anoka County in 2007, the chart above outlines the five leading causes of those deaths.

Cancer Deaths - Women
2003-2005
Anoka County



Minnesota Department of Health

Cancer Deaths - Men
2003-2005
Anoka County

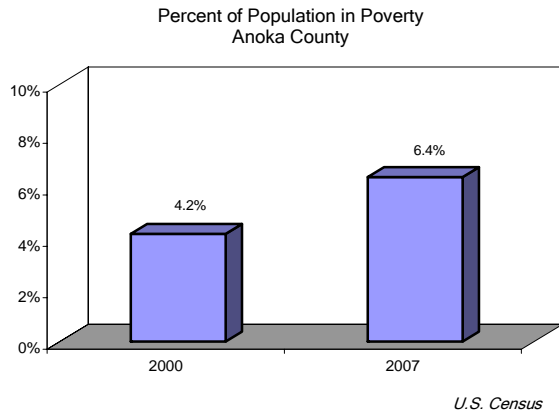


Minnesota Department of Health

Women are almost twice as likely to die from lung cancer in Anoka County than from breast cancer.

Lung cancer is also the leading cause of cancer deaths for men in Anoka County.

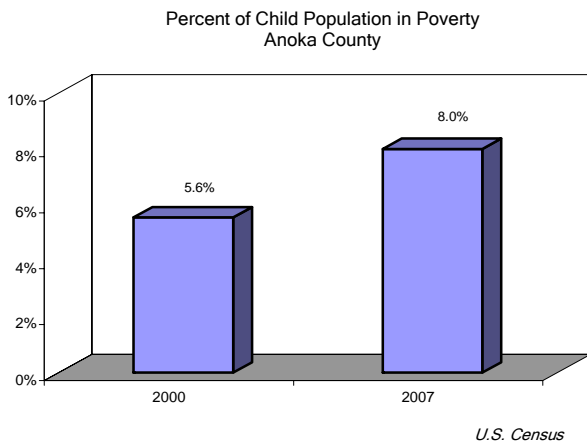
Economics



The U.S. Census estimated the median household income in Anoka County in 2007 was \$65,555. The U.S. Census Bureau Poverty Threshold for a family of four in 2007 was \$21,203.

The per capita income is estimated at \$35,640, which is the lowest in the seven-county metropolitan area. (This is due in part, to larger average household sizes than other counties.)

An estimated 6.4% of the residents in 2007 were in poverty, as compared to an estimated 4.2% in poverty during the 2000 U.S. Census. Nearly 5% of those people aged 65 and older were estimated to be in poverty in 2007.



For children, an estimated 8% of child residents under the age of 18 were in poverty in 2007, as compared to an estimated 5.6% in poverty during the 2000 U.S. Census.

Other Population Characteristics

The U.S. Census conducted an American Community Survey in 2007. Based on telephone sampling, the percentages of the following characteristics of Anoka County residents were estimated:

- Nearly 57% of households were married couple families.
- 39% of households had children under the age of 18.
- Nearly 16% of households had people aged 65 and older.
- The average household size was 2.6 people.
- 11% of the civilian population aged 18 years and older were veterans.
- 61% of workers aged 16 and older worked outside of Anoka County.

Education of those 25 years and older:

- 92% of those aged 25 years and older had completed high school (includes equivalency).
- 25% had completed a college bachelor's degree.
- 6.6% had completed an advanced college degree.

Housing Stock:

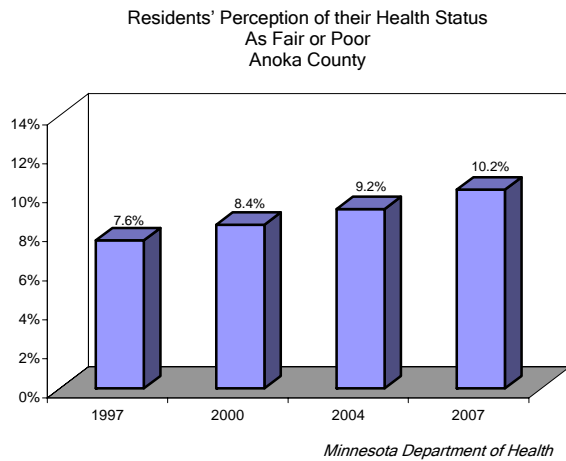
- For the age of housing, 3.4% of housing units were built in 1939 or earlier.
- For the types of housing, 3.2% of housing units were mobile homes.

HEALTH STATUS

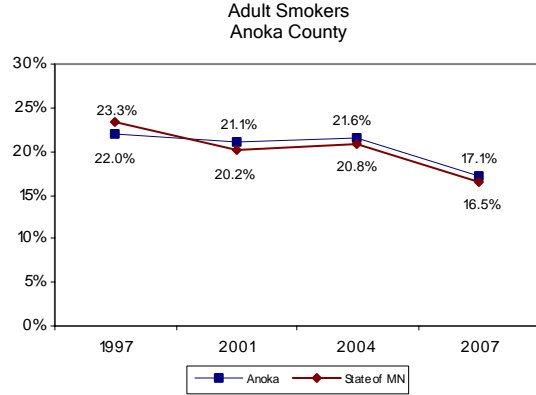
The health and well-being of the residents of Anoka County is reflected in many different health indicators. They range from behavior choices to numbers and percentages of those with health conditions and diseases. They cover children, teens, pregnant women, adults, and seniors.

Adults

The Minnesota Department of Health (MDH) conducts monthly telephone surveys of health risk behaviors. In 2007, they estimated the following issues for Anoka residents:



- There has been an increase in the number of Anoka residents who feel that their health status is fair or poor.
- 17.6% of residents in 2007 reported limitations in activities because of physical, mental, or emotional problems as compared to 14.4% in 2000.
- 19.6% of residents in 2007 reported being told they had high blood pressure as compared to 17.7% in 2000.



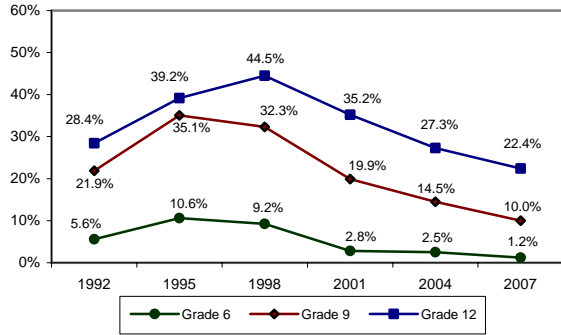
Students

The 2007 Minnesota Student Survey of Anoka County 6th, 9th, and 12th graders reported on students' general health issues.

- Two-thirds of the 6th graders, half of the 9th graders, and some 44% of 12th graders reported having a physical exam within the last 12 months.
- About 1 in 8 students said they had a physical health condition or problem that lasted at least 12 months.
- About 1 in 6 students have been told they had asthma.
- 65% of 9th grade females and 58% of 12th grade females had used exercise in 2007 to lose or control weight.
- 30% of 9th and 12th grade females reported they did not participate in any school-based or community-based activities because it costs too much.
- Nearly 40% of 12th graders, 45% of 9th graders, and two-thirds of 6th graders reported they had talked with their parents about the dangers of tobacco, alcohol, or drug use in 2007.

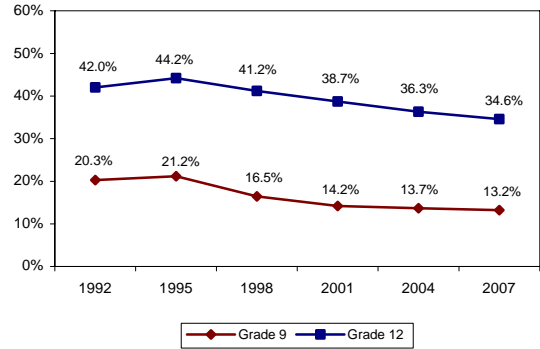
There are also specific behavior risk issues for teens that are reported in the Student Surveys. While there has been evidence of improvement in positive behavior choices, they still warrant attention.

Students Who Smoked Cigarettes in the Previous 30 Days
Anoka County



2007 Minnesota Student Survey

Talked with Partner about STDs/HIV
(Sexually Active Students Only)
Anoka County

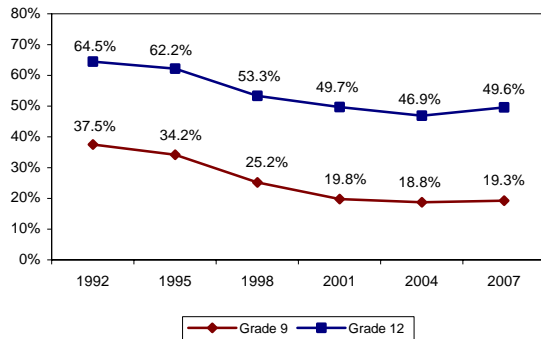


2007 Minnesota Student Survey

Maternal and Child Health

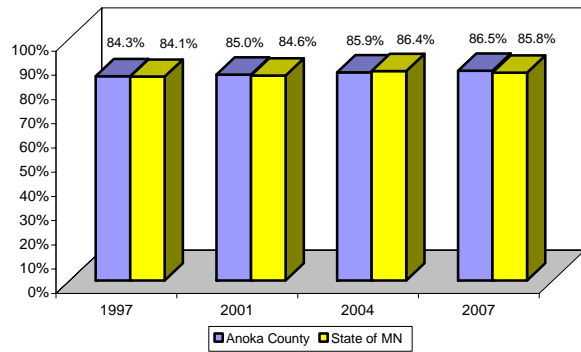
The following are general health indicators for maternal and child health in Anoka County.

Sexual Intercourse - Students
Anoka County



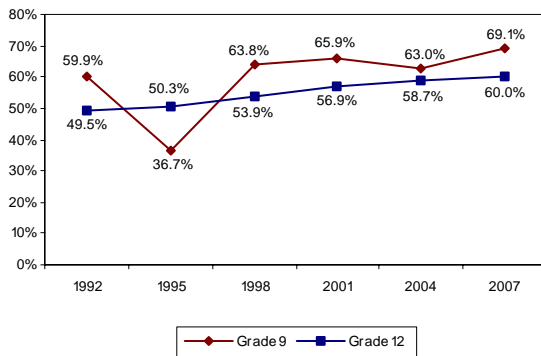
2007 Minnesota Student Survey

Prenatal Care Received in First Trimester
Anoka County



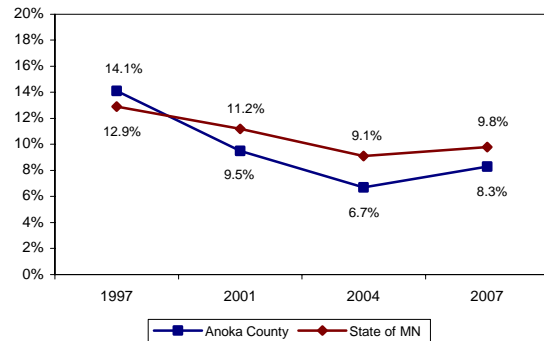
Minnesota Department of Health

You or Your Partner Used a Condom the Last
Time You had Intercourse
Anoka County



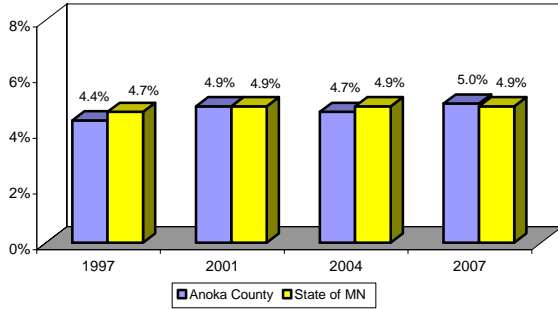
2007 Minnesota Student Survey

Smoking During Pregnancy
Anoka County



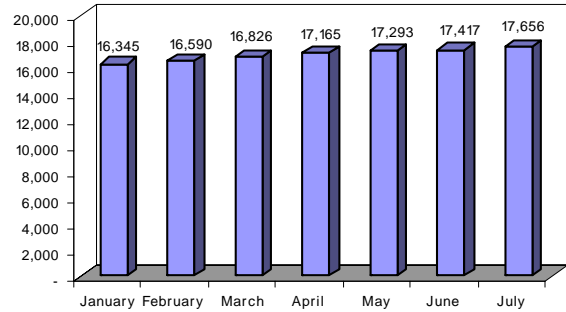
Minnesota Department of Health

Low Birth Weight - Singleton Births
Anoka County



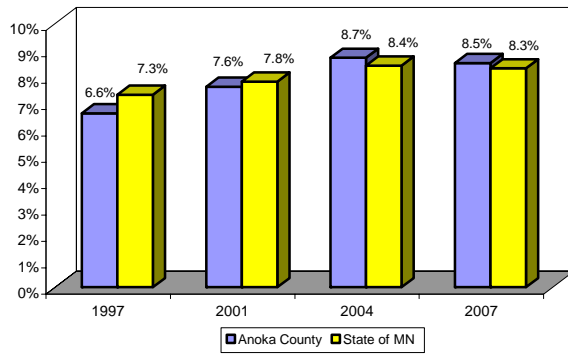
Minnesota Center for Health Statistics as Geocoded by the Metro Public Health Data Analysis Work Group

Children on Medical Assistance - 2009
Anoka County



Anoka County Income Maintenance

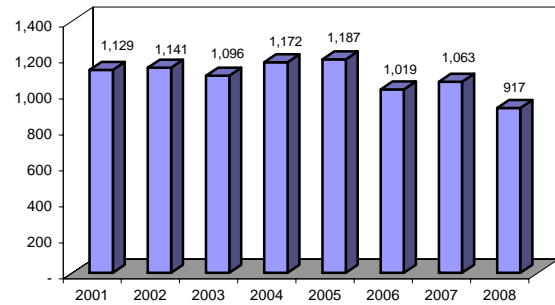
Premature Births
Anoka County



Minnesota Department of Health

The number of children enrolled in special education increased from 8,038 in school year 2002-2003 to 8,611 in school year 2008-2009. The last figures represents a little over 13% of the school population.

Children Placed in Out-of-home Placement
Anoka County

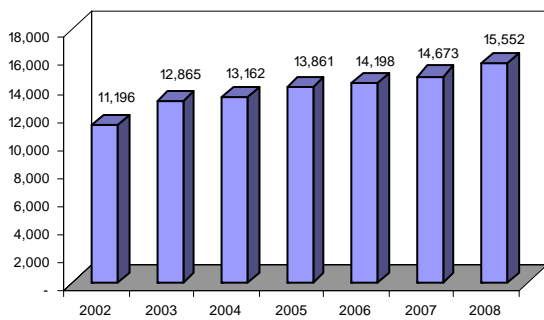


Anoka County Social Services Department

Children

The total number of children who are on Medical Assistance has been steadily increasing.

Children on Medical Assistance
Anoka County



Anoka County Income Maintenance

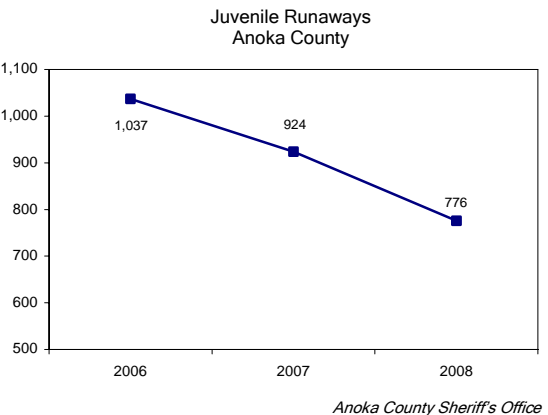
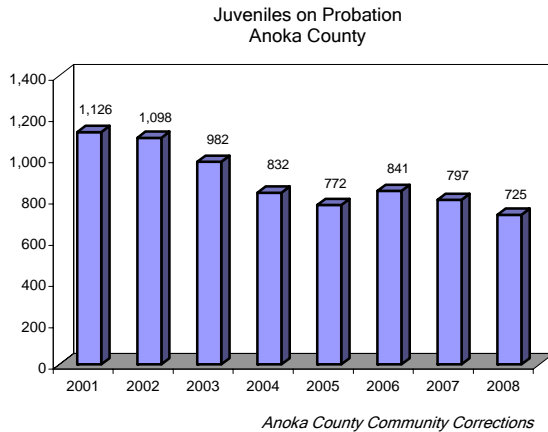
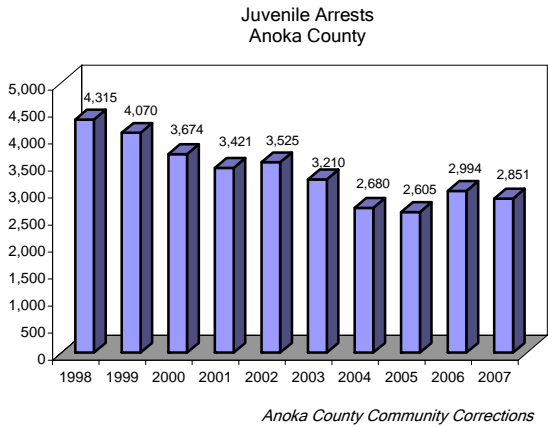
The children who have been placed outside of their own home include those who have short-term and long-term placements.

A snapshot of children's out-of-home placement entries in April of 2009 included 300 children. It showed that 31% of the out-of-home placements were for neglect and abuse, about 25% were for the caretaker's inability to cope, 19% for parental alcohol and drug abuse, and the rest range from parent incarceration to inadequate housing to abandonment.

PUBLIC SAFETY

Law enforcement contributes to the health and well being of Anoka residents through their activities that promote and support crime prevention and safety, enforcement, and education with the goal of keeping people and communities safe.

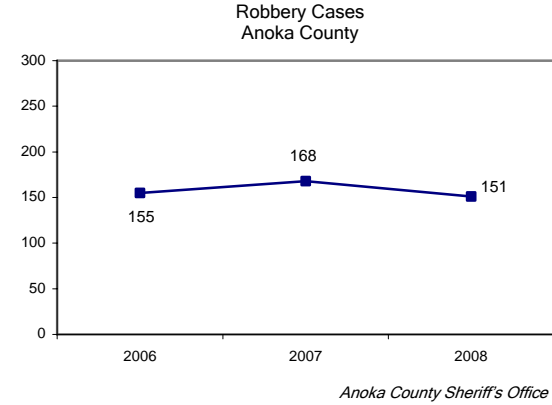
Juvenile Crime



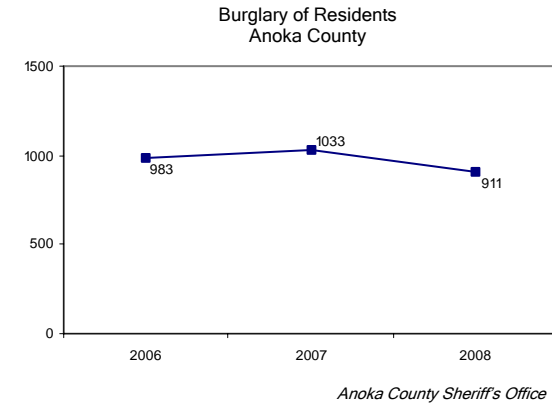
During the 2006 to 2008 timeframe, there has been a downturn in juvenile crime.

Law Enforcement Cases

Listed below is a three-year look at selected categories of law enforcement cases in Anoka County.

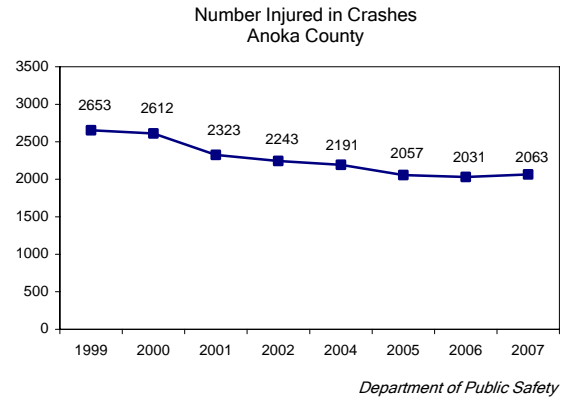
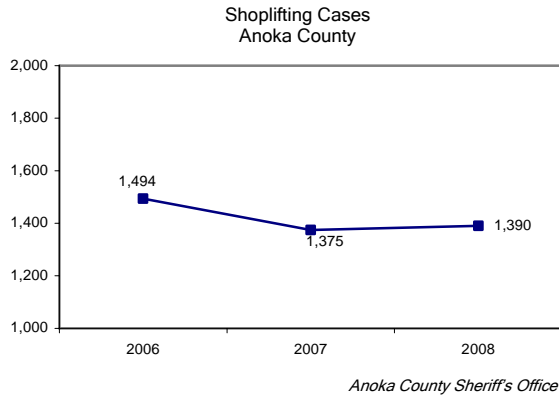
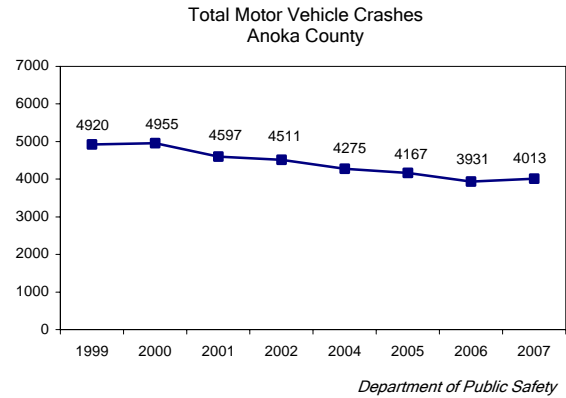
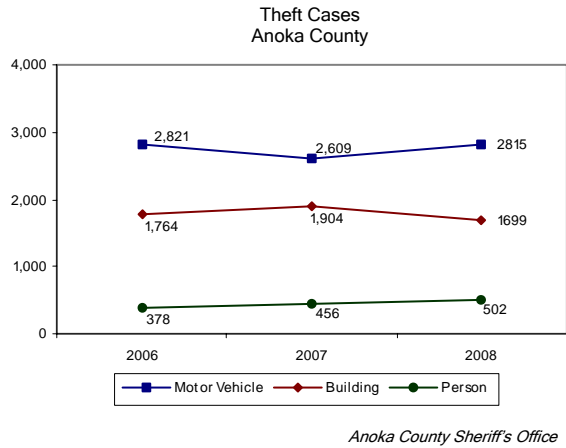


Robbery is the taking or attempting to take something of value from another person.



Burglary is the unlawful entry of a 'structure' to commit a felony or a theft.

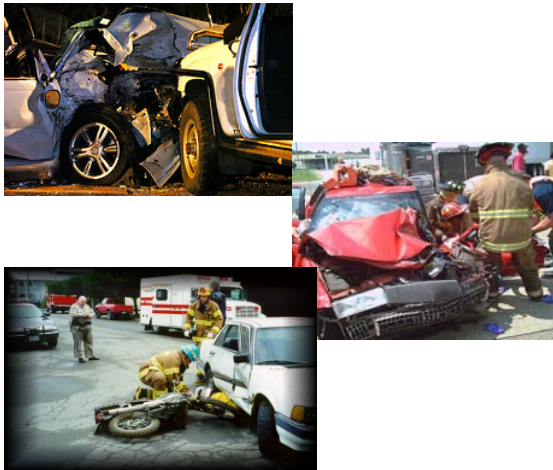
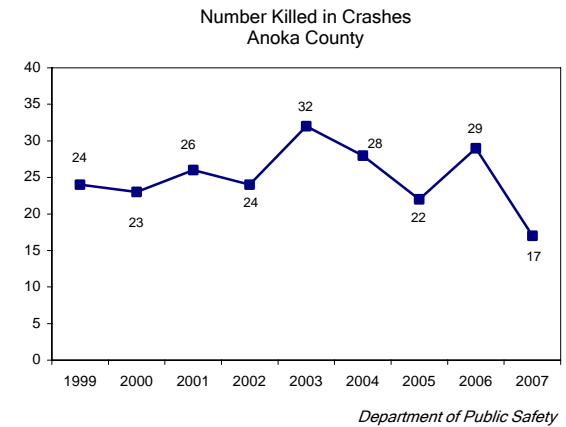
Motor Vehicle Crashes, Injuries, and Fatalities



There were nine murders and 30 suicides in Anoka County in 2008. Through July of 2009, there were 16 suicides and 2 murders.

Generally, the number of crashes and the number of people injured has been declining from 1999 through 2007 in Anoka County.

As with juvenile crime, there has generally been a downturn in law enforcement cases.



In 2007, the number of people who were killed in motor vehicle accidents in Anoka County was below 20 for the first time in nine years.

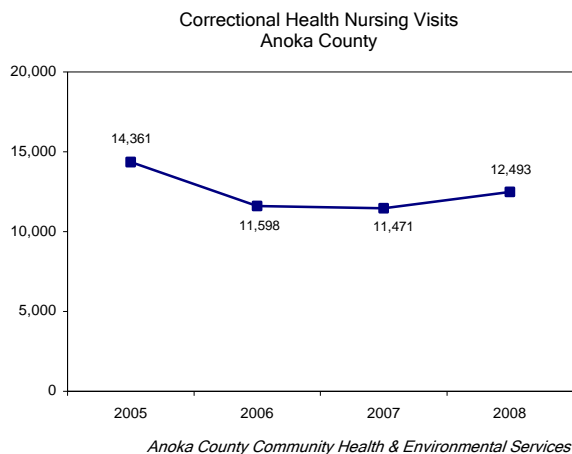
CORRECTIONAL HEALTH

There is a connectedness between the health of special populations and the health of the entire community. One of those special populations are incarcerated adult/juvenile offenders.

These individuals in county facilities return to their families and communities, which can impact the health status of the community.

Anoka County correctional facilities served by the Community Health Department include:

- Jail
- Medium Security (Closed September of 2009)
- Workhouse
- County Juvenile Center
- Shelter Care
- Day School
- Regional Juvenile Center



Nursing encounters are face-to-face visits with a Registered Nurse (RN). They include sick calls for inmate health concerns, Tuberculosis (TB) screenings, health assessments, mental health screenings, inmate worker evaluations, and lab tests.

Health Conditions

The major types of health conditions encountered by the nurses include:

- Mental illness—the most prominent—about 75% of the population.
- Chronic diseases.
- Those who are already on some type of medication before coming into the correctional facilities—about 59% are on one or more medications.
- Tuberculosis and exposure to Tuberculosis.
- Serious physical conditions needing immediate attention—such as diabetes, respiratory disease, high blood pressure, wounds, etc.
- Untreated health compromising dental conditions.

The cost of health care in correctional settings in Anoka County in 2008 was over \$1.8 million. The lack of preventative care and treatment combined with health care access issues in the community impacts the types and magnitude of health conditions that must be managed in our correctional facilities.

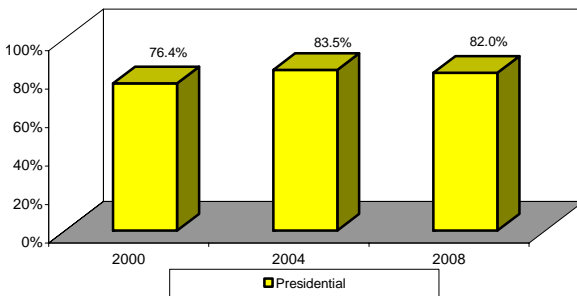
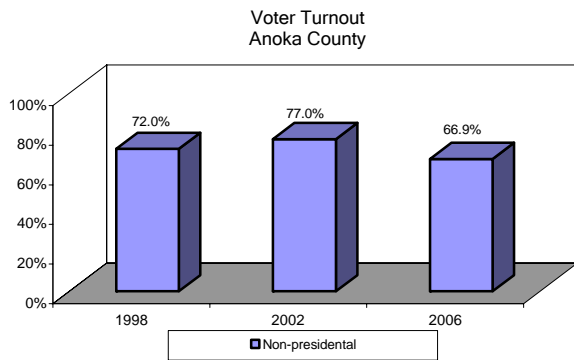


COMMUNITY ASSETS AND STRENGTHS

Anoka County is seen as an area with significant geographic strengths.

- It has a blend of urban, suburban, and rural environments offering its residents a variety of living alternatives.
- It still has, in many ways, a small community atmosphere, while providing access to the larger metropolitan area.
- It is considered big enough to have resources, yet small enough to serve people.
- The county's natural, diverse physical characteristics and resources provide access to an extensive park system and multiple recreational opportunities.

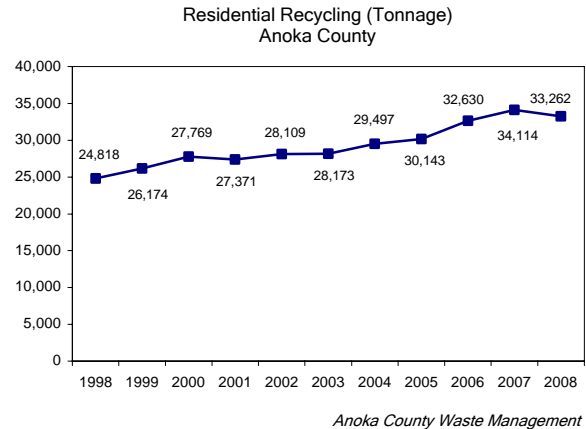
Anoka residents are often engaged in activities, which promote the stability and quality of community life.



Anoka County Elections

Voter turnout (the percentage of eligible voters who actually vote in a given election race) is higher in Anoka County than for the state.

Over 78% of Anoka County residents (more than 253,000), have library cards. This totals more than three million library items borrowed in 2008. In addition, there were 28 million hits to the library's Web site in 2008.



Anoka County residents actively recycle their household waste. This amount of tonnage has generally increased from 1998 through 2008.

The county has a good mix of economic status, ages, and diverse populations.

- Neighborhoods are an important part of its make up.
- Family systems are considered strong and valued.
- Over two-thirds of 6th, 9th, and 12th graders reported in the 2007 Minnesota Student Survey that they lived in a two-parent household.

Through community partnerships, various issues in the county are addressed.

- There is a history of good collaboration between the public, non-profit, and private sectors.
- There is a sharing of information and resources through community partnerships focused on service issues.
- Worthy to note are the working relationships between communities, law enforcement, government, businesses, and faith-based organizations.
- The county has a reputation for innovation.

Public resources provide strengths for the county.

- Many county staff people and county elected officials have been in their positions for many years.
- There is a stable tax base.
- Among Minnesota's 87 counties, Anoka County has the fourth lowest county property taxes per capita.
- There are good public resources available through local higher educational institutions.
- In 2009, the Northstar line—Minnesota's first commuter rail line—came to fruition.



COMMUNITY INVOLVEMENT

The Community Assessment process in Anoka County included strategies designed to involve as many residents and workers as possible to identify issues that affect them.

Strategies

The process included key informant interviews, focus groups, and community surveys.

Key Informants

Nineteen key informant interviews were held with those persons who had a special knowledge, experience, and insight with problems, issues, concerns, and resources that may impact the health and well-being of Anoka residents. They included elected officials, health and human services professionals, members of the criminal justice system, and service providers.

Focus Groups

Twenty-one focus groups were conducted utilizing the experiences of service recipients; diverse populations; parents; seniors adults; public, private, and non-profit agency staff; community representatives; school personnel; faith-based community members; and members of policy groups and committees.

Community Surveys

A community survey entitled “Health Issues in Your Community” was developed and distributed throughout the community. The surveys were available in English, Spanish, Hmong, and in large print.

The survey divided the issues into six areas: (1) Chronic Diseases, (2) Healthy Behaviors, (3) Environment, (4) Quality and Accessibility of Health Services, (5) Family and Individual Health Issues, and (6) Violence and Injury.

Persons were asked to identify how much of a problem the health issues were in Anoka County.

The surveys were made available to residents and workers in a wide variety of places. These included the Work Force Center, county government centers, city halls, doctors’ and dentists’ offices, food shelves, churches, libraries, schools, WIC clinics, homes of Public Health Nursing clients, homes of Head Start parents, and in locations where service providers serve residents meeting income guidelines.

The survey was also available via computers at the on-line Web site of the Anoka County Community Health and Environmental Services (CHES) Department.

Residents were informed of the on-line option through press releases to the media.

SURVEY RESULTS

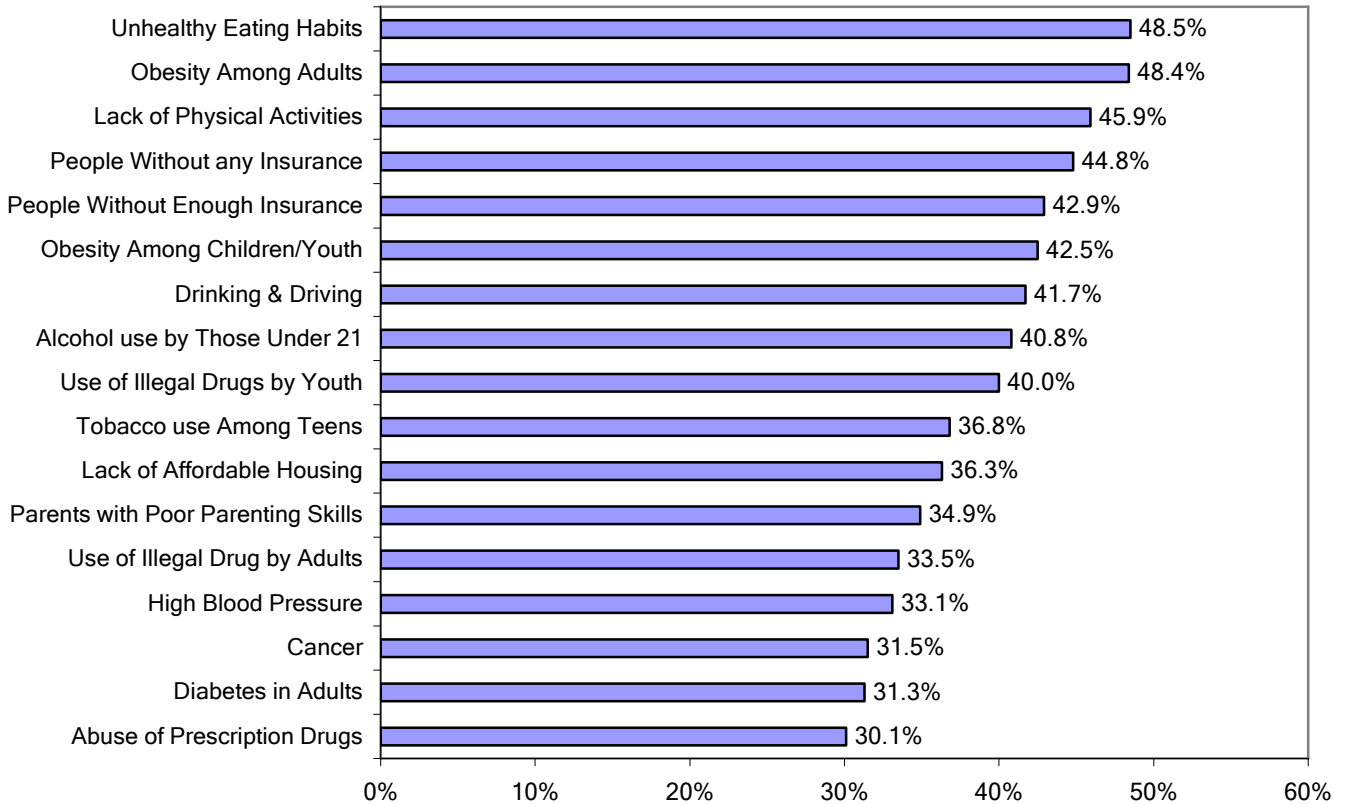
There were 1,361 persons who completed the “Health Issues in Your Community” survey. While this was not a randomly sampled group, the respondents showed very similar demographics to the estimated Anoka population as a whole. These included age, race, and ethnicity (except for the Asian population, which was lower) and veteran status.

The only significant difference was in gender. While Anoka County has nearly equal numbers of men and women, about 75% of the respondents to the survey were women.

Surveys were returned from all geographical parts of the county.

The following table shows the top 17 health issues that 30% or more of the respondents identified as serious community health issues. Included in Appendix B of this report are those top issues that were identified as a combination of both serious and moderate concerns.

Perception of Community Health Issues *
Community Survey 2009
Anoka County



* Rated as Serious by Respondents

Prioritization

The results from the survey were combined with the information obtained from both the key informant interviews and the focus groups. A list of community health issues was compiled.

Once the issues were identified, the prioritization process was undertaken by two representative groups of residents and workers in Anoka County. They included the Anoka County Community Health Advisory Committee, and the staff of Anoka County Community Health and Environmental Services Department.

The Community Health Advisory Committee is composed of 15 members. Seven are residents appointed by members of the Anoka County Board of Commissioners and the other eight are representatives of health care providers, community agencies, business, law enforcement, and education.

The Community Health and Environmental Services Department staff includes public health nurses, registered nurses, health educators, environmentalists, nutritionists, dietitians, and specialists in disease prevention and control, immunizations, disaster planning, violence prevention, and planning and evaluation.

COMMUNITY HEALTH PRIORITY ISSUES FOR ANOKA COUNTY 2010-2014

- A. CHILDREN AND ADULTS WHO ARE OBESE AND OVERWEIGHT are at risk for chronic diseases caused by physical inactivity, poor nutrition, unhealthy eating habits, and other unhealthy behaviors.
- B. THE HEALTH AND WELL-BEING OF FAMILIES ARE AT RISK due to a variety of socio-economic conditions including: financial hardship, violence, and stress; as well as the lack of: health insurance, knowledge of community resources, family support, parenting skills, affordable housing, child and elder care.
- C. THE QUALITY AND ACCESSIBILITY OF HEALTH SERVICES are being challenged due to increasing demand and limited, affordable community resources – especially for diverse populations, people with mental health needs, and senior adults.
- D. ALCOHOL AND PRESCRIPTION DRUG ABUSE AND DEPENDENCY, tobacco use, and illegal drug use result in health and safety concerns for adolescents, adults, and families.

SELECT ISSUE:

THE PROTECTION OF ANOKA COUNTY GROUNDWATER AND SURFACE WATER through water resource management assessment and planning to assure long-term water quality and quantity.

DEPARTMENT PRIORITIES

ANOKA COUNTY COMMUNITY HEALTH & ENVIRONMENTAL SERVICES DEPARTMENT

The Anoka County Community Health and Environmental Services Department, as a public health agency, plans, develops, and implements its services and activities based on a system of priorities. These priorities are divided into two areas.

- I. The first area is the COMMUNITY HEALTH ISSUES PRIORITIES that are developed through an extensive assessment of the community health needs of Anoka County. This assessment is undertaken every five years and involves community residents in a variety of ways as explained earlier in this report.

The following section describes these issues and priorities with supporting documentation. For the period 2010-2014 these community health priority intervention issues are:

- A. Children and adults who are obese and overweight are at-risk.
- B. The health and well-being of families are at-risk.
- C. The quality and accessibility of Health Services are being challenged.
- D. Alcohol and prescription drug abuse and dependency, tobacco use, and illegal drug use result in health and safety concerns.

Select Issue:

- The protection of Anoka County groundwater and surface water.

- II. The second area of priorities is identified as the ESSENTIAL LOCAL PUBLIC HEALTH ACTIVITIES that all local public health departments in Minnesota are expected to be able to perform. These include six areas of public health responsibility:

- Assure an adequate local public health infrastructure.
- Promote healthy communities and healthy behavior.
- Prevent the spread of infectious disease.
- Protect against environmental health hazards.
- Prepare for and respond to disasters and assist communities in recovery.
- Assure the quality and accessibility of health services.

The Anoka County Community Health and Environmental Services Department performs services in these areas, as described on pages 47 through 51.



**COMMUNITY HEALTH &
ENVIRONMENTAL SERVICES DEPARTMENT**



**I. COMMUNITY HEALTH
PRIORITIES**

For Anoka County



Anoka County Government Center
2100 Third Ave., Suite 600
Anoka, MN 55303-5041
763-422-7030
<http://www.anokacounty.us/>

A. CHILDREN AND ADULTS WHO ARE OBESE AND OVERWEIGHT are at risk for chronic diseases caused by physical inactivity, poor nutrition, unhealthy eating habits, and other unhealthy behaviors.

The increasing rate of overweight and obesity threatens the health of children, youth, adults, and seniors, placing them at much greater risk for development and the early onset of a wide variety of chronic disease and health conditions.

The definition of overweight and obesity is determined by using a formula involving height and weight to arrive at a Body Mass Index (BMI). For children and youth, age and gender are factored into the formula.

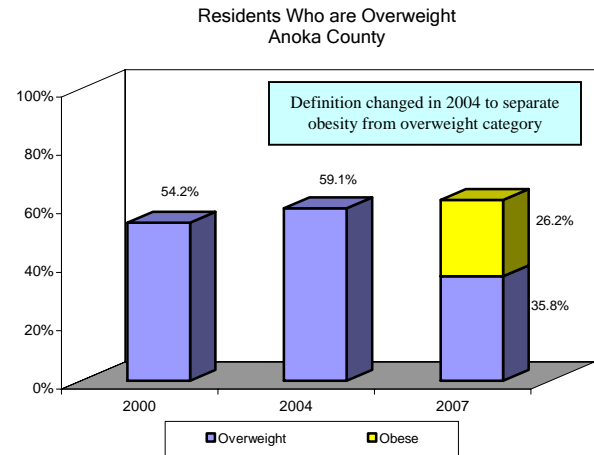
Contributing Factors

Genetics, the environment, cultural factors, socio-economic status, psychological factors and daily lifestyle decisions all play a part in weight management over a person’s lifespan. Physical activity and calorie intake play a major role.

Our lifestyle has been altered by dramatic changes over time:

- Technology that reduces physical activity such as cars, computers, and television.
- Increased marketing and consumption of unhealthy food items.
- Increased food portions/serving size.
- Lack of supportive choices such as no sidewalks, unsafe neighborhoods, limited access to fruits and vegetables
- Missing policy support for school and child care nutrition, physical education standards, worksite food vending and catering policies.

Residents

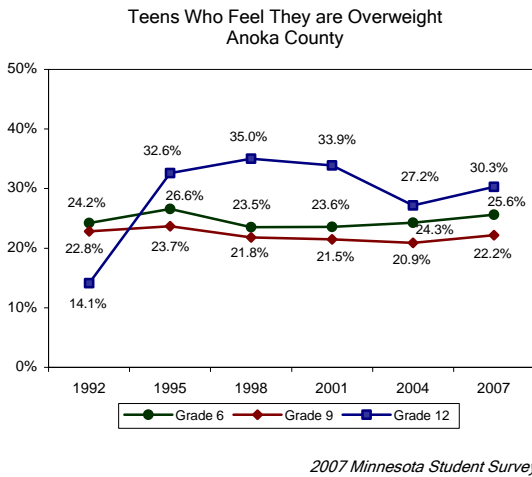


Minnesota Department of Health

Over 60% of Anoka adult residents were estimated to be overweight or obese in 2007, according to a Minnesota Department of Health Behavior Risk telephone survey. This is comparable to the statewide estimate.

As noted in the chart above, the definition changed in 2007 to separate obesity from the overweight category.

Students



Nearly one in six 6th graders, one in five 9th graders, and one in four 12th graders reported in the 2007 Minnesota Student Survey that they feel they are overweight.

WIC Clients

The Women, Infants, and Children (WIC) program provides nutrition education and vouchers for supplemental foods for pregnant, breastfeeding, and postpartum women (and children, up to age five), who meet income eligibility requirements and have a nutritional risk and/or medical need.

- In February of 2009, of the 1,381 women receiving WIC vouchers, 29% had self-reported being obese before becoming pregnant.
- In that same month, 13.5% of the 2- to 5-year-olds at WIC were determined to be overweight, and another 16.4% were at-risk for being overweight.

Lifestyle Factors

- The Minnesota Department of Health Behavior Risk Telephone Survey looked at the exercise activities of residents in Anoka County over a four-year period from 2004 to 2007. A fairly consistent estimate of about 15% of the residents reportedly did not participate in any physical activity during a designated month.
- In the 2007 Student Survey, 36% of 6th graders, 43% of 9th graders, and 53% of 12th graders reported that they were physically active for 30 minutes or more on at least five days of the last seven days. This is an improvement of 4% to 10% since 2001.
- Less than 20% of 6th, 9th, and 12th graders in the same survey had five or more servings of fruits and vegetables on the previous day.

A number of surveys were conducted in Anoka County during 2007 to 2008 that asked residents about their lifestyle activities.

- From 256 respondents at the Anoka County Fair, 47% reported they were physically active for at least 30 minutes on five days or more each week.
- Only 6% of female and 3% of male respondents consumed the minimum recommended servings of fruit and vegetables on the previous day.

In three other surveys (with 173 participants), convenience and time seemed to be the major barriers to healthy eating and physical activity.

Worksites

Among the hundreds of worksites in Anoka County with 50 or more employees, there were 125 worksites where an Employee Wellness Program Assessment was completed.

- 26% of these worksites had an employee wellness program.
- 30% to 40% offered wellness information or programs, depending on the topic.
- 2% to 3% had nutrition policies for catering, vending machines, and food in cafeterias.



Economic Impact

Obesity has been shown to have a financial impact on medical costs, loss of productivity, absenteeism, and premature death.

National estimates in 2004 placed the financial burden of obesity in Minnesota at over one billion dollars.



B. THE HEALTH AND WELL-BEING OF FAMILIES ARE AT RISK due to a variety of socio-economic conditions including: financial hardship, violence, and stress; as well as the lack of: health insurance, knowledge of community resources, family support, parenting skills, affordable housing, child and elder care.

Families face a number of economic and social conditions and barriers that influence their health.

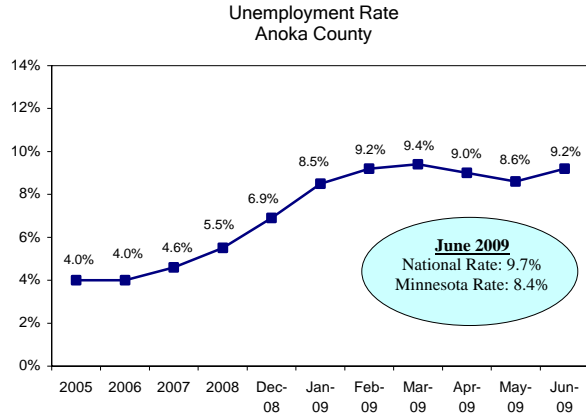
These barriers may be short-term or long-term, and they impact the ability of a family to care for themselves and their individual members.

They impact emotional health, feelings of adequacy, learning and performance, health and nutritional status, ability to identify and obtain services.

Families, for the first time, may face financial hardships and lack the knowledge about supportive community resources and how to access those resources.

The challenges facing families may include: economic hardship; stress; lack of family support; lack of parenting skills; lack of affordable housing; and lack of quality, affordable child care/elderly care.

Unemployment and Poverty



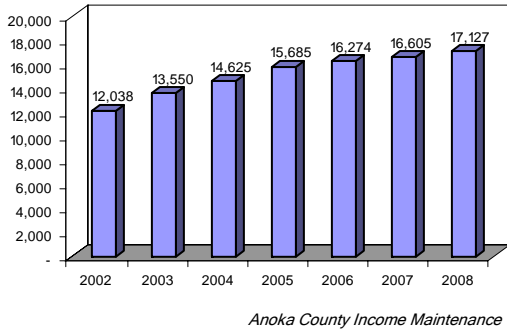
Minnesota Department of Employment and Economic Development

- An estimated 6.4% of Anoka residents in 2007, the latest information available, were in poverty. This was in contrast to 4.2% in the 2000 U.S. Census. It is probable that the 2010 U.S. Census continues to show an increase.
- An estimated 8% of children under the age of 18 were in poverty in 2007, as compared to 5.5% in the 2000 U.S. Census.

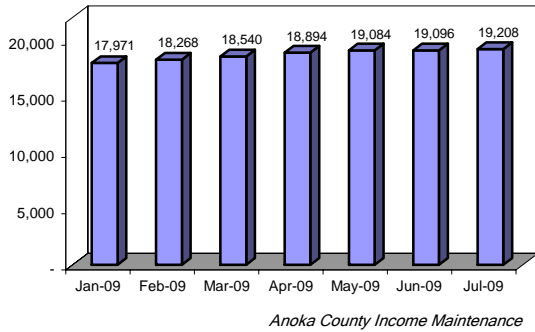
Children who experience poverty are less likely to be healthy, both physically and mentally, less likely to become productive in the workforce, more likely to become teen parents, and more likely to become arrested and incarcerated.

Services for Low Income

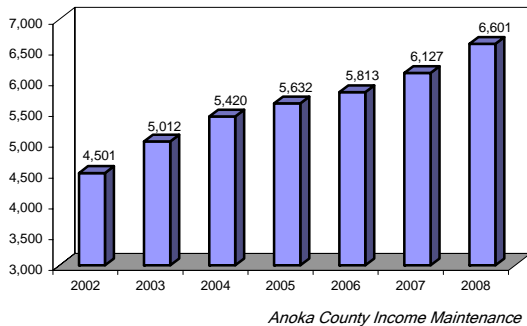
Income Maintenance Average Monthly Case Load
Unduplicated Cases
Anoka County



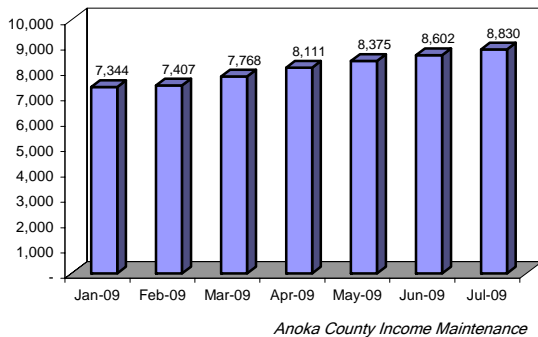
Income Maintenance Average Monthly Case Load
Actual Cases - 2009
Anoka County



Income Maintenance - Food Stamps
Average Monthly Case Load
Anoka County

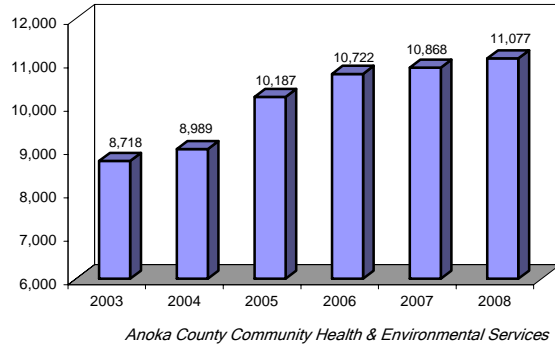


Income Maintenance - Food Stamps
Actual Cases - 2009
Anoka County



The number of residents receiving support from Income Maintenance and receiving food stamps on a monthly basis continues to increase.

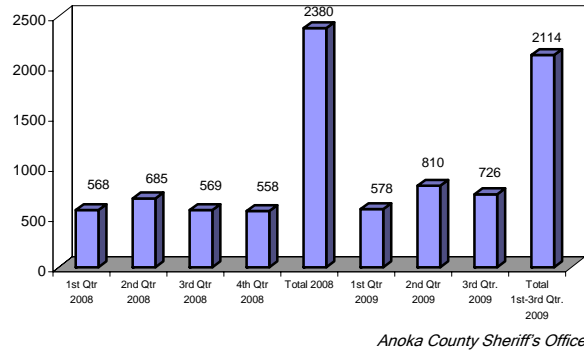
WIC Participants
Unduplicated Cases
Anoka County



Also continuing to have an increase in participants is WIC (Women, Infants, and Children), a federally funded program that provides short-term, low-cost preventative services for pregnant/nursing women, infants, and children under five years of age.

Housing

Mortgage Foreclosures
Anoka County



Data in 2008 showed that more residents were at risk for losing their homes and having to change their living situations. They may move from houses to apartments, move in with others, or have no housing at all.

The gap between the cost of housing and what people can afford is a major cause of homelessness. The number of Anoka residents who are considered homeless is growing.

- The Anoka County homeless count on January 24, 2008, identified 609 people experiencing homelessness. The number of children with adults was 191.
- The count on January 28, 2009, identified 1,004 people as homeless. (This was an increase of 64% in the number of homeless people counted, compared to the prior year.) The total number of homeless children was 385.

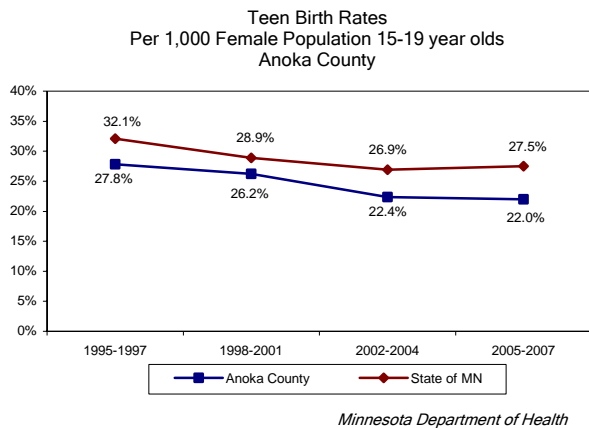
Parenting Skills

There are many factors that can contribute to the lack of skills a mother and father may have in trying to raise their children in a healthy and nurturing environment.

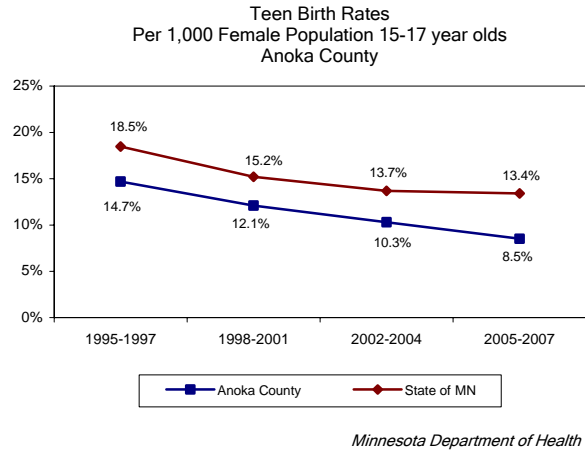
Some of these are related to lack of experience and knowledge, while others are the result of incidents or situations that a parent or parents experienced.

These may include such factors as

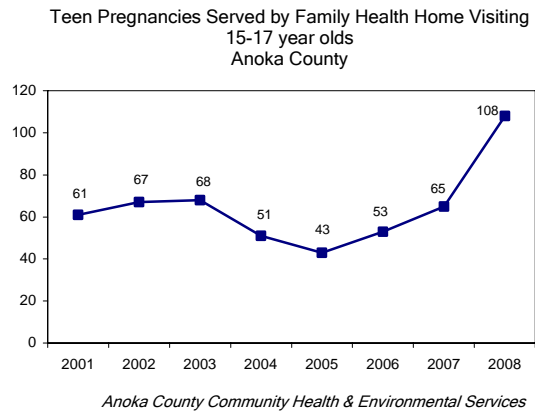
- Adolescent parents.
- Lack of knowledge of child growth and development.
- Insufficient financial resources to meet family needs.
- Family history of alcohol or other substance abuse.
- Family history of violence and neglect.
- Displaced persons such as refugees and immigrants.
- Lack of social support.
- Long-term welfare/family instability.
- Mental or physical health concerns.
- Homelessness.



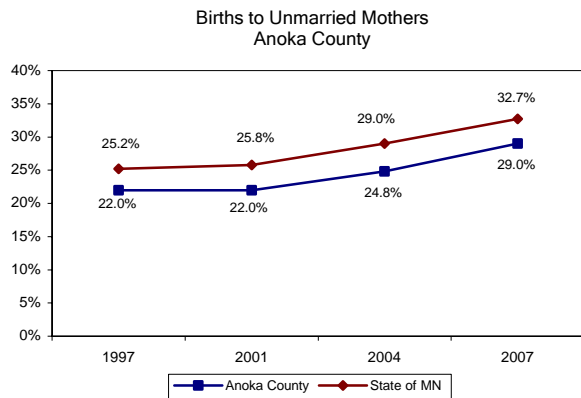
While teen birth rates have been decreasing since 1995, they leveled off between 2002 and 2007. Anoka's teen birth rate is 22 live births per 1,000 female population.



There was concern expressed in the CHES Community Health Assessment focus groups about the increasing number of younger teen single mothers.

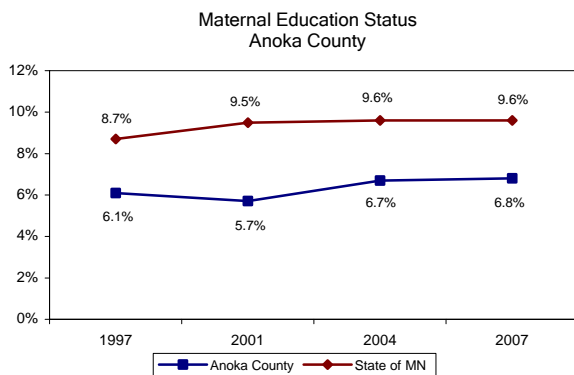


While the overall data for Anoka County showed that the number of young teen mothers was decreasing, the Community Health and Environmental Services Department's own data showed that the number of young teens visited by public health nurses did increase.



Minnesota Department of Health

The percent of births to unmarried mothers in Anoka County has been increasing from 22% of the births in 1997 to 29% of births in 2007.



Minnesota Department of Health

There has also been a slight increase in the percentage of mothers whose education status is considered low. (This relates to mothers who did not complete 12 years of school by a certain age, but who were originally expected to do so.) In 1997, 6.1% of Anoka County mothers giving birth were considered to be in this category. This had increased to 6.8% in 2007.

Support and knowledge are also a consideration for others (such as single fathers or grandparents) who are assuming new parenting roles.

In 2007, the U.S. Census' American Community Survey (ACS) in Anoka County showed that 3,011 single fathers were parenting their own children under the age of 18.

Anoka County Community Corrections reported the following custody evaluation recommendations for 2004 to 2007:

- 2004 – 32% for father's physical custody.
- 2005 – 20% for father's physical custody.
- 2006 – 30% for father's physical custody.
- 2007 – 21% for father's physical custody.

The 2007 ACS report also showed that 2,164 grandparents were responsible for raising their grandchildren. Of these, 1,226 had been raising their grandchildren for three or more years.

Concerns were also raised in the community focus groups that the economic environment may put such stress on parents and family members that children's needs may be set aside and children may feel isolated.

Child Care

Quality, affordable childcare has consistently been a challenge for families. The lack of the availability of such care has placed parents in the position of sometimes having to put their children in less than appropriate situations. This can impact the desired development and growth of children.

The effect of economic conditions may change the way in which children are cared for in the community. Parents may need support in defining and honing their parental skills.

Violence

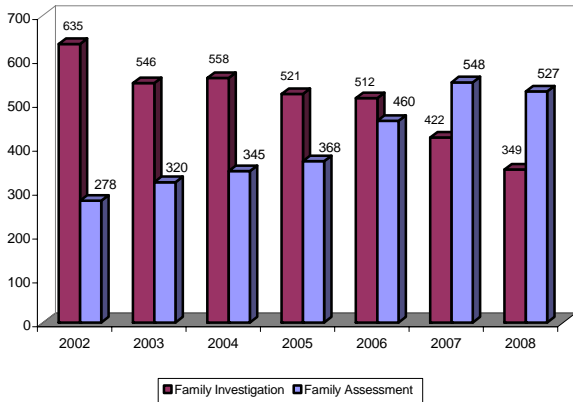
Violence is comprised of words and actions that hurt people. Interpersonal violence includes such areas as child maltreatment, domestic violence, intimate partner violence, sexual violence, youth violence, maltreatment of the elderly and vulnerable adults, workplace violence, and bias-motivated assaults.

It takes its toll in lives, suffering, injury, disability, mental health, security, human potential, and quality of life.

Families, communities, and systems often experience an intergenerational impact, as well.

Child Maltreatment

Number of Reports Accepted in Anoka County



Anoka County Social Services

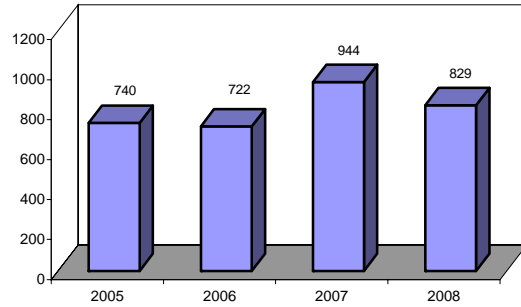
In 2002, a change in program services occurred. Anoka County children, who have been identified as possible victims of child maltreatment, may be served via the Family Assessment Program.

Children are included in the traditional program where there is reason to believe the child's safety and well-being is in jeopardy.

In 2008, 527 children were in the Family Assessment Program in which they work with less severe abuse situations and provide support and build on the families strengths.

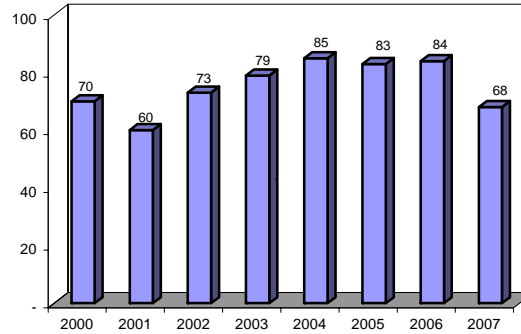
Adult Violence

Domestic Orders for Protection Anoka County



Anoka County Sheriff's Office

Battering/Maltreatment Hospital Discharge Data Anoka County



Minnesota Injury Data Access System
Minnesota Hospital Association

Hospital discharge data are included from both the Emergency Department and Inpatient sources.

Staff at the Alexandra House, which provides 24-hour emergency shelter, support services and advocacy to victims of domestic and sexual violence, noted the following from their own service experiences:

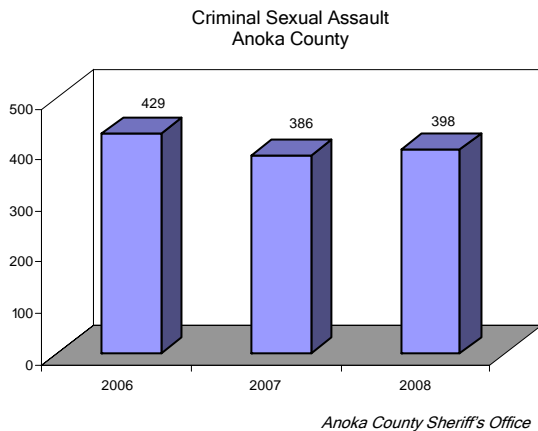
- An increased level or severity of violence in 2008.
- A greater number of clients, who after they have left the abusive relationship, are actively stalked by their former partner.
- An increase in the number of cases involving abuse of an elder parent at the hands of an adult child.

In 2007, Alexandra House staff provided the following to Anoka County residents:

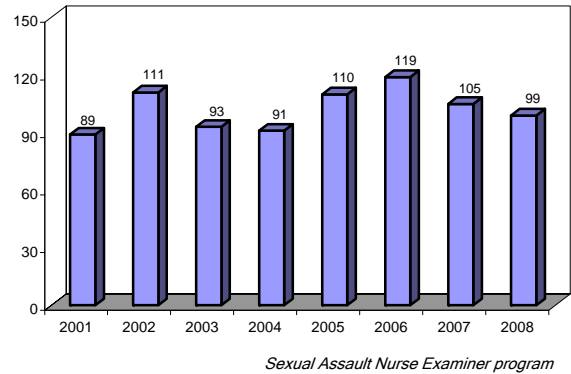
- Criminal justice advocacy to 480 victims of domestic assault.
- Assisted 201 clients in filling orders for protection.
- Provided legal representation to 157 petitioners in their protection order proceedings.

There was concern expressed in the community interviews that the current and continuing economic situation will have an impact on family violence in the community.

While focus groups suggested that violence will probably increase because of the high stress in people's lives, family violence may not be reported because of decisions by families to stay together because of economic concerns. There may be more instances of violence occurring behind closed doors.



Sexual Assault Victims (SANE)
Anoka County



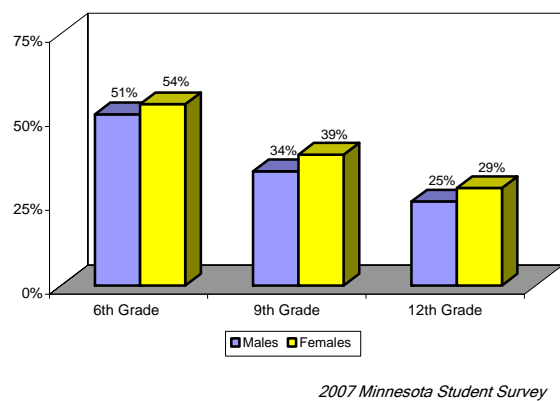
The Sexual Assault Nurse Examiner Program (SANE) provides the medical and forensic component for victims of sexual assault.

Student Violence

Anoka County students in the 2008 Minnesota Student Survey reported on the following issues:

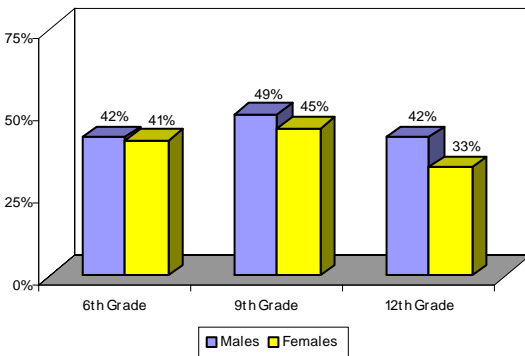
- 6th graders (regardless of gender), and 9th and 12th grade females are more likely to have been physically abused than 9th and 12th grade males.
- 1 in 7 of the 6th graders, 1 in 7 of the 9th grade females, and 1 in 9 of the 12th grade females reported physical abuse.

Anoka Students Who were Bullied
Anoka County



Females are more likely than males to have been bullied in the 30 days prior to the 2007 survey.

Anoka Students Who have Bullied Someone in the Last 30 Days
Anoka County



2007 Minnesota Student Survey

Over 40% of 6th and 9th graders (regardless of gender), and 12th grade males have bullied someone in the 30 days prior to the 2007 survey. The exception is 12th grade females; but, one-third still reported they bullied someone.

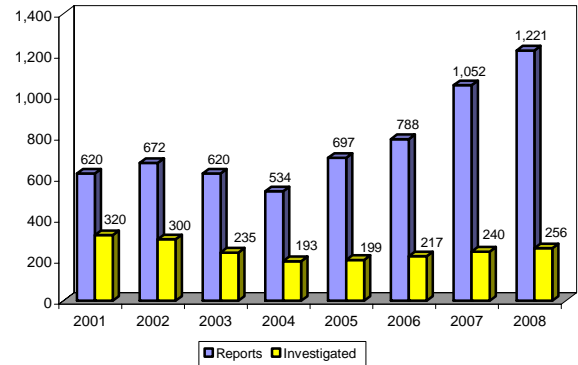
There has been a consistent decline in the number of students reporting over the years in the Minnesota Student Survey that they have hit or beat up another person in the past year.

Dating Violence

- 17% of 12th grade females reported in 2007 that someone they were dating hit, threatened, or made them feel afraid.
- 15% of 12th grade females reported in 2007 that someone they were dating forced them to have sex or do something sexual.

Vulnerable Adults

Vulnerable Adult Reports
Anoka County



Anoka County Social Services Department

Focus groups identified the issue of seniors and disabled being another population who may be at risk for increased violence and fraud in the current economic climate.

Population Changes

During the later part of 2000, the population seeking and needing services changed. Economic challenges identified a new population who need support in addressing their on-going problems.

The community organizations have identified them as the “givers who have become the recipients.”

This new population has traditionally not sought help in feeding and housing their families, in addressing their stress and discouragement, and in knowing where to find help and support.

Organizations are having to find new strategies, resources, partners, and outreach methods to help this category of families at risk.

C. THE QUALITY AND ACCESSIBILITY OF HEALTH SERVICES are being challenged due to increasing demand and limited, affordable community resources – especially for diverse populations, people with mental health needs, and senior adults.

Health care service delivery issues affect Anoka residents in a variety of ways. They may relate to the availability of services and/or they may relate to the needs of special populations in the county.

Availability of Health Services

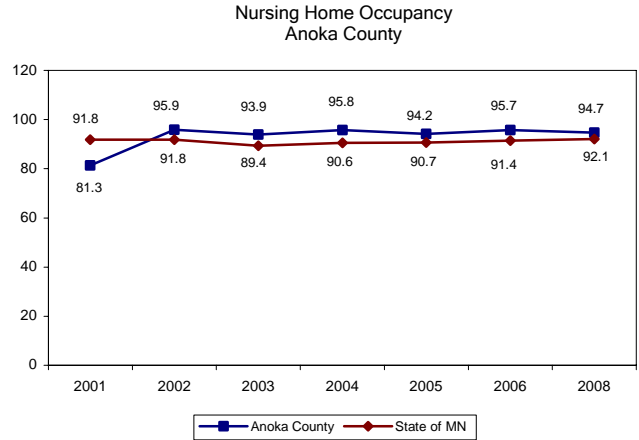
In 2009, there were 489 licensed physicians who listed a primary worksite in Anoka County. There may be other physicians who have not listed an Anoka worksite with the Minnesota Board of Medical Practice.

- This number represents about 15 doctors for every 10,000 people in the county.
- In 2005, the estimation was 16.2 doctors for every 10,000 population.

The Minnesota Department of Health, in 2009, listed the following licensed health providers:

- 54 home care providers.
- 8 supervised living facilities with 164 beds.
- 6 nursing homes.
- 41 providers of housing with services that could include assisted living.

Other registered housing with services may offer home care services through contracts or agreements with licensed home care providers.

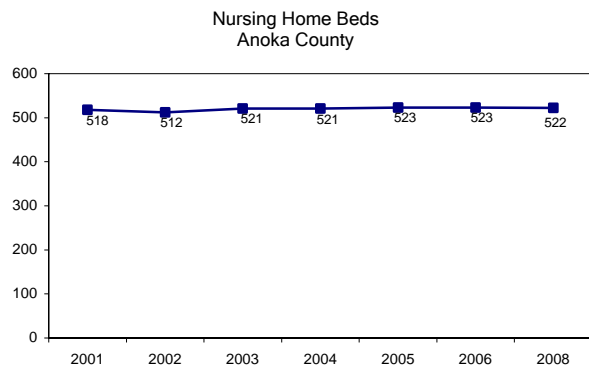


Minnesota Department of Health

The issue of not having health insurance is a very important factor in being able to access appropriate and timely health services for Anoka County residents. State-wide population surveys are undertaken by the Minnesota Department of Health and the University of Minnesota School of Public Health on a periodic basis to determine the rate of uninsured for state residents.

In 2007, the last year data was available, 7.2% of the state’s population was without insurance. It was also estimated that 6.4% of Anoka County’s population was without insurance. The increases in the county’s unemployment rate is expected to have an impact on what the percentage of uninsured will be in the future.

North Metro Pediatrics has seen a significant increase in the number of children utilizing their services. Most of the children they see do not have health insurance.



Minnesota Department of Health

Residents' Perspective on Health Services

In the 2009 Community Health Issues Survey, respondents were asked to rate issues as serious, moderate, minor, or none.

Looking at health services issues that were marked *serious*, the following were identified:

- The top rated health service issue was the lack or the inadequacy of insurance. Nearly 45% of the responses saw this as their major issue. It was consistent among race, ethnicity, and all age groups.
- Difficulty in getting health services was marked serious within a range of 15% to 26%. In order of difficulty:
 - Dental services – 26%
 - Mental health services for children/youth – 25.5%
 - Mental health services for adults – 24.8%
 - Services for seniors/disabled – 19.2% to 21.7%
 - Health care services – 19.6%
 - Alcohol and drug abuse services – 15% to 16.8%
- Not knowing where or how to get health care services was marked as a serious issue by 19% of the respondents.
- In comparing the combined results of serious and moderate responses to issues, 47% saw language barriers as an issue. African Americans/Blacks and Whites tended to rate it higher than Hispanics. Of the respondents who were Hispanic, 25% said it was a serious issue.

There was a similar response to the issue of cultural knowledge of providers. In fact, 47% saw it as a serious or moderate issue, while 26% of African Americans/Blacks and 23% of Hispanics saw it as a serious issue.

Children in Minnesota who are enrolled in Medical Assistance and Minnesota Care are provided access to child health screening services, referrals for corrective treatment, and dental services through the program called Child and Teen Check-ups Program.

In the period of October 1, 2007 through September 30, 2008:

- 100% of eligible infants and children up to age two received preventive care.
- 41% of all other eligible children did not receive preventive care.
- 64% of the 24,619 eligible children did not receive any type of dental services.

Needs of Special Populations

Three particular groups of residents were identified in the community assessment process for special focus.

These were: diverse populations—including persons of color, non-English-speaking clients, and those with new and unfamiliar customs and traditions; persons with mental health issues; and senior adults.

Diverse Populations

Anoka County has experienced a steady increase in the diversity of its residents. In 2000, minorities were 6.4% of the county's population. The U.S. Census estimates that the minority populations could nearly triple by 2020. The 2010 U.S. Census will provide a clearer picture of these populations.

Minority Population Groups

It is estimated by the Minnesota Demographic Center that by 2020 the African-American/Black group will be the largest minority group, followed closely by Asian/Hawaiian/Pacific Islander population, and then the Hispanic/Latino population. The American Indian/Alaskan Native remains a much smaller population in the county.

Student Populations

21.7% of the Anoka County School District student population in 2008-2009 were minority students.

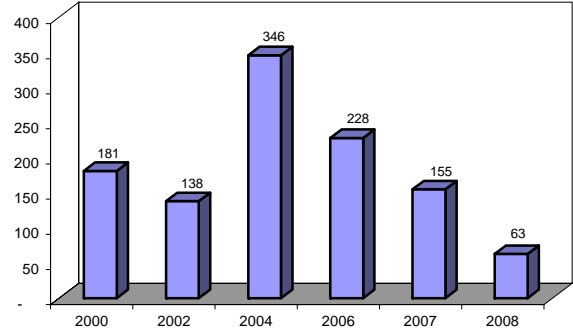
13.8% of the students were limited-English speakers.

School district data for the 2006-2007 school year reported over 65 different languages spoken as compared to 41 languages in 2001.

Refugee Populations

A contributing factor to the increasing diversity is the number of primary refugees moving directly to Anoka County from another country.

New Refugees Moving Directly from Another Country to Anoka County



Minnesota Department of Health

During the period of January 1, 2007 through December 31, 2007, Anoka County was notified of 155 primary refugee arrivals. This was 5% of the 2,867 total primary refugee arrivals to Minnesota.

They came from the following areas: 47% from sub-Saharan Africa, 50% from Eastern Europe, 3% from Southeast Asia.

In general, they are a young population: 31% were under 15 years old and another 26% were 15-24 years old; 57% of the arrivals were male.

Impact on Health Services

The changing face of the Anoka County population has an impact on health service issues. These include health education issues, cultural perceptions and acceptance of American health practices, language barriers, literacy, availability of appropriate translated materials, and culturally specific supports.

While specific information on disparities in infant mortality rates in Anoka County is not available, the Minnesota Department of Health data show significant differences between overall infant mortality rates and those experienced by minority populations state-wide.

Mental Health

Mental health is an integral part of our overall health. Mental disorders occur across the lifespan, affecting persons of both genders, all educational and socioeconomic groups, and all racial and ethnic groups.

People who have untreated mental health issues use more general health services than those who seek mental health care when they need it. Untreated mental illness places an extraordinary burden on the financial, social, and human resources of the county.

Promoting good mental health, preventing problems early, and providing information and/or services to people who have illness or disability make a difference.

Mental Health Issues

It has been estimated that only 10% to 30% of those in need of appropriate mental health treatment actually receive treatment.

Both national and state agencies have reported that at least 12% of the nation's children and adolescents suffer from one or more mental disorders.

The focus groups in the Anoka County community assessment process noted that there are often significant delays in the time between the identification of a mental health issue in children and youth, and the beginning of treatment for those issues.

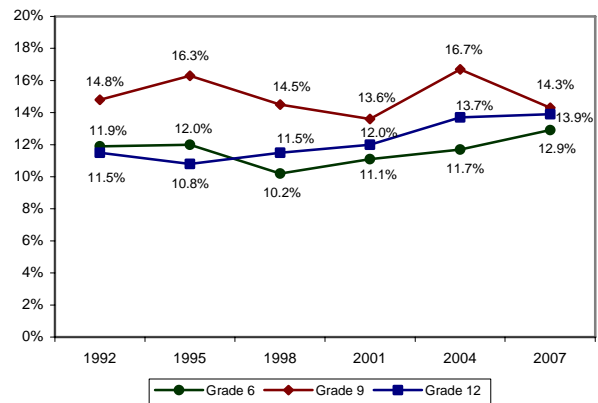
The Anoka Mental Health Project in 2008-2009 identified several issues related to the adult mental health system of care for Anoka County residents. These included such areas as:

- Lack of appropriate placements and community services for patients ready for discharge from inpatient units.
- Bottlenecks at patient discharge from hospitals and for patients waiting for beds at the Anoka Metro Regional Treatment Center (AMRTC).

Student Findings

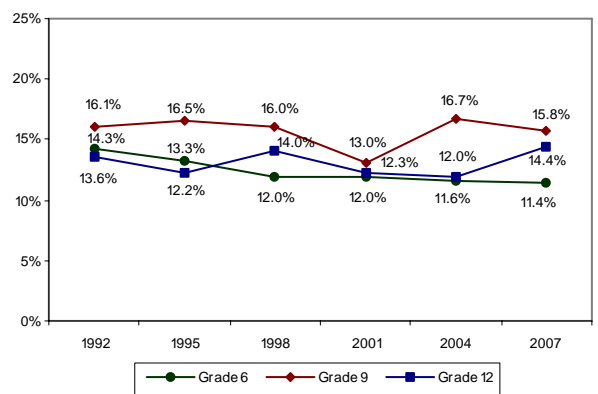
Anoka County students identified mental health issues in the 2007 Minnesota Student Survey. About 11% to 20% of Anoka County students in the 6th, 9th, and 12th grades have consistently reported feelings of sadness and discouragement all of the time, or most of the time.

Students Feeling Sad All or Most of the Time in the Past Month
Anoka County

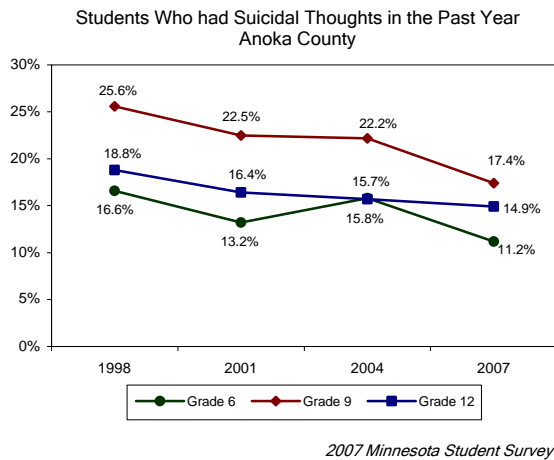


2007 Minnesota Student Survey

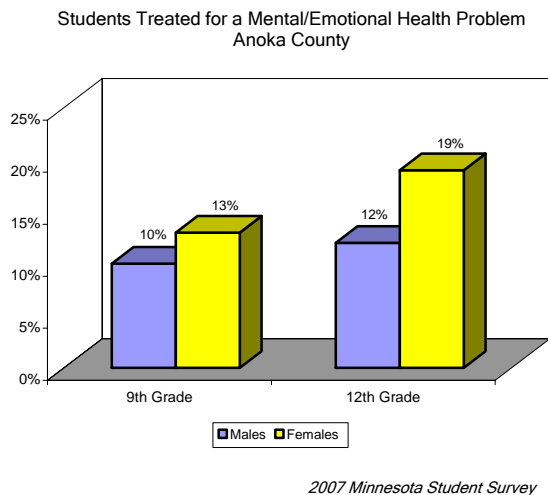
Students Feeling Discouraged or Hopeless a Lot in the Past Month
Anoka County



2007 Minnesota Student Survey



One-fourth of 9th and 12th grade females reported in the 2007 Minnesota Student Survey that they hurt themselves on purpose.



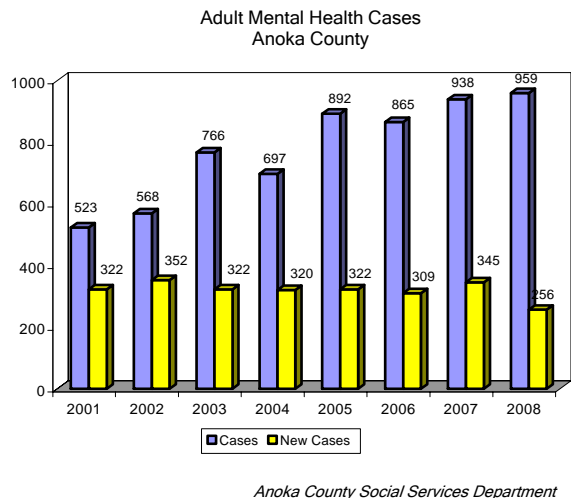
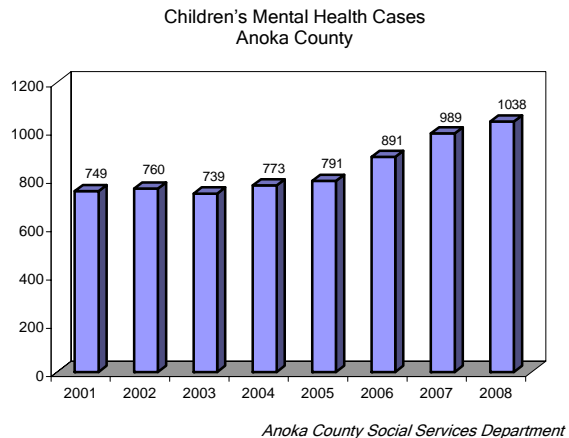
Hospital discharge data for Anoka County for 2004-2007 has shown that mental disorders are the leading cause of hospital discharges for 15-19 year olds.

Other Data

- Mental disorders were also the second leading cause of hospital discharges for 20 to 44 year olds in 2007. The highest was for complications of pregnancy and childbirth.
- There were 33 suicides in 2006, 34 in 2007, and 30 in 2008 in Anoka County.

Services Provided

The Anoka County Social Service's caseloads for both children and adult mental health services continue to increase.



Senior Adult Population

For population in Anoka County, the percentage of senior adults, ages 65 and older, is projected to almost double in the year 2020 from what it was in 2000.

The U.S. Census American Community Survey in 2007 estimated that those who were 65 and older made up 8.4% of the county's population and 15.5% of the households.

They also estimated that 4.9% were below the poverty level. This is a decrease from the 6.9% reported in the 2000 U.S. Census.

The prevalence of diabetes is of concern in an aging population. The Minnesota Department of Health data showed that in comparative data for 65 to 74 year olds, from 1999 to 2003, the percent of those with diabetes increased from 10.5% to 13.7%.

Since diabetes increases with age, it is anticipated there will continue to be an increase in the number of cases of diabetes in the future.

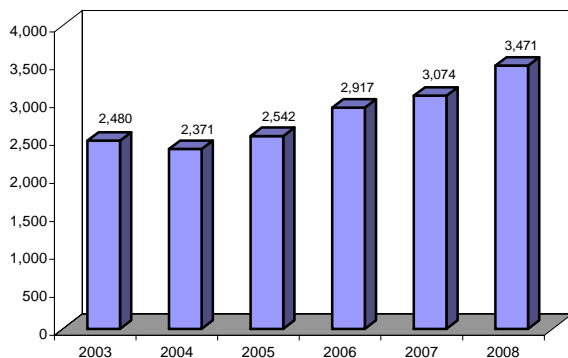
Both the Anoka County Community Health and Environmental Services Department and the Social Services Department have seen an increase in the number of requests for services from people in the senior adult population.

The growing number of senior adults is expected to have a major impact on the range and type of services that will be needed to help them remain independent and healthy, as well as to assure the most appropriate level of care, as needed.

In a report from a community forum sponsored by the Crest View Corporation, the following service issues were identified as those that could be expected to serve the growing senior adult population:

- Greater need for home and community services.
- Additional housing designed for older adults.
- Socialization programs to engage older adults.
- Employment opportunities for older adults.
- Innovative support and programs for family caregivers and others.
- Specialized training for those who care for the elderly.

Public Health Nursing Case Load
Services to Seniors and People With Disabilities *
Anoka County



* Clients who meet eligibility requirements

Anoka County Community Health & Environmental Services

D. ALCOHOL AND PRESCRIPTION DRUG ABUSE AND DEPENDENCY, tobacco use, and illegal drug use result in health and safety concerns for adolescents, adults, and families.

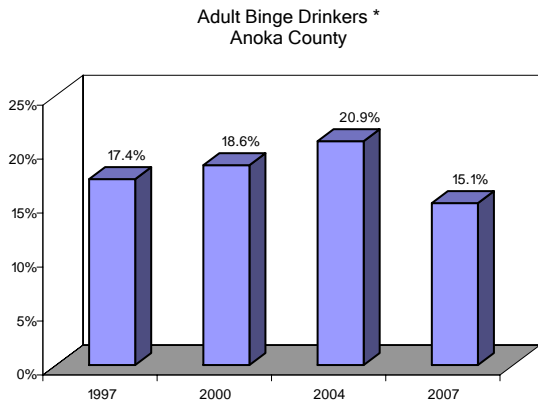
Alcohol abuse/dependency and illegal drug use are costly to individuals, families, and communities.

Lives are lost or shortened and human potential is lost or decreased.

Alcohol and illegal drug use are associated with child and spousal/partner abuse, sexually transmitted diseases, teen pregnancy, school failure, motor vehicle crashes, and low worker productivity.

Alcohol use during pregnancy is known to cause fetal alcohol syndrome, a leading cause of preventable mental retardation.

Binge Drinking



* Binge Drinking: 5 or more on an occasion at least once a month

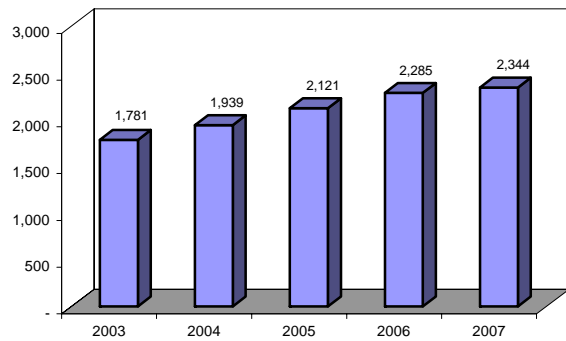
Minnesota Department of Health

In the Minnesota Department of Health's telephone survey, estimated results show that 15% of those who drink consume five or more drinks at a time, at least once a month. Binge drinking is likely to lead to impairment.

This percentage has declined from 1997 to 2007, but it is still higher than the state average.

Driving While Impaired (DWI)

Number of DWI Violations by County Residents
Anoka County



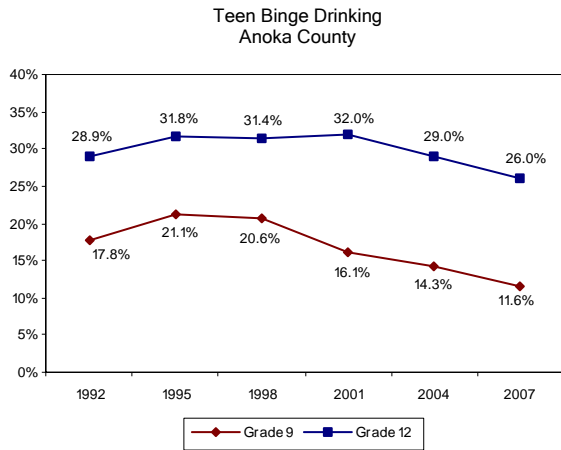
Minnesota Department of Public Safety

The number of Driving While Impaired (DWI) violations by Anoka County residents is on the increase, as reported by the Minnesota Department of Public Safety. It should be noted that there may be differences in the local and state enforcement of DWI's and the resulting data compiled.

There were 2,344 violations in 2007. The number of violations per 10,000 population in the county increased from approximately 57 in 2003, to approximately 72 in 2007.

Residents in the 2009 Anoka County Community Health Survey checked drinking and driving as one of the nine top issues they rated as serious. This is consistent with the residents' attitude in both previous community surveys (completed in 1999 and 2002).

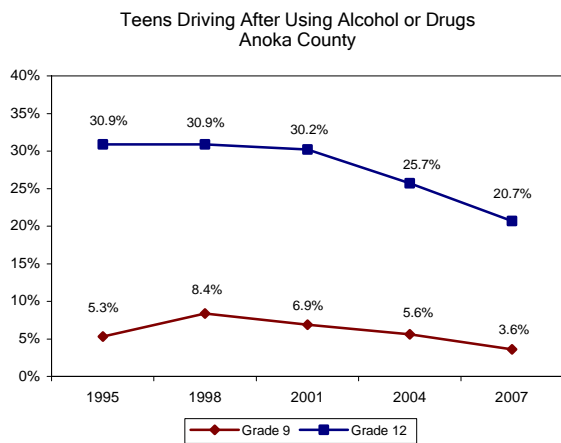
Student Drinking



2007 Minnesota Student Survey

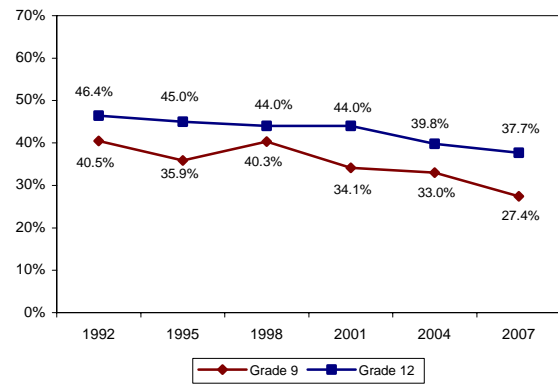
Results from the Minnesota Student Survey show a decline in the percentage of 6th, 9th, and 12th grade students who report their use of alcohol.

The survey also reports that 11.6% of 9th graders and 26% of 12th graders in 2007 said they engaged in consuming five or more drinks in a row in the past two weeks.



2007 Minnesota Student Survey

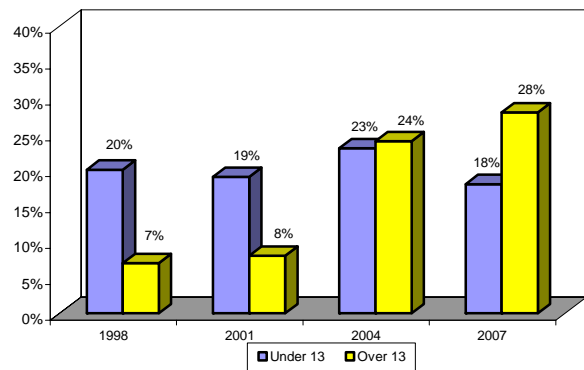
Teens Riding with Friends after using Alcohol or Drugs
Anoka County



2007 Minnesota Student Survey

There has also been a decline in the number of students who rode with their friends who had been using drugs or alcohol. But 27% of 9th and nearly 38% of 12th graders reported in the 2007 Minnesota Student Survey that they did so.

Age of First Use of Alcohol by Teens
Anoka County



2007 Minnesota Student Survey

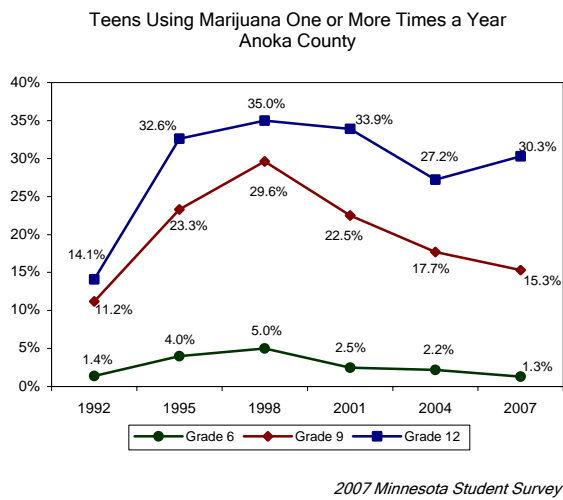
In a 1998 study by the National Institute on Alcohol Abuse and Alcoholism, it noted that the younger a person begins drinking, the greater the chance of developing a clinically defined alcohol disorder.

Young people who begin drinking before age 15 are four times more likely to develop alcoholism and two times more likely to develop alcohol abuse as those who begin drinking at age 21 years.

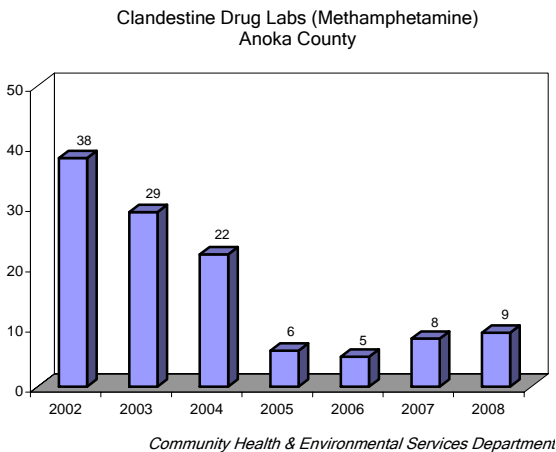
Concerning alcohol use by family members (which has repeatedly caused problems), there has been a fairly consistent reporting in the student survey over the years—from about one-in-five students, to one-in-six students reporting this concern.

Anoka County Social Services reports that 62% of the cases in child protection are alcohol or drug related.

Illegal Drugs



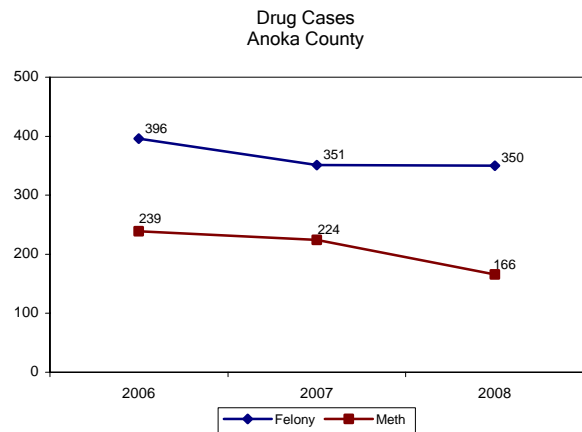
There has been a decline in the last four years in the number of students who report using marijuana. The exception is 12th graders who reported some increase of use between 2004 and 2007.



In previous years, the manufacture and use of methamphetamine significantly impacted Anoka County in areas of child protection and child endangerment, law enforcement, community corrections, and public health hazards.

Since 2004, the number of methamphetamine labs identified and seized has significantly been reduced primarily due to legislative restriction on the sale of certain precursor chemicals used in the manufacture of methamphetamine.

There remains a concern about the use of methamphetamine.



Anoka County Sheriff's Office

Economic Impact

The cost per capita of alcohol related traffic crashes, fatalities, and injuries was estimated in 2007 to be \$44 per person or \$1,305,000 for the Anoka County residents.

The economic costs of alcohol use was last estimated in 2001 by the Minnesota Department of Health at about \$900 for every Minnesotan.

Using the population estimates for Anoka County at that time, the estimated economic cost would have been \$274,485,600 for Anoka residents. It is not unrealistic to project that the costs today are considerably higher.



**COMMUNITY HEALTH &
ENVIRONMENTAL SERVICES DEPARTMENT**



**II. ESSENTIAL
LOCAL PUBLIC HEALTH
ACTIVITIES**

For Anoka County



**Anoka County Government Center
2100 Third Ave., Suite 600
Anoka, MN 55303-5041
763-422-7030
<http://www.anokacounty.us/>**

ESSENTIAL LOCAL PUBLIC HEALTH ACTIVITIES

ASSURE AN ADEQUATE LOCAL PUBLIC HEALTH INFRASTRUCTURE

The Anoka County Community Health & Environmental Services (CHES) Department was organized under Minnesota Statute 145A in 1976. The Anoka County Board of Commissioners operates as the Community Health Board, overseeing the activities of the department.

The department's 2009 budget was almost 12 million with 114 full-time equivalent staff members.

Services are provided under the following areas:

- Public Health Nursing, which includes Family Health, and Elderly and Disabled.
- Disease Prevention and Control.
- Environmental Services.
- Correctional Health.

The CHES Department conducts a local assessment of community health issues as well as monitoring the development of programs and services to meet the priority health needs of its communities.

The CHES Department convenes community groups and organizations to identify service development opportunities, as well as facilitates community planning to improve services.

PROMOTE HEALTHY COMMUNITIES AND HEALTHY BEHAVIORS

Program activities include community educational presentations, health promotion messages, community health fairs, as well as provide information and activities for Anoka County employees and the community.

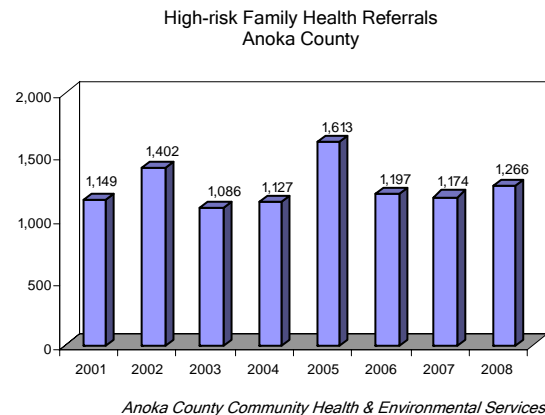
Four major topics included recently were:

- Overweight and Obesity.
- Mental Health.
- Violence Prevention.
- Methamphetamine Education.

An extensive effort in previous years focused on tobacco prevention, involving youth, smoke-free homes and vehicles, tobacco-free school and youth associations, and tobacco-free park and recreation policies.

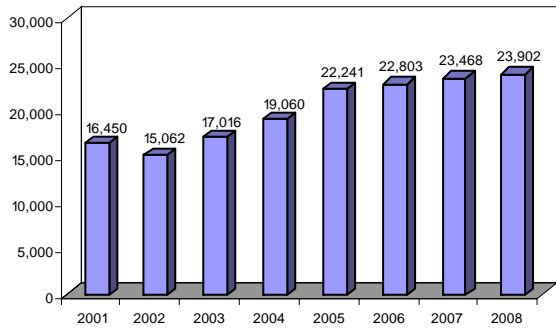
CHES has spearheaded the development of a multi-disciplinary, county-wide coalition called the Partnership for Better Health. This group's focus is to address chronic disease prevention related to overweight issues and obesity issues, poor nutrition, physical inactivity, and tobacco-use behavior choices.

CHES is heavily involved in working with low-income mothers in achieving healthy pregnancies, positive pregnancy outcomes, child/teen health and development, and maternal and child nutrition.



ESSENTIAL LOCAL PUBLIC HEALTH ACTIVITIES

Child & Teen Checkups Eligible Families Served
Anoka County



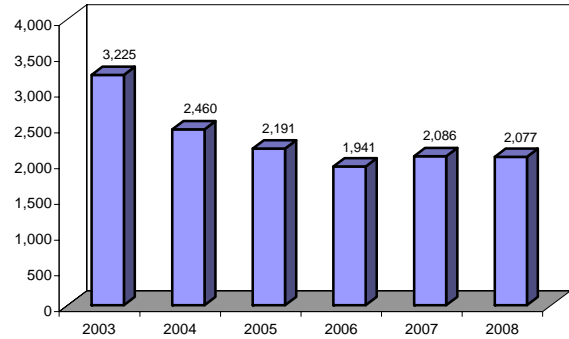
Anoka County Community Health & Environmental Services

The Child & Teen Check-up Outreach Program works to improve the health of children in Anoka County who are eligible for Medical Assistance and Minnesota Care by promoting their access to health screening and follow-up treatment.

PREVENT THE SPREAD OF INFECTIOUS DISEASE

Preventing and controlling communicable or infectious disease is perhaps the oldest and most fundamental public health responsibility.

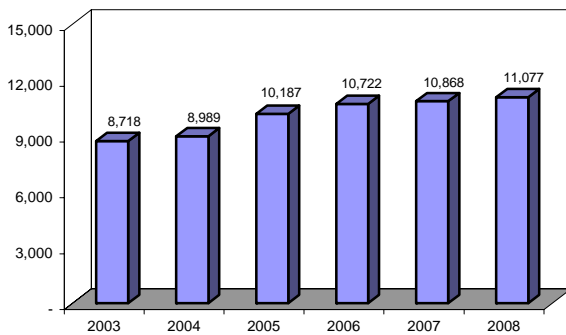
Public Immunization Clinic
Anoka County



Anoka County Community Health & Environmental Services

The number of CHES public immunization clinics has declined, due to changes in community needs and changing demographics of the population served (such as refugees and the working poor). We have improved access to immunizations through the use of scheduled appointments. The public role in providing immunization clinics is to serve as a safety net for the community.

WIC Participants (Unduplicated Count)
Anoka County



Anoka County Community Health & Environmental Services

The Women, Infants, and Children (WIC) program provides nutrition education and vouchers for supplemental foods for pregnant, breastfeeding, and postpartum women (and children, up to age five), who meet income eligibility requirements and have a nutritional risk and/or medical need.

Immunization Levels for Child Care Centers
2007-2008
Anoka County

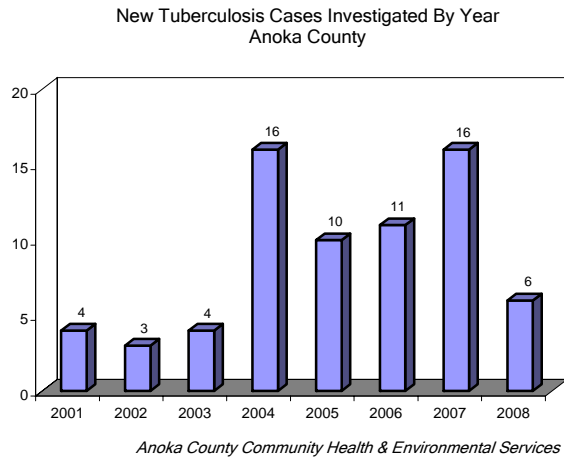
Age Group	DTP/Td	Polio	MMR	Hib	VAR
Toddlers	60%	81%	82%	98%	72%
Older Toddlers	71%	88%	92%	97%	86%

Anoka County Community Health & Environmental Services

The percentages shown for immunization levels indicate the number of children, determined to be toddlers, and older toddlers who have completed the required dosages for their age group. The graph does not include children in the HeadStart program.

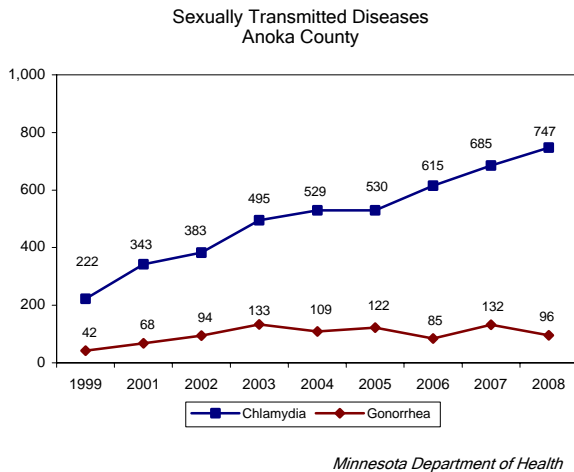
ESSENTIAL LOCAL PUBLIC HEALTH ACTIVITIES

From 2000 to 2003, data was gathered from a special survey for children at 24 months of age. It showed that 85% of Anoka children were age-appropriately immunized. That type of data is no longer available. The data shown on the previous page is used as a proxy for the former data for Anoka County.

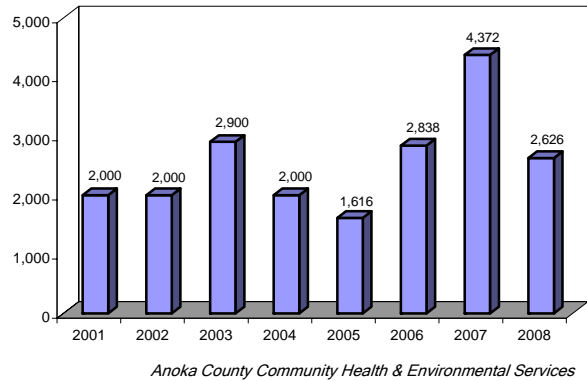


The Family Health public health nurses provided 1,023 home visits in 2008 to 18 *ongoing* clients for services related to tuberculosis (TB). These involved:

- Directly Observed Therapy (DOT) for medication monitoring and case management for persons diagnosed with TB, or
- Directly Observed Preventative Therapy (DOPT) for persons at risk of developing active TB.



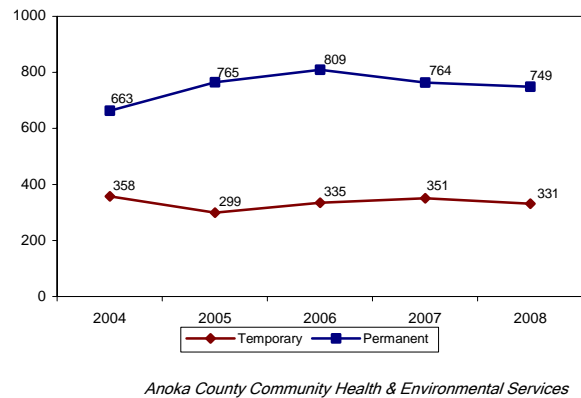
Processed Telephone Inquires on Communicable Diseases and Information & Referral Anoka County



PROTECT AGAINST ENVIRONMENTAL HEALTH HAZARDS

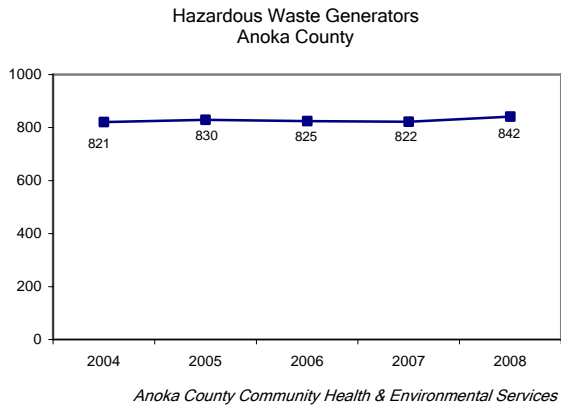
Much of the activity's of the Environmental Services section of Community Health and Environmental Services department are focused on food safety, ground water protection and public health nuisance prevention and abatement.

Permanent and Temporary Food Licenses Anoka County



There is a minimum yearly inspection for most food establishments. Training and education is given to owners and managers and special hand washing education to food handlers.

ESSENTIAL LOCAL PUBLIC HEALTH ACTIVITIES



The Community Health and Environmental Services Department provides inspection and licensing of businesses to regulate the waste that is hazardous to people and the environment.

Groundwater and surface H₂O protection has taken on a significant focus in 2009.

A Water Resources Management Task Force was convened to provide advice and consultation, and make recommendations to the Anoka County Board regarding water resources management.

The county had previously undertaken an assessment in 1995. The new comprehensive assessment and recommendations will address the issue of an adequate supply of high quality water available now and in the future.

A Water Resources Management Report is a separate addendum to the Community Health Assessment Report.



PREPARE FOR AND RESPOND TO DISASTERS, AND ASSIST COMMUNITIES IN RECOVERY

The CHES Department provides leadership for public health preparedness activities in the community in response to disasters. The department has an Emergency Operations Plan that is updated annually. Preparedness drills are undertaken each year and involve its community partners.

Public Health Emergency Preparedness activities include trainings for community partners, CHES staff, and the Medical Reserve Corps on:

- National Incident Management and Command System.
- Pandemic Influenza.
- Individual and Family Preparedness.
- Psychological First Aid.
- Mass Dispensing.

Staff members of the CHES Department give presentations in the community on preparedness for individuals and families, as well as on the Minnesota Immunization Information Connection (MIIC). The purpose of MIIC is to provide coordination (among health care providers, schools, and parents) for serving as a single location of an individual's immunization history.

A Web site has been developed to provide residents with information on disaster preparedness and other related information. Events, such as the 2009 spread of the H1N1 Novel Influenza Virus, demonstrate the need for an integrated response from the entire community.

The CHES Department staff have been working with Anoka County community entities such as hospitals, health care provider clinics, schools, churches, and the first responders (police, fire, and ambulance services) in planning and practicing for a coordinated response throughout the Anoka County community.

ESSENTIAL LOCAL PUBLIC HEALTH ACTIVITIES

ASSURE THE QUALITY AND ACCESSIBILITY OF HEALTH SERVICES

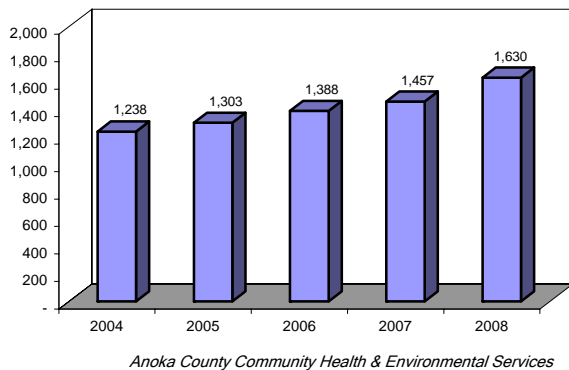
Periodically, CHES assesses the health care quality and capacity in the county and provides services to link people to needed services. One of the Community Assessment priorities for the years 2010-2014 focuses on this particular essential service.

Public Health Nursing activities are a specific example of assessing the needs of clients and finding the appropriate services to help people be as independent as possible.

Services to the elderly and disabled are a significant part of this activity. CHES also works with health plans to manage the care given to these clients.

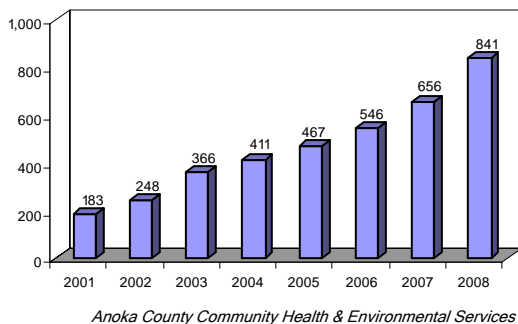
Disabled clients, under the age of 65 and eligible for Medical Assistance, are provided case management and home visiting services to help them stay in the community.

Pre-admission Screening/Long-term Care Consultation
Persons with Long-term or Chronic Needs
Who Received an Assessment
Anoka County

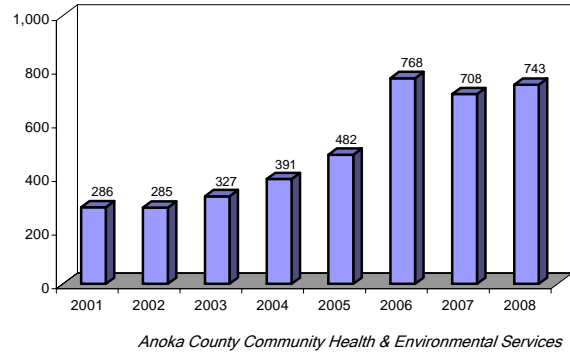


Clients with long-term or chronic care needs are helped to stay in their homes or community as long as possible.

Community Alternative for Disabled Individuals
Anoka County

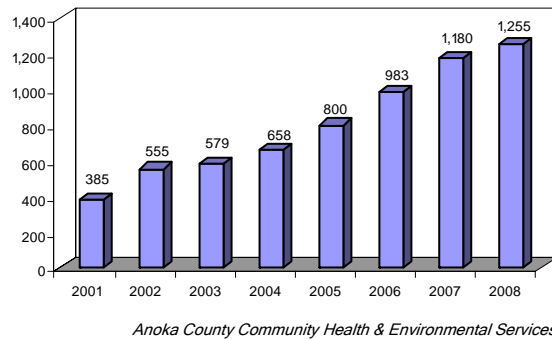


Elderly Waiver Clients
Anoka County



Support services are provided to those 65 and older with health needs that put them at risk for nursing home care, but who choose community-based care.

Personal Care Assistant Services
Anoka County



Medical Assistance eligible clients who need help with day-to-day personal care, and require assistance that is medically necessary, can be provided with a personal care attendant, if appropriate

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List of Community Health Issues Survey References – Appendix “b”

Anoka County residents and County staffers identified the following Community Health issues in a 2009 survey as being concerns that are either serious concerns or moderate concerns. In compiling Community Health issues which included BOTH serious and moderate responses, included are those which received at least a response of 50% or above.

80+%

Unhealthy eating habits – 81.9%
Obesity among adults – 81.6%
Lack of physical activity – 80%

70+%

Obesity among children/youth – 77.5%
Alcohol use for those under 21 – 77%
Use of illegal drugs by teens – 76.9%
Drinking and driving – 76.3%
Tobacco use among adults – 75%
Tobacco use among teens – 74.4%
People without insurance – 73.2%
People without enough insurance – 72.4%
Use of illegal drugs by adults – 72.3%
High blood pressure – 72.3%
Parents with poor parenting skills – 71.4%
Heart disease – 70.7%
Cancer – 70.1%

60+%

High cholesterol – 69.2%
Diabetes in adults – 67.7%
Domestic abuse/violence – 66.9%
Teen pregnancy – 65.4%
Lack of affordable housing – 64.7%
Abuse of prescription drugs by teens – 64.9%
Abuse/neglect of children – 64.3%
Mental health issues among adults – 62.5%
Unplanned pregnancy – 61.6%
Mental health issues among youth – 60.1%

50+%

Lack of quality, affordable day care – 56.9%
Arthritis – 56.1%
Lack of services allowing seniors/disabled to stay home – 56.1%
Asthma – 56%
Difficulty in getting mental health services for adults – 55.7%
Abuse/neglect of vulnerable adults – 55.5%
Difficulty getting mental health services for children/youth – 55%
Difficulty getting dental services – 54.8%
Falls among the elderly – 53.6%

(continued)

Community Health Issues – Appendix “b” (2nd page)

50+%

Diabetes in children/youth – 53.6%

Stroke – 53.6%

Violence in schools – 52.4%

Children not getting regular well-child check-ups – 52.1%

Autism – 51.3%

Alzheimer's disease – 50.7%

People don't know where or how to get health care services – 50.6%

Lack of alternative services for seniors – 50.5%

Difficulty getting health care services – 50.3%

Sexually transmitted diseases – 50.3%