

Lincoln County Community Health Needs Assessment

Fiscal Year 2022

Mercy 



Lincoln County
HEALTH DEPARTMENT





Mission

As the Sisters of Mercy before us, we bring to life the healing ministry of Jesus through our compassionate care and exceptional service.



Mission

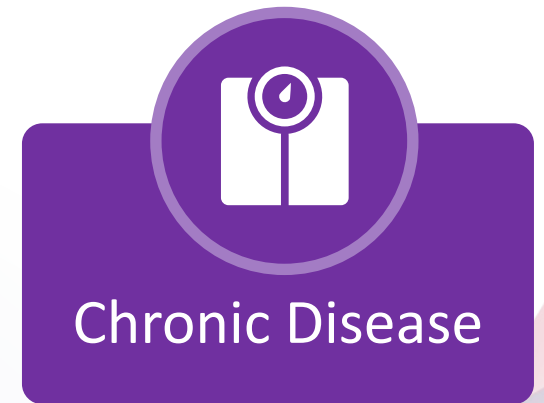
Strives to protect and promote a healthy and safe environment through community outreach, on-going assessment and policy development, education, and innovative solutions to identified health issues.

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Impact Evaluation of Previous CHNA

The 2019 community health needs assessment identified four priority health areas:



A community health improvement plan was developed and implemented to address these significant needs. Lincoln developed and implemented a variety of programs and initiatives to address the needs identified in the 2019 CHNA.





Impact Evaluation of Previous CHNA

Access to Care

Improving navigation to healthcare services, transportation access and other key social determinants of health, and expanding specific services like dentistry within the community:

- Reinvigorated and rebranded the health department's provider partner meeting, Lincoln County Continuum of Care
- Established the Fragile Family System of Care, to work on access and service gap issues affecting the most vulnerable residents of Lincoln County
- Expansion of dental program at Lincoln County Health Department to include a full-time dentist and teledentistry program
- Community Health Worker program expanded to add additional referring providers and walk-ins/calls from community members



Impact Evaluation of Previous CHNA

Behavioral Health / Substance Use



Both Behavioral Health (i.e., anxiety, depression) and Substance Use (i.e., opioids, alcohol) are extremely correlated together, one leading to the other often. Mainly focused on expanded access and developed new programs for these needs:

- Lincoln County Opioid Summit for Community Providers held in March 2019 – led to the formation of a county coalition working on outreach and advocacy efforts, as well as development of a comprehensive list of resources available to Lincoln County residents
- Maternal and Child Health program focus on toxic stress in youth which can lead to substance use
- Baby & Me Tobacco Free program established to help pregnant moms stop using nicotine products
- Narcan available to the public on a walk-in basis



Impact Evaluation of Previous CHNA

Chronic Disease

The ability to learn healthy lifestyles and self-manage chronic conditions (i.e., obesity, diabetes) are essential to provide the key tools to create a healthier community:

- Increased nursing presence at outreach events offering blood pressure checks and engaging on healthy lifestyle issues
- Operation of the Harvest Hauler fresh produce program (paused due to COVID-19)
- Expansion of Hepatitis C testing access and resource linkages



Impact Evaluation of Previous CHNA

Injuries and Poisonings

Accidental and unintentional injuries can greatly impact both the short- and long-term health of community members. Also, medication safety remains essential for preventing poisonings:

- Maternal and Child Health program focus on toxic stress in youth which can lead injury
- Maternal and Child Health program providing the Signs of Suicide program in area schools
- Drug disposal location in partnership with Lincoln County Sheriff's Office
- Developed the Movement on Medication Safety (MOMS) outreach campaign to encourage safe prescription drug use in women of childbearing age

Executive Summary

Lincoln County is committed to carrying out its mission to deliver compassionate care and exceptional service for all members of the communities it serves, with special attention to those who are marginalized, underserved, and most vulnerable. As part of this CHNA, the Lincoln Community convened a collaboration of area health care and non-profit partners to conduct a comprehensive community health survey and various focus group sessions. Available secondary health data was also obtained, and Lincoln community indicators were compared to those of Missouri and the United States.

Mercy Lincoln is a critical access hospital located in Troy, Missouri affiliated with Mercy, a large Catholic health system. Headquartered in St. Louis, Mercy serves millions of people each year in multiple states across the central United States. For the purposes of this Community Health Needs Assessment (CHNA), the community served by Mercy Lincoln will be defined as the three-county Lincoln region made up of Lincoln, St. Charles and Warren Counties.



Executive Summary *(continued)*

The Lincoln Community Health Council reviewed and prioritized the needs based on several criteria. 2022 prioritized community health needs are: Housing Instability, Transportation Access and Substance Use. These prioritized needs will be the basis of Mercy Lincoln and Lincoln County Health Department three-year community health improvement plan (CHIP), which will guide the coordination and targeting of resources and the planning, implementation, and evaluation of new and existing programs and interventions.

The COVID-19 pandemic has had an undeniable impact on the Lincoln County community. Because data availability tends to have a lag time, the effects of the pandemic may not be immediately apparent in the current data but should be acknowledged. Lincoln County experienced more than 15,000 known cases of COVID-19 between the period of February 2020 - March 2022, which contributed to 130 deaths of residents. A stay-at-home order was issued in the county in early 2020 but following that initial order the county remained “open,” with most businesses operational. Children returned to in-person learning in the fall of 2020; despite many quarantines issued, school leaders and staff – in partnership with the health department – worked to ensure that in-person learning remained in effect. A masking recommendation was issued by the health department from fall 2020 to early 2021. The burden on the local health care system was undeniable, especially as a surge from late 2021 into 2022 taxed the ability of local providers to offer testing for COVID-19 in conjunction with health services. Many residents responded to the call to be vaccinated against COVID-19, and as of March 31, 2022, 41% of Lincoln County residents had completed a primary vaccine series. As of April 1, 2022, Missouri transitioned into “endemic response” at the order of Governor Parson.

Input from our Community:

COVID has continued to impact mental and behavioral health in significant ways...increased anxiety and depression, increase self-harm and collateral damage with financial strain and societal turmoil

Community Profile

Those We Serve

Population
Growth

Age Structure

Education and
Income

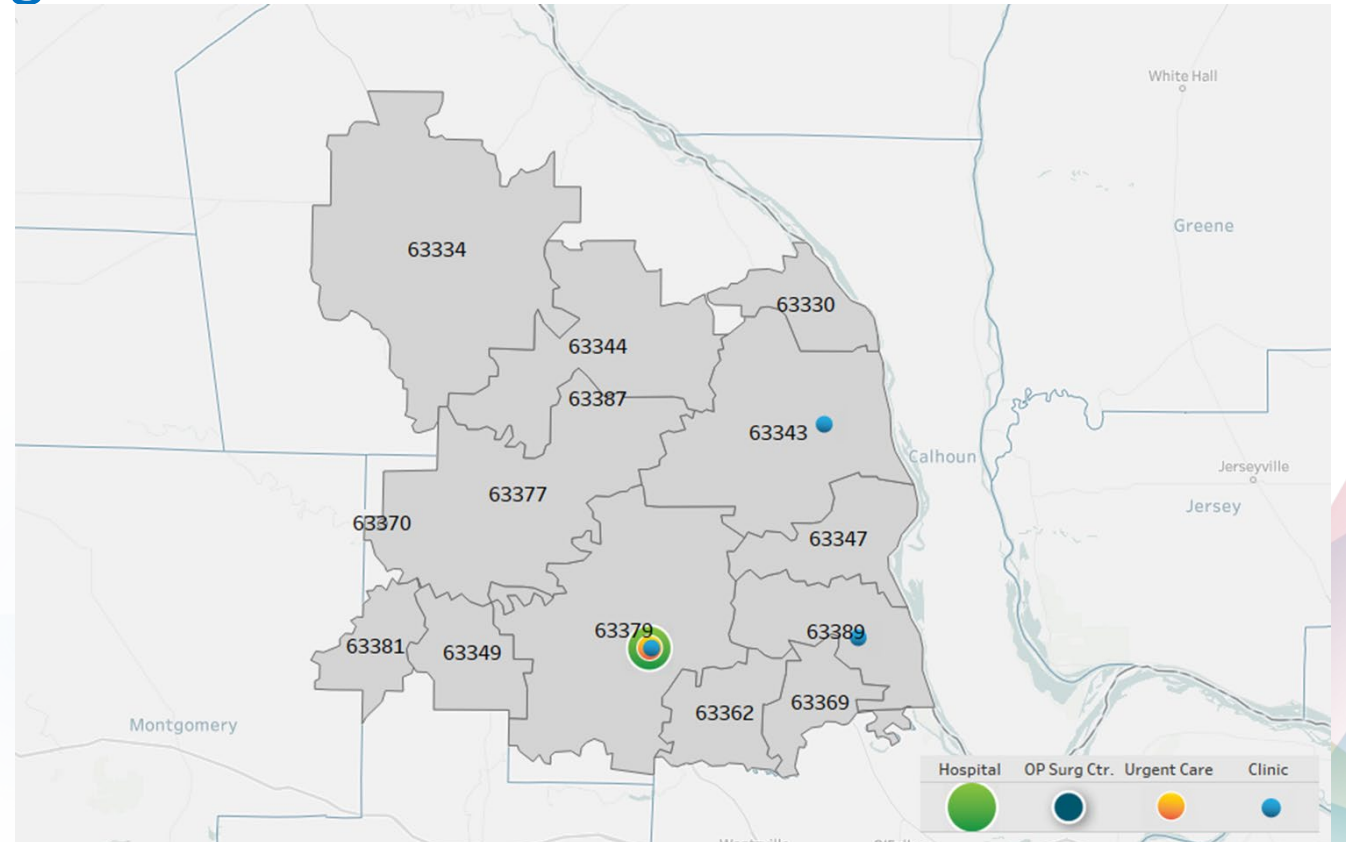
Access to Care



Community Profile

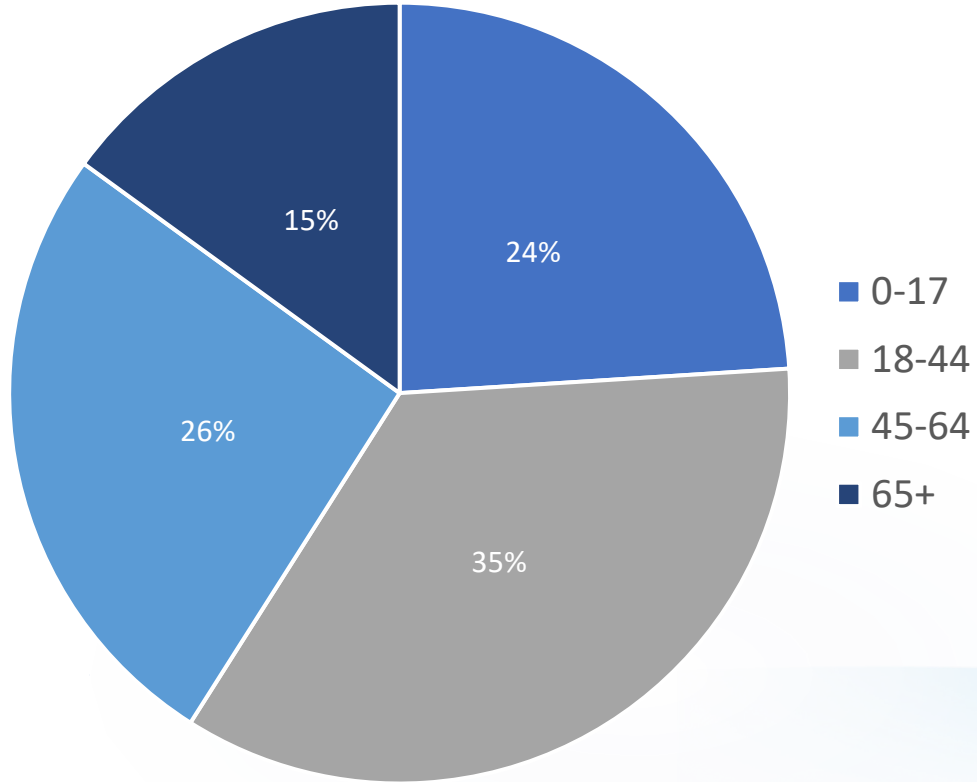
Population Growth and Coverage

Service Area - 2020	Service Area - 2025	5-Year Growth
68,298	74,612	9.2%



Community Profile

Age Structure



Community Profile

Education and Income

	Service Area	Missouri	US
Median Age	39	41	41
Median Household Income	\$65k	\$56k	\$66k
High School Grad or Greater	89%	91%	89%



Community Profile

Access to Care

System Affiliation	ID	Hospital	City, State	Type	Total Hospital Beds	Total Inpatient Discharges	Total Births
Mercy	1	Mercy Hospital St. Louis	St. Louis, MO	Acute	859	37,916	8,869
	2	Mercy Hospital Jefferson	Crystal City, MO	Acute	321	8,437	520
	3	Mercy Hospital Lincoln	Troy, MO	Critical Access	25	674	1
	4	Mercy Hospital South	St. Louis, MO	Acute	767	22,569	809
	5	Mercy Hospital Washington	Washington, MO	Acute	148	6,604	791



Our Assessment Process

Finding the Real Community Needs

This CHNA process was designed to use data to identify those who may not be flourishing; use information provided from focus groups and community surveys to help community members and organizations identify systems that perpetuate inequity and test programmatic changes that have the potential to disrupt these systems. By doing this we hope the long-term outcome will be the creation of conditions where everyone has the opportunity to achieve health and well-being, by addressing the root causes of poor health outcomes.

The team used the following methods to understand the community health needs:

- **Community survey** – a survey of the general public to better understand what they view as the most significant health issues.
- **Community Focus Groups** – discussions with community members and community champions to delve deeper into individual experiences with health-related issues
- **Secondary data research** – information related to the current state of our community’s economic, social, and health status published by established sources

Our Assessment Process

Community Health Survey

Mercy Lincoln and Lincoln Co. Health Department convened a community coalition of 8 Lincoln health care and social service organizations to conduct a comprehensive community health survey in 2021. The final survey was made up of 30 questions focused on health issues and needs most important to the respondents, wellness, mental health, barriers to care, and childhood immunizations. Various community partners promoted the survey on social media while also distributing the survey electronically to their co-workers, patients, clients, and community members by email and through social media.

Over 106 responses were included in the final analytic sample. 67% of respondents were from Lincoln County, 22% were from St. Charles County, and 11% from Warren County. Complete results of the 2022 Lincoln Community Health Survey are included in the Appendix.

Our Assessment Process

Community Focus Group

The facilitation team was made up of a lead facilitator and scribe during the county-wide focus group. The participants included individuals served by collaborating organizations as well as employees of the organizations. The facilitator led the focus group and followed a written script to ensure consistent messaging at all events. The scribe then recorded quotes and ideas from individuals as they responded to each question. The time together was held virtually due to COVID restrictions, thus enabling the recording of the conversations to be done.

Participants convened discussion regarding the state of health of the Lincoln region. Key community health issues were discussed whether they were clinical in scope (diabetes) or non-clinic (access to healthy food). Then the group talked through currently available community resources along with the barriers to accessing these benefits. Finally, the community members brainstormed future solutions towards the top needs that included expanding/increasing current programs or developing new initiatives.

From Our Focus Group:

The lack of safe, affordable housing is a growing concern. Unclean, unsafe and unstable housing can impact sleep, stress – making it hard for students to focus in school and parents during work.

Our Assessment Process

Secondary Data Research

The following external sources of published data are examples of those utilized in the data collection process.

- U.S. Census Bureau, 2020 Census Results. <https://www.census.gov/>
- U.S. Census Bureau American Community Survey, 2019. <https://www.census.gov/programs-surveys/acs/data.html>
- The Robert Wood Johnson Foundation and The University of Wisconsin-Public Health Institute
<http://www.countyhealthrankings.org/>

Our Assessment Process

A list of community partners involved in the CHNA process is provided below:

- Lincoln County Resource Board
- Compass Health
- Lincoln County Council on Aging
- Sts. Joachim and Ann Care Service



Prioritized Needs

Prioritizing Identified Health Needs

The Community Health Council of Mercy Lincoln Hospital met in April 2022 to prioritize the identified health needs. The committee reviewed the primary and secondary data collected during the CHNA process, evaluated the strengths and resources of the community, and took into account the hospital's strategic plan. The committee narrowed the list of identified health needs by using a strategy grid. Criteria used to prioritize the needs using the strategy grid were Severity of the Need and Availability of Resources to address the need. The strategy grid narrowed the list of health needs to five: **Behavioral Health, Health Education, Housing Instability, Internet Access, and Transportation Access.**

Based on the results of the 2022 CHNA, Lincoln County has prioritized three health needs: **Behavioral Health, Housing Instability, and Transportation Access.** Lincoln will maintain current strategies which have been implemented and have been shown to be making positive impacts in these priority areas and will continue to seek out programs, interventions, and community partnerships to meet all of the prioritized health needs.

Prioritized Needs

Prioritizing Identified Health Needs *(continued)*

Strategy Grid Results

		Magnitude of Need		
		High	Medium	Low
Resources Available	High	Housing	Food Access	
	Medium	Internet	Health Education	
	Low	Transportation, Behavioral Health		

Nominal Group Ranking Results

Identified Health Need	Ranking Score*	Chosen as Priority Need
Behavioral Health	30	Yes
Transportation Access	32	Yes
Health Education	41	No
Housing Instability	42	Yes
Internet Access	46	No
Food Insecurity	48	No

Prioritized Needs



Behavioral Health



Housing Instability



Transportation Access



Prioritized Needs

Behavioral Health

- Mental or behavioral health (these terms will be used interchangeably for the purposes of this CHNA) includes our emotional, psychological, and social well-being. Mental and physical health are equally important components of overall health. While mental illness is not the same as mental health, mental illnesses are among the most common health conditions in the United States.
- Several years ago, non-profit organizations significantly expanded its behavioral health department, adding providers and more services. Mercy Health System is planning to implement several virtual behavioral health services across its ministry over the next several years, benefiting the community of Lincoln County. Behavioral health was chosen as a priority health need for Lincoln's 2019 CHNA. The Lincoln Community remains committed to increasing access to care for uninsured, economically poor, and vulnerable persons and has instituted a number of programs to address this need.

Prioritized Needs



Transportation Access



- Transportation affects rural communities in multiple ways: access to healthcare, social services, employment and educational opportunities. All these factors can either be positively or negatively impacted through access to transportation.
- Focusing on transportation systems within our community leads to economic development and improves quality of life for our neighbors. Unfortunately, not many solutions exist to enable people without forms of transportation to get to-and-from their grocery store, employer or healthcare provider.
- Utilizing Mercy and key community-based organizations as the main conveners with public and private partnerships, our Lincoln community can facilitate sustainable transportation networks. This infrastructure will assist not only underserved communities but also energize the local business industry.



Prioritized Needs

Housing Instability



- Housing remains one of the most integral influencers of an individual’s health. Various social service agencies have even adopted the “Housing First” model in order to uplift underserved communities.
- Homelessness has continued to affect the Lincoln region, especially with the reduction in employment and benefits among already struggling families. There is strong evidence that people who are unhoused are forced to unnecessarily utilize the Emergency Department and can develop chronic behavioral health conditions.
- Within the Lincoln community, there does not exist many organizations developed to intervene during times of housing instability. Prioritizing housing within this CHNA will create solutions to uplift unhoused people in our community.

Resources

Lincoln County develops collaborations with many local community agencies and organizations that have similar missions and personnel dedicated to improving the prioritized needs within our CHNA. Some of these partners include:

- Aging Ahead
- Compass Health
- Lincoln County Resource Board
- Lincoln County Council on Aging
- Lincoln County and Surrounding School Districts
- HealthTran (MO Rural Health Association)
- Toyota Mobility Programs
- Tri-County Continuum of Care
- Sts. Joachim and Anne
- St. Louis Crisis Nursery



Your life is our life's work.

Appendix

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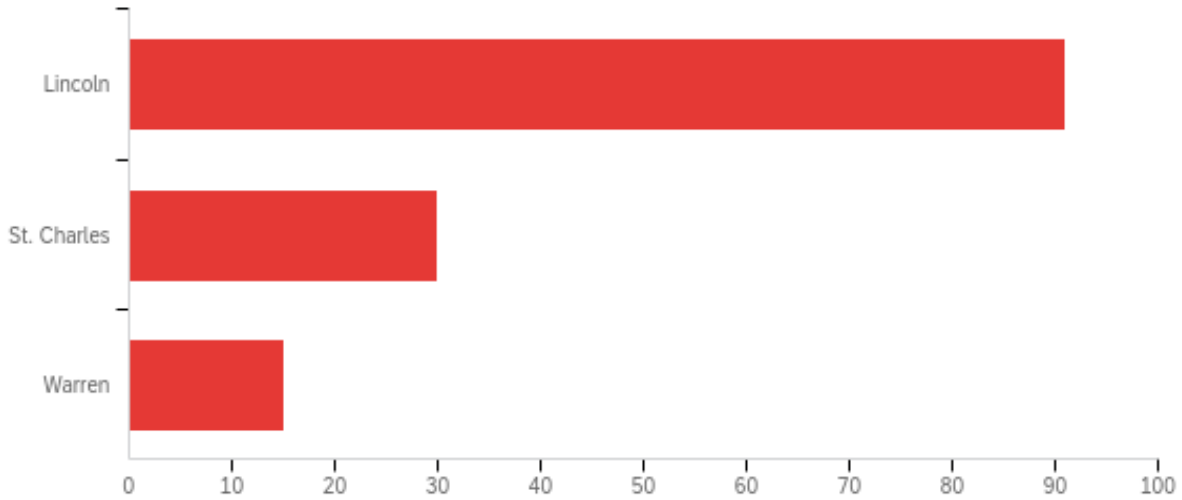
1. Community Survey Questions and Results
2. Focus Group Notes
3. CHNA Secondary Data
4. Mercy Lincoln ER Community Data

Mercy Lincoln 2022

Mercy Community Health Needs Assessment Survey

June 23rd 2022, 10:29 am CDT

Q4 - Please select the MISSOURI COUNTY where you receive most of your health care.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Please select the MISSOURI COUNTY where you receive most of your health care.	36.00	49.00	39.86	5.52	30.43	136

#	Answer	%	Count
39	Lincoln	66.91%	91
33	St. Charles	22.06%	30
50	Warren	11.03%	15
	Total	100%	136

Q6 - Please enter your zip code in the space provided:

Please enter your zip code in the space provided:

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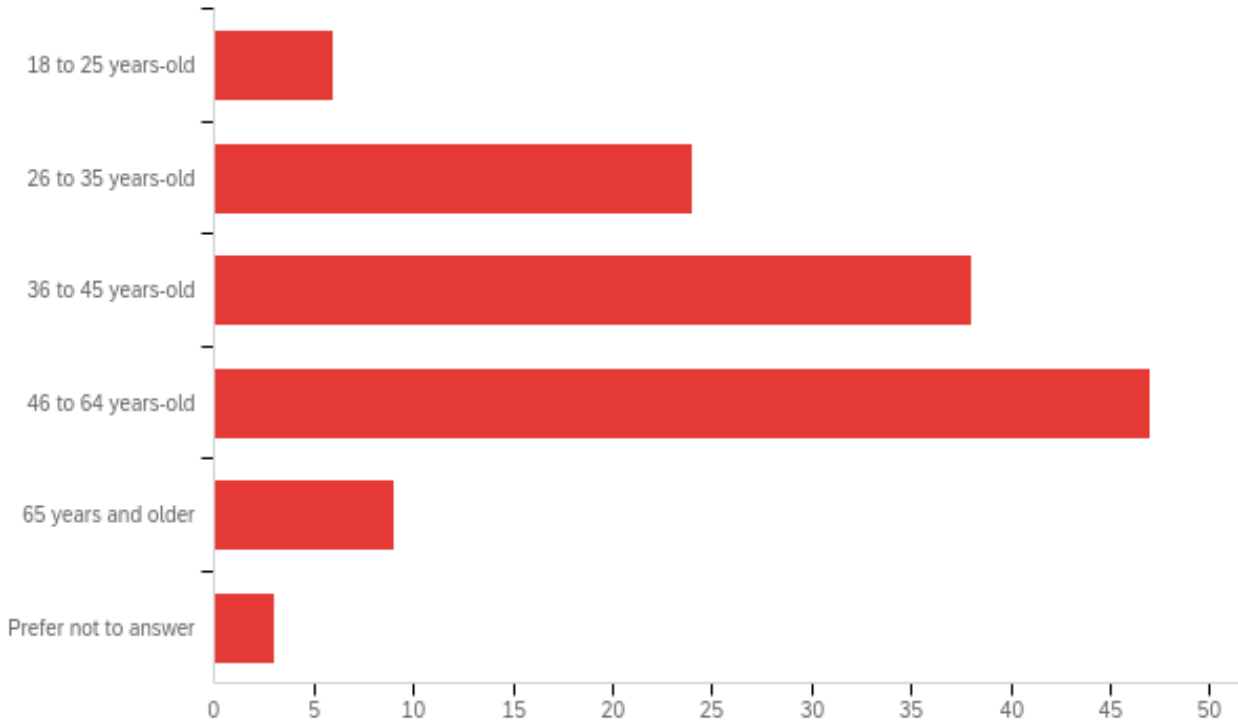
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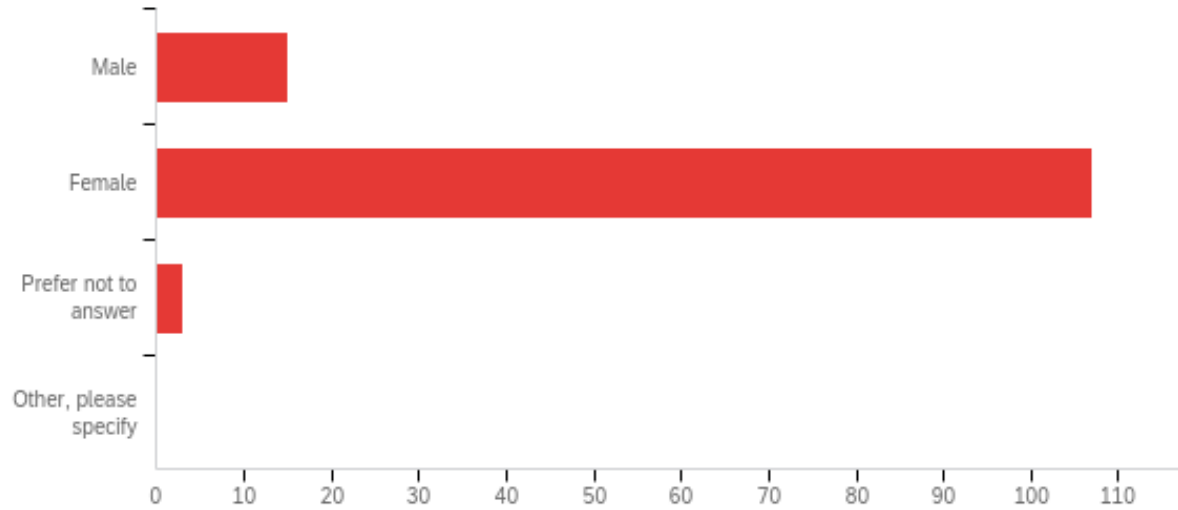
Q7 - Please select the age range that best fits you.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Please select the age range that best fits you.	1.00	6.00	3.30	1.07	1.15	127

#	Answer	%	Count
1	18 to 25 years-old	4.72%	6
2	26 to 35 years-old	18.90%	24
3	36 to 45 years-old	29.92%	38
4	46 to 64 years-old	37.01%	47
5	65 years and older	7.09%	9
6	Prefer not to answer	2.36%	3
	Total	100%	127

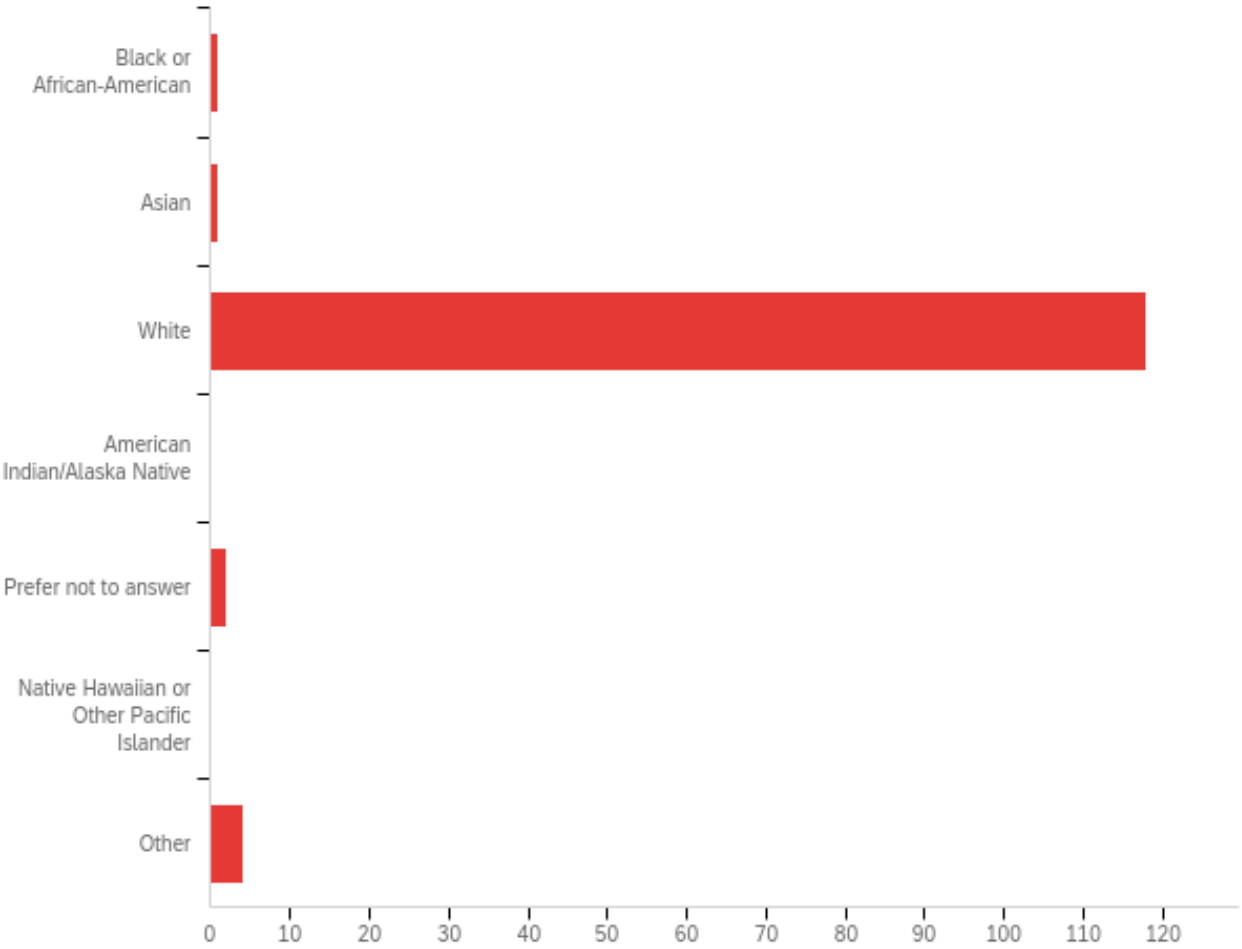
Q8 - What is your gender identity?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your gender identity? - Selected Choice	1.00	6.00	1.98	0.71	0.50	125

#	Answer	%	Count
1	Male	12.00%	15
2	Female	85.60%	107
6	Prefer not to answer	2.40%	3
7	Other, please specify	0.00%	0
	Total	100%	125

Q9 - Please choose the race/ethnicity that best fits you. Select all that apply or you can simply choose "prefer not to answer."



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Please choose the race/ethnicity that best fits you. Select all that apply or you can simply choose "prefer not to answer." - Selected Choice	1.00	8.00	4.12	0.81	0.66	126

#	Answer	%	Count
1	Black or African-American	0.79%	1
2	Asian	0.79%	1
4	White	93.65%	118

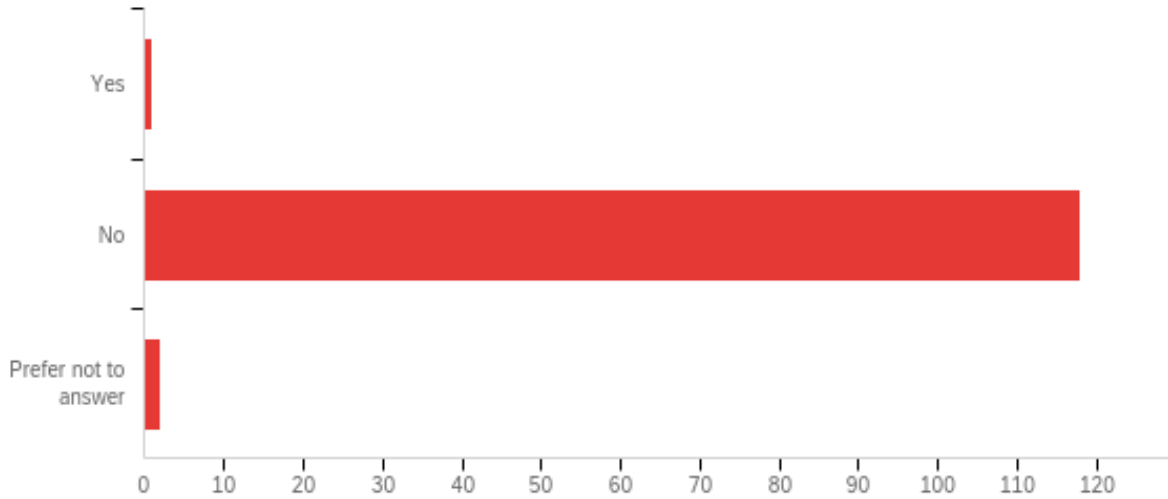
5	American Indian/Alaska Native	0.00%	0
6	Prefer not to answer	1.59%	2
7	Native Hawaiian or Other Pacific Islander	0.00%	0
8	Other	3.17%	4
	Total	100%	126

Q9_8_TEXT - Other

Other - Text

AsianAmerican

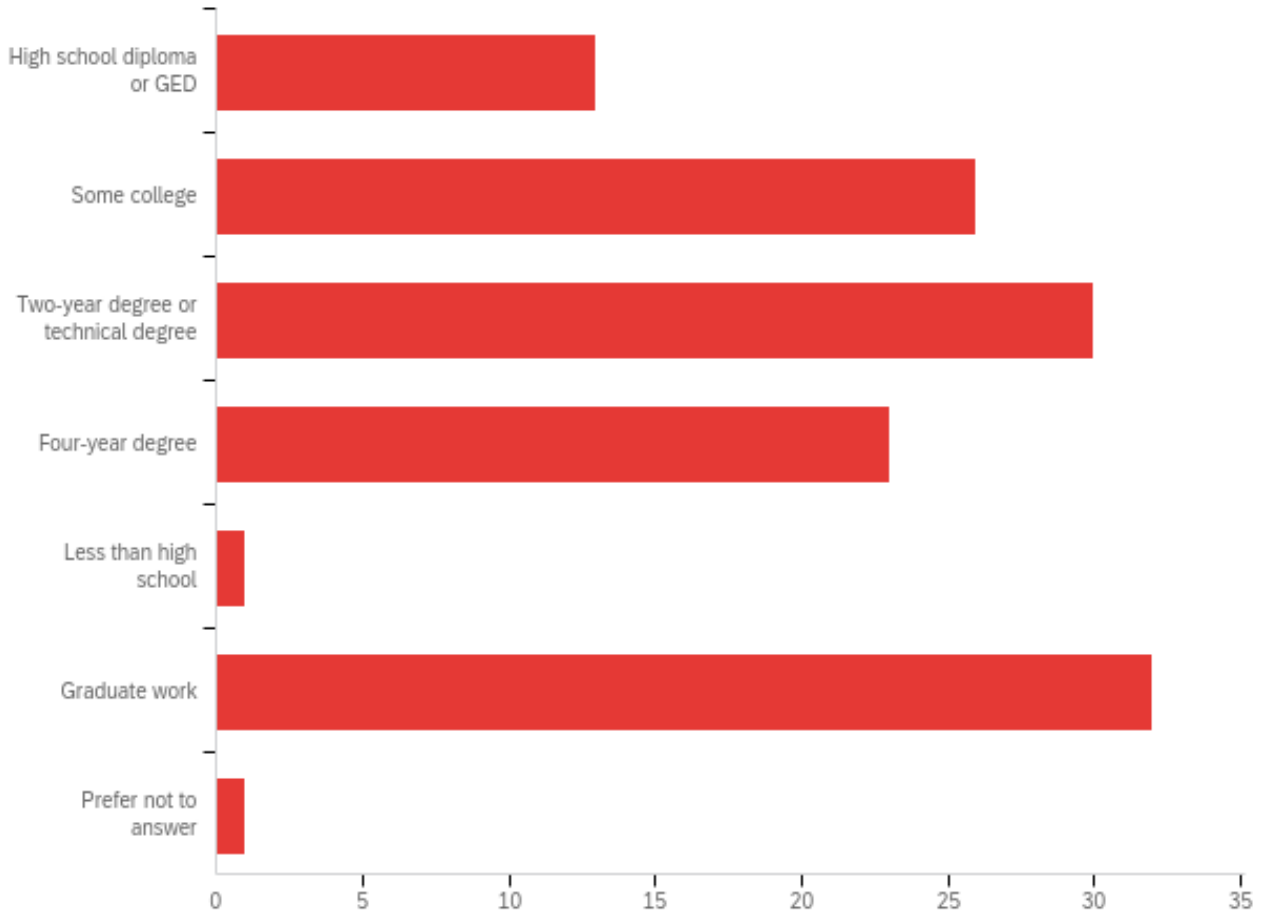
Q10 - Do you identify yourself as Hispanic or Latino?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Do you identify yourself as Hispanic or Latino?	1.00	3.00	2.01	0.16	0.02	121

#	Answer	%	Count
1	Yes	0.83%	1
2	No	97.52%	118
3	Prefer not to answer	1.65%	2
	Total	100%	121

Q11 - Please select the education level that best describes you.

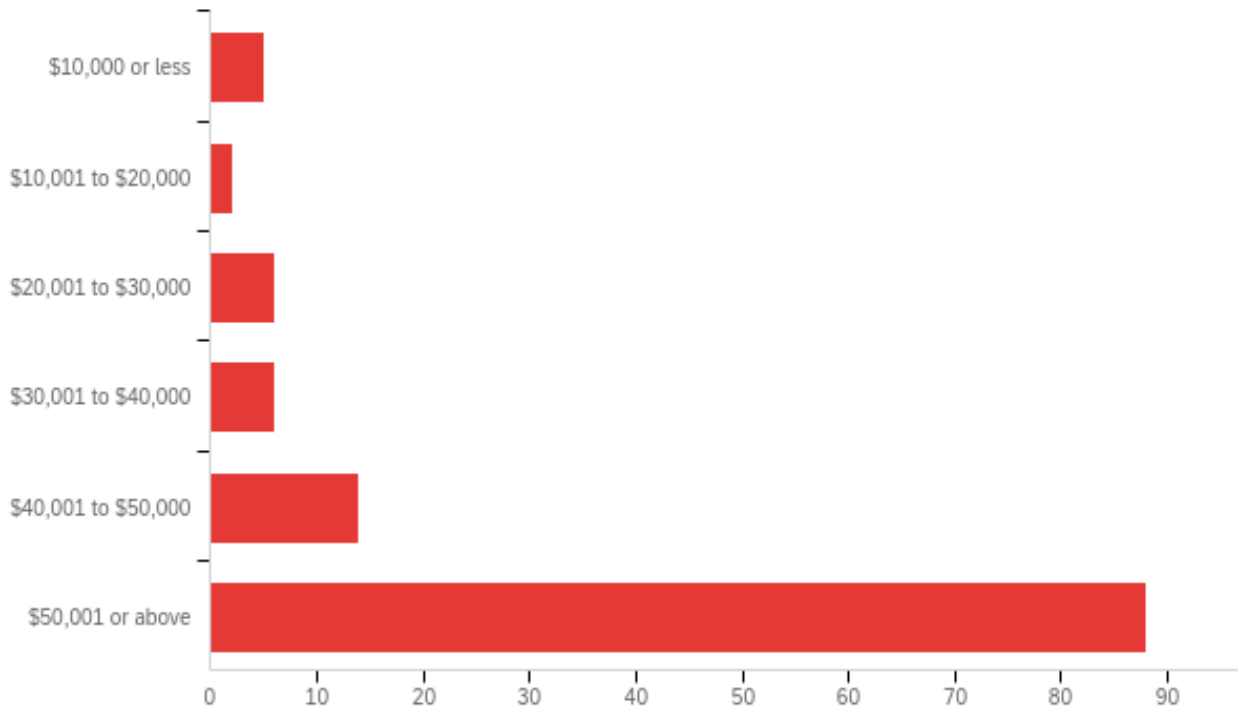


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Please select the education level that best describes you.	2.00	15.00	7.05	4.30	18.52	126

#	Answer	%	Count
2	High school diploma or GED	10.32%	13
4	Some college	20.63%	26
5	Two-year degree or technical degree	23.81%	30
6	Four-year degree	18.25%	23
7	Less than high school	0.79%	1

14	Graduate work	25.40%	32
15	Prefer not to answer	0.79%	1
	Total	100%	126

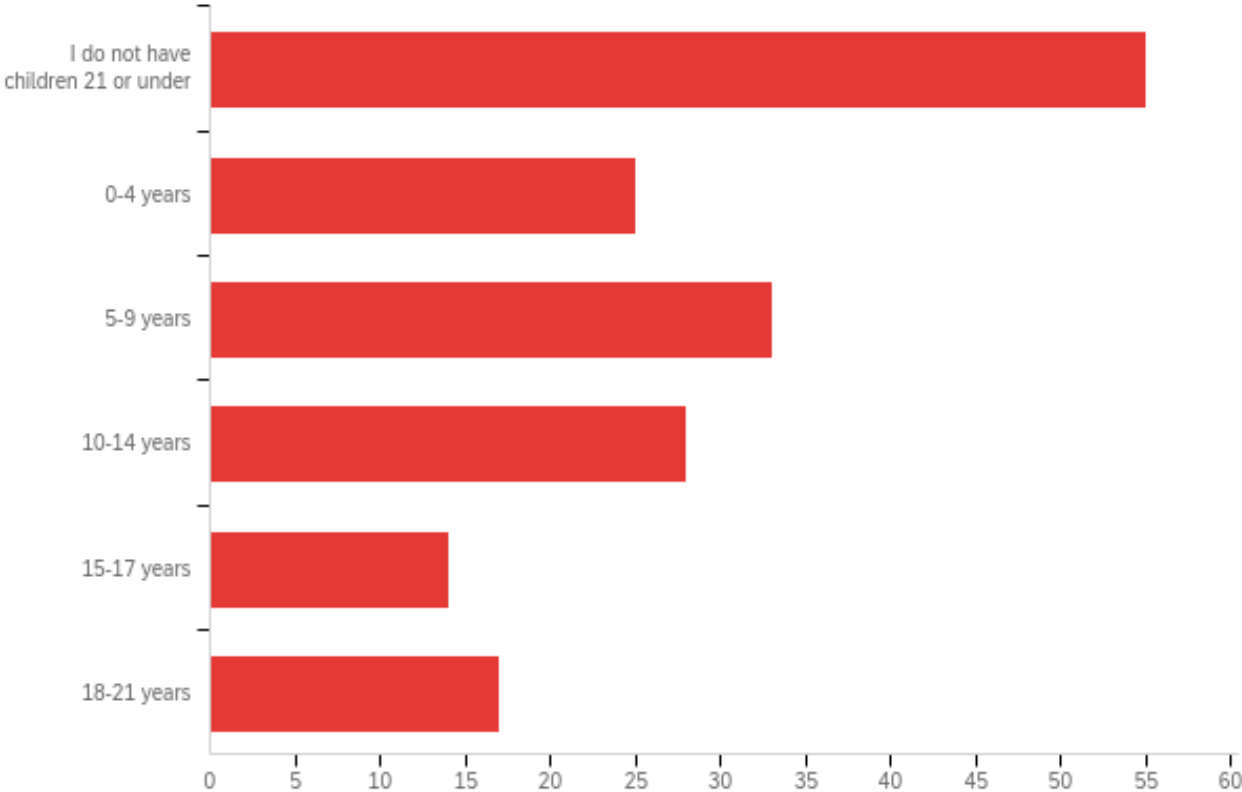
Q12 - Last year, what was your total household income from all sources, before taxes?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Last year, what was your total household income from all sources, before taxes?	1.00	6.00	5.36	1.29	1.65	121

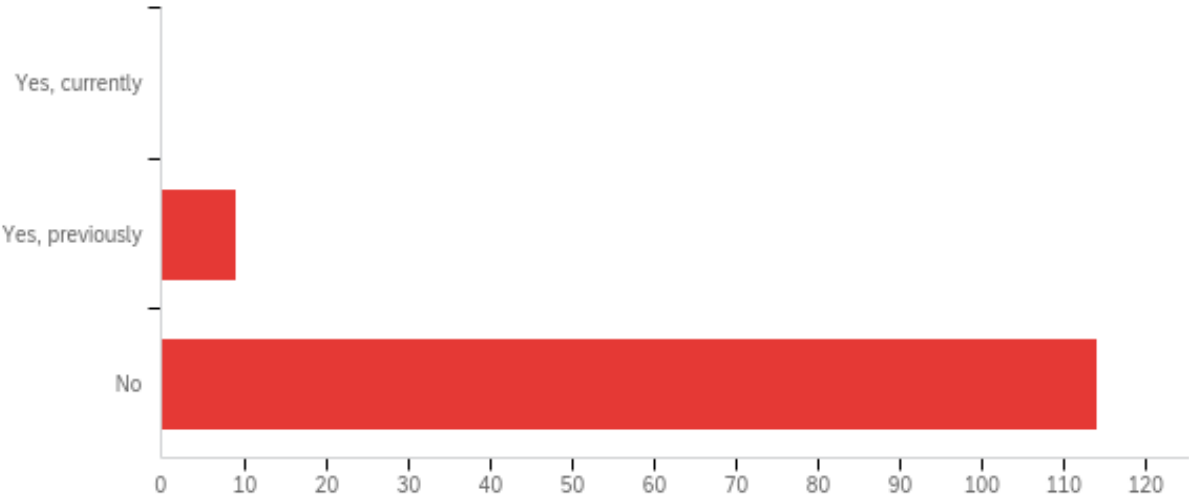
#	Answer	%	Count
1	\$10,000 or less	4.13%	5
2	\$10,001 to \$20,000	1.65%	2
3	\$20,001 to \$30,000	4.96%	6
4	\$30,001 to \$40,000	4.96%	6
5	\$40,001 to \$50,000	11.57%	14
6	\$50,001 or above	72.73%	88
	Total	100%	121

Q13 - If you have children 21 years of age or younger, how old are they? (Check all that apply)



#	Answer	%	Count
1	I do not have children 21 or under	31.98%	55
2	0-4 years	14.53%	25
3	5-9 years	19.19%	33
4	10-14 years	16.28%	28
5	15-17 years	8.14%	14
6	18-21 years	9.88%	17
	Total	100%	172

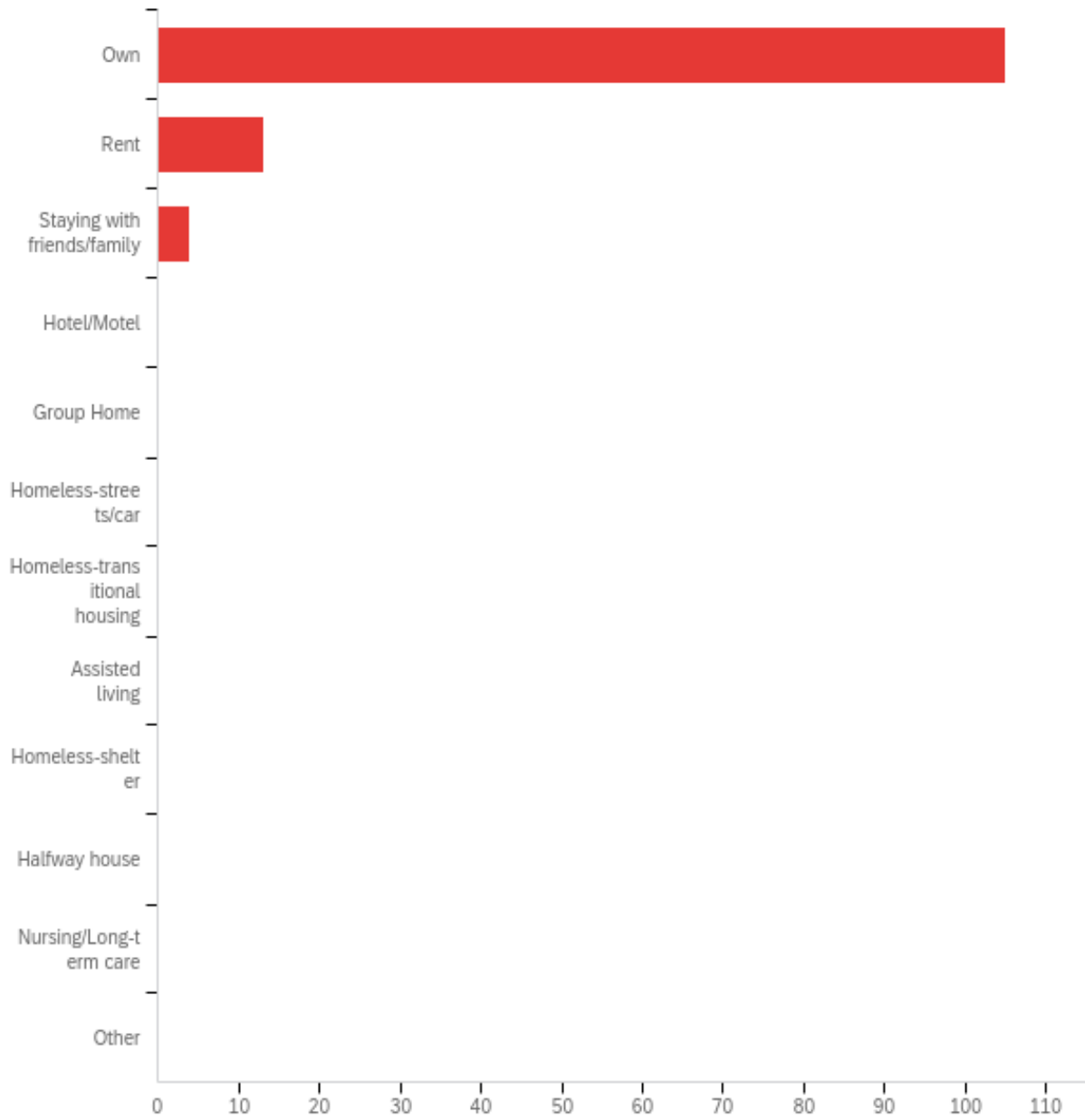
Q14 - Are you currently, or have you ever been, without stable housing? This includes sleeping in a tent, car, camper, make-shift shelter, couch surfing, etc.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Are you currently, or have you ever been, without stable housing? This includes sleeping in a tent, car, camper, make-shift shelter, couch surfing, etc.	9.00	10.00	9.93	0.26	0.07	123

#	Answer	%	Count
1	Yes, currently	0.00%	0
9	Yes, previously	7.32%	9
10	No	92.68%	114
	Total	100%	123

Q15 - What is your housing status?



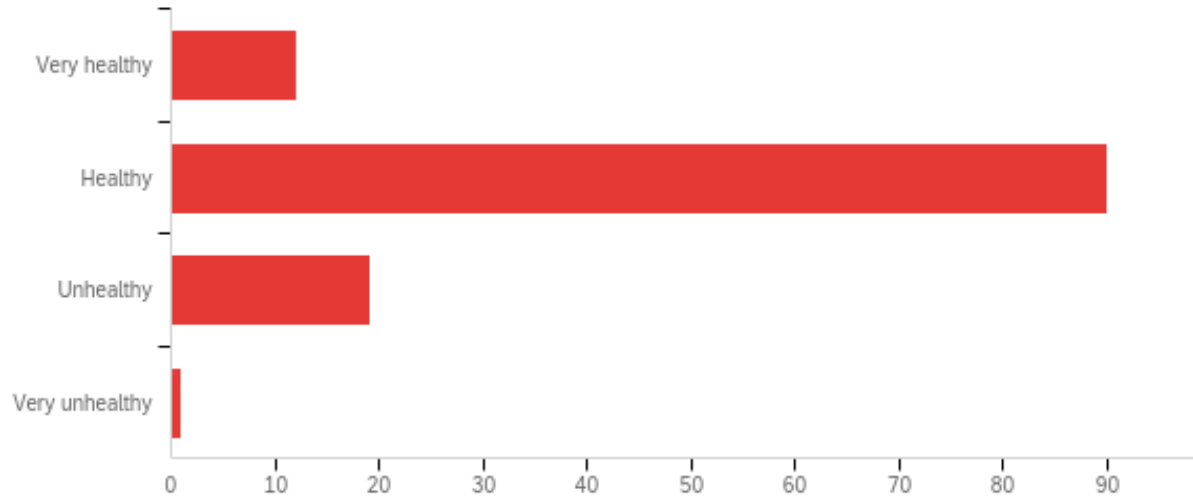
#	Answer	%	Count
1	Own	86.07%	105
2	Rent	10.66%	13
3	Staying with friends/family	3.28%	4
4	Hotel/Motel	0.00%	0
5	Group Home	0.00%	0

6	Homeless-streets/car	0.00%	0
7	Homeless-transitional housing	0.00%	0
8	Assisted living	0.00%	0
9	Homeless-shelter	0.00%	0
10	Halfway house	0.00%	0
11	Nursing/Long-term care	0.00%	0
12	Other	0.00%	0
	Total	100%	122

Q15_12_TEXT - Other

Other - Text

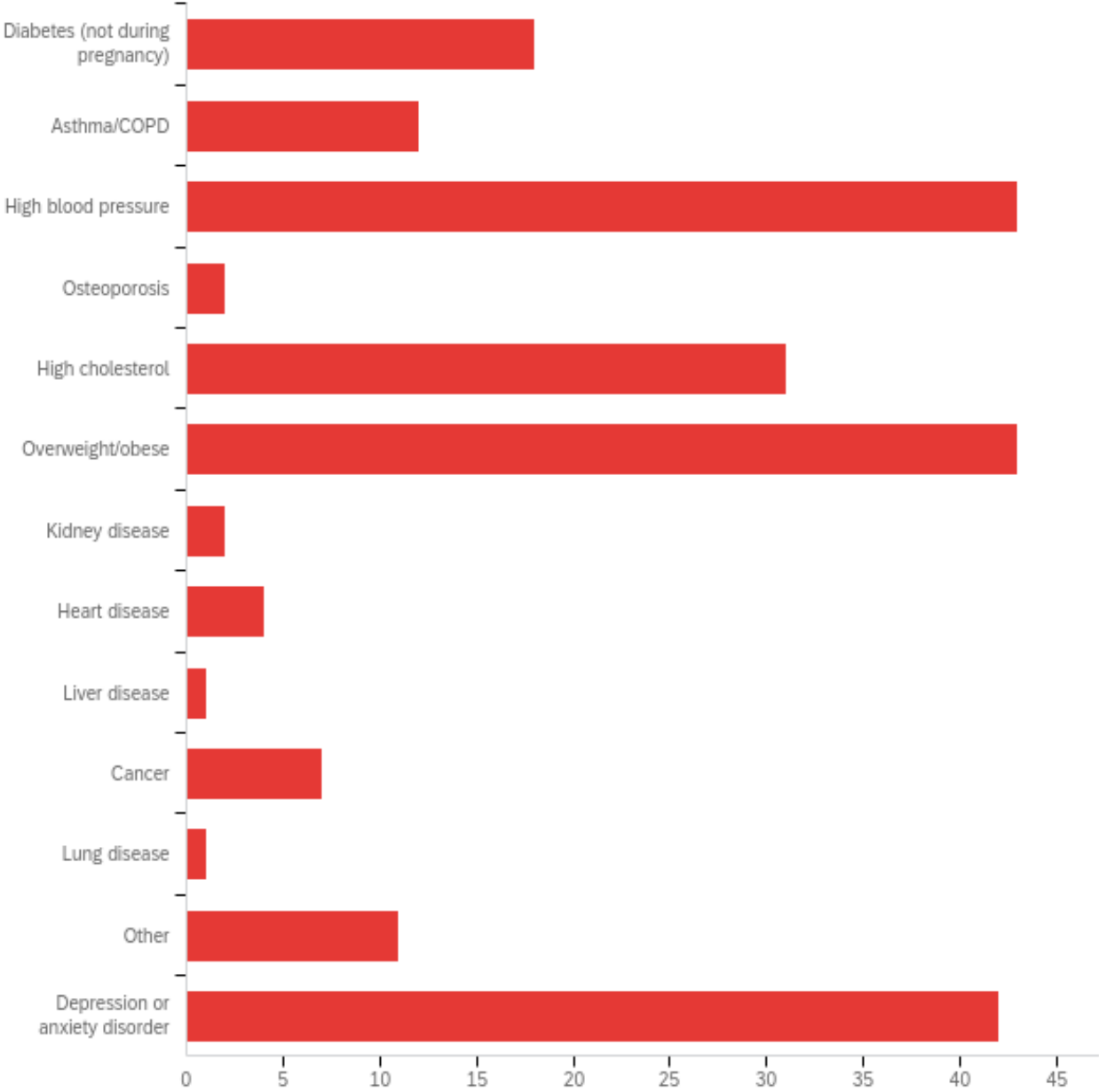
Q16 - How would you rate your own health?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How would you rate your own health?	1.00	4.00	2.07	0.53	0.28	122

#	Answer	%	Count
1	Very healthy	9.84%	12
2	Healthy	73.77%	90
3	Unhealthy	15.57%	19
4	Very unhealthy	0.82%	1
	Total	100%	122

Q17 - Have you ever been told by a doctor, nurse, or other health professional that you have any of the following conditions? (Select all that apply)



#	Answer	%	Count
1	Diabetes (not during pregnancy)	8.29%	18
2	Asthma/COPD	5.53%	12
3	High blood pressure	19.82%	43
4	Osteoporosis	0.92%	2

5	High cholesterol	14.29%	31
6	Overweight/obese	19.82%	43
7	Kidney disease	0.92%	2
8	Heart disease	1.84%	4
9	Liver disease	0.46%	1
10	Cancer	3.23%	7
11	Lung disease	0.46%	1
12	Other	5.07%	11
13	Depression or anxiety disorder	19.35%	42
	Total	100%	217

Q17_12_TEXT - Other

Other - Text

Grave's disease

Migraines, allergies

Fatty liver, hemacromatosis

DDD

Thyroid

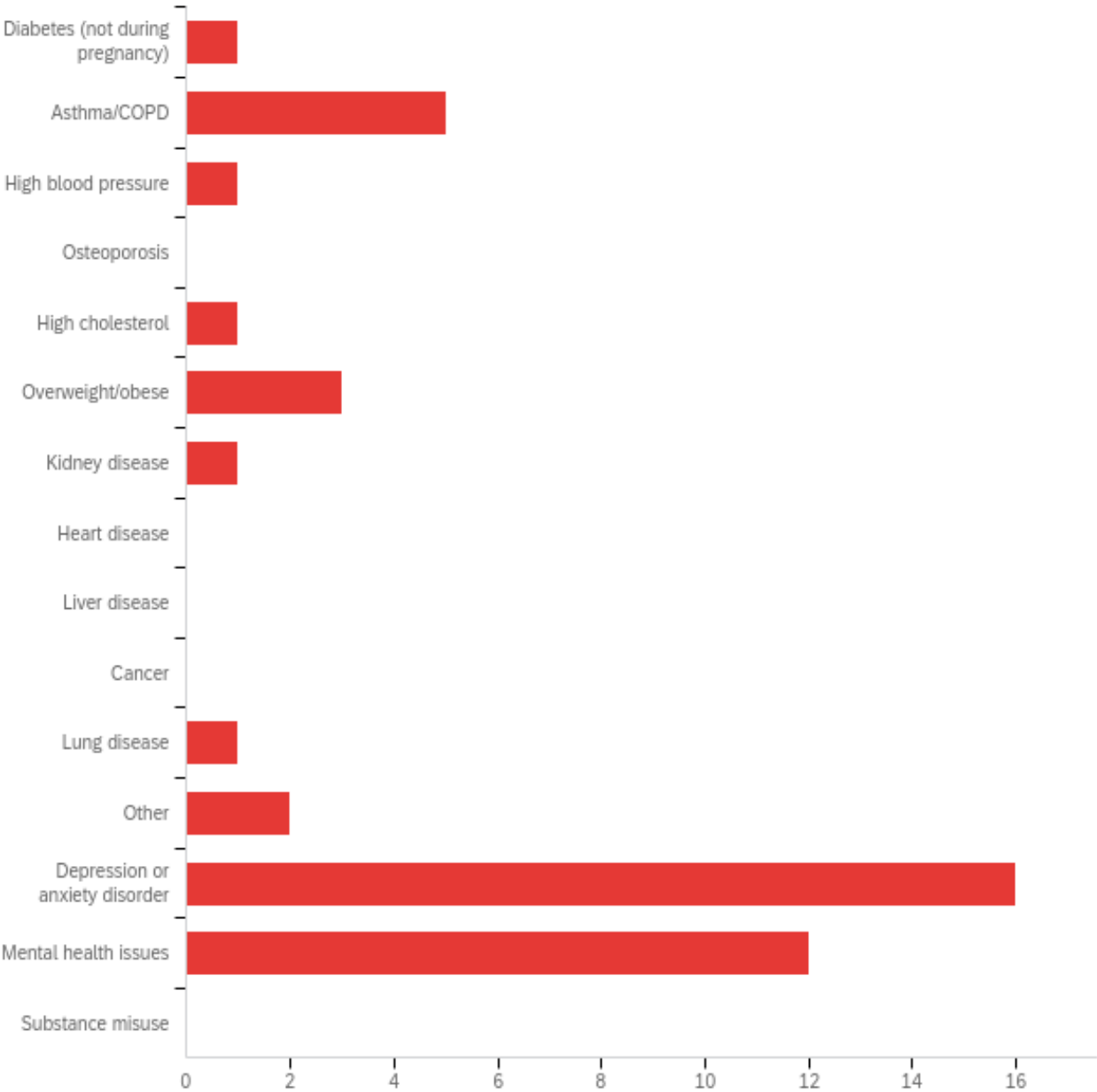
NO

Chronic Constipation

prolactinoma, psoratic arthritis, IBS, pleurisy

None

Q18 - If you have children under the age of 21, have your children ever been diagnosed with any of the following ? (Select all that apply)



#	Answer	%	Count
1	Diabetes (not during pregnancy)	2.33%	1
2	Asthma/COPD	11.63%	5
3	High blood pressure	2.33%	1
4	Osteoporosis	0.00%	0

5	High cholesterol	2.33%	1
6	Overweight/obese	6.98%	3
7	Kidney disease	2.33%	1
8	Heart disease	0.00%	0
9	Liver disease	0.00%	0
10	Cancer	0.00%	0
11	Lung disease	2.33%	1
12	Other	4.65%	2
13	Depression or anxiety disorder	37.21%	16
14	Mental health issues	27.91%	12
15	Substance misuse	0.00%	0
	Total	100%	43

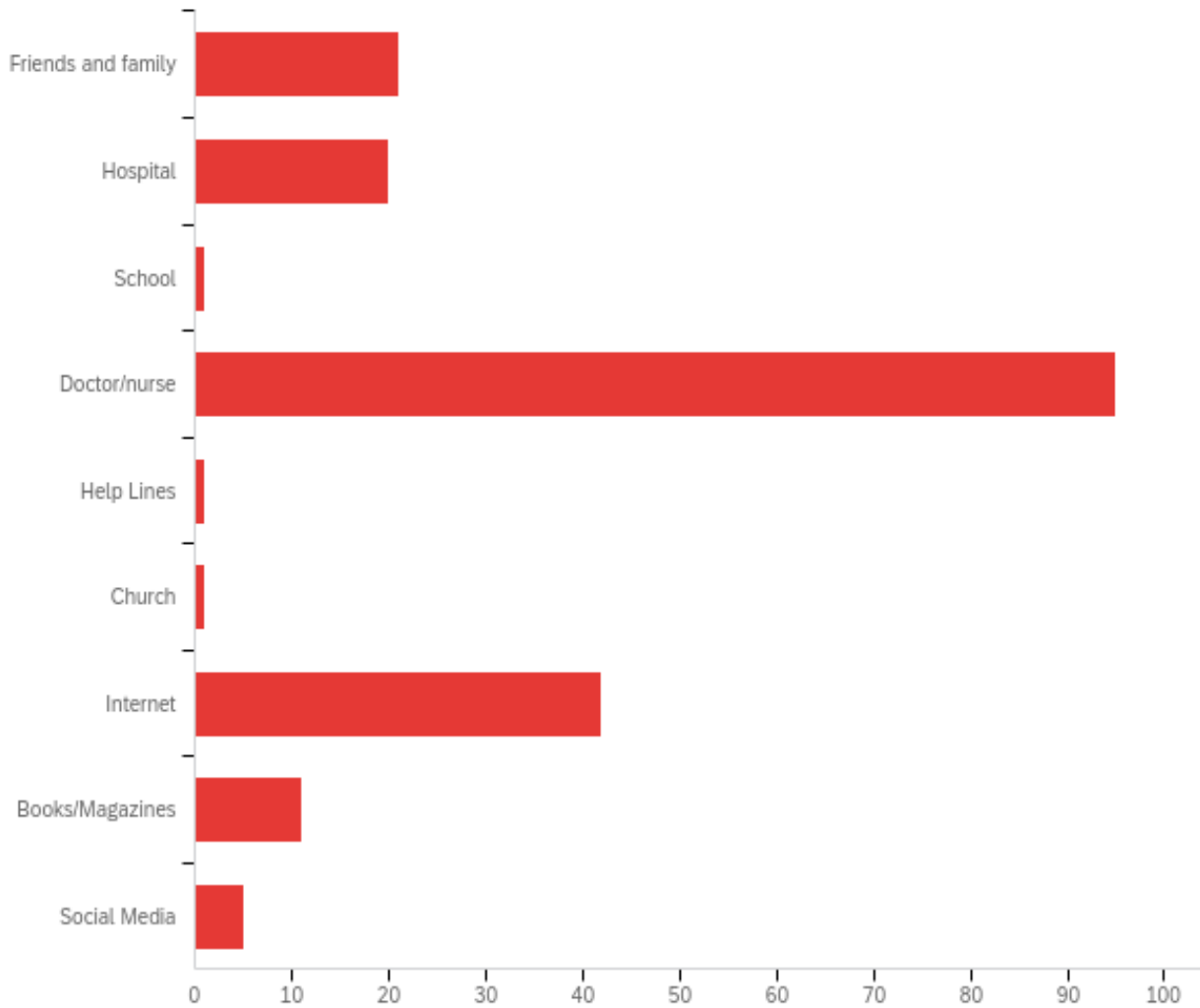
Q18_12_TEXT - Other

Other - Text

NO

psoriatic arthritis

Q19 - Where do you get most of your health-related information?



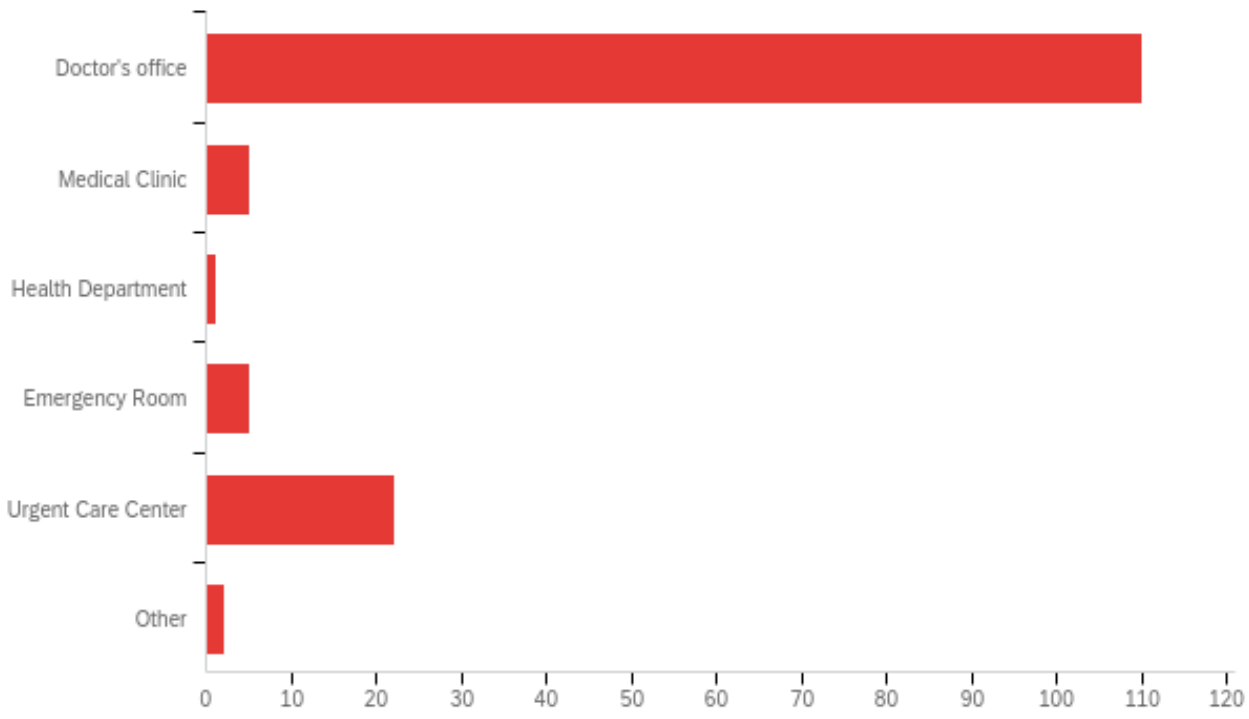
#	Answer	%	Count
1	Friends and family	10.66%	21
2	Hospital	10.15%	20
3	School	0.51%	1
4	Doctor/nurse	48.22%	95
5	Help Lines	0.51%	1
6	Church	0.51%	1
7	Internet	21.32%	42
8	Books/Magazines	5.58%	11
9	Social Media	2.54%	5

Total

100%

197

**Q20 - Where do you go most often when you are sick or need advice about your health?
(Choose the one you use most often.)**



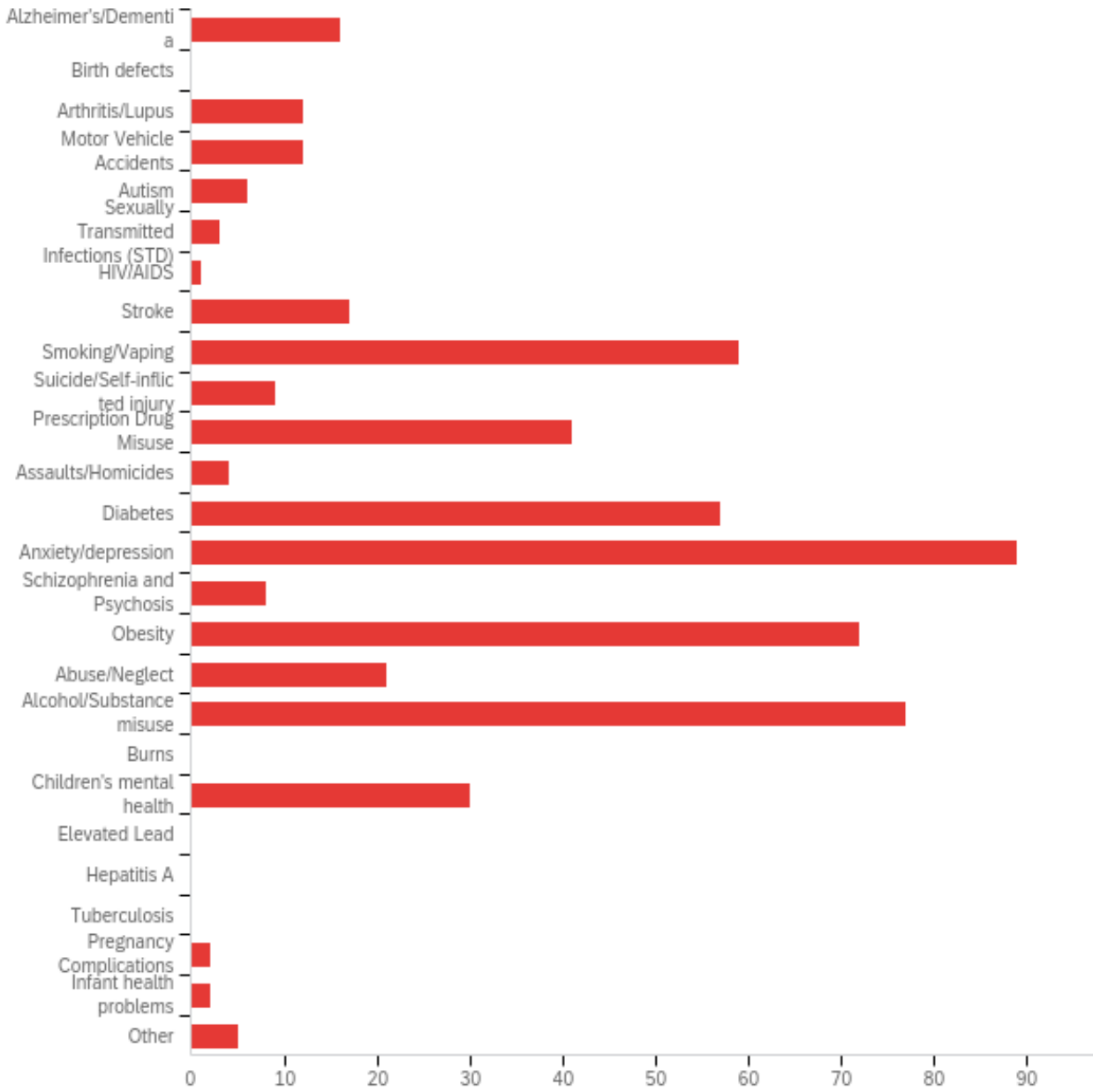
#	Answer	%	Count
1	Doctor's office	75.86%	110
2	Medical Clinic	3.45%	5
3	Health Department	0.69%	1
4	Emergency Room	3.45%	5
5	Urgent Care Center	15.17%	22
6	Other	1.38%	2
	Total	100%	145

Q20_6_TEXT - Other

Other - Text

Internet

Q21 - What are the TOP 5 most common health issues in your city?



#	Answer	%	Count
1	Alzheimer's/Dementia	2.95%	16
2	Birth defects	0.00%	0
3	Arthritis/Lupus	2.21%	12
4	Motor Vehicle Accidents	2.21%	12
5	Autism	1.10%	6

6	Sexually Transmitted Infections (STD)	0.55%	3
7	HIV/AIDS	0.18%	1
8	Stroke	3.13%	17
9	Smoking/Vaping	10.87%	59
10	Suicide/Self-inflicted injury	1.66%	9
11	Prescription Drug Misuse	7.55%	41
12	Assaults/Homicides	0.74%	4
13	Diabetes	10.50%	57
14	Anxiety/depression	16.39%	89
15	Schizophrenia and Psychosis	1.47%	8
16	Obesity	13.26%	72
17	Abuse/Neglect	3.87%	21
18	Alcohol/Substance misuse	14.18%	77
19	Burns	0.00%	0
20	Children's mental health	5.52%	30
21	Elevated Lead	0.00%	0
22	Hepatitis A	0.00%	0
24	Tuberculosis	0.00%	0
25	Pregnancy Complications	0.37%	2
26	Infant health problems	0.37%	2
27	Other	0.92%	5
	Total	100%	543

Q21_27_TEXT - Other

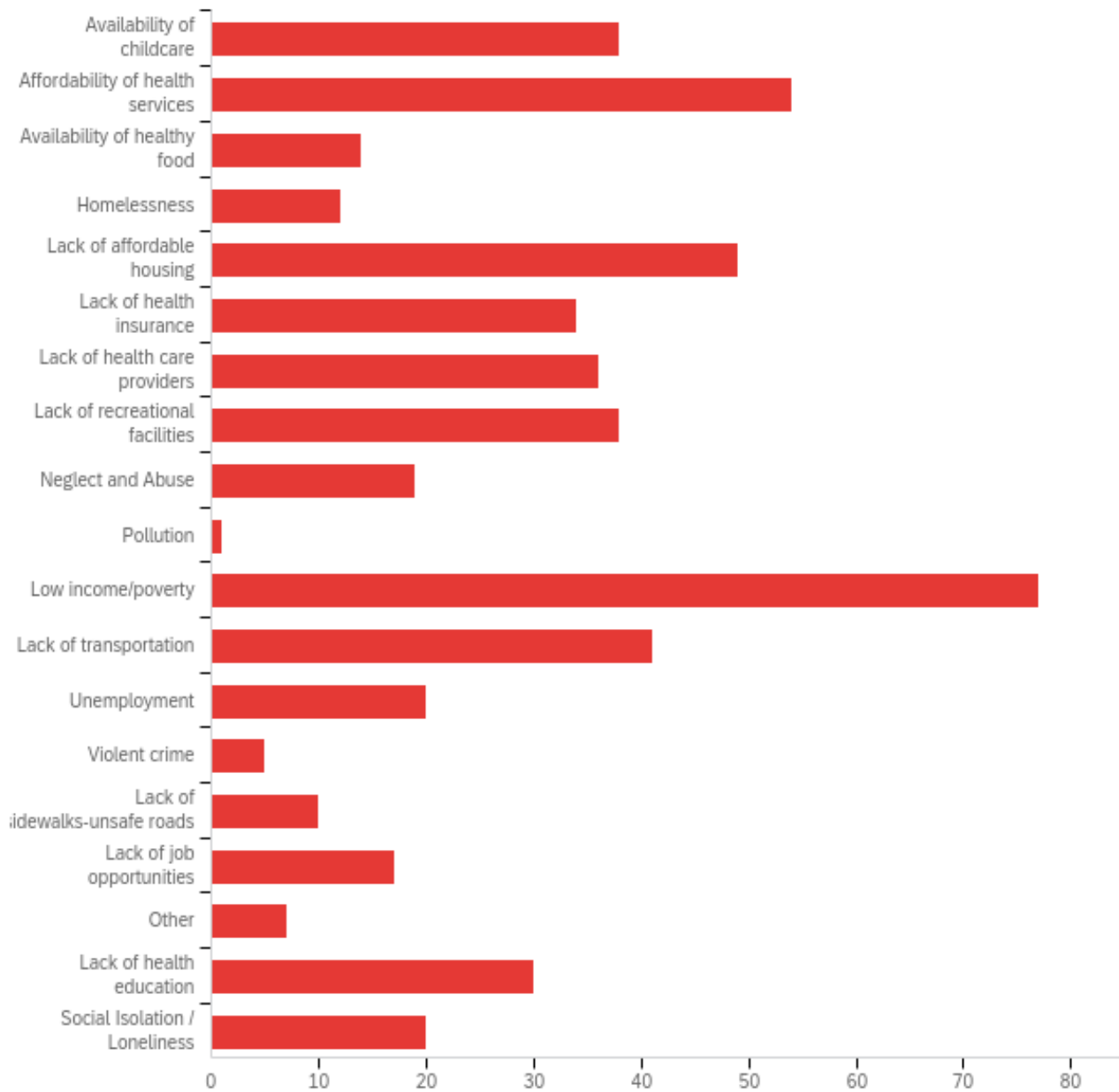
Other - Text

unknown

Lack of understanding/education of health conditions

Not sure off hand

Q22 - What are the TOP 5 social issues that have the greatest effect on quality of life in your city?



#	Answer	%	Count
1	Availability of childcare	7.28%	38
2	Affordability of health services	10.34%	54
3	Availability of healthy food	2.68%	14
4	Homelessness	2.30%	12

5	Lack of affordable housing	9.39%	49
6	Lack of health insurance	6.51%	34
7	Lack of health care providers	6.90%	36
8	Lack of recreational facilities	7.28%	38
9	Neglect and Abuse	3.64%	19
10	Pollution	0.19%	1
11	Low income/poverty	14.75%	77
12	Lack of transportation	7.85%	41
13	Unemployment	3.83%	20
14	Violent crime	0.96%	5
15	Lack of sidewalks-unsafe roads	1.92%	10
16	Lack of job opportunities	3.26%	17
17	Other	1.34%	7
18	Lack of health education	5.75%	30
19	Social Isolation / Loneliness	3.83%	20
	Total	100%	522

Q22_17_TEXT - Other

Other - Text

Autism services

Lack of specialty providers

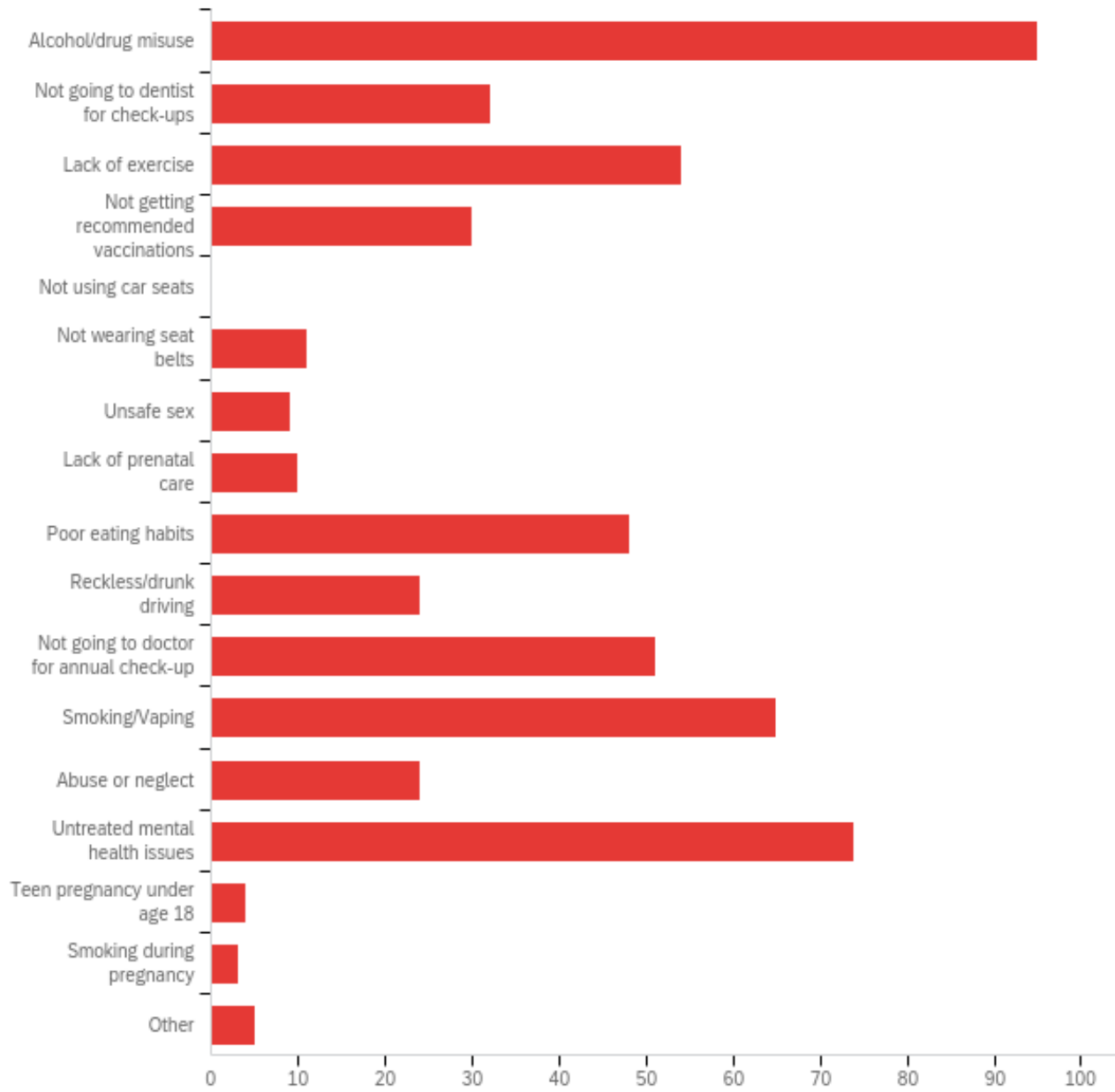
unemployment abuse

Affordable Medications

no idea

Lack of Pediatric after hours care

Q23 - What are the TOP 5 risk behaviors that impact health in your city?



#	Answer	%	Count
1	Alcohol/drug misuse	17.63%	95
4	Not going to dentist for check-ups	5.94%	32
5	Lack of exercise	10.02%	54
6	Not getting recommended vaccinations	5.57%	30
7	Not using car seats	0.00%	0

8	Not wearing seat belts	2.04%	11
9	Unsafe sex	1.67%	9
10	Lack of prenatal care	1.86%	10
11	Poor eating habits	8.91%	48
12	Reckless/drunk driving	4.45%	24
13	Not going to doctor for annual check-up	9.46%	51
14	Smoking/Vaping	12.06%	65
15	Abuse or neglect	4.45%	24
17	Untreated mental health issues	13.73%	74
18	Teen pregnancy under age 18	0.74%	4
19	Smoking during pregnancy	0.56%	3
20	Other	0.93%	5
	Total	100%	539

Q23_20_TEXT - Other

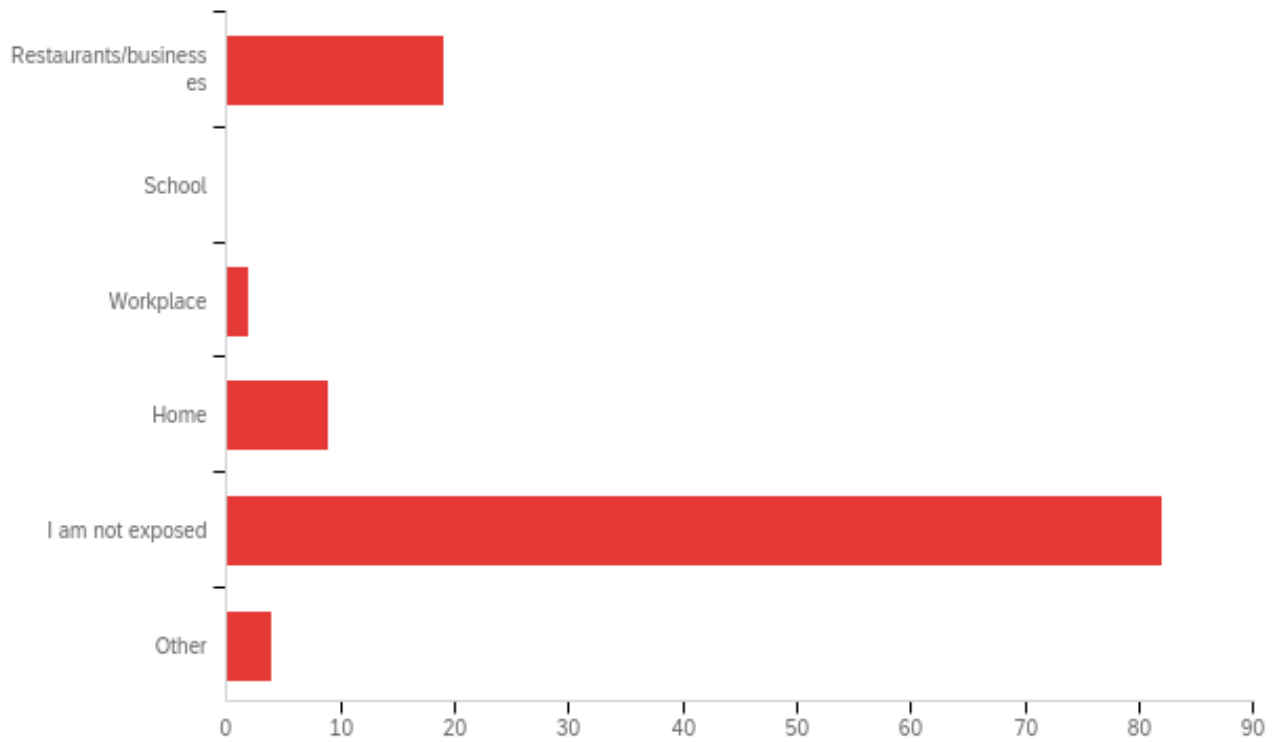
Other - Text

unknown

no idea

Filth/Uncleanlyness

Q24 - Are you exposed to secondhand smoke in any of the following places? (Select all that apply)



#	Answer	%	Count
1	Restaurants/businesses	16.38%	19
2	School	0.00%	0
3	Workplace	1.72%	2
4	Home	7.76%	9
5	I am not exposed	70.69%	82
6	Other	3.45%	4
	Total	100%	116

Q24_6_TEXT - Other

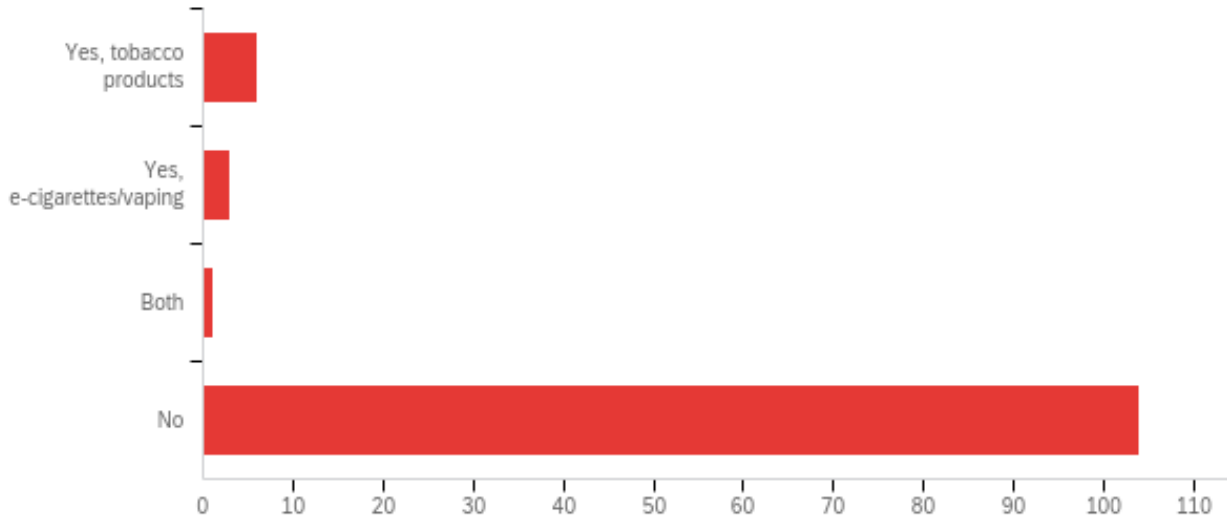
Other - Text

walking outside of restaurants/businesses

Rarely exposed

Occasional contact with neighbors

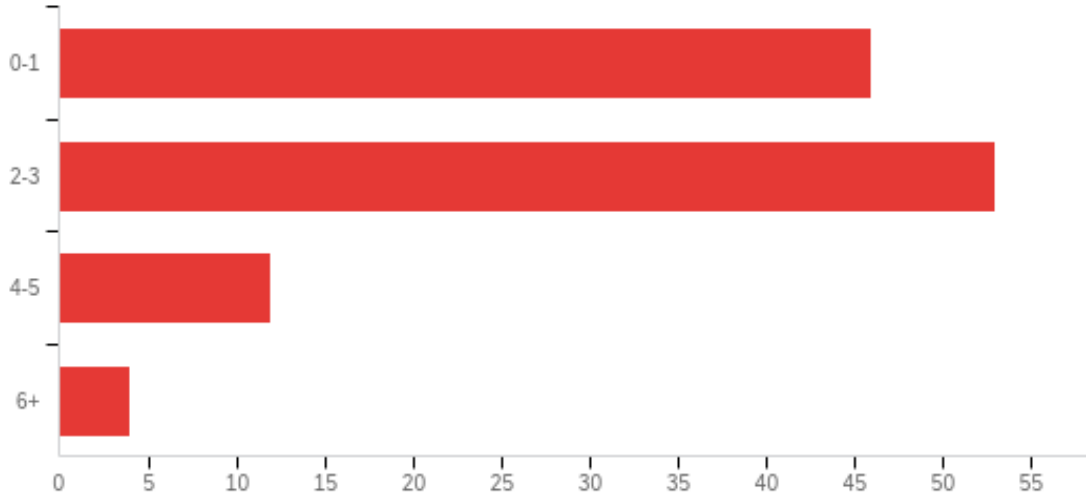
Q25 - Do you currently smoke or use tobacco products including e-cigarettes/vaping?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Do you currently smoke or use tobacco products including e-cigarettes/vaping?	1.00	4.00	3.78	0.73	0.54	114

#	Answer	%	Count
1	Yes, tobacco products	5.26%	6
2	Yes, e-cigarettes/vaping	2.63%	3
3	Both	0.88%	1
4	No	91.23%	104
	Total	100%	114

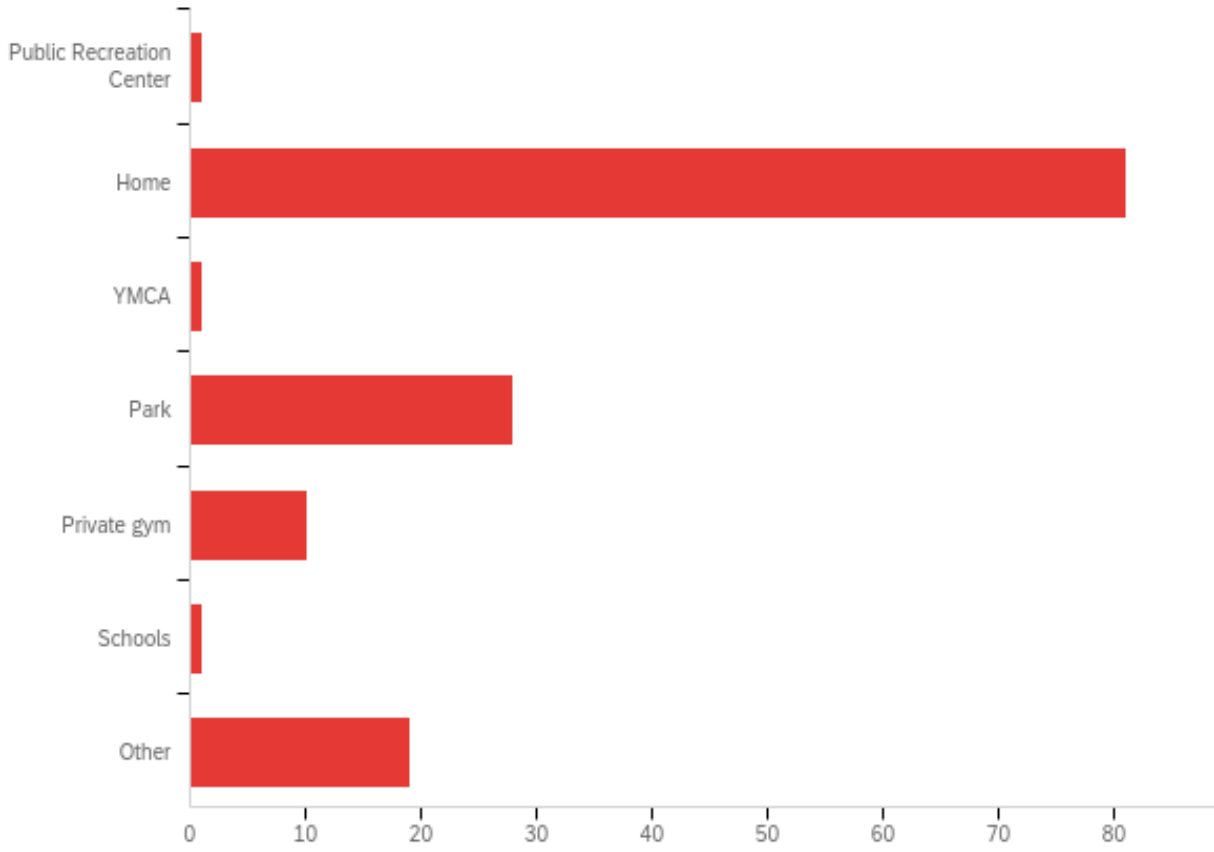
Q26 - In a normal week, how many times do you exercise at least 30 minutes?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	In a normal week, how many times do you exercise at least 30 minutes?	1.00	4.00	1.77	0.77	0.59	115

#	Answer	%	Count
1	0-1	40.00%	46
2	2-3	46.09%	53
3	4-5	10.43%	12
4	6+	3.48%	4
	Total	100%	115

Q27 - Where do you go to engage in exercise or physical activity? (Select all that apply)



#	Answer	%	Count
1	Public Recreation Center	0.71%	1
2	Home	57.45%	81
3	YMCA	0.71%	1
4	Park	19.86%	28
5	Private gym	7.09%	10
6	Schools	0.71%	1
7	Other	13.48%	19
	Total	100%	141

Q27_7_TEXT - Other

Other - Text

Outdoors

second job

Yard

farm

work

At Mercy Lincoln

work

I don't.

Church

Run outdoors

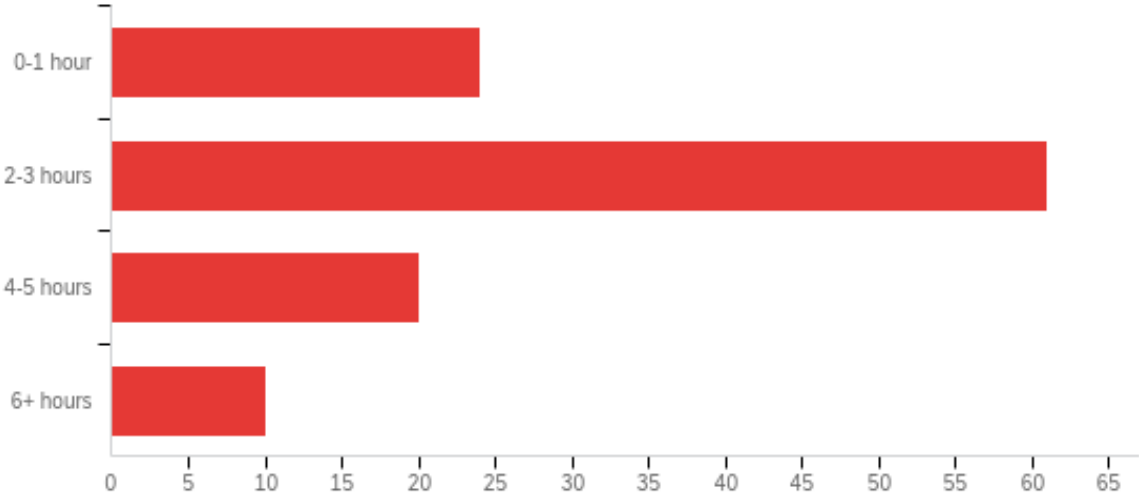
neighborhood

work

Walk around neighborhood

KATY TRAIL

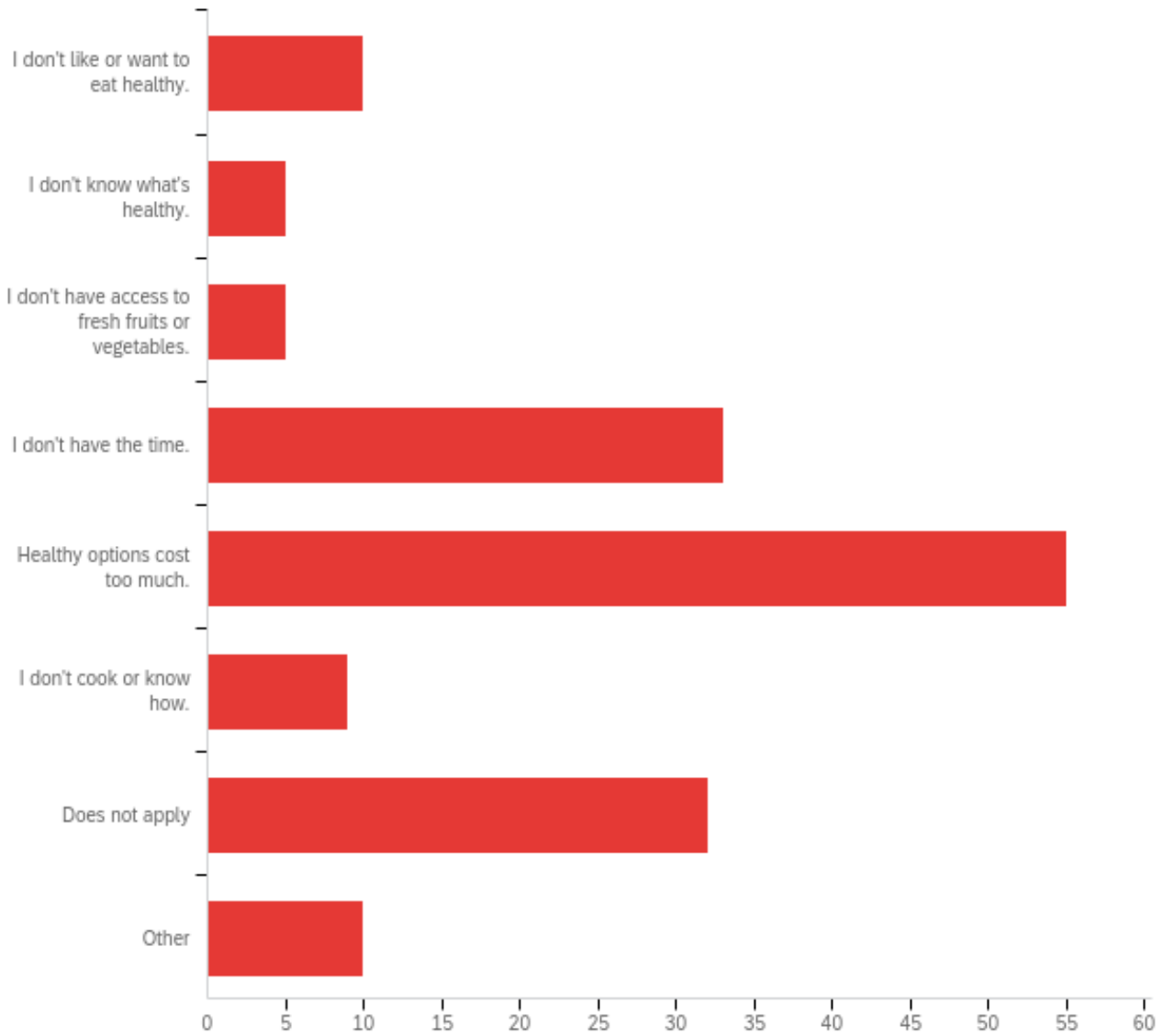
Q28 - How many hours per day do you watch TV, play video games, or use the computer or a smart device for recreation?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How many hours per day do you watch TV, play video games, or use the computer or a smart device for recreation?	1.00	4.00	2.14	0.84	0.71	115

#	Answer	%	Count
1	0-1 hour	20.87%	24
2	2-3 hours	53.04%	61
3	4-5 hours	17.39%	20
4	6+ hours	8.70%	10
	Total	100%	115

Q29 - What barriers prevent you from eating healthy foods? (Select all that apply)



#	Answer	%	Count
1	I don't like or want to eat healthy.	6.29%	10
2	I don't know what's healthy.	3.14%	5
3	I don't have access to fresh fruits or vegetables.	3.14%	5
4	I don't have the time.	20.75%	33
5	Healthy options cost too much.	34.59%	55
6	I don't cook or know how.	5.66%	9
7	Does not apply	20.13%	32

8	Other	6.29%	10
	Total	100%	159

Q29_8_TEXT - Other

Other - Text

laziness

none

Do not have time to cook for myself

BUSY Life

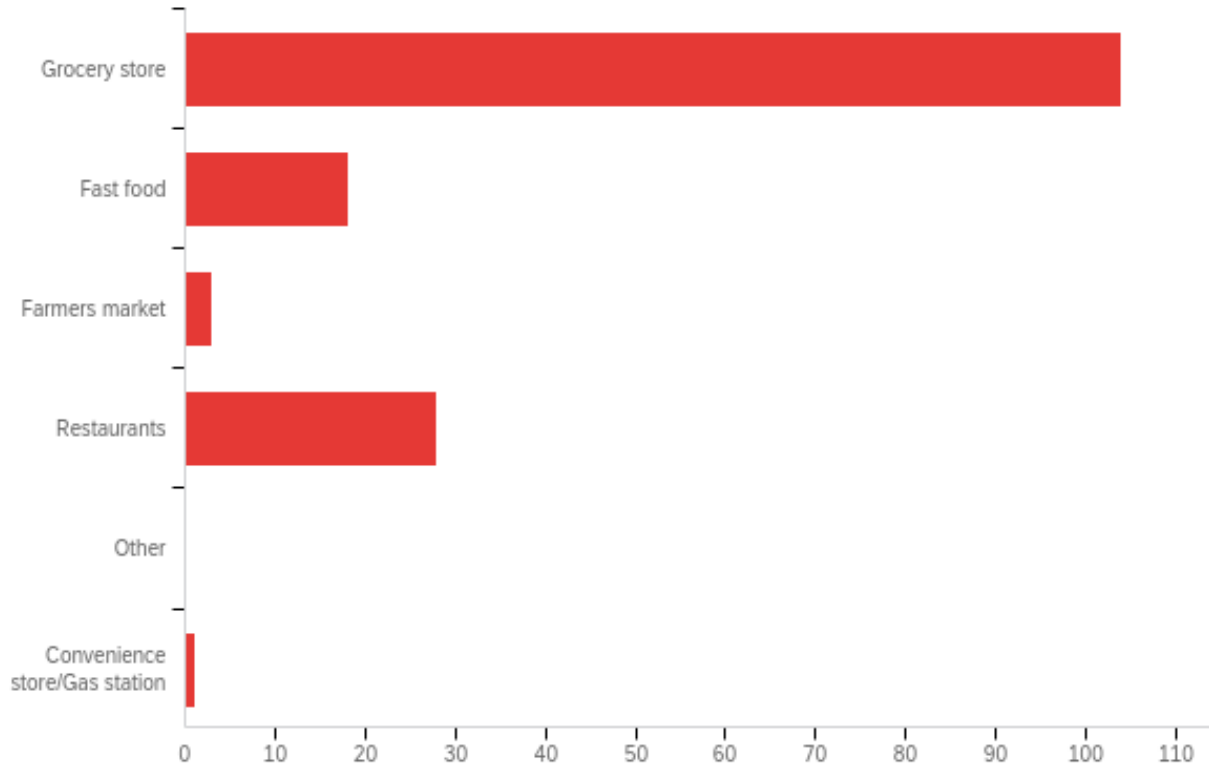
Too tired

Dont know what to buy

Chronic nausea for past year, unknown cause, so I tend to eat whatever I think I can keep down.

Lack of YMCA or facilities

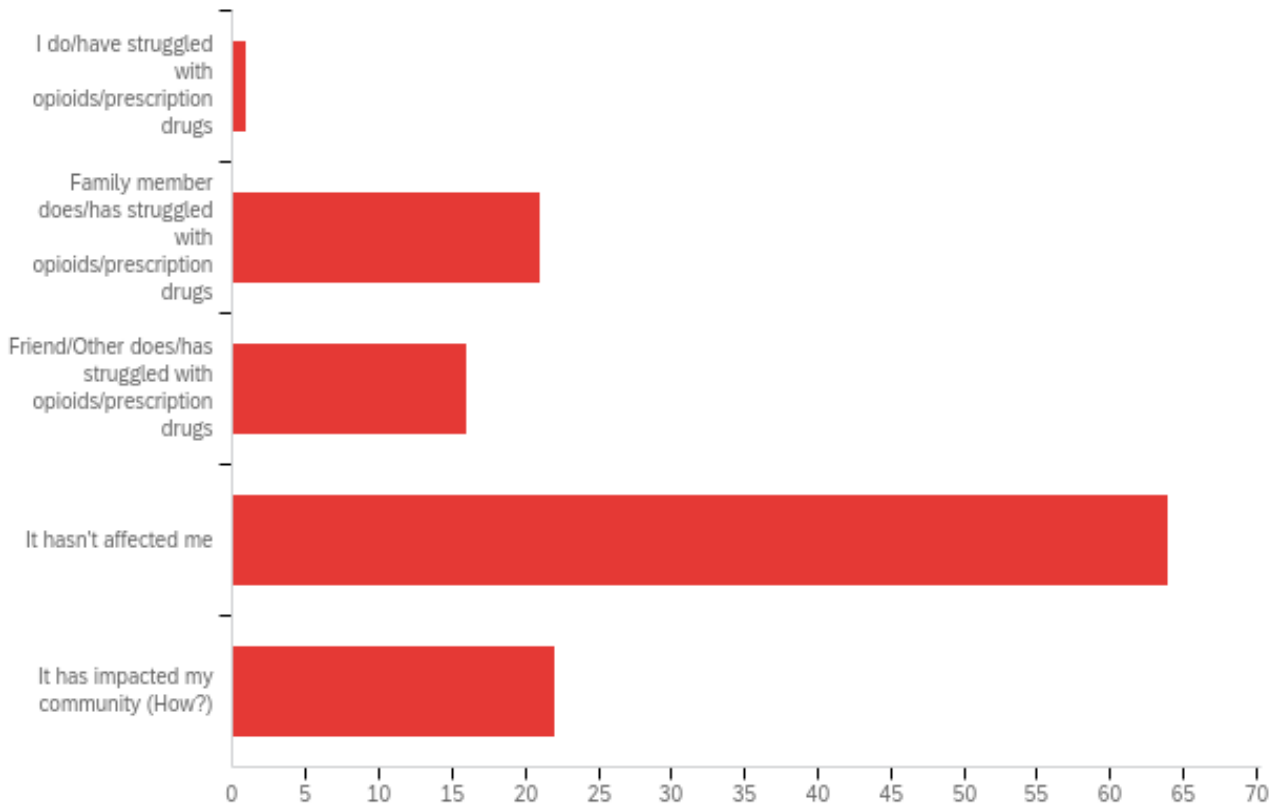
Q30 - Where do you obtain most of your meals?



#	Answer	%	Count
1	Grocery store	67.53%	104
2	Fast food	11.69%	18
3	Farmers market	1.95%	3
4	Restaurants	18.18%	28
5	Other	0.00%	0
6	Convenience store/Gas station	0.65%	1
	Total	100%	154

Q30_5_TEXT - Other
 Other - Text

Q31 - How has opioid/prescription drug misuse affected you?



Data source misconfigured for this visualization

#	Answer	%	Count
1	I do/have struggled with opioids/prescription drugs	0.81%	1
2	Family member does/has struggled with opioids/prescription drugs	16.94%	21
3	Friend/Other does/has struggled with opioids/prescription drugs	12.90%	16
4	It hasn't affected me	51.61%	64
5	It has impacted my community (How?)	17.74%	22
	Total	100%	124

Q31_5_TEXT - It has impacted my community (How?)

It has impacted my community (How?) - Text

I have witnessed many overdoses as a nurse in our locality.

I worked in retail pharmacy & witnessed first hand the effects of prescription pain medication abuse

deaths,

I have worked in prevention and in treatment and know that individuals in the community struggle with addiction.

Homelessness; neglect/abuse of children

addiction of pain meds in some

Overdoses

With my health issues when i need pain meds i have trouble getting them because of the miss use of opioids and prescription drugs in eh community

we have too many people that are dependent on opioids or prescription drugs due to access through doctors

Have heard stories about individuals in the community using

Lots of drug busts Easy for kids to get drugs

Have known several teens and individuals in there 20's that have overdosed or died.

As a clinic manager my staff is verbally abused almost daily from patients who are stoned or cannot get their drug like or when they want. We fight this on a regular basis.

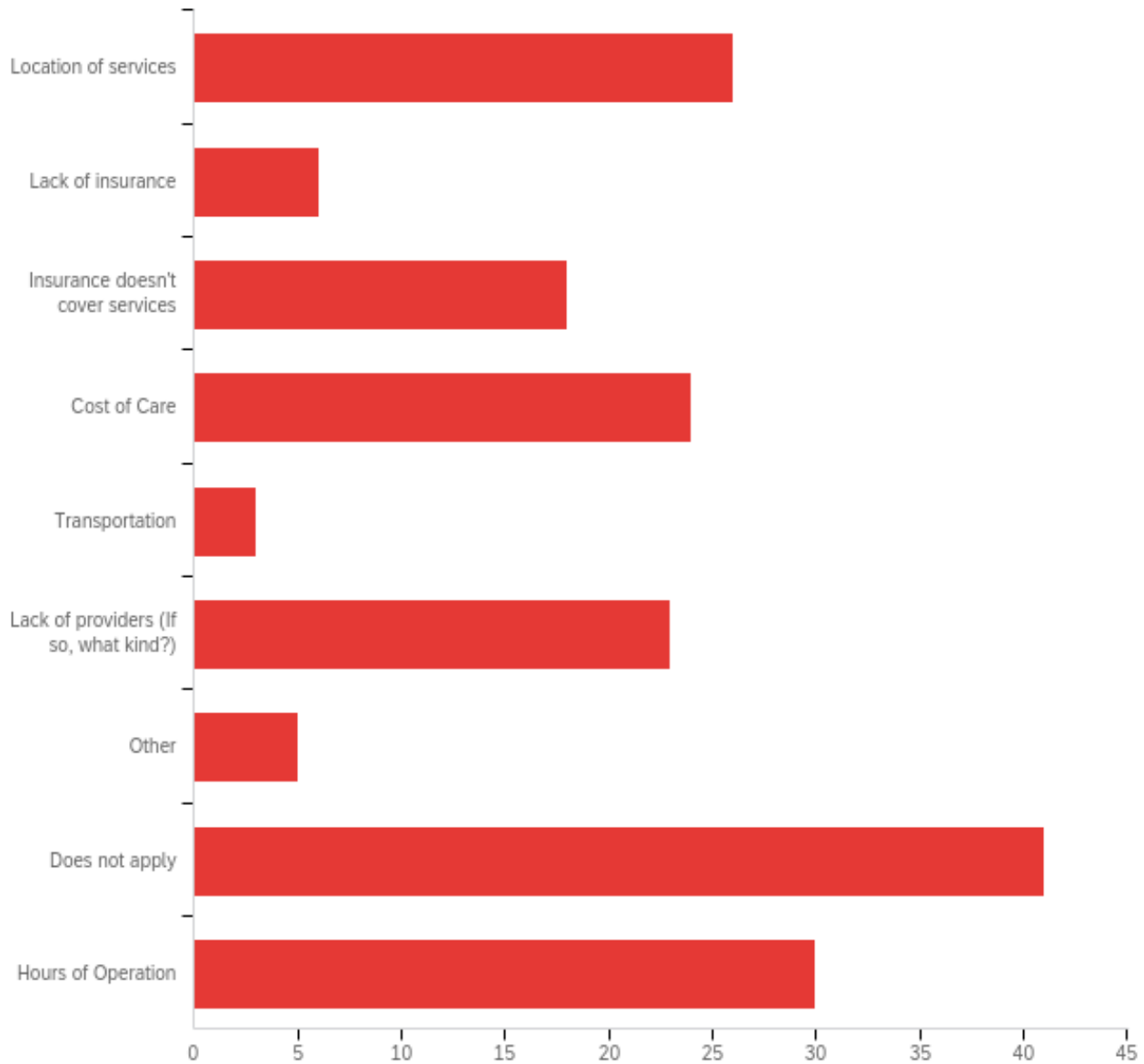
Crime, fatal overdoses.

It makes me worry that my kids are at risk to become addicted because the issue is so widespread in my community.

As a school official, I see students who suffer from lack of parental support due to parent drug use.

work in child services, numerous cases on this issue

Q32 - What barriers prevent you from using health services?



#	Answer	%	Count
1	Location of services	14.77%	26
2	Lack of insurance	3.41%	6
3	Insurance doesn't cover services	10.23%	18
4	Cost of Care	13.64%	24
5	Transportation	1.70%	3
6	Lack of providers (If so, what kind?)	13.07%	23

7	Other	2.84%	5
8	Does not apply	23.30%	41
9	Hours of Operation	17.05%	30
	Total	100%	176

Q32_6_TEXT - Lack of providers (If so, what kind?)

Lack of providers (If so, what kind?) - Text

This is a rural area that has a lack of providers which prevents proper care to this area and the facilities that are here are far from some of this population. I have a vehicle so this does not affect me personally but others in this area struggle to get care from overloaded providers.

ABA autism services

dermatologist neurologists

Tricare Prime quality providers farther out in St. Charles County or Lincoln County

Specialty providers are too far away and booked out for months

Specialists

Need more female doctors in our town

Pediatric specialties- dermatology, allergy

Mental health, good orthopedic, pain management

Dermatologist

OBGYN

Endocrinologist ENT Podiatrist

GYN Podiatry General surgery

There is no Level 1 Trauma Center near where I live. The nearest Mercy Facility is 20 mins.

Dental sedation that takes medicaid

DERMATOLOGY GYNO

Quality doctors at Mercy Lincoln

Pediatric

Difficult to get appointments, have to drive into St Charles county, Mercy Lincoln provides inadequate care

mental health dental orthodontic and maxillofacial other specialty areas

Children's behavioral health, psychiatry(pediatric), all pediatric specialty services.

we do not have really any specialist in the Mercy system close to home

Local endocrinologist

Q32_7_TEXT - Other

Other - Text

time to take off work

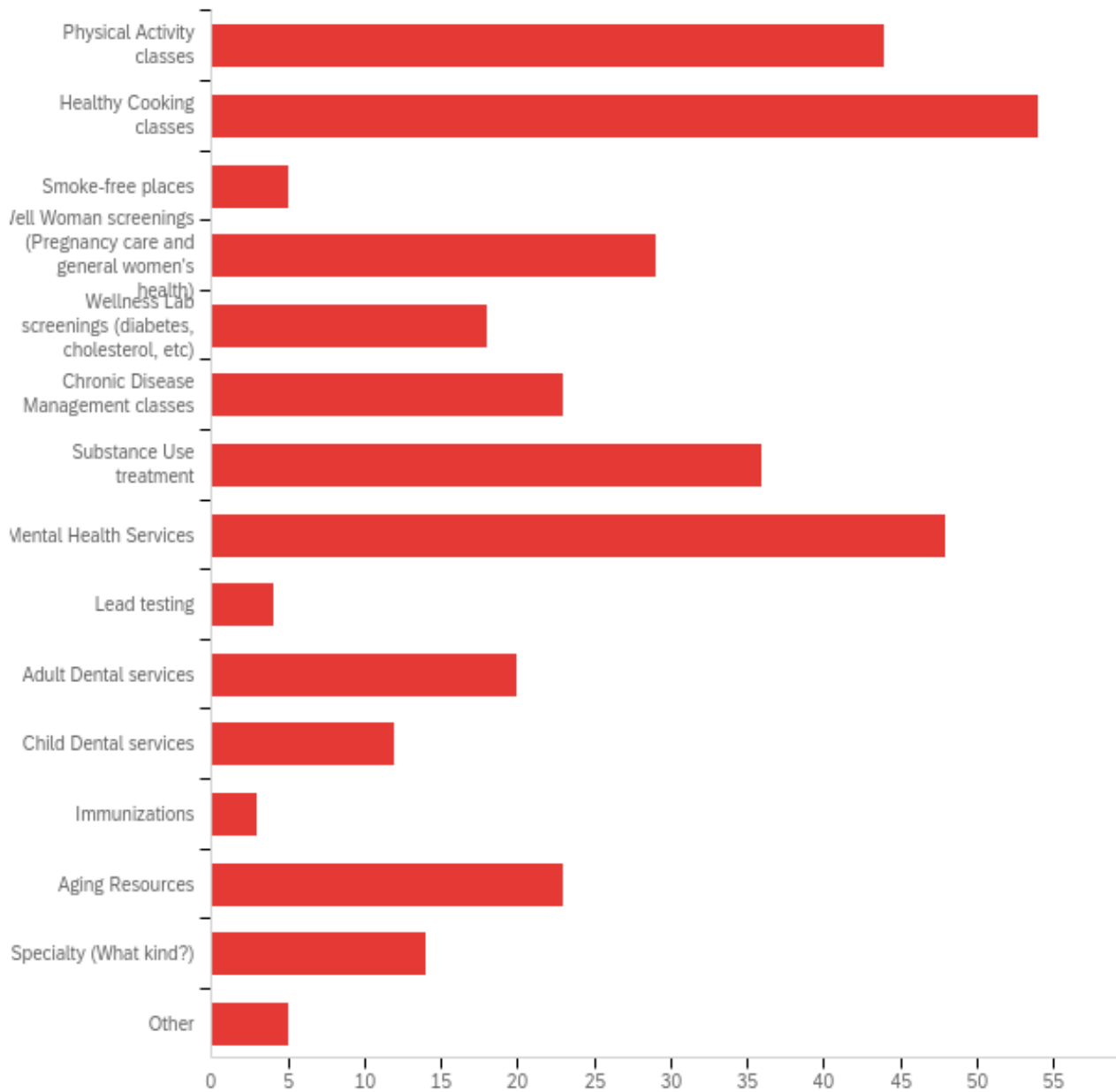
work

Insurance doesn't cover enough to make care affordable.

Don't like going

The health system is crazy. Sometimes you go in for care and end up getting charged for a visit that did nothing.

Q33 - What services are needed in your community that are not currently available or accessible? (Select all that apply)



#	Answer	%	Count
1	Physical Activity classes	13.02%	44
2	Healthy Cooking classes	15.98%	54
3	Smoke-free places	1.48%	5
4	Well Woman screenings (Pregnancy care and general women's health)	8.58%	29

5	Wellness Lab screenings (diabetes, cholesterol, etc)	5.33%	18
6	Chronic Disease Management classes	6.80%	23
7	Substance Use treatment	10.65%	36
8	Mental Health Services	14.20%	48
9	Lead testing	1.18%	4
10	Adult Dental services	5.92%	20
11	Child Dental services	3.55%	12
12	Immunizations	0.89%	3
13	Aging Resources	6.80%	23
14	Specialty (What kind?)	4.14%	14
15	Other	1.48%	5
	Total	100%	338

Q33_14_TEXT - Specialty (What kind?)

Specialty (What kind?) - Text

Substance abuse treatment facilities are far from our zip code. At the hospital I work at we have limited cardiology services for example no weekend cardiology services so we have to defer to a larger mercy which is a delay in care. At times we do not have even an ultra sound technician available for emergencies. Also we do not have OBGYN services at all for our growing community.

Autism services

Dermatology,

Any Mercy Specialty doctors!!

Home health services

dermatology

There is no Mercy Facility close. The Nearest is Mercy St Louis. There is however SSM in Lake St. Louis.

Need full time services not just a day a month

Dental sedation, eating disorders, autism services

Pulmonology Oncology Cardiology Orthopedics

Endocrine

pediatric rheumatologist play therapist ABA therapist

Pediatric specialty of ALL types - have to drive into St. Louis to get appropriate care.

Diabetes specialists

Q33_15_TEXT - Other

Other - Text

I dont know. I've never looked into it.

unknown

In-home health care for disabled individuals

Q6 - Parent Topics


No results to show

Answer	%	Count
Total		undefined

Q6 - Topics


No results to show

Answer	%	Count
Total		undefined

Focus Group Sign-In Sheet

Name (Please Print)	Your Age Group		
	Under 18	19-64	65+
Rocco Gonzalez, Mercy (covering four counties), Community Health, Access and Informatics Director		X	
Cheri Winchester, Lincoln County Resource Board, Executive Director		X	
Hally Wells, Lincoln County Resource Board, Assistant		X	
Jennifer Harris, Lincoln County Health Department, Director of Programs		X	
Michelle Howard, Thrive St. Louis Women's Healthcare, Nurse		X	
Caitlyn Petry, Strive Health (Nephrology), Nurse Practitioner		X	
Mandy Rose, St. Charles Community College, Adult Literacy and ESL Teacher		X	
Donna Orf, Toyota Motor Manufacturing, GM, Manufacturing		X	
Carolyn Kuntz, Thrive's Women's Healthcare Center in St. Charles, Mgr. and Trainer		X	
Dr. Elaine Henderson, LCRB Member, Lincoln County Housing Taskforce Member, Clopton S.D. Interim School Superintendent, and Retired Educator and School Administrator		X	

Focus Group Results Documentation

After the meeting, please summarize the flip chart responses into the tables on the following pages.

Problems/Concerns: Health All aspects of health fall into this category, including physical, oral, mental, etc.
(List each problem identified on a separate line and check all age groups affected by the problem)
1. Lack of health care assistance for families without health insurance; there are resources, but none that are local or close.
2. There are not enough quality preventative education programs available in schools.
3. There continues to be new shops that sell vapes/e-cigs. and related products in our community, which is very harmful to our stores.
4. Obesity is a big health concern, made worse by higher prices on groceries (and, especially on healthy, non-processed foods and produce), food insecurity for fragile families, and the inability of fragile families to prepare healthier options due to a lack of proper cooking storage and/or equipment.
5. Limited support and resources for adults who are experiencing mental health concerns.
6. The lack of safe, affordable housing is a growing concern. Unclean and unsafe and unstable housing can impact sleep, stress, etc., which can cause health issues.
7. The lack of triage and case management services to assist individuals in finding and connecting to meaningful resources to address their varied needs. (Shared via the comment section by Dr. Elaine Henderson.)
8. Insufficient resources to address the increased numbers of students who are diagnosed with autism. This causes familial stress, difficulties in learning, and variety of challenges. (Shared via email by a local daycare provider.)

Impacts only those under 18

Impacts only those 19-64

Impacts only those 65+

Impacts all or multiple age groups

Focus Group Results Documentation (cont.):

After the meeting, please summarize the flip chart responses into the tables on the following pages.

Problems/Concerns: Learning Anything that relates to education and an individual's ability

to reach their potential and be ready for school/learning.

(List each problem identified on a separate line and check all age groups affected by the problem)

8. The lack of public transportation for families who don't own or cannot afford their own means of transportation. This can cause students to miss school, as well as other issues.

9. The lack of reliable internet access to some parts of the county, as well as the inability of some families to afford services even if available. Makes virtual learning and online supports impossible.

The lack of safe, affordable housing is a growing concern. Unclean and unsafe and unstable housing can impact sleep, stress, etc., making it hard for students to focus in school.

10. Insufficient resources to address the increased numbers of students who are diagnosed with autism. This causes familial stress, difficulties in learning, and variety of challenges. (Shared via email by a local daycare provider.)

Impacts only those under 18

Impacts only those 19-64

Impacts only those 65+

Impacts all or multiple age groups

Focus Group Results Documentation (cont.):

After the meeting, please summarize the flip chart responses into the tables on the following pages.

Problems/Concerns: Strong/Functioning Families Issues that relate to a family's ability to provide parenting, economic security, and a healthy environment.
(List each problem identified on a separate line and check all age groups affected by the problem)
Lack of health care assistance for families without health insurance; there are resources, but none that are local or close.
There are not enough quality preventative education programs available in schools.
There continues to be new shops that sell vapes/e-cigs. and related products in our community, which is very harmful to our stores.
11. Lack of safe local entertainment for young people, leading to dangerous activities like drinking and driving.
Limited support and resources for adults who are experiencing mental health concerns.
The lack of safe, affordable housing is a growing concern. Unclean and unsafe and unstable housing can impact sleep, stress, etc., which can cause health issues.
The lack of triage and case management services to assist individuals in finding and connecting to meaningful resources to address their varied needs. (Shared via the comment section by Dr. Elaine Henderson.)
Insufficient resources to address the increased numbers of students who are diagnosed with autism. This causes familial stress, difficulties in learning, and variety of challenges. (Shared via email by a local daycare provider.)

Impacts only those under 18

Impacts only those 19-64

Impacts only those 65+

Impacts all or multiple age groups

Community Resources Available to Address Problems/Issues	Barriers to Accessing Available Resources
(List resources currently available in the community.)	(List barriers next to the appropriate resources.)
Housing Resources	
NECAC (Section 8 Housing)	
Sts. Joachim and Ann	
Coordinated Entry (211)	
Local Church Assistance Ministries	
United Way	
St. Vincent de Paul	
Lincoln County Housing Taskforce	
ThriVe In Temporary Housing	
Crisis Nursery Wentzville (respite care)	
Transportation Resources	
Linc Oats Public Transportation	
Transportation available by some providers when rendering services to clients	
Uber Rides/Taxi Services	
Healthcare Resources	
Women's Nurse Pract. (Traveling w/ Mercy)	
Nurses for Newborns	
ThriVe Women's Clinic	
Oasis	
Volunteers in Medicine	
LCCOA programming/services for seniors	
McAuley Clinic at Mercy Washington, MO (like Mercy's JFK Clinic in St. Louis)	
Community Resources Available to Address Problems/Issues	Barriers to Accessing Available Resources
(List resources currently available in the community.)	(List barriers next to the appropriate resources.)

Food Instability	
Bread for Life and other local pantries	
Buddy Bags	
LCHD Mobile Fresh Produce Deliveries	
SJA Case Management for basic needs (Troy and Elsberry school districts)	
WIC	
Mental Health Services/SUD	
Employee Assistance Programs	
Behavioral Health Response	
Saint Louis Counseling	
Compass Health Network (counseling and substance abuse treatment)	
Bridgeway	
Multiple Providers in Schools thru LCRB (CHN, YIN, SLC, etc.)	
PreventEd's GuidEd Prevention and Early Intervention Programs in county schools	
Missouri Quit Line (for tobacco use)	
Health Education and Prevention	
Mercy Hospital Programming	
Internet Resources	
Potential Options w/ LCHD	
First Steps/Early Childhood Task Force	
Community Resources Available to Address Problems/Issues	Barriers to Accessing Available Resources
(List resources currently available in the community.)	(List barriers next to the appropriate resources.)
Internet Resources	
Hotspots Provided by Schools	

Secondary Data Analysis

	Lincoln County	Missouri State Average
Housing		
Owner-occupied housing unit rate	78.5%	66.8%
Median gross rent	\$854	\$830
Families & Living Arrangements		
Language other than English spoken at home	1.7%	6.3%
Persons per household	2.89	2.46
Households with a broadband internet subscription	80.7%	80.2%
Education		
High school graduate or higher	89.5%	89.9%
Bachelor's degree or higher	16.8%	29.2%
Health		
With a disability, under age 65 years	10.8%	10.3%
Persons without health insurance, under age 65 years	11.7%	12.0%
Economy		
In civilian labor force, age 16 years+	63.4%	62.6%
In civilian labor force, female, age 16 years+	58.9%	58.8%
Transportation		
Mean travel time to work (minutes)	33.8	23.9
Income & Poverty		
Median household income (2019)	\$64,196	\$55,461
Per capita income (2019)	\$26,848	\$30,810
Persons in poverty	9.4%	12.1%

Source: [U.S. Census Bureau QuickFacts: Lincoln County, Missouri; Lincoln County, Missouri](#)