Summary
The Dakota County Health Department conducted a community-wide health needs assessment survey. Approximately 3000 surveys were sent out through United States Postal Services to random addresses in the County, of those 789 were returned to the Health Department. Based on the analysis of data provided in this report the focus principles are:

- Health Care is Expensive
- Our Population needs more Healthcare Education
- We need better outreach for access to Healthcare

As a result of the common principles collected in this report. It is the objective of the Dakota County Health Department to work within our community and partner with agencies that can assist in making an impact on these principles.
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Community Perspective

The Dakota County Community was able to provide a base line for issues that are at the forefront of the health concerns for our area.

<table>
<thead>
<tr>
<th>Response/Answer</th>
<th>Total # that Selected</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma/Lung Disease</td>
<td>71</td>
</tr>
<tr>
<td>Cancer</td>
<td>312</td>
</tr>
<tr>
<td>Child Health &amp; Wellness</td>
<td>95</td>
</tr>
<tr>
<td>Diabetes</td>
<td>156</td>
</tr>
<tr>
<td>Obesity/ Weight Loss Issues</td>
<td>224</td>
</tr>
<tr>
<td>Environmental Hazards</td>
<td>76</td>
</tr>
<tr>
<td>Heart Disease &amp; Stroke</td>
<td>201</td>
</tr>
<tr>
<td>HIV/AIDS &amp; Sexually Transmitted Diseases (STDs)</td>
<td>18</td>
</tr>
<tr>
<td>Mental Health/Depression/Suicide</td>
<td>85</td>
</tr>
<tr>
<td>Safety</td>
<td>95</td>
</tr>
<tr>
<td>Vaccine Preventable Diseases</td>
<td>60</td>
</tr>
<tr>
<td>Women's Health &amp; Wellness</td>
<td>52</td>
</tr>
<tr>
<td>Drug &amp; Alcohol Abuse</td>
<td>188</td>
</tr>
<tr>
<td>Teen Pregnancy</td>
<td>30</td>
</tr>
<tr>
<td>Other</td>
<td>9</td>
</tr>
</tbody>
</table>

The largest ongoing health concern for the citizens of Dakota County is Cancer, followed by Obesity and Weight Loss Management.

What are the biggest ongoing health concerns in your community?
Utilizing the data collected from the perspective of the community there are four areas that need the attention of Dakota County. They are:
What Dakota County THINKS about HEALTH?

Dakota County Residents do not seek healthcare treatments primarily because of a lack of healthcare insurance and the inability to pay the co-pays and deductibles associated with healthcare costs.

Which of the following is MOST needed to improve the health of your community?

- Weight Loss Programs: 14%
- Clean Air & Water: 14%
- Drug & Alcohol Rehabilitation Services: 7%
- Healthier Food Choices: 12%
- Job Opportunities: 14%
- Mental Health Services: 7%
- Recreation Facilities: 9%
- Safe Childcare Options: 5%
- Safe Places to Walk/Play: 8%
- Safe Work Sites: 2%
- Transportation: 3%
- Smoking Cessation Programs: 6%
- Other: 1%

What prevents people in your community from getting medical treatment?

- Unable to pay co-pays/deductibles: 27%
- No Insurance: 27%
- Fear (e.g. not ready to face/discuss): 13%
- Lack of Availability: 3%
- Language Barriers: 6%
- Don't Understand the need to see the doctor: 9%
- Don't Know how to find Doctors: 2%
- Transportation: 5%
- Other: 2%
- Cultural/Religious Beliefs: 2%
- There are no barriers: 4%
- Transportation: 5%
- Other: 2%
- Cultural/Religious Beliefs: 2%
**What Health Screenings or Education/Information services are needed in your community?**

- Blood Pressure: 8%
- Dental Screenings: 5%
- Drug & Alcohol: 5%
- Exercise/Physical Activity: 9%
- Importance of Routine Well Check Ups: 10%
- Prenatal Care: 1%
- Cancer: 9%
- Diabetes: 8%
- Eating Disorders: 2%
- Cholesterol: 7%
- Disease Outbreak Information: 4%
- Suicide Prevention: 1%
- Mental Health/Depression: 6%
- Heart Disease: 8%
- Nutrition: 6%
- Vaccination: 6%
- Other: 0%
- HIV/AIDS & STDS: 1%
- Emergency Preparedness: 5%
- Clean Air and Water: 4%
- Economic Growth and Development: 5%
- More Job Opportunities: 5%
- Healthier Food Choices: 6%
- Weight Loss Programs: 6%
- Recreational Facilities: 4%
- Safe Places to Walk/Play: 4%
- Increasing Exercise and the Importance of Activities: 4%
- Education About Nutrition and Diet and the Impact it has on Chronic Diseases: 4%

**Dakota County Healthcare in Progress**

Those surveyed concluded that these 6 areas were the necessary elements of change to improve the health of Dakota County.
How Dakota County Residents get Health Information

Where do you and your family get most of your health information?

- Doctor/Health Professional: 38%
- Internet: 17%
- Television: 11%
- Newspaper/Magazine: 7%
- Library: 0%
- Religious Organization: 1%
- School/College: 1%
- Worksite: 2%
- Other: 1%
- Hospital: 6%
- Family or Friends: 13%
- Health Department: 2%

Demographics of those Surveyed

What is your age?

- 18-25: 0
- 25-30: 0
- 30-40: 0
- 40-50: 0
- 50-60: 0
- 60+: 300

- # of Individual Responses
Of the 789 surveys that were received, 58% that responded were females and 94% recognize themselves as White/Caucasian. 50.4% of those that responded were in the age category of 60 and above.

<table>
<thead>
<tr>
<th>Response/Answer</th>
<th>Total # that Selected</th>
</tr>
</thead>
<tbody>
<tr>
<td>White/Caucasian</td>
<td>503</td>
</tr>
<tr>
<td>Native American</td>
<td>5</td>
</tr>
<tr>
<td>Multi-Racial</td>
<td></td>
</tr>
<tr>
<td>Black/African American</td>
<td>1</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>4</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>17</td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

**What is your Sex?**

**What race do you consider yourself?**
Health Needs Assessment Results

Do you currently have health insurance?

<table>
<thead>
<tr>
<th>Response/Answer</th>
<th>Total # that Selected</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>499</td>
</tr>
<tr>
<td>No</td>
<td>29</td>
</tr>
<tr>
<td>No, but I did at an earlier job/ previously</td>
<td>2</td>
</tr>
</tbody>
</table>

94.5% of Dakota County Residents surveyed had insurance coverage. 6% had NO insurance coverage.
What is your household size or the size of your family?

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Number of Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (just Yourself)</td>
<td>50</td>
</tr>
<tr>
<td>2 People to 4</td>
<td>350</td>
</tr>
<tr>
<td>5 people to 7</td>
<td>250</td>
</tr>
<tr>
<td>7 people to 10</td>
<td>100</td>
</tr>
<tr>
<td>10 or greater</td>
<td>50</td>
</tr>
</tbody>
</table>

What is your average/yearly household income?

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than $10,000</td>
<td>3%</td>
</tr>
<tr>
<td>10,001-15,000</td>
<td>5%</td>
</tr>
<tr>
<td>15,001-20,000</td>
<td>5%</td>
</tr>
<tr>
<td>20,001-25,000</td>
<td>9%</td>
</tr>
<tr>
<td>25,001-30,000</td>
<td>8%</td>
</tr>
<tr>
<td>30,001-40,000</td>
<td>9%</td>
</tr>
<tr>
<td>40,001-50,000</td>
<td>12%</td>
</tr>
<tr>
<td>50,001-60,000</td>
<td>11%</td>
</tr>
<tr>
<td>60,001-70,000</td>
<td>5%</td>
</tr>
<tr>
<td>70,001-80,000</td>
<td>8%</td>
</tr>
<tr>
<td>80,001-90,000</td>
<td>10%</td>
</tr>
<tr>
<td>90,001-100,000</td>
<td>6%</td>
</tr>
</tbody>
</table>

# of Individual Responses
What is your highest level of education?

![Bar chart showing the distribution of educational levels among respondents.]

- K-8 grade: 2%
- Some high school: 3%
- High school graduate: 28%
- Technical school: 10%
- Some college: 20%
- College graduate: 18%
- Graduate school: 9%
- Doctorate: 7%
- Other: 3%

Of the 789 surveyed, 52% were households of 2-4 people. 12% had an average income of $40,000-$50,000 annually. 28% of respondents were high school graduates.
## Conclusion

Utilizing the results of the 789 surveys collected by the Dakota County Health Department, there are 4 predominate areas that the community feels need improvements. They are cancer, heart disease and stroke, obesity and weight loss management and diabetes. These four areas are strongly connected to the categories of education that are wanted within Dakota County, which are Exercise and Activity, Nutrition, Routine Check-Ups and Heart Health.

The Dakota County Health Department plans to impact these areas by offering education and outreach courses on:

- Immunizations and their importance
- Chronic Disease Management
- Nutrition and Exercise
- Diabetes

Along with educating our community, we want to encourage individuals to get routine health screenings by offering preliminary screenings for Blood Pressure, Blood Glucose levels and Cholesterol.