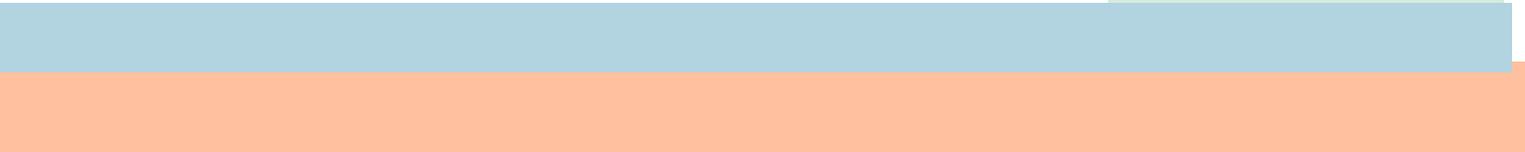


IN GOOD HEALTH

Community Health Needs Assessment Regional Plan



NOVEMBER 2024



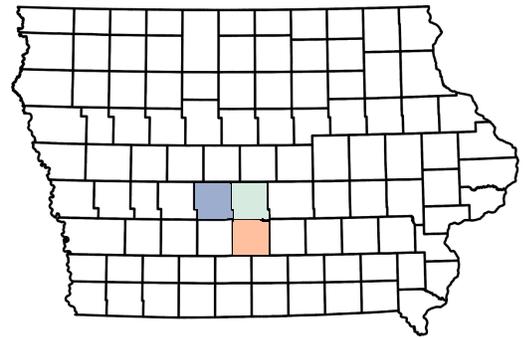
IN GOOD HEALTH



2025-2027 Central Iowa Community Health Needs Assessment (CHNA) Regional Plan

The 2024 CHNA identified several social determinants of health as high priorities that need the attention of our community. Information from the CHNA surveys and other relevant data sources have shown a significant increased need among central Iowa community members in the areas of **housing, food security, and financial stability**. These conditions are felt not only at the individual/family level, but have an impact at the community level as well.

Social determinants of health (SDOH) are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and encompass the wider set of policies, systems and structures that shape daily life. SDOH have been shown to have a greater influence on health outcomes than either genetic factors or access to healthcare services. For example, poverty is highly correlated with poorer health outcomes and higher risk of premature death.



Based upon the significant increases in need for central Iowans in the areas of housing, food security, and financial stability, this plan aligns with and identifies strategies within existing community plans currently supported by community partners.

The 2025-2027 In Good Health Regional Plan goals, metrics, and strategies are identified in the following pages. Community partners that are currently working on specific strategies are identified, however, we anticipate additional partners as the strategies are implemented. If your organization is interested in partnering on a specific strategy, please contact Chris McCarthy at christopher.mccarthy@unitypoint.org.



The CHNA Planning Committee will report out annually regarding progress on identified strategies to help our community learn about the opportunities successfully improving our community health outcomes.

The 2024 Community Health Needs Assessment Survey Report & the 2025-2027 In Good Health Regional Plan will be available at: bit.ly/InGoodHealthCHNA

PARTNERS



The tri-county Community Health Needs Assessment (CHNA) is conducted through a collaborative partnership among local health departments, health systems, and community-based organizations (CBOs). The 2024 Regional CHNA Planning Committee included:

- *Broadlawns Medical Center*
- *Dallas County Health Department*
- *Dallas County Hospital*
- *EveryStep*
- *Greater Des Moines Partnership*
- *MercyOne – Des Moines*
- *Mid-Iowa Health Foundation*
- *Polk County Health Department*
- *Primary Health Care, Inc.*
- *United Way of Central Iowa*
- *UnityPoint Health – Des Moines*
- *Warren County Health Services*

The CHNA Planning Committee identified these organizations as Key Community Partners to assist in outreach and engagement efforts regarding the CHNA survey. Their support helped to increase community engagement in the Community Health Needs Assessment process for greater understanding of our community health needs!

- *Black Women 4 Healthy Living*
- *Catholic Charities*
- *Corinthian Baptist Church*
- *Dallas County Health Department*
- *Des Moines Area Religious Council*
- *Des Moines Public School Bilingual Family Liaisons*
- *Evelyn K. Davis Center*
- *Grace Fitness*
- *IMPACT Community Action Partnership*
- *Iowa Congolese Organization & Center for Healing (ICOACH)*
- *NISAA African Family Services*
- *Oakridge Neighborhood*
- *One Iowa*
- *Our Lady of the Americas*
- *Planned Parenthood*
- *Polk County Health Department*
- *Worked with Burmese-Chin Community*
- *Primary Health Care, Inc*
- *Urban Dreams*
- *Waukee Christian Services*
- *Warren County Health Department*
- *WeLift Job Search Center*



HOUSING

“Always, usually, or sometimes worried about paying rent/mortgage in the past year.”

Who is worrying about paying their rent or mortgage?

Participants were asked how often they worried about paying their rent or mortgage in the past year. Survey data showed 42% of survey participants always, usually, or sometimes worried about paying their housing cost - over a 10% increase from the 2021 CHNA report.

GOAL

Increase access to affordable housing options among the tri-county area.

Metric: More affordable housing built in each county designated for households with income below 80% Area Median Income (AMI), with additional strategies developed to serve households at or below 30% AMI (as they are at higher risk of experiencing homelessness or other challenges).

Metric: Community Land Trust (CLT) established to serve each county.

Metric: Additional 29 units of Emergency Family Shelter established in Polk County.

Metric: Standardized, accessible Affordable Housing zoning language adopted in at least one community in each county.

CHNA Survey Metric: 10% decrease in percentage of residents who are, “Always/Usually/Sometimes” worried about paying rent/mortgage in the past year.

STRATEGIES & PARTNERS

Housing Strategy #1: Design and promote an informational toolkit for community members to advocate for affordable housing development at the local and state level.

Partners: *Capital Crossroads, Polk County Housing Trust Fund, Homeward . . .*

Housing Strategy #2: Advocate for efforts to establish Community Land Trusts to serve each county.

Partners: *City of Des Moines, City of West Des Moines . . .*

Housing Strategy #3: Advocate for Immediate Next Steps identified in the Polk County Homelessness Gap Analysis including creation of 29 units of Emergency Family Shelter; implementation of housing focused case management across systems; and the expansion of Rehousing Capacity.

Partners: *Homeward, City of Des Moines, Homeless Service Provider Continuum of Care, City of West Des Moines . . .*

Housing Strategy #4: Advocate for establishing standardized, accessible Affordable Housing zoning language among the tri-county area.

Partners: *Capital Crossroads, Polk County Housing Trust Fund, Homeward, City of Des Moines, City of West Des Moines . . .*

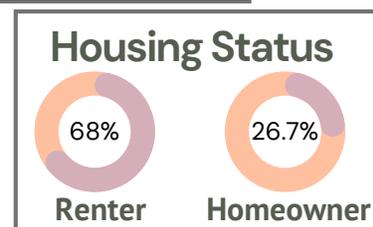
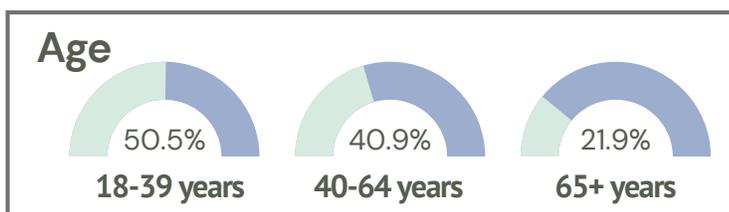
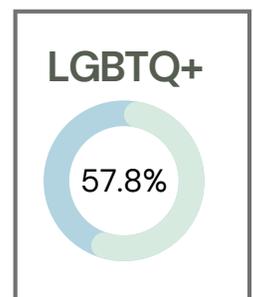
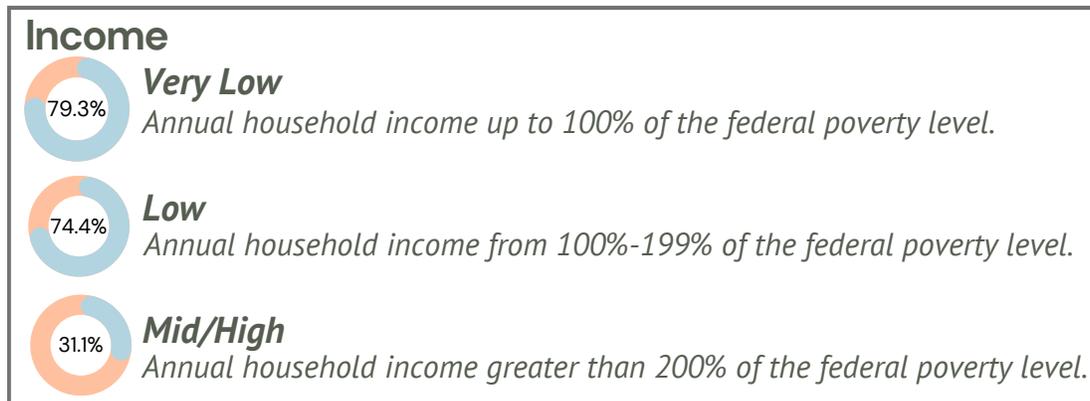
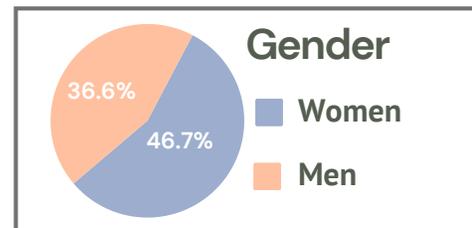
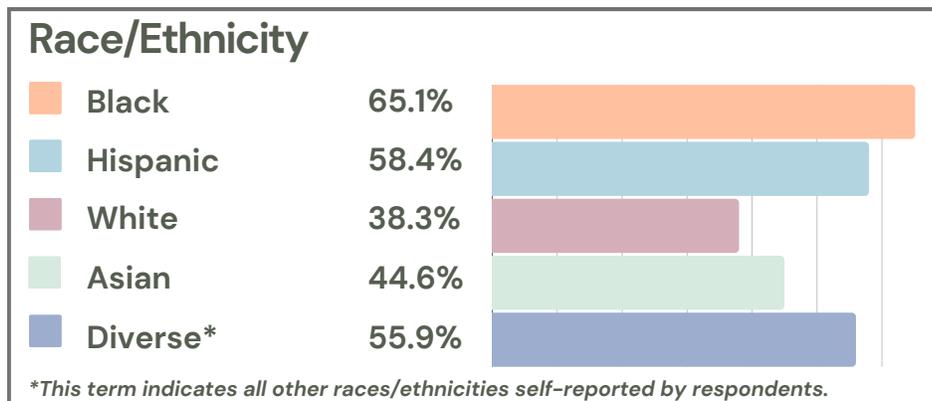
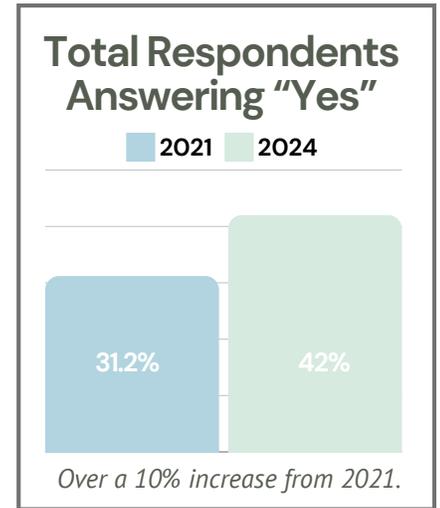
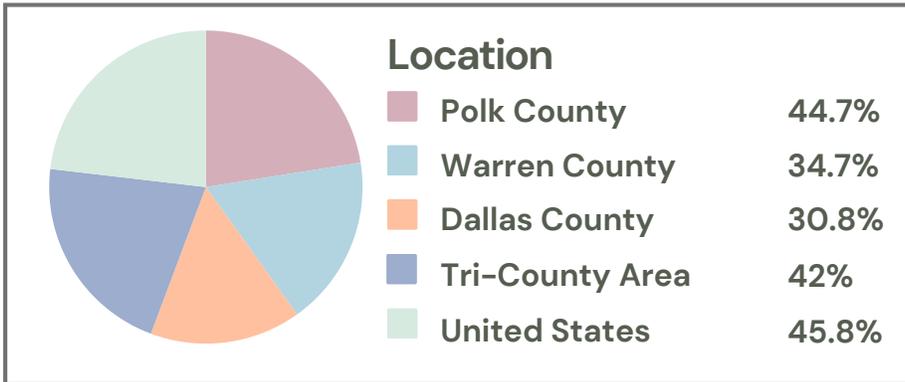
Housing Strategy # 5: Educate the community about the impact of safe and affordable housing on health and well-being.

Partners: *Broadlawns Medical Center, MercyOne Des Moines, UnityPoint Health–Des Moines, Dallas County Health Department, Polk County Health Department, Warren County Health Services, Mid-Iowa Health Foundation, City of West Des Moines . . .*

HOUSING

“Always, usually, or sometimes worried about paying rent/mortgage in the past year.”

Who is worrying about paying their rent or mortgage?



The 2024 CHNA included 3,065 survey responses, with 2,447 Polk County, 337 Dallas County, and 281 Warren County responses.

FOOD SECURITY

“Experienced or worried about food insecurity in the past year.”

Who is going hungry in our community?

Participants were asked about how often they experienced or worried about experiencing food insecurity. Survey data showed 37.1% of survey participants experienced or worried about meeting their food needs, nearly a 10% increase from the 2021 CHNA report.

GOAL

Reduce the percentage of central Iowa residents who are identified as food insecure.

Metric: 20% reduction in food pantry visits annually in each county.

Metric: 10% increase in the number of local food pantries/organizations that are collecting consistent data on clients’ needs, referrals, and outcomes.

Metric: At least two policies introduced/adopted to increase the economic stability of low-income residents.

CHNA Survey Metric: 10% decrease in the percentage of residents who have run out of food in the past year and/or been worried about running out of food.

STRATEGIES & PARTNERS

Food Security Strategy #1: Support the development of a standard data collection system (e.g. Community Information Exchange) to more effectively connect residents to basic needs resources.

Partners: *United Way, DMARC, Waukee Christian Services, Urbandale Food Pantry . . .*

Food Security Strategy #2: Engage with Community Navigation Pilots– such as United Way of Central Iowa’s Community Navigation Pilot, HHS Thrive initiative, and Project Iowa’s Rooted Model– as referral resources, as well as monitor pilot projects’ data to understand if this strategy increases clients’ access to basic needs resources.

Partners: *United Way, DMARC, Waukee Christian Services . . .*

Food Security Strategy #3: Advocate for the results/findings of the Community Navigation Pilots to inform a policy recommendation to reduce food insecurity and support economic stability of low-income residents in each county.

Partners: *United Way, DMARC, Waukee Christian Services, Dallas County Health Department . . .*

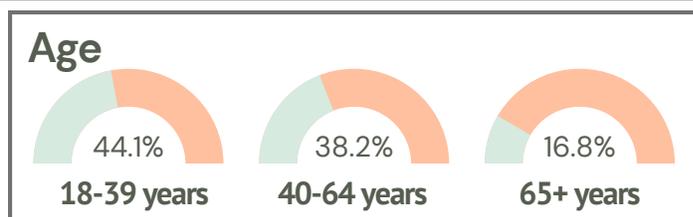
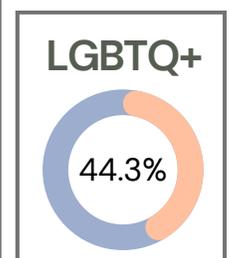
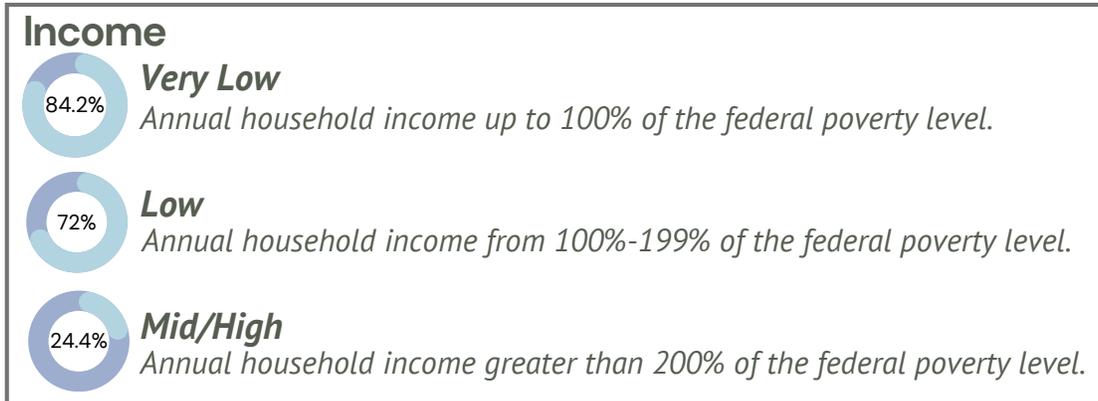
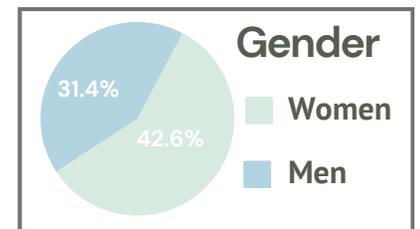
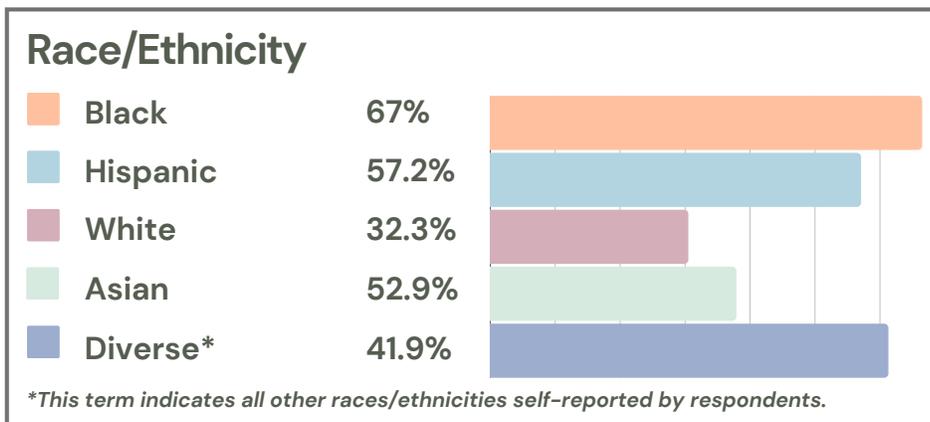
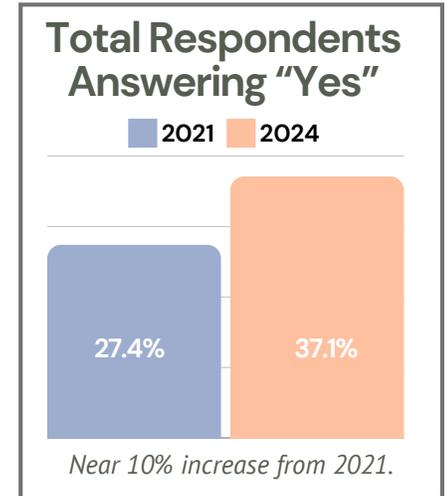
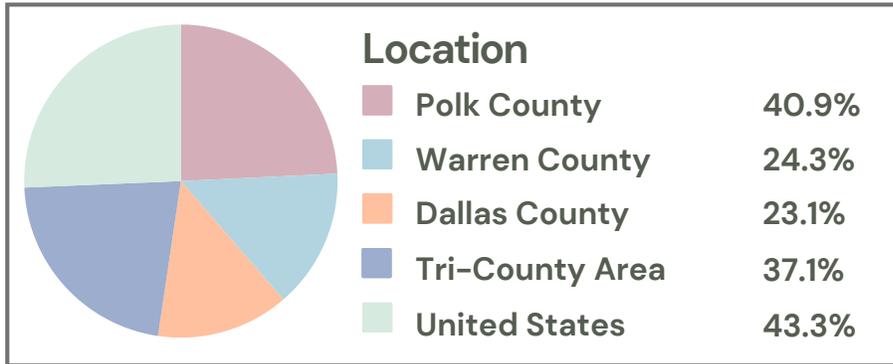
Food Security Strategy #4: Educate the community about the impact of food insecurity on health and well-being.

Partners: *Broadlawns Medical Center, MercyOne–Des Moines, UnityPoint Health–Des Moines, Dallas County Health Department, Polk County Health Department, Warren County Health Services, Mid-Iowa Health Foundation, DMARC, Waukee Christian Services, Urbandale Food Pantry . . .*

FOOD SECURITY

“Experienced or worried about food insecurity in the past year.”

Who is going hungry in our community?



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FINANCIAL STABILITY

“Do not have cash on hand to cover a \$400 emergency expense.”

Who cannot afford a \$400 unexpected expense without going into debt?

Participants were asked if they had \$400 to cover an emergency expense either in cash or savings. Survey data showed 35.5% of survey participants could not afford a \$400 emergency expense, over a 10% increase from the 2021 CHNA report.

GOAL

Increase the percentage of central Iowa residents who are able to respond to an unexpected \$400 emergency expense.

Metric: 20% reduction in food pantry visits annually in each county.

Metric: 1% reduction in unemployment among disproportionately impacted populations.

Metric: 10% increase in amount of eligible central Iowa community members accessing public benefits programs (Medicaid, SNAP, WIC, FIP, etc.).

Metric: Establish at least two Public/Private partnerships investing to support pilot studies of innovative poverty-reduction strategies.

Metric: Establish at least two policy/programmatic changes introduced/adopted based on study results.

CHNA Survey Metric: 10% increase in the percentage of residents who have cash on hand to cover a \$400 emergency expense.

STRATEGIES & PARTNERS

Financial Stability Strategy #1: Collaborate with public benefits programs, community-based organizations (CBOs), and Medicaid Care Organizations (MCOs) to promote information about these programs.

Partners: Broadlawns Medical Center, MercyOne–Des Moines, UnityPoint Health–Des Moines, Dallas County Health Department, Polk County Health Department, Warren County Health Services, Mid-Iowa Health Foundation, DMARC, Iowa Black Doula Collective, IMPACT Community Action Partnership, WeLift, Urbandale Food Pantry . . .

Financial Stability Strategy #2: Advocate for increased funding to support job/career training opportunities at CBOs working with disproportionately impacted populations (such as the Evelyn K. Davis Center, Project Iowa, WeLift, among others).

Partners: Project Iowa, St. Vincent de Paul, Iowa Black Doula Collective, UnityPoint Health–Des Moines, IMPACT Community Action Partnership, WeLift, Urbandale Food Pantry . . .

Financial Stability Strategy #3: Advocate for innovative strategies to test new models for economic stability creation among low-income residents, and for the study results to be utilized for policy/programmatic changes.

Partners: Mid-Iowa Health Foundation, United Way, UpLift, St. Vincent de Paul, DMARC, IMPACT Community Action Partnership, WeLift, Urbandale Food Pantry . . .

Financial Stability Strategy #4: Educate the community about the the positive impact of the Earned Income Child Tax Credit during the pandemic response that reduced child poverty by 26% in 2021.

Partners: UpLift, DMARC, UnityPoint Health–Des Moines, IMPACT Community Action Partnership . . .

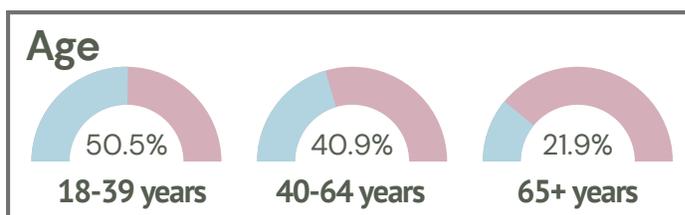
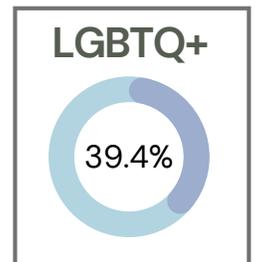
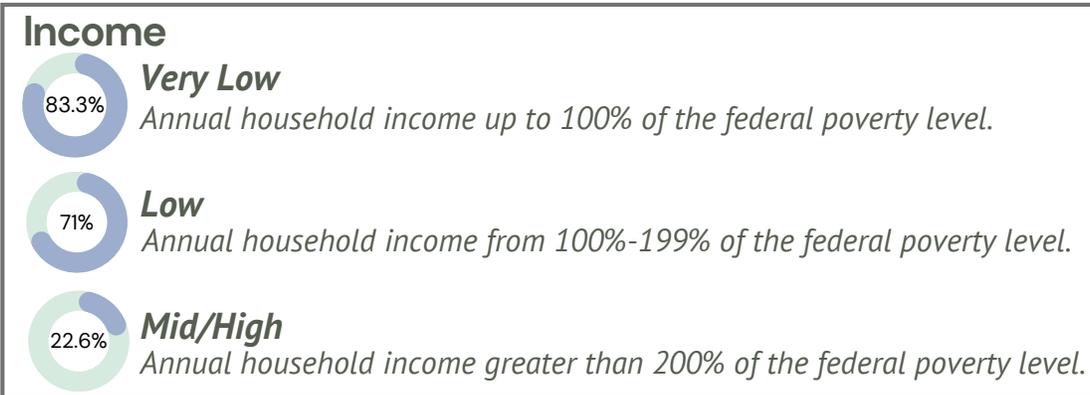
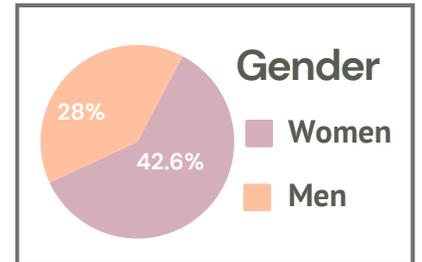
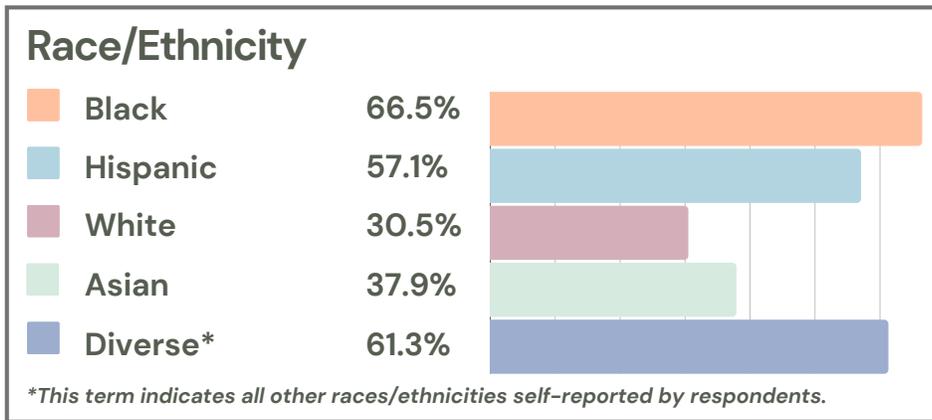
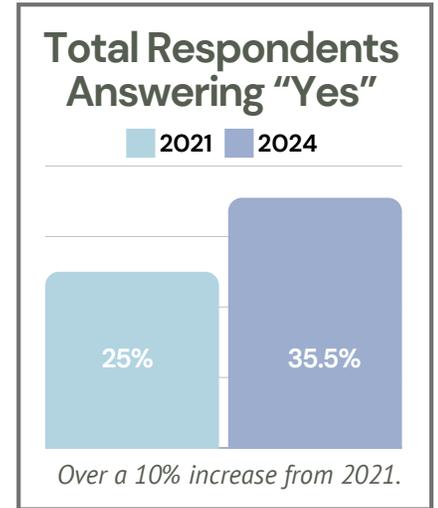
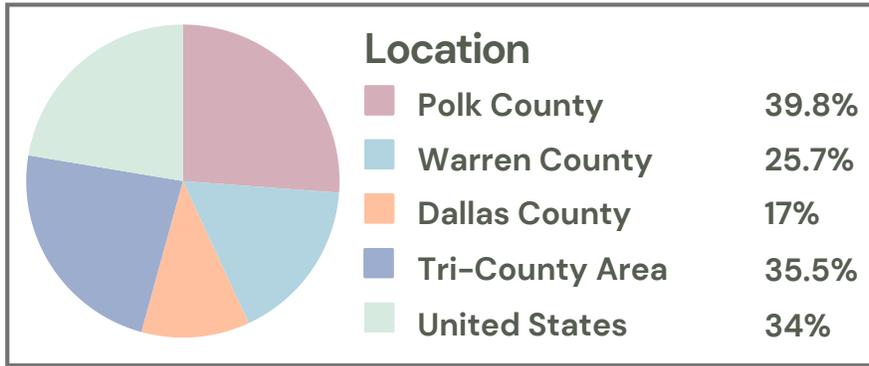
Financial Stability Strategy #5: Educate the community about the impact of economic security on health and well-being.

Partners: Broadlawns Medical Center, MercyOne–Des Moines, UnityPoint Health–Des Moines, Dallas County Health Department, Polk County Health Department, Warren County Health Services, Mid-Iowa Health Foundation, UpLift, Iowa ACEs 360, St. Vincent de Paul, Iowa Black Doula Collective, IMPACT Community Action Partnership, Urbandale Food Pantry . . .

FINANCIAL STABILITY

“Do not have cash on hand to cover a \$400 emergency expense.”

Who cannot afford a \$400 unexpected expense without going into debt?



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Housing

Affordable Housing & Zoning Language: www.herewegrow.city

Community Land Trust: www.dsm.city/departments/neighborhood_services/community_land_trust.php

GAP Analysis: www.homewardiowa.org/community-collaboration/gapanalysis

Affordable Housing Zoning Language:
www.dsm.city/departments/neighborhood_services/barriers_to_housing_survey.php

Food Security

Food Pantry Visitors & Data: dmarc-test.my.canva.site/disparities

Food Pantry Data: www.unitedwaydm.org/impact/initiatives/opportunity/plan/food-insecurity

Financial Stability

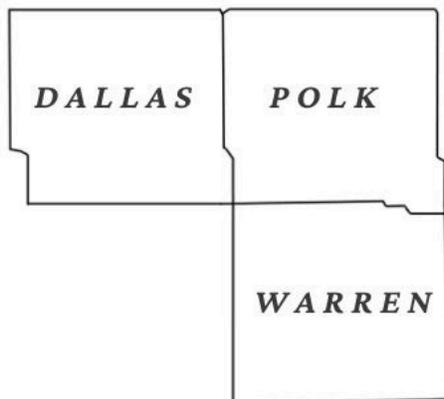
Unemployment: www.tdcdsm.org/one-econ

Unemployment: vandegrifhuting.shinyapps.io/latinx-iowa-project/_w_3a4c34d1/_w_6c10f6ba/_w_b1147aa1/_w_bc6760d6/_w_389f4077/

Public Benefits 101: indd.adobe.com/view/af7e80d9-88ff-43f4-bd71-ed3992642409

Public Benefits 102: <https://adobe.ly/3YHwC6e>

Public/Private Partnership Strategies: upliftiowa.org



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