

2025 Union County Community Health Needs Assessment

Approved by the Greater Regional Board of Trustees
December 22, 2025

2025 Union County Community Health Assessment



Greater Regional Health



Union County Board of Health

Community Health Assessment

Table of Contents

- Executive Summary
 - Overview
 - FAQ's?
 - Mission / Vision
 - Greater Regional Health

Overview

- A Community Health Needs Assessment (CHNA) is “an efficient method of identifying the unmet health care needs of a population.”
- Gathers data of the community’s health status and identifies key problems and assets in the county.
- Used to develop a Community Health Improvement Plan (HIP)
- In order to maintain charitable status (501c3) with the IRS, **non-profit** hospitals must conduct a CHNA and adopt an implementation plan **at least once every 3 years** to meet the identified community health needs. The identification of the region’s health needs provide Greater Regional Health and its community organizations with a framework for improving the health of its residents.
 - Due December 31st
 - Implementation Plan due May 15th
- Public Health Departments cycle CHA/CHIP every 5 years





Community Served

- Greater Regional Health serves as a regional hub for southwest Iowa, providing medical services and community health support to a broad rural population.
- Greater Regional Health extends care beyond just Creston to neighboring communities.
- The community is predominantly rural and small town, involving families, older adults and agricultural workers from Union County and surrounding counties.
- 38.2% of the population lives in a low population density area.

Secondary Research

U.S. Census Bureau

Union County Health
Rankings & Demographic
Data

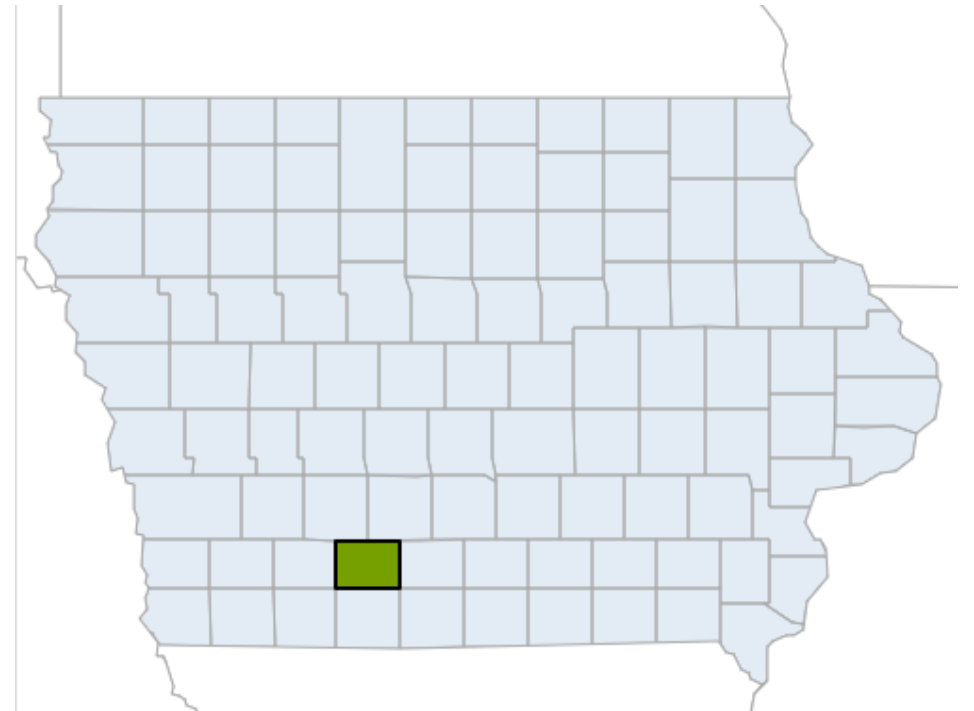
Data USA

Demographics

Data USA (2023)

Population: 12,038

- % White 92.6%
- % Hispanic 3.49%
- % Non-Hispanic black 1.4%
- % Asian 0.8%
- % Native Hawaiian/Other PI 0.1%



Demographics, con't

- **Median Age: 40.6**

- 10% - 0-9 years
- 17% - 10-19 years
- 11% - 20-29 years
- 12% - 30-49 years
- 11% - 50-59 years
- 14% - 60-69 years
- 9% - 70-79 years
- 5% - 80+ years

Age

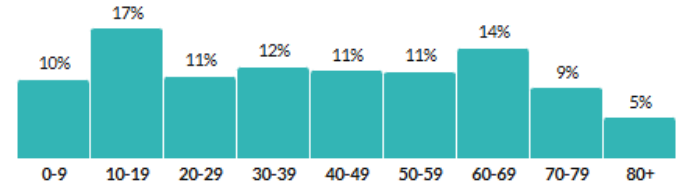
40.6

Median age

a little higher than the figure in Iowa:
38.6

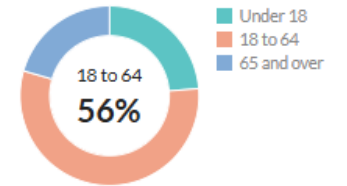
a little higher than the figure in
United States: 38.7

Population by age range



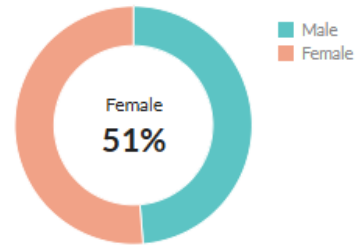
[Show data / Embed](#)

Population by age category



[Show data / Embed](#)

Sex



[Show data / Embed](#)

Race & Ethnicity



* Hispanic includes respondents of any race. Other categories are non-Hispanic.

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Secondary Data County Health Rankings



Union County Population Health and Well-being - 2025

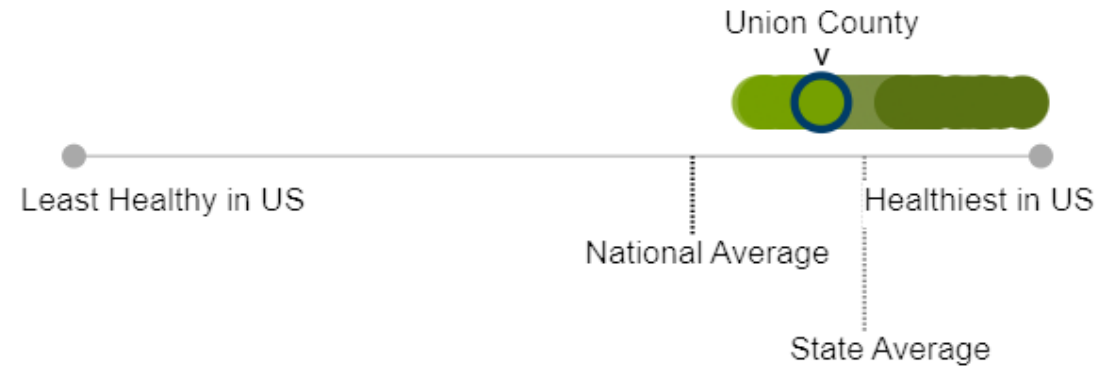


Diagram summarizes data released on 03/19/2025

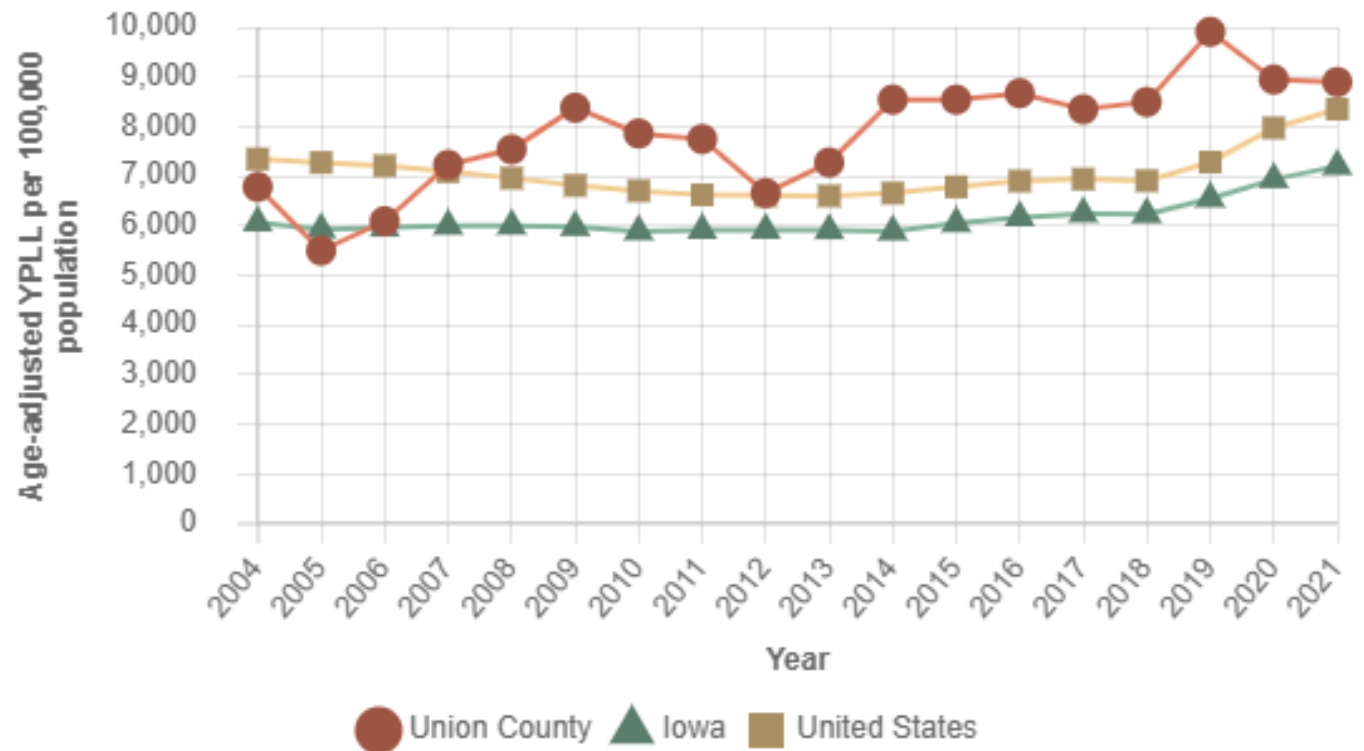
Union County is faring slightly worse than the average county in Iowa for Population Health and Well-being, and better than the average county in the nation.

Premature Death

- Population Health and Well-being
- In Union County, 7300 years of life were lost to deaths of people under age 75 (per 100,000)

Premature Death in Union County, IA Years of Potential Life Lost (YPLL)

No significant trend was found in Union County for this measure.

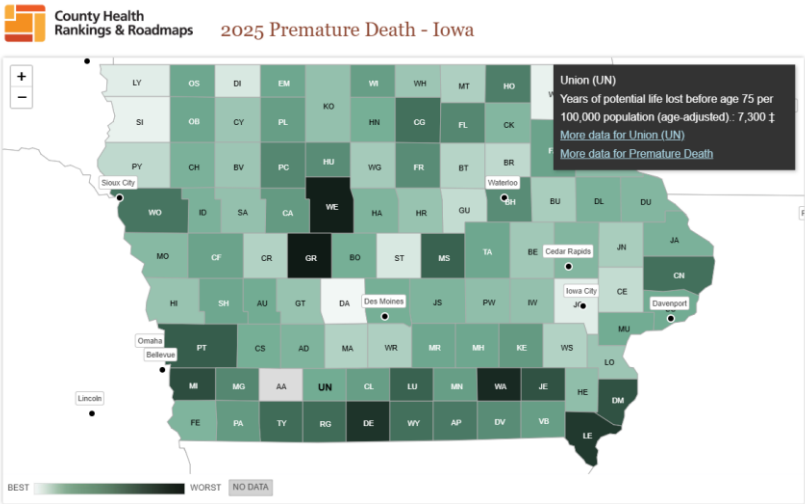


Leading Causes of Death Under Age 75

Leading Causes of Death in Union County, Iowa

Download Table

Leading Causes of Death Under Age 75	Deaths	Rate per 100,000
Diseases of heart	49	150
Malignant neoplasms	47	143.9
Accidents	20	61.2
COVID-19	15	Unreliable
Chronic lower respiratory diseases	15	Unreliable



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Quality of life



Quality of life	Union County	Iowa	United States
Poor Physical Health Days	3.9	3.5	3.9
Low Birth Weight	6%	7%	8%
Poor Mental Health Days	5.2	4.7	5.1
Poor or Fair Health	17%	16%	17%

Additional Quality of life (not included in summary)	Union County	Iowa	United States
Frequent Physical Distress	12%	10%	12%
Diabetes Prevalence	10%	10%	10%
HIV Prevalence	79	119	387
Adult Obesity	38%	38%	34%
Frequent Mental Distress	17%	14%	16%
Suicides	17 ‡	17 ‡	14 ‡
Feelings of Loneliness	37%	35%	33%

Union County Community Conditions 2025

- Health infrastructure
- Physical environment
- Social and economic factors



Union County Community Conditions - 2025

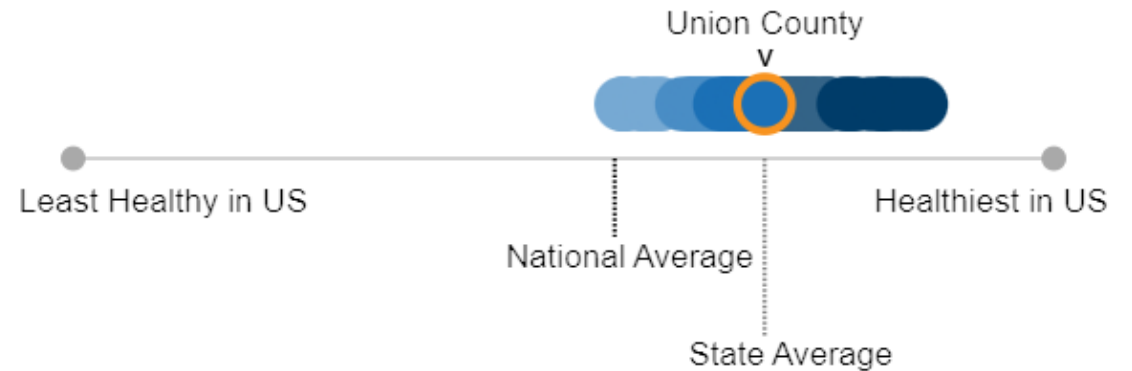








Diagram summarizes data released on 03/19/2025


Union County is faring about the same as the average county in Iowa for Community Conditions, and better than the average county in the nation.

Health infrastructure



Health infrastructure		Union County	Iowa	United States
Flu Vaccinations		57%	54%	48%
Access to Exercise Opportunities		83%	80%	84%
Food Environment Index		8.3	8.5	7.4
Primary Care Physicians		910:1 †	1,360:1 †	1,310:1 †
Mental Health Providers		520:1 †	440:1 †	290:1 †
Dentists		1,980:1 †	1,380:1 †	1,340:1 †
Preventable Hospital Stays		1,670	2,364	2,666
Mammography Screening		57%	54%	44%
Uninsured		6%	5%	10%

Physical environment



Physical environment		Union County	Iowa	United States
Severe Housing Problems		9%	11%	17%
Driving Alone to Work		79%	77%	70%
Long Commute - Driving Alone		16%	21%	37%
Air Pollution: Particulate Matter		7.2	7.4	7.3
Drinking Water Violations		No		
Broadband Access		85%	88%	90%
Library Access		2	3	2

Social and economic factors

Social and economic factors		Union County	Iowa	United States
Some College		64%	70%	68%
High School Completion		93%	93%	89%
Unemployment		3.0%	2.9%	3.6%
Income Inequality		4.2	4.2	4.9
Children in Poverty		18%	13%	16%
Injury Deaths		113 ‡	76 ‡	87 ‡
Social Associations		11.8	14.2	9.1
Child Care Cost Burden		25%	23%	28%

2025 Union County Community Health Assessment Survey

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Survey Details

Distribution

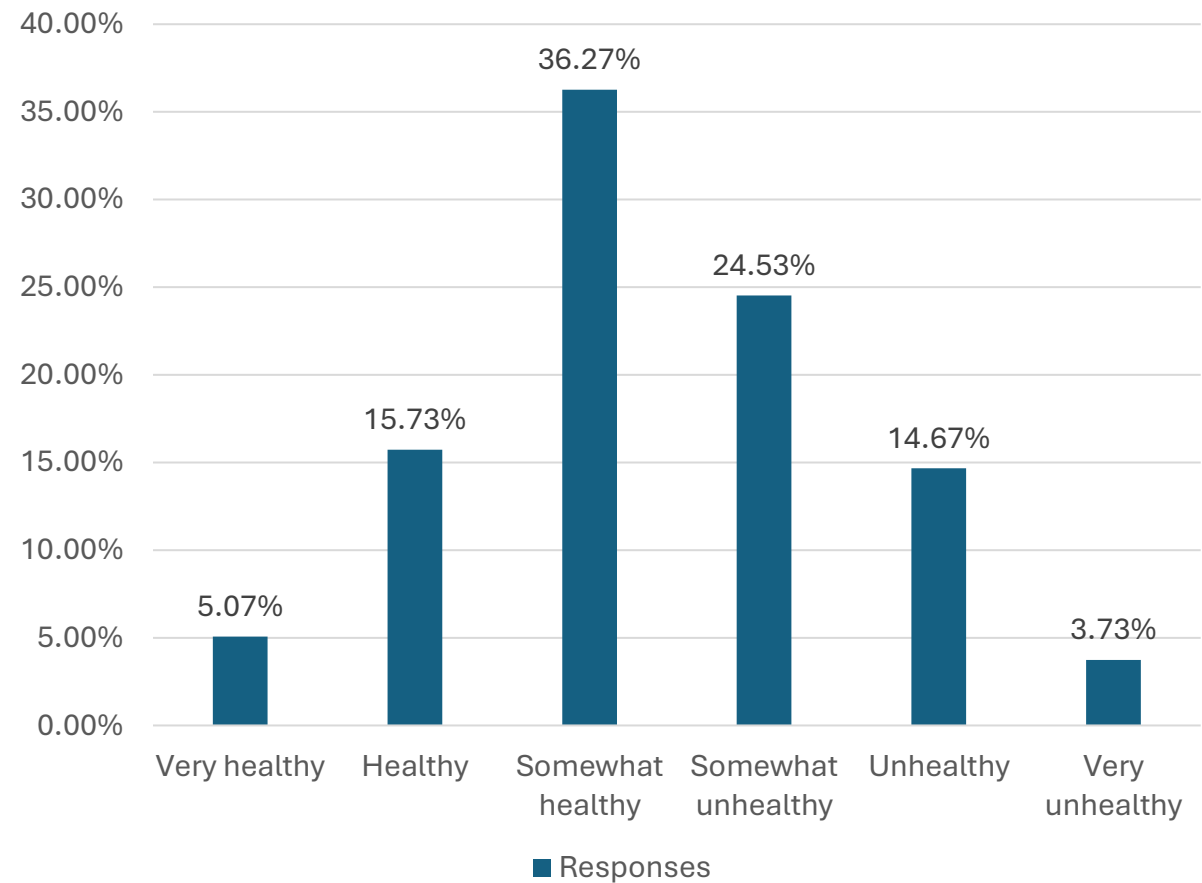
- Union County Newspapers
- Greater Regional Facebook, Website
- Union County Public Health Facebook
- UCDA email group
- Union County Fair
- Union County Meal Sites
- Greater Regional Employee Email
- Greater Regional Hospital Portal
- QR Codes to local businesses
- Community Partners
 - Schools
 - Various coalitions, boards, elected officials
 - Various in-person community events



The definition of a Healthy Community is, “a community where residents have the resources and opportunities to achieve optimal health and well-being, including access to quality education, safe housing, employment, transportation, physical activity, and nutritious food.

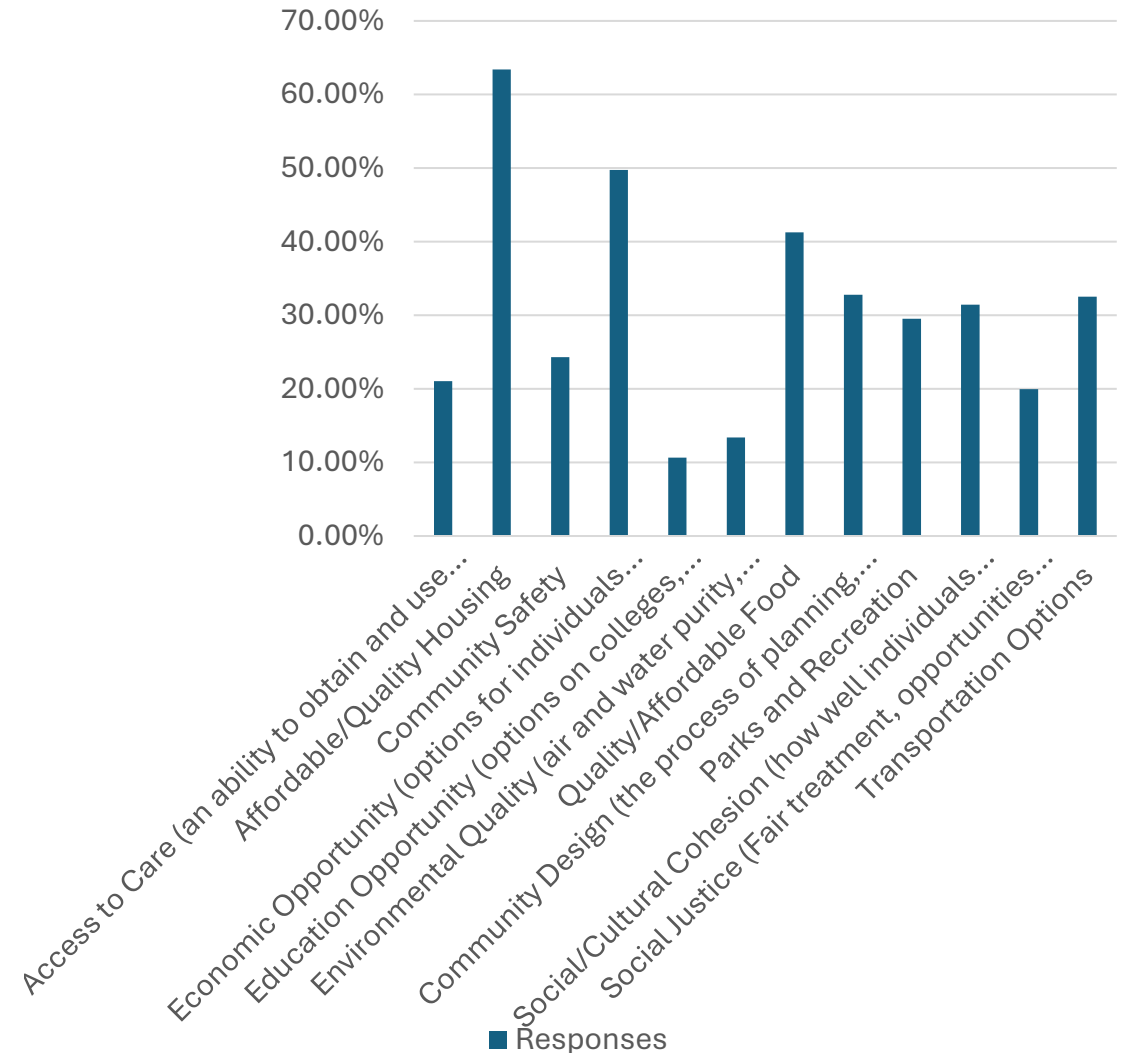
How would you rank Union County as Healthy Community?

Answer Choices			Responses	
Very healthy	5.07%	19		
Healthy	15.73%	59		
Somewhat healthy	36.27%	136		
Somewhat unhealthy	24.53%	92		
Unhealthy	14.67%	55		
Very unhealthy	3.73%	14		
	Answered	375		
	Skipped	0		



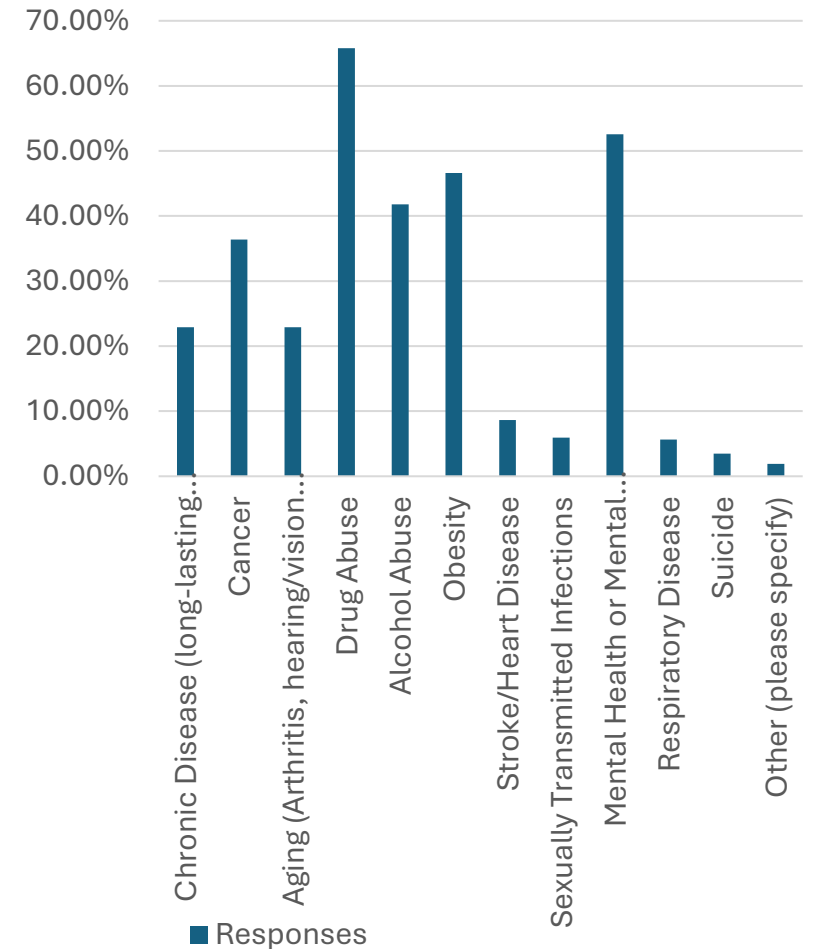
What are the areas Union County needs to improve on to become a Healthier Community?

Answer Choices	Responses	
Access to Care (an ability to obtain and use healthcare services in the community)	21.04%	77
Affordable/Quality Housing	63.39%	232
Community Safety	24.32%	89
Economic Opportunity (options for individuals to gain financial well-being)	49.73%	182
Education Opportunity (options on colleges, apprenticeships, and etc)	10.66%	39
Environmental Quality (air and water purity, noise levels, access to open spaces, etc)	13.39%	49
Quality/Affordable Food	41.26%	151
Community Design (the process of planning, designing, and managing the physical and social environment of a community to improve quality of life for its residents)	32.79%	120
Parks and Recreation	29.51%	108
Social/Cultural Cohesion (how well individuals in our community feel connected to each other and to their community, sharing common values and norms and working together for a collective good)	31.42%	115
Social Justice (Fair treatment, opportunities and outcomes for all individuals and groups within the community regardless of background or identity)	19.95%	73
Transportation Options	32.51%	119
	Answered	366
	Skipped	9



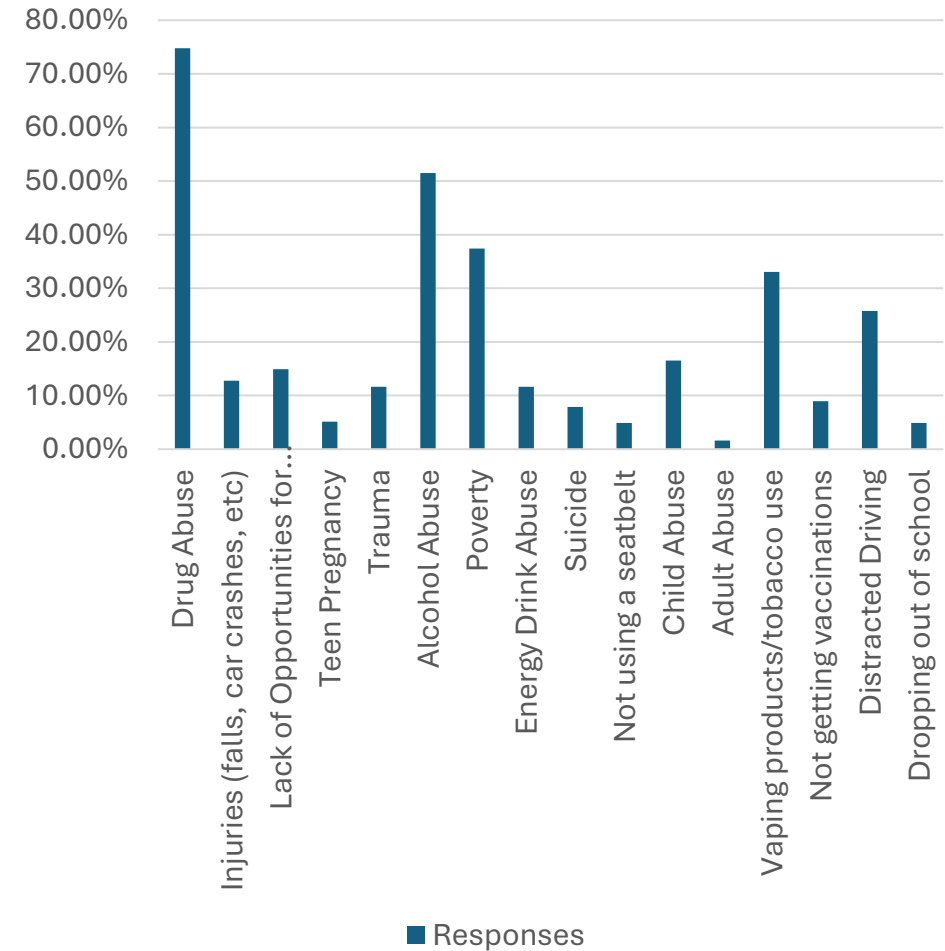
What are the top three (3) health problems in Union County?

Answer Choices	Responses	
Chronic Disease (long-lasting health conditions that affect a person for the rest of their life)	22.91%	85
Cancer	36.39%	135
Aging (Arthritis, hearing/vision loss, dementia, etc)	22.91%	85
Drug Abuse	65.77%	244
Alcohol Abuse	41.78%	155
Obesity	46.63%	173
Stroke/Heart Disease	8.63%	32
Sexually Transmitted Infections	5.93%	22
Mental Health or Mental Disorders	52.56%	195
Respiratory Disease	5.66%	21
Suicide	3.50%	13
Other (please specify)	1.89%	7
	Answered	371
	Skipped	4



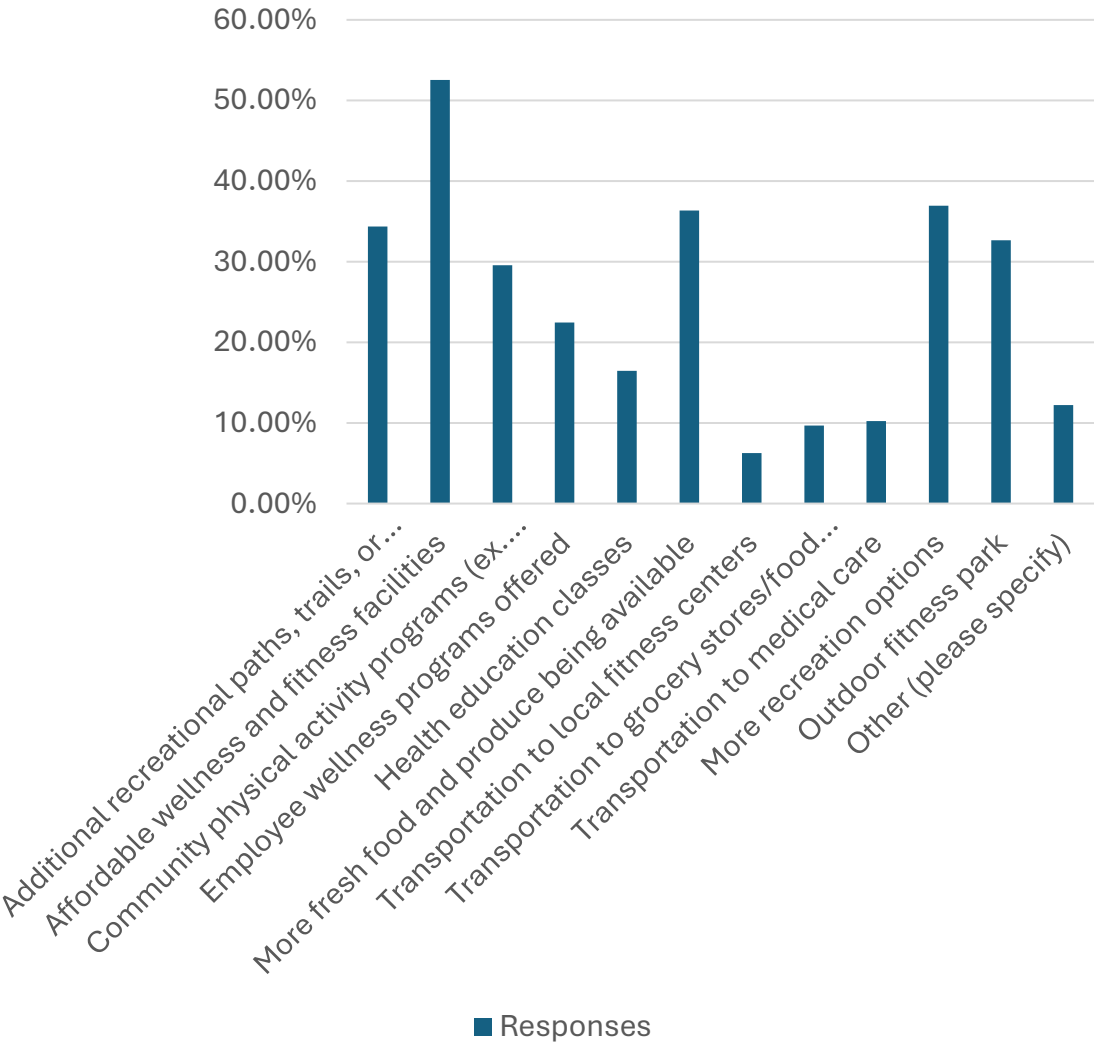
What are the top three (3) risky behaviors (behaviors that increase the chance of harm, danger, or unwanted outcomes for oneself or others)?

Answer Choices	Responses	
Drug Abuse	74.80%	276
Injuries (falls, car crashes, etc)	12.74%	47
Lack of Opportunities for exercise/limited ability to exercise	14.91%	55
Teen Pregnancy	5.15%	19
Trauma	11.65%	43
Alcohol Abuse	51.49%	190
Poverty	37.40%	138
Energy Drink Abuse	11.65%	43
Suicide	7.86%	29
Not using a seatbelt	4.88%	18
Child Abuse	16.53%	61
Adult Abuse	1.63%	6
Vaping products/tobacco use	33.06%	122
Not getting vaccinations	8.94%	33
Distracted Driving	25.75%	95
Dropping out of school	4.88%	18
	Answered	369
	Skipped	6



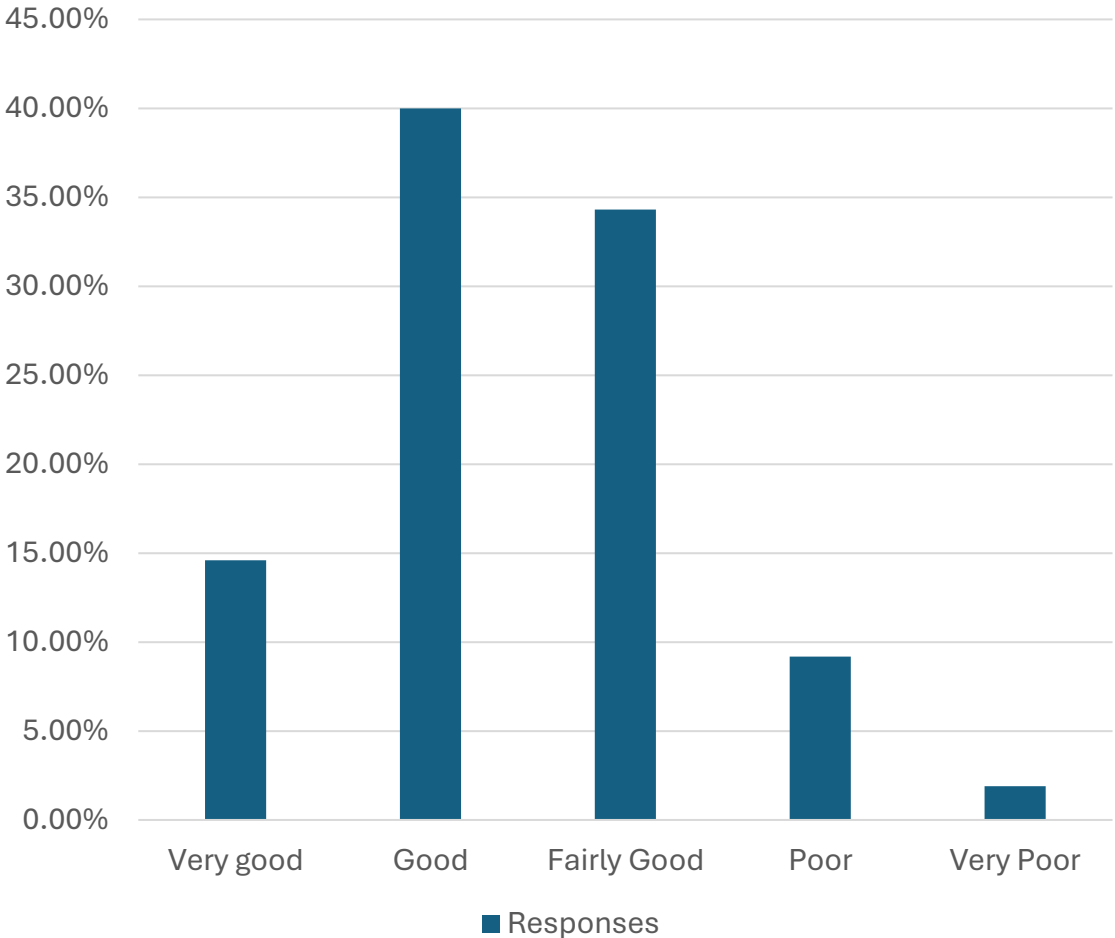
What would help you or your family start or maintain a healthy lifestyle? Select all that apply.

Answer Choices	Responses	
Additional recreational paths, trails, or sidewalks	34.38%	121
Affordable wellness and fitness facilities	52.56%	185
Community physical activity programs (ex. Running clubs, leagues, senior activities)	29.55%	104
Employee wellness programs offered	22.44%	79
Health education classes	16.48%	58
More fresh food and produce being available	36.36%	128
Transportation to local fitness centers	6.25%	22
Transportation to grocery stores/food markets	9.66%	34
Transportation to medical care	10.23%	36
More recreation options	36.93%	130
Outdoor fitness park	32.67%	115
Other (please specify)	12.22%	43
	Answered	352
	Skipped	23



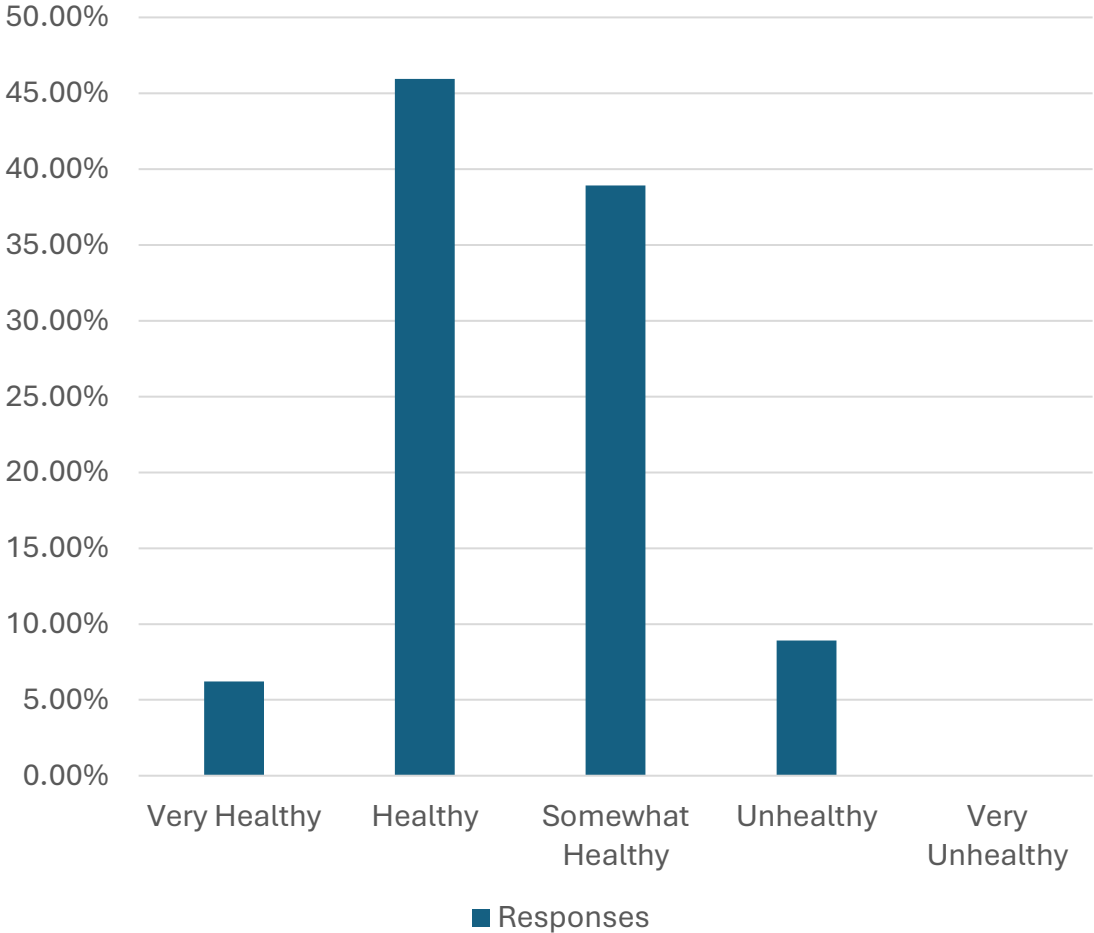
Rate the overall quality of healthcare in Union County

Answer Choices		Responses
Very good	14.59%	54
Good	40.00%	148
Fairly Good	34.32%	127
Poor	9.19%	34
Very Poor	1.89%	7
Answered		370
Skipped		5



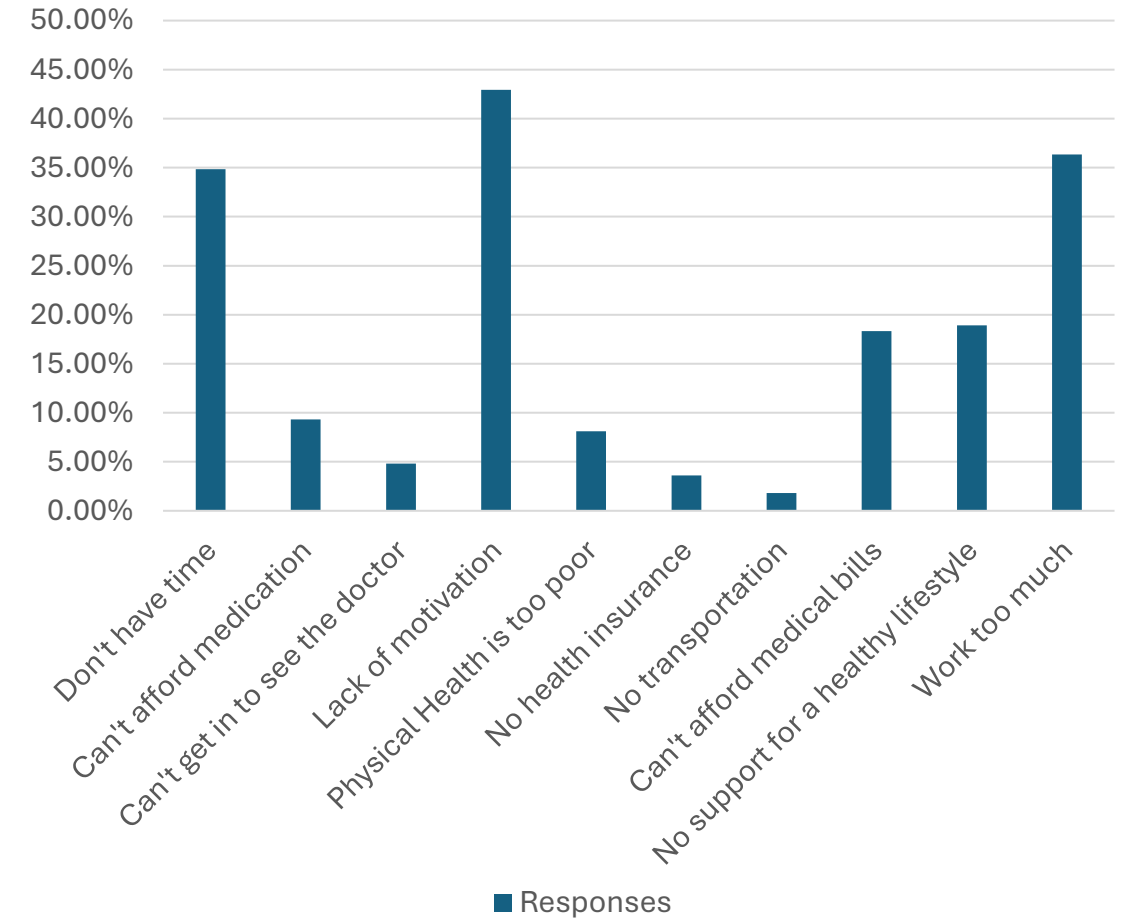
How would you rate your own personal health?

Answer Choices	Responses	
Very Healthy	6.22%	23
Healthy	45.95%	170
Somewhat Healthy	38.92%	144
Unhealthy	8.92%	33
Very Unhealthy	0.00%	0
	Answered	370
	Skipped	5



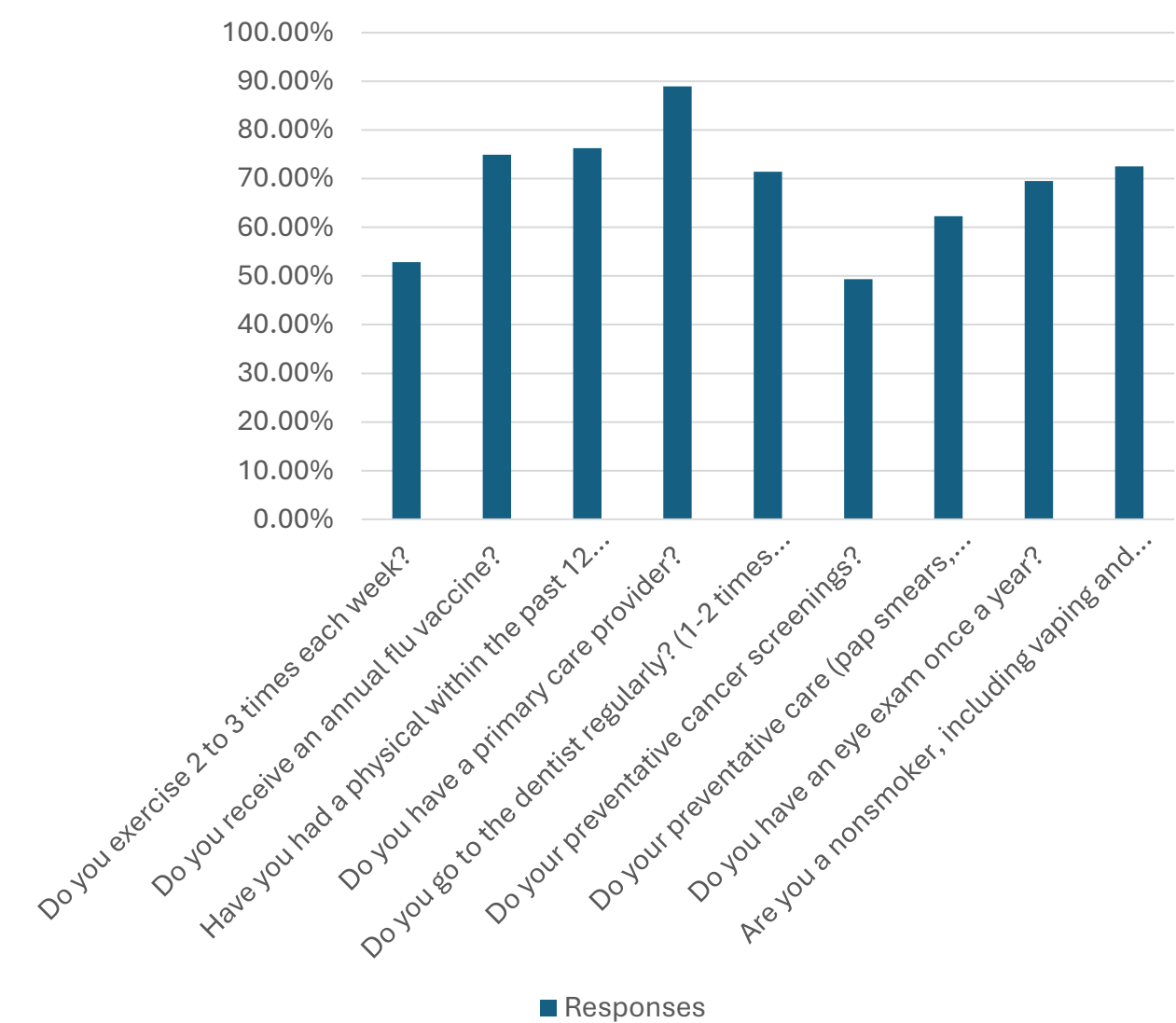
What keeps you from being healthier?

Answer Choices	Responses	
Don't have time	34.83%	116
Can't afford medication	9.31%	31
Can't get in to see the doctor	4.80%	16
Lack of motivation	42.94%	143
Physical Health is too poor	8.11%	27
No health insurance	3.60%	12
No transportation	1.80%	6
Can't afford medical bills	18.32%	61
No support for a healthy lifestyle	18.92%	63
Work too much	36.34%	121
	Answered	333
	Skipped	42



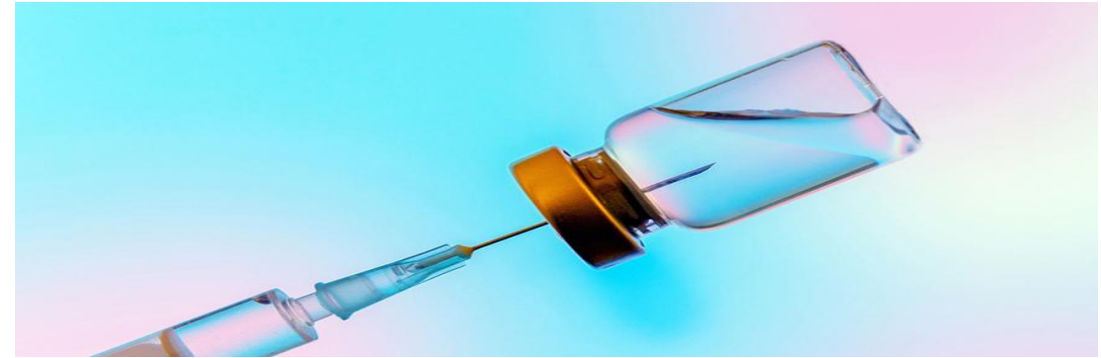
Do you follow any of these health practices? Select all that apply.

Answer Choices	Responses	
Do you exercise 2 to 3 times each week?	52.83%	196
Do you receive an annual flu vaccine?	74.93%	278
Have you had a physical within the past 12 months?	76.28%	283
Do you have a primary care provider?	88.95%	330
Do you go to the dentist regularly? (1-2 times a year)	71.43%	265
Do your preventative cancer screenings?	49.33%	183
Do your preventative care (pap smears, prostate exams, etc)?	62.26%	231
Do you have an eye exam once a year?	69.54%	258
Are you a nonsmoker, including vaping and tobacco products?	72.51%	269
	Answered	371
	Skipped	4



Do you get a flu shot?

Answer Choices	Responses	
No	21.51%	80
Yes		
If yes, where?	78.49%	292
	Answered	372
	Skipped	3



Out of the 292 respondents who indicated they get an annual flu shot; the most common locations are listed below in order of frequency:

- Greater Regional Health
- Hy-Vee Pharmacy
- Public Health
- Employer/Workplace
- Walmart Pharmacy
- Medicap Pharmacy
- Doctor's Office/Primary Care

Demographics

Gender

- Female: 300 (82.64%)
- Male: 63 (17.36%)
- 12 respondents skipped this question

Age

- Under 18 years: 0 (0.0%)
- 18 - 24 years: 12 (3.30%)
- 25 - 34 years: 57 (15.66%)
- 35 - 50 years: 135 (37.09%)
- 51 - 64 years: 79 (21.70%)
- 65 years and above: 81 (22.25%)

Ethnicity

- American Indian or Alaskan Native: 1 (0.28%)
- Asian: 1 (0.28%)
- Black or African American: 2 (0.56%)
- Native Hawaiian or Other Pacific Islander: 1 (0.28%)
- Two or More Races: 6 (1.69%)
- Hispanic or Latino: 13 (3.64%)
- White: 345 (96.91%)
- 19 respondents skipped this question

Health Insurance

- Private health insurance: 49 (13.54%)
- Employer provided health insurance: 202 (55.80%)
- Medicaid/Medicare: 101 (27.90%)
- I am covered by health insurance, but my child is not: 1 (0.28%)
- My children are covered by insurance, but I am not: 4 (1.10%)
- No one in my family is covered by health insurance: 5 (1.38%)



How would you rank Union County as Healthy Community?

Comparison to
2022 Data

Answer Choices	2025 Responses		2022 Responses		% Change
Very healthy	5.07%	19	2.05%	6	+3.02%
Healthy	15.73%	59	10.24%	30	+5.49%
Somewhat healthy	36.27%	136	41.30%	121	-5.03%
Somewhat unhealthy	24.53%	92	19.80%	58	+4.73%
Unhealthy	14.67%	55	21.84%	64	-7.17%
Very unhealthy	3.73%	14	4.78%	14	-1.05%
	Answered	375		293	
	Skipped	0		1	

Comparison to 2022 Data

What are the top three (3) health problems in Union County?

Top three (3) health problems remain consistent:

- **Drug/Alcohol/Substance Abuse**
- **Mental health or Mental Disorders**
- **Obesity**

Answer Choices	2025 Responses		2022 Responses		% Change
Chronic Disease (long-lasting health conditions that affect a person for the rest of their life)	22.91%	85	N/A	N/A	N/A
Cancer	36.39%	135	19.66%	57	+13.29
Aging (Arthritis, hearing/vision loss, dementia, etc)	22.91%	85	23.10%	67	-0.19
Drug Abuse	65.77%	244	66.55%	193	-0.78
Alcohol Abuse	41.78%	155	N/A	N/A	N/A
Obesity	46.63%	173	50.34%	146	-3.71
Stroke/Heart Disease	8.63%	32	8.28%	24	+0.35
Sexually Transmitted Infections	5.93%	22	7.59%	22	-1.66
Mental Health or Mental Disorders	52.56%	195	54.14%	157	-1.58
Respiratory Disease	5.66%	21	1.72%	5	+3.94
Suicide	3.50%	13	3.79%	11	-0.29
Other (please specify)	1.89%	7	1.72%	5	+0.17
	Answered	371		290	
	Skipped	4		4	

ANSWER CHOICES	2025 RESPONSES		2022 RESPONSES		% CHANGE
Additional recreational paths, trails, or sidewalks	34.38%	121	44.33%	125	-9.95
Affordable wellness and fitness facilities	52.56%	185	64.89%	183	-12.33
Community physical activity programs (ex. Running clubs, leagues, senior activities)	29.55%	104	34.40%	97	-4.85
Employee wellness programs offered	22.44%	79	26.60%	75	-4.16
Health education classes	16.48%	58	15.25%	43	+1.23
More fresh food and produce being available	36.36%	128	43.62%	123	-7.26
Transportation to local fitness centers	6.25%	22	3.19%	9	+3.06
Transportation to grocery stores/food markets	9.66%	34	8.51%	24	+1.15
Transportation to medical care	10.23%	36	14.54%	41	-4.31
More recreation options	36.93%	130	N/A	N/A	N/A
Outdoor fitness park	32.67%	115	N/A	N/A	N/A
Other (please specify)	12.22%	43	8.16%	23	+4.06
Answered		352			
Skipped		23			

What would help you or your family start or maintain a healthy lifestyle?

Comparison to 2022 Data

What keeps you from being healthier?

Comparison to
2022 Data

Answer Choices	2025 Responses		2022 Responses		% Change
Don't have time	34.83%	116	58.06%	162	-23.23
Can't afford medication	9.31%	31	N/A	N/A	N/A
Can't get in to see the doctor	4.80%	16	N/A	N/A	N/A
Lack of motivation	42.94%	143	54.12%	151	-11.18
Physical Health is too poor	8.11%	27	3.58%	10	+4.53
No health insurance	3.60%	12	1.43%	4	+2.17
No transportation	1.80%	6	N/A	N/A	N/A
Can't afford medical bills	18.32%	61	37.99%	106	-19.67
No support for a healthy lifestyle	18.92%	63	N/A	N/A	N/A
Work too much	36.34%	121	N/A	N/A	N/A
Answered		333	279		
Skipped		42	15		



Answer Choices	2025 Responses		2022 Responses		% Change
Yes	63.01%	230	73.29%	214	-10.28
No	36.99%	135	26.71%	78	+10.28
If yes, please indicate the reason.		174			
Answered		365		292	
Skipped		10		2	

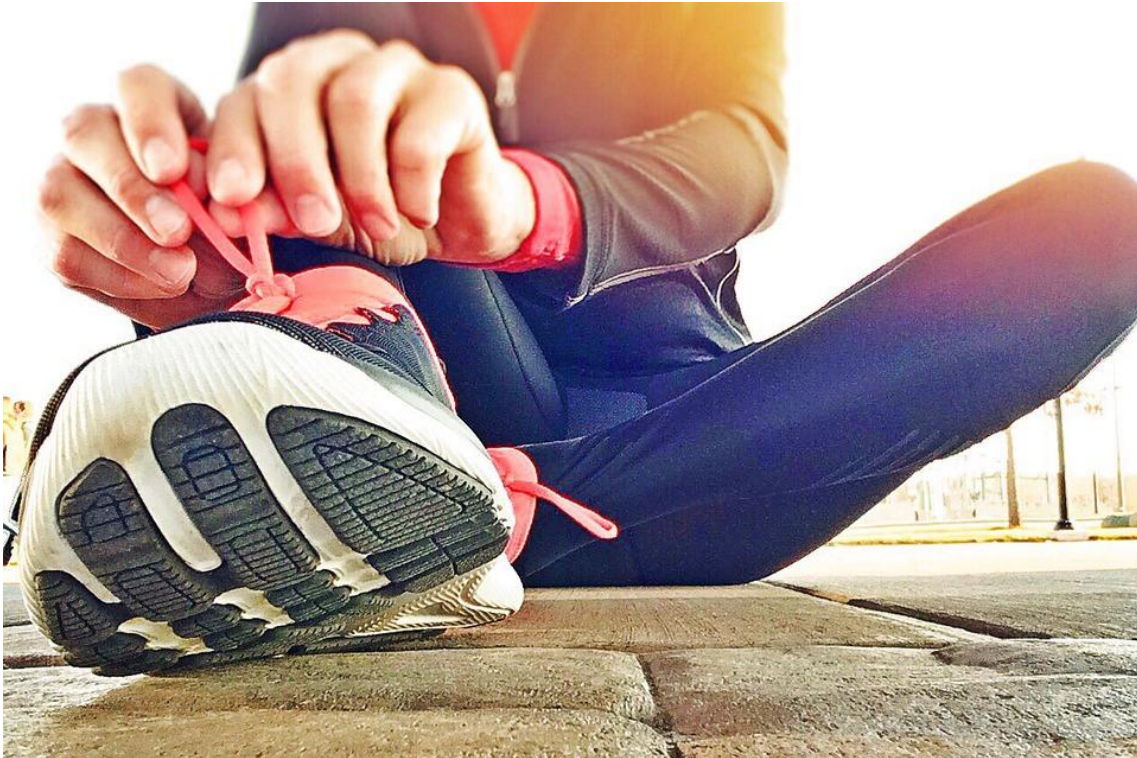
In the last two (2) years, did you or someone in your household receive health care services outside of Union County?

Comparison to 2022 Data

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Do you follow any of these health practices? Select all that apply.

Comparison to 2022 Data



Answer Choices	2025 Responses		2022 Responses		% Change
Do you exercise 2 to 3 times each week?	52.83%	196	59.93%	175	-7.1
Do you receive an annual flu vaccine?	74.93%	278	84.59%	247	-9.66
Have you had a physical within the past 12 months?	76.28%	283	79.18%	232	-2.9
Do you have a primary care provider?	88.95%	330	92.83%	272	-3.88
Do you go to the dentist regularly? (1-2 times a year)	71.43%	265	79.59%	234	-8.16
Do your preventative cancer screenings?	49.33%	183	N/A	N/A	N/A
Do your preventative care (pap smears, prostate exams, etc)?	62.26%	231	60.98%	175	-1.28
Do you have an eye exam once a year?	69.54%	258	N/A	N/A	N/A
Are you a nonsmoker, including vaping and tobacco products?	72.51%	269	83.45%	242	-10.94
Answered		371		294	
Skipped		4		0	

**Most
Important
Factors for
Healthy
Community**

- Housing
- Economic Opportunity
- Quality/Affordable Food

**Top 3 Health
Problems**

- Drug Abuse
- Mental Health or Mental Disorders
- Obesity

**Top 3 Risky
Behaviors**

- Drug Abuse
- Alcohol Abuse
- Poverty

**Barriers to
being healthier**

- Lack of motivation
- Work too much
- Don't have time

Summary

Responses: 375

Responses in 2022: 294