



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

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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

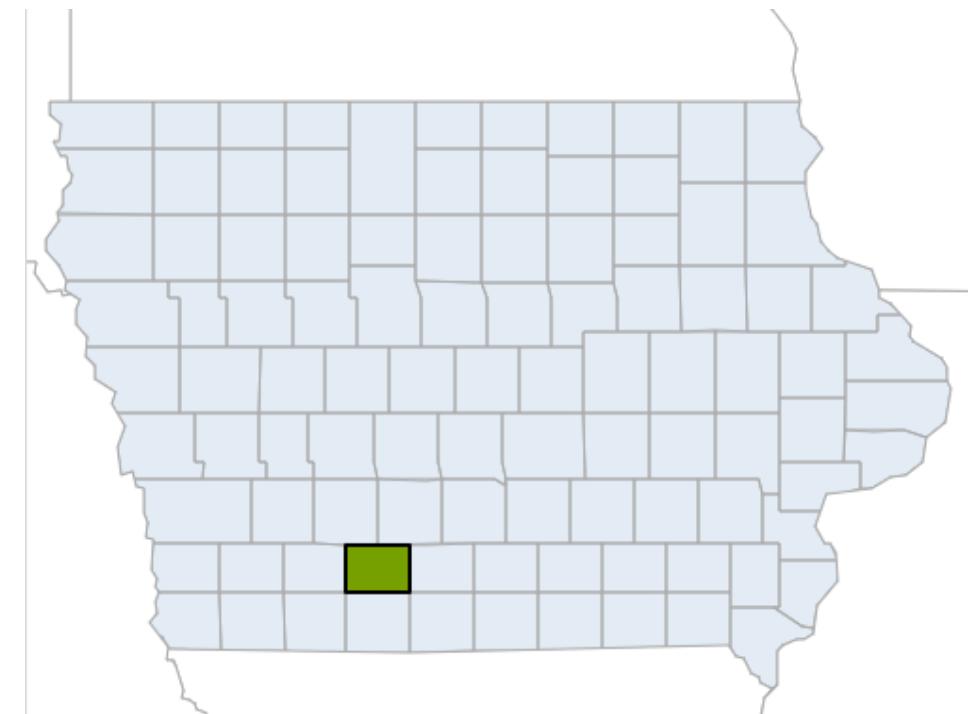
Data USA

Demographics

Data USA (2023)

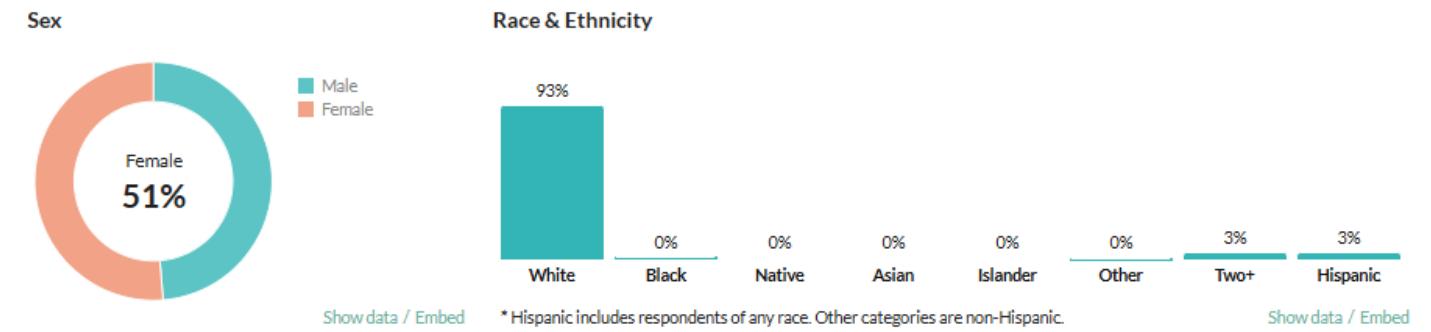
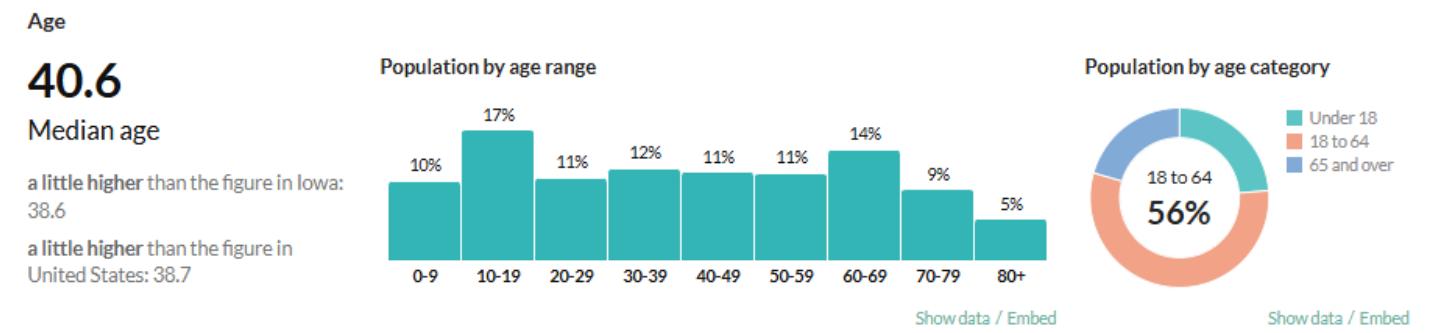
Population: 12,038

• % 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



Secondary Data County Health Rankings



Union County Population Health and Well-being - 2025

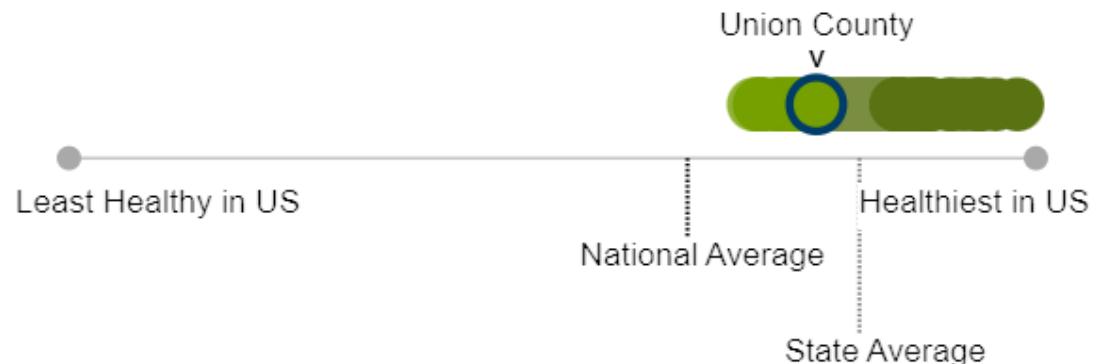


Diagram summarizes data released on 03/19/2025

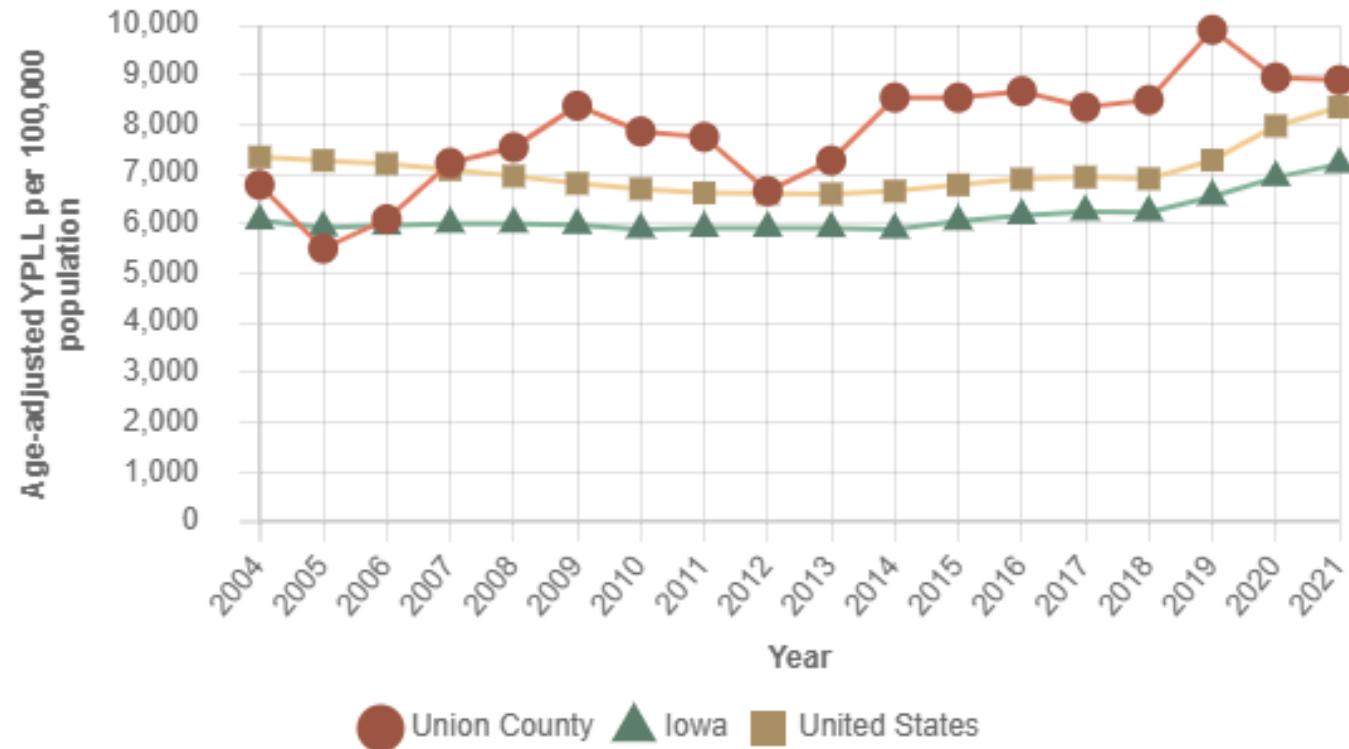
Union County is faring slightly worse than the average county in Iowa for Population Health and Well-being, and better than the average county in the nation.

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.

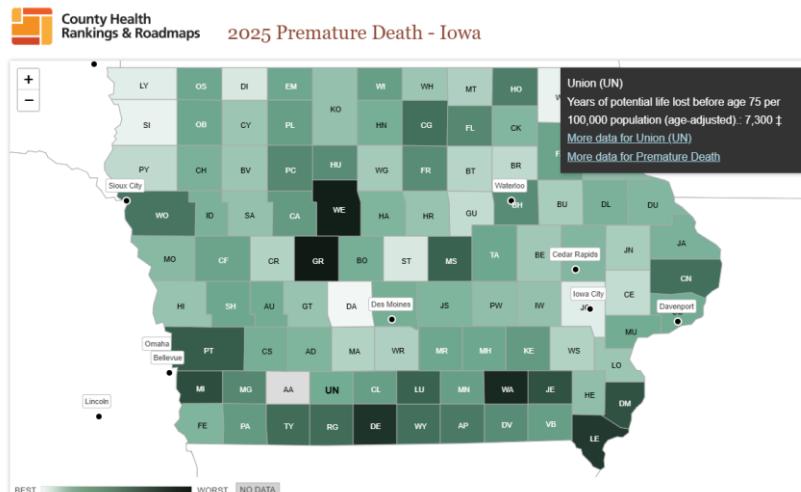


Leading Causes of Death Under Age 75

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

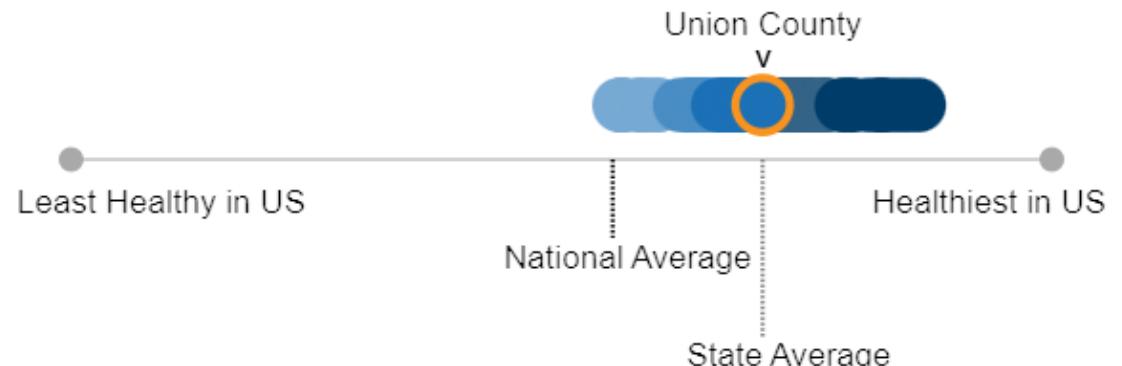


Diagram summarizes data released on 03/19/2025

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%
Income Inequality		4.2	4.2
Children in Poverty		18%	13%
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

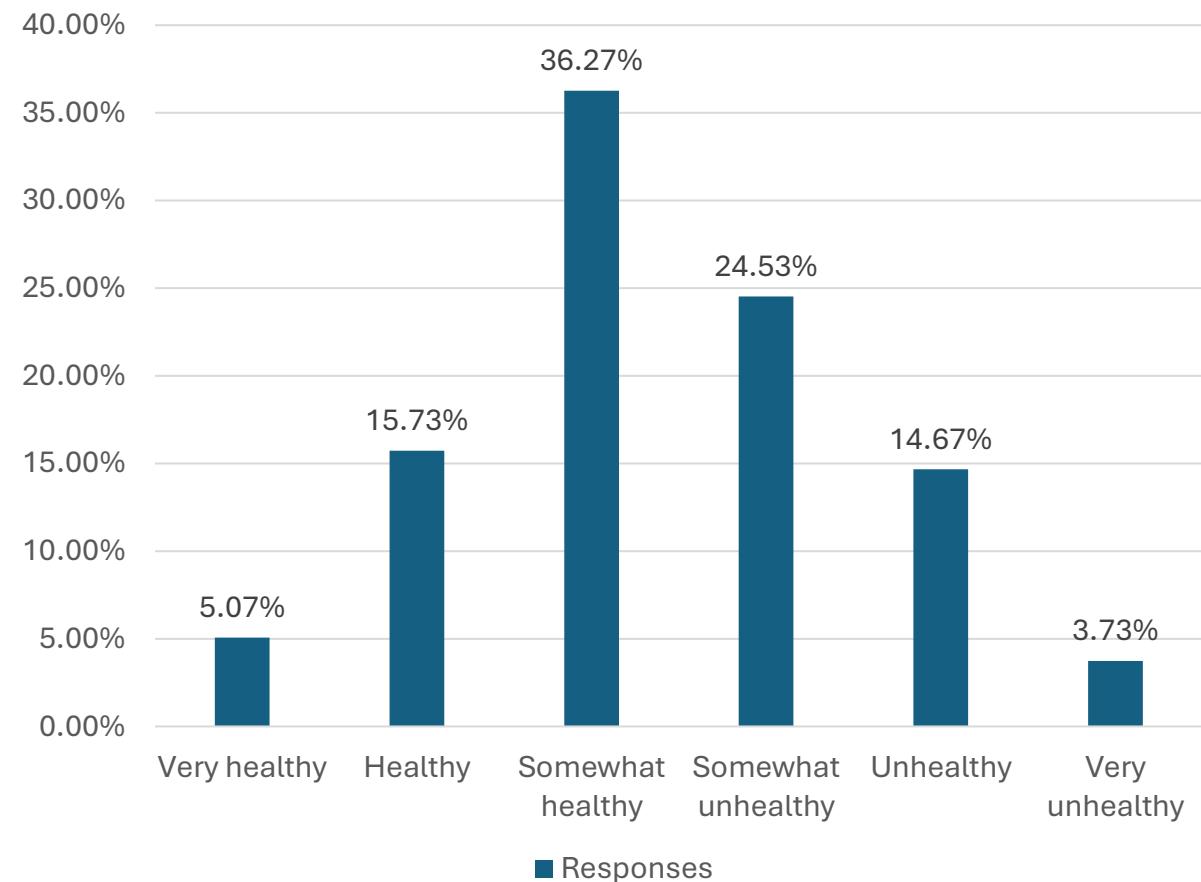
- Union County Newspapers
- Greater Regional Facebook, Website
- Union County Public Health Facebook
- UCDA email group
- Union County Fair
- Union County Meal Sites
- Greater Regional Employee Email
- Greater Regional Hospital Portal
- QR Codes to local businesses
- Community Partners
 - Schools
 - 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.”

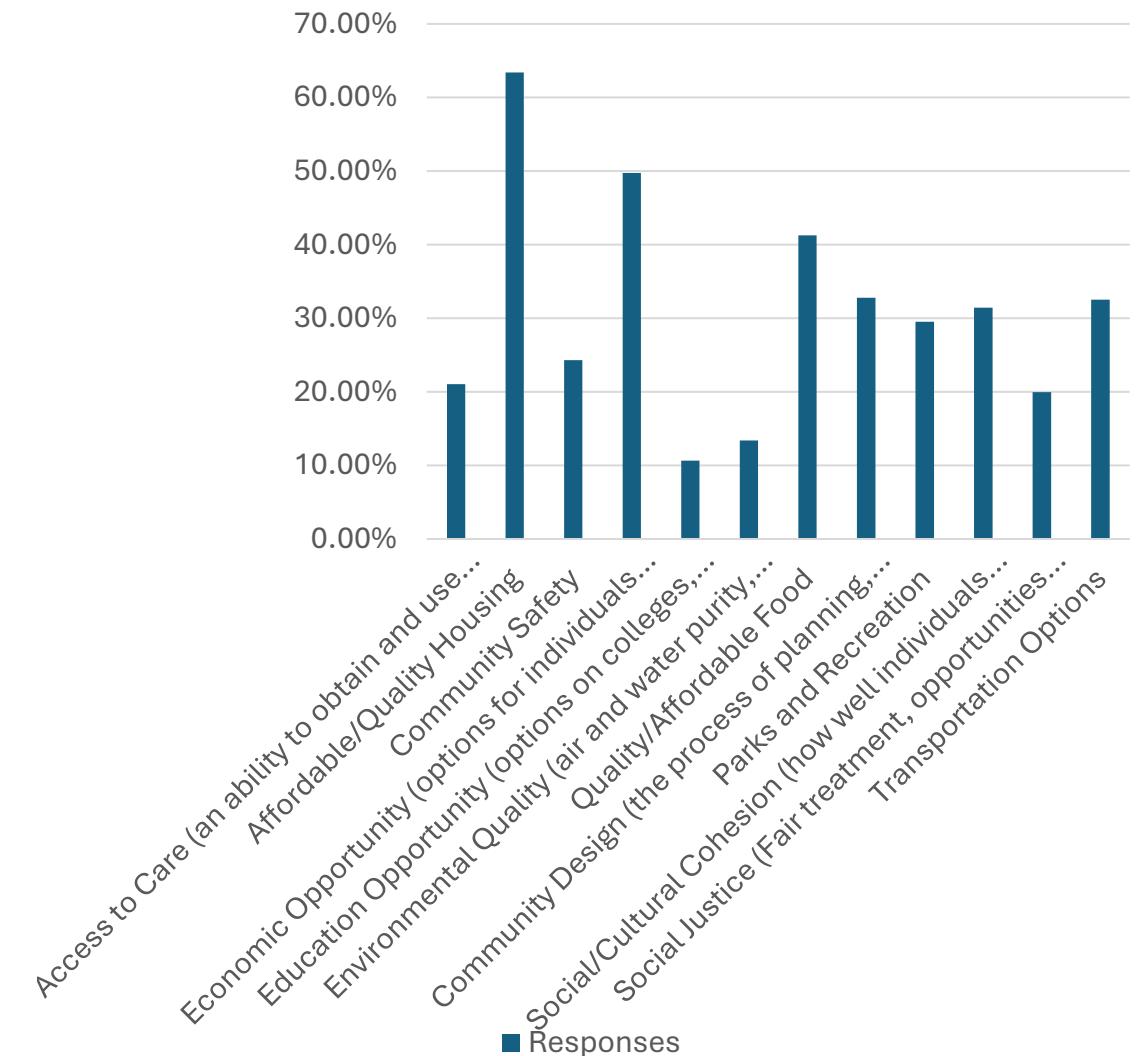
How would you rank Union County as Healthy Community?

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



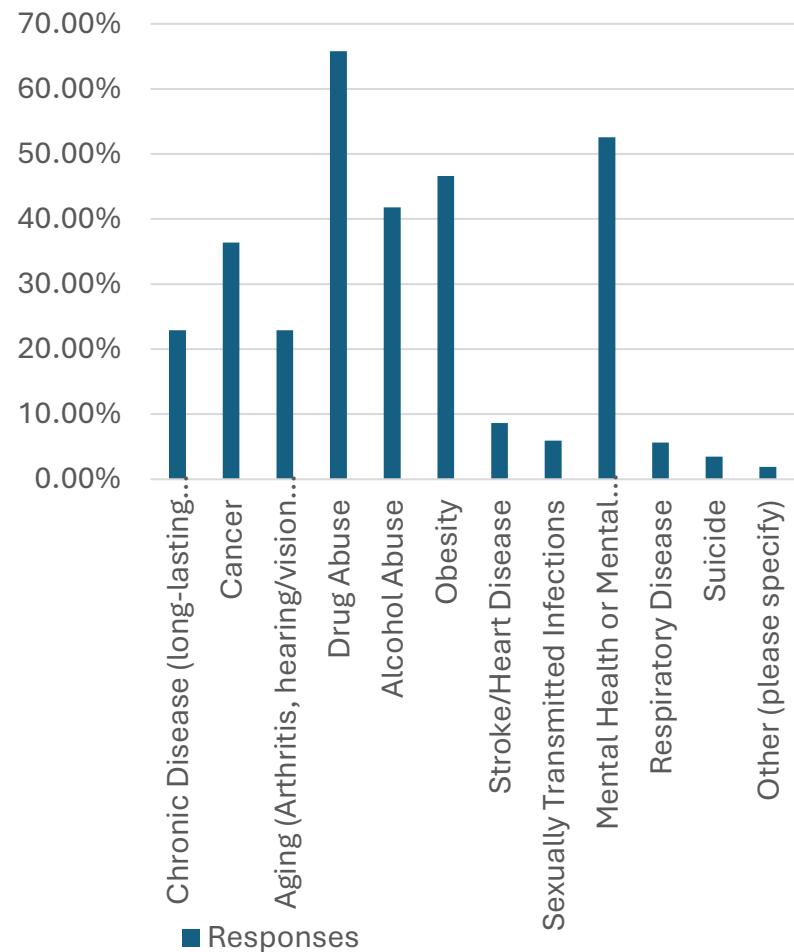
What are the areas Union County needs to improve on to become a Healthier Community?

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



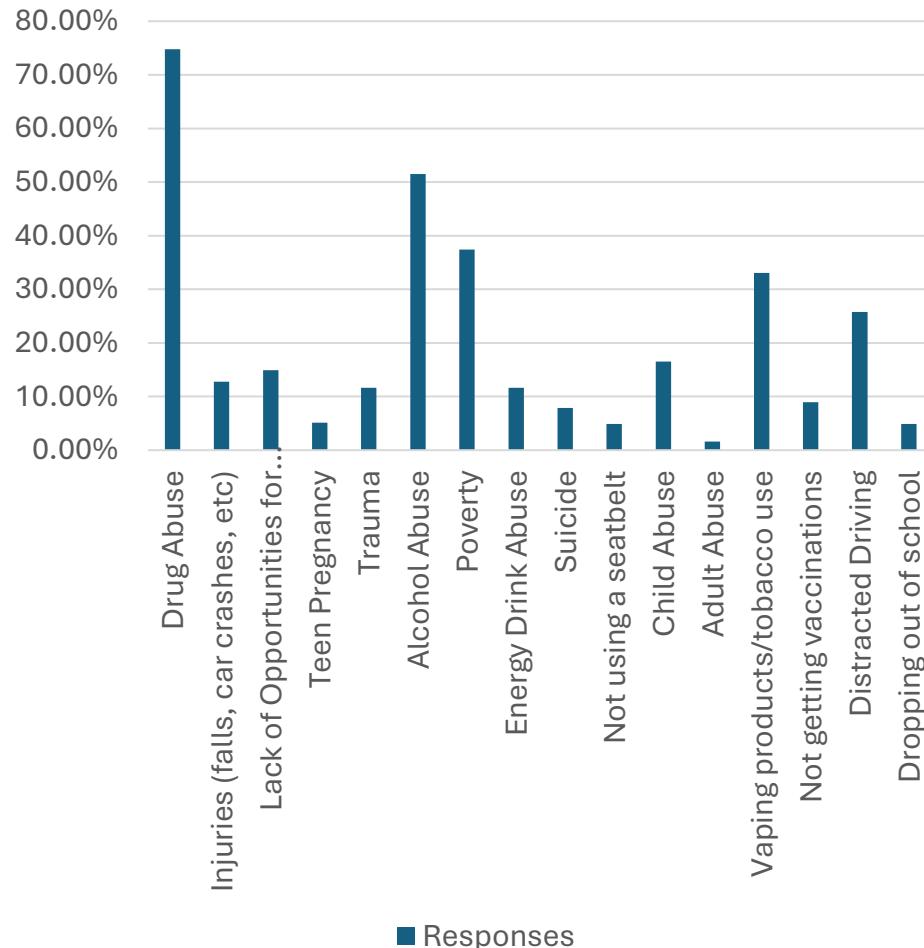
What are the top three (3) health problems in Union County?

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



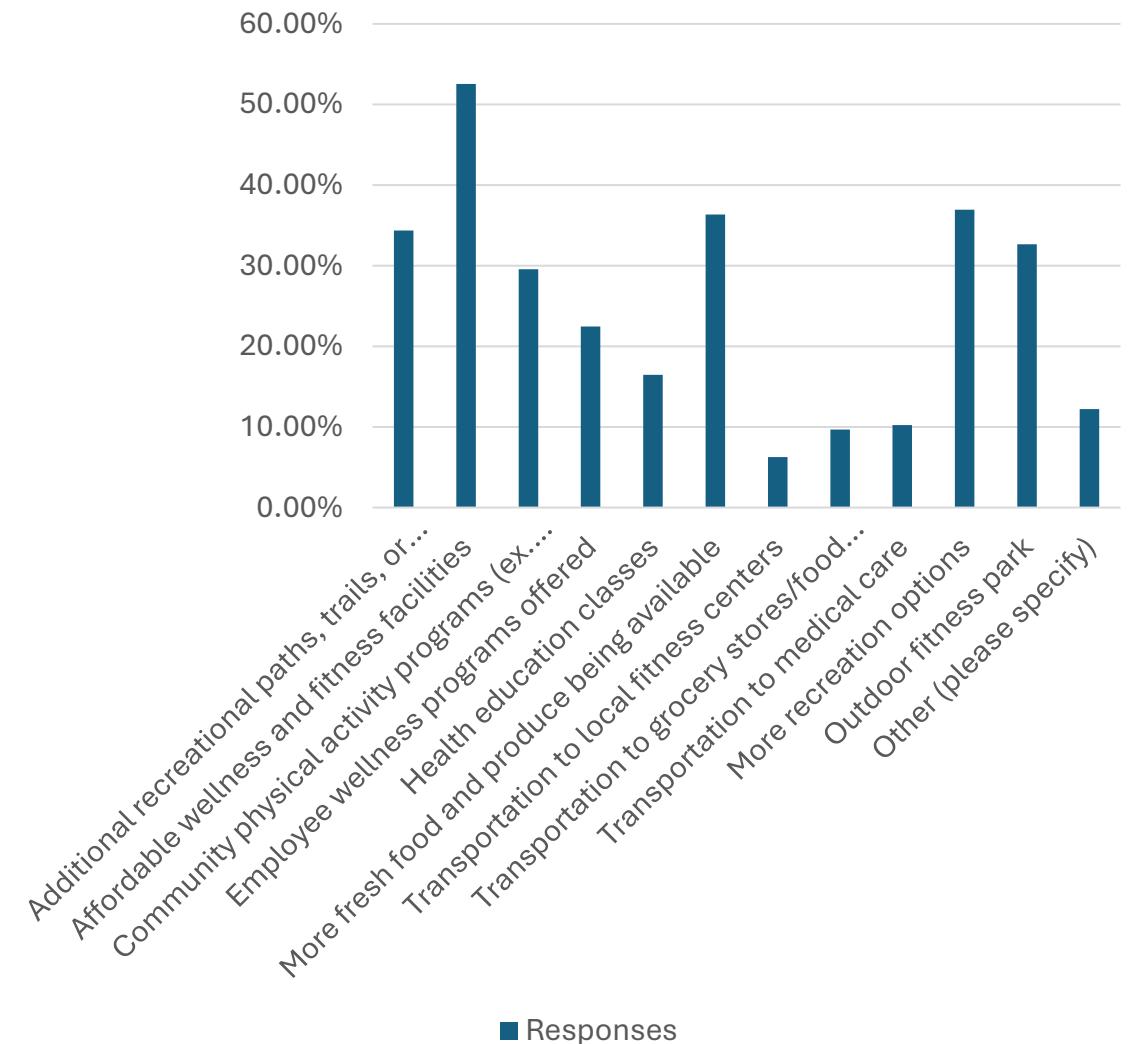
What are the top three (3) risky behaviors (behaviors that increase the chance of harm, danger, or unwanted outcomes for oneself or others)?

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



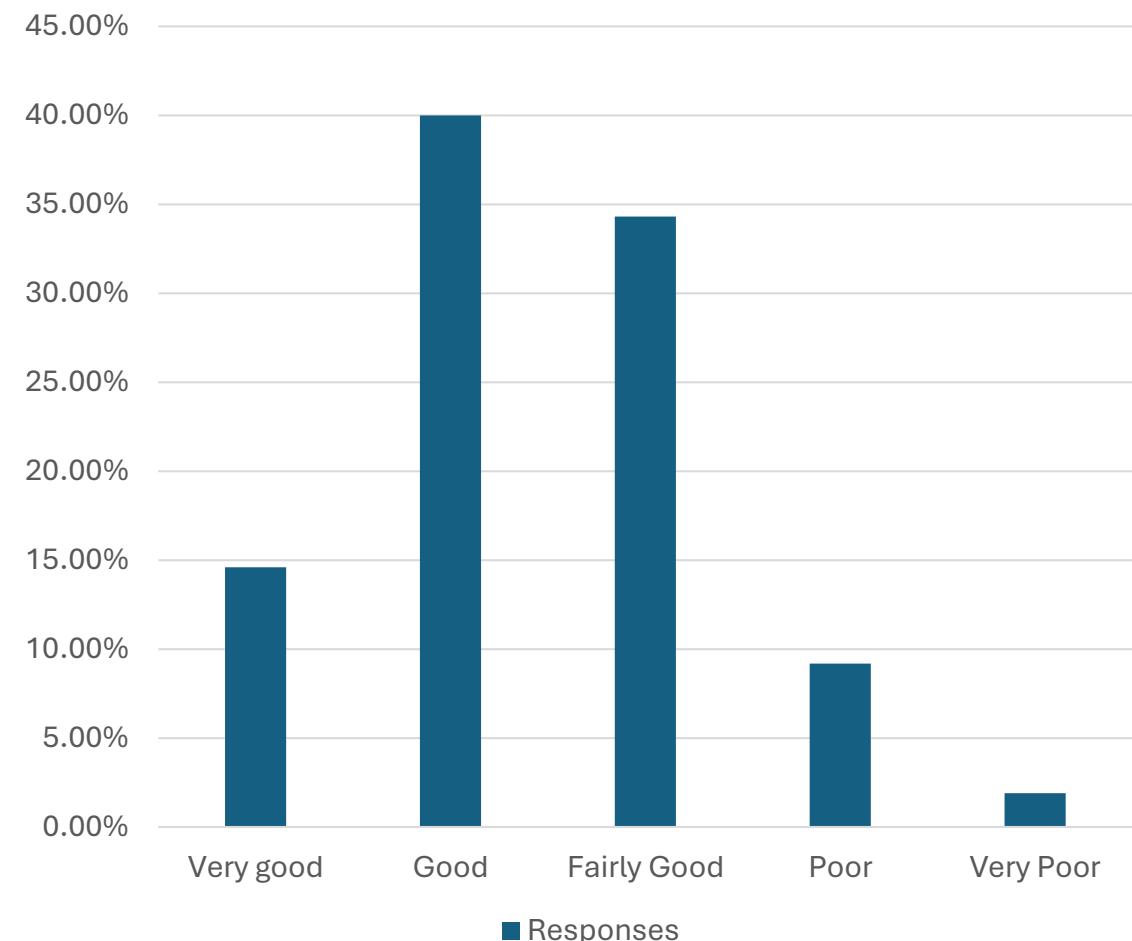
What would help you or your family start or maintain a healthy lifestyle? Select all that apply.

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	



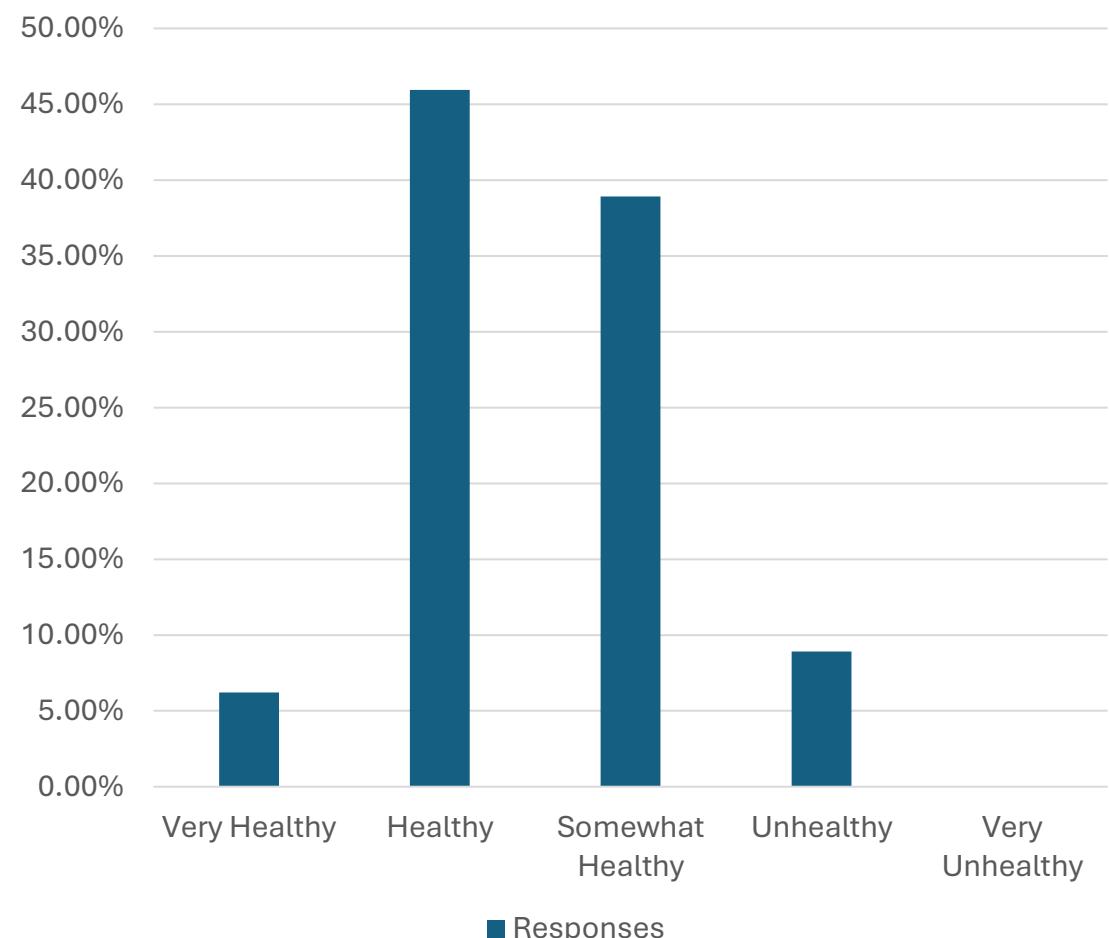
Rate the overall quality of healthcare in Union County

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



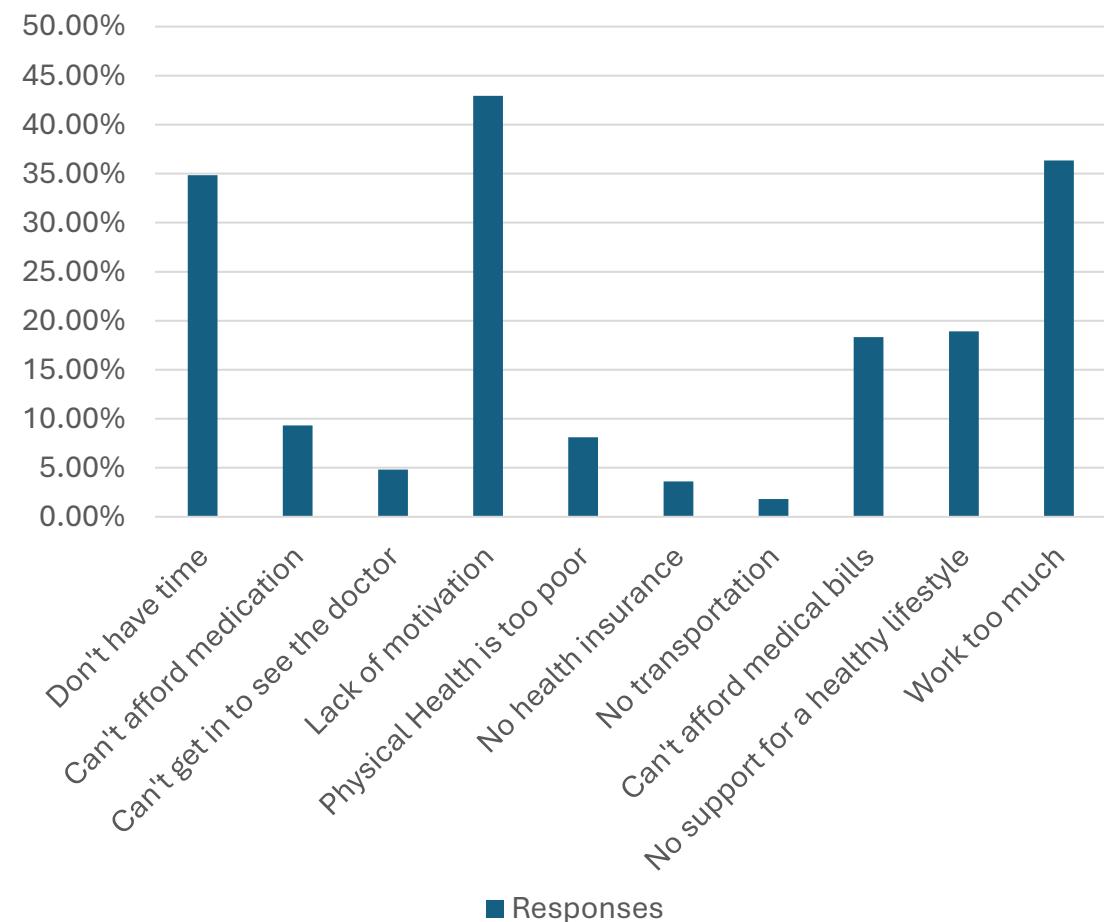
How would you rate your own personal health?

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	



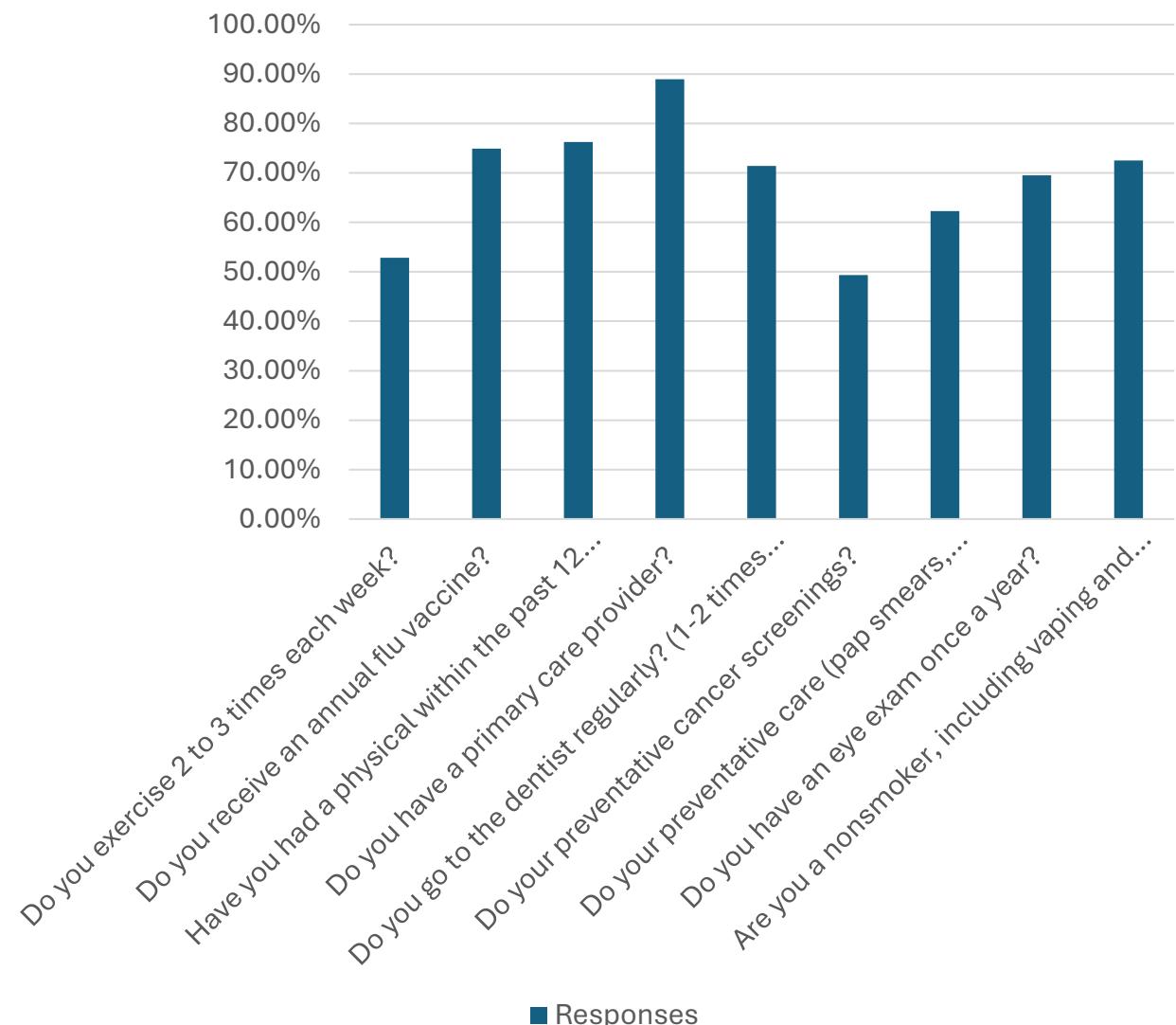
What keeps you from being healthier?

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	



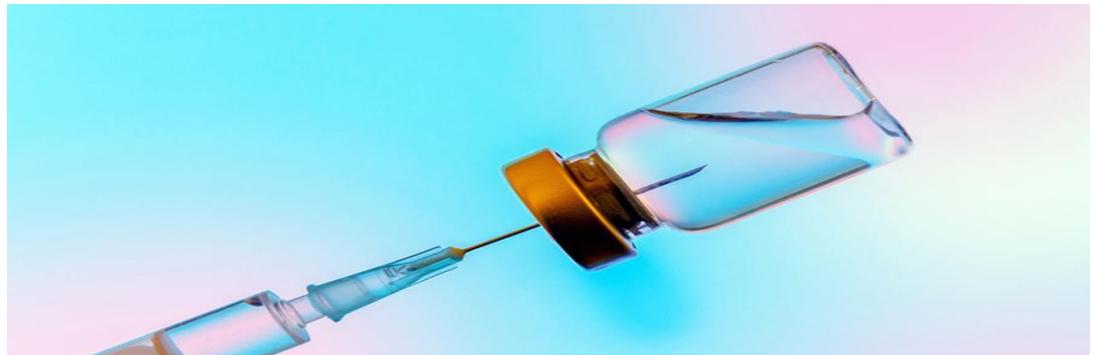
Do you follow any of these health practices? Select all that apply.

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%
Healthy	15.73%	59	10.24%
Somewhat healthy	36.27%	136	41.30%
Somewhat unhealthy	24.53%	92	19.80%
Unhealthy	14.67%	55	21.84%
Very unhealthy	3.73%	14	4.78%
	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
Cancer	36.39%	135	19.66%
Aging (Arthritis, hearing/vision loss, dementia, etc)	22.91%	85	23.10%
Drug Abuse	65.77%	244	66.55%
Alcohol Abuse	41.78%	155	N/A
Obesity	46.63%	173	50.34%
Stroke/Heart Disease	8.63%	32	8.28%
Sexually Transmitted Infections	5.93%	22	7.59%
Mental Health or Mental Disorders	52.56%	195	54.14%
Respiratory Disease	5.66%	21	1.72%
Suicide	3.50%	13	3.79%
Other (please specify)	1.89%	7	1.72%
	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%
Do you receive an annual flu vaccine?	74.93%	278	84.59%
Have you had a physical within the past 12 months?	76.28%	283	79.18%
Do you have a primary care provider?	88.95%	330	92.83%
Do you go to the dentist regularly? (1-2 times a year)	71.43%	265	79.59%
Do you do preventative cancer screenings?	49.33%	183	N/A
Do you do preventative care (pap smears, prostate exams, etc)?	62.26%	231	60.98%
Do you have an eye exam once a year?	69.54%	258	N/A
Are you a nonsmoker, including vaping and tobacco products?	72.51%	269	83.45%
Answered	371	294	
Skipped	4	0	

Summary

Most Important Factors for Healthy Community

- Housing
- Economic Opportunity
- Quality/Affordable Food

Top 3 Health Problems

- Drug Abuse
- Mental Health or Mental Disorders
- Obesity

Responses: 375

Responses in 2022: 294

Top 3 Risky Behaviors

- Drug Abuse
- Alcohol Abuse
- Poverty

Barriers to being healthier

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