

# Community Health Assessment 2025-2029

Allison Scott, MS

Community Health Educator - Mower County HHS







# Agenda

- What it is
- How we did it
- What we found
- What's next

# What is a CHA?

- Local Public Health Act of 1976
- Identifying health disparities and barriers
- Prioritize and assess





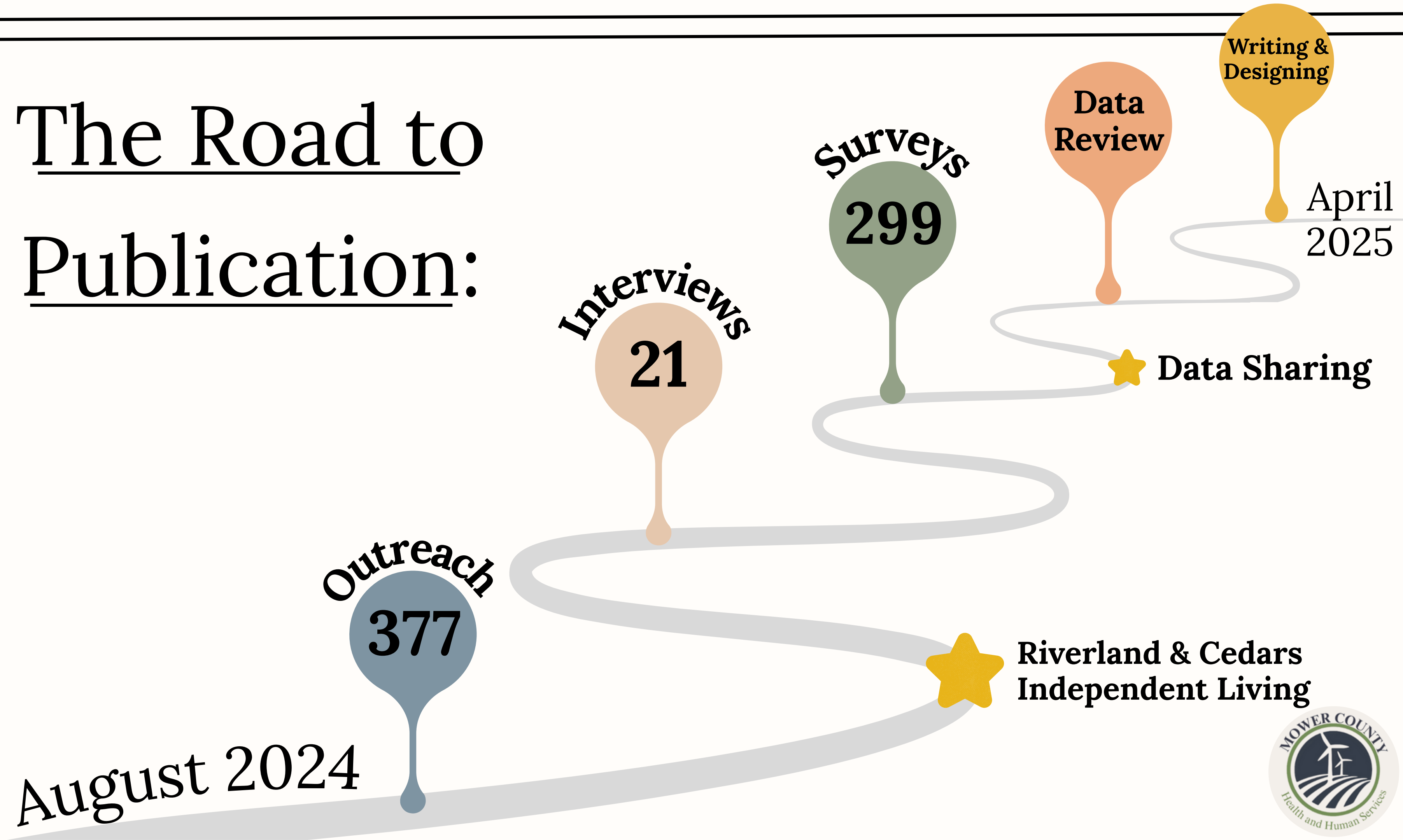


## Project Mission Statement:

*“To understand health disparities, one must give the community’s voice the space it needs and listen.”*



# The Road to Publication:

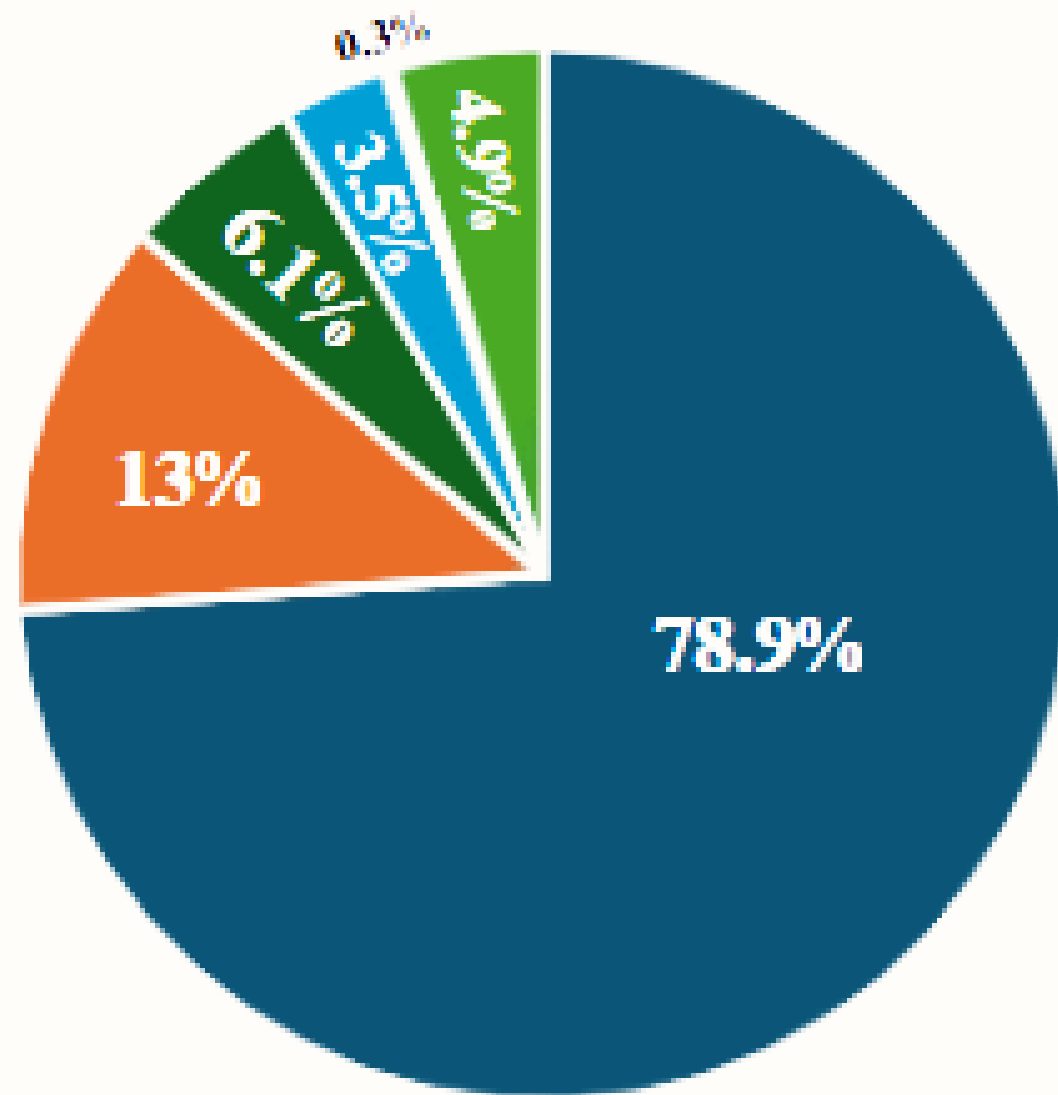




# Reflective Representation

## Race

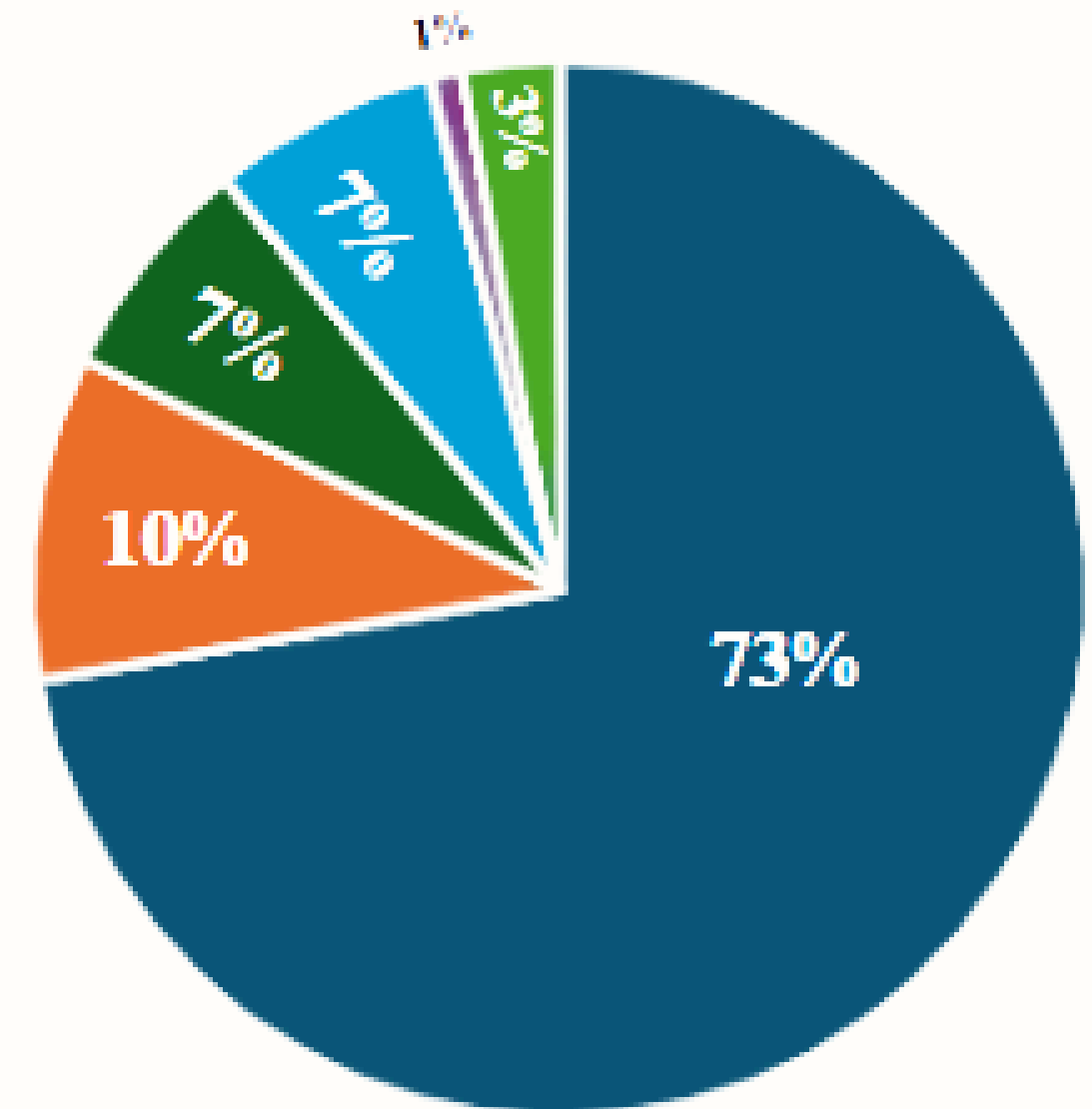
Mower County Race Breakdown



*(MN Employment and  
Economic Development, 2025)*

- White
- Hispanic or Latino/Latina
- Asian
- Black or African American
- American Indian or Alaskan Native
- Some Other Race

CHA Cohort Race Breakdown



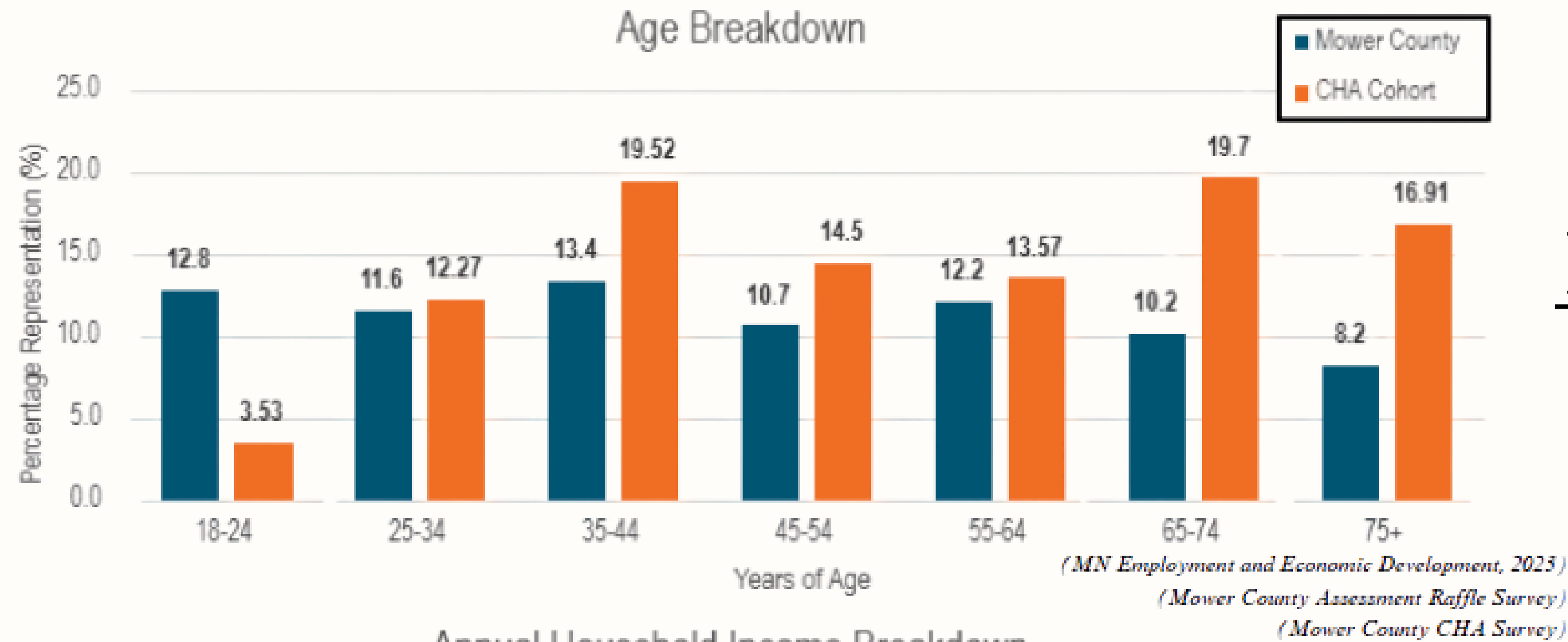
*(Mower County Assessment Raffle Survey)*

*(Mower County CHA Survey)*

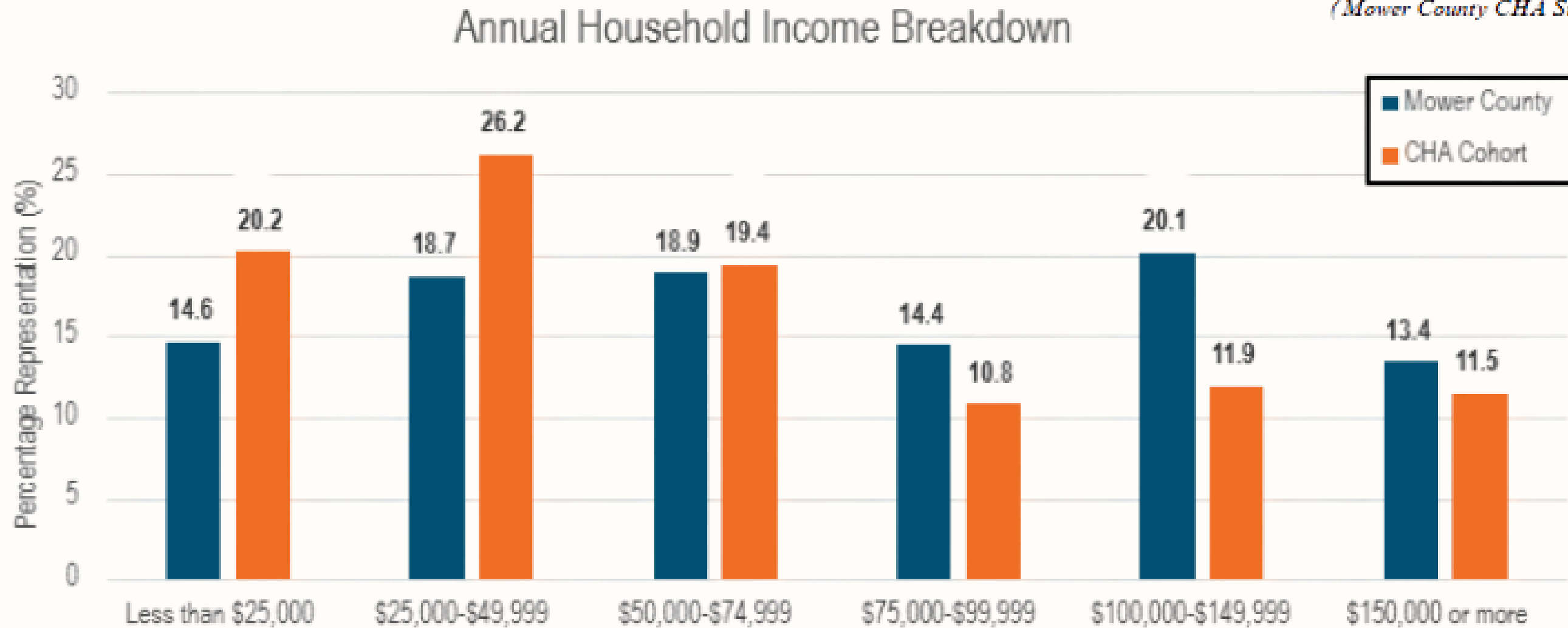




# Reflective Representation



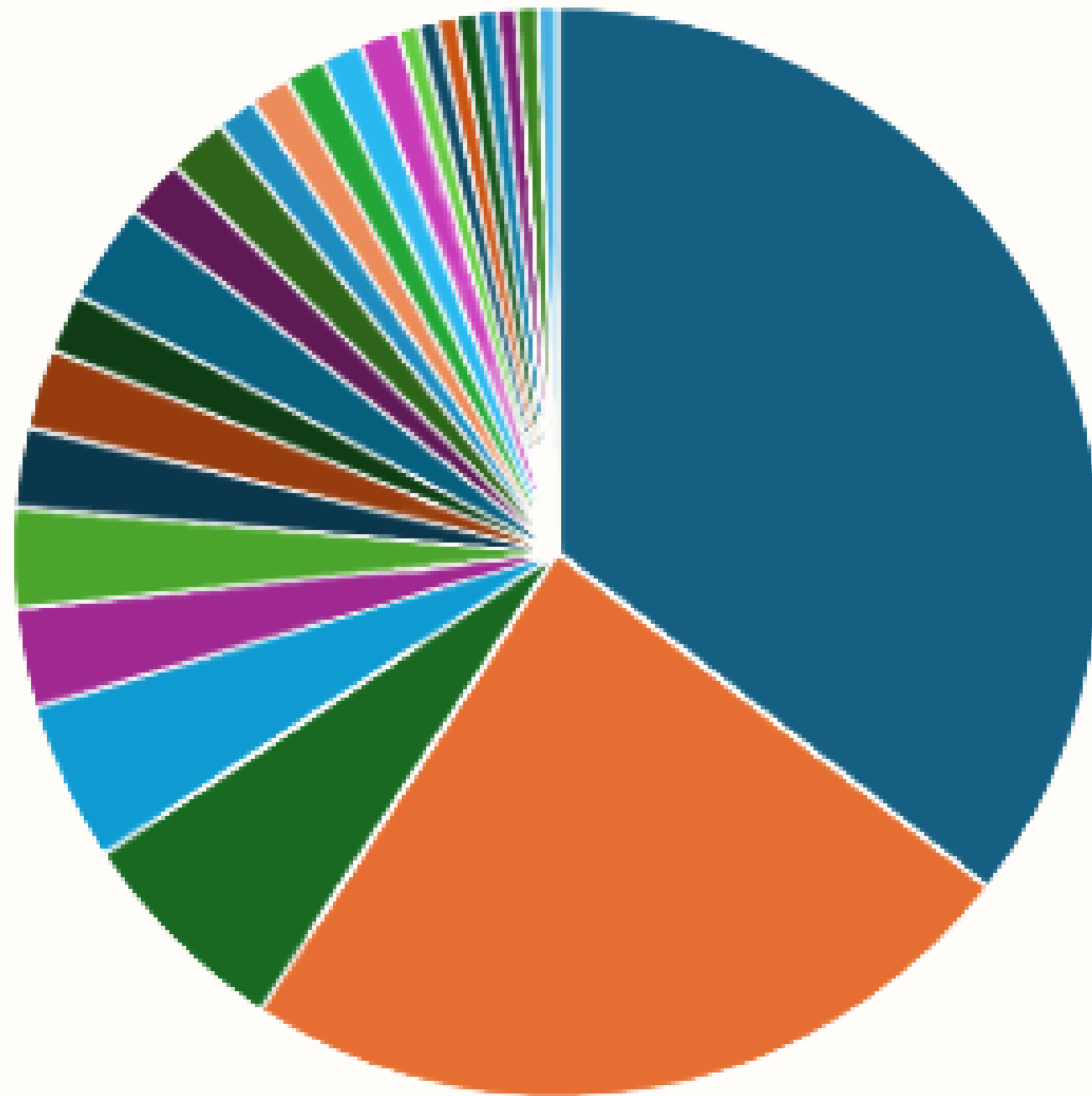
Age &



Economics







## CHA Cohort Diverse Community Breakdown

Hispanic or Latino/Latina	Togolese	Vietnamese	Kareenn
Other: Did not specify	Burmese	Eritrea	Lao
Karen	Nuer/South Sudan	Cameroon	Greek American
Karenmi	Guinea	Anglo Saxon	Palestinian Asian
Ethiopian	West African	Norwegian	
Beninese	German	Anywak	
African	Native American	Russian	

(Mower County Assessment Raffle Survey) (Mower County CHA Survey)

**31.41%** of participants self-identified that they were a person with a diverse background. Of these respondents, **25 different communities** were represented.





# Mower County's Top 6 Priority Areas



 **Social Determinant of Health**

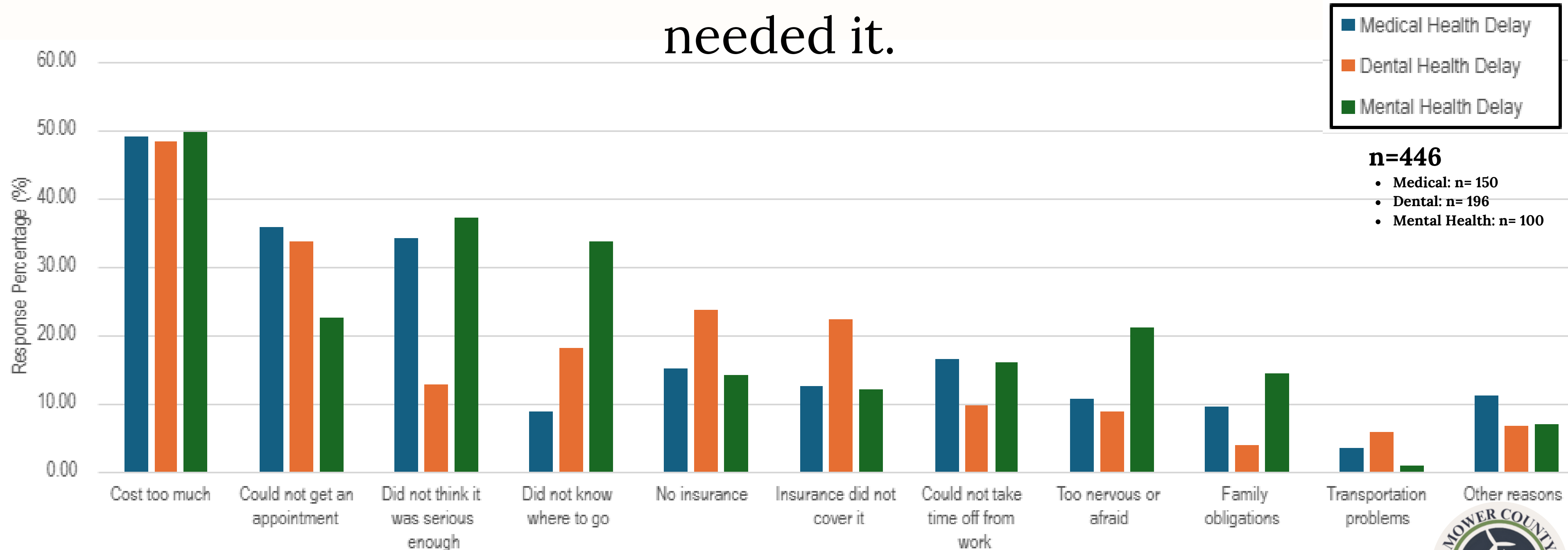
 **Health Behavior**

 **Health Condition**

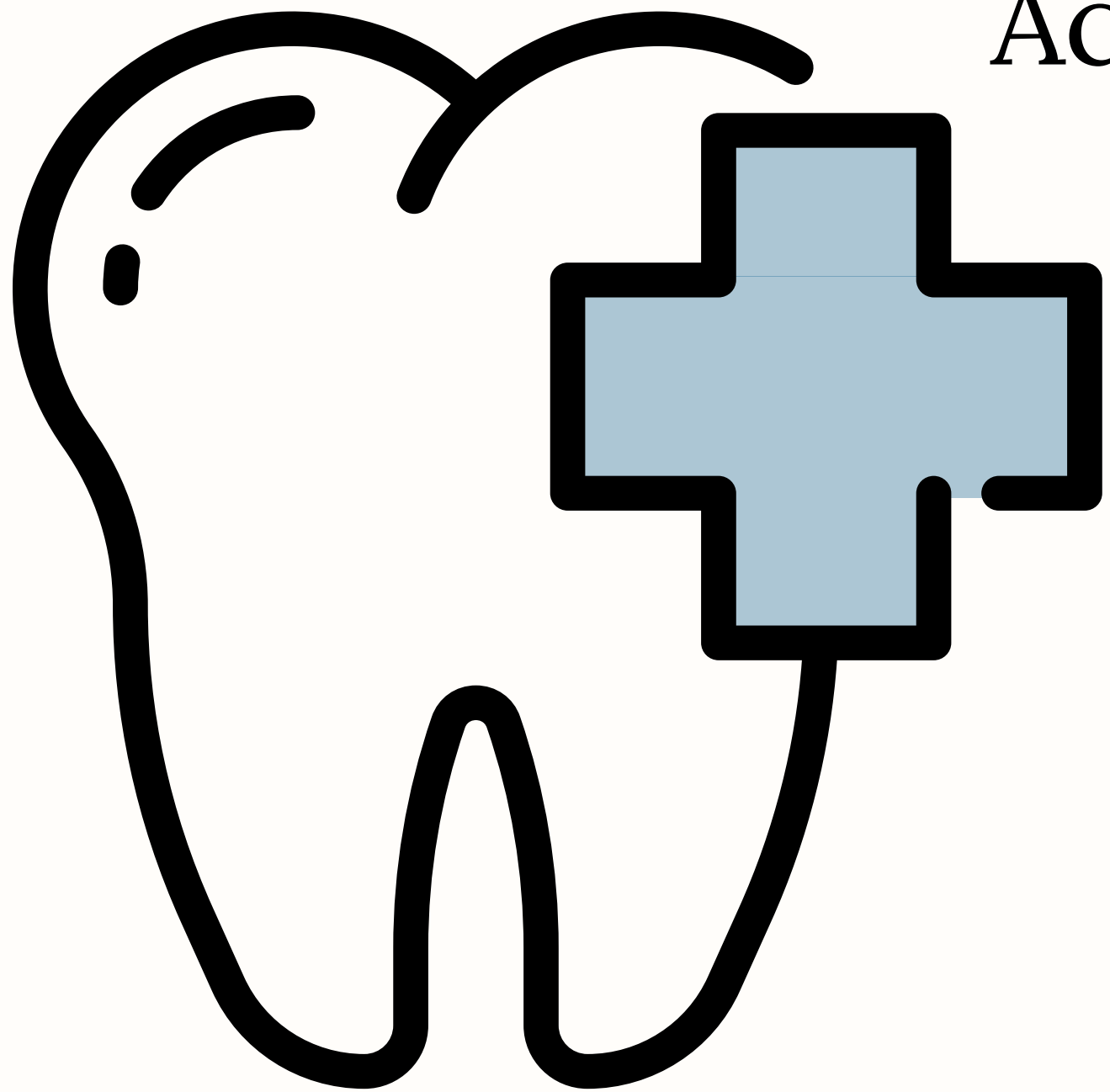


# Access to Health Care

**29%** of participants said, within the last year they delayed accessing health care resources when they needed it.



# Access to Health Care



According to the MN Student Survey,  
**12%** of Mower County's  
students that had a dental  
problem in the past 12 months,  
**were not able to get dental  
treatment.**

*(Olmstead County Public Health Services, 2024)*

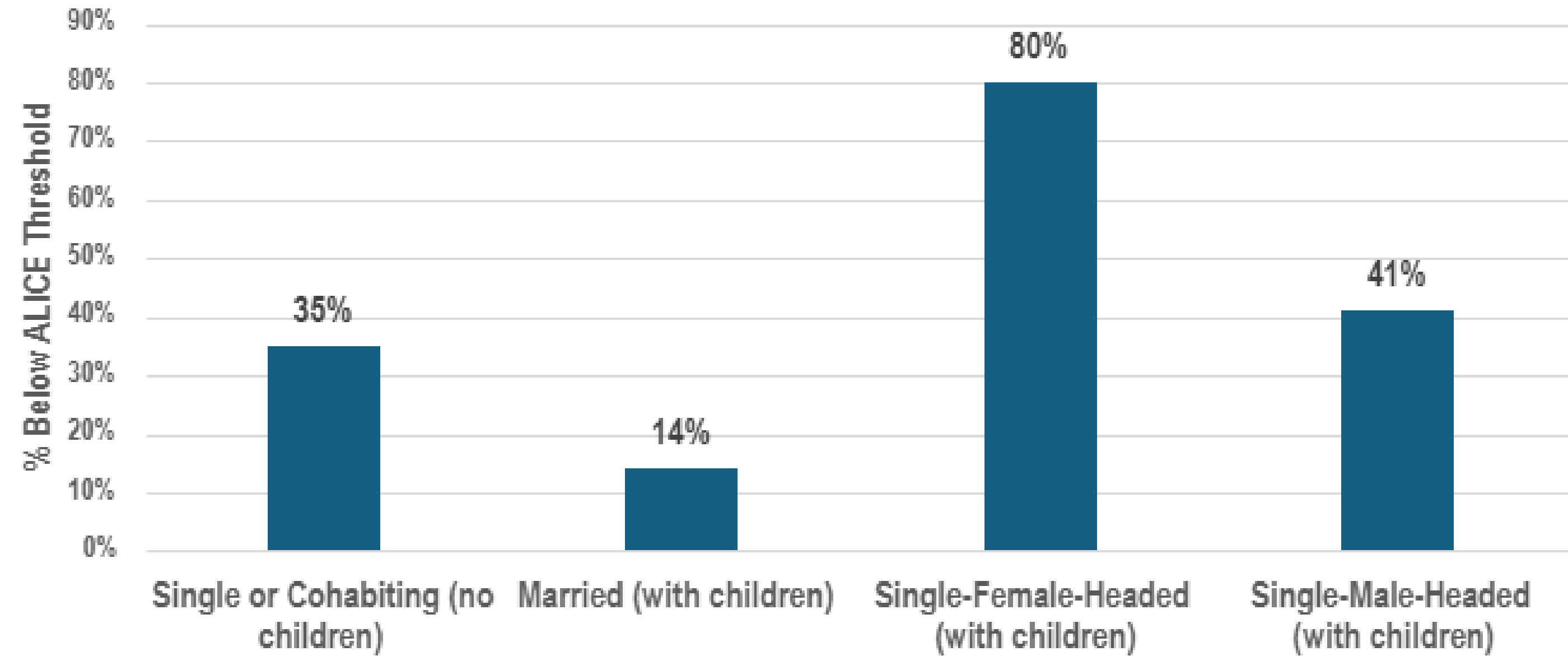




# Economic Instability

**A**sset **L**imited **I**ncome **C**onstrained **E**mployed

**In 2022, 26% of Mower County households fit into the 'ALICE' definition.**

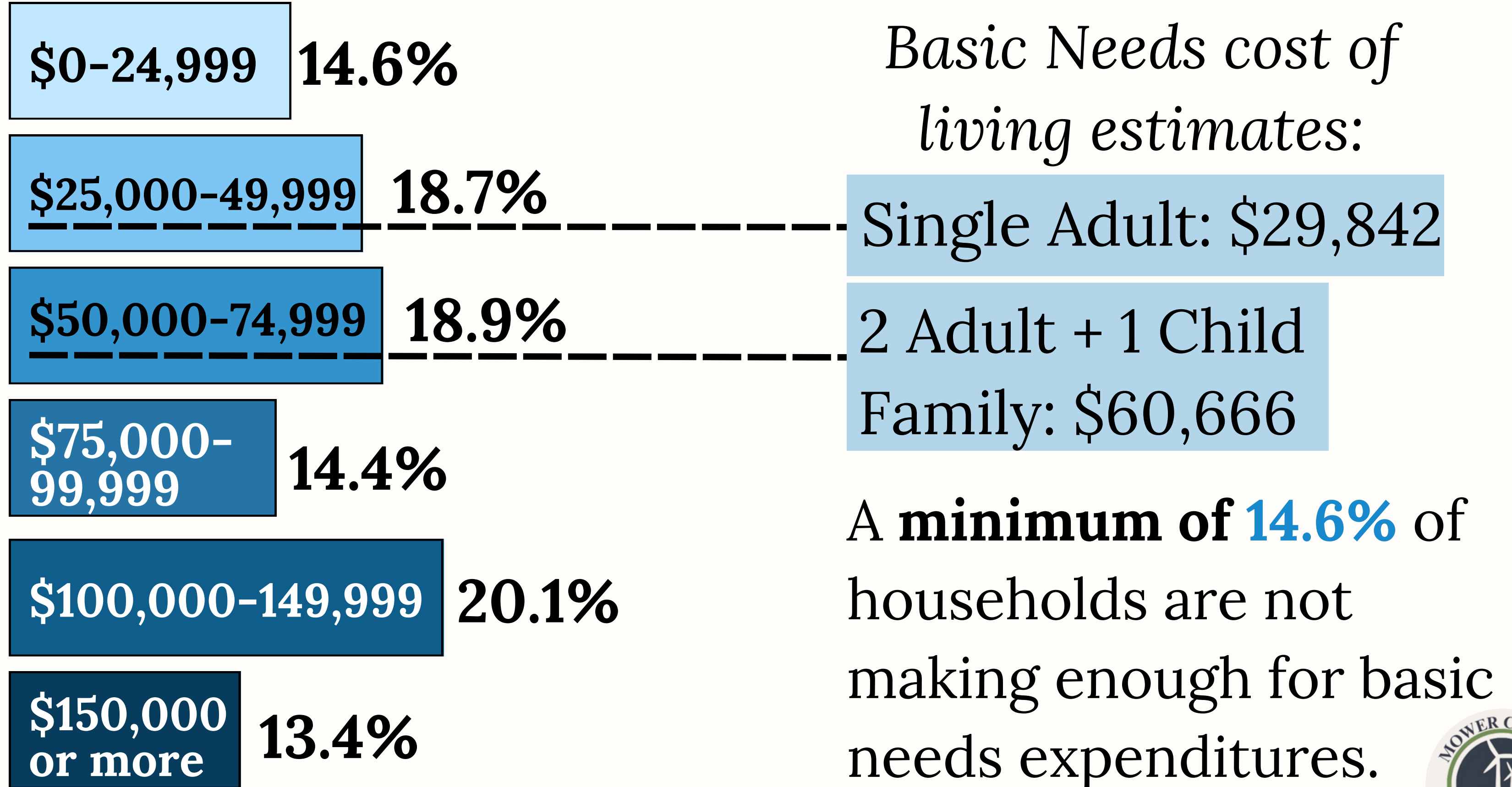


With a disproportionate representation on certain household types.

(ALICE Threshold, 2010-2022) (American Community Survey, 2010-2022)



# Mower County's annual household incomes:



(MN Employment and Economic Development, 2023)





# Mental Wellness



**1 in 4** Mower County adults reported that they *sometimes, rarely or never* get the social and emotional support that they need.

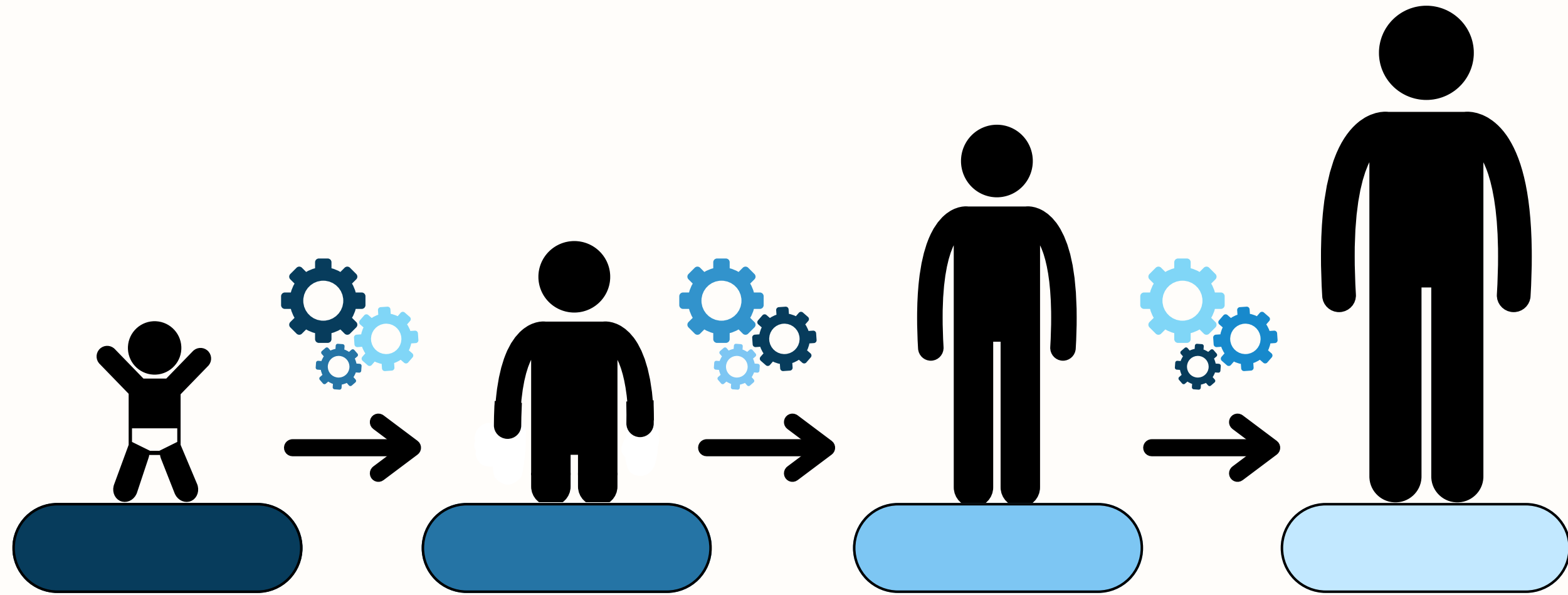
---

**This is *over three times* the state average.**

(CHR&R, 2025)



# Mental Wellness



**55%** of Mower County's students who participated in the MN Student Survey, reported having experienced an ACE.

---

**13%** of survey participants reported the same.

*(Olmstead County Public Health Services, 2024) (Mower County CHA Survey)*



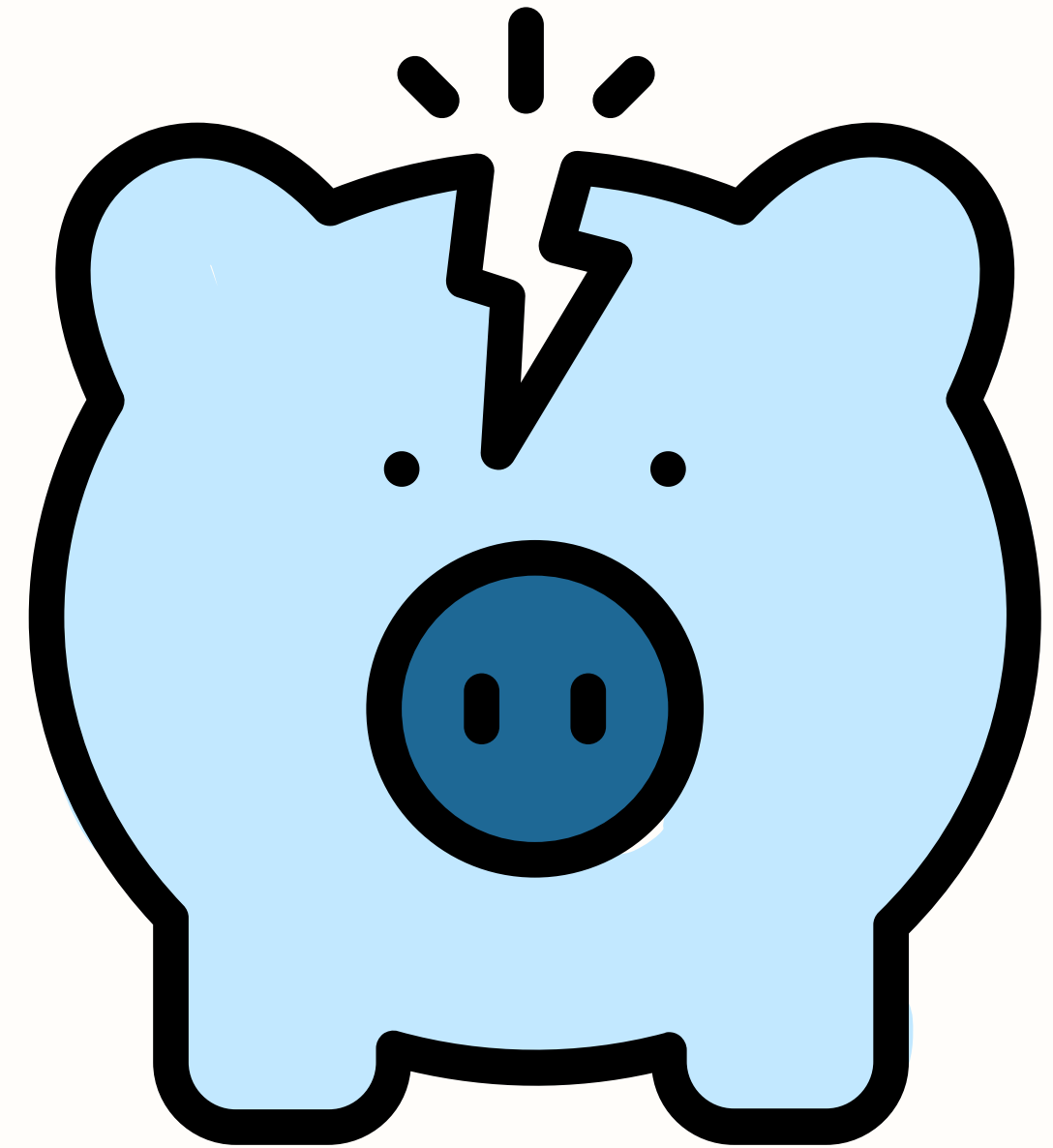


# Housing

**1 in 3** participants noted that at some point within the past 12 months they feared not having enough to cover housing expenses.

*(Mower County Assessment Raffle Survey)*

*(Mower County CHA Survey)*



# Housing

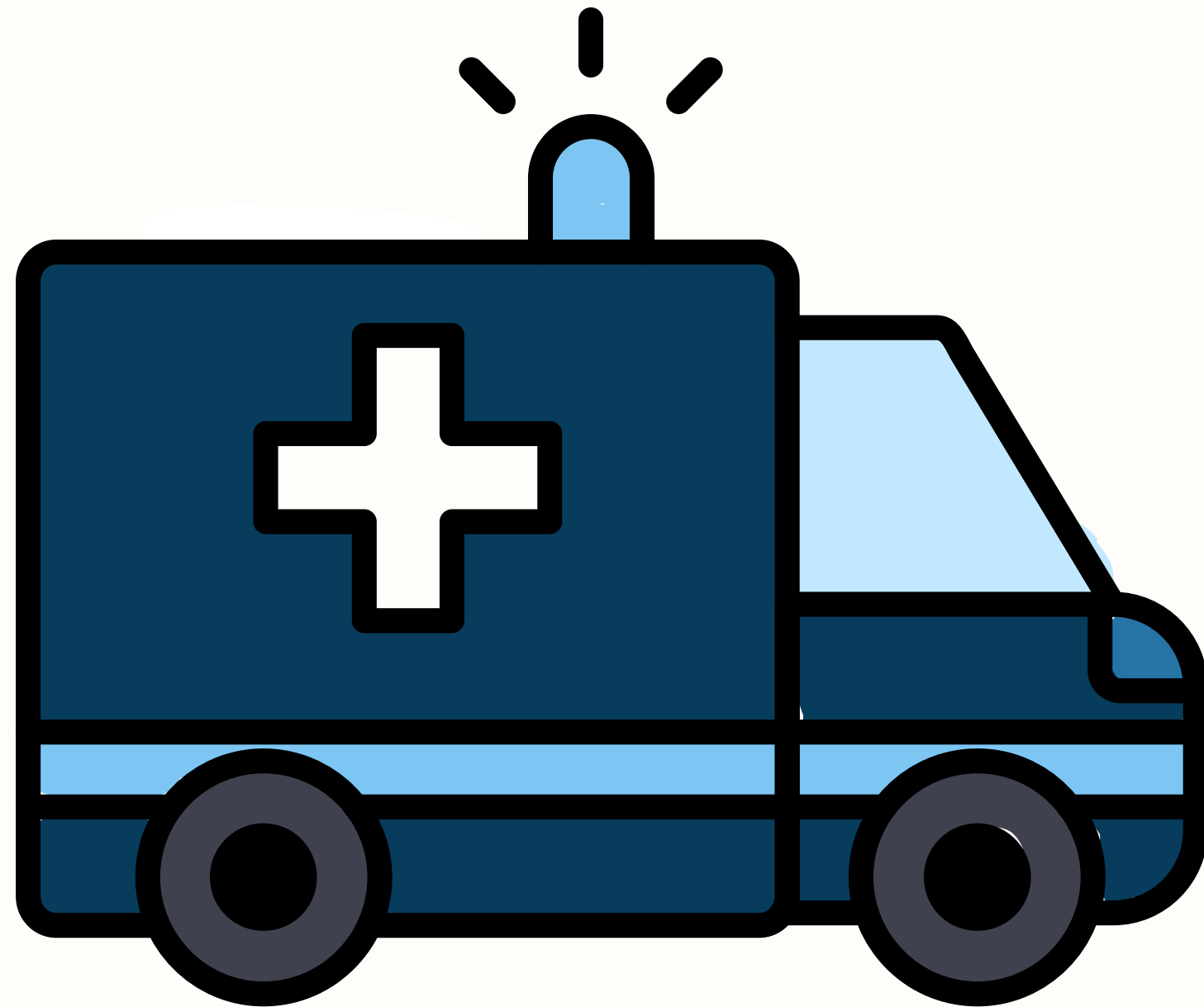


**80%** of key informants that ranked housing in their top five, mentioned experiences of *major health concern* associated with unsafe living conditions.

*(Mower County Key Informant Interviews)*



# Chemical Health



In 2024, there were **310**  
alcohol related and **89**  
substance related  
hospitalizations by  
Mower County residents.

*(Olmstead County Public Health Services,  
2025)*



# Chemical Health

8% of Mower County's 5th grade students who participated in the MN Student Survey, said they had used substance(s).

*(Olmstead County Public Health Services, 2024)*

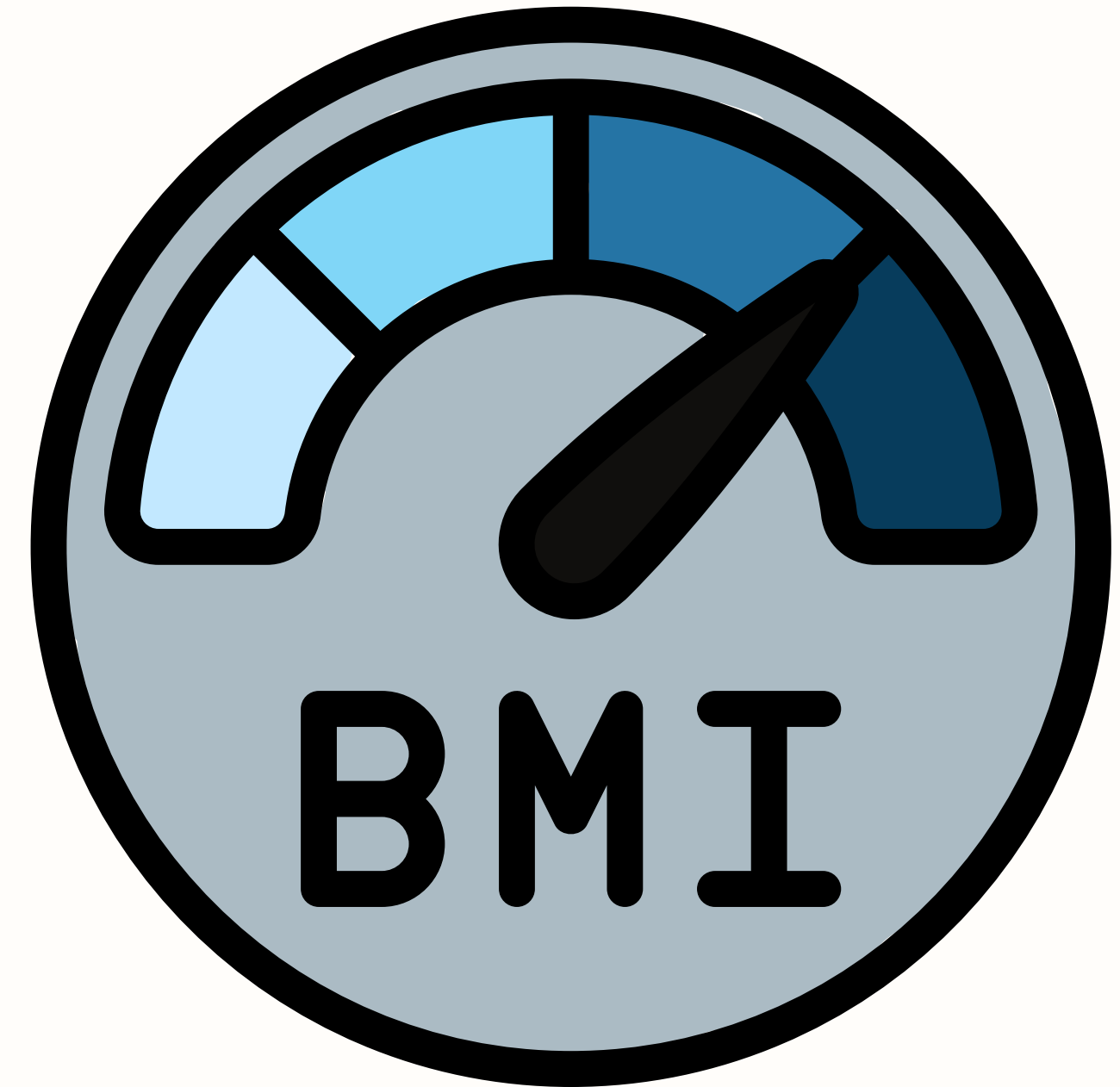




# Overweight & Obesity

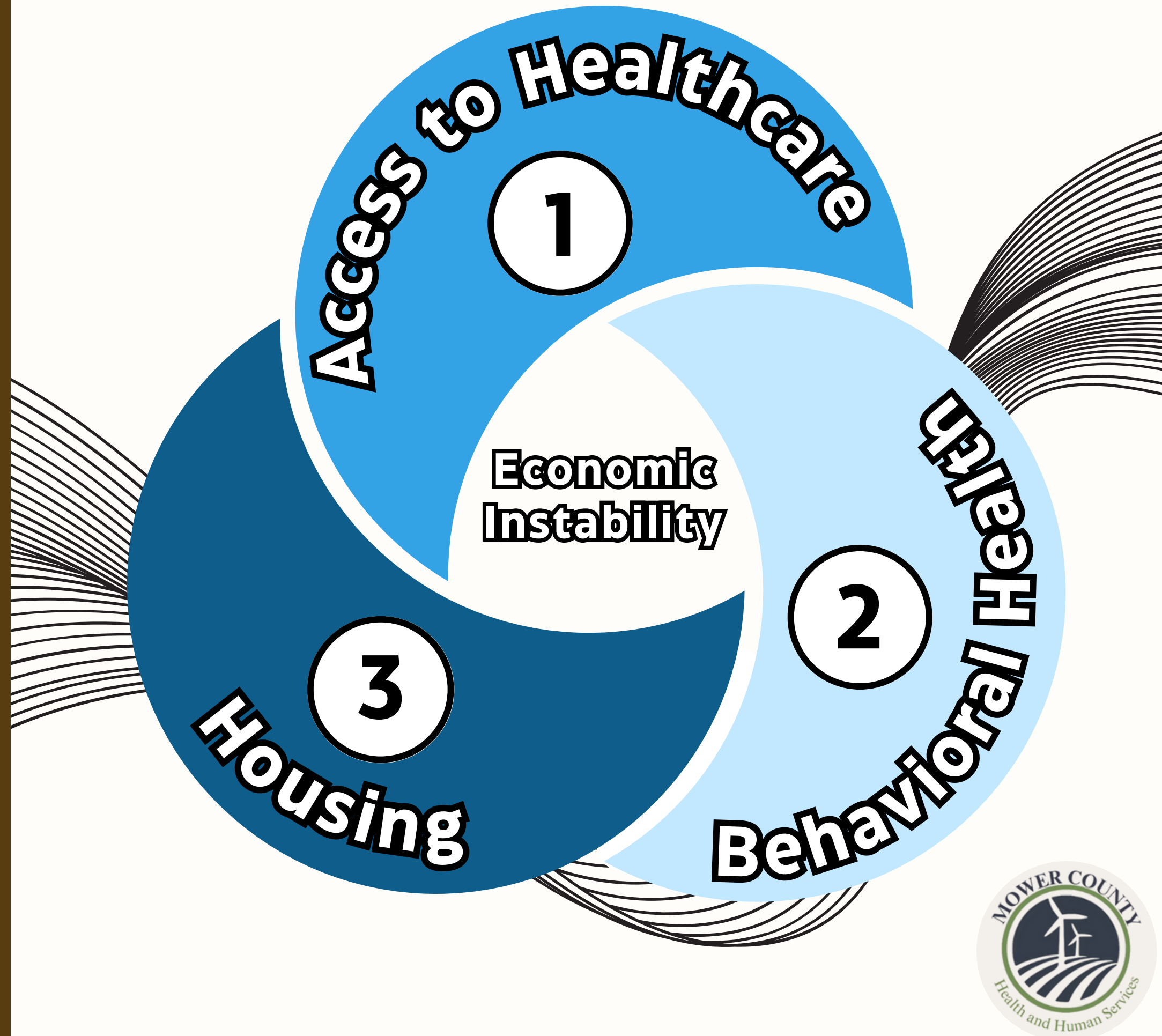
**35%** of Mower County's students who participated in the MN Student Survey, had a body mass index falling into either the overweight or obese range.

*(Olmstead County Public Health Services, 2024)*




Well, now what?

# Mower County's Community Health Improvement Plan Focus Areas 2025-2030







The "Behavioral Health Model" promotes one's overall health by emphasizing mental, emotional, and social well-being, while also demonstrating how actions and behaviors *impact* a person's wellness.

(Centers for Disease Control and Prevention, 2024)



What's Next?

Community

Health

Improvement

Plan

...and we need your help!





*“Unless someone like YOU cares a whole awful lot,  
nothing is going to get better. It’s not.”*

*–Dr. Seuss 1972*





# thank you

*A special thank you to...*

Allison J. Scott, M.S.

Community Health Educator

Mower County HHS

Phone: (507) - 437 - 9796

Email: [allisons@co.mower.mn.us](mailto:allisons@co.mower.mn.us)



**The Hormel Institute**



Independent Management Services



**RIVERLAND**  
Community College

**Austin Adult Learning**  
Supporting Student Journeys for a Stronger Community.



BROWNSDALE PUBLIC LIBRARY



**MAYO CLINIC**  
HEALTH SYSTEM



United Way of Mower County



**Public Health**  
Prevent. Promote. Protect.

Olmsted County



**AUSTIN PUBLIC LIBRARY**  
323 4TH AVENUE NORTHEAST | AUSTIN, MINNESOTA

*... and many more!*