

# 2019 Community Health Status Report Executive Summary

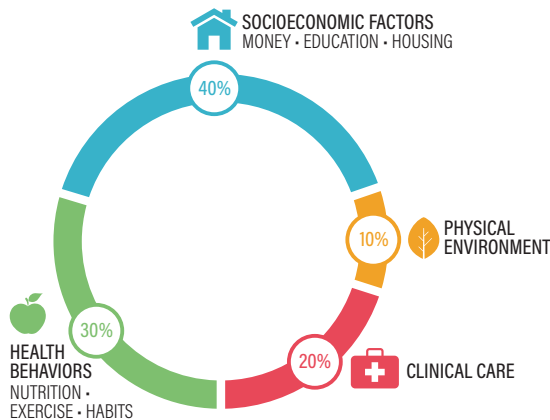


"As it relates to our health, our zip code may be more important than our genetic code, our school files may be more telling than our medical files, the time spent in our office at work may be more relevant than the time spent at our doctor's office, and the places we play may be more crucial than those where we get treated...an apple a day may help keep the doctor away but that assumes you can find an apple in your neighborhood." – James S. Marks, Robert Wood Johnson Foundation Health Group

## PRIORITY HEALTH ISSUES IDENTIFIED BY THE COMMUNITY HEALTH NEEDS ASSESSMENT

- **Access to Care:** includes affordable care, patient navigation, health literacy, availability and affordability of long-term care, and transportation.
- **Behavioral Health and Substance Use:** includes access, cost, and stigma related to behavioral health; prescription and other drug use; and alcohol use and binge drinking.
- **Chronic Disease Prevention:** includes a focus on social determinants of health (e.g. housing, transportation, jobs/income, etc.), as well as on prevention strategies (e.g. fruit/vegetable consumption, physical activity, tobacco prevention, and screenings).

## WHAT MAKES US HEALTHY



### Suggested Collaborative Strategies to Address Community Health Needs

### Sample Activities May Include

Support the development of a community-based triage center to assist residents in accessing resources for addiction treatment, behavioral health, and other needs.

Participate in behavioral health stakeholder meetings convened by the Sioux Falls Health Department.  
Communicate with city and county leaders and policy makers about the need for a triage center.

Develop a community-wide awareness campaign to reduce behavioral health stigma and increase earlier access to care.

Coordinate communications among community partners to share common themes and messages with the public.  
Support a community-wide event to raise awareness about behavioral health and substance use.

Pursue policy, system and environmental changes to maintain or increase the percentage of people living at a healthy body weight.

Support the Move Well Sioux Falls event to promote physical activity.  
Pursue "Live Well Healthy Place" designation for cafeterias/snack bars.

Address social determinants of health and actively support the One Sioux Falls framework that includes accessible housing, engaging people, health and safety, and workforce development.

Support efforts by the City to attain national AARP Age-Friendly Community designation.  
Participate in community workgroups or public meetings addressing housing and transportation needs.



37 percent diagnosed with depression



38 percent binge drink



15.5 percent smoking rate



42 percent public transportation rating



2.2 percent unemployment



Less than 15 percent get enough fruits and vegetables



37 of 100 WalkScore



34 percent increase in Helpline suicide contacts



14-year life expectancy range among neighborhoods



11 percent food insecure



\$190,000 median sales price



64 percent cite cost and access as health barriers



\$56,867 median household income



54 percent active less than three days a week



50.5 percent have high blood pressure



68 percent overweight or obese



9.8 percent uninsured

## Key Data Indicators for Adults in the Sioux Falls MSA