



# 2022 COMMUNITY HEALTH NEEDS ASSESSMENT

Douglas County, Nevada

Sponsored by



# TABLE OF CONTENTS

<b>INTRODUCTION</b>	<b>5</b>
<b>PROJECT OVERVIEW</b>	<b>6</b>
Project Goals	6
Methodology	6
<b>IRS FORM 990, SCHEDULE H COMPLIANCE</b>	<b>10</b>
<b>SUMMARY OF FINDINGS</b>	<b>11</b>
Significant Health Needs of the Community	11
Summary Tables: Comparisons With Benchmark Data	13
<b>COMMUNITY DESCRIPTION</b>	<b>19</b>
<b>POPULATION CHARACTERISTICS</b>	<b>20</b>
Total Population	20
Age	21
Race & Ethnicity	23
Linguistic Isolation	24
<b>SOCIAL DETERMINANTS OF HEALTH</b>	<b>25</b>
Poverty	25
Education	27
Housing Burden	28
<b>HEALTH STATUS</b>	<b>29</b>
<b>OVERALL HEALTH STATUS</b>	<b>30</b>
<b>MENTAL HEALTH</b>	<b>31</b>
Suicide	31
Mental Health Providers	32
Key Informant Input: Mental Health	33
<b>DEATH, DISEASE &amp; CHRONIC CONDITIONS</b>	<b>35</b>
<b>CARDIOVASCULAR DISEASE</b>	<b>36</b>
Coronary Heart Disease Deaths	36
Stroke Deaths	37
High Blood Pressure	37
Key Informant Input: Heart Disease & Stroke	38
<b>CANCER</b>	<b>39</b>
Age-Adjusted Cancer Deaths	39
Cancer Incidence	40
Mammograms	41
Key Informant Input: Cancer	42
<b>RESPIRATORY DISEASE</b>	<b>43</b>
Lung Disease Deaths (CLRD)	43
Asthma Prevalence	44
Key Informant Input: Respiratory Disease	44
Key Informant Input: Coronavirus Disease/COVID-19	45



<b>INJURY &amp; VIOLENCE</b>	<b>46</b>
Unintentional Injury	46
Intentional Injury (Violence)	47
Key Informant Input: Injury & Violence	48
<b>DIABETES</b>	<b>49</b>
Prevalence of Diabetes	49
Key Informant Input: Diabetes	50
<b>KIDNEY DISEASE</b>	<b>51</b>
Key Informant Input: Kidney Disease	51
<b>POTENTIALLY DISABLING CONDITIONS</b>	<b>52</b>
Disability	52
Key Informant Input: Disability & Chronic Pain	53
Key Informant Input: Dementia/Alzheimer's Disease	54
<b>BIRTHS</b>	<b>55</b>
<b>BIRTH OUTCOMES &amp; RISKS</b>	<b>56</b>
Infant Mortality	56
<b>FAMILY PLANNING</b>	<b>57</b>
Births to Adolescent Mothers	57
Key Informant Input: Infant Health & Family Planning	58
<b>MODIFIABLE HEALTH RISKS</b>	<b>59</b>
<b>NUTRITION</b>	<b>60</b>
Food Environment: Fast Food	60
Access to Healthful Food	61
<b>PHYSICAL ACTIVITY</b>	<b>62</b>
Leisure-Time Physical Activity	62
Access to Physical Activity	63
<b>WEIGHT STATUS</b>	<b>64</b>
Obesity	65
Key Informant Input: Nutrition, Physical Activity & Weight	65
<b>SUBSTANCE ABUSE</b>	<b>66</b>
Excessive Alcohol Use	66
Key Informant Input: Substance Abuse	67
<b>TOBACCO USE</b>	<b>69</b>
Cigarette Smoking Prevalence	69
Key Informant Input: Tobacco Use	70
<b>SEXUAL HEALTH</b>	<b>71</b>
HIV	71
Sexually Transmitted Infections (STIs)	72
Key Informant Input: Sexual Health	72
<b>ACCESS TO HEALTH CARE</b>	<b>73</b>
<b>BARRIERS TO HEALTH CARE ACCESS</b>	<b>74</b>
Lack of Health Insurance Coverage	74
Key Informant Input: Access to Health Care Services	75



<b>PRIMARY CARE SERVICES</b>	<b>76</b>
Primary Care Visits	76
Access to Primary Care	77
<b>ORAL HEALTH</b>	<b>78</b>
Access to Dentists	78
Poor Dental Health	79
Key Informant Input: Oral Health	79
<b>LOCAL RESOURCES</b>	<b>80</b>
<b>HEALTH CARE RESOURCES &amp; FACILITIES</b>	<b>81</b>
Federally Qualified Health Centers (FQHCs)	81
Resources Available to Address the Significant Health Needs	82
<b>APPENDIX</b>	<b>84</b>
<b>EVALUATION OF PAST ACTIVITIES</b>	<b>85</b>
Community Benefit	85
Addressing Significant Health Needs	85
Evaluation of Impact	86





# INTRODUCTION

# PROJECT OVERVIEW

## Project Goals

This Community Health Needs Assessment is a systematic, data-driven approach to determining the health status, behaviors, and needs of residents in the service area of Carson Valley Medical Center. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

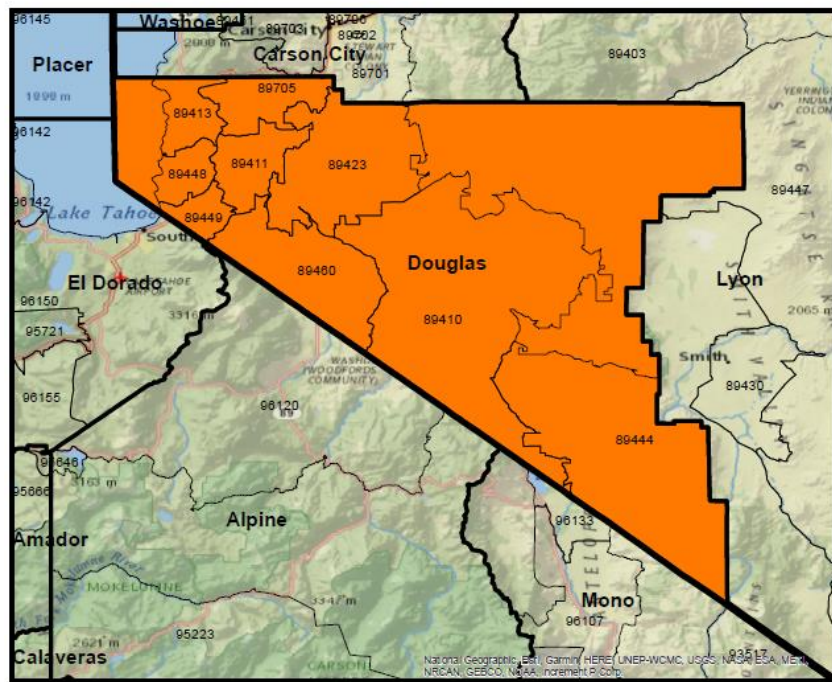
A Community Health Needs Assessment provides information so that communities may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status.

## Methodology

Quantitative data input for this assessment includes secondary research (vital statistics and other existing health-related data) that allows for comparison to benchmark data at the state and national levels. Qualitative data input includes primary research among community stakeholders gathered through an Online Key Informant Survey.

## Community Defined for This Assessment

The study area for this effort is Douglas County, Nevada. This community definition, determined based on the areas of residence of most recent patients of Carson Valley Medical Center, is illustrated in the following map.



## Online Key Informant Survey

To solicit input from community stakeholders (key informants), those individuals who have a broad interest in the health of the community, an Online Key Informant Survey also was implemented as part of this process. A list of recommended participants was provided by Carson Valley Medical Center; this list included names and contact information for physicians, public health representatives, other health professionals, social service providers, and a variety of other community leaders. Potential participants were chosen because of their ability to identify primary concerns of the populations with whom they work, as well as of the community overall.

Key informants were contacted by email, introducing the purpose of the survey and providing a link to take the survey online; reminder emails were sent as needed to increase participation. In all, 27 community stakeholders took part in the Online Key Informant Survey, as outlined below:

ONLINE KEY INFORMANT SURVEY PARTICIPATION	
KEY INFORMANT TYPE	NUMBER PARTICIPATING
Physicians	6
Public Health Representatives	6
Other Health Providers	3
Other Community Leaders	12

Final participation included representatives of the organizations outlined below.

- Brady & Associates
- Business Council of Douglas County
- Carson City Public Health
- CV Oral Surgery
- Carson Valley Medical Center
- Carson Valley Medical Center Behavioral Health
- Douglas County
- Douglas County Community Health
- Douglas County School District
- Heritage Bank of Nevada
- Indian Hills GID
- Kiwanis
- MeFiYi Foundation
- NV Energy
- Tahoe Emergency Physicians
- The Pink House, Inc.
- Washoe Tribe

Through this process, input was gathered from several individuals whose organizations work with low-income, minority, or other medically underserved populations.

In the online survey, key informants were asked to rate the degree to which various health issues are a problem in their own community. Follow-up questions asked them to describe why they identify problem areas as such and how these might better be addressed. Results of their ratings, as well as their verbatim comments, are included throughout this report as they relate to the various other data presented.

NOTE: These findings represent qualitative rather than quantitative data. The Online Key Informant Survey was designed to gather input regarding participants' opinions and perceptions of the health needs of the residents in the area.

## Public Health, Vital Statistics & Other Data

A variety of existing (secondary) data sources was consulted to complement the research quality of this Community Health Needs Assessment. Data for Douglas County were obtained from the following sources (specific citations are included with the graphs throughout this report):

- [Center for Applied Research and Engagement Systems \(CARES\), University of Missouri Extension, SparkMap \(sparkmap.org\)](#)
- [Centers for Disease Control & Prevention, Office of Infectious Disease, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention](#)
- [Centers for Disease Control & Prevention, Office of Public Health Science Services, Center for Surveillance, Epidemiology and Laboratory Services, Division of Health Informatics and Surveillance \(DHIS\)](#)
- [Centers for Disease Control & Prevention, Office of Public Health Science Services, National Center for Health Statistics](#)
- [ESRI ArcGIS Map Gallery](#)
- [National Cancer Institute, State Cancer Profiles](#)
- [OpenStreetMap \(OSM\)](#)
- [US Census Bureau, American Community Survey](#)
- [US Census Bureau, County Business Patterns](#)
- [US Census Bureau, Decennial Census](#)
- [US Department of Agriculture, Economic Research Service](#)
- [US Department of Health & Human Services](#)
- [US Department of Health & Human Services, Health Resources and Services Administration \(HRSA\)](#)
- [US Department of Justice, Federal Bureau of Investigation](#)
- [US Department of Labor, Bureau of Labor Statistics](#)

## Benchmark Data

### Nevada and National Data

Where possible, state and national data are provided as an additional benchmark against which to compare local findings.

### Healthy People 2030

Healthy People provides 10-year, measurable public health objectives — and tools to help track progress toward achieving them. Healthy People identifies public health priorities to help individuals, organizations, and communities across the United States improve health and well-being. Healthy People 2030, the initiative's fifth iteration, builds on knowledge gained over the first four decades.





Healthy People 2030's overarching goals are to:

- Attain healthy, thriving lives and well-being free of preventable disease, disability, injury, and premature death.
- Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
- Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all.
- Promote healthy development, healthy behaviors, and well-being across all life stages.
- Engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being of all.

The Healthy People 2030 framework was based on recommendations made by the Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030. After getting feedback from individuals and organizations and input from subject matter experts, the U.S. Department of Health and Human Services (HHS) approved the framework which helped guide the selection of Healthy People 2030 objectives.

## Determining Significance

For the purpose of this report, "significance" of secondary data indicators (which might be subject to reporting error) is determined by a 15% variation from the comparative measure.

## Information Gaps

While this assessment is quite comprehensive, it cannot measure all possible aspects of health in the community, nor can it adequately represent all possible populations of interest. It must be recognized that these information gaps might in some ways limit the ability to assess all of the community's health needs. In terms of content, this assessment was designed to provide a comprehensive and broad picture of the health of the overall community. However, there are certainly medical conditions that are not specifically addressed.

## Public Comment

Carson Valley Medical Center made its prior Community Health Needs Assessment (CHNA) report publicly available through its website; through that mechanism, the hospital requested from the public written comments and feedback regarding the CHNA and implementation strategy. At the time of this writing, Carson Valley Medical Center had not received any written comments. However, through population surveys and key informant feedback for this assessment, input from the broader community was considered and taken into account when identifying and prioritizing the significant health needs of the community. Carson Valley Medical Center will continue to use its website as a tool to solicit public comments and ensure that these comments are considered in the development of future CHNAs.

# IRS FORM 990, SCHEDULE H COMPLIANCE

For non-profit hospitals, a Community Health Needs Assessment (CHNA) also serves to satisfy certain requirements of tax reporting, pursuant to provisions of the Patient Protection & Affordable Care Act of 2010. To understand which elements of this report relate to those requested as part of hospitals' reporting on IRS Schedule H (Form 990), the following table cross-references related sections.

IRS FORM 990, SCHEDULE H (2019)		See Report Page
<b>Part V Section B Line 3a</b>	A definition of the community served by the hospital facility	6
<b>Part V Section B Line 3b</b>	Demographics of the community	20
<b>Part V Section B Line 3c</b>	Existing health care facilities and resources within the community that are available to respond to the health needs of the community	81
<b>Part V Section B Line 3d</b>	How data was obtained	6
<b>Part V Section B Line 3e</b>	The significant health needs of the community	11
<b>Part V Section B Line 3f</b>	Primary and chronic disease needs and other health issues of uninsured persons, low-income persons, and minority groups	Addressed Throughout
<b>Part V Section B Line 3g</b>	The process for identifying and prioritizing community health needs and services to meet the community health needs	11
<b>Part V Section B Line 3h</b>	The process for consulting with persons representing the community's interests	6
<b>Part V Section B Line 3i</b>	The impact of any actions taken to address the significant health needs identified in the hospital facility's prior CHNA(s)	85

# SUMMARY OF FINDINGS

## Significant Health Needs of the Community

The following “Areas of Opportunity” represent the significant health needs of the community, based on the information gathered through this Community Health Needs Assessment. From these data, opportunities for health improvement exist in Douglas County with regard to the following health issues (see also the summary tables presented in the following section).

The Areas of Opportunity were determined after consideration of various criteria, including: standing in comparison with benchmark data; the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue. These also take into account those issues of greatest concern to the community stakeholders (key informants) giving input to this process.

AREAS OF OPPORTUNITY IDENTIFIED THROUGH THIS ASSESSMENT	
ACCESS TO HEALTH CARE SERVICES	Lack of Health Insurance (Children) Access to Primary Care Physicians
CANCER	Leading Cause of Death Female Breast Cancer Incidence
HEART DISEASE & STROKE	Leading Cause of Death High Blood Pressure Prevalence
INFANT HEALTH & FAMILY PLANNING	Infant Deaths
MENTAL HEALTH	Suicide Deaths Mental Health Provider Ratio Key Informants: Mental health ranked as the top concern.
NUTRITION, PHYSICAL ACTIVITY & WEIGHT	Low Food Access
ORAL HEALTH	Access to Dentists
POTENTIALLY DISABLING CONDITIONS	Disability Prevalence
SUBSTANCE ABUSE	Excessive Drinking

## Community Feedback on Prioritization of Health Needs

Prioritization of the health needs identified in this assessment (“Areas of Opportunity” above) was determined based on a prioritization exercise conducted among community stakeholders (representing a cross-section of community-based agencies and organizations) in conjunction with the administration of the Online Key Informant Survey.

In this process, these key informants were asked to rate the severity of a variety of health issues in the community. Insofar as these health issues were identified through the data above and/or were identified as top concerns among key informants, their ranking of these issues informed the following priorities:

1. Mental Health
2. Potentially Disabling Conditions
3. Substance Abuse
4. Heart Disease & Stroke
5. Nutrition, Physical Activity & Weight
6. Access to Healthcare Services
7. Cancer
8. Oral Health
9. Infant Health & Family Planning

## Hospital Implementation Strategy

Carson Valley Medical Center will use the information from this Community Health Needs Assessment to develop an Implementation Strategy to address the significant health needs in the community. While the hospital will likely not implement strategies for all of the health issues listed above, the results of this prioritization exercise will be used to inform the development of the hospital’s action plan to guide community health improvement efforts in the coming years.

*Note: An evaluation of the hospital’s past activities to address the needs identified in the prior CHNA can be found as an appendix to this report.*

# Summary Tables: Comparisons With Benchmark Data




The following tables provide an overview of indicators in Douglas County, grouped by health topic.

## Reading the Summary Tables




- In the following tables, Douglas County results are shown in the larger, gray column.
- The columns to the right of the Douglas County column provide comparisons between local data and any available state and national findings, and Healthy People 2030 objectives. Symbols indicate whether Douglas County compares favorably (☀️), unfavorably (☔️), or comparably (☁️) to these external data.











Note that blank table cells in the tables that follow signify that data are not available or are not reliable for that area and/or for that indicator




SOCIAL DETERMINANTS	Douglas County	DOUGLAS COUNTY vs. BENCHMARKS		
		vs. NV	vs. US	vs. HP2030
Population in Poverty (%)	8.7	☀️ 13.1	☀️ 13.4	☁️ 8.0
Children in Poverty (%)	12.4	☀️ 18.2	☀️ 18.5	☔️ 8.0
Housing Exceeds 30% of Income	30.6	☁️ 33.8	☁️ 30.9	
No High School Diploma (% Age 25+)	6.8	☀️ 13.3	☀️ 12.0	
Linguistically Isolated Population (%)	1.9	☀️ 5.7	☀️ 4.3	
















 better     
  similar     
  worse




OVERALL HEALTH	Douglas County	DOUGLAS COUNTY vs. BENCHMARKS		
		vs. NV	vs. US	vs. HP2030
"Fair/Poor" Overall Health (%)	17.3	☀️ 20.5	☁️ 18.6	






 better     
  similar     
  worse













		DOUGLAS COUNTY vs. BENCHMARKS		
ACCESS TO HEALTH CARE	Douglas County	vs. NV	vs. US	vs. HP2030
Uninsured (% Adults 18-64)	11.9	 15.6	 12.8	 7.9
Uninsured (% Children 0-17)	9.8	 8.0	 5.6	 7.9
Recent Primary Care Visit (%)	75.8	 69.9	 76.6	
Primary Care Doctors per 100,000	68.7	 78.2	 102.3	












 better     
  similar     
  worse









		DOUGLAS COUNTY vs. BENCHMARKS		
CANCER	Douglas County	vs. NV	vs. US	vs. HP2030
Cancer (Age-Adjusted Death Rate)	126.0	 150.2	 149.4	 122.7
Prostate Cancer Incidence Rate	96.8	 85.9	 106.2	
Female Breast Cancer Incidence Rate	141.5	 115.0	 126.8	
Lung Cancer Incidence Rate	41.7	 51.9	 57.3	
Colorectal Cancer Incidence Rate	32.4	 35.6	 38.0	
Cancer Incidence Rate (All Sites)	416.2	 398.8	 448.6	
Mammogram in Past 2 Years (% Women 50-74)	68.7	 67.8	 74.8	




 better     
  similar     
  worse






		DOUGLAS COUNTY vs. BENCHMARKS		
DIABETES	Douglas County	vs. NV	vs. US	vs. HP2030
Diabetes Prevalence (%)	9.2	 10.0	 10.1	
		 better	 similar	 worse




		DOUGLAS COUNTY vs. BENCHMARKS		
HEART DISEASE & STROKE	Douglas County	vs. NV	vs. US	vs. HP2030
Coronary Heart Disease (Age-Adjusted Death Rate)	93.0	 109.1	 91.5	 90.9
Stroke (Age-Adjusted Death Rate)	34.7	 37.4	 37.6	 33.4
High Blood Pressure Prevalence (%)	36.1	 30.3	 32.6	 27.7
		 better	 similar	 worse













		DOUGLAS COUNTY vs. BENCHMARKS		
INFANT HEALTH & FAMILY PLANNING	Douglas County	vs. NV	vs. US	vs. HP2030
Late or No Prenatal Care (%)	0.0	 0.0	 0.0	
Infant Mortality Rate	9.0	 5.6	 5.8	 5.0
Births to Adolescents Age 15 to 19 (Rate per 1,000)	12.8	 24.5	 20.9	 31.4
		 better	 similar	 worse




DOUGLAS COUNTY vs. BENCHMARKS				
INJURY & VIOLENCE	Douglas County	vs. NV	vs. US	vs. HP2030
Unintentional Injury (Age-Adjusted Death Rate)	42.1	 47.9	 50.4	 43.2
Motor Vehicle Crashes (Age-Adjusted Death Rate)	8.6	 10.5	 11.5	 10.1
Violent Crime Rate	166.2	 642.7	 416.0	

 better     
  similar     
  worse








DOUGLAS COUNTY vs. BENCHMARKS				
MENTAL HEALTH	Douglas County	vs. NV	vs. US	vs. HP2030
Suicide (Age-Adjusted Death Rate)	29.1	 20.1	 13.8	 12.8
Mental Health Providers per 100,000	42.4	 111.9	 124.9	






 better     
  similar     
  worse








DOUGLAS COUNTY vs. BENCHMARKS				
NUTRITION, PHYSICAL ACTIVITY & WEIGHT	Douglas County	vs. NV	vs. US	vs. HP2030
Fast Food (Restaurants per 100,000)	74.5	 96.7	 82.2	
Population With Low Food Access (%)	50.1	 23.0	 22.2	
No Leisure-Time Physical Activity (%)	17.2	 22.4	 22.0	 21.2
Recreation/Fitness Facilities per 100,000	17.0	 11.4	 12.2	
Obese (%)	28.0	 28.7	 27.6	 36.0










 better     
  similar     
  worse














		DOUGLAS COUNTY vs. BENCHMARKS		
ORAL HEALTH	Douglas County	vs. NV	vs. US	vs. HP2030
Dentists per 100,000	22.2	 29.3	 33.1	
Poor Dental Health (%)	12.1	 14.9	 13.5	
		 better	 similar	 worse

		DOUGLAS COUNTY vs. BENCHMARKS		
POTENTIALLY DISABLING CONDITIONS	Douglas County	vs. NV	vs. US	vs. HP2030
Disability Prevalence (%)	14.9	 12.6	 12.6	
		 better	 similar	 worse

		DOUGLAS COUNTY vs. BENCHMARKS		
RESPIRATORY DISEASE	Douglas County	vs. NV	vs. US	vs. HP2030
Lung Disease (Age-Adjusted Death Rate)	34.1	 49.4	 39.1	
Asthma Prevalence (%)	8.7	 9.1	 8.9	
		 better	 similar	 worse

		DOUGLAS COUNTY vs. BENCHMARKS		
SEXUAL HEALTH	Douglas County	vs. NV	vs. US	vs. HP2030
HIV Prevalence Rate	111.3	 402.5	 372.8	
Chlamydia Incidence Rate	248.4	 584.0	 539.9	
Gonorrhea Incidence Rate	39.3	 216.0	 179.1	
		 better	 similar	 worse

		DOUGLAS COUNTY vs. BENCHMARKS		
SUBSTANCE ABUSE	Douglas County	vs. NV	vs. US	vs. HP2030
Excessive Drinker (%)	22.7	 17.9	 19.2	
		 better	 similar	 worse

		DOUGLAS COUNTY vs. BENCHMARKS		
TOBACCO USE	Douglas County	vs. NV	vs. US	vs. HP2030
Current Smoker (%)	14.9	 16.6	 15.3	 5.0
		 better	 similar	 worse



# COMMUNITY DESCRIPTION

# POPULATION CHARACTERISTICS

## Total Population

Data from the US Census Bureau reveal the following statistics for our community relative to size, population, and density.

**Total Population**  
(Estimated Population, 2015-2019)

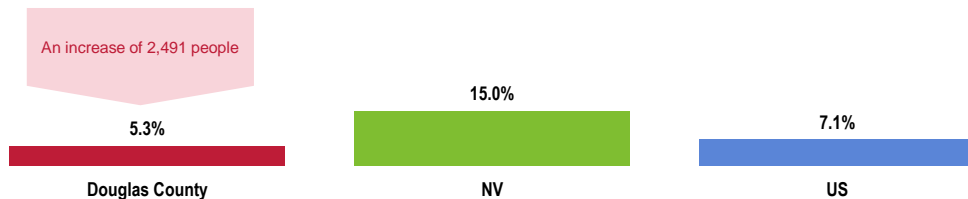
	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
<b>Douglas County</b>	48,132	709.72	68
<b>Nevada</b>	2,972,382	109,780.17	27
<b>United States</b>	324,697,795	3,532,068.58	92

Sources: • US Census Bureau American Community Survey 5-year estimates.  
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).

## Population Change 2010-2020

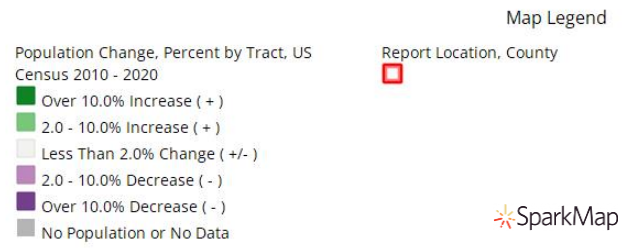
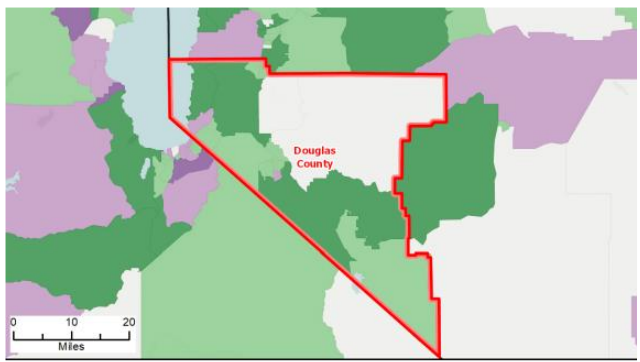
A significant positive or negative shift in total population over time impacts health care providers and the utilization of community resources. The following chart and map illustrate the changes that have occurred in Douglas County between the 2010 and 2020 US Censuses.

**Change in Total Population**  
(Percentage Change Between 2010 and 2020)



Sources: • US Census Bureau Decennial Census (2010-2020).  
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).  
Notes: • A significant positive or negative shift in total population over time impacts healthcare providers and the utilization of community resources.

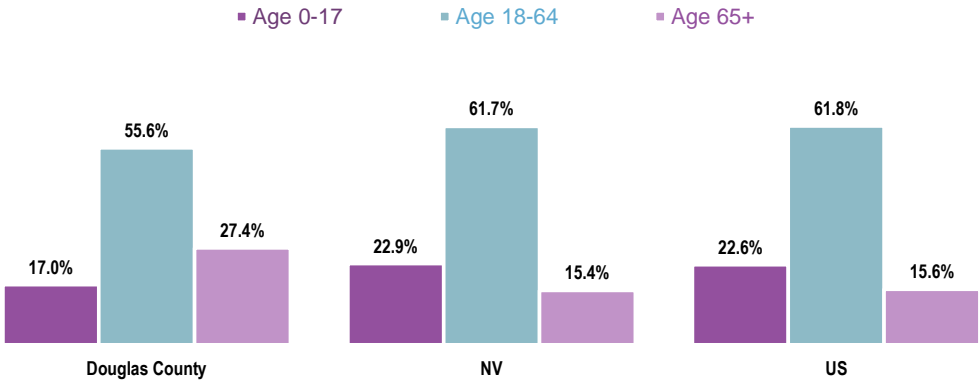




# Age

It is important to understand the age distribution of the population, as different age groups have unique health needs that should be considered separately from others along the age spectrum.

## Total Population by Age Groups (2015-2019)



Sources:
 

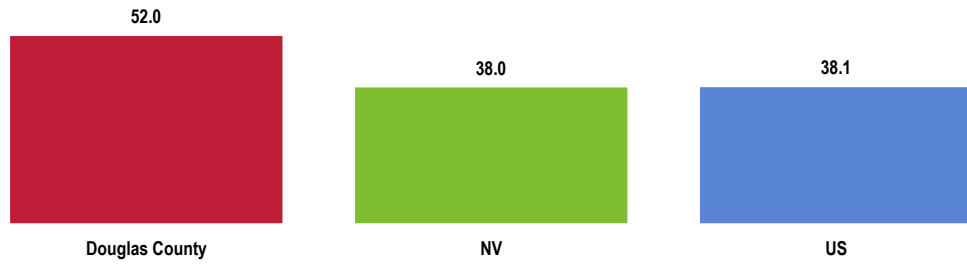
- US Census Bureau American Community Survey 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).



## Median Age

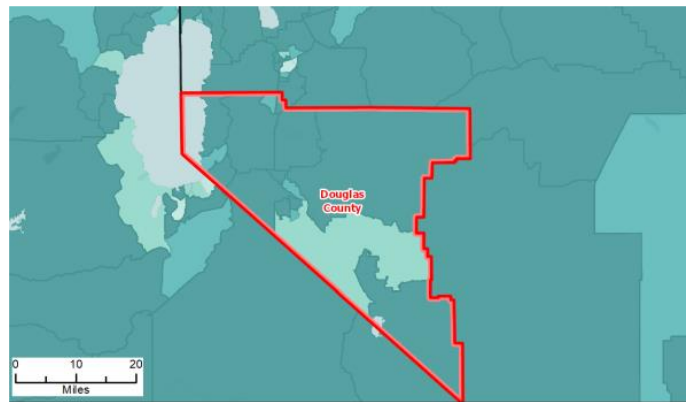
Note the median age of our population, relative to state and national medians.

### Median Age (2015-2019)



Sources: 

- US Census Bureau American Community Survey 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).



Map Legend

Median Age by Tract, ACS 2015-19

- Over 45.0
- 40.1 - 45.0
- 35.1 - 40.0
- Under 35.1
- No Data or Data Suppressed

Report Location, County



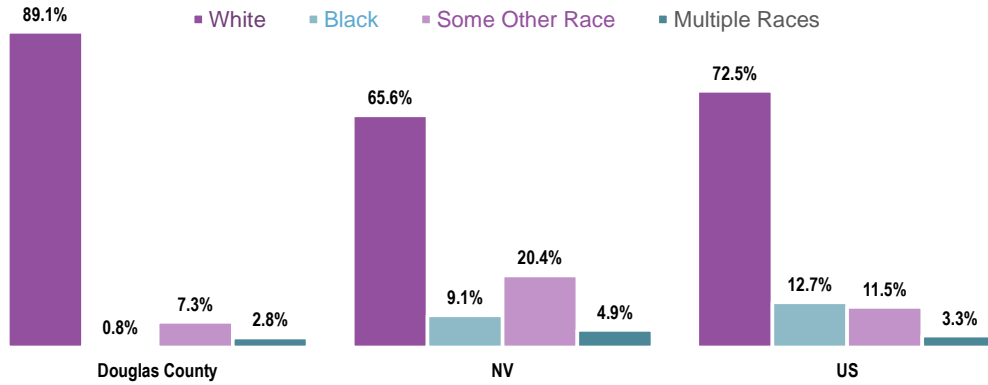
SparkMap



# Race & Ethnicity

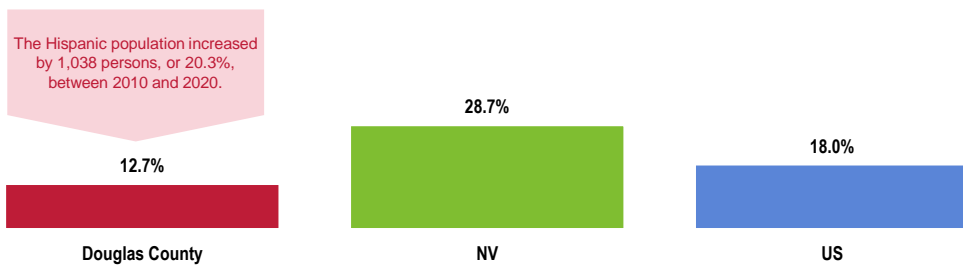
The following charts illustrate the racial and ethnic makeup of our community. Origin can be viewed as the heritage, nationality group, lineage, or country of birth of the person or the person’s parents or ancestors before their arrival in the United States — people who identify their origin as Hispanic, Latino, or Spanish may be of any race.

### Total Population by Race Alone (2015-2019)



Sources: • US Census Bureau American Community Survey 5-year estimates.  
 • Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).

### Hispanic Population (2015-2019)



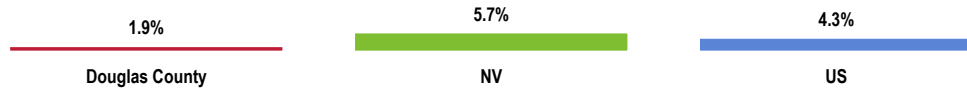
Sources: • US Census Bureau American Community Survey 5-year estimates.  
 • Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).  
 Notes: • Origin can be viewed as the heritage, nationality group, lineage, or country of birth of the person or the person’s parents or ancestors before their arrival in the United States. People who identify their origin as Hispanic, Latino, or Spanish may be of any race.



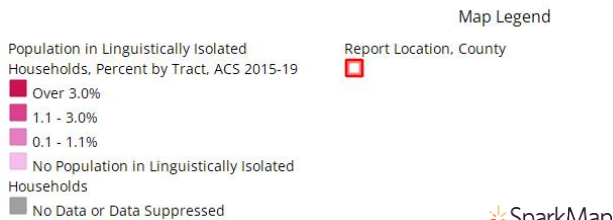
# Linguistic Isolation

This indicator reports the percentage of the population age 5 years and older who live in a home in which: 1) no person age 14 years or older speaks only English; or 2) no person age 14 years or older speaks a non-English language but also speaks English “very well.”

## Linguistically Isolated Population (2015-2019)



- Sources:
- US Census Bureau American Community Survey 5-year estimates.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
- Notes:
- This indicator reports the percentage of the population age 5+ who live in a home in which no person age 14+ speaks only English, or in which no person age 14+ speak a non-English language and speak English "very well."





# SOCIAL DETERMINANTS OF HEALTH

## ABOUT SOCIAL DETERMINANTS OF HEALTH

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills

SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

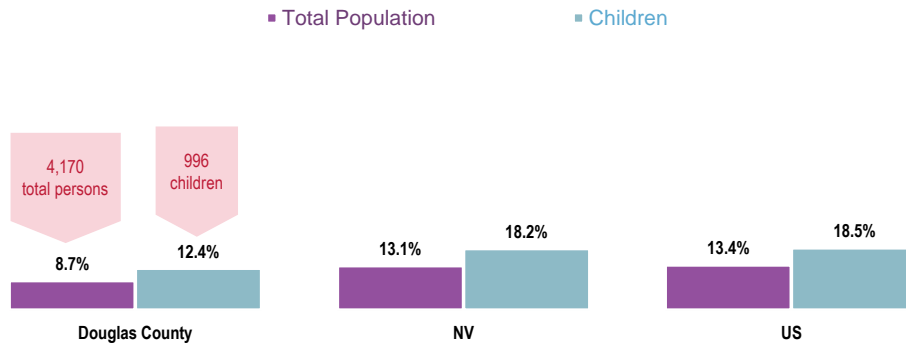
Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

- Healthy People 2030 (<https://health.gov/healthypeople>)

## Poverty

Poverty is considered a key driver of health status. This indicator is relevant because poverty creates barriers to accessing health services, healthy food, and other necessities that contribute to optimal health. The following chart and maps outline the proportion of our population below the federal poverty threshold, as well the percentage of children in Douglas County living in poverty, in comparison to state and national proportions.

**Population in Poverty**  
(Populations Living Below the Poverty Level; 2015-2019)  
Healthy People 2030 = 8.0% or Lower



Sources:
 

- US Census Bureau American Community Survey 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
- US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>

 Notes:
 

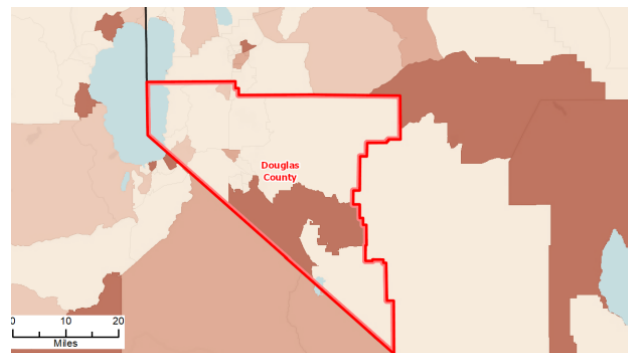
- Poverty is considered a key driver of health status. This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.





Map Legend

- Population Below the Poverty Level, Percent by Tract, ACS 2015-19
- Over 20.0%
  - 15.1 - 20.0%
  - 10.1 - 15.0%
  - Under 10.1%
  - No Data or Data Suppressed
- Report Location, County



Map Legend

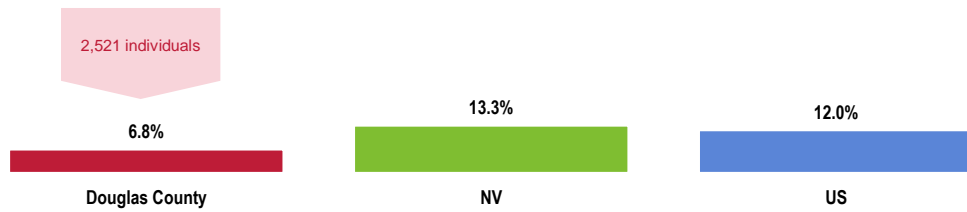
- Population Below the Poverty Level, Children (Age 0-17), Percent by Tract, ACS 2015-19
- Over 30.0%
  - 22.6 - 30.0%
  - 15.1 - 22.5%
  - Under 15.1%
  - No Population Age 0-17 Reported
  - No Data or Data Suppressed
- Report Location, County



# Education

Education levels are reflected in the proportion of our population without a high school diploma.

## Population With No High School Diploma (Population Age 25+ Without a High School Diploma or Equivalent, 2015-2019)

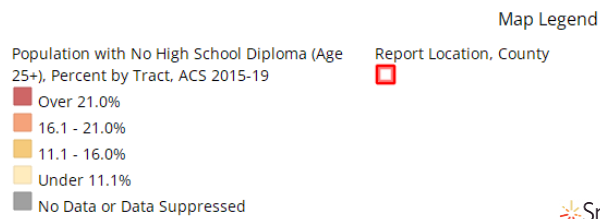
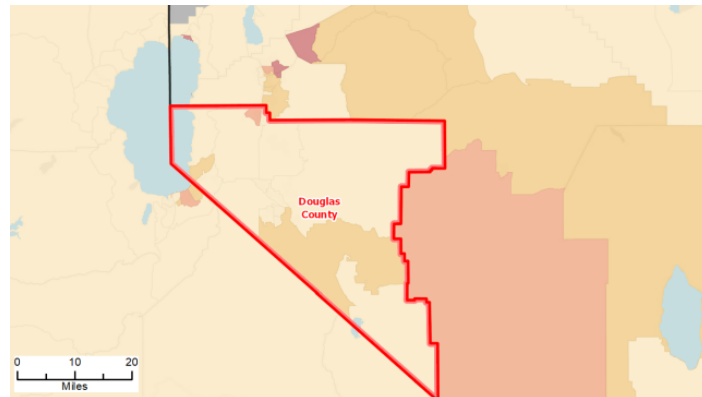


Sources: 

- US Census Bureau American Community Survey 5-year estimates.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).

Notes: 

- This indicator is relevant because educational attainment is linked to positive health outcomes.

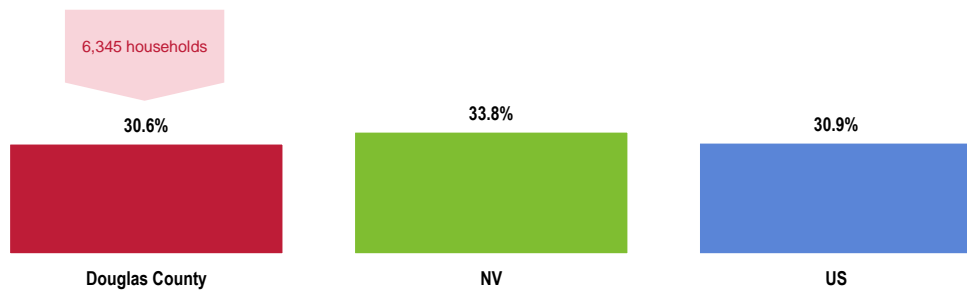


# Housing Burden

The following chart shows the housing burden in Douglas County. This serves as a measure of housing affordability and excessive shelter costs. The data also serve to aid in the development of housing programs to meet the needs of people at different economic levels.

“Housing burden” reports the percentage of the households where housing costs (rent or mortgage costs) exceed 30% of total household income.

## Housing Costs Exceed 30% of Household Income (2015-2019)



- Sources:
- US Census Bureau, American Community Survey.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
- Notes:
- This indicator reports the percentage of the households where housing costs exceed 30% of total household income. This indicator provides information on the cost of monthly housing expenses for owners and renters. The information offers a measure of housing affordability and excessive shelter costs. The data also serve to aid in the development of housing programs to meet the needs of people at different economic levels.





# HEALTH STATUS

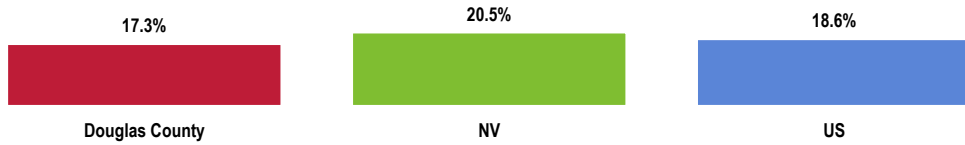
# OVERALL HEALTH STATUS

The following indicator provides a relevant measure of overall health status in Douglas County, noting the prevalence of residents' "fair" or "poor" health evaluations. While this measure is self-reported and a subjective evaluation, it is an indicator which has proven to be highly predictive of health needs.

The CDC's Behavioral Risk Factor Survey, from which these data are derived, asked respondents:

*"Would you say that in general your health is: excellent, very good, good, fair, or poor?"*

## Adults With "Fair" or "Poor" Overall Health (2019)



Sources: 

- Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).

Notes: 

- This indicator is relevant because it is a measure of general poor health status.



# MENTAL HEALTH

## ABOUT MENTAL HEALTH & MENTAL DISORDERS

About half of all people in the United States will be diagnosed with a mental disorder at some point in their lifetime. ...Mental disorders affect people of all age and racial/ethnic groups, but some populations are disproportionately affected. And estimates suggest that only half of all people with mental disorders get the treatment they need.

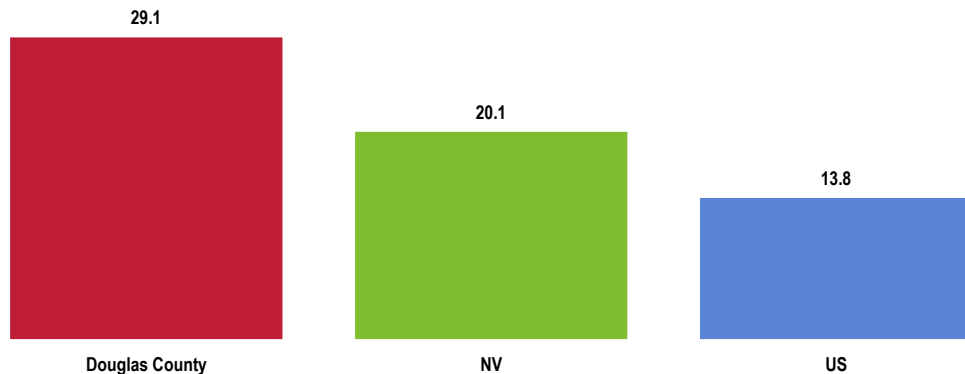
In addition, mental health and physical health are closely connected. Mental disorders like depression and anxiety can affect people's ability to take part in healthy behaviors. Similarly, physical health problems can make it harder for people to get treatment for mental disorders. Increasing screening for mental disorders can help people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Suicide

The following reports the rate of death in Douglas County due to intentional self-harm (suicide), in comparison to statewide and national rates. Here, these rates are age-adjusted to account for age differences among populations in this comparison. This measure is relevant as an indicator of poor mental health.

**Suicide: Age-Adjusted Mortality**  
(2016-2020 Annual Average Deaths per 100,000 Population)  
Healthy People 2030 = 12.8 or Lower



- Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
  - Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.



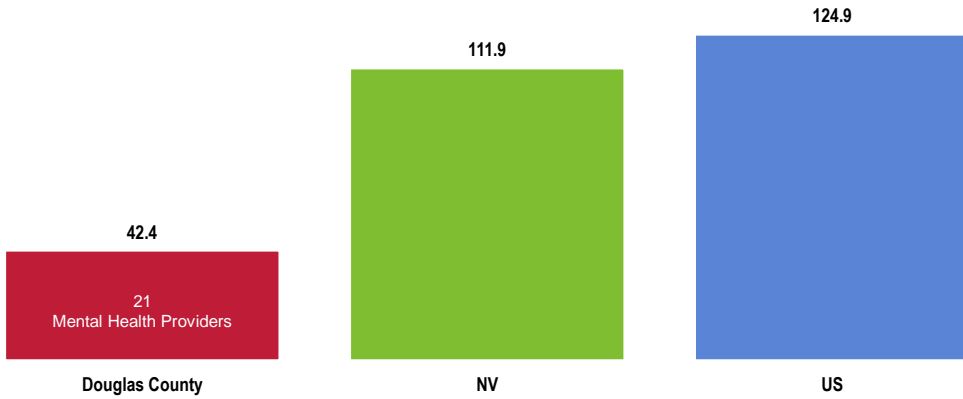
# Mental Health Providers

Here, "mental health providers" includes psychiatrists, psychologists, clinical social workers, and counsellors who specialize in mental health care.

Note that this indicator only reflects providers practicing in Douglas County and residents in Douglas County; it does not account for the potential demand for services from outside the area, nor the potential availability of providers in surrounding areas.

The data below show the number of mental health care providers in Douglas County relative to the Douglas County population size (per 100,000 residents). This is compared to the rates found statewide and nationally.

**Access to Mental Health Providers**  
(Number of Mental Health Providers per 100,000 Population, 2021)



- Sources:
- University of Wisconsin Population Health Institute, County Health Rankings.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
- Notes:
- This indicator reports the rate of the county population to the number of mental health providers including psychiatrists, psychologists, clinical social workers, and counsellors that specialize in mental health care.

## AGE-ADJUSTED DEATH RATES

In order to compare mortality in the region with other localities (in this case, Nevada and the United States), it is necessary to look at rates of death — these are figures which represent the number of deaths in relation to the population size (such as deaths per 100,000 population, as is used here).

Furthermore, in order to compare localities without undue bias toward younger or older populations, the common convention is to adjust the data to some common baseline age distribution. Use of these "age-adjusted" rates provides the most valuable means of gauging mortality against benchmark data, as well as Healthy People 2030 objectives.

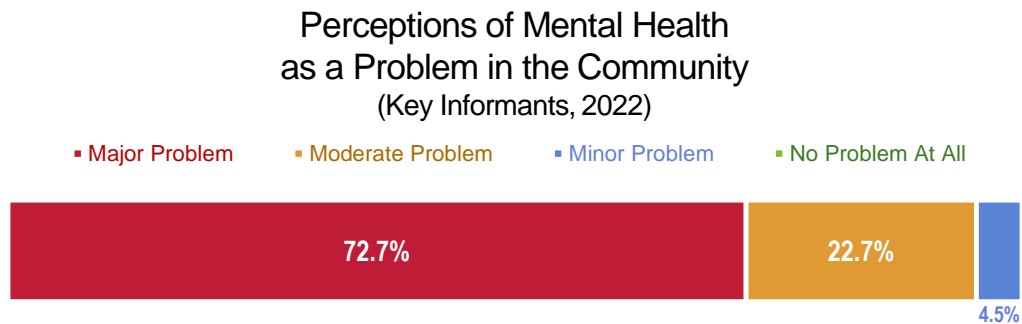
Note that deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10). Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.





# Key Informant Input: Mental Health

Key informants' ratings of the severity of *Mental Health* as a concern in Douglas County are outlined below.



Sources: ● PRC Online Key Informant Survey, PRC, Inc.  
Notes: ● Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Access to Care/Services

- Access to care, medical and therapists. – Health Provider
- Quality and availability of help. – Community Leader
- Access to emergent mental health crisis care lacks. – Community Leader
- Access to care. – Public Health Representative
- Waiting lists for all providers are staggering. No true Crisis Intervention centers to house and keep safe adults or children in the area. Lack of IOP therapy for children and youth. Emergency rooms overrun with mental health issues; patients are not addressed in non-sterile environments. Health Care Providers are being overrun with issues that should be handled by mental health workers. – Public Health Representative
- Accessibility to care for all ages to include those that specialize in DBT therapy. – Public Health Representative
- There is a lack of licensed therapists that can address co-occurring disorders. There are no residential facilities for individuals with substance use disorders and services for individuals with serious mental illness. There is a lack of affordable housing for individuals with behavioral health needs as these individuals are often of low income. There are a lack of recovery supports for individuals with substance use disorder. People who need recovery supports, like MAT, have limited options if any and must travel out of the County then transportation becomes an issue. – Public Health Representative
- Access to mental health care is nonexistent. It takes 6-10 months to access any therapeutic services. There is a poor lack of communication on different resources within the community. There is also an issue with financial support to be able to afford mental health assistance. We do not have any resources for crisis services here. Most emergency departments are not properly trained to help with mental health issues, and I have observed numerous times poor and degrading treatment in ERs for people with suicidal ideations. – Other Health Provider
- Crisis support services, I would like to see a crisis stabilization center where individuals can go, instead of the ER, to de-escalate while the proper services can be found to do a warm handoff. – Public Health Representative
- No access locally. – Community Leader

### Incidence/Prevalence

- Mental health has been a huge issue across the country, even prior to the 2020 pandemic. With limited resources available, access is incredibly difficult. There is also the stigma related to mental health that prevents people from seeking treatment. – Public Health Representative
- Over 50% of my patients have a mental health condition, many do not bring it up voluntarily. – Physician

### Lack of Providers

- Access to care, not enough mental health providers, not enough therapists, not enough psychiatrists. – Physician
- Serious shortage of mental health professionals in this community. Limitations therefore places as to access to care. Waiting lists are long for a provider of mental health services. – Community Leader



## Isolation

Isolation- It is a mental health issue that can turn into a health problem. Self-neglect, loneliness, food insecurity, hygiene can all be affected. Our population continues to age with the lack of affordable housing; these folks need to be supported and provided with resources to stay in their homes and have a quality of life that is uplifting. Residents need to be looked at holistically; and agencies, resources need to work together and not siloed to provide the needed tools for success. – Public Health Representative

## Funding

Lack of consistent funding and resources for people that are in the middle-those having crises but not qualifying for a psychiatric hold. Even those qualifying for a hold are in a horrible position of not having enough inpatient beds available, but those who are starting to spiral but not at the danger point yet will often get there without resources to help them when prevention could still work. – Physician





# DEATH, DISEASE & CHRONIC CONDITIONS

# CARDIOVASCULAR DISEASE

## ABOUT HEART DISEASE & STROKE

Heart disease is the leading cause of death in the United States, and stroke is the fifth leading cause. ...Heart disease and stroke can result in poor quality of life, disability, and death. Though both diseases are common, they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment.

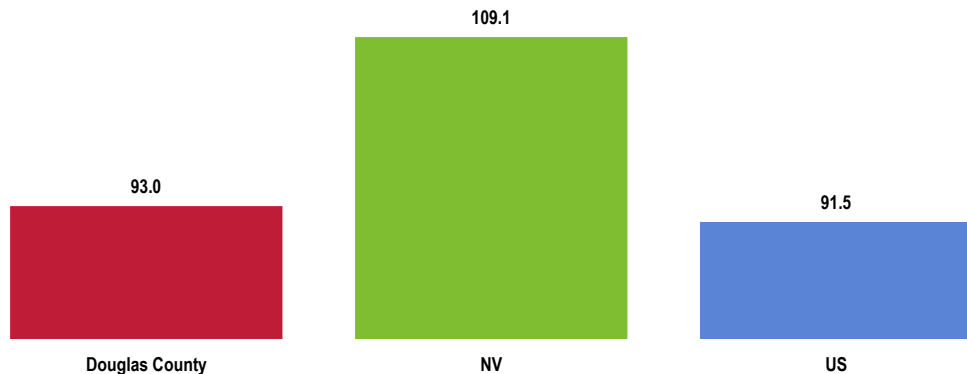
In addition, making sure people who experience a cardiovascular emergency — like stroke, heart attack, or cardiac arrest — get timely recommended treatment can reduce their risk for long-term disability and death. Teaching people to recognize symptoms is key to helping more people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Coronary Heart Disease Deaths

Coronary heart disease is a leading cause of death in Douglas County and throughout the United States. The chart that follows illustrates how our (age-adjusted) mortality rate compares to rates in Nevada and the US.

**Coronary Heart Disease: Age-Adjusted Mortality**  
(2016-2020 Annual Average Deaths per 100,000 Population)  
Healthy People 2030 = 90.9 or Lower



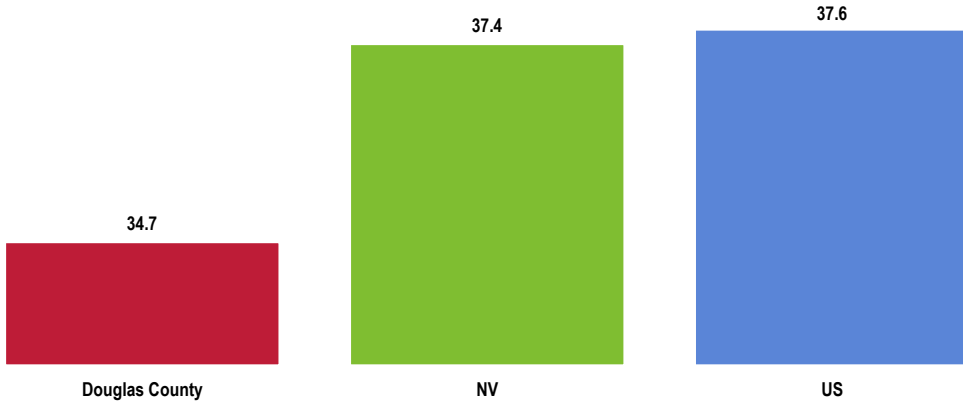
- Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
  - Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.



# Stroke Deaths

Stroke, a leading cause of death in Douglas County and throughout the nation, shares many of the same risk factors as heart disease. Outlined in the following chart is a comparison of stroke mortality locally, statewide, and nationally.

**Stroke: Age-Adjusted Mortality**  
 (2016-2020 Annual Average Deaths per 100,000 Population)  
 Healthy People 2030 = 33.4 or Lower



Sources: 

- Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
- US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>

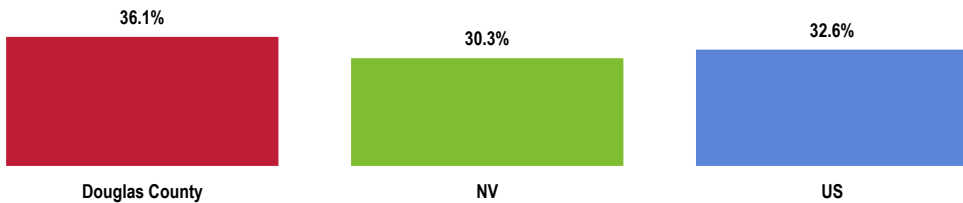
  
 Notes: 

- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

# High Blood Pressure

Uncontrolled high blood pressure (hypertension) can damage the body and lead to disability or heart attack and stroke. As can be seen in the following chart, a significant share of Douglas County adults have been told by a health professional at some point that their blood pressure was high.

**Prevalence of High Blood Pressure**  
 (2019)  
 Healthy People 2030 = 27.7% or Lower



Sources: 

- Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. US Department of Health & Human Services, Health Indicators Warehouse.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
- US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>

  
 Notes: 

- This indicator is relevant because coronary heart disease is a leading cause of death in the US and is also related to high blood pressure, high cholesterol, and heart attacks.

The CDC's Behavioral Risk Factor Survey asked:

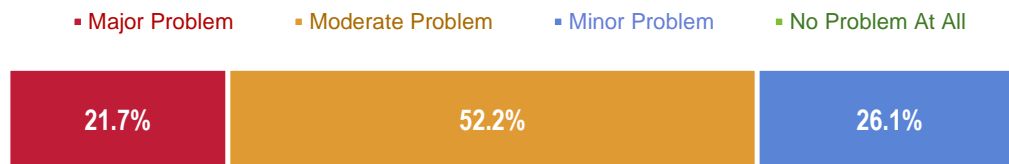
*"Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?"*



# Key Informant Input: Heart Disease & Stroke

Outlined below are key informants' levels of concern for *Heart Disease & Stroke* as an issue in Douglas County.

## Perceptions of Heart Disease and Stroke as a Problem in the Community (Key Informants, 2022)



Sources: ● PRC Online Key Informant Survey, PRC, Inc.  
Notes: ● Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Access to Care/Services

- They are major problems everywhere but being that Douglas only has one small hospital and virtually no specialists, access to care for heart diagnosis and stroke are a major problem. – Community Leader
- Lack of invasive cardiac services. – Physician

### Incidence/Prevalence

- Most of my patients have heart disease which can be prevented. – Physician



# CANCER

## ABOUT CANCER

Cancer is the second leading cause of death in the United States. ...The cancer death rate has declined in recent decades, but over 600,000 people still die from cancer each year in the United States. Death rates are higher for some cancers and in some racial/ethnic minority groups. These disparities are often linked to social determinants of health, including education, economic status, and access to health care.

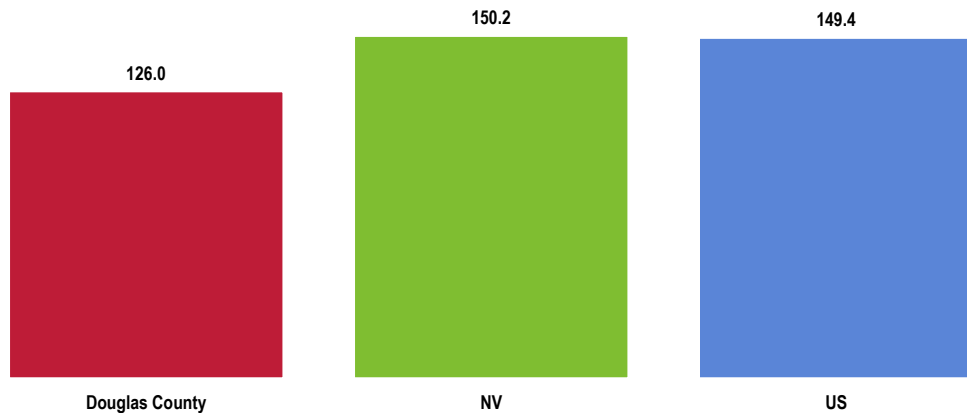
Interventions to promote evidence-based cancer screenings — such as screenings for lung, breast, cervical, and colorectal cancer — can help reduce cancer deaths. Other effective prevention strategies include programs that increase HPV vaccine use, prevent tobacco use and promote quitting, and promote healthy eating and physical activity. In addition, effective targeted therapies and personalized treatment are key to helping people with cancer live longer.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Age-Adjusted Cancer Deaths

Cancer is a leading cause of death in Douglas County and throughout the United States. Age-adjusted cancer mortality rates are outlined below.

**Cancer: Age-Adjusted Mortality**  
(2016-2020 Annual Average Deaths per 100,000 Population)  
Healthy People 2030 = 122.7 or Lower



- Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
  - Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.



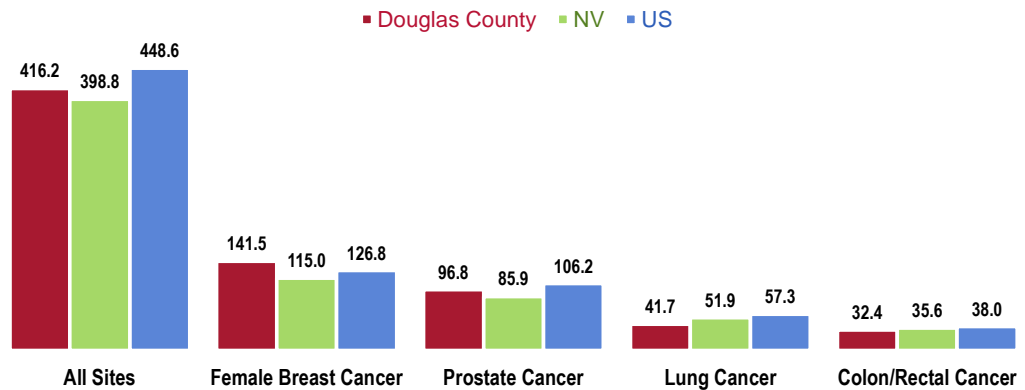
# Cancer Incidence

“Incidence rate” or “case rate” is the number of newly diagnosed cases in a given population in a given year, regardless of outcome. These rates are also age-adjusted. It is usually expressed as cases per 100,000 population per year.

It is important to identify leading cancers by site in order to better address them through targeted intervention. The following chart illustrates Douglas County incidence rates for leading cancer sites, including female breast cancer, lung cancer, prostate cancer, and colon/rectum cancer.

**RELATED ISSUE**  
See also *Nutrition, Physical Activity & Weight and Tobacco Use* in the **Modifiable Health Risks** section of this report.

**Cancer Incidence Rates by Site**  
(Annual Average Age-Adjusted Incidence per 100,000 Population, 2014-2018)



Sources: • State Cancer Profiles.  
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).  
Notes: • This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of cancers, adjusted to 2000 US standard population age groups (under age 1, 1-4, 5-9, ..., 80-84, 85 and older). This indicator is relevant because cancer is a leading cause of death and it is important to identify cancers separately to better target interventions.

## ABOUT CANCER RISK

Reducing the nation’s cancer burden requires reducing the prevalence of behavioral and environmental factors that increase cancer risk.

- All cancers caused by cigarette smoking could be prevented. At least one-third of cancer deaths that occur in the United States are due to cigarette smoking.
  - According to the American Cancer Society, about one-third of cancer deaths that occur in the United States each year are due to nutrition and physical activity factors, including obesity.
- National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention





# Mammograms

## FEMALE BREAST CANCER

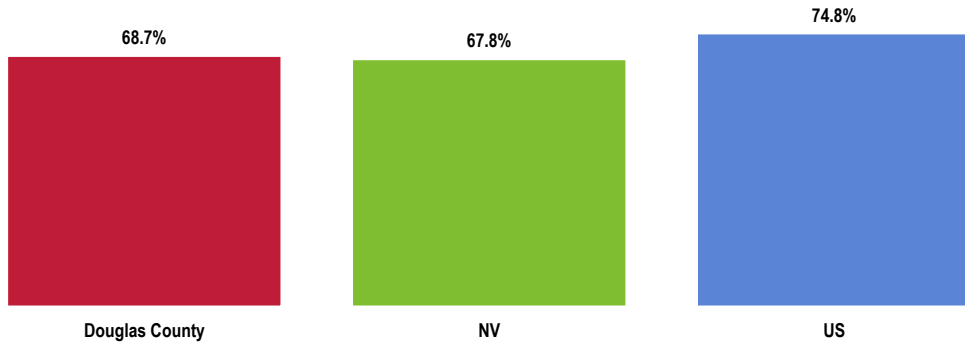
The US Preventive Services Task Force (USPSTF) recommends biennial screening mammography for women aged 50 to 74 years.

- US Preventive Services Task Force, Agency for Healthcare Research and Quality, US Department of Health & Human Services

Note that other organizations (e.g., American Cancer Society, American Academy of Family Physicians, American College of Physicians, National Cancer Institute) may have slightly different screening guidelines.

The following indicator outlines the percentage of women age 50–74 who have received a mammogram in the past two years. Mammography is important as a preventive behavior for early detection and treatment of health problems. Low screening levels can highlight a lack of access to preventive care, a lack of health knowledge, or other barriers.

**Mammogram in Past Two Years  
(Females Age 50-74; 2018)**  
Healthy People 2030 = 77.1% or Higher



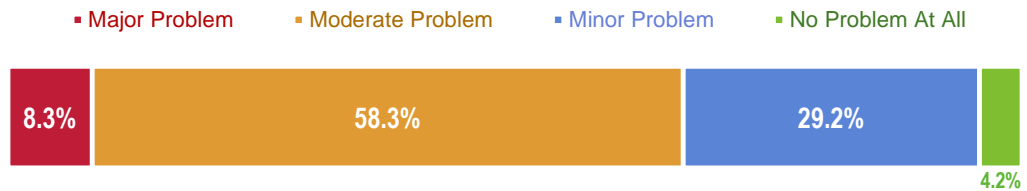
- Sources:
- Dartmouth College Institute for Health Policy & Clinical Practice, Dartmouth Atlas of Health Care.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- This indicator is relevant because engaging in preventive behaviors allows for early detection and treatment of health problems.



# Key Informant Input: Cancer

Key informants' perceptions of *Cancer* as a local health concern are outlined below.

## Perceptions of Cancer as a Problem in the Community (Key Informants, 2022)



Sources: ● PRC Online Key Informant Survey, PRC, Inc.  
Notes: ● Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Access to Care/Services

I don't know the numbers of patients; however, it appears for intensive supports and treatments residents must leave the area at their most vulnerable time. – Public Health Representative

### Diet

Poor diet, uncontrolled stressors throughout the life span, environmental toxins, alcohol overuse, smoking. – Physician



# RESPIRATORY DISEASE

## ABOUT RESPIRATORY DISEASE

Respiratory diseases affect millions of people in the United States. ...More than 25 million people in the United States have asthma. Strategies to reduce environmental triggers and make sure people get the right medications can help prevent hospital visits for asthma. In addition, more than 16 million people in the United States have COPD (chronic obstructive pulmonary disease), which is a major cause of death. Strategies to prevent the disease — like reducing air pollution and helping people quit smoking — are key to reducing deaths from COPD.

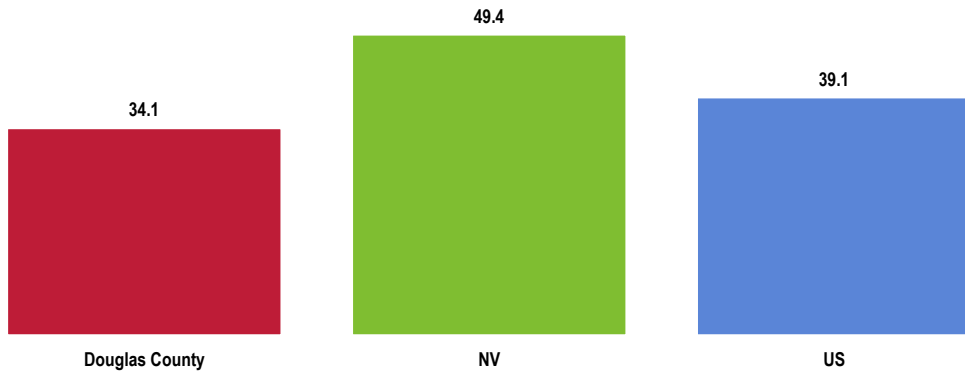
Interventions tailored to at-risk groups can also help prevent and treat other respiratory diseases — for example, pneumonia in older adults and pneumoconiosis in coal miners. And increasing lung cancer screening rates can help reduce deaths from lung cancer through early detection and treatment.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Lung Disease Deaths (CLRD)

The mortality rate for lung disease in Douglas County is summarized below, in comparison with Nevada and national rates.

**Lung Disease: Age-Adjusted Mortality**  
(2016-2020 Annual Average Deaths per 100,000 Population)



- Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
- Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
  - Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
  - This indicator is relevant because lung disease is a leading cause of death in the United States.

Note: Here, lung disease reflects chronic lower respiratory disease (CLRD) deaths and includes conditions such as emphysema, chronic bronchitis, and asthma.



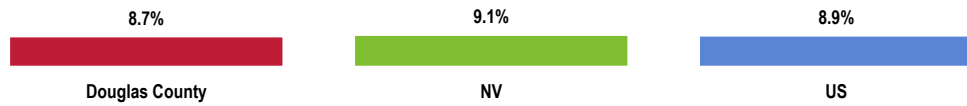
# Asthma Prevalence

The following chart shows the prevalence of asthma among Douglas County adults.

The CDC Behavioral Risk Factor Survey asked respondents:

“Has a doctor, nurse, or other health professional ever told you that you had asthma?”

## Prevalence of Asthma (2019)

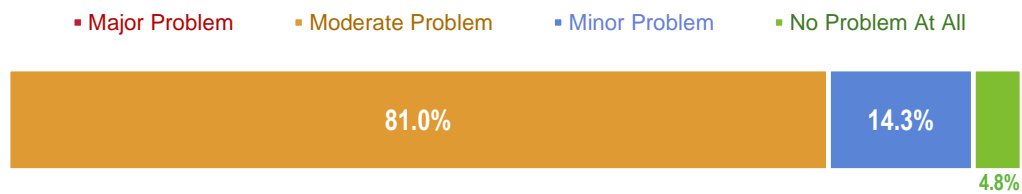


Sources: ● Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES.  
 ● Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).  
 Notes: ● Asked of all respondents.  
 ● Includes those who have ever been diagnosed with asthma and report that they still have asthma.

# Key Informant Input: Respiratory Disease

The following outlines key informants’ perceptions of *Respiratory Disease* in our community.

## Perceptions of Respiratory Diseases as a Problem in the Community (Key Informants, 2022)



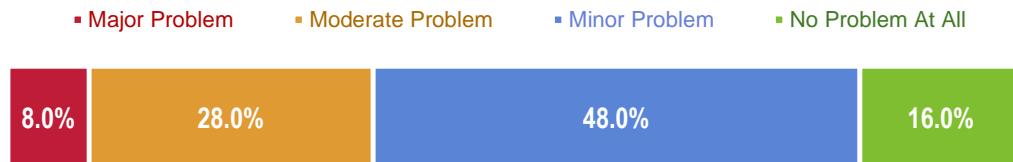
Sources: ● PRC Online Key Informant Survey, PRC, Inc.  
 Notes: ● Asked of all respondents.



# Key Informant Input: Coronavirus Disease/COVID-19

Key informants' levels of concern about *Coronavirus Disease/COVID-19* in Douglas County is outlined below.

## Perceptions of Coronavirus Disease/COVID-19 as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Lack of Adherence to Public Health Mitigation Measures

Community has been vocal about many not supporting masking or vaccinating against COVID-19. – Public Health Representative

### Vaccination Rates

Poor vaccination rate, lots of misinformation and mistreatments. – Physician



# INJURY & VIOLENCE

## ABOUT INJURY & VIOLENCE

**INJURY** ► In the United States, unintentional injuries are the leading cause of death in children, adolescents, and adults younger than 45 years. ...Many unintentional injuries are caused by motor vehicle crashes and falls, and many intentional injuries involve gun violence and physical assaults. Interventions to prevent different types of injuries are key to keeping people safe in their homes, workplaces, and communities.

Drug overdoses are now the leading cause of injury deaths in the United States, and most overdoses involve opioids. Interventions to change health care providers' prescribing behaviors, distribute naloxone to reverse overdoses, and provide medications for addiction treatment for people with opioid use disorder can help reduce overdose deaths involving opioids.

**VIOLENCE** ► Almost 20,000 people die from homicide every year in the United States, and many more people are injured by violence. ...Many people in the United States experience physical assaults, sexual violence, and gun-related injuries. Adolescents are especially at risk for experiencing violence. Interventions to reduce violence are needed to keep people safe in their homes, schools, workplaces, and communities.

Children who experience violence are at risk for long-term physical, behavioral, and mental health problems. Strategies to protect children from violence can help improve their health and well-being later in life.

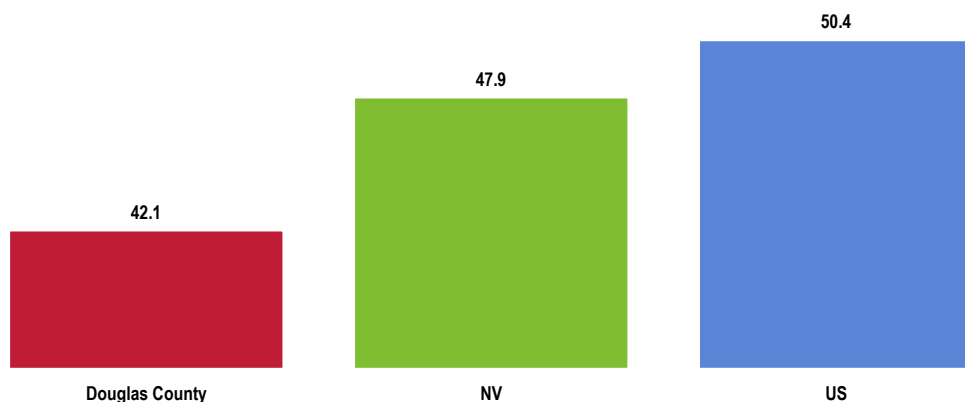
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Unintentional Injury

### Age-Adjusted Unintentional Injury Deaths

Unintentional injury is a leading cause of death. The chart that follows illustrates unintentional injury death rates for Douglas County, Nevada, and the US.

**Unintentional Injuries: Age-Adjusted Mortality**  
(2016-2020 Annual Average Deaths per 100,000 Population)  
Healthy People 2030 = 43.2 or Lower



Sources: ● Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.  
● Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).  
● US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>

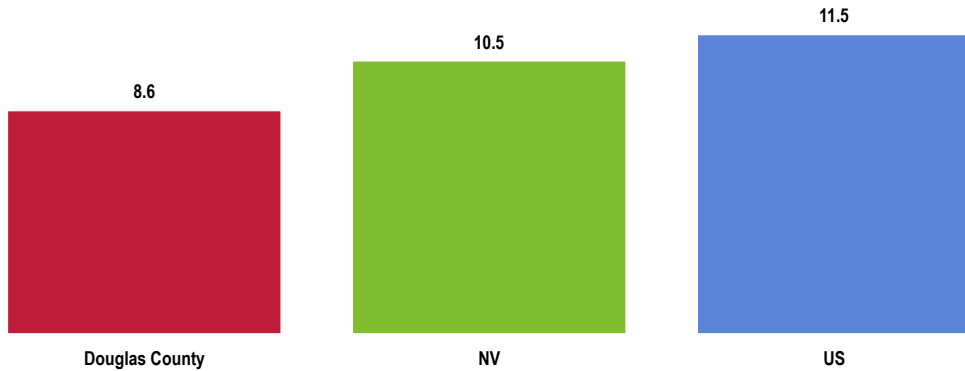
Notes: ● Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).  
● Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.



## Age-Adjusted Motor Vehicle Crash Deaths

Motor vehicle crashes contribute to a significant share of unintentional injury deaths in the community. Mortality rates for motor vehicle crash deaths are outlined below.

**Motor Vehicle Crashes: Age-Adjusted Mortality**  
(2016-2020 Annual Average Deaths per 100,000 Population)  
Healthy People 2030 = 10.1 or Lower



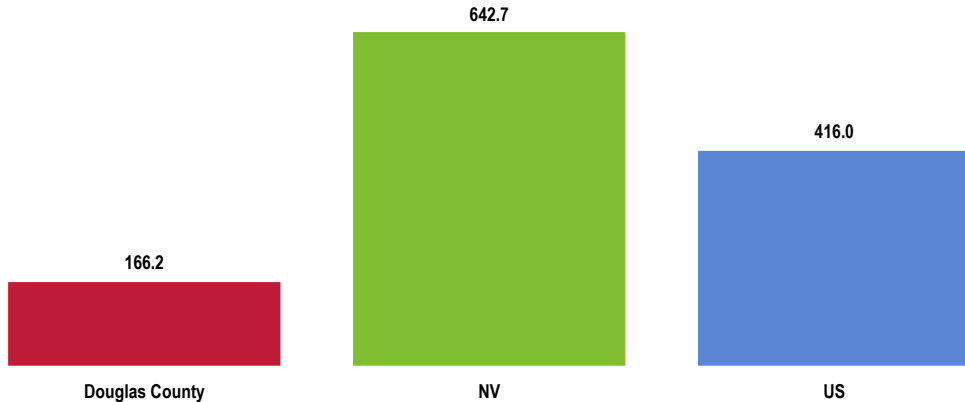
- Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
  - Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
  - This indicator is relevant because motor vehicle crash deaths are preventable, and they are a cause of premature death.

## Intentional Injury (Violence)

### Violent Crime Rate

The following chart shows the rate of violent crime per 100,000 population in Douglas County, Nevada, and the US.

**Violent Crime**  
(Rate per 100,000 Population, 2014-2016)



- Sources:
- Federal Bureau of Investigation, FBI Uniform Crime Reports.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
- Notes:
- This indicator reports the rate of violent crime offenses reported by the sheriff's office or county police department per 100,000 residents. Violent crime includes homicide, rape, robbery, and aggravated assault. This indicator is relevant because it assesses community safety.
  - Participation by law enforcement agencies in the UCR program is voluntary. Sub-state data do not necessarily represent an exhaustive list of crimes due to gaps in reporting. Also, some institutions of higher education have their own police departments, which handle offenses occurring within campus grounds; these offenses are not included in the violent crime statistics but can be obtained from the Uniform Crime Reports Universities and Colleges data tables.

**RELATED ISSUE**  
See also *Mental Health (Suicide)* in the **General Health Status** section of this report.

Violent crime is composed of four offenses (FBI Index offenses): murder and non-negligent manslaughter; forcible rape; robbery; and aggravated assault.

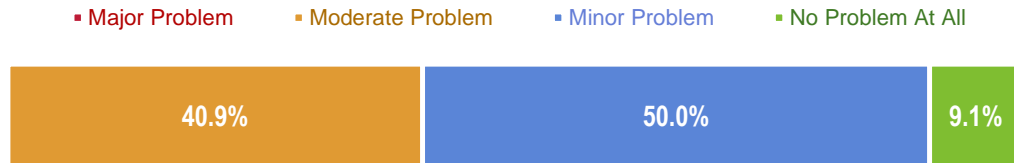
Note that the quality of crime data can vary widely from location to location, depending on the consistency and completeness of reporting among various jurisdictions.



# Key Informant Input: Injury & Violence

Key informants' perceptions of *Injury & Violence* in our community:

## Perceptions of Injury and Violence as a Problem in the Community (Key Informants, 2022)



Sources: ● PRC Online Key Informant Survey, PRC, Inc.  
Notes: ● Asked of all respondents.





# DIABETES

## ABOUT DIABETES

More than 30 million people in the United States have diabetes, and it's the seventh leading cause of death. ...Some racial/ethnic minorities are more likely to have diabetes. And many people with diabetes don't know they have it.

Poorly controlled or untreated diabetes can lead to leg or foot amputations, vision loss, and kidney damage. But interventions to help people manage diabetes can help reduce the risk of complications. In addition, strategies to help people who don't have diabetes eat healthier, get physical activity, and lose weight can help prevent new cases.

– Healthy People 2030 (<https://health.gov/healthypeople>)

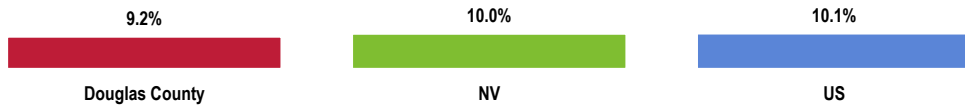
## Prevalence of Diabetes

Diabetes is a prevalent and long-lasting (chronic) health condition with a number of adverse health effects, and it may indicate an unhealthy lifestyle. The prevalence of diabetes among Douglas County adults age 20 and older is outlined below, compared to state and national prevalence levels.

The CDC Behavioral Risk Factor Survey asked respondents:

*“Has a doctor, nurse, or other health professional ever told you that you had diabetes?”*

### Prevalence of Diabetes (Adults Age 20 and Older; 2019)



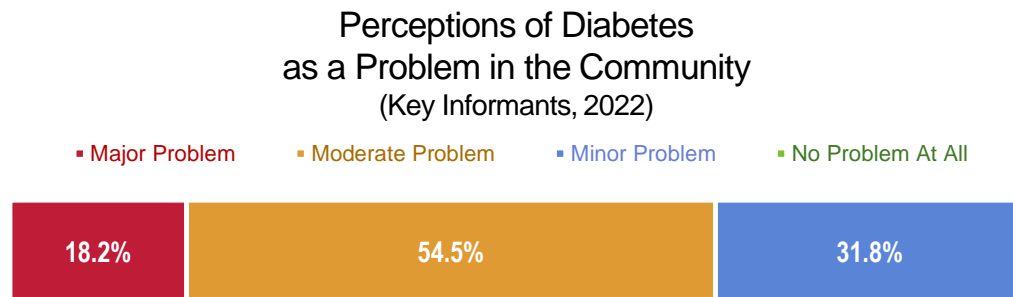
Sources: • Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES.  
• Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).

Notes: • This indicator is relevant because diabetes is a prevalent problem in the US; it may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.



# Key Informant Input: Diabetes

The following are key informants' ratings of *Diabetes* as a health concern in Douglas County.



Sources: ● PRC Online Key Informant Survey, PRC, Inc.  
Notes: ● Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Awareness/Education

- Education, lifestyle coaching, onsite nutrition classes, and management of medication. – Community Leader
- Lack of education and severe lack of endocrinologist. – Community Leader
- Lack of awareness about disease and lack of diabetic education resources in community. – Physician

### Affordable Medications/Supplies

- Cost of medications. – Physician



# KIDNEY DISEASE

## ABOUT KIDNEY DISEASE

More than 1 in 7 adults in the United States may have chronic kidney disease (CKD), with higher rates in low-income and racial/ethnic minority groups. And most people with CKD don't know they have it. ...People with CKD are more likely to have heart disease and stroke — and to die early. Managing risk factors like diabetes and high blood pressure can help prevent or delay CKD. Strategies to make sure more people with CKD are diagnosed early can help people get the treatment they need.

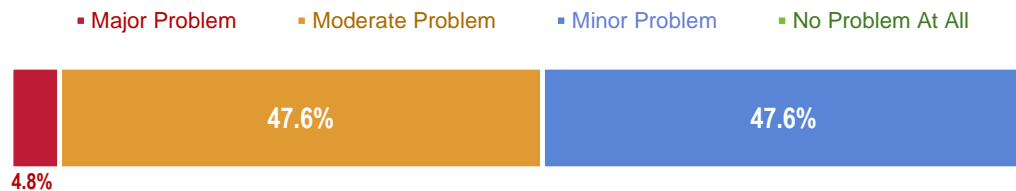
Recommended tests can help identify people with CKD to make sure they get treatments and education that may help prevent or delay kidney failure and end-stage kidney disease (ESKD). In addition, strategies to make sure more people with ESKD get kidney transplants can increase survival rates and improve quality of life.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Key Informant Input: Kidney Disease

The following are the perceptions of *Kidney Disease* as a community health issue among key informants taking part in an online survey.

### Perceptions of Kidney Disease as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Incidence/Prevalence

Most of my patients have CKD. – Physician



# POTENTIALLY DISABLING CONDITIONS

## Disability

### ABOUT DISABILITY & HEALTH

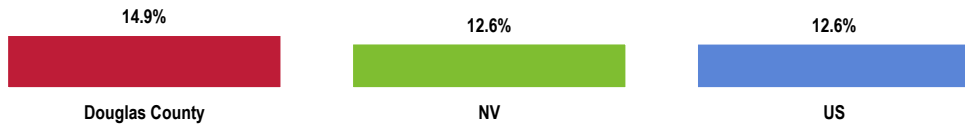
Studies have found that people with disabilities are less likely to get preventive health care services they need to stay healthy. Strategies to make health care more affordable for people with disabilities are key to improving their health.

In addition, people with disabilities may have trouble finding a job, going to school, or getting around outside their homes. And they may experience daily stress related to these challenges. Efforts to make homes, schools, workplaces, and public places easier to access can help improve quality of life and overall well-being for people with disabilities.

– Healthy People 2030 (<https://health.gov/healthypeople>)

The following represents the percentage of the total civilian, non-institutionalized population in Douglas County with a disability. This indicator is relevant because disabled individuals may comprise a vulnerable population that requires targeted services and outreach.

### Population With Any Disability (Total Civilian Non-Institutionalized Population; 2015-2019)



Sources: 

- US Census Bureau, American Community Survey.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).

Notes: 

- This indicator is relevant because disabled individuals comprise a vulnerable population that requires targeted services and outreach by providers.

Disability data come from the US Census Bureau's American Community Survey (ACS), Survey of Income and Program Participation (SIPP), and Current Population Survey (CPS). All three surveys ask about six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent-living difficulty.

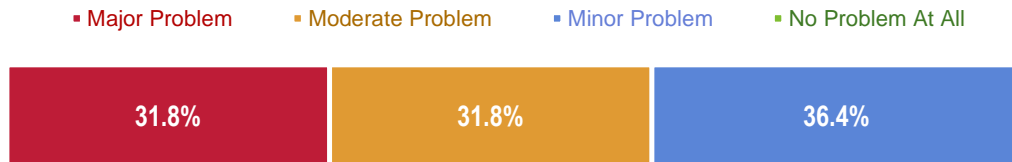
Respondents who report any one of the six disability types are considered to have a disability.



# Key Informant Input: Disability & Chronic Pain

Key informants' perceptions of *Disability & Chronic Pain* are outlined below.

## Perceptions of Disability & Chronic Pain as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Access to Care/Services

With the current issues with opioids, patients who need pain management do not have available services in Douglas County. Access to acute care for pain diagnosis is available but not management of pain in chronic illness or injury if opiates are needed as a part of long-term therapy. – Community Leader  
We do not have adequate pain management services or psychiatric services. – Physician  
Long wait time to get people into chronic pain management. – Physician  
No rehab centers must go to Carson or Reno. – Community Leader

### Lack of Providers

Again, not enough providers. Patients have to travel. Lack alternative treatments to medication management. – Public Health Representative

### Lifestyle

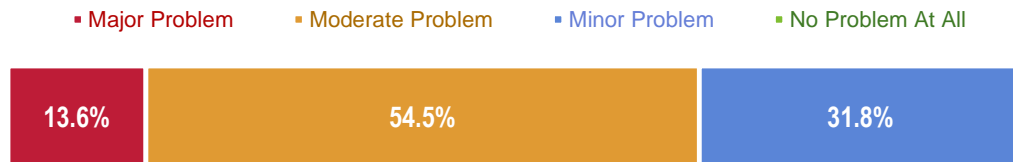
My patients have chronic pain due to poor lifestyle, have little understanding that they can improve their pain without pain meds. – Physician



# Key Informant Input: Dementia/Alzheimer's Disease

The following represents key informants' ratings of *Dementia/Alzheimer's Disease* as a community health concern.

## Perceptions of Dementia/Alzheimer's Disease as a Problem in the Community (Key Informants, 2022)



Sources: ● PRC Online Key Informant Survey, PRC, Inc.  
Notes: ● Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Access to Resources for Caregivers

I have noticed a lack of resources for caregivers with burnout and fatigue. There lacks any resources or groups to help alleviate both the physical and mental health needs for them. – Other Health Provider

### Incidence/Prevalence

The statics are staggering as to how many families are living with or care partnering to keep loved one's home, with no real supports for either party. Lack of resources, education, and solutions. Law enforcement needs more education in this area when going out on calls; and solutions as to where to take the person for safety and addressing the crisis. – Public Health Representative





# BIRTHS

# BIRTH OUTCOMES & RISKS

## ABOUT INFANT HEALTH

Keeping infants healthy starts with making sure women get high-quality care during pregnancy and improving women's health in general. After birth, strategies that focus on increasing breastfeeding rates and promoting vaccinations and developmental screenings are key to improving infants' health. Interventions that encourage safe sleep practices and correct use of car seats can also help keep infants safe.

The infant mortality rate in the United States is higher than in other high-income countries, and there are major disparities by race/ethnicity. Addressing social determinants of health is critical for reducing these disparities.

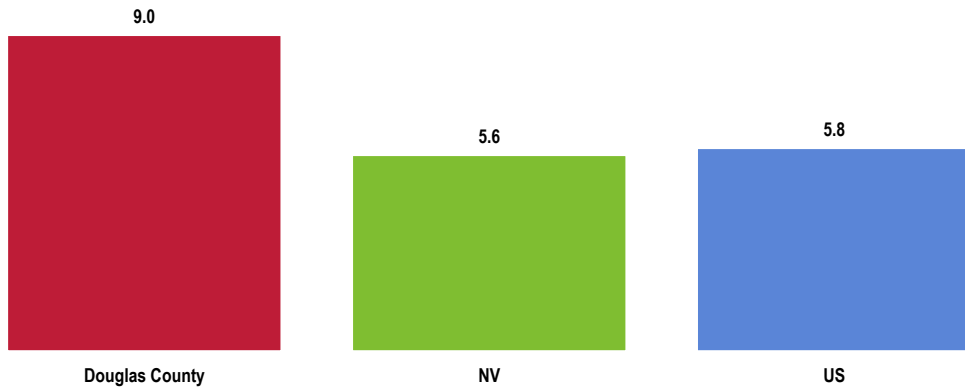
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Infant Mortality

Infant mortality includes the death of a child before his/her first birthday, expressed as the number of such deaths per 1,000 live births.

The following chart shows the number infant deaths per 1,000 live births in Douglas County. High infant mortality can highlight broader issues relating to health care access and maternal/child health.

**Infant Mortality Rate**  
(Annual Average Infant Deaths per 1,000 Live Births, 2013-2019)  
Healthy People 2030 = 5.0 or Lower



- Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- Infant deaths include deaths of children under 1 year old.
  - This indicator is relevant because high rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health.





# FAMILY PLANNING

## ABOUT FAMILY PLANNING

Nearly half of pregnancies in the United States are unintended, and unintended pregnancy is linked to many negative outcomes for both women and infants. ...Unintended pregnancy is linked to outcomes like preterm birth and postpartum depression. Interventions to increase use of birth control are critical for preventing unintended pregnancies. Birth control and family planning services can also help increase the length of time between pregnancies, which can improve health for women and their infants.

Adolescents are at especially high risk for unintended pregnancy. Although teen pregnancy and birth rates have gone down in recent years, close to 200,000 babies are born to teen mothers every year in the United States. Linking adolescents to youth-friendly health care services can help prevent pregnancy and sexually transmitted infections in this age group.

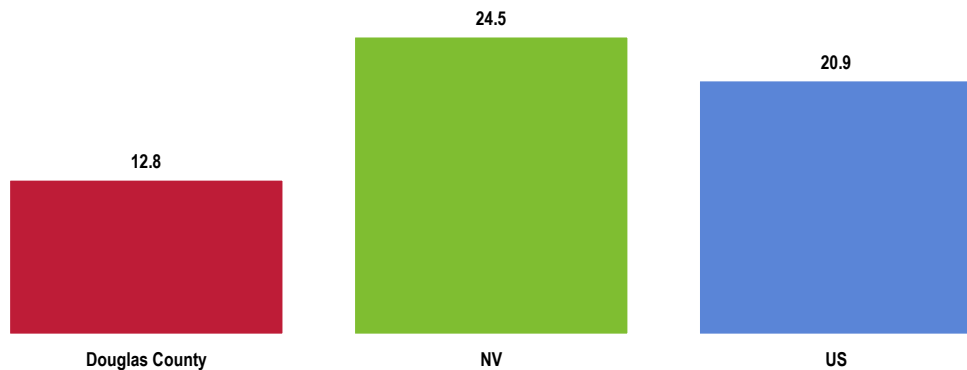
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Births to Adolescent Mothers

The following chart outlines the teen birth rate in Douglas County, compared to rates statewide and nationally. In many cases, teen parents have unique health and social needs. High rates of teen pregnancy might also indicate a prevalence of unsafe sexual behavior.

Here, teen births include births to women ages 15 to 19 years old, expressed as a rate per 1,000 female population in this age cohort.

**Teen Birth Rate**  
(Births to Adolescents Age 15-19 per 1,000 Females Age 15-19, 2013-2019)



Sources: 

- Centers for Disease Control and Prevention, National Vital Statistics System.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).

Notes: 

- This indicator is relevant because in many cases, teen parents have unique social, economic, and health support services. Additionally, high rates of teen pregnancy may indicate the prevalence of unsafe sex practices.



# Key Informant Input: Infant Health & Family Planning

Key informants' perceptions of *Infant Health & Family Planning* as a community health issue are outlined below.

## Perceptions of Infant Health and Family Planning as a Problem in the Community (Key Informants, 2022)



Sources: ● PRC Online Key Informant Survey, PRC, Inc.  
Notes: ● Asked of all respondents.





# MODIFIABLE HEALTH RISKS

# NUTRITION

## ABOUT NUTRITION & HEALTHY EATING

Many people in the United States don't eat a healthy diet. ...People who eat too many unhealthy foods — like foods high in saturated fat and added sugars — are at increased risk for obesity, heart disease, type 2 diabetes, and other health problems. Strategies and interventions to help people choose healthy foods can help reduce their risk of chronic diseases and improve their overall health.

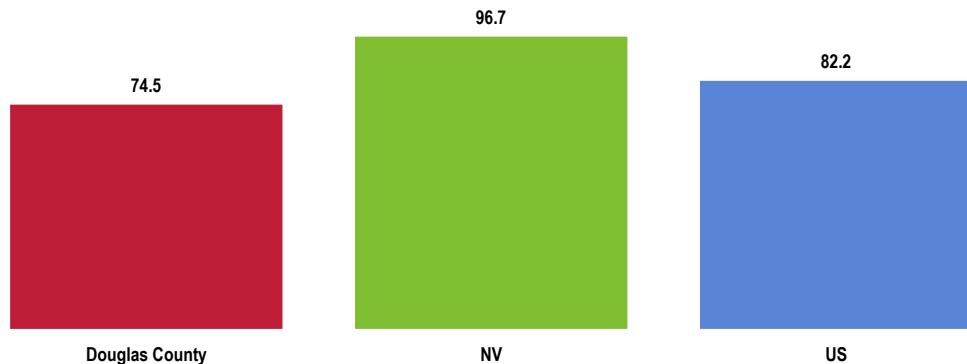
Some people don't have the information they need to choose healthy foods. Other people don't have access to healthy foods or can't afford to buy enough food. Public health interventions that focus on helping everyone get healthy foods are key to reducing food insecurity and hunger and improving health.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Food Environment: Fast Food

The following shows the number of fast-food restaurants in Douglas County, expressed as a rate per 100,000 residents. This indicator provides a measure of healthy food access and environmental influences on nutrition.

**Fast Food Restaurants**  
(Number of Fast Food Restaurants per 100,000 Population, 2019)



Sources: 

- US Census Bureau, County Business Patterns. Additional data analysis by CARES.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).

Notes: 

- This indicator is relevant because it provides a measure of healthy food access and environmental influences on dietary behaviors.

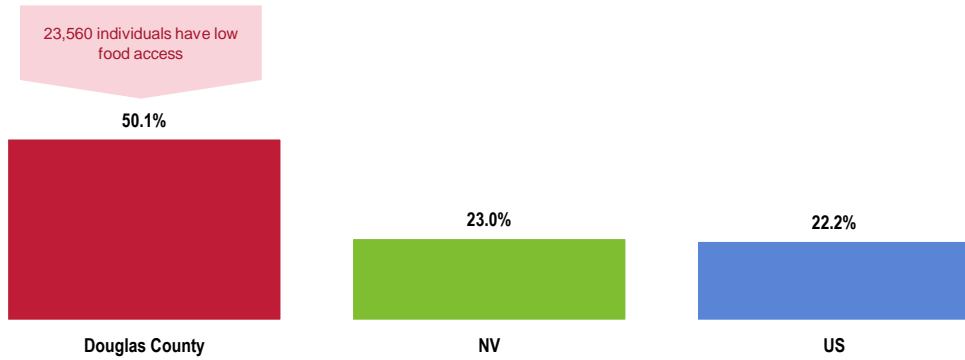


# Access to Healthful Food

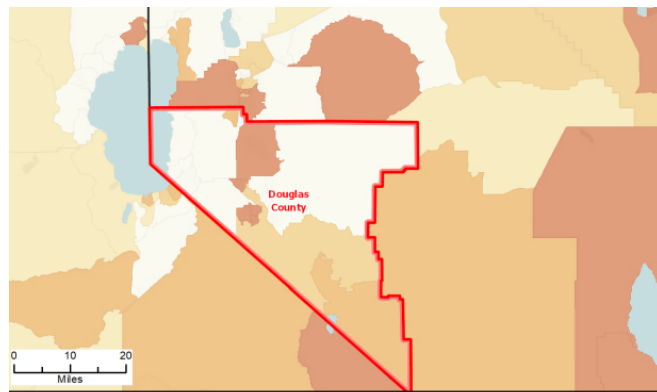
Low food access is defined as living more than ½ mile from the nearest supermarket, supercenter, or large grocery store.

The following chart shows US Department of Agriculture data determining the percentage of Douglas County residents found to have low food access, meaning that they do not live near a supermarket or large grocery store.

**Population With Low Food Access**  
(Percent of Population Far From a Supermarket or Large Grocery Store, 2019)



- Sources:
- US Department of Agriculture, Economic Research Service, USDA - Food Access Research Atlas (FARA).
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension, Retrieved April 2022 via SparkMap (sparkmap.org).
- Notes:
- This indicator reports the percentage of the population with low food access. Low food access is defined as living more than ½ mile from the nearest supermarket, supercenter, or large grocery store. This indicator is relevant because it highlights populations and geographies facing food insecurity.



# PHYSICAL ACTIVITY

## ABOUT PHYSICAL ACTIVITY

Physical activity can help prevent disease, disability, injury, and premature death. The Physical Activity Guidelines for Americans lays out how much physical activity children, adolescents, and adults need to get health benefits. Although most people don't get the recommended amount of physical activity, it can be especially hard for older adults and people with chronic diseases or disabilities.

Strategies that make it safer and easier to get active — like providing access to community facilities and programs — can help people get more physical activity. Strategies to promote physical activity at home, at school, and at childcare centers can also increase activity in children and adolescents.

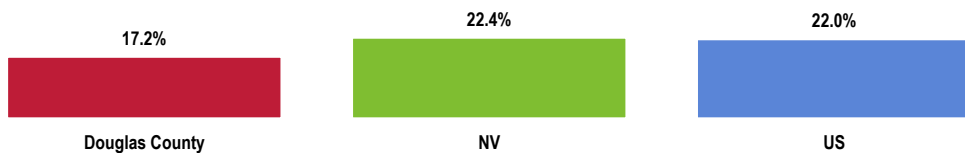
– Healthy People 2030 (<https://health.gov/healthypeople>)

## Leisure-Time Physical Activity

Below is the percentage of Douglas County adults age 20 and older who report no leisure-time physical activity in the past month. This measure is important as an indicator of risk for significant health issues such as obesity or poor cardiovascular health.

### No Leisure-Time Physical Activity in the Past Month (Adults Age 20+, 2019)

Healthy People 2030 = 21.2% or Lower



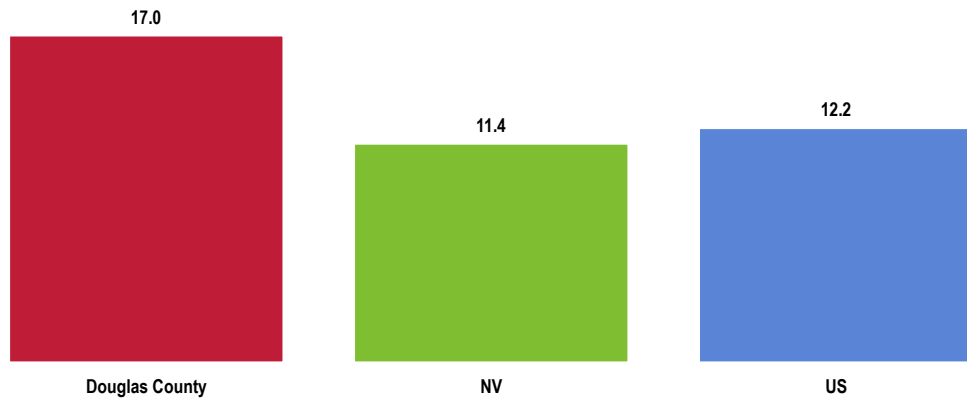
- Sources:
- Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.



## Access to Physical Activity

The following chart shows the number of recreation/fitness facilities for every 100,000 population in Douglas County. This is relevant as an indicator of the built environment's support for physical activity and other healthy behaviors.

**Population With Recreation & Fitness Facility Access**  
(Number of Recreation & Fitness Facilities per 100,000 Population, 2019)



- Sources:
- US Census Bureau, County Business Patterns. Additional data analysis by CARES.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
- Notes:
- Recreation and fitness facilities are defined by North American Industry Classification System (NAICS) Code 713940, which include *Establishments engaged in operating facilities which offer "exercise and other active physical fitness conditioning or recreational sports activities."* Examples include athletic clubs, gymnasiums, dance centers, tennis clubs, and swimming pools. This indicator is relevant because access to recreation and fitness facilities encourages physical activity and other healthy behaviors.



# WEIGHT STATUS

## ABOUT OVERWEIGHT & OBESITY

Obesity is linked to many serious health problems, including type 2 diabetes, heart disease, stroke, and some types of cancer. Some racial/ethnic groups are more likely to have obesity, which increases their risk of chronic diseases.

Culturally appropriate programs and policies that help people eat nutritious foods within their calorie needs can reduce overweight and obesity. Public health interventions that make it easier for people to be more physically active can also help them maintain a healthy weight.

- Healthy People 2030 (<https://health.gov/healthypeople>)

Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. The BMI should be used to assess overweight and obesity and to monitor changes in body weight. In addition, measurements of body weight alone can be used to determine efficacy of weight loss therapy. BMI is calculated as weight (kg)/height squared ( $m^2$ ). To estimate BMI using pounds and inches, use: [weight (pounds)/height squared (inches<sup>2</sup>)] x 703.

In this report, overweight is defined as a BMI of 25.0 to 29.9  $kg/m^2$  and obesity as a BMI  $\geq 30 kg/m^2$ . The rationale behind these definitions is based on epidemiological data that show increases in mortality with BMIs above 25  $kg/m^2$ . The increase in mortality, however, tends to be modest until a BMI of 30  $kg/m^2$  is reached. For persons with a BMI  $\geq 30 kg/m^2$ , mortality rates from all causes, and especially from cardiovascular disease, are generally increased by 50 to 100 percent above that of persons with BMIs in the range of 20 to 25  $kg/m^2$ .

- Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.

CLASSIFICATION OF OVERWEIGHT AND OBESITY BY BMI	BMI ( $kg/m^2$ )
Underweight	<18.5
Normal	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	$\geq 30.0$

Source: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.



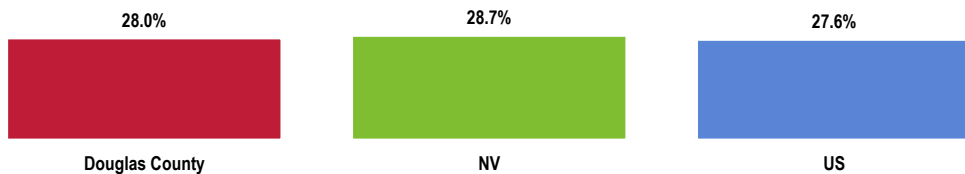


# Obesity

“Obese” includes respondents with a BMI value  $\geq 30.0$ .

Outlined below is the percentage of Douglas County adults age 20 and older who are obese, indicating that they might lead an unhealthy lifestyle and be at risk for adverse health issues.

## Prevalence of Obesity (Adults Age 20+ With a Body Mass Index $\geq 30.0$ , 2019) Healthy People 2030 = 36.0% or Lower

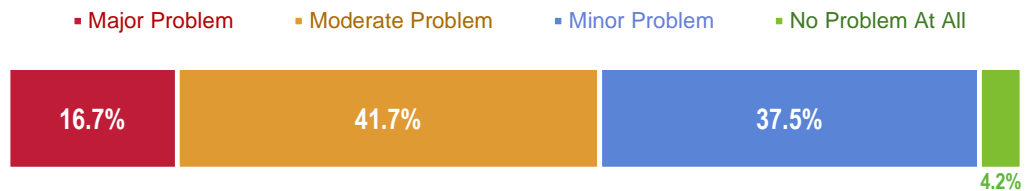


- Sources:
- Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.
  - This indicator is relevant because excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

# Key Informant Input: Nutrition, Physical Activity & Weight

Key informants' ratings of *Nutrition, Physical Activity & Weight* as a community health issue are illustrated below.

## Perceptions of Nutrition, Physical Activity, and Weight as a Problem in the Community (Key Informants, 2022)



- Sources:
- PRC Online Key Informant Survey, PRC, Inc.
- Notes:
- Asked of all respondents.

# Top Concerns

## Access to Care/Services

Many people do not have access to services to help with nutrition and if referred, it takes months to get seen. – Other Health Provider



# SUBSTANCE ABUSE

## ABOUT DRUG & ALCOHOL USE

More than 20 million adults and adolescents in the United States have had a substance use disorder in the past year. ...Substance use disorders can involve illicit drugs, prescription drugs, or alcohol. Opioid use disorders have become especially problematic in recent years. Substance use disorders are linked to many health problems, and overdoses can lead to emergency department visits and deaths.

Effective treatments for substance use disorders are available, but very few people get the treatment they need. Strategies to prevent substance use — especially in adolescents — and help people get treatment can reduce drug and alcohol misuse, related health problems, and deaths.

– Healthy People 2030 (<https://health.gov/healthypeople>)

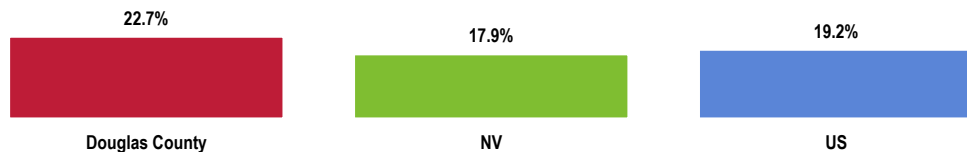
## Excessive Alcohol Use

**Excessive drinking** includes heavy and/or binge drinkers:

- **HEAVY DRINKERS** ► men reporting 2+ alcoholic drinks per day or women reporting 1+ alcoholic drink per day in the month preceding the interview.
- **BINGE DRINKERS** ► men reporting 5+ alcoholic drinks or women reporting 4+ alcoholic drinks on any single occasion during the past month.

The following illustrates the prevalence of excessive drinkers in Douglas County, as well as statewide and nationally. Excessive drinking is linked to significant health issues, such as cirrhosis, certain cancers, and untreated mental/behavioral health issues.

### Excessive Drinkers (2018)



Sources: 

- Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. US Department of Health & Human Services, Health Indicators Warehouse.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).

Notes: 

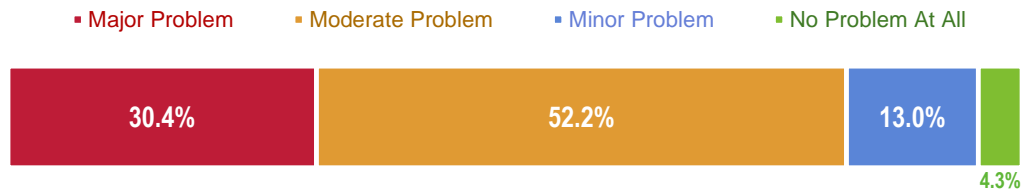
- This indicator reports the percentage of adults aged 18 and older who self-report heavy alcohol consumption (defined as more than two drinks per day on average for men and one drink per day on average for women). This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as cirrhosis, cancers, and untreated mental and behavioral health needs.



# Key Informant Input: Substance Abuse

Note the following perceptions regarding *Substance Abuse* in the community among key informants taking part in an online survey.

## Perceptions of Substance Abuse as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Access to Care/Services

- No inpatient OR outpatient facilities in our town, so folks must go to Carson City or Reno for treatment. – Community Leader
- Not enough counselors, resources. patients don't want help. – Physician
- Access to care. – Public Health Representative

### Denial/Stigma

- Stigma and possibly hours. – Public Health Representative
- Douglas County loves to portray the community as not having any problems; substance abuse and addiction; child neglect and abuse; elder abuse of prescription drugs are all highly visible problems within our community if you are looking. Sweeping it under the rug, have areas of lines of demarcation to keep the "problems" at bay only add to the issues and struggles. There are not enough providers. People who are mandated to programs generally do not have transportation and live in areas that do not have public or paid transportation. Court ordered with children involved but so many regulations and demands that parents cannot succeed at meetings, sobriety, therapy, visits ext. They live away from the (3) lined up grocery stores so they have to resort to purchasing processed foods at higher prices from 7-11, AM-PM etc. No homeless shelters, halfway houses, family shelters, IOP or In Patient treatment centers in Douglas County. – Public Health Representative

### Lack of Providers

- Lack of licensed providers who can treat co-occurring disorders, no in-patient facilities, transportation. – Public Health Representative



## Most Problematic Substances

Note below which substances key informants (who rated this as a “major problem”) identified as causing the most problems in Douglas County.

SUBSTANCES VIEWED AS MOST PROBLEMATIC IN THE COMMUNITY (Among Key Informants Rating Substance Abuse as a “Major Problem”)	
METHAMPHETAMINE OR OTHER AMPHETAMINES	42.9%
ALCOHOL	28.6%
HEROIN OR OTHER OPIOIDS	14.3%
MARIJUANA	14.3%



# TOBACCO USE

## ABOUT TOBACCO USE

More than 16 million adults in the United States have a disease caused by smoking cigarettes, and smoking-related illnesses lead to half a million deaths each year.

Most deaths and diseases from tobacco use in the United States are caused by cigarettes. Smoking harms nearly every organ in the body and increases the risk of heart disease, stroke, lung diseases, and many types of cancer. Although smoking is widespread, it's more common in certain groups, including men, American Indians/Alaska Natives, people with behavioral health conditions, LGBT people, and people with lower incomes and education levels.

Several evidence-based strategies can help prevent and reduce tobacco use and exposure to secondhand smoke. These include smoke-free policies, price increases, and health education campaigns that target large audiences. Methods like counseling and medication can also help people stop using tobacco.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Cigarette Smoking Prevalence

Tobacco use is linked to the two major leading causes of death: cancer and cardiovascular disease. Note below the prevalence of cigarette smoking in our community.

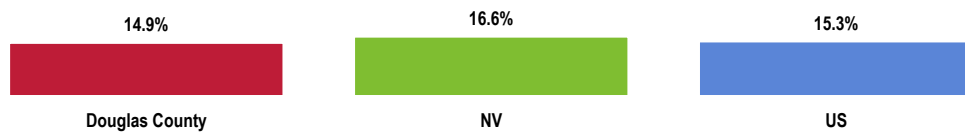
The CDC Behavioral Risk Factor Surveillance Survey asked respondents:

*“Do you now smoke cigarettes every day, some days, or not at all?”*

“Current smokers” are defined as those who smoke every day or on some days.

### Current Smokers (2019)

Healthy People 2030 = 5.0% or Lower

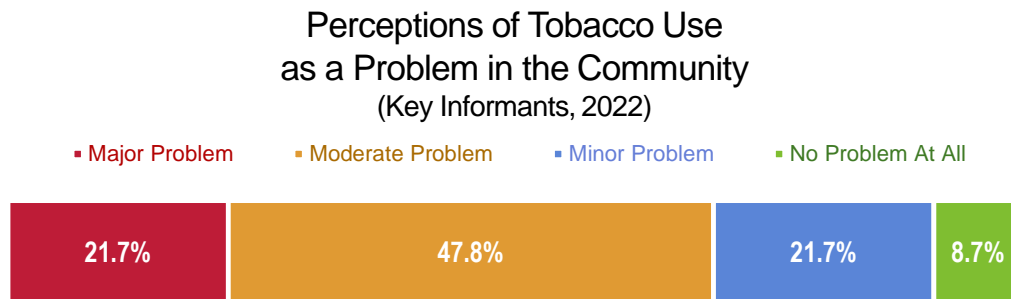


- Sources:
- Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. US Department of Health & Human Services, Health Indicators Warehouse.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- Includes regular and occasional smokers (those who smoke cigarettes every day or on some days).
  - This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.



# Key Informant Input: Tobacco Use

Below are key informants' ratings of *Tobacco Use* as a community health concern.



Sources: ● PRC Online Key Informant Survey, PRC, Inc.  
Notes: ● Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### E-Cigarettes

Vaping devices are so appealing to teens and are easy to get. The nicotine amount in these vaping devices is uncontrolled so we see teens getting ill and almost fainting from vaping nicotine and using tobacco products. – Community Leader



# SEXUAL HEALTH

## ABOUT HIV & SEXUALLY TRANSMITTED INFECTIONS

Although many sexually transmitted infections (STIs) are preventable, there are more than 20 million estimated new cases in the United States each year — and rates are increasing. In addition, more than 1.2 million people in the United States are living with HIV (human immunodeficiency virus).

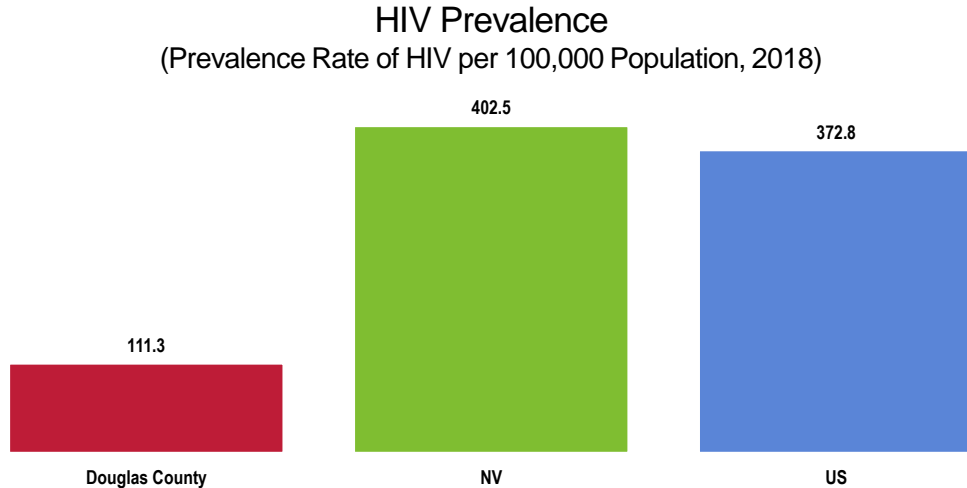
Adolescents, young adults, and men who have sex with men are at higher risk of getting STIs. And people who have an STI may be at higher risk of getting HIV. Promoting behaviors like condom use can help prevent STIs.

Strategies to increase screening and testing for STIs can assess people's risk of getting an STI and help people with STIs get treatment, improving their health and making it less likely that STIs will spread to others. Getting treated for an STI other than HIV can help prevent complications from the STI but doesn't prevent HIV from spreading.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## HIV

The following chart outlines the prevalence of HIV in our community, expressed as a rate per 100,000 population.



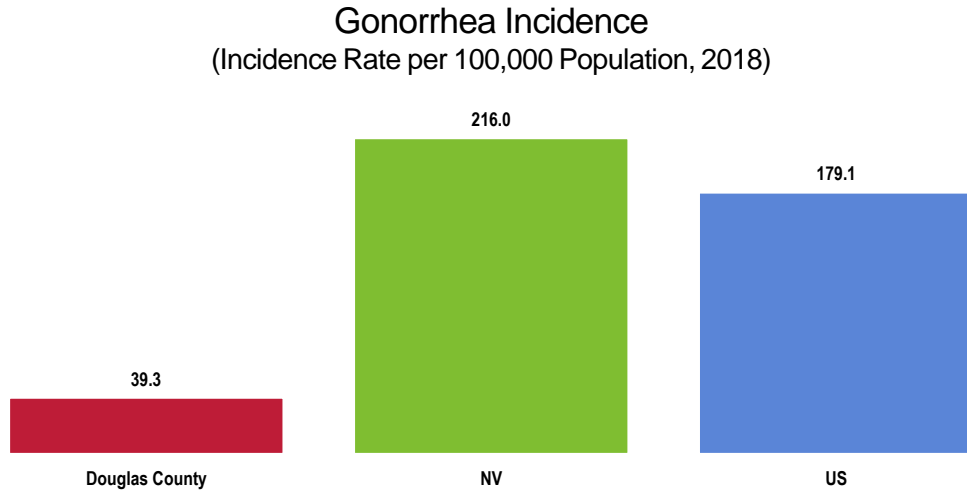
- Sources:
- Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
- Notes:
- This indicator is relevant because HIV is a life-threatening communicable disease that disproportionately affects minority populations and may also indicate the prevalence of unsafe sex practices.



# Sexually Transmitted Infections (STIs)

## Chlamydia & Gonorrhea

Chlamydia and gonorrhea are reportable health conditions that might indicate unsafe sexual practices in the community. Incidence rates for these sexually transmitted diseases are shown in the following chart.



Sources: 

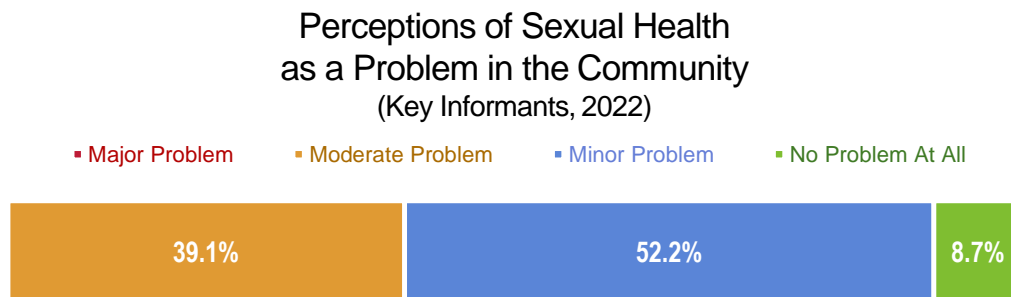
- Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).

Notes: 

- This indicator is relevant because it is a measure of poor health status and indicates the prevalence of unsafe sex practices.

## Key Informant Input: Sexual Health

Key informants' ratings of *Sexual Health* as a community health concern are shown in the following chart.



Sources: 

- PRC Online Key Informant Survey, PRC, Inc.

Notes: 

- Asked of all respondents.







# ACCESS TO HEALTH CARE

# BARRIERS TO HEALTH CARE ACCESS

## ABOUT HEALTH CARE ACCESS

Many people in the United States don't get the health care services they need. ...About 1 in 10 people in the United States don't have health insurance. People without insurance are less likely to have a primary care provider, and they may not be able to afford the health care services and medications they need. Strategies to increase insurance coverage rates are critical for making sure more people get important health care services, like preventive care and treatment for chronic illnesses.

Sometimes people don't get recommended health care services, like cancer screenings, because they don't have a primary care provider. Other times, it's because they live too far away from health care providers who offer them. Interventions to increase access to health care professionals and improve communication — in person or remotely — can help more people get the care they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

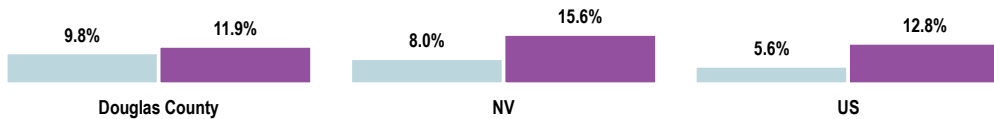
## Lack of Health Insurance Coverage

Health insurance coverage is a critical component of health care access and a key driver of health status. The following chart shows the latest figures for the prevalence of uninsured adults (age 18 to 64 years) in Douglas County.

Here, lack of health insurance coverage reflects respondents age 18 to 64 (thus, excluding the Medicare population) who have no type of insurance coverage for health care services – neither private insurance nor government-sponsored plans (e.g., Medicaid).

**Uninsured Population (2019)**  
Healthy People 2030 Target = 7.9%

■ Children (0-17) ■ Adults (18-64)



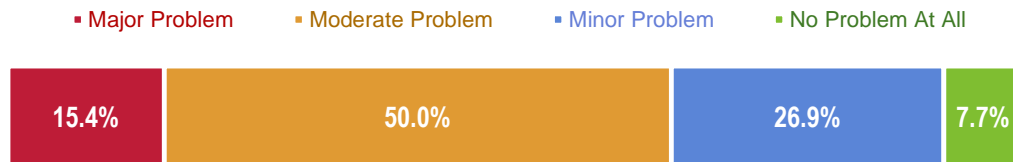
- Sources:
- US Census Bureau, Small Area Health Insurance Estimates. & American Community Survey 5-year estimates.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
  - US Department of Health and Human Services. Healthy People 2030. August 2030. <http://www.healthypeople.gov>
- Notes:
- The lack of health insurance is considered a *key driver* of health status. This indicator is relevant because lack of insurance is a primary barrier to healthcare access (including regular primary care, specialty care, and other health services) that contributes to poor health status.



# Key Informant Input: Access to Health Care Services

Key informants' ratings of *Access to Health Care Services* as a problem in Douglas County is outlined below.

## Perceptions of Access to Health Care Services as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.  
Notes: • Asked of all respondents.

## Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

### Lack of Providers

Not enough providers for the need. Lack of clear availability. Mental health and substance abuse providers without ability for inpatient care is a huge issue. Not enough providers for Medicare patients. – Public Health Representative

Limited available providers and office appointments due to the practice management of holding patients hostage for medication and government advisories. – Physician

Availability of clinicians in the region. – Community Leader

### Access to Care for Uninsured/Underinsured

Hard to get appointment with primary care if uninsured for things HTN, diabetes, cold, flu. – Public Health Representative

### Long Wait Times

Quality doctors without a very long wait for appointments. – Community Leader



# PRIMARY CARE SERVICES

## ABOUT PREVENTIVE CARE

Getting preventive care reduces the risk for diseases, disabilities, and death — yet millions of people in the United States don't get recommended preventive health care services.

Children need regular well-child and dental visits to track their development and find health problems early, when they're usually easier to treat. Services like screenings, dental check-ups, and vaccinations are key to keeping people of all ages healthy. But for a variety of reasons, many people don't get the preventive care they need. Barriers include cost, not having a primary care provider, living too far from providers, and lack of awareness about recommended preventive services.

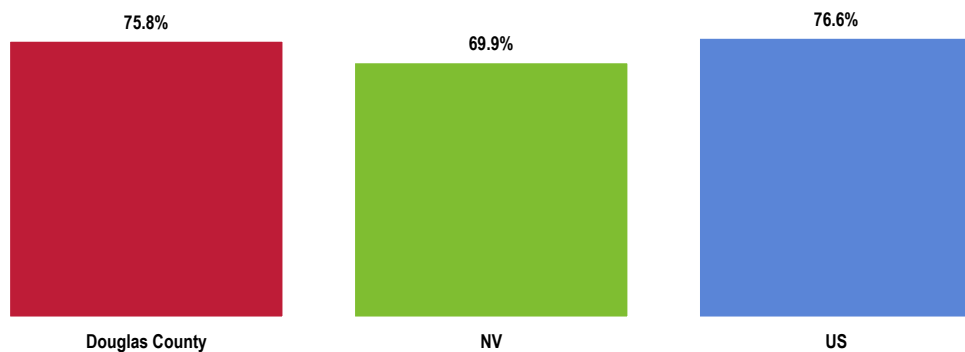
Teaching people about the importance of preventive care is key to making sure more people get recommended services. Law and policy changes can also help more people access these critical services.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Primary Care Visits

The following chart reports the percentage of Douglas County adults who have had at least one visit to a doctor for a routine checkup in the past year.

Primary Care Visit in the Past Year  
(2019)



Sources: 

- Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).

Notes: 

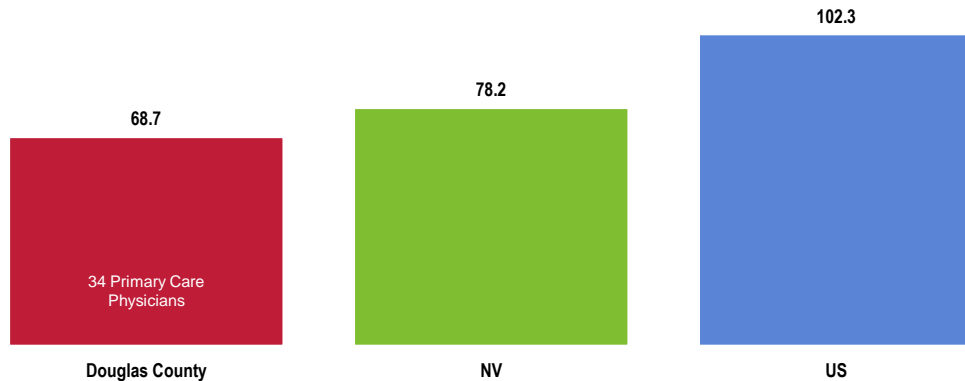
- This indicator reports the number and percentage of adults age 18 and older with one or more visits to a doctor for routine checkup within the past one year.



## Access to Primary Care

The following indicator outlines the number of primary care physicians per 100,000 population in Douglas County. Having adequate primary care practitioners contributes to access to preventive care.

**Access to Primary Care**  
(Number of Primary Care Physicians per 100,000 Population, 2021)



- Sources:
- US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).
- Notes:
- Doctors classified as "primary care physicians" by the AMA include: General Family Medicine MDs and DOs, General Practice MDs and DOs, General Internal Medicine MDs, and General Pediatrics MDs. Physicians age 75 and over and physicians practicing sub-specialties within the listed specialties are excluded. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.



# ORAL HEALTH

## ABOUT ORAL HEALTH

Tooth decay is the most common chronic disease in children and adults in the United States. ...Regular preventive dental care can catch problems early, when they're usually easier to treat. But many people don't get the care they need, often because they can't afford it. Untreated oral health problems can cause pain and disability and are linked to other diseases.

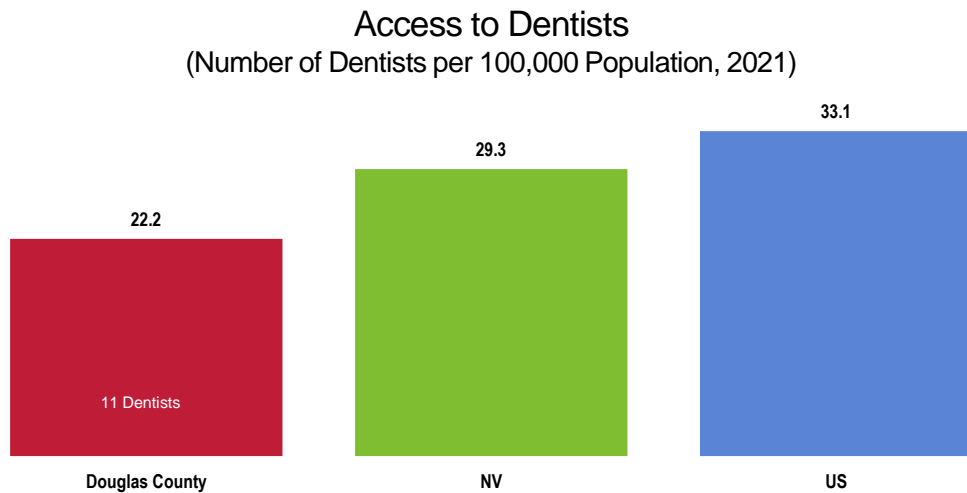
Strategies to help people access dental services can help prevent problems like tooth decay, gum disease, and tooth loss. Individual-level interventions like topical fluorides and community-level interventions like community water fluoridation can also help improve oral health. In addition, teaching people how to take care of their teeth and gums can help prevent oral health problems.

– Healthy People 2030 (<https://health.gov/healthypeople>)

## Access to Dentists

The following chart outlines the number of dentists for every 100,000 residents in Douglas County.

This indicator includes all dentists — qualified as having a doctorate in dental surgery (DDS) or dental medicine (DMD), who are licensed by the state to practice dentistry and who are practicing within the scope of that license.



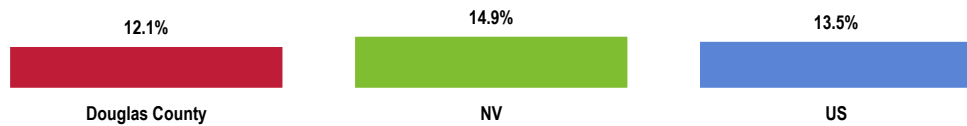
- Sources:
- US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File.
  - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap ([sparkmap.org](http://sparkmap.org)).
- Notes:
- This indicator reports the number of dentists per 100,000 population. This indicator includes all dentists, qualified as having a doctorate in dental surgery (DDS) or dental medicine (DMD), who are licensed by the state to practice dentistry and who are practicing within the scope of that license.



## Poor Dental Health

The following chart shows the percentage of Douglas County adults age 18 and older who have lost (or had removed) all of their permanent teeth due to tooth decay, gum disease, or infection. This indicator can signify a lack of access to dental care and/or other barriers to the use of dental services.

**Adults With Poor Dental Health**  
(Loss of All Natural Teeth by Decay or Disease, 2018)



Sources: 

- Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES.
- Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved April 2022 via SparkMap (sparkmap.org).

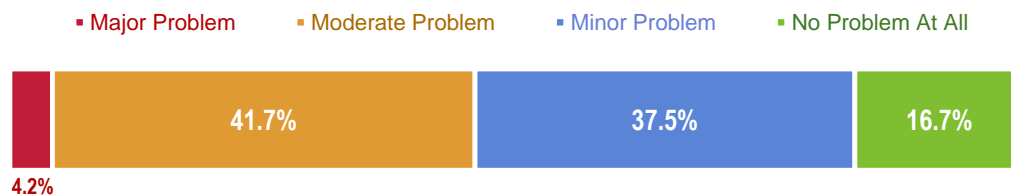
  
Notes: 

- This indicator reports the percentage of adults age 18 and older who self-report that all of their permanent teeth have been removed due to tooth decay, gum disease, or infection. This indicator is relevant because it indicates lack of access to dental care and/or social barriers to utilization of dental services.

## Key Informant Input: Oral Health

Key informants' perceptions of *Oral Health* are outlined below.

**Perceptions of Oral Health**  
as a Problem in the Community  
(Key Informants, 2022)



Sources: 

- PRC Online Key Informant Survey, PRC, Inc.

  
Notes: 

- Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

### Access to Care for Uninsured/Underinsured

Lots of people come to the ED for oral health care because they don't have insurance to see a dentist. – Physician





# LOCAL RESOURCES

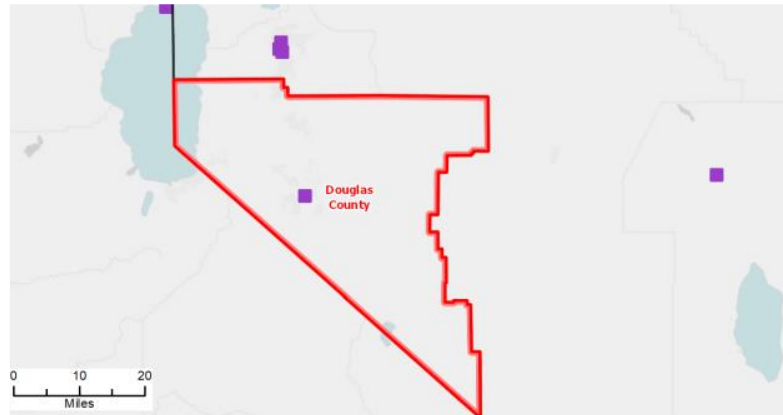


# HEALTH CARE RESOURCES & FACILITIES

## Federally Qualified Health Centers (FQHCs)

The following map details Federally Qualified Health Centers (FQHCs) within Douglas County.

FQHCs are community assets that provide health care to vulnerable populations; they receive federal funding to promote access to ambulatory care in areas designated as medically underserved.



Map Legend

Federally Qualified Health Centers, POS  
September 2020

Report Location, County



SparkMap



# Resources Available to Address the Significant Health Needs

The following represent potential measures and resources (such as programs, organizations, and facilities in the community) identified by key informants as available to address the significant health needs identified in this report. This list only reflects input from participants in the Online Key Informant Survey and should not be considered to be exhaustive nor an all-inclusive list of available resources.

## Access to Health Care Services

- 911
- Carson Tahoe Physicians Clinic
- Carson Valley Medical Center
- DCCCH
- DCI
- Douglas County Community Health Clinic
- Douglas County Social Services
- Minden Family Medicine
- Rural Mental Health
- Walmart Clinic

## Disability & Chronic Pain

- Tahoe Fracture

## Heart Disease & Stroke

- Carson Tahoe Health
- Doctor's Offices
- Emergent Care
- Hospitals
- Renown Health
- Urgent Care

## Cancer

- Carson Valley Medical Center

## Coronavirus Disease/COVID-19

- Carson City Health and Human Services
- Carson Valley Medical Center
- Doctor's Offices
- Minden Family Medicine
- Urgent Care

## Dementia/Alzheimer's Disease

- Carson Valley Medical Center
- Douglas County Community Services
- Gardnerville Health

## Diabetes

- Carson Tahoe Urgent Care
- Carson Valley Medical Center
- Carson Valley Urgent Care
- Community Counseling Center
- Insurance
- Medicaid
- Medicare
- Washoe Tribal Health

## Mental Health

- Carson City Community Mental Health
- Carson Rehab
- Carson Valley Medical Center
- Doctor's Offices
- Douglas County
- Douglas County Community Mental Health Center
- Hospitals
- Lucerne Therapists
- Mallory Behavioral Crisis Center
- Mental Health Initiative
- Mobile Outreach Safety Teams
- Moxy Up
- Partnership Douglas County
- Private Agencies
- Rural Clinics Douglas
- Rural Mental Health
- Social Services
- Suicide Prevention Network
- Tahoe Youth and Family Services
- Thrive
- Vitality for Life
- Washoe Tribal Health



## **Nutrition, Physical Activity, & Weight**

Carson Valley Medical Center

## **Substance Abuse**

AA/NA  
Carson City Community Counseling  
Community Counseling Center  
LADC Social Services  
NAMI  
Tahoe Youth and Family Services  
Thrive

## **Tobacco Use**

1-800-QUIT-NOW  
Carson Tahoe Health  
Carson Valley Medical Center  
Thrive





# APPENDIX

# EVALUATION OF PAST ACTIVITIES

## Community Benefit

Over the past three years, Carson Valley Medical Center has invested in improving the health of our community's most vulnerable populations. Our commitment to this goal is reflected in:

- Over \$11 million community benefit that includes uncompensated care, and community health improvement initiatives.

Our work also reflects a focus on community health improvement, as described below.

## Addressing Significant Health Needs

Carson Valley Medical Center conducted its last CHNA in 2019 and reviewed the health priorities identified through that assessment. Taking into account the top-identified needs — as well as hospital resources and overall alignment with the hospital's mission, goals and strategic priorities — it was determined at that time that Carson Valley Medical Center would focus on developing and/or supporting strategies and initiatives to improve:

- Mental Health
- Substance Abuse
- Nutrition, Physical Activity and Weight
- Cancer

Strategies for addressing these needs were outlined in Carson Valley Medical Center's Strategic Plan. Pursuant to IRS requirements, the following sections provide an evaluation of the impact of the actions taken by Carson Valley Medical Center to address these significant health needs in our community.



## Evaluation of Impact

Priority Area: Mental Health	
Community Health Need	Improve access to mental health services
Goal(s)	<ul style="list-style-type: none"> <li>Expand mental health services for the Carson Valley</li> </ul>

Strategy 1: Open Outpatient Behavioral Health department at CVMC.	
Strategy Was Implemented?	Yes
Target Population(s)	Carson Valley residents
Partnering Organization(s)	Not partners in the service, but we work closely with Douglas County Mental Health Services and Suicide Prevention network in our delivery of mental health care to our community.
Results/Impact	<ul style="list-style-type: none"> <li>Average monthly visits for outpatient behavioral health have increased from 231/month in 2019 (the year we opened) to over 400/month</li> </ul>

Priority Area: Substance Abuse	
Community Health Need	Partner and support with organizations whose mission is to address substance abuse in our community.
Goal(s)	<ul style="list-style-type: none"> <li>.CVMC continues to provide support to the Partnership of Community Resources.</li> </ul>

Priority Area: Nutrition, Physical Activity & Weight	
Community Health Need	Improve access to resources to assist community with issues relating to nutrition, physical activity, and weight.
Goal(s)	<ul style="list-style-type: none"> <li>Improve engagement with community on topics surrounding nutrition, physical activity and weight.</li> </ul>



### Strategy 1: Increase outpatient nutritional counseling services at CVMC.

Strategy Was Implemented?	Yes
Target Population(s)	Carson Valley residents of all ages.
Partnering Organization(s)	
Results/Impact	<ul style="list-style-type: none"> <li>In 2019, on average we had 84 outpatient nutritional counseling appointments per month. By the end of 2021, this has increased by 96% to an average of 189 visits per month.</li> </ul>

### Strategy 2: Continue and Expand Stay Hydrated, Carson Valley campaign

Strategy Was Implemented?	Yes
Target Population(s)	Carson Valley Residents of All Ages
Partnering Organization(s)	Internal: External: Carson Valley Chamber of Commerce, Carson Valley Food Closet, Douglas County School District, Douglas County Community Services
Results/Impact	<ul style="list-style-type: none"> <li>Attend over 90 events each year with our hydration station.</li> </ul>

### Priority Area: Cancer

Community Health Need	Cancer treatment and support
Goal(s)	<ul style="list-style-type: none"> <li>Increase services to diagnose and treat cancer</li> </ul>

### Strategy 1: Open CVMC Cancer Care Clinic

Strategy Was Implemented?	Yes
Target Population(s)	Patients diagnosed with cancer.
Partnering Organization(s)	Internal: External:
Results/Impact	<ul style="list-style-type: none"> <li>Opened the clinic in 2021 with Dr. Chang; first year averaged 56 visits a month; in the second year this grew to 104 per month.</li> </ul>

