

# COMMUNITY EQUITY PROFILE: **HEALTH & WELLNESS**

The Community Foundation of Greater Dubuque created Dubuque's first Equity Profile in 2015, and we are updating it to reflect the community today. The Equity Profile provides information on how all people in the community are affected by various systems, such as housing, education and health care. It will inform leaders, community members and policymakers and serve as a guide for creating an action plan that supports Dubuque's growth as an equitable and inclusive community.

This snapshot, along with the final Equity Profile, will take shape based on three types of input: local data; feedback from community members through conversations and surveys; and local professionals working in each focus area.

How can you get involved?

1. Share your perspective at a community conversation.
2. Anonymously take an online survey.
3. Attend a monthly panel discussion hosted in partnership with TH Media.
4. Spread the word. Bring a friend to a conversation or share the survey link.

See upcoming conversation and panel discussion dates and take the latest survey: [dbqfoundation.org/equityprofile](http://dbqfoundation.org/equityprofile)

This snapshot of health & wellness, one of seven Equity Profile focus areas, provides a preview of what we have learned so far. The final Equity Profile will be completed in 2023 and will include additional information gathered on this topic and others.

# HEALTH & CONTRIBUTING FACTORS

How can Dubuque ensure that **ALL PEOPLE** can live a healthy lifestyle?

## THE DATA

- ▶ Dubuque County reported higher rates of heart disease, diabetes, cardiovascular disease and chronic obstructive pulmonary disease (COPD) in 2021 than in 2014 (see charts below).
- ▶ In Dubuque County, the rate of infection for chlamydia increased by 40% between 2014 and 2021, while the rate of infection for gonorrhea nearly tripled during that time period.

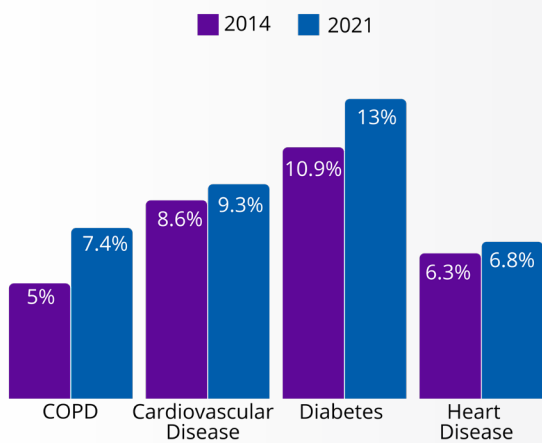
## FROM THE SURVEY

- ▶ 61% of respondents agreed or strongly agreed that they had concerns about “Hospitals and Clinics,” which was one of the lowest rated concerns in the survey. However, this number rose to 100% for individuals with chronic illnesses that require ongoing accommodations.
- ▶ 76% of respondents agreed or strongly agreed that they receive quality health care from their provider.

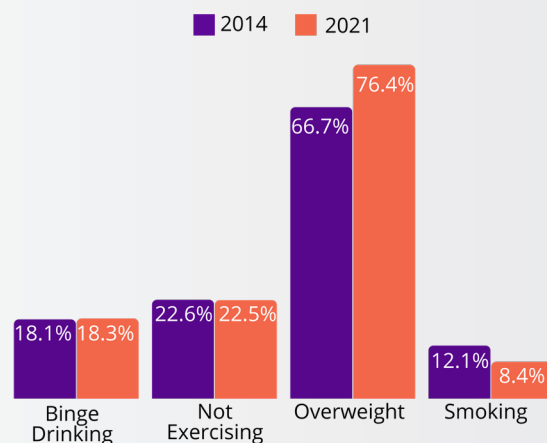
## WHAT PEOPLE ARE SAYING

- ▶ “Dubuque is a safe city, including downtown, but Dubuque’s urban planning does not make this city walkable.”
- ▶ “My first surgeon discounted the severity of my pain for months before I left to find another surgeon. I believe this was because of my race.”
- ▶ “Dubuque County Health did a GREAT JOB getting information out during the pandemic. I am proud of the dedication of local health care leaders.”

Percent of Population - Chronic Disease  
Dubuque County



Percent of Population - Contributing Factors  
Dubuque County



Source: Iowa Behavioral Risk Factor Surveillance System (BRFSS): 2014 & 2021  
 “Percent” refers to rate of response from individuals who completed BRFSS survey and are not weighted. “Overweight” refers to respondents who are overweight or obese, meaning having a Body Mass Index greater than 25. The COPD number includes chronic obstructive pulmonary disease (COPD), emphysema, and chronic bronchitis.

# BRAIN HEALTH & SUBSTANCE ABUSE

## THE DATA

- ▶ According to the Iowa Behavioral Risk Factor Surveillance System, approximately 38% of Dubuque respondents had at least one day in the past 30 with poor brain health.

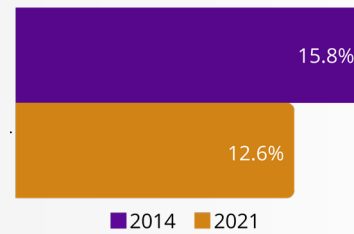
## FROM THE SURVEY

- ▶ The three largest areas of concern identified in the survey were "Brain (Mental) Health Treatment" (89% agreed or strongly agreed), "Use of Other Substances [not alcohol or tobacco]" (89% agreed or strongly agreed), and "Access to Substance Abuse Treatment" (81% agreed or strongly agreed).
- ▶ Over 59% of respondents disagreed or strongly disagreed that it is easy to access brain health services.

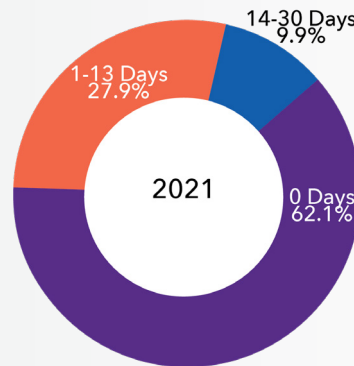
## WHAT PEOPLE ARE SAYING

- ▶ "Waitlists for brain health providers are much too long, sometimes taking weeks or months for an available appointment."
- ▶ "My copayments for mental health counseling are so high that I don't go as often as I'd like because it's not affordable."

Percentage of Population - Depression  
Dubuque County



For how many days during the past 30 days was your mental health not good?  
Dubuque County



How can **EVERYONE** have access to services that **SUPPORT GOOD BRAIN HEALTH?**

Source: BRFSS: 2014 and 2021. "Percent" refers to rate of response from individuals who completed BRFSS survey and are not weighted.

# FOOD INSECURITY

## FROM THE SURVEY

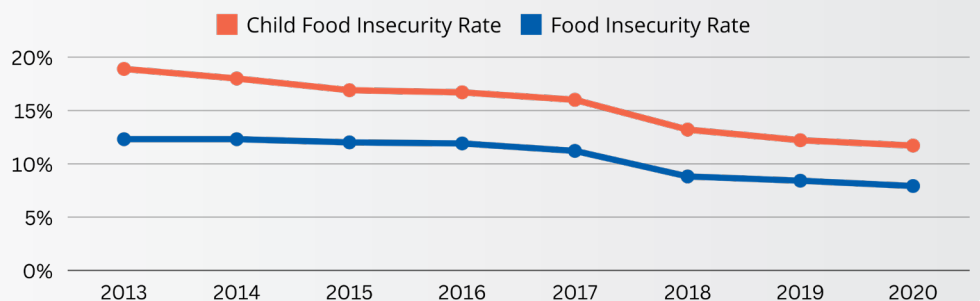
- ▶ Approximately one-quarter of respondents (24%) disagreed that fresh and healthy food is accessible.

## WHAT PEOPLE ARE SAYING

- ▶ "Downtown is a food desert, plus the cost of food is increasing."
- ▶ "[Fresh food] is easily accessible at the grocery store, but if you are disabled and do not have the income that is required to live a healthy lifestyle and have a healthy diet, you will suffer if you are unable to afford it."

What are ways to increase **ACCESS TO FRESH, HEALTHY FOOD** in Dubuque?

Food Insecurity Rate and Child Food Insecurity Rate  
Dubuque County



Source: Map the Meal Gap, Feeding America, 2013-2020

# AFFORDABILITY & ACCESSIBILITY

## THE DATA

- ▶ Since the previous Equity Profile, the percentage of Dubuque's population that is uninsured fell from 7.2% to 4.1%. That includes a drop of over 10% for the Pacific Islander population. However, the percentages of Dubuque's Black and Latino population that are uninsured rose by 1.1% and 6.1%, respectively.
- ▶ The percentage of women in Dubuque who are uninsured fell from 6.2% to 2.6% since the last Equity Profile.

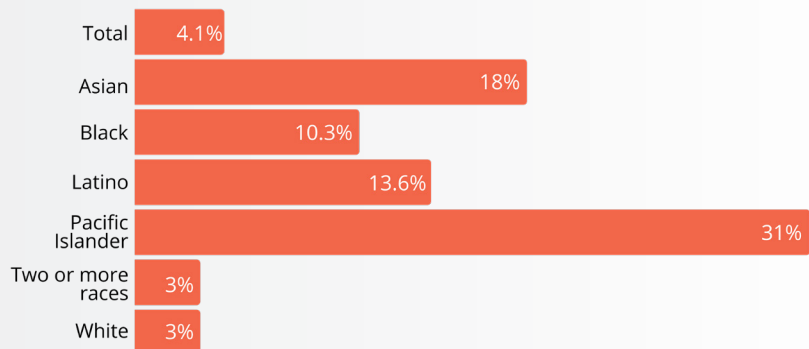
## FROM THE SURVEY

- ▶ 32.5% of respondents either disagreed or strongly disagreed that it is easy to access health care in Dubuque. This number rose to two-thirds among all respondents making less than \$25,000 a year.
- ▶ 12.5% of respondents disagreed that health care would be accessible to them if they were currently looking to obtain it.

## WHAT PEOPLE ARE SAYING

- ▶ "Not all providers take all insurance. For example, those with Medicaid must travel more than an hour to see a physician who is an OB/GYN."
- ▶ "Crescent Community Health Center does a great job for those who need to enroll or need care and don't have insurance."
- ▶ "I was shocked by how long it takes to get in for maternity care. No one gets in before second trimester, including people with miscarriage and prior ectopic who need early confirmation of location."

Percent of Uninsured Population by Race & Ethnicity  
City of Dubuque



Source: American Community Survey, 5-year estimates: 2021. Note: Data for Native Americans and "Some other race" were not included due to low samples sizes providing unreliable data.

## LOOKING AHEAD...

Accessible resources are essential to ensuring that people can tend to their health and well-being. There are many organizations that can help. Here are some that align with the topics in this snapshot and can serve as starting points for support.

### Health Care

- ▶ Crescent Community Health Center — Federally-qualified health center providing affordable, high quality care regardless of insurance status. [crescentchc.org](http://crescentchc.org), 563-690-2850

### Brain Health

- ▶ NAMI Dubuque — Local chapter of the National Alliance on Mental Illness offering resources to support brain health. [namidubuque.org](http://namidubuque.org), 563-557-6264
- ▶ Hillcrest Family Services — Service provider offering counseling and other brain health resources. [hillcrest-fs.org](http://hillcrest-fs.org), 563-583-7357

### Food Insecurity

- ▶ River Bend Food Bank, St. Stephens Branch — Food bank servicing pantries in Dubuque and Jackson counties. [riverbendfoodbank.org](http://riverbendfoodbank.org), 563-557-7474

Thank you to our host organizations, facilitators and scribes who have generously donated their time and facilities to assist with the community conversations. Information used to create this snapshot will be used to create the full Community Equity Profile in 2023.

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