

Wibaux County Health Department



Wibaux Community Health Assessment



PARTNERS

Our local Wibaux County Board of Health was instrumental in planning the community health assessment. The Board of Health consists of community members representing several entities pertinent to the health of our community. The entities represented are as follows: Wibaux County Health Department, Wibaux County Ambulance Services, Wibaux County Nursing Home, Wibaux County Commissioners, The Township of Wibaux, Wibaux County Disaster and Emergency Services, The Tobacco Prevention Program, the Wibaux County Sanitarian, Wibaux County Senior Center, Council on Aging, The Wibaux County Attorney, Wibaux Public Schools, and Fallon Medical Center.

Extending a heartfelt thank you to all of the following individuals that invested their time and energy into our community assessment planning and implementation.

Barb Maus, WCHD Public Health Nurse; Mike Schneider, BOH Chairman; DeeDee Birnel, Ambulance Service Manager; Lisa Roberts, Wibaux County Nursing Home Administrator; Darrin Miske, Rob Lund and Seth Domek, County Commissioners; Debbie Zinda, City Clerk; Dave Bertelsen, Mayor; Frank Datta, Disaster and Emergency Services; Laureen Murphree, Tobacco Prevention Specialist; Kevin Pena, Sanitarian; Corrine Bacon, Senior Center Coordinator and CCOA Coordinator; Ron Efta, County Attorney; Terry Quintus, Wibaux Schools; Daryl Espeland, Health Officer

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Executive Summary

As indicated by the returned community surveys, the people of Wibaux County know that Wibaux is a wonderful place to live, raise children and to retire. Because the community members know the greatness of the community, they also know the limitations of the community. The Wibaux County Board of Health recognizes and respects this knowledge. Therefore, the Wibaux community's perception of priority health needs were discussed and then surveyed by the Wibaux County Board of Health through the Community Health Assessment. The valuable information gathered will then be analyzed and used to plan for the future health needs of the community. The Wibaux County Health Department participated in the process with the vision to plan, prepare and implement needed interventions to improve the general health of our community and community members, our greatest assets.

The information gathered to date, has indicated the community of Wibaux feels they have potential health issues related to tobacco, substance abuse, obesity, diabetes and lack of quality childcare, among other concerns. There are interventions already in place for the majority of these issues. Community education appears to be paramount in combating the issues and addressing the concerns. The Wibaux County Health Department

Methodology

The local Board of Health reviewed neighboring county's prior assessments, identifying key components applicable to Wibaux County. The Board invested time and effort into discussing, analyzing and assessing the needed information to be gathered. The consensus being, a written survey with pertinent questions would be an appropriate medium for their fellow community members. The key partners and stakeholders discussed the choice of questions and information to be gathered. They utilized their community relationships to broaden their knowledge of perceived health needs. The survey questions were engineered to reflect the respondents' perception of known health challenges and assets. Once the survey was finalized, the Wibaux County Health Department mailed the surveys out to local residents. Included with the survey was a pre-paid envelope to return the survey at no cost. As an incentive, also included was a blue ticket with instructions to return ½ the ticket with the survey for a chance to win local "Chamber Bucks" in random drawings. 410 surveys were mailed out. 45 surveys were returned as "not deliverable". 141 of the 365 viable surveys or 39% were returned to the Wibaux County Health Department and forwarded to the Department of Health and Human Services (DPHHS) for tabulation.

The survey results were received from DPHHS and the rough data was reviewed during the July 24th Board of Health meeting.

Through the Community Health Assessment, the respondents (88.5%) agreed that Wibaux is a good place to raise children and grow old (73.4%). The majority of respondents felt they were of fair/good health. 16.5% felt that access to healthcare and other services were a priority for a healthy community. Inaccessibility of health care for our community was related to lack of services, cost of services and lack of insurance coverage. Availability of visiting specialists, walk in clinics and more primary care providers were recommended to improve our community's access to care. Approximately half of the community did not know where to receive mental health or substance abuse services. It was noted that 88.6% of the respondents felt that local health care providers and services were very important to the economic well-being of the community.

Background



“Wibaux is the county seat of Wibaux County. Wibaux was named for prominent local cattle rancher, Pierre Wibaux, who had immigrated to the area from France in 1883. Wibaux expanded his herds by buying stock from less fortunate ranchers. He became a prominent rancher in the area. After Wibaux's arrival, the town became a major cattle shipping center for the Northern Pacific Railroad. Theodore Roosevelt's Maltese Cross and Elkhorn ranches, near Medora North Dakota, shipped cattle from Wibaux.” (Wibaux Montana, 2017)

The geographical location of Wibaux County is the far eastern portion of the state of Montana. We are situated 8 miles from the eastern state border shared with North Dakota. Our proximity to North Dakota presents the option of utilizing North Dakota or Montana's offerings.

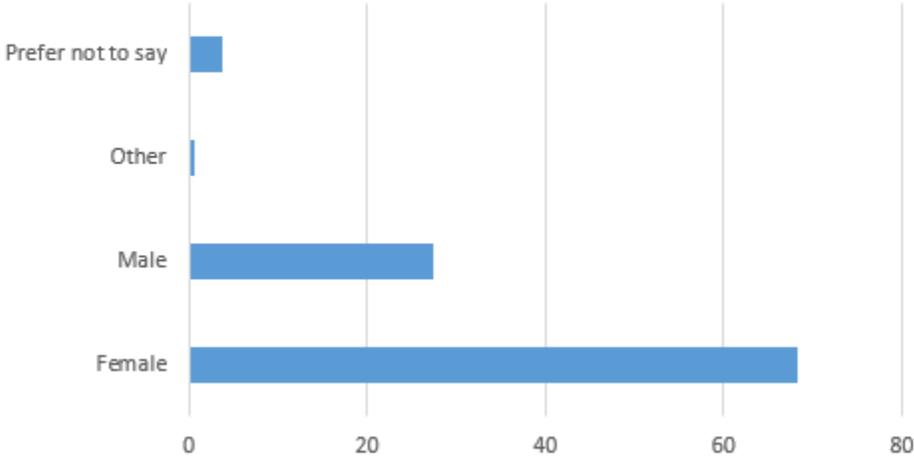
Wibaux County sits on the far eastern border of Montana/North Dakota on I 90. The town of Wibaux is approximately 8 miles from the state border and is comprised of rolling hills and grasslands. East of the small town lies “Beaver Hill”, a geographic area that influences the local weather, making travel dangerous at times. Because of the extreme weather conditions and location on the interstate, Wibaux is often the resource for motor vehicle accidents.

Wibaux County is home to 1093 people as of July 2016. 97.6 % of the population is white and 25.3% is over 65 years of age. The median household income from 2011 to 2015 is 38,553.00. As of 2015, there are 39 employer establishments and 76 non-employer establishments in Wibaux. The workforce consists of 168 employees. (Quick Facts, 2016)At this time, Wibaux has one grocery store, one hardware store, four eating establishments with liquor, one bar, one café and one seasonal café. The Wibaux Pioneer-Gazette serves the community as the community's only newspaper.

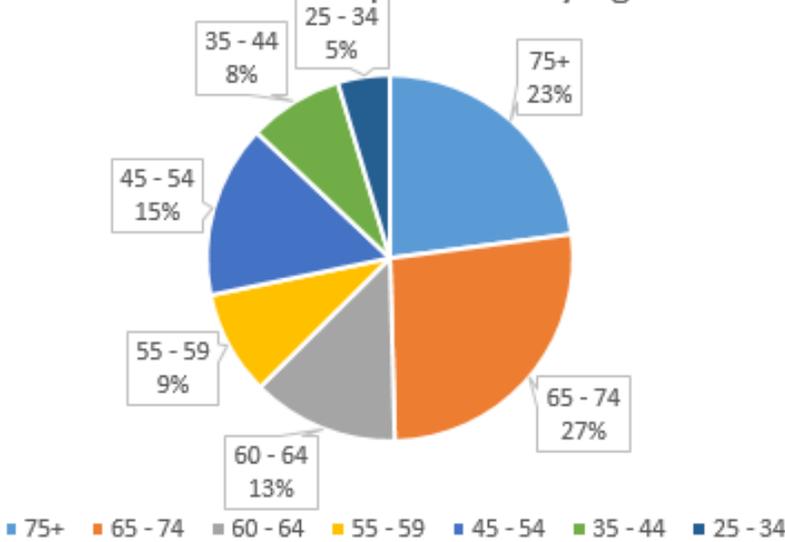
The proximity to North Dakota allows the local residents to utilize the amenities offered in North Dakota, primarily, Beach North Dakota. They have a pharmacy, grocery store and medical clinic. Wibaux is served by Glendive Medical Center and Fallon Medical Center, each providing medical clinics two times a week.

Data Summary

Percent of Respondents by Gender



Percent of Respondents by Age



131 of the respondents or 96.3% were Caucasian. 4 respondents opted to not indicate a race. 35.6% were employed fulltime and 11.3% were employed part-time. 16.3% were self-employed and 31.2% were retired.

The following is the summary of general information gathered from the Community Health Assessment surveys. Responses are listed in order of greatest response.

1. I can get the health care I need near my home (n=138)
 - ❖ 74.6% agree
 - ❖ 23.2% disagree
2. My community is a good place to raise children (n=139)
 - ❖ 88.5% agree
 - ❖ 7.9% disagree
3. My community is a good place to grow old (n=139)
 - ❖ 73.4% agree
 - ❖ 22.3% disagree
4. I feel safe in my home (n=140)
 - ❖ 92.8% agree
 - ❖ 6.4% disagree
5. I feel safe in my community (n=141)
 - ❖ 93.6% agree
 - ❖ 5.7% disagree
6. I feel prepared for an emergency (n=141)
 - ❖ 90.1% agree
 - ❖ 8.5% disagree
7. People of all races, ethnicities, backgrounds, and beliefs in my community are treated fairly (n=139)
 - ❖ 79.1% agree
 - ❖ 11.5% disagree
8. I can buy affordable healthy food near my home (n=141)
 - ❖ 73.1% agree
 - ❖ 24.8% disagree
9. There are places to by physically active near my home (n=138)
 - ❖ 72.5% agree
 - ❖ 24.6% disagree
10. I have enough financial resources to meet my basic needs (n=140)
 - ❖ 87.9% agree
 - ❖ 11.4% disagree
11. Five most important components for a healthy community in the order of importance (n=443)
 - ❖ 16.5% Access to healthcare and other services
 - ❖ 12.0% Strong family life
 - ❖ 9.7% Clean air/water
 - ❖ 9.7% Good jobs and a healthy economy
 - ❖ 9.7% Good schools

The majority of the respondents agree that Wibaux is a good and safe place to live, raise children and retire. The majority (87.9%) have enough financial resources for their basic needs and feel that they can purchase affordable and healthy food nearby. 74.6% feel they can get the necessary healthcare near their home and 16.5% feel accessible healthcare is important to the health of their community

General Health Summary

1. In general, would you say that your physical health is (n=140)
 - ❖ 74.3% Good to Excellent
 - ❖ 21.4% Fair
 - ❖ 3.6% Poor
2. How would you describe your day to day level of stress (n=140)
 - ❖ 61.4% Moderate to High
 - ❖ 35.0% Low
3. During the past 7 days, how many days were you physically active for a total of at least 30 minutes per day (n=141)
 - ❖ 6.4% 0 days
 - ❖ 45.4% 1-4 days
 - ❖ 41.1% 5 or more days
4. Four most popular Items to help become more physically active (n=241)
 - ❖ 19.9% Access to a gym
 - ❖ 15.8% A walking or exercise group
 - ❖ 14.5% More/Better sidewalks or crosswalks
 - ❖ 10.8% More parks, trails, or greenways
5. Four most popular reasons that get in the way of being more physically active or exercising
 - ❖ 23.1% I'm too busy or don't have time
 - ❖ 22.1% I don't have access to a gym or facility
 - ❖ 12.% Nothing gets in the way
 - ❖ 10.6% I'm too tired to exercise
6. What makes it hard to eat healthy?
 - ❖ 20% Healthy food costs too much
 - ❖ 16.6% It's hard to find healthy choices eating outside the home
 - ❖ 12.8% There aren't places in my community to buy healthy foods
 - ❖ 10.2% It takes too much time to prepare and shop for healthy choices

The majority (74.3%) of the respondents feel they are healthy and 61.1% have a moderate to high amount of stress in their lives. 86.5% of the respondents stated they exercise 1-5 or more days a week. Being busy and lack of access to physical fitness venues are the most common reason for not exercising. Respondents stated possible improvements for physical health may be access to a gym, walking/exercise group, more parks/trails and more or better sidewalks/crosswalks. 20% of the respondents feel healthy food costs too much. 2.1 % of the respondents stated they have had to cut down on food because of lack of money and 3.6% have had to decide between buying food or medicine.

Health Programs and Services

1. How long has it been since you last visited a dentist for a routine checkup or cleaning?
 - ❖ 46.8% Less than one year
 - ❖ 25.5% 1-2years
 - ❖ 9.2% 3-5 years
 - ❖ 15.7% More than 5 years or never
2. How important are local health care providers and services to the economic well-being of the area (n=140)
 - ❖ 88.6% A lot
 - ❖ 7.2% A little
3. Are you aware of programs that help people pay for health care expenses (n=138)
 - ❖ 44.2% Yes
 - ❖ 51.5% No
4. In the past 12 months, was there a time when you or a member of your household had to delay or not get needed health services?(n=141)
 - ❖ 21.3% Yes
 - ❖ 73.% No
5. If yes, what are the three most important reasons why did not receive health care services (n=93)
 - ❖ 16.1% Availability of services
 - ❖ 15.1% It costs too much
 - ❖ 11.8% My insurance did not cover
 - ❖ 9.7% Could not get an appointment
6. What would improve our community's access to health care (n=251)
 - ❖ 23.9% Availability of visiting specialists
 - ❖ 21.1% Availability of walk in clinic
 - ❖ 17.1% More primary care providers
7. Which of the preventative services have you used in the past year (n=490)
 - ❖ 17.1% Routine health checkup with family physician
 - ❖ 16.3% Health Fair lab offering
 - ❖ 15.3% Flu Shot
 - ❖ 14.9% Routine BP check
 - ❖ 13.5% Cholesterol check
8. Do you know where to receive mental health services in the community(n=139)
 - ❖ 59.7% No
 - ❖ 24.5% Yes
9. Where would you refer someone for mental health services(n=229)
 - ❖ 21.4% Eastern Montana Community Mental Health Center
 - ❖ 20.5% Don't know
 - ❖ 18.9% Faith Based Leader
10. Do you know where to receive substance abuse services in the community (n=135)
 - ❖ 48.1% NO
 - ❖ 34.1% Yes
11. Where would you refer someone for substance abuse services(n=252)
 - ❖ 23.8% District II Alcohol and Drug
 - ❖ 22.6% Alcoholics Anonymous
 - ❖ 12.3% Faith Based Leader

12. Do you currently use any tobacco products?(n=137)
 - ❖ 8.8% Yes
 - ❖ 89.8% No
13. Where would you go to quit using tobacco products?
 - ❖ 46.1% Doctor
 - ❖ 38.5% Quit Line
14. How often do you use a seatbelt when you drive or ride in a car (n=136)
 - ❖ 88.9% Always or nearly always
 - ❖ 5.2% Sometimes
 - ❖ 3.7% Seldom or never
15. When your child rides in a vehicle with you, how often does he/she ride in a car seat (n=87)
 - ❖ 81.6% Always or nearly always
 - ❖ 1.1% Sometimes
 - ❖ 8.1% Seldom or never
16. How do you learn about the health service or health related information available in our community(n=423)
 - ❖ 19.4% Newspaper
 - ❖ 18.2% Friends or Family
 - ❖ 15.1% Healthcare Providers
 - ❖ 13.7% Word of mouth/reputation
 - ❖ 11.8% Public health

Less than ½ of the respondents have had regular dental care, although, 25.5% of those that did not receive regular care have been to the dentist in the last 1-2 years. Only 17.1% of the respondents have had a routine health check-up in the last year. 21.3% stated they have had to delay or not receive care. The three most common reasons for delay or abstaining were lack of availability of services (16.1%), prohibitive cost of services (15.1%), and lack of insurance coverage (11.8%). 44.2% of the respondents were aware of assistance programs that would help them cover the cost of health care, however, the majority (51.5%) were not aware of assistance programs. The majority of the respondents (59.7%) did not know where to get mental health services. If needed, 21.4% of the respondents would make referrals to the Eastern Montana Community Mental Health Center and 18.9% would refer to a faith based leader for mental health services. Only 48.1% of the respondents knew where to refer for substance abuse services.

The majority of the respondents reported positive health behaviors. 89.9% do not use tobacco products. 88.9% nearly always wear a seatbelt while in the car and 81.6% nearly always use car seats when appropriate. 19.4% stated they learn about health related information through the local newspaper, 18.2% through friends or family and 15.1% through health care providers.

Education

17. What aspect of education is the most important(n=135)

- ❖ 59% K-12
- ❖ 11.8% Early Childhood
- ❖ 8.9% Adult education
- ❖ 6.7% Job Training

18. Which two areas of education lack adequate resources (n=214)

- ❖ 20.1% Job Training
- ❖ 19.1% Adult Education
- ❖ 18.2 % Don't know
- ❖ 15.4% Early Childhood

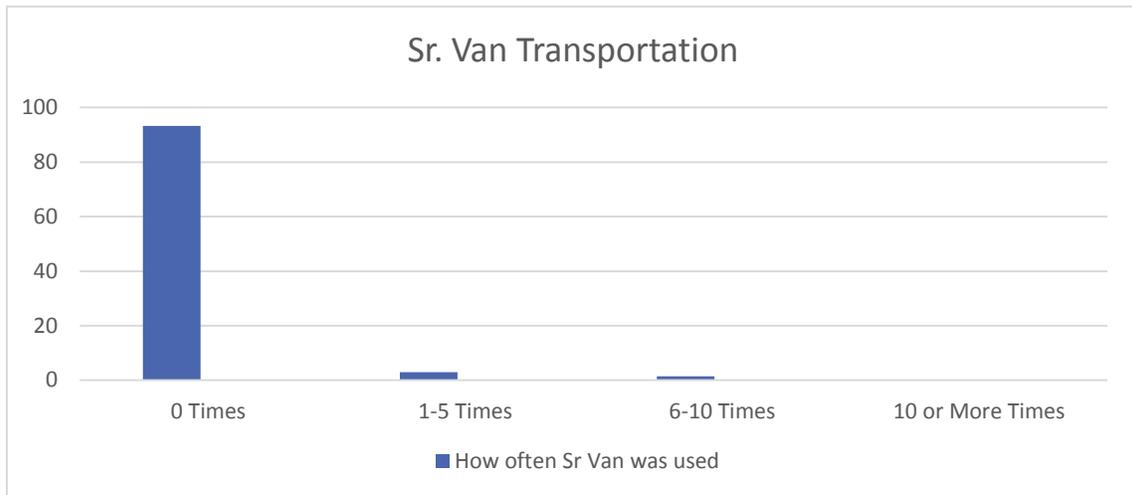
19. If Wibaux County were to provide educational classes/programs to the community, which would you be most interested in taking (n=385)

- ❖ 11.4% Fitness
- ❖ 8.8% Health and wellness
- ❖ 8.6% CPR
- ❖ 8.3% Diabetes
- ❖ 7.8% Nutrition
- ❖ 7.3% Weight loss

59% of the respondents feel that K-12 is the most important aspect of education. Job training and adult education lack resources here in Wibaux. The respondents would like to see fitness, health and wellness, CPR and Diabetes classes offered.

Transportation

1. In the past 12 months how often have you needed transportation from the County Senior Program for medical and other reasons (n=134)
 - ❖ 93.3% 0 times
 - ❖ 3% 1-5 times
 - ❖ 1.5% 6-10 times
 - ❖ 0% 10 or more times



The senior van has been utilized by approximately 4.5% of the respondents and the majority of times it was needed to travel to Glendive (25.6%), Billings (17.9%), Dickinson (17.9%), Bismarck (15.4%) and Baker (10.3%).

Emergency Services

1. In order to improve response times with emergency medical services, as a town resident, would you be willing to have your house number prominently displayed on your property?
 - ❖ 85.5% Yes
 - ❖ 4.8% No
 - ❖ 2.4% Prefer not to say

In order to improve response times with emergency medical services, 85.5% of the respondents **would** be willing to have a house number prominently displayed on their property.

Potential Health Issues

The following health issues were identified as problems in Wibaux County by approximately **10.0% or more** of the respondents.

- ❖ 15.7% Alcohol Abuse
- ❖ 13.8% Tobacco Use
- ❖ 13.3% Illegal drug use
- ❖ 13.1% Obesity
- ❖ 11.2% Availability of affordable childcare or afterschool care
- ❖ 10.9% Diabetes
- ❖ 10.8% Cancer
- ❖ 10.1% Access to Mental health services
- ❖ 9.4% Access to substance abuse services
- ❖ 8.4% Availability of affordable housing

Community Resources

Wibaux is a community of diverse and tight-knit people. Their strength lies in their ability to work together to overcome obstacles. The community resources are often public programs and its own infrastructure. The community has had great foresight to have many resources in place at this time. Often times, building on the programs in place brings the most sustainable change. The following are just a few of the community resources in place that can be built upon to engage community members to make lasting change in their health and the health of their community.

Wibaux County receives services for tobacco cessation from the State of Montana Tobacco Coalition. Laureen Murphree has provided services in the past, however, Lindsay Sadorf will provide future services to Wibaux County. Only 8.8% of the respondents use tobacco products and 38.5% of the respondents stated they would utilize the quit line if they were to stop using tobacco products. The tobacco program targets younger audiences, in an attempt to prevent using tobacco products throughout the lifespan.

Substance abuse services are provided by District II in Wibaux. The Wibaux County Health Department recently provided a letter of support for The Eastern Montana Community Health Center to also provide substance abuse services in the county. If Eastern Montana Community Health Center is also allowed to provide services, the participants could receive more personalized services and a greater availability of services.

Wibaux has several service organizations (ie: 4 H programs etc.) that may be interested in assisting interested people display addresses on their homes. This small change could potentially save someone's life by allowing first responders to efficiently find a residence.

At this time, there is no organized childcare or afterschool care in the county. Public education provided from a collaboration of the Wibaux Public Health Department and the DEAP program located in Miles City Montana may help address the childcare shortage. In the near future, the Health Department will also provide Safe Sitter courses to youth that will be providing childcare services. The evidence based program teaches essential childcare skills as well as CPR and Choking skills.

The Wibaux County public health nurse provides vision, dental and scoliosis screening in the Wibaux Schools. When providing these services, the nurse could review the students' height and weights to screen for obesity. The Health Department would then collaborate with the schools to provide nutrition and fitness education. The Health Department also provides nutrition and development education to new mothers and mothers of children during well-child visits. The Health Department now utilizes the evidence based curriculum, Parents as Teachers, to provide these services.

The response of the surveys indicate the local newspaper is the most efficient venue to provide information for the community. The Health Department is making plans to provide a Facebook page to also keep community members updated on important public health messages

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