

Mayo Clinic Health Systems Austin (MCHS) and Mower County Community Health Services (MCCHS) - Top 10 Priorities from County-wide Random Survey

1. Use of illegal drugs
2. Unhealthy eating habits
3. Obesity among adults
4. Lack of exercise (physical activity)
5. Alcohol use by underage
6. Obesity among children
7. Parents with inadequate/poor quality parenting skills
8. Abuse of over the counter and prescription drugs
9. Adolescents becoming sexually active
10. Children and adolescents unsupervised after school

Mayo Clinic Health Systems Austin (MCHS) and Mower County Community Health Services (MCCHS) - Top 3 Community Health Needs from County-wide Random Survey

Build healthy and resilient communities as related to personal behaviors including:

- Chemical Use
- Family Challenges
- Lifestyle Habits

(communities defined as family systems, worksites, faith communities, schools, neighborhoods and overall cities/towns)

ENGAGE in efforts making healthy choices easier in Mower County

EQUIP communities to grow sustainable wellness solutions

EMPOWER people to create a culture of wellness where they live, work, play and learn