

**St. Francis Memorial Hospital**  
**Community Health Needs Assessment**  
**Summary of Actions in 2014 - 2016 for the 2013 CHNA**

The 2013 CHNA revealed four main health priorities in our area: 1) Obesity, 2) Behavioral/Mental Health, 3) Prevention, and 4) Risky Behaviors. Several overall goals were established based on the preceding health priorities. Actions taken in 2014 - 2016 to address the health priorities are as follows:

To address the health priority of obesity, we have used many different programs to encourage employees and the community to stay healthy. They are as follows:

1. Sponsored a Heart-to-Heart Dinner with the Elkhorn Logan Valley Public Health Department during which a physician spoke about healthy eating. (2014)
2. The “Biggest Loser” weight loss program was offered to employees to participate in. (2014)
3. A Weight Watchers class is held in one of our conference rooms free of charge to anyone who wants to participate. (All 3 years)
4. A body mass index program was offered to employees. (2014)
5. Hosted a free 4<sup>th</sup> of July fun run. (All 3 years)
6. Provide low cost memberships to our Wellness Facility. (All 3 years)
7. As a facility, we took part in the “Take 10” weight loss program sponsored by the Elkhorn Logan Valley Public Health Department. (2014)
8. Offered a class on how to read food labels. (2015)
9. For the past three years we have been involved in providing a safe walking/biking trail in the West Point community. In 2016, approval was given for the trails project by the West Point City Council. Fundraising has begun and to date there has been approximately \$600,000 raised. The paving of the trail is expected to begin in September 2017. (All 3 years)
10. Our health coaches and registered dietician have provided nutritional counseling to our patients and employees as they are being seen in our clinic. (All 3 years)
11. Provide accommodations for breastfeeding mother on our campus and a lactation consultant that is available to all new mothers to provide education and support. (All 3 years)
12. Our registered dietician worked with the local schools to have a sugary drink display on-site at each of the schools. This was done to educate students on the amount of sugar in different drinks and promote healthy drink options. (2016)
13. Offered a healthy cooking demonstration during the Health Fair. (2016)

Even though obesity remains a problem in the service area, the survey indicates that the trend is moving downward. The percent of adults who were obese went from 29.4% of the service area in 2013 to 23.4% in 2014. Also, the percent of adults who reported exercising for 20-30

minutes, 3 times per week or less was 66% in 2013 compared to 72% in 2016. The number of activities that are offered to the community and to our employees have helped to shift the mindset of the community to live a healthier lifestyle. We will continue these efforts going forward.

To address the health priority of behavioral/mental health, the following actions were taken:

1. Employ an Advanced Practice Registered Nurse (APRN) with a specialty in mental health. She sees patients at three of our clinics as well as nursing homes. Her schedule is usually full. (All 3 years)
2. Patients are able to access a psychiatrist through telehealth if the APRN feels she has a patient who needs additional assistance. (All 3 years)
3. Offer reduced rate mental health services for our employees through our Employee Assistance Program. (All 3 years)
4. We were working with our social worker to become licensed so we would have two providers available to provide mental health counseling. However, the social worker left our organization in 2016 and we have not found a replacement for that position to date. (All 3 years)
5. Our APRN also has mental health APRN students who complete their clinical rotations with her in the clinic. We hope to be able to recruit one of these students in the future to increase the amount of mental health services we can provide. (All 3 years)

St. Francis Memorial Hospital is constantly looking for ways to continue to provide access to behavioral/mental health services in our service area. Our Mental Health APRN continues to have a very busy schedule. We are still searching for a social worker with the credentials to be able to offer an additional provider for mental health counseling.

To address the health priority of prevention, there were many activities that were taken in 2016 to prevent illnesses and keep people healthy.

1. Provided a calcium intake program. (2014)
2. Provided on-site preventive screenings at area businesses through our Business Health and Wellness Program. We have staff that go on-site and perform blood draws and take vitals so individuals in the area do not have to miss work. This helps identify individuals who have health needs and need to be seen by a healthcare provider. (All 3 years)
3. Hosted our 1<sup>st</sup> Annual Health Fair for the community in 2014 and continued them in 2015 and 2016. The health fair provides low cost laboratory screenings. (All 3 years)
4. Offer well-child checks and immunizations at all of our satellite clinic locations. (All 3 years)
5. Smoking cessation counseling is offered to our patients. (All 3 years)
6. We are a tobacco/smoke free campus to encourage healthy habits among our patients, employees and community. (All 3 years)

7. Our health coaches provide chronic disease management for patients in the area of diabetes, congestive heart failure, COPD, high blood pressure, hyperlipidemia, and osteoporosis. Our goal is to help monitor these individuals so they stay healthy. (All 3 years)
8. Offer flu shots to all patients, staff and their family, senior centers, nursing homes, and area businesses. (All 3 years)
9. Coordinate with the area schools to complete baseline concussion testing for student athletes. (All 3 years)
10. Send out reminders for colonoscopies and mammographies to patients at the recommended times. (All 3 years)
11. A Certified Ergonomics Assessment Specialist is available to go out to businesses and perform an ergonomics assessment to prevent workplace injury. (All 3 years)
12. Expanded our CAPTURE Fall Prevention Program to St. Joseph's Retirement Community to prevent resident falls at our Assisted Living Facility. (2015, 2016)
13. Offer CPR and First Aide training for area businesses. (All 3 years)

The health coaches at Dinklage Medical Clinic continue to be very integral to getting patients in for preventative care services. If you look at the impact of the survey, we moved the needle to the right on women who are up-to-date on their breast cancer screenings from 75.5% in 2012 to 77.2% in 2014, but we actually fell short on up-to-date colon cancer screenings and cervical cancer screenings from 2012 to 2014. Colon cancer screenings went from 60.6% of the service area in 2012 to 59.8% in 2014. Cervical cancer screenings went from 84.2% in 2012 to 80.3% in 2014. That is why our goal is more focused for 2017-2019 to utilize our health coaches and send out reminders or call patients when they are due for a colonoscopy and/or mammography.

To address the health priority of risky behaviors, we provided the following activities:

1. Held three child safety seat checks in our service area to ensure that children are buckled into their car seat appropriately and to make sure they are using the appropriate child safety seat. (All 3 years)
2. Worked with the local high schools to bring the Grim Reaper program to the schools. The Grim Reaper program is an event designed to instill teenagers with the potentially dangerous consequences of drinking alcohol and texting while driving. During the week the program was scheduled, there was a student death in the area and the event was cancelled. We are hopeful that the event will take place during the 2017-18 school year. (2016)

Risky behaviors are a rather broad priority for the 2014-2016 CHNA Implementation Plan. While we promoted safety in 2014-2016, we felt that we needed to narrow down the priority to standard motor vehicular safety for 2017-2019. We will focus again on the child safety seat checks as well as seat belt use and high school teen safe driving.