

# Loring Hospital, Sac County, Iowa

## 2019 Community Health Needs Assessment



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## Executive Summary

Loring Hospital is a 25-bed critical access hospital located in Sac County, Iowa. With U.S. Health Reform, came legislation to collect public opinion regarding community health care needs and preferences, officially called a “Community Health Needs Assessment” or CHNA. A CHNA is a systematic collection and analysis of information about the health of the community. By using the findings of the assessment, communities can initiate strategies to begin improving the health of their residents. A CHNA gives Loring Hospital an opportunity to gather valuable information to better serve the people in our communities and gauge the perceptions of our residents. Our CHNA incorporates input from community stakeholders, public health experts, and residents of the communities we serve, and identifies action and implementation plans to improve community health.

To conduct the CHNA, Loring Hospital facilitated a survey by Loring Hospital’s staff and CHNA resources available from other sources including the Iowa Hospital Association and Iowa Public Health to:

- Obtain community input
- Identify and rank community health needs
- Develop an implementation plan

Community input was obtained through a community survey to healthcare stakeholders April 2019. A confidential survey was developed and distributed to 5500 mailing addresses in Sac County and bordering communities with an insert in the Loring Hospital Quarterly Newsletter. The survey was also available at [www.surveymonkey.com](http://www.surveymonkey.com). 323 surveys were returned, a 6% return rate.

## Key Findings

18 questions were asked of respondents with a summary of key findings below:

Rate the overall quality of healthcare in your community:

	<u>2019</u>	<u>2016</u>	<u>2013</u>
• <b>very good</b>	49%	49%	51%
• <b>good</b>	43%	43%	46%
• <b>combined fair, poor and very poor</b>	7%	7%	6%

When asked what diseases or health issues are of biggest concern to our communities, the top 5 answers were: (those in red influenced our choice when addressing needs)

	<u>2019</u>	<u>2016</u>	<u>2013</u>
• <b>cancer</b>	54%	60%	53%
• <b>drugs/alcohol</b>	52%	59%	59%
• <b>obesity</b>	53%	55%	49%
• <b>heart disease</b>	36%	40%	39%
• <b>diabetes</b>	36%	39%	30%

When asked what needs additional education or attention in your community, the top 5 were: (those in red influenced our choice when addressing needs)

	<u>2019</u>	<u>2016</u>	<u>2013</u>
• <b>mental illness</b>	57%	61%	45.5%
• <b>obesity</b>	58%	57%	68.2%
• <b>alcohol</b>	44%	45%	48.5%
• <b>nutrition</b>	40%	42%	46.4%
• <b>aging</b>	40%	not top 5 in 2016 or 2013	
• <b>pain management</b>	39%	not top 5 in 2015 or 2013	
• <b>poverty and abuse/violence</b>	-	34%	39.0%

Other key findings:

- 30% of respondents are not satisfied with mental health services, up from 17% in 2016 and 6% in 2013
- 53% of respondents think we need additional healthcare providers, same percentage in 2016 and up from 39% in 2013
- 20% of respondents are not satisfied with childcare
- 84% of respondents have had a physical in the last year, and 63% have had a colonoscopy if over age 50
- 75% of respondents were female
- 44% of respondents were Medicare patients

## Implementation Summary

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Loring Hospital set realistic goals and determined needs we can make a difference with by choosing the following health needs:

- 1) Mental Health
- 2) Obesity, Nutrition, and Wellness Education
- 3) Substance Abuse

Although cancer was a major concern in our communities, patient can receive cancer care within 60 miles and a new cancer center is being built in Carroll, Iowa, 30 miles from Loring Hospital. We feel services will be covered in Carroll or other larger communities in Northwest Iowa.

Public input came from a focus group meeting in which the public was invited through newspaper advertising and social media with healthcare stakeholders also invited by personal invitations.

## Future Assessments

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With these new rulings, Loring Hospital is required to do a CHNA every three years. Along with surveying our service area, we are required to choose “needs” to address, have a plan and strategies on file to address these needs, and seek board approval of our plan. Although we do not survey the community the same time as Sac County Public Health we share plans and collaborate on similar needs and findings. We will continue to work with Sac County Public Health when appropriate for Loring Hospital’s Sac County Community Health Needs Assessment surveys and strategic plans.

## I. Objectives of a Community Health Needs Assessment

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In fiscal year 2019, 2016, and 2013 Loring Hospital conducted a Community Health Needs Assessment (CHNA) in accordance with IRS guidelines. A CHNA incorporates input from community stakeholders, public health experts, the public, and establishes an action plan to address the health needs of a community.

Loring Hospital has many long-standing initiatives focused on improving the health of the communities we serve. Loring Hospital approached this CHNA process as an opportunity to evaluate and assess needs through a formalized, structured process involving key personnel and communication strategies to gather the information.

Goals of the Loring Hospital CHNA were:

- Better understand health care needs in the community
- Collaborate with community health leaders
- Develop an action plan with realistic goals based on available resources
- Improve the health of the communities we serve

The overall health of the community is a shared responsibility among many stakeholders including government agencies, health care providers, and community members themselves. Collaboration amongst all these entities is essential in gathering and achieving the desired goals.

## II. Definition of the Loring Hospital Community

Loring is a 25 bed critical access hospital in Sac City, Iowa, serving a market consisting primarily of Sac, Buena Vista, Calhoun, and Pocahontas counties. The following services can be found at Loring Hospital: Cardiac Rehab, 24 hour Emergency Services, Laboratory, Nursing Services, Nutrition & Diabetic Education, Pharmacy, Pulmonary Rehab, Outpatient Services, Radiology Services, Respiratory Therapy, Occupational Therapy, Physical Therapy and Rehab, Speech Therapy, Surgical Services and an independent senior living facility. Outpatient specialty clinics include: cardiology, dermatology, general surgery, orthopedics, oncology, urology, and wound care. Loring Hospital also provides support to the communities we serve by offering CPR and first aid classes; wellness screenings for companies, county employed staff and schools; yearly reduced cost community cholesterol screenings; Lifeline systems for our elderly population; educational classes and demonstrations for civic groups and local schools.

During fiscal year 2018, ending June 30, 2018, Loring Hospital had 257 inpatient (391 in 2016, 654 in 2013), 2010 ER visits (2091 in 2016, 2118 in 2013), 524 outpatient surgeries and procedures (558 in 2016, 495 in 2013), and 40,000 laboratory procedures, 7238 radiology procedures and 4771 therapy visits, totaling nearly 55,000 patient encounters, according to our own statistical information.

According to the US Census Bureau data, 9719 people live in Sac County, with a decline of 6% since the last census. Sac County and the surrounding counties are very rural. The largest Sac County racial/ethnic groups are White (98%). In 2018, the median household income of Sac County residents was \$53,254.00. Sac County households made slightly more than their neighboring counties. However, 9.4 % of Sac County residents live in poverty and 8% do not have health insurance. The median age for Sac County residents is 46. However, Loring Hospital's service area communities have an aging population and has a need for health care for the growing elderly population.

Loring Hospital takes an active role in supporting the local economy through employment, local spending and strategic community partnerships. Loring Hospital is the only hospital in Sac County, employing 110 local residents. Existing healthcare facilities and resources within the community include:

Oak Terrace Estates – senior independent living
Sac County Ambulance Service
Hearing Unlimited
Lake View Family Chiropractic Clinic
Schaller Chiropractic
Wall Lake Chiropractic Center
Jenkins Chiropractic
UnityPoint Clinic
Family First Dental
Sac County Public Health
Jackson Medical Supply
Blackhawk Life Care Center – nursing & rehabilitation
Fonda Nursing & Rehab Center
Park View Care Center - nursing & rehabilitation
Twilight Acres - nursing & rehabilitation
Rock-Judish Vision Clinic
Wolfe Family Vision Center
Sac City Drug & Custom Compounding
Sac County Board of Health
Westside Sonography

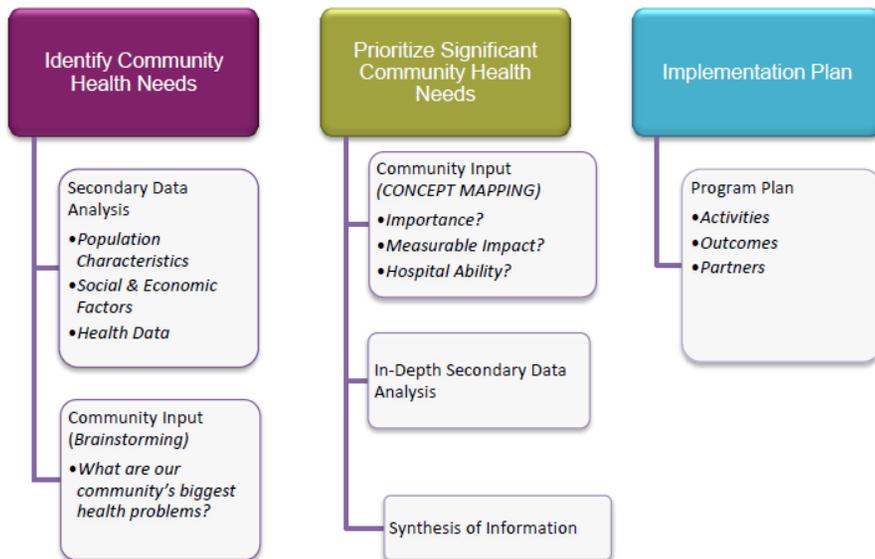
In the early 1900’s, local businessman Frank Loring and his wife donated their estate and land specifically for building Loring Hospital. Several transformations of Loring Hospital have occurred over the years. In 2007, Loring took on a \$13 million remodel and construction project which transformed nearly the entire facility. With this project came state-of-the-art equipment and technology, preparing Loring Hospital for many more years of providing healthcare to the communities we serve. In the past five years, other patient centered remodeling has taken place including a larger cardiac and pulmonary rehab department, a larger physical/occupational and speech rehab department, remodeling and additional garages at Oak Terrace – our senior independent living and the addition of a canopy to our front entrance.

Additional healthcare services added in the last five years include: full-time occupational, lymphedema and vertigo treatment, palliative care, a falls prevention program for our seniors, dermatology and wound care outpatient clinics, and an American Diabetes Association recognized self-management program.

The Loring Healthcare Foundation is the fundraising arm for Loring Hospital and has had much success over the past 10 years. Community members and businesses support the Foundation through their generous donations at fundraising events and our year-end appeal. Due to the success of the Foundation Loring Hospital has added new technology, equipment and services to help to continue to provide excellent care to the communities we serve.

### III. Methods Used to Conduct the Community Health Needs Assessment

The Community Health Improvement Process developed by the Institute of Medicine served as a guideline for a model to plan and implement the CHNA. Loring Hospital adapted this model in the development of our CHNA.



To further identify the health needs of the community secondary data sources used included the U.S Census information, Iowa Department of Health, and the US Centers for Disease. Loring Hospital used the following work flow chart as our timeline which also includes the Sac County Public Health’s latest Community Health Needs Assessment.

Steps	Timeframe
Step 1: Gather preliminary data from all mailbox holders in Sac County through paper and digital survey	<b>March 2019</b>
Step 2: Gather input from the public and major stakeholders through a Focus Group meeting format	<b>May 2019</b>
Step 3: Compile results	<b>May 2019</b>
Step 4: Identify Needs <ul style="list-style-type: none"> <li>• Identify needs that Hospital can be involved in an outcome/result and make a difference based on our resources</li> </ul>	<b>June 2019</b>
Step 5: Research supporting data to support top needs <ul style="list-style-type: none"> <li>• Use sources Loring data, Iowa Hospital Association, Iowa statics websites including Census Bureau</li> </ul>	<b>June 2019</b>
Step 6: Develop Action Plan	<b>June 2019</b>
Step 8: Implement Action Plan <ul style="list-style-type: none"> <li>• Share with Community</li> </ul>	<b>July 1 &amp; Ongoing 2019 July 2019</b>

**IV. 2019 Implementation Plan**

Loring Hospital has developed an implementation plan that address the significant community health needs identified through the CHNA process – **1) Mental Health 2) Nutrition, Obesity & Wellness and 3) Substance Abuse**. The plan relies on collaboration and partnerships with many of the same organizations who participated in the assessment process. The leading organizations implementing the community health strategic plan are:

- Loring Hospital’s Staff & Wellness Committee
- Community based organizations
- Government agencies/Sac County Public Health
- Loring Hospital’s Leadership Team

**Objective:** Addressing community-wide health needs in the categories of **1) MENTAL HEALTH 2) NUTRITION, OBESITY & WELLNESS 3) SUBSTANCE ABUSE** were top priorities identified during the community health needs assessment process in 2019.

**MENTAL HEALTH**

2019 Goal	2019 Strategies	Who is responsible	When
Generate awareness surrounding mental health to reduce mental illness-related stigma.	Partner with local schools to provide educational resources and opportunities that address proper coping skills for students and parents who are directly or indirectly impacted by mental health concerns.	Loring Hospital	Ongoing
	Promote locally existing mental health services, facilities and providers. Educate community on placement process and options.	Loring Hospital	Ongoing
	Create and disseminate educational resources through various mediums including, but not limited to: brochures, Loring’s website, press releases and newspaper ads.	Loring Hospital	July 1 2020
	Provide self-assessment tools via Loring Hospital’s website to evaluate mental health risks.	Loring Hospital	July 1 2020

**NUTRITION, OBESITY & WELLNESS**

2019 Goal	2019 Strategies	Who is responsible	When
Continue to expand community wide initiatives and services related to the education of nutrition, obesity and diabetes.	Initiate a diabetes prevention program.	Loring Hospital	July 2021
	Develop a weight management program.	Loring Hospital	July 2021
	Work to improve access to healthy foods and physical activity opportunities in our community.	Loring Hospital	Ongoing

**SUBSTANCE ABUSE**

2019 Goal	2019 Strategies	Who is responsible	When
Increase awareness and coordination of services to improve access to substance abuse services and education.	Provide educational resources and opportunities in local schools that address substance abuse and effective steps to take when dealing with substance abuse directly or indirectly.	Loring Hospital	September – May 2019-2020
	Promote existing community resources and services that aid those struggling with substance abuse.	Loring Hospital	Ongoing
	Provide self-assessment tools via Loring Hospital's website to evaluate substance use.	Loring Hospital	Spring 2021

**Progress Report from Previous Years' Plans**

**NUTRITION, OBESITY & WELLNESS**

2013 & 2016 Goal	2013 Strategies	2016 Progress & Key Results	2019 Progress & Key Results
<p>To increase community awareness of local services and nutrition programs currently available by implementing a marketing campaign targeting the various county communities.</p>	<p>Develop a website to be the focal point of health information for the community, including all nutrition, health and wellness services available.</p>	<p>New Loring Hospital website launched 9/2016. Website includes nutrition, obesity, wellness &amp; diabetes resources.</p>	<p>Loring website continues to provide information including nutrition, obesity, wellness and diabetes resources.</p> <p>Our diabetes education and nutrition pages on the Loring Hospital website continue to be the most popular pages people navigate to, further suggesting patients and community members are looking for education and resources related to nutrition and diabetes education.</p>
	<p>Develop informational brochures of the nutritional services available and provide to all local hospitals and clinics, as well as local businesses.</p>	<p>Loring dietitian created brochures for distribution throughout the county.</p>	<p>Brochures continue to be available to the communities served by Loring Hospital. Looking to update the diabetes education brochure within the next year.</p>
	<p>Promote the use of our county wellness website through different means of advertisement such as radio, newspaper and social media.</p>	<p><a href="http://www.loringhospital.org">www.loringhospital.org</a> is included in all our advertising/promotional material. The Sac County Wellness Coalition also helps promote the website.</p>	
2013 & 2016 Goal	2013 Strategies	2016 Progress & Key Results	2019 Progress & Key Results
<p>Develop a minimum of one new nutritional educational opportunity for each of the following groups: School aged children, adults and the elderly.</p>	<p>Utilize local dietitians, health coaches and health organizations to provide nutrition education to school aged kids by targeting schools, 4-H groups, day-care centers and kid clubs.</p>	<p>Loring dietitian has presented at each: ISU extension safety day, high school career classes, summer meal programs, the county fair, church</p>	<p>Loring registered dietitian continues to provide education and services at each: Annual ISU Extension safety day for 2<sup>nd</sup> and 4<sup>th</sup> grades, summer meals program, high school career classes, the county fair. New programs and services offered include: Pick a Better Snack</p>

		camp, and developed multiple nutrition focused education challenges for various schools in the county.	Program to all 3 <sup>rd</sup> grades in the county, hosting a free diabetes health fair for community members and organizing various wellness challenges through our county wellness group and with local businesses.
	Utilize local dietitians, health coaches and health organizations to provide nutritional interactive presentations to adult groups such as churches, school boards, businesses, etc.	Loring dietitian presented to each: Kiwanis, Auxiliary luncheon group, Lake View Nursing home staff.	Loring registered dietitian presented to each: Women in Denim Conference and area nursing homes.
	Utilize local dietitians, health coaches and health organizations to provide nutritional presentations to elderly groups at churches, care facilities, coffee groups etc.	Loring dietitian presented on healthy eating at various nursing homes in the area.	Loring dietitian presented on healthy eating at various nursing homes in the area and hosted a diabetes health fair at our independent living facility.
<b>2016 Goal</b>	<b>2016 Strategies</b>	<b>2016 Progress &amp; Key Results</b>	<b>2019 Progress &amp; Key Results</b>
Expand community wide education of nutrition, obesity and diabetes.	Target specific organizations and events to present educational information and screening.		Hosted diabetes health fair, provided diabetes and pre-diabetes risk screenings and glucose checks at county fair.
	Provide an ADA recognized Diabetes Self-Management Education Program		Loring continues to provide an ADA recognized Diabetes Self-Management Education Program
	Provide a prediabetes & type 2 diabetes prevention program		Dietitian has received training and is an AADE Certified Lifestyle coach.
	Provide a weight management program		Individual consults are available with provider referral at this time.

**MENTAL HEALTH**

2013 & 2016 Goal	2013 Strategies	2016 Progress & Key Results	2019 Progress & Key Results
To provide local patients with access to mental health professionals.	Utilize tele-health services to connect local patients with psychiatric professionals.	Continue to offer the services through Telehealth	Continued to attend the regional mental health coalition meeting at least biannually. Continued to utilize services offered by ITP
	<b>2016 Strategies</b>		
Continue to work with our tele-health program for mental health services.	Investigate use in the ER.		Continued with this program. Evaluated how it is working on a case by case basis. Currently the program is working very well.
Coordination with community stakeholders to enhance services.	Develop ongoing relations with key mental health stakeholders in the community.		Continued to build community relationships with key mental health stakeholders and search for new resources.

**PHYSICIAN ACCESS**

2013 & 2016 Goal	2013 Strategies	2016 Progress & Key Results	2019 Progress & Key Results
To hire an additional physician to meet the needs of our local communities.	Begin the recruiting process by identifying resources and personnel to be used for marketing and recruiting for the position.	Have hired a recruiting firm as of 5/2016 to begin recruiting process. Have identified resources and personnel for recruitment.	A recruiting firm was hired, but placed on hold as of July 2018 as obsessive fees were being incurred with very little progress. We have been utilizing our UnityPoint affiliation to help in the recruitment process and will accommodate the candidate needs through their process.
	Identify and interview candidates for the position.		
	Evaluate interviewed candidates and make an offer.		
	<b>2016 Strategies</b>		
Continue recruitment process	Identify and interview candidates for the position.		Candidates were identified prior to July 2018, interviewed and given tours of Loring Hospital and the communities we serve
	Evaluate candidates and make an offer		Candidates were either not suitable for the position or accepted our offer.

**According to the U.S Census Bureau:**

94.3% of the population of Sac County, IA has health coverage, with 45.7% on employee plans, 11.2% on Medicaid, 16.6% on Medicare, 19.3% on non-group plans, and 1.51% on military or VA plans. Per capita personal health care spending in the county of Sac County, IA was \$8,200 in 2014. This is a 5.05% increase from the previous year (\$7,806). Primary care physicians in Sac County, IA see 1670 patients per year on average, which represents a 0.12% decrease from the previous year (1672 patients). Compare this to mental health providers who see 1646 patients per year.

**Mental Health** – According to the Center for Disease Control 2016 data, for those 18 years of age or older mental health days are greater than 14, ranking Sac County “not good” in regards to mental health. Sac County Census data provides the following mental health information for Sac County:

- Any mental health disorder prevalence per 1000 residents over the age of 65: **127.01**
- Any affective disorder prevalence per 1000 residents over the age of 65: **29.87**
- Major depression prevalence per 1000 residents over the age of 65: **11.40**
- Depression/dysthymia prevalence per 1000 residents over the age of 65: **17.50**
- Phobia/som/pan/anorx/obcom prevalence per 1000 residents over the age of 65: **77.37**
- Cognitive impairment prevalence per 1000 residents over the age of 65: **19.62**
- Schizophrenia/Schizophreniform prevalence per 1000 residents over the age of 65: **1.13**
- Somatization prevalence per 1000 residents over the age of 65: **0.57**
- Anxiety/somatization prevalence per 1000 residents over the age of 65: **72.23**
- Substance use/alcohol abuse prevalence per 1000 residents over the age of 65: **14.66**

**Nutrition, Obesity & Wellness** – According to the Centers for Disease Control and County Health Rankings 35% of Sac County residents are considered obese (up from 24% three years prior). Nearly 13.3% of the population has been diagnosed with diabetes (up from 5.0% from the previous Census Data) and 24% with high blood pressure. Of the Sac County residents, 14% are smokers (down from 22%) and 28% report no physical exercise. Many of these factors can be attributed to lack of knowledge about nutrition, obesity and general wellness and exercise.

**Substance Abuse** – According to County Rankings 19% of Sac County have reported excessive drinking and 14% of adults are smokers. Sac County had 13 alcohol related deaths from 2014 to 2017, according to county health rankings.

## **VI. Loring Hospital Community Health Needs Assessment Conclusion**

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Loring Hospital, with the help of community members, patients and influential health stakeholders in Sac County has identified and prioritized health needs important to the residents of Sac County and our neighboring counties. This important information serves as a tool that will inform the development of health improvement implementation plans developed by Loring Hospital and other health care agencies and businesses serving the same service area. Working collaboratively, these efforts will improve the health and quality of life for members of Sac County and Loring Hospital's extended service area.

Data is available for all counties in the nation and used in Loring Hospital's assessment data at [www.countyhealthranking.org](http://www.countyhealthranking.org), [www.census.gov](http://www.census.gov), and [www.cdc.gov](http://www.cdc.gov), along with statistics from Iowa Public Health and our own statistical information.

### **Appendix**

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Community Health Needs Assessment Results extracted directly from Survey Monkey.