

# 2025 CHNA Implementation Plan - Loring Hospital PSA

Round #5 CHNA Health Needs Tactics Year 1 of 3 starting 7/1/25 through 6/30/26

The following Implementation Plan was adopted/approved by the Loring Hospital Board of Directors on 6/26/2025

	CHNA Health Areas of Need	T	"Specific Actions" to Address Community Health Need or "Reasons Why Hospital Will Not"	Identified "Lead"	Identified Partners	Timeframe	(Hours)	\$\$\$
1	<b>Mental Health (Diagnosis, Treatment, Placement, Aftercare with a focus on Geriatric, Parenting, and Digital Impact.</b>	a	Explore adding Senior Life Solutions at Loring Hospital to provide structured, outpatient mental health support for seniors experiencing depression, anxiety, or emotional distress. Engage community partners for referrals, and consider telehealth options to improve accessibility and outreach in rural areas.	Loring Hospital & Iowa BH District #2	4H_FFA, Aux, HC_Extend, Clerg, Clin, Club, HD, MH, School, Senior, SS			
		b	Continue to organize and host public events such as Lunch & Learn presentations that feature local mental health advocates and address topics related to the subject of mental health.					
		c	Promote locally existing mental health services, facilities and providers. Educate community on placement process and options. Partner with Megan Dooley.					
		d	Continue to partner with community elementary, middle, and high schools to educate students on mental health (de-stigmatize mental health conditions, suicide prevention and social media bullying). Launch 988 initiatives (Public Health - all middle and high school).					
		e	Continue to build and expand Telehealth service offerings that are approved by area providers. Explore reimbursement options. Continue adding additional visiting specialists.					
		f	Continue to develop mental health referral relationships with key community partners for collective impact. Continue to explore potential office sites for additional mental health services, including primary care (satellite) clinics.					
		g	Engage a well known Guest Speaker to come to community to share on de-stigmatize mental health treatment. (Secure a speaker and continue it) (Kevin Himes)					
		h	Continue to educate all medical staff including EMS and Police officers regarding mental health delivery issues and how to address them. Provide continuing education courses to staff, lunch and learn presentations, etc. to keep them current in terms of treating mental health issues.					
		i	Continue Depression Screening initiatives at hospital and DOH. Provide intervention guidelines / handouts / adequate education					
		j	Explore the opportunity of sending Mental Health providers to local nursing homes.					
2	<b>Chronic Disease (Cancer &amp; Heart)</b>	a	Explore Medicare chronic disease program. Coordinate participation in the program and investing in resources (capital and Information systems) necessary to support the program	Loring Hospital & DOH	Aux, HC_Extend, Clin, Fit, School, Senior, SS, IA, Transp			
		b	Begin a chronic wellness campaign to encourage patients to look into / inform their healthcare providers of chronic disease family history.					

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		c	Continue a Reminder Program to encourage residents to visit their providers regularly for preventative health / wellness annual check ups					
		d	Explore health education classes at schools, local areas, etc. (Lunch and Learns) with focus on hypertension, diabetes, smoking cessation, educate community on Health & Wellness practices, and chronic alcohol usage.					
		e	Explore the usage of telemedicine to help with chronic disease management (more local).					
		f	Continue to build follow-up protocols after screenings to raise awareness of the resources available in the community for those with chronic conditions with Unity Point Clinic, for PCP's.					
		g	Continue to develop processes which support primary care and other providers in efforts to refer qualified patients to nutritionists and diabetic educators. Through the Care Coordinator.					
		h	Continue to utilize the usage of chronic patient monitoring at home. Investigate Mobile APP support.					
		i	Continue to promote community education on how to maintain health. Groups and/or Facebook page to get community involved.					
		j	Utilize resources to address social determinant of health needs with "frequent flyers" to medical services.					
		k	Explore grants and utilize grants already in place for Chronic Care through Preferred Family Care.					
3	Preventative Health/ Health Education	a	Create a formal Sac Co Community committee to educate residents regarding Healthcare 101 options and support services.	DOH & Loring Hospital	4H_FFA, Aux, HC_Extend, Clerg, Clin, Club, Fit, HH_Hospice, Indu, School, Senior, SS, IA			
		b	Partner with key community providers by having lunch-ins or monthly meetings for collective impact. Identify/contact key partners and gaps. "Continuum of Care Meetings"					
		c	Create / provide health education materials focusing on health education to schools, libraries and 4-H FFA clubs.					
		d	Launch "Walk With a Ease "outreach program to help enhance healthy behaviors in the community. Healthy Estate Walk.					
		e	Explore a partnership with PSA Fitness & Wellness Centers to promote community wellness. Provide complimentary introductory classes to get people motivated and involved.					
		f	Explore a back to school Carnival. Partner with Rec and Parks to promote these activities. Continue Health Fair activities with booths and relevant topics.					

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		g	Continue maintaining community Facebook page. Provide web links to area providers, schools, churches, and community programs.					
		h	Continue community education events in order to promote local healthcare / self service programs and the importance of preventative care.					
4	<b>Obesity (Nutrition &amp; Exercise)</b>	a	Launch a weight loss and management program led by Loring Hospital dietitian Jill to support healthy lifestyles and reduce chronic disease risk. Focus on personalized nutrition plans, group education sessions, and long-term behavior change strategies to promote sustainable outcomes.	Sac Community Rec Center & DOH	4H_FFA, Aux, HC_Extend, Clin, Club, Fit, HH_Hospice, Hosp, Indu, School, Senior, SS			
	This health need is a community Social determinant, thus not part Hospital's Mission or Critical operations. Will partner with others as appropriate.	b	Continue to promote and expand access to Healthy Eating Active Lifestyle Program; an Intensive Behavioral Therapy for Obesity service.					
		c	Continue to promote diabetes/nutrition services while also expanding access. Increase marketing at the Hospital.					
		d	Explore partnership with Fitness Centers to publish an inventory of fitness centers hours of operation / fees (plus research fitness demand) in PSA. Promote "free" fitness events within the community - Zumba, water aerobics, family swim, local 5k's etc. Continue to promote/sponsor a community-wide "fitness challenge" i.e. Weight loss.					
		e	Continue "Meals on Wheels" program to support healthy lifestyles for elderly, disabled, or confined to their homes.					
		f	Continue / support Backpack school program. Increase access to healthy foods in schools for youth with "No Kid Hungry" Campaign. Continue to promote WIC and food stamp programs. Utilize clergy and other resources to increase access to healthy foods.					
		g	Develop "Awareness Program" to educate elementary/middle school children and their families about healthy lifestyles. Healthy snack program through extension office.					
		h	Continue expansion for Parks & Rec to get full utilization of this new available resource. Spread awareness of this new service coming and/or create a social media page for updates, events, or classes the community can engage in.					
		i	Continue to create and maintain community gardens including food pantries. Continue to develop walking/ biking trails in PSA.					
		j	Continue to have access to healthy foods in schools. Ask School Districts to present what they have done so far with improving the school lunches.					
		k	Continue to promote / provide "low cost" sports physicals / wellness examinations with school parents.					

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		l	Create a formal Hospital Marketing Plan to promote existing healthcare services, facilities and specialists. Con't Community Health Education Activities, use both traditional & social media tools and develop website virtual tours.					
		m	Explore grants for free education regarding nutrition / physical activity / owning your health.					
		n	Explore a public health campaign using social media, local radio, and community events to raise awareness about the importance of healthy eating and regular exercise in preventing obesity. Share local success stories of individuals or families who have adopted healthier lifestyles. Shelley Public Health.					
5	Food Insecurity	a	Launch a program with the school to donate unused but safe food to the community refrigerator or local food pantry, reducing waste and addressing food insecurity. Coordinate logistics, ensure proper food safety protocols, and promote the partnership within the community.	New Opportunities (Food Bank) & DOH	4H_FFA, Aux, Chamb, Clerg, Club, Co, Ec Dev, Hosp, Indu, School, Senior, SS			
	This health need is a community Social determinant, thus not part Hospital's Mission or Critical operations. Will partner with others as appropriate.	b	Explore adding a 24-hour accessible Community Fridge at the Hospital, Department of Health, or Fire Department to improve access to healthy food for those in need. Partner with local organizations to stock the fridge regularly and promote its availability throughout the community.					
		c	Launch a food bag assembly project to provide nutritious, ready-to-distribute meal kits for families in need. Partner with volunteers, schools, or local organizations to gather supplies, assemble bags, and distribute them regularly.					
		d	Sponsor a program to teach people how to shop on a budget and eat healthy. Begin can redemption to donate funds towards food panty. Public health & Jill (Dietician)					
		e	Continue school programs that provide discounts or vouchers for purchasing healthy foods at local grocery stores or farmers' markets, especially for low-income families.					
		f	Continue to promote WIC and food stamp programs. Continue with School Back-pack program and raise awareness of food bank. Expand "No Kid Hungry" initiative in county. Utilize clergy and other resources to increase access to healthy foods.					
		g	Continue to develop support for local food bank and/or other food giveaway options. Utilize harvesters and various church giveaways.					
		h	Collaborate with health plans, local cities and other groups focused on fitness, healthy eating, and access to fresh fruits and vegetables.					

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		i	Create and follow-up on a community garden where locals can grown and produce their own food to decrease meal costs and increase healthy eating.					
		j	Explore church, local businesses, and other community programs to feed those in need. Explore hosting monthly food drives to supply soup kitchen/food pantry.					
		k	Ask big employers to start annual food drives to stock area food pantries.					
		l	Continue and encourage local schools to provide healthier options in school vending machines.					
		m	Continue to promote community health. Create effective media (i.e. print, radio, digital). Continue to provide education to the community through health fairs and educational programs, including various screenings.					
6	Awareness of Healthcare Services	a	Continue creating a formal Communication Marketing Plan to increase PSA resident awareness of available services i.e. (Ads, Relational Marketing, Staff communication and Social Cause.	Loring Hospital & DOH	HC_Extend, Clin, Fit, HH_Hospice, MH, School, Senior, SS			
		b	Continue development of comprehensive Sac County Resource Guide. Partner with Public health to create a dedicated community website.					
		c	Continue Loring Hospital marketing activities. Promote existing healthcare services, facilities and specialists. Increase marketing activities to generate community interest and awareness. Educate community about existing HC services using digital tools (Facebook / Website). Advertise on the radio and in the newspapers					
		d	Continue hospital leadership and staff involvement in local events, activities, and programs to promote and publicize facilities and services. Organize who goes where and volunteer to guest speak.					
		e	Develop reference link that allows patients to see all healthcare services in their surrounding area including phone numbers to make appointments rather than using a hard copy only form.					
		f	Develop Senior marketing of healthcare services and exercise classes / programs. "Stepping On" for elderly.					
		g	Continue to build the Loring Hospital Website. New brand to generate community interest and awareness.					
		h	Continue to expand marketplace enrollment assistance & education. Help residents enroll into Medicaid / ACA insurance coverage.					

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		i	Continue to provide education (topic of interest) to employers through work-site health clinic hours, fairs and educational programs, including various screenings. Expand this Occupational Medicine initiative to county-wide					
		j	Continue to use both digital and traditional media (newspaper, radio, and tv advertisements) tools to educate and promote existing county HC services.					
		k	Promote Chamber Facebook page. Provide web links to area providers, schools, churches, and community programs. Encourage entities to add health info to their pages.					
7	Health Insurance (Coverage & Education)	a	Continue to educate public on payment options at the hospital. Continue to enhance CMS Transparency web reporting and price transparency. (Hope Fund / Patient Financial Asst.)	Loring Hospital (SHIP) & PSA insurance agencies	Clin, Co, Ec Dev, HD, HH_Hospice, Hosp, Indu, MH, Senior, SS, IA			
		b	Continue to engage with legislators to advocate for Medicaid Refining with special attention to newly elected local politicians.					
		c	Continue to explore and expand private insurance model, led by the Chamber of Commerce. Promote farm worker program.					
		d	Develop white paper & collateral materials about what affordable health insurance means to Sac County.					
		e	Expand PSA Economic Development to decrease poverty / increase access to health insurance.					
		f	Monitor changes to Federal health insurance policies for rural health organizations.					
		g	Provide education to public and community in regards to how to properly navigate the using your health insurance coverage properly.					
	Overall Total Contributions							