

# OSCEOLA COMMUNITY HOSPITAL

2019 Community Health Needs Assessment

OSCEOLA COMMUNITY  
HOSPITAL



*"The Hospital with a Heart"*

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## **EXECUTIVE SUMMARY**

During fiscal year 2019 a Community Health Needs Assessment (CHNA) was conducted by Osceola Community Hospital for the approximately 12,000 people residing in the hospital's primary service area. In defining community, Osceola Community Hospital has taken in to consideration all members of Osceola County and our larger service area (Lyon, O'Brien, Dickinson and Nobles, MN Counties) regardless of socio-economic status. Osceola Community hospital is committed to meeting the needs of all who need care regardless of their ability to pay. The communities located in this geographic area include but are not limited to: Ashton, Boyden, George, Harris, Lake Park, Little Rock, Melvin, Ocheyedan, Sheldon, and Sibley in Iowa, and Bigelow, Rushmore, and Worthington in Minnesota.

Community Health Needs Assessments are a tool used to help communities assess their strengths as well as their weaknesses. The process allows the community to better understand its capacity and the overall use of resources by its residents. It is also the foundation for improving and promoting the health of the community. CHNAs are a key step in the continuous community health improvement process. The role of the process is to identify factors that affect the health of a population and determine the availability of resources within the community to adequately address these factors and health needs.

The CHNA is also a part of the required hospital documentation of "Community Benefit" under the Affordable Care Act. Non-profit hospitals are required to conduct CHNAs, which helps the hospital in developing community benefit programs that meet the identified community health needs. Further explanation and specific regulations are available from Health and Human Services, the Internal Revenue Service and the U.S. Department of the Treasury.

In order to comply with the established regulations Osceola Community Hospital completed the following:

- CHNA report, compliant with IRS – Treasury;
- Gathered information needed to complete the IRS – 990h schedule; and
- Developed an implementation strategy to address the community health needs identified during the assessment process.

### **Purpose**

Osceola Community Hospital conducts a CHNA every three years to evaluate the health of the community, identify high priority needs and develop strategies to address the needs of the community. The hospital also has a contract with Osceola County to provide public health services and works closely with the public health department in conducting the public health needs assessment.

In 2018 - 2019 the two entities conducted the community needs assessment together. This

collaboration added additional resources and facilitated greater cooperation in identifying community health needs. Each of the partners shares a commitment and plays a significant role in the community's health and overall well-being. The 2018-2019 Osceola Community Hospital health needs assessment represents a combination of quantitative and qualitative information based on census data, technical data and focus group feedback from community organizations, leaders, consumers and health professionals. Local data was compared to state, national and benchmark information.

The results of the CHNA surveys were reviewed and tabulated with 219 people responding to the questionnaire. The CHNA committee discussed the primary and secondary data findings and after careful consideration of all the data and completing the prioritization process, the following top health need priorities were identified:

- Access to Health Care Providers
- Access to Mental Health/Substance Abuse Services
- Emergency Management Services (EMS)
- Workforce
- Community Wellness

This report summarizes the results of the analysis.

## **Description of Osceola Community Hospital**

Osceola Community Hospital is a locally owned, private, nonprofit, health care organization located in Sibley, Iowa. The hospital provides inpatient, outpatient and community health services to the citizens of Osceola County and the surrounding area. Services offered include general medical care, surgical care, emergency care, and child development services.

Osceola Community Hospital is licensed by the Iowa Department of Health as a Critical Access Hospital with 25 acute care beds. The hospital is part of the Avera Health System through a management contract with Avera McKennan Hospital & University Health Center in Sioux Falls, S.D.

The mission of Osceola Community Hospital is to enhance and improve the quality of life of the population it serves, to be the area's premier health care service provider, and to have a positive impact on the lives of the people and community it serves.

Many updates to the facility, equipment and service lines have been accomplished throughout the years. In recent years major additions have included: the Avera Medical Group Sibley Clinic (in 2018 the clinic underwent a remodeling project to provide more space for providers and patients), the Heartwood Heights Senior Independent Living/Assisted Living apartment complex, a remodel and investment in equipment in the Wellness/Rehab Center, a new compounding and pharmacy area, and a community-wide child care center, the only licensed child care center in the county.

An active medical staff offering excellent comprehensive care includes three family practice physicians, two nurse practitioners, and three general surgeons. A highly trained, dedicated and motivated support staff of health care professionals serves the hospital and supports the work of the outstanding physician base. Consulting services and outpatient specialty clinics are provided by 16 specialists that include the medical specialties of orthopedics, cardiology, urology, podiatry, oncology, spine and ophthalmology. The hospital is currently home to a 64-slice CT (computed tomography) scanner and has received a generous grant from the Helmsley Charitable Trust to provide digital radiography.

Osceola Community Hospital's vision for the future continues the spirit of innovation and progress that has defined excellence in meeting the health care needs of the community. A four-phase addition and renovation plan was completed to carry out the hospital's reputation of excellence and innovation built over the last 54 years, and serve future generations. To a large degree the future of Osceola Community Hospital is dependent upon the establishment, sustenance, and longevity of primary care and specialized care physicians. An updated facility is crucial to continue to attract and retain the excellent physician base that exists today. The facility has created surgical opportunities to attract specialty services such as orthopedic surgery for knee replacement and ophthalmology for cataract surgery. The addition and renovation are not only important for physician recruitment, but also aid in retaining the current medical staff.

Many citizens consider ready access to excellent, high-quality health care a primary consideration in a decision to move to Osceola County or to remain in the area. The growth and vitality of the community is directly related to the quality and availability of health care services, including an excellent hospital. The economic force of Osceola County will only continue to improve as a result of the increased services made

available to the public. Since its inception 51 years ago, Osceola Community Hospital has developed into an outstanding, independent, locally owned, non-tax supported, and community health care facility in the state of Iowa. The constant support of Osceola County residents and the surrounding communities has been a key factor in this success. The hospital has a long reputation of meeting the community's health care and wellness needs through continuously updating and improving health care services and programs to ensure a state-of-the-art facility is available to the citizens of Osceola County. In order to have health care services for the future, it is necessary to stay up to date, keep moving forward and remain at the forefront of medical advances.

### Description of Community

Osceola Community Hospital is located in Sibley, Iowa. The City of Sibley is the largest city in Osceola County, and serves as a trading center for the surrounding agricultural area. Osceola Community Hospital defines its primary service area as Osceola County and portions of Lyon County, Iowa, and Nobles County, Minnesota. In 2018 Osceola Community Hospital discharged 223 inpatients. The data indicated that 177 patients or 79 percent of Osceola Community Hospital's patients reside in Osceola County, 19 patients or 8 percent reside in Lyon County, and 12 patients or 5 percent reside in Minnesota. In addition, 18 patients came from the various counties within the state of Iowa such as Clay County, Dickinson County, and O'Brien County, while sixteen patients came from South Dakota. In 2018, 1469 outpatient visits were recorded from counties throughout Iowa as well as Minnesota, Nebraska, Nevada, South Dakota, Texas and Wisconsin. The primary service area is rural in nature and covers about 50 square miles. Osceola County has a strong agricultural base which is augmented by its exceptional medical community, healthy retail community, thriving industrial base, excellent schools, and numerous churches. The 2010 census recorded a population of 6,462 in Osceola County, with a population density of 16.2048/sq mi (6.2567/km<sup>2</sup>). By July 1, 2018 the population was estimated at 6,040 a -6.5 percent decrease in eight years. There were 2,965 housing units, of which 2,244 were occupied (75.7 percent).

**Table 1: US Census Bureau State & County Quick Facts – Population 2018**

<i>Population Variable</i>	<i>Osceola</i>	<i>Lyon</i>	<i>Nobles, MN</i>	<i>Iowa</i>
<b><i>Population Estimate (2018)</i></b>	6,040	11,811	21,924	3,156,145
<b><i>Under 5 Years Old</i></b>	6.2%	7.4%	8.0%	6.3%
<b><i>Under 18 Years Old</i></b>	23.3%	28.2%	26.7%	23.3%
<b><i>65 years of age and older</i></b>	20.9%	17.9%	16.2%	16.7%
<b><i>Female persons, percent</i></b>	49.1%	49.2%	48.4%	50.3%

\*Source [U.S. Census Bureau](#): State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners

**Table 2: Racial/Ethnic Composition for the Osceola Community Hospital Service Area**

<i>Race</i>	<i>Osceola</i>	<i>Lyon</i>	<i>Nobles, MN</i>	<i>Iowa</i>
<i>White</i>	96.7%	97.9%	85.0%	91.1%
<i>Black/African American</i>	0.5%	0.4%	5.2%	3.8%
<i>Native American/Alaska Native</i>	0.5%	0.3%	0.5%	0.5%
<i>Asian</i>	0.6%	0.3%	6.4%	1.7%
<i>Hispanic/Latino</i>	8.1%	2.6%	28.3%	6.0%

\*Source [U.S. Census Bureau](#): State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners

**Table 3: Social & Economic (SES) Factors: Income, Poverty level & Education for Osceola Community Hospital Service Area**

<i>Income/Education</i>	<i>Osceola</i>	<i>Lyon</i>	<i>Nobles, MN</i>	<i>Iowa</i>
<i>Median Household Income</i>	\$53,604	\$62,012	\$53,267	\$56,570
<i>Living Below Poverty Level 2015</i>	10.1%	7.6%	12.8%	10.7%
<i>High School Graduation</i>	87.4%	90.6%	76.3%	91.8%
<i>Bachelor Degree</i>	17.7%	21.7%	14.5%	27.7%
<i>Unemployment</i>	1.8%	1.8%	2.7%	3.4%

\*Source [U.S. Census Bureau](#): State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners; Source: [U.S. Bureau of Labor Statistics](#)

**Table 4: Business Quick Facts for Osceola Community Hospital Service Area**

<i>Business Quick Facts</i>	<i>Osceola</i>	<i>Lyon</i>	<i>Nobles, MN</i>	<i>Iowa</i>
<i>Total Employer establishments, 2016</i>	193	390	607	81,563
<i>Total Employment, 2016</i>	1,759	3,497	9,148	1,354,487
<i>Total employment, percentage change 2015-2016</i>	11.3%	3.8%	2.4%	1.2%
<i>Non Employer Establishments, 2016</i>	468	983	1,284	203,763

\*Source [U.S. Census Bureau](#): State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners; Source: [Labor Market Information Division, Iowa Workforce Development](#), Local Area Unemployment Statistics Map

**TABLE 5: Geographical Location Facts**

<i>Business Quick Facts</i>	<i>Osceola</i>	<i>Lyon</i>	<i>Nobles, MN</i>	<i>Iowa</i>
<i>Land Area in Sq. Miles</i>	398.68	587.65	715.11	55,857.13
<i>Population per square mile, 2010</i>	16.2	19.7	29.9	54.5
<i>FIPS Code</i>	19143	19119	27105	19

\*Source U.S. Census Bureau: State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners

Research has demonstrated a strong relationship between socio-economic status and increased risk of being affected by health disparities. A person’s health status is as much a product of education, financial resources, and social status, as it is of genetic make-up, personal life styles, and exposure to disease. Whether assessed by income, level of education, or occupation, the socio-economic status clearly predicts the health status of an individual.

Healthy People 2020 define a health disparity as “a particular type of health difference that is closely linked with social, economic and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion”.

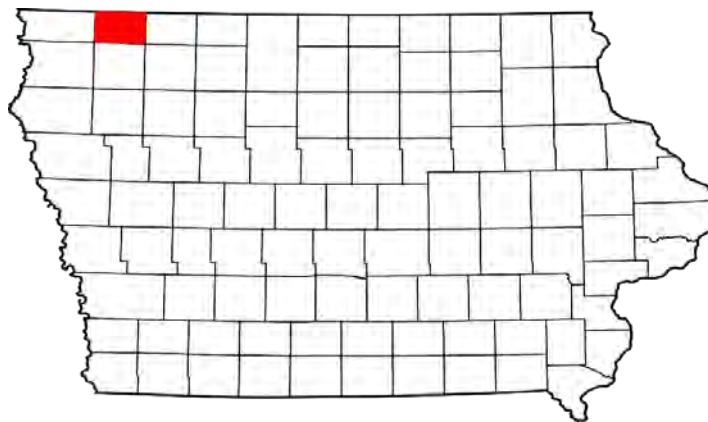
A higher income level provides individuals with a means to purchase health insurance, and ensures access to health care on a consistent basis. Education has a direct impact on an individual’s professional development and career opportunities, which influences access to healthcare coverage. Occupational health status has a significant impact on the health status of an individual especially since research has demonstrated that employed persons have better health than those unemployed. The three main determinants that influence health include: behavior and lifestyle, environmental exposure, and healthcare. Behavior and lifestyles play a significant role in the health of people. Limited access to health insurance and preventative services creates a health disparity.



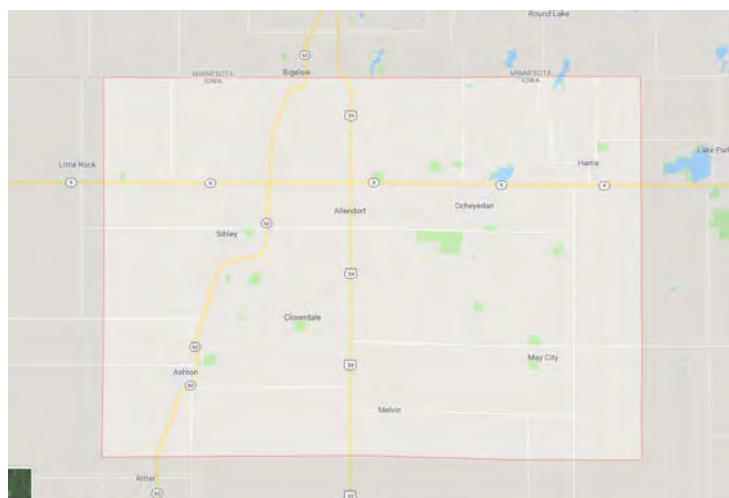
**Where we are located:**



**Iowa's location within the United States.**



**Location of Osceola County in Iowa.**



**Location of cities within Osceola County.**

## **How Strategy & Plan Developed:**

### **Who was Involved with the Assessment**

The assessment was conducted by Osceola Community Hospital and Osceola Community Health Services, which also provided the financial and in-kind support for the assessment process. Since the greatest portion of the organization's patient and customers reside in Osceola and Lyon counties, focus groups and paper surveys were taken to six surrounding towns of Harris, Melvin, Ocheyedon, Ashton, Little Rock and George, all in Iowa. A paper survey was handed out to participants at the hospital and various congregated places, and focus groups were conducted. For the 2019 Community Health Needs Assessment there were a total of 219 surveys completed from January 1, 2019 to April 30, 2019. Special attention was taken throughout the primary data collection process to ensure the hospital's assessment took into account input from persons who represented the broad interests of the community, including those with special knowledge and expertise in public health.

The focus group participants included representatives from the medical community and civic organizations, business owners, farmers, public health officials, EMTs, firefighters, city and county officials, Sibley-Ocheyedon school personnel, mental health providers, Osceola County Sheriff's Office personnel, domestic abuse counselors, substance abuse and mental health counselors, Ministerial Association members, Board of Trustee members, patients, and people representing the uninsured and underinsured population. In addition, a focus group was held with the local chamber of commerce. Many of the clients were unable to read the survey. One on one conversations were conducted with individuals, which provided valuable input and information from the disabled members of the community. All age groups were represented in the focus groups.

### **How was the Assessment Conducted**

Data was compared to statewide data as well as national data and benchmarks. The results of the CHNA surveys and focus groups were reviewed and tabulated and shared with the CHNA committee. The committee also considered Osceola Public Health CHNA results, U.S. Census Bureau Census of Population & Housing, County Health Rankings and Roadmaps, MEDITECH, and Healthy Iowans report by the Iowa Department of Public Health.

### **Health Needs Identified**

Review and analysis of the data gathered from the CHNA survey, focus groups and Osceola County Public Health CHNA identified possible areas of focus. In addition we learned that people had very positive feelings toward the community and area in which they live. Many of the health effects that our community experiences and values are the hospital, physicians, wellness center, day care center, assisted living, specialty physicians, recreation, and educational programs. Comments from the focus groups were taken into consideration. In addition, the community felt safe and commented on how clean the area is.

Needs and concerns expressed by the community included health and wellness opportunities for the community, keeping healthcare providers in the community and educating our youth about eating habits. A continually growing need for mental health services, population issues, and assisted-living care were also discussed.

### **Prioritization Process**

Prioritization is an important process for determining the most significant needs and what should be done to identify the health needs of the community. Information from the community and focus groups were reviewed to determine community health needs. Common themes were identified. Factors considered when prioritizing health needs included:

- Cost/return on investment
- Availability of solutions
- Likelihood of success
- Impact of health programs in the community
- Access of resources to address the problems
- Urgency of the problem
- Number of individuals affected by the problem

Once common themes from the data analysis were identified, and the top eleven themes were placed into a prioritization template which allowed the committee to score them based on the significance of each need. Criteria included size, seriousness, economic feasibility, potential for impact, availability of community assets, need due to limited community assets, probability of success and value of the presented themes. The committee scored the health issues based on the criteria using a 1-5 scale with “1” indicating the lowest score for significance, feasibility or probability and a “5” indicating the highest score, with a maximum score possible of 40. From this process the top needs facing the community were identified as access to health care providers, access to mental health/substance abuse services, emergency management services (EMS), workforce and community wellness.

### **Community Assessment Identified – Providing Access**

The community often looks to Osceola Community Hospital to impact the overall health and quality of life in Osceola County and the surrounding areas. Through the CHNA survey, participants had the opportunity to provide feedback related to how the organization could help provide community-building activities to improve the overall health and quality of life in the community. Survey participant’s identified obstetric care, emergency management services

(EMS), mental health services, assisted living services, community wellness, workforce and specialty healthcare providers.

## **Health Care Resources**

**Hospital care** - Hospital inpatient, outpatient and observation services provide an average daily census of 3.8 acute and skilled patients.

Staffing for the hospital consists of at least two RNs on each shift with additional LPNs for patient care. All registered nurses are certified in advanced cardiac life support (ACLS). All have completed the trauma nurse core course (TNCC), all are pediatric advanced life (PALS) and neonatal (NRP) certified.

Osceola Community Hospital provides 24-hour services/care for medical, surgical, emergency, and swing-bed patients.

The facility is certified as a Level 4 trauma service. It is fully integrated with eEmergency, and eConsult (telemedicine).

Osceola Community Hospital has two operating suites, accommodating general surgery, orthopedic, and ophthalmology surgery. The hospital has a full service laboratory (chemistry, hematology, blood gases, drug screen and blood banking).

Radiology provides on-site digital mammography, 64-slice computerized tomography (CT), bone density testing (DEXA), ultrasound and general radiology. Mobile services provide magnetic resonance imaging (MRI), nuclear medicine and positron emission tomography (PET).

The hospital's full-service rehab department offers cardiac and pulmonary rehab, physical therapy, occupational therapy and speech therapy are offered, as well as outreach service for sleep studies, vascular and nuclear studies. The hospital also has an ostomy nurse who provides weekly outreach services to our patients. In the last year the hospital has added podiatry services with specialization in foot and ankle surgeries.

Osceola Community Hospital has a Medicare-certified diabetic education program that provides educational and health maintenance support for diabetic patients. Outreach clinics are offered monthly.

**Osceola Community Health Services** - A variety of public health services are offered to the residents of Osceola County in a 20-mile radius of Sibley, Iowa. Osceola Community Health Services is a department of Osceola Community Hospital and functions within a contractual agreement with the Osceola County Board of Supervisors to provide public health services. The agency is subsidized by local county funding and by the local hospital.

**Wellness Center** - Osceola Community Hospital has a wellness center open to the public. The physical therapy and occupational therapy programs provide services to patients referred by their provider. Wellness equipment was recently updated to provide members and patients with the most up-to-date technology. 24-hour access will be installed in the near future to ensure community members have access to wellness.

The center has cardio and strengthening equipment and a therapeutic pool. Classes are offered on yoga, exercise balls, circuit, Zumba and aerobics. We have a licensed massage therapist and trained wellness coaches on staff, as well as a weight loss program with trained coaches. A dietician is available for consultation.

**Senior Living** –There is a 22-bed assisted living complex attached to the hospital. The apartments are one or two bedrooms, with community dining and socialization activities. As needs of the residents arise, additional services are available (home health nurse, aide, laundry and additional meals). All residents wear a Lifeline for emergency assistance.

**Primary care** - Avera Medical Group of Sibley offers primary care with three full-time licensed physicians on staff as well as two nurse practitioners. Recruitment and retention of medical providers in rural areas is of concern and strategies related to recruitment and retention are on-going.

**Meals on Wheels** - Volunteers deliver meals to the senior citizens to private homes Monday – Friday. An average of twenty residents use these services. This service is currently provided through contract by Homeplate, Inc.

**Dinner Date** - A nutrition program provided by Iowa Area Agency on Aging, offering senior residents a noon meal. Sibley has dinner date available Monday through Friday. Ashton has dinner date once a month in their community while Melvin has service one day a week. Ocheyedan has dinner date twice weekly.

**Counseling services** – Services are provided in cooperation with Sanford Sheldon, Seasons Center Mental Health and Atlas of Osceola County.

***Prevention of Depression / Suicide Coalition Osceola County Members-***

Osceola County Sheriff's Department, Osceola County Ministerial Association, ATLAS of Osceola County, Mental Health Counselors, Compass Pointe, Family Crisis Centers, Osceola County CPC, Osceola County Board of Supervisors, Seasons Center for Behavioral Health, Northwest Iowa Mental Health Advocate, Northwest Iowa Community College, Jurens Funeral Homes, Step by Step Counseling/Ministries, Department of Human Services-Iowa, Osceola Community Health Services, Osceola Community Hospital, Sibley-Ocheyedan Community Schools, Upper Des Moines Opportunity, Inc., ISU Extension and Outreach

**Thrift Store Services** – The hospital owns and operates a thrift store in the community. Its mission is to help the children of the community and people in need. Proceeds subsidize the child care center. The store also donates unsold items to the Goodwill or the YMCA, plus 30 other charities.

**Osceola Ministerial Association** - Clergy from all churches in the community meet on a monthly basis. This group has an established benevolence fund that can provide assistance for fuel, transportation, lodging, medical and other identified needs.

**Sibley Chamber** – Representatives from businesses in the Sibley area meet monthly to support the community and each other. The Chamber is a driving force for activities such as community celebrations and special events. Annual dues support their activities.

**Public Safety** - Osceola County Sheriff's Office, Iowa Highway Patrol, and Osceola County Volunteer Fire Departments collaborate to provide for public safety

**Health Services in Neighboring Counties**

Neighboring O'Brien County has two hospitals. One hospital is 20 minutes and one is 32 miles from our community. In Nobles County, Minnesota there is one hospital which is 25 miles from our facility. Lyon County in Iowa is 24 miles away and has one hospital. The hospitals in O'Brien and Lyon counties are Critical Access Hospitals. We are 60 miles from Sioux Falls, S.D. where Avera McKennan and Sanford are both tertiary referral hospitals.

**Ambulance Services**

The ambulance service in Osceola County is an all-volunteer service. The five towns in Osceola County that have ambulance service are Sibley, Melvin, Ashton, Ocheyedan and May City. The crew in Sibley has one paramedic, and 9 EMT's. Melvin has one EMT and one First Responder. Ashton has one RN exempt, six EMT's, and one First Responder. Ocheyedan has one EMT's and three First Responders. May City has two EMT's and one First Responder.

The service completes approximately 696 calls annually. The Osceola County ambulance is fully integrated with the service and provides billing and financial oversight. Osceola County is available for transport. They are available 24 hours a day for transport to other facilities.

## **Actions since the 2016 CHNA**

### **Access to Health Care**

Access to care has been a main goal for Osceola Community Hospital. Osceola Community Hospital has successfully recruited health care providers. Our family practice providers joined Avera Medical Group; one physician and two nurse practitioners were recruited. Specialty services in podiatry and orthopedics have been added to ensure patient can receive care close to home.

Through a generous grant from the Helmsley Charitable Trust, our facility was able to purchase a CT scanner that reduces the radiation exposure to patients as well as increases the quality of images to ensure an accurate diagnosis. Access to state-of-the-art technology close to home ensure Osceola Community Hospital is provide the highest quality care available.

### **Mental Health Services/Counseling/Support Groups**

Osceola Community Hospital partnered with various mental health providers to bring three mental health providers to Osceola County. There is a significant need in our county for these services.

A partnership with Senior Life Solutions is underway to provide mental health services to those over age 65 and aims to provide assistance to people with emotional and behavioral issues often related to aging and loss.

Osceola Community Hospital has also entered into an agreement with Season's Center for Behavioral Health to provide mental health services at Osceola Community hospital as well as partnering to establish a Certified community Behavioral Health Clinic (CCBHC). These entities, are designed to provide a comprehensive range of mental health and substance abuse disorder services to vulnerable individuals. These services include 24/7/365 crisis services, immediate screening and risk assessment, easy access to care and tailored care for active duty military and veterans.

### **Health Improvement and Promotion**

Osceola Community Hospital has engaged in numerous health and wellness activities. Programs such as diabetes education and wellness challenges have promoted health and wellbeing in the community. Osceola Community Health Services promotes immunizations each year at the local school to ensure all students have the proper immunizations.

In an effort to support wellness, the physical trainers from Osceola Community Wellness and Rehab provided a strength training program with the school. The goal is to ensure students receive education in the proper technique.

Twenty-four hour access to the Osceola Community Wellness and Rehab Center will allow individuals and families to work out together in a safe environment. Our physical therapists and registered dietician

are available for to educate wellness center members on safe movements and nutrition.

### **Memory Care**

Since 2016, attempts to bring memory care to Osceola County were unsuccessful due to workforce and financial pressures. Osceola Community Hospital will continue to hold conversations with local nursing home in support of this effort.

### **Osceola County Emergency Medical Services**

Emergency medical services in Osceola County rely on volunteers to staff the service. Meetings have been held with Osceola Community Hospital, Avera Physicians, Osceola Board of Supervisors, and EMS to ensure the long term viability of this program. A physician at Avera Medical Group Sibley became the medical director in March 2019 and is currently working with EMS and Osceola Community Hospital to complete education and training. The physician as well as the chief nursing officer at Osceola Community Hospital are working together to increase volunteer numbers in the communities of Ochedan and Melvin. Osceola Community Hospital leadership is also engaging the Osceola Board of Supervisors in strategic planning for the future of EMS of Osceola County.

### **Non-Medical – Transportation**

In collaboration with the City of Sibley and local organizations, the Community Express Bus was established to provide transportation services. Osceola Community Hospital supports the bus financially and offers free rides to patients. This has been a great benefit to our community members who do not have access to vehicles or public transportation.

### **Implementation Plan**

An implementation plan to address the community health needs assessment findings will be completed in collaboration with local organizations to address the initiatives outlined below:

- Access to Health Care Providers
- Access to Mental Health/Substance Abuse Services
- Emergency Management Services (EMS)
- Workforce
- Community Wellness



## Board Approval

The 2019 Osceola Community Hospital Community Health Needs Assessment Report was presented to the Osceola Community Hospital Board of Trustees on May 28, 2019 for discussion and consideration. The Board of Trustees approved the 2019 Osceola Community Hospital Community Health Needs Assessment Report at that meeting.

The proposed implementation strategy report will be presented for discussion and consideration and approval to the Osceola Community Hospital Board of Trustees prior to November 15, 2019.

The Community Health Needs Assessment report and implementation plan will be available on the Osceola Community Hospital website. A copy can also be obtained by contacting the administrative offices at Osceola Community Hospital.

Osceola Community Hospital Board of Directors Approval:

Board President: *Barbara Van Dyke*

Date: 5-28-19

## **APPENDICIES**

### **County Health Rankings**

The *County Health Rankings* are based on counties and county equivalents (ranked places). Any entity that has its own Federal Information Processing Standard (FIPS) county code is included in the *Rankings*. County Health Rankings only rank counties and county equivalents within a state. The major goal of the *Rankings* is to raise awareness about the many factors that influence health and that health varies from place to place, not to produce a list of the healthiest 10 or 20 counties in the nation and only focus on that. The County Health Roadmaps gathers together local communities, national partners and leaders across all sectors to improve health. The County Health Roadmaps show us what we can do to create healthier places to live, learn, work and play. Counties in each of the 50 states are ranked according to summaries of a variety of health measures. Those having high ranks, e.g. 1 or 2, are considered to be the “healthiest.” Counties are ranked relative to the health of other counties in the same state. In Osceola County a major concern is the clinical care our county receives.

Access to local health care is top priority in our county. Having available health care resources helps us to achieve the best possible health outcomes. Poor access to health care incurs both personal and societal cost. Overall, the people of Osceola County, Iowa experience a low unemployment rate and low crime rate, but they also have a high obesity rate, and a high rate of physical inactivity.

**Table 6: County Health Outcomes Rank**

	Iowa	Osceola, IA	O'Brien, IA	Lyon, IA	Dickinson, IA
<b>Health Outcomes</b>		<b>54</b>	<b>21</b>	<b>8</b>	<b>15</b>
Length of Life		89	33	10	38
<a href="#">Premature death</a>	5,900	7,600	5,400	4,200	5,700
Quality of Life		12	21	7	3
<a href="#">Poor or fair health</a>	13%	12%	12%	11%	11%
<a href="#">Poor physical health days</a>	2.9	3	2.9	2.7	2.7
<a href="#">Poor mental health days</a>	3.3	3.2	3.2	3	3
<a href="#">Low birthweight</a>	7%	5%	5%	6%	5%
<b>Health Factors</b>		<b>37</b>	<b>32</b>	<b>7</b>	<b>18</b>
Health Behaviors		25	53	16	6
<a href="#">Adult smoking</a>	17%	14%	15%	13%	13%
<a href="#">Adult obesity</a>	32%	34%	34%	34%	33%
<a href="#">Food environment index</a>	8.2	8.8	8.2	8.9	8.6
<a href="#">Physical inactivity</a>	25%	29%	22%	33%	24%
<a href="#">Access to exercise opportunities</a>	83%	63%	81%	69%	92%

<a href="#">Excessive drinking</a>	22%	19%	21%	22%	20%
<a href="#">Alcohol-impaired driving deaths</a>	27%	14%	33%	22%	8%
<a href="#">Sexually transmitted infections</a>	388.9	64.3	192.1	119.8	200.8
<a href="#">Teen births</a>	22	30	26	16	19
<b>Clinical Care</b>		<b>90</b>	<b>74</b>	<b>54</b>	<b>22</b>
<a href="#">Uninsured</a>	6%	8%	6%	6%	5%
<a href="#">Primary care physicians</a>	1,360:1	2,050:1	1,750:1	2,940:1	1,220:1
<a href="#">Dentists</a>	1,560:1	6,060:1	1,560:1	2,350:1	1,440:1
<a href="#">Mental health providers</a>	760:01:00		4,670:1	11,750:1	2,160:1
<a href="#">Preventable hospital stays</a>	49	63	67	63	38
<a href="#">Diabetes monitoring</a>	90%	90%	89%	93%	86%
<a href="#">Mammography screening</a>	69%	57%	66%	71%	63%
<b>Social &amp; Economic Factors</b>		<b>25</b>	<b>22</b>	<b>2</b>	<b>39</b>
<a href="#">High school graduation</a>	90%		89%		90%
<a href="#">Some college</a>	70%	55%	66%	70%	76%
<a href="#">Unemployment</a>	3.70%	2.70%	2.80%	2.10%	4.40%
<a href="#">Children in poverty</a>	15%	15%	12%	9%	10%
<a href="#">Income inequality</a>	4.2	3.8	4.4	3.5	4.3
<a href="#">Children in single-parent households</a>	29%	23%	20%	11%	30%
<a href="#">Social associations</a>	15.2	27.6	30	28.9	22.8
<a href="#">Violent crime</a>	270	21	160	192	74
<a href="#">Injury deaths</a>	65	81	67	46	65
<b>Physical Environment</b>		<b>6</b>	<b>5</b>	<b>20</b>	<b>24</b>
<a href="#">Air pollution - particulate matter</a>	9.6	9.3	9.4	9.4	9.3
<a href="#">Drinking water violations</a>		No	No	No	No
<a href="#">Severe housing problems</a>	12%	9%	9%	8%	11%
<a href="#">Driving alone to work</a>	81%	76%	74%	80%	80%
<a href="#">Long commute - driving alone</a>	20%	18%	18%	24%	16%

## RESOURCES

County Health Rankings and Roadmaps. 2019 Rankings. Iowa.

<http://www.countyhealthrankings.org/app/iowa/2019/overview>

Iowa Hospital Association. Dimensions.

<https://dimensions.ihaonline.org/Account/Login?ReturnUrl=%2f>

Iowa Work Force Development. Unemployment Rate.

<https://www.iowaworkforcedevelopment.gov/labor-market-information-division#unemployment-data>

Osceola Community Hospital Abstracting. Emergency Top Diagnosis. 16 MAR. 2019 PHCA, Meditech Statistics, MEDITECH.

Osceola Community Hospital Abstracting. Inpatient Top Diagnosis. 16 MAR. 2019, Meditech Statistics, MEDITECH.

U.S. Census Bureau. State and County Quick Facts. *U.S. Census Bureau web site.*

<https://www.census.gov/quickfacts/fact/table/osceolacountyiowa,US/INC110217>

U.S. Department of Health and Human Services. Health Resources and Services Administration.

Find Shortage Areas. <http://muafind.hrsa.gov/index.aspx>