

REGIONAL MEDICAL CENTER & DELAWARE COUNTY PUBLIC HEALTH



2022 Community Health Needs Assessment Implementation Strategy

TABLE OF CONTENTS

Community Health Needs Assessment Advisory Committee	2
Strategies	
• Mental Health	3
• Substance Abuse	4
• Obesity	5
• Cancer	6
• Access to Health Services	7
Other Healthcare Needs	8

COMMUNITY HEALTH NEEDS ASSESSMENT ADVISORY COMMITTEE

Based upon the results of the 2021-2022 Community Health Needs Assessment (CHNA), the following professionals collaborated with RMC Leadership to define the strategies documented in this report. Many of the healthcare needs identified for Delaware County are broad topics that RMC and Delaware County Public Health (DCPH) cannot solve alone. However, documented are strategies RMC & DCPH will put into place to help address the top five identified needs based upon survey respondents.



Krystle DeShaw, RN, Delaware County Public Health Supervisor



Valerie Lindsay, BS, RMC Marketing & Fund Development Manager



Amy Mensen, MBA, Chief Operations Officer

Anyone interested in providing feedback or comments related to Regional Medical Center and Delaware County Public Health's Community Health Needs Assessment (CHNA) Implementation Strategy is invited to submit written responses to [Valerie Lindsay](#) or [Krystle DeShaw](#) at Regional Medical Center, PO Box 359, Manchester, IA 52057.

MENTAL HEALTH

Mental health was identified as the #1 concern. RMC and DCPH strategies include:

- Continue to collaborate with and share feedback from the 2021-2022 CHNA with local healthcare providers, mental health community partners, legislative representatives, law enforcement, and schools.
- Continue to share local resources available to better educate our community on the services available to them.
- Continue to share educational materials and mental health tips on our communication platforms. Consider sharing these materials with local school districts.
- Continue to collaborate with Delaware County Suicide Prevention Coalition.
- Continue to collaborate and engage with the new Law Enforcement Mental Health Liaison working out of the Delaware County Sheriff's Department. The role of this new position is to follow up on mental health issues for law enforcement and help local healthcare facilities, personnel, and patients navigate through mental health challenges and needs.

Anticipated Impact: The goal is for our community to become more understanding and accepting of mental health needs, more aware of the mental health resources available to them, our legislative representatives to be apprised of the continued need for mental health resources, and assistance to our personnel and community with the collaborative efforts with other local agencies. Ultimately, all involved want our communities' mental health needs to be reduced over time.

Impact Evaluation: Statistics will be recorded and analyzed for mental health usage within Regional Family Health, review key trending in our county, and ask the community for feedback related to mental health.

SUBSTANCE ABUSE

Substance abuse was identified as the #2 concern. RMC and DCPH strategies include:

- Continue to collaborate with and share feedback from the 2021-2022 CHNA with local healthcare providers, community partners such as SASC and Healthy Delaware County, pharmacies, legislative representatives, law enforcement, and schools.
- Continue to share support resources and medication drop sites available to better educate our community.
- Continue to raise awareness of substance abuse with staff.
- Share community events and activities not involving alcohol to highlight recreational opportunities for our community to participate in.
- Continue to share prevention and educational materials on our communication platforms.

Anticipated Impact: More awareness of the dangers of substance abuse and addiction and how to get help as well as activities our community can enjoy without the use of alcohol and drugs.

Impact Evaluation: Record and analyze statistical data including county-wide trends, survey staff on questions received from patients and the public, and ask the community for feedback related to substance abuse.

OBESITY

Obesity was identified as the #3 concern. RMC and DCPH strategies include:

- Share feedback from the 2021-2022 CHNA with local healthcare providers, gym facilities, community partners, pharmacies, legislative representatives, daycare centers, and schools.
- Continue the hospital's Community Wellness Task Force to determine ways to help with obesity and physical activity concerns in our community.
- Share educational materials, resources, and activities/events in communication mediums available.
- Consider allowing Weight Watchers to start holding community meetings at RMC.
- Continue holding current hospital sponsored wellness events such as the Moving for Life run and evaluate new events to hold.
- Encourage staff to be active and take walking breaks.
- Evaluate holding healthy cooking classes/workshops.

Anticipated Impact: Providing resources and outlets for our community and staff to help combat obesity which is attributed to many other health conditions.

Impact Evaluation: Statistics will be recorded and analyzed for the number of program participants and/or community involvement at various events including demographic data of participants, evaluation of RMC patient data to see if obesity rates are improving among our patient population, and review key trending in our county.

CANCER

Cancer was identified as the #4 concern. RMC and DCPH strategies include:

- Share feedback from the 2021-2022 CHNA with local healthcare providers.
- Continue investing in staff training in cancer detection and treatment services as well as considering expanding screening services available.
- Continue sharing educational materials, prevention tips, and resources on our communication platforms.
- Continue to evaluate and hold current and new cancer screening events (i.e. Twilight Mammograms, etc.)

Anticipated Impact: Increased awareness of screening services available to our community and encouraging healthy behavior changes are important aspects for cancer detection and prevention.

Impact Evaluation: Statistics will be recorded and analyzed for the number of program participants and/or community involvement at various events including demographic data of participants and key trending in our county.

ACCESS TO HEALTH SERVICES

Access to health services was identified as the #5 concern. RMC and DCPH strategies include:

- Share feedback from the 2021-2022 CHNA with RMC's executive team, providers, and local transportation businesses.
- Continue to evaluate the expansion of family practice offerings such as additional providers and Urgent Care hours.
- Further educate the community on the different service offerings and what types of care are most appropriate for each. (i.e. family practice vs. urgent care vs. ER)

Anticipated Impact: Increased awareness of the healthcare services available in our community and what service can best address their needs.

Impact Evaluation: Statistics will be recorded and analyzed for the number of patients served within each area to identify trending.

OTHER HEALTHCARE NEEDS

Additional healthcare needs were identified through the 2021-2022 CHNA conducted by RMC and DCPH. However, RMC and DCPH are addressing only those needs identified as the top 5 in priority based upon survey respondents. Below are other healthcare needs identified (in alphabetical order).

- Abusive Behavior
- Access to Dental Services
- Asthma
- Childcare
- COVID
- Culture Integration & Awareness
- Diabetes
- Distracted Driving
- Drinking Water Protection
- Elderly Loneliness
- Elderly Wellness
- Emergency Medical Services
- Food Assistance & Access
- Hazardous Waste
- Health Insurance
- Heart Disease & Stroke
- Housing
- Human Trafficking
- Immunizations
- Individual Emergency Preparedness
- Injury Prevention
- Leisure Activities
- Lymes Disease Awareness
- Mold
- Nutrition & Healthy Food Options
- Parenting
- Physical Activity
- Radon
- Respite Care
- Sexually Transmitted Disease
- Suicide
- Technology Addiction
- Transportation