

REGIONAL MEDICAL CENTER & DELAWARE COUNTY PUBLIC HEALTH



2022 Community Health Needs Assessment Report

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COMMUNITY HEALTH NEEDS ASSESSMENT ADVISORY COMMITTEE

The following professionals collaborated through the process of the Community Health Needs Assessment (CHNA) to perform research, survey, and identify and prioritize the healthcare needs documented in this report.



Krystle DeShaw, RN, Delaware County Public Health Supervisor



Valerie Lindsay, BS, RMC Marketing & Fund Development Manager



Amy Mensen, MBA, RMC Chief Operating Officer

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

ABOUT REGIONAL MEDICAL CENTER

Delaware County Memorial Hospital dba Regional Medical Center (RMC) was founded in 1950 by the residents of Delaware County. RMC is a public, not-for-profit, 501(c)(3) 25-bed Critical Access Hospital with Level IV Trauma Designation. As the largest employer in Delaware County, our service area spans four counties and includes approximately 23,000+ in population. Our comprehensive, dedicated team of family practice providers, surgeons, emergency service providers, hospitalists, specialists, therapists, and many clinical and business staff care for our continually evolving and growing patient population.

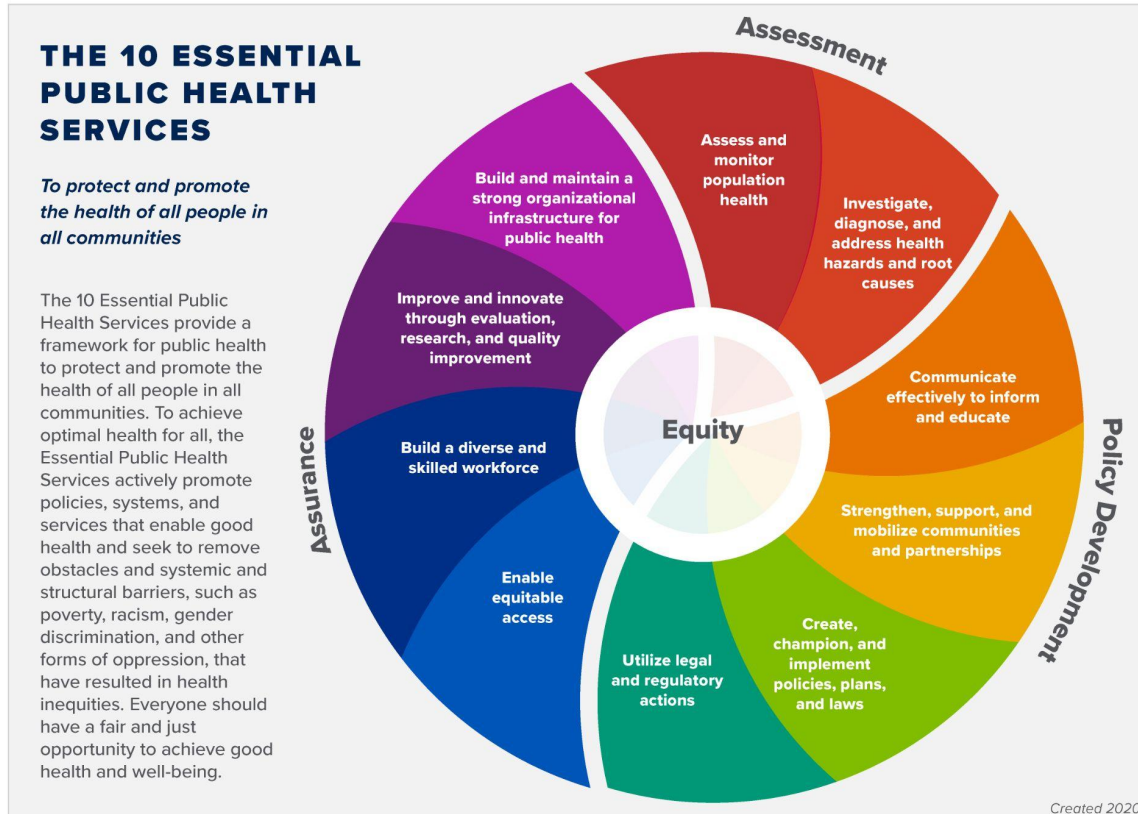
Service offerings include:

1. Allergy
2. Anesthesia
3. Audiology and Hearing Aids
4. Behavioral Services
5. Cardiac Rehabilitation
6. Cardiology
7. Dermatology
8. Diabetes Management
9. Dietitian Nutritionists
10. Emergency Services
11. ENT (ear, nose, throat)
12. Family Practice
13. General Surgery
14. Home Care
15. Infusions, Injections, & Procedures
16. Laboratory
17. Massage Therapy
18. Medical/Surgical/Intensive Care
19. Nephrology
20. Neurology
21. OB and Family Health
22. OB/GYN
23. Occupational Health
24. Occupational Therapy
25. Oncology
26. Ophthalmology
27. Orthopedic
28. Pain Management Clinic
29. Parent Education & Support
30. Pathology
31. Physical Therapy
32. Podiatry
33. Public Health
34. Pulmonology
35. Radiology
36. Respiratory Care
37. Rheumatology
38. Senior Life Solutions
39. Skilled Care
40. Sleep Study
41. Speech Therapy
42. Surgical Services
43. Telehealth
44. Urgent Care
45. Urology
46. Wellness Center
47. Wound Clinic

Our mission, “Dedicated to improving the health of our communities through professional and personalized care”, is recognized through the loyalty, support, and continued growth of our integrated healthcare system.

ABOUT DELAWARE COUNTY PUBLIC HEALTH

Delaware County Public Health is an integral component of the healthcare system to prevent, promote, and protect the health of our community. The department operates under 10 essential functions:



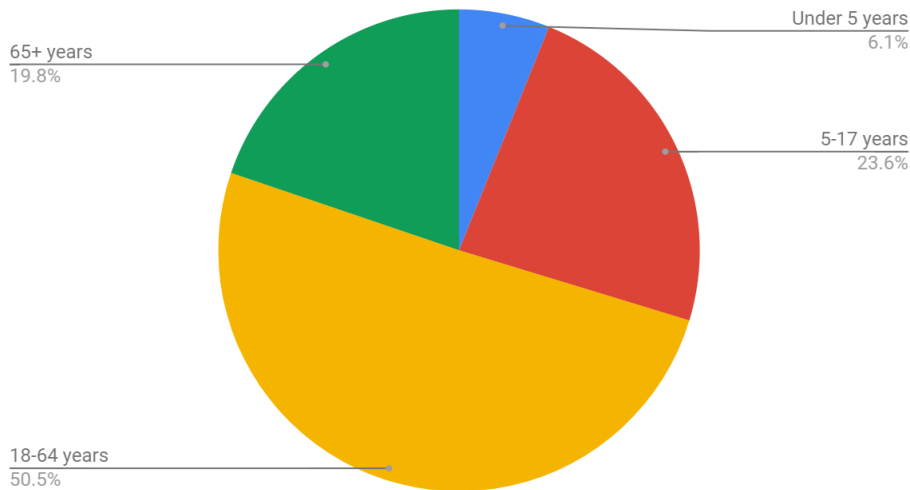
SERVICE AREA

The health status, population demographics, and socioeconomic characteristics of our service area was reviewed using various sources. The community RMC serves, as defined for the CHNA, is based on the primary service area of our hospital. For purposes of this assessment, Delaware County serves as our community. According to the Iowa Hospital Association Inpatient and Outpatient Origin Reports from calendar year 2021, 52.95 percent of our hospital inpatients and 63.08 percent of our hospital outpatients resided in Delaware County.

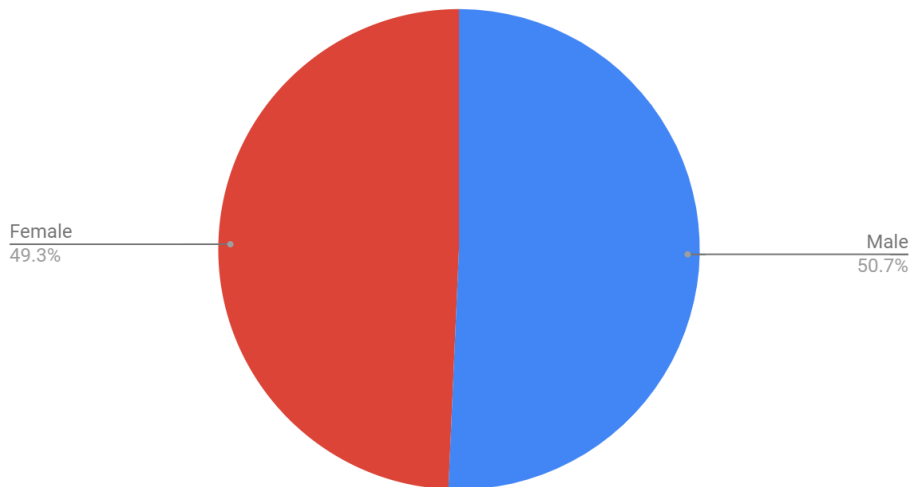
POPULATION

As reported by the [United States Census Bureau State & County QuickFacts 2021 Estimate](#), the total population of Delaware County is 17,510.

Population Average by Age



Population by Gender



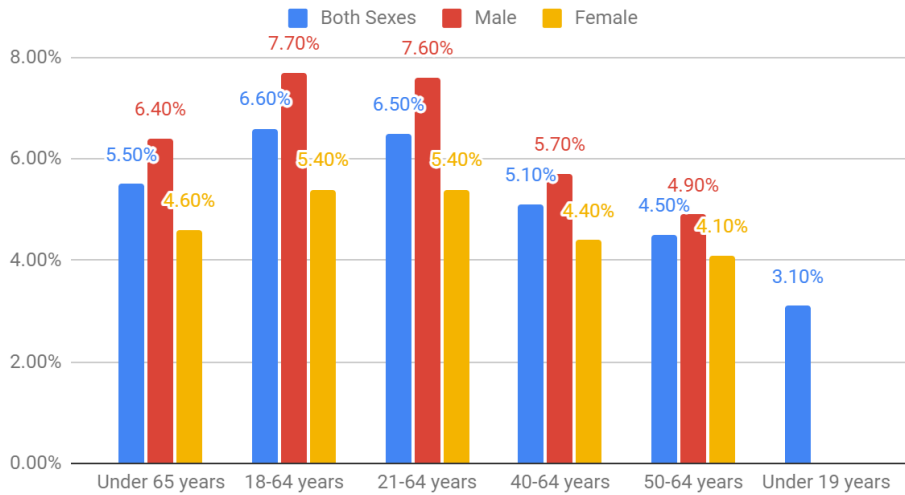
INCOME

The median household income in Delaware County is \$63,877 whereas the statewide median is \$64,994 as reported by the [United States Census Bureau State & County QuickFacts](#), 2016-2020 data.

UNINSURED

According to the [2019 Small Area Health Insurance Estimates \(SAHIE\) report](#) with the United States Census Bureau, below is the percent of uninsured Delaware County residents based on age group.

Uninsured



UNEMPLOYMENT

According to [Iowa Workforce Development](#), the unemployment rate for Delaware County is 2.7% as of March 2022, whereas the state average is 3.3%.

Iowa (2021) County Map (Not SA) Seasonally Adjusted (SA) Data Area Comparison (Not SA) Annual Averages

2022 Iowa Labor Force Summary (Seasonally Adjusted)

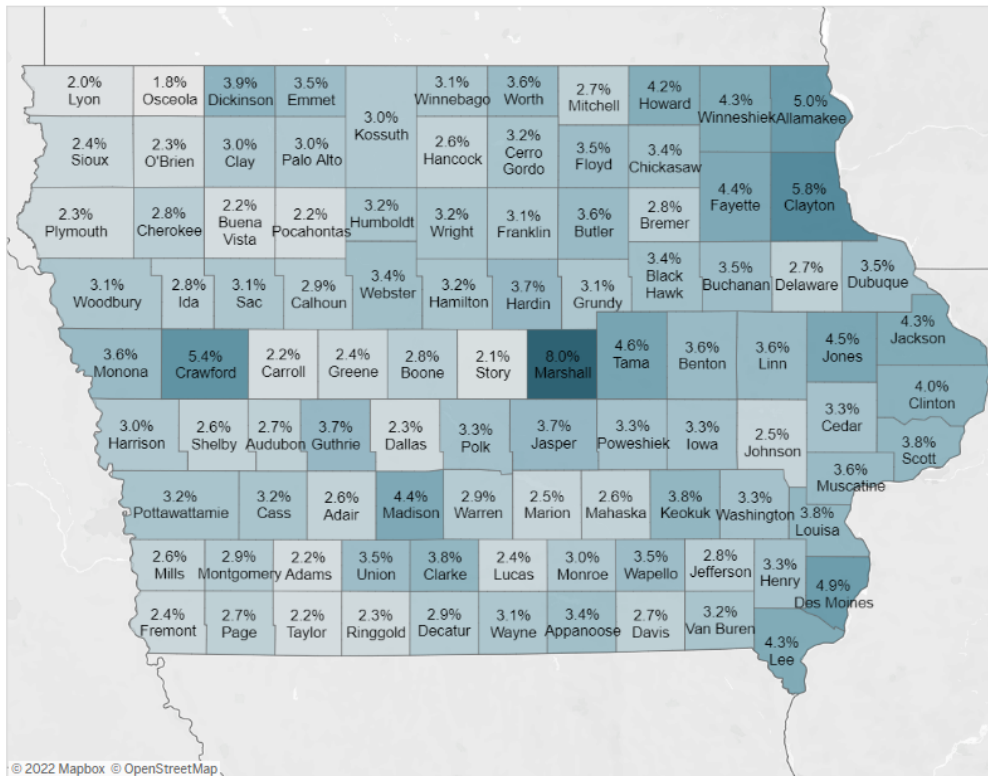
Seasonally Adjusted

*seasonally adjusted data available for statewide only

	Jan	Feb	Mar
Labor Force	1,680,400	1,686,600	1,692,500
Employment	1,617,700	1,627,100	1,637,100
Unemployment	62,700	59,500	55,400
Unemployment Rate	3.7%	3.5%	3.3%
Labor Force Participation Rate	66.8%	67.0%	67.2%

Select Year: 2022 Select Month to Show in Map: March Select Geography Type: State Select Geography to View in Table: Iowa

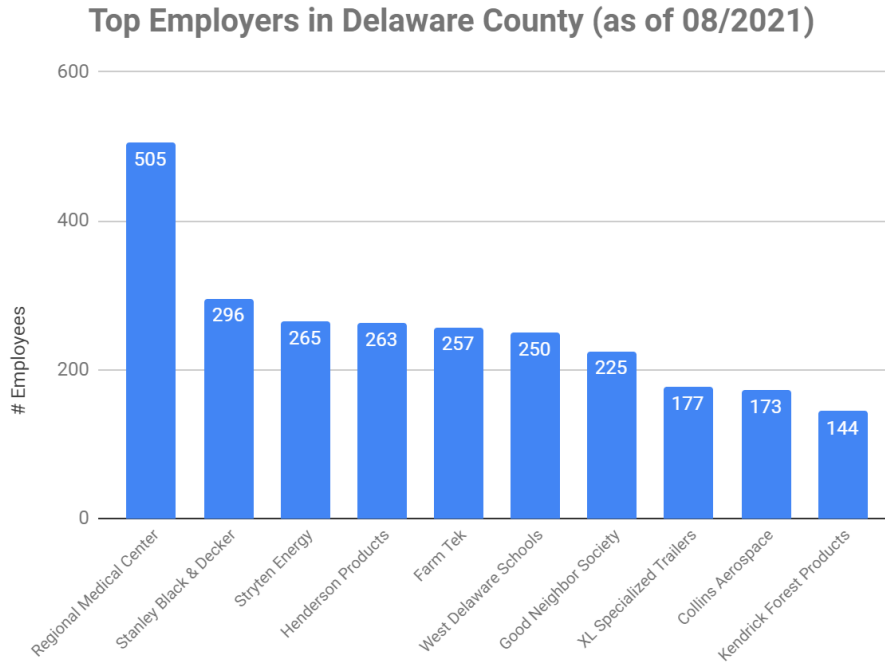
March 2022 Unemployment Rate by County (Not Seasonally Adjusted)



© 2022 Mapbox © OpenStreetMap
Iowa Workforce Development, Labor Market Information Division, Local Area Unemployment Statistics (LAUS) program.

MAJOR EMPLOYERS

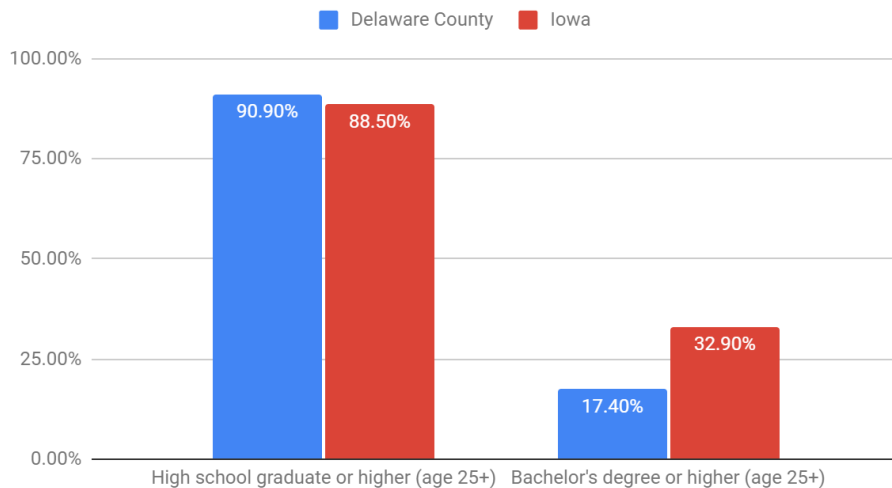
The Top 10 Employers in Delaware County as of August 2021 according to [Delaware County Economic Development](#) are as follows:



EDUCATION

As reported by the [United States Census Bureau State & County QuickFacts](#), 2016-2020 data.

Education



SURVEYING PROCESS & METHODS

Community Input & Surveying

The CHNA was distributed both electronically through SurveyMonkey as well as in print form throughout the community from October 2021 through February 2022. To ensure the survey was made available to all required parties, RMC and Delaware County Public Health (DCPH) collaborated and pooled resources together. Included in the survey distribution list were:

- Agriculture related organizations
- Banking and insurance institutions
- Building Direction for Families
- Chamber offices
- Childcare resources
- City offices
- Community services
- Delaware County Board of Health
- Delaware County Board of Supervisors
- Delaware County city clerks
- Delaware County Economic Development
- Delaware County religious groups
- Delaware County Tourism
- Emergency Management Association
- HACAP (includes Operation New View)
- Healthy Delaware County (formerly known as Delaware County Drug Abuse Coalition)
- KMCH Radio
- Long-term care partners
- Manufacturing firms
- Parents As Teachers families
- Real estate companies
- Regional Transit Authority
- Regional Medical Center employees
- Retail organizations
- School nurses and superintendents at West Delaware, Maquoketa Valley, and Edgewood-Colesburg districts
- Substance Abuse Service Center
- Regional Family Health patients were provided hard copies and asked to complete when they were in-house for care.
- General public through multiple marketing and communication mediums including social media, digital sign, website, lobby flyers, press releases to local newspapers, RMConnection newsletter, radio station promotion on KMCH via Guest of the Day, electronic messaging, mass email to subscribers, et cetera

Special Public Health Expertise

Krystle DeShaw, RN, DCPH Supervisor. DeShaw has two years of experience in Public Health and over 19 years of experience in nursing. She worked in long term care for over 17 years with the recent change to Public Health in June of 2020. DeShaw has been in a management position for 12+ years. Currently, she is the primary contact for reportable disease follow-up and emergency response for DCPH and serves on several community coalitions. Her educational background includes geriatric care, Basic and Advanced courses in Epidemiology and all the National Incident Management System training requirements.

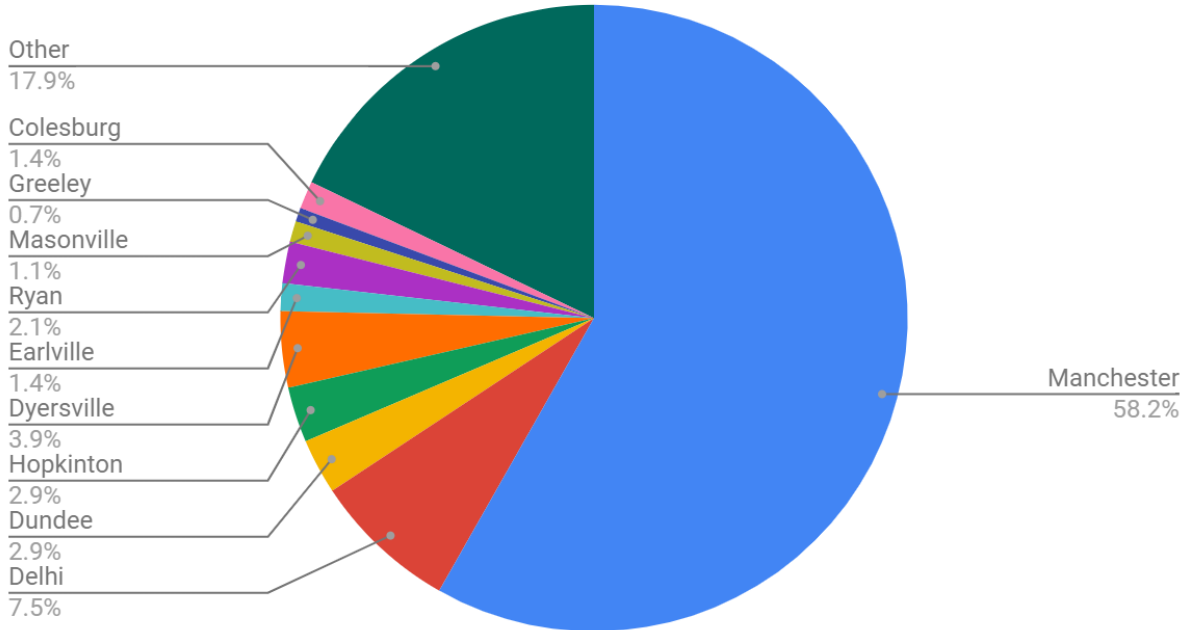
Organizations Consulted

- Helping Services for Northeast Iowa, Jen Stolka, Certified Prevention Specialist. Stolka coordinates efforts within Delaware County to combat substance abuse.
- HACAP, Deb Hamblin, Delaware County Coordinator. Hamblin addresses the needs of the low-income population in our area.
- Helping Services for Northeast Iowa, Ashley Havenstrite, Tobacco Prevention Specialist. Ashley coordinates efforts within Delaware County on tobacco prevention.
- Delaware County Economic Development, Donna Boss, Executive Director. Boss focuses on the workforce needs of area companies including health and wellness.

SURVEY RESULTS

304 CHNA surveys were completed with submissions from the following communities.

Survey Responses



Upon receipt of the completed surveys, the CHNA Advisory Committee:

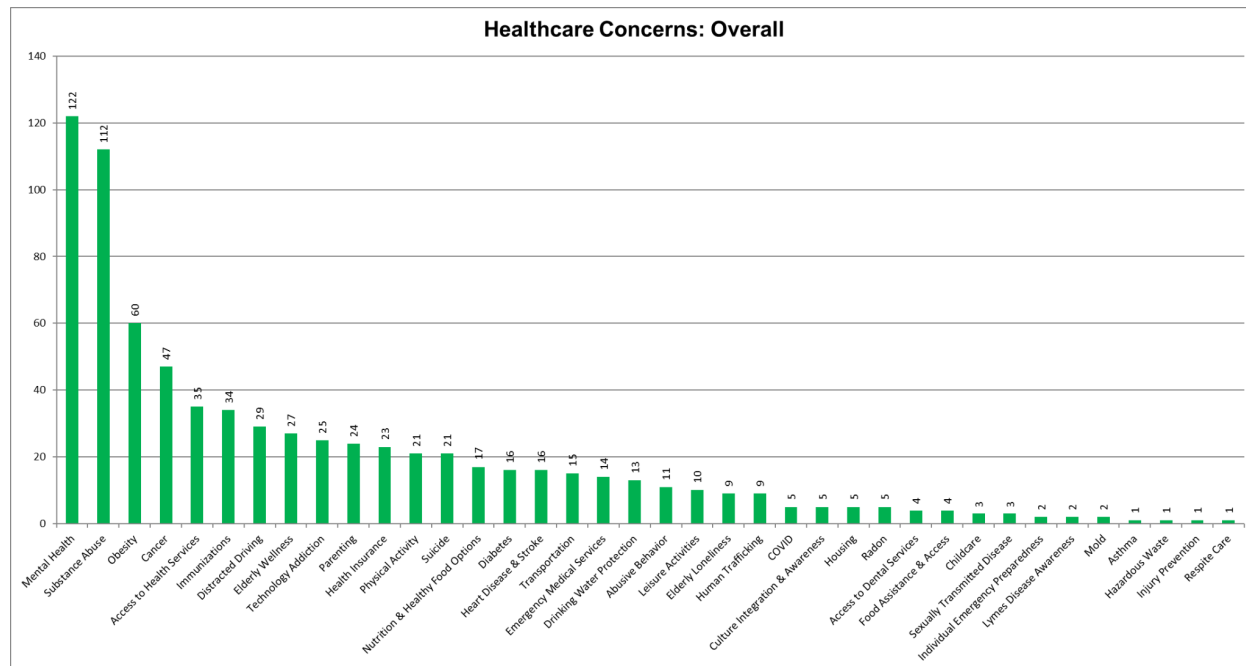
- Reviewed and evaluated the individual ideas to address each identified concern.
- Prioritized the health concerns based on the number of respondents who identified them as areas of concern.
- The finalized prioritized health concerns were shared with RMC’s Strategic Advisory Council, Administrative Council, Leadership Team, Governing Board of Trustees, and all staff.

Below is a list of the healthcare needs identified in the 2021-2022 CHNA, in alphabetical order.

- Access to Dental Services
- Access to Health Services
- Adolescent Immunizations
- Adult Immunizations
- Affordable Housing/Rentals
- Alcohol
- Asthma
- Bullying
- Cancer
- Childcare
- Child Immunizations
- COVID Concerns (lack of communication/masking/vaccination promotion)
- Culture Integration/Awareness
- Diabetes
- Dementia
- Disease-Carrying Animals and Insects Control
- Distracted Driving
- Drinking Water Protection
- Drowning
- Education on Being Your Own Advocate
- Elderly Wellness
- Emergency Medical Services
- Expanded Family Practice Clinic Hours
- Food Assistance & Access
- Food Safety
- Gambling
- Getting Timely Healthcare
- Hazardous Waste
- Health Insurance
- Heart Disease & Stroke
- HIV/AIDS
- Human Trafficking
- Illegal Drug Use
- Individual Emergency Preparedness
- Injury Prevention
- Lack of Activities for Youth and Adults
- Lack of Adequate Medical Care and Competent Providers
- Lead Poisoning
- Leisure Activity
- Limited Urgent Care Hours
- Loneliness
- Lymes Awareness
- Mental Health
- Meth
- Mold
- Nitrates in Well Water
- Nutrition & Healthy Food Options
- Obesity
- Parenting
- Physical Activity
- Prescription Drug Use
- Racism
- Radon
- Respite Care
- River Water Quality
- Sexual Abuse of Children
- Sexually Transmitted Disease
- Suicide
- Technology Addiction
- Tobacco
- Transportation
- Violent & Abusive Behavior

Shown below are the overall healthcare concerns identified by our community. With these needs being identified as the priorities in Delaware County, the top five are the needs RMC intends to address (if able).

Details on how these needs will be addressed can be found in the Implementation Strategy report.



Below is input/comments from the public in regards to the top health concerns identified.

#1: Mental Health

- Accessibility
 - Need more mental health services
 - Make resources more accessible/available
 - Need access to services within 24 hours
 - Need affordable mental health resources
 - Go after any funding we can get to expand services and combat the stigma
 - Early education, therapy available and more often (not weeks of waiting)
 - Reactivate MHI
 - Teenagers access to appointments
 - There are a lack of providers and a lack of hours that work for people with jobs. Having hours available in the evening would be helpful.
 - Outreach and providing the resources for all involved
- Awareness/Education
 - Make it a topic of conversation at all appointments
 - Recognizing and treatment
 - Continued training of Emergency Department staff on mental health crisis
 - Provide information for families on available services

- Awareness to the community about how to better access mental health services
- More education
- Mental health needs taught for all ages
- Maybe an ad on phones to show how or where to get help
- Talk about the signs and make people aware - be nice to everyone
- Free educational classes
- Free support groups
- More awareness
- Needs to be addressed at a full community awareness level
- Community education
- Normalize
 - Get rid of the stigma that having mental health needs is "not normal"
 - How it is perceived by others, how to respond
 - Decrease the stigma, mental health is as important as physical health
 - General societal attitude towards this
 - Continue taking away the stigma of discussing and getting help for mental and emotional issues
 - Time to end stigma and stop giving people labels
 - Touchy...many people with mental issues will not admit to themselves that they do
 - No difference than if someone has cancer
- Providers
 - Need more providers
 - Need more counselors
 - Need more local therapy providers to address needs of all ages
 - Need additional resources available to the community
 - Link services with other providers
 - More bed availability
 - Help for substance abuse and dual diagnosis
 - Need to recognize mental also known as brain health is just as important as any other aspect of one's health
 - Allocate funds to attract psychiatric providers - the need is significant
- Schools
 - Counselors with mental health awareness training in the school system
 - Make it a topic of conversation through counselors at school
 - Increased area resources within school settings
 - Better counseling in the schools
 - Services available, particularly in the schools
 - Schools need to make sure kids know they can talk
- Support
 - How to efficiently deal with short term treatment and placement
 - More advocacy for the consumer
 - Community support
 - Crisis line for those just needing some human contact to address isolation and concerns

- Access to online counselors in a time of need bases
- MISC
 - Don't just put on medications
 - State mandated regional agencies not performing very well. More funding and guidance needed.
 - Depression
 - Elderly
 - Have clear guidelines for bad behavior versus mental health issues and treat each accordingly
 - Ties in with substance abuse
 - Speak with parents and children

#2: Substance Abuse (illegal drugs, vaping, alcohol, tobacco, prescription drugs)

- Awareness/Education
 - More awareness to programs available such as AA-NA
 - Make people aware how much this is happening in the community
 - Early education and awareness
 - Awareness of how much vaping is going on
 - Awareness programming with teens specifically around vaping
 - Change culture to not glorify alcohol
 - More awareness
 - Increase education to underage individuals
 - Alcohol doesn't make everything "better"
 - Encourage Uber or some other ride source in the county
 - Loneliness
- Community
 - Most everything socially in Delaware County revolves around alcohol
- Healthcare
 - Goes hand in hand with mental health
 - It's ironic that so many addictions revolve around mental health
 - Do a better job of monitoring the legal side of overprescribing
 - More providers and help for substance abuse and dual diagnosis
 - Education, health coaches, incorporating functional and alternative interventions and treatments into plan of care. Get insurance companies to be on board with paying for those that choose chiropractic care, massage therapy, etc versus taking prescriptions meds. Polypharmacy can become a big issue.
- Law Enforcement
 - More law enforcement
 - Crack down on offenders and dealers
 - Much stronger jail time or punishment
 - Ticket those providing the alcohol
- Programs
 - People need some easier way to get help
 - AA/Alanon availability
 - Parenting classes

- Work with businesses to keep checking those ID's
- Implement local ordinance to ban tobacco use
- Get a community-based alcohol treatment program back in Manchester
- Drug screening on teens
- Need substance abuse treatment in Delaware County again, now that SASC has pretty much moved out, we have no substance abuse resources
- Schools
 - Early education
 - Programs in the schools. Help kids understand that drugs ruin lives.
 - Persistent education at schools
 - Programs in school for youth

#3: Obesity

- Awareness/Education
 - Public address announcements--best way to combat Covid--lose weight!
 - Put out information on how to eat healthier
 - Promote healthy eating and exercise
 - Awareness of the danger
 - Societal problem, more positive role models
 - Offering education on physical activity and eating healthy
 - Resources for obesity
- Healthcare
 - Someone who you can see without going out of town
 - Diabetes
 - Mandatory weigh-ins at doctor offices, when advised
 - Having smaller Hospitals work with larger Hospitals outside of Delaware County, like Polk, Linn, Black Hawk and Johnson Counties to resolve this problem
 - If they need surgery, etc. have them report daily to work on conditioning meal prep and problems. Let's get healthy with help.
- Nutrition
 - Senior Center
 - Classes need to be offered specifically for the obese and the diabetic on how to properly shop, cook, dine out, exercise, manage stress and proper sleep, etc. at varying days and times so everyone has a chance to attend.
 - Work with eateries to adjust serving size. Still can offer larger sizes at a higher cost. Cutting obesity would alleviate many health issues.
 - Free dietary/nutrition workshops/classes
 - Better healthy food choices
 - Eating habits
 - Encourage healthier eating
 - More access to healthy food options
 - Regulating sale of non-nutritional foods as we do with drugs
 - Have local restaurants highlight healthier options
 - Courses/workshops on healthy eating like how to eat healthy on a budget
 - School lunch programs

- Physical Activity
 - Hospital should provide classes and workout areas at an affordable price. Too many people can't afford prices at the workout center.
 - Would like to see some type of indoor water facility for swimming, water aerobics, exercise to assist a healthier lifestyle, and location does not need to be Manchester, but an outlying area, such as Earlville, Delhi, etc.
 - More options for fitness rooms with financial help for persons that are trying to get started
 - Free fitness classes
 - Have more workout group classes such as zumba, dance, yoga, etc.
 - Provide gym access, exercise classes, etc. at no/reduced cost
 - Community/grant funding for rec center upgrade
 - Need rec center with staff onsite at all times in case of emergency
 - Engage citizens in participation rather than spectators
 - More options or seniors for activities
 - More physical activity options
 - Have group/team exercise challenges in the community
 - More opportunities for outside activity. Would help with mental health.
 - More places to walk like a trail around each community as several streets do not have sidewalks
 - Promote more outdoor and cardiovascular activity
 - Keep implementing trails, walking and running clubs
- MISC
 - Weight management program with hours for different people (retired, working, etc.)
 - Programs that incentivize people to eat better and exercise
 - This leads to so many other health issues, providing increased opportunities for youth to prevent the problem before it starts
 - People that are overweight don't believe they are "obese", they may agree they have a little weight to lose but don't think it's a big deal because they don't believe they are "that" overweight, when they really are.
 - Nothing to do except go to a bar and drink or go out to eat
 - Need to be able to reach people with non-traditional hours such as nurses with children

#4: Cancer

- Accessibility
 - Treatments given at RMC instead of going to Cedar Rapids
 - Treatments closer to area
 - More testing here in town
 - Expanded screening
 - Provide timely detection and treatment
- Affordability
 - Government help for those who can't afford to pay for radiation and chemotherapy

- Support for cancer patients needing transportation to Cedar Rapids for testing or treatment
- Awareness/Education
 - Education
 - Early/better detection
 - Due to high numbers, increase education to promote early detection
- Chemical Use
 - Reduce chemical use and improve water quality
 - Pesticides and chemicals are put on our farmland in Delaware County
 - Too many chemicals used in fields
- Research/Information
 - A way to trace what may have caused it/heredity, chemicals, etc.
 - Why is our rate in Delaware County so high?
 - It seems Delaware County has a high percentage of cancer
 - Do a survey on how prevalent cancer is
 - Find a link to why so many people are stricken
 - Quarterly or yearly data from oncology doctors regarding the types of cancer and ages of cancer patients in Delaware County that can be published
- MISC
 - Quit hiding the cure
 - Preservatives in our food

#5: Access to Health Services

- Accessibility
 - Be more available
 - Be open until 9PM
 - Make medical visits more accessible to families who work and others who have trouble getting in to see their family doctor.
 - Some people are not able to take off work to go to the clinic or to take their sick child. More evening/weekend hours would be beneficial. This would also keep people out of the ER for minor things.
 - I work until 4 or 5 most nights - so to get an appointment I usually have to take time off or go to walk-in clinic which right now with COVID I don't love the idea of it
 - Too many patients come to the Emergency Room for clinical health concerns. Make the Urgent Care clinic from 8AM-5PM on the weekends.
 - More daytime Urgent Care clinic hours
 - It takes longer to be seen when you have an appointment at RMC then it does to drive to Cedar Rapids, get serviced and be on your way home.
 - Extended office hours - need to be more accommodating for patients
 - Today's society has two or three work shifts. And many people need all the hours they can get to make a living. There should be standard healthcare available to match when people aren't working. Without using ER.
 - Please improve access to healthcare!!! It's a serious and very scary problem we are facing.

- Having access to great healthcare in rural Iowa is a huge concern. If the clinic is getting too big that is also a concern regarding the type of healthcare being received.
- It's hard to get an appointment to see someone when you're sick.
- Would like to see more focus on basic services, not expansion into specialties
- Takes too long to get in to see a doctor and I don't feel that a new doctor should only accept family and close friends as patients.
- **Affordability**
 - Encourage providers to take all forms of insurance and educate them on who has these kinds of insurances
 - Some of my prescription medications cost way too much to purchase on my own. Lots of people are in the same situation.
 - The cost of healthcare especially for those who are employed and have insurance. The working class has for a long time had to carry those who don't want to work.
- **More Providers**
 - Continue to hire Nurse Practitioners, Physician Assistants, and family doctors to maintain quality service
 - Less satellite clinics? More providers?
 - More specialty providers
 - The cost of education is a huge block for the medical profession. Some states help pay those costs in exchange for years of service.
- **MISC**
 - Have support personnel that people can trust to call and guide them with their health-related questions. Goes with education and prevention.
 - Multifaceted problem...cannot fix with money alone
 - Provide transportation for care at satellite clinics
 - I have a huge concern about the health field in general. The lack of young people going into healthcare.

EXISTING COMMUNITY RESOURCES

There are many existing resources available to address and help with the identified healthcare needs in Delaware County.

Abuse/Violence

- [Allen Child Protection Center](#), 319-226-2345
- [St. Luke's Child Protection Center](#), 319-369-7908
- [DHS \(report abuse\)](#), 800-362-2178
- [Friends of the Family](#) (safe shelter), 800-410-SAFE (7233)
- [Iowa Coalition Against Sexual Assault](#), 800-770-1650 or Text "IOWAHELP" to 20121
- [Prevent Child Abuse Iowa](#)
- [Riverview Center](#), 888-557-0310
- [Violence Prevention \(CDC\)](#)

Cancer

- [Cancer \(CDC\)](#)
- [Iowa Cancer Registry](#)
- [Iowa Care for Yourself Program](#)

Childcare / Parenting

- [Community Childcare of Manchester](#)
- [DHS Child Care - For Families](#)
- [Parents As Teachers](#) (Regional Medical Center), 563-927-7551
- [Parent Information \(CDC\)](#)

Diabetes

- [Diabetes \(CDC\)](#)
- [Diabetes Prevention and Management](#)
- [Diabetes Management](#) (Regional Medical Center), 563-927-7763

Distracted Driving

- [Distracted Driving \(CDC\)](#)
- [National Highway Traffic Safety Administration \(NHTSA\)](#)

Elderly Wellness / Loneliness

- [Loneliness and Social Isolation \(CDC\)](#)
- [Loneliness and Social Isolation \(National Institute on Aging\)](#)
- [Northeast Iowa Area Agency on Aging](#), 800-779-8707
- [Regional Medical Center](#)
 - Therapy Services ([Physical](#), [Occupational](#), [Speech](#)), 563-927-7322
 - [Home Care](#), 563-927-7303
 - [Senior Life Solutions](#), 563-927-7560
- [Regional Transit Authority](#), 563-588-4592 or [Trip Maker Online Scheduler](#)
- [Sister's Home Style Entrees](#) (Fresh, Frozen Meals for your convenience), 515-332-1928

Health Insurance

- [Hawk-i Health Insurance](#), 800-257-8563
- [Iowa Insurance Division](#)

Heart Disease & Stroke

- [Heart Attack and Stroke Symptoms \(American Heart Association\)](#)
- [Cardiac Rehabilitation](#) (Regional Medical Center), 563-927-7434

Human Trafficking

- [National Human Trafficking Hotline](#), 888-373-7888 (TTY: 711) or Text 233733

Mental Health

- [Abbe Center](#), 563-927-6700
- [American Foundation for Suicide Prevention](#), 800-273-8255 or Text 741741
- [Behavioral Services \(Regional Family Health\)](#), 563-927-7777
- [Catholic Charities](#), 563-588-0558 or 800-772-2758
- Cedar Sage Behavioral Health Services, 563-594-6690
- [Delaware County Community Services](#), 563-927-5116
- [DHS](#), 800-362-2178
 - [Crisis Services](#)
- [East Central Region \(ECR\) Mental Health & Disability Services](#)
 - Your Life Iowa: Call 855-581-8111 or Text 855-895-8398
 - [Provider Contact List](#)
 - [Wellness Center, Drop-in, or Peer Recovery Zone](#)
- [Elevate Crisis Center](#), Call 855-581-8111 / Text 800-895-8398
- [Families First](#), 319-433-0395 or 800-316-3025
- [Families, Inc.](#), 563-927-4357 or 319-643-2532
- Family Solutions III, 319-827-6270
- [Foundation 2](#), 319-362-2174 or 800-332-4224
- [Full Circle Services Inc.](#), 319-433-3600
- [Hillcrest Family Services](#), 563-583-7357
- [Iowa Concern](#), 800-447-1985
- Iowa Warm Line (confidential listening line), 844-775-9276
- [Linn County Mental Health Access Center](#)
 - Regular Hours: 319-892-5612
 - After Hours/Weekends: Foundation 2 Mobile Crisis Teams at 319-362-2174
- [Lutheran Services in Iowa](#), 563-927-3281
- [Northeast Iowa Behavioral Health](#), 800-400-8923 (available 24 hours for assistance and crisis calls)
- [Parents as Teachers](#) (Regional Medical Center), 563-927-7551
- [Psychology Today](#)
- [Rhonda's House](#) (Peer Run Respite), 563-659-1171
- [Senior Life Solutions](#) (Regional Medical Center), 563-927-7560
- [Suicide Hotline](#), 855-581-8111 or Text 855-895-8398
- Suicide Prevention Lifeline, 800-273-TALK (8255)

- Survivors of Suicide Loss Support Group, 2nd Tuesday from 6-7:30 PM at Regional Medical Center, 563-608-7800
- [Tanager Place](#), 319-365-9164
- [United Way 2-1-1](#), Dial 2-1-1 from your phone
- Wapsi Valley Family Counseling, LLC, 319-361-4867
- [Your Life Iowa](#), Call 855-581-8111 / Text 855-895-8398

Nutrition & Healthy Food Options / Food Assistance & Access

- Delaware County Food Bank, 563-927-4629
- [Delaware County Public Health](#), 563-927-7551
- [Dietitian Nutritionists](#) (Regional Medical Center), 563-927-7430 or 563-927-7582
- [HACAP](#), 563-927-4629
- [Healthiest State Initiative](#)
- [Mobile Food Pantry](#) (Northeast Iowa Food Bank)
- [Northeast Iowa Community Action Corporation](#), 563-382-8436
- [Operation Threshold](#), 319-334-6081
- [Second Helpings](#) (free community meal), 563-927-4439
- St. Mary's Church [Blessed Trinity Cluster](#) , 563-927-4710
- [WIC](#) (Women, Infants, & Children)

Obesity

- [CDC - Healthy Weight, Nutrition, and Physical Activity](#)
- [CDC - Overweight & Obesity](#)
- [Healthiest State Initiative](#)
- [Live Healthy Iowa](#), 888-777-8881
- [Regional Medical Center](#)
 - [Regional Family Health](#), 563-927-7777
 - [Dietitian Nutritionists](#), 563-927-7430 or 563-927-7582
- [USDA - MyPlate](#)
- [Weight Watchers](#)

Physical & Leisure Activity

- [Bob Holtz Wellness Center](#) (Regional Medical Center), 563-927-7311
- [Delaware County Recreation](#)
- [Delaware County Recreation Center](#), 563-927-8027
- [Flexfit Studio](#), 563-608-5832
- [Legends Gym](#), 563-920-4755
- [Manchester Area Chamber of Commerce](#), 563-927-4141
- [Manchester Parks and Recreation](#), 563-927-3636
- [The Yoga Nook](#)

Substance Abuse

- [Alcohol and Drug Treatment Referral](#) (Your Life Iowa), Call 855-581-8111 or Text 855-895-8398
- [Delaware County Sheriff](#), 563-927-3135
- [Gambler's Assistance](#) (Your Life Iowa), Call 800-238-7633 or Text 855-895-8398
- [Healthy Delaware County](#) (formerly known as Delaware County Drug Abuse Coalition)
- [Helping Services for Youth & Families](#), 563-387-1720
- [Horizons Family Centered Recovery Program](#) (MercyOne), 319-272-8560
- [Manchester Police Department](#), 563-927-3355
- [Quitline Iowa](#) (tobacco), 800-784-8669
- [Substance Abuse Servicing Center \(SASC\)](#), 563-582-3784

Transportation

- [Earl Public Transit](#)
- [Iowa Mobility Management](#), 563-927-3979
- [Regional Transit Authority](#), 563-588-4592 or [Trip Maker Online Scheduler](#)

Violent & Abusive Behavior

- [Allen Child Protection Center](#) (Allen Hospital), 319-226-2345
- [Child/Dependent Adult Abuse Reporting](#) (Iowa DHS), 800-362-2178
- [Child Protection Center](#) (UnityPoint Health, Hiawatha), 319-369-7908 or 800-444-0224
- [Domestic Violence Hotline](#) (Waypoint), 319-363-2093 or 800-208-0388
- [Friends of the Family Emergency Shelter](#), 319-352-0037 or 800-410-7233
- [Iowa Victim Service Call Center](#), 800-770-1650 or Text "IOWAHELP" to 20121
- [Riverview Center](#), 888-557-0310

Miscellaneous (Access, COVID, Dental, Emergency Preparedness, Immunizations, Injury Prevention, STDs, Radon, Lyme Disease, Mold, Asthma, Respite Care, etc.)

- [Asthma \(CDC\)](#)
- [Child Health Specialty Clinic](#), 866-219-9119
- COVID
 - CDC: [General Information](#)
 - CDC: [Vaccines](#)
 - [Delaware County Public Health](#)
- [Delaware County Emergency Management](#), 563-927-3723
- [Delaware County Extension Office](#), 563-927-4201
- [Delaware County Public Health](#), 563-927-7551
- [Delaware County Water & Sanitation](#), 563-927-5925
- [Emergency Preparedness and Response \(CDC\)](#)
- [Hawkeye Community College Dental Clinic](#), 319-296-1030
- [ISU Extension: Teens Health and Safety](#), 800-443-8336
- [Lyme Disease \(CDC\)](#)
- [Mold \(CDC\)](#)
- [Poison Control](#), 800-222-1222
- [Radon and Your Health \(CDC\)](#)

- [Regional Medical Center](#), 563-927-3232
 - [Financial Assistance](#), 563-927-7405
 - [Diabetes Management](#), 563-927-7763
 - [Dietitian Nutritionists](#), 563-927-7430 or 563-927-7582
 - [Regional Family Health](#), 563-927-7777
- [SafeNetRx](#)
- [Sexually Transmitted Diseases \(CDC\)](#)
- [Telecommunications Access Iowa](#)

2019 REGIONAL MEDICAL CENTER CHNA STRATEGIES IMPACT

Mental health was identified as the #1 concern in the 2022 CHNA.

According to the [County Health Rankings](#) 2022 data:

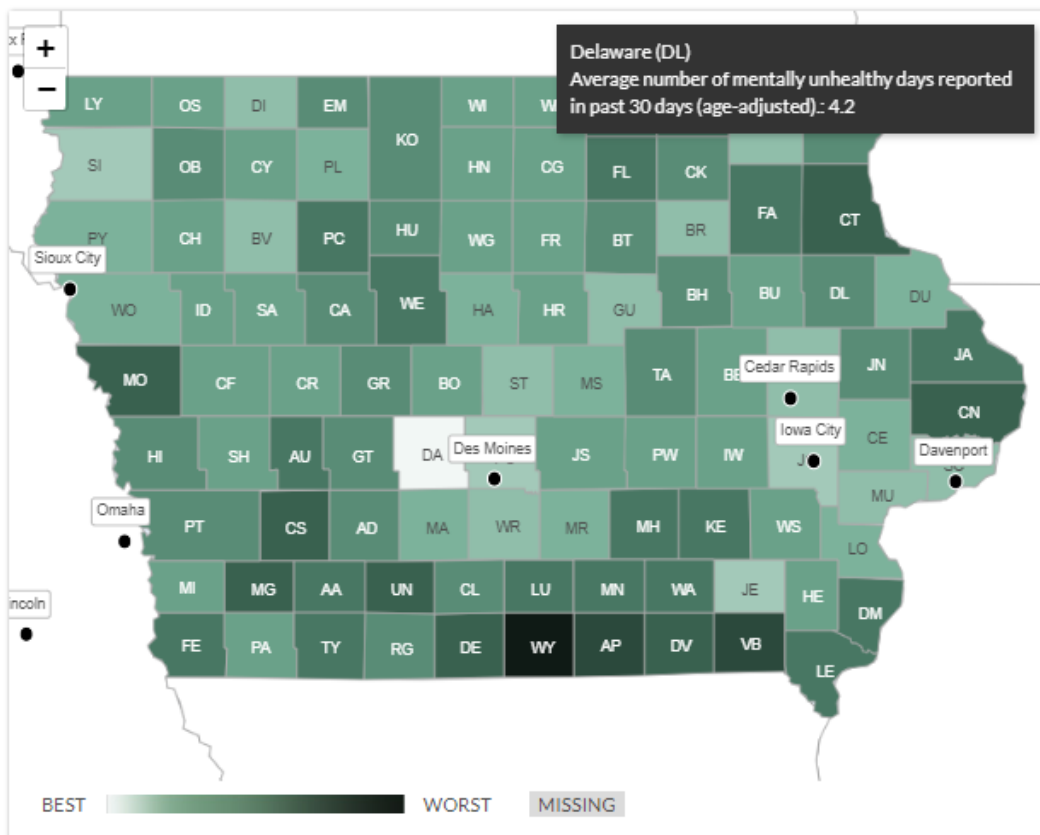
- 4.2 days were the average number of mentally unhealthy days reported in the past 30 days (age-adjusted) compared to the state average of 3.3 days (1% increase from 2018)
- 14% of adults reported having frequent mental distress which is defined as 14 or more days of poor mental health per month (4% increase since 2018)
- The ratio of population to mental health providers in Delaware County is 1,000:1 (decrease from 1080:1 in 2018) compared to Iowa's Overall of 570:1 (decrease from 760:1 in 2018).

Poor mental health days

Average number of mentally unhealthy days reported in past 30 days (age-adjusted).

The 2022 County Health Rankings used data from 2019 for this measure.

Map | [Data](#) | [Description](#) | [Data Source](#)



RMC continues to:

- Retain and recruit mental health providers amidst a challenging career market
- Evaluate and enhance behavioral services offerings such as telehealth sessions and the implementation of the [Senior Life Solutions](#) program
- Collaborate with local mental health partners and resources
- Provide training and tips to staff and the public in relation to mental health and well-being
- Put inspirational health messaging in restroom flyer holders
- Provide meeting space for a Suicide Survivor Support Group
- Share community mental health events and services available via communication mediums such as digital signage and social media, etc.

Regional Family Health Behavioral Services			
Year	In Person Visits	Telehealth Visits	Total Visits
2019	3626	0	3626
2020	987	1109	2096
2021	452	1584	2036

NOTE: Regional Family Health (RFH) experienced behavioral services provider staffing challenges in 2020 and 2021, resulting in a loss of visits for the department.

Substance Abuse was identified as the #2 concern in the 2022 CHNA.

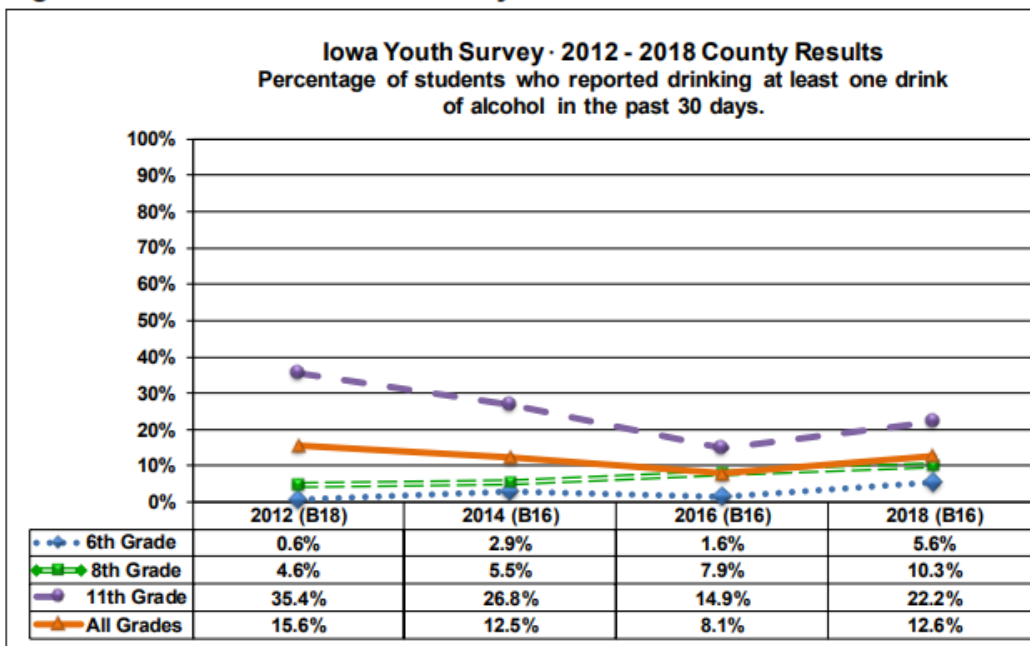
According to the [County Health Rankings](#) 2022 data:

- 23% of residents participate in what is defined as excessive drinking (3% increase from 2018). The state average is 25%.
- 19% of residents are smokers (4% increase from 2018). The state average is 17%.

According to the [Iowa Youth Survey](#) 2018 data, Past 30 Day Alcohol Use in 11th grade is trending up (7.3% increase).

Iowa Youth Survey, Delaware County Results, 2018

Figure 2. Alcohol Use in Past 30 Days



Note: Any difference of 1.6 percentage points or greater may be considered statistically significant.

IYS Question: In the past 30 days, have you had at least one drink of alcohol (glass, bottle or can of beer, glass of wine, liquor, or mixed drink)?

Response Represented by Percentages: "Yes."

Other Response to Question: "No."

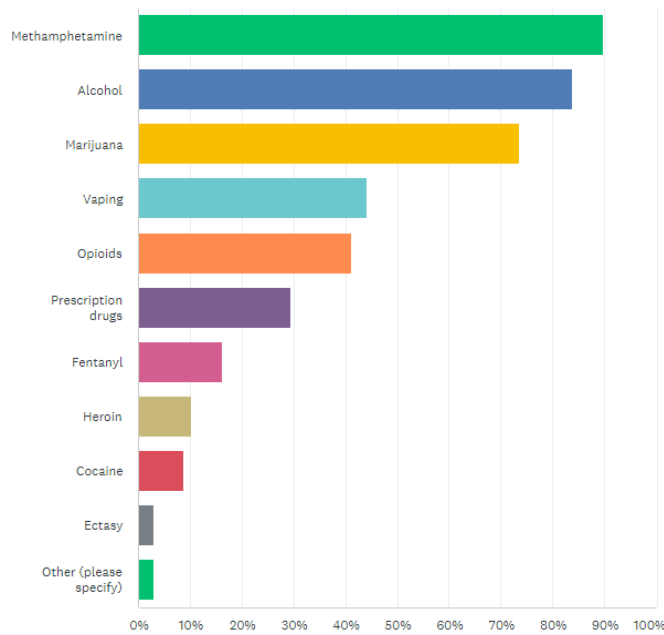
RMC continues to:

- Share educational tips and information related to alcohol and drugs (legal and illegal)
- Share local resources such as drop-in containers for unused or unwanted medications
- Have representation on the Healthy Delaware County (formerly known as Delaware County Drug Abuse Coalition)

Below are the results of our RMC staff survey in April/May 2022 regarding substance abuse:

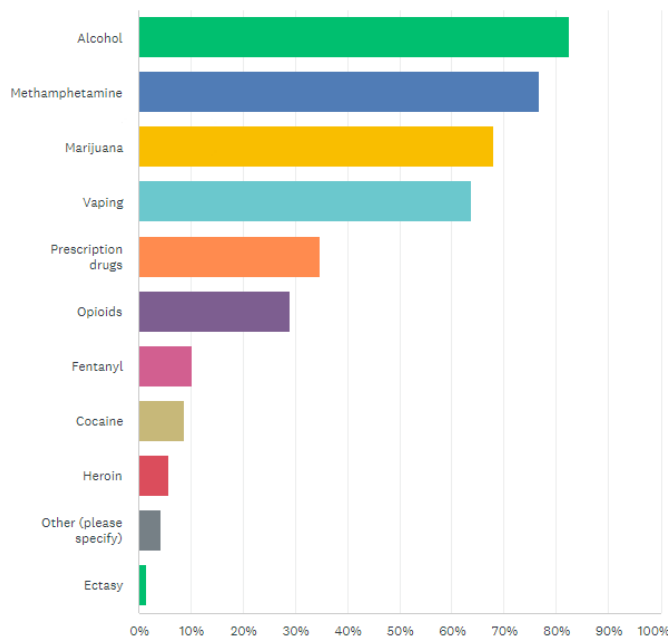
Based upon your professional role and/or engagement with patients, what drugs have you heard/learned are of concern?

Answered: 68 Skipped: 17



On a personal level, what drugs have you heard or learned are of concern in our community--with adults--with youth--etc?

Answered: 69 Skipped: 16



Obesity was identified as the #3 concern in the 2022 CHNA.

Unfortunately, obesity and physical inactivity rates continue to climb in Delaware County. According to the [County Health Rankings](#) 2022 data:

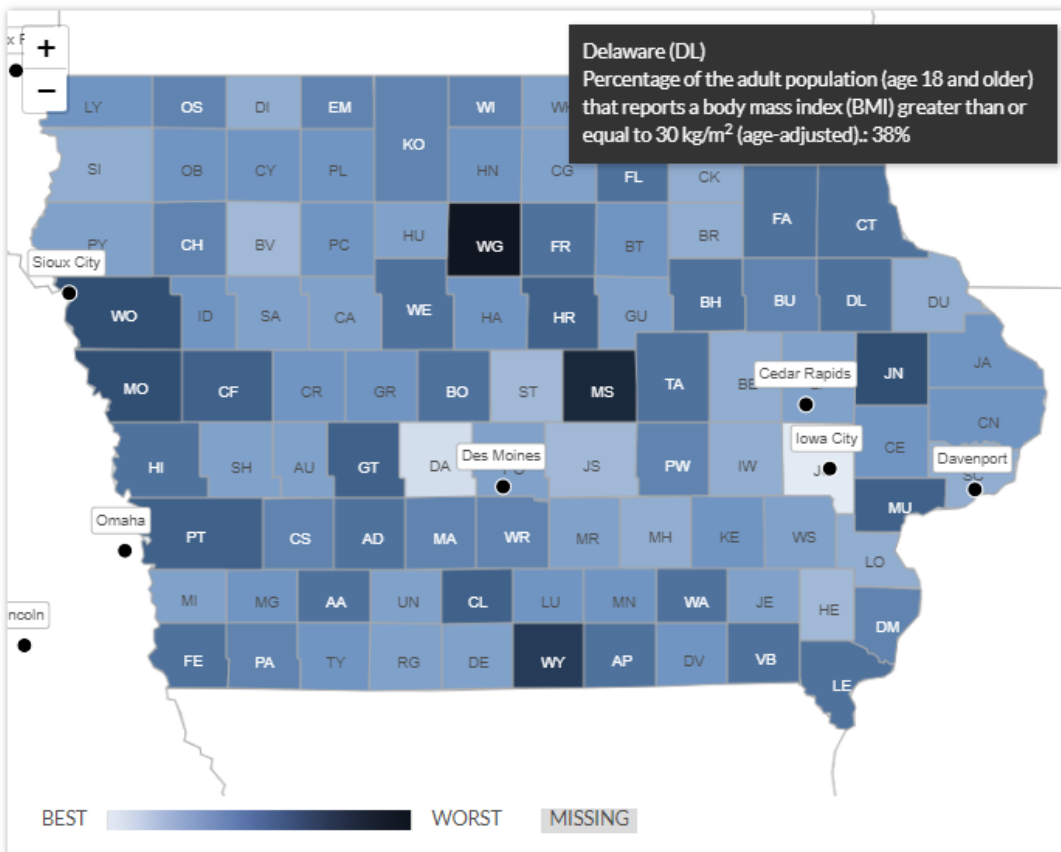
- 38% of residents are considered obese (3% increase from 2018)
- 28% of residents are physically inactive (1% increase from 2018)

Adult obesity

Percentage of the adult population (age 18 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m² (age-adjusted).

The 2022 County Health Rankings used data from 2019 for this measure.

[Map](#) | [Data](#) | [Description](#) | [Data Source](#) | [Strategies](#)

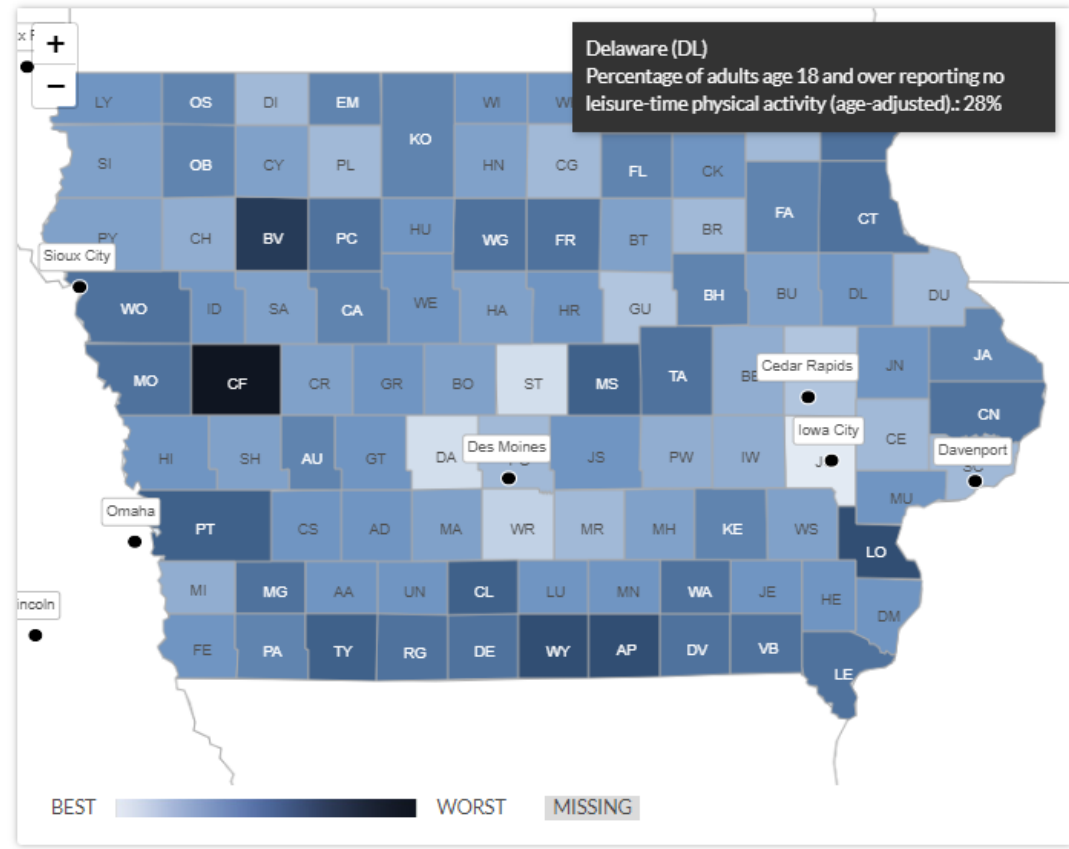


Physical inactivity

Percentage of adults age 18 and over reporting no leisure-time physical activity (age-adjusted).

The 2022 County Health Rankings used data from 2019 for this measure.

[Map](#) | [Data](#) | [Description](#) | [Data Source](#) | [Strategies](#)

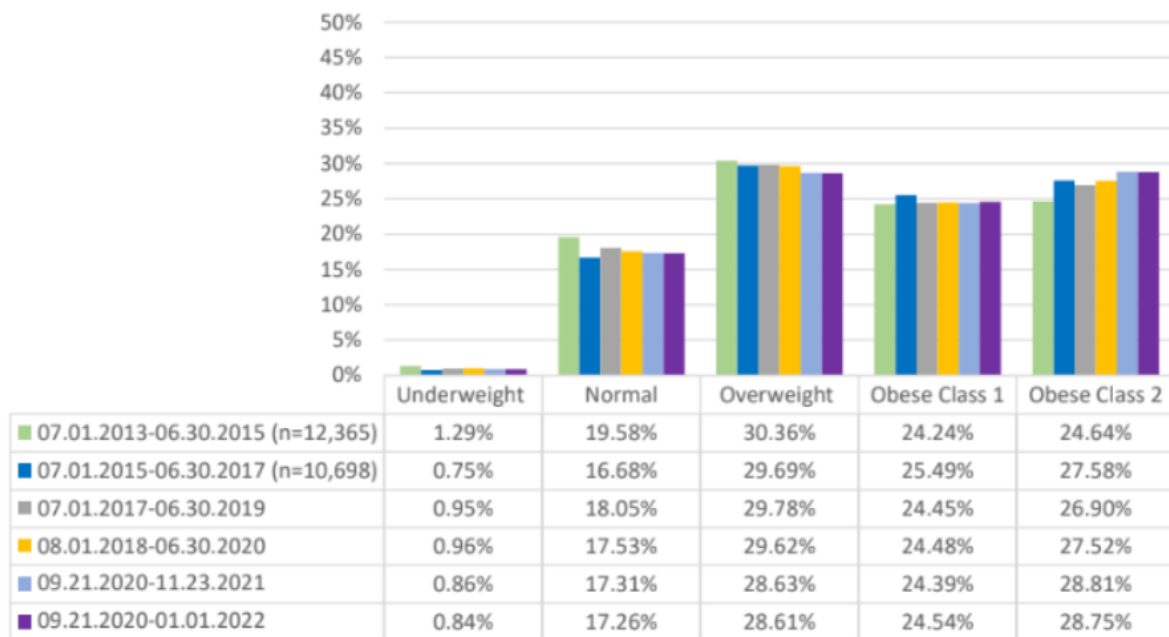


RMC continues to:

- Share educational tips and information on how to be healthier, applying both nutrition and activity as well as mental health.
- Have representation on the Manchester Good to Great initiative
- Post BMI rate information posted in all of the Regional Family Health (RFH) patient rooms. Providers continue to use this information as a reference point in discussions with patients.
- Put inspirational health messaging in the restroom flyer holders.
- Share programs held by the Bob Holtz Wellness Center with employees and the public.
- Offer wellness coaching through the Bob Holtz Wellness Center
- Evaluate the needs of the community in relation to the Bob Holtz Wellness Center and implement changes as possible such as the recent expansion of hours in March of 2022 to 5AM to 9PM, seven days a week.
- Share community wellness opportunities both internally and externally via communication mediums such as digital signage, social media, etc.

- Work with the community on wellness programs and initiatives. Most recently, RMC partnered with the City of Manchester to provide space for a small 9-hole disc golf course on the northern vacant lawn space on hospital grounds. This space is being provided on a temporary basis, until the time comes when the land is needed for healthcare needs.
- Provide free annual wellness screenings for employees
- Provide an annual Lipid & Glucose Screening event for the public at a nominal charge of \$25

BMI Graph – Active RFH Patients 18 Years and Older



Cancer was identified as the #4 concern in the 2022 CHNA.

According to the [Iowa Cancer Registry](#), an estimated 20,000 new, invasive cancers will be diagnosed among Iowa residents in 2022 (increase of 2,200 from the 2018 estimates) with there being 125 in Delaware County (increase of 20 from the 2018 estimates). This places Delaware County in the “greater than state rate” category.

RMC has conducted the following cancer screenings in-house:

	2019	2020	2021
Lung Cancer Screening CT	186	187	247
Colonoscopy	512	462	478
Screening Mammograms	1,998	1,760	2,084

RMC continues to:

- Share educational materials and resources in communication mediums available such as digital signage, social media, etc.
 - Hold cancer screenings including special events such as Twilight Mammograms (evening appointments)
 - Hold an annual Women’s Night in part to help in promote breast cancer awareness
-

Distracted Driving was identified as the #7 concern in the 2022 CHNA.

According to the Iowa DOT “[Iowa Crash History 2001 to 2021*](#)”, instances of distracted driving continue to increase with preliminary data from 2021 showing an increase of 137 total crashes and an increase of 7 fatalities from the prior year.

**Iowa Crash History 2001 to 2021*
Drivers Distracted by Use of Phone or Other Electronic Device**

Year	Total Crashes	Crash Severity					Total Injuries	Injury Severity				
		Fatal	Major	Minor	Possible/Unknown	Damage Only		Fatalities	Major	Minor	Possible	Unknown
2021*	1,084	10	24	149	188	713	486	11	29	176	264	6
2020	947	4	27	130	172	614	440	4	33	169	226	8
2019	1,101	3	31	148	208	711	541	3	40	200	289	9
2018	1,091	8	32	143	220	688	524	9	35	179	293	8
2017	1,223	10	24	179	257	753	648	10	30	239	357	12
2016	1,233	11	30	151	251	790	613	13	40	192	359	9
2015	1,100	11	28	148	247	666	601	14	36	181	359	11
2014	771	5	7	79	168	512	331	7	10	91	212	11
2013	732	3	12	75	136	506	306	3	13	99	186	5
2012	715	1	19	71	152	472	324	1	19	95	204	5
2011	681	3	7	77	134	460	289	3	8	104	165	9
2010	659	4	7	70	140	438	288	4	8	88	182	6
2009	761	3	14	81	180	483	383	5	19	104	243	12
2008	735	2	8	91	148	486	364	2	9	114	226	13
2007	694	1	14	88	148	443	363	1	18	112	219	13
2006	667	3	17	72	128	447	314	3	20	103	169	19
2005	682	2	19	69	144	448	317	2	23	88	183	21
2004	677	0	14	91	134	438	313	0	18	112	177	6
2003	574	5	10	68	132	359	286	5	13	83	179	6
2002	569	1	14	90	108	356	307	1	15	114	163	14
2001	518	1	21	71	122	303	357	1	32	118	193	13

* Preliminary data
Updated: 3/14/2022
Source: ICAT

For additional information, contact: Dennis Kleen
Accidents, FARS, & Driver Data
Systems and Administration Bureau
Iowa Department of Transportation
P.O. Box 9204
Des Moines, IA 50306-9204
email: dennis.kleen@iowadot.us



According to the [County Health Rankings](#) 2022 data there were 14 motor vehicle deaths per 100,000 population (decrease of 1 compared to 2018) compared to the overall in Iowa of 11 deaths. Alcohol-impaired driving deaths are 0% (2% decrease compared to 2018) compared to the state average of 27%.

RMC continues to:

- Share educational materials and resources related to distracted driving and drunk driving in communication mediums available such as digital signage, social media, etc.

Elderly Wellness was identified as the #8 concern in the 2022 CHNA.

RMC continues to:

- Share educational materials and resources in communication mediums available such as digital signage, social media, etc.
 - Research and implement new programs and services specifically focused on elderly wellness such as the [Senior Life Solutions](#) program which was implemented in late 2019.
 - Hold the annual Senior Wellness Fair in the fall. Due to COVID-19, this event was not held in 2020. The attendance was up in 2021 with 124 flu shots administered compared to 88 at the 2019 Senior Wellness Fair.
-

Nutrition & Health Food Options and Diabetes were identified as the #14 & #15 concerns in the 2022 CHNA.

According to the [County Health Rankings](#) 2022 data:

- 9% of adults aged 20+ with diagnosed diabetes (2% decrease from 2018)
- 7% of the population lacks adequate access to food (4% decrease from 2018)

RMC continues to:

- Share educational materials and resources in communication mediums available such as digital signage, social media, etc.
- Promote nutritional education and diabetes resources available through RMC and RFH

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