



**Osceola**

REGIONAL HEALTH CENTER

AN AVERA PARTNER

# 2022 Community Health Needs Assessment

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## **EXECUTIVE SUMMARY**

During calendar year 2021 a Community Health Needs Assessment (CHNA) was conducted by Osceola Regional Health Center for the approximately 12,000 people residing in the hospital's primary service area. In defining community, Osceola Regional Health Center 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 Regional Health Center 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 Regional Health Center 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 Regional Health Center 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 2021 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 2021 Osceola Regional Health Center 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 154 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 Care (Dental Care, Pediatric Care, Specialty Care)
- Access to Behavioral and Mental Health Services
- Community Wellness/Prevention
- Emergency Medical Services (EMS)
- Non-Healthcare - Housing

This report summarizes the results of the analysis.

## **Description of Osceola Regional Health Center**

Osceola Community Hospital doing business as Osceola Regional Health Center (ORHC) 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 Regional Health Center 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 Regional Health Center 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 Regional Health Center'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. As part of the facilities strategic planning, a master facility plan is being developed to create a guide to the facility's future. To a large degree the future of Osceola Regional Health Center 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, Osceola Regional Health Center has developed into an outstanding, independent, locally owned, non-tax supported, and community health care facility in the state of Iowa. The 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 Regional Health Center 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 Regional Health Center defines its primary service area as Osceola County and portions of Lyon County, Iowa, and Nobles County, Minnesota. In 2021 Osceola Regional Health Center discharged 173 patients. The data indicated that 127 patients or 73.41 percent of Osceola Regional Health Center’s patients reside in Osceola County, 25 patients or 14.45 percent reside in Lyon County, and 13 patients or 7.51 percent reside in Minnesota. In addition, 8 patients came from the various counties within the state of Iowa such as Dickinson County, Mills County, Plymouth, Sioux and O’Brien County. In 2018, 1,264 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 2020 census recorded a population of 6,192 in Osceola County, with a population density of 15.5305/sq mi. By July 1, 2021 the population was estimated at 6,159 a 0.5 percent decrease in fifteen months. In July 2019 2,956 housing units were reported, of which 2,276 were occupied (77 percent).

**Table 1: US Census Bureau State & County Quick Facts – Population 2021**

<i>Population Variable</i>	<i>Osceola</i>	<i>Lyon</i>	<i>Nobles, MN</i>	<i>Iowa</i>
<i>Population Estimates, July 1 2021</i>	6,159	12,011	21,991	3,193,079
<i>Under 5 Years Old</i>	5.4%	7.5%	8.6%	6.2%
<i>Under 18 Years Old</i>	23.1%	28.1%	27.5%	23%
<i>65 Years of Age and Older</i>	22.7%	18.4%	16.8%	17.5%
<i>Female persons, percent</i>	49.2%	49.2%	48.5%	50.2%

\*Source [U.S. Census Bureau](https://www.census.gov): 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 Regional Health Center Service Area**

<i>Race</i>	<i>Osceola</i>	<i>Lyon</i>	<i>Nobles, MN</i>	<i>Iowa</i>
<i>White</i>	95.9%	97.3%	85.0%	90.6%
<i>Black/African American</i>	1%	0.4%	4.8%	4.1%
<i>Native American/Alaska Native</i>	0.2%	0.2%	1.3%	0.5%
<i>Asian</i>	0.9%	0.4%	7.2%	2.7%
<i>Hispanic/Latino</i>	8.5%	2.8%	29.4%	6.3%

\*Source [U.S. Census Bureau](https://www.census.gov): 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 Regional Health Center Service Area**

<i>Income/Education</i>	<i>Osceola</i>	<i>Lyon</i>	<i>Nobles, MN</i>	<i>Iowa</i>
<i>Median Household Income</i>	\$61,167	\$65,959	\$56,000	\$61,836
<i>Living Below Poverty Level 2020</i>	7.9%	6.3%	9.4%	10.2%
<i>High School Graduation</i>	88.1%	92%	77.6%	92.5%
<i>Bachelor Degree</i>	15%	19.2%	16.3%	29.3%
<i>Unemployment</i>	3%	2.1%	3.6%	3.9%

\*Source [U.S. Census Bureau](https://www.census.gov): 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](https://www.bls.gov)

**Table 4: Business Quick Facts for Osceola Regional Health Center Service Area**

<i>Business Quick Facts</i>	<i>Osceola</i>	<i>Lyon</i>	<i>Nobles, MN</i>	<i>Iowa</i>
<i>Total Employer establishments, 2019</i>	191	398	591	82,770
<i>Total Employment, 2019</i>	1,607	3,682	8,959	1,380,747
<i>Total employment, percentage change 2018-2019</i>	-0.9%	-0.6%	2.5%	1.2%
<i>Non Employer Establishments, 2018</i>	425	1,036	1,226	212,333

\*Source [U.S. Census Bureau](https://www.census.gov): 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](https://www.lmi.iowa.gov), 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”.

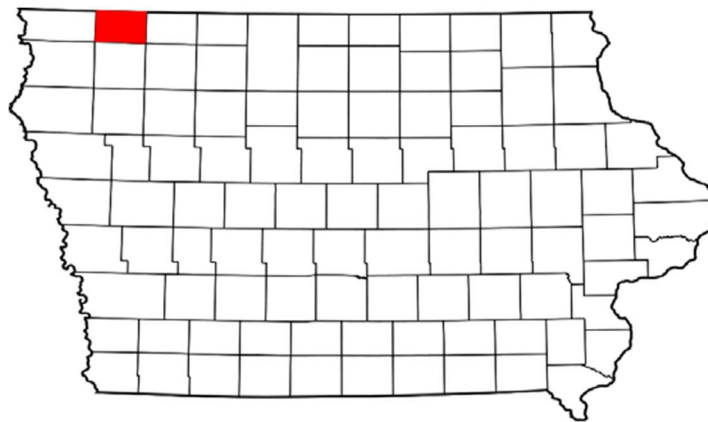
A higher income level provides individuals with a means to purchase health insurance, and ensures access to health care on a consistent basis. Education has a direct impact on an individual’s professional development and career opportunities, which influences access to healthcare coverage. Occupational 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.



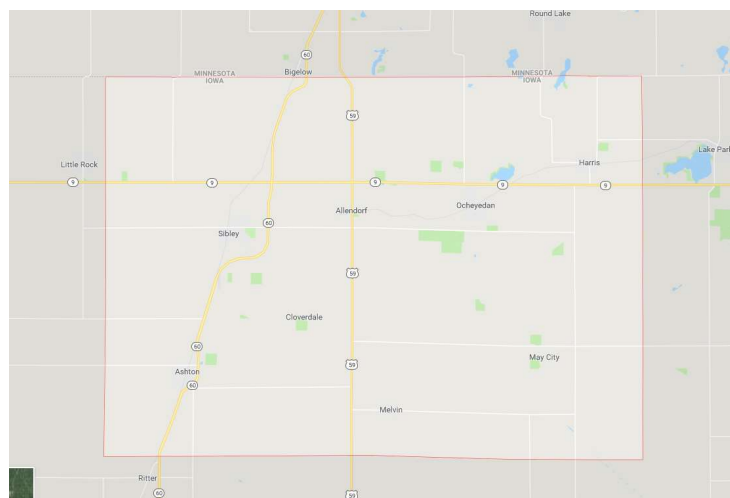
## Where we are located:



**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 Regional Health Center 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/online surveys were taken to six surrounding towns of Harris, Melvin, Ocheyedan, Ashton, Little Rock and George, all in Iowa. For the 2021 Community Health Needs Assessment there were a total of 154 surveys completed from October 1, 2021 to December 31, 2021. 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-Ocheyedan school personnel, mental health providers, 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, Rotary Club and Kiwanis Club. For individuals who were unable to read the survey, a one-on-one conversation was 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 U.S. Census Bureau Census of Population & Housing, County Health Rankings and Roadmaps, 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 and focus groups 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, daycare 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.

The highest priority for community members was mental health needs. The COVID-19 pandemic created economic and social barriers that are still seen today. Other needs and concerns include access to dental and pediatric care, access to affordable childcare, community wellness and education prevention and housing. These are the areas identified in the community health needs assessment process:

## **Health Care Areas**

- Access to Behavioral and Mental Health Services
- Access to Dental Care
- Access to Pediatric Care
- Community Wellness
- Community Education/Prevention
- Memory Care

## **Non-Healthcare Areas**

- Child Care
- Housing
- Transportation

## **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

After common themes from the data analysis were identified, and the top seven healthcare themes and top four non-healthcare themes were placed into a prioritization template, the committee was able 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 1-10 scale with “1” indicating the highest score for significance, feasibility, or probability and a “10” indicating the lowest score. An average of the scores was taken to identify the top needs. From this process the top needs facing the community were identified as mental health/behavioral health services, access to dental, pediatric, and specialty care, community wellness/prevention, emergency medical services (EMS), and housing.

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

The community often looks to Osceola Regional Health Center 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 participants identified obstetric care, pediatric care, dental care, emergency management services (EMS), mental health services, community wellness, workforce, housing, childcare, transportation, gynecology and childhood obesity.

### **Health Care Resources**

**Hospital care** - Hospital inpatient, outpatient and observation services provide acute and skilled services to patients.

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

Osceola Regional Health Center 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, ePharmacy, and eConsult (telemedicine).

Osceola Regional Health Center 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 3D mammography, 64-slice computerized tomography (CT), bone density testing (DEXA), ultrasound and general radiology. Mobile services provide magnetic resonance imaging (MRI) and nuclear medicine.

The hospital’s full-service rehab department offers cardiac and pulmonary rehab, physical therapy, occupational therapy and speech therapy, 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. Outreach clinics are offered monthly.

**Osceola Community Health Services (Public Health):** 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 Regional Health Center 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 Regional Health Center 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 updated in 2019 to provide members and patients with the most up-to-date technology. 24-hour access was installed in 2021 to ensure community members have access to wellness activities. The center has cardio and strengthening equipment. A dietician is available for consultation.

**Senior Living** –There is a 22-apartment independent and 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 to include medication management and help with activities of daily living. All residents wear a Lifeline for emergency assistance.

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

**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 Interconnections Therapy and Atlas of Osceola County.

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

The Osceola County Sheriff's Department, Osceola County Ministerial Association, ATLAS of Osceola County, Mental Health Counselors, Family Crisis Centers, Osceola County CPC, Osceola County Board of Supervisors, Seasons Center for Behavioral Health, Osceola Community Health Services, Osceola Regional Health Center, Sibley-Ocheyedan Community Schools, Upper Des Moines Opportunity, Inc., and the ISU Extension and Outreach meet quarterly to identify opportunities to reduce suicide.

**Thrift Store Services** – The hospital owns and operates a thrift store in the community. Its mission is to support Bright Beginnings of Osceola County childcare facility. It is the only childcare facility in Osceola County. Proceeds subsidize the childcare center. The store also donates unsold items to the Goodwill.

**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 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. Osceola Regional Health Center is 60 miles from Sioux Falls, S.D. where Avera McKennan Hospital and University Health Center and Sanford UD Medical Center are 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 a paramedic, and EMT's and acts as the transport for the other towns. The service completed 547 service calls in 2021. 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 2019 CHNA**

Osceola Regional Health Center did not receive written comments from the public on the 2019 community health needs assessment or the adopted implementation strategy.

### **Access to Health Care**

Access to care has been a main goal for Osceola Regional Health Center for decades. Since the 2019 Community Health Needs Assessment, Osceola Regional Health Center and Avera Medical Group Sibley have successfully recruited three family practice physicians and another physician to start in 2022. Specialty services were also added in podiatry and ear, nose, and throat (ENT).

Osceola Regional Health Center also partnered with Rural Emergency Medical Providers to ensure emergency department and hospitalist coverage was available when our primary group was unavailable.

As part of our mission to provide quality services to the community, Osceola Regional Health Center invested in orthopedic surgical instruments, COVID-19 molecular instrument testing, point of care ultrasound, wellness center equipment, and updates to the fiscal facility to ensure efficient access to services.

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

Osceola Regional Health Center partnered with various mental health providers to bring mental health providers to Osceola County. There is a significant need in our county for these services.

A partnership with Interconnections Therapy was started to ensure counseling services were available in Osceola County. This partnership has led to a full-time counseling need in Osceola County.

A partnership with Senior Life Solutions is on hold due to lack of space available on the Osceola Regional Health Center campus. There is active discussion on building and remodeling space to provide mental health services to those over age 65 and aim to aid people with emotional and behavioral issues often related to aging and loss.

Osceola Regional Health Center has an into an agreement with Season's Center for Behavioral Health to provide mental health services at Osceola Regional Health Center 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.

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

Emergency medical services in Osceola County rely on volunteers to staff the service. Meetings have been held with Osceola Regional Health Center, 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 Regional Health Center to complete education and training. Osceola Regional Health Center leadership is also engaging the

Osceola Board of Supervisors in strategic planning for the future of EMS of Osceola County.

Over the past three years there have been gains in creating a close relationship to support Osceola County EMS through development of processes and procedures. The hospital and local EMS will continue conversations to ensure these services are available to the community.

### **Workforce**

Osceola Regional Health Center partnered with local school districts to provide scholarships for high school graduates to pursue degrees in healthcare. ORHC intends to partner with local school districts to create apprenticeships and preceptor programs in healthcare. ORHC has partnered with community colleges to promote healthcare fields in post-secondary education.

### **Community Wellness**

Osceola Regional Health Center 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.

Twenty-four hour access to the Osceola Community Wellness and Rehab Center will allow individuals and families to workout together in a safe environment. Our physical therapists and registered dietitian are available for to educate wellness center members on safe movements and nutrition.

Osceola Regional Wellness and Rehab started physical activity classes within the wellness center as well as hosted community events to include a 5K run/walk. The diabetic education program at Osceola Regional Health Center has a Registered Nurse (RN) and a Registered Dietician (RD) that provide counseling services to diabetic patients regarding knowledge of nutrition, exercise, monitoring, and medication. The public health office which is located on the Osceola Regional Health Center campus provides immunizations, pre/post-natal care, foot care and the homemaker program, which all support community wellness.

### **Non-Medical – Daycare services**

ORHC is working with the City of Sibley, Sibley-Ocheyedan School District, and the Osceola County Board of Supervisors as well as local organizations to address the need for additional daycare providers and to promote daycare services. A childcare strategic planning committee was created to address the childcare services shortage. ORHC actively participates in the planning and implementation.

Many of these activities are continuations of activities the hospital has been conducting related to the prior community health needs assessment.

Recreational activities, parks and trails, and housing were identified as needs of the community. Due to limited resources, these needs have not been addressed by ORHC.



## **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 Care (Dental Care, Pediatric Care, Specialty Care)
- Access to Behavioral and Mental Health Services
- Community Wellness/Prevention
- Emergency Medical Services (EMS)
- Non-Healthcare - Housing

## 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 (OS), IA	Lyon (LY), IA	O'Brien (OB), IA	Dickinson (DI), IA
<b>Health Outcomes</b>					
Length of Life					
<a href="#">Premature death</a>	6,500	8,400	5,000	7,400	5,800
Quality of Life					
<a href="#">Poor or fair health</a>	14%	16%	14%	15%	13%
<a href="#">Poor physical health days</a>	3.1	3.5	3.2	3.4	3.1
<a href="#">Poor mental health days</a>	4.1	4.1	4.1	4.2	3.9
<a href="#">Low birthweight</a>	7%	5%	6%	5%	6%
<b>Health Factors</b>					
Health Behaviors					
<a href="#">Adult smoking</a>	17%	19%	18%	19%	17%
<a href="#">Adult obesity</a>	34%	37%	36%	36%	34%
<a href="#">Food environment index</a>	8.4	8.4	9.7	8.6	9.1
<a href="#">Physical inactivity</a>	26%	29%	28%	29%	25%
<a href="#">Access to exercise opportunities</a>	73%	34%	37%	58%	87%
<a href="#">Excessive drinking</a>	25%	24%	24%	23%	23%
<a href="#">Alcohol-impaired driving deaths</a>	27%	63%	30%	0%	33%

<a href="#">Sexually transmitted infections</a>	508.5	235	161.6	319.9	226
<a href="#">Teen births</a>	16	18	10	19	12
Clinical Care					
<a href="#">Uninsured</a>	6%	8%	6%	6%	5%
<a href="#">Primary care physicians</a>	1,350:1	2,980:1	2,940:1	1,530:1	1,230:1
<a href="#">Dentists</a>	1,440:1	5,990:1	2,350:1	1,710:1	1,460:1
<a href="#">Mental health providers</a>	570:01:00	5,990:1	11,760:1	3,420:1	1,170:1
<a href="#">Preventable hospital stays</a>	3,134	3,205	1,793	2,245	2,473
<a href="#">Mammography screening</a>	53%	49%	58%	52%	53%
<a href="#">Flu vaccinations</a>	54%	55%	53%	38%	63%
Social & Economic Factors					
<a href="#">High school completion</a>	92%	88%	92%	92%	96%
<a href="#">Some college</a>	71%	57%	70%	65%	75%
<a href="#">Unemployment</a>	5.30%	2.90%	2.50%	3.40%	5.10%
<a href="#">Children in poverty</a>	12%	11%	7%	10%	8%
<a href="#">Income inequality</a>	4.2	3.3	3.2	3.9	3.6
<a href="#">Children in single-parent households</a>	21%	20%	9%	15%	16%
<a href="#">Social associations</a>	14.8	23.5	28.9	26.9	19.7
<a href="#">Violent crime</a>	282	90	134	219	131
<a href="#">Injury deaths</a>	70	100	53	62	61
Physical Environment					
<a href="#">Air pollution - particulate matter</a>	8.2	7	6.9	7.4	7.3
<a href="#">Drinking water violations</a>		No	No	No	No
<a href="#">Severe housing problems</a>	12%	11%	7%	11%	9%
<a href="#">Driving alone to work</a>	80%	77%	80%	79%	81%
<a href="#">Long commute - driving alone</a>	21%	25%	25%	24%	14%

## RESOURCES

County Health Rankings and Roadmaps. 2022 Rankings. Iowa.

<https://www.countyhealthrankings.org/app/iowa/2022/overview>

Iowa Hospital Association. Dimensions.

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

Iowa Work Force Development. Unemployment Rate.

<https://www.iowaworkforcedevelopment.gov/local-area-unemployment-statistics>

Osceola Regional Health Center Abstracting. Emergency Top Diagnosis. 7 MAR. 2022 PHCA, Meditech Statistics, MEDITECH.

Osceola Regional Health Center Abstracting. Inpatient Top Diagnosis. 7 MAR. 2022, 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>

**Board Approval**

The 2022 Osceola Regional Health Center Community Health Needs Assessment Report was presented to the Osceola Regional Health Center Board of Trustees on May 23, 2022, for discussion and consideration. The Board of Trustees approved the 2022 Osceola Regional Health Center 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 Regional Health Center Board of Trustees on October 31, 2022.

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

Osceola Regional Health Center Board of Directors Approval:

Board President:           Aly De J          

Date:           5/23/2022