



UnityPoint Health
Trinity Regional Medical Center

2022
Community Health
Needs Assessment
Report

Introduction

Overview of Trinity Regional Medical Center

UnityPoint Health - Trinity Regional Medical Center serves an eight-county area in North Central Iowa surrounding the town of Fort Dodge. As a designated regional referral center, Trinity offers a wide range of primary and secondary care services. The hospital employs over 1,000 health care professionals, technicians and employees and has a medical staff of more than 115 providers. Trinity is accredited by DNV Healthcare Inc. and has achieved Pathway to Excellence® designation by the American Nurses Credentialing Center along with awards such as the Chartis Group's Rural & Community 100 Top Hospital and gold awards from the American Heart Association.

The main hospital facility has approximately 554,000 square feet of space. Beyond the main campus, Trinity provides outpatient rehabilitation services at its Highland Park facility and inpatient hospice care at the eight-bed Paula J. Baber Hospice Home.

In 2020, Trinity Regional Medical Center has 3,297 inpatient discharges and 59,017 outpatient visits, 14,858 of which had a charge in the emergency department. Total inpatient and outpatient emergency department visits were 16,785. Trinity is the only hospital in Webster County and the only regional referral center in Northwest Central Iowa.

Providing community benefit is a priority of Trinity Regional Medical Center. The organization continues to increase the services provided to the community every year. The overall approach to community benefit is to focus the needs of the community and the organization's mission of improving the health of our community.

The organization's commitment to community benefit goes beyond the work done at the main campus, with the Trinity Healthy Living programs and with the aid of our Patient Financial Coordinator at Trinity.

Trinity Health Living is a department created specifically to provide health and wellness education for adults and children in the community and in the classroom, including the THRIVE program which encourages children to be active. Nurses travel throughout the community providing health screenings to help individuals take a more active role in their health.

Trinity's financial assistance policies and procedures are another example of Trinity's commitment to the community and providing services to address the needs of poor and underserved individuals and families. The Patient Financial Coordinator works with those in need to public programs and provide enrollment support. Additionally, Trinity serves its community's mental health through Berryhill Center.

As a tax-exempt organization, Trinity Regional Medical Center embraces the responsibility to reinvest its earnings in its programs and facility to serve the community and provide community benefit. Trinity enthusiastically supports more transparency in public reporting.

The Community Trinity Regional Medical Center Serves

Webster County is the primary service area of Trinity Regional Medical Center. There are approximately 36,000 people living in Webster County, of which 12% are minorities.

Race	Percent of Webster County Population
White - Non-Hispanic	86.6%
Hispanic or Latino	5.5%
Black Non-Hispanic	4.7%
Asian	1.2%
All Others	2.8%

Figure 1. Demographic breakdown of Webster County, Iowa by race - United States Census Bureau, 2020 estimate.

In 2020, 66% of the inpatient visits at Trinity were from Webster County and 72% of the outpatient visits were from Webster County. Trinity's primary market is defined as Webster County and its secondary market area is defined as the seven counties surrounding Webster County.

The region Trinity serves is rural with the majority (67%) of the population residing in the county seat, Fort Dodge. Of the approximately 36,000 people living in Webster County, 24,000 of them live in Fort Dodge. According to the 2019 United States Census data, 18.8 percent of those living in Webster County are 65 years or older, compared to the national average of 16.5 percent.

The median household income in Webster County is \$47,466 compared to the statewide median household income of \$60,523. Webster County is below the state averages for high school graduates as well as a bachelor's degree or higher. 90.5 percent of Webster County residents are high school graduates, while only 19.9 percent have received a bachelor's degree or higher. (United States Census Bureau, 2015-2019).

Assessment Process & Input

Community Health Needs Assessment Background

Trinity Regional Medical Center identified unmet community health care needs in Webster County in a variety of ways. First, Trinity solicited advice and feedback from internal and external participants to help develop a plan and foster collaboration among a number of agencies in the community. External participants included Webster County Health Department, The United Way and the Greater Fort Dodge Community Foundation, Upper Des Moines Opportunity, the city of Fort Dodge and the Federally Qualified Community Health Center. Internally participants came from a variety of hospital departments, but included Trinity's Healthy Living department, Berryhill Center, and Trinity Marketing & Community Relations. The group formed the Webster County Community Health Needs Assessment Planning Committee.

Through this committee the objectives for the assessment were developed: (1) To identify and prioritize the health needs in Webster County; (2) To establish a process to gather community input; (3) To foster and/or develop projects/programs that address health and well-being needs; improving health outcomes and access to health care; (4) To coordinate and leverage resources to support the Community Health Needs Assessment findings.

Over the course of three months, June - August 2021, the committee gathered community input. Community input was garnered in a variety of ways. The committee developed a 15-question survey, consisting of nine demographic questions and six health-related questions. The survey was available in both English and Spanish. A postcard containing information about the survey and how to access it was mailed to every Webster County resident. The survey was available online and paper hardcopy, upon request, at the hospital, public library, public health, local food pantry, migrant health organization and community health center. The survey was promoted on the radio, Facebook, church bulletins, posters in prominent businesses throughout the county, e-newsletters, promoted by local employers to their employees and at various community events. In addition to the community survey, business and community leaders and city and county officials were interviewed regarding community health needs. Interviews were also conducted with a variety of primary care providers in Webster County regarding their opinions of the community's health needs.

Community input was gathered through:

- 348 Confidential Survey Responses (Attachment E)
- 27 Business/Community Leader One-on-One Interviews (Attachment D)
- 6 Primary Care Provider One-on-One Interviews (Attachment D)

Finally, the committee reviewed available population data to help determine the health needs for Webster County.

Community Needs Index: The Community Needs Index identifies the severity of health disparities for every ZIP code in the United States and demonstrates the link between community need, access to care and preventable hospitalizations (Dignity Health, 2018). For each ZIP code in the United States, the Community Needs Index aggregates five socioeconomic indicators/barriers to health care access that are known to contribute to health disparities related to income, education, culture/language, insurance and housing. Trinity used the Community Needs Index to identify communities within Webster County with the highest need (see Attachment A).

County Health Rankings & Roadmaps: The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. Building on the work of America's Health Rankings, the University of Wisconsin Population Health Institute has used this model to rank the health of Wisconsin's counties every year since 2003 (County Health Rankings & Roadmaps, 2018). Trinity used this information to identify areas in need of improvement and opportunities to focus its community benefit initiatives (see Attachment B).

Other Available Data: Internal patient data and other publicly available data and analysis of the market, demographics and health service utilization were also reviewed.

The material presented in this document is based on Webster County's Community Health Needs Assessment conducted during 2021-2022.

Prioritized Significant Community Health Needs

Mental/Behavioral Health & Substance Abuse

One of the greatest challenges facing the U.S. health care system is the provision of quality, cost effective mental health care to the significant segment of the underserved population without access to specialty physicians because of factors such as geographic limitations or socioeconomic conditions. According to the National Institute of Mental Health, 51.5 million adults live with mental illness, nearly one in five U.S. adults. Just over 20 percent (22.2) of U.S. adolescents, aged 13-18, had or have a severe impairment due to mental illness. In addition, the National Alliance on Mental Health's research states 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year. Mental Health Centers are challenged to find qualified psychiatrists to offer adequate and timely mental health care. They struggle to keep up with the growing need of inpatient beds available to this underserved population.

According to the U.S. Department of Health and Human Services, Iowa ranks 41st out of 50 states in the number of psychiatrists per capita. This trend has had a catastrophic effect on the ability to appropriately manage behavioral health consumers in our region. When the increasing demand for behavioral health services is layered against the national shortage of psychiatrists, Webster County faces a serious and growing problem. Webster County is designated as Health Professional Shortage Area (HPSA) for mental health providers. In addition, the increased pressures of isolation due to the COVID-19 virus in June of 2020 created increased symptoms of anxiety disorder or depressive disorder. According to the CDC, 40 percent of U.S. adults reported struggling with mental health or substance use at this time.

According to Kaiser Family Foundation, a non-profit organization dedicated solely to the research and analyzing of COVID-19 data, about 4 in 10 adults in the U.S. have reported symptoms of anxiety or depressive disorder during the pandemic. This has increased from the previous one in ten adults in January to June of 2019. Some of the mental health effects the reported individuals found were difficulty sleeping (36%) or eating (32%), increases in alcohol consumption or substance use (12%), and worsening chronic conditions (12%) due to stress. As the pandemic continues, it presents external stressors as well, such as isolation and job loss.

All groups that participated in the Webster County Community Health Needs Assessment ranked mental/behavioral health and substance abuse as the number one health concern for Webster County.

Wellness/Healthy Habits

The second largest concern was the lack of general wellness and healthy habits in Webster County. About 33 percent of our respondents stated that putting other's needs before their own caused them to not see their doctor. Additionally, a main concern for primary care providers is the lack of annual or regular check-ups especially seen among the minority, uninsured, or underinsured individuals and families. Along with many gyms, fitness facilities closing down during the 2020 pandemic, self-care in our community has revealed itself as a prominent issue.

Additionally, obesity, in both adults and children, is prevalent all across the United States. However, it is a significant issue in Iowa and Webster County. 33.9 percent of adult Iowans are considered obese and 16.4 percent of children 10-17 years of age are obese (Trust for America's Health). According to County Health Rankings (2021), 23 percent of Webster County adults aged 20 or over reported no leisure-time physical activity.

The CDC states that one in three American adults has prediabetes, and 84 percent of them don't know it. Having prediabetes means your blood glucose (sugar) is higher than normal but not high enough to be diabetes. If lifestyle changes are not made, many people with prediabetes develop type 2 diabetes within five years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke,

blindness, kidney failure or loss of toes, feet, or legs.

All groups that participated in the Webster County Community Health Needs Assessment ranked wellness/healthy habits as a significant health concern for Webster County.

Access to Care

There are several barriers that contribute to the access to care issue in Webster County. First and foremost, the biggest barrier is the number of primary care providers per resident of Webster County and in the state. According to County Health Rankings, in 2021 there was one primary care physician per 1,650 Webster County residents, along with Iowa's average of only one primary care physician for every 1,360 residents. There is currently a national shortage of primary care physicians, creating additional challenges for recruiting physicians to rural Iowa.

The American Hospital Association (AHA) reported in 2021 that although 20 percent of Americans live in rural communities, fewer than 10 percent of physicians practice there. And, unfortunately, those percentages are not improving. As of 2018, two-thirds of the country's 6,941 primary care health professional shortage areas (HPSAs) were in rural or partially rural areas, as reported by AHA.

In addition to the shortage of primary care providers, feedback from the Community Health Needs Assessment identified an additional Access to Care barrier- financial cost of health care. Social and economic factors contribute to the access to health care need leaving many individuals without regular services such as oral care, women's health, and regular checkups. Webster County's unemployment rate is higher than the state average. The county experiences a higher poverty level and children living in single-parent households are 3 percent higher than the state average. All of these statistics contribute greatly to the Access to Care need.

Response to Findings

Identified Needs

In August 2021, the Webster County Community Health Needs Assessment Planning Committee met to review all the data, discuss the findings and determine the strategic priority areas for community health need activities. Prior to the meeting the committee members reviewed all the data gathered and publicly available information to assist in identifying the needs and to ensure the committee was fully informed and prepared for productive discussion. The committee also took the following questions under consideration while identifying the priority areas:

- How many people does this affect?
- Is it a serious issue?
- At what level are the public aware/concerned about the issue?
- Does this issue contribute to premature death?

During the meeting, the Planning Committee identified the following as priority areas:

- Mental/Behavioral Health and Substance Abuse
- Wellness/Healthy Habits
- Access to Care

Potential Available Resources

As a result of the survey findings, the Webster County Community Health Needs Assessment Planning Committee developed subcommittees to identify opportunities for collaboration for the strategic priority areas. Through the subcommittees the following potentially available resources were identified

Mental/Behavioral Health & Substance Abuse

- Youthnet - United Way program designed to bring providers together to coordinate services for youth in Webster County
- Integrated Mental Health Services in all Webster County Schools
- Integrated Health Home Programs for Adults and Children
- Crisis Childcare
- Beacon of Hope - Men's Homeless Shelter
- Webster County Health Department
- Berryhill Center for Mental Health
- Community and Family Resources
- Grant Opportunities to Support New Initiatives
- Family Support Groups
- Family Medicine Clinics
- Children & Families of Iowa
- Peer Support Groups
- Iowa State University - Strengthening Families
- Youth Shelter Care Lutheran Family Service
- Catholic Charities of the Diocese of Sioux City
- Families First Counseling Services
- Youth Empowerment - It Gets Better FD
- DSAOC - Domestic Sexual Assault Outreach Center
- YWCA
- Rabnier Treatment Center
- CFR - Community and Family Resources

- Bike Club
- Webster County Trail System
- Friendship Haven Wellness Program - Boomers
- Iowa State University Extension Office
- Community Garden Partnership with area Daycares and TRMC
- Webster County Health Department School Garden Grant
- Good to Great Girls (G3)
- Webster County Conservation
- Compassion Care Cart - Trinity Regional Medical Center (TRMC)
- Walk with a Doc - Trinity Regional Medical Center (TRMC)
- Citizens Central Senior Center

Access to Care

- Provider Recruitment
- Express Care (Walk-In Clinic)
- Emergency Department
- Community Health Center
- Virtual Care - Telehealth
- Pediatric Clinic
- Together We Care - UnityPoint Health (*a social services resource tool*)
- Webster County Health Department
- UnityPoint Clinic - Family Medicine (Fort Dodge and Regional Locations)
- Trinity Foundation
- UnityPoint at Home Specialty Pharmacy
- I-Smile - Oral Health Assistance through Webster County Health Department
- Upper Des Moines Opportunity
- Children and Families of Iowa
- Family Medicine Clinics
- Iowa Department of Human Services
- Trinity Regional Medical Center Certified Financial Counselors
- Proteus - Migrant Health Program
- United Way of Greater Fort Dodge
- Elderbridge
- Friendship Haven Adult Day Care

Wellness/Healthy Habits

- Healthy Weight 4 Life - Trinity Regional Medical Center (TRMC)
- Iowa Nutritional Network School Grant - Webster County Health Department
- Thrive - TRMC School-Base Wellness Program
- Thrive Swim - Free Swim Program for 3rd and 4th Grade Students
- Blast Program - Fort Dodge Public School, After School Program
- WIC Dietitians
- Pick a Better Snack - Webster County Health Department and School Systems
- Hy-Vee Dietitian Services
- Farmer's Market
- Webster County Health Coalition
- 3rd Thursday Fit Night

Evaluation of Impact

The following information is in regard to UnityPoint Health – Fort Dodge’s response to the 2019 Community Health Needs Assessment Strategic Priorities.

Strategic Priority #1: Improving access to health care services

Berryhill Center for Mental Health established a Behavioral Health Urgent Care during the COVID-19 pandemic to address growing mental health patients utilizing care within the Emergency Department. The clinic provides both adult and children’s mental health first aid services. By implementing the clinic, patients received the right kind of care needed for their immediate situation in a quiet comfortable space. Here patients are assessed if they are suicidal/homicidal needing possible hospitalization, receive therapy and safety planning as needed and are provided additional support with housing or food security if it is needed. Patients also receive a follow-up call to ensure the patient is doing okay and a referral for further mental health services as needed.

Berryhill Center for Mental Health implemented a program to supply psychiatric nurses in the Trinity Emergency Department to specifically address patients with mental health needs. These nurses were able take the strain off the Emergency Department staff as mental health patients tend to have a longer stay in the Emergency Department. The specialized care also provides a higher level of care appropriate for mental health patients.

In-order-to address substance use disorders, Berryhill has expanded Substance Use Disorder Services by increasing number of groups offered and increasing number of referrals accepted.

With the adaptation of technology in all areas of health care, Berryhill is able to provide Virtual Care so patients can receive services from their homes. This was especially useful during the height of the COVID-19 crisis and continues today.

A Mobile Crisis Response Services team was established to care for the immediate needs of patients in a mental health crisis. Because patients in a mental health crisis are less likely to seek out treatment the team is able to go to the patient’s home, make an assessment and help the patient receive the appropriate treatment or care.

Berryhill provided, and continues to provide, support to frontline workers during the COVID-19 pandemic with critical incident stress debriefing. Berryhill team members were available on site at the hospital to provide support as needed.

Berryhill supports community-based support groups (i.e. National Alliance for Mental Illness (NAMI) for Fort Dodge). While NAMI is its own nonprofit and is not owned by UnityPoint Health, Berryhill provided a free meeting room space and snacks and as well as donated funds towards a community kickoff event with Royce White a former Cyclone basketball and former professional (NBA) basketball player who has struggled with an anxiety disorder.

UnityPoint Clinic Express opened a new walk-in clinic in the Crossroads Corridor, a high traffic area in Fort Dodge.

UnityPoint at Home now provides flu vaccinations to homecare patients who are unable to get to their primary care provider or pharmacy to receive a shot.

Twice monthly, a Healthy Living department nurse visits the Community Health Center (CHC) and draws a General Health Panel (includes Chemistry Panel, TSH, and CBC) and PSA for males over 50 years of age. Other labs that may be drawn upon request by Primary Care Provider include A1C and Vitamin D. These labs are encouraged for under-insured community members or those with no insurance. These labs are offered

at no cost to the participants. The lab results are sent out to the individual participants with specific educational handouts if needed. The results are also faxed back to CHC for the Primary Care Providers for review and follow-up. The following represents community participants served by this program:

- 2018 - 271
- 2019 - 287
- 2020 - 166 (3 months on hold due to COVID-19)
- 2021 - On track to serve 217 participants

Healthy Living Staff, representing Trinity Regional Medical Center, sit on the Family and Community Action Team (FCAT) which is a subset of Community Partnerships for Protecting Children (CPPC). A Trinity Social Worker and Pediatric clinic care coordinator recently joined the group, as well. This is a community-based approach to strengthening families, keeping children safe, and creating community connections and collaborations. CPPC funding runs on the state fiscal calendar July 1 - June 30. The four strategies of this team include shared decision-making, neighborhood/community networking, individualized course of action, and policy and procedure change. This group meets bi-monthly to discuss emerging trends, needs and barriers, review area data, brainstorm on possible collaborations, identify opportunities for networking and public awareness, to share information and make recommendations to the Shared Decision-Making Team.

Health and Lifestyle Training (HALT) Diabetes Prevention Program (DPP) enables all providers with an online platform, apps, and content for the virtual delivery of the National DPP. Implementation of the virtual DPP program, which will give participants more accessible times, began in June 2021.

Through programs/funding from Trinity Foundation the organization was able to assist patients with the costs of medications, co-pays, co-insurance, medical expenses, and other assistance. The following represents the individuals served by this assistance:

- 2018 - 124 Persons Served
- 2019 - 381 Persons Served
- 2020 - 273 Persons Served

Additionally, bus passes are provided to patients in need to assist in getting to doctor's appointments, procedures, etc. The following is the number of bus passes provided:

- 2018 - 2228
- 2019 - 983
- 2020 - 1230

Strategic Priority #2: Encouraging healthy behaviors and disease prevention across the life span.

As the largest employer in Webster County, Trinity committed to supporting our team members' health. On our employee wellness platform, "OnPoint for Health," it is stated, "During these busy and stressful times, it is more important than ever to take care of our bodies and minds, so we can take care of others. One of the best ways to prioritize your health and well-being is to receive an annual physical, and we encourage you to continue this practice this year as well." Various health challenges and resources (nutrition, exercise, mental health, sleep, stress, etc.) are offered which can be completed for points. These points in turn are reimbursed for monetary rewards.

A "Wellness Credit" is given to employees, each pay-period, who obtain an annual physical from their healthcare provider and complete an annual Health Risk Assessment (HRA) via OnPoint for Health. The HRA focuses on biometric results, risk scores for cancer, diabetes, emotional health (depression, stress, and sleep), and heart disease, and modifiable behaviors (nutrition, physical activity, medication adherence, and weight management). Completing those two steps is another way that Trinity employees can earn a monetary reward by giving themselves the same quality care that they give patients.

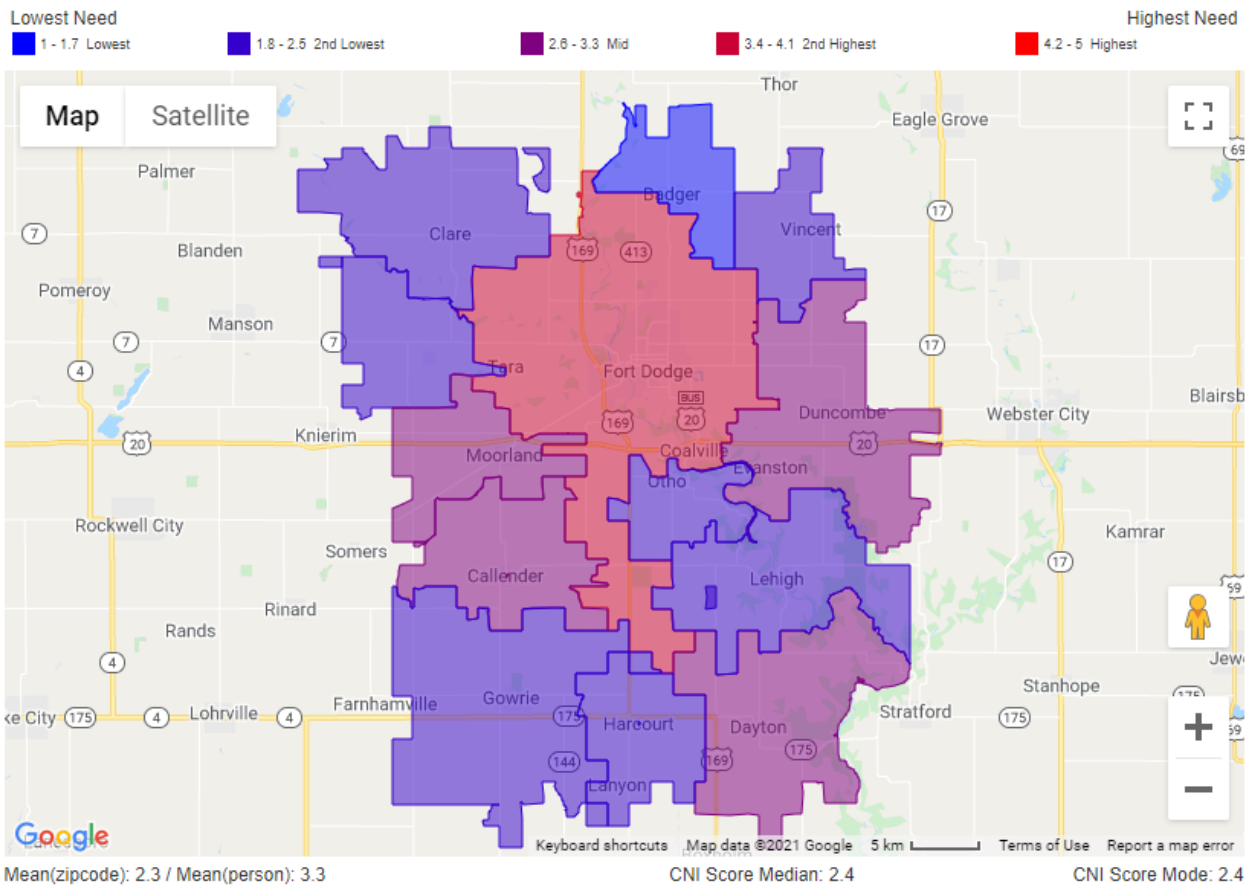
The Journey to Wellness Coaching is a program offered through OnPoint for Health which helps Trinity employees meet their wellness goals. The Wellness Coaches are trained in Motivational Interviewing and assist employees in setting individualized short and long-term goals, in making behavioral changes, and coping with challenges they may be facing. Information can also be provided by the Wellness Coaches to promote the modification of everyday habits and reduce the risks of potential serious health conditions.

Wellbeats is an on-demand fitness and wellbeing benefit to inspire employees to stay healthy and feel better than ever. It includes over 600 workouts including yoga, HIIT, strength training, walking, running, barre, Pilates, and cycling. It also has over 20 motivating challenges, and nutrition education and healthy recipes. Classes are available for all ages, levels, and interests from a phone, computer, tablet, or on Apple TV.

Trinity Healthy Living and the Diabetic Education Center continues to provide staff and resources for the THRIVE in-classroom Wellness and Obesity Prevention program (on hold this past year due to COVID-19). This program is utilized for kindergarten, third graders, and fifth graders in the community. This program has an educator in the classroom for six, 30-minute sessions, focusing on the various food groups utilizing MyPlate and stressing the importance of exercise. Lesson worksheets, games, and stories are used to engage the students in learning about healthy nutrition and exercise.

The THRIVE swim program continues to provide free swim lessons for 3rd and 4th graders in an after-school program held at The Rec Center (on hold this past year due to COVID-19). Trinity contracts with the city public transportation system to bus the kids from their respective schools to the REC Center. A 20-minute instructional time with posters and specific topics is held prior to each swim lesson. The last full school year had 162 third and fourth graders participate in the program.

Attachment A



Zip Code	CNI Score	Population	City	County	State
50501	3.6	27695	Fort Dodge	Webster	Iowa
50516	1	593	Badger	Webster	Iowa
50518	1.8	314	Barnum	Webster	Iowa
50523	2.8	561	Callender	Webster	Iowa
50524	1.8	505	Clare	Webster	Iowa
50530	2.8	1147	Dayton	Webster	Iowa
50532	2.6	842	Duncombe	Webster	Iowa
50543	2.4	1385	Gowrie	Webster	Iowa
50544	2	488	Harcourt	Webster	Iowa
50557	2.4	757	Lehigh	Webster	Iowa
50566	2.6	374	Moorland	Webster	Iowa
50569	2.4	780	Otho	Webster	Iowa
50594	2	230	Vincent	Webster	Iowa

Zip codes identified with the greatest need through the Community Needs Index are:

- 50501 - Fort Dodge, Iowa
- 50530 - Dayton, Iowa
- 50523 - Callender, Iowa
- 50566 - Moorland, Iowa
- 50532 - Duncombe, Iowa

Attachment B

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

	Webster County	Error Margin	Top U.S. Performers	Iowa	Rank (of 99)
Health Outcomes					85
Length of Life					81
Premature death	8,000	6,000-9000	5,400	6,200	
Quality of Life					87
Poor or fair health **	16%	14-19%	14%	13%	
Poor physical health days **	3.7	3.4-4.1	3.4	3.1	
Poor mental health days **	3.9	3.6-4.3	3.8	3.5	
Low birthweight	6%	578%	6%	7%	
Health Factors					90
Health Behaviors					95
Adult smoking **	21%	18-24%	64%	17%	
Adult obesity	82%	32-43%	26%	34%	
Food environment index	7.9		8.7	8.5	
Physical inactivity	26%	21-31%	19%	23%	
Access to exercise opportunities	75%		91%	83%	
Excessive drinking **	26%	25-27%	15%	26%	
Alcohol-impaired driving deaths	27%	18-36%	11%	27%	
Sexually transmitted infections	663.8		161.2	466.7	
Teen births	24	21-28	12	18	
Clinical Care					55
Uninsured	5%	5-6%	6%	6%	
Primary care physicians	1,650:1		1,030:1	1,360:1	
Dentists	1,330:1		1,210:1	1,450:1	
Mental health providers	380:1		270:1	610:1	
Preventable hospital stays	3,876		2,565	3,536	
Mammography screening	45%		55%	54%	
Social & Economic Factors					89
High school graduation	90%	89-92%	94%	92%	
Some college	64%	59-70%	73%	70%	
Unemployment	3.1%		2.6%	2.7%	
Children in poverty	16%	9-22%	10%	13%	
Income inequality	4.6	4.2-5.0	3.7	4.2	
Children in single-parent households	24%	19-30%	14%	21%	
Social associations	13.0		18.2	15.0	
Violent crime	469		63	282	
Injury deaths	91	79-105	59	68	
Physical Environment					91
Air pollution - particulate matter **	7.7		5.2	7.5	
Drinking water violations	Yes				
Severe housing problems	12%	10-14%	9%	12%	
Driving alone to work	81%	78-83%	72%	81%	
Long commute - driving alone	15%	13-17%	16%	21%	

^ 10th/90th percentile, i.e. only 10% are better.

Note: Blank values reflect unreliable or missing data

Attachment C

Webster County Community Health Needs Assessment Planning Committee Members

Name	Title	Organization
Amy Bruno	Program Coordinator	The United Way and Community Foundation of Greater Fort Dodge
Jessica Smith	Wellness Coordinator	Trinity Regional Medical Center
April Kelley	Outreach Specialist	Upper Des Moines Opportunity
Kari Prescott	Executive Director	Webster County Health Department
Tricia Nichols	Registered Nurse	Webster County Health Department
Rena Kruckenber	Chief Executive Officer	Community Health Center
Lori Brandershorst	Parks, Recreation & Forestry Director	City of Fort Dodge
Jennifer Pullen	Executive Director	UnityPoint Health - Berryhill Center
Shannon McQuillen	Vice President of People Excellence	UnityPoint Health - Fort Dodge
Amy Heesch	Marketing Communications Supervisor	UnityPoint Health- Fort Dodge
Hannah Dutcher	Community Health Needs Assessment Intern	UnityPoint Health - Fort Dodge

Community Health Needs Assessment Interview Participants Business/Community Leaders:

- Matt Bemrich, Mayor of Fort Dodge
- Mark Campbell, Webster County Supervisor
- Eric Howard, Beacon of Hope
- Roger Porter, Fort Dodge Chief of Police
- Charles Clayton, Athletics for Educational Success (AFES)
- Tricia Nichols, Webster County Health Department
- Kari Prescott, Webster County Health Department
- Dave Pearson, Fort Dodge Rec
- Erin Habben, City of Fort Dodge
- Mandy Crouse-Kelley, Fort Dodge YWCA
- Stacia Timmer, Elderbridge
- Stacy Mentzer, Iowa Central Community College
- Dennis Plautz, Greater Fort Dodge Growth Alliance
- Jill Nelson, Greater Fort Dodge Growth Alliance
- Kelly Halsted, Greater Fort Dodge Growth Alliance
- Beth Wickwire, Department of Human Services
- Shelly Zabel, Community and Family Resources
- Kelly Hindman, Friendship Haven
- Mike Frishmeyer, UnityPoint Health - Fort Dodge Board of Directors Chair
- Elizabeth Stanek, Linking Families and Communities
- Mary Solverson, Foster Grandparent Program
- Regina Subrhier, Community Health Center
- Jennifer Pullen, UnityPoint Health - Berryhill Center
- Joni Ham-Olsen, Lord's Cupboard
- Ryan Flaherty, Duncombe Elementary
- Aaron Davidson, Fort Dodge Middle School
- Brian Johnson, Southeast Valley Community School District

Attachment D continued

Interview Questions and Key Findings:

- What health problems are most troubling to you as a community member?
 - Mental Health
 - Drug use
 - Obesity/child obesity
 - Nutrition/Healthy Habits
 - General wellness–access or willingness to regular check-ups
 - Access to care
- In your opinion, what is the biggest social concern facing our community?
 - Lack of mental health services
 - Division of community through economic status &/or diversity
 - Isolation and long-term effects due to isolation
 - Substance Abuse
 - Poverty
- What groups or individuals are you aware of that have special health needs?
 - Elderly
 - Minority communities
 - Mentally ill
 - Low-income families
 - Special needs individuals and families

Interviews Primary Care Providers:

- Dr. Vinil Bhuma, Chief Medical Information Officer
- Dr. Kendra Ulicki, Dayton Community Health Center
- Dr. Richard Votta, Pediatrics
- Jennifer Condon, Pulmonology
- Dr. Katelyn Thompson, Berryhill
- Helen Retleff, nurse practitioner, Proteus Inc.

Interview Questions and Key Findings:

- What health problems are most troubling to you as a health care provider?
 - Mental/Behavioral Health
 - Patient compliance for regular screenings and long-term health
 - Obesity and diabetes
- In your opinion, what is the biggest social concern facing our community?
 - Substance abuse
 - Mental health
- What groups or individuals are you aware of that have special health needs?
 - Elderly
 - Mentally ill
 - Disabled/Special needs
- Do you feel like there is a resource missing that could help you better serve your patients?
 - Specialty providers and practices
 - Increase in mental health resources for all ages of patients
 - Improvement for in-home care services

Zip Code _____

Gender

- Male
- Female
- Prefer not to identify

Age

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75-84
- 85+

Marital Status

- Single
- Married
- Married with children under 18
- Single with children under 18
- Widowed

Ethnicity

- African-American
- American Indian or Alaska Native
- Asian
- Caucasian
- Hispanic
- Two or more Races

Work - Employment

- Disabled
- Employed - Full time
- Employed - Part time
- Retired
- Unemployed
- Full time student
- Part time student

Education Level

- Less than high school
- High school/GED
- Some college
- 2 year college degree (Associates)
- 4 year College Degree (BA, BS)
- Master's Degree or Higher

Do you have health insurance?

- Yes
- No

If you answered 'No' is it because of:

- Unemployment
- Self-employed
- Employer does not offer health insurance

Household Income (per year before taxes)

- Less than \$25,000
- \$25,000-49,999
- \$50,000-74,999
- \$75,000-99,999
- \$100,000 or more
- Full Time Student

Do you have any of the following health problems (Check all that may apply)

- Autoimmune disease
- Anxiety/depression/stress
- Arthritis
- Asthma
- Back pain
- Behavioral/mental health
- Breathing problems
- Cancer
- Chronic pain
- Dental problems
- Diabetes
- Headaches
- Heart problems
- High blood pressure
- High Cholesterol
- Kidney problems
- Liver disease
- Longterm effects of COVID-19
- Lung disorder/disease
- Memory loss
- Thyroid disease
- Suicidal thoughts
- Skin damage
- Seizures
- Sleeping problems
- Stomach problems
- Weight problems
- Other _____

Please continue to back side of this sheet.



**What keeps you from visiting your doctor?
(Check all that may apply)**

- Access to care
- Age
- Cost of health insurance
- Drug use
- Fear of COVID-19
- Lack of health insurance
- Mental health
- Medicine costs
- Money
- Putting other's needs before your own needs
- Shortage of providers
- Shortage of specialist
- Support
- Transportation
- Tobacco use: smoking/chewing tobacco
- Unemployment
- Other _____

**What keeps you from living a healthy lifestyle?
(Check all that may apply)**

- Age
- Alcohol use
- Bad eating habits
- Cost of healthy food
- Drug use
- Lack of knowledge of healthy living
- Lack of exercise
- Lack of support
- Lack of time/busy schedule
- Money
- Motivation
- Not sure how to start
- Putting other's needs before your own needs
- Stress
- Tobacco Use: smoking/chewing tobacco
- Other _____

**What would you like to do to become more healthy?
(Check all that may apply)**

- Eat healthy
- Exercise
- Learn to cook healthy meals
- Manage anxiety/depression/stress
- Sleep better
- Social support
- Spiritual support
- Stop smoking/chewing tobacco
- Weight loss
- Other _____

**What health concerns do you have for your community?
(Check all that may apply)**

- Access to care
- Alcohol use
- Aging
- Behavioral/mental health
- Cancer
- Chronic pain
- Cost of Healthcare
- Diabetes
- Drug use
- Heart health
- Lack of physical activity
- Teen pregnancy
- Tobacco use
- Sexually transmitted disease
- Spread of COVID-19
- Suicide
- Weight control
- Other _____

**What types of FREE health education/information would you like?
(Check all that may apply)**

- Classes
- Community Event
- Email
- Newsletter/Publication
- Social Media
- Website
- Other _____