

2019 Implementation Strategy



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Introduction - BOARD ACTION

The Community Health Needs Assessment (CHNA) and Implementation Strategy are federal requirements for hospitals to retain non-profit status once every three taxable years. Sioux Center Health developed a CHNA report which was approved by the Board of Directors in June 2019. The process also includes the development and approval of an implementation strategy to address the prioritized needs from the CHNA. This plan will be presented for approval at the November 2019 Executive Board of Directors' meeting.

Community Health Priorities

While Sioux County has numerous positive attributes and scores well in the county health rankings for Iowa, there are several well defined areas of prioritized need that the hospital plans to address based on our findings from the community health needs assessment. For the purpose of this assessment, a health need includes requisites for the improvement or maintenance of health status in both the community at large or in a particular part of the community, such as a specific group experiencing disparities. Requisites for improvements or maintenance of health status also include underlying factors that influence health such as transportation or housing.

Summary of Health Needs

The following prioritized health needs were identified for all of Sioux County with the collaborative:

1. Obesity
2. Translation and Interpretation
3. Community Education and Support Groups

Using the above identified areas and focusing on the needs of the community, Sioux Center Health decided on the following focus areas for the next three years. The four that were chosen are:

1. Obesity
2. Mental Health Services
3. Translation and Interpretation
4. Senior Adult Services

Strategies for Identified Needs

Obesity

Description of the issue

Obesity is connected to many health outcomes, raising the risk for Type 2 diabetes, stroke, poor pregnancy outcomes, and high blood pressure. Because of these chronic conditions, obesity can cause high healthcare costs and increases the burden on healthcare systems. The risk for developing obesity is multi-faceted including developmental factors, environmental factors, and individual and behavioral factors. Thus, effective interventions will also be multi-faceted.

In Sioux County, 28 percent of adults are obese and this rate continues to increase in Sioux County. Of community members responding to a county-wide survey, 51 percent indicated that obesity/overweight was one of the top three health problems, diseases or conditions in Sioux County.

Action

Through the continued collaboration with Community Health Partners, Sioux Center Health is part of the National Diabetes Prevention Program (DPP). The DPP is a year-long weight management program aimed at those who are pre-diabetic or are at high risk of developing

diabetes during their life. The county has 12 trained program instructors, with 3 of them being Sioux Center Health staff.

Continued partnerships with the Sioux Center Trails Council, Siouxperman committee and the Harvest Half committee, along with various other community recreational offerings and facilities in Sioux Center will continue with Sioux Center Health remaining an active voice on behalf of our patients and community members where physical activity and healthy eating are concerned. Sioux Center Health has partnered with our local FQHC, Promise Community Health, to provide a Healthy Hero's Family Fun 1k Walk and 5k run for our community members. This event focuses on being active through exercising and offers a health fair to provide education on various topics.

Sioux Center Health will provide a Kids Cooking Camp "Eat the Rainbow" for kids 6 – 9 years old to learn age-appropriate cooking skills and how to prepare simple healthy recipes and learn the importance of eating the rainbow.

Mental Health Services

Description of the issue

Mental health services across the age continuum were cited as a pressing need by all CHNA focus groups. Specific needs identified include increased numbers of providers, providers who could deliver services in Spanish, more support groups for care-givers and those suffering from chronic diseases, entry points for care, care for those with co-occurring medical, substance use and mental health needs, and the need to reduce stigma for seeking help.

Potential resources to address the issue

- Strong collaborative commitment to this issue.
- Area mental health providers – several sizeable agencies serve Sioux County

Action

Sioux Center Health will provide 24/7 social worker coverage as a resource for those patients needing mental health services. Along with this, Sioux Center Health will continue to use Avera eCARE Behavioral Health, which has 24-hour behavioral assessments through the use of a video camera. This service provides us with knowledge of beds and makes calls to behavioral health facilities to help find placement, should a patient need further treatment.

Sioux Center Health will continue to build behavioral health programming within our medical clinics. Our Licensed Master Social Workers in combination with our Board Certified Psychiatric-Mental Health Nurse Practitioner will work with individuals and families to meet their life-long goals and achieve their emotional well-being. We offer medically managed treatment plans for all ages: children, adolescents, and adults.

Sioux Center Health will also utilize the mental health resources in Sioux City for those adolescent patients who are requiring inpatient care for mental health needs and detox/treatment. Sioux Center Health has established relationships with local/area mental health agencies and will

continue to utilize their services where appropriate.

Ongoing staff training in recognizing signs and/or treatment of mental health concerns will be provided.

Translation and Interpretation

Description of the issue

Effective communication is essential for promoting health and preventing illness. In each of the CHNA focus groups, translation and interpretation needs were cited specifically in health care settings and schools. Providers and consumers alike asserted that qualified (specially trained) on-staff interpreters in hospitals and medical clinics are needed, in particular in labor and delivery and mental health. With nearly 10% of Sioux County households speaking a language other than English at home, this is unquestionably an area of need.

Action

Sioux Center Health will create a Cultural Diversity Team to address translation/interpretation needs. Throughout this process, the team will engage not only our staff but our Board of Directors.

Sioux Center Health will educate the community and healthcare staff for increased knowledge and certification for Healthcare Interpretation. Continued participation in the county-wide group of interpreters to identify needs throughout our community. Additionally, staff will be tested for their language knowledge and wear a “Habla Español” identification badge once approved.

Sioux Center Health will provide a Certified Healthcare Interpreter (CHI) staff interpreters to assist non-English speaking patients through their healthcare journey.

Collaboration with other local/area agencies who also serve those of ethnic minorities will be done in an effort to provide the best care for our patients no matter what their health needs are.

Senior/Adult Services

Description of the issue

There is a growing population of seniors in the community and as our population ages and the boomer population seeks housing needs, healthcare services, and programming. Fifteen percent of Sioux County residents are 65 or older. Sioux Center has approximately 50 percent share of county independent and assisted living apartments and a 21 percent share of nursing home beds.

In focus groups, participants expressed a desire for a need to build services for older adults in the community including long-term care facilities, a memory unit, organized activities to help seniors stay active, and support groups such as grief counseling groups.

Action

Sioux Center Health will work with the building committee, staff and board of directors to identify the needs within our growing community. Plans will be developed to increase the number of beds available on the senior living campus and also identify any additional services needed on that campus.

Memory care services continue to be a needed service within our community and plans are being developed to create a memory care unit for assisted living residents needing this level of care.

Needs Not Being Addressed and Why

While each of the health needs identified is important for overall community health, two additional health needs that came up during the assessment were community education with a focus on parenting and child development. Thanks to several partnerships in Sioux County, a county-wide Health Improvement Planning group has been established and has sub-groups currently working on these two areas. Sioux Center Health is well represented in this group.