

AUDUBON COUNTY

Community Health Needs Assessment

2019-2020

Participating Organizations:

Audubon County Memorial Hospital and Clinics

Audubon County Public Health

Friendship Home

Exira Care Center

New Opportunities

Carroll Area Nursing Services

Executive Summary

The following report is the Community Health Needs Assessment (CHNA) prepared for Audubon County, Iowa. Creating healthy communities requires a high level of mutual understanding and collaboration with community individuals and partner groups. The development of this assessment brings together community health leaders and providers, along with local residents, to research, prioritize county health needs, and to document community health delivery successes. This health assessment will service as the foundation for community health improvement efforts for the next three years.

Important Community Health Needs Assessment benefits are as follows:

1. Increases knowledge of community health needs and resources
2. Creates a common understanding of the priorities of the community's health needs
3. Enhances relationships and mutual understanding between and among stakeholders
4. Provides a basis upon which community stakeholders can make decisions about how they can contribute to improving the health of the community.
5. Provides a rationale for current and potential funders to support efforts to improve the health of the community.
6. Creates opportunities for collaboration in delivery of services to the community
7. Provides guidance to local health agencies for how they can align their services and community benefit program to best meet health needs.

Based upon the comprehensive Community Health Needs Assessment Survey and the community forum, the following priorities were determined:

1. Mental Health Services, Drug/Alcohol Abuse, etc.
2. Cancer and Oncology Services
3. Preventative Services and Healthcare Services
4. Aging Services
5. Economic Opportunities, Infrastructure, Housing, Living Wages

Scope and Purpose

Audubon County Memorial Hospital and Clinics, Audubon County Public Health, Friendship Home, Exira Care Center, New Opportunities, and Carroll Area Nursing Services are all committed to conduct a Community Health Needs Assessment at least once every three years and adopt a strategy to meet community health needs.

The purpose of the Community Health Needs Assessment (CHNA) is to:

1. Evaluate current health needs of the community and prioritize them
2. Identify resources available to meet both the priorities as well as opportunities identified through the CHNA
3. Develop an implementation plan to address health priorities
4. Build capacity to address the opportunities within the context of the health system's existing programs, resources, priorities, and partnerships.

Requirements of CHNA

The requirements of the Community Health Needs Assessment Report include:

- A description of the community served and how the community was determined.
- A description of the process and methods used to conduct the CHNA.
- Identification of any and all organizations with which the organization collaborated and third parties that engaged to assist with the CHNA.
- A description of how the input was gathered from persons representing the community, who those people are, and their qualifications.
- A description of the existing health care facilities and other resources within the community available to meet the needs identified through the CHNA.

Overview of CHNA Survey

Audubon County healthcare organizations partnered together to conduct a community health needs assessment survey as a way to gather input from people throughout our service area regarding their perceptions of the current state of our population's health and what they believe are the most important health needs that our communities should address.

The survey was created using Survey Monkey and was available online on the Facebook pages of Audubon County Memorial Hospital and Clinics, Audubon County Public Health, and other community sites. A link was also posted on the ACMH website. The survey was also available in paper form in several locations throughout the county for people to take. The paper copy drop-off boxes were emptied on a weekly basis and manually entered into the survey database. The survey was available from July 29 through August 30.

There were two press releases sent out to both county newspapers with information about the CHNA survey and how to complete it. There were presentations and information given to various groups and organizations throughout the community encouraging people to take the survey.

The survey ended with 309 total responses from people throughout the entire county including Leon, Lamoni, Davis City, Grand River, Audubon, Weldon, and Van Wert.

Audubon County Community Health Needs Assessment (CHNA) Survey Responses, 2019

1. When you imagine a strong, vibrant, healthy community, what are the most important features to you? (Those factors which best improve the quality of life in a community.)

Answer Choices	Responses	
		10
Health care services	76.98%	7
Employment opportunities	57.55%	80
Public Safety	55.40%	77
Mental health services	53.24%	74
Good schools	51.08%	71
Drug free communities	49.64%	69
Livable wages	41.01%	57
Clean environment	33.09%	46
Affordable housing	33.09%	46
Safe/Affordable childcare	26.62%	37
Recreation resources like parks and playgrounds	20.86%	29
Senior services	17.99%	25
Youth services	13.67%	19
Access to healthy food choices	13.67%	19
Walkable, bike friendly communities	10.79%	15
Access to public transportation	5.76%	8
Other (please specify)	3.60%	5
	Total	13
	Responses	9

Other:

- More housing for those of us that need more convenient homes as we age.
- Healthcare that allows provider to get to know the patient with no time limit restrictions.
- Physician or Nurse Practitioner that works later than 4 or 5pm.
- A county that works together.
- Toms helping towns so everybody profits.

2. When you think about challenges in the community where you live, what are you most concerned about?

Answer Choices	Responses	
Drug and alcohol abuse	52.90%	73
Access to mental health services	42.75%	59
Access to health care services	36.96%	51

Access to preventative programs (i.e. health, diet and nutrition, wellness programs, substance abuse, etc.)	28.99%	40
Lack of economic opportunities	25.36%	35
Lack of affordable housing	24.64%	34
Crime/vandalism	23.19%	32
Access to healthy food	21.01%	29
Not enough childcare options	18.12%	25
Lack of support for seniors	17.39%	24
Inability to provide for basic needs (i.e. food, clothing, etc.)	16.67%	23
Lack of recreation resources	15.94%	22
Lack of public transportation	13.04%	18
Lack of support for youth	12.32%	17
Domestic/child abuse	11.59%	16
Lack of pedestrian infrastructure (i.e. sidewalks, crosswalks, etc.)	11.59%	16
Availability of social support (i.e. Family, friends, church, groups, etc.)	10.14%	14
Racial or cultural discrimination	6.52%	9
Polluted environment	5.80%	8
Lack of good schools	2.90%	4
Homelessness	2.17%	3
Other (please specify)	1.45%	2
	Total	13
	Responses	8

Options:

- Social activities
- Lack of employable persons, population decline.
- Access to preventative programs.
- Infrastructures in rural areas.

3. What are the three most important health issues in our community? (The behaviors that have the greatest impact on overall community health).

Answer Choices	Responses	
Cancer	71.53%	98
Alcohol/Substance Abuse	55.47%	76
Mental Health problems	50.36%	69
Aging problems	44.53%	61
Diabetes	34.31%	47
Heart Disease/Stroke	26.28%	36
High blood pressure	18.98%	26
Suicide	9.49%	13
Child Abuse/Neglect	7.30%	10
Lack of transportation	11.68%	16

Domestic violence	7.30%	10
Accidental injury/death	5.84%	8
Dental problems	10.22%	14
Respiratory/Lung disease	7.30%	10
Sexually Transmitted Diseases	3.65%	5
Motor vehicle crash injuries	4.38%	6
Teenage pregnancy	2.19%	3
Environmental (unsafe waste, pollution, etc.)	2.19%	3
Infectious disease	2.19%	3
Other (please specify)	1.46%	2
Elder abuse	0.73%	1
Rape/Sexual Assault	0.73%	1
Firearm-related injuries	0.73%	1
	Total	13
	Responses	7

Other:

- Obesity
- More access to preventative programs
- Isolation because of illness -- opportunities for friendships

4. What are the three most important behaviors that negatively impact the overall health in Audubon County?

Answer Choices	Responses	
Being overweight	64.75%	90
Drug Abuse	51.80%	72
Alcohol Abuse	49.64%	69
Poor eating habits	38.13%	53
Lack of exercise	36.69%	51
Tobacco/Nicotine/Vapping	27.34%	38
Socioeconomic issues	20.14%	28
Unsafe sex	7.19%	10
Not getting immunization “shots”	6.47%	9
Dropping out of school	5.04%	7
Safety (not using a helmet, etc.)	2.88%	4
Gambling	0.72%	1
Other (please specify)	0.72%	1
	Total	13
	Responses	9

Other:

- Not enough social activities for adults/seniors. Need neurologist and better imaging services (i.e. MRI)

5. Do you feel that Audubon County needs additional healthcare providers?

Answer Choices	Responses	
Yes	71.22%	99
No	27.34%	38
	Total	
	Responses	139

6. What keeps people in your community from seeking medical treatment?

Answer Choices	Responses	
Lack of insurance	70.50%	98
Unable to pay co-pays	58.99%	82
Fear (not ready to face health problem)	42.45%	59
Don't understand the need to see doctor	37.41%	52
Transportation problems	17.99%	25
Too long of a wait to get an appointment to see doctor	14.39%	20
Health services too far away	10.79%	15
Too long of a wait at the doctor's office	10.07%	14
No appointments available	9.35%	13
No access to primary care physicians/doctors	8.63%	12
Other (please specify)	7.91%	11
Child Care problems	7.19%	10
I don't know	5.04%	7
Don't know how to find doctors	2.16%	3
Language barrier/do not speak my language	1.44%	2
None/no barriers	1.44%	2
Cultural or religious beliefs	0.00%	0
	Total	13
	Responses	9

Other:

- Can't afford to go to doctor of dentist.
- Would rather see someone other than a Nurse Practitioner.
- HIPAA (practice of local health department and hospital)
- Need more opportunity for doctor visits late afternoon, evenings, or Saturday mornings.
- Being sent out of town for issues (like Omaha or Des Moines) -- too far aware.
- Confidentiality from Dr. office
- I doctor in another county as when I tried moving my care here I could not get an appointment with a local provider.
- Community members employed at hospital not respecting patient privacy and gossiping to the rest of the community
- Bad reputation/not having the right diagnosis
- perceptions about quality of care
- provides always leaving

7. Where do you and your family get most of your health information?

Answer Choices	Responses	
Doctor/health professional	81.29%	3
Internet/Social Media	71.22%	99
Family or friends	44.60%	62
Hospital	28.78%	40
Newspaper/Magazines	15.83%	22
Television	13.67%	19
Public Health department	9.35%	13
School	4.32%	6
Radio	3.60%	5
Library	2.16%	3
Other (please specify)	1.44%	2
Religious organization	0.00%	0
	Total	13
	Responses	9

8. When seeking care, which hospital would you visit first?

Answer Choices	Responses	
Audubon County Memorial Hospital	65.47%	91
St. Anthony's Regional Health Care	16.55%	23
Cass County Memorial Hospital	9.35%	13
Other (please specify)	7.19%	10
Myrtue Medical Center	6.47%	9
Guthrie County Hospital	2.16%	3
Manning Regional Health Care	2.16%	3
	Total	139
	Responses	139

9. Have you had a routine health/wellness exam in the past 2 years?

Answer Choices	Responses	
Yes	83.45%	116
No	15.83%	22
	Total	139
	Responses	139

10. Are there healthcare services in Audubon County that you feel need to be added, improved, and/or changed?

- Mental Health especially for children
- Birthing Center - reason why we go to St. Anthony

- Mental Health Services
- Neurologist. Dentists that take care of dentures.
- need oncologist
- Consistent providers
- Doctor's who care. Hospital should offer coffee, etc. to family while waiting for patient having surgery, etc.
- Mental Health
- Cost of MRI's etc. Cheaper to go to city. Cost of Dr.s visit here is higher than specialist visit in city.
- Add Optometry services. Replace Oncology services available at ACMH. ACMH should provide more community involved events (women's health seminars, mental health seminars, etc..)
- Mental health services , safety concerns with lack of sidewalks
- MD not just PA.
- Mental Health
- Mental Health and safety awareness
- More specialists
- Need to find an oncology group to come to Audubon
- Need new cancer doctor. And with all the diabetics here need more care for them so they don't have to go out of town
- mental health
- More MDs
- More doctors if possible rather than ARNPs
- Access to specialty providers
- Mental Health services
- Oncology care needs addressed. Additional mental health availability.
- Oncology, Additional Cardiologist, Pediatrician
- Unsure
- Would like weekend hours available for office visits.
- Would like to have DR. Vampola in Exira more.
- Unsure
- Mental health therapists, preferably not on a hospital setting
- Mental health
- eye care, cancer
- More accessibility
- more dental providers
- Mental health availability is a big issues in this county, as in every county in the state
- Specialists
- better women's services as well as mental health services
- Need more focus on mental health services
- diabetic program, ob-gyn
- need mental health services
- Mental Health Services
- More Primary Doctors
- Neurology
- prenatal care,
- Improved clinical performance of providers
- telehealth

- oncology, pediatrics
- Rheumatology, Neurology, Emergency Medicine
- Cancer Drs
- the D.A.R.E program
- OBs services
- More Physicians needed
- Open MRI
- Prenatal Care
- More cancer services
- Drug Abuse
- More substance/psychiatrist that prescribe medication
- More women's health and importance of prevention
- My doctor has never mentioned the need for routine/wellness exams
- A doctor that specializes in diabetes
- Treatment charges beyond provider copay are excessive
- Follow up services for elderly following hospitalization
- Nursing home or OP stays procedure

DEMOGRAPHIC INFORMATION

1. What is your gender?

Answer Choices	Responses	
Female	77.70%	108
Male	19.42%	27
	Total Responses	139

2. In what zip code is your home located?

Answer Choices	Responses	
50025	70.50%	98
50076	8.63%	12
Work in Audubon County	8.63%	12
51543	5.76%	8
50117	3.60%	5
50042	1.44%	2
50110	0.72%	1
	Total Responses	139

3. Which category below includes your age?

Answer Choices	Responses	
50-59	25.18%	35
40-49	20.14%	28
60-69	17.27%	24

30-39	12.95%	18
20-29	10.07%	14
70-79	8.63%	12
80-89	3.60%	5
18-20	0.72%	1
90+	0.00%	0
	Total Responses	139

4. What is your highest level of education?

Answer Choices	Responses	
College graduate	40.00%	56
High school graduate	25.45%	37
Graduate school	14.55%	28
Some college	12.73%	19
Technical school	5.45%	8
Doctorate	1.82%	2
K-8 grade	0.00%	0
Some high school	0.00%	0
	Total Responses	139

5. Do you have health insurance?

Answer Choices	Responses	
Female	100.0%	139
Male	0.0%	0
	Total Responses	139

6. Employment Status:

Answer Choices	Responses	
Employed Full-Time	68.14%	89
Retired	13.27%	21
Employed Part-Time	10.62%	18
Unemployed	3.54%	4
Homemaker	3.54%	4
Full-Time Student	0.88%	2
	Total Responses	139

7. What is your household income?

Answer Choices	Responses	
\$50,000-\$99,999	45.19%	55
\$100,000-\$149,999	24.04%	27
\$25,000-\$49,999	13.46%	19
\$10,000-\$24,999	7.69%	13
\$150,000 or more	7.69%	8
Less than \$10,000	1.92%	11
	Total	
	Responses	139

8. Do you have children under the age of 18 living with you?

Answer Choices	Responses	
No	61.06%	92
Yes	38.94%	47
	Total	
	Responses	139

9. Do you have elders dependent on you for care or support?

Answer Choices	Responses	
No	81.42%	112
Yes	18.58%	27
	Answered	139

10. Do you consider yourself a permanent resident of Audubon County?

Answer Choices	Responses	
Yes	89.38%	121
No	10.62%	18
	Answered	139

Overview of Community Forum

Our community has a wealth of expertise to be tapped for CHNA development. For this reason, we decided to host a community forum to gather community insight and provide an atmosphere to objectively prioritize county health needs. The following community forum agenda was conducted:

- Welcome/Introductions/Partnerships/Purpose
- Nuances of providing care services in rural communities
- County Health Rankings Statistics
- Survey Results/Health Priorities Discussions
- Group Discussions/Engage attendees to discuss the top 5 areas identified and ideas to improve those areas
- Close meeting by reflecting on health needs and community voting results

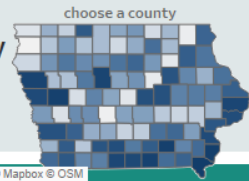
The CHNA committee coordinated comprehensive marketing and PR of the event through press releases in county newspapers, letters to key community members, personal invites to service organizations, chambers of commerce, city and county officials, business owners, local healthcare leaders, school officials, and more.

Community Forum Health Needs Priorities

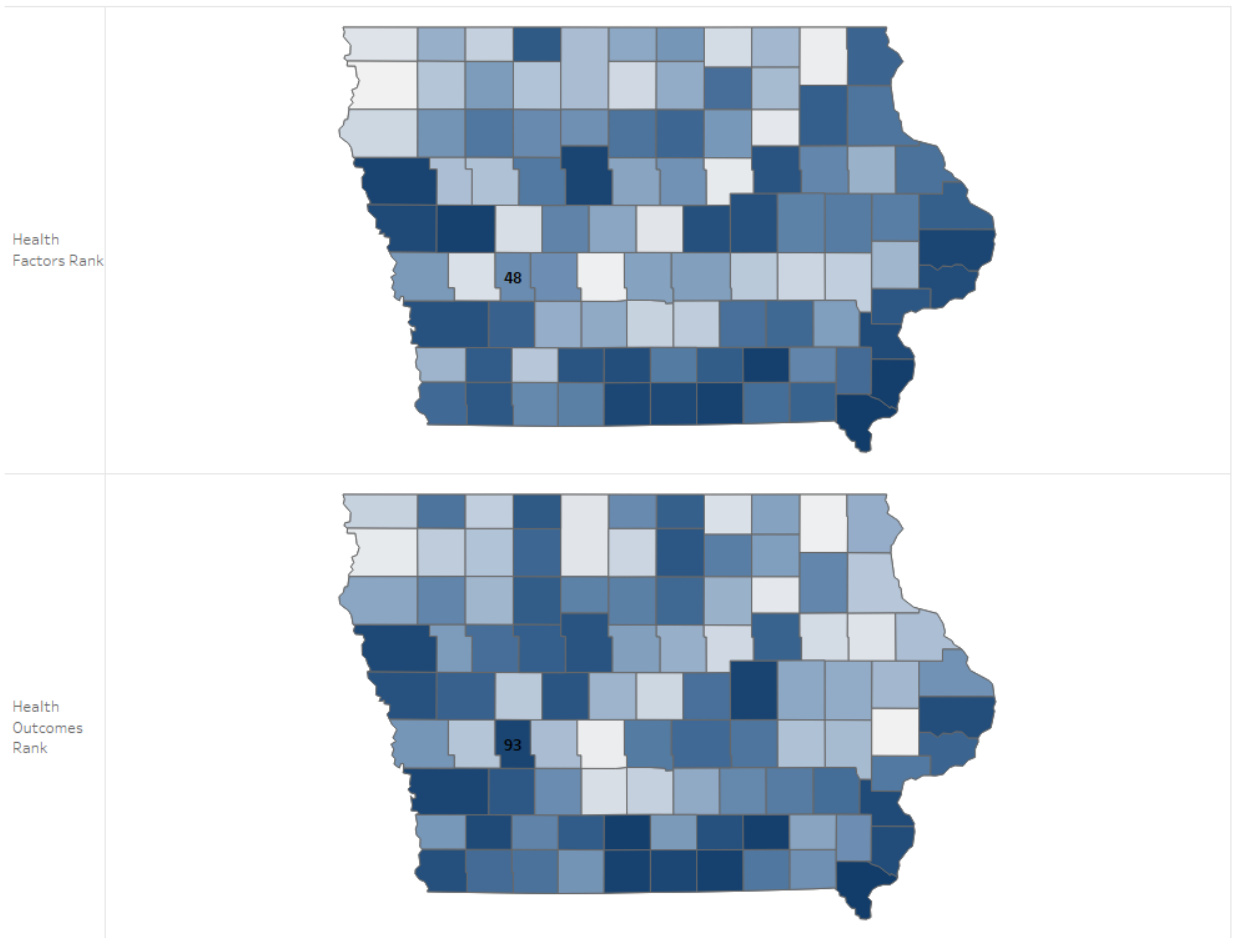
After reviewing the survey results, the group started open discussion about community health needs and outlined seven priority areas that need focus. After the seven priorities were defined, there were group discussions at each individual table. At which time, each attendee was given three sticky notes and were able to vote on their top three priorities. The top five priorities are listed below in order of importance.

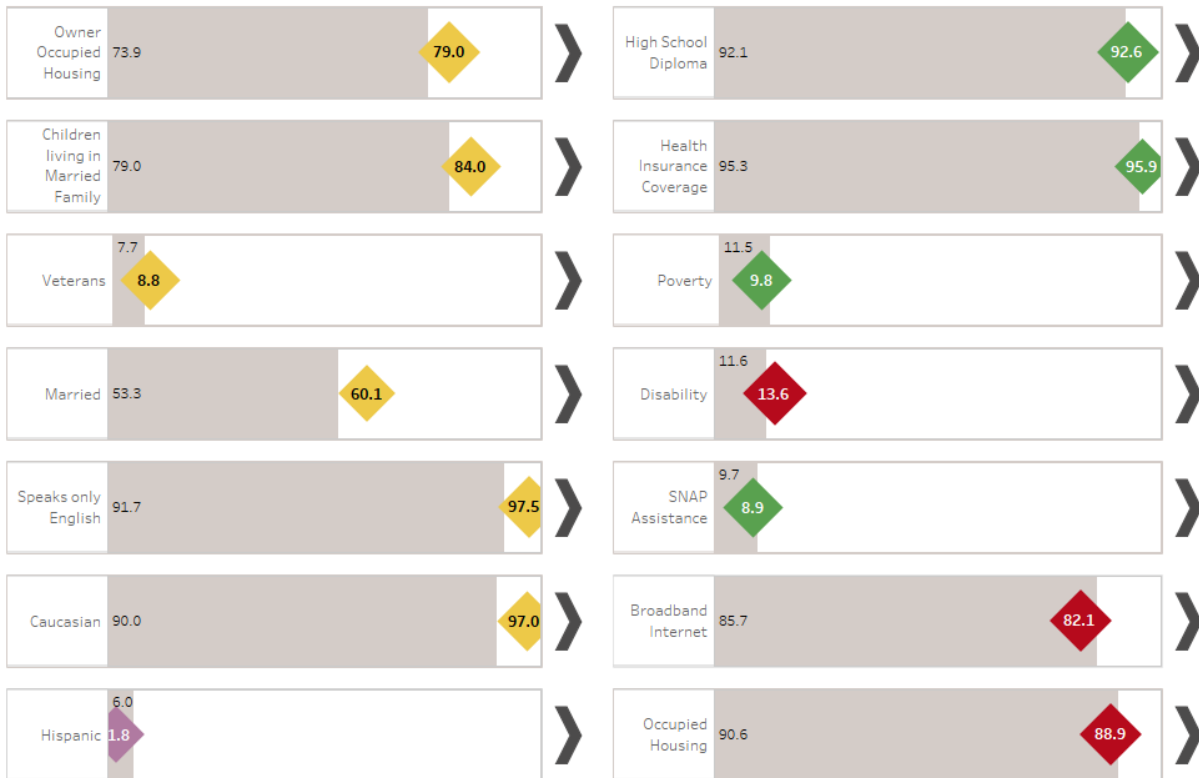
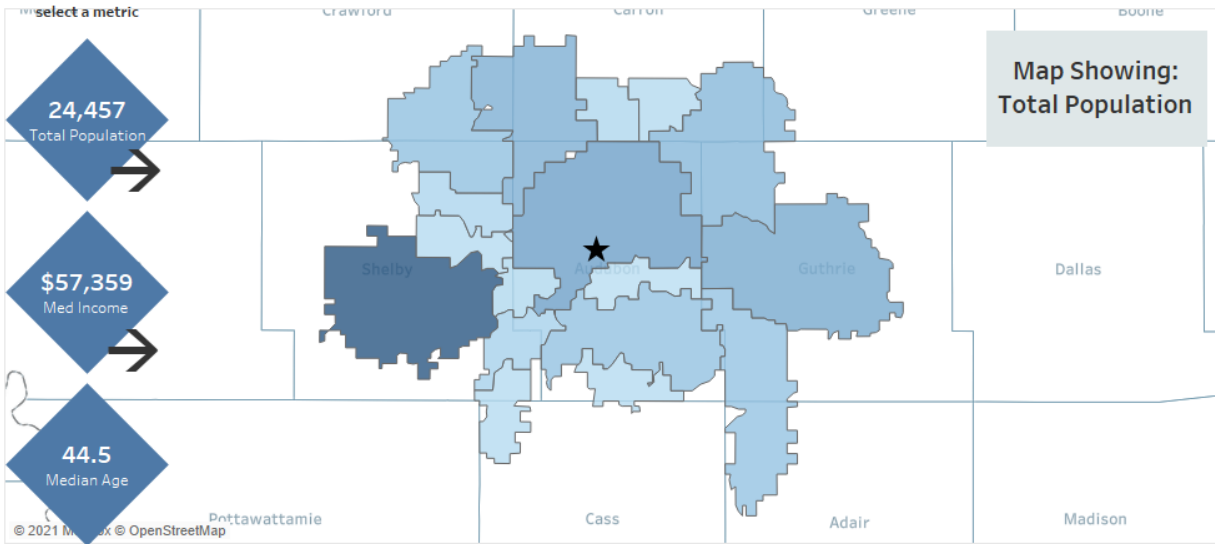
1. Mental Health Services, Drug/Alcohol Abuse, etc.
2. Cancer and Oncology Services
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County Health Rankings for Audubon County
select a sub category



48/99 Health Factors				93/99 Health Outcomes	
Subcategories	51/99 Clinical Care	46/99 Health Behaviors	18/99 Physical Environment	54/99 Social & Econ Factors	99/99 Length of Life
					19/99 Quality of Life





Health Improvement Plan

1. Mental Health Services, Drug/Alcohol Abuse, etc.

Action Plan:

- Secure additional mental health services in community – Lois Potthoff, LMHC to begin services at ACMH with emphasis on children and trauma. Will consider additional services for adults if needed.
- ACMH will provide trained ARNP to establish substance abuse medication contracts through the Medication Assisted Treatment program.

2. Cancer and Oncology Services

3. Action Plan:

- Contract secured with Dr. Robert Warner to provide oncology services at ACMH.

4. Preventative Services and Healthcare Services

Action Plan:

- Establish weight loss clinic at Audubon Family Health Care
- Expand Health Coach services at ACMH
- Improve transitions of care with ACMH and Community Partners

5. Aging Services

Action Plan:

- Hire additional physician to expand chronic care management

6. Economic Opportunities, Infrastructure, Housing, Living Wages

Action Plan:

- Work with Audubon Economic Development Group to build more affordable housing options including rental properties.
- Hospital to explore housing on the plot of land they own next to the hospital.