



2019

Community Health Needs Assessments

*An assessment of Allamakee County conducted by
Veterans Memorial Hospital- Waukon, Iowa*

Quality, Personalized Health Care... Right Here At Home



Mission:

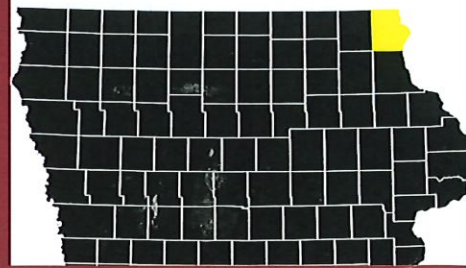
*Veterans Memorial Hospital
enhances the lives of those we serve
by providing an exceptional
healthcare experience with
compassion.*

For additional information about this report, contact:

Veterans Memorial Hospital

40 1st Street SE, Waukon, Iowa 52172

563-568-3411



Overview and Executive Summary

Veterans Memorial Hospital Community Health Needs Assessment was performed in adherence with federal requirements for the nonprofit hospitals set forth in the Affordable Care Act. According to the Patient Protection and Affordable Care Act Veterans Memorial Hospital is required to complete a CHNA & HIP (Community Health Needs Assessment and Health Improvement Plan) every three years. Veterans Memorial Hospital started its Community Health Needs Assessment (CHNA) from July 15-October 15, 2019.

In order to review the members of Allamakee County, Veterans Memorial Hospital (VMH) undertook a more in-depth approach to involving the community in identifying significant health needs. The method to this assessment was conducting a written survey in the months of July, August, and September which was completed by 388 participants. Our methodology is outlined in greater detail within this report.

Our Community Health Needs Assessment identified priority categories of concern:

Health Problems to Address:

- Health Care: Access to healthcare (doctor/hospitals), affordable health insurance
- Health Conditions/Prevention: Alcohol and drug abuse, mental health services, cancer treatment, obesity, aging (arthritis, hearing/vision loss, dementia, etc.), cancer
- Counseling/Mental Health: Access to services, availability of local health providers
- Safe Behaviors: Alcohol abuse, depression/suicide, illegal drug use, bullying, screen time, affordable health insurance, poor parenting skills, poverty, single parent families

Health Behaviors to Improve:

- Physical Activity: Provide additional recreational trails/sidewalks, affordable wellness and fitness facilities
- Healthy Behaviors: Drinking more water, eating more fruits and vegetables, more fresh fruits and produce available

Veterans Memorial Hospital took into account the vision, mission, and overall resources of the hospital in order to get the most accurate information for the CHNA process.

Topics Included:

- Population of Service Area
- Demographics
- Data and Sources
- Community Health Rankings
- Actions to Address Community Health Needs

Population of Service Area

For the Purpose of the Community Health Needs Assessment (CHNA), Allamakee County and Northern Clayton County was the primary focus. Allamakee County has a current population of 13,884 people within residency. Veterans Memorial Hospital provides various services for the community. Some of these services include: Urgent Care, Respiratory Therapy, Laboratory Services, Outpatient/Inpatient Services, Massage Therapy, Diabetes Education, Health Information Management, and Community/Home Care to name a few.

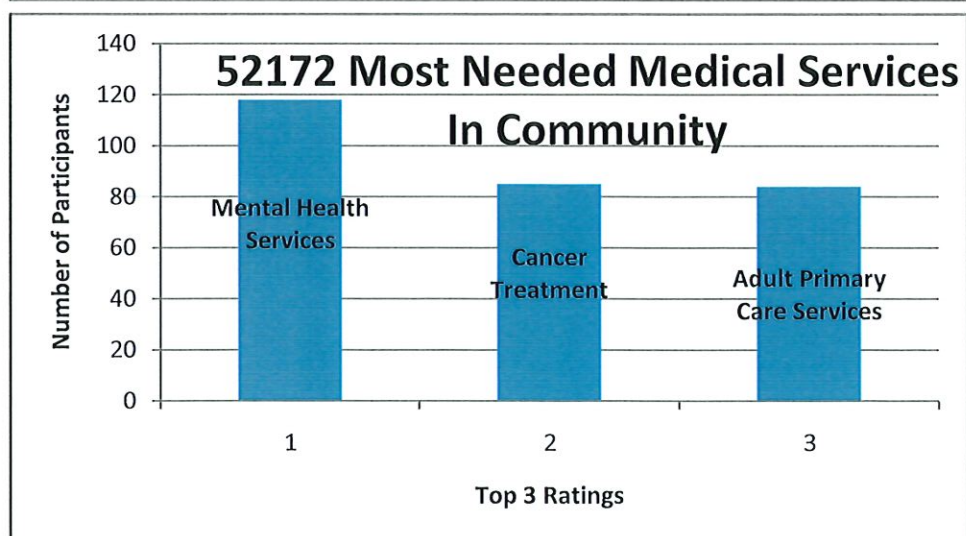
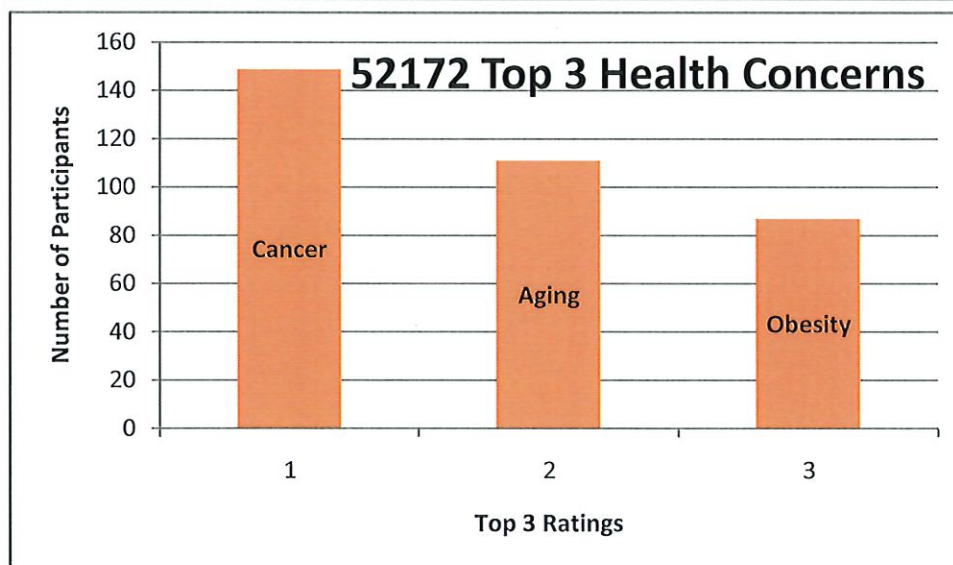
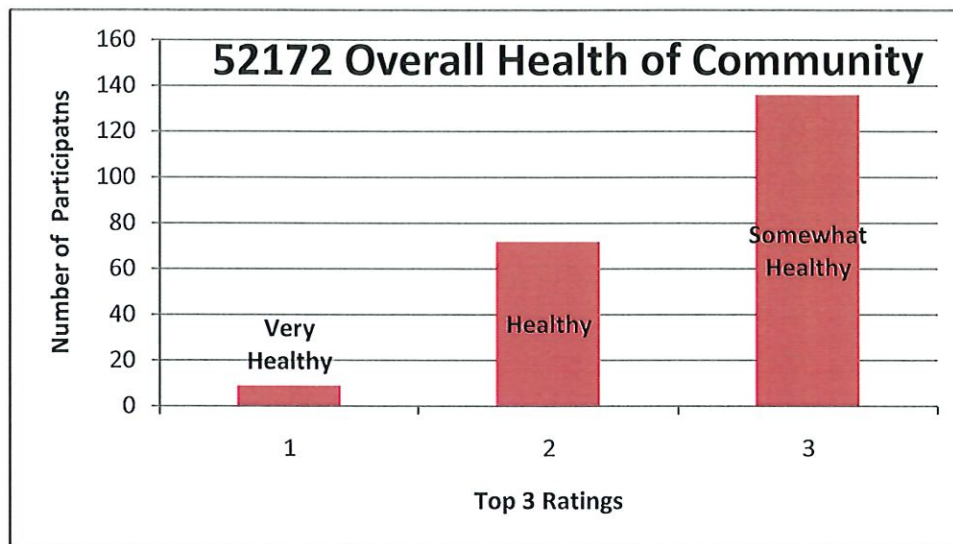


Members Participated per Zip Code

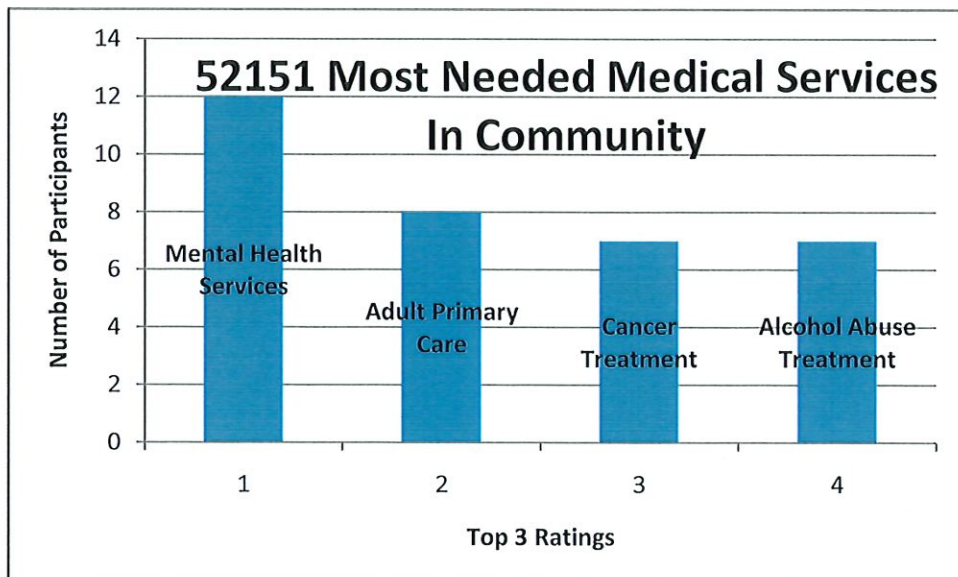
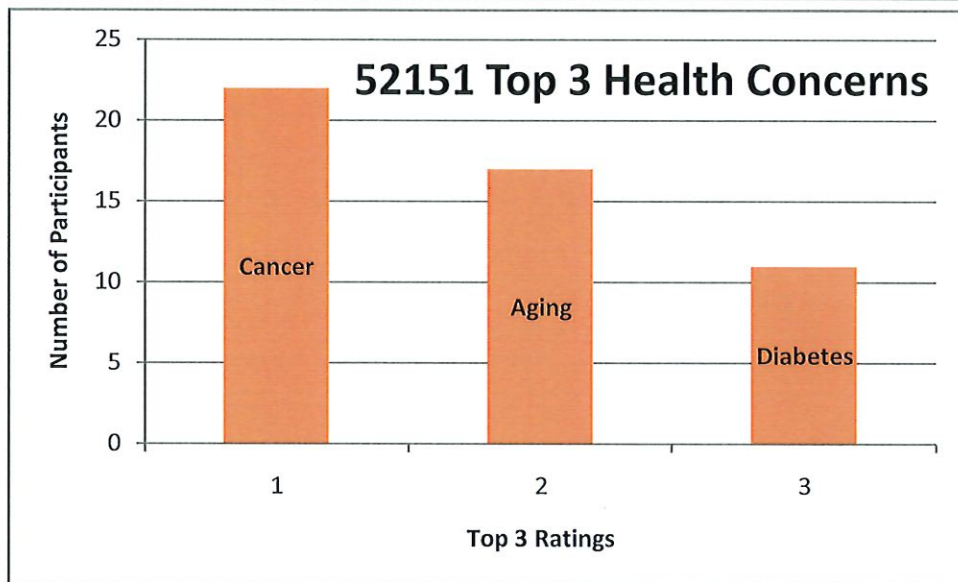
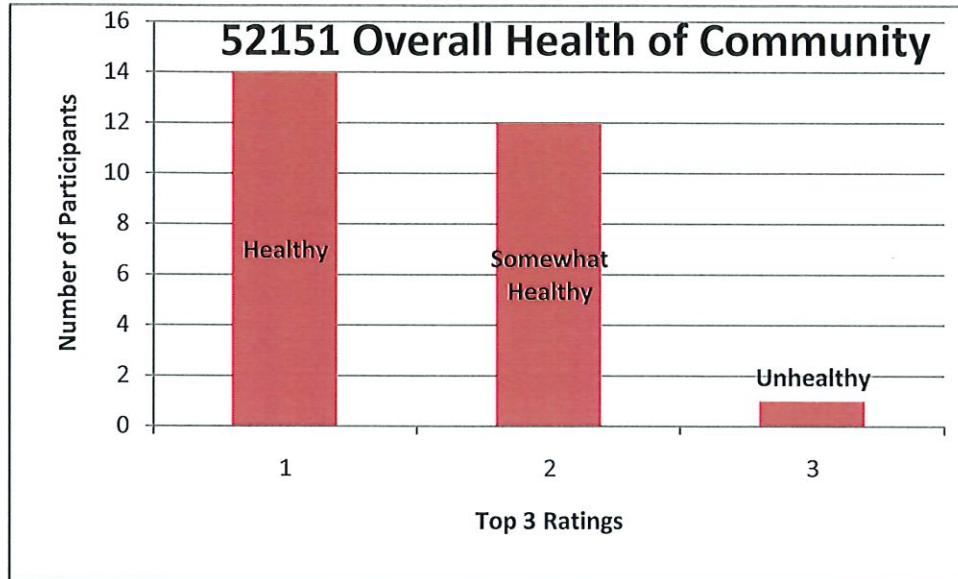
Zip Code	Town	Number of Surveys	Demographics
52172	Waukon, Hanover, Ludlow, Rossville	226	Population= 3,744
N/A	No zip code	40	N/A
52151	Lansing	27	Population= 948
52101	Decorah	14	Population= 8,127
52170	Waterville, Elon, Dalby	11	Population= 141
52146	Harpers Ferry, Egan	10	Population= 328
52162	Postville, Gunder, Frankville, Moneek	9	Population= 2,096
52159	Monona	9	Population= 1,488
52140	Dorchester, Quandahl	7	Population= 603
52160	New Albin	6	Population= 510
52161	Ossain	4	Population= 792
52135	Clermont	4	Population= 597
52156	Hardin, CO	4	Population= 17,048
52132	Calmar	3	Population= 935
52136	Cresco	2	Population= 3,776
52139	Donnan	1	Population= 7
52157	Marquette	1	Population= 457
52001	Dubuque	1	Population= 58,276
50703	Waterloo	1	Population= 67,587
52141	Elgin	1	Population= 637
52142	Fayette	1	Population= 1,469

TOP PARTICIPANT ZIP CODE DATA

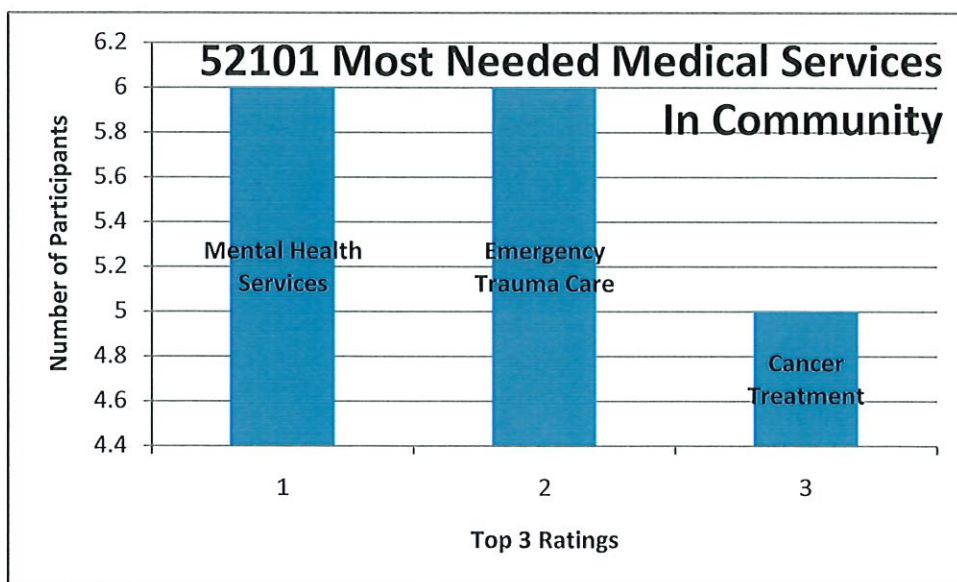
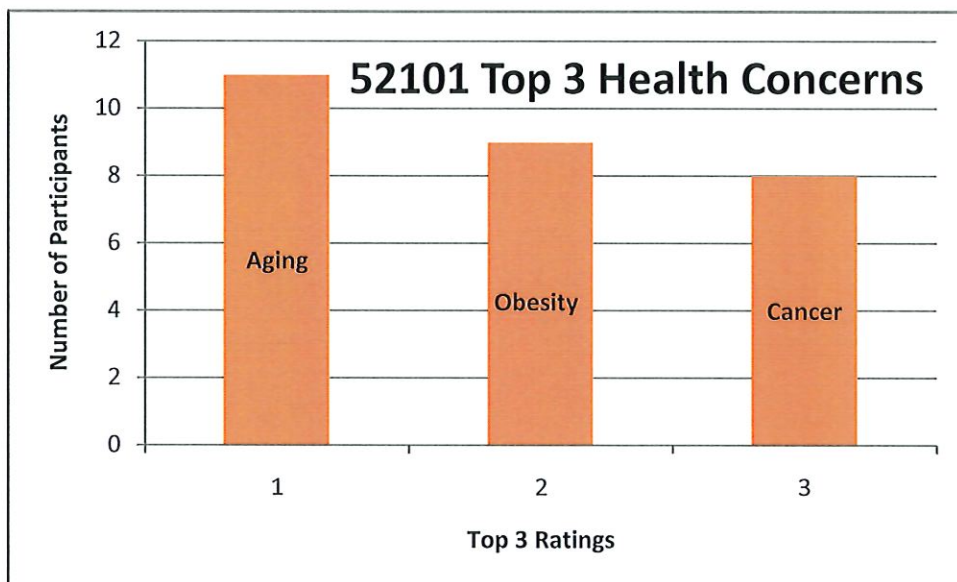
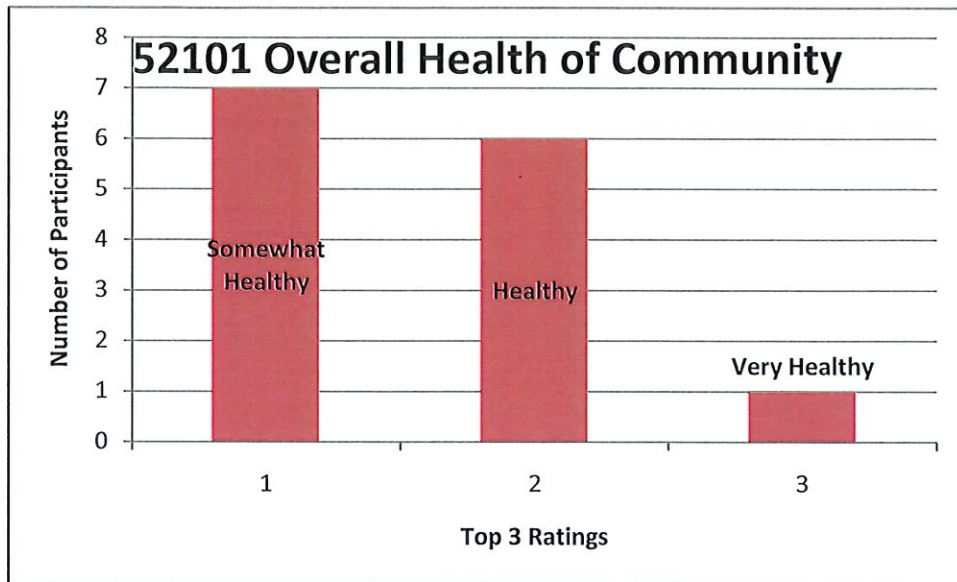
52151 Waukon, Hanover, Ludlow, Rossville Community Data



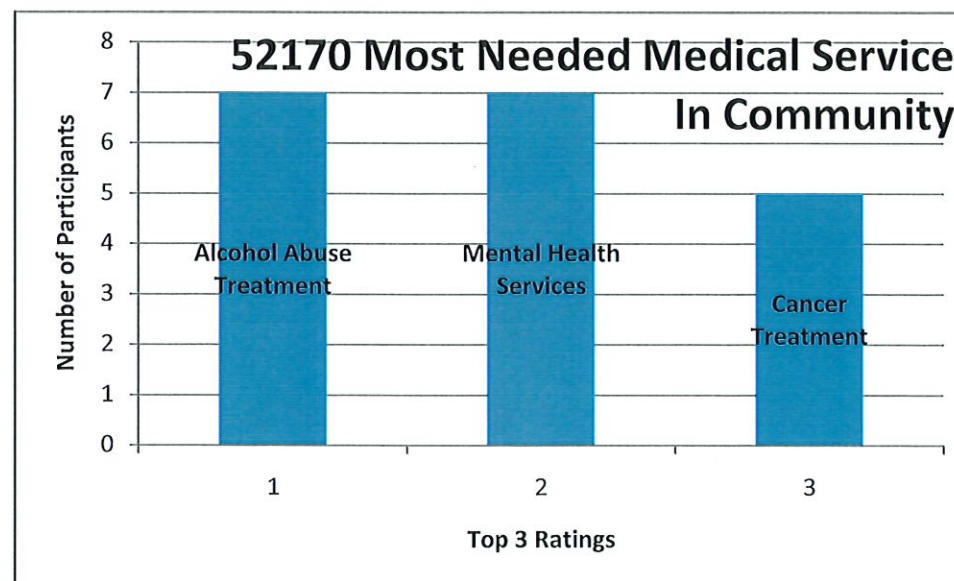
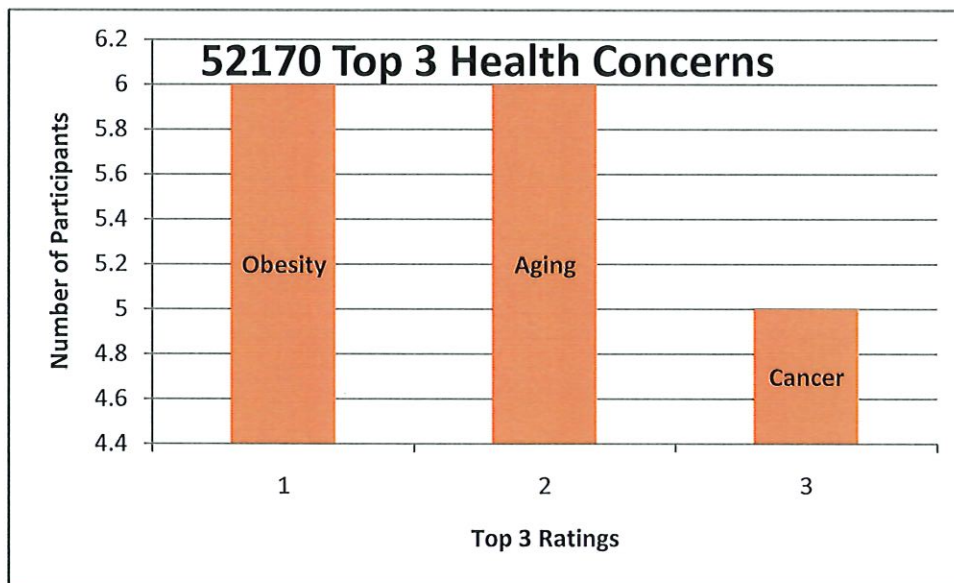
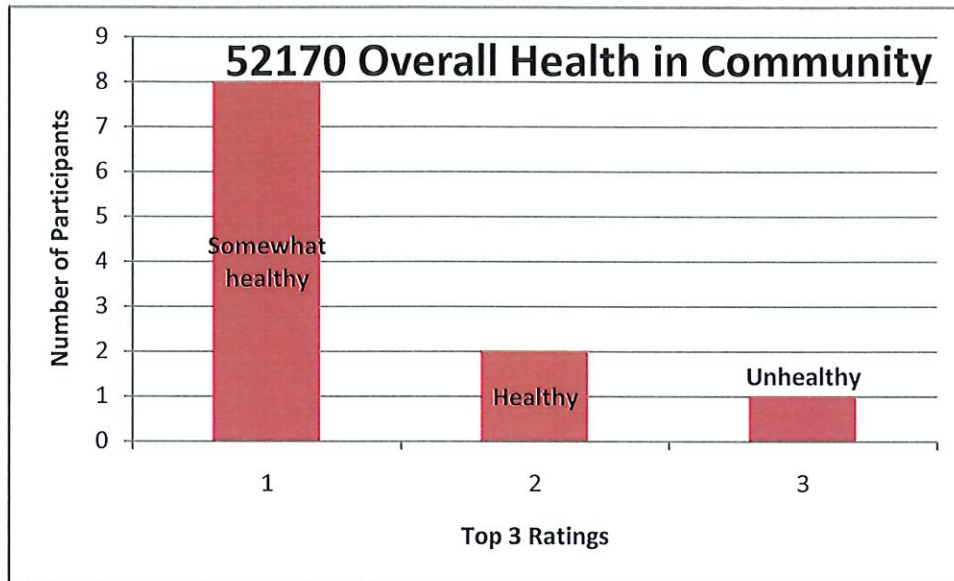
52151 Lansing Community Data



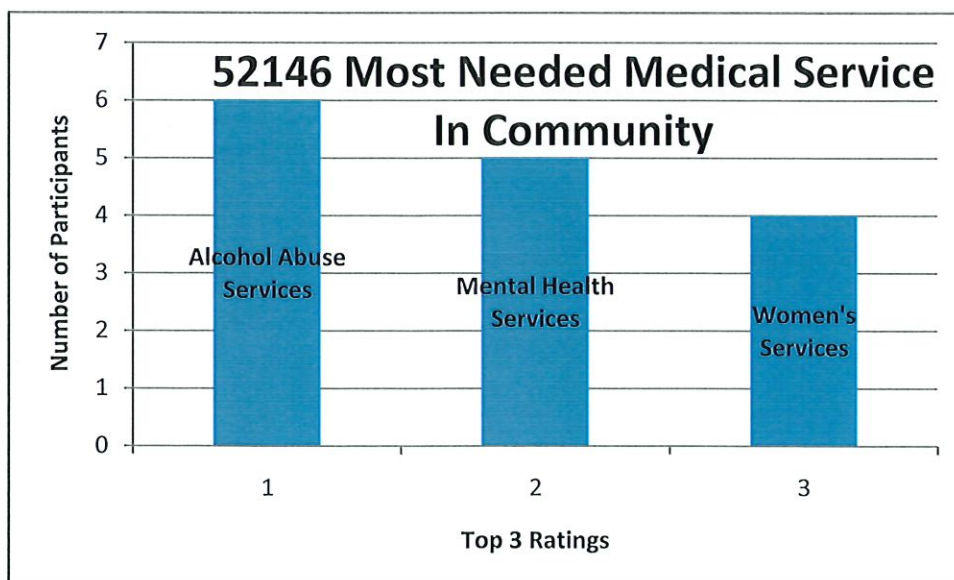
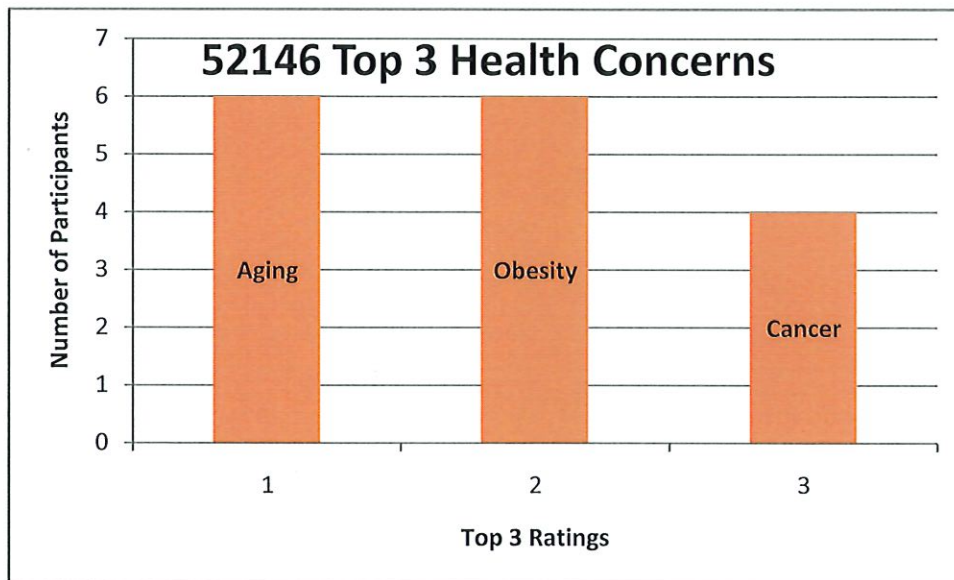
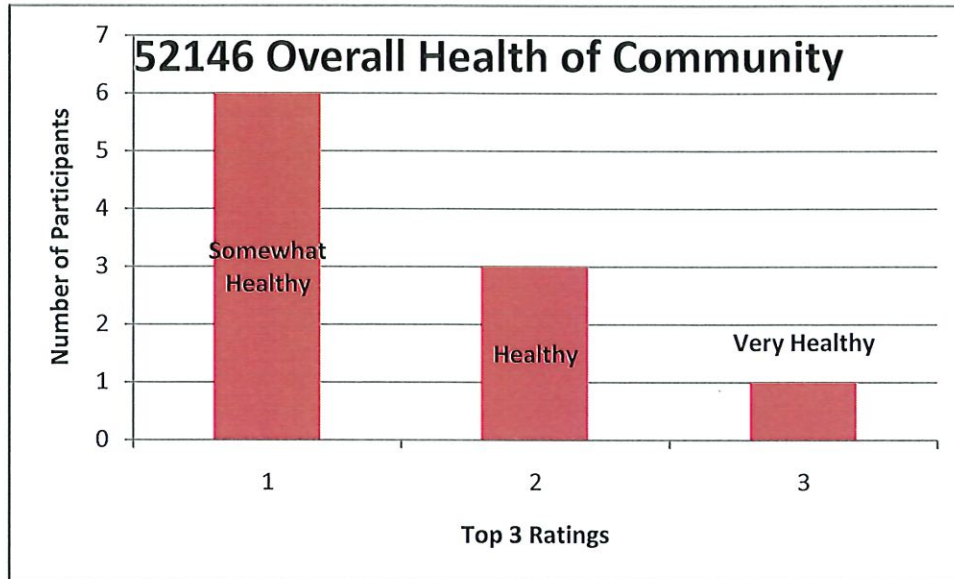
52101 Decorah Community Data



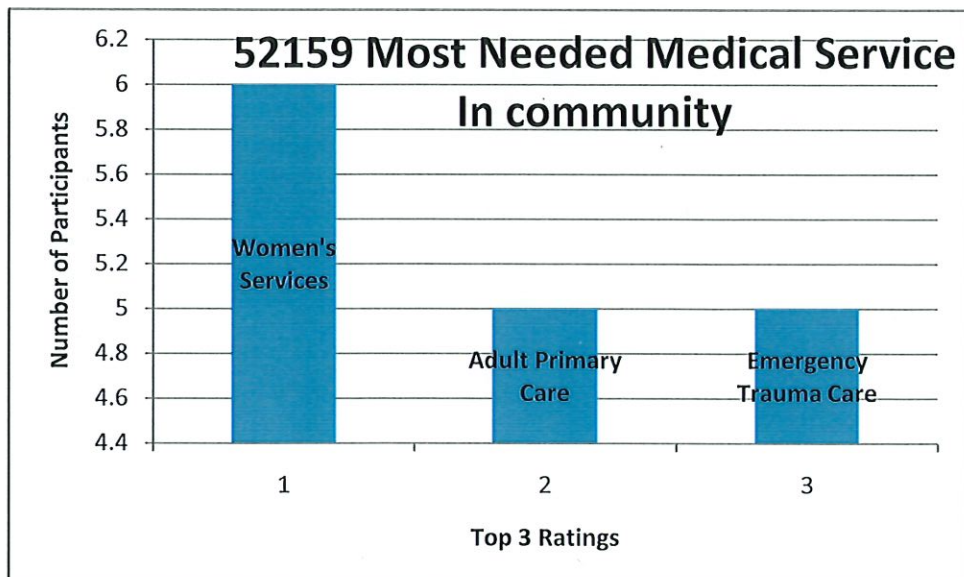
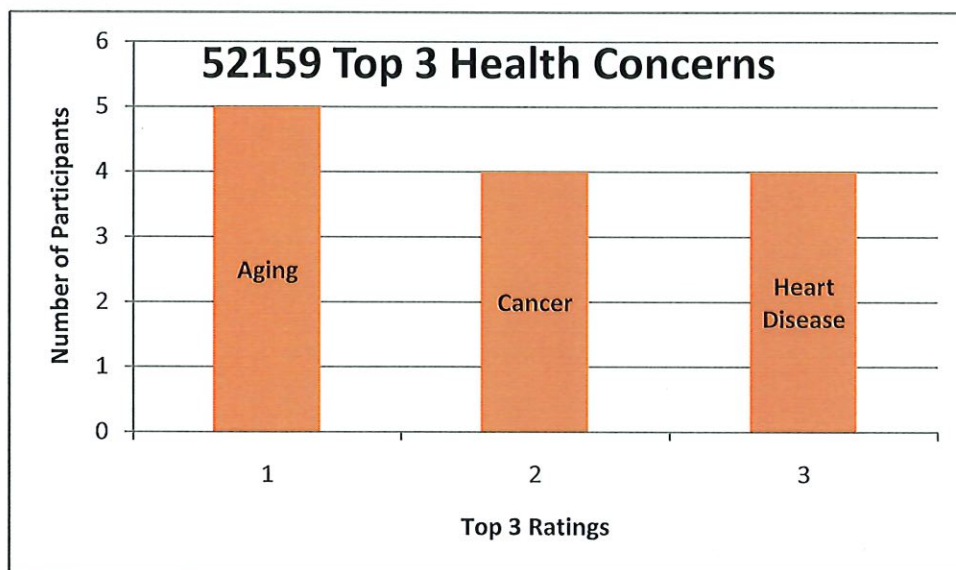
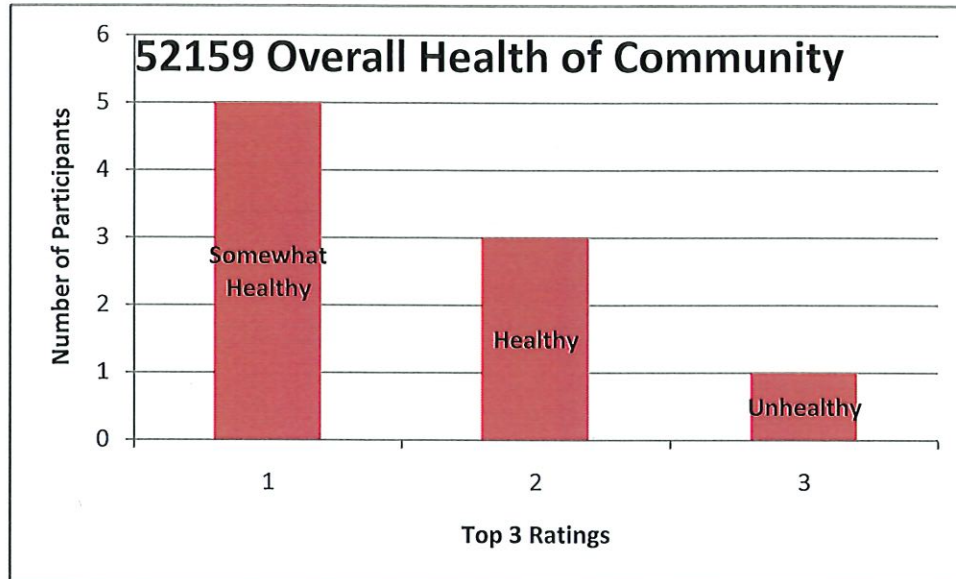
52170 Waterville, Elon, Dalby



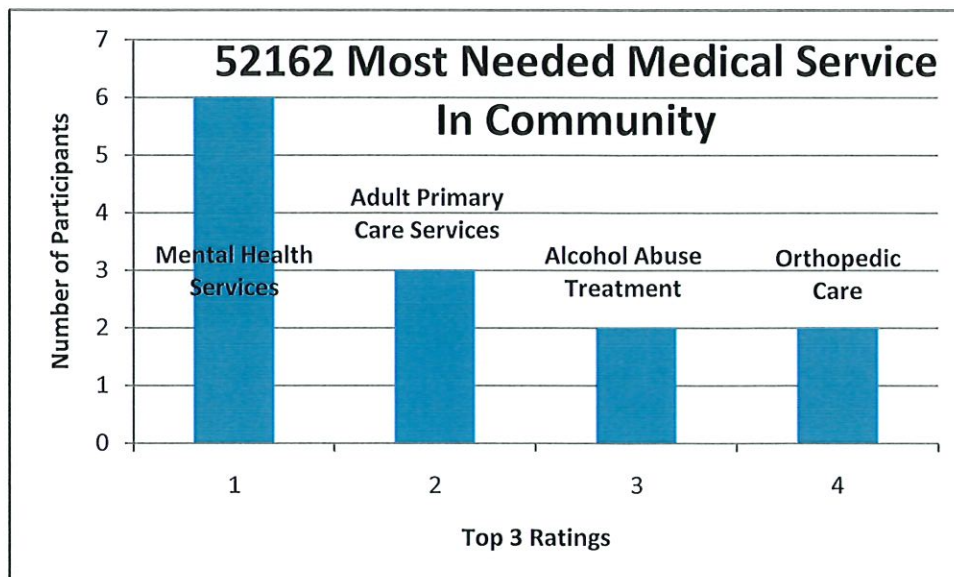
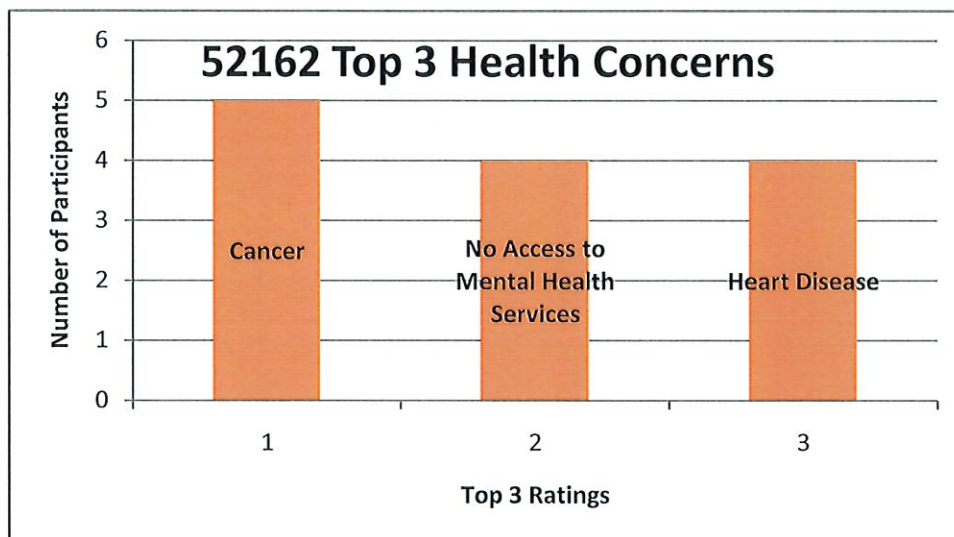
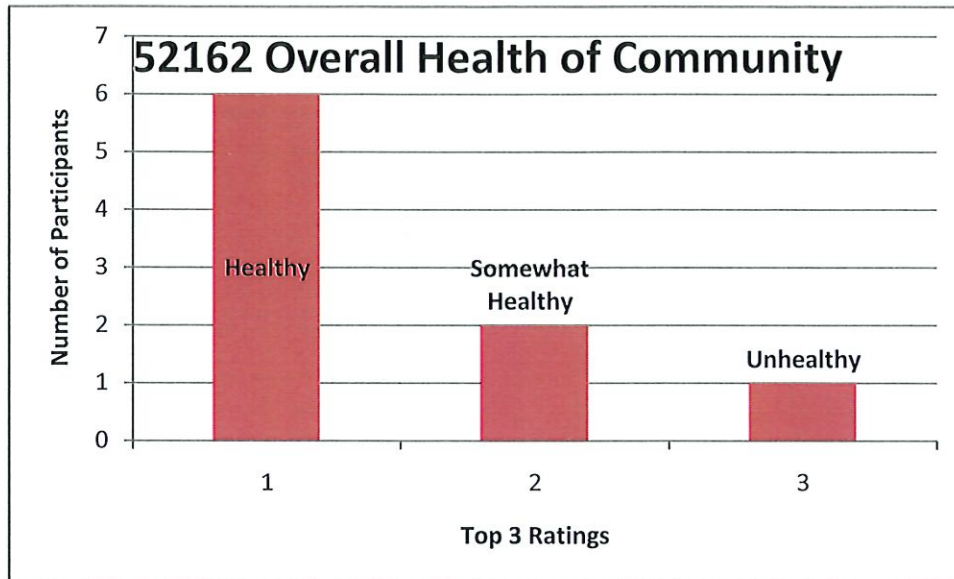
52146 Harpers Ferry, Egan Community Data



52159 Monona Community Data



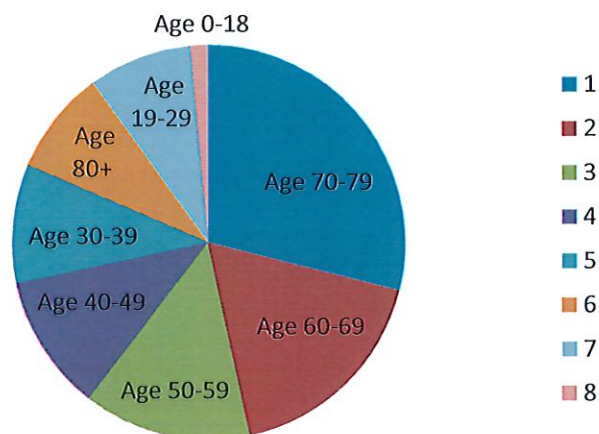
52162 Postville, Gunder, Frankville, Moneek



2019 DEMOGRAPHICS

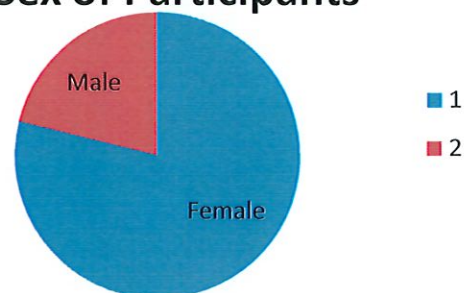
#/Color on Chart	Age	Percent %	Number #
1	70-79	25.3%	98
2	60-69	15.5%	60
3	50-59	12.1%	47
4	40-49	9.8%	38
5	30-39	8.5%	33
6	80+	7.5%	29
7	19-29	7.5%	29
8	0-18	1.3%	5

Age of Participants

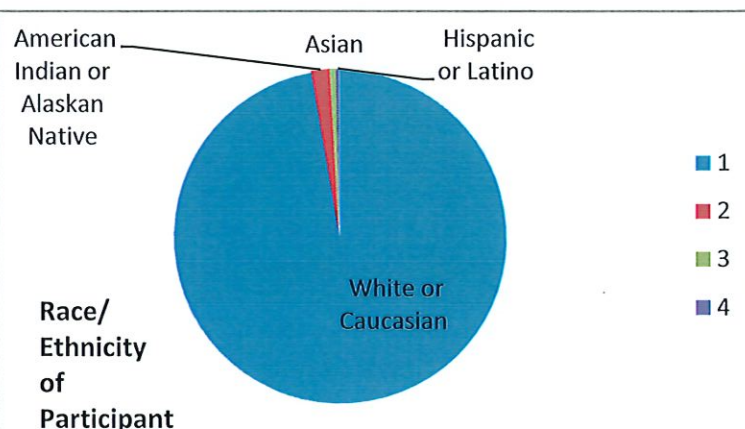


#/Color On Chart	Sex	Percent %	Number #
1	Female	70.1%	272
2	Male	18.8%	73

Sex of Participants

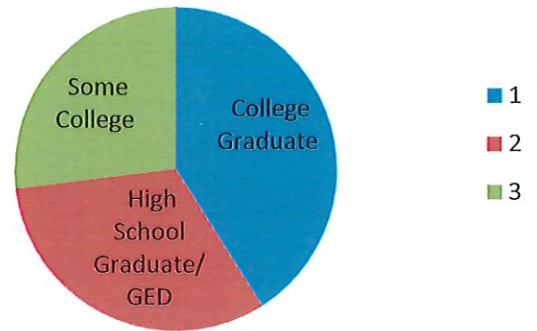


#/Color On Chart	Race	Percent %	Number #
1	White/Caucasian	82.5%	320
2	American Indian/Alaskan Native	1.5%	6
3	Asian	0.52%	2
4	Hispanic/Latino	0.25%	1



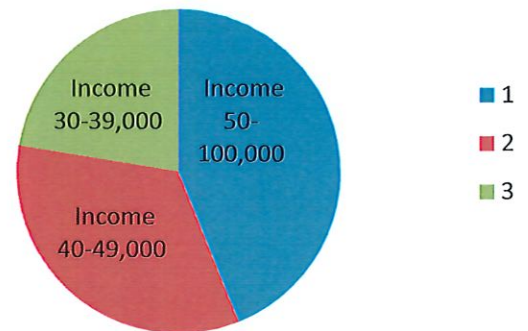
#/Color On Chart	Level of Education	Percent %	Number #
1	College Graduate	30.9%	120
2	High School/GED	24.2%	94
3	Some College	20.4%	79

Highest Level of Education



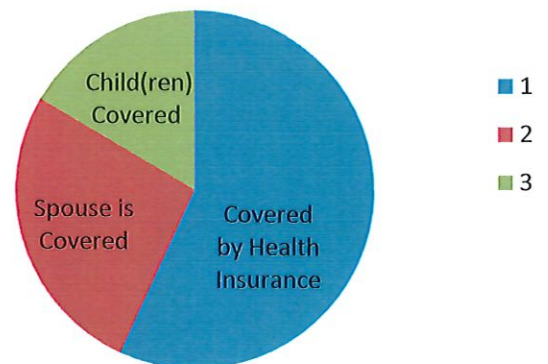
#/Color On Chart	Annual Income Level	Percent %	Number #
1	50,000-100,000	22.2%	86
2	40,000-49,000	17%	66
3	30,000-39,000	11.3%	44

Annual Income Level



#/Color On Chart	Individuals Covered By Health Insurance	Percent %	Number #
1	Individual	87.9%	341
2	Spouse	41.2%	160
3	Children	25.5%	99

Individuals Covered By Health Insurance

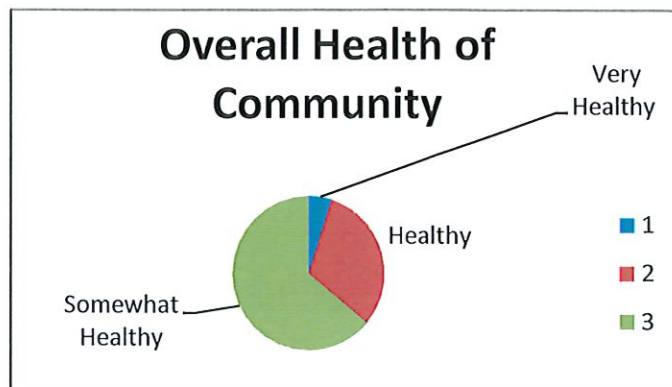


2019 CHNA Data

As rated by 388 respondents:

OVERALL HEALTH OF COMMUNITY

- Very Healthy 3.9% 15/388
- Healthy 24.7% 96/388
- Somewhat Healthy 50.8% 197/388



THREE MAIN FACTORS FOR A HEALTHY COMMUNITY

Access to Healthcare (Doctor/Hospital)	78.6%	305
Good Jobs & Healthy Economy	42.2%	164
Good Schools	36.3%	141

TOP HEALTH CONCERNS IN THE COMMUNITY

Cancer	62.4%	242
Aging (arthritis, hearing/vision loss, dementia, etc.)	51%	198
Obesity	39.7%	154

THREE MAIN RISKY BEHAVIORS IN THE COMMUNITY

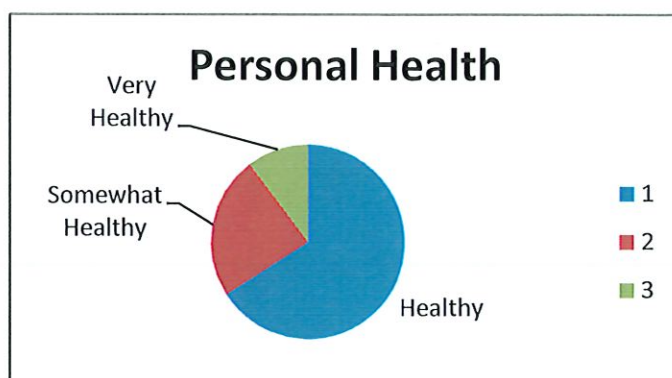
Alcohol Abuse	63.7%	247
Depression/Suicide	52%	202
Illegal Drug Use	50.8%	197

TOP THREE HEALTH CONCERNS RELATED TO CHILDREN IN COMMUNITY

Bullying	36.1%	140
Affordable Healthcare	35.8%	139
Screen Time	32%	124

OVERALL PERSONAL HEALTH

- Very Healthy 9.8% 38/388
- Healthy 62.9% 244/388
- Somewhat Healthy 22.7% 88/388



TOP THREE PLACES FOR ROUTINE HEALTHCARE

Medical Provider/Doctors Office	91.5%	355
Urgent Care	5.2%	20
Emergency Room	3.1%	12

TOP THREE HEALTHY BEHAVIORS TO IMPROVE

Getting More Physical Activity	54.6%	212
Drinking More Water	45%	175
Eating More Fruits/Vegetables	38.4%	149

PREVENTION FROM BECOMING HEALTHIER

Lack of Motivation	54%	210
Not Enough Time	33%	128
Financial Concerns	16.8%	65

WAYS TO HELP TO START OR MAINTAIN A HEALTHY LIFESTYLE

Additional Recreational Trails/Sidewalks	32.2%	125
Affordable Wellness/Fitness Facilities	28.6%	111
More Fresh Food & Produce Available	21.9%	85

OVERALL SOCIAL ENVIRONMENT IN COMMUNITY

- Excellent 14.9% 58/388
- Very Good 49% 190/388
- Good 25.8% 100/388

Social Environment in the Community



THREE MAIN SOCIAL ISSUES FACING YOUR COMMUNITY

Single Parent Families	48.5%	188
Poor Parenting Skills	43.6%	169
Poverty	34%	132

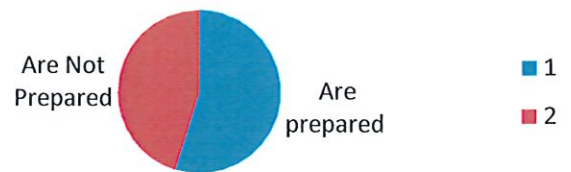
THREE MAIN ENVIRONMENTAL HEALTH CONCERNS IN COMMUNITY

Radon Exposure	44.3%	172
Lead Exposure	20.1%	78
Outdoor Air Quality (Asthma)	19.6%	76

FAMILY PREPARED FOR NATURAL/ MAN-MADE DISASTER

- Yes 49% 190/388
- No 40.5% 157/388

Family Preparedness for a Natural Disaster



PREVENTION FROM BEING PREPARED FOR AN EMERGENCY

Need More Information on How to Prepare for One	25.5%	99
Not a Priority	22.7%	88
Not Applicable, Family is Prepared	18.3%	71

PREPAREDNESS STATEMENT FOR YOU/YOUR FAMILY

Family Has Cell Phone With Charger	82.7%	321
Family Has First Aid Kit	57.7%	224
Family Has Weather Radio, Flashlight, Batteries	43%	167

WHERE THE COMMUNITY HEARD ABOUT THIS SURVEY

Community Event or Meeting	48.7%	189
Other	15.2%	59
Personal Contact	10.1%	39

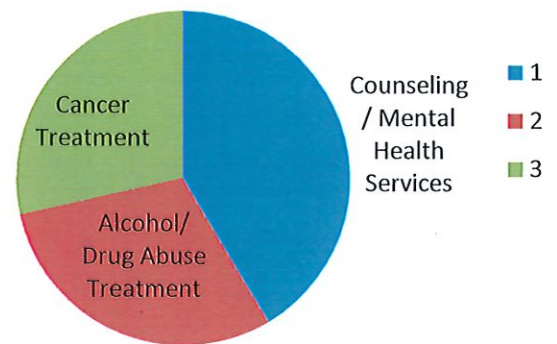
Other to Include:

- Veterans Memorial Hospital Luncheon/Wellness Lunch
- Veterans Memorial Hospital Meeting
- Veterans Memorial Hospital Wellness Fair
- 5k
- Corn Days
- "Reality 101" Table

MEDICAL SERVICES NEEDED IN THE COMMUNITY

- Counseling/Mental Health Services
48% 186/388
- Alcohol & Drug Abuse Treatment
34.8% 135/388
- Cancer Treatment
33% 128/388

Medical Services Needed in the Community



Community Health Needs Assessment Overview

Allamakee County

Promote a Healthy Community

- | | |
|-------------|--|
| Priority #1 | Good Jobs, Schools, and a Healthy Economy |
| Priority #2 | Healthy Lifestyles and Behaviors for all Allamakee Residents |

Prevent Risky Behaviors

- | | |
|-------------|-----------------|
| Priority #1 | Substance Abuse |
| Priority #2 | Mental Health |

Protect Against Environmental Hazards

- | | |
|-------------|---------------------------------|
| Priority #1 | Exposure to Environmental Risks |
|-------------|---------------------------------|

Prepare for, Respond to, & Recover from Public Health Emergencies

- | | |
|-------------|------------------------|
| Priority #1 | Community Preparedness |
|-------------|------------------------|

Strengthen the Health Infrastructure

- | | |
|-------------|---------------------|
| Priority #1 | Treatment Services |
| Priority #2 | Social Determinants |

Community Health Needs Assessment – Improvement Plan

Allamakee County

Good Jobs, Schools & Health Economy	<ul style="list-style-type: none"> ▪ VMH Clinic will explore potential occupational health services in the community workplaces. ▪ VMH will continue to maintain excellent hiring and a large employment in our service area. Being an exemplary employer with the goal to retain our staff.
Healthy Lifestyles and Behaviors for all Allamakee Residents	<ul style="list-style-type: none"> ▪ Continue to provide athletic training hours. ▪ Continue to provide babysitting classes, CPR and stop the bleed training multiple times during the year. ▪ Provide healthy and active events such as 5K walk/runs and seminars. ▪ Continue to provide prepared childbirth classes. ▪ Offer car seat checks. ▪ Promote and offer low-cost walk-in wellness lab testing to the community. ▪ Provide skilled care to the community for safe recovery from hospitalization for illness or surgery. ▪ Provide educational resources on Veterans Memorial Hospital's website. ▪ Provide free screenings for diabetes. ▪ Provide daily access for blood pressure screening at no cost.
Substance Abuse	<ul style="list-style-type: none"> ▪ Collaborate with Helping Services in providing smoking cessation packets to Veterans Memorial Hospital patients.
Mental Health	<ul style="list-style-type: none"> ▪ Continue strategic focus on mental health ▪ Offer tele-psychiatry through the Emergency Room ▪ Mental health first aid training for staff and the community. ▪ Provide safe and accessible care in our mental health room within the VMH Emergency Department. ▪ Explore the implementation of Social Services.
Exposure to Environmental Risks	<ul style="list-style-type: none"> ▪ Maintain resources and education for hazardous materials. ▪ Promote area prescription drop off days. ▪ Public education on radon awareness and home safety. ▪ Coordinate the biannual safety day camp to include education for children on environmental hazards.
Community Preparedness	<ul style="list-style-type: none"> ▪ Work collaboratively with Allamakee Public Health that sits within our organization and Emergency Management to provide the community with a disaster plan. ▪ Participate in tabletop drills provided by the state.
Treatment Services	<ul style="list-style-type: none"> ▪ Support the community with urgent care services after normal clinic operations.

	<ul style="list-style-type: none"> ▪ Evaluate need and provide for specialty providers and outpatient services according to needs addressed in this review. ▪ Provide support to patients/community through the Senior Health Insurance Information Program (SHIIP).
Social Determinants of Health	<ul style="list-style-type: none"> ▪ Optimize our patient referrals to home health care ▪ Support patients in establishing primary care. ▪ Provide language support to patients. ▪ Implement a social work program. ▪ Continue to work with community partners to provide transportation for patients. ▪ Provide individualized, comprehensive patient financial assistance services. ▪ Refer patients to WIC, the special supplemental food program. ▪ Provide well child checks and athletic physicals for area students.

Dissemination of the CHNA Results

Availability of the CHNA

Veterans Memorial Hospital will post its community health needs assessment at its website at www.veteransmemorialhospital.com. A paper copy will be available for public inspection also without charge at Veterans Memorial Hospital by making arrangements through Administration.