

# 2015-2016 Community Health Needs Assessment (CHNA)

## ABOUT OUR COMMUNITY HEALTH NEEDS ASSESSMENTS

The March 2010 passage of the Patient Protection and Affordable Care Act (PPACA) introduced new reporting requirements for private, not-for-profit hospitals to maintain 501(c) (3) tax-exempt status.

Effective for tax years beginning after March 2012, each hospital must:

- ✓ Conduct a CHNA at least once every three years
- ✓ Identify action plans to address unmet community health needs
- ✓ Report the results of each CHNA publicly

To meet the requirements, our first CHNA was conducted in 2012-2013 and adopted by our Board of Directors in August of 2013.

As background, DeKalb Health's mission is to promote, preserve and restore health. This is true not only with the patients who walk through our doors, but also as we reach out to our community. Our goal is to provide a comprehensive range of high quality services when our community members come to us for care and treatment, and simultaneously play a significant role in helping to improve the overall health of the community 1) through education and 2) by supporting and or collaborating with programs, activities and organizations that serve to enhance the entire community's well-being.

## PRIOR COMMUNITY HEALTH NEEDS ASSESSMENT RESULTS

Previous assessments before 2012 revealed several areas of need in DeKalb County. The ongoing projects that were developed focused on 1) Prenatal Care and Education; 2) Teen Pregnancy; 3) Parenting; and 4) Obesity and Smoking. Ongoing dollars continue to be committed annually to move these areas of focus forward. Our past efforts to satisfy our community needs have been successful, but there is still much work to do. Many of the same issues continue to bubble to the surface.

## 2013 SUMMARY AND RECOMMENDATIONS

Our 2013 assessment suggested the following:

- Programs and initiatives be undertaken to both educate and encourage the women of DeKalb County to place a higher priority on breast health
- Cardiovascular disease, heart health and obesity are all related issues to consider; therefore, initiatives should focus on promoting an active lifestyle and a balanced diet as a way to help lower the obesity rate and prevent heart disease
- There is a high incidence of both depression and anxiety
- Due to a higher than average incidence of cancer, residents should be encourage to have regular screenings
- Albeit a spike in the rate of Vicodin prescriptions seemed troubling, it was not unexpected as the upward trend is pervasive across America. Recommendation was to educate residents about the addictive potential of prescription medications. Local physicians reported there are many reasons for prescribing certain pain medications.

## 2013 SUMMARY OF ACTIONS

After analysis of the issues that surfaced, we determined what areas were realistic for us to tackle as well as considering those issues we may be able to address in partnership with other community organizations. Below defines our action plans for the next three year period.

### ➤ **Infant Mortality**

**Action:** To improve efficiency and communication, our Family Birthplace revised our **Healthy Expectations** program. Along with the free prenatal vitamins, a wealth of materials with resource information is provided to each expecting woman who presents for their initial bottle of vitamins. These materials include 1) the importance and benefits of not smoking during the pregnancy, and tips and support for how to quit; 2) benefits of carrying baby to full term vs. inducing labor for convenience or scheduling purposes; 3) protecting baby from Whooping Cough; 4) free child safety seat inspection; 5) Healthy Pregnancy Classes per trimester; 6) Breastfeeding Support Group; 7) Childbirth and Breastfeeding Classes; 8) Physician Referral List; 9) Community Resources information; 10) How to Have a Healthy Baby (healthy pregnancy); 11) text4baby phone app; 12) Pregnancy Nutrition Therapy; 13) WIC information; etc.

**Action:** Mothers of newborns are also educated on safe sleeping practices, Sudden Infant Death Syndrome, Shaken Baby Syndrome, and are given a newborn swaddle blanket prior to discharge.

**Action:** Information about the Family Birthplace Classes are also included on the hospital's website and also in our Better Health magazine mailed quarterly to all DeKalb County addresses and geographical areas.

### **Statistics:**

- DeKalb County's **Premature Birth Rate** (<37 weeks) for 2014 = 8.2%  
This rate is 1.5% *better* than the State of Indiana Rate of 9.7% and 2.8% better than the Healthy People 2020 Goal of 11%.
- DeKalb County's **Low Birthweight Rate (<2,500 grams)** for 2014 = 7.5%  
This is one-half of a percent *better* than both the State of Indiana Rate of 8% and the Healthy People 2020 Goal of 8%.
- DeKalb County's **Infant Mortality Rates:**  
Years 2009, 2010, & 2011 total = 14 neonatal Deaths of 1418 Live Births  
Years 2012, 2013, & 2014 total = 9 neonatal Deaths of 1582 Live Births

Source: Indiana State Department of Health  
(Most recent statistics available)

## 2013 SUMMARY OF ACTIONS (continued)

### ➤ Life Style Changes Through Exercise and Healthy Eating

**Action:** Our Wellness Center expanded services and offered a wide variety of fitness classes to the community and hospital staff along with access to our rehab gym and equipment for a low monthly fee. On the corporate side, health risk assessments and educational programming has been offered to local businesses. Additionally, DeKalb Health participates at multiple health fairs for the community and corporations in the area.

**Action:** DeKalb Health and Fort Wayne Orthopedics partnered to provide a sports medicine program five years ago. In the past few years, it has evolved into a comprehensive program that includes five area schools where trainers are available 6 days a week and are present at all home sporting events. Athletes are offered free sports physicals and an acute injury clinic as well.

**Action:** DeKalb Health invests in programs and events throughout the schools and communities as it relates to wellness, i.e., athletic team sponsorships, 4-H, as well as area walking and running events. See DeKalb Health's Annual Community Report for full investment details.

**Action:** Through our Rehabilitation Department, both youth and adult weight management programs continue to be offered. Tobacco Cessation classes are offered with payment plans to make it affordable. Cardiopulmonary Rehab professionals educate DeKalb Health inpatients that are current smokers as well as pediatric patients (and parents) with smokers in the home.

**Action:** DeKalb Health has an ongoing partnership with the JAM Recreation Center called **Get Fit Garrett**. Our medical professionals provide wellness and fitness education on an as-requested basis. DeKalb Health's Rehabilitation Director serves on the JAM Center's Board of Directors and our staff provides physical therapy services in their building.

**Action:** DeKalb Health formally partners with the YMCA, Parkview Health, and other local community organizations and individuals. The partnership formed as the YMCA implemented a major remodel and expansion in our community. With that collaboration in place and with our redirection of financial resources to the YMCA's capital campaign, we discontinued many of the wellness classes held at the hospital. Our clients were encouraged to take advantage of classes the YMCA offers. The hospital's Patient Experience Officer serves on the YMCA's Board of Directors. We also provide support of their special events and offer educational classes and Health Risk Assessments for their members.

#### **Statistics:**

- The YMCA has significantly enhanced its facilities and has experienced tremendous growth in membership with these changes.
- Over the past three years, DeKalb Health has invested over \$413,000 in the YMCA.

## 2013 SUMMARY OF ACTIONS (continued)

### ➤ Life Style Changes Through Exercise and Healthy Eating (continued)

**Action:** Our DeKalb Health Marketing Director routinely provides a variety of health announcements in our **Better Health** magazine. In addition to this information being on or website pages, in April 2015, DeKalb Health began utilizing social media and provides ongoing health information via Facebook.

**Statistic:**

- This quarterly magazine is distributed to 69,000 households covering DeKalb County, the Angola area, and northwestern Ohio.

**Action:** In Partnership with an organization called Recipe For Change, the “Whole Food Challenge” is a 6-session program our DeKalb Health Wellness Coordinator initiated with DeKalb Health employees. The program was well received. There have been recent discussions to repeat this program in the future.

**Statistic:**

- **10-12 persons participated in the program.**

**Action:** In addition to speaking to a variety of organizations, churches, civic groups and school programs as requested, our Dietitians actively participate in multiple community & corporate health fairs and community events throughout the year to promote healthy eating.

**Statistics:**

- The adult obesity rate for DeKalb County has remained at 31% since 2013.
- Per the 2013 DeKalb County Health Report the smoking rate = 22%. The smoking rate decreased to 20% in 2016.

Source: County Health Rankings & Roadmaps  
Robert Wood Johnson Foundation

### ➤ Formation of a Community Coalition

**Action:** We formed a community health coalition with a small group of community leaders in 2014. We recruited the Extension Office Educator as our leader, however a few months after implementing, the person left the position. Due to turnover within the group, as well as difficulty determining its direction and focus, the coalition eventually disbanded. The hospital chose to continue addressing issues by collaborating with organizations on programs and projects with shared interests on a one-on-one/ad hoc basis, i.e., flu shots in the schools, etc.

## 2013 SUMMARY OF ACTIONS (continued)

### ➤ Women's Health

**Action:** DeKalb Health held a women's health symposium in January of 2014 which was filled to capacity. Due to the community's interest, we held a second full-to-capacity session.

**Statistic:**

- More than 250 people attended the health symposium.

**Action:** We joined forces with our local Tri Kappa Sorority in recent years to sponsor several Pink-Out events to help bring awareness to the importance of regular breast health exams. These included (specially designated) school sporting events, an open house in our Women's Imaging Center, as well as hosting educational booths at a variety of community events over several months.

**Action:** DeKalb Health's Imaging Department holds extended hours on evenings and weekends to better accommodate women seeking a mammogram. The department also provides breast health informational displays on a quarterly basis at St. Martin's Healthcare Clinic during their Women's Health Days. Additionally, our radiology techs provide free bone density screenings during the multiple corporate and community health fairs held locally throughout the year, and also encourage women to have their mammogram screenings done on a regular basis.

**Statistic:**

- This fiscal year-to-date, 112 more mammograms than last year at this time have been done at DeKalb Health.

**Action:** Our primary care providers are working to increase the percentage of women who meet the recommendations to have a mammogram screening for breast cancer within 27 months.

**Statistic:**

- Mammography Screening per the 2013 DeKalb County Health Report was 55.5%
- Mammography Screening per the 2016 DeKalb County Health Report was 51.0%

Source: County Health Rankings & Roadmaps  
Robert Wood Johnson Foundation

## ABOUT OUR 2015-2016 COMMUNITY HEALTH NEEDS ASSESSMENT

DeKalb Health conducted its current CHNA focusing again on the service area of DeKalb County, Indiana, based on the fact that we are an acute-care community hospital whose primary focus is to serve the healthcare needs of our area residents. Statistics demonstrate that the vast majority of our patients (83%) live in DeKalb County.

According to the **United States Bureau of Statistics** website (see chart below), the 2015 Population estimate for DeKalb County, Indiana is just over 42,500 persons, with approximately 97% noted as being white.

### DeKalb County, Indiana

2015 Population Estimate

**42,589**

*Source: Vintage 2015 Population Estimates: Population Estimates*

Median Household Income

**\$ 49,561**

*Source: 2010-2014 American Community Survey 5-Year Estimates*

Individuals below poverty level

**13.3 % 09/27/2016 9:10 AM**

*Source: 2010-2014 American Community Survey 5-Year Profiles*

Educational Attainment: Percent high school graduate or higher

**88.8 %**

*Source: 2010-2014 American Community Survey 5-Year Profiles*

Health Insurance Coverage: Percent uninsured

**13.5 %**

*Source: 2010-2014 American Community Survey 5-Year Profiles*

Median Housing Value

**\$ 108,400**

*Source: 2010-2014 American Community Survey 5-Year Estimates*

Total Housing Units

**17,574**

*Source: 2010-2014 American Community Survey 5-Year Estimates*

Number of Companies

**3,026**

*Source: 2012 Survey of Business Owners: Company Summary*

Veterans

**3,108**

*Source: 2010-2014 American Community Survey 5-Year Profiles*

## FINAL RULE REQUIREMENTS FOR INPUT FOR 2016 CHNA ASSESSMENT

- ✓ Solicitation and consideration of new input from persons representing the broad interests of the community.
- ✓ Must have input from at least one state, local, tribal or regional governmental public health department with knowledge or expertise relevant to community's health needs.
- ✓ Must have input from members of medically underserved or similar populations in the community or individuals serving or representing such populations.
- ✓ Written comments received on hospital facility's most recently conducted CHNA and implementation strategy. (*No written comments were received for the 2012-2013 CHNA.*)

## INTRODUCTION

Being ever cognizant of the importance of responding to the ongoing needs of the community, our assessment will continue to serve as a key component for our community outreach strategies. The information will guide our leadership as they determine how to effectively allocate resources to provide a positive impact as we move forward.

## 2016 COMMUNITY SURVEY PROCESS AND METHODOLOGY

The methodology for our current survey involved utilization of both one-on-one interviews and paper surveys in 2015-2016.

Beginning in January 2015, our Community Outreach Coordinator personally interviewed a handful of medically and community-based professionals who have extensive experience serving the community at-large through their respective careers. They were asked from their personal perspective what they felt the pressing health issue/or need was for the residents they serve in DeKalb County. Input was solicited from DeKalb Health's Speech Pathologist, DeKalb Health's Social Worker, the Director of DeKalb County Council on Aging/Heimach Senior Center, the Director of the Community Foundation of DeKalb County, and the DeKalb County Health Department Nurses.

In the first quarter of 2016, a total of 43 questionnaires were sent to community based organizations and medical providers representing the broad interests of the community. Thirty percent responded to our survey. The letter accompanying the questionnaire specifically noted, "A key piece of the legislation requires that we solicit and take into account input from members of medically underserved or similar populations in the community or **individuals serving or representing such populations.**" Nearly all of the organizations and providers that responded serve all of the said populations within the mission of their own programs and services, including organizations such as St. Martin's Healthcare and area nursing homes.

The following community based organizations and healthcare providers responded to our most recent questionnaire:

- Before 5 (parent education programming)
- IMPACT Institute (a coalition of schools that support and foster career and technical education)
- GKB Head Start (comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and their families)
- DeKalb County Council on Aging (transportation, in-home care, information & referral, tax preparation, food assistance, Medicare/Medicaid assistance, wellness classes and screenings, social activities & support groups, volunteer & employment opportunities)
- Community Foundation DeKalb County (promotes community philanthropy, provides grants to charitable organizations & scholarships)
- Seven Family Practice and/or Pediatric providers
- DeKalb Health's Chief Medical Director who also serves as Medical Director for St. Martin's Healthcare Clinic whose purpose is to meet the healthcare needs of the uninsured residents of DeKalb County
- DeKalb County Health Department

## 2016 SURVEY TOPICS & SUMMARY OF RESPONSES

The following is a summary of the comments per question received from interviews and in writing from the previously noted individuals. Copies of the COMMUNITY NEEDS ASSESSMENT SURVEY TOOL/QUESTIONNAIRE for Healthcare Providers and the Community Based Organizations and responses will be made available on request.

### Health Needs identified included the following:

- Mental health issues
- Transportation services
- Obesity
- Up-to-date with immunizations for children and adults
- Cholesterol Screenings
- Hepatitis C Counseling
- Counseling for STDs

### Community Health Needs Identified (per community organizations):

- Families with little or no insurance
- Dental services including extensive dental surgery for children – no insurance to cover
- Services to explain & guide in reference to insurance coverage for health care
- Medical specialists not currently available in the area

### Current Community Healthcare Needs Identified (per health providers):

- Pharmacy services in Garrett
- Drug and alcohol awareness
- Better Nursing Home Facilities
- Better insurance coverage for the elderly – especially with medications
- Dermatology accepting Medicaid (for adolescents and pediatrics)
- Psychology/psychiatric care for pediatrics w/Medicaid
- Affordable dental, eye care, mental health services – (Medicare paying for less services and fewer doctors accepting Medicare patients)
- Care for Hep C and HIV patients. Also patients that do not meet income requirements to get treated at St. Martins (lower income, uneducated, unemployed)
- Geriatrics Practitioner
- Dermatology
- Neurology
- Obesity and related diseases
- Must improve access to psychiatric care and mental health services...HUGE problem.

### Barriers that prevent individuals from accessing healthcare resources or getting needs met:

- Distance, availability
- Medicaid providers
- Quality of health insurance coverage and medication coverage
- Aging population
- Access, limited number providers given population of County
- Transportation, all medical services. Elderly cost, all medical services & populations-dental & eye.



## 2016 SURVEY TOPICS & SUMMARY OF RESPONSES (continued)

### Specific Community Population affected by needs:

- Working poor
- Unemployed/underemployed
- Low income & Medicaid
- Everyone of all walks of life!! (Mental Health)

### Most Effective community healthcare and related agencies currently available to the public:

- St. Martin's Healthcare and Food Pantry
- DeKalb Health
- United Way and YMCA... We have some excellent churches and church leaders as well.
- Access to DeKalb Hospital – its medical staff and facilities

### Prevention/Wellness directions to implement within community:

- Keep updated on immunizations, get annual flu shot, practice abstinence, eat healthy and do moderate exercise regularly
- Trail system & improved access for physical fitness & active lifestyle
- Anything we can do to cut meth use and get people to quit smoking would be a good thing
- Dental care Medicaid

### What DeKalb Health can contribute to the community:

- Expand mental health services
- Community awareness of available resources
- More work with Heimach Center, St. Martin's Healthcare outreach to other communities
- Leadership
- Place pharmacy in Garrett
- Emphasis on wellness services
- And recruit/assist/train/enlist people with training and talent in mental health field.
- Offer clinics – dental, dermatology, psychiatry

## SECONDARY DATA

Our secondary data analysis included indicators from the Indiana State Department of Health specifically for DeKalb County. <http://www.indianaindicators.org> and <http://www.countyhealthrankings.org/> See the Robert Wood Johnson Foundation County Health Rankings & Roadmaps program 2016 report for DeKalb County, Indiana and the 2016 Indiana Indicators DeKalb Health Dashboard Health Indices Report and Indiana Mortality Report.

## 2016 IMPLEMENTATION PLANS – OUR ACTIONS

- **Strategy:** In 2014 the DeKalb County Health Department approached us about providing school vaccines for their FluMist program. We viewed this as a vital community health issue worthy of support. We partnered with them the past two years and budgeted to continue our support going forward. However, the nasal mist is no longer considered the best way to vaccinate for the flu. In lieu of the nasal mist school program, DeKalb Health will begin offering a flu shot clinic for the public for all ages.

### **Statistics:**

- In 2014, DeKalb Health invested \$34,564.80 in vaccines for the schools.
  - In 2015, DeKalb Health invested \$25,935 in vaccines for the schools.
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- **Strategy:** Along with the multiple collaborations already in place with the YMCA, we are in the process of rolling out a new Diabetes Prevention program to identify those at risk of developing diabetes.
  - **Strategy:** In reference to Behavioral Health: We recently committed to supporting a couple of local community events regarding suicide awareness and prevention. Additionally, we are pleased to have a long-term relationship with the Northeastern Center in our community and more recently the addition of the Bowen Center to help our residents with mental health concerns. DeKalb Health is actively working to bring behavioral health services back to our campus as well.
  - **Strategy:** DeKalb Health's retail pharmacy, DeKalb Pharmacare, will open a satellite pharmacy in the Garrett community's grocery store as an added convenience to that community. Also, DeKalb Pharmacare offers delivery services by word-of-mouth advertising only. Our plan is to begin formally marketing this value-added service to the community which allows homebound residents or those with any difficulty coming to the pharmacy the option to receive their prescription medications at their door.
  - **Strategy:** We will continue partnering with St. Martin's Healthcare through a variety of volunteer efforts, financial donations to their fundraisers, diabetes education for their patients, bone density screenings, financial assistance education for their patients, and any other ways we can assist in their efforts to care for those less fortunate that come there for health services.
  - **Strategy:** DeKalb Health Financial Services has greatly improved our charity care application process. We have contracted with Claim Aid, to provide comprehensive eligibility and enrollment services and claims resolution with uninsured and underinsured individuals to obtain insurance coverage. Additionally, Bright Point will partner with us again by holding three 3-hour events at the hospital to enroll eligible community members into Marketplace plans. We will continue to evaluate these services and work to increase access for community members to gain coverage and apply for qualified claims assistance.

Visit our website at [www.dekalbhealth.com](http://www.dekalbhealth.com). Also see **Better Health and** DeKalb Health's Annual Community Report for additional details of DeKalb Health's services and community outreach programs.

For the further information regarding DeKalb Health's **2015-2016 Community Health Needs Assessment**, please contact the Community Outreach Department at 260-920-2518 or email [cclark@dekalbhealth.com](mailto:cclark@dekalbhealth.com).