

Hegg Memorial  
Health Center  
**Avera** 

2013 COMMUNITY HEALTH NEEDS ASSESSMENT

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## INTRODUCTION AND OBJECTIVES

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Hegg Memorial Health Center is a licensed 25-bed critical access hospital located in Rock Valley, Iowa. Hegg Memorial Health Center resides in a religious community and upholds the Christian values of its community by providing compassion and generosity. Our mission states that “We serve together to heal body, mind and spirit, to improve the health of our community, and to be good stewards of the resources entrusted to us.” Our vision is to provide “exceptional service, extraordinary care, to every person.” By following our mission and vision on a daily basis we feel that we have the ability to help improve our community.

Although conducting a Community Health Needs Assessment (CHNA) is an IRS requirement, our mission is to be “good stewards”. Through the CHNA process, the hospital is better able to understand the needs of our community, which allows us to live out our mission and make a significant difference in the communities we serve.

Hegg Memorial Health Center serves Rock Valley and the surrounding communities which include but are not limited to: Hull, Doon, Inwood, Sioux Center, Rock Rapids, Alvord, and George. Rock Valley has a population of 3,354, according to the 2010 census, and is located in Sioux County, Iowa with a population of 33,704 (American FactFinder, n.d.).

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## EXECUTIVE SUMMARY

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Hegg Memorial Health Center received its name in honor of Dr. Lester R. Hegg who began his career by treating patients among Indian reservations in South Dakota. His practice was based out of Beresford, S. . Through a friend, he learned of the opening here in Rock Valley. Dr. Hegg practiced in Rock Valley from the time of the Great Depression until 1967.

During that time he delivered over 3,000 babies. This included 22 sets of twins and one set of triplets. Dr. Hegg not only cared for local Rock Valley residents, but also traveled to Canton, S.D.; and LeMars and Sioux Center, Iowa to visit patients there. It was the passion and commitment of Dr. Lester Hegg that led the Betterment Council to plan and begin building a hospital bearing his name in 1963 to honor his 35 years of service to the community.

Not being able to solicit any federal grant money, the city was left to raise money on its own and still made a unanimous decision to move forward with construction of the hospital. One of the fundraisers for the building project was to have all the babies that Dr. Hegg delivered send a birthday card to him with a \$1 donation. Dr. Hegg received over 800 cards from 15 states. This program and many other community-wide fundraisers allowed the local residents of Rock Valley to complete the building project. Hegg Memorial Hospital was completed in September, 1967, four months after the death of Dr. Hegg.

Since its opening in 1967 through the present, many additions and changes have been made. Valley Manor nursing home was purchased by the hospital in the mid-1970s, the Clinic was built in 1975 alongside the Dental Clinic, and Four Seasons was added in the late 1980's with additional apartments added in 1995.

The Clinic was rebuilt on the east side of the hospital in December, 1994 with additions and remodeling in 2004 and in 2013 due to expansion of providers. In the late 1990's, Avera McKennan Hospital & University Health Center in Sioux Falls, S.D., and Hegg Memorial Health Center created a joint venture agreement for Hegg Medical Clinic and a management agreement for the hospital. Generations Daycare was acquired by Hegg Memorial Health Center in May, 1999. Valley Manor underwent two additions of long term care households in 2008 and 2009 and changed its name to Whispering Heights.

In March, 2013, Hegg Memorial Health Center opened the doors to the new Rehab and Wellness Center. These services were previously offered in the basement of the hospital. The addition allowed for expansion of services and more space for our patients and clients.

Today, everyone of all ages can receive care, treatment, and compassion under one roof.

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## DESCRIPTION OF HOSPITAL

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Hegg Memorial Health Center offers inpatient, skilled swing bed care, general surgery, endoscopic services, orthopedic services, emergency services, rehabilitation therapies (physical therapy, occupational therapy, speech therapy), dietary consultation and diabetic education, laboratory and radiology (including general radiology, CT scan, MRI, mammography, bone density scanning, ultrasound, and cardiovascular testing). Several specialty clinics are held at Hegg Memorial Health Center including cardiology; ear, nose and throat (ENT); ophthalmology; podiatry; urology; orthopedic; and oncology.

eCare services consist of eEmergency and ePharmacy. eEmergency provides Hegg Memorial Health Center the ability to consult with emergency physicians and personnel at Avera McKennan Hospital in Sioux Falls, while the patient is in the emergency room in Rock Valley. eEmergency increases the capability for our nurses and physicians to care for the patient on-site and to help decide whether the patient needs to be transferred. Board-certified emergency medicine physicians are available through a push of a button and can offer supervision and expertise in the care of our more critical patients.

ePharmacy services reviews patient medication orders to avoid drug interactions, monitor for allergic reactions, and validate correct dosing of medications. This not only improves outcomes for the patients but also improves patient safety.

Electronic Medical Record (EMR) was implemented in February, 2012 with continuous updates which is shared throughout the Avera system. The hospital is able to share medical record information for our patients when they visit another Avera facility. This provides the capability to care for patients by verifying their history and providing follow-up for each patient that is seen within the Avera system.

Hegg Memorial Health Center has completed a building addition and relocated rehabilitation services that includes physical therapy, occupational therapy, speech therapy, and wellness. Wound therapy and cardiac rehab will also be provided in this facility. The addition will provide a larger space as these services continue to grow in our community. We currently have four physical therapists and one occupational therapist on staff and contract services for speech therapy.

Hegg Medical Clinic offers three family practice physicians, one physician's assistant, and one nurse practitioner. An additional family practice physician will join the provider staff in July 2013. The clinic is physically attached to Hegg Memorial Health Center and the physicians and mid-levels provide coverage for our Emergency Department 24/7.

Whispering Heights provides nursing home services to 60 residents. Resident centered care is practiced at Whispering Heights by putting the patient first and creating a "home-like" atmosphere. Approximately 20 residents share the main living quarters which are split into three "households". Each resident has his or her private bedroom and bathroom. Whispering Heights is also physically attached to Hegg Memorial Health Center which provides safe and easy care for our residents needing clinic or therapy appointments.

Four Seasons provides 25 condo housing units. The independent housing is for our elderly community and provides easy access to Whispering Heights as it is physically attached. By being physically attached, the residents of Four Seasons are able to be involved with the residents at Whispering Heights and access areas needed within Hegg Memorial Health Center.

Home Health provides care throughout our community, including home health care services and Home Assist services. Home Assist provides a broad range of care based on individuals' needs within the privacy of their own home. Through evaluations, the staff can

decide which level of care patients need or if they need to be transferred to a nursing home facility.

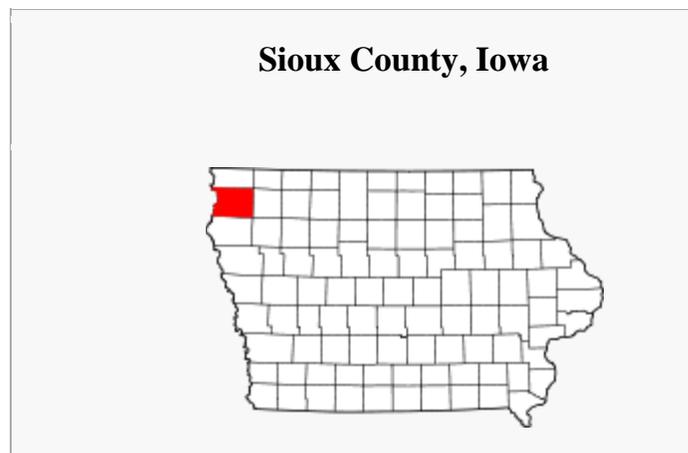
Generations Daycare provides day care services to children within our community. The day care also provides before-and-after school programs at our local community school through our G2 program. During the summer, the G2 program provides supervision and activities for children ages 5-12. Generations Daycare is not physically attached to our facility but is located on the hospital campus.

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## DEMOGRAPHICS

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Hegg Memorial Health Center is one of four hospitals that serves the residents of Sioux County and also serves some residents of Lyon County, which is the neighboring county to the north. Sioux and Lyon counties are located in the northwest corner of Iowa bordering Minnesota and South Dakota. For the purpose of this Community Health Needs Assessment, Hegg Memorial Health Center focused on its primary service area of Sioux County. Hospital discharge data indicates that nearly 80 percent of Hegg Memorial Health Center's patients reside in Sioux County (268 of 340 hospital discharges in 2012).



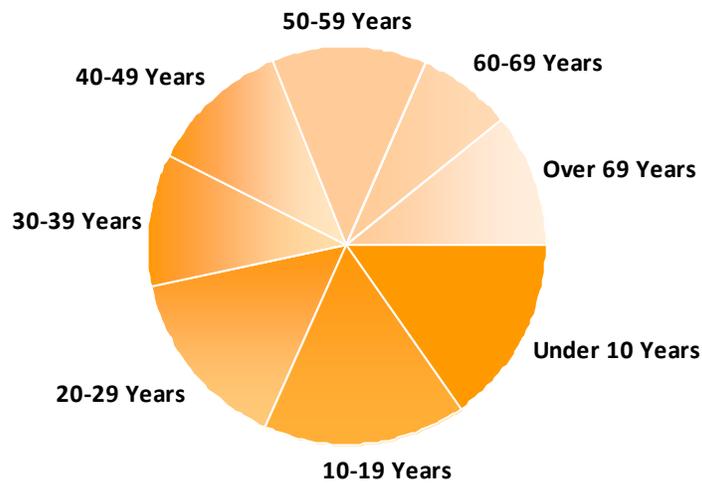
Source: Wikipedia, The Free Encyclopedia, February 12, 2006

As of the 2010 U.S. Census, there was a population of 33,704 in Sioux County (American FactFinder, n.d.). There are 11,584 households with a population density of 44 people per square mile (American FactFinder, n.d.). Sioux County continues to grow. The growth is estimated from April 1, 2010 to July 1, 2012 of 1.7 percent in Sioux County (Sioux County QuickFacts, n.d.).

The population consists of 49.9 percent males and 50.1 percent females with a median resident age of 32.7 years (American FactFinder, n.d.). The percentage of the population is approximately the same in each age category.

Sioux County

**2010 Population by Age**



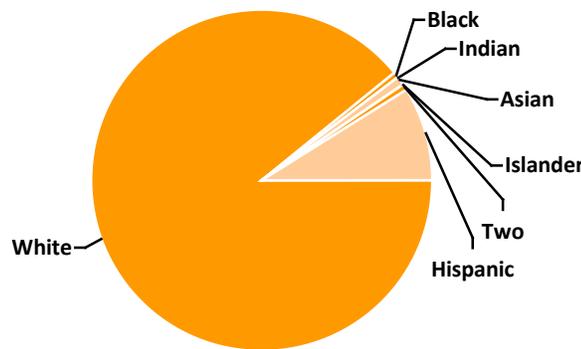
	%
Under 10 Years	15.4%
10 to 19 Years	16.2%
20 to 29 Years	15.0%
30 to 39 Years	10.9%
40-49 Years	11.2%
50 to 59 Years	12.6%
60 to 69 Years	7.8%
Over 69 Years	10.8%

Source: American FactFinder, n.d.

The racial makeup of Sioux County is white, black, Native American, Asian, Hispanic, and of two or more races. According to the U.S. Census, the Hispanic population for Sioux County grew significantly from 2000 to 2010 – from 2.6 percent to 8.9 percent - accounting for much of the population growth.

Sioux County

**Census 2010 Race Data**



Race & Origin	%
White	89.3%
Black	0.3%
Indian	0.1%
Asian	0.8%
Islander	0.0%
Other	0.0%
Two	0.6%
Hispanic	8.9%

Source: American FactFinder, n.d.

In Sioux County, there are 11,584 households; 67.2 percent were husband-wife families, 22.5 percent live alone, and 4.5 percent were female householders with no husband present. The average household size was 2.7 and the average family size was 3.17 (American FactFinder, n.d.).

<b>Household Types</b>	<b>Count</b>	<b>%</b>
Nonfamily Households		
1 Person Households	2,611	22.5%
2 Person Households	359	3.1%
Family Households		
Husband-wife family	7,781	67.2%
Female Householder, No husband	518	4.5%
Male Householder, No wife	315	2.7%
<b>Total Households</b>	<b>11,584</b>	

Source: American FactFinder, n.d.

The household median income for Sioux County was \$53,922 (American FactFinder, n.d.). Males had a median income of \$42,253 while females had a median income of \$27,883 for full-time employment (American FactFinder, n.d.). The per capita income was \$22,568 (American FactFinder, n.d.). The percentage of Sioux County's population below the poverty line was 7.2 (American FactFinder, n.d.). Sioux County had an unemployment rate of 1.7 percent (American FactFinder, n.d.).

## Income and Benefits for Households

	<b>Estimate</b>	<b>Percent</b>
\$10,000 to \$14,999	553	4.8%
\$15,000 to \$24,999	484	4.2%
\$25,000 to \$34,999	1,161	10.1%
\$35,000 to \$49,999	1,232	10.7%
\$50,000 to \$74,999	1,858	16.1%
\$75,000 to \$99,999	2,872	24.9%
\$100,000 to \$149,999	1,848	16.0%
\$150,000 to \$199,999	1,082	9.4%
\$200,000 or more	223	1.9%

Source: American FactFinder, n.d.

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# ASSESSMENT PROCESS

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## Who Was Involved

The Community Health Needs Assessment was initiated by Hegg Memorial Health Center. The hospital formed a committee involving approximately eleven employees of Hegg Memorial Health Center and a mental health professional from Creative Living Center. The employees of Hegg Memorial Health Center involved a physician, the clinic nurse manager, and personnel from marketing and public relations, wellness, physical therapy/rehab, social services, business office, finance, and human resources. From there, the hospital involved the broad community in the assessment process. The hospital utilized focus groups and surveys to engage our local community members.

## Data Collection

### Focus Groups

Hegg Memorial Health Center began the assessment in April 2012 by conducting focus groups with members within our community. We included not only Rock Valley members, but also members from the surrounding communities of Doon, Hull, Inwood and Alvord, Iowa and Hudson, S.D.. These communities are also within Hegg Memorial Health Center's market share. Special care was taken to ensure the hospital's CHNA included input from persons who represent the broad interests of the community, including those with special knowledge of an expertise in public health. The hospital completed seven focus groups which consisted of clergy members, representatives from schools and daycares, community service organizations, social services representatives, healthcare organizations, other businesses, and representatives from Hegg Memorial Health Center. Social services representatives included Angela Kroeze-Visser,

the health promotion/disease prevention coordinator of Community Health Partners (the public health office of Sioux County), and representatives from Love, Inc., Mid-Sioux Opportunity, Justice For All, and Atlas. These social service representatives provided information regarding the low-income and other vulnerable populations, as well as provided insight into many other service organizations within our community. Questions utilized for the focus group data collection were as follows:

- What is healthy about your community?
- What is unhealthy about your community?
- What is the most pressing health care related need for you, your family, or your community?
- In what ways is Hegg Memorial Health Center serving the community well?
- In what ways could Hegg Memorial Health Center serve the community better?
- What is the number one thing Hegg Memorial Health Center could do to improve the health and quality of the community?

## **Community Surveys**

Hegg Memorial Health Center also used a survey tool to gather input from the local community. The hospital mailed out 5,000 surveys within our community and surrounding communities to gather feedback. The survey was a 16 page survey which included the questions asked during the focus groups. The survey gathered data on demographics, healthcare, wellness and fitness, caregiver assistance, community safety, motor vehicle distractions, alcohol and drug use, mental health, and other educational or services needed. Over 700 responded either by mail or online to provide the hospital with its primary data information.

## **Secondary Data**

Hegg Memorial Health Center also collected secondary data, which included researching and gathering the most current demographic and health related statistics about public health from local, county, state and national resources. Sources of this data include the Iowa Department of Public Health, Iowa Workforce Development, Centers for Disease Control and Prevention (CDC), National Institute of Mental Health, Sioux County Community Health Partners, and National Institute on Drug Abuse.

## **Data Assessment Analysis**

### **Q1: What is healthy about your community?**

Our community was repeatedly noted for being caring and compassionate. Rock Valley and the surrounding communities are low populated communities. We know our neighbors and other community members through church and school. The community is very religious and community members are involved in many committees and organizations. The community members are involved with others on a very personal level. There are four large private high schools, two large private colleges, and one community college that bring teenagers and young adults together from various communities. Fundraising benefits are held frequently for those that are ill or undergoing major treatment for an illness and are very well attended by our community.

A safe and clean environment was also repeated as a healthy factor. The environment of a small rural community provides fresh air. Buildings and homes are kept in good condition and taken down when abandoned or unrestorable. The community has great emergency personnel through our fire and ambulance departments. There is a low crime rate in our community which creates a safe environment to spend time outdoors. Having a safe community encourages residents to be outdoors and remain active.

A desire to be active is also a strong, healthy attribute among our community residents. Many children are involved in sports and summer recreation. Community members of all ages enjoy the parks, pool, walking trails and campground. Community members seek to be active and to live a healthy lifestyle. Expanding our wellness services in our new facility will increase our involvement for keeping the community active.

Access to great quality healthcare at Hegg Memorial Health Center and the providers is another area where our community remains healthy. The hospital's providers and staff are involved by providing education on health-related topics within the schools and other events within our facility and community. Care is provided to all ages at our facility, young and old.

**Q2: What is unhealthy about your community?**

Participants felt that drug abuse was an issue in our community. Alcohol, prescription drug use, and street drugs were all concerns relating to drug abuse.

Exercise was the next most mentioned topic of concern. Even though survey participants felt our community was active, they also felt that there was a lack of indoor activities and that there was a need for a community or recreation center, especially during the winter months.

There was also some concern for lack of healthy eating or purchase options involving restaurants, vending, and grocery stores. A need was noted for healthy alternatives and fruit and vegetable markets.

Chemicals and pollution concerns were also identified. Even though the pollution does not come from big manufacturing plants, concerns involved cattle and hog confinements that could contaminate the water supply and the smell that occurs from the waste. Chemicals used on farm land raised a concern for runoff into near-by creeks and rivers, and into our water supply.

**Q3: What is the most pressing health care related need for you, your family, or your community?**

A need for an urgent care clinic or having extended hours for our clinic was proposed as a need for our community. Individuals that work or have children in school find it difficult to visit the clinic during the clinic's normal hours. This creates a higher ER utilization for illnesses that can be seen in the clinic setting.

The need for prevention and education about a wide variety of health concerns including cancer, heart disease, mental health, diabetes, high blood pressure, and many more continues to be an issue in our community. Many of our community members want to be proactive and learn more about the particular diagnosis they are dealing with. Hegg Memorial Health Center's community education department hosts several events each year on various health-related topics.

Elder care such as assisted living, housing, long term care needs, and respite needs were raised as a concern. With nursing homes within our community at almost 100 percent occupancy, availability is a concern. Hegg Memorial Health Center and the community of Rock Valley do not have an assisted living program. Hegg Memorial Health Center does provide the Hegg Home Assist program which offers similar care but in the patient's own home and not in a group housing unit.

**Q4: In what ways is Hegg Memorial Health Center serving the community well?**

The friendly and professional staff at Hegg Memorial Health Center is admired by our community. From nurses, therapists, physicians and outpatient services staff, we provide excellent care to all people in our community. Hegg Memorial Health Center's friendly staff creates a warm atmosphere for our patients and visitors. More specialty physicians are available

through Hegg Memorial Health Center to provide a wide range of services so that community members do not need to travel to another facility.

Educational events, wellness screens, and promoting healthcare related initiatives create a positive attitude toward Hegg Memorial Health Center within our community. Staff and physicians participate in these events to provide information and data on related healthcare topics.

**Q5: In what ways could Hegg Memorial Health Center serve the community better?**

Urgent care or extended hours in a clinical setting was a repeated need throughout the primary data collections. The community feels there is a need for extended clinical hours for patients to be seen before or after work or school.

A need for assisted living units continued to be repeated. The community feels there is a need to have affordable housing for those that need a limited amount of care and do not need to be admitted to a long term care unit.

Expanded specialty services and educational programs were mentioned in several comments. Both of these are in relation to rare topics, diseases, illnesses, and surgeries that Hegg Memorial Health Center currently does not offer in its outpatient clinics or educational programs.

**Q6: What is the number one thing Hegg Memorial Health Center could do to improve the health and quality of the community?**

Urgent care or an extended hours clinic, outreach clinics in surrounding communities, and additional specialty services were repeatedly mentioned throughout the primary data collection process. Additional items include education in healthier eating and nutrition, a wider

variety of exercise activities, promotion of exercise and nutrition, and additional preventative healthcare topics.

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## **PRIORITIZATION PROCESS**

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After the information from the focus groups and surveys were compiled, the committee reviewed the information and decided to split the concerns into two categories: Non-healthcare related topics and healthcare related topics. The committee reviewed the repeated themes and created a list under each category. The top 10 of each category were brought to the Strategic Planning committee, which consists of the Administrative Council, board members, and the providers of Hegg Memorial Health Center. Of the top 20, the Strategic Planning committee went through a voting process to narrow down and identify the top three priorities in each category. The top three in each category are as follows:

Non-healthcare related weaknesses:

1. Community or recreation center
2. Day care
3. Youth activities and programs

Healthcare related weaknesses:

1. Lack of EMTs
2. Urgent or extended care services
3. Obesity

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## HEALTH NEEDS IDENTIFIED

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The findings during the CHNA process are categorized as non-health related weaknesses and health related weaknesses. The list of the top repeated community concerns found through the assessment are listed in Attachment A. Items not listed within this attachment were not assessed due to low community concern rate or not enough information to further back up the concern.

The three major non-health related weaknesses recognized were a lack of a community/recreation center, the need for more daycare services, and the need for more youth activities and recreational programs.

The need for more daycare arises as the community's Economic Development program continues to bring workers and businesses to Rock Valley and the surrounding areas to grow our community. Day care provides care for children up to 12 years of age by providing before and after school programs. A total of 19.2 percent of survey participants needing child care report difficulty obtaining child care. In-home day cares will decline or be eliminated with future state regulations mandated for registered daycares. This will cause current community members who rely on in-home day care to search for availability at day care centers.

A community or recreation center was mentioned in both the focus groups and in the surveys as a need for both adults and children. According to the CDC, approximately 35.7 percent of U.S. adults and 17 percent of youth are obese. Sioux County adult obesity rate of 26 percent is above the national benchmark of 25 percent (County Health Rankings & Roadmaps, n.d.). Physical inactivity is at 24 percent for Sioux County compared to the 21 percent national benchmark (County Health Rankings & Roadmaps, n.d.). A lack of exercise contributes to the rising obesity rates. The climate in northwest Iowa makes it difficult to walk or participate in

outdoor physical activities in the winter months. According to the CDC, “walking is the most commonly reported physical activity among U.S. adults”. In our community survey, walking was the number one preferred exercise. Having a recreation center would provide the community an opportunity to walk and exercise all year long. Children could utilize the center for exercise and as a place to gather with friends after school or in the evenings.

The rise of obesity in the U.S. is a concern for both adults and children as well. With the obesity rate at 17 percent for ages 2-19, exercise and recreational programs for youth are needed to keep them active (CDC, January 22, 2013). Physical activity also has many other health benefits, including psychological by improving symptoms of anxiety and depression, and social development by providing opportunities for self-expression, building self-confidence, and social interaction and integration (World Health Organization, n.d.). According to Healthy People, in 2010 one in five children in the U.S. had a mental health disorder, most commonly attention deficit hyperactivity disorder (ADHD). Physical activity can encourage adolescents to adopt healthy behaviors by avoiding alcohol, tobacco, and drug use, and demonstrate a higher academic performance at school (World Health Organization, n.d.). People aged 12-20 years drink 11 percent of all alcohol consumed in the U.S (CDC, n.d.). More than 90 percent of this alcohol is consumed in the form of binge drinking (CDC, n.d.). The Sioux County Community Health Partners survey indicated that in 2010, 8 percent of the youth (6<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> graders) reported binge drinking in Sioux County.

Three major health-care related weaknesses were recognized in the focus groups and the surveys. The lack of EMTs in our community, the need to have an urgent care or to provide extended care services, and obesity.

In the past, the Rock Valley Ambulance had 24 EMTs (Emergency Medical Technician or Ambulance Technicians) and that number has declined to 17. With fewer emergency medical personnel, a EMT must cover more shifts, which can lead to burnout. EMTs average three shifts per week or 12-15 shifts per month. The decline in volunteerism is due to the time commitment. In addition many take vacation time or unpaid time at their jobs in order to accommodate emergency calls and transfers. The lack of coverage could decrease the number of transfers made by the Rock Valley Ambulance. The hospital and community would have to depend on other communities for these services. This could result in delayed response time for emergencies and decreased chance of survival and quality of life.

Among married-couple households, about 13 percent consisted of families with children in which only the husband worked, 31 percent were dual-income families with children, 25 percent were dual-income families with no children (Population Reference Bureau, n.d.). It can be difficult to make medical appointments for themselves or their children when both parents work. This causes unnecessary emergency room visits in our community. The Hispanic population that completed the survey had commented on needing to travel 15 miles to the nearest clinic. The Promise Community Health Center is a clinic that provides free or discounted services from federal grant money to serve the Hispanic and low-income population. Promise Community Health Center has bilingual and interpreter access to accommodate the Hispanic population. Hispanic women seen at Hegg Memorial Health Center tend to not speak English and they often bring a child or spouse with them for translation. This too, creates unnecessary ER visits as the Hispanic population tends to wait for a spouse to get home from work to provide transportation and translation. Providing an urgent or extended care service could prevent

unnecessary ER visits for non-emergent illnesses. It could also prevent the patient from traveling to another community for the service.

As mentioned previously, obesity is a concern repeated throughout our assessment. Obesity is not just an issue of being overweight. Obesity leads to many other health problems including heart disease, stroke, diabetes, and some types of cancer (CDC, August 3, 2010). In 2009-2010, 35.7 percent of U.S. adults and about 17 percent of youth were considered obese, according to the CDC. Although Sioux County is ranked number one and Lyon County number 2 in Iowa regarding overall health outcomes, the adult obesity rate for Sioux County is at 26 percent and Lyon County is at 26 percent (County Health Rankings, November 1, 2012). Results of the Community Health Needs Assessment survey showed that 84.2 percent of those that have a weight problem and are uninsured or underinsured have been diagnosed with high blood pressure. Also, 68.4 percent have been diagnosed with depression/anxiety, 57.9 percent diagnosed with arthritis, 57.9 percent diagnosed with high cholesterol, 42.1 percent diagnosed with diabetes, and 36.8 percent report problems of the stomach or intestines. Obesity has become a national epidemic due to many factors including: inactivity, increase in portion sizes, society changes, less access to affordable fruits and vegetables, increase of sugar products, and the availability of easier, cheaper, less healthy foods and beverages. Many communities are also built in ways that make it difficult or unsafe to be physically active (for example: access to parks and recreation centers, unsafe walking or biking trails to school or work, or cuts in school physical education programs) (CDC, August 3, 2010).

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## **COMMUNITY ASSETS IDENTIFIED**

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The assessment identified a number of strong community assets. Some of the most common ones are listed in Data Assessment Analysis for Q1 on page 17. These assets include caring communities; safe, clean air; local hospital, clinic and nursing home facilities that provide great service; walking trails and parks; a Christian or church-based community; and much more (Attachment B).

There is one hospital located within Lyon County and there are four hospitals within Sioux County which will be addressing to the needs within their respective counties. In collaboration with the Sioux County Public Health Office (Community Health Partners), the four hospitals within Sioux County will work to address identified needs in an efficient and effective manner being mindful of resources and existing programs that may already be in place. Hegg Memorial Health Center is committed to working with Sioux County Public Health and the area hospitals to help reduce the obesity rate.

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## CONCLUSION

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Although the Community Health Needs Assessment revealed many strengths within the community, there is still room for improvement and opportunity to address the concerns that were identified during the assessment process. Hegg Memorial Health Center is dedicated to be the health care facility of choice by providing the best service and offering more services to keep the community close to home and increase the health within the community.

The CHNA committee has developed implementation strategies for each priority that can be found in the Implementation Strategy and Community Benefit Plan for Hegg Memorial Health Center. Members of the committee will work in teams and will be responsible for:

- Finding out what other community organizations are doing regarding the priority and ways to work collaboratively.
- Including individuals that represent the community or professionals to assist in creating, implementing, or deciding the nature of the plan.
- Guiding the work of each priority, including the development and implantation of the plan.
- Measuring outcomes and documenting progress.
- Coordinating work with other CHNA members.
- Communicating with the community on the plans and the progress that is made or not made depending on the nature of the priority.

The CHNA committee will be reviewing the assessment on a quarterly basis and reporting on the steps taken with each priority. The information will be published and shared with the community on an annual basis. The CHNA committee is committed to conducting another Community Health Needs Assessment in three years.

The Community Health Needs Assessment summary, report and implementation plan will be available on the Hegg Memorial Health Center website. A copy can also be obtained by contacting the CHNA Coordinator in the administrative offices at Hegg Memorial Health Center.

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## ATTACHMENT A

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### Top Non-Health Related Weaknesses

1. Community/Recreation Center
2. Daycare
3. Housing
4. Transportation
5. Advertising the community's services
6. Texting while driving
7. Financial counseling
8. Youth activities & recreation programs
9. Affordable health insurance
10. Assisted Living
11. Language/communication barriers with the Hispanic population
12. Bullying – ways in stopping or preventing
13. Access to illegal substances and prescription drugs
14. Adult daycare
15. Wondering pets and/or animals
16. Pollution and/or smells from the farming community
17. Water quality
18. Sidewalks (uneven and non-existing)
19. Bike Trails – continuing the project
20. Motor vehicle safety on Hwy 18 and pedestrian crossing
21. Privacy issues with living within small communities
22. Omission/inclusion into Rock Valley as a newcomer

23. Lack of activities, supervision and daycare within the community of Doon
24. The need for more entry-level workers
25. Affordable legal assistance
26. City disaster planning
27. School lunches/providing nutrition

**Top Health Related Weaknesses**

1. Lack of EMTs
2. Urgent/extended care services
3. Stress, depression, and anxiety
4. Obesity
5. Prevention education
6. Substance abuse
7. Mental Health Services
8. Diabetes
9. Wellness Center – availability/affordability
10. Specialized doctors
11. More rehab/wellness equipment
12. Nutrition in dining and shopping
13. Pediatric mental health
14. Dental accessibility
15. OB residency program in Sioux Falls
16. Understanding your health insurance plan
17. Hospice
18. Language interpreters for patients
19. Vaccine education

20. No health insurance
21. Providers need to recognize social and psychological issues
22. Sex education on STDs and teen births
23. Domestic violence and abuse
24. Elite nursing home
25. Alternative medicines
26. EAP – understanding the benefit for employees
27. Chaplain services

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## ATTACHMENT B

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### **Community Assets Recognized in the CHNA**

1. Small community
2. Safe
3. Clean air and water
4. Active community (walking, biking, golfing, using the parks, etc.)
5. Education/good school systems
6. Religious community and facilities
7. Friendly community/people care about others/community willing to help others out
8. Community generosity – fundraisers, benefits, auctions, etc.
9. Great walking trails, fitness center, playgrounds, campground, swimming pools, etc
10. Great economy
11. Hospital, clinic and nursing home facilities available
12. Good hospital, physicians, and staff
13. Have excellent dentists, eye doctors and chiropractic services
14. Volunteer organizations and community service organizations (which include Justice For All, Love Inc., Senior Companion, Foster Grandparents, Hope Haven, etc.)
15. Great law enforcement, EMTs and Fire department
16. Good work ethic/low unemployment
17. Good industries/progressive community

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