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**Community Health Needs
Assessment Report**

Avera Weskota Memorial Hospital

Staff Project Coordinator:

Kristi Atkinson

kristi.atkinson@avera.org

605-539-1201

Table of Contents

	Page
I. Avera Weskota Community Health Needs Assessment	
Executive Summary	3
Community Description	5
Assessment Overview	5
Data Assessment	6
Community Assets	10
Action Plans	11

Avera Weskota Memorial Hospital Community Health Needs Assessment Executive Summary

During 2011 and 2012 a Community Health Needs Assessment was conducted by Avera Weskota Memorial Hospital for the residents of Wessington Springs and the surrounding rural

area of Jerauld County. Avera's hospitals have a rich tradition of responding to community health needs and providing critical benefits to the communities we serve. At Avera Weskota Memorial Hospital our mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values. Conducting a community health needs assessment serves as a foundation for Avera Weskota as the hospital plans and develops community benefit programs to address priority needs and better serve the community.

Avera Weskota Memorial Hospital is a 25-bed Critical Access Hospital that is both physically and strategically the hub of healthcare services within the Wessington Springs, South Dakota area. It is leased by Avera Queen of Peace Hospital, which is located in Mitchell, SD. The hospital works in partnership with Weskota Manor Avera, an attached adjacent 40-resident nursing facility to provide a continuum of care throughout the lifespan. It is managed by Avera Queen of Peace Hospital. The hospital works closely with the medical providers at the attached Jerauld County Community Health Center in providing health care in the hospital's primary service area of Jerauld County and the secondary service area of Sanborn County. The Community Health Center and Dental Clinic are part of Horizon Health Care, which is a 17-clinic network of Community Health Centers. The campus also includes a beautiful Wellness Center which serves both patients and public members. Also attached on the campus is a 30-unit congregate apartment housing complex and the Community Health Nurse Office. Our community is also fortunate to have a Springs Parish Nurse Program which is a non-denominational partnership among several churches promoting physical, spiritual and emotional wellness. Avera Weskota Memorial Hospital donates office space for the parish nurse coordinator and has healthcare staff representation at the health cabinet meetings.

The hospital has an interagency Health Education Team which works cooperatively on health education events, screenings and served an integral role in the community health needs assessment process. The team consists of members from across the community and continuum of care including representatives from the nursing home, hospital, medical clinic, dental clinic, county health nurse office and parish nurse cabinet. The community health needs assessment represents a year-long collaborative process by Avera Weskota Memorial Hospital in partnership with the Health Education Team and District III Planning and Development.

Avera Weskota Memorial Hospital gathered both secondary and primary data for the assessment. Eric Ambroson, Community Development Specialist with the Planning and Development District gathered primary data by conducting focus groups and a number of key informant interviews. Avera Weskota also collected primary data through a survey tool. The survey was utilized to reach the broader community and was distributed to the following four groups of people throughout the Wessington Springs area: 1) community & county members 2) health care providers, staff & board members 3) uninsured/underinsured populations & 4) community leaders.

The Health Education Team discussed the findings of the community health needs assessment and agreed on the criteria that they would use to prioritize the identified health needs. The main criteria utilized was the number of persons affected and the availability of community resources

and assets to address the need. Other criteria considered included the economic feasibility and probability of success. The top needs identified not in priority order were: 1) smoking 2) perceived high incidence of cancer 3) poor nutrition among youth 4) lack of assisted living housing and 5) perceived need for additional healthcare services.

Description of Community Served by the Hospital

Wessington Springs, incorporated in 1882, is the county seat of Jerauld County. It is located along Highway 34 in east-central South Dakota. The town is nestled at the foot of the Wessington Hills and may be described as the place where "the rolling prairie meets the great plains". According to the 2010 U.S. Census the population of Wessington Springs is 956 and the population of Jerauld County is 2,071. We are primarily an agricultural community with a strong emphasis on healthcare and education. Avera Weskota Memorial Hospital is a 25-bed Critical Access Hospital with its primary service area defined as Jerauld County and secondary service area as Sanborn County. Hospital discharge totals range between 100 to 130 annually at Avera Weskota and 65 to 70% of the hospital discharges are from in the hospital's primary service area of Jerauld County. Avera Weskota's service area is made up of a population that is predominately white. The unemployment rate is low at 3% in Jerauld and 4% in Sanborn County, much better than the national average in the 9% range. The Median household income in Jerauld County 2006-2010 is \$40,607. Jerauld County has an estimated 10.9% of the population living below the poverty level. In our neighboring Sanborn County the Median household income is \$44,732, with 12.7% below poverty level.

County Population	Jerauld	Sanborn
Total population	2,071	2,355
Under 5	143 / 6.9%	119 / 5.1%
Under 18	435 / 21%	513 / 21.8%
65+	519 / 25.1%	477 / 20.3%
85+	127 / 6.1%	82 / 3.5%
Median Age	48.6	47.1

U.S. Census – 2010 Demographic Profile Data

Assessment Overview

The assessment process was initiated by Avera Weskota Memorial Hospital in an effort to identify health needs of our community and to comply with the requirement for Charitable Hospitals in the Affordable Care Act. Although Avera Weskota has been meeting community needs through a number of community outreach projects, the assessment process allows the hospital an opportunity to review, identify and analyze health needs and assets in our community. Several years ago the hospital formed an interagency Health Education Team which collaborates on health education events and screenings. The team consists of representatives from the nursing home, hospital, medical clinic, dental clinic, community health nurse office and parish nurse cabinet. The community health nurse, Marla Feistner, RN brings 12 years of community health experience to the team. As the community health nurse in Jerauld County, Marla Feistner's first-hand experience provides valuable insight into the needs of our community. This Health Education Team served as the steering committee (assessment team) for the community health needs assessment and they met every 2 months to assess progress. The Hospital assigned a staff project coordinator to lead the assessment

process. The project coordinator was part of the health education team and met monthly with the hospital CEO and administrator of the nursing home to seek guidance and input and to update them on progress.

How the Assessment was Conducted

Avera Weskota Memorial Hospital gathered both quantitative and qualitative data for the community health needs assessment. The quantitative data collection process began with a review of the 2011 Wessington Springs Parish Nurse Ministry Health Assessment conducted by the Springs Parish Nurse and a review of the Jerauld County Healthcare Services Booklet, which was updated 2/21/11. In addition to local information, the hospital gathered the most current demographics and health related statistics about the community from county, state and national resources.

The qualitative data collection process involved focus groups, key informant interviews and a survey tool, which allowed Avera Weskota Memorial Hospital to connect with the local community members to learn more about the health concerns of the community it serves. Special attention was taken throughout the primary data collection process to ensure the hospital's community health needs assessment took into account input from persons who represent the broad interests of the community. Avera Weskota Memorial Hospital hired the Planning and Development District III of Yankton SD to conduct the focus groups and interviews. The Planning and Development District employs a professional staff with extensive experience in the development and technical fields. Eric Ambrosion, Community Development Specialist with the Planning and Development District III conducted focus groups for Weskota apartment residents on October 25, 2011, Wessington Springs community club on October 25, 2011 and Wessington Springs senior citizens on November 15, 2011. He also conducted interviews with the school superintendent and the minister and other representatives of the Spring Valley Colony on October 25, 2011. He conducted interviews with the chairman of the Hospital Advisory Board and the president of the parish nurse health cabinet on November 15, 2011.

A survey tool was used to gather input from the local community. Avera Weskota distributed surveys to four different categories of people throughout the Wessington Springs area: 1) community & county members 2) health care providers, staff & advisory board members 3) uninsured/underinsured populations & 4) community leaders.

Data Assessment

The hospital's community health needs assessment coordinator collated the results of the individual surveys which were presented to the Health Education Team (Assessment Team) for review, as well as to the hospital CEO.

Survey Respondents

Gender	Race	Under Age 30	30-50	51-70	Over 70	Total
Male	100 % White	1	1	5	0	7
Female	100% White	1	16	13	1	31

The data for our focus groups and interviews were collated by Planning & Development District III of Yankton, SD. Eric Ambrosion, Community Development Specialist prepared the summaries for the focus groups and the key informant interviews that he conducted.

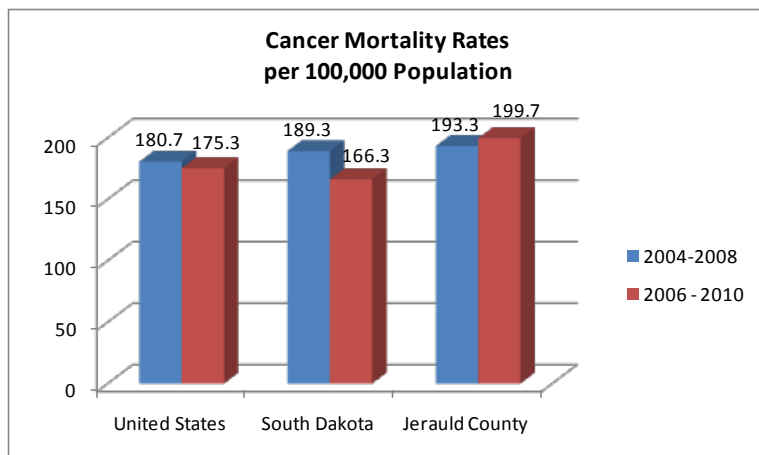
Date	Group	Number	Age Range
October 25, 2011	Weskota Apartment Residents	12	70-90
October 25, 2011	Wessington Springs Community Club	20	30-80
November 15, 2011	Wessington Springs Senior Citizens	40	70-90

These results were also shared with the Health Education Team and hospital CEO for review. Summaries are available in the hospital business office.

Assessment Findings

Cancer: The health needs assessment revealed that the community is concerned about cancer. The report “Cancer in South Dakota, 2009” summarizes the state of cancer in South Dakota and offers organizations like Avera Weskota Memorial Hospital useful information to identify goals for cancer prevention and control. According to the report, South Dakota had 3,823 new reportable cancer cases in 2009. Data at the county level ranged from a low incidence rate of 37.8 in Campbell County to a high of 677.7 in Sully County. South Dakota’s incidence rate for 2009 was 415.4 per 100,000 persons. Jerauld County’s cancer incidence rate was 313.9 and Sanborn County’s incidence rate was 638.2 in 2009. In South Dakota prostate cancer was the most common cancer diagnosed during 2009. The four most diagnosed cancers were prostate, female breast, lung and bronchus, and colorectal which accounted for 52.9% of the new cases diagnosed and 48% of cancer deaths.

The 2010 South Dakota Vital Statistics Report indicates that cancer deaths replaced heart disease as the leading cause of death for the first time in South Dakota. Heart disease remains a close second. Jerauld County has a higher death rate due to cancer than both the state and national rates (see graph below. In addition Jerauld County’s mortality rate is trending slightly upward whereas the state and national trend is down slightly.



Source: SD Vital Statistics Reports

The primary data collection results revealed that community members are concerned about cancer. The community’s perception is that there has been an increase in cancer within the last two years. The 2011 and 2012 cancer statistics are not yet available, however the public awareness and concern was certainly apparent during the community health needs assessment process.

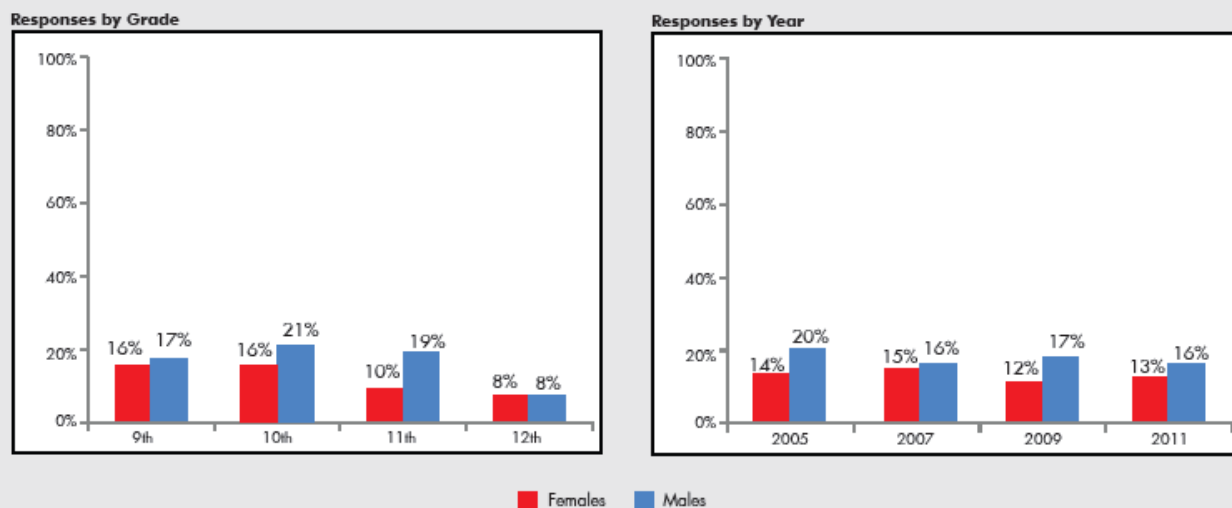
Youth: The community health needs assessment also identified youth related concerns, specifically in the areas of inactivity and nutrition. These concerns of the community and the school district are no surprise and coincide with state and national findings. One of the objectives of the Healthy People 2020 initiative is to “reduce the proportion of children and adolescents who are considered obese”. The South Dakota Department Health also has a goal of “reversing the trend and reducing the percent of school-age children and adolescents who are at or above the 95th percentile BMI for age (obese) to 14% by 2020. The School Height and Weight Report for 2010 – 2011 prepared by the South Dakota Department of Health breaks the state into regions, which allows us to get a better understanding of the obesity problem in the Jerauld and Sanborn county area. Information from this report shows Jerauld and Sanborn counties falling into region 3 with 18.8% of the students overweight and 19.3% obese. Region 3 results were higher than the statewide range of 14.9 to 15.5%.

The community health nurse, Marla Feistner also talked about the nutritional assessment and counseling that is conducted on children between the ages of one and five years of age who qualify for the women, infants and children program (WIC four times a year at the Jerauld County Community Health Center. The assessment reveals a need for nutritional guidance and education in planning healthy meals and snacks for their children.

Obesity is a risk factor that plays a significant role in a number of chronic diseases including but not limited to cancer, heart disease and diabetes. Promoting healthy eating and increasing physical activity are important factors in overcoming this health problem. There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decreased risk for some types of cancer, cardiovascular disease, and stroke. Although data are limited, an increased intake of fruits and vegetables appears to be associated

with a decreased risk of being overweight. In 2009, 22% of high school students nationwide had eaten fruits and vegetables five or more times per day during the 7 days before the survey.

Percentage of respondents who ate five or more servings of fruits and vegetables per day during the past 7 days = 15%



Source: 2011 South Dakota Youth Risk Behavior Survey

Smoking: As part of a state-wide initiative, Avera Weskota Memorial Hospital and Weskota Manor Avera joined with other healthcare facilities across South Dakota to implement a tobacco free facility effective May 31, 2006. As a result tobacco use has not been permitted on the property of the healthcare campus. Overall this policy is positive, however it has created a situation where some employees continue to smoke in their cars just beyond the hospital campus, which is a street leading to the high school and elementary/middle school. This issue was commented on several times on the community health needs assessment survey when asked what is unhealthy about your community and further recommended that the healthcare campus address this issue. Avera Weskota Memorial Hospital will partner with Weskota Manor Avera to develop strategies to reduce the unhealthy behavior of adult smoking among its employees and community members.

The Jerauld County Community / Public Health Office screens for tobacco use and second hand smoke exposure with pregnant women and women enrolling in the family planning program. The women who use tobacco or who are exposed to second hand smoke receive counseling through the Jerauld County Community Clinic. Referrals are also made to the South Dakota QuitLine Program.

While overall tobacco use in the community continues to decline, there appears to be a slight increase in smoking reported among teenagers according to the 2011 South Dakota Youth Risk

Behavior Survey, which is a random sample of approximately 1,800 South Dakota students in grades 9 – 12. The survey results were consistent with Wessington Springs School District where the superintendent also expressed concern about smoking among teenagers. According to the South Dakota Youth Risk Behavior Survey, cigarette smoking is the leading cause of preventable death in the United States and accounts for approximately 440,000 deaths each year. Cigarette smoking increases risk of heart disease; chronic obstructive pulmonary disease; acute respiratory illness; stroke; and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix. On a positive note according to the 2012 County Health Ranking, the adult smoking rate in Jerauld County is 12% which is slightly below the national benchmark of 14%.

Community Assets

The assessment identified a number of strong community assets including the facilities which are located on the healthcare campus. When respondents were asked what is healthy about our community the top response was “Having the health care complex that we have including hospital, nursing home, community health nurse, dentist, senior apartments and clinic in a small town all connected. Many small towns do not.” A second top response was the Wellness Center. Although the availability of specialty services was rated under what is healthy about the community it was also viewed as an area the hospital could serve the community better. It was suggested that Avera Wessington bring more specialists/specialties to the community. The survey showed that providing personalized healthcare whereby the providers “know” their patients was important to the overall health of the patient. Another top response was how the hospital served the community in emergency situations, especially being able to airlift trauma patients to a larger tertiary hospital. Having electronic eCARE services such as eEmergency, eICU and ePharmacy brings additional expertise and safety to the patient’s served as the electronic programs connect our facility and patients to the expertise of specialists in Sioux Falls.

The interviewees felt that our community offers quality medical services with a good referral process. Recreational activities such as the arts, hunting, golf, baseball and the swimming pool were also mentioned as important for the health of the community. They also mentioned the caring attitude and response to crisis as positive community attributes. We are a community that comes together to ensure good crisis management. They felt the hospital and nursing home provides the community peace of mind and makes health care readily available. Technology provides better service and availability of specialists is an added benefit. Being able to offer air ambulance is an important emergency service. In addition to providing quality care, the community views the hospital and nursing home as a major employer in town, providing community leadership and economic development and stability.

One of the top comments reported through the focus groups was the importance of the availability of the Springs Area Bus service. As in the other interview results, the focus groups also report that communication, attitude, and working together were healthy attributes of Wessington Springs. Focus group respondents felt that the hospital is serving the community well with physical therapy and home health services as well as the Springs Area Bus.

The assessment identified a number of strong community assets including the hospital, community health center, county health nurse, dentist, nursing home, parish nurse program, a public school system with active home and school associations and numerous religious congregations. See the Jerauld County Healthcare Services Booklet for a complete and current list of health care facilities and resources available in the community. Survey results are available in the hospital Business Office.

Assessment Priorities

Avera Weskota Memorial Hospital identified the following priority areas and will work with the hospital's Advisory Board of Directors to adopt an implementation plan to address these community health concerns and needs.

- Smoking
- Perceived high incidence of cancer
- Poor nutrition among youth
- Lack of assisted living housing
- Perceived lack of healthcare services

Avera Weskota Memorial Hospital will also collaborate with other community partners as they develop programs to address the identified community assessment concerns.

A copy of this assessment can be obtained by contacting Avera Weskota Memorial Hospital at 605-539-1201 or by visiting our website at www.averaweskota.org