

Avera De Smet Memorial Hospital
De Smet, SD

FY 2013

Community Health Needs Assessment

ACKNOWLEDGEMENTS

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EXECUTIVE SUMMARY

Avera De Smet Memorial Hospital has partnered with the City of De Smet, De Smet Development Corporation, De Smet Chamber of Commerce, De Smet School District, and Kingsbury County Inter-Lakes Community Action Partnership to assess the health care needs of the community, identify priority health issues, and implement measures to improve the health of community members. Lori Oster with the South Dakota Department of Health, Office of Rural Health, provided consultation and was instrumental in the process development and resource identification.

Primary data was gathered through focus groups and a community wide survey. Approximately 500 surveys were distributed with 197 surveys completed. The survey response rate was nearly 40 percent and the results were used to identify the health needs of the community. Surveys were available online with the majority of response coming from paper surveys sent home with children from Iroquois, Willow Lake, Lake Preston, and De Smet Schools. Five focus groups were held to gather data from specific populations. High scores for air quality, safety, and healthcare were noted along with overwhelming concern for water quality. Trends in the data revealed 12 health issues. The community health needs assessment committee scored the 12 health issues based on their size, seriousness, economic feasibility, potential impact, availability of community assets, need, probability of success, and value. While all 12 issues were concerns for this community, the community selected the top five issues to focus on due to limited financial, physical, and time limitations. The five focus areas include water quality, physical activity, wellness and cancer screenings, specialty providers, and domestic abuse.

The recommendations of the community health needs assessment are as follows:

- The City of De Smet shall address water quality issues through a public education program.
- The Wellness Center Project committee will address physical activity needs of the community through the construction of a Community Center and Wellness Center in summer 2013.
- Avera De Smet Memorial Hospital will address wellness and cancer screenings through various events and education.
- Avera De Smet Memorial Hospital will address the need for specialty health care providers by expanding the number and variety of specialists available through telehealth services.
- The Brookings Domestic Abuse Shelter Rural Outreach Program will address the issue of domestic abuse in the community through education in the De Smet school district and an anti-bullying campaign.

SECTION 1: DEMOGRAPHICS

Description of the Hospital

Avera De Smet Memorial Hospital is a 25 bed critical access hospital located in De Smet South Dakota. De Smet is located in the center of Kingsbury County.

Avera De Smet Memorial Hospital is owned by the City of De Smet, leased by Avera Queen of Peace Hospital and governed by a local advisory board. This allows the medical center to grow and advance, providing access to modern health care – close to home.

The hospital is guided by the Avera mission – to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values. Our vision is to provide health care services that exceed our customer’s expectations.

Avera De Smet Memorial Hospital services include inpatient and swingbed stays, cardiac and pulmonary rehabilitation, outpatient infusions and treatments, eCare (eConsult, eER, ePharmacy, and eICU), lab /EKG, radiology (CT scans,ultrasound, mammography, xrays), and therapies including physical, occupational, and speech.

Community Definition

Centrally located in eastern South Dakota, De Smet is a small community with about 1,089 residents. Renowned as the home of Laura Ingalls Wilder, American pioneer and children’s author of the famous “Little House on the Prairie” books, the town of De Smet has become an attraction stop for tourists traveling through South Dakota. De Smet is also the county seat for Kingsbury County.

Avera De Smet Memorial Hospital’s primary service area is defined as the City of De Smet and the surrounding area. Geographic borders are West to include Iroquois, North to include Willow Lake and Bryant, and East to include Lake Preston. Hospital discharge data indicates that 93 percent of Avera De Smet Memorial’s patients reside in Kingsbury County (50 of 54 hospital discharges in 2011).

Population	Kingsbury County	City of De Smet	City of Iroquios	City of Willow Lake	City of Lake Preston
Total Population	5,148	1,089	266	263	599
Under 5 yrs	298 / 5.8%	60 / 5.5%	21 / 7.9%	16 / 6.1%	34 / 5.7%
5 - 19	928 / 18%	193 / 17.7%	43 / 16%	62 / 23.6%	106 / 17.7%
20 - 44	1,188 / 23%	227 / 20.8%	80 / 30%	60 / 22.8%	121 / 20%
45 – 64	1,614 / 31.4%	283 / 26%	83 / 31.2%	76 / 28.9%	207 / 34.6%
65+	1,120 / 21.8%	326 / 30%	39 / 14.7%	49 / 18.6%	131 / 21.9%
Median age	47.1	49.6	40.6	42.2	47.6

Source: U.S. Census Bureau – American Fact Finder - 2010 Demographic Profile Data

The residents in Kingsbury County are predominately white. The median household income is \$47,152. The unemployment rate in Kingsbury County has been running between 3.5 and 5.3 percent over the last three years.

Assessment Participants and Process

The community health needs assessment was a collaborative effort in De Smet and the surrounding area. Avera De Smet Memorial Hospital partnered with the City of De Smet, De Smet Development Corporation, De Smet Chamber of Commerce, De Smet School District, and Kingsbury County Inter-Lakes Community Action Partnership to assess the health care needs of the community, identify priority health issues, and implement measures to improve the health of community members. In addition the hospital worked with Lori Oster from the South Dakota Department of Health, Office of Rural Health. Ms. Oster provided consultation and was instrumental in the process development and resource identification. The hospital and its partners collected primary data through focus groups and a community wide survey.

Survey Participant Demographics

Age Group	Community	SD	US
18-24	4.9%	7.1% (age 20-24)	9.9%
25-34	20.8%	12.9%	13.3%
35-44	29.0%	11.4%	13.3%
45-54	19.1%	14.4%	14.6%
55-64	13.1%	12.1%	11.8%
65-74	5.5%	7.1%	7.0%
75-84	6.6%	4.9%	4.3%
85 years and over	1.1%	2.4%	1.8%

*Median age in SD is 36.9, median age in the US is 37.2

Sex	Community	SD	US
Male	26.9	50.0%	49.2%
Female	73.1	50.0%	50.8%

Race*	Community	SD	US
Caucasian	100.0	85.9	72.4
African American	0.5	1.3	12.6
American Indian	0.5	8.8	0.9
Hispanic/Latino	0	2.7	16.3

*Percents do not total 100% as the question stated ALL THAT APPLY

Body Mass Index	Community	SD	US
	27%	29%	35.7%

Marital Status	Community	SD	US
Married	70.2%	52.3%	48.8%
Divorced	11.7%	10.8%	10.9%
Never Married	8.5%	29.8%	32.1%
Widowed	5.9%	6.2%	6.0%
Other (Separated)	3.7%	0.9%	2.2%

Avg. Household Size	Community	SD	US
	3.8	2.42	2.59

Members of Household	Community	SD	US
Spouse	71.1%	19.9	78.1
Unmarried Partner	4.8%	2.6	5.9
Relative (children, parents, etc.)	24.6%	31	33.1
Non-relative	0.5%	5.4	
Alone	8%	39.6	27.4
More than one family	0.5%	4.2	4.9
Homeless	0%	0.09	0.21

Highest Education	Community	SD	US
Grade 8 or less	5.6	4.7	5.0
High School/GED	38.4	31.6	28.5
2 year College	21.4	10.0	7.5
4 year College	25.9	18.6	17.6
Post Grad. degree	10.7	7.7	10.3

Zip Code	De Smet 57231	Lake Preston, Oldham, Erwin, Hetland	Iroquois, Bancroft	Other
Number	124	37	14	22
Percent of total	62.9	18.7	7.1	11.1

Utilities Used	Community	SD	US
Internet	80%	53	55
Cell Phone	90%	Data not available	61
Land Line Phone	73%		37
City Water	89%		85
Well	10%		15
Cistern	0%		0%

Health Care Resources:

The Community has many health care resources available but is still considered an underserved area due to the low concentration of medical providers for the population.

- There are three physicians, two certified nurse practitioners, and two physician assistants who provide service to the community. There are also two chiropractors and one dentist practicing.
- One hospital
- Two nursing homes
- Three assisted living centers
- Five clinics (including a federally designated Community Health Center which provides sliding scale payment based on income in three locations)
- Two pharmacies
- Five volunteer ambulance services
- Specialty providers available in person and via teleconference for patient appointments at both the hospital and one clinic
- Mental Health Services provide by contract between Kingsbury County and Community Counseling Services.
- Public Health Services are provided by the SD Dept of Health in Hamlin and Clark Counties. Kingsbury County does not contract with the SD Dept of Health for Public Health Services.

Priority Populations:

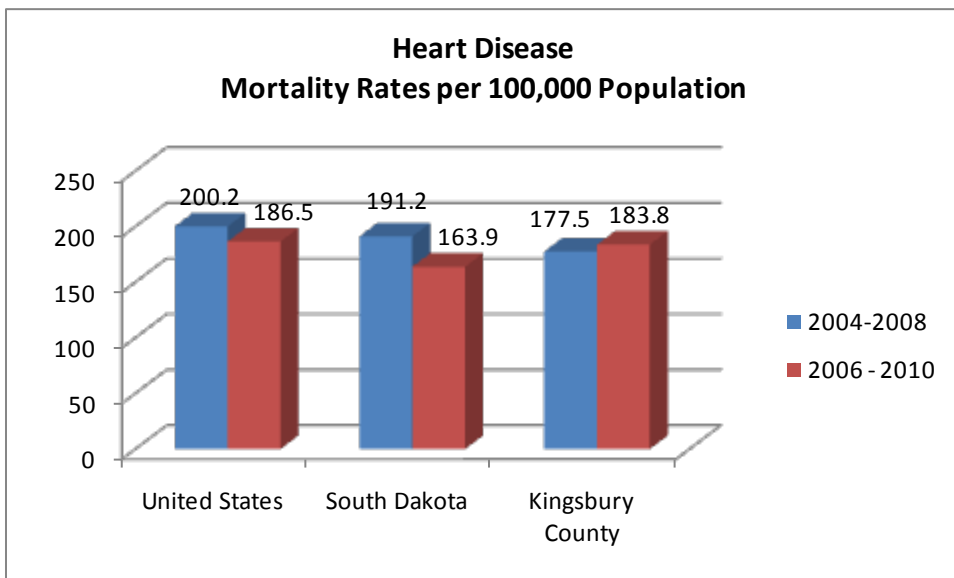
- Youth at risk (young people specifically when school is closed and children may not have proper supervision and/or may not have appropriate meals)
- Home bound
- Homeless
- Non English speaking
-

SECTION 2: ASSESSMENT FINDINGS

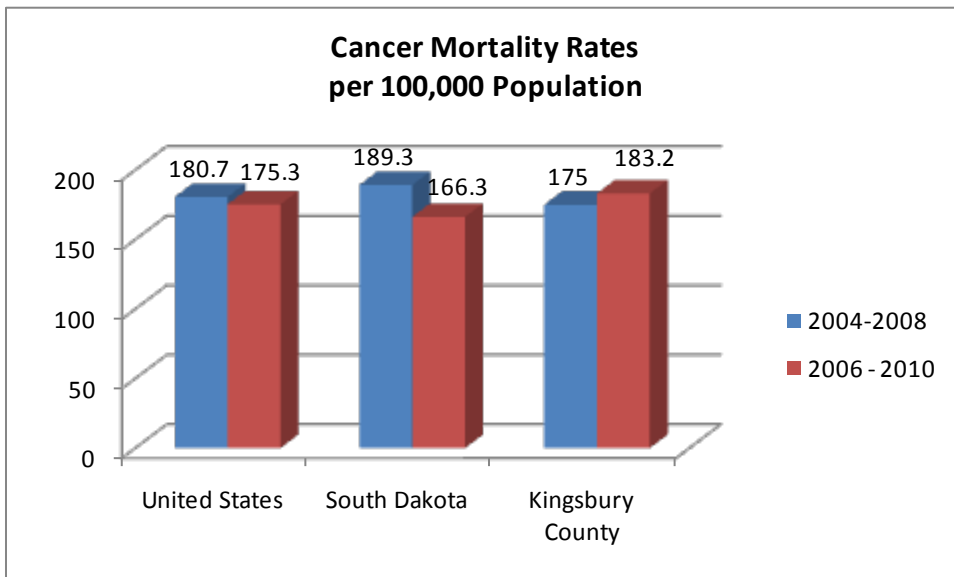
In addition to collecting primary data, De Smet Memorial Hospital also gathered secondary data about demographics and public health from local, state and national resources. Data was collected from the U.S. Census Bureau, South Dakota Department of Health and the County Health Rankings. Section 2 is a compilation of primary and secondary data findings.

Leading Causes of Death

Secondary data published in the 2010 South Dakota Vital Statistics Report show heart disease and cancer as the top two leading causes of death. As seen in the graph below Kingsbury County has a higher death rate due to heart disease than the state rate and a higher death rate due to cancer than both the state and national rates.



The primary data collection results also revealed that community members are concerned about cancer. The community’s perception is that there are a lot of people with cancer.



Source: South Dakota Department of Health – SD Vital Statistics Reports

The following tables are specific to our community survey.

Disease Burden	Community	SD	US
Diseases of the Heart	8.6%	9.2%	8.5%
Cancer Rate	0.5%	435.2*	465.0*
Stroke History	1.0%	2.7%	2.6%
Respiratory Diseases	1.0%	43.2*	47.5*
High Blood Pressure	21.9%	27.8%	29.7%
High Blood Cholesterol	18.3%	31.1%	27.1%
Diabetes	5.6%	6.6%	8.3%
Obesity Rate	21.4%	28.1%	26.7%
Arthritis	15.3%	Data Unavail.	22.2%
Uncorrectable vision problems	7.1%	3.1%	2.8%

*Rate per 100,000 population, Cancer Rate for Kingsbury Co. per 100,000 population is 469.3

The following series of survey questions focus on wellness services and screenings. Secondary data obtained from the County Health Rankings reveal that 66 percent of the female Medicare enrollees receive mammography screenings in Kingsbury County. This rate is lower than both the state rate (70%) and the national benchmark of 73 percent.

Wellness/Screenings	Community
In past 12 months:	
General health exam	72%
Blood pressure check	79%
Annual Influenza vaccination	67%
Cholesterol check	48%
Blood in stool test	10%
Dental exam/teeth cleaned	68%
Pap test (females)	55%
Breast exam by health care provider (females)	61%
Mammogram/breast x-ray (females)	37%
In past 5 years:	
Hearing Test	36%
Eye exam	84%
Diabetes check	44%
Skin cancer screen	16%
Pneumonia vaccine	10%
Rectal exam (age 40+)	31%
Colonscopy (age 50+)	26%
Prostate cancer screen/PSA (age 40+ and male)	31%
Pregnancy in past 5 years with initial medical visit first trimester (females)	95%

Breast Self Exam Frequency (females)	Community
Every Month	26%
Every 3 months	31%
Every 6 months	5%
Once a year	15%
Less than once a year	5%
Never	19%

Living Arrangements	Community
Own home	80%
Live in another's home/apartment	8%
Assisted Living	0%
Rent	10%
Subsidized Housing	2%
Nursing Home	0%

Healthcare Cost per capita (without health insurance cost)	Community
<\$100	58%
\$100-299	23%
\$300-\$499	9%
\$500-\$700	2%
>\$700	2%

Income	Community
<11,000-21,999	8%
22,000-37,499	15%
37,500-49,999	19%
50,000-74,999	24%
75,000-99,999	19%
100,000-149,999	11%

*Median household income for SD is \$46,369, median household income for the US is \$51,914

Health Insurance	Community
Percent who have health insurance	93%

The following survey questions deal with nutrition and physical activity. Note that 18 percent of those surveyed indicated “none” when asked about frequency of physical activity lasting at least 30 minutes. Similar results were reported when asked about the number of days participants ate 5 servings of fruits and/or vegetables. These findings are consistent with secondary data as well. According to an analysis conducted by the Centers for Disease Control and Prevention (CDC) based on data from the Behavioral Risk Factor Surveillance System, the state of South Dakota ranked the lowest regarding vegetable consumption at 19.6 percent. South Dakota scored a little better regarding fruit consumption at 25.2% according to the *September 10, 2010 CDC Morbidity and Mortality Weekly Report*.

Information from the County Health Rankings also aligns with the community survey results.

	Kingsbury County	National Benchmark	South Dakota
Adult obesity	27%	25%	30%
Physical inactivity	31%	21%	26%

Source: www.countyhealthrankings.org

Frequency of physical activity lasting at least 30 min.	Community
None	18%
Temporary	6%
1-2 days/week	22%
3-4 days/week	30%
5+ days/week	23%

Days/week you eat 5 servings of fruits and/or vegetables	Community
None	18%
1-2 days/week	30%
3-4 days/week	40%
5+ days/week	11%

Difficulty obtaining healthcare	11%
If yes, top barriers to healthcare:	
Health care provider not available	29%
Lack of insurance	67%
Health care provider would not accept your insurance	14%
Insurance would not approve/pay for care	14%
Cannot afford co-pay	38%
Lack of transportation	5%
Language barriers	0%
Travel distance to provider too great	10%
Cannot understand my doctor	5%

If no health insurance, it is because:

Dropped by Insurance company	4%
Lost employment	19%
No longer qualify for Medicaid	12%
Cannot pay for it	81%
Denied due to pre-existing condition	4%

Community Services/Social Services Used:

	Use	If used, problem accessing services
Emergency/temporary shelter/housing	3%	17%
Legal assistance	9%	29%
Help with utilities, food, or rent after personal emergencies	5%	30%
Help with utilities, food, or rent after a natural disaster	0%	0%
Help with transportation, child care, or after school care	8%	12.5%
Relief for caregivers of older or handicapped adults	0.5%	100%
Individual or family counseling	8%	25%
Mediation services (conflict resolution)	1%	100%
Learning to read/write English (adults)	0%	0%
Help coping with domestic violence	0.5%	100%
Services for the physically or developmentally handicapped	1.5%	0%
Help with job training	2%	25%
Help finding a job, debt counseling	1.5%	67%

Use of Mental Health Resources in past year	Community
Yes	9.2%
If yes, did you have difficulty obtaining services	17%
Prescription antidepressant/sedative taken daily for 2 weeks or more in past year	13%
Experience stress/depression/difficulty managing emotions for 2 weeks or more in past month	13%

If you experience problems that are hard for you to handle alone, to whom do you turn for help?	
Church	26%
Spouse/Partner/Family	57%
Counselor	0%
Internet support	2.5%
Friends	54%
Doctor	10%
Neighbor	5%
Self-help group	0%
No one	8%

Self Described Weight	Community
Very Underweight	0%
Slightly Underweight	7%
About Right	32%
Slightly Overweight	47%
Very Overweight	12%

What are you trying to do about your weight	
Lose weight	52%
Stay the same	18%
Gain weight	2%
Nothing	26%

In the past month what actions did you take to lose or keep from gaining weight?	Community
Diet	36%
Exercise	39%
Vomit/take laxatives	0%
Diet pills	0.5%

How many times in past month did you have 5+ alcoholic drinks	
Almost every day	0.5%
Once per week	8%
2-3 times/week	7%
Once per month	21%
Never	61%

Drug/Alcohol Use	
I have wanted help for an alcohol use problem	0.5%
Alcohol has had a harmful effect on me/my family in past 2 years	12%
I have wanted help with prescription/non-prescription drug abuse problem	0%
Prescription/non-prescription drugs use has had a harmful effect on me/family in past	3%

Primary Caregiver For:	
A child under age 18	58%
A disabled child under age 18	3%
An older adult	4%
Nobody	31%

Hours/week away from work spent caregiving	
None	37%
Less than 5 hours/week	23%
5-10 hours/week	14%
More than 10 hours/week	17%

Do you have adequate resources to effectively cope (caregivers only)?	No answers
Financial	15%
Family	11%
Respite care availability (paid)	32%

Caregivers who use services from the following:	
Home Health Care	2%
Senior Day Care	0%
Assisted Living	0%
Other Long-term Care	0%
Senior Centers	0%
Respite Care	0.7%

Personal Use of Caregiver	
I Receive help from a caregiver	11%
The caregiver is:	
Family	15%
Volunteer	0%
Paid	4%
Temporary	0%
Non-Family	2%
Long-Term	0%

Caregiver Assistance Used	
Bathing	4%
Getting around inside	0.5%
Taking medications	3%
Meal preparation	3%
Dressing	1%
Managing money	2%
Light housework	2%
Grocery shopping	3%
Transportation	3%
Toileting	0.5%
Laundry	2%
Getting in/out of bed	1%
Eating	1%
Using Telephone	0.5%

Primary data collection revealed that the overarching concern of the community was the quality of the water.

Concerned about Quality of Tap Water	
Yes	45%

Safety/Ease of Walking/Biking in Neighborhood	
Very Easy	46%
Fairly Easy	37%
Not Easy	11%
Don't know/Not sure	3%

Do you feel safe in your Neighborhood	
No	2%

Do you Trust Law Enforcement	
No	7%

Have you experienced any of the following with someone in your household in the past year	
Controlling what you do, who you see, who you talk to	7%
Controlling your money against your will	2%
Calling you names, putting you down, making you feel bad about yourself	14%
Making you fearful through actions, tone of voice, threats, or destroying your property	4%
Hitting, slapping, kicking, beating, or using a weapon on you	0.5%
Harming Children	0%
Harming pets/animals	0%

SECTION 3: COMMUNITY HEALTH NEEDS PRIORITIZATION

Health Needs

After data from the focus groups and surveys were analyzed and compared to secondary health related data, the following needs were identified by the committee:

- Wellness/Screenings
- Fruit/Vegetable Consumption
- Difficulty Obtaining Healthcare
- Difficulty Accessing Community Resources
- Physical Activity
- Alcohol Use
- Coping Resources
- Quality of Tap Water
- Domestic Abuse

Prioritized Health Needs

The community health needs assessment committee scored the health issues based on their size, seriousness, economic feasibility, potential impact, availability of community assets, need, probability of success, and value. While all the issues were concerns for this community, the community selected the top five issues to focus on due to limited financial, physical, and time limitations. The five focus areas include water quality, physical activity, wellness and cancer screenings, specialty providers, and domestic abuse. From the above list of health needs, the following were identified by the committee as priorities:

- Water quality
- Physical activity
- Wellness/cancer screenings
- Specialty providers
- Domestic abuse

See Attachment C. for the Prioritization Tool used by The Committee.

SECTION 4: IMPLEMENTATION STRATEGY

Each Priority is listed along with an implementation plan:

Water Quality will be addressed by the City of De Smet. All comments/concerns listed in the assessment related to water quality will be identified and a public education program will be developed to address each one. The public education program will be a combination of newspaper articles and individual mailings to each household connected to the city water system. Some of the topics that will be addressed are water testing procedures and suggestions for things that homeowners can do when discolored water is an issue. It was noted by The Committee that the City's water is tested monthly and has always met all water quality standards. The City publishes an annual Water Quality Report in the local newspaper each year that includes the results of all water testing required by the SD DENR during the prior year.

Physical Activity will be addressed by the committee working on the Wellness Center Project, led by Rita Anderson. The Committee discussed options currently available such as the Get Fit exercise center, open gym at the school, exercise equipment and indoor pool at the Super Deluxe Hotel, and noted several groups who walk outdoors. There was discussion as to whether additional resources would be utilized.

The City of De Smet is addressing the wellness needs of the community with plans for construction of a Community Center and Wellness Center in the summer of 2013. A wellness center is a large part of the floor plan of the proposed 17,000 square foot facility. An office will be included for wellness administration as well as separate locker rooms. An indoor walking track will be incorporated in the building plans for the community to access at no cost. Additional recreational programs will be offered for all ages. Plans are to make low cost, affordable facilities and programs available for the general wellness of the residents of a 30 mile radius of De Smet.

Wellness/Screenings and Cancer will be addressed by Avera De Smet Memorial Hospital. Health Fair events will focus on those screenings identified in the study. Cancer is felt to be related to the wellness/screening need as many of the screenings could lead to a cancer diagnosis. Public awareness of the All Women Count and Get Screened SD programs through the South Dakota Department of Health will be increased through public education. Avera De Smet Memorial Hospital is a participating provider for both programs.

Specialty Providers will be addressed by Avera De Smet Memorial Hospital. Specialty providers are available for a number of specialties at this time. Both in person and videoconference appointment options are available. The number and variety of specialties continues to expand based on needs identified by local provider and patient requests. Raising public awareness of the specialties that are available is a priority and will be addressed through public education.

Domestic Abuse will be addressed by the Brookings Domestic Abuse Shelter Rural Outreach Program. Jackie Kyllonen was contacted and given information on the community health needs assessment project and results. She has worked in Kingsbury County for the past few years so is knowledgeable of the resources and demographics of the area. After reviewing the data she will initially focus on education in the De Smet school district because a majority of respondents were mothers of school age children in De Smet. The school district started an anti-bullying campaign in the spring 2013 that Jackie helped with.

Implementation Plan reviewed and approved by ADMH Advisory Board May 13, 2013,
approved by Corporate Board May 28, 2013.

Appendix A. Focus Group Questionnaire and Results

Questions:

- What do you think is healthy about our community?
- What do you think is unhealthy about our community?
- What is the most pressing health care related need facing you or your family or our community?
- Considering the health needs we have discussed, in what ways do you think the hospital is serving the community well?
- In what ways do you think the hospital could improve the way in which it serves the community?

Results:

Focus Group Data:

(organized by question and group)

What is Healthy about our Community

Public Safety (4 participants)- lots of people walking/exercising

Fitness center is active-all ages participate at various times

Excellent Ambulance Crew

Healthcare (8 participants)- access to health care

Some sliding scale for low income

School services

Active, healthy population

Well educated

Low Income (7 participants)- 60's plus and meals on wheels in many communities

Able to volunteer (at GSC)

Kids able to ride bikes to school

Community Theaters help to meet people and socialize

New lift being planned at pool

Churches very helpful to families (assistance and social activities)

Visitor center planned

Hospital growth

Number of clinics available, sliding scale

Nutrition sessions held through hospital a few years ago

Dentist

Weight loss program at hospital (especially the pool)

ICAP summer program for gardening

Farmer's Market provides fresh produce at reasonable cost

Contractors/Self Employed (1 participant)

Availability of Health care

Schools (5 participants)- sparsely populated

Outdoor recreation opportunities

- Air quality
- Technology
- Wide range of health providers
- Cooperative efforts
- CPR certifications
- Minimal (different) stressors

What is Unhealthy about our Community

Public Safety- lack of sidewalks (walking in street at night)

- Corner by telephone office (3rd and Calumet) poor visibility (several corners hard to see, block one spot at intersections)

- Railroad crossings and safety

- Poor water quality-high rust content

Healthcare-poor adherence to regular screening and not coming in for health care when busy

- Drinking habits

- Higher level of cancer in the area (wonder if the water is an issue r/t cancer)

- High tobacco use- smoking and chewing

- No access to gyms/exercise places esp. in winter

Low Income- pesticide use

- Water quality in town/Erwin

- Not cleaning heat ducts regularly

- Unhealthy food given out at food pantry (hamburger helper)

- Coupon trading group not available

- Community gym use d/t cost

- Not very welcoming initially if not “from here” takes several years to feel a part of the community

- (Welcome Wagon would be good)

- Community groups selective of who is able to be involved-need to be “from here” to be asked

Contractors/Self Employed- Water

Schools- Water quality

- Distance to healthcare providers

- Extreme climates

- Technology

- Access to Fitness-Exercise

- Lack of Healthy Teaching- yoga, weight watchers, etc.

Most pressing health care related need facing you/your family/community

Public Safety- EMT personnel availability during day and weekends

- Law enforcement could use 1 more deputy- cover a large area

- Availability of local physicians

Healthcare- more daycare-more outlets for play dates/indoor parks for play in winter

- Walking paths

- Safe exercise places for elderly

- Weight Watchers program

- Health issue support groups (membership to continue exercises after discharge from outpatient services)

Contractor/Self Employed- lack of doctors

- Consistency with providers

- Clinic type services

Low Income- patient assistance programs for medications (private citizen working with clinic on her own to help others find programs)

Insurance unaffordable and can't afford healthcare without insurance

Fear to get sick because "nobody will touch me again" if unable to pay medical bills

Schools- uninsured people

Types of cancer

Shortage of medical personnel to make medical decisions

Access to medical specialists

Drugs and alcohol

Obesity-poor diet decisions

Ways the hospital is serving the community well

Public Safety- offer a lot of services for our sized community

Weight loss programs

eER

Healthcare- good outpatient services, emergency services, lab/xrays

Meets needs of manufacturing community

Physical therapy

Contractor/Self employed- physical therapy and rehab services

ER services

Low Income- outreach, mammo

Wellness programs (Cancer Walk)

Very glad Dr in ER if needed

Local providers willing to refer if needed

Local providers are experienced

"know" you, local people

Physical therapy-new equipment, "doesn't get any better"

They try to get community involved in projects

They are well seen around town

Many changes over last decade-keep improving

Ways hospital could improve the way it serves the community

Public Safety-limited to what services they can provide

CT scan would be nice from EMT point of view to know where to take patient and to save on drive time and to get quick medical care

Healthcare- Community Wellness/exercise

CT scanner/Ultrasound (diagnostic services- would not have to send so many off)

Improving all the patient rooms (patient, ER, outpatient), no in-wall suction, rapid infuser for blood, updating equipment

Contractor/Self Employed- adequate staff

Acute care clinic?

Schools- study the water

Turnover in health care providers

Health care directory (public doesn't know who to see if they have a medical need, PA vs. CNP vs. MD)

Better PR of new technologies (info on new technologies should be better communicated to the public)

Low Income- Nuclear Med/MRI

CT

More in-hospital care instead of sending off

More research into the quality of the water (much concern)

Open ended question Survey responses:

What is healthy about our community?

- It is safe, clean parks. Safe to walk/bike.
- The Air is clean. Good Water
- Our community is the best ever. I wouldn't change a thing
- The community is safe that is what's healthy about it. There is very little/no crime.
- Seems safe, people watch out for kids and disabled individuals, people care.
- Clean air, safe community for the most part. Healthy, small town community.
- Small towns always look out for each other.
- Good community.
- good overall healthcare
- Clean city, low crime, good medical staff, good hospital, many churches.
- Great ER services when needed.
- Dental care is good here.
- Healthy environment.
- Clean well kept community with all needed services such as good law enforcement, medical, dental, city workers, goods, and church functions well.
- Horizon Healthcare (Community healthcare)/school services
- Availability of healthcare no matter income or insurance.
- Fresh air, relief of being safe.
- Meals on wheels for seniors, hospital, good doctors.
- Clean air, OK water, a lot of people are active, we have great clinics, hospital and Drs.
- school lunches, activities (sports)
- School/churches.
- Having a hospital and medical clinics with clean town.
- Subway, The Get Fit.
- Get Fit helps people stay active.
- We can have gardens, be active, and eat healthy if we choose.
- Great place to live and raise children.
- Physical activities are good, food has healthy options at restaurants
- Small town safety, hospital.
- Nice pharmacy, nice environment.
- Friendly people, safe environment
- Excellent drug store. Excellent dental care.
- Clean air, clean water..
- Many medical facilities and doctors available.
- Hospital is healthy.
- Safe
- The friendly spirit of our community.
- Many parents actively involved in getting their children active. Safe community-opportunity for children to be out and active.
- Park, hospital, library
- Clean air. Lots of friends. Church.
- People generally look out for one another.
- most people try hard to keep lawns looking nice and support community business

- We have doctors, hospital, clinics, RN's, ER, lots of parks, nice roads/sidewalks.
- We have the services needed and the resources to get to more acute care quickly as needed also.
- We have a very good clinic and hospital in our town which we are lucky to have. They provide good health care for our community.
- Everyone comes together during a time of crisis.
- several health care facilities,
- it is safe
- Friendly, most people care about one another
- healthy is that we have a hospital and several doctors,
- School lunches
- Clean air, open space, good hospital & staff, good EMS/fire dept.
- Friendly people
- People are around to help
- Our community is safe and thriving.
- lots of fresh air
- Clean, well lit.
- Many walk
- We have a small caring community, hosp. clinic, and medical care. We feel safe walking. Dental care available, nursing home and volunteer ambulance staff which is excellent.
- Good hospital, good nursing staff, good ambulance service
- People seem to love each other like family we have a food pantry and job opportunities
- medical services available
- good care givers
- healthy clean air
- We have enough places to eat out. We have an excellent Tourism industry. We have plenty of clinics in town.
- Everything in our community is within walking or biking distance.
- People know each other, their neighbors, and get support from each other. Pitch in to help in time of crisis.

What is unhealthy about our community?

- Would like to see better sidewalks.
- Seems to be a lot of cancer
- Too many bars/pop. Too much texting. Too much time on Facebook/computer.
- No fruits/veggies fresh in store. Unsafe trucks lining up down city streets to dump at elevator.
- Unhealthy tap water and little access to exercise in winter
- Too many people smoke, are overweight, eat poor diets.
- Bulldog pride overall else the desire to use up Iroquois until nothing is left
- What is unhealthy about the community is that there are very little to no resources for needy families or individuals. There are no opportunities for families or individuals to receive the help they need.
- Overuse of alcohol/drinking and possibly drug use by some kids and adults, dust from elevator causing allergies to act up, headaches etc. water is questionable.
- Poor water.
- Availability of streets/sidewalks for walking/running.
- People speeding down main street with kids walking.
- Lot of people drink too much alcohol too frequently.

- Brown colored water.
- Sometimes I wonder about the water, my white clothes get brown streaks on them.
- Hospital nursing staff can be rude and unpleasant to work with some, not able to know what Dr is on call if emergencies arise. Public can't know the Dr. on call.
- Wish that Doctors work more during week.
- Too much emphasis on sports, too much that puts kid's health at risks.
- Rise in cancer rates.
- High rate of drinking.
- Unhealthy lacks adequate safety (speeding, sidewalks)
- Too many bars. inadequate grocery supply, not enough fruits and veggie at all, too much junk food,
- alcohol use, smoking
- City water, need better sidewalks.
- Need more sidewalks.
- Need eye and dental here.
- The rumors and gossip that spread like wild fire.
- Unhealthy water, lack of sidewalks or broken sidewalks, main street sidewalks are bad.
- need orthodontist
- Nothing unhealthy.
- Need dental care and counseling for all of us.
- Drinking water unhealthy.
- do not have workout classes, weight watchers, you have to drive 30-50 miles to go to one
- The most unhealthy thing in our community is our water, but it always has been, We just accommodate and buy filtered water.
- Our water is unhealthy and a huge concern of mine The rate of cancer in this town is alarming and overwhelming, not to mention scary. It has to be caused from something everyone has access to. Even if not consumed, people bathe in it..
- The drinking water is unhealthy and different colors at times
- Want more doctors and better (more updated) hospital
- not many places for community to exercise during winter months, no programs where people can come together and workout or learn better habits together
- Too much drinking in town
- all the chemicals used by farmers on their crops
- exercise class availability
- An after school program would greatly be used-it's difficult to get kids picked up if you're a working parent. A larger fitness center would be great for DeSmet too.
- no place for teens. Too many bars, narrow minded, too sports oriented, government funded school is too church oriented, de-forestation.
- Too many bars, liquor
- I do wish we had more Doctors. We could depend on being available.
- To have heard we have an unusual amount of cancer in this small community
- Not enough doctors
- need to work at building healthier families that spend time together, need parents to be good examples for children, need more family friendly activities in town, need less drugs and alcoholism
- lack of fitness center for the community, high rate by population for alcohol/drug incidents lack of primary infrastructure replacement
- overweight people, lots of cancer, smoking (seems to be getting better)
- cancer

- The water is awful
- I am surprised how many people in our community are diagnosed with cancer. The number seems vastly out of proportion.
- we need better quality water supply
- The tap water is sometimes tinted brown with sediment that settles and occasionally has an odor. Very few people drink the tap water, though it has supposedly been tested with safe results. I have wanted to have it tested privately. There is also a high number of cancer diagnosis per populus.
- I don't have anything unhealthy
- We have only seasonal access to fresh fruit and veggies.
- Not sure what it is, but something causes a high cancer rate.

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

- Finding a place to take sick kids on Saturday and not paying emergency costs, not having to travel out of town for ob-gyn services
- Need sidewalks for child/adult bike riders.
- Chiropractor, dentist, Doctor
- Elders,
- Cheaper health insurance so the middle class working family can afford this item.
- none at the moment
- That every person be allowed to see a doctor/dentist/eye doctor regardless at their ability to pay/and/or if they have insurance or not.
- more affordable health care insurances
- My children qualify for state Medicaid but I do not even though I am unemployed.
- Insurance costs too much and doesn't have low enough co-pay and deductible so I don't go.
- Lewis pharmacy could have better hours when you see a doctor late in the day.
- Too much cancer in our area.
- I can't afford insurance, so we only go when sick.
- We need more access to a fitness center for exercising, insurance that is affordable, diet center/counseling.
- Need good choices at concession stands at games.
- Need transportation for people when needed, transportation issues.
- Need more programs for activities for all ages. Most people are not getting enough exercise.
- Making sure you can get an appointment at the clinic when needed.
- lower insurance rates, but we all know how that's going
- affordable healthcare
- hip problems/lung problems
- After hours care other than ER.
- vision care
- eye doctor
- general health check-ups
- We need doctors who establish their home here and stay for the long haul.
- spotlight for bigger hospital
- Healthcare costs too much, and trying to pay for it.
- Access for the elderly, help getting to appointments

- Why so much cancer in Kingsburg County?
- Lack of YMCA or gyms for class or people of all ages and incomes, uncontrolled diabetes, hypertension, and hyperlipidemia
- Need doctors to stay here.
- It is sad that it much cheaper to travel for healthcare.
- Mental health, social non-alcoholic activities, support groups, area to walk indoors.
- Police do not actively pursue daily DUI.
- Too many cats and dogs unrestrained. Vet care limited for small pets.
- Dental/vision
- Behavioral doctors (ADHD), vision specialists (Lazy eye)
- Access for treatments for those who have difficulties getting to larger facilities.
- More healthy choices for entertainment other than alcohol drinking.
- cost of health insurance
- healthcare costs are expensive
- Too expensive, even with insurance. I travel out of town for ALL my healthcare services.
- Lack of mental health care in immediate area
- Availability of healthy food choices.
- The ER does not treat children.
- Weight loss
- Less government intrusion, the more stupid regulations they pass, the worse they make it.
- Choosing a doctor, need dental.
- need a dermatologist
- High blood pressure and overweight.
- Keeping children healthy/disease and cancer free, need dental.
- Smoking
- Have OB Doctor come for female visits, dental, paps.
- Need dental, vision, and ob/gyn in town
- None, need a dentist.
- Concerned about the number of people who get cancer every year.
- Need dental care and counseling for all of us.
- Teen services
- we need help being better parents, maybe classes or curriculum for family and something to get everyone involved as it is always easier for people to say no thanks and not participate
- I understand the costs of having a Doctor's office here and hospital but the costs of going to the hospital for something little is outrageous!!Simply uncalled for!!! I will not take myself or family back again!!!
- Nothing at the time.
- More Doctors, not just P.A.'s and practitioners. Hospital more capable of dealing with emergencies rather than having to fly them out.
- Just major medical needs, eye care and dental care
- Mental health counselor, someone to help out with stress situations
- how to buy prepare and eat healthier foods, at an affordable cost
- insurance is so costly and does not pay well
- nothing pressing
- Need more providers
- none
- place for cancer screening
- Lose weight and get better drinking water

- the cost of health insurance
- Another Med. Dr. who can be seen whenever necessary.
- Community help with cancer treatment as very expensive
- My local job's insurance isn't in-network to either Bell Medical or Jill Hoek so doesn't pay well to doctor here.
- Lack of Doctors
- Need more full time physicians
- orthopedic, surgical consultation
- overweight, cancer, heart health
- dental and medical vision
- cancer prevention, healthy living
- insurance
- Lack of exercise and cancer are the two top concerns.
- no local female gynecologist - and I don't want a male doctor
- My biggest concern for my family is the water. I don't feel it is safe to drink and don't really want to cook with it, let alone shower or wash clothes in it.
- Our community is getting old!
- Not sure

In what ways is Avera De Smet Memorial Hospital serving the community well?

- I don't pay attention to what's in De Smet so I wouldn't know
- Physicals.
- dentist
- Good emergency services.
- Doctor

What healthcare services do you currently travel out of town to use, if those services were available locally, would you use them?

- I travel for dentist gynecologist, rheumatologist
- would like cancer treatments closer to home
- Travel out of town for eye care
- Travel out of town for some medical services-may use them if they were here.
- I travel to other town for hospital/OBGYN
- Go out of town for colonoscopies
- have to go out of town for OB-pregnancy and pediatric dentist and eye cares
- I have to travel out of town for doctor, dentist, delivery baby
- Traveling out of town for dental appt. I used to go to the dentist in De Smet but prefer the dentist in Howard
- Cancer Dr.-Would use if the correct Dr. would come here.
- I go out of town for eye doctor, neurologist, dentist, gyno, dermatologist, internal med,
- Go out of town for Family Doctor, Gynecologist. If I trusted the doctors not to give medications as the answer for everything. I don't like giving/taking meds for everything.

- Travel out of town for Dental-Orthodontics-General Dr.
- Orthodontic
- I travel for heart doctor, hearing doctor, orthopedic doctor
- I go out of town for eye, vision, chiropractor, cancer screening
- I travel out of town for the dentist, chiropractor., mammo, dermatologist
- Out of town for eye doctor care- would use if in town
- I go out of town for dental care and female care
- Out of town services-Flight physical (every 2 years) If available here, would use.
- major medical problems
- Out of town health care services-Orthodontist for braces--Might use services here if available
- Public- We travel out of town for dental and eye exams.
- Travel for eye doctor, cancer doctor, kidney doctor checkups
- Out of Town health care service-We go out of town because we have no in-network Doctors. Here, would use them if available.
- dentist, rheumatologist, OBGYN
- mental health counseling

What non-healthcare facilities/services do you use that are not available in the De Smet community? Would you use those facilities/services if they were available locally?

- Go out of town to the theater-would use one in town.
- go out of town for shopping
- John Deere parts truck and repair and tire repair
- Use Wal-Mart, Target, Mall, Dept. stores now. If were in our community and the prices were right I would use them.
- weight watchers
- We need more home improvement shops here because we go out of town plumbers, electricians, and contractors.

What are some projects you would like to see addressed as a result of this study?

- Need community daycare. Need community center with lap pool/ safe place for teens.
- Would like a community exercise place that's affordable like some surrounding towns-they don't pay for using gym/exercise equipment.
- Would like a track for exercising.
- would recommend the following things for our community- Bowling alley, movie theatre, community daycare, reception hall for weddings
- Community fitness center, better/safer pool. teen center.
- we need workout classes, or weight watchers meetings or something like that
- Better city drinking water
- affordable fitness center properly supervised
- community fitness room
- A bus for seniors to go shop out of town a few hours once in a while.

- Gym in community and hospital
- a place for teenagers to hangout without harassment or risky behaviors
- Would like cheaper healthcare-we cannot afford ours and we have no dental plan
- Recruiting another Dr.
- Affordable health insurance rates.
- water and sewer upgrades/replacement
- community fitness center
- Could use an after school place for children to go.
- Need more daycare providers and free preschool. after school program for groups/teens, could use a weight watchers program.
- Would like a bowling alley/roller skating rink.
- Better snow removal on county and township roads so able to get to health care when needed. Possible living trees or snow fence to help protect roads and save money.
- something to help people with weight and exercise
- add ct scan
- The annual heart-health screen in February is wonderful. I also appreciate the free blood pressure checks.
- Very caring personnel; offers many services. get real MD doctors, not have just PAs and RPNs or whatever they are called
- The nurses are very polite. I have been seen in the ER a couple times this year and have always gotten a call the next day to make sure I am doing ok after treatment.
- We have a hospital with an ER that is available for our community.
- Always evaluating to see what more can/ should be done.
- Some projects that could be addressed as the result of this study could be that one of the local clinics open on sat. to treat sick kids or doctors on call for sick children so you don't have to pay for the emergency room for ear infections colds, flu etc.
- Some of the projects would be the availability of good healthcare treatment for those individual/families that cannot afford to pay for services and do not qualify for state medical health coverage
- Something done in L.P. about corn dust. Rusty water.
- need a clinic that is NOT connected with horizon health care
- Have more doctors that live and stay in community.
- Would like more eye screens
- I would like to see things older people could do besides play cards in town.
- Keep health care costs down so we all can use it.
- Would like more eye exams or hearing tests/screens.
- WIC for Kingsbury County, some underweight kids statistically at school
- Needs more specialist care doctors available.
- Need CT scan at hospital.
- Bowling alley, movie theater, and community daycare
- Closer behavioral doctors, vision therapy specialist, and bus or transportation from school to daycare
- Have more positive teaching to public about dangers of poor diets.
- Have more eye screenings/cancer screenings.
- Have breast health screening.
- More cancer screenings/checkups.
- Could have massage therapy come. Need more positive entertainment choices for kids and teens after schools for youth.
- Take Medicaid.

- Treat children.
- More family orientated recreation. teen center.
- Would like to see more support programs for kids, school lacks programs for bullying, strangers, and drug/alcohol
- No free access to exercise room in winter
- Would like a rec center.
- doctor
- Vision care.
- TACO JOHNS
- rec center for kids. Safe places.
- I would like a teen hangout in town. Something safe for kids.
- We need a theatre, bowling alley, Wal-Mart restaurants. I would like to see something for the youth and young families to encourage better relationships, and give them something to do
- our community needs, weight watchers, daycare center, movie theater, bowling alley, more community events
- Projects; the kids in our community need a safe place to be. Kids hang-out, play exercise, etc..They currently have the pool in the summer and the ball courts as well, but they don't really them because of the conditions of the areas. A community center would be a neat thing to see, open year round, offering many different services to the community and surrounding areas, Pool, Basketball courts, Mtg. rooms, exercise gym, childcare center, pool, games, lounge/comfy spaces. DeSmet community Rec Center. Just food for thought.
- Projects-Research and fix the water.
- Eye care and dental care
- Updated hospital, able to keep people in town, ability to have surgeries done at hospital
- health club, exercise classes/groups/weight lifting, for little or no cost

In what ways could Avera De Smet Memorial Hospital serve the community better? What is the number one thing ADMH could do to improve the health and quality of life of the community?

- Having doctors, dentist and any specialist that my children need see, I would use these services if they were available
- Pediatrician services
- would like more eye exams or hearing tests/screens
- Would like more eye screenings
- Specialists
- Needs a CT scan, more access to specialists.
- Need CT scan at hospital. Why can't patients know who the Dr. is on call? It is our right. Friendlier staff.
- Need doctors to stay here.
- Have eye screenings
- More cancer screenings/checkups.
- Get endocrinologist to come back a few days a month.
- It would be nice to know that if my children needed to be hospitalized, they could do so in DeSmet.
- Counseling.

- More places that take Medicaid.
- massage lady
- Health checkups, heart, cancer, stroke, blood pressure checks more frequently.
- Wal-Mart used out of town-would use if in here
- community could use biking paths/walking paths
- Specialty children's healthcare services
- Get a doctor or doctors
- More community wellness programs would be great.
- continue to offer challenges to the people as has been done in the past; offer tests and such at reasonable rates
- My number one concern is the water. Anything that the hospital could do to test the water and ensure it is safe to use would be great. To have this done by an independent facility, and to have the results distributed...not just told it is safe. I sometimes feel like I live in the town Erin Brockovich went to bat for.
- community daycare
- Not sure.

Appendix B. Individual Surveys

Community Health Needs Assessment Survey

(Please complete the survey by filling in the circles after the question)

1 In general, which of the following best describes your health?
 Excellent Very Good Good Fair Poor

2 Have you ever been told by a doctor or other health professional that you have (fill in all that apply):

Arthritis	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Heart problems	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Diabetes (sugar)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
High blood pressure	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Asthma	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Emphysema or bronchitis (breathing problems)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
High blood cholesterol	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Uncorrectable vision problems or blindness	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Hearing loss	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Cancer	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Had a stroke	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Chronic disease(s) of the nervous system (such as MS) or muscles	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Problems of the stomach or intestines	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Weight problem	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know

3. In the **past 12 months**, have you had a (fill in all that apply):

General health exam	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Blood pressure check	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Cholesterol check	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Flu shot	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Blood stool test	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Dental exam/ teeth cleaned	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
IF FEMALE: Pap test	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
IF FEMALE: Breast exam by a health care provider	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
IF FEMALE: Breast x-ray or mammogram	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know

4. In the **past 5 years**, have you had a (fill in all that apply):

Hearing test	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Eye exam	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Diabetes check	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Skin cancer screen	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
Pneumonia shot	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
IF AGE 40 or OLDER: rectal exam	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
IF AGE 50 or OLDER: a colonoscopy	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know
IF MALE and AGE 40 or OLDER: a prostate cancer screen/PSA	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Do not know

5. IF FEMALE: How often do you examine your breasts for lumps?

About every month About once a year
 About every 3 months Less than once a year
 About every 6 months Never

- 6 IF FEMALE: If you have been pregnant within the last 5 years, when in your pregnancy did you first see a doctor or nurse?
 0-3 months 7-9 months 4-6 months At or after delivery
- 7 In the past 12 months, have you had problems getting needed health care?
 Yes No
- 7a. If yes, please provide the reason(s) for the difficulty in getting healthcare.
 Health care provider not available
 Lack of insurance
 Health care provider would not accept your insurance
 Insurance would not approve¹ pay for care
 Cannot afford co-pay
 Lack of transportation
 Language barriers
 Travel distance to provider too great
 Cannot understand my doctor
- 7b. If you do not have health insurance it is because (fill in all that apply):
 Dropped by insurance company Cannot pay for it
 Lost employment Denied due to pre-existing condition
 No longer qualify for Medicaid
8. In the past 12 months, have you had problems getting needed dental care?
 Yes No
- 8a. If yes, please provide the reason(s) for the difficulty (fill in all that apply):
 Dentist not available
 Dentist would not accept your insurance
 Cannot understand dentist
 Lack of transportation
 Travel distance to provider too great
 Lack of dental insurance
 Insurance would not approve/pay for care
 Cannot afford co-pay
 Language barriers

9. In the past 12 months, have you had problems getting your medicines?
 Yes No
- 9a. If yes, please provide the reason(s) for the difficulty (fill in all that apply):
 Lack of prescription drug coverage
 Pharmacy would not accept your prescription drug insurance
 Prescription drug insurance would not approve/pay for medication
 Cannot afford co-pay
 Cannot afford medicines
 Lack of transportation to pharmacy
 Language barriers
 Cannot understand pharmacist(s)
10. Not including health insurance payments, on average, how much do you spend per month for health care not covered by insurance (including prescription drugs)?
 Less than \$100 \$100-299 \$300-499 \$500-700 More than \$700
11. In the past twelve months, have you or anyone in your household needed any of the following services? (fill in all that apply):
- | | | |
|---|---------------------------|--------------------------|
| Emergency/temporary shelter/housing | <input type="radio"/> Yes | <input type="radio"/> No |
| Legal assistance | <input type="radio"/> Yes | <input type="radio"/> No |
| Help with utilities, food, or rent after personal emergencies | <input type="radio"/> Yes | <input type="radio"/> No |
| Help with utilities, food, or rent after a natural disaster | <input type="radio"/> Yes | <input type="radio"/> No |
| Help with transportation Child care or after school care | <input type="radio"/> Yes | <input type="radio"/> No |
| Relief for caregivers of older or handicapped adults | <input type="radio"/> Yes | <input type="radio"/> No |
| Individual or family counseling | <input type="radio"/> Yes | <input type="radio"/> No |
| Mediation services (conflict resolution) | <input type="radio"/> Yes | <input type="radio"/> No |
| Learning to read and write English (adults) | <input type="radio"/> Yes | <input type="radio"/> No |
| Help coping with domestic violence | <input type="radio"/> Yes | <input type="radio"/> No |
| Services for the physically or developmentally handicapped | <input type="radio"/> Yes | <input type="radio"/> No |
| Help with job training | <input type="radio"/> Yes | <input type="radio"/> No |
| Help finding a job Debt counseling | <input type="radio"/> Yes | <input type="radio"/> No |
- 11a. If you wanted any of the following services, did you or anyone in your household have any problem getting them?
- | | | |
|---|---------------------------|--------------------------|
| Emergency/temporary shelter/housing | <input type="radio"/> Yes | <input type="radio"/> No |
| Legal assistance | <input type="radio"/> Yes | <input type="radio"/> No |
| Help with utilities, food, or rent after personal emergencies | <input type="radio"/> Yes | <input type="radio"/> No |
| Help with utilities, food, or rent after a natural disaster | <input type="radio"/> Yes | <input type="radio"/> No |
| Help with transportation Child care or after school care | <input type="radio"/> Yes | <input type="radio"/> No |
| Relief for caregivers of older or handicapped adults | <input type="radio"/> Yes | <input type="radio"/> No |
| Individual or family counseling | <input type="radio"/> Yes | <input type="radio"/> No |
| Mediation services (conflict resolution) | <input type="radio"/> Yes | <input type="radio"/> No |
| Learning to read and write English (adults) | <input type="radio"/> Yes | <input type="radio"/> No |
| Help coping with domestic violence | <input type="radio"/> Yes | <input type="radio"/> No |
| Services for the physically or developmentally handicapped | <input type="radio"/> Yes | <input type="radio"/> No |
| Help with job training | <input type="radio"/> Yes | <input type="radio"/> No |
| Help finding a job Debt counseling | <input type="radio"/> Yes | <input type="radio"/> No |
12. Do you have the following in your home?
 Internet Cell phone Land line phone
13. Are you concerned about the quality of your tap water?
 Yes No
- 13a. What is the source of your tap water?
 Public/private/town/city water Well Cistern
14. Thinking about your neighborhood, how easy is it to get around on foot or bicycle? What is the level of safety and convenience for walkers?
 Very easy Fairly easy Not easy I don't know/am not sure
15. Do you feel safe in your neighborhood? Yes No

16. Do you trust your law enforcement personnel (police)? Yes No
17. During the **past 12 months**, have you seen a mental health professional for an emotional or mental health concern (including stress or depression)?
 Yes No
- 17a. If yes, during the **past 12 months**, did you experience any difficulty obtaining needed mental health treatment?
 Yes No
18. During the **past 12 months**, have you taken any prescription antidepressant medications or sedatives daily for two weeks or more?
 Yes No
19. If you experience problems that are hard for you to handle alone, to whom do you turn for help? (fill in all that apply)
 Church Spouse/partner Family Counselor Internet support Friends Doctor
 Neighbor Self-help group No one
20. In the **past 30 days**, have you experienced intense stress, depression, and/or difficulty managing your emotions for at least two weeks or more?
 Yes No
21. In the **past 12 months**, have you experienced any of the following with someone you are living with or who lives with you? (fill in all that apply)
- | | | |
|---|---------------------------|--------------------------|
| Controlling what you do, who you see or talk to | <input type="radio"/> Yes | <input type="radio"/> No |
| Controlling your money against your will | <input type="radio"/> Yes | <input type="radio"/> No |
| Calling you names, putting you down, making you feel bad about yourself | <input type="radio"/> Yes | <input type="radio"/> No |
| Making you fearful through actions, tone of voice, threats, or destroying your property | <input type="radio"/> Yes | <input type="radio"/> No |
| Hitting, slapping, kicking, beating or using a weapon on you | <input type="radio"/> Yes | <input type="radio"/> No |
| Harming children | <input type="radio"/> Yes | <input type="radio"/> No |
| Harming pets or animals | <input type="radio"/> Yes | <input type="radio"/> No |
22. How many days per week do you engage in physical activity for at least 30 minutes?
 0 days a week 3-4 days a week Temporary 1-2 days a week 5 + days a week
23. How many days per week do you eat at least 5 servings of fruits and/or vegetables?
 0 days a week 3-4 days a week 1-2 days a week 5 + days a week
24. How would you describe your weight?
 Very underweight Slightly underweight About right Slightly overweight
 Very overweight
25. Which of the following are you trying to do about your weight?
 Lose weight Gain weight Stay the same weight
 I am not trying to do anything about my weight
26. During the **past 30 days**, did you (fill in all that apply):
 Diet to lose weight or to keep from gaining weight
 Exercise to lose weight or to keep from gaining weight
 Vomit, or take laxatives to lose weight or to keep from gaining weight
 Take diet pills to lose weight or to keep from gaining weight
27. During the **past 30 days**, how many times did you have 5 or more alcoholic drinks on the same occasion (i.e.. at the same time or within a couple of hours of each other)?
 Almost every day 2-3 times a week Once a week Once a month or less Never
28. Have you ever wanted help for alcohol use problems? Yes No
29. Has alcohol use had a harmful effect on you or a family member in the past two years? Yes No
30. Have you ever wanted help with a prescription or non-prescription (over the counter) drug abuse problem?
 Yes No

31. Has prescription or non-prescription (over the counter) drug use had a harmful effect on you or a family member in the past & years?
 Yes No
32. Do you:
 Own your home Rent (nonsubsidized)
 Live in another's home or apartment Live in subsidized housing
 Live in an assisted living facility Live in a nursing home
33. Are you the primary caregiver for (fill in all that apply):
 a child under the age 18 a disabled child under the age 18
 an older adult no one, **if so skip to question #34**
- 33a. On average, how much time does care giving take away from your working hours or other major activities?
 None Less than 5 hours a week 5-10 hours a week More than 10 hours a week
- 33b. If you have care giving responsibilities, do you have adequate resources to effectively cope?
 Financial Yes No
 Family Support Yes No
 Respite Care availability (paid) Yes No
- 33c. As a care giver do you receive services from any of the following?
 Home Health Care Yes No
 Senior Day Care Yes No
 Assisted Living Yes No
 Other long-term care Yes No
 Senior Centers Yes No
 Respite Care Yes No
34. Do you receive help **from** a care giver? Yes No
- 34a. Is the care giver (fill in all that apply):
 Family Volunteer Paid Temporary Non-Family Long-Term
 No help received
35. If you or anyone in your household needs help performing any of these tasks, please indicate whether you have care giver support, a special device that helps you with everyday tasks (assistive technology), or both. (Fill in all that apply)
- | | | | |
|---|--|--------------------------------------|---|
| <input type="radio"/> Bathing | <input type="radio"/> Dressing | <input type="radio"/> Transportation | <input type="radio"/> Getting in & out of bed |
| <input type="radio"/> Getting around inside | <input type="radio"/> Managing money | <input type="radio"/> Toileting | <input type="radio"/> Eating |
| <input type="radio"/> Taking medications | <input type="radio"/> Light housework | <input type="radio"/> Laundry | <input type="radio"/> Telephoning |
| <input type="radio"/> Meal preparation | <input type="radio"/> Grocery shopping | | |

Please write-out your comments

What is healthy about our community? What is unhealthy about our community?

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

What healthcare services do you currently travel out of town to use?

If those services were available locally, would you use them?

What non-healthcare facilities/services do you use that are not available in the De Smet community?

If those services/facilities that you listed above were available locally, would you use them?

What are some projects you would like to see addressed as a result of this study?

Demographic questions:

36. Sex: Female Male
37. Age Category:
 18-24 years old
 25-34 years old
 35-44 years old
 45-54 years old
 55-59 years old
 60-64 years old
 65-74 years old
 75-84 years old
 85 years and over
38. Height (without shoes): _____ Feet _____Inches
39. Weight (without shoes): _____ lbs.
40. What is your current marital status?
 Married Divorced Never Married Widowed Other
41. Do you live (fill in all that apply)
 With your spouse With your partner With a relative (children, parents, etc.)
 With a non-relative Alone In a home with more than one family to save money
 I have no permanent home (homeless)
42. How many people live in your household (including yourself)? _____
43. Household income:
 Less than \$11,000 \$11,000-\$14,499 \$14,500-\$18,499 \$18,500-\$21,999
 \$22,000-\$25,999 \$26,000-\$29,499 \$29,500-\$33,499 \$33,500-\$37,499
 \$37,500-\$49,999 \$50,000-\$74,999 \$75,000-\$99,999 \$100,000-\$149,999
 \$150,000-\$199,999 \$200,000 or more
44. Race or ethnic origin (fill in all that apply):
 White Asian Black or African American Hispanic or Latino
 American Indian or Alaskan Native Native Hawaiian or Other Pacific Islander Other
45. What was the highest grade you completed in school?
 grade 6 grade 8 High School graduate GED
 2 year college degree 4 year college degree Post Graduate degree
46. Zip Code: _____

Priority Health Issues - Scoring by Criteria

Please score the following health issues based on each stated criteria using a 1-5 scale, with "1" indicating the lowest score for significance, feasibility, or probability and "5" indicating the highest score.

CRITERIA	IDENTIFIED HEALTH ISSUES								
	Water Quality	Alcohol Use	Physical Activity	Cancer Rate	Access to Specialists	Cost of Healthcare	Wellness/ Screenings	Fruit/ Vegetable Consumption	Difficulty Obtaining Healthcare
Size <i>Number of persons affected (incidence and/or prevalence)</i>	5	3	5	5	4	5	4	5	1
Seriousness <i>Level of severity as indicated by morbidity or mortality rate, economic and/or social impact</i>	3	5	5	5	2	5	5	5	4
Economic Feasibility <i>Costs of internal resources and potential costs of external resources</i>	1	1	5	3	2	1	4	3	3
Potential for Impact <i>Can we make an important contribution? Do we have available expertise and time for planning, implementation, & evaluation?</i>	4	1	5	1	3	2	5	3	2
Availability of Community Assets <i>Existing programs already addressing health issue</i>	5	4	5	4	5	4	5	4	5
Need Due to Limited Community Assets <i>Limited or non-existing programs addressing health issue</i>	1	2	1	2	1	2	1	2	1
Probability of Success <i>How likely is it that we can achieve our goal?</i>	4	1	4	2	5	2	3	2	2
Value <i>Subjective measure that indicates importance</i>	5	3	5	5	4	4	5	3	3
TOTAL SCORE: (Maximum of 40)	28	20	35	27	26	25	32	27	21

Priority Health Issues - Scoring by Criteria

Please score the following health issues based on each stated criteria using a 1-5 scale, with "1" indicating the lowest score for significance, feasibility, or probability and "5" indicating the highest score.

CRITERIA	IDENTIFIED HEALTH ISSUES								
	Difficulty Accessing Comm. Resources	Inadequate Coping Resources	Domestic Abuse						
Size <i>Number of persons affected (incidence and/or prevalence)</i>	5	5	4						
Seriousness <i>Level of severity as indicated by morbidity or mortality rate, economic and/or social impact</i>	3	4	4						
Economic Feasibility <i>Costs of internal resources and potential costs of external resources</i>	2	2	3						
Potential for Impact <i>Can we make an important contribution? Do we have available expertise and time for planning, implementation, & evaluation?</i>	2	2	2						
Availability of Community Assets <i>Existing programs already addressing health issue</i>	2	1	4						
Need Due to Limited Community Assets <i>Limited or non-existing programs addressing health issue</i>	5	5	3						
Probability of Success <i>How likely is it that we can achieve our goal?</i>	2	2	2						
Value <i>Subjective measure that indicates importance</i>	2	2	4						
TOTAL SCORE: (Maximum of 40)	23	23	26						

