

OSCEOLA COMMUNITY HOSPITAL



"The Hospital with a Heart"

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2016 Community Health Needs Assessment

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EXECUTIVE SUMMARY

During fiscal year 2015 - 2016 a Community Health Needs Assessment (CHNA) was conducted by Osceola Community Hospital for the approximately 12,000 people residing in the hospital's primary service area. The Osceola Community Hospital serves all of Osceola County, the eastern half of Lyon County and the southern edge of Nobles County, Minnesota. The communities located in this geographic area include but are not limited to: Sibley, Ocheyedan, Melvin, Harris, Lake Park, Ashton, Little Rock, George, Sheldon and Boyden in Iowa, and Bigelow, Rushmore, and Worthington in Minnesota.

CHNA are a tool used to help communities assess their strengths as well as their weaknesses. The process allows the community to better understand its capacity and the overall use of resources by its residents. It is also the foundation for improving and promoting the health of the community. CHNAs are a key step in the continuous community health improvement process. The role of the process is to identify factors that affect the health of a population and determine the availability of resources within the community to adequately address these factors and health needs.

The CHNA is also a part of the required hospital documentation of "Community Benefit" under the Affordable Care Act. Non-profit hospitals are required to conduct CHNAs to help them determine community benefit programs for the future. Further explanation and specific regulations are available from Health and Human Services, the Internal Revenue Service and the U.S. Department of the Treasury.

In order to comply with the established regulations Osceola Community Hospital completed the following:

- CHNA report, compliant with IRS – Treasury;
- Gathered information needed to complete the IRS – 990h schedule; and
- Developed an implementation strategy to address the community health needs identified during the assessment process.

Purpose

Osceola Community Hospital will conduct a CHNA every three years to evaluate the health of the community, identify high priority needs and develop strategies to address the needs of the community. The hospital also has a contract with Osceola County to provide public health services and works closely with the public health department in conducting the public health needs assessment.

In 2015 - 2016 the two entities conducted the Community Needs Assessment together. This collaboration added additional resources and facilitated greater cooperation in identifying community health needs. Each of the partners shares a commitment and plays a significant role in the community's health and overall well-being. The 2015-2016 Osceola Community Hospital health needs assessment represents a combination of quantitative and qualitative information based on census data, technical data and focus group feedback from community organizations, leaders, consumers and health professionals. Local data was compared to state, national and benchmark information. The results of the CHNA surveys were reviewed and tabulated. Seventeen focus groups

were given the surveys with 191 people responding to the questionnaire. The CHNA committee discussed the primary and secondary data findings and after careful consideration of all the data and completing the prioritization process, the following top health need priorities were identified:

- Access to health care (mental health, and dental)
- Health improvement and promotion
- Memory care
- Transportation

This report summarizes the results of the analysis.

Description of Osceola Community Hospital

Osceola Community Hospital is a locally owned, private, nonprofit, health care organization located in Sibley, Iowa. The hospital provides inpatient, outpatient and community health services to the citizens of Osceola County and the surrounding area. Services offered include general medical care, surgical care, obstetrical care, emergency care, and child development services.

Osceola Community Hospital is licensed by the Iowa Department of Health as a Critical Access Hospital with 25 acute care beds. The hospital is part of the Avera Health System through a management contract with Avera McKennan Hospital & University Health Center in Sioux Falls, S.D.

The mission of Osceola Community Hospital is to enhance and improve the quality of life of the population it serves, to be the area's premier health care service provider, and to have a positive impact on the lives of the people and community it serves.

Many updates to the facility, equipment and service lines have been accomplished through the years. In recent years major additions have included the Physicians' Office Complex (in 2015-2016 the Physicians Clinic underwent a remodeling project), the Heartwood Heights Senior Independent Living/Assisted Living apartment complex, a new state-of-the-art Wellness/Rehab Center and a community-wide child care center, the only licensed child care center in the county.

An active medical staff offering excellent comprehensive care includes four family practice physicians, three general surgeons, and a radiologist. A highly trained, dedicated and motivated support staff of health care professionals serves the hospital and supports the work of the outstanding physician base. Consulting services and outpatient specialty clinics are provided by 15 specialists that include the medical specialties of orthopedics, cardiology, urology, podiatry, oncology, ENT and ophthalmology. The hospital is currently home to a 16-slice CT (computed tomography) scanner, the first of its kind in the Sibley area.

Osceola Community Hospital's vision for the future continues the spirit of innovation and progress that has defined excellence in meeting the health care needs of the community. A four-phase addition and renovation plan was completed to carry out the hospital's reputation of excellence and innovation built over the last 51 years, and serve future generations. To a large degree the future of Osceola Community Hospital is dependent upon the establishment, sustenance, and longevity of primary care and specialized care physicians. An updated, state-of-the-art facility is crucial to continue to attract and retain the excellent physician base that exists today. The state of the art facility has created general surgical opportunities to attract specialty services such as orthopedic surgery for knee and hip replacement, ophthalmology for cataract surgery, ENT, and Bariatric services. The addition and renovation are not only important for physician recruitment, but also aid in retaining the current medical staff. Many citizens consider ready access to excellent, high-quality health care a primary consideration in a decision to move to Osceola County or to remain in the area. The growth and vitality of the community is directly related to the quality and availability of health care services, including an excellent

hospital. The economic force of Osceola County will only continue to improve as a result of the increased services made available to the public. Since its inception 51 years ago, Osceola Community Hospital has developed into an outstanding, independent, locally owned, non-tax supported, and community health care facility in the state of Iowa. The constant support of Osceola County residents and the surrounding communities has been a key factor in this success. The hospital has a long reputation of meeting the community's health care and wellness needs through continuously updating and improving health care services and programs to ensure a state-of-the-art facility is available to the citizens of Osceola County. In order to have health care services for the future, it is necessary to stay up to date, keep moving forward and remain at the forefront of medical advances.

Description of Community

Osceola Community Hospital is located in Sibley, Iowa. The City of Sibley is the largest city in Osceola County, and serves as a trading center for the surrounding agricultural area. Osceola Community Hospital defines its primary service area as Osceola County and portions of Lyon County, Iowa, and Nobles County, Minnesota Counties. In 2015 Osceola Community Hospital discharged 230 medical surgical patients, 53 skilled patients, 23 OB patients, 7 acute hospice patients, and 1 respite hospice patient for a total of 314 patients. The data indicated that 272 patients or 72 percent of Osceola Community Hospital's patients reside in Osceola County, 41 patients or 11 percent reside in Lyon County, and 30 patients or 8 percent reside in Minnesota. In addition, 28 patients came from the various counties within the state of Iowa such as, Cherokee, Dickinson, O'Brien, Polk and Sioux, while six patients came from surrounding states of Missouri, South Dakota, Colorado, and Tennessee. The primary service area is rural in nature and covers about 40 to 50 square miles. Osceola County has a strong agricultural base which is augmented by its exceptional medical community, healthy retail community, thriving industrial base, excellent schools, and numerous churches. The 2010 census recorded a population of 6,462 in Osceola County, with a population density of 16.2048/sq mi (6.2567/km²). By 2014 the population was estimated at 6,193 a 4.2 percent decrease in two years. There were 2,990 housing units, of which 2,682 were occupied

Table 1: US Census Bureau State & County Quick Facts – Population 2015

Population Variable	Osceola	Lyon	Nobles, MN	Iowa
Population Estimate (2015)	6218	11,683	21,590	3,107,126
Under 5 Years Old	6%	7.3%	8.1%	6.3%
Under 18 Years Old	23.2%	28.1%	26.4%	23.4%
65 years of age and older	20.2%	16.9%	15.7%	15.8 %
Female	49.40%	49.8%	48.6%	50.3%

*Source U.S. Census Bureau: State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners

Table 2: Racial/Ethnic Composition for the Osceola Community Hospital Service Area

Race	Osceola	Lyon	Nobles, MN	Iowa
White	97.5%	98.3%	86.2%	92.1%
Black/African American	0.40%	0.30%	4.4%	3.4%
Native American/Alaska Native	0.40%	0.30%	1.4%	0.50%
Asian	0.60%	0.30%	6.4%	1.7%
Hispanic/Latino	6.80%	2.7%	26.3%	5.6%

*Source U.S. Census Bureau: State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners

Table 3: Social & Economic (SES) Factors: Income, Poverty level & Education for Osceola Community Hospital Service Area

Income/Education	Osceola	Lyon	Nobles, MN	Iowa
Median Household Income	\$50,700	\$54,344	\$50,340	\$52,716
Living Below Poverty Level 2015	9.1%	7.9%	13%	12.4%
Children in Poverty	13.8%	11.6%	16.1%	16.1%
High School Graduation	86.3%	89.10%	78.7%	91%
Bachelor Degree	14.4%	17.6%	14.5%	25.7%
Unemployment	2.6%	1.9%	3.5%	3.4%

*Source U.S. Census Bureau: State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners

Table 4: Business Quick Facts for Osceola Community Hospital Service Area

Business Quick Facts	Osceola	Lyon	Nobles, MN	Iowa
Private Nonfarm Establishments	183	389	616	80,851
Private Nonfarm Employment	1,526	3,344	9,392	1,305,216
Private Nonfarm Employment Percent Change	3.2%	-2.2%	3.3%	0.9%
Non Employer Establishment	468	983	1,284	203,763

*Source U.S. Census Bureau: State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners

TABLE 5: Geographical Location Facts

Business Quick Facts	Osceola	Lyon	Nobles, MN	Iowa
Land Area in Sq. Miles	398.68	587.65	715	55,857.13
Persons in Sq. Miles	16.2	19.7	29.9	54.5
FIPS Code	19143	19119	27105	19

*Source U.S. Census Bureau: State and County Quick Facts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, County Business Patterns, Nonemployee Statistics, Economic Census, Survey of Business Owners

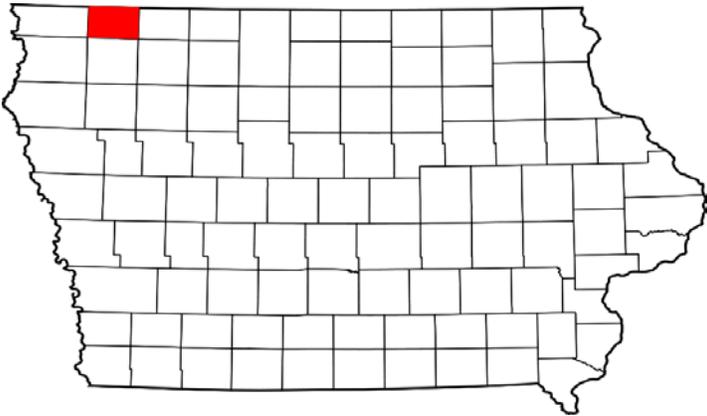
Research has demonstrated a strong relationship between socio-economic status and increased risk of being affected by health disparities. A person’s health status is as much a product of education, financial resources, and social status, as it is of genetic make-up, personal life styles, and exposure to disease. Whether assessed by income, level of education, or occupation, the socio-economic status clearly predicts the health status of an individual.

Healthy People 2020 define a health disparity as “a particular type of health difference that is closely linked with social, economic and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion”. A higher income level provides individuals with a means to purchase health insurance, and ensures access to health care on a consistent basis. Education has a direct impact on an individual’s professional development and career opportunities, which influences access to healthcare coverage. Occupational health status has a significant impact on the health status of an individual especially since research has demonstrated that employed persons have better health than those unemployed. The three main determinants that influence health include: behavior and lifestyle, environmental exposure, and healthcare. Behavior and lifestyles play a significant role in the health of people. Limited access to health insurance and preventative services creates a health disparity.

Where we are located:



Iowa's location within the United States.



Location of Osceola County in Iowa.



Location of cities within Osceola County.

How Strategy & Plan Developed:

Who was Involved with the Assessment

The assessment was conducted by Osceola Community Hospital and Osceola Community Health Services, which also provided the financial and in-kind support for the assessment process. Since the greatest portion of the organization's patient and customers reside in Osceola and Lyon counties, focus groups and paper surveys were taken to six surrounding towns of Harris, Melvin, Ocheyedan, Ashton, Little Rock and George, all in Iowa. A paper survey was handed out to participants at the hospital and various congregate places, and focus groups were conducted in each community. For the 2015-2016 Community Needs assessment there were seventeen focus groups and a total of 190 surveys completed. Special attention was taken throughout the primary data collection process to ensure the hospital's assessment took into account input from persons who represented the broad interests of the community, including those with special knowledge and expertise in public health.

The focus group participants included representatives from the medical community and civic organizations, business owners, farmers, public health officials, EMTs, firefighters, city and county officials, Sibley-Ocheyedan school personnel, mental health providers, Osceola County Sheriff's Office personnel, domestic abuse counselors, substance abuse and mental health counselors, Ministerial Association members, Board of Trustee members, patients, and people representing the uninsured and underinsured population. In addition, a focus group was held for staff from Osceola Economic Services. This service cares for people living with disabilities. Many of the clients were unable to read the survey. One on one conversations were conducted with twelve individuals, which provided valuable input and information from the disabled members of the community. All age groups were represented in the focus groups.

Osceola Community Hospital reached out to a growing Hispanic population with surveys and focus group representation.

How was the Assessment Conducted

In September of 2015 the hospital CEO, Administrative Assistant, DON, and Osceola County Public Health Nurse attended training sponsored by the Iowa Hospital Association for conducting a CHNA. Instruction was provided by the Iowa Department of Public Health and Iowa Hospital Association.

Data was compared to statewide data as well as national data and benchmarks. The results of the CHNA surveys and focus groups were reviewed and tabulated and shared with the CHNA committee. The committee also considered Osceola Public Health CHNA results, Centers for Disease Control youth behavior survey, Office of Adolescent Health Iowa Youth Survey, Osceola Community Hospital discharge status and ER top diagnoses U.S. Census Bureau Census of Population & Housing, County Health Rankings and Roadmaps, Healthy Iowans report by the Iowa Department of Public Health, MEDITECH, and <http://www.worldlifeexpectancy.com/usa/iowa>.

Health Needs Identified

Review and analysis of the data gathered from the CHNA survey, focus groups and Osceola County Public Health CHNA identified possible areas of focus. In addition we learned that people had very positive feelings toward the community and area in which they live. Many of the healthy effects that our community experiences and values are the hospital, physicians, wellness center, day care center, assisted living, specialty physicians, youth programs, recreation, and educational programs. In addition, the community felt safe and commented on how clean the area is.

Needs and concerns expressed by the community included addressing the unhealthy lifestyle choices, such as underage drinking, people not vaccinating their children, chemicals on lawns. A continually growing need for transportation, mental health services, population issues, and memory care were also discussed. Obesity and heart health are a continuing concern. Osceola County ranks first for the evidence of heart disease. The county's obesity rate is 31 percent; and the state of Iowa's obesity rate is 30 percent.

Prioritization Process

Prioritization is an important process for determining the most significant needs and what should be done to identify the health needs of the community. Information from the community and focus groups were reviewed to determine community health needs. Common themes were identified. Factors considered when prioritizing health needs included:

- Cost/return on investment
- Availability of solutions
- Likelihood of success
- Impact of health programs in the community
- Access of resources to address the problems
- Urgency of the problem
- Number of individuals affected by the problem

Once common themes from the data analysis were identified, and the top seven themes were placed into a prioritization template which allowed the committee to score them based on the significance of each need. Criteria included size, seriousness, economic feasibility, potential for impact, availability of community assets, need due to limited community assets, probability of success and value of the presented themes. The committee scored the health issues based on the criteria using a 1-5 scale with "1" indicating the lowest score for significance, feasibility or probability and a "5" indicating the highest score, with a maximum score possible of 40. From this process the top needs facing the community were identified as obesity, heart disease, mental health, need for additional physicians, dementia or memory care.

Community Assessment Identified – Providing Access

The community often looks to Osceola Community Hospital to impact the overall health and quality of life in Osceola County and the surrounding areas. Through the CHNA survey, participants had the opportunity to provide feedback related to how the organization could help provide community-building activities to improve the overall

health and quality of life in the community. Survey participants identified memory care (dementia), mental health services, transportation, dental care, a need for additional health promotion and wellness programs, heart disease, obesity and prevention, and immunizations.

Health Care Resources

Hospital care - Hospital inpatient, outpatient and observation services provide an average daily census of 5.6 acute and skilled patients.

Staffing for the hospital consists of at least two RNs on each shift with additional LPNs for patient care. All registered nurses are certified in advanced cardiac life support (ACLS). All have completed the trauma nurse core course (TNCC), all are pediatric advanced life (PALS) and neonatal (NRP) certified.

Osceola Community Hospital provides 24-hour services/care for medical, surgical, obstetrical, pediatric, newborn and swing-bed patients. A care transitions program is in place as an extension of the hospital stay to prevent readmissions for targeted diagnosis and for those patients assessed at high risk for readmission.

Osceola Community Hospital offers a "Hospital to Home" visit free of charge for any inpatient that has been in our hospital. The local home health agency does these follow-up visits. This service is also helpful in preventing readmissions for patients.

The facility is certified as a Level 4 trauma service. It is fully integrated with eEmergency, and eConsult (telemedicine).

Osceola Community Hospital has two operating suites, accommodating general surgery, orthopedic, ENT and ophthalmology surgery. The hospital has a full service laboratory (chemistry, hematology, blood gases, drug screen and blood banking).

Radiology provides on-site digital mammography, 16-slice computerized tomography (CT), bone density testing (DEXA), ultrasound and general radiology. Mobile services provide magnetic resonance imaging (MRI), nuclear medicine and position emission tomography (PET).

The hospital's full-service rehab department offers cardiac and pulmonary rehab, physical therapy, occupational therapy and speech therapy are offered, as well as outreach service for sleep studies, vascular and nuclear studies. The hospital also has an ostomy nurse who provides weekly outreach services to our patients.

In the last year the hospital has added bariatric surgery to the services we offer. In addition a Non-Surgical Laser Procedure for Varicose Veins called Non-surgical VenaCure EVLT is also now available.

Osceola Community Hospital has a Medicare-certified diabetic education program that provides educational and health maintenance support for diabetic patients. Outreach clinics are offered monthly. These clinics include cardiology (stress testing), oncology (chemotherapy), urology, ENT, ophthalmology, cataract surgery, podiatry, and orthopedics (total joint surgery and knee arthroscopie).

Osceola Community Health Services - Home health care, hospice and a variety of public health services are offered to the residents of Osceola County in a 20-mile radius of Sibley, Iowa. Osceola Community Health Services is a department of Osceola Community Hospital and functions within a contractual agreement with the Osceola County Board of Supervisors to provide public health services. The agency accepts reimbursement from Medicare, Medicaid, commercial insurance, and receives grants and is also subsidized by local county funding and by the local hospital.

Wellness Center - Osceola Community Hospital has a wellness center open to the public. All members are encouraged to wear a Polar heart monitor while exercising at the center. This information can be downloaded and given to the physician for evaluation. On staff we have a personal trainer who is accredited by the American College of Sports Medicine in exercise physiology. We are a wellness model and want to educate people on target heart rates and the proper way to exercise.

The center has cardio and strengthening equipment and a therapeutic pool. Classes are offered on yoga, exercise balls, circuit, Zumba and aerobics. We have a licensed massage therapist and trained wellness coaches on staff, as well as a weight loss program with trained coaches. A dietician is available for consultation.

Senior Living –There is a 22-bed assisted living complex attached to the hospital. The apartments are one or two bedrooms, with community dining and socialization activities. As needs of the residents arise, additional services are available (home health nurse, aide, laundry and additional meals). All residents wear a Lifeline for emergency assistance.

Primary care - Avera Medical Group of Sibley offers primary care with four full-time licensed physicians on staff. Recruitment and retention of medical providers in rural areas is of concern and strategies related to recruitment and retention are on-going.

Meals on Wheels - Volunteers deliver meals to the senior citizens to private homes Monday – Friday. An average of twenty residents use these services. This service is currently provided through contract by Homeplate, Inc.

Dinner Date- A nutrition program provided by Iowa Area Agency on Aging, offering the older residents a noon meal. Sibley has dinner date available Monday through Friday and have between 16 – 30 persons attend daily. Ashton has dinner date once a month in their community while Melvin has service one day a week. Ocheyedon has dinner date twice weekly.

Counseling services – Services are provided in cooperation with Sanford Sheldon, Seasons Center Mental Health and Atlas of Osceola County.

Prevention of Depression / Suicide Coalition Osceola County Members-
Osceola County Sheriff's Department, Osceola County Ministerial Association, ATLAS of Osceola County, Mental Health Counselors, Compass Pointe, Family Crisis Centers, Osceola County CPC, Osceola County Board of Supervisors, Seasons Center for Behavioral Health, Northwest Iowa Mental Health Advocate, Northwest Iowa Community College, Jurens Funeral Homes, Step by Step Counseling/Ministries, Department of Human Services-Iowa, Osceola Community Health Services, Osceola Community Hospital, Sibley-Ocheyedan Community Schools, Upper Des Moines Opportunity, Inc., ISU Extension and Outreach

Thrift Store Services – The hospital owns and operates a thrift store in the community. Its mission is to help the children of the community and people in need. Proceeds subsidize the child care center. The store also donates unsold items to the Goodwill or the YMCA, plus 30 other charities.

Osceola Ministerial Association - Clergy from all churches in the community meet on a monthly basis. This group has an established benevolence fund that can provide assistance for fuel, transportation, lodging, medical and other identified needs.

Sibley Chamber – Representatives from businesses in the Sibley area meet monthly to support the community and each other. The Chamber is a driving force for activities such as community celebrations and special events. Annual dues support their activities.

Public Safety - Osceola County Sheriff's Office, Iowa Highway Patrol, and Osceola County Volunteer Fire Departments collaborate to provide for public safety

Health Services in Neighboring Counties

Neighboring O'Brien County has two hospitals. One hospital is 20 minutes and one is 32 miles from our community. In Nobles County, Minnesota there is one hospital which is 25 miles from our facility. Lyon County in Iowa is 24 miles away and has one hospital. The hospitals in O'Brien and Lyon counties are Critical Access Hospitals. We are 60 miles from Sioux Falls, S.D. where Avera McKennan and Sanford are both tertiary referral hospitals.

Ambulance Services

The ambulance service in Osceola County is an all-volunteer service. The five towns in Osceola County that have ambulance service are Sibley, Melvin, Ashton, Ocheyedan and May City. The crew in Sibley has one RN exempt, one paramedic, and 11 EMT's. Melvin has one EMT and one First Responder. Ashton has one RN exempt, six EMT's, and one First Responder. Ocheyedan has four EMT's and three First Responders. May City has two EMT's and one First Responder.

The service completes about 423 calls annually. Each ambulance is equipped with a Life Pak 12. The Osceola County ambulance is fully integrated with the service and provides billing and financial oversight.

Osceola County now has a transport ambulance service available, which is based out of Sheldon, Iowa located 20 miles from our hospital. They are available 24 hours a day for transport to other facilities. They are staffed with EMT's and paramedics.

Actions since the 2013 CHNA

Osceola Community Hospital has successfully recruited health care providers. Our family practice providers joined the Avera Medical Group; one general surgeon was recruited as well as an ophthalmologist and urologist.

The family practice provider has increased access to primary care in our community.

Since the surgeon joined the staff our inpatient and outpatient surgeries have increased and the number of colonoscopies we perform. New procedures have also been added to the surgery schedule. For example the ophthalmology clinic allows patients to be seen in our community and have their cataract surgery done here.

Health Improvement and Promotion was a goal set forth in 2013 CHNA. In Osceola County heart disease was the number one cause of death. We did education and blood pressure screenings in all the communities we serve. We continue to do monthly blood pressure screenings at the Wellness Center. We have had education for the public on risk factors of heart disease, symptoms of a heart attack, nutrition, exercise, and diabetes. We will continue with this in the future.

Mental Health Services

We continue to work with mental health providers in the area to increase access and improve services. This will be an ongoing project for us.

Action Plan

Access to Health Care

Ensure community members; including uninsured and underinsured have access to primary care providers. The hospital has been successful in recruiting two primary care physicians since the last community needs assessment. Strategies are in place to continue to recruit primary care physicians. The hospital has also recruited a general surgeon, and continues to recruit for a general surgeon. The hospital partners with Avera Medical Group Sibley in recruitment efforts for the only primary care clinic in Osceola County. The county was designated a HSPA shortage area in 2010 for primary care.

Mental Health Services/Counseling/Support Groups

Osceola Community will continue to develop strategies for provision of mental health services in the community.

The hospital has been working with the Northwest Iowa Care Connections Mental Health and Disability Service to enhance services to the clients that are served in this area. Members of the team that have met to discuss needs are law enforcement, hospital personnel, regional service providers, Governance Board representatives and the regional staff. Three priorities came out of these meetings: 1. Improved behavioral health access services in our local county jails and local hospital emergency rooms. 2. The need for mobile crisis services to “aid in place”. 3. Increased access to inpatient psychiatric facilities when needed. This group will continue to work on these issues.

The hospital has partnered with Season’s community Mental Health Center to have clinics in our hospital and will continue to partner with them to improve services for our population.

Our county was ranked high in suicide and community partners felt there was a great need to educate residents of all ages in depression symptoms and suicide prevention and coping strategies for citizens. A coalition was formed to pursue the promotion of wholeness and health to decrease depression and suicidal tendencies within the area through various means of awareness and educational opportunities.

The hospital is capable of doing a mental health screening per eEmergency, and will explore further telemedicine capabilities.

Compass Point has done evidenced based programs which focuses on life skills and substance abuse for 5 -7th graders in the Sibley Ocheyedon schools. The hospital will work with this group in providing education to the adults in our community through Lunch and Learns.

The hospital CEO and Director of nursing are planning on visiting a Senior Life solutions program offered at a critical access hospital in Iowa. This program serves individuals over age 65 and it aims to provide assistance to people who are dealing with emotional or behavioral issues often related to aging. Some of these issues are loss of loved ones, stresses of age, related to health concerns and diminished self-esteem.

Osceola Community Hospital will continue to explore partnerships with Avera Behavioral Health in Sioux Falls, Seasons Community Mental Health, Spencer Hospital Mental Health Unit, Mercy Behavioral Health, Sioux City, Compass Point, Creative Living Center, Rock Valley to promote mental health services and counseling in the rural setting.

Health Improvement and Promotion

Osceola Community Hospital will continue to engage community members in activities that are health. The hospital will partner with community groups to promote health reduce obesity and prevent disease in our service area. Awe will educate businesses on the importance of wellness prevention programs that are in place in the community. In 2016 the hospital will partner with Iowa State Extension to offer a four week class "Latinos Living Well". Latino families will learn how to improve their health and stay fit during these sessions. These classes focus specifically on Latino families, the food they eat and their daily activities. Our area has seen an increase in the Latino population and wants to reach out to them.

In the latest census Osceola County had 6.8 % Latino's compared to 5.6% in the state. The Osceola Community Hospital Wellness Center will continue to offer programs for all ages. A four week class will be offered to the 5th and 6th graders on fitness and good nutrition. The Wellness Center will offer challenges for all ages in the coming months. The Wellness Center has recently offered corporate rates to the businesses in our area to encourage participation at the Wellness center.

It was identified that the community would like more information on vaccinations. A lunch and learn is being planned for the future with one of our local physicians presenting.

The number one goal identified by the local Public Health in their CHNA was to promote immunizations to all adolescents served by their agency. They will educate parents and students to promote immunization awareness.

The Osceola Community Hospital will offer education programs for the community on healthy eating and good nutrition and education on staying fit.

Memory Care

Osceola Community Hospital will be a community partner in working with other various local and regional entities to address dementia care including local nursing homes. Dementia care identified as a concern among the area focus groups and the survey. 22% of Osceola County residents are over age 65 as compared to 15.8% across the state of Iowa.

Osceola County Emergency Medical Services

Emergency medical services (EMS) provide care for individuals who have had a sudden or serious injury, illness, or suffered a major trauma. Access to EMS is critical for rural citizens, but providing services is often challenging in rural areas. Our rural area relies on volunteers to staff the ambulance. Meetings have been held with the Osceola Community Hospital, Avera physicians, Osceola Board of Supervisors, EMS and EMT's, board of Supervisors to ensure we have the best possible service for our communities. Communication is essential for this to happen. The hospital will help in recruiting EMT's, first responders and drivers for our local service. If all entries work together we feel we will be able to meet the needs in our area.

Non-Medical Needs

Transportation

The hospital recognizes the transportation need in the community and will be involved with any inter-county public transportation.

There is a local service available within the City of Sibley for transportation. This service runs Monday thru Friday 8 am till 4 pm. This venture is sponsored by the Osceola Community Hospital, City of Sibley, local nursing homes and OES. The average number of people served in our town is 1000 and in the summer that number is greater.

The hospital will be involved in a group to investigate solutions

Needs not being addressed and why

While all identified needs are important, Osceola Community Hospital will not address the following needs as part of its implementation plan. Inter-county public transportation and infrastructural such as improving access to elderly housing, dinner date (meals), adult day care and socialization activities for the elderly.

The community also suggested some service expansion needs. Dialysis will not be pursued as it is not considered an underserved need as access to dialysis centers is available in the neighboring communities of Spirit Lake, Hospers and Worthington, MN.

APPENDICIES

County Health Rankings

The *County Health Rankings* are based on counties and county equivalents (ranked places). Any entity that has its own Federal Information Processing Standard (FIPS) county code is included in the *Rankings*. County Health Rankings only rank counties and county equivalents within a state. The major goal of the *Rankings* is to raise awareness about the many factors that influence health and that health varies from place to place, not to produce a list of the healthiest 10 or 20 counties in the nation and only focus on that. The County Health Roadmaps gathers together local communities, national partners and leaders across all sectors to improve health. The County Health Roadmaps show us what we can do to create healthier places to live, learn, work and play. Counties in each of the 50 states are ranked according to summaries of a variety of health measures. Those having high ranks, e.g. 1 or 2, are considered to be the “healthiest.” Counties are ranked relative to the health of other counties in the same state. In Osceola County a major concern is the clinical care our county receives. The ratio of patients to physicians is 3,224:1 while the ratio of patients to dentists is almost twice at 6,560:1. Access to local health care is top priority in our county. Having available health care resources helps us to achieve the best possible health outcomes. Poor access to health care incurs both personal and societal cost. Overall, the people of Osceola County, Iowa experience a low unemployment rate and low crime rate, but they also have a high obesity rate, and a high rate of physical inactivity.

Table 6:

County Health Rankings in Iowa

	Iowa	Lyon (LY) x	O'Brien (OB) x	Osceola (OS) x	Dickinson (DI) x
Health Outcomes		6	36	54	28
Length of Life		14	60	79	39
Premature death	5,911	4,810	6,593	7,663	5,834
Quality of Life		10	9	11	25
Poor or fair health	11%		7%		12%
Poor physical health days	2.8	1.8	1.7		1.9
Poor mental health days	2.6	1.0	1.7		2.3
Low birthweight	6.8%	6.0%	6.4%		6.0%
Health Factors		8	18	25	33
Health Behaviors		36	25	24	34
Adult smoking	18%	17%			20%

	Iowa	Lyon (LY) x	O'Brien (OB) x	Osceola (OS) x	Dickinson (DI) x
Adult obesity	30%	32%	29%	29%	31%
Food environment index	7.8	8.6	7.9	8.2	8.2
Physical inactivity	24%	28%	23%	26%	24%
Access to exercise opportunities	79%	62%	77%	62%	91%
Excessive drinking	20%	16%	13%		17%
Alcohol-impaired driving deaths	23%	40%	29%	0%	0%
Sexually transmitted infections	370	102	127	145	141
Teen births	30	15	33	25	28
Clinical Care		45	30	53	31
Uninsured	10%	11%	11%	12%	9%
Primary care physicians	1,375:1	3,919:1	2,025:1	3,097:1	1,212:1
Dentists	1,670:1	2,342:1	1,560:1	6,211:1	1,884:1
Mental health providers	904:1	11,712:1	2,809:1		3,391:1
Preventable hospital stays	56	50	47	46	53
Diabetic monitoring	89%	88%	90%	95%	85%
Mammography screening	66.4%	77.4%	65.6%	61.3%	63.6%
Social & Economic Factors		1	19	26	38
High school graduation	89%		91%		90%
Some college	69.1%	69.1%	61.0% <small>Percent of adults aged 25-44 years who attended college</small>	56.8%	72.3%
Unemployment	4.6%	2.6%	3.7%	4.2%	5.2%
Children in poverty	16%	10%	12%	14%	12%
Income inequality	4.2	3.3	4.2	3.7	4.3
Children in single-parent households	29%	13%	19%	19%	31%
Social associations	15.6	28.9	30.3	29.1	21.8
Violent crime	263	239	81	10	58
Injury deaths	59	64	63	56	57
Physical Environment		56	28	47	85
Air pollution - particulate matter	10.9	12.3	12.0	12.4	12.4
Drinking water violations	7%	0%	0%	0%	0%

	Iowa	Lyon (LY) x	O'Brien (OB) x	Osceola (OS) x	Dickinson (DI) x
Severe housing problems	12%	7%	9%	7%	11%
Driving alone to work	80%	80%	73%	76%	78%
Long commute - driving alone	19%	23%	19%	23%	16%

Table 7: Mortality/Chronic Disease Rates

The table below shows the nation's and state percentages and state rankings compared to Osceola County. According to the data, Heart Disease and Suicide ranks high within Osceola County, Iowa (4th & 2nd) in the state.

Source <http://www.worldlifeexpectancy.com/usa/iowa-heart-disease>

Indicator	Osceola	Iowa	United States	State Rank
Heart Disease	257.42	157.28	166.99	4
Cancer	167.74	165.99	161.22	68
Chronic Lung Disease	19.6	47.73	40.45	95
Stroke	58.22	34.05	36.47	9
Accidents	39.08	42.07	40.51	57
Alzheimer's	12.1	29.59	25.44	91
Diabetes	23.7	25.63	20.95	30
Influenza & Pneumonia	12.8	13.68	15.13	86
Suicide	20.22	12.91	12.97	2
Parkinson's	9.16	7.47	7.38	8
Kidney Disease	5.9	7.56	13.21	67
Liver Disease	3.58	8.78	10.43	88
Hypertension/Renal	1.47	7.95	8.17	95
Blood Poisoning	3.12	6.16	10.69	89

*Death rate per 100,000.

**State ranking is from high rate to lowest rate.

Within Osceola Hospital’s Emergency Room Top Diagnoses are as depicted in Table Cardiovascular events, migraines and wounds are the top three encounters in the ER.

Table 8: Emergency Room Data– Top Diagnosis

Rate	2013	2014	2015
1.	Abdominal Pain	Chest Pain	Abdominal Pain
2.	Chest Pain	Abdominal Pain	Chest Pain
3.	Migraine	Migraine	Migraine
4.	Fever	Open Wounds (Finger)	Fever
5.	Lumbago	Headache	Lumbago

Source: Meditech Statistics

Osceola Community Hospital’s top reasons for hospitalizations are as depicted in Table

Table 9: Hospital Discharge Data – Top Diagnosis

Rate	2013	2014	2015
1.	Obstructive Chronic Bronchitis	Rehab. Procedures	Rehab. Procedures
2.	Pneumonia	Chronic Bronchitis	Pneumonia
3.	Cardiovascular	Pneumonia	Single Live Birth
4.	Single Live Birth	Cardiovascular	Chronic Bronchitis
5.	Cellulitis	Single Live Birth	Cardiovascular
6.		Cellulitis	Urinary Tract Infection

Source: Meditech Statistics

Table 10 Inpatient Discharges



Patient Type: Inpatient
Template Name: Discharges, Days and Average Length of Stay (ALOS)
Report Name: SIBLEY
Facility: Osceola Community Hospital, Inc.
Time Period: 2015 Q1 through 2015 Q3

State/County/Zip	Discharges		Patient Days		ALOS
	Count	% of Col.	Count	% of Col.	
Iowa					
Lyon					
51237	20	8.0	86	7.3	4.30
51243	23	9.2	89	7.6	3.87
Lyon Total	43	17.2	175	14.9	4.07
Obrien					
51201	3	1.2	20	1.7	6.67
51248	6	2.4	23	2.0	3.83
Obrien Total	9	3.6	43	3.7	4.78
Osceola					
51232	16	6.4	79	6.7	4.94
51249	123	49.2	580	49.5	4.72
51345	6	2.4	32	2.7	5.33
51350	4	1.6	23	2.0	5.75
51354	15	6.0	75	6.4	5.00
Osceola Total	164	65.6	789	67.3	4.81
Sioux					
51244	1	0.4	6	0.5	6.00
Sioux Total	1	0.4	6	0.5	6.00
Webster					
50501	2	0.8	9	0.8	4.50
Webster Total	2	0.8	9	0.8	4.50
Iowa Total	219	87.6	1,022	87.2	4.67

State/County/Zip	Discharges		Patient Days		ALOS
	Count	% of Col.	Count	% of Col.	
Michigan					
Oakland					
48070	1	0.4	9	0.8	9.00
Oakland Total	1	0.4	9	0.8	9.00
Michigan Total	1	0.4	9	0.8	9.00
Minnesota					
Hennepin					
55429	1	0.4	2	0.2	2.00
Hennepin Total	1	0.4	2	0.2	2.00
Nobles					
56110	1	0.4	4	0.3	4.00
56117	1	0.4	12	1.0	12.00
56119	2	0.8	4	0.3	2.00
56167	2	0.8	5	0.4	2.50
56168	7	2.8	21	1.8	3.00
56187	12	4.8	78	6.7	6.50
Nobles Total	25	10.0	124	10.6	4.96
Redwood					
56083	1	0.4	1	0.1	1.00
Redwood Total	1	0.4	1	0.1	1.00
Saint Louis					
55763	1	0.4	5	0.4	5.00
Saint Louis Total	1	0.4	5	0.4	5.00
Minnesota Total	28	11.2	132	11.3	4.71
Pennsylvania					
Adams					
17350	1	0.4	4	0.3	4.00
Adams Total	1	0.4	4	0.3	4.00
Pennsylvania Total	1	0.4	4	0.3	4.00
South Dakota					
Lincoln					
57108	1	0.4	5	0.4	5.00
Lincoln Total	1	0.4	5	0.4	5.00
South Dakota Total	1	0.4	5	0.4	5.00
Report Totals:	250	100.0	1,172	100.0	4.69

Iowa Youth Survey of Osceola County

From September 29, 2014 through November 7, 2014, the Iowa Department of Public Health (IDPH) collaborated with schools in Iowa to conduct the 2014 Iowa Youth Survey (IYS). The 2014 IYS is the fifteenth in a series of surveys that have been completed every two or three years since 1975. The survey is conducted with students in grades 6, 8, and 11 attending Iowa public and private schools. The IYS includes questions about students' behaviors, attitudes, and beliefs, as well as their perceptions of peer, family, school, neighborhood, and community environments.

Objectives

The 2014 Iowa Youth Survey (IYS) county reports are designed to help local and state-level planners, community agencies, and school personnel identify youth development needs, implement relevant, targeted interventions, and assess outcomes. IYS data can assist in providing a better understanding of students in Iowa and their needs. It can also help to assess the strengths and challenges of schools, families, and communities from the young person's perspective. In addition, IYS data may be used to obtain funding for a wide variety of programs and services. The Iowa Youth Survey has proven to be a valuable resource in youth needs assessment, program development, implementation, and outcome evaluation.

Iowa Youth Survey reports can also help Iowa's counties assess their relative strengths and weaknesses as well as collaborate with community providers to develop programs to meet students' needs. In addition to the county reports, population-specific IYS reports are publicly available. For more information, please check the IYS website:

www.iowayouthsurvey.iowa.gov for the availability of State, Iowa Area Education Agency (AEA), Judicial District, Iowa Department of Public Health Substance Abuse Prevention Service Area, and Trend reports. The total percentages provided in these additional reports, as well as the breakdowns by grade level and gender, can be compared with the respective State of Iowa report percentages to view similarities and differences by region or population.

County Reports

As in previous IYS reports, the 2014 IYS county reports are based on the county of residence reported by students completing the survey. The report data portray the behaviors, attitudes, beliefs, and perceptions of students residing in a county.

The county reports are more subject to sampling error than any of the other IYS reports. The more school districts and non-public schools that participated in the IYS, the more likely the reported percentages are accurate estimates of the attitudes and behaviors of students that reside in the county. The absence of a majority of students from any school district in any county has the potential to produce significant bias, as we do not know if the youth who did not take the survey would have provided similar responses as the youth who did participate. Additionally, students may reside in one county and attend school in a neighboring county. Therefore, some responses may reflect conditions perceived in a school located in a neighboring county and not necessarily perceptions relating to the school(s) located in the student's county of residence. All of these

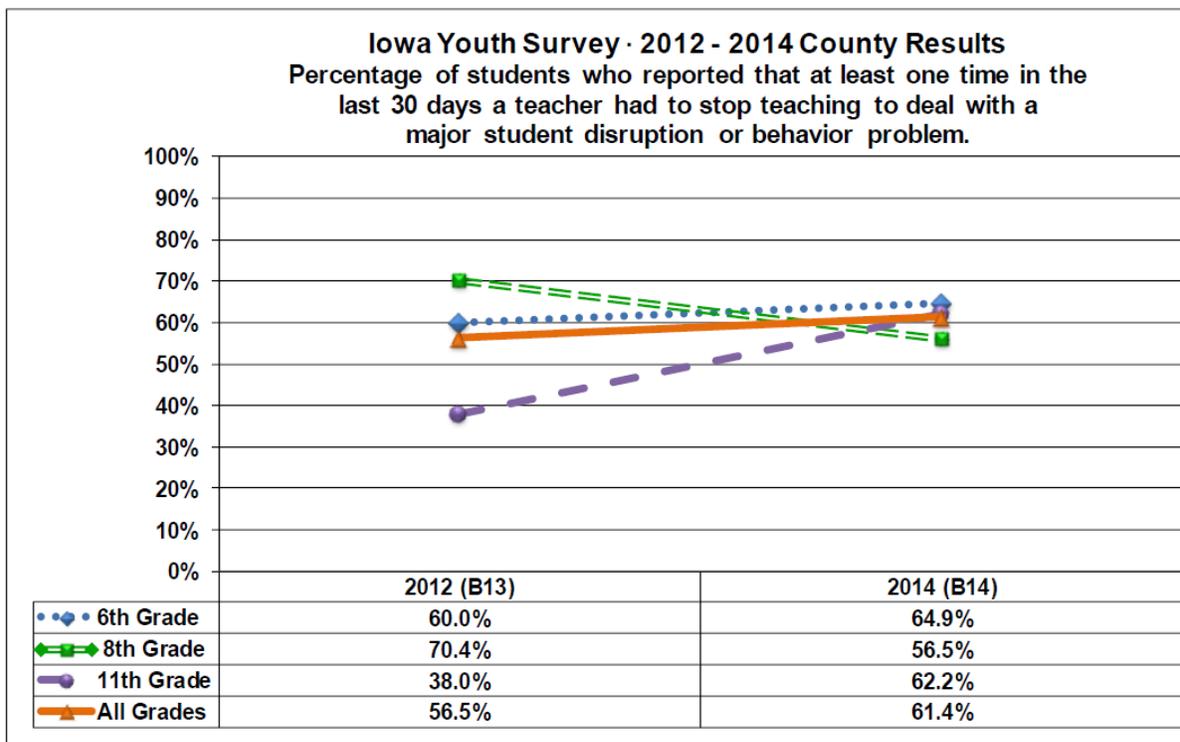
considerations, along with unique county characteristics, should be taken into consideration when comparing county results to state results.

The public school districts and non-public schools identified by students residing in this county are: Harris-Lake Park Community School District, Hartley-Melvin-Sanborn Community School District, Sheldon Community School District, and Sibley-Ocheyedan Community School District.

DATA FOCAL POINTS:

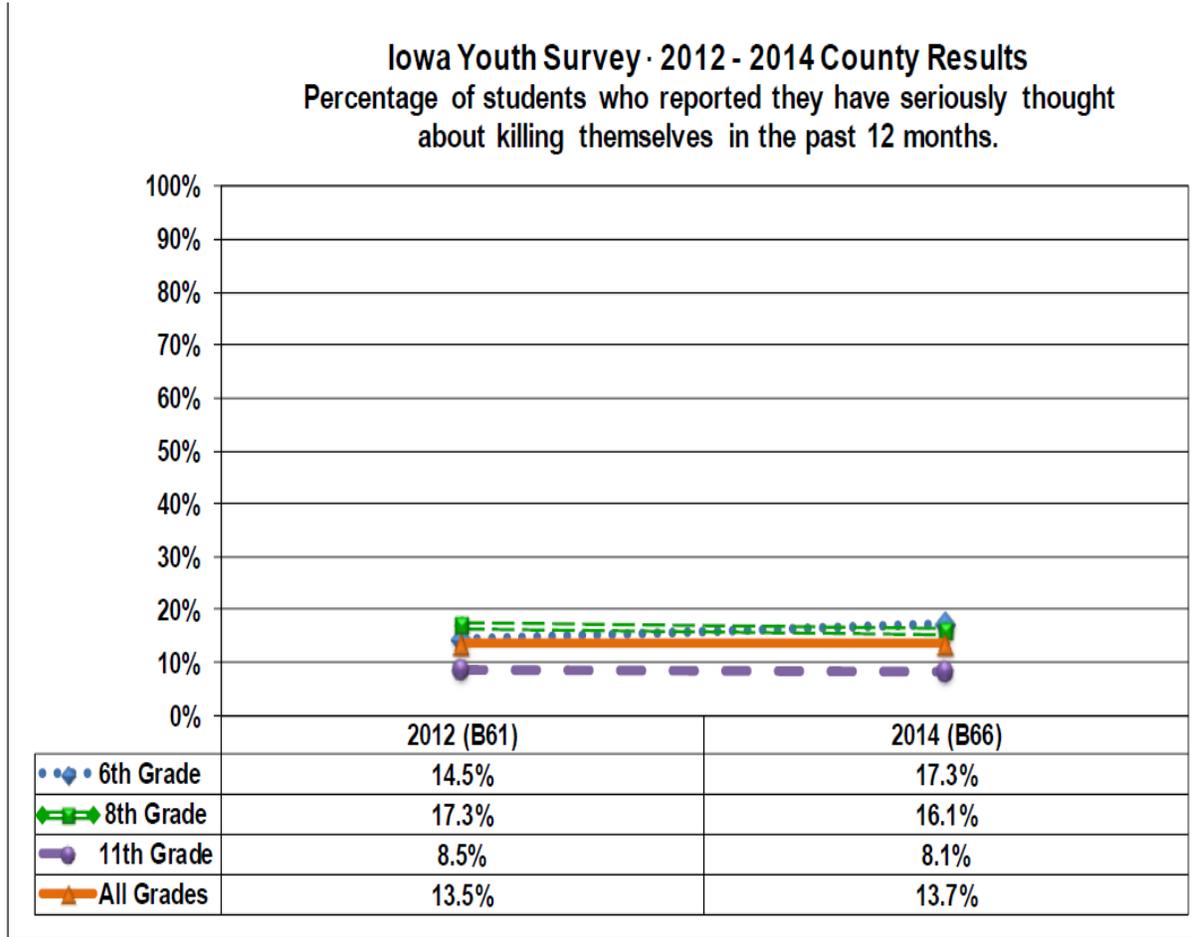
In Osceola County we decided to choose four key focal points found in the Iowa Osceola County Youth Survey of 2014. Those four areas were: Behavioral Problem in School, Suicide, Bullying, and School Safety. The tables below represent the percentages of students who responded to those key focal questions.

Table11



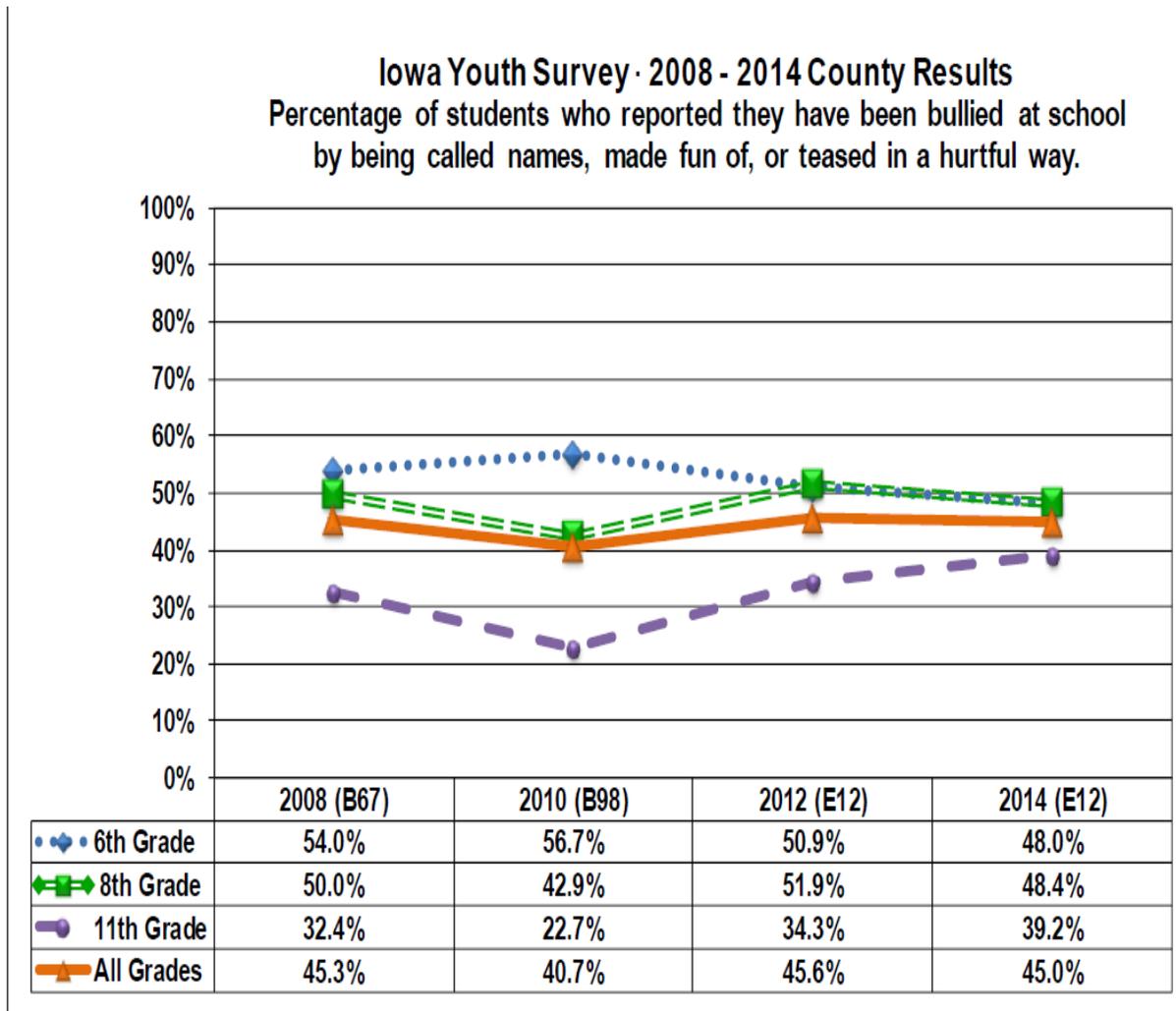
IYS Question: About how often in the last 30 days have any of your classroom teachers had to stop teaching in order to deal with a major student disruption or behavior problem?

Table 12



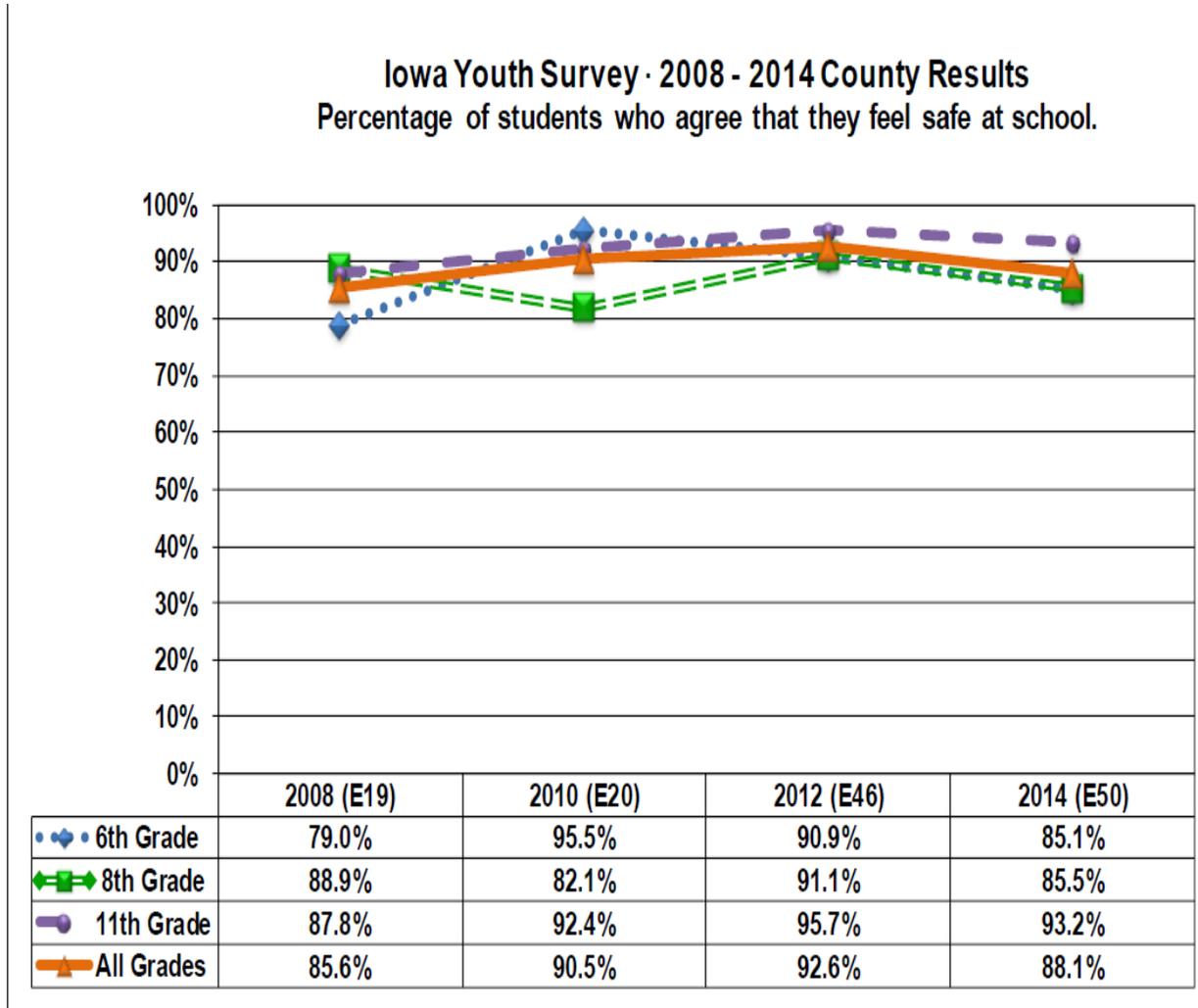
IYS Question: During the past 12 months, have you seriously thought about killing yourself?

Table 13



In the last 30 days, how many times have you been bullied at school in the ways listed: I was called names, was made fun of, or teased in a hurtful way; other students left me out of things on purpose, excluded me from their group of friends, or completely ignored me; I was hit, kicked, pushed, shoved around, or locked indoors; other students told lies, spread false rumors about me, and tried to make others dislike me; I was made fun of because of my race or color; I was made fun of because of my religion; other students made sexual jokes, comments, or gestures that hurt my feelings; I have received a threatening or hurtful message from another student in an email, on a website, on a cell phone, from text messaging, in an internet chat room, or in instant messaging.

Table 14



IYS Question: How much do you agree or disagree that each of the following statements is true: I feel safe at school.

RESOURCES

2014 Iowa Youth Survey. Osceola County Results.

http://www.iowayouthsurvey.iowa.gov/images/2014_County_reports/72.Osceola.pdf

Annie E. Casey Foundation. Data Center. Kids Count. Children in Poverty.

<http://datacenter.kidscount.org/data/bystate/Map.aspx?state=IA&loct=5&ind=1768&dtm=10851&f=867>

County Health Rankings and Roadmaps. 2015 Rankings. Iowa.

<http://www.countyhealthrankings.org/app/iowa/2015/overview>

Iowa's Health Benefit Exchange Project.

<https://www.healthinsurance.org/iowa-state-health-insurance-exchange/>

Iowa Hospital Association. Dimensions.

<http://www.ihaonline.org/imis15/IHAOnline/Information/InformationHome.aspx>

Iowa Work Force Development. Unemployment Rate.

<http://www.iowaworkforce.org/news/xcnewsplus.asp?articleid=81&cmd=view>

Osceola Community Hospital Abstracting. Emergency Top Diagnosis. 10 MAR. 2016 PHCA, Meditech Statistics, MEDITECH.

Osceola Community Hospital Abstracting. Inpatient Top Diagnosis. 10 MAR. 2016, Meditech Statistics, MEDITECH.

U.S. Census Bureau. State and County Quick Facts. *U.S. Census Bureau web site.*

<http://quickfacts.census.gov/qfd/states/19/19143.html>

U.S. Department of Health and Human Services. Office of Adolescent Health.

<http://www.hhs.gov/ash/oah/>

U.S. Department of Health and Human Services. Health Resources and Services Administration. Find Shortage Areas. <http://muafind.hrsa.gov/index.aspx>

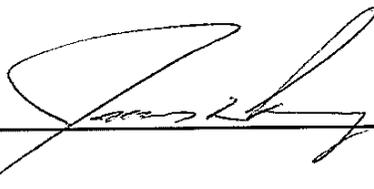
World Life expectancy. Iowa Life Expectancy.

<http://www.worldlifeexpectancy.com/usa/iowa-heart-disease>

Board Approval

This Community Health Needs Assessment Strategy Report was prepared for the May 2016 meeting of the Osceola Community Hospital Board of Directors.

Osceola Community Hospital Board of Directors Approval:

Name and Title:  _____

Date: May 23, 2016