2016
Community Health Needs Assessment

Avera De Smet
Memorial Hospital
De Smet, SD
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 Event and Wellness Center and the School Districts of De Smet, Iroquois and Arlington with Lake Preston declining participation. This partnership completed the second Community Health Needs Assessment which assessed the health care needs of the community, identified priority health issues, and recommended measures to improve the health of community members.

The health care needs of the community were identified through 158 individual surveys and personal interviews. The data revealed 17 health issues that were evaluated and prioritized by a steering committee based on incidence and or prevalence, seriousness, economic feasibility, potential impact, availability of community assets, need, probability of success, and value. The steering committee recognized that all 17 issues were concerns for this community, but selected the top five issues to focus on due to financial, physical, and time limitations.

The five priorities are more medical doctors locally, affordable housing, high cancer rates, need for mental health and senior transport and activities. The lead agency to address the need and recommendations of the 2016 Community Health Needs Assessment Steering Committee are as follows:

- **More Medical Doctors locally.** Avera De Smet Memorial Hospital will initiate MD recruitment efforts through the Physician Recruiter at Avera Queen of Peace in Mitchell, South Dakota. Tactics for recruitment may include identification of grants and school loan forgiveness programs for the underserved area as identified by Office of Rural Health, Pierre, South Dakota. Kingsbury County is currently designated as an underserved population with a Health Professional Shortage Area (HPSA) score of 8 (0-25).

- **Affordable Housing.** The City of De Smet and the Housing Committee will take the lead on this priority and will explore grants, investors, city funds, bonds or loans.

- **High Cancer Rates.** Avera De Smet Memorial Hospital will address this concern by offering wellness and cancer screenings through various events, such as an annual Health and Wellness Fair and marketing campaigns.

- **Mental Health.** Avera De Smet Memorial Hospital will collaborate with Avera Queen of Peace to address the need for mental health services through satellite clinics or telemedicine.

- **Senior Transportation and Activities.** The City of De Smet, the Events and Wellness Center and Kingsbury County will collaborate to address these needs. Transportation needs may be addressed through River City Transport to assist with doctor appointments and shopping trips. The Events and Wellness Center will explore programs to offer activities.
**Introduction**

The community health needs assessment was a collaborative effort in De Smet and Kingsbury County. Avera De Smet Memorial Hospital partnered with the City of De Smet, De Smet Development Corporation, De Smet Chamber of Commerce, De Smet Event and Wellness Center, the School Districts of De Smet, Iroquois and Arlington as well as local businesses throughout the county. The goal of the collaboration was to assess the health care needs of the community, identify priority health issues, and implement measures to improve the health of community members.

**Community Served**

Avera De Smet Memorial Hospital’s primary service area is defined as the City of De Smet and Kingsbury County with 84% of all outpatient services, ER visits and admissions were from Kingsbury County. All residents in Kingsbury County are considered a part of the assessment, including those that are medically underserved, low-income or minority, and all patients without regard to how much they pay for care or whether they are eligible for financial assistance.

Kingsbury County is located in the eastern portion of South Dakota with a population of 5,148 according to the 2010 census. The county was created in 1873, organized in 1880 and named for two brothers, George W. and T. A. Kingsbury of the prominent Kingsbury family, who were involved in the affairs of Dakota Territory and members of several Territorial Legislatures. According to the U.S. Census Bureau, the county has a total area of 864 square miles, of which 832 square miles is land and 32 square miles (3.7%) is water.

De Smet is the county seat of Kingsbury County and is centrally located. De Smet is a small community with 1,089 residents according to the 2010 Census. 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.
Location in South Dakota

Location in Kingsbury County

Location in De Smet
History of Health Care

On April 8, 1910 the Kingsbury County Hospital opened its doors in De Smet and began a long history of healthcare in this community. The next hospital was in existence from 1920-1946 and was called the Anderson Nursing and Maternity Home. The Memorial Health Center was established in 1946 and was replaced by the De Smet Memorial Hospital in 1960. The first three facilities were located in houses within De Smet and in 1960, a new hospital was built to take on the healthcare needs of the area and remains in existence to date. The hospital has been managed by two different entities since 1995 with lease arrangements between the City of De Smet and Huron Regional Medical Center (1996-2008) and Avera Queen of Peace from 2008 to current. A renovation project is underway to position the hospital to provide healthcare in the future with a focus on outpatient services while maintaining inpatient care.

The official name for the facility is Avera Queen of Peace d/b/a Avera De Smet Memorial Hospital and is part of a larger Avera ministry of healthcare. Avera, the health ministry of the Benedictine and Presentation Sisters, is a regional partnership of health professionals who share support services to maintain excellent care at 300 locations in eastern South Dakota and surrounding states. The Avera system share a common mission, vision, value and standards of care.
Avera De Smet Memorial Hospital

Mission

Avera De Smet Memorial Hospital is a health ministry rooted in the Gospel. Our mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values.

Vision

Working with its partners, Avera De Smet Memorial Hospital will provide a quality, cost-effective health ministry which reflects Gospel values. We will improve the health care of the people we serve through a regionally-integrated network of persons and institutions. We will exceed the expectations of those we serve.

Values

Compassion: The compassion of Jesus, especially for the poor and sick of body and spirit, shapes the manner in which health care is delivered by Avera De Smet Memorial Hospital’s employees, physicians, administrators, volunteers and sponsors. Compassionate caring is expressed through sensitive listening and responding, understanding, support, patience and healing touch.

Hospitality: The encounters of Jesus with each person were typified by openness and mutuality. A welcoming presence, attentiveness to needs, and a gracious manner, seasoned with a sense of humor, are expressions of hospitality in and by the Avera De Smet Memorial Hospital community.

Stewardship: Threaded through the mission of Jesus was the restoration of the entire world to right relationship with its Creator. In that same spirit and mission, the members of Avera De Smet Memorial Hospital treat persons, organizational power and earth’s resources with justice and responsibility. Respect, truth and integrity are foundations to right relationships among those we serve, and those who are served.

Standards of CARE

The standards of CARE set expectations for employees in the way they interact with others in the organization including patients, visitors, coworkers, physicians, etc. Communication. Attitude. Responsiveness. Engagement.
Community Benefit & Economic Impact

The economic impact of a hospital can be measured by charity care, community benefits and salaries, wages and benefits of the employees. Avera De Smet Memorial Hospital provided $83,714 in charity care to uninsured and underinsured patients receiving care. Community benefits which resulted in $123,360 given back to the community came from donations, educational activities and health screenings. Donations included activities not limited to After Prom Parties that support safety; adopting families in need during Christmas so they enjoy this holiday; support scholarship opportunities for school seniors and support of the July 4th and Memorial Day community Activities. Educational activities included support of local safety officers with their Safety Pup, Fire Safety and Farm Safety Education for area students. Health screenings to address health needs of the community are held yearly and focus on cardiac, general health, assessment of student athletes through yearly spring physicals and athletic training activities to encourage safety. Avera De Smet Memorial Hospital also works with the City of De Smet and the De Smet Event and Wellness Center on any health and medical, needs and programs.

Avera De Smet Memorial Hospital employs 38 individuals and contributes $2,164,218 in wages and benefits to the local economy.

Hospital Profile

Avera De Smet Memorial Hospital is owned by the City of De Smet and leased by Avera Queen of Peace Hospital located in Mitchell, South Dakota. Aver De Smet Memorial Hospital has a local advisory board with representation on the governing board at Avera Queen of Peace Hospital. This allows the medical center to grow and advance, providing access to modern health care – close to home.

Aver De Smet Memorial Hospital is a six bed critical access hospital with two emergency rooms and provides inpatient and outpatient care. Revenue data indicates 80% obtained through outpatient services and 20% through inpatient care. Services offered at Avera De Smet Memorial Hospital include:

- Emergency care
- Inpatient and swing-bed stays
- Physical therapy
- Occupational therapy
- Speech therapy
- Cardiac rehabilitation
- Pulmonary rehabilitation
- Outpatient infusions and treatments
- eCare (eConsult, eER, ePharmacy, and eICU)
• Laboratory
• EKG
• X-Rays
• Mammography
• CT scans
• Ultrasound

Statistics for FY2015 which covers July 1, 2014 through June 30, 2015 include:

• 24 admitted observation patients
• 74 inpatients
• 1283 outpatients
• 676 ER patients

On November 19, 2015, the National Organization of State Offices of Rural Health (NOSORH) recognized hospitals during the National Rural Health Day celebrations. Avera De Smet Memorial Hospital was one of 17 Rural Hospitals in South Dakota recognized for Excellence in Patient Satisfaction – Top quartile performers in the Patient Perspective pillar of INDEX (HCHAPS “Willingness to recommend“). Avera De Smet Memorial Hospital has also received accreditation for Trauma Receiving Facility through the South Dakota Department of Health. Avera De Smet Memorial Hospital has been a member of the American Hospital Association since 2008.
Acknowledgement

City of De Smet
*Tracey Larson, City Finance Officer

De Smet Chamber of Commerce
*Chad Kruse

De Smet Development Corporation
*Rita Anderson, Coordinator

De Smet Event and Wellness Center
*Kristy Hubbard

De Smet School District
*Jim Altenburg, Superintendent
*Abi VanRegenmorter, Principal

DMH Foundation
*Pastor Randy Koeller

Good Samaritan Society
*Katlin Johnson

South Dakota Department of Health
Sandra Melstad

Kingsbury County Sherriff’s Office
*Wade Hoefert

Avera De Smet Memorial Hospital
*Janice Schardin, CEO/Administrator
*Michael Siefker, RN

Avera Health, Project Manager
Teresa Miller, Director of Marketing
Lisha Vandersteen, Administrative Fellow

Avera De Smet Memorial Hospital Board
*Sharry Knock, Chair
*Glenda Odegaard, Vice-Chair

*Denotes Steering Committee Member
Approach, Methods and Process

Avera De Smet Memorial Hospital collaborated with Avera Queen of Peace to utilize the same approach, methods and processes for the CHNA with the goal to submit same format to the Governing Board for final approval. The individual questionnaire and interview tool can be found in Appendices A & D.

The key investigator for Avera De Smet Memorial Hospital’s CHNA was Mike Siefker, RN. Mr. Siefker conducted 22 interviews and obtained approval to distribute questionnaires to approving businesses and schools. Businesses chosen were those with ten or more employees in the towns of De Smet, Iroquois, Lake Preston, Erwin, and Arlington. It was also noted that one town in Kingsbury County is an underserved community and special efforts were made to include feedback from them. Interviews with the Superintendents of the 4 school districts in Kingsbury County and a local Pastor were used to address the needs of the underserved population, as input from those individuals would shed light on needs seen from their perspectives. One superintendent, one principal and one pastor were used on the steering committee as well.

All schools in Kingsbury County were contacted with De Smet, Iroquois and Arlington schools sending questionnaires home with students. As data was being collected, it was noted that more data was needed from elderly males and thus personal distribution of questionnaires at a local barber shop in De Smet was added. Mr. Siefker returned to locations to pick up the completed surveys. Approximately 1,000 questionnaires were distributed with 158 returned for a 15.8% return rate.

The data was entered into an Excel Spreadsheet to tabulate statistics and then a PowerPoint presentation was developed to display the outcomes (Appendix B). Initial analysis of data identified 13 needs which were presented to a steering committee for prioritization with addition of the last four needs by the steering committee:

- High rates of Arthritis
- Access to Mental Health locally
- Lack of Affordable Housing
- Lack of Daycares
- More Afterschool Activities for school-age kids
- Proper Diet and Nutrition
- Overweight
- Smoking
- Senior Citizen Transportation and Activities
- Cancer rates higher than the US and SD average rates
- Water Quality
- More MDs residing locally
- Eye Care locally
- Motor Vehicle collision fatalities
• Parish Nursing
• Recreational activities for all ages
• Senior Citizen Housing and Care

The Avera De Smet Memorial Hospital Advisory Board reviewed the methodology with approval of steering committee’s prioritization.
Community Demographics

Kingsbury County Population Total: 5,075

Kingsbury County Population, Race and Ethnicity
Based on US Census 2014 Estimates

White, 4821, 95%
African American, 25, 1%
Asian, 20, 0%
Hispanic, 117, 2%
Native American, 36, 1%
2 or more Races, 61, 1%
Pacific Islander, 0, 0%

http://quickfacts.census.gov/qfd/states/46/46077.html

Kingsbury County Age Distribution

19 - 64 years, 56%
Under 5 years, 6%
6 - 18 years, 16%
Over 65 years, 22%
19 - 64 years, 56%
Under 5 years, 6%
6 - 18 years, 16%
Over 65 years, 22%

http://quickfacts.census.gov/qfd/states/46/46077.html
Household Composition

- Children living in a single parent household: 22%
- Children living in a dual parent household: 78%

http://www.countyhealthrankings.org/app/south-dakota/2015/rankings/kingsbury/county/outcomes/overall/additional

Educational Levels in Kingsbury County

- Less than 1 year of college: 6%
- Less than High School: 18%
- High School or Equivalent: 42%
- Bachelor’s Degree: 13%
- Master’s Degree: 2%
- Associate Degree: 6%
- Doctorate Degree: 0%
- Professional School Degree: 1%
- 1 or more years of college: 12%

http://www.city-data.com/county/Kingsbury_County-SD.html
In Kingsbury County 9.2% of its residents live in poverty. This graph shows the percentage of residents living in poverty based on race. Actual Numbers added below percentages.

[Graph showing poverty rates by race:]
- 30.80% for Two or more races residents, approximately 61 individuals.
- 13.60% for Other race residents, approximately 56 individuals.
- 50.00% for Hispanic or Latino residents, approximately 117 individuals.
- 100.00% for Black residents, approximately 25 individuals.
- 8.30% for White Non-Hispanic residents, approximately 425 individuals.

[Website for additional data: http://www.city-data.com/county/Kingsbury_County-SD.html#ixzz3ztE5oX9Z]
Health Factors

Mortality (Top Five) for Kingsbury County

Actual number of deaths in 2014

Heart Disease 97
Malignant Neoplasms (Cancers) 74
Cerebrovascular Diseases 22
Accidents 20
Alzheimer’s Disease 19

Actual number of deaths and ranked. Statistics obtained from South Dakota Department of Health 2014 Vital Statistics

http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF

Mortality (Top Five) for South Dakota

Actual number of deaths in 2014

1. Heart Disease 8,190
2. Malignant Neoplasms (Cancer) 8,183
3. Chronic Lower Respiratory Diseases 2,268
4. Alzheimer's Disease 2,139
5. Cerebrovascular Diseases 2,116


Mortality (Top Five) for the United States

Actual number of deaths in 2014

1. Heart Disease 611,105
2. Malignant Neoplasms (Cancer) 584,881
3. Chronic Lower Respiratory Disease 149,205
4. Accidents 130,557
5. Cerebrovascular Disease 128,978

## Morbidity

### Birth Outcomes/Natality for Kingsbury County

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of Low Birth Weight Infants</td>
<td>5.3%</td>
</tr>
<tr>
<td>Percent of Mothers Receiving Care in 1st Trimester</td>
<td>2.9%</td>
</tr>
<tr>
<td>Percent of Mothers Who Used Tobacco While Pregnant</td>
<td>13.9%</td>
</tr>
<tr>
<td>Percent of Births Less Than 37 Weeks of Gestation</td>
<td>5.3%</td>
</tr>
<tr>
<td>Average Age of Mother</td>
<td>28.6 years</td>
</tr>
<tr>
<td>Teenage Birth Rate</td>
<td>Not Available</td>
</tr>
<tr>
<td>Percent White Births</td>
<td>98.0%</td>
</tr>
<tr>
<td>Percent American Indian Births</td>
<td>1.0%</td>
</tr>
<tr>
<td>Percent Unmarried</td>
<td>19.1%</td>
</tr>
<tr>
<td>Percent WIC births</td>
<td>23.4%</td>
</tr>
<tr>
<td>Percent Breastfeeding at discharge</td>
<td>82.7%</td>
</tr>
<tr>
<td>Percent Payment-Private Insurance</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent Payment-Medicaid</td>
<td>15.9%</td>
</tr>
<tr>
<td>Percent C-Section</td>
<td>20.8%</td>
</tr>
</tbody>
</table>

Reported Physically Unhealthy Days

Secondary Data


Primary Data

From CHNA 2016 Questionnaires  See page 35
Reported Mentally Unhealthy Days

Secondary Data


Primary Data

From CHNA 2016 Questionnaires  See page 36
Risk Factors

Obesity - Secondary Data

Adult Obesity  Kingsbury County  32%  South Dakota  29%  United States  25%


Obesity - Primary Data

Stated Weight Description from the CHNA 2016  See page 54
Diabetes - Secondary Data

Diabetic Monitoring 88%  South Dakota 84%  Top US Performer 90%

Diabetes Numbers are remaining constant

Diabetes Mellitus  23.8 deaths per 100,000 reported in 2013

Diabetes - Primary Data

Health Data from 2016 CHNA  See page 34
Prioritization Process

The Steering Committee (members listed on page 10) met on February 4, 2016 to review the CHNA data with resultant 13 priorities and identified four others for consideration. The prioritization process was explained with the goal to identify five priorities. A minimum of two priorities will be addressed by Avera De Smet Memorial Hospital and the others by organizations within the community of Kingsbury County.

Three rounds of voting were utilized to narrow the priorities from 17 to five. After each round of voting, discussion was allowed to validate results. If a tie occurred, a hand-vote was taken to break the tie. During the first round, each committee member was given ten votes with goal to narrow priorities to 10. In this round, two items (Eye Care locally, and Proper Diet and Nutrition) tied with the hand vote was taken on the 2 specific items to break the tie and the vote was 6 for “Eye Care locally” and 4 votes for “Proper Diet and Nutrition”. This allowed us to successfully narrow the list to 10: Access to Mental Health, Affordable Housing, Afterschool Activities for School-age Kids, Overweight, Senior Transportation and Activities, Increased Cancer Rates, Water Quality, More MDs living locally, and Senior Housing, and Recreational Activities for All. The second round of voting allowed seven votes with goal to identify seven priorities: Access to Mental health, Affordable Housing, Afterschool Activities for School-Age Kids, Senior Transportation and Activities, Increased Cancer Rates, Water Quality, More MDs living locally, and Senior Housing. The final round of voting allowed steering committee members five votes with goal of five priorities. (Note, Mr. Siefker and Ms. Schardin abstained from voting).

Results and Recommendations

- **More Medical Doctors locally.** 10 Votes. Avera De Smet Memorial Hospital will initiate MD recruitment efforts through the Physician Recruiter at Avera Queen of Peace. Tactics for recruitment may include identification of grants and school loan forgiveness programs for the underserved area as identified by the Office of Rural Health, Pierre, South Dakota. Kingsbury County is currently designated as an underserved population with a HPSA score of 8.
- **Affordable Housing.** 8 Votes. The City of De Smet and the Housing Committee will take the lead on this priority and explore grants, investors, city funds, bonds or loans to address the need.
- **Increased Cancer Rates.** 8 Votes. Avera De Smet Memorial Hospital will address this concern by offering wellness and cancer screenings through various events such as an annual Health and Wellness Fair and marketing campaigns.
- **Mental Health.** 7 Votes. Aver De Smet Memorial Hospital will collaborate with Avera Queen of Peace to address the need for mental health services through satellite clinics or telemedicine.
- **Senior Transportation and Activities.** 6 Votes. The City of De Smet, the Events and Wellness Center and Kingsbury County will collaborate to address these needs. Transportation needs may be addressed through River City Transport to assist with doctor appointment and shopping trips. The Events and Wellness Center will explore programs to offer activities.
Evaluation of impact from 2013 CHNA Report

The 5 priorities from the 2013 community health needs assessment (CHNA) were addressed as follows:

1. The City of De Smet addressed the water quality issues through a public education program. The City is required to conduct water quality testing and publish the findings in the local newspapers. Since this issue resurfaced in the 2016 CHNA, the City may publish an article comparing water quality results from 50 years ago to current year to demonstrate improvement in water quality.

2. Physical activity needs of the community were addressed through the construction of the De Smet Events and Wellness Center. The building opened in September of 2015 and offers free wellness activities: walking track, Wellmark Wellness Challenge, Nutritional education programs, and Avera De Smet Memorial Hospital Health Fair.

3. Avera De Smet Memorial Hospital addressed wellness and cancer screenings by conducting the following:
   - Impact concussion testing for new students in the De Smet and Lake Preston schools
   - Community CPR training
   - Mini Health Fair at a doubleheader basketball game in De Smet
   - Yearly Heart Screen in February
   - Yearly School sports physicals
   - Drinking/Driving/ MVA education for De Smet Schools
   - Weight Loss Challenge (January 2013, 2014, and 2015)
   - Sponsoring safety course for law enforcement and firefighters
   - Prostate and Thyroid Screen in August, 2015
   - FAST training for 4-H in 2014
   - Support wellness education through Wellness Challenge grant through Wellmark at the De Smet Events and Wellness Center: pedometers, dietician education on healthy snacks, balance screening

4. Avera De Smet Memorial Hospital will address the need for specialty health care providers by expanding the number and variety of specialist available through telehealth services:
   - Currently have 11 providers credentialed to provide telehealth through Avera De Smet Memorial Hospital
   - Credentialed a Surgeon and an Orthopedic MD to provide on-site consultations. After six months, the two providers discontinued due to low volume.
   - Continue to have one Cardiologist who visits monthly for outreach.

5. The Brookings Domestic Abuse Shelter Rural Outreach program addressed the issue of domestic abuse in the community through education in the De Smet school district and an anti-bullying Campaign.
May 24, 2016

**Corporate Board Approval**

This FY2016 Community Health Needs Assessment report for Avera De Smet Memorial Hospital was prepared for the May 24, 2016 meeting of the Avera Queen of Peace Board of Directors.

Avera Queen of Peace Board of Directors Approval:

[Signature]
Terry Torgerson, Chair

5/24/16  Date

The proposed implementation strategy will be presented for discussion, consideration and approval to the Avera Queen of Peace Board of Directors prior to the September 27, 2016 meeting. Attached is the Executive Summary that outlines the five priorities with identification of community agencies to address the priorities and an overview of the intent for the strategy.
Appendices

A. Sample Survey 27
B. PowerPoint reflecting data 34
C. Responses to open-ended questions 63
D. Sample of Interview Questions 74
E. Responses to Interview Questions 76
1) How is your general health?

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>Sure</th>
</tr>
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</table>

**Chronic Health Conditions**

2) Has a doctor, nurse, or other health professional EVER told you that you have any of the following:

- Diabetes
- Diabetes during pregnancy
- Pre-diabetes or borderline diabetes
- Angina or coronary heart disease
- Arthritis
- Rheumatoid arthritis
- Gout
- Lupus
- Fibromyalgia
- High blood pressure
- High blood pressure during pregnancy
- Skin Cancer
- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Chronic Bronchitis
- Other Chronic Condition:

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Not Sure/ Don't Know</th>
<th>N/A</th>
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<tbody>
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<td></td>
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3) Are you currently taking medicine for high blood pressure?

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<th>Yes</th>
<th>No</th>
<th>Not Sure/ Don't Know</th>
<th>N/A</th>
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**Quality of Life**

4) **Individual Quality of Life:**

- In the last 30 days, how many days do you feel that you were not in good health?

<table>
<thead>
<tr>
<th>Number of Days</th>
<th>None</th>
<th>Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
- In the last 30 days, how many days do you feel that you did not have good mental health?

<table>
<thead>
<tr>
<th>Number of Days</th>
<th>None</th>
<th>Don’t Know</th>
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</table>

5) **Community Quality of Life:**

- Do you feel that there is access to affordable housing?
- Do you feel there is access to employment opportunities?
- Do you feel there is opportunity for small business in the community?
- Do you feel there is access to affordable daycare centers?
- Do you feel there is quality K-12 Education?
- Do you feel that the schools are safe?
- Do you feel there is availability of supervised after school activities?
- Do you feel there is adequate access to information about community services?
- Do you feel safe in your community?
- Do you feel there is opportunity for civic/community involvement?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Improvement</th>
<th>Sure/ Don’t</th>
<th>N/A</th>
</tr>
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</table>
### Prevention Services

#### 6) A mammogram is an x-ray of each breast to look for breast cancer.

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/ Don't Know</th>
</tr>
</thead>
</table>

- Have you ever had a mammogram?
- Have you had a mammogram this year?
  - If yes, when was your last mammogram?
- Have you had a clinical breast exam this year?
- Do you regularly do breast self exams?

#### 7) A Pap test is a test for cancer of the cervix.

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/ Don't Know</th>
</tr>
</thead>
</table>

- Have you ever had a Pap Test?
  - If yes, when was your last Pap Test?
- Have you had a hysterectomy?

#### 8) Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems.

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/ Don't Know</th>
<th>N/A</th>
</tr>
</thead>
</table>

- Have you ever had either of these exams?
- When was the last time you had a colonoscopy?
- Have you ever had a test to check your stool for blood?
- When was the last time you had your stool checked?

#### 9) If you currently use or have used tobacco products in the past, have you been screened for lung cancer?

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/ Don't Know</th>
<th>N/A</th>
</tr>
</thead>
</table>

#### 10) Have you EVER had your blood cholesterol checked?

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/ Don't Know</th>
</tr>
</thead>
</table>

- How long has it been since your cholesterol was last checked?

### Access to Care

#### 11) Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?

<table>
<thead>
<tr>
<th>Number of times</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/ Don't Know</th>
</tr>
</thead>
</table>

- In the last 12 months, have you needed to see a doctor, but could not because of cost?
- In the last 12 months, have you needed to see a doctor, but could not because of lack of insurance?
- In the last 12 months, have you needed to see a doctor, but could not because of lack of transportation?
- In the last 12 months, have you had problems getting your medicines?
### Access to Mental Health Care

<table>
<thead>
<tr>
<th>Number of times</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/ Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>12) In the past 30 days have you experienced intense stress, depression, and/or difficulty managing your emotions for at least two weeks or more?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the last 12 months, have you seen a mental health professional for emotional or mental health concerns?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the last 12 months, did you experience any difficulty obtaining needed mental health treatment?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the Past 12 months, have you taken any prescription antidepressant medications or sedatives daily for two weeks or more?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the last 12 months have you had problems getting mental health treatment due to lack of transportation?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the last 12 months have you had problems getting your medicines?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Oral Health

<table>
<thead>
<tr>
<th>Number of teeth lost/ or times</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/ Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>14) How many of your permanent teeth have been removed because of tooth decay or gum disease?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the last 12 months, have you had problems getting dental care due to lack of dentists available?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the last 12 months, have you had problems getting dental care due to lack of insurance?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the last 12 months, have you had problems getting dental care due to lack of transportation?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Health Behaviors and Risk Factors

These questions are about the fruits and vegetables you ate or drank during the past 30 days. Please think about all forms of fruits and vegetables including cooked or raw, fresh, frozen or canned. Please think about all meals, snacks and food consumed at home and away from home.

### Diet/Nutrition

<table>
<thead>
<tr>
<th>Per Day</th>
<th>Per Week</th>
<th>Per Month</th>
<th>Never</th>
<th>Not sure/ Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>15) During the past month how many times per day, week or month did you consume the following:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100 % Only Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit (fresh, frozen, or canned)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked or Canned Beans (refried, baked, black, garbanzo, beans in soup, soybeans, edamame, tofu or lentils)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dark green vegetables or dark leafy greens (broccoli, romaine, chard, collard greens or spinach)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange-colored vegetables (Sweet potatoes, pumpkin, winter squash, or carrots)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other vegetables not included in above:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Examples include: V-8, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried*
### Physical Activity

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/Don't Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>16) During the past month, other than your regular job, did you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>participate in any physical activities such as running, calisthenics,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>golf, gardening or walking for exercise?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17) What types of exercise do you participate in regularly? How often?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Per Day</td>
<td>Per Week</td>
<td>Per Month</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Overweight/Obesity

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>18) About how tall are you without shoes on?</td>
<td></td>
</tr>
<tr>
<td>19) How would you describe your weight? Ex. Underweight, Normal,</td>
<td></td>
</tr>
<tr>
<td>Slightly Overweight, Overweight, Obese</td>
<td></td>
</tr>
</tbody>
</table>

### Tobacco Use

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Not sure/Don't Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>20) Have you smoked at least 100 cigarettes in your entire life? (5 packs = 100 cigarettes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Everyday</td>
<td>Some Days</td>
<td>Not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21) Do you now smoke everyday, some days, or not at all?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22) Do you currently use chewing tobacco, snuff, or snus everyday, some days, or not at all?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Alcohol Binge Drinking

<table>
<thead>
<tr>
<th>Question</th>
<th>Days per week</th>
<th>Days in the past 30</th>
<th>None</th>
<th>Not sure/Don't Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>23) During the past 30 days how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td>24) Considering all types of alcoholic beverages, how many times during the past 30 days did you have more than 5 beverages for men or more than 4 beverages for women on an occasion?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>Options</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25) What is your sex?</td>
<td>Male</td>
<td>Female</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26) Age in years:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18-24 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25-34 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>34-44 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>45-54 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>55-59 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60-64 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65-74 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75-84 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>85 years and over</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27) What is your marital status?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Widowed</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Divorced</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Separated</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never Married</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Choose not to respond</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28) What is your household income?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than $10,000</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$10,000 to $14,999</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>$15,000 to $24,999</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>$25,000 to $34,999</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>$35,000 to $44,999</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>$50,000 to $74,999</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>$75,000 to $99,999</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$100,000 to $149,000</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$150,000 to $199,999</td>
<td></td>
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<tr>
<td>$200,000 or more</td>
<td></td>
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<td></td>
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<tr>
<td>Choose not to respond</td>
<td></td>
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</tr>
<tr>
<td>29) Race?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asian</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian and Alaska Native</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>More than one</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Choose not to respond</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30) Are you of Hispanic, Latino, or Spanish Origin?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No, not of Hispanic, Latino, or Spanish origin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes, Mexican, Mexican American, Chicano</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes, Central American</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes, South American</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes, Puerto Rican</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes, Cuban</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Choose not to respond</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
31) What is the highest level of school you have completed?
- No schooling completed
- Nursery school to 8th grade
- 9th, 10th, or 11th grade
- High school graduate - diploma or equivalent (GED)
- Some college credit, but less than 1 year
- 1 or more years of college, no degree
- Associate degree (AA, AS)
- Bachelor's degree (BA, AB, BS)
- Master's degree (MA, MS, MENG, MED, MSW, MBA, MHA)
- Professional degree (MD, DDS, DVM, LLB, JD)
- Doctorate degree (PhD, EdD)
- Choose not to respond

32) Are you currently:
- Employed for wages?
- Self-employed?
- Out of work and looking for work?
- Out of work but not currently looking for work?
- A homemaker?
- A student?
- Retired?
- Unable to work?
- Choose not to respond

33) Please describe your work.
- Employee of a not-for-profit, tax-exempt, or charitable organization
- Employee of a for-profit company or business or of an individual, for wages, salary, or commission
- Local Government employee (city, county, etc.)
- State government employee
- Federal government employee
- Self-employed in own non-incorporated business, professional practice, or farm
- Self-employed in own incorporated business, professional practice, or farm
- Working without pay for a family business or farm
- Choose not to respond

34) What is your housing status?
- Owned by you or someone in the household with a mortgage or loan
- Owned by you or someone in household free and clear (no mortgage)
- Rented for cash rent
- Occupied without payment of cash rent
- Choose not to respond

35) Number of children in the household under 18 years of age?
- No Children
- One
- Two
- Three or more
- Choose not to respond

36) Zip Code:
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?
1. How is your general health?

![Pie chart showing general health statuses]

- **Very Good**: 40%
- **Good**: 36%
- **Excellent**: 18%
- **Fair**: 5%
- **Poor**: 0%
- **Not Sure**: 1%

Community Health Needs Assessment 2015  
Ardea De Smet Memorial Hospital

2. Has a doctor, nurse, or other health professional EVER told you that you have any of the following?

![Bar chart showing yes responses to health conditions]

- Other Chronic Condition: 5
- Chronic Bronchitis: 12
- Emphysema: 0
- Chronic Obstructive Pulmonary Disease (COPD): 1
- Skin Cancer: 3
- High blood pressure during pregnancy: 8
- High blood pressure: 28
- Fibromyalgia: 4
- Lupus: 1
- Gout: 11
- Rheumatoid arthritis: 1
- Arthritis: 21
- Angina or coronary heart disease: 3
- Pre-diabetes or borderline diabetes: 10
- Diabetes during pregnancy: 10
- Diabetes: 6

Community Health Needs Assessment 2015  
Ardea De Smet Memorial Hospital
3. Are you currently taking medicine for high blood pressure?

Those Taking Blood Pressure Medications

- No 87%
- Yes 13%

4. Individual Quality of Life: In the last 30 days, how many days do you feel that you were not in good health?

Physical Wellness in Last 30 Days

- In Good Health 68%
- Not in Good Health, 28% Average 6.43
- Not Sure/Don’t Know, 4%
4. Individual Quality of Life: In the last 30 days, how many days do you feel that you did not have good mental health?

Mental Wellness in Last 30 Days

- In Good Mental Health: 88%
- Not In Good Mental Health: 10%
- Not Sure/Don't Know: 2%

Average 4.33 Days

Community Health Needs Assessment 2015

Avera De Smet Memorial Hospital

5. Community Quality of Life: Do you feel that there is access to affordable housing?

Affordable Housing Available

- Yes: 43%
- No: 15%
- Needs Improvement: 28%
- Not Sure/Don't Know: 12%
- N/A: 4%

Community Health Needs Assessment 2015

Avera De Smet Memorial Hospital
5. Community Quality of Life: Do you feel there is access to employment opportunities?

Employment Opportunities

- Yes: 69%
- No: 4%
- N/A: 2%
- Not Sure/Don't Know: 2%
- Needs Improvement: 23%

Community Health Needs Assessment 2015

5. Community Quality of Life: Do you feel there is opportunity for small business in the community?

Small Business Opportunity

- Yes: 77%
- No: 3%
- N/A: 1%
- Not Sure/Don't Know: 6%
- Needs Improvement: 13%
5. Community Quality of Life: Do you feel there is access to affordable daycare centers?

Affordable Daycare

- Yes: 37%
- No: 15%
- Needs Improvement: 21%
- Not Sure/Don't Know: 17%
- N/A: 10%

Community Health Needs Assessment 2015  
Acona De Smet Memorial Hospital

5. Community Quality of Life: Do you feel there is quality K-12 Education?

Quality K-12 Education

- Yes: 86%
- No: 8%
- Needs Improvement: 4%
- Not Sure/Don't Know: 0%
- N/A: 2%

Community Health Needs Assessment 2015  
Acona De Smet Memorial Hospital
5. Community Quality of Life: Do you feel that the schools are safe?

Safe Schools

- Yes: 90%
- No: 0%
- Needs Improvement: 4%
- Not Sure/Don't Know: 4%
- N/A: 2%

Community Health Needs Assessment 2015
Arora De Smet Memorial Hospital

5. Community Quality of Life: Do you feel there is availability of supervised after school activities?

Supervised After-School Activities

- Yes: 39%
- No: 21%
- Needs Improvement: 26%
- Not Sure/Don't Know: 12%
- N/A: 2%
5. Community Quality of Life: Do you feel there is adequate access to information about community services?

Access to Information About Community Services

- Yes: 54%
- No: 13%
- Needs Improvement: 14%
- Not Sure/Don't Know: 18%
- N/A: 1%

Community Health Needs Assessment 2015

5. Community Quality of Life: Do you feel safe in your community?

Feel Safe in Community

- Yes: 97%
- No: 1%
- Needs Improvement: 2%
- Not Sure/Don't Know: 0%
- N/A: 0%

Community Health Needs Assessment 2015
5. Community Quality of Life: Do you feel there is opportunity for civic/community involvement?

Opportunities for Civic/Community Involvement

- Yes: 77%
- No: 2%
- N/A: 1%
- Not Sure/Don’t Know: 10%
- Needs Improvement: 10%

Community Health Needs Assessment 2015

Arara De Smet Memorial Hospital

6. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram? Have you had a mammogram this year? If yes, when was your last mammogram? Have you had a clinical breast exam this year? Do you regularly do breast self-exams?

Yes Responses to Breast Exams

<table>
<thead>
<tr>
<th>Activity</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do Self Exams</td>
<td>46%</td>
</tr>
<tr>
<td>Yearly Clinical Exams</td>
<td>44%</td>
</tr>
<tr>
<td>Mammogram Ever</td>
<td>45%</td>
</tr>
<tr>
<td>Mammogram this Year</td>
<td>24%</td>
</tr>
</tbody>
</table>

Community Health Needs Assessment 2015

Arara De Smet Memorial Hospital
7. A Pap test is a test for cancer of the cervix. Have you ever had a Pap Test? If yes, when was your last Pap Test? Have you had a hysterectomy?

Female Health

Had Hysterectomy?

- 10%

Ever Had a Pap Test

- 79%

Average length of time from last Pap Test was 2.5 years.

---

Community Health Needs Assessment 2015
Arara De Smet Memorial Hospital

8. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams? When was the last time you had a colonoscopy? Have you ever had a test to check your stool for blood? When was the last time you had your stool checked?

Had a Sigmoidoscopy or Colonoscopy

- Yes 28%
- No 71%
- Not Sure/Don't Know 1%
- N/A 0%

Community Health Needs Assessment 2015
Arara De Smet Memorial Hospital
9. If you currently use or have used tobacco products in the past, have you been screened for lung cancer?

**Screened for Lung Cancer**

- Yes: 15%
- No: 49%
- N/A: 35%
- Not Sure/Don't Know: 1%

Community Health Needs Assessment 2015
Arara De Smet Memorial Hospital

10. Have you EVER had your blood cholesterol checked? How long has it been since your cholesterol was last checked?

**Blood Cholesterol Screening**

- Yes: 66%
- No: 10%
- N/A: 12%
- Not Sure/Don't Know: 12%

90% of respondents have been screened since 2013.

Community Health Needs Assessment 2015
Arara De Smet Memorial Hospital
11. Access to Care: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?

Are You Covered by a healthcare plan?

- Yes: 91%
- No: 9%

Community Health Needs Assessment 2015

Arara De Smet Memorial Hospital

11. Access to Care: In the last 12 months, have you needed to see a doctor, but could not because of cost?

Unable to see a doctor due to cost?

- No: 95%
- Yes: 5%

Community Health Needs Assessment 2015

Arara De Smet Memorial Hospital
11. Access to Care: In the last 12 months, have you needed to see a doctor, but could not because of lack of insurance?

Unable to see a doctor due to lack of insurance?

- Yes: 5%
- No: 95%

Community Health Needs Assessment 2015

Arara De Smet Memorial Hospital

11. Access to Care: In the last 12 months, have you needed to see a doctor, but could not because of lack of transportation?

Unable to see a doctor because of lack of transportation?

- Yes: 2%
- No: 98%

Community Health Needs Assessment 2015

Arara De Smet Memorial Hospital
11. Access to Care: In the last 12 months, have you had problems getting your medicines?

Have you had trouble getting your medicine?

- No: 96%
- Yes: 4%

Community Health Needs Assessment 2015
Arara De Smat Memorial Hospital

12. Access to Mental Health Care: In the past 30 days, have you experienced intense stress, depression, and/or difficulty managing your emotions for at least two weeks or more?

Mental Health: Experienced intense stress, depression, and/or difficulty managing your emotions for at least two weeks or more?

- No: 90%
- Yes: 9%
- Not Sure/Don’t Know: 1%

Community Health Needs Assessment 2015
Arara De Smat Memorial Hospital
12. Access to Mental Health Care: In the last 12 months, have you seen a mental health professional for emotional or mental health concerns?

Mental Health: Seen a mental health professional?

- Yes: 6%
- No: 94%

Community Health Needs Assessment 2015
Arera De Smet Memorial Hospital

12. Access to Mental Health Care: In the last 12 months, did you experience any difficulty obtaining needed mental health treatment?

Mental Health: Difficulty obtaining mental health care?

- Yes: 0%
- No: 99%
- Not Sure/Don't Know: 1%

Community Health Needs Assessment 2015
Arera De Smet Memorial Hospital
12. Access to Mental Health Care: In the last 12 months, have you had problems getting mental health treatment due to lack of transportation?

Mental Health: Have you had problems getting mental health treatment due to lack of transportation?

- No 99%
- Yes 0%
- Not Sure/Don’t Know 1%
12. Access to Mental Health Care: In the last 12 months have you had problems getting your medicines?

Mental Health: In the last 12 months have you had problems getting your medicines?

- No: 97%
- Yes: 1%
- Not Sure/Don't Know: 2%

Community Health Needs Assessment 2015

13. How often do you get the social or emotional support you need?

How often do you get the social or emotional support you need?

- Always: 26%
- Usually: 49%
- Sometimes: 13%
- Never: 9%
- Rarely: 3%

Community Health Needs Assessment 2015
14. Oral Health: How many of your permanent teeth have been removed because of tooth decay or gum disease?

In the last 12 months, have you had problems getting dental care due to lack of dentists available?
14. Oral Health: In the last 12 months, have you had problems getting dental care due to lack of insurance?

In the last 12 months have you had problems getting dental care due to lack of insurance?

- Yes 13%
- No 87%

14. Oral Health: In the last 12 months, have you had problems getting dental care due to lack of transportation?

In the last 12 months have you had problems getting dental care due to lack of transportation?

- Yes 0%
- No 100%
15. Diet/Nutrition:

<table>
<thead>
<tr>
<th>Servings</th>
<th>100% Only Juice</th>
<th>Fruit (Flesh, Frozen, or Canned)</th>
<th>Dark green vegetables or dark leafy greens</th>
<th>Orange-colored vegetables</th>
<th>Other Vegetables not listed above</th>
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</thead>
<tbody>
<tr>
<td>Per Day</td>
<td>24</td>
<td>21</td>
<td>37</td>
<td>21</td>
<td>82</td>
</tr>
<tr>
<td>Per Week</td>
<td>10</td>
<td>151</td>
<td>211</td>
<td>143</td>
<td>442</td>
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<tr>
<td>Per Month</td>
<td>58</td>
<td>102</td>
<td>85</td>
<td>126</td>
<td>285</td>
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<tr>
<td>Never</td>
<td>58</td>
<td>19</td>
<td>18</td>
<td>14</td>
<td>95</td>
</tr>
<tr>
<td>Not Sure/Don’t Know</td>
<td>9</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>23</td>
</tr>
</tbody>
</table>

Community Health Needs Assessment 2015

16. During the past month, other than your regular job, did you participate in any physical activities such as running, calisthenics, golf, gardening, or walking for exercise?

During the past month other than your regular job, did you participate in any physical activities such as running, calisthenics, golf, gardening, or walking for exercise?

- Yes 69%
- No 31%
17. What types of exercise do you participate in regularly? How often?

Regularly Exercise and how often

- Yes: 75%
- No: 25%

118 respondents exercise regularly for a total of 2214 workouts in a 30 day period. That averages to 19 workouts in a 30 day period.

Community Health Needs Assessment 2015

Arora De Smet Memorial Hospital

18. About how tall are you without shoes on?

Height in Inches

Community Health Needs Assessment 2015

Arora De Smet Memorial Hospital
19. How would you describe your weight? Ex. Underweight, Normal, Slightly Overweight, Overweight, Obese

Weight Description

- Slightly Overweight: 23%
- Overweight: 26%
- Normal: 47%
- Obese: 3%
- Underweight: 1%

20. Have you smoked at least 100 cigarettes in your entire life? (5 packs = 100 cigarettes)

Smoked 100 cigarettes in your life?

- Yes: 31%
- No: 69%
21. Do you now smoke everyday, some days, or not at all?

- Not at all: 82%
- Everyday: 15%
- Some days: 3%

22. Do you currently use chewing tobacco, snuff, or snus everyday, some days, or not at all?

- Not at all: 94%
- Everyday: 4%
- Some days: 2%
23. During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

During the past 30 days have you had at least one drink of any alcoholic beverage such as beer, wine, malt beverage, or liquor?

- Yes: 71%
- No: 29%

Out of 112 Positive replies, respondents consumed at least 1 alcoholic drink an average of 8 times over the past 30 days.

24. Considering all types of alcoholic beverages, how many times during the past 30 days did you have more than 5 beverages for men or more than 4 beverages for women on an occasion?

Considering all types of alcoholic beverages, how many times during the past 30 days did you have more than 5 beverages for men, or 4 beverages for women on an occasion?

- Yes: 27%
- No: 71%
- Not Sure/Don't know: 2%

Out of 43 Positive replies, respondents consumed at least 5/4 alcoholic drinks an average of 5 times over the past 30 days.
25. What is your sex?

Gender of Respondents

- Female: 65%
- Male: 32%
- No Response: 3%

26. Age in years:

Ages

- 85 Years and over: 6
- 75-84 Years: 28
- 65-74 Years: 26
- 55-64 Years: 48
- 45-54 Years: 36
- 35-44 Years: 13
27. What is your marital status?

Marital Status

- Married: 76%
- Divorced: 9%
- Separated: 2%
- Widowed: 2%
- Never married: 10%
- Choose not to respond: 2%

Community Health Needs Assessment 2015  Areca De Smet Memorial Hospital

28. What is your household income?

Income

- Choose not to respond: 25
- Less than $10,000: 2
- $10,000-14,999: 2
- $15,000-24,999: 9
- $25,000-34,999: 13
- $35,000-49,999: 21
- $40,000-74,999: 29
- $50,000-74,999: 32
- $75,000-99,999: 29
- $100,000-199,000: 19
- $150,000-199,000: 2
- $200,000 or more: 3

Community Health Needs Assessment 2015  Areca De Smet Memorial Hospital
29. Race?

Race

- White: 95%
- Black: 0%
- Asian: 0%
- Other: 0%
- Choose not to respond: 3%
- More than one: 1%
- American Indian and Alaskan Native: 1%

30. Are you of Hispanic, Latino, or Spanish Origin?

Hispanic Decent

- No, not Hispanic, Latino, or Spanish Origin: 72%
- Yes, Mexican American, Chicano: 3%
- Choose not to respond: 16%
31. What is the highest level of school you have completed?

**Educational Level**
- Choose not to respond: 2
- Doctorate Degree (PhD, EdD): 2
- Professional Degree (MD, DDS, DVM, LLB, JD): 3
- Master’s Degree (MA, MS, MENG, MED, MSW, ...): 6
- Bachelor’s Degree (BA, AB, BS): 48
- Associate Degree (AA, AS): 41
- 1 or more years of college, no degree: 17
- Some college credit but less than 1 year: 9
- High School Graduate-diploma or equivalent: 26
- 9th, 10th, or 11th grade: 5
- Nursery School-8th Grade: 0
- No Schooling Completed: 0

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Community Health Needs Assessment 2015  
Arara De Smet Memorial Hospital

32. Are you currently:

**Employment Status**
- Choose not to respond: 2
- Unable to work: 1
- Retired: 5
- A student: 6
- A homemaker: 0
- Out of Work but not currently looking: 1
- Out of Work and looking for employment: 2
- Self Employed: 19
- Employed for wages: 129

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Community Health Needs Assessment 2015  
Arara De Smet Memorial Hospital
33. Please describe your work.

**Type of Employment**

- Choose not to respond: 16
- Working without pay for a family business or farm: 5
- Self-employed in own incorporated business: 9
- Self-employed in own non-incorporated business: 7
- Federal government employee: 7
- State government employee: 18
- Local government employee (city, county, etc): 30
- Employee for profit company or business or...: 71
- Employee for a not-for-profit, or charitable...: 0

Community Health Needs Assessment 2015  
Arera De Smet Memorial Hospital

34. What is your housing status?

**Housing Status**

- Mortgaged: 65%
- Free & Clear: 23%
- Rent/Lease: 9%
- Occupied without rent: 1%
- Choose not to respond: 2%

Community Health Needs Assessment 2015  
Arera De Smet Memorial Hospital
35. Number of children in the household under 18 years of age?

Children Under 18 in Households

- No Children: 34%
- One: 15%
- Two: 23%
- Three or more: 26%
- Choose not to respond: 2%

Community Health Needs Assessment 2015
Aresa De Smet Memorial Hospital
Questionnaire Responses

What is healthy about our community?

- Clean
- Upbeat attitudes, progressive, new event center, new hospital renovation plans
- We have two places to go to work out, I see many people out walking when weather permits
- Small community that cares about one another
- A healthy community is a happy/involved community
- Everyone seems to like to stay fit
- Everyone likes to stay fit
- Most of our community is very positive about all
- Small town, good people, places to work-out and plenty of community involvement
- We are fortunate to have 24hr. access to fitness facilities. We live in a safe community so our kids can ride bikes. We have nice parks.
- Shopping is all walking distance
- We have a lot of parks
- Just getting familiar with the area, haven’t lived here long
- Safe
- Great helping community spirit
- Workplace and nice people
- It provides for the basic needs. We have a great hospital- so we need more doctors
- We have to health gyms, De Smet coalition for Healthy Kids, playgrounds, sports programs, track- indoor and out
- Open air
- We have fantastic schools, great parks, community facilities, workout center (Get Fit) and golf course
- Small town
- Our town is great but some neighbors could clean up their yards
- Most of us care
- I live in the country so it’s healthy
- Wonderful people who care about each other
- Small town and all is well
- We work together to get things done. Generally care for each other.
- Clean
- A lot of walking and the new Events Center
- Good network of athletics and support for athletic exercise – type activities and facilities. Opportunities for involvement in community activities events. Room to grow personally, professionally in town.
- Very involved in sports.
- Lots of walkers and joggers, not a lot of smokers
- Growing businesses and tourism
- Healthy-Energized!
- Wellness center, Get Fit, Sport Leagues, more choices that are healthy to eat out, incentive programs to be healthy
- The opportunity for kids to play sports. Access to parks and the new Wellness Center.
- Fairly safe
- Workout centers, and walking centers
• Wellness center and student activities
• 2 locations for fitness
• Facility Improvement
• The progressive attitude – it’s a beautiful place to live
• Safe routes to school so kids can bike and walk to school, fitness center, churches, and good economy for employment
• When a family is in need due to tragedy or illness – our community comes together to help those families out.
• We are free and safe to walk all over town and we have access to the school to walk if weather is bad. The weight room and fitness equipment are available at the school – unlimited hours.
• Good exercise
• How everyone works and cares for each other.
• No employment, safe, good school system and clean
• Everything is fine
• We have a cleaner community than some
• Grocery store choices are great, 2 fitness centers
• Clean community
• Access to walking indoors and out
• Our community seems to be thriving
• Current services available
• Low/No crime

What is unhealthy about our community?
• Too many social outlets
• The water is unhealthy, we need a new water tower
• No full-time Doctor
• Fast food and bars
• Not a lot of activities for winter
• Opportunity of new people
• Our water
• Fast food
• Our water
• Lack of healthy eating options both dining out and groceries, the track would be great if it was open to the public like it used to be.
• Small town
• People no understanding our rules from their different cultures
• We have a couple of different options for people to exercise.
• Overweight and not fit.
• Low paying jobs are the unhealthiest part of our community. Leads to stress, depression, drug and alcohol addictions, etc. It all comes back to that.
• As a whole, this community is very unaccepting of new people who come into this community. Takes a long time to go from being on the outside to becoming part of the group.
• We need more MDs
• We need more organized athletic teams for all ages
• Our community has a lack of organized athletic opportunities for adults – ie. Men’s/women’s/co-ed basketball, softball, etc.
• Tough to find affordable housing, boredom, drinking, and bars.
• No options for kid’s activities
• Not enough daycare available
• No full-time Doctors working here. Only mid-levels or very part-time Dr’s available here.
• Nothing unhealthy
• Fresh air, no smog, good people and churches
• Lots of things to do for all people
• Water – unhealthy – my opinion
• Eating out and drinking
• Better produce at store, healthy alternatives needed at local restaurants
• Increasing rates of cancer
• The number of negative people who seem to think everyone has a right to hear their opinion
• Our water
• Alcohol consumption and bed hopping
• We need new President and Vice President of De Smet Community – ones who don’t worry about which is your for just their business. (?)
• There really aren’t any organized public activities other than “open gym” twice a week
• Older community
• How there is more attention to well-known people by last names.
• Little to do here for activities, no MDs here most of the time, no Urgent Care, High % of cancer and few rental houses
• There is too much cancer
• We have a large amount of cancer in this town
• Well as a whole, I feel the farther you get from De Smet the less important we are. I know it doesn’t take two days to get snow plows out close to De Smet and potholes get fixed before the road goes to hell and is turned to gravel.
• We have access to fitness centers – wellness center. A lot of our youth are involved in physical activities.
• Need healthier food options at the restaurants and grocery store.
• Costs could get higher than incomes
• Not much to do for exercise. I have to leave town.

What is the most pressing health care related need for you, your family or our community?
• Quitting Smoking
• Healthy Food
• More fun group activities (social and physical) in winter for older adults
• That there is always a doctor available.
• nothing
• none
• stay active
• Doctor
• Full time line in De Smet
• Our family would benefit from an optometrist and audiologist
• Affordable dental care
• Prenatal
• Need more doctors
• Daycare or a place to take kids so parents can work out.
• Primary care
• Affordable insurance coverage
• Figure out why our county cancer rates are so high.
• All of them
• Nose
• Allergies or the Flu
• My husband’s heart problem. Since Dr. Ruth left we had to find another Dr. We never knew if we were to get a blood test at hospital, clinic, or Horizon building. Very confusing.
• Cost of health Insurance
• Access to bigger hospitals and services
• We need MDs not Pas or nurse practitioners
• Shortage of MDs
• Allergies
• MDs
• After school activities for our young children
• Limited diagnostic and specialty providers. Having to travel out of town for specialized care.
• Cost of healthcare and Insurance
• Family practice-type needs – basic care of curing the body of sickness/infection/colds/etc.... Dental – health and preventative
• Affordable dental care (no dental insurance)
• Good affordable practitioners
• Affordable
• Prenatal care
• No full-time Doctors working here. Only mid-levels or very part-time Dr’s available here.
• Overall health
• Dr.’s when needed
• Cost of things going up too quickly
• Dermatologist, counselling
• Need to keep the hospital open
• Affordable insurance/healthcare
• Dementia
• Keeping Avera De Smet Memorial Hospital doors open
• Doctor availability
• A male doctor who lives here and cares about the males in the community. Lim and Berg are good, but you cannot get into see them at times.
• Chiropractor- we need more than one. An actual Doctor that is here full time. Dermatologist
• Doctors, Doctors, Doctors! We need Doctors to move to our community, we don’t need a town full of PAs.
• Affordable insurance
• What I see in our community and even in the surrounding bigger communities is access to readily available mental health services. Emergency ambulance in Arlington are really not adequate.
• Staying active and eating right
• Expensive
• Doctors and pharmacy
• Hearing and respiratory
• Clinic that’s open outside of normal 8-5 hours.
• Cost of health insurance
• Cheaper medicines
• Quality Doctors and good physical therapy
• Having access to a clinic and ER
• Visual dr.
• Too much cancer effective and efficient hospital with health care professionals. It would be nice to not have to go Sioux Falls for everything
• At this time acute care and ER services
• Diabetic care, ADHD, arthritis and fibromyalgia care.
• Need dental care

What healthcare services do you currently travel out of town to use? If those services were available locally, would you use them?
• Dentist and Eye Doctor / no
• Eye Doctor / Yes
• All dental and medical
• Surgery or emergency care that DMH cannot handle / yes
• Eye doctor / yes
• OB / yes
• Eye doctor / yes
• None
• Eye Doctor / yes
• MRI and Colonoscopy / yes
• 70% / ?
• Avera Midlife Care for Women – Hormone Doctor / maybe
• Optometrist, Audiologist, Chiropractor occasionally, gynecology appointments / possibly, depends on the provider
• OB/GYN and dental / no
• Vision and acute care / yes
• Sanford OB/GYN / depends on insurance
• Dentist and Eye doctor / eyes, yes
• Eye exam / yes
• Eye Doctor / yes
• Dentist and eye care / maybe
• None, possibly bigger pool / gymnastics possibly
• Seeing any type of specialist / yes
• Dentist and eye doctor / eye doctor – yes
• Child doctor and hospital care / yes
• OB/GYN, dermatologist, children’s dental (everything except basic (general) and emergency care) / There are not enough people for that, one time a month may not fit into my schedule, I am okay driving.
• Dentist / maybe
• Actual Pediatrician, Specialists and OB Doctors / yes
• Orthopedic Institute / no
• Huron / no
• None-lots use other hospitals / yes
• All / no
• ENT / no
• ENT in Mitchell / no
• Have a heart doctor in Sioux Falls / would be nice if they could come to De Smet once a month
• Brookings / yes
• Optometrist, Pap smear, gynecologist / yes
• Surgery
• All those that this hospital can’t / of course
• All of them. I you have more than a hangnail you’ll have to go out of town anyways. / no. Too expensive. Costs me $500 for X-Rays at hospital. Next time I took day off work. Drove to Sioux Falls, had x-rays, a nice dinner, did shopping and still came out way ahead.
• Home health care supplies and medications / yes
• Allergies, Crohn’s / maybe
• None, yearly colonoscopy / yes
• Dermatology, OB/GYN, orthopedics / yes
• Dermatology, OB/GYN, orthopedics / yes, if good provider available
• All / no, I would stay with my regular doctor
• OB/GYN – pregnancy / possibly
• OB, neurologist, hematologist / yes, very possibly
• Orthodontist, eye doctor / yes
• Vision/eye care / yes
• Dentist, kids dr., eye dr., OB/GYN / possibly
• Eye doctor, orthodontist / yes
• Eye clinic / yes
• Everything, dental, vision, health care / If they were better than we currently have.
• Dental, women’s health / yes
• OB/GYN / yes
• Pediatrician, dentist and optometrist
• Dental, eye care / dental-No eye care-yes
• Mayo-Oncologist / no
• OB/GYN, dentist and family doctor /
• Specialty doctors and surgeries / yes
• Specialty Dr.’s / yes
• Specialty Dr.’s / would stick with current dr.’s – if need to change would consider Dr.’s in De Smet
• ENT, specialists, orthopedics, chiropractors / yes
• Ortho and dental / ortho-yes dental-no
• Vision care / yes
• Pediatrics, OB/GYN / yes
• Dentist /
• Eye, dental, ortho /
• Anything associated with my heart. / absolutely
• Eye / yes
• Pediatrician, OB/GYN, eye doctor / probably
• Yearly check-ups, dermatologist, chiropractor, to see a real doctor and not a PA / Yes! If a good Dr. was available
• Chiropractor, dental and a REAL doctor / yes
• Dental and lab tests / no
• Eye doctor / yes
• Dermatology (our family not me) Specialized GYN type service and yearly physicals and mammograms / unsure
• Dental, health Care / 
• Dentist and doctor / depends on quality and they are local. I just haven’t used the dentist and didn’t like the doctor here.
• Dr’s visits / yes
• Mental health, dental, chiropractic, eye doctor and hospital / yes
• General medical care. Specialty services for cranial deformity of infant. / yes
• Hearing-audio, respiratory and vision / depends on the health care provider
• Clinic – live in Arlington and travel to Brookings for work / if they were open when I could get myself and children to them
• X-rays and labs / yes
• Doctor and dentist / available and sometimes we do.
• ER, Specialists / yes
• X-Ray and lab works / 
• Medical doctor, dentist, eye doctor / depends on it they accept our insurance, etc. Also, I work in a healthcare facility other than Avera De Smet, so I won’t be switching PCP’s!
• Physical Therapy / 
• Dentistry and eye / questionable
• Eye doctor, dentist, MD, and Orthopedics / some
• Eye care / 
• Sioux Falls, SD / yes
• Visual Dr. / possibly
• Go to Sanford, Sioux Falls because of insurance / yes
• Vision / if those people could be seen here or in a clinic setting over the internet. Yes, save money or travel
• Our family doctor is in Brookings. We don’t use the hospital in De Smet because it is just more logical for us to go east to Brookings. / 
• Child checkups / I believe they are locally but I chose not to use them
• Dentist for implants and specialist for biopsy / 
• Orthopedics, eye care and OB/GYN / yes
• Eye doctor / yes
• OB/GYN and eye care / yes- depending on the physician/optometrist
• Vision specialist / no
• Trigger point injections / yes
• Dental work and cataract surgery / maybe

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?
• Movies and activities such as bowling
• Eye doctor / no
• Dry cleaner, larger food store and dollar store / yes
• Chevy Cars / yes
• Wal-Mart / yes
• None
• Oncologist
• Movie theater, Ice skating, bowling / yes
• Wal-Mart / yes
• Shopping, groceries, clothing and restaurants / shopping necessities available locally and I do use them, but when variety needed to go to a larger city, clothing not readily available locally an if it were would not likely be in variety of sizes and styles needed.
• Orthopedic Institute / yes
• I don’t know
• All / no
• Huron Clinic, Mitchell Avera / no
• Huron Clinic, Avera in Mitchell / no
• Breathing doctor, colonoscopy, the throat one, skin cancer removal, skin condition, dermatologist / of course
• Department Stores, health food stores / yes
• Department Stores, health food stores / yes
• Entertainment / yes
• Affordable groceries, clothing stores, entertainment / yes
• Wal-Mart, Runnings / yes
• Indoor swimming pool – lap pool, not a hotel pool, water parks for young kids / definitely!
• Tanning, facials, manicure, and pedicures / yes if it is convenient – longer hours
• Children’s museum, Target, Hy-Vee / yes
• Income Tax, Financial Advisor / maybe
• Cheap stores / yes
• Dollar General, or something similar. Need a good supper lounge that is open with regular hours that we can count on. / yes
• Shopping that is affordable / yes
• Wal-Mart and other stores. / yes
• Movie theater, clothing store, variety store and shoe store / sometimes
• Vision / yes
• Again, what we can’t get in Arlington is more logical for us to go east than to De Smet. No government grants will change that.
• Eye doctor / possible
• Movie theater and drive thru car wash. / yes
• Clothing, small supply items for school and household, hunting and shooting range / yes

What are some projects you would like to see addressed as a result of this study?
• Eye doctor come to town, find doctors that want to stay in a small town and new water tower
• None
• None
• N/A
• Full-time Doctor
• Affordable housing for singles
• The city swimming pool is in a terrible location for kids to get to safely
• Need a true activity center. Not what was built, but a place to bring kids and have open gym. Also place to have “adult” basketball and volleyball.
• Wages per cost of living
• Business attraction
• More doctors
• To have better water in De Smet
• Sports offered to younger kids throughout the year, wrestling is about the only sport offered right now for grades K-6, girls don’t have much to participate in, basketball starts in 4th or 3rd grade, football starts in 5th grade
• Get our water better
• Area clinics and hospitals have a service where the public can receive testing such as cholesterol, urine tests, strep test, pregnancy test and other general tests at their request and paid in cash at time of service, results to the person and not a provider, no registration or insurance submission, person to take results to a provider at their discretion, is fast and simple.
• Heated swimming pool, affordable housing options (rentals), home health and/or hospice locally, Healthcare administrators and leaders should be involved in community development and leadership as they are in Sioux Falls and other communities.
• More daycare sites and more youth/teen services
• Better help to our pregnant women when emergency arises, maybe ultrasound capability
• I don’t know
• Not to have to do this again
• Better and more extensive health care
• Am open to most anything. I will say that had there been a public vote on the event center, the outcome would have been quite different. It’s amazing what a few self-serving people can railroad through at our expense.
• Added activities for all ages, adding a paramedic service to our existing ambulance service
• Would like to see ambulance service provide ALS service, training for paramedics, implement recruiting program.
• Healthcare cost and dental care cost affordability
• Local citizens can take care of local projects. Don’t need Federal Govt. involved. Most of these questions have nothing to do with healthcare. The Federal govt. is not our keeper.
• I would really like to see some options for our kids. After school, middle school, and high school things to entertain them.
• Promotion of good health, walking groups or clubs, healthy eating promotions and classes
• OB/GYN
• Hire and retain MDs to work and live in our community and be here full time.
• Affordable apartments of housing for elderly to afford
• Renovating our pool and hospital
• More MD’s at the local clinics, Physician recruitment for MDs
• Regular MDs
• Much. Let’s get the hospital done and probably not the Event Center – Take a breath and reassess
• To have better water in De Smet
• Dollar General, Supper Club that is open 6 days a week Tues. – Sunday
• A Family Dollar or something like it
• Determine the trends in responses from the community and see what are its greatest needs. Would be good to have more emergency responders available during day hours. Many work out of town.
• Arlington School needs to offer the gym for fitness classes or adult activities
• Have movies available at Event Center, updated swimming pool for kids and after school activities for kids.
• Place to do some studies to see why so many have cancer. Is it the water or what?
• More active use of the internet based consulting with the specialist in Sioux Falls or wherever, but being done here locally so my Dr. knows what’s going on and I don’t always travel to Sioux Falls for a 10 minute recheck.
• After school programs for kids and a community daycare
• More housing for more residents to come and work in Kingsbury County, (De Smet, Lake Preston)
Community Health Needs Assessment

Individual Interviews

Interview Script:

Avera De Smet Memorial Hospital is conducting a community Health needs assessment in order to better understand the community health needs. We are thankful for your participation in our assessment and we value your opinion. Please know that your name will not be associated with any comments in the assessment, so please feel free to speak candidly.

Interviewer:

Date:

Participant:

Title/Community Relationship:

Questions:

1) What do you believe a healthy community is?
2) What is healthy about the community?
3) What is unhealthy about the community?
4) What services do you feel are needed in our community that do not currently exist?
5) Are you aware of specific populations in need of services?
6) What types of services do they need?
7) Do you see productive collaborations in the community that address health needs?
8) What do you view as strengths or assets to your community?
9) What is the One thing Avera De Smet Memorial Hospital is doing well?
10) In what ways is the hospital serving the community well?
11) How could the hospital improve the way they serve community?
12) If you could change one aspect of healthcare in your community, what would it be?
13) What actions, programs, and/or strategies do you think would make the biggest impact?
Individual Interviews

1. What do you believe a healthy community is?
   - People of all ages being active
   - One where the people cooperate towards the physical well-being of all members
   - Community that places a certain emphasis on providing healthcare for its’ citizens
   - Encouraging fitness, healthy lifestyles and progressive behaviors
   - Community that has access to healthcare and strong family values
   - Immunization and proper care to age 18 by caregivers
   - People that are sickness and cancer free
   - Opportunities for participation in the community’s Health
   - Hospital(ER), Healthy activities and its progressive
   - Under age of 60
   - A community with lesser trips to Hospital or clinic, support local events and businesses
   - Liking where you live
   - Happy community
   - Active, Fitness and Healthy Lifestyles
   - Good Hospital, Close to Sioux Falls
   - Growing population with wellness programs with participation for both physical and mental well-being. All entities (School, County, etc.) are healthy.
   - Preventative Medicine
   - Safe, Happy, living a long life, lives healthy lifestyles
   - A community that supplies worship, healthcare, work and recreational opportunities
   - Community that is physically and spiritually strong
   - Community that organizes itself to put health and fitness as a priority
   - Having healthy options as far as exercise, food, programs combined with up-to-date healthcare facilities.

2. What is healthy about the community?
   - Events Center, Education
   - Small town culture keeps you honest
   - We place an emphasis on quality healthcare options
   - Positive people, desire and pride
   - Midwest work ethic
   - Availability of care
   - Everyone helps each other out and holds them accountable
   - Opportunities for health options
   - Hospital, Wellness and Job Security
   - Close-knit community
   - Supportive Community, Health system
   - Friendly people, safe environment
   - Everything, especially hospital
   - Active and fitness
   - Small Town Attitudes, work ethics, families
• Health programs, Hospital clinic and Wellness Center, Attitude of young people to promote healthy programs
• Healthcare Resources
• Great ISO and Hospital
• Community pride, caring people wanting to thrive and leaders trying to make the community the best.
• Aggressive steps taken to assure that the above is met and followed
• Outdoor opportunities

3. What is unhealthy about the community?
• Eating habits and Laziness in winter
• Young people are dying
• Sports/Competitiveness. Too much emphasis on this
• Not a lot of opportunity for youth to do things locally
• Limited access to medical specialists and equipment
• People against immunizations and referencing misleading data
• Cancer
• Quite a few activities revolve around alcohol
• Housing shortage
• MD Availability
• Negative people
• Can’t think of one
• None
• Eating habits and unfit
• Water
• Couldn’t think of one.
• Unhealthy Eating
• Excessive cancer
• Aging populations and challenges associated with the elderly and shortage of housing to draw new citizens
• Health is good for the area except when certain age groups are gathered together(wouldn’t elaborate)
• Water concerns
• Sedentary and high cancer rates

4. What services do you feel are needed in our community that do not currently exist?
• More activities for Seniors
• Activities in summer and after-school for kids
• Mental Health Services
• Law enforcement
• Specialized medical equipment
• Athletic Trainer
• Nothing comes to mind
• None
• Eye Doctor, Senior bus and more EMTs
• CT Scan
• F/T MD that lives here
- Community Day Care
- Housing
- Mental Health and counseling
- Medical Ins. And Paramedic
- Better transportation for the elderly and disabled
- Youth Activities
- Diagnostic Equipment
- More businesses in town and recreational opportunities in winter
- None for a community this size
- CT Scanner and eye care
- Eye care and Long term Memory Care

5. Are you aware of specific populations in need of services?
   - Seniors
   - Kids and elderly (shut ins)
   - Needs are being met
   - No
   - I am not
   - Affordable healthcare for blue-collar workers
   - All age groups
   - I think all age groups are covered well
   - Elderly Activities and Youth Activities
   - Everyone
   - Elderly and disabled
   - Youth
   - Elderly
   - All ages
   - Elderly
   - Low income, Disabled and Elderly
   - Elementary age
   - Elderly, and Pediatrics
   - Young families < 40
   - No
   - Low income use of medical services
   - Elderly and memory care.

6. What types of services do they need?
   - Education and encouragement to be out and active
   - Community help for elderly with health issues
   - Needs are being met, just need to know how to look for them
   - Affordable healthcare Insurance
   - Cancer Screening
   - Elderly Activities and Youth Activities
- CT Scans
- Home health services and transportation

### Activities
- Cancer screenings and education
- Depression and Mental Counseling
- Buses and delivery
- Local Transportation

### More Athletic Events/Activities
- Pediatrician
- Local activities and recreation (bowling and theater, etc)

7. **Do you see productive collaborations in the community that address health needs?**

   - I think it’s coming
   - Winter program, Keep Moving
   - Past CHNAs
   - In Iroquois, No
   - Yes
   - I think so
   - Yes
   - Yes
   - Yes
   - They must
   - Yes
   - Yes
   - Yes
   - Yes
   - Yes
   - Yes
   - Absolutely
   - Yes
   - Yes
   - Yes
   - Yes
   - Yes

8. **What do you view as strengths or assets to your community?**

   - Neat and Clean, Pool, Parks, and Events Center
   - Wellness Center, Get Fit and people interacting and encouraging others
   - Community if forward thinking, thinking of better ways to healthcare
   - Good core of good people caring about their community
   - Small community and cooperation

   - Qualified Care Givers
   - Good EMS, clinics and hospital
- Clinic is flexible with hours and Groups work together well in City
- Hospital, Job opportunities, school system and Law enforcement
- Hospital presence
- Supportiveness
- Clean community and job opportunities
- Community involvement and School District
- Churches and Activity Center
- Pride of the town
- Cooperation, self-funding ideas, vibrant young families, medical hospital and clinics, Rehab(PT)
- Local and regional resources, job opportunities
- People backing
- Community pride and progressive leaders
- Willingness to take risks necessary to meet community needs
- Hospital and Volunteer EMS
- New hospital remodel, Horizon Health Clinic, and good grocery store with healthy options.

9. What is the One thing Avera De Smet Memorial Hospital is doing well?
- Providing outstanding care for all people
- ER Access
- Working hard to meet the needs of the community
- I don’t know, but no negative
- Excellent care at visit
- Appreciate the current expansion/renovation
- ER services
- Can’t think of anything
- ER
  - Maintaining RNs
  - ER and staff
- Presence ER
  - Service
  - ER and staff
  - Its expanding and Technology
  - Bringing in technologies
  - Advancing Diagnostic Services
  - Improving
  - Employer and active part of community
  - Providing excellent emergency care as a well as routine health needs
- eER
  - Looking forward to the Future of Rural Healthcare in De Smet with the new facilities.

10. In what ways is the hospital serving the community well?
- By the quality of their care
- Care given
• Making resources available  
• Facilities  
• Proactive in improving facilities and services  
• Renovations  
• Presence  
• Presence and improvements  
• ER Care  
• PT, ER and swing beds  
• Providing initial healthcare  
• Presence  
• Bringing services to town and hospital  
• Presence  
• Good job fulfilling community needs  
• Its progressing and getting new equipment  
• Physical Therapy  
• Contribution to community, good number of providers and ER  
• Providing excellent emergency care as a well as routine health needs  
• Well-staffed with RNs  
• Good nurses, PAs and Options

11. **How could the hospital improve the way they serve community?**

• Provide more educational and community events  
  **Physicians living locally**  
• Not sure, I’m satisfied  
• Satellite Clinic in Iroquois  
• **More specialists provide better care.**  
• Clinics in smaller communities  
• Find more ways to treat a patient locally instead of sending them off  
• Marketing  
• **Adding a Dr. that lives here or works full time here**  
• **Adding more MDs to staff**  
• None  
• None  
• I have no complaints  
• No answer  
• No Idea  
• Better communications  
• Continue the collaborative effort with local medical services  
• **Recruitment of MDs**  
• Promote themselves more, outreach activities  
• New facilities to enable additional services  
• **More MDs needed**  
• This will come with the new the new facilities
12. If you could change one aspect of healthcare in your community, what would it be?

- Walking path and bike trail in area
- More care geared toward the home-health
- Quality healthcare Providers
- Local attention
- More approved providers
- More on preventative and wellness side
- Nothing
- CHIPS program
- Eye doctor and entertainment
- Available F/T MD
- Increase number of MDs
- Wouldn’t change anything
- Weight-loss
- Eye Doctor
- More MDs
  - Dentist, Eye DR., behavioral health and local MD
- More MDs
  - More screening tests
  - No answer
  - Think we are doing well
  - More education

13. What actions, programs, and/or strategies do you think would make the biggest impact?

- Activity Motivation
- Faith-based home health nurse
- Continuing Education Programs for community (all ages)
- Health fitness and wellness programs
- Not sure
- Can’t think of anything
- Satellite Clinics
- Public education about cancer screenings and symptoms
- Can’t think of any
- Avera DMH to continue to add new equipment and Ins. To pay wherever you go.
- Recruiting MDs with Student Loan Forgiveness
- Continue to expand the hospital and diagnostic services
- Better health education
- No answer
- High School program for EMS Education Training
- More housing
- Nutritional and Healthy Cooking Education
- Less paperwork in healthcare
- Bringing more businesses to town
- Current strategies are working well
• See more activities locally and Bike/Hike Trails
• Utilizing the Health and Wellness Center for vaccinations for the masses