

2016 IMPLEMENTATION STRATEGY



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INTRODUCTION – BOARD ACTION

The Community Health Needs Assessment (CHNA) and Implementation Strategy are federal requirements for hospitals to retain non-profit status once every three taxable years. Sioux Center Health developed a CHNA report which was approved by the Executive Board of Directors in June 2016. The process also includes the development and approval of an implementation strategy to address the prioritized needs from the CHNA. This plan was approved at the September 2016 Executive Board of Directors' meeting.

COMMUNITY HEALTH PRIORITIES

While Sioux County has numerous positive attributes and scores well in the county health rankings for Iowa, there are several well defined areas of prioritized need that the hospital plans to address based on our findings from the community health needs assessment. For the purpose of this assessment, a health need includes requisites for the improvement or maintenance of health status in both the community at large or in a particular part of the community, such as a specific group experiencing disparities. Requisites for improvements or maintenance of health status also include underlying factors that influence health such as transportation or housing.

Summary of Health Needs

The following prioritized health needs were identified for all of Sioux County with the collaborative of Community Health Partners and the four hospitals in Sioux County:

1. Obesity
2. Mental Health Services
3. Translation and Interpretation
4. Community Education and Support Groups
5. Recreation - Things to do

Out of the above county health needs, Sioux Center Health was tasked with choosing 3 out of the 5 to focus on for the next three years. The three that were chosen are:

1. Obesity
2. Mental Health Services
3. Translation and Interpretation

STRATEGIES FOR IDENTIFIED NEEDS

Obesity

Description of the issue

In Sioux County, 68% of adults are overweight or obese, compared to 67% of adults in the whole state of Iowa. 27% of Sioux County adults report a BMI of more than 30, meeting the criteria for obesity. This is slightly lower than the Iowa rate of 30% of adults, but has increased in Sioux County since 2004.

Behaviors related to obesity include diet and physical inactivity. A healthy diet and adequate physical activity are also associated with greater health and reduced cancer risk. In Sioux County, 72% of adults report adequate physical activity compared to 80% for the State of Iowa.

Action

Through the continued collaboration with Community Health Partners, Sioux Center Health is part of two grants that were received with an obesity management focus. One, being the State Innovation

Model (SIM) grant. This grant places emphasis on the obese and connecting them with the resources available to bring their weight/BMI into a healthier range further decreasing their risk of future health concerns due to excess weight. Such resources may include the Diabetes Prevention Program, one-on-one health coaching, other local weight management classes, local fitness centers, as well as the local food pantry if there are food insecurity issues that also need addressing. The other grant that Sioux Center Health is a part of is for the implementation of the National Diabetes Prevention Program (DPP). The DPP is a year-long weight management program aimed at those who are pre-diabetic or are at high risk of developing diabetes sometime during their life. The county has 12 trained program instructors, with 3 of them being Sioux Center Health staff. The goal for these participants is a 5%-7% weight reduction over the course of 12 months.

Sioux Center Health has also recently hired a Registered Dietitian, who will be implementing an ongoing weight management program open to all community members with a focus on behavior changes that lead to long-term healthy habits. Like the Diabetes Prevention Program, the participants in this program will also have a weight reduction goal that is met and maintained long-term by putting into practice the new behaviors they have learned.

Continued partnerships with the Sioux Center Trails Council, the Healthy Sioux Center community group and the various other community recreational offerings and facilities in Sioux Center will be continued with Sioux Center Health remaining an active voice on behalf of our patients and community members where physical activity and healthy eating are concerned.

Mental Health Services

Description of the Issue

Mental health services across the age continuum were cited as a pressing need by all CHNA focus groups. Specific needs identified include increased numbers of providers, providers who could deliver services in Spanish, more support groups for care-givers and those suffering from chronic diseases, entry points for care, care for those with co-occurring medical, substance use and mental health needs, and the need to reduce stigma for seeking help.

Potential resources to address the issue

- Strong collaborative commitment to this issue.
- Area mental health providers – several sizeable agencies serve Sioux County

Action

Sioux Center Health will provide 24/7 social worker coverage as a resource for those patients needing mental health services. Along with this, Sioux Center Health will continue to use ECare, which has 24 hour behavioral assessments through the use of a video camera. Should a patient need further treatment, Sioux Center Health will continue the use of Care Match, a website through the Iowa Department of Public Health that keeps a list of all open beds in the state of Iowa for inpatient care.

Sioux Center Health will also utilize the mental health resources in Sioux City for those adolescent patients who are requiring inpatient care for mental health needs and detox/treatment.

Sioux Center Health has established relationships with local/area mental health agencies and will

continue to utilize their services where appropriate. The use of these resources will result in treating the patient's need in the most efficient way possible to ensure the best possible outcome for that patient.

Ongoing staff training in recognizing signs and/or treatment of mental health concerns will be provided. This ensures that the staff is able to quickly identify the problem and seek appropriate resources as needed.

Translation/Interpretation

Description of the issue

In each of the CHNA focus groups, translation and interpretation needs were cited specifically in health care settings and schools. Providers and consumers alike asserted that qualified (specially trained) on-staff interpreters in hospitals and medical clinics are needed, in particular in labor and delivery and mental health. With nearly 10% of Sioux County households speaking a language other than English at home, this is unquestionably an area of need.

Action

Sioux Center Health will be working on establishing a Cultural Diversity business plan in which further translation/interpretation needs will be addressed. Throughout this process, the team will be engaging not only our staff, but our boards as well. This team will be identifying the gaps where adequate translation services are lacking and look to provide possible solutions. The impact of closing those gaps will mean that appropriate medical care is given, patient understanding increases and compliance of treatment plans are improved.

Collaboration with other local/area agencies who also serve those of ethnic minorities will be done in effort to provide the best care for our patients no matter what their health needs are. A list of said agencies has already been established and will be distributed where appropriate within the clinic and hospital. Having this type of information readily available will eliminate a referral to an outside resource that is not prepared to take on a patient with a language barrier, creating the need to arrange for an interpreter. In some cases, the patient would be able to arrange appointments and any follow-up visits on their own without the use of an interpreter. Having someone who can speak their particular language is also good for establishing trust and ensuring that the needs are being adequately met.

NEEDS NOT BEING ADDRESSED & WHY

While each of the health needs identified are important for overall community health, two additional health needs that came up during the assessment were community education and recreational opportunities. Thanks to several partnerships in Sioux County, a county-wide Health Improvement Planning group has been established and has sub-groups currently working on these two areas. Sioux Center Health is well represented in this group.