Avera Holy Family Hospital
Community Health Needs Assessment
Implementation Plan
2016
2016 Community Health Needs Implementation Plan

Organization’s Mission and Values
Avera Holy Family Hospital is a licensed 25-bed critical access hospital located in Emmet County, Iowa. Avera Holy Family Hospital is owned by Avera Health and managed by Avera McKennan Hospital & University Health Center. Avera Health is a ministry of the Benedictine and Presentation Sisters. Members of Avera Health are guided by a common mission and set of values.

Our Mission:

Avera 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.

Avera Values:

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

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 community.

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

Community Served
Avera Holy Family Hospital serves Emmet County, Iowa, and the surrounding area. Emmet County is located in the northern tier of Iowa counties near the Minnesota border. The west fork of the Des Moines River flows through the county along the west side. There are several lakes in the county. There are six incorporated towns in Emmet
County including: Armstrong, Dolliver, Estherville, Gruver, Ringsted and Wallingford. Estherville is the county seat. According to the U.S. Census State and County Quick Facts, the land area of Emmet County are 395.88 square miles and the number of persons per square mile is 26. The 2015 population estimate of Emmet County was 9,769.

**Implementation Strategy and Process**

Avera Holy Family Hospital and Emmet County Public Health collaborated with a number of community partners in the completion of the community health needs assessment.

The timeframe for conducting the community health needs assessment was July 2015 through April 2016. Based on the outcomes of the needs assessment, some health improvement opportunities were initiated during this same time period while other health needs will be addressed in the future.

Multiple sources of data were analyzed in the needs assessment including public health reports, U.S. Census data related to population, housing and economics, and other labor force data. Community input was obtained from groups that represent the broad interests of the community. A community health needs assessment survey was conducted using Survey Monkey.

Avera Holy Family Hospital and the Emmet County Public Health Department plan to facilitate the completion of a community health needs assessment every three years in collaboration with other interested individuals and community partners.

**Who was Involved in the Assessment Process**

The community health needs assessment was conducted by Avera Holy Family Hospital in collaboration with Emmet County Public Health and with the assistance of a number of community partners and service groups.

Community input was gathered through community partners and service groups who represent the broad interests of the community. The following groups were involved in the community health needs assessment: Emmet County Public Health; Avera Holy Family Medical Staff; Emmet County Wellness Coalition; the Free Clinic Board; Nursing Home Leaders; Fire, Law Enforcement, Ambulance and Support Services (FLEAS); Compass Pointe Alcohol, Drug & Gambling Behavioral Health Services; and Emmet County Mental Health. Members from these community groups participated in meetings and/or completed a community health needs survey.

In addition to the input gathered from the surveys and discussion groups, interviews were conducted with a number of key community leaders.
Prioritization of Significant Health Needs

Prioritization is an important process for determining what should be done to address the health needs of the community. Information from the community health data sets and input from the community leaders, service groups & survey respondents were reviewed to determine community health needs. The Community Commons Health Indicators Report was also used to assess and determine improvement priorities. Factors considered when prioritizing community health needs included cost/return on investment, availability of solutions, likelihood of success, impact of the health problem on the community, availability of resources to address the problem, urgency of the problem and the number of individuals affected by the problem. Group discussion and consensus building were used to determine improvement priorities.

Priorities identified include: obesity, diabetes, heart disease, and falls in older adults.

Significant Health Needs Not Addressed and Why

Determining priorities is an important aspect of a community health needs assessment. By prioritizing needs, the community’s resources can be directed to the needs of most concern to the community and to the needs that have the most impact on the health of the community.

The following needs identified during the community health needs assessment will not be addressed in Avera Holy Family Hospital’s implementation plan:

- **Need:** Transportation needs
  - **Reason:** Competing priorities and projects

- **Need:** Mental health services
  - **Reason:** Lack of professional resources
  - **Reason:** Competing priorities and projects

- **Need:** Alcohol consumption
  - **Reason:** Being addressed by another community partner
<table>
<thead>
<tr>
<th>Priorities</th>
<th>Contributing Factors</th>
<th>AHFH Strategies</th>
<th>AHFH Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>Physical Activity</td>
<td>Raise awareness regarding the impact obesity has on quality of life, incidence of disease &amp; medical complications, and healthcare costs</td>
<td>Provide health education sessions for the community.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Collaborate with Emmet County Public Health, Emmet County Wellness Coalition and other community partners to promote physical activity and wellness</td>
<td>Support community sponsorship of physical activity and wellness events</td>
</tr>
<tr>
<td>Poor Eating Habits</td>
<td></td>
<td>Raise awareness regarding the impact that poor eating habits have on health and wellness</td>
<td>Disseminate health information through the local media</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Collaborate with Emmet County Public Health, Emmet County Wellness Coalition and other community partners to promote healthier eating habits</td>
<td>Conduct the Lifestyle Challenge (weight loss and exercise program) annually</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Conduct the Avera/RWC Lifestyle Challenge Part II “Staying Well” annually</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Obesity, Physical Inactivity, Age, Gestational Diabetes, Family History of Diabetes, Hypertension, Cardiovascular Disease, Race, Polycystic Ovary Syndrome, Abnormal Cholesterol &amp; Triglyceride Levels</td>
<td>Raise awareness regarding the risk factors for pre-diabetes and diabetes</td>
<td>Provide pre-diabetes and diabetes prevention education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Promote awareness of lifestyle changes that help prevent type 2 diabetes and associated conditions</td>
<td></td>
</tr>
<tr>
<td>Cardiovascular</td>
<td>Obesity, Hypertension, High Cholesterol, Smoking</td>
<td>Increase awareness regarding heart disease prevention and empower individuals to take control of their heart health</td>
<td>Conduct Planet Heart screenings</td>
</tr>
<tr>
<td>Disease</td>
<td></td>
<td>Ensure people at risk have access to diagnosis and appropriate treatment</td>
<td>Engage Emmet County Public Health, Emmet County Wellness Coalition and other community partners in initiatives to prevent heart attack and stroke</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Promote a healthy diet and physical activity</td>
<td>Provide educational sessions for the community</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Encourage smoking cessation</td>
<td>Disseminate health information through the local media</td>
</tr>
<tr>
<td>Falls in Older</td>
<td>Osteoporosis, Lack of Physical Exercise, Impaired Vision, Medications, Environmental Hazards</td>
<td>Raise awareness regarding the risk of falls in older adults and preventative measures to reduce the risk of falls</td>
<td>Provide health education sessions for the community</td>
</tr>
<tr>
<td>Adults</td>
<td></td>
<td></td>
<td>Disseminate health information through the local media</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Provide fall risk assessments for older adults</td>
</tr>
</tbody>
</table>
APPROVAL

The Community Health Implementation Plan was approved by the Avera Holy Family Board of Trustees on August 25, 2016.

Written copies of the final report are available by contacting the CHNA Coordinator at 712-362-6448. The implementation plan is also available for review on Avera Holy Family’s website.

Avera Holy Family Board Chair  

Kathy Preston  

Date  

11-14-16