



# COMMUNITY HEALTH NEEDS ASSESSMENT

Avera Creighton Hospital: Knox County

2019

## I. Community Served by the Hospital

Avera Creighton Hospital is a critical-access hospital located in Creighton, Nebraska. The mission of Avera Creighton Hospital is to make a positive impact in the lives and health of persons and communities by providing quality services guided by the Christian values of compassion, hospitality and stewardship. The not-for-profit hospital is jointly sponsored by the Benedictine Sisters of the Sacred Heart Monastery located in Yankton, S.D. and the Presentation Sisters of the Blessed Virgin Mary of Aberdeen, S.D.

The facility's service area is defined geographically as Knox County, Nebraska. The population of Knox County was 8701 according to the 2010 U.S. Census Bureau and the population estimate for Knox County in 2018 was 8419. The Santee Sioux Reservation is located in Knox County.

In 2017 the Avera Creighton Hospital inpatient county of origin was 94.8% from Knox County, followed by 4.3% from Pierce County and 0.9% from Antelope County.

The hospital's payer mix, care of the poor and community benefit for FY 2016 through FY 2018 are detailed below:

	<b>FY 2016</b>	<b>FY 2017</b>	<b>FY 2018</b>
<b>Charity Care</b>	\$159,694.00	\$224,848.00	\$342,605.00
<b>Bad Debt</b>	\$217,046.16	\$238,935.00	\$208,871.00
<b>Total</b>	\$376,740.16	\$463,783.00	\$551,476.00

### Avera Creighton Payer Mix

<b>Financial Class</b>	<b>FY16</b>	<b>FY17</b>	<b>FY18</b>
Blue Cross	15.0%	8.5%	5.1%
Commercial Insurance	5.4%	5.2%	2.7%
Government	1.3%	1.1%	1.2%
Indian Health Services	0.2%	0.2%	0.1%
Medicaid	1.5%	0.6%	0.3%
Medicaid Managed Care	5.8%	6.2%	9.4%
Medicare	54.0%	64.8%	66.5%
Medicare Replacement	5.8%	7.3%	8.1%
Managed Care	6.9%	4.1%	4.2%
Self Pay	3.4%	1.5%	2.2%
Work Comp	0.8%	0.5%	0.3%

## **II. Community Health Needs Assessment Process**

Avera Creighton Hospital collaborates with the North Central District Health Department (NCDHD) to monitor health status and understand health issues facing the community. The 2019 and previous assessments will serve as a reference document for the health care facilities and community agency partners in the NCDHD. This assessment describes the health status of the population, identifies areas for health improvement, determines factors that contribute to health issues, and identifies assets and resources that can be mobilized to address public health improvement.

Mobilizing for Action through Planning and Partnerships (MAPP) is the strategy used by NCDHD to gather data, select public health priorities and foster collaboration among multiple health care providers. The essential building blocks of MAPP are four assessments which provide critical insights into the health challenges and opportunities confronting the community. These four assessments are the Community Health Status Assessment, the Community Themes and Strengths Assessment, the Forces of Change Assessment and the Local Public Health System Assessment.

The NCDHD Community Health Status Assessment was one of the primary data sources. This assessment was administered in 2018 via Survey Monkey to gain the perspective of the NCDHD community regarding health, community health issues, and quality of life. A total of 406 community members answered the survey and 18 percent of those were from Knox County. The average age of the respondents was 47 with a range from 19 to 82. The race/ethnicity of respondents was 96.7 percent white and 3.3 percent minorities. The top three concerns about health care were the high cost of healthcare, the shortage of healthcare professionals and the lack of mental health services. The complete assessment findings are available online for public view at [www.ncdhd.ne.gov](http://www.ncdhd.ne.gov).

The second primary data source was a Knox County focus group. Invitations were mailed to thirty-six individuals across the service area including public officials, community agency members, and teachers from schools within the county and health care providers. The focus group meeting was held on March 7<sup>th</sup> at 4 PM in the Creighton Public Library. Five individuals attended the meeting and winter weather conditions probably contributed to the low attendance.

Secondary data sources include Nebraska Department of Health and Human Services, Nebraska Hospital Association, CDC Community Health Status Indicators, Behavioral Risk Factor Surveillance System (BRFSS), NCDHD Community Health Assessments and Surveys and the U.S. Census Bureau.

## **III. Community Input**

A focus group meeting was held March 7<sup>th</sup> at 4 PM in the Creighton Public Library. The meeting was moderated by Diane Selby from the North Central District Health Department.

Of the 36 people invited the following attended the meeting: Ruth Vonderohe, recently retired Knox County Extension agent; Cathy Hitz, Northeast Nebraska Area Agency on Aging; Lauren Kinney, RN; Todd Consbruck, CEO of Avera Creighton Hospital; and Jean Henes, MSN, RN, Director of Nursing at Avera Creighton Hospital. Cathy Hitz was able to represent the Santee Sioux Indian reservation as she provides services in that area.

Summary of the focus group meeting:

**Strengths and assets** in the community were Avera Wellness Center, Avera Walkway open to walk laps, some community exercise classes, golf course, swimming pool and park.

**Threats and weaknesses** discussed were a void for senior living options between home and the nursing home as there is retirement housing but no assisted living, limited restaurants, limited senior activities and the Senior Center, limited mental health resources, and drug abuse in the community.

**Resources** in the community that serve diverse populations include the Avera Creighton Hospital, the Avera Creighton Care Centre and the Avera Medical Group primary care clinics, Northeast Nebraska Area on Aging, Methodist Church Food Pantry in Bloomfield and Bountiful Baskets. The largest segment of the diversified population in Knox County is the elderly. According to the U.S. Census Bureau in 2018, 24.3 percent of the population in Knox County was 65 and older. Race and Hispanic origin in Knox County was 87.2 percent white, 10 percent American Indian, and 2.5 percent Hispanic. The median household income was \$48,072 and the percent of persons in poverty was 12.6 percent. The Northeast Nebraska Area Agency on Aging spokesperson present at the focus group meeting represented the elderly, low-income and American Indian population groups.

The Comprehensive Community Health Needs Assessment Survey Monkey data was presented by GIS and Human Dimensions, LLC to NCDHD community stakeholders on March 27, 2019 in O'Neill, NE. The community stakeholders present were:

Avera Creighton Hospital	Creighton, NE
Avera St. Anthony's Hospital	O'Neill, NE
CHI Plainview Hospital	Plainview, NE
Brown County Hospital	Ainsworth, NE
Osmond General Hospital	Osmond, NE
Antelope Memorial Hospital	Neligh, NE
Region 4 Behavioral Health Services	Norfolk, NE
Rural Region One Medical Response System	Norfolk, NE
North Central District Health Department	O'Neill, NE
Educational Service Unit #8, School Nurse	O'Neill, NE
UNL Extension, Retired agent	

The community stakeholders then analyzed the data to determine if the indicators were failing to meet the national HP2020 targets. The following areas and elements were taken into consideration when analyzing the data: if the indicators were trending in the wrong direction, if there were apparent disparities, if there were discrepancies between district and state indicators, and if the issues identified were a significant problem based on each communities input. Each attendee then voted on the category of needs identified. The top two significant health needs identified were:

Mental Health  
Hypertension

#### **IV. Prioritized Significant Community Health Needs**

The Avera Creighton Medical Staff served as the Steering Committee for identifying and prioritizing the significant community health needs of Knox County. A presentation summarizing the NCDHD Community Health Status Assessment and the priorities of the focus group was given at the April 18, 2019 meeting with the following in attendance: Ronald Morse, MD; Adam Strehle, DO; Amy Borgmann, PA-C; Katie Beckmann, PA-C; Todd Consbruck, CEO; Jean Henes, MSN, RN, Director of Nursing ACH; Tanya Curtis, RN, Director of Nursing ACCC; Cindy Mastalir, RN, Clinical Coordinator and Trauma Coordinator; Kevin Lauck, PA-C; Douglas Laflan, MD; and Monica Morrill, Health Information.

Information in the presentation included the burden, scope, severity or urgency of the health need, the estimated feasibility and effectiveness of possible interventions, the health disparities associated with the need and importance the community places on the need. The focus group identified a need for retirement housing or needing additional restaurants, however the steering committee felt this had low feasibility.

Data shared from the 2018 NCDHD Community Health Status Assessment included the poverty level in Knox County of 12.3 percent in 2017, life expectancy of 79.4 compared to 80.4 in the health district, an increased mortality rate of 142.9 percent for essential hypertension and 53.5 percent for suicide in the health district, diabetes ranking as the 5<sup>th</sup> most serious health issue and the increase in obesity among adults in Knox County went from 27.1 percent in 2006 to 31.6 percent in 2013 which is a 4.5% increase.

After discussion the steering group selected by vote Mental or Behavioral Health as the most significant health need of the community since this was a priority of the community focus group as well as the NCDHD Community Health Status Assessment. The Behavioral Health needs discussed were the increase in the suicide rate as well as a shortage of mental health providers.

Two other health needs were prioritized as significant: hypertension and diabetes. According to the CDC, Native Americans are twice as likely as whites to have diabetes. Untreated hypertension contributes to kidney failure in diabetics which is a disabling and expensive complication of diabetes.

#### **V. Potentially Available Resources**

Avera Creighton Hospital does offer Mental Health Specialty Clinics with two different providers every month. The Emergency Department has access to Avera Behavioral Health via telemedicine from Sioux Falls, S.D. Development of a protocol for providers to follow during a Behavioral Health crisis has begun. The protocol will include contact names and phone numbers to ensure proper outpatient behavioral health follow up can be scheduled. Some work has been done to involve and educate law enforcement and primary care providers in how best to handle behavioral health crisis. The Avera Medical Group providers have started using the PHQ-9 screening at clinic visits and in the ER.

The Avera Medical Group (AMG) is a resource to screen for and treat hypertension and diabetes. There are AMG Advanced Practice Providers with specialized training in care of diabetics in Knox County. Data from August 2018 showed 61 diabetic patients had an

average decrease in A1c of 1.9 and 55 percent of those patients moved from uncontrolled diabetes to controlled diabetes ( A1c <9).

Other potential resources are community involvement for increasing options for exercise as well as reaching out to the Senior Center to provide education on mental health issues, hypertension and diabetes.

## **VI. Evaluation of Impact**

The Avera Creighton Hospital Implementation Strategy based on the 2016 CHNA identified the priority need of weight management through increased nutrition education, healthy choices and awareness in the community as well as an increase in physical activity in the community.

There have been no written comments regarding the 2016 CHNA and Implementation Plan.

The menu at the hospital's Caring Hearts Café was reviewed and changes were made to offer more healthy choices as well as control portion sizes of servings for the daily special. The Café is open to the public for breakfast and lunch on weekdays. It is the only restaurant in town except Subway and convenience stores. Vending machine choices were also reviewed and work was done with the supplier to offer healthy options for snacks and drinks in the vending machines on campus. There was discussion about hosting a Farmer's Market at the hospital in the summers but there was already one taking place at the Senior Center so this was not pursued.

The Avera Creighton Hospital Wellness Center is located in a leased facility on Main Street of Creighton. Membership rates have not increased but the space is small. The building needs upgrades and there is no room for any group exercises Membership has decreased from 78 members in 2016 to 66 members in 2018. In 2018 other locations on Main Street were explored and in early 2019 a site was identified as a possibility for the Wellness Center. Meetings with the owner were held to request building modifications to include a larger bathroom as well as two locker rooms. This remodeling is underway and a new lease for the space is being written. The goal is to move the Wellness Center in the summer of 2019. The available space in the new location will double and will allow space for group exercise activities.

Discussion was also held with city officials regarding grants for walking trails but there has been turnover in the Knox County Economic Development position and no progress has been made.

General public awareness of wellness activities regarding weight management through proper nutrition, exercise and health screenings is done at the annual home shows offered in many of the towns in the service area. Wellness screenings are also offered to larger businesses in the community. North Central Public Power District sends all employees and board members for annual wellness screenings.

The next steps will include creating an action plan to address the identified needs and prepare an Implementation Plan that will be presented for Board approval in the fall of 2019.

**Approval**

By signing below, the office of the Avera Creighton Hospital Advisory Council swears that the Advisory Council, at its May 20, 2019 meeting, reviewed and approved the Community Health Needs Assessment Summary.



Signed



Date



Printed Name and Title