

Community Health Needs Assessment



2022



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About

IREDELL

Iredell Health System is a non-profit healthcare system located in Iredell County, serving Iredell, Alexander and Davie Counties.

Iredell Health System includes Iredell Memorial Hospital, Iredell Home Health, a certified Diabetes Program, an award-winning Iredell Wound and Hyperbaric Center, Ambulatory Surgery Center, Skilled Nursing Facility, Industrial Wellness, and the Iredell Physician Network (IPN).

IPN has providers who specialize in cardiology, orthopedics, psychiatry, vascular, neurospine, internal medicine, and family medicine. There are IPN offices in Statesville, Mooresville, Harmony, Troutman, Taylorsville, Mocksville and Hickory. A complete list of IPN providers, their specialties and locations, can be found at <https://iredellphysiciannetwork.com>.

Our Iredell Mooresville campus includes 3-D Digital Mammography, Ambulatory Surgery, CT Scan, Family Medicine, General Imaging, Urgent Care, Rehabilitation, and Occupational Medicine.

Iredell Memorial Hospital is the largest and the only non-profit hospital in Iredell County. The comprehensive healthcare facility has 247 beds and approximately 1,700 employees. The 260 physicians on staff represent a variety of specialties.

Examples of award-winning care:

- Iredell was awarded Full Accreditation and accredited with Commendation as a Community Hospital Cancer Program by the American College of Surgeons Commission on Cancer.
- Joint Commission has certified Iredell Memorial Hospital as a Primary Stroke Center- for our long-term success in improving the outcome of stroke patients.
- Blue Cross Blue Shield Center of Distinction for total hip/total knee arthroplasty.
- Iredell Health System is Accredited by DNV (Det Norske Veritas).
- Ambulatory Surgery Centers (Statesville and Mooresville) accredited by AAAHC.
- The Birth Place was awarded a Five-Star Excellence in Healthcare Award Winner in inpatient OB/GYN services for Overall Quality of Care by PRC, a leader in the healthcare intelligence space.



The Purpose

Iredell Health System conducted a Community Health Needs Assessment in 2022 to review the health needs of the citizens of Iredell County and to identify how the Health System could take steps to address any unmet needs.

THE ASSESSMENT

How we conducted it.

The Iredell Health System Community Health Needs Assessment includes collaboration and participation from stakeholders, including the review of available information about health and healthcare services in Iredell County.

The Iredell County Community Health Needs Assessment provides Iredell Health System with current information about the health needs of Iredell County and information to address priority health concerns in Iredell and Alexander Counties, the Health System's primary service areas.

The health needs of the community were assessed and identified. The Iredell Health System Community Health Needs Assessment includes the following:

- Collaboration with the Iredell County Public Health Department
- Direction and consultation by experts in the field of community and public health
- Agencies that support the community through education
- Evidence-based research relating to health disparities in the geographical areas served by the Iredell Health System



Information was also gathered through discussion with medical providers, and healthcare consumers. The Community Health Needs Assessment also includes information for the medically underserved, low income, and minority populations.

How the Assessment Came

TOGETHER

Iredell Health System collected and analyzed statistical data in developing this Community Health Needs Assessment.

The data provided the Health System with current empirical information about access to healthcare services, healthcare utilization, health behaviors, health status and healthcare knowledge and perceptions of health-related issues among the Iredell County population. Also identified were the survey respondents' top health concerns – areas in which Iredell County could overall improve, environmental concerns, adult risk behaviors, and specific areas of improvement related to children.

Unless otherwise specified, Iredell Health Needs Assessment was reviewed, approved and adopted by the Iredell Health System's Board of Directors on September 1, 2022. The Community Health Needs Assessment written document with the implementation strategy and the action plan was made widely public on October 1, 2022.

The Community Health Needs Assessment, with the implementation strategy, and action plan, is placed on the Health System's website. An electronic version of the Community Health Needs Assessment can be downloaded at IredellHealth.org/For-the-Community.

The public is invited to read the report and reach out to the Health System via the website's contact us form with questions or written comments concerning the Community Health Needs Assessment and implementation strategy.

The document will remain available on the website until a subsequent Community Health Needs Assessment is conducted, approved by the Health System's Board of Directors, and made widely available to the public.

2022

HEALTH INITIATIVE

As a result of the Iredell Health System's Community Health Needs Assessment, Iredell Health System created and introduced a new Community Health Initiative in 2022.

Emphasis will be placed on:

- Health promotion strategies related to education regarding the impact of diabetes on cardiovascular disease.
- Provide community education related to mental health and substance abuse.
- Education, awareness and promotion of the importance of age appropriate preventive cancer screenings.

Iredell Health System adopted an implementation strategy, including specific goals, and initiated the Community Health Needs Assessment Action Plan in October 2022.

Goals for the Iredell Health System Community Health Needs Assessment will measure Iredell's progress and impact in addressing these priority health concerns. The Community Health Needs Assessment document presents the Health System's approach and introduces the new community health initiative and the basis for its conclusion.



Community SERVED

Iredell Health System provides healthcare to the citizens of Iredell, Alexander, Davie, Catawba, and Wilkes Counties. In 2021, approximately 144,554 of patients treated and discharged from Iredell Health System resided in Iredell County.

The mission of Iredell Health System is to support our community's journey toward optimal health, to provide excellent experiences for our patients and their families, and to deliver high quality, affordable health services. Iredell does not exclude or ignore the health needs of the medically underserved populations, low-income persons, minority groups, persons with chronic health needs, or those with other medical or socioeconomic disparities. Iredell Health System strives to ensure access to healthcare services is available and free from barriers for the populations it serves.

Iredell County, as of 2020, had an estimated population of 185,770. The county is 597 miles square. Iredell Memorial Hospital is located in Statesville between two busy interstates, I-77 and I-40, that run through Iredell County. The county is more populated to the south, consisting of businesses and industry, and less populated to the north, a largely agricultural area.

Iredell County experienced 1.75% growth in population during 2018-2019. The growth represents every municipality. Mooresville is

the most populated, followed by Statesville, Troutman and Harmony. The largest population by age is 18-64 years. The median age for Iredell County residents is 41.

Education influences health behaviors in many ways. Iredell County has two formal public school systems: Iredell-Statesville Schools and Mooresville Graded Schools. In total, there are twenty-five elementary schools, fourteen middle schools and ten high schools. Educational attainment levels for the county are: 26.3% have graduated or obtained a Graduate Equivalency Diploma (GED); 23.6% have attended some amount of college or obtained an associate degree; and 24.8% have a Bachelor's degree or higher.

As previously stated, the population served by Iredell Health System expands into Alexander, Davie, Catawba and Wilkes Counties. Serving those communities through Iredell Physician Network. The largest Iredell Physician Network Practice, Family Care Center of Taylorsville, located in Alexander County, is a certified Rural Health Center, serving the residents of Alexander County. The location provides access to care that impacts each initiative in the 2022-2025 Community Health Needs Assessment.

There is one college in Iredell County – Mitchell Community College, with its main campus in Statesville and a second campus in Mooresville.



Processes and Methods Used to Conduct

THE COMMUNITY HEALTH NEEDS ASSESSMENT

The Iredell Health System Community Health Needs Assessment evaluated the health needs of Iredell County.

The process to measure the health needs included collaboration with representatives from the Iredell County Public Health Department, consultation by experts in the field of community and public health, input from agencies that support the community, review of evidence-based research relating to health disparities, and discussions with medical providers and healthcare consumers.

The Iredell Health System Community Health Needs Assessment originated from the North Carolina State Center for Health Statistics County Health Data Book - 2020, the Kids County Data Center, the North Carolina

Employment Security Commission, and other published data.

Issues considered as top priorities in the Iredell County Community Health Needs Assessment (2019) were the county's ability to address health priorities, the potential impact on health and environmental priority issues, how amenable each health priority was to change, community programs currently addressing a health priority; and assessing the economic social, cultural, political, and other issues that might influence the community's ability to address health concerns.

Additional Resources Available and Barriers

Iredell Health System's Community Health Needs Assessment includes an evaluation of available resources in the service area. The Community Health Needs Assessment also includes an evaluation of the barriers to healthcare resources in Iredell County.

There are two acute care hospitals in Iredell County. (Davis Regional Medical Center announced they will be closing acute care services to become an inpatient behavioral health hospital.) Other medical resources in the County include:

- Iredell County Public Health Department
- Health Outreach Clinic
- Kintegra Family Medicine (formally Statesville Family Medicine), a federally qualified health center
- Piedmont HealthCare, a large multi-specialty provider organization
- Iredell Surgical Center
- Iredell Physician Network
- Numerous other physician practices

As of spring 2020, Iredell County Residents have had available to them 193 community health resources and services. Included in these resources are adult day care, assisted living facilities, children's educational resources, community dental providers, food assistance, non-skilled nursing care, skilled nursing care, home health, hospice and palliative care, mental health clinics, pregnancy resource centers, medical transportation, urgent care, recreational and fitness centers and senior centers.

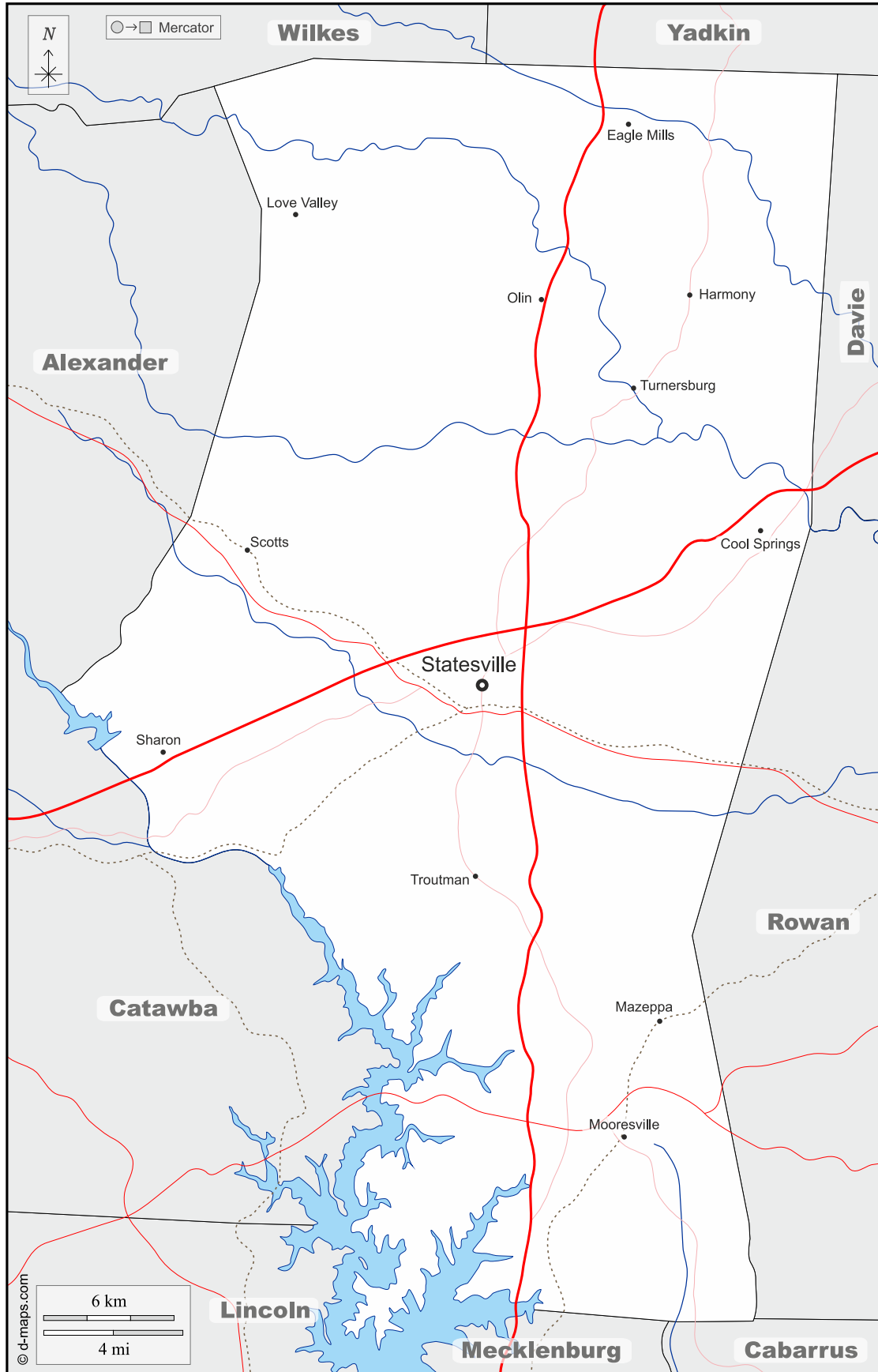
The 2019 Community Health Needs Assessment Survey Respondents believe Iredell County needs access to or improvement in the following areas: better paying jobs, access to mental health care, more affordable health care, career development planning and education, and better access to healthy food.

In Iredell County, resources are available to help remove barriers to care. Iredell Health System offers financial consultation and assistance, care coordination, discharge planners, social work consultations, care transitions and virtual hospital. In an effort to improve communication to our community about available resources and programs, Iredell Health System placed additional information on its website provided more information during the admission process, including its financial assistance policy and contact information. Additionally, organizations such as the Iredell County Public Health Department, Kintegra Family Medicine, and the Health Reach Community Clinic provide access to no-cost or affordable medical care or information about available medical and healthcare service in Iredell County. Numerous Food Assistance Services are located throughout the county to provide food to those in need.

Iredell Health System also provides education and screening at community events, in corporations and at other venues/events as requested. The education or screening focuses on the needs or requests of the target population. Education and screening content is directed by guidelines from organizations such as the American Lung Association, the American Heart Association, the American Diabetes Association, the American Urological Association and the American Cancer Society.

More information about Iredell Health System's financial assistance program can be found at: www.iredellhealth.org/FinancialAssistance.

Iredell and Surrounding Counties



Assessment of Community Health Needs & HEALTH SYSTEM RESPONSE

Iredell Health System, in collaboration with the Iredell County Public Health Department assessed the community health needs of Iredell County. The most prevalent and significant health issues in Iredell County are related to cancer, obesity/overweight, depression and mental health.

The selected health priorities identified in the 2019 Iredell County Community Health Needs Assessment were placed in the following categories: Mental Health was the top health concern, followed by cancer and obesity.

As a follow up report to the 2019 Community Health Needs Assessment, the Iredell County 2020 State of the County Health Report (SOTCH) reveals the impact of COVID-19 pandemic caused the most significant change in mortality and morbidity. Iredell County experienced 18,951 cases and 221 deaths as a result of the novel strain of the coronavirus. At the peak of the virus in January 2021, Iredell County saw a positivity rate of 17%. Based on preliminary estimates, COVID-19 will be among the 3 leading causes of death in Iredell County for 2020.

Beyond COVID-19, leading causes of death in 2020 are:

- Chronic Disease
 - > Cancer 21%
 - > Diseases of the Heart - 20%

Cancer and heart disease have been identified as the leading causes of death in Iredell County for 18 years.

- Mental Health
 - > Number of suicide deaths 40

The 2020 SOTCH reveals 19% of Iredell County Residents smoke, 23% are physically inactive, and 35% describe themselves as obese. Each of these factors impact overall health and predispose individuals to development of chronic diseases.

In Iredell County, community resources are allocated and evidence-based strategies will be implemented to improve access to mental health resources and the care of those suffering from forms of mental illness- which include depression, anxiety, and bullying and to reduce incidences of chronic diseases.

Iredell Health System will work closely with the collaborative partners in Iredell, Alexander, Davie, Catawba and Wilkes Counties, implementing local plans that allow the partners to focus on geographical areas in need. The Social Determinants of Health Maps published by the Department of Health and Human Services serve as an aid to identify the most vulnerable areas within the service area. Emphasis will be placed on health promotion strategies and education related to the impact of diabetes on cardiovascular disease, community education related to mental health and substance abuse, and education and awareness of the importance of age appropriate cancer screening and its impact throughout the lifespan.

To determine initiatives for 2022-2025, Iredell Health System's "Assessment" used evidence-based research related to health disparities in the geographical area served by the Iredell Health System. Evidence-based documents included, but not limited to: Healthy North Carolina 2030, published by the North Carolina Institute of Medicine (NCIOM); review of population health of Iredell County; 2020 SCOTCH; 2020 Iredell County Community Health Improvement Plan (CHIP); Healthy North Carolina (HNC) 2030 Scorecard. Evaluation of these resources aided in the identification of current health disparities, current and potential actions to address priority issues, methods of change and necessary impact to change and the probability to impact change related to diabetes impact on cardiovascular disease, mental health and substance abuse, and appropriate age-related cancer screening.

The assessment also chronicles the resources in the community that are allocated to address significant priority health needs and identified areas that Iredell Health System could most contribute to the community's health and well-being. Using the evidence based research documents listed above and research, Iredell Health System created and introduced a Community Health Initiative in 2022.



CHOSEN INITIATIVES

#1 Diabetes impact on cardiovascular disease

In 2022, Iredell Health System Community Health Initiatives are to provide health promotion strategies related to education regarding the diabetes impact on cardiovascular disease.

Heart Disease is the 2nd leading cause of death in Iredell County (2019 Iredell County CHA). 18.1% of premature deaths in Iredell County are a result of disease of the heart

Diabetes is the 3rd leading cause of death in Iredell County (2019 Iredell County CHA)

Cardiovascular diseases are the most prevalent cause of morbidity and mortality among patients with type 1 or type 2 diabetes. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3603160>)

Adults with type 2 diabetes (T2D) have a 2-to-4-fold higher risk for cardiovascular morbidity and mortality than adults without diabetes, according to the American Heart Association (AHA). Aug 23, 2018

Numerous trials have demonstrated that over time, poorly controlled diabetes leads to damage of the heart and blood vessels, and patients with type 2 diabetes tend to develop cardiovascular disease at a younger age.

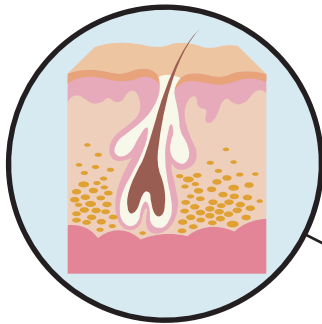
Iredell Health System has identified these collaborating partners, to provide education and increase awareness regarding the impact of diabetes on cardiovascular disease:

- Iredell Health Cardiovascular Services
- Industrial /Community Wellness
- Diabetes Clinicians/Diabetes Center
- Iredell Physician Network
- Iredell Wound Center
- Cardiopulmonary Rehabilitation
- Iredell Home Health
- Iredell Health Dialysis

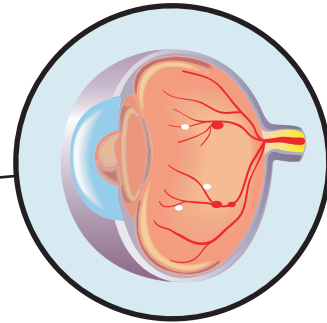
Iredell Health System has the expertise and resources to support our community in a collaborative effort to educate our community about diabetes and its effects on cardiovascular disease.

Diabetes

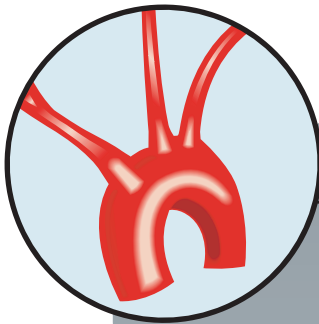
Symptoms and complications



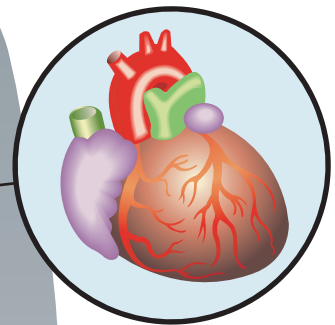
Skin infections



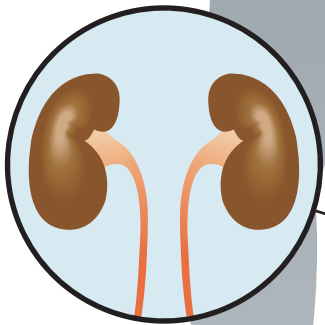
Diabetic retinopathy



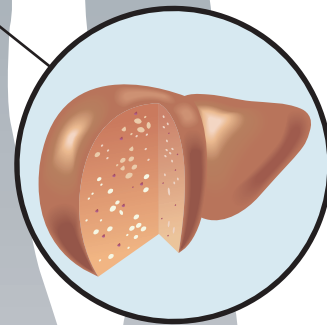
Arteriosclerosis



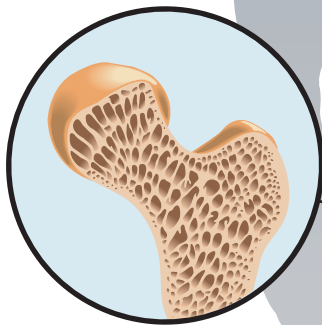
Heart damage



Permanent kidney damage



Fatty liver



Osteoporosis

#2 Provide community education related to mental health and substance abuse

In the 2019 Iredell County Community Health Needs Assessment, respondents believed mental health is a top health priority. Suicide is the 3rd leading cause of death for children aged 0-17 in Iredell County. In 2018, Iredell County reported 40 suicide deaths and North Carolina reported 1499 deaths by suicide.

Overall Iredell County is behind in the curve related to access to mental health care. Iredell Health System has identified these collaborating partners, to provide education related to mental health and substance abuse:

- Iredell County Public Health Department
- Iredell-Statesville Schools/Mooresville Graded Schools
- Iredell Psychiatry
- Other agencies/organizations as determined

Evidence proves awareness provided by education is a vital component in treatment and prevention of conditions related to mental health. Iredell Health System's response to the data collected is to develop an action plan focusing on providing education to promote awareness of mental illness and the importance of mental health throughout the lifespan.

Statistics from the National Alliance on Mental Health (<https://mhanational.org/issues/2022/mental-health-america-adult-data#two>)

- 19.86% of adults are experiencing a mental illness. Equivalent to nearly 50 million Americans.
- 4.91% are experiencing a severe mental illness.
- 7.74% of adults in America reported having a substance use disorder in the past year.
- 2.97% of adults in America reported having an illicit drug use disorder in the past year.
- 5.71% of adults in America reported having an alcohol use disorder in the past year.
- The percentage of adults reporting serious thoughts of suicide is 4.58%. The estimated number of adults with serious suicidal thoughts is over 11.4 million - an increase of 664,000 people from last year's data set.
- The national rate of adults experiencing suicidal ideation has increased every year since 2011-2012.
- 11.1% (over 5.5 million) of adults with a mental illness remain uninsured.
- Over half (56%) of adults with a mental illness receive no treatment.





#3 Education, awareness and promotion of the importance of age appropriate preventive cancer screening throughout the lifespan

For more than 2 decades, cancer has been the leading cause of death in Iredell County. Cancer counts for one-fifth of all deaths in Iredell County. Cancer incidence rate have more than doubled in both the North Carolina and Iredell County since 2013. Nearly 30% of the respondents in the 2019 Iredell County Community Health Assessment do not regularly perform self-breast exams and 12% eligible respondents have not had a base-line colonoscopy.

Evidence repeatedly supports the importance of screening for early detection of all cancers. Early detection results in more effective treatment. The World Health Organization defines screening as a different strategy than early diagnosis. It is defined as the presumptive identification of unrecognised disease in an apparently healthy, asymptomatic population by means of tests, examinations or other procedures that can be applied rapidly and easily to the target population. Effective strategies to identify cancer early, saves lives, reducing the personal, societal and economic costs of cancer

<https://www.who.int/activities/promoting-cancer-early-diagnosis>

- Cancer is the leading cause of death in Iredell County (21%) (2020). Lung was the most prevalent, followed by cancers of the digestive system
- Many preventative screenings were delayed or halted due to COVID
- Initiative strongly supported by the Iredell Health System Cancer Committee

Iredell Health System has identified these collaborating partners, to provide education, awareness and promotion of the importance of age appropriate preventative cancer screening throughout the lifespan:

- Women’s Health Center and Iredell Mooresville Mammography (IHS)
- Iredell Physician Network
- Endoscopy (IHS)
- One North, Infusion Care and Radiation Therapy (IHS)
- Cardiopulmonary Rehabilitation – initiating Cancer Rehab in early 2023 (IHS)
- Marketing – Social Media campaigns, and newspaper articles
- Iredell Foundation
- American Cancer Society
- Iredell Health Cancer Committee

SKIN CANCER

- AWARENESS MONTH

may

MELANOMA ABCDEs



ASYMMETRY



BORDER



COLOR



DIAMETER



EVOLVING



Implementation Strategy & ACTION PLAN

On October 1, 2022, Iredell Health System will implement a Community Health Initiative aimed at health promotion strategies and education related to the impact of diabetes on cardiovascular disease, community education related to mental health and substance abuse, and education and awareness of the importance of age appropriate cancer screening and its impact throughout the lifespan.

The Iredell Health System Community Health Initiative are:

1. Health Promotion Strategies related to education regarding the Diabetes Impact on Cardiovascular Disease
2. Provide Community Education related to Mental Health and Substance Abuse
3. Education, awareness and promotion of the importance of Age Appropriate Preventative Cancer Screenings throughout the lifespan

The principle methods used in the community health initiative will provide Iredell Health System's resources in the form of staff, programs, education and awareness for the communities located in Iredell, Alexander, Davie, Catawba and Wilkes Counties. Direct efforts will be deployed to increase the awareness of the importance of education, prevention and early treatment for achieving and maintaining optimal health. Supporting our mission statement to *Inspire Wellbeing – Together*.

MEASUREMENT FOR SUCCESS

Iredell Health System will measure success of this community initiative by the diversity of participants, number and type of events and locations of events. Ensuring by October 2025 we have provided services to meet each initiative outlined in this document.

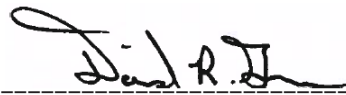
Approval

This report was approved by the Iredell Health System Board of Directors on September 1, 2022.

Iredell Health System Approvals:



President and Chief Executive Officer



Chairman, Board of Directors

Thoughts?

If you have any questions or comments regarding the Iredell Health System's community health initiatives, please use our website's contact form at IredellHealth.org/Contact-Us.



Iredell

HEALTH SYSTEM

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