

# Prairie Ridge Hospital and Health Services Community Health Needs Assessment September 2016



CPAs & BUSINESS ADVISORS



# Overview

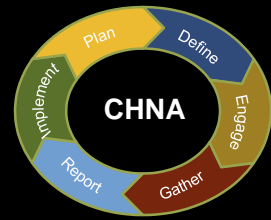


Between June and September of 2016, a Community Health Needs Assessment (CHNA) was conducted by Prairie Ridge Hospital and Health Services (Prairie Ridge) for the approximately 6,000 residents of Grant County in Western Minnesota. Grant County includes the communities of Elbow Lake, Ashby, Morris, Herman, Hoffman, Wendell and Evansville.

A CHNA is a tool used to help communities assess their strengths as well as their weaknesses when it comes to the health of the community. It is also the foundation for improving and promoting the health of the community. The process helps to identify factors that affect the health of a population and determine the availability of resources within the community to adequately address these factors and health needs.



# Overview



The CHNA process also fulfills the requirements set forth by the Internal Revenue Code 501(r)(3), a statute established within the Patient Protection and Affordable Care Act, which requires not-for-profit hospitals to conduct a CHNA every three years. This report includes qualitative and quantitative information from local, state, and federal sources. Input was received from persons that represented a broad range of interests in the community; persons with public health knowledge and expertise; and persons representing medically underserved and vulnerable populations.

Prairie Ridge will create an implementation plan to clarify how it and other community resources will address the needs identified during the CHNA process.



# Hospital Overview

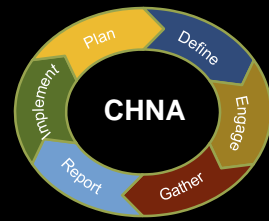


Prairie Ridge operates a 10 bed hospital and clinic in Elbow Lake and has additional clinic locations in Morris, Ashby, Evansville and Hoffman. The following clinical and hospital services are provided:

- Inpatient and Outpatient Services
- Family Practice
- Obstetrics
- Cardiology
- Wound Care
- Surgery-General, Orthopedic and Podiatry
- Orthopedics and Sports Medicine
- Sleep Studies
- Radiology/ Imaging
- Podiatry
- Endoscopy
- Therapy-Physical, Speech and Occupational
- Emergency Services
- Swing Bed
- Fitness Center
- Diabetic Services
- Dietician
- Internal Medicine
- Laboratory



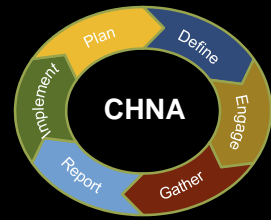
# Community Served



Service area is Grant County including the communities of Elbow Lake, Ashby, Morris, Herman, Hoffman, Wendell and Evansville



# Community Served



The primary industries in the community served include agriculture, education and health and social services.

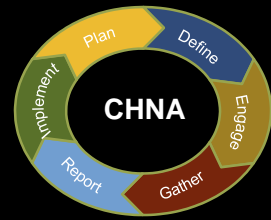
As of the 2010 census, there were approximately 6,000 people in the service area with an average population density of 11 residents per square mile. The area was estimated to experience an overall decrease of approximately 1.9% in total population between 2000 and 2015.

The racial makeup of the service area is predominantly white (97.4%) with Hispanic (1.6%) and Black(.5%) populations making up the majority of the population.

*[www.census.gov/quickfacts](http://www.census.gov/quickfacts)*



# Community Served



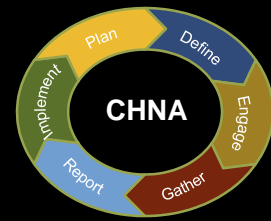
The median household income in the service area is \$49,632 in 2014 dollars. The per capita income is \$27,195.

Approximately 6.9% of all families and 9.9% of the population had incomes below the poverty line, of which 14.6% of those were families with children under age 18 and 7.4% were those age 65 and over.

The unemployment rate is estimated to be 3.3% of the population age 16 years and over who are in the labor force.

Approximately 6.9% of the population does not have any health insurance coverage.

*U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates*



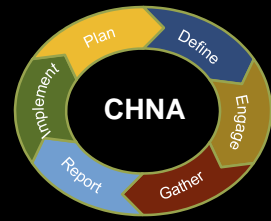
# Conducting the Assessment

To ensure input from persons with broad knowledge of the community, a Community Advisory Committee was organized with individuals from the community served. Personal invitations were sent to individuals representing various community, business, educational and religious groups. Representatives from the hospital providers along with the community health department were invited to bring in professional perspective.

The individuals identified to participate in the process have direct access with individuals across all subsections of the community and therefore can address needs that may impact those populations that are medically underserved or most in need. Populations with special health needs such as elderly, children, uninsured and unemployed were represented by individuals who provide services to these populations.



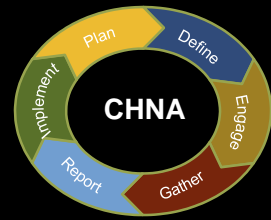
# Conducting the Assessment



Community participants represented the following community organizations:

- Prairie Ridge Hospital and Health Services
- Grant County–Child and Youth Council
- Knute Nelson Home Care–Elbow Lake
- West Central Area Schools
- Horizon Public Health
- Evansville Care Campus
- Grant County—Coordinator of Aging

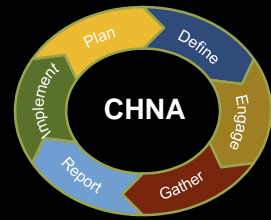
# Conducting the Assessment



A meeting with the Community Advisory Committee was held on August 2, 2016. The committee reviewed current demographic information in addition to rankings available from 2016 County Health Rankings & Roadmaps ([http:// www.countyhealthrankings.org](http://www.countyhealthrankings.org)). The review included analysis of health trends and comparisons between the service area, Minnesota and the United States.

The County Health Rankings provides a snapshot of a community's health and a starting point for investigating and focusing on the health of the community. The ranking focuses on Health Factors (Behaviors, Clinical Care, and Social and Economic Factors) and Policies and Programs that result in Health Outcomes (Length and Quality of Life).

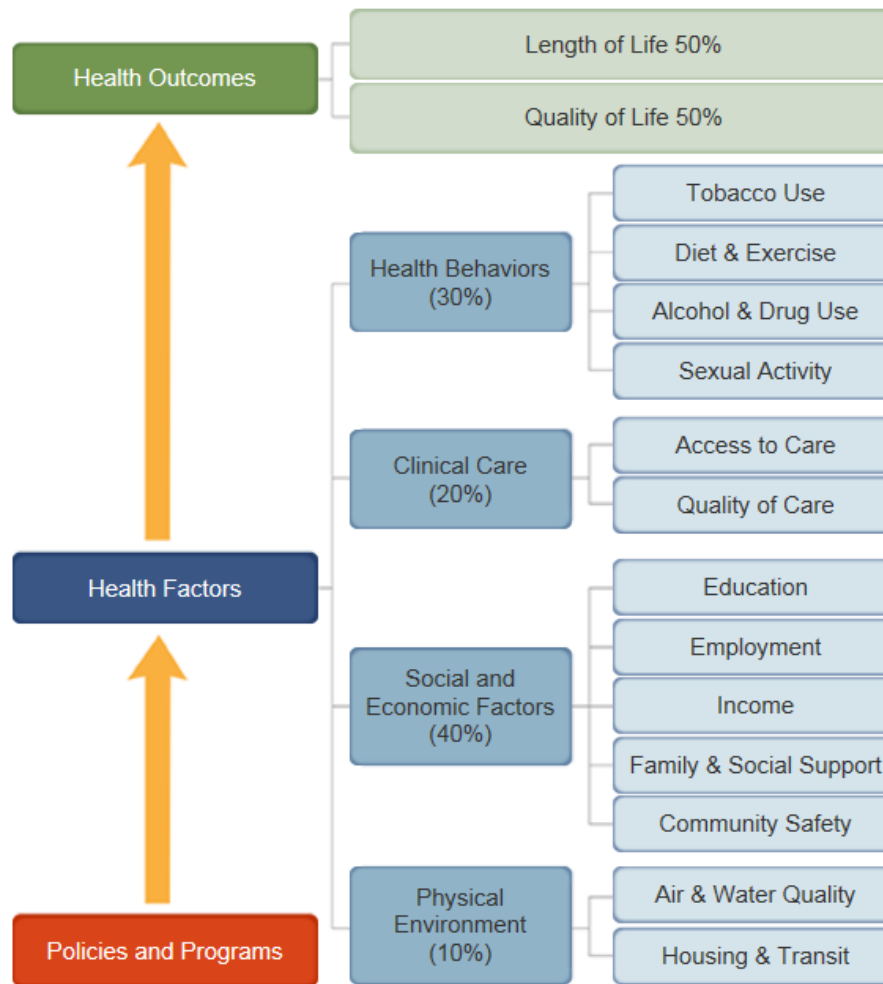
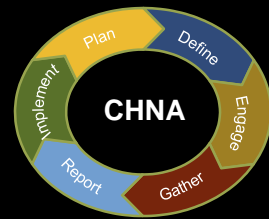
# County Health Rankings



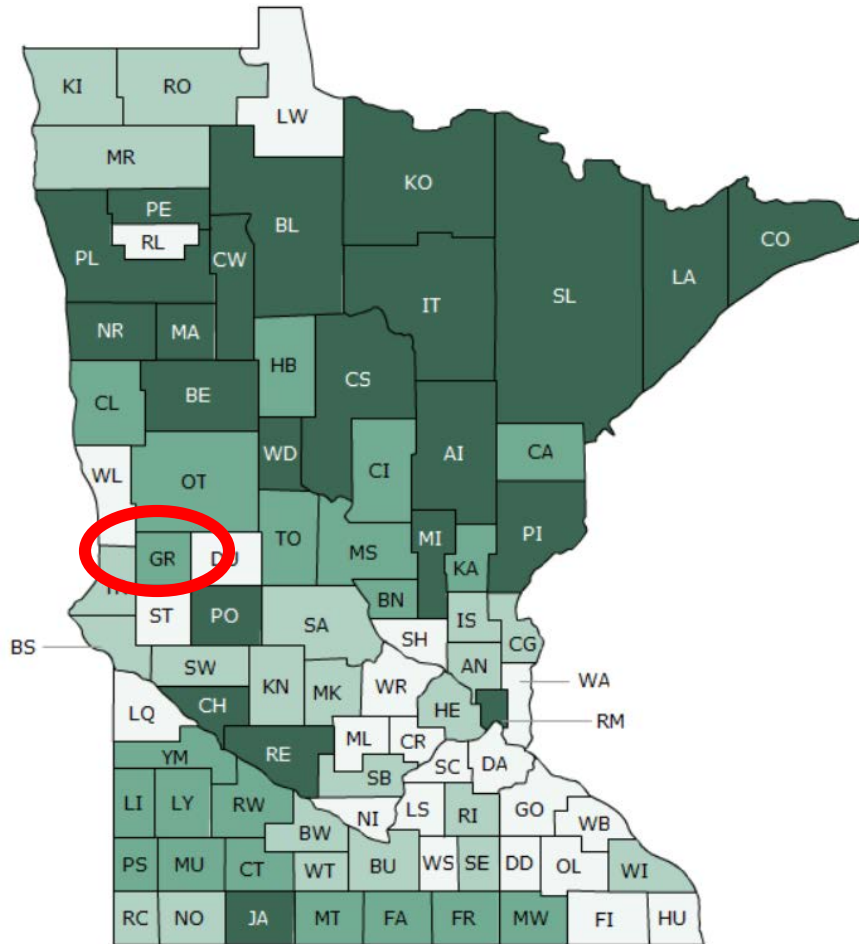
The County Health Rankings is an annual assessment emphasizing factors that can make communities healthier. The assessment was developed by the University of Wisconsin Population Health Institute and provides information on a county by county basis based on data pulled from various sources including public health records and individual responses.

The assessment identifies “**Areas to Explore**” that are specific measures that are likely to have a greater impact on the community’s health based on the value and relative weight in the rankings model of population health, and “**Areas of Strength**” where the community is already doing well.

# County Health Rankings



# Overall Rankings: Health Outcomes

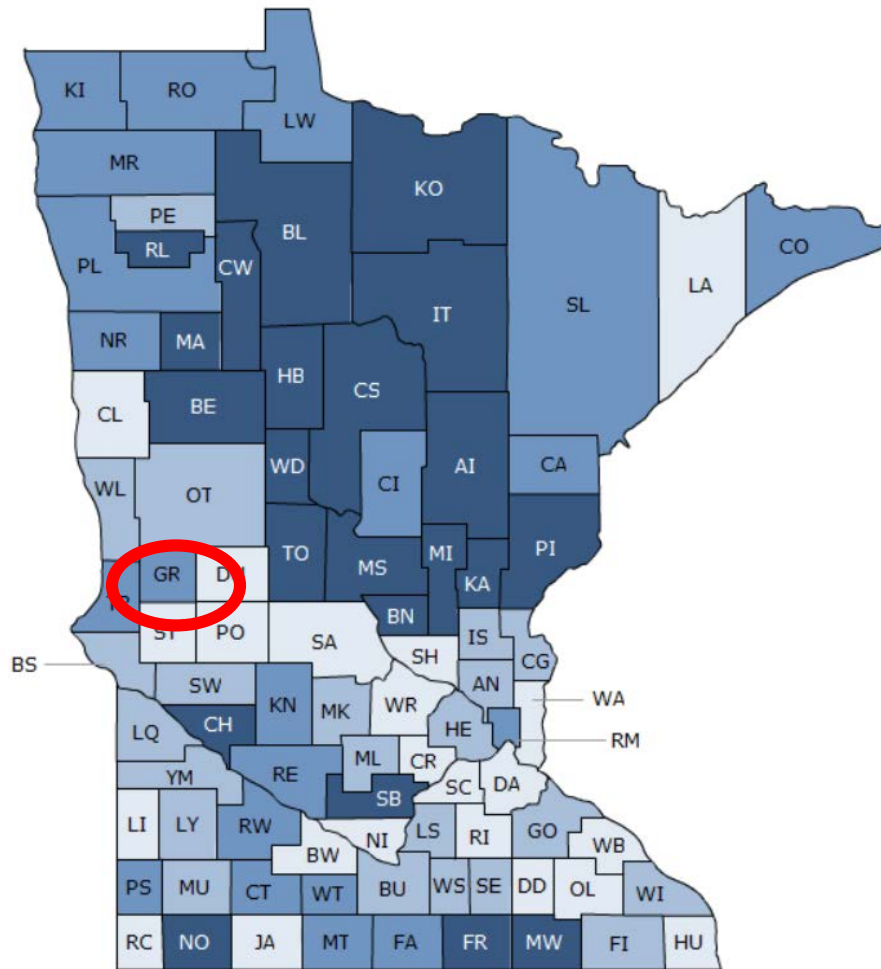
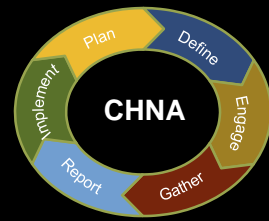


The map provides overall health outcome rankings by county for the state of Minnesota and the service area.

Grant County ranks 52 out of 87 counties (*lower the better*)



# Overall Rankings: Health Factors



The map provides overall health factor rankings by county for the state of Minnesota and the service area.

Grant County ranks 52 out of 87 counties (lower the better).





# Health Outcomes-Length and Quality of Life



	Grant	Minnesota	Top 10% US
Premature Death*	6,000	5,100	5,200
Poor or fair health	11%	12%	12%
Poor physical health days**	2.8	2.8	2.9
Poor mental health days**	2.8	2.9	2.8
Low birthweight	6%	6%	6%

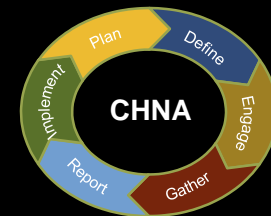


**County Health  
Rankings & Roadmaps**  
A Healthier Nation, County by County

\* Per 100,000

\*\* Average number reported in the past 30 days

# Health Factors-Health Behaviors



	Grant	Minnesota	Top 10% US
Adult Smoking	15%	16%	14%
Adult Obesity	30%	26%	25%
Physical inactivity	27%	20%	20%
Access to exercise opportunities	16%	84%	91%
Excessive Drinking	20%	21%	12%
Alcohol-impaired driving deaths	20%	31%	14%
Sexually transmitted diseases*	168.2	348.4	134.1
Teen births**	17	22	19



**County Health  
Rankings & Roadmaps**  
A Healthier Nation, County by County

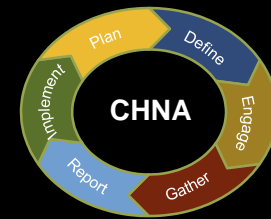
\* Per 100,000 of population

\*\* Per 1,000 female population ages 15-19 from 2007-2013





# Health Factors-Social and Economic Factors



	Grant	Minnesota	Top 10% US
High School Graduation	x	81%	93%
Some College	73%	74%	72%
Unemployment	4.9%	4.1%	3.5%
Children in poverty	17%	15%	13%
Income inequity*	3.7	4.4	3.7
Children in single-parent households	35%	28%	21%
Violent Crime**	61	229	59
Injury Deaths**	63	57	51



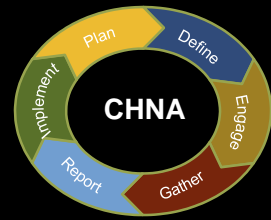
**County Health  
Rankings & Roadmaps**  
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\* Ratio of income at 80<sup>th</sup> percentile to income at 20<sup>th</sup> percentile

\*\* Per 100,000 of population

X Unreliable information

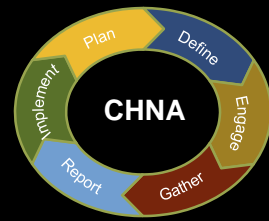
# Conducting the Assessment



In addition to the information from the County Health Assessments report, the committee also reviewed data on the leading causes of death in Grant County. The factors contributing to the leading causes of death such as obesity, smoking, high blood pressure were discussed as potential areas for focus for improving the health of the community.



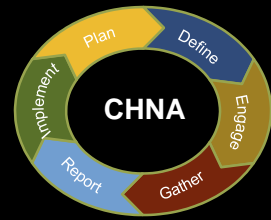
# Grant County: Leading Causes of Death (2010)



Cause	Age Group							All Ages
	0-4	5-14	15-24	25-44	45-64	65-74	75+	
AIDS/HIV	0	0	0	0	0	0	0	0
Alzheimer's Disease	0	0	0	0	0	0	1	1
Atherosclerosis	0	0	0	0	0	0	1	1
Cancer	0	0	0	0	4	3	10	17
Cirrhosis	0	0	0	0	0	0	0	0
Congenital Anomalies	0	0	0	0	0	0	0	0
Chronic Lower Respiratory Disease	0	0	0	0	0	3	2	5
Diabetes	0	0	0	0	1	0	1	2
Heart Disease	0	0	0	0	3	1	15	19
Homicide	0	0	0	0	0	0	0	0
Hypertension	0	0	0	0	0	0	4	4
Nephritis	0	0	0	0	0	0	1	1
Perinatal Conditions	0	0	0	0	0	0	0	0
Pneumonia and Influenza	0	0	0	0	0	0	3	3
Septicemia	0	0	0	0	0	0	0	0
SIDS	1	0	0	0	0	0	0	1
Stroke	0	0	0	0	0	0	3	3
Suicide	0	0	0	1	0	0	0	1
Unintentional Injury	0	0	1	0	0	0	2	3
Other	0	0	0	0	1	3	21	25
<b>Total</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>9</b>	<b>10</b>	<b>64</b>	<b>86</b>

Source: Minnesota Department of Health, Center for Health Statistics

# Conducting the Assessment



In order to gather feedback from individuals not participating in the Community Advisory Committee, a survey tool was developed to address general questions related to the health of the community. The survey was distributed by the hospital and by members of the Community Advisory Committee to others in the community including those identified as medically underserved. The surveys were returned for independent review and analysis prior to the August 2<sup>nd</sup> meeting of the Advisory Committee.

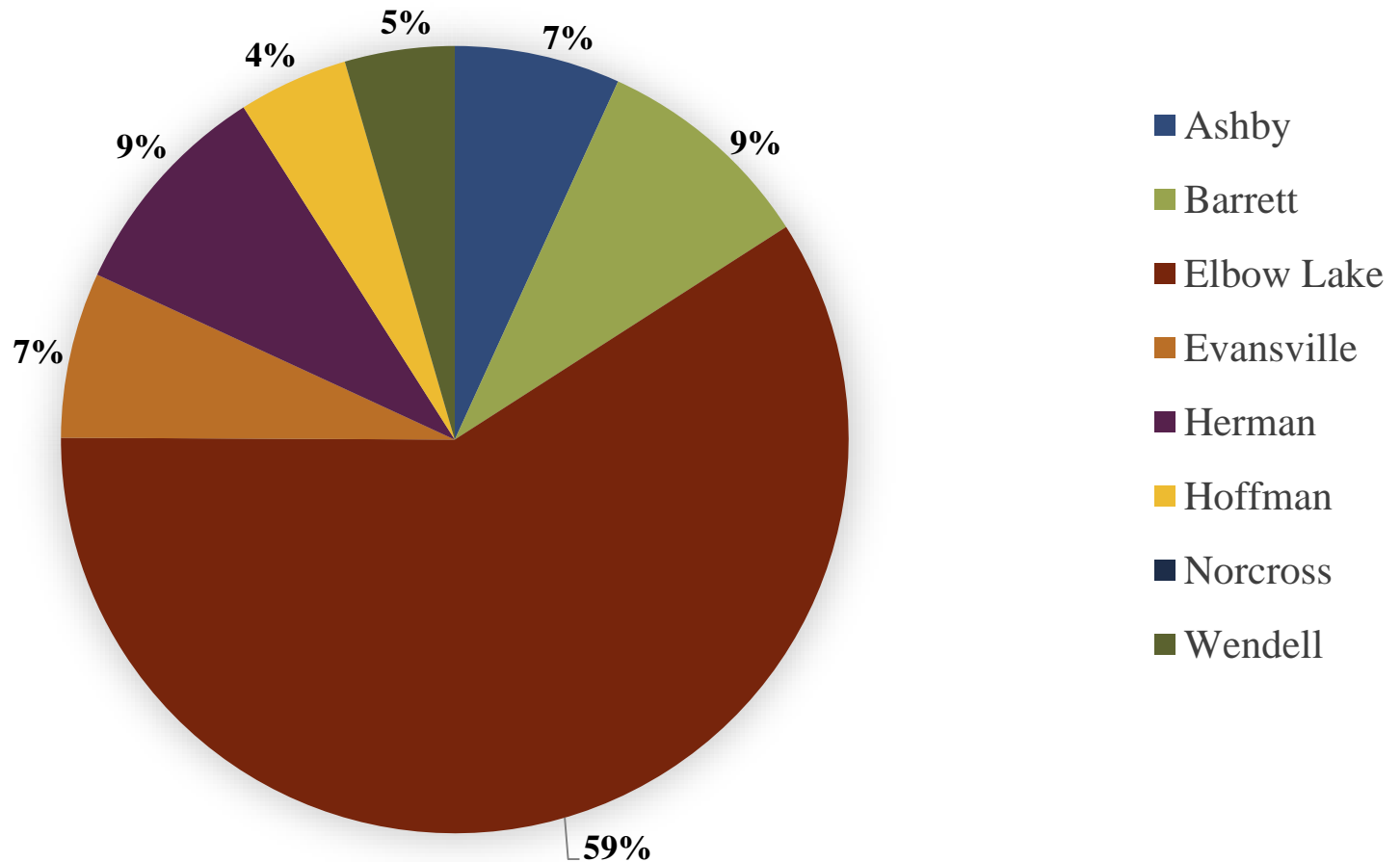
- The survey was distributed to the local community groups, Chambers of Commerce members, hospital board members, employees and other key community members
- 51 surveys were completed by members of the community representing a mix of the community demographics



# Survey Results

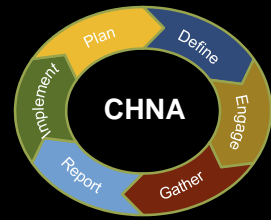


## Demographic Information

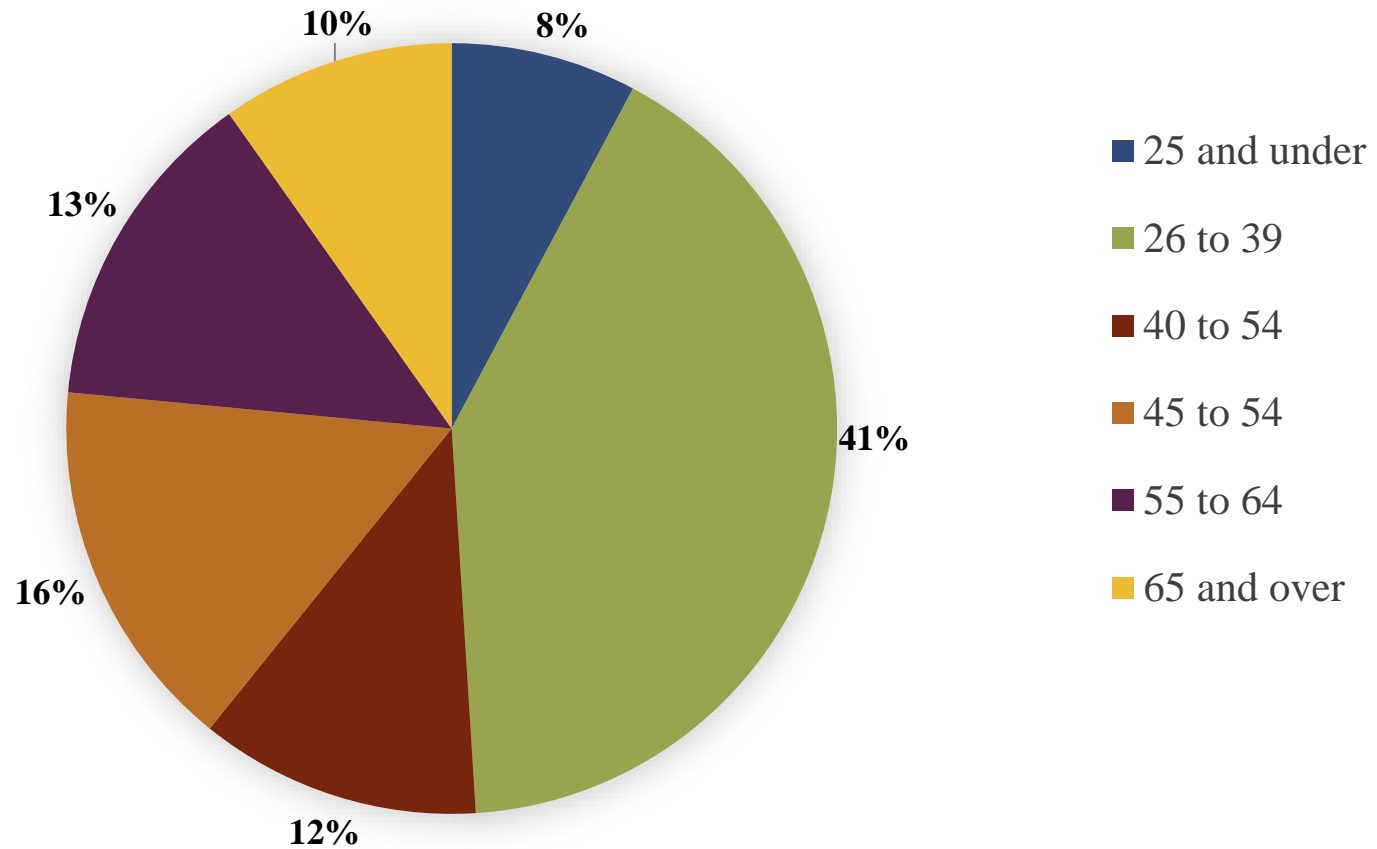




# Survey Results

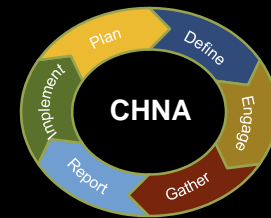


## Age of Respondents

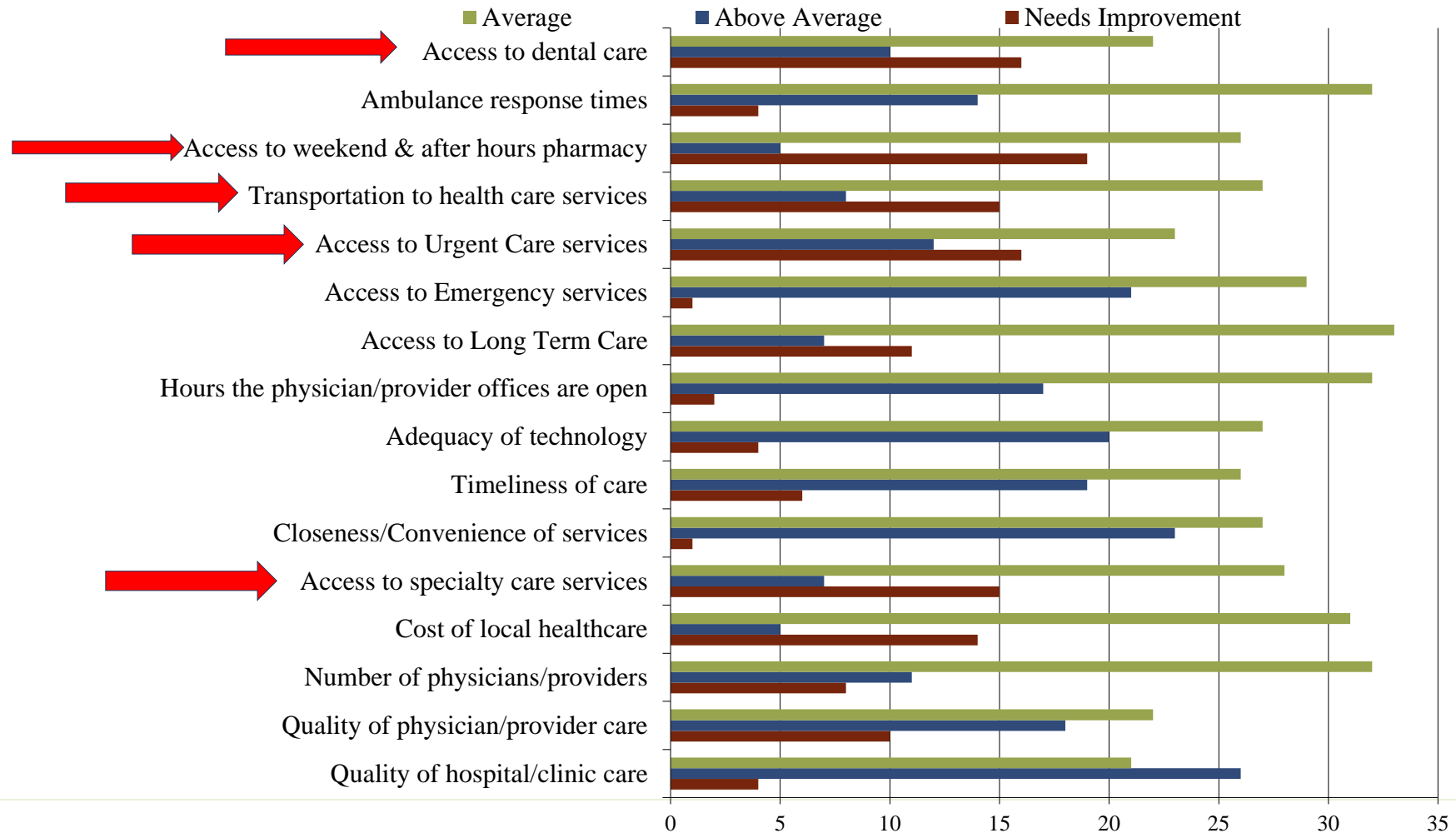




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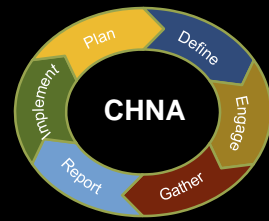


## Overall Perception of Healthcare

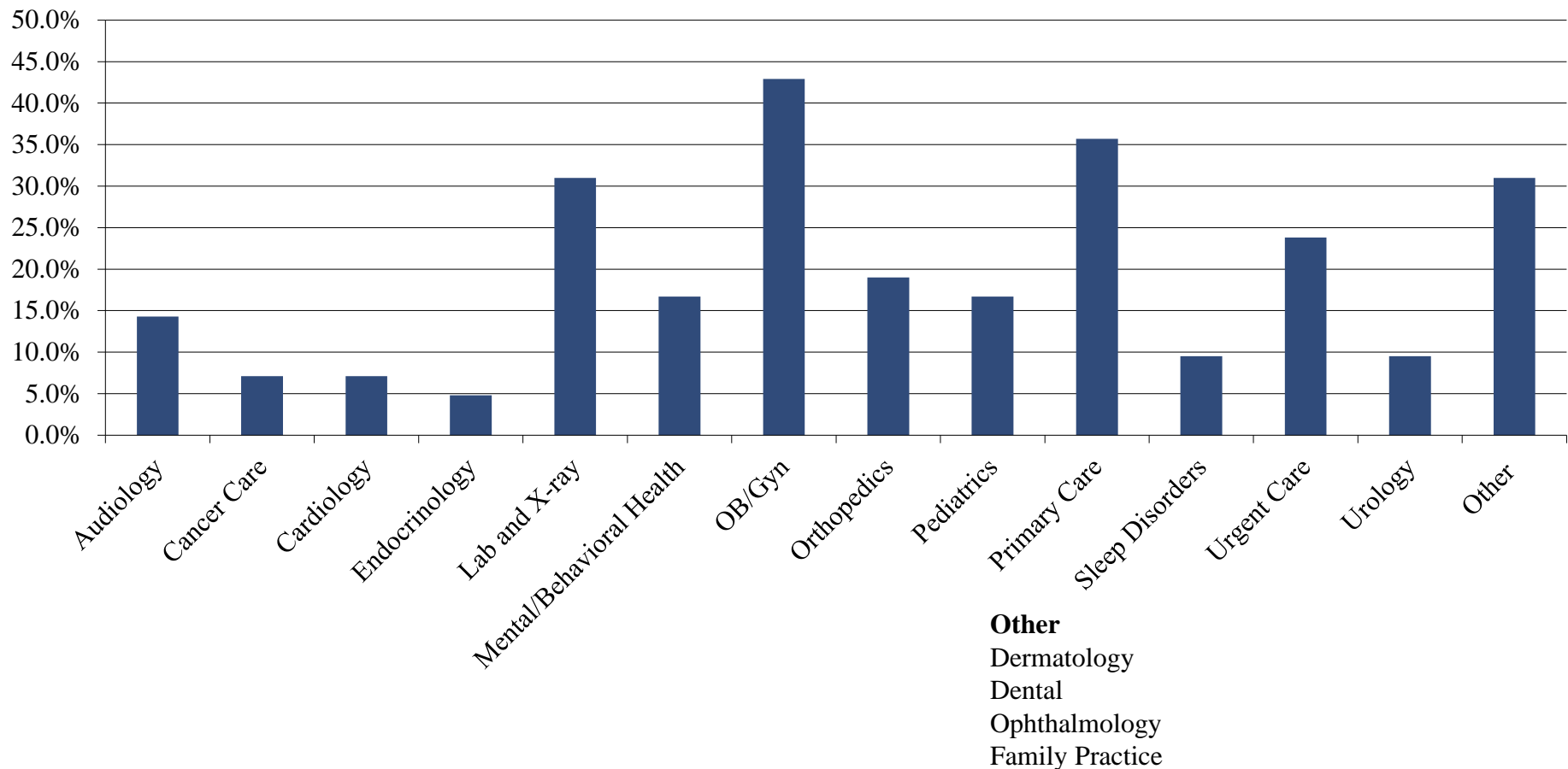




# Survey Results



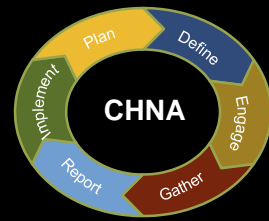
## Care Accessed Outside of Grant County



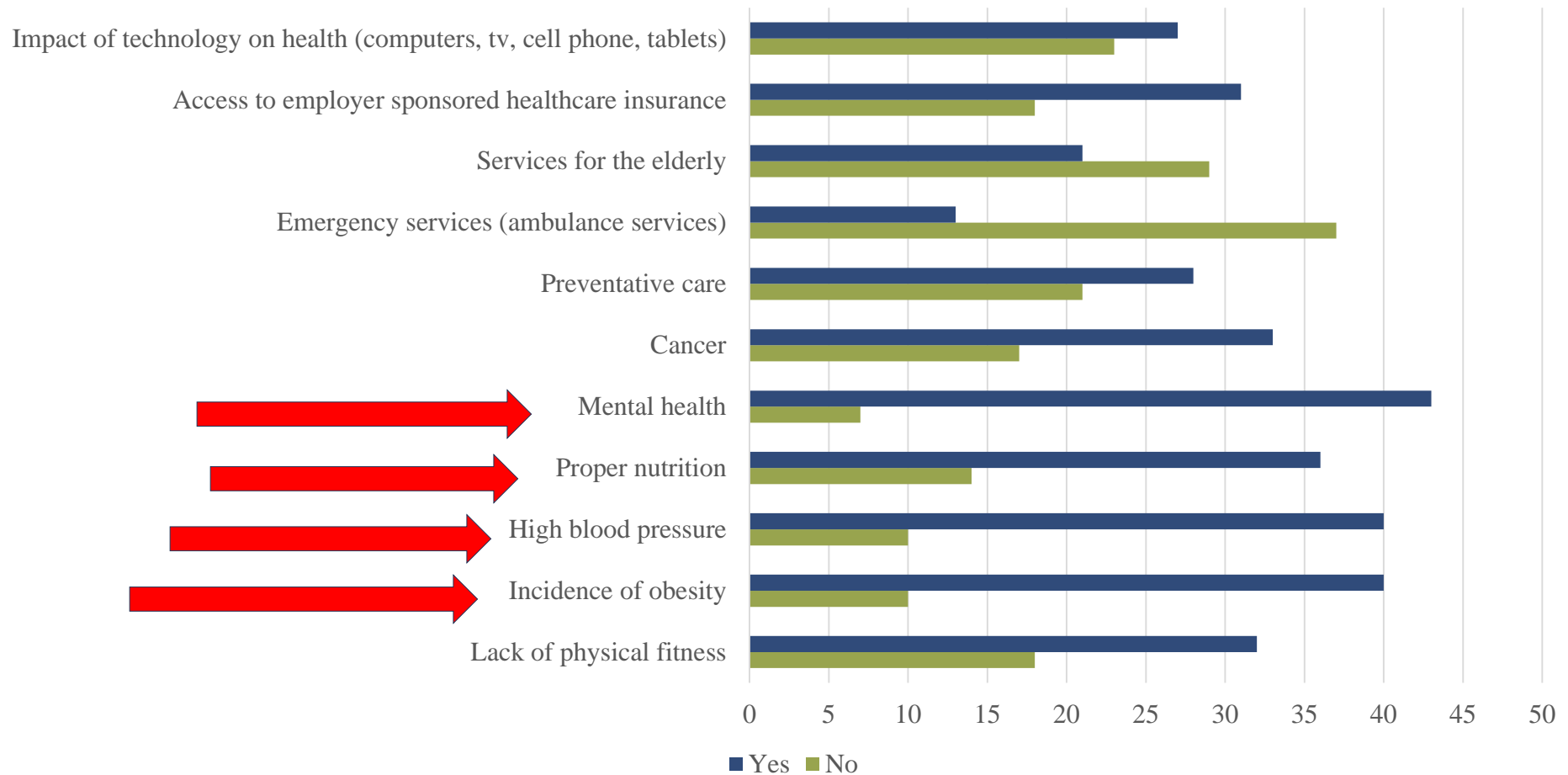




# Survey Results



## Health Concerns for Grant County



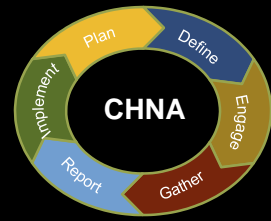


# Survey Results



- Changes in Healthcare Needed
  - Specialty services
    - Eye Care
  - Mental Health Services
  - Vision and Dental services for MA
  - Urgent Care or extended hours clinic
  - More providers
    - Family Medicine
    - Pediatrics
    - Primary Care
  - More affordable care

# Evaluation of Impact of Prior CHNA



Prairie Ridge completed a CHNA in December of 2013. No written comments have been received from this assessment. Prairie Ridge identified the following needs during the prior assessment and have conducted the following activities in order to address the needs identified:

- Preventative Care including such things as obesity, physical inactivity and diabetes
  - Hired Physician Assistant with interest in diabetes
  - Opened 24-hour fitness center in January of 2015
- Access to Care including increased specialty services, physician services and women's health and overall care coordination
  - Opened new facility with expanded space for providers



# Evaluation of Impact of Prior CHNA

- Elderly Health Services including assisted living and home health
  - Conducted a market analysis for Assisted Living
  - Continue to provide swing bed services
- Mental Health Services
  - Contract with Bridgeway Behavioral Health at Lake Region Healthcare
- Transportation
  - Provide education and assistance to patients on services in the community



# Conducting the Assessment

The Community Advisory Committee reviewed the health data and the survey results and compared the information to their personal experience working with the community. They discussed the various needs identified in these mediums and the overall impact those needs have on the health of the community. They specifically addressed the significance of the needs with respect to the vulnerable populations

Based on the information gathered, a list of potential community needs was developed. There were no primary or chronic diseases or other specific health needs identified related to low income or chronically ill populations.



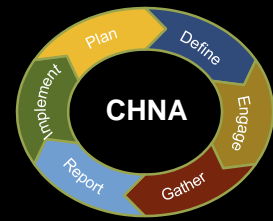
# Prioritization of Needs



The Community Advisory Committee members used a set of criteria to evaluate the list of potential needs identified through the fact finding process. The criteria included:

- a. The burden, scope, severity and urgency of the health need
- b. The effectiveness of possible interventions
- c. The impact on the greatest number of community members
- d. The importance the community places on the need including personal responsibility
- e. The ability to make an impact with low effort

The Community Advisory Committee discussed each of the identified health issues in terms of whether it truly was an issue, the potential health improvement impact, cost and urgency. This process involved casual group discussion allowing individuals to make decisions with input from their fellow committee members.



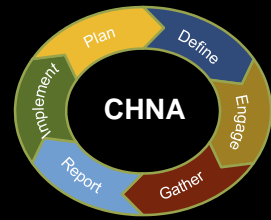
# Prioritization of Needs

The prioritization process identified five priority issues for the community, presented in rank order:

- Mental Health and Behavioral Health
- Aging Population
- Preventative Care
- Dental Care
- Transportation



# Community Resources



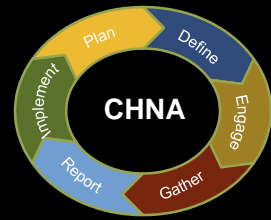
The committee then identified the following other resources in the community that may be available to work in collaboration with Prairie Ridge to address the needs identified:

- School Districts
- Grant County
- Horizon Public Health
- Region 4 South Mental Health Consortium
- Home Care
- Rainbow Rider
- Other hospitals
- VA
- Assisted Living/ Nursing Homes
- Local businesses
- County Commissioners
- Chamber of Commerce
- Churches





# Next Steps

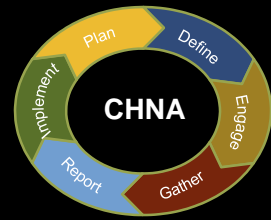


This Community Health Needs Assessment report was approved by the Board of Directors at their meeting on August 31, 2016.

Prairie Ridge is required to adopt an organization specific implementation strategy in response to the Community Health Needs Assessment report. In the coming months, this implementation strategy will be discussed and approved by the Board of Directors of Prairie Ridge, and will be reviewed on an annual basis. The CHNA process and public report will be repeated every three years, as required by federal regulations.



# Contact Information



Community members who would like to provide comments on the needs identified or provide input on the next CHNA process are encouraged to contact Prairie Ridge with their inquiries, suggestions or comments.

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Elbow Lake, MN  
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