

3	Preventative Care and Wellness education					
	Start preventative care and nutrition education at a young age.	1	Education will be delivered to families with children on preventative care issues such as obesity, mental health, and nutrition.	CCRNC, Head Start, Local schools	PCHCC	12/31/2016
	Get local produce to consumer and educate on healthy preparation	2	GRMC Babies Room parenting classes will have two classes focused on nutrition education	GRMC PH	Wal-Mart	12/31/2014
		3	A Food Systems Assessment will be completed by the CTG staff with the results producing goals for Poweshiek County	CTG staff	GALFA	12/31/2015
		4	Increase adolescent immunization rate from 7% to 30 %	GRPH and local providers		12/31/2015
		5	Begin a breastfeeding support group for the community	GRPH	GRMC	12/31/2014
		6	Continue to sponsor and participate in Health Fairs in the Community	GRMC, GRMC PH,	Local agencies providing health services	12/31/2014
4	Access to Care: Medical and Dental					
	Connecting residents with available payer sources and funding availability for medical care	1	Marketplace Insurance Counselors will be available to residents by appointment to assist in obtaining affordable insurance.	GRMC	State and federal resources	12/2/2013
	Lack of providers in community for those without insurance or a medical home	2	Urgent care clinic will be opened for service for the GRMC service area	GRMC	Local Providers	3/1/2014

	Transportation to medical appointments in the community and outside of the community	3	A resource directory with all resources for transportation in the community will be available as an education tool	GRMC PH	PCHC Coalition	2/1/2014 and annually	
		4	A transportation meeting will be held with stakeholders such as Region 6 to discuss affordable transportation options for the community.	Region 6 and Peoplesrides	Area churches, PCHCC	4/19/2015	
*	Abbreviations						
	GRMC		Grinnell Regional Medical Center				
	GRMC PH		Grinnell Regional Public Health				
	PCHCC		Poweshiek County Healthy Choices Coalition				
	CTG		Community Transformation Grant				
	MICA		Mid Iowa Community Action				
	CCRNC		Child Care Resource Nurse Consultant				
	GALFA		Grinnell Area Local Food Alliance				

Introduction and Purpose

The Community Needs Health Assessment (CNHA) is an assessment conducted by the Grinnell Regional Medical Center as required by the new federal Patient Protection and Affordable Care Act. Under this act, all nonprofit hospitals are mandated to conduct a CNHA survey at least once every three years and create an action plan to address community needs and concerns. This CNHA was conducted for the year 2013 and implementation will begin effective August 22, 2013.

Method: How the assessment was conducted

Participants

The survey was sent out to a total of 969 members of Poweshiek, Mahaska, and Tama counties and was returned by 539 members. The largest number of respondents reported being between the ages of 45 to 64 ($n=237$; 44.0%) and the second largest age group was between 18 and 44 years old ($n=155$; 28.8%). In addition, 53 (9.8%) respondents reported being 65-74 and 31 (5.8%) reported being over 75 years old. There were 63 (11.7%) respondents who did not report their age. 121 (22.4%) participants identified as male while 335 (62.2%) identified as female. 83 (15.4%) participants did not respond. Participants identified as Caucasian/White American ($n=455$; 84.4%), African American/Black American ($n=1$; 0.2%), Latino/Hispanic American ($n=4$; 7.4%), American Indian/Native Alaskan ($n=1$; 0.2%), Asian American/Pacific Islander ($n=6$; 1.1%), Multicultural ($n=3$; 0.6%), Other ($n=3$; 0.6%) or unreported ($n=66$; 12.2%).

Materials

The Community Health Needs Assessment 2013 survey was used to assess the community needs. This survey was available in both a paper and online format.

Design and Procedure

969 participants were randomly selected by VVV Research and Development INC to complete the assessment. Surveys were sent out through the mail to residents in Poweshiek, Mahaska, and Tama counties. Additional members of the community not selected by VVV Research and Development INC were also encouraged to fill out the survey online. A total of 539 members of the community responded to the survey. The data was compiled and primary research findings are listed on page 38 of the Community Health Needs Assessment Grinnell Regional Medical Center Primary Service Area. The entire CHNA can be found on the GRMC website.

Results

The survey revealed the top ten community needs to be obesity, mental illness, preventative health care, wellness education, nutrition, uninsured, aging (dementia), poverty, abuse/violence, and alcohol (see table 1). These top ten needs were based on a multiple choice type question where participants were asked to select all options from a list of twenty-four that they believed needed more attention in the community. In addition, participants filled out a free response question on healthcare services that required change or improvement. These responses were coded for service type and the

top ten needs were mental health, access to care, urgent care, insurance, quality of care, dental, family practice, other, specialist physician care, and orthopedics (see table 2).

These two lists revealed different priorities. Therefore, to address the most pressing issues with sufficient quality and efficiency, the top five needs were taken from each lists (see table 3). The finalized top needs (in no particular order) were obesity, mental illness, preventative care, wellness education, nutrition, access to care, urgent care, insurance, and quality of care. Mental illness appeared on each list so in the finalized list it is only listed once, creating a list of the top nine needs. In addition, though transportation was not listed as a top need on either list, it was later added to the finalized list. The majority of respondents were from the town of Grinnell, in which case, transportation would not be a concern. However, the hospital recognizes that the majority of people outside of the town of Grinnell due in fact struggle with transportation. Therefore, it was added to the finalized list of priorities. This list can be seen in table 4.

- Services received outside of community
- Additional needs

Community Healthcare Needs Assessment 2013					
In your opinion, what areas need additional education or attention in our community? (Check all that apply)	CHNA NORM N=5927	%	Grinnell Reg PSA N=539	%	Trend
l) Obesity	3317	8.4%	287	8.3%	
i) Mental Illness	2178	5.5%	275	8.0%	
p) Preventative Healthcare	2264	5.8%	232	6.7%	
x) Wellness Education	2057	5.2%	228	6.6%	
k) Nutrition	2255	5.7%	207	6.0%	
u) Uninsured	1993	5.1%	202	5.9%	
b) Aging (Dementia)	2301	5.8%	189	5.5%	
o) Poverty	1715	4.4%	158	4.6%	
a) Abuse / Violence	2140	5.4%	156	4.5%	
c) Alcohol	2187	5.6%	141	4.1%	
n) Pain Management	1495	3.8%	137	4.0%	
t) Tobacco Use	1865	4.7%	137	4.0%	
d) Alternative Medicine	1317	3.3%	136	4.0%	
s) Teen Pregnancy	1922	4.9%	129	3.8%	
f) Chronic Diseases	1341	3.4%	126	3.7%	
g) Family Planning / Birth Control	1489	3.8%	124	3.6%	
r) Suicide	1410	3.6%	112	3.3%	
e) Child Care	1242	3.2%	92	2.7%	
w) Water Quality	1057	2.7%	81	2.4%	
j) Neglect	1192	3.0%	71	2.1%	
v) Vaccinations	863	2.2%	70	2.0%	
q) Sexually Transmitted Diseases	932	2.4%	56	1.6%	
h) Lead Exposure	364	0.9%	44	1.3%	
m) Ozone	230	0.6%	17	0.5%	
Other (please specify)	428	1.1%	32	0.9%	
TOTALS	39356	100.0%	3439	100.0%	

figure 1

Top Community Needs	
Needs from the Multiple Choice Section	Needs from the Free Response
1. Obesity	1. Mental Health
2. Mental Health	2. Access to Care
3. Preventative Care	3. Urgent Care
4. Wellness Education	4. Insurance
5. Nutrition	5. Quality of Care

Table 2

Services requiring change or improvement	Number of Responses
1. Mental Health	75
2. Access to Care	37
3. Urgent Care	33
4. Insurance	22
5. Quality of Care	22
6. Dental	17
7. Family Practice	17
8. Other	16
9. Specialist Physician Care	15
10. Orthopedics	

Table 3

Finalized list of Community Needs
1. Obesity
2. Mental Health
3. Preventative Care
4. Wellness Education
5. Nutrition
6. Access to Care
7. Urgent Care
8. Insurance
9. Quality of Care
10. Transportation

Discussion/ Action Plan

- How results compare to the town hall reports/results

Action Plans to address community needs(in no particular order):

1)Obesity 2) Mental Health 3)Preventative Care 4)Wellness Education 5)Nutrition 6)Access to Care 7)Urgent Care 8)Insurance 9)Quality of Care 10)Transportation

(3)Preventative Care and (4)Wellness Education

- Pamphlets
 - In order to address the top concerns of the community, we think that it would be useful to create educational material such as pamphlets. These would address the biggest concerns of the community: **(1)obesity, (2)preventative care, (3)mental health, (4)nutrition, and information regarding (5)insurance** and financial assistance.
 - English and Spanish

- Placed near cash registers at grocery stores and # taken monitored per week
- Compiled by interns and/or Grinnell College's Abnormal PSY 248 class.
- Outreach Coordinators

- Community Health Fair
 - Providing information, **(4)wellness education** and an interactive way to learn about healthy food options, the effects of unhealthy eating and benefits of exercise.
 - Organized by community members and possibly held at the Farmer's market
- Healthy Food Labels
 - Working in collaboration with the Healthy Choices Coalition and the grocery stores in Grinnell to facilitate the community's recognition of healthy choices.
 - Interns and Outreach Coordinators
 - Strategically placed in grocery stores, "planting the seed"

(7) Access to Care

- **(8) Transportation**
 - Region 6
 - Broaden the transportation services, adding routes and updating website more frequently.
- Utilize/Take advantage of the resources we have within our community:
 - Volunteers:
 - Churches and other religious/spiritual community members
 - Grinnell high school and college students
- Annual grants

(9) Urgent Care

- Urgent Care
 - Deer Creek, Tama Surgery Center
 - Urgent care center open in a couple of months, Sat&Sun, 4 hrs

(5) Insurance

(3) Mental Health

- Grinnell Regional Mental Health Center
 - 4 full-time staff
 - Psychiatrist
 - Clinical psychologist
 - ARNP
 - Nurse
 - 4 part time staff
 - 2 LMSW
 - 2 LISW

- Mental Health Center Facebook page
- Posting links during year
- Who will update page?

(10)Quality of Care