



UnityPoint Health
Trinity Regional Medical Center

2019
*Community Health
Needs Assessment
Report*

Introduction

Overview of Trinity Regional Medical Center

UnityPoint Health – Trinity Regional Medical Center serves an eight county area in North Central Iowa surrounding the town of Fort Dodge. As a designated regional referral center, Trinity offers a wide range of primary and secondary care services. The hospital employs over 1,000 health care professionals, technicians and employees and has a medical staff of more than 100 providers. Trinity is accredited by DNV Healthcare Inc. and has achieved Pathway to Excellence® designation by the American Nurses Credentialing Center.

The main hospital facility has approximately 554,000 square feet of space. Beyond the main campus, Trinity provides outpatient rehabilitation services at its Highland Park facility. Additionally, Trinity provides inpatient hospice care at the eight-bed Paula J. Baber Hospice Home.

Annually, Trinity Regional Medical Center has approximately 3,600 inpatient admissions. Trinity also provides 3,100 outpatient visits and 19,700 visits to the emergency department. Trinity is the only hospital in Webster County and the only regional referral center in Northwest Central Iowa.

Providing community benefit is a priority of Trinity Regional Medical Center. The organization continues to increase the services provided to the community every year. The overall approach to community benefit is to focus the needs of the community and the organization's mission of improving the health of our community.

The organization's commitment to community benefit is evidenced in much of the work done at Trinity but especially through the creation of Trinity Healthy Living and the development of the Financial Advocate role at Trinity. Trinity Health Living is a department create specifically to provide health and wellness education for those in the community. This department provides education for adults and children, in the community and in the classroom. Nurses travel throughout the community providing health screenings to help individuals take a more active role in their health.

Trinity's financial assistance policies and procedures are another example of Trinity's commitment to the community and providing services to address the needs of poor and underserved individuals and families. A key element of financial assistance is the role of the Financial Advocate, used to work with those in need to assess the availability and eligibility of public programs and provide enrollment support.

As a tax-exempt organization, Trinity Regional Medical Center embraces the responsibility to reinvest its earnings in its programs and facility to serve the community and provide community benefit. Trinity enthusiastically supports more transparency in public reporting.

The Community Trinity Regional Medical Center Serves

Webster County is the primary service area of Trinity Regional Medical Center. There are approximately 37,000 people living in Webster County, of which 12% are minorities.

Race	Percent of Webster County Population
White Non-Hispanic	87.8%
Hispanic or Latino	4.5%
Black Non-Hispanic	4.5%
Asian	1.3%
All Others	2.4%

Figure 1. Demographic breakdown of Webster County, Iowa by race – United States Census Bureau, 2017 estimate.

Trinity draws 67 percent of its inpatient visits and 74 percent of its outpatient visits from Webster County. Trinity's primary market is defined as Webster County and its secondary market area is defined as the seven counties surrounding Webster County.

The region Trinity serves is rural with the majority (68%) of the population residing in the county seat, Fort Dodge. Of the approximately 37,000 people living in Webster County, 25,000 of them live in Fort Dodge. According to the 2017 United States Census data, 17.8 percent of those living in Webster County are 65 years or older, compared to the national average of 16.4 percent.

The median household income in Webster County is \$42,196 compared to the statewide median household income of \$54,570. Webster County is below the state averages for high school graduates as well as Bachelor's degree or higher. 90.6 percent of Webster County residents are high school graduates, while only 20.6 percent have received a bachelor's degree or higher. (United States Census Bureau, 2012-2016).

Approach/Methodology

Community Health Needs Assessment Background

Trinity Regional Medical Center identified unmet community health care needs in Webster County in a variety of ways. First, Trinity solicited advice and feedback from internal and external participants to help develop a plan and foster collaboration among a number of agencies in the community. External participants included Webster County Health Department, United Way and the Greater Fort Dodge Community Foundation, Upper Des Moines Opportunity and the Federally Qualified Community Health Center. Internally participants came from a variety of hospital departments, but included Trinity's Healthy Living department, Berryhill Center, Trinity's Cancer Center, Community Benefit Coordinator and Trinity Marketing & Community Relations. The group formed the Webster County Community Health Needs Assessment Planning Committee.

Through this committee the objectives for the assessment were developed: (1) To identify and prioritize the health needs in Webster County; (2) To establish a process to gather community input; (3) To foster and/or develop projects/programs that address health and well-being needs; improving health outcomes and access to health care; (4) To coordinate and leverage resources to support the Community Health Needs Assessment findings.

Over the course of four months, May – August, 2018, the committee gathered community input. Community input was garnered in a variety of ways. The committee developed a 14-question survey, consisting of eight demographic questions and six health-related questions. The survey was available in both English and Spanish. A postcard containing information about the survey and how to access it was mailed to every Webster County resident. The survey was available online and paper hardcopy, upon request, at the hospital, public library, public health, and local food pantry and community health center. The survey was promoted in the newspaper, on the radio, Facebook, Twitter, church bulletins, posters in prominent businesses throughout the county, e-newsletters, promoted local employers to their employees and at various community events. In addition to the community survey, business and community leaders and city and county officials were interviewed regarding community health needs. Interviews were also conducted with a variety of primary care providers in Webster County regarding their opinions of the community's health needs.

Community input was gathered through:

- 558 Confidential Survey Responses (Attachment E)
- 23 Business/Community Leader One-on-One Interviews (Attachment D)
- 4 Primary Care Provider One-on-One Interviews (Attachment D)

Finally, the committee reviewed available population data to help determine the health needs for Webster County.

- **Community Needs Index:** The Community Needs Index identifies the severity of health disparities for every ZIP code in the United States and demonstrates the link between community need, access to care and preventable hospitalizations (Dignity Health, 2018). For each ZIP code in the United States, the Community Needs Index aggregates five socioeconomic indicators/barriers to health care access that are known to contribute to health disparities related to income, education, culture/language, insurance and housing. Trinity used the Community Needs Index to identify communities within Webster County with the highest need (see Attachment A).
- **County Health Rankings & Roadmaps:** The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. Building on the work of America's Health Rankings, the University of Wisconsin Population Health Institute has used this model to rank the health of Wisconsin's counties every year since 2003 (County Health Rankings & Roadmaps, 2018). Trinity used this information to identify areas in need of improvement and opportunities to focus its community benefit initiatives (see Attachment B).
- **Other Available Data:** Internal patient data and other publicly available data and analyses of the market, demographics and health service utilization were also reviewed.

The material presented in this document is based on Webster County's Community Health Needs Assessment conducted during 2018-2019.

Prioritized Significant Community Health Needs

Mental/Behavioral Health and Substance Abuse

One of the greatest challenges facing the U.S. health care system is the provision of quality, cost effective mental health care to the significant segment of the underserved population without access to specialty physicians because of factors such as geographic limitations or socioeconomic conditions. According to the Nation Institute of Mental Health, mental illness affects tens of millions of people each year. Nearly one in five U.S. adults or 18.3% of adults, 18 and older live with a mental illness. Just over 20 percent (22.2) of U.S. adolescents, aged 13-18, had or have a severe impairment due to mental illness. In 2016, there were an estimated 10.4 million adults aged 19 or older in the United States with a serious mental illness. This number represents 4.2% of all U.S. adults. Mental Health Centers are challenged to find qualified psychiatrists to offer adequate and timely mental health care. They struggle to keep up with the growing need of inpatient beds available to this underserved population.

According to the U.S. Department of Health and Human Services, Iowa ranks 47th out of 50 states in the number of psychiatrists per capita. This trend has had a catastrophic effect on the ability to appropriately manage behavioral health consumers in our region. When the increasing demand for behavioral health services is layered against the national shortage of psychiatrists, Webster County faces a serious and growing problem. Webster County is designated as Health Professional Shortage Area (HPSA) for mental health providers.

All groups that participated in the Webster County Community Health Needs Assessment ranked mental/behavioral health and substance abuse as the number one health concern for Webster County.

Access to Care

There are several barriers that contribute to the access to care issue in Webster County. First and foremost, the biggest barrier is the number of primary care providers per resident of Webster County. According to County Health Rankings, in 2017 there was one primary care physician per 2,320 residents, compared to the Iowa average of one primary care physician for every 1,360 residents. There is currently a nation shortage of primary care physicians, creating additional challenges for recruiting physicians to rural Iowa.

In addition to the shortage of primary care providers, feedback from the Community Health Needs Assessment identified the two additional Access to Care barriers – financial cost of health care and transportation to appointments and treatment. Social and economic factors contribute to the access to health care need. Webster County's unemployment rate is higher than the state average. The county experiences a higher poverty level and children living in single-parent households are 18% higher than the state average. All of these statistics contribute greatly to the Access to Care need.

All groups that participated in the Webster County Community Health Needs Assessment ranked access to health care as a priority.

Obesity/Weight Control

Obesity, in both adults and children, is prevalent all across the United States. However, it is a significant issue in Iowa and Webster County. In 2017, 32.1 percent of adult Iowans are considered obese and 13.6 percent of children 10-17 years of age are obese (Trust for America's Health and the Robert Wood Johnson Foundation, 2017 Key Health Indicators). According to County Health Rankings (2017), Webster County's, 29 percent of Webster County adults aged 20 or over reported no leisure-time physical activity.

Thrive is a school based wellness program conducted by Trinity Regional Medical Center (TRMC). The goal of the program is to enhance the Fort Dodge Public School's wellness curriculum to promote healthy eating and activity and ultimately prevent childhood obesity. The program has been running for 9 years. The educators are comprised of registered nurses and registered dietitians.

The Thrive program was started in 2009. In this program healthcare professionals go into grades Kindergarten, 3rd and 5th grade in the Fort Dodge Public Schools and St. Edmonds Catholic School during the school year and conduct six nutrition lessons. They serve over 1,670 students through this program. Another program available is Thrive Swim. Thrive Swim, which served 160 students in the 2017-2018 school year, continues to expand. Last year they were able to add another section to accommodate the kids at Cooper Elementary School wanting to participate in the program.

One in three American adults has prediabetes, and most of them don't know it. Having prediabetes means your blood glucose (sugar) is higher than normal but not high enough to be diabetes. If lifestyle changes aren't made, many people with prediabetes develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

Another program offered to encourage healthy living is the free pre-diabetes program. With this program you get; the skills you need to lose weight, be more physically active, and manage stress; a trained lifestyle coach to guide and encourage you; support from other participants with the same goals as you — and fun; and a year-long program with weekly meetings for the first 4 months, then once or twice a month for seven months.

Through this program Trinity has seen successful results for the participants. The 1st cohort was started in February 2017 and met every week for 16 weeks and then every other week for the next 10 weeks. The results were:

- Total Group Weight Loss: 175.9 lbs (8 people total)
- Average pounds per person: 22 lbs
- Percent Weight Loss: 7.57%

All groups that participated in the Webster County Community Health Needs Assessment ranked obesity/weight control as a significant health concern for Webster County.

All groups that participated in the Webster County Community Health Needs Assessment ranked obesity as the number one health concern for Webster County.

Response to Findings

Identified Needs

In August 2018, the Webster County Community Health Needs Assessment Planning Committee met to review all the data, discuss the findings and determine the strategic priority areas for community health need activities. Prior to the meeting the committee members reviewed all the data gathered and publicly available information to assist in identifying the needs and to ensure the committee was fully informed and prepared for productive discussion. The committee also took the following questions under consideration while identifying the priority areas:

- How many people does this affect?
- Is it a serious issue?
- At what level are the public aware/concerned about the issue?
- Does this issue contribute to premature death?

During the meeting, the Planning Committee identified the following as priority areas:

- Mental/Behavioral Health and Substance Abuse
- Access to Health Care:
 - Availability/Number of Providers
 - Cost of Healthcare
 - Transportation to Healthcare
- Obesity/Weight Control

Potential Available Resources

As a result of the survey findings, the Webster County Community Health Needs Assessment Planning Committee developed subcommittees to identify opportunities for collaboration for the strategic priority areas. Through the subcommittees the following potentially available resources were identified:

Mental/Behavioral Health & Substance Abuse

- Community Agency Collaboration
- Youthnet – United Way program designed to bring providers together to coordinate services for youth in Webster County
- Integrated Mental Health Services in all Webster County Schools
- Integrated Health Home Programs for Adults and Children
- Crisis Childcare
- Beacon of Hope – Men’s Homeless Shelter
- Webster County Public Health
- Berryhill Center for Mental Health
- Community and Family Resources
- Grant Opportunities to Support New Initiatives
- Family Support Groups
- Family Medicine Clinics
- Peer Support Groups
- Iowa State University – Strengthening Families
- Youth Shelter Care Lutheran Family Service
- Youth Empowerment- It Gets Better FD
- DSAOC – Domestic Sexual Assault Outreach Center
- YWCA
- Rabnier Treatment Center
- CFR – Community and Family Resources

Access to Care

- Provider Recruitment
- Urgent Care
- Emergency Department
- Community Health Center
- Virtual Care
- Pediatric Clinic
- UnityPoint Clinic – Family Medicine (Fort Dodge and Regional Locations)
- United Way – Healthcare Transportation Support
- American Cancer Society Transportation Program
- Trinity Foundation – Transportation Assistance Program
- Upper Des Moines Opportunity
- Family Medicine Clinics

- Trinity Regional Medical Center Certified Financial Counselors
- Proteus – Migrant Health Program
- Elderbridge
- Friendship Haven Adult Day Care

Obesity/Weight Control

- Healthy Weight 4 Life – Trinity Regional Medical Center (TRMC)
- Iowa Nutritional Network School Grant – Webster County Health Department
- Thrive – TRMC School-Base Wellness Program
- Thrive Swim – Free Swim Program for 3rd and 4th Grade Students
- Blast Program – Fort Dodge Public School, After School Program
- WIC Dietitians
- Hy-Vee Dietitian Services
- Market on Central
- Farmer’s Market
- Webster County Health Coalition
- 3rd Thursday Fit Night
- Bike Club
- Webster County Trail System
- Friendship Haven Wellness Program – Boomers
- Iowa State University Extension Office
- Community Garden Partnership with area Daycares and TRMC
- Webster County Health Department School Garden Grant
- Good to Great Girls (G3)
- Webster County Conservation
- Compassion Care Cart – Trinity Regional Medical Center (TRMC)
- Walk with a Doc – Trinity Regional Medical Center (TRMC)
- Citizens Central Senior Center

Evaluation of Impact

Strategic Priority #1: Improving access to health care services.

Increased provider availability at all sites of care – primary care and mental health/behavioral health. Primary care physicians were added to the Berryhill Center to support the medical needs of mental health patients. Additionally, expanding substance use disorder services, primary care on site, CLIA waved Lab, Genoa pharmacy, and health and wellness classes support this underserved population.

Open therapy groups and telehealth are being offered to improve access to care at more accessible times. Parenting support groups, pet therapy, school based services, zero suicide preventative care, and parent child interaction therapy are additional services offered.

Clinic hours in primary care as well as urgent care have been expanded. Additionally, enhanced footprint of the Emergency Department throughput system to support a larger patient volume and improved patient care workflow to improve wait times and access to care decreasing patient wait times. The ER arrival to admit time went from 263 minutes to 226 minutes. By improving our ER throughput times we are able to “turnover” our beds quicker which means patients don’t have to wait in our waiting room as long if at all, and admitted patients get moved to the next level of appropriate care quicker.

Additional programs/funding through Trinity Foundation and community agencies to assist patients with the costs of medications, co-pays, co-insurance and medical expenses will be identified and leveraged.

Continue to offer and more widely promote transportation assistance to get patients to their appointments to utilization of this program and ensure patients getting the care they need. Additionally, a partnership with Webster County Health Department was developed to allow better access to care in the home.

Strategic Priority #2: Encouraging healthy behaviors and disease prevention across the life span.

Employee health and wellness programs have been expanded and as a result there has been a reduction in overall employee BMI, smoke and blood pressure. These programs will continue and expected to yield positive results.

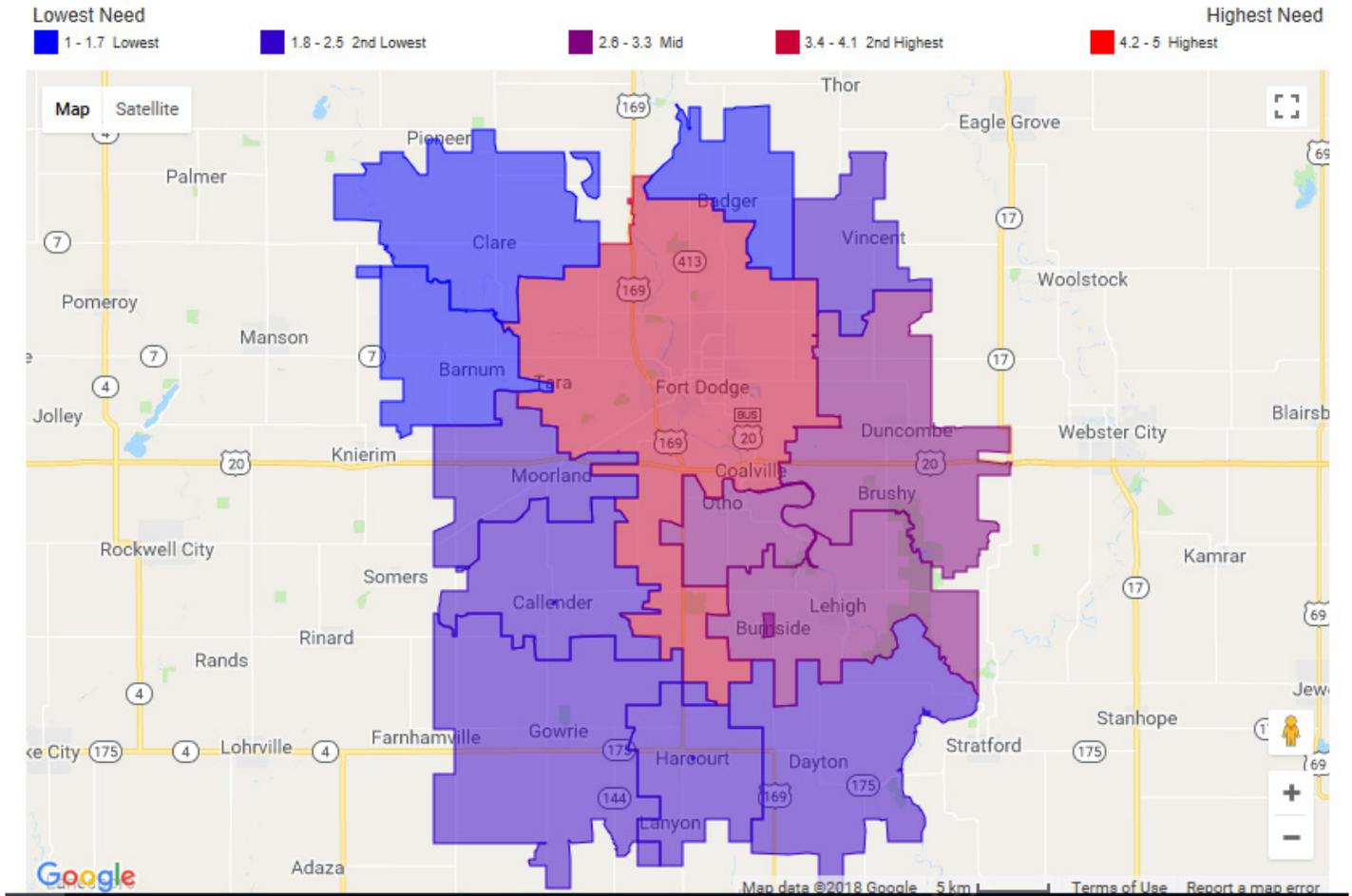
Partnerships with the health living department and Rec are expanding to offer a 6 month waived membership fee for cancer patients including one on one session with a personal trainer and physical therapists.

Additional focus will be placed on ensuring patient compliance with preventative health screenings and regular physician check-ups, priority placed on preventing obesity, cancer, diabetes and heart disease. These metrics are tracked through Trinity’s participation in the Next Generation Accountable Care Organization. Trinity has seen improvement in all of these areas.

Funding continues for THRIVE a school based wellness and obesity prevention program targetg students in kindergarten through eighth grade and THRIVE Swim, a free swim program targeting third and fourth grade students. Trinity has also partnered with Webster County Health Department to expand the footprint of this program and offer additional resources to the youth of Webster County. Webster County Health Department offers Basics, a program targeted at all grade levels in Butler, Duncombe and alternative schools.

February 28, 2019 adopted by UnityPoint Health – Fort Dodge Board of Directors

Attachment A



Mean(zipcode): 2.1 / Mean(person): 3.3

CNI Score Median: 2.4

CNI Score Mode: 1,2,4

Zip Code	CNI Score	Population	City	County	State
50501	3.6	28539	Fort Dodge	Webster	Iowa
50516	1	596	Badger	Webster	Iowa
50518	1	313	Barnum	Webster	Iowa
50523	2.2	585	Callender	Webster	Iowa
50524	1	534	Clare	Webster	Iowa
50530	2.4	1147	Dayton	Webster	Iowa
50532	2.6	850	Duncombe	Webster	Iowa
50543	2.4	1407	Gowrie	Webster	Iowa
50544	1.8	496	Harcourt	Webster	Iowa
50557	2.6	743	Lehigh	Webster	Iowa
50566	1.8	400	Moorland	Webster	Iowa
50569	3	806	Otho	Webster	Iowa
50594	2.4	238	Vincent	Webster	Iowa

Zip codes identified with the greatest need through the Community Needs Index are:

- 50501 – Fort Dodge, Iowa
- 50569 – Otho, Iowa
- 50532 – Duncombe, Iowa
- 50557 – Leigh, Iowa

Attachment B

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

	Webster County	Error Margin	Top U.S. Performers	Iowa	Rank (of 99)
Health Outcomes					86
Length of Life					71
Premature death	6,900	6,000-7,800	5,300	5,900	
Quality of Life					83
Poor or fair health **	14%	14-15%	12%	13%	
Poor physical health days **	3.3	3.1-3.5	3.0	2.9	
Poor mental health days **	3.4	3.3-3.6	3.1	3.3	
Low birthweight	7%	6-8%	6%	7%	
Health Factors					89
Health Behaviors					90
Adult smoking **	17%	16-18%	14%	17%	
Adult obesity	32%	27-37%	26%	32%	
Food environment index	7.6		8.6	8.2	
Physical inactivity	29%	25-34%	20%	25%	
Access to exercise opportunities	85%		91%	83%	
Excessive drinking **	21%	20-22%	13%	22%	
Alcohol-impaired driving deaths	16%	8-27%	13%	27%	
Sexually transmitted infections	579.1		145.1	388.9	
Teen births	27	24-31	15	22	
Clinical Care					44
Uninsured	6%	5-7%	6%	6%	
Primary care physicians	2,320:1		1,030:1	1,360:1	
Dentists	1,410:1		1,280:1	1,560:1	
Mental health providers	450:1		330:1	760:1	
Preventable hospital stays	45	39-52	35	49	
Diabetes monitoring	86%	79-94%	91%	90%	
Mammography screening	65%	58-73%	71%	69%	
Social & Economic Factors					90
High school graduation	83%		95%	90%	
Some college	66%	61-71%	72%	70%	
Unemployment	4.0%		3.2%	3.7%	
Children in poverty	18%	13-23%	12%	15%	
Income inequality	4.5	4.0-4.9	3.7	4.2	
Children in single-parent households	38%	32-45%	20%	29%	
Social associations	14.8		22.1	15.2	
Violent crime	466		62	270	
Injury deaths	82	69-95	55	65	
Physical Environment					57
Air pollution - particulate matter **	9.6		6.7	9.6	
Drinking water violations	No				
Severe housing problems	12%	10-14%	9%	12%	
Driving alone to work	82%	81-84%	72%	81%	
Long commute - driving alone	14%	12-16%	15%	20%	

10th/90th percentile, i.e. only 10% are better.
 Note: Blank values reflect unreliable or missing data

Attachment C

Webster County Community Health Needs Assessment Planning Committee Members

Name	Title	Organization
Joe Kuhlman	Operations Manager	United Way/Fort Dodge Community Foundation
Amy Bruno	Program Coordinator	The United Way and Community Foundation of Greater Fort Dodge
Jessica Smith	Wellness Coordinator	Trinity Regional Medical Center
April Kelley	Outreach Specialist	Upper Des Moines Opportunity
Kari Prescott	Executive Director	Webster County Health Department
Jennifer Sheda	Financial Coordinator/Environmental Health Officer	Webster County Health Department
Tricia Nichols	Registered Nurse	Webster County Health Department
Renae Kruckenberg	Chief Executive Officer	Community Health Center
Lori Brandershorst	Parks, Recreation & Forestry Director	City of Fort Dodge
Patty Grossnickle	RN Coordinator- Cancer Care	UnityPoint Health - Trinity Cancer Center
Emily McCollum	Patient Navigator	UnityPoint Health - Trinity Cancer Center
Christen Sewell	Cancer Center Manager	UnityPoint Health - Trinity Cancer Center
Aaron McHone	Executive Director	UnityPoint Health - Berryhill Center
Amy Heesch	Marketing Communications Supervisor	UnityPoint Health - Fort Dodge
Hannah Lentsch	Community Health Needs Assessment Intern	UnityPoint Health - Fort Dodge

Attachment D

Community Health Needs Assessment Interview Participants

Business/Community Leaders:

- Alyssa Schlieff, Upper Des Moines Opportunities
- Tricia Nichols, Webster County Public Health Department
- Celia Taylor, Fort Dodge Housing
- Roger Porter, Fort Dodge Chief of Police
- Steve Roe, Beacon of Hope Director
- Eric Howard, Beacon of Hope Chaplin
- Charles Clayton, AFES
- Dave Flattery, Fort Dodge City Council
- Dan Kinney, Iowa Central Community College President
- Jeannie Nemitz, Director of Fort Dodge Foster Grandparent Program
- Erin Habben, Recreation Technician- City of Fort Dodge
- Bennett O'Connor, Business Owner – Town & Country Insurance
- Dave Pearson, Fort Dodge Recreation Center Executive Director
- Matt Hanson, Fort Dodge Recreation Center Associate Director
- Julie Thorson, Friendship Haven (Long Term Care Facility) CEO
- Dennis Plaultz, Greater Fort Dodge Growth Alliance Director
- Jennie Riesberg, Lord's Cupboard Director
- Linda Mitchell, St. Edmond Catholic School Principal PS-12
- Kenneth Hayes, Fort Dodge Senior High Principal
- Lynnae Harvey, Fort Dodge Senior High Assistant Principal
- Valerie Jergens, Fort Dodge Middle School Assistant Principal
- Brian Johnson, Southeast Valley Superintendent

Primary Care Providers:

- Dr. Christi Segreto, Berry Hill
- Dr. Kate Thompson, Berry Hill
- Dr. Laurie Connolly, Urgent Care
- Dr. Rachael Sokol, Emergency Room

Attachment D, continued:

Interview Questions and Key Findings:

- What health problems are most troubling to you as a health care provider?
 - o Mental health
 - o Drug Use
 - o Access to Care
 - o Obesity
 - o Preventative Care
 - o Financial Issues

- In your opinion, what is the biggest social concern facing our community?
 - o Poor parenting
 - o Lack of coping skills
 - o Drug Use
 - o Lack of social services
 - o Poverty

- What groups or individuals are you aware of that have special health needs?
 - o Low income population
 - o Elderly
 - o Trauma Victims
 - o Mental Health
 - o Substance Abuser
 - o Special Needs population

Attachment E

Webster County Community Health Needs Assessment

Must be 18 or older to complete this completely anonymous survey

Gender	
<input type="radio"/> Male	<input type="radio"/> Prefer Not to Answer
<input type="radio"/> Female	
Age	
<input type="radio"/> 18-24	<input type="radio"/> 55-64
<input type="radio"/> 25-34	<input type="radio"/> 65-74
<input type="radio"/> 35-44	<input type="radio"/> 75-84
<input type="radio"/> 45-54	<input type="radio"/> 85+
Marital Status	
<input type="radio"/> Single	<input type="radio"/> Single with Children under 18
<input type="radio"/> Married	<input type="radio"/> Widowed
<input type="radio"/> Married with Children under 18	
Ethnicity	
<input type="radio"/> African-American	<input type="radio"/> Caucasian
<input type="radio"/> American Indian or Alaska Native	<input type="radio"/> Hispanic
<input type="radio"/> Asian	<input type="radio"/> Two or more Races
Work- Employment	
<input type="radio"/> Disabled	<input type="radio"/> Part time student
<input type="radio"/> Employed – Full time	<input type="radio"/> Retired
<input type="radio"/> Employed – Part time	<input type="radio"/> Unemployed
<input type="radio"/> Full time student	
Education Level	
<input type="radio"/> Less than High School	<input type="radio"/> 4 year College Degree (BA, BS)
<input type="radio"/> High School/GED	<input type="radio"/> Master's Degree
<input type="radio"/> Some College	<input type="radio"/> Doctoral Degree
<input type="radio"/> 2 year College Degree (Associates)	<input type="radio"/> Professional Degree (MD, JD)

Do you have health insurance?	
<input type="radio"/> Yes	<input type="radio"/> No
Household Income (per year before taxes)	
<input type="radio"/> Less than \$25,000	<input type="radio"/> \$75,000-99,999
<input type="radio"/> \$25,000-49,999	<input type="radio"/> \$100,000 or more
<input type="radio"/> \$50,000-74,999	<input type="radio"/> Full Time Student
Zip Code	
Please enter your 5 digit number _____	

Do you have any of the following health problems (Check all that may apply)			
<input type="radio"/> Allergies	<input type="radio"/> Chronic pain	<input type="radio"/> High blood pressure	<input type="radio"/> Thoughts of suicide
<input type="radio"/> Anxiety	<input type="radio"/> Dental problems	<input type="radio"/> Immune disease	<input type="radio"/> Skin damage
<input type="radio"/> Arthritis	<input type="radio"/> Depression	<input type="radio"/> Kidney problems	<input type="radio"/> Sleep apnea
<input type="radio"/> Asthma	<input type="radio"/> Diabetes	<input type="radio"/> Liver disease	<input type="radio"/> Stress
<input type="radio"/> Back pain	<input type="radio"/> Stomach problems	<input type="radio"/> Lung disorder/ disease	<input type="radio"/> Weight problems
<input type="radio"/> Bone problems	<input type="radio"/> Eye sight	<input type="radio"/> Mental Health	<input type="radio"/> Women's health
<input type="radio"/> Cancer	<input type="radio"/> Hearing loss	<input type="radio"/> Memory loss	<input type="radio"/> Other _____
	<input type="radio"/> Heart problems	<input type="radio"/> Thyroid	

What would you like to do to become more healthy? (Check all that may apply)			
<input type="radio"/> Eat Healthy	<input type="radio"/> Manage Depression	<input type="radio"/> Social Support	<input type="radio"/> Quit Smoking
<input type="radio"/> Exercise	<input type="radio"/> Manage Stress	<input type="radio"/> Spiritual Support	<input type="radio"/> Other _____
<input type="radio"/> Lose Weight	<input type="radio"/> Sleep		

What causes problems for you and your health? (List Below)			
<input type="radio"/> Access to care	<input type="radio"/> Cost of health insurance	<input type="radio"/> Mental health	<input type="radio"/> Stress
<input type="radio"/> Age	<input type="radio"/> Drug use	<input type="radio"/> Medicine costs	<input type="radio"/> Support
<input type="radio"/> Alcohol use	<input type="radio"/> Lack of health insurance	<input type="radio"/> Money	<input type="radio"/> Transportation
<input type="radio"/> Bad eating habits	<input type="radio"/> Lack of knowledge of health living	<input type="radio"/> Motivation	<input type="radio"/> Time for a healthy life style
<input type="radio"/> Cost of exercise		<input type="radio"/> Putting other's needs before your own needs	<input type="radio"/> Tobacco Use: smoking/ chewing tobacco
<input type="radio"/> Cost of healthy food		<input type="radio"/> Shortage of providers	<input type="radio"/> Unemployment
		<input type="radio"/> Shortage of specialist	<input type="radio"/> Other _____

What types of FREE health education/information would you like? (Check all that may apply)			
<input type="checkbox"/> Classes	<input type="checkbox"/> Newsletter/Publication	<input type="checkbox"/> Website	
<input type="checkbox"/> Community Event	<input type="checkbox"/> Social Media	<input type="checkbox"/> Other _____	
<input type="checkbox"/> Email			

What health concerns do you have for your community? (Check all that may apply)			
<input type="checkbox"/> Access to care	<input type="checkbox"/> Bone health	<input type="checkbox"/> Eye sight	<input type="checkbox"/> Tobacco use
<input type="checkbox"/> Alcohol use	<input type="checkbox"/> Cancer	<input type="checkbox"/> Hearing loss	<input type="checkbox"/> Skin damage
<input type="checkbox"/> Allergies	<input type="checkbox"/> Chronic pain	<input type="checkbox"/> Heart health	<input type="checkbox"/> Stress
<input type="checkbox"/> Alzheimer's	<input type="checkbox"/> Compliance	<input type="checkbox"/> Lack of physical activity	<input type="checkbox"/> Suicide
<input type="checkbox"/> Aging	<input type="checkbox"/> Dental care	<input type="checkbox"/> Lung disorder/ disease	<input type="checkbox"/> Weight control
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Mental Health	<input type="checkbox"/> Women's health
	<input type="checkbox"/> Drug use	<input type="checkbox"/> Cost of medicine	<input type="checkbox"/> Other _____

Please return this survey to either **Public Health/ WIC Clinic**, 723 1st Ave. South, the **Public Library**, 424 Central Avenue, the **Community Health Center**, 126 N 10th Street, or the front atrium entrance of **Trinity Regional Medical Center**, 800 Kenyon Road, all of which are located in Fort Dodge.

Or mail the survey to:

Trinity Regional Medical Center
 Attn: Administration
 802 Kenyon Road, Fort Dodge, IA 50501