



UnityPoint Health
Trinity Regional Medical Center

2016
*Community Health
Needs Assessment
Report*

Introduction

Overview of Trinity Regional Medical Center

UnityPoint Health – Trinity Regional Medical Center is a licensed 200 bed non-profit that serves Fort Dodge, Iowa, and the surrounding communities. 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 65 physicians. 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 4,700 inpatient admissions. Trinity also provides 3,100 outpatient visits and 22,700 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 7% are minorities.

Race	Percent of Webster County Population
White Non-Hispanic	88.8%
Hispanic or Latino	4.3%
Black Non-Hispanic	4.2%
Asian	0.9%
All Others	1.8%

Figure 1. Demographic breakdown of Webster County, Iowa by race – United States Census Bureau, 2014 estimate.

Trinity draws 68 percent of its inpatient visits and 75 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 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. As with many rural areas, the population continues to age in Webster County. According to the 2014 United States Census data, 17.2 percent of those living in Webster County are 65 years or older, compared to the national average of 13 percent.

The median household income in Webster County is \$42,112 compared to the statewide median household income of \$52,716. Webster County is below the state averages for high school graduates as well as Bachelor's degree or higher. 90.4 percent of Webster County residents are high school graduates, while only 19.1 percent have received a bachelor's degree or higher. (United States Census Bureau, 2010-2014).

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, 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 three months, June – August, 2015, the committee gathered community input. Community input was garnered in a variety of ways. The committee developed a 15-question survey, consisting of eight demographic questions and seven 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, 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, presented at service group meetings, 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:

- 595 Confidential Survey Responses (Attachment E)
- 18 Business/Community Leader One-on-One Interviews (Attachment D)
- 5 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, 2016). 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, 2015). 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 2015-2016.

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 National Institute of Mental Health, 18.1 percent of adult Americans are suffering with a mental illness. Just over 20 percent (1 in 5) children, either currently or at some point during life, have had a seriously debilitating mental disorder. In 2014, there were an estimated 9.8 million adults aged 18 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.

According to the most recent figures available from 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 Areas (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 2015 there was one primary care physician per 1,775 residents, compared to the Iowa average of one primary care physician for every 1,375 residents. There is currently a nation shortage of primary care physician, 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 12% 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 2015, 31.3 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, 2015 Key Health Indicators). According to County Health Rankings (2015), Webster County's, 25 percent of Webster County adults aged 20 or over reported no leisure-time physical activity.

Through a partnership with the University of Iowa, Trinity Regional Medical Center has provided the Thrive program to the public schools in Fort Dodge since 2008. Thrive has provided Trinity with significant data regarding youth obesity in Fort Dodge. Outlined in the below figures is the prevalence of obese youth living in the Fort Dodge area.

Table 1: 2010-2011 BMI Percentiles by Grade, Males

Percentile	K	1	2	3	4	5	6	7	8
< 85th percentile	70%	68%	66%	63%	64%	56%	60%	63%	62%
Overweight 85th - < 95th percentiles	17%	13%	17%	16%	18%	18%	20%	15%	19%
Obese ≥ 95th percentile	13%	19%	17%	21%	18%	26%	20%	22%	18%

Table 2: 2010-2011 BMI Percentiles by Grade, Females

Percentile	K	1	2	3	4	5	6	7	8
< 85th percentile	73%	70%	67%	61%	67%	61%	54%	58%	57%
Overweight 85th - < 95th percentiles	14%	13%	13%	14%	16%	18%	20%	24%	20%
Obese ≥ 95th percentile	13%	17%	20%	25%	17%	21%	25%	18%	24%

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

Women's Health

While there is not a lot of publicly available data to support the specific need for improved women's health services in Webster County, there was a strong theme in the community survey regarding Women's Health around female specific cancers and pre-natal health. Webster County does have a high teen pregnancy rate – 37 per 1000 births compared to the state average of 30 per 1000 births, which likely influenced this need. Additionally, Webster County has an opportunity to improve preventative screening compliance in order to improve early detection of female specific cancers, i.e. mammograms, pelvic exams, etc.

Response to Findings

Identified Needs

In August 2015, 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
- Women's Health:
 - Female Cancers
 - Pre-Natal Health

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 Pediatrics
- 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
- Peer Support Groups

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
- Trinity Regional Medical Center Certified Financial Counselors

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 Day-cares and TRMC
- Webster County Health Department School Garden Grant
- Good to Great Girls (G3)
- Webster County Conservation

Women’s Health

- UnityPoint Clinic – OB/GYN
- Trinity Cancer Center
- American Cancer Society
- WIC
- Webster County Health Department
- Family Planning Clinic
- Community Health 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.

Expanded clinic hours in primary care as well as urgent care. Additionally, expanded the footprint of the Emergency Department to support a larger patient volume and improved patient care workflow to improve wait times and access to care.

Expanded financial assistance program at TRMC with additional Certified Financial Counselors, assisting patients with the Marketplace as well as Medicaid enrollment. .

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

Continued to offer and more widely promote transportation assistance to get patients to their appointments as a result there has been a dramatic increase in utilization of this program.

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

Expanded employee health and wellness programs offered as a result there has been an reduction in overall employee BMI, smoke and blood pressure.

Expanded focus 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 TRMC's participation in the Pioneer ACO and Next Generation ACO. TRMC has seen improvement in all of these areas.

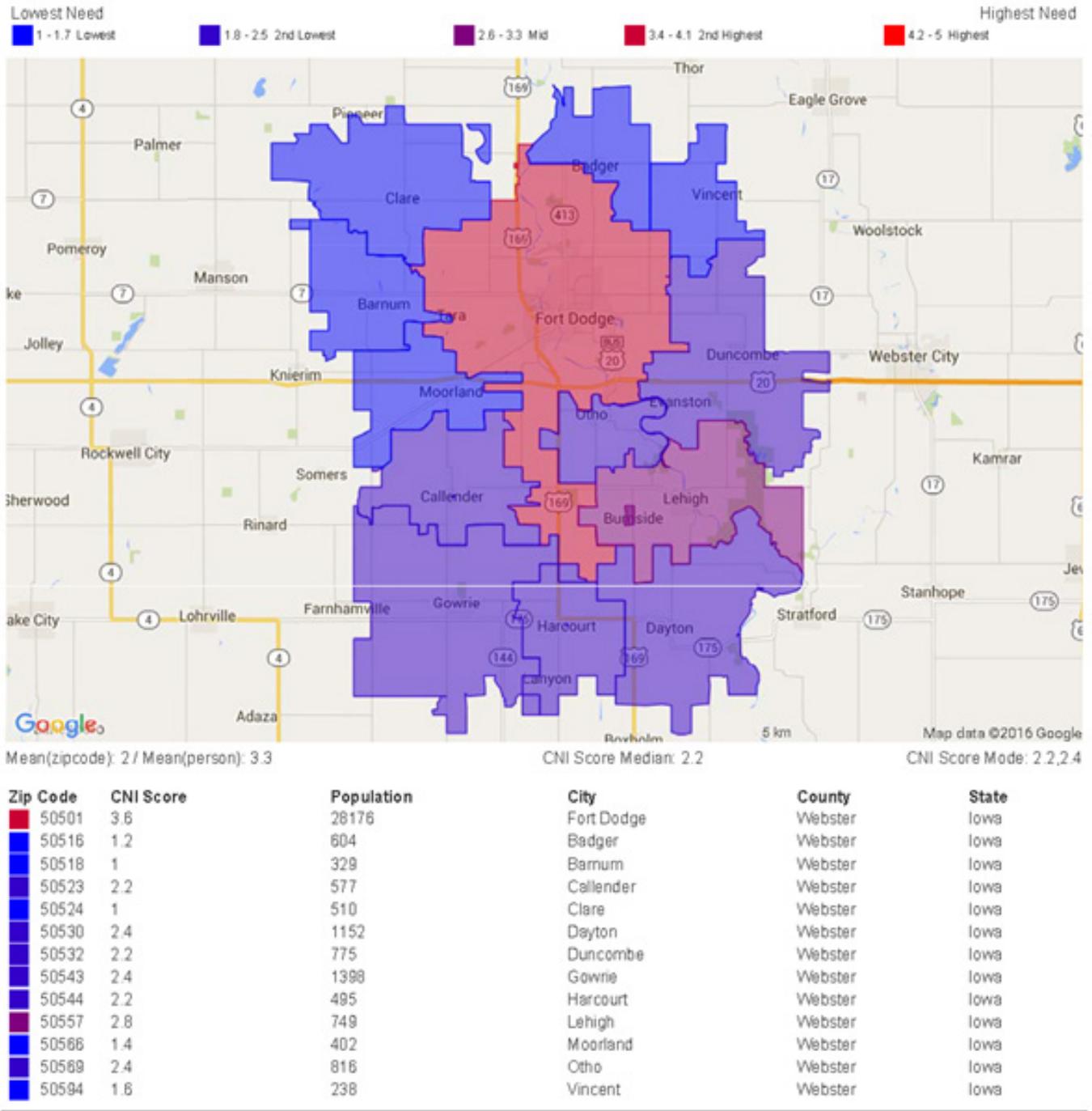
Funding continues for THRIVE a school based wellness and obesity prevention program targeting students in kindergarten through eighth grade. TRMC has also partnered with Webster County Health Department to expand the footprint of this program and offer additional resources to the youth of Webster County.

Strategic Priority #3: Lowering teen pregnancy incidence.

Webster County Health Department took the lead on this initiative and has been very successful as we have seen a decrease in teen pregnancy for Webster County.

February 25, 2016 adopted by UnityPoint Health – Fort Dodge Board of Directors

Attachment A



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

- 50501 – Fort Dodge, Iowa
- 50557 – Leigh, Iowa

Attachment B

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

Webster (WE)

	Webster County	Error Margin	Top U.S. Performers*	Iowa	Rank (of 99)
Health Outcomes					85
Length of Life					83
Premature death	7,700	6,676-8,724	5,200	5,911	
Quality of Life					77
Poor or fair health	14%	11-18%	10%	11%	
Poor physical health days	3.8	2.8-4.7	2.5	2.8	
Poor mental health days	2.9	1.9-3.8	2.3	2.6	
Low birthweight	6.4%	5.6-7.3%	5.9%	6.8%	
Health Factors					88
Health Behaviors					54
Adult smoking	20%	16-25%	14%	18%	
Adult obesity	28%	23-32%	25%	30%	
Food environment index	7.3		8.4	7.8	
Physical inactivity	25%	21-30%	20%	24%	
Access to exercise opportunities	71%		92%	79%	
Excessive drinking	19%	15-25%	10%	20%	
Alcohol-impaired driving deaths	13%		14%	23%	
Sexually transmitted infections	448		138	370	
Teen births	37	33-41	20	30	
Clinical Care					65
Uninsured	11%	10-12%	11%	10%	
Primary care physicians	1,775:1		1,045:1	1,375:1	
Dentists	1,544:1		1,377:1	1,670:1	
Mental health providers	579:1		386:1	904:1	
Preventable hospital stays	62	55-68	41	56	
Diabetic monitoring	86%	78-93%	90%	89%	
Mammography screening	61.7%	54.0-69.3%	70.7%	66.4%	
Social & Economic Factors					94
High school graduation	88%			89%	
Some college	62.4%	57.2-67.6%	71.0%	69.1%	
Unemployment	5.6%		4.0%	4.6%	
Children in poverty	22%	17-27%	13%	16%	
Income inequality	4.7	4.2-5.2	3.7	4.2	
Children in single-parent households	41%	35-46%	20%	29%	
Social associations	15.0		22.0	15.6	
Violent crime	372		59	263	
Injury deaths	86	73-99	50	59	
Physical Environment					79
Air pollution - particulate matter	11.1		9.5	10.9	
Drinking water violations	1%		0%	7%	
Severe housing problems	12%	10-14%	9%	12%	
Driving alone to work	83%	81-86%	71%	80%	
Long commute - driving alone	12%	10-14%	15%	19%	

* 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
Shannon McQuillen	Vice President, Marketing & Community Relations	UnityPoint Health – Fort Dodge
Jessica Smith	Wellness Coordinator	Trinity Regional Medical Center
Mary Ohrtman	Outreach Director, Hamilton, Humboldt, Webster & Wright Counties	Upper Des Moines Opportunity
Kari Prescott	Executive Director	Webster County Health Department
Jennifer Sheda	Financial Coordinator/Environmental Health Officer	Webster County Health Department
LuAnn Suchan	Community Benefit Coordinator	UnityPoint Health – Fort Dodge
Tricia Nichols	Registered Nurse	Webster County Health Department
Lindsey Kavanaugh	Community Wellness Coordinator	Webster County Health Department
Colleen Koester		Community Health Center
Shelby Portz	Community Health Needs Assessment Intern	UnityPoint Health – Fort Dodge

Attachment D

Community Health Needs Assessment Interview Participants

Business/Community Leaders:

- Matt Bemrich, Mayor of Fort Dodge
- Dave Flattery, Fort Dodge City Council
- Dan Kinney, Iowa Central Community College President
- Bennett O'Connor, Business Owner – Town & Country Insurance
- Tim O'Tool, Trinity Foundation Board Member
- Dave Pearson, Fort Dodge Recreation Center Director
- John Taets, UnityPoint Health – Fort Dodge Board Member
- Julie Thorson, Friendship Haven (Long Term Care Facility) CEO
- Dave Chapin, YWCA Fort Dodge Director
- Dennis Plaultz, Greater Fort Dodge Growth Alliance Director
- Elizabeth Stanek, Linking Families and Communities

- Jeannie Nemitz, RSVP Program Coordinator
- Kevin Doty, Fort Dodge Police Chief
- Suzanne Schwendemann, Lord's Cupboard Director (Food Pantry)
- KC Williams, Fort Dodge Middle School Nurse
- Richard Michael, Retired Pharmacist
- Pam Halvorson, UnityPoint Clinic Regional VP of Clinic Operations & ACO Executive Sponsor

Interview Questions and Key Findings:

- What health problems are most troubling to you as a community member?
 - Lack of physicians and access to primary care
 - Cancer
 - Mental Health Services
 - Obesity
 - Nutrition/Healthy Habits
- In your opinion, what is the biggest social concern facing our community?
 - Nontraditional family backgrounds &/or parents not acting like parents
 - Division of community through economic status &/or diversity
 - Substance Abuse
 - Community's youth - level of respect, getting what they need
 - Poverty
 - Public Transportation
- What groups or individuals are you aware of that have special health needs?
 - Medicaid Population
 - Younger Population and Preventative Health Care
 - Elder Care – 65+
 - Substance Abusers
- Additional comments.
 - More and Improved Collaboration to Address Issues

Attachment D, continued:

Primary Care Providers:

- Dr. Alan Nguyen, Family Medicine
- Dr. Elizabeth Day, Critical Care/Hospital Medicine
- Dr. Dan Cole, Emergency Medicine
- Dr. Randy Minion, Family Medicine
- Dr. Robert O'Connor, OB/GYN
-

Interview Questions and Key Findings:

- What health problems are most troubling to you as a health care provider?
 - Obesity
 - Overall Compliance with health and medications
 - Mental Health/Substance Abuse
 - Access to Primary Care
 - Lack of Parenting
 - Pre-Natal Care Education
- In your opinion, what is the biggest social concern facing our community?
 - Family Structure – Single Parent Families
 - Addiction/Mental Health
- What groups or individuals are you aware of that have special health needs?
 - Mentally Ill
 - Senior Population
 - Addicts – specifically adults
 - Veterans

Attachment E

Webster County Community Health Needs Assessment

- Must be 18 or older to complete this completely anonymous survey

Gender

- Male
- Female

Age

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75-84
- 85+

Marital Status

- Single
- Married
- Married with Children under 18
- Single with Children under 18
- Widowed

Ethnicity

- African-American
- American Indian or Alaska Native
- Asian
- Caucasian
- Hispanic
- Two or more Races

Household Income (per year before taxes)

- Less than \$25,000
- \$25,000-49,999
- \$50,000-74,999
- \$75,000-99,999
- \$100,000 or more
- Full Time Student

Zip Code

Please enter your 5 digit number _____

Employment

- Employed – Full time
- Employed – Part time
- Full time student
- Part time student
- Retired
- Unemployed

Level of Education

- Less than High School
- High School/GED
- Some College
- 2 year College Degree (Associates)
- 4 year College Degree (BA, BS)
- Master’s Degree
- Doctoral Degree
- Professional Degree (MD, JD)

Do you have health insurance?			
<input type="radio"/> Yes		<input type="radio"/> No	
What are your personal health concern(s)? (Check all that may apply)			
<input type="radio"/> Alcohol use	<input type="radio"/> Chronic pain	<input type="radio"/> High blood pressure	<input type="radio"/> Thyroid
<input type="radio"/> Allergies	<input type="radio"/> Dental care	<input type="radio"/> Immune disease	<input type="radio"/> Tobacco use
<input type="radio"/> Alzheimer's	<input type="radio"/> Depression	<input type="radio"/> Intestinal disorder	<input type="radio"/> Skin damage
<input type="radio"/> Arthritis	<input type="radio"/> Diabetes	<input type="radio"/> Kidney stones	<input type="radio"/> Sleep apnea
<input type="radio"/> Asthma	<input type="radio"/> Drug use	<input type="radio"/> Liver disease	<input type="radio"/> Stress
<input type="radio"/> Back pain	<input type="radio"/> Eye sight	<input type="radio"/> Lung disorder/ disease	<input type="radio"/> Weight control
<input type="radio"/> Bone health	<input type="radio"/> Hearing loss	<input type="radio"/> Mental Health	<input type="radio"/> Women's health
<input type="radio"/> Cancer	<input type="radio"/> Heart health	<input type="radio"/> Paying for medication	<input type="radio"/> Other _____
What health concerns do you have for your community? (Check all that may apply)			
<input type="radio"/> Access to care	<input type="radio"/> Bone health	<input type="radio"/> Eye sight	<input type="radio"/> Tobacco use
<input type="radio"/> Alcohol use	<input type="radio"/> Cancer	<input type="radio"/> Hearing loss	<input type="radio"/> Skin damage
<input type="radio"/> Allergies	<input type="radio"/> Chronic pain	<input type="radio"/> Heart health	<input type="radio"/> Stress
<input type="radio"/> Alzheimer's	<input type="radio"/> Dental care	<input type="radio"/> Lung disorder/ disease	<input type="radio"/> Weight control
<input type="radio"/> Aging	<input type="radio"/> Diabetes	<input type="radio"/> Mental Health	<input type="radio"/> Women's health
<input type="radio"/> Arthritis	<input type="radio"/> Drug use	<input type="radio"/> Paying for medication	<input type="radio"/> Other _____
How would you like to receive FREE health education/information? (Check all that may apply)			
<input type="radio"/> Classes	<input type="radio"/> Email	<input type="radio"/> Website	
<input type="radio"/> Community Event	<input type="radio"/> Newsletter/Publication	<input type="radio"/> Other _____	
What are you interested in doing to become healthier? (Check all that may apply)			
<input type="radio"/> Eat Healthy	<input type="radio"/> Lose Weight	<input type="radio"/> Manage Stress	<input type="radio"/> Quit Smoking
<input type="radio"/> Exercise	<input type="radio"/> Manage Depression	<input type="radio"/> Spiritual Support	<input type="radio"/> Other _____
What are your biggest concerns for you and/or your family? (Check all that may apply)			
<input type="radio"/> Access to doctors	<input type="radio"/> Lack of stable/affordable housing	<input type="radio"/> Unable to have health care because of lack of health insurance	
<input type="radio"/> Access to resources	<input type="radio"/> Lack of money	<input type="radio"/> Unable to have health care because of lack of transportation	
<input type="radio"/> Depression/mental health issues affecting my family members	<input type="radio"/> Providing healthy options for my family	<input type="radio"/> Violence in my home	
<input type="radio"/> Dental care	<input type="radio"/> Retirement	<input type="radio"/> None of the above	
<input type="radio"/> Housing and living plan	<input type="radio"/> Senior care	<input type="radio"/> Other _____	
	<input type="radio"/> Unemployment		
	<input type="radio"/> Unable to have health care because of cost		

What do you feel will be your biggest obstacle to achieving a healthy lifestyle? (List Below)

<input type="checkbox"/> Access to care	<input type="checkbox"/> Cost of health insurance	<input type="checkbox"/> Money	<input type="checkbox"/> Stress
<input type="checkbox"/> Age	<input type="checkbox"/> Drug use	<input type="checkbox"/> Motivation	<input type="checkbox"/> Support
<input type="checkbox"/> Alcohol use	<input type="checkbox"/> Lack of health insurance	<input type="checkbox"/> Putting other's needs before your own needs	<input type="checkbox"/> Time for a healthy life style
<input type="checkbox"/> Bad eating habits	<input type="checkbox"/> Mental health	<input type="checkbox"/> Shortage of providers	<input type="checkbox"/> Tobacco Use
<input type="checkbox"/> Cost of exercise		<input type="checkbox"/> Shortage of specialist	<input type="checkbox"/> Unemployment
<input type="checkbox"/> Cost of healthy food			<input type="checkbox"/> Other _____

Please return this survey to either Public Health, 330 1st Avenue North Suite L-2, the Public Library, 424 Central Avenue, the WIC Clinic, 1007 First Avenue South, 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