

**2020-2022 Action Plan**  
**UnityPoint Health – Marshalltown**  
May 2020

**2017-2019 Action Plan**

UnityPoint Health–Marshalltown prioritized three categories of community health needs to address from 2017-2019:

- Mental Health
- Substance Abuse
- Obesity

**2020-2022 Action Plan**

UnityPoint Health–Marshalltown conducted the 2020–2022 community health needs assessment with 526 participants from September 15 to November 17, 2019.

Participants chose their three top answers to 36 questions. Five questions asked them to identify their top three community health needs. A sixth question asked what they would like to do to improve their personal health. Two additional questions for veterans only asked them to identify veterans’ health needs.

The eight questions are shown on the chart below. Each question is followed by the top four answers. While we asked participants for their top three answers, four answers are included on the chart to give fair weight to ties.

Each answer has a number on the chart. Each number is the percentage of participants who ranked that answer first, second or third.

The numbers fall into six categories. Since some answers may involve two or three categories, numbers for those answers are divided evenly. For example, 58% of survey participants chose alcohol abuse as their top answer to Question 3. Since treating alcohol abuse involves both Healthcare Access and Mental Health Access, the number for that answer is divided evenly between those two categories.

**Here are the questions, answers and percentages of participants who ranked them as their top three community health needs:**

	Access to Healthcare	Access to Mental Healthcare	Health Education	Personal Exercise	Personal Nutrition	Other Responses
<b>1. What three things are most important for a healthy community?</b>						
Access to healthcare	81					
Access to mental health care		62				
Jobs and a healthy economy						29
Low crime, safe neighborhoods						24
<b>2. What are the top three health problems in your community?</b>						
Addictions: drugs, alcohol, tobacco	72					
Mental Illness		64				
Obesity	40					
Aging	37					
<b>3. What are the top three risky adult behaviors in your community?</b>						
Alcohol abuse	29	29				
Street-drug abuse	25	25				
Lack of exercise/physical activity				38		
Cell phone use while driving			36			
<b>4. What are the top three public health services your community needs to be healthy?</b>						
Access to mental health care		72				
Access to healthcare	52					
Healthcare screenings, coachings	17		17			
Health education			26			
<b>5. What are the top three children's health concerns in your community?</b>						
Access to mental health care		41				
Reducing screen time						34
Access to mental health care		29				
Poor parenting skills		13	13			
Bullying		13	13			
<b>6. What three healthy behaviors would you like to start or do more often to improve your health?</b>						
Get more exercise			38.5	38.5		
Drink more water				25.5	25.5	
Decrease stress			22.5	22.5		
Eat more fruits and vegetables					42	

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<b>7. For veterans: What are the top three health problems for veterans in your community?</b>						
PTSD: Post-Traumatic Stress Disorder	22	22	22			
Depression	19	19	19			
Substance abuse	11	11	11			
Anxiety	10	10	10			
<b>8. For veterans: What are the top three things veterans in your community need for better healthcare today?</b>						
Mental health care		70				
Affordable healthcare	44					
Transportation to care	39					
More community providers to help	19.5	19.5				
<b>Totals</b>	<b>517.5</b>	<b>499.5</b>	<b>228</b>	<b>124.5</b>	<b>67.5</b>	<b>87</b>

## **2020-2022 Action Plan Recommendations**

The top three categories of answers are services and processes we currently provide and can continue to improve.

- Access to healthcare – 517.5
- Access to mental healthcare – 499.5
- Health Education – 228

The bottom three categories of answers are behaviors and outcomes we can teach and encourage but cannot do for individuals or communities.

- Personal Exercise – 124.5
- Personal Nutrition – 67.5
- Other Issues - 87

The UnityPoint Health–Marshalltown Board of Directors met in virtual session on April 28, 2020. They reviewed this document and voted to focus on addressing community health needs in these three categories from 2020-2022:

### **Access to Healthcare – 517.5**

UnityPoint Health-Marshalltown is rebuilding trust and connections with patients and families. The renovation of the South Campus and the relocation of all hospital services to a new, modern facility will offer endless opportunity to invite people throughout the market to come see what we have done and learn what we can do for them. The hospital and clinics also can apply lessons learned throughout the pandemic to improving our operations and telehealth services.

### **Access to Mental Healthcare – 499.5**

Like all markets, Marshalltown has too few mental health providers. The shortfall is clear throughout the survey responses. It is particularly acute for the market's many veterans. There is great opportunity to improve outreach and make mental health services easier to find and receive.

### **Health Education - 228**

Education enhances healthcare access. We have opportunities at every turn to help patients and families learn how to take better care of themselves and get better outcomes from the services we provide. The need to reach out to Marshalltown's Hispanic and African American communities is real. UnityPoint-Marshalltown can improve educational outreach through existing churches and social agencies serving both populations. Finally, the COVID-19 pandemic underscores the need for a strong network of partners throughout the market to provide community health education and be prepared for emergency response.