2016-2018 | UnityPoint Health® – St. Luke’s

Community Health Improvement Plan

UnityPoint Health
St. Luke’s
Part of UnityPoint Health – Sioux City which includes UnityPoint Clinic® and UnityPoint at HomeSM, UnityPoint Health – St. Luke’s offers a vast network of doctors, nurses and other health care professionals committed to coordinating care to meet the individual needs of our patients. St. Luke’s is one of the region’s most patient and family-centered hospitals, delivering innovative care to communities in the tri-state area including Iowa, Nebraska and South Dakota.

For 50 years, St. Luke’s has collaborated with local health providers, community leaders and other non-profit organizations to meet the needs of the community. We fulfill our mission to improve the health of the people and communities we serve through a full range of services and programs.

From our state-of-the-art surgical center and area’s most recognized birth center to cardiovascular care and Level III emergency department, our services are designed to meet the needs of the Siouxland community.

As a community hospital, St. Luke’s serves a population of roughly 177,740 over a six county service area. The majority of the hospital’s admissions originate from the Siouxland area that includes Plymouth and Woodbury County in Iowa; Dakota, Dixon and Thurston Counties in Nebraska; and Union County in South Dakota.

This document summarizes St. Luke’s plan to develop new and enhanced community benefit programs and services. St. Luke’s plan is focused on addressing the top community health priorities identified in the 2016-2018 Community Health Needs Assessment (CHNA) conducted by Dunes Surgical Hospital, Mercy Medical Center – Sioux City, Siouxland District Health Department and St. Luke’s.
Health Needs of the Community

Community health needs were identified through a planning committee of individuals from Dunes Surgical Hospital, Mercy Medical Center – Sioux City, Siouxland District Health Department and St. Luke’s. Through a multi-level approach, the committee utilized a variety of available health data sources including the 2015 National County Health Rankings, 2014 Blue Zones – State of Sioux City Well-Being Index, US Census Bureau, 2015 Siouxland Comprehensive Strategies Booklet and other local data collected from each of the participating organizations. After analysis of the data, certain themes emerged and the committee identified seven top areas of need for communities we serve.

The top seven areas of need in Siouxland include:

1. **TEEN BIRTHS**
   - The rate of teen pregnancies in Siouxland is significantly higher than state and national levels. Evidence suggests teen pregnancy significantly increases the risk of repeat pregnancies and contracting sexually transmitted diseases.

2. **MENTAL ILLNESS**
   - The Siouxland area has a shortage of mental health providers, services, housing and other social services.

3. **CANCER SCREENINGS**
   - Participation in preventive screenings can indicate access to preventative care, overall health knowledge, provider outreach and social barriers.

4. **OBESITY**
   - The percentage of obese residents in the Siouxland area continues to increase, leading to chronic health conditions and poor health outcomes.

5. **TOBACCO/SUBSTANCE ABUSE**
   - Use of tobacco and excessive use of alcohol leads to adverse health outcomes.

6. **ACCESS TO CARE**
   - A lack of access to care presents barriers to good health. Access can be impacted by the supply and accessibility of facilities and physicians, rate of insurance, financial hardships, transportation barriers and coverage limitations.

7. **HOUSING**
   - A lack in affordable housing has increased the number of homeless men, women and children in the Siouxland region.
Hospital Implementation Strategy

St. Luke’s Community Benefit Plan and Implementation Strategy addresses the health needs of the broader population with a concentrated focus on those areas where St. Luke’s can have the greatest impact. St. Luke’s health priorities with respect to the CHNA include:

**OBESITY**
- Focus on area programs that promote healthy lifestyle habits, the hospital’s diabetes education, local health fairs and Blue Zones projects. Detailed implementation strategy on page 5.

**TEEN BIRTHS**
- Focus on collaboration with area agencies to ensure teen mothers have access to prenatal and postnatal care. Detailed implementation strategy on page 6.

**ACCESS TO CARE**
- Focus on implementation on hospital financial assistance program, availability of certified application counselors and initiatives to promote necessary follow up care upon discharge. Detailed implementation strategy on page 7.

**MENTAL ILLNESS**
- Focus on partnership with Siouxland Mental Health Center and implementation of mental health screenings in clinics and the hospital. Detailed implementation strategy on page 8.

**CANCER SCREENINGS**
- Focus on Done in a Day screening programs and partnerships with local agencies to provide screening opportunities. Detailed implementation strategy on page 9.

**Needs Not Specifically Addressed**

Several needs outlined in the CHNA will not be addressed specifically in this plan. In initial discussion and subsequent prioritization, St. Luke’s considered the level to which some needs were already being addressed in the service area. While some community needs fall outside the scope of the hospital’s expertise and resources such as housing and tobacco and substance abuse, St. Luke’s still supports these needs on a smaller scale. For example, UnityPoint Health including St. Luke’s partners with the Iowa Poison Control Center along with many other area community agencies to provide a valuable resource for both health care organizations as well as the general public. We also support the warming shelter in Sioux City, a resource for the homeless in our community.
Community Health Improvement Plan

Obesity

Description of Need
Obesity is often the result of an overall energy imbalance due in part to poor diet and limited physical activity. Obesity increases the risk for health conditions such as coronary heart disease, type 2 diabetes, cancer, hypertension, dyslipidemia, stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis and poor health status. Both adult and child obesity percentages have continued to climb in Iowa, South Dakota, and Nebraska, while nationally, they have started to slightly decline.

GOALS
• Reduce the risk for obesity and chronic disease through health promotion programs which facilitate healthy lifestyle changes.
• Decrease the percentage of obese residents as defined in the county health rankings.

OBJECTIVES
• Ensure nutritional counseling is available to patients, families, and community.
• Offer OnPoint for Health to all St. Luke’s employees and their spouses with monthly challenges encouraging physical activity and healthy behaviors.
• Provide financial support for local fitness programs including youth sports and camps.
• Provide financial support for the Blue Zones projects in Sioux City.
• Provide financial resources to Crittenton Center, allowing the organization to provide their program participants with healthier food options.

ACTIONS
• Partner with Crittenton Center to provide educational classes for children residing at the shelter.
• Partner with community schools to provide educational classes in schools on healthy lifestyle choices and behaviors.
• Support the Farmer’s Market by hosting a St. Luke’s booth to encourage healthy behaviors and food choices.
• Offer financial incentives to St. Luke’s employees and their spouses for achieving OnPoint for Health goals, encouraging healthy behaviors.
• Continue to participate in community activities that encourage healthy lifestyles as a Blue Zones worksite.
• Implement and obtain certification for Medicare Diabetes Prevention Program.
• Plant and maintain a community garden on Nebraska Street in Sioux City by the Ronald McDonald House, encouraging local residents to take an active part in growing healthy fruits and vegetables.
• Develop patient-centered medical home model.

Anticipated impact of these actions
1. Introduce healthy lifestyle options to at-risk youth in our community.
2. Improve the health of St. Luke’s employees and their families through the OnPoint for Health wellness program.
3. Prevent and delay type 2 diabetes and improve the overall health of program participants through diabetes education classes.

Plan to evaluate the impact
1. Track participants’ body weight on weekly basis in software and report to CMS.
2. Track biometrics for participants in St. Luke’s OnPoint for Health to identify current health picture and opportunities for healthy lifestyle education.
3. Increase total number of community participants in classes that provide education on the risks of obesity and chronic disease.

Community Partners
Blue Zones Initiatives
Farmer’s Market
Crittenton Center
Live Healthy Siouxland
Area Fitness Locations
Worksite Wellness Coalition
Teen Births

Brief Description of Need
Evidence suggests teen pregnancy significantly increases the risk of repeat pregnancy and of contracting a sexually transmitted infection (STI), both of which can result in adverse health outcomes for mothers, children, families and communities. Pregnant teens are more likely than older women to receive late or no prenatal care, have gestational hypertension and anemia, and achieve poor maternal weight gain. Teens are also more likely than older women to have pre-term delivery and low birthweight babies, increasing the risk of child developmental delay, illness and mortality. Although locally and nationally trends are moving downward, the Siouxland reporting area is still drastically higher than state and national levels.

GOALS
• Decrease the number of teen pregnancies in the Siouxland area.
• Improve overall outcomes for teen mothers and babies born to teen mothers through educational and clinical services.

OBJECTIVES
• Offer healthy pregnancy outreach programs and incentives to increase attendance, thus leading to improved prenatal care for attendees.
• Provide prenatal education to high risk teens in the Siouxland community.
• Reduce the risk of repeat pregnancy in teens.

ACTIONS
• Continue healthy pregnancy outreach programs and promote to high risk populations throughout Siouxland.
• Pursue opportunities to partner with other community agencies to expand pregnancy outreach programs.
• Partner with Crittenton Center shelter to provide educational classes to high risk teens.
• Explore opportunities to provide educational classes to other high risk populations in Siouxland.
• Partner with community schools to provide educational opportunities on the impacts of teen pregnancies.
• Continue to offer free prenatal classes at St. Luke’s to educate parents on the importance of prenatal care and what to expect once baby has arrived.

Anticipated impact of these actions
1. Reduce teen pregnancy rates, pre-term deliveries and low birthweight babies in the Siouxland community.
2. Promote the importance of evidence-based teen birth curriculum in the community.
3. Improve health outcomes in the Siouxland teen population.
4. Increase collaboration with community partners to reduce number of teen pregnancies in the Siouxland community.

Plan to evaluate the impact
1. Monitor attendance at health pregnancy outreach programs to measure growth in attendance.
2. Increase availability of educational classes to promote an increase in attendance.
3. Increase total number of community partnerships to promote education on the impacts of teen births and birth spacing.
4. Track number of teen births and low birthweights from teen mothers

Community Partners
Crittenton Center
Mary J. Treglia Community House
Siouxland Community Health Center
Siouxland District Health Department
Access to Care

Brief Description of Need
A lack of access to care presents barriers to good health. The supply and accessibility of facilities and physicians, the rate of insurance, financial hardship, transportation barriers, cultural competency, and coverage limitations affect access. Rates of morbidity, mortality, and emergency hospitalizations can be reduced if community residents have access to providers, transportation and insurance coverage.

GOALS
• Increase number of Siouxland area patients with established primary care providers.
• Reduce the use of the emergency department for non-emergent care by providing a plan of care which includes communication with a primary care provider as well as general education on the appropriate use of emergency care.
• Decrease the total number of uninsured patients in Siouxland.
• Explore opportunities to expand non-emergency medical transport.

OBJECTIVES
• Identify patients at UnityPoint Health facilities without a primary care provider and provide referrals.
• Partner with skilled nursing facilities and area home care agencies to provide the appropriate level of care for patients.
• Utilize St. Luke’s financial counselors to identify resources for patients in need of financial assistance and other resources.
• Reduce unnecessary hospital admissions and overall readmission rates.

ACTIONS
• Implement the emergency department Consistent Care Program to reduce repeat emergency department visits for non-emergent issues using a care plan for coordination between providers.

Anticipated impact of these actions
1. Reduce the use of emergency care for non-emergent health issues.
2. Improve the overall quality of care for chronically ill patients.
3. Increase the total number of home health referrals.
4. Reduce unnecessary readmissions, leading more patients to receive appropriate follow up care after discharge.

Plan to evaluate the impact
1. Utilize electronic medical records system (Epic) to track the number of patients without a primary care provider, the number of uninsured patients and number of home health referrals.
2. Utilize hospital revenue cycle reporting to track percentage of self-pay patients.
3. Utilize hospital key performance indicator scorecard metrics to track readmissions.

Community Partners
UnityPoint Clinic
UnityPoint at Home
Siouxland Community Health Center
Family Health Care of Siouxland
Siouxland District Health Center

Implement a community-based palliative care program to assist identified patients in need.
Support and subsidize the Siouxland Medical Education Foundation (SMEF) residency program for family practice physicians to encourage recruitment of new providers to Siouxland.
Recruit physicians and/or advanced practice providers (APP) based on physician-to-population ratios and needs assessment.
Utilize certified application counselors to assist with financial and medication assistance.
Streamline patient transition of care processes to ensure patients receive appropriate care where and when they need it including scheduling follow up provider visits prior to discharge from the hospital.
Expand Siouxland Pace, a program of all-inclusive care for the elderly, to allow more Siouxlanders to remain living in the community and as independently as possible.
Mental Illness

Brief Description of Need
Mental health plays a major role in one’s ability to maintain good physical health. Mental illnesses, such as depression and anxiety, affect people’s ability to participate in health-promoting behaviors. In turn, problems with physical health, such as chronic diseases, can have a serious impact on mental health and decrease a person’s ability to participate in treatment and recovery.

Depression is the most common type of mental illness, affecting more than 26% of the US adult population. It has been estimated that by the year 2020, depression will be the second leading cause of disability throughout the world. In Iowa, about 96,000 adults, or 4.2% of all adults from 2009 through 2013, had serious thoughts of suicide within the year prior to being surveyed.

Mental health providers in the Siouxland area are in demand. The entire state of Iowa has been identified as a mental health professional shortage area.

GOALS

1. Increase availability of inpatient and outpatient mental health treatment options in the Siouxland community.
2. Improve availability and access to inpatient and outpatient chemical dependency services in the Siouxland community.

OBJECTIVES

1. Support and establish policies which allow for the improvement of access in both inpatient and outpatient mental health services.
2. Provide financial resources and clinical support for both the development and expansion of new and existing chemical dependency services.

Anticipated impact of these actions

1. Increase in the number of additional mental health care providers by four to five to better serve the mental health needs of the community.
2. Integration of behavioral health services into UnityPoint Clinic primary care locations will increase access and quality of behavioral health care services for at-risk patients.
3. Implementation of screening tools will allow for earlier identification of patients who need mental health or chemical dependency services including patients who may previously have gone unidentified. This will lead to earlier intervention and treatment and better outcomes for mental health and chemical dependency patients.

Community Partners

Local Behavioral Health Partners
Siouxland Community Health Center
Siouxland Mental Health
Jackson Recovery Center

Plan to evaluate the impact

1. Evaluate screening tool usage and evaluate data collected from positive screens to identify areas of need for mental health services in Siouxland.
2. Reduce overall behavioral health admissions through earlier intervention and treatment.
Community Health Improvement Plan

Cancer Screenings

Brief Description of Need
Screenings are a vital prevention tool in the fight against all types of cancer. Lack of general awareness about screenings, limited access or transportation to screening locations and inconsistent messages from providers about the importance of screenings are all barriers in increasing the number of Siouxianders who receive cancer screenings annually.

Several counties in the Siouxland area have mammography screening utilization rates below their respective state averages, stressing the importance of improving accessibility of cancer screenings in the community.

GOALS

• Increase public awareness of the need for preventative screenings and the programs available in Siouxland.
• Improve the county health rankings for preventative screenings.

OBJECTIVES

• Promote awareness of the programs available for preventative screenings through public awareness campaigns.
• Provide services at free or reduced rates for under-served population areas.
• Educate providers on the availability of preventative screenings and programs available to patients in the Siouxland region.

ACTIONS

• Partner with Susan G. Komen for the Cure Siouxland Affiliate for the annual Pink in the Rink event to increase awareness of breast cancer.
• Plan events such as Movember, focused on awareness of prostate cancer, to increase awareness of various types of cancer and preventative screenings.
• Partner with June E. Nylen Cancer Center for Serving our Sisters program to promote the importance of mammography screenings.
• Serve as a provider for the Iowa Breast and Cervical Cancer Detection program with Siouxland District Health Department and Siouxland Community Health Center.
• Partner with the Every Woman Matters program in Nebraska by providing mammography services at a reduced rate for under-served areas in our region.
• Promote monthly health observances to educate public on importance of screenings in the early detection of cancer.

Anticipated impact of these actions
1. Increase in the total number of mammography, colonoscopy and prostate screenings in Siouxland area counties.
2. Increase the number of Siouxianders knowledgeable about the importance of cancer screenings and financial resources available.

Plan to evaluate the impact
1. Utilize the Mammography Quality Standards Act (MSQA) data to track the number of preventative screenings completed annually.
2. Track preventative screenings in UnityPoint Clinic locations utilizing the system’s scorecard for quality incentives.

Community Partners

June E. Nylen Cancer Center
Siouxland G. Komen for the Cure Siouxland Affiliate
UnityPoint Health – St. Luke’s Imaging and Breast Screening Services
Siouxland Community Health Center
Siouxland District Health Department

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UnityPoint Health – St. Luke’s Imaging and Breast Screening Services
Siouxland Community Health Center
Siouxland District Health Department
Looking Ahead

Improving the health of the people and communities we serve is vital to the overall well-being of Siouxland. Each of us plays an important role in improving the community’s health through the choices we make at home, at school or at our worksites. St. Luke’s encourages and supports all Siouxlanders to live healthy lifestyles and join in our mission to improve the overall health of our community.

Over the next three years, progress toward achieving the goals and objectives outlined in St. Luke’s Health Improvement Plan will be tracked and monitored to help us determine if our desired health impacts are being achieved.

The point of unity is you.

For more information on programs and services noted in St. Luke’s Health Improvement Plan, please call St. Luke’s Marketing Department at (712) 279-3636.