

2020-2022 Action Plan
UnityPoint Health–Allen Hospital
May 2020

2017–2019 Action Plan

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

- Mental Health
- Women and Children's Health
- Nutrition, Obesity and Wellness

2020-2022 Action Plan

UnityPoint Health–Allen Hospital conducted the 2020–2022 community health needs assessment with 1,554 participants from March 1 to May 15, 2019.

Participants chose their three top answers to 33 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.

The six 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 percentages 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, 55% of survey participants chose illegal drug use as their top answer to Question 3. Since treating illegal drug use 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
1. What three things are most important for a healthy community?						
Access to healthcare	71					
Jobs and a healthy economy						35
Access to mental health care		29				
Access to nutritional foods					29	
2. What are the top three health problems in your community?						
Obesity	65					
Mental illness		63				
Diabetes	35					
Aging	33					
3. What are the top three risky adult behaviors in your community?						
Illegal drug use	27.5	27.5				
Alcohol abuse	27.5	27.5				
Lack of exercise and physical activity				45		
Texting while driving			36			
4. What are the top three public health services your community needs to be healthy?						
Access to mental health care		44				
Preventative services	31					
Neighborhood wellness programs			27			
Health education			27			
5. What are the top three children's health concerns in your community?						
Poor parenting skills			37			
Safe, secure environment						30
Access to mental health care		30				
Bullying		14	14			
6. What three healthy behaviors would you like to start or do more often to improve your health?						
Get more exercise			38.5	38.5		
Drink more water				27.5	27.5	
Decrease stress			27.5	27.5		
Eat more fruits and vegetables					53	
Totals	290	235	207	138.5	109.5	65

2020-2022 Action Plan Recommendations

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

- Access to healthcare - 290
- Access to mental healthcare - 235
- Health Education – 207

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

- Personal Exercise - 138.5
- Personal Nutrition - 109.5
- Other Issues - 65

Allen Hospital's 2017-2019 initiatives were effective because they focused on improvements we could make. No hospital has the resources to begin to address all the possibilities. Lasting community change is the result of focus, patience and perseverance over decades of effort.

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

Access to Healthcare - 290

We have done exceptionally well in this category. More opportunity awaits. Ready access is the key to market and market share growth. It is the right focus for the hospital and the communities we serve.

Access to Mental Healthcare - 235

This is our most complex issue. We are challenged by endless needs and overtaxed means. Nonetheless, we have made striking progress since our alliance with Black Hawk-Grundy Mental Health in 2015. There is ample opportunity and need to continue.

Health Education - 207

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 COVID-19 pandemic underscores the need for a strong network of partners to provide community health education.