



Community Memorial Hospital, Burke, SD  
Community Health Needs Assessment  
Implementation Strategy  
2017-2019





Dear Community Members,

Community Memorial Hospital is pleased to present the 2016 Community Health Needs Assessment (CHNA) and Implementation Strategy. There is great intrinsic value in a community health needs assessment when it serves to validate, justify and defend not-for-profit status and create opportunity to identify and address community health issues.

During 2016 members of the community were asked to complete a non-generalizable survey to help identify unmet health needs. Community Memorial Hospital worked in partnership with Sanford Health as we conducted the CHNA. Analysis of the primary research data and secondary research was used to identify health concerns and needs in the community. Community stakeholders assisted with the development of an asset map that lists resources and assets that are available to address each need. A gap analysis and prioritization exercise was also conducted to identify the most significant health needs, and to further address these needs through the implementation strategies that are included in this document.

Community Memorial Hospital has set strategy to address the following community health needs:

- Mental Health/Behavioral Health
- Physical Health

In this report you will find the implementation strategies for 2017-2019, information about what Community Memorial Hospital is doing to address the needs, assets and resources that are available in the community to address the needs, and a discussion on the impact from the 2013 implementation strategies.

At Community Memorial Hospital, patient care extends beyond our bricks and mortar. As a not-for-profit organization, ensuring that the benefits of health care reach the broad needs of communities is at the core of who we are. Through our work with communities, we can bring health and healing to the people who live and work across our communities. Together, we can fulfill this mission.

Sincerely,

Mistie Sachtjen  
Chief Executive Officer

## Implementation Strategies

### Priority 1: Physical Health

As a health care facility, we are committed to promoting a healthy lifestyle and encouraging our patients to be more active. Studies have shown that people who are active and follow a healthy lifestyle live longer.

We currently work with our local fitness organization to offer a variety of exercise classes at no charge to the public and will be working to improve such services. We will also be hosting community health fairs including lab tests at a reduced price and wellness challenges throughout the year.

We will also have a focus on promoting an active lifestyle to our youth. It is important to begin education in regards to leading a healthy lifestyle at a young age. We plan to work with the local school district in implementing the Sanford *fit* program.

### Priority 2: Mental Health

Mental health is a serious issue especially if the problems are not addressed. It affects not only individuals but the families of those individuals suffering from with the problem. It affects people of all ages and has a negative impact on lives people live.

Our focus will be on improving access to mental health services as well as improving care for those patients with a depression diagnosis. We will begin implementation of a Health Coach in the clinic and provide ongoing education to both Health Coaches and providers. We will work to improve PHQ-9 scores throughout the year.

A strong focus will also be on decreasing the amount of drug use in the community. We will be implementing new policies within the clinic setting, working with local law enforcement to set up a take back program as well as providing education to both staff and members of the community.

Mental health problems are common and we want to help patients to learn to cope and give them the necessary tools to get better.

## FY 2017-2019 Action Plan

### **Priority 1: Physical Health**

**Projected Impact: Community members are more active and physically fit**

**Goal 1: Increase opportunities to improve physical activity and reduce obesity rate**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Dedicated Resources</b>	<b>Leadership</b>	<b>Note any community partnerships and collaborations (if applicable)</b>
Community Health Fairs	Number of community members participating in these events	CMH Staff	CMH Leadership	
Wellness Challenges	Number of participants/ results of challenge	CMH Staff	CMH Leadership	Fitness on Main Burke Wellness Coalition

### **Goal 2: Promote an active lifestyle to youth within the community**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Note any community partnerships and collaborations - if applicable</b>
Incorporate Sanford <i>fit</i> program into the local school system	Number of classrooms that have implemented the program	CMH Clinical Staff Teachers	Sanford <i>fit</i> Leadership CMH Leadership	Local School district

## **Priority 2: Mental Health**

**Projected Impact: Improve care of patients suffering from depression**

### **Goal 1: Improve PHQ-9 scores for depression patients**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Note any community partnerships and collaborations - if applicable</b>
Provide education and standardization of workflows for clinical staff	Increase the percentage of patients meeting the PQH-9 quality measure	Nursing Staff Providers	Clinic Manager	
Implementation of Health Coach	Increase of percentage of patients meeting quality measures	Health Coach/Clinic Nursing Staff/Providers	CEO Clinic Manager	

### **Goal 2: Improve access to mental health services and improve care of patients with depression diagnosis**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Note any community partnerships and collaborations - if applicable</b>
Utilization of digital medical or telemed services; Behavioral Health Assessment via One Connect Emergency	Increase participation in mental health services, awareness activities, support groups, etc.	Digital media	CEO DON	HRSA Grant Program

### **Goal 3: Decrease the amount of drug use in the community**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Note any community partnerships and collaborations - if applicable</b>
Implementation of Pain Management Policy	Review of patients on pain agreements	Providers Opioid Treatment Guidelines	CEO DON Clinic Manager	

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Note any community partnerships and collaborations - if applicable</b>
Work with law enforcement to provide a Take Back Program	Collection sites are determined and awareness to the community	Drug Enforcement Agency	CEO	Local Law Enforcement



# Community Health Needs Assessment

## Key Findings

The following needs were brought forward for prioritization:

- Economics – cost of affordable housing
- Children and Youth – availability of childcare, infant care, and activities for children and youth
- Aging – cost of LTC, availability of LTC and memory care
- Safety – presence of street drugs and drug dealers
- Health care Access – access to affordable health insurance
- Physical Health – cancer, chronic disease, obesity, exercise, poor nutrition
- Mental Health/Behavioral Health – stress, depression, underage drinking, drug use and abuse, underage drinking, alcohol use and abuse, smoking and tobacco use

## Addressing the Needs

Identified Concerns	How Burke Community Memorial Hospital is Addressing the Needs
<b>Economics</b> <ul style="list-style-type: none"> <li>• Availability of affordable housing</li> </ul>	Community Memorial Hospital will address this need by sharing the findings of the CHNA with community leaders.
<b>Children and Youth</b> <ul style="list-style-type: none"> <li>• Availability of quality child care</li> <li>• Availability of quality infant care</li> <li>• Availability of activities for children and youth</li> </ul>	<ul style="list-style-type: none"> <li>• A new day care, Burke Day Care Inc., is scheduled to open in January 2017.</li> <li>• Implementation of the Sanford <i>fit</i> program into the local school system.</li> </ul>
<b>Aging</b> <ul style="list-style-type: none"> <li>• Cost of long term care</li> <li>• Availability of memory care</li> <li>• Availability of LTC</li> </ul>	Community Memorial Hospital will address this need by sharing the findings of the CHNA with community leaders.
<b>Safety</b> <ul style="list-style-type: none"> <li>• Presence of street drugs and alcohol in the community</li> <li>• Presence of drug dealers in the community</li> </ul>	<ul style="list-style-type: none"> <li>• Community Memorial Hospital will address this need by sharing the findings of the CHNA with community leaders.</li> <li>• Community Memorial Hospital is working with the local Police Chief who will provide drug education to all staff. The education will also be provided in the local schools.</li> </ul>
<b>Health Care</b> <ul style="list-style-type: none"> <li>• Access to affordable health insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Community Memorial Hospital will host community health fairs which include lab draws at a reduced rate.</li> <li>• The hospital also has a charity care program that is available to those in need.</li> </ul>

Identified Concerns	How Burke Community Memorial Hospital is Addressing the Needs
<p><b>Physical Health</b></p> <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Chronic disease <ul style="list-style-type: none"> <li>○ High cholesterol</li> <li>○ Hypertension</li> <li>○ Arthritis</li> </ul> </li> <li>• Obesity <ul style="list-style-type: none"> <li>○ 74% of respondents report they are overweight or obese</li> </ul> </li> <li>• Inactivity and lack of exercise 3.59 <ul style="list-style-type: none"> <li>○ 51.9% report moderate activity 3x/week</li> </ul> </li> <li>• Poor nutrition and eating habits <ul style="list-style-type: none"> <li>○ Only 34% report having 3 or more vegetables/day</li> <li>○ Only 17% report having 3 or more fruits/day</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• The Sanford <i>fit</i> initiative, a childhood obesity prevention initiative, continues to grow and mature as we work to refine the offerings and enable broad replication and meaningful use. Supported by the clinical experts of Sanford Health, <i>fit</i> educates, empowers and motivates families to live a healthy lifestyle through a comprehensive suite of resources for kids, parents, teachers and clinicians. <i>fit</i> is the only initiative focusing equally on the four key contributing factors to childhood obesity: Food (nutrition), Move (activity), Mood (behavioral health), and Recharge (sleep). Sanford's <i>fit</i> initiative has come a long way since its inception in 2010. Through <i>fit</i> we are actively working to promote healthy lifestyles in homes, schools, daycares, our clinical settings, and throughout the community by way of technology, engaging programs, and utilizing key role models in a child's life.</li> <li>• Community Memorial Hospital has a Registered Dietician available for individual appointments and community education.</li> </ul>
<p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>• Stress</li> <li>• Depression</li> <li>• Underage drug use and abuse</li> <li>• Drug use and abuse</li> <li>• Underage drinking</li> <li>• Alcohol use and abuse <ul style="list-style-type: none"> <li>○ 32.1% of respondents report binge drinking</li> </ul> </li> <li>• Smoking and tobacco use</li> </ul>	<ul style="list-style-type: none"> <li>• Community Memorial Hospital is working to increase access to mental health services through telemed services.</li> <li>• Looking to become a pilot site through the HRSA grant to offer behavioral health assessments through One Connect Emergency.</li> <li>• Working with local law enforcement to provide a Take Back Program within the community.</li> </ul>



## Asset Map

Identified concern	Community resources that are available to address the need
<p><b>Economics</b></p> <ul style="list-style-type: none"> <li>• Cost of affordable housing 3.74</li> </ul>	<p>Burke Housing and Redevelopment Commission 605-775-2676</p> <p>Low income apartments:</p> <ul style="list-style-type: none"> <li>• Rosebud Apts. 605-775-2531</li> <li>• Parkview Manor 605-775-2676</li> </ul> <p>Rural Office of Community Services</p> <ul style="list-style-type: none"> <li>• Karen Janousek 605-487-7635</li> </ul>
<p><b>Aging Population</b></p> <ul style="list-style-type: none"> <li>• Cost of LTC 4.00</li> <li>• Availability of memory care 3.78</li> <li>• Availability of LTC 3.74</li> </ul>	<p>LTC resources:</p> <ul style="list-style-type: none"> <li>• TLC Assisted Living Home 605-775-6316</li> </ul> <p>Memory care resources:</p> <ul style="list-style-type: none"> <li>• TLC Assisted Living Home 605-775-6316</li> </ul> <p>Low income apartments:</p> <ul style="list-style-type: none"> <li>• Rosebud Apts. 605-775-2531</li> <li>• Parkview Manor 605-775-2676</li> </ul>
<p><b>Children and Youth</b></p> <ul style="list-style-type: none"> <li>• Bullying 3.87</li> <li>• Availability of quality childcare 3.83</li> <li>• Availability of activities for children and youth 3.50</li> </ul>	<p>Bullying resources:</p> <ul style="list-style-type: none"> <li>• Sheriff – 605-775-2626</li> <li>• Police – 605-775-2282</li> <li>• Burke School – 605-775-2645</li> <li>• Burke Clinic – 605-775-2631</li> <li>• Debra K. Leibel, CNP – 605-775-2631</li> <li>• Burke Wellness Coalition</li> <li>• The Rock (Youth Center) 605 -775-2950</li> </ul> <p>Child Care resources:</p> <ul style="list-style-type: none"> <li>• Clarissa Dummer – 605-775-2415</li> <li>• Julie Johnson – 605-775-2987</li> <li>• Nancy Nelson- 605-775-2910</li> <li>• Burke Day Care</li> </ul> <p>Activities for children &amp; youth:</p> <ul style="list-style-type: none"> <li>• 4-H – 605-775-2581</li> <li>• Boy Scouts</li> <li>• Girl Scouts – 605-336-2978</li> <li>• School District – 605-775-2645</li> <li>• Park District – 605-775-2475</li> <li>• Individual volunteer programs for football, soccer, baseball</li> <li>• City Library – 605- 775-2373</li> <li>• Food Pantry – Backpack Program 605-775-2676</li> </ul>
<p><b>Crime/Safety</b></p> <ul style="list-style-type: none"> <li>• Presence of street drugs, prescription drugs &amp; alcohol 3.89</li> <li>• Presence of drug dealers 3.58</li> </ul>	<p>Sheriff – 605-775-2626</p> <p>Police – 605-775-2282</p>

Identified concern	Community resources that are available to address the need
<p><b>Access to Health Care/ Cost of Health Care</b></p> <ul style="list-style-type: none"> <li>• Access to affordable health insurance 3.50</li> </ul>	<p>Burke Clinic – 605-775-2631</p> <p>SD DHS Prescription Assistance Program 605-773-3656</p> <p>Insurance resources:</p> <ul style="list-style-type: none"> <li>• Farm Bureau Insurance – 605-775-8290</li> <li>• The Insurance Center- 605-775-2602</li> <li>• Southern Dakota Insurance Agency – 605-775-2097</li> </ul>
<p><b>Physical Health</b></p> <ul style="list-style-type: none"> <li>• Cancer 3.79</li> <li>• Chronic disease 3.76</li> <li>• 21.8% report high cholesterol</li> <li>• 18.2% report hypertension</li> <li>• 16.4% report arthritis</li> <li>• Obesity 3.64</li> <li>• 74% rate themselves as overweight or obese</li> <li>• Inactivity and lack of exercise 3.59</li> <li>• 51.9% report moderate exercise 3 x per week or more</li> <li>• Poor nutrition and eating habits 3.52</li> <li>• Only 34% have 3 or more vegetables per day</li> <li>• Only 17% have 3 or more fruits per day</li> </ul>	<p>Burke Clinic – 605-775-2631</p> <p>Sanford dietitians</p> <p>Sanford home medical equipment – 605-775-2296</p> <p>Burke Wellness Coalition</p> <p>American Cancer Society</p> <p>American Diabetes Association</p> <p>American Lung Association</p> <p>American Asthma Association</p> <p>Arthritis Foundation</p> <p>American Heart Association</p> <p>SD Office of Chronic Disease Prevention 605-773-3361</p> <p>Obesity/Inactivity/Exercise resources:</p> <ul style="list-style-type: none"> <li>• Fitness on Main, Burke - anticipated to re-open soon</li> <li>• Burke Lake Trail</li> <li>• Burke Track</li> <li>• School District – 605-775-2645</li> <li>• Park District – 605-775-2475</li> </ul> <p>Nutrition classes:</p> <ul style="list-style-type: none"> <li>• Gregory County Extension 605-775-2581</li> </ul> <p>Farmers Markets:</p> <ul style="list-style-type: none"> <li>• Burke Area Farmers Market 605-830-5039</li> </ul>
<p><b>Mental Health/ Behavioral Health</b></p> <ul style="list-style-type: none"> <li>• Stress 3.56</li> <li>• Depression 3.54</li> <li>• Underage drug use and abuse 3.85</li> <li>• Drug use and abuse 3.83</li> <li>• Underage drinking 3.72</li> <li>• Alcohol use and abuse 3.65</li> <li>• 32.1% of respondents report binge drinking</li> <li>• Smoking and tobacco use 3.56</li> </ul>	<p>Burke Clinic – 605-775-2631</p> <p>Southern Plains Behavioral Health Clinic, Gregory, SD (12 mi. from Burke) – 605-835-8505</p> <p>SD QuitLine – 866-737-8487</p> <p>Local Alcoholics Anonymous Chapter</p>

## Demonstrating Impact

The 2013 Community Health Needs Assessment identified the following needs and developed implementation strategies to address the unmet needs:

### Priority 1: Cancer Awareness and Prevention

- Provide an annual men's and women's Health Fair
- Provide an annual skin clinic
- Provide an annual lung screening
- Provide monthly breast cancer screening

### Priority 2: Chronic Disease Management

- Offer an annual discounted cardiac and vascular screening
- Offer free glucose testing
- Provide A1c screenings for community members
- Start Diabetic Clinic and Diabetic Support Group

### Priority 3: Obesity

- Partner with Fitness Center to offer free community exercise course
- Feature an annual Community Weight Loss Challenge
- Develop community nutrition classes

The 2013 Community Health Needs Assessment helped identify concerns within the community and determine areas of improvement. Implementation strategies were put in place that have been very successful through the years. Community members have been very appreciative with the strategies and it has reflected in a positive impact. As a facility, we look forward to continuing such work and making improvements.

