



Sanford Medical Center Fargo  
Community Health Needs Assessment  
Implementation Strategy  
2017-2019

**SANFORD**<sup>®</sup>  
HEALTH

dba Sanford Fargo Medical Center EIN #45-0226909

Dear Community Members,

Sanford Fargo is pleased to present the 2016 Community Health Needs Assessment 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 2015 members of the community were asked to complete a generalizable survey to help identify unmet health needs. Analysis of the primary research data and secondary research was used to identify health concerns and needs in the community. Community partners 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.

Sanford Fargo has set strategy to address the following community health needs:

- Mental Health – focusing in depression
- Physical Health – focusing on hypertension
- Preventive Health – focusing on flu vaccinations

In this report you will find the implementation strategies for 2017-2019, information about what Sanford 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 Sanford Fargo, 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,



Paul Richard  
President  
Sanford Medical Center Fargo

## Implementation Strategies

### Priority 1: Hypertension

- Hypertension is a risk factor for cardiovascular disease and contributes to premature death from heart attack, stroke, diabetes, and renal disease. The North Dakota Department of Health reports that 27.7% of the population in Cass County has been told by their provider that they have hypertension.
- Sanford has prioritized hypertension as a top priority and has set strategy to standardize nursing protocol for blood pressure checks and rechecks. The goal is to reduce the number of patients with uncontrolled hypertension. The measurable outcome is the number of patients with blood pressure < 140/90.

### Priority 2: Depression

- Depression is a common but serious illness that can interfere with daily life. Many people with a depressive illness never seek treatment. But the majority, even those with the most severe depression, can get better with treatment. The North Dakota Department of Health reports that 11.9% of residents in Cass County have reported fair or poor mental health days. County Health Rankings for Clay County indicate that 11% of the residents have fair or poor mental health.
- Sanford has prioritized depression as a top priority and has set strategy to perform assessments for depression and to improve PHQ-9 scores for patients who are a diagnosed with depression. The goal is to improve PHQ-9 scores for patients with depression. The measurable outcome is the percentage of patients with major depression or dysthymia and an initial PHQ-9 score greater than nine whose six-month PHQ-9 score is less than five.

### Priority 3: Flu Vaccines

- The CDC states that influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. The North Dakota Department of Health reports that 33.5% of adults age 65 and older did not receive a flu vaccine in the past year. Respondents to the CHNA generalizable survey report that 26% of children 18 years and younger did not receive a flu vaccine in the past year.
- Sanford has prioritized flu vaccines as a top priority and has set strategy to increase the number of flu vaccines provided to community members. The goal is to increase the number of flu vaccines provided to community members. The measurable outcomes are the number of flu vaccines given to adults each year and the number of flu vaccines given to the pediatric population each year.

**Community Health Needs Assessment – Implementation Strategy for Fargo Medical Center**

**FY 2017-2019 Action Plan**

**Priority 1: Hypertension**

**Projected Impact: Reduction in the number of patients with uncontrolled hypertension**

**Goal 1: Protocol based care**

<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>
Nurses are educated on protocol for blood pressure checks and rechecks  Standardized nursing protocol for rechecks and referral will be implemented throughout all departments	The number of patients who has blood pressure < 140/90	Melodi Krank  All nurses	Roberta Young, CNE Tracy Kaeslin, VP	Resources : American Heart Association North Dakota Hypertension Task Force

**Priority 2: Depression Remission**

**Projected Impact: Reduction in the severity of depression**

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

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Note any community partnerships and collaborations - if applicable</b>
Develop Sanford My Chart capabilities for depression assessment	Percentage of patients with major depression or dysthymia and an initial PHQ-9 score greater than 9 whose 6-month PHQ-9 score was less than 5.	Mallory Koshiol	Dr. Heidi Twedt	Fist Link
Provide education on workflow to all health coaches and panel specialists to standardize workflow	All health coaches in primary care receive education on workflow	Mallory Koshiol  All health coaches	Dr. Heidi Twedt	

**Priority 3: Flu Vaccines**

**Projected Impact: Reduction of Influenza cases in our community through more community members obtaining an annual flu vaccine**

**Goal 1: Increase the number of flu vaccines provided to community members**

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Develop consumer education materials about the importance of the annual flu vaccine  Conduct flu blitz clinics at various clinic locations in the community	Number of flu vaccines given to the adult population	Melodi Krank Sanford Nurses Employee Health Coding Guest Services	Roberta Young, CNE Tracy Kaeslin, VP	Community volunteers
Provide flu vaccines to the pediatric population	Number of flu vaccines given to the pediatric population	Melodi Krank Sanford nurses Employee Health Coding Guest services	Roberta Young, CNE Tracy Kaeslin, VP	

## Community Health Needs Assessment Key Findings

The top assessed needs from the 2016 primary and secondary research include:

- Economics – affordable housing and hunger
- Aging – cost and availability of long term care and availability of memory care
- Children and Youth – cost and availability of quality child care and quality infant care, bullying
- Safety – presence of drug dealers in the community and the presence of street drugs and alcohol in the community
- Health Care Access – access to affordable health care and affordable health insurance
- Physical Health – cancer, chronic disease, obesity, poor nutrition and inactivity
- Mental Health – depression, stress, substance use and abuse
- Preventive Health – flu vaccines

Identified Concerns	How Sanford is Addressing the Needs
<p><b>Economics</b></p> <ul style="list-style-type: none"> <li>• Availability of affordable housing</li> <li>• Hunger</li> </ul>	<p>Sanford supports numerous community organizations that provide affordable housing and solutions to community members in need of housing. Examples of community organizations that are supported include: The Greater Fargo/Moorhead Economic Development Corporation, Habitat for Humanity, The Fargo, Moorhead, West Fargo Chamber of Commerce, and the United Way of Cass and Clay.</p> <p>The Sanford Shelter Faith Community Nurse Program is located at the YMCA and at Churches United for the Homeless. Sanford supports other services for the homeless population in our area including the Cooper House, the Coalition for the Homeless, the Community of Care Task Force, Churches United for the Homeless, and Gourmet Soup Kitchen. Sanford supports the Great Plains Food Bank and the Daily Bread Program. Sanford will also address these needs by sharing the results of the CNHA with community leaders.</p>
<p><b>Aging</b></p> <ul style="list-style-type: none"> <li>• Cost of long term care</li> <li>• Availability of memory care</li> <li>• Availability of long term care</li> </ul>	<p>Sanford will address this need by sharing the results of the CHNA with community leaders.</p>
<p><b>Children and Youth</b></p> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• Cost of quality child care</li> <li>• Availability of quality infant care</li> </ul>	<p>Sanford will address this need by sharing the results of the CHNA with community leaders.</p>
<p><b>Safety</b></p> <ul style="list-style-type: none"> <li>• Presence of street drugs and alcohol in the community</li> </ul>	<p>Sanford is participating in the North Dakota “Reducing Pharmaceutical Narcotics in our Communities – Through Education and Awareness” committee. The committee has a four-pillar approach including: education and awareness, prescription drug-take back program, law enforcement, pharmacy partnership, and the prescription drug monitoring program.</p>

Identified Concerns	How Sanford is Addressing the Needs
<ul style="list-style-type: none"> <li>• Presence of drug dealers in the community</li> <li>• Crime</li> <li>• Child abuse and neglect</li> <li>• Domestic violence</li> <li>• Sex trafficking</li> </ul>	<p>Sanford is also working closely with the Rape and Abuse Crisis Center, the Red River Human Trafficking Response Team, and the Cross Borders Children’s Action Network.</p> <p>Sanford will also address this need by sharing the results of the CNHA with community leaders and legislators.</p>
<p><b>Health Care</b></p> <ul style="list-style-type: none"> <li>• Access to affordable health insurance</li> <li>• Access to affordable health care</li> <li>• Access to affordable prescription drugs</li> <li>• Cost of affordable dental insurance coverage</li> <li>• Cost of affordable vision insurance coverage</li> </ul>	<p>Sanford provides the Community Care Program and a financial assistance policy to address financial assistance to all who qualify for charity care. During fiscal year 2014 Sanford contributed over \$51 million for charity care for our patient population who required care without the ability to pay for services. Sanford has financial counselors available at all clinic and medical center facilities to assist patients with applications for assistance and access needs.</p> <p>Sanford will also address this need by sharing the results of the CHNA with community leaders and legislators.</p>
<p><b>Physical Health</b></p> <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Chronic disease</li> <li>• Inactivity/lack of exercise</li> <li>• Obesity</li> <li>• Poor nutrition and eating habits</li> <li>• Infectious disease such as flu</li> </ul>	<p>Sanford has set hypertension and flu vaccines as key implementation strategies for 2016-2019.</p> <p>Sanford is committed to serving the cancer needs of our community through the Roger Maris Cancer Center and the 13 medical oncologists/hematologists. 5 radiation oncologists, 2 pediatric oncologists/hematologists, 7 palliative care board-certified physicians, 1 oncology clinical psychologist, 1 medical geneticist, 3 genetic counselors, 1 doctor of nursing practice, 2 physician assistants, 2 nurse practitioners, 7 pharmacists, 4 radiation oncology medical physicists, and several hundred nurses.</p> <p>Sanford is actively working to address chronic disease through programs and quality indicators. The chronic disease self-management program at Sanford (Better Choices, Better Health) is offered free of charge to community members. Better Choices, Better Health is modeled after the Stanford University chronic disease self-management program. The workshops are 2-1/2 hours long and meet weekly for 6 weeks.</p> <p>Sanford Enterprise chose obesity as an implementation strategy for the 2013 CHNA. Strategies included an annual obesity symposium for providers and monthly education programs for community members. The Sanford obesity symposium was attended by more than 400 registrants during April 2013 and March 2015. The symposium will be held again during</p>

Identified Concerns	How Sanford is Addressing the Needs
	<p>March 2016. The symposium is evidence-based and Sanford providers and national experts serve as faculty.</p> <p>The Family Wellness Center in Fargo offers many classes each week that address wellness for children and families in partnership with Sanford Health and the YMCA. The facilities have multiple group exercise rooms as well as classrooms for educational events. Children and families have numerous fitness options as well as classes that address health, healthy nutrition and healthy cooking. The Family Wellness Center is a place for the entire family, with drop-in child care, a kid-friendly pool with water slide, swimming lessons, and an open gym for free play.</p> <p>The adult weight management program “Honor Your Health” is a comprehensive wellness program developed by Sanford Health Fargo Region which focuses on evidence-based nutrition standards, physical activity and behavioral health. This class is offered for adults and provides a basis for young parents as well as all adults to learn about health and wellness. This program is a comprehensive approach to healthy lifestyle practices and may facilitate healthy behaviors for families.</p> <p>The Sanford Health <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.</p>
<p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Dementia and Alzheimer’s</li> <li>• Stress</li> <li>• Underage drug use and abuse</li> <li>• Underage drinking</li> <li>• Suicide</li> <li>• Drug use and abuse</li> <li>• Alcohol use and abuse</li> </ul>	<p>Sanford has prioritized depression as a key implementation strategy for 2016-2019.</p> <p>A key implementation strategy during 2013-2016 for Sanford Health is to fully integrate behavioral health services into all primary care clinics. Sanford One Care is a new approach to addressing behavioral health in primary and specialty care clinics and medical centers. Sanford One Care uses technology to conduct behavioral health screenings in order to identify behavioral health concerns as early as possible. Through deployment of Medical Home with fully integrated behavioral health care services, Sanford is providing patient-centered care collaborative teams to meet the needs of Sanford patients.</p>



Identified Concerns	How Sanford is Addressing the Needs
	<p>Sanford behavioral health experts are serving on the North Dakota Behavioral Health Stakeholders Advisory to the Department of Human Services Legislative Interim Committee to shape policy. The committee is addressing substance abuse, workforce, child and adolescent services and adult services.</p> <p>Sanford leaders also serve on the North Dakota Reducing Pharmaceutical Narcotics in Our Communities – Through Education and Awareness” committee.</p> <p>During 2015 Sanford hosted a behavioral health symposium. The symposium was designed to enhance the competence of health care professionals in the identification, treatment and management of behavioral health issues impacting specialty and primary care.</p> <p>Sanford will also address this need by sharing the results of the CHNA with community leaders and legislators</p>

## Fargo/Moorhead/Cass/Clay Asset Mapping

Identified concern	Community resources that are available to address the need
Economics	<p><b>Affordable Housing resources:</b></p> <ul style="list-style-type: none"> <li>• Cass Co. Social Services (help w/utility costs) 701-241-5765</li> <li>• Down payment &amp; Closing Costs Assistance Program 1-800-292-8621</li> <li>• Wells Fargo Assist (to help those with payment challenges)</li> <li>• Home Key Program 701-238-8080</li> <li>• Housing Rehab Program 701-241-1474</li> <li>• Lake Agassiz Habitat for Humanity 218-284-5253</li> <li>• Presentation Partners in Housing 701-235-6861</li> <li>• ReStore (thrift store for construction, homes, etc.) 218-284-5253</li> <li>• Salvation Army (provides assistance with hsg.)&amp; utilities 701-232-5565</li> <li>• SENDCAA weatherization program &amp; low income hsg. 701-232-2452</li> <li>• Xcel Energy Share Program</li> <li>• 1-866-837-9762</li> <li>• YWCA Supportive &amp; Transitional Hsg 701-232-3449</li> </ul> <p><b>Subsidized public housing:</b></p> <ul style="list-style-type: none"> <li>• Cass Co. Housing Authority 701-282-3443</li> <li>• Fargo Housing &amp; Redevelop. Authority 701-293-6262</li> <li>• ND Housing &amp; Finance Agency 701-239-7255</li> <li>• Century Square 701-287-4775</li> <li>• Community Homes 701-293-6014</li> <li>• Lashkowitz High Rise 701-293-6262</li> <li>• New Horizons Manor 701-293-7870</li> <li>• Pioneer Manor 701-293-7870</li> <li>• River Square apts. 701-364-2620</li> <li>• The 400 701-232-9412</li> <li>• Trollwood Village 701-293-6843</li> <li>• University Drive Manor 701-232-4423</li> <li>• VA Housing for Homeless Vets 701-239-3700 ext. 9-3472</li> <li>• Windwood Townhomes 701-232-1887</li> <li>• Moorhead Public Housing 218-299-5458</li> <li>• Lakes &amp; Prairies Community Action Partnership 218-299-7314</li> <li>• Arbor Park Village 218-359-9999</li> <li>• Fieldcrest Townhomes 701-232-1887 (Metro Mgmt.</li> <li>• Parkview Terrace Apts. 218-233-8548</li> <li>• Riverview Heights 218-299-5458</li> </ul> <p><b>Homeless resources (Shelters/ Food Pantries):</b></p> <ul style="list-style-type: none"> <li>• Fraser, Ltd. Transitional Living/Emergency Shelter 701-356-8585</li> <li>• Gladys Ray 701-364-0116</li> <li>• New Life Center 701-235-4453</li> <li>• Youthworks (youth transitional housing) 701-232-8558</li> <li>• YWCA Women's Shelter 701-233-3449</li> <li>• Churches United (shelter, food baskets, meals) - 218-236-0372</li> <li>• Clay Co. Social Service Center 218-299-7057</li> <li>• Lakes &amp; Prairies CAP (transitional hsg. program) 218-299-7014</li> <li>• Motivation, Education &amp; Training (emergency shelter) 218-299-7262</li> <li>• Dorothy Day House (shelter, meals, food pantry) 218-285-8895</li> <li>• New Life Center (shelter &amp; meals) - 701-235-4453</li> <li>• Salvation Army (shelter &amp; meals) - 701-232-5565</li> <li>• Faith Home &amp; Love church 218-236-7692</li> <li>• Centro Cultural 218-236-7318</li> </ul>

Identified concern	Community resources that are available to address the need
Aging population	<p data-bbox="537 224 841 252"><b>Nursing Homes – Cass County:</b></p> <ul data-bbox="537 254 1094 583" style="list-style-type: none"> <li>• Bethany 701-239-3000 / 701-478-8900 (2 locations)</li> <li>• Ecumen Evergreens – 701-239-4524</li> <li>• Edgewood Vista – 701-365-4742</li> <li>• Elim 701-271-1800</li> <li>• Eventide @ Sheyenne Crossings – 701-478-6000</li> <li>• Good Samaritan (Arthur) – 701-967-8316</li> <li>• ManorCare 701-237-3030</li> <li>• Maple View Memory Care – 701-478-8655</li> <li>• Prairie Villa (Arthur) – 701-967-8316</li> <li>• Rosewood 701-277-7999</li> <li>• Villa Maria 701-293-7750</li> </ul> <p data-bbox="537 619 792 646"><b>Nursing Homes – Clay Co:</b></p> <ul data-bbox="537 648 938 705" style="list-style-type: none"> <li>• Eventide 218-233-7608</li> <li>• Golden Living Center 218-233-7578</li> </ul> <p data-bbox="537 737 870 764"><b>Alzheimer’s/Dementia resources:</b></p> <ul data-bbox="537 766 1393 1157" style="list-style-type: none"> <li>• After the Diagnosis Support Group – 701-277-9757 (Sanford)</li> <li>• Alzheimer’s Support Group (Hjemkomst Center) – 701-277-9757</li> <li>• Early Onset Memory Loss Support Group – 701-277-9757</li> <li>• Morning Out (for those who have Alzheimer’s or other dementia) – 218-233-7521</li> <li>• Alzheimer’s Assn – 701-277-9757</li> <li>• Arbor Park Village – 218-359-9999</li> <li>• Eventide/Fairmont – 218-233-8022</li> <li>• River Pointe – 218-287-6900</li> <li>• Evergreens, Mhd. – 218-287-6900</li> <li>• Bethany – 701-239-3000</li> <li>• Edgewood Vista – 701-365-8200</li> <li>• Elim – 701-271-1800</li> <li>• Evergreens, Fargo – 701-239-4524</li> </ul> <p data-bbox="537 1188 740 1215"><b>Caregiver resources:</b></p> <ul data-bbox="537 1218 1433 1520" style="list-style-type: none"> <li>• Community of Care (Casselton) – 701-347-0032</li> <li>• Caregiver Support &amp; Respite program – 1-800-488-4146</li> <li>• Caregivers Support Group – 701-261-3142</li> <li>• Caregiver Discussion Group – 218-233-7521</li> <li>• Mhd Caregiver Discussion Group – 218-233-7521</li> <li>• Rural Cass Caregivers – 877-815-8502</li> <li>• Support Group for Alzheimer’s Caregivers (young onset) – 701-277-9757</li> <li>• Alzheimer’s Support Group for those with family member in Eventide – 218-233-7508</li> <li>• Family Caregiver Support program – 701-298-4480</li> <li>• Hospice support for widows &amp; widowers – 701-356-1500</li> </ul> <p data-bbox="537 1551 764 1579"><b>Elder Abuse resources:</b></p> <ul data-bbox="537 1581 1256 1759" style="list-style-type: none"> <li>• Adult Protective Services – Fargo - 701-241-5747</li> <li>• Adult Protective Services - Moorhead – 218-299-5200</li> <li>• Rape &amp; Abuse Center (Abuse in Later Life Advocate) – 701-293-7273</li> <li>• Clay Co. Elder Abuse Project – 218-299-7542</li> <li>• Protection &amp; Advocacy Project – 701-239-7222</li> <li>• Guardian &amp; Protective Services – 701-297-8988</li> </ul> <p data-bbox="537 1791 1101 1818"><b>Resources to assist the elderly in staying in their homes:</b></p> <ul data-bbox="537 1820 1053 1877" style="list-style-type: none"> <li>• Community of Care (Casselton) – 701-347-0032</li> <li>• Sanford Healthcare Accessories – 701-293-8211</li> </ul>

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> <li>• Sanford Home Care – 701-234-4900</li> <li>• Sanford Personal Care – 701-232-2452</li> <li>• Access – 218-233-3991</li> <li>• Care 2000 – 218-233-1000</li> <li>• Change is Good – 218-329-7442</li> <li>• Homewatch – 218-233-1667</li> <li>• LSS Caregiver Respite Services – 218-233-7521</li> <li>• Midwest Community Residential Services – 218-287-5422</li> <li>• Accent Multi Services – 701-293-6000</li> <li>• Active at Home Helpers – 701-200-4328</li> <li>• At Home Caregiver Services – 701-293-7294</li> <li>• Comfort Keepers – 701-237-0004</li> <li>• Community Living Services – 701-232-3133</li> <li>• C &amp; R Quality Living – 701-235-5744</li> <li>• Ebenezer Human Care – 701-412-5525</li> <li>• Heart 2 Heart – 701-200-7828</li> <li>• Sisters of Mary Home Care – 701-235-5750</li> <li>• Home Instead Home Care – 701-478-1010</li> <li>• Prairieland Home Care – 701-293-8172</li> <li>• Tami’s Angels – 701-237-3415</li> <li>• Lincare – 701-235-0175</li> <li>• HERO – 701-212-1921</li> <li>• Coram Healthcare – 218-233-2210</li> <li>• Griswold Home Health – 218-639-4419</li> <li>• LSS Senior Companion Program – 701-271-3247</li> <li>• LSS Senior Nutrition Program – 218-233-7521</li> <li>• Meals on Wheels – 701-293-1440 (Fargo)</li> <li>• Meals on Wheels – 218-287-0434 (Mhd.)</li> <li>• Outreach Assistance – 701-293-1440</li> </ul> <p>Elderly Nutrition Services:</p> <ul style="list-style-type: none"> <li>• Cash Wise (grocery delivery)</li> <li>• Hornbachers (grocery delivery)</li> <li>• SunMart (grocery delivery)</li> <li>• LSS Senior Nutrition Program 218-233-7521</li> <li>• Meals on Wheels (Fargo, W Fargo &amp; Moorhead)</li> <li>• Congregate Meals (Fargo, W Fargo &amp; Moorhead)</li> </ul> <p>Elder Care (adult day care):</p> <ul style="list-style-type: none"> <li>• Bethany Day Services 701-239-3544</li> <li>• Cass Co. Social Services 701-241-5747</li> <li>• Home Instead Senior Care 701-478-1040</li> <li>• Johnson Elder Care Home 701-277-7195</li> <li>• Kinder-er Care Home 701-281-3016</li> <li>• Rainbow Square (adult daycare at Rosewood) 701-277-7999</li> <li>• Villa Maria Club Connection 701-293-7750</li> <li>• Adult Life Program 701-299-5600</li> <li>• Arbor Park 218-359-9999</li> <li>• Evergreens 218-233-1535</li> <li>• Fairmont Adult Day Care 218-233-8022</li> <li>• Four Seasons 218-359-9999</li> <li>• Home Appeal 218-227-5274</li> <li>• River Pointe 218-287-6900</li> </ul>

Identified concern	Community resources that are available to address the need
Children and Youth	<p data-bbox="540 226 922 247"><b>Resources for at risk children &amp; youth:</b></p> <ul data-bbox="540 258 1393 1045" style="list-style-type: none"> <li>• Center for Parenting &amp; Children 218-233-6258 (Moorhead); 701-235-6433 (Fargo)</li> <li>• Stepping Stones Resource Center 701-356-8585</li> <li>• Clay Co. Social Services 218-299-5200</li> <li>• Cass Co. Social Services 701-241-5761</li> <li>• Catholic Family Services 701-235-4457</li> <li>• Early Intervention Program</li> <li>• 218-284-3800</li> <li>• Follow Along Program 218-299-5200</li> <li>• Head Start 218-299-7002</li> <li>• Lutheran Social Services of MN 218-236-1494</li> <li>• Lutheran Social Services of ND 701-235-7341</li> <li>• Village Family Service Center 218-451-4900</li> <li>• Caring Program for Children 701-277-2227</li> <li>• Cass Co. Parenting, Children &amp; Family Resources 701-241-5765 / 241-5775</li> <li>• CHARISM 701-241-8570</li> <li>• Christian Family Life Services 701-237-4473</li> <li>• Family HealthCare Center 701-241-1360</li> <li>• Fargo Youth Commission 701-235-2147</li> <li>• Head Start 701-235-8931</li> <li>• Infant Development (SEHSC) 701-298-4471</li> <li>• Nokomis 701-232-5635</li> <li>• North Dakota Kids Count 701-231-5931</li> <li>• Right Tracks 701-793-3722</li> <li>• SENDCA 701-232-2452</li> <li>• Youthworks 701-232-8558</li> <li>• FirstLink – 701-293-6462</li> </ul> <p data-bbox="540 1077 816 1098"><b>Infant Child Care resources:</b></p> <ul data-bbox="540 1108 1036 1497" style="list-style-type: none"> <li>• Child Care Resource &amp; Referral 218-299-7026</li> <li>• Child Care Assistance Program 701-328-2332</li> <li>• Child Care Aware 1-800-997-8515</li> <li>• Baby Bloomers 701-356-1299</li> <li>• Lots-4-Tots 701-235-5789</li> <li>• Tot Spot 701-232-6999</li> <li>• Hope Lutheran 701-235-6629</li> <li>• Children of Hope 701-936-9616</li> <li>• Cobber Kids’ Corner 218-299-4204</li> <li>• Centered on Kids 218-284-2774</li> <li>• YMCA 701-293-9622</li> <li>• Our Redeemer 218-233-8270</li> <li>• ABC Sandcastle 701-293-0149</li> </ul> <p data-bbox="540 1528 727 1549"><b>Poverty resources:</b></p> <ul data-bbox="540 1560 1279 1890" style="list-style-type: none"> <li>• Caring Closet (free clothes) 701-235-6848</li> <li>• Family HealthCare Center 701-241-1360</li> <li>• Clay Co. Social Services 218-299-5200</li> <li>• Cass Co. Social Services 701-241-5761</li> <li>• Lutheran Social Services of ND 701-235-7341</li> <li>• Lutheran Social Services of MN 218-236-1494</li> <li>• Village Family Service Center 218-451-4900</li> <li>• Lakes &amp; Prairies Community Action Partnership 218-299-7314</li> <li>• Child Care Assistance Program 701-328-2332</li> <li>• Homeless Shelters</li> <li>• Food Pantries</li> </ul>

Identified concern	Community resources that are available to address the need
Crime/Safety	<p data-bbox="537 218 732 275">Cass County Sheriff 701-241-5800</p> <p data-bbox="537 306 732 363">Clay County Sheriff 218-299-5151</p> <p data-bbox="537 394 800 422">Fargo Police 701-235-4493</p> <p data-bbox="537 453 849 480">Moorhead Police 218-299-5120</p> <p data-bbox="537 512 1170 539">ND Crime Victim &amp; Witness Assistance Program – 701-241-5850</p> <p data-bbox="537 571 867 598">Child Abuse &amp; Neglect resources:</p> <ul data-bbox="537 600 1235 716" style="list-style-type: none"> <li>• Sanford Child &amp; Adolescent Maltreatment Center – 701-234-4580</li> <li>• Red Flag Green Flag program – 701-293-7298</li> <li>• Protection &amp; Advocacy Project – 701-239-7222</li> <li>• *Guardian &amp; Protective Services – 701-297-8988</li> </ul> <p data-bbox="537 747 833 774">Domestic Violence resources:</p> <ul data-bbox="537 777 1409 1108" style="list-style-type: none"> <li>• Rape &amp; Abuse Crisis Center</li> <li>• 701-293-7273</li> <li>• YWCA Shelter 701-232-3449</li> <li>• ND Victim Assistance Assn.</li> <li>• 701-241-5850</li> <li>• Migrant Health Hispanic Battered Women &amp; Children Program 218-236-6502</li> <li>• Community Health Services, Inc. Domestic Violence Community Advocacy Program 218-236-6502</li> <li>• Clay Co. Crime Victim Advocacy Program. 218-299-7513</li> <li>• Churches United 218-236-0372</li> <li>• Mujeres Unidas del Red River Valley 218-236-9884</li> </ul> <p data-bbox="537 1140 786 1167">Alcohol abuse resources:</p> <ul data-bbox="537 1169 1451 1862" style="list-style-type: none"> <li>• AA Red Road to Sobriety 701-298-8233</li> <li>• Alcoholics Anonymous (more than 50 groups in the area) 701-235-7335 / 701-232-9930</li> <li>• Celebrate Recovery 701-232-0003</li> <li>• Codependents Anonymous 701-235-73335</li> <li>• SMART Recovery 701-235-5229</li> <li>• ADAPT, Inc. 701-232-1225</li> <li>• Centre Inc. 701-237-9340</li> <li>• Chris Shiaro Counseling 701-271-0600</li> <li>• Cass Co. Public Health (detox) 701-364-0116</li> <li>• Claudia McGrath Counseling 701-277-0654</li> <li>• Dakota Foundation (detox) 701-223-4517</li> <li>• Discovery Counseling 701-237-4542</li> <li>• Drake Counseling 701-293-0736</li> <li>• VA Substance Abuse Treatment Program. 701-239-3700</li> <li>• First Step Recovery 701-293-3384</li> <li>• Lynn W. Olund DUI Seminar Program 701-298-3874</li> <li>• Pathways Counseling &amp; Recovery Center 701-232-5955</li> <li>• PSJ Dui Seminar 701-476-7200</li> <li>• ShareHouse 701-282-6561</li> <li>• Sister’s Path 701-478-8440</li> <li>• Prairie St. Johns 701-476-7200</li> <li>• Simon Chemical Dependency Services 701-298-8108</li> <li>• SE Human Service Center 701-298-4500</li> </ul>

Identified concern	Community resources that are available to address the need
<p>Cost/ Access to Healthcare</p>	<p><b>Affordable health care resources:</b></p> <ul style="list-style-type: none"> <li>• Community Care/Charity Care programs at Sanford &amp; Essentia</li> <li>• Family HealthCare Center – 701-271-3344</li> <li>• Fargo Cass Public Health - 701-241-1360</li> <li>• Clay Co. Public Health – 218-299-5220</li> <li>• Prescription Assistance Program – 701-364-0398</li> <li>• Salvation Army prescription assistance program - 701-232-5565</li> </ul> <p><b>Reduced cost dental resources:</b></p> <ul style="list-style-type: none"> <li>• RRV Dental Access – 701-364-5364</li> <li>• Family HealthCare Center – 701-271-3344</li> <li>• Apple Tree Dental – Hawley -(218) 483-1038</li> </ul>
<p>Physical Health</p>	<p><b>Obesity resources</b></p> <ul style="list-style-type: none"> <li>• Sanford Dietitians</li> <li>• Sanford Eating Disorders &amp; Wt. Management Center – 701-234-4111</li> <li>• Eating Disorders Support Group – 701-234-4111</li> <li>• Gastric Bypass Support Group – 701-235-8502</li> <li>• Valley Fitness – 701-277-9010</li> <li>• Planet Fitness (Fargo) – 701-478-3300</li> <li>• Planet Fitness (Mhd) – 218-477-1955</li> <li>• Courts Plus – 701-237-4805</li> <li>• Core Fitness – 701-356-2044</li> <li>• Anytime Fitness (Fargo) – 701-566-8507</li> <li>• Anytime Fitness (Mhd) – 218-227-0010</li> <li>• 2020</li> <li>• Sanford Family Wellness Center – 701-234-2400</li> <li>• Touchmark Fitness – 701-526-1055</li> <li>• TNT Kids’ fitness – 701-365-8868</li> <li>• YMCA – 701-232-2547</li> <li>• Max Training – 701-359-0220</li> <li>• Metro Rec Center – 701-235-9211</li> </ul> <p><b>Farmers Markets:</b></p> <ul style="list-style-type: none"> <li>• Great Plains Community Farmers Market – 701-793-5532</li> <li>• New Festival – 7801-588-4316</li> <li>• Hildebrant’s – 701-281-1539</li> <li>• Farmer’s Market &amp; Beyond – 701-433-5360</li> <li>• Mhd Center Mall Market – 218-299-5296</li> <li>• Farmers Market &amp; Beyond – 701-433-5360</li> <li>• FM Farmers Market – 701-281-1539</li> <li>• Ladybug Acres produce stand – 701-799-3787</li> <li>• Red River Farmer’s Market – 701-491-8892</li> <li>• Sydney’s Health Market – 218-233-3310</li> <li>• Veggie Bus – 701-799-3787</li> <li>• Whistle Stop Farmers Market – 701-367-0490</li> <li>• Old Trail Market/Legacy Garden – 701-361-2111 or 701-361-3028</li> </ul> <p><b>Chronic Disease resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Dietitians</li> <li>• Sanford Better Choices, Better Health</li> <li>• Adult Connect Support Group (for epilepsy/seizure disorders) – 701-429-1165</li> <li>• Epilepsy Support Group – 701-232-8521</li> <li>• Parkinson’s Support Group – 701-365-8200</li> <li>• Young Onset Parkinson’s Support Group – 701-261-3142</li> <li>• FM Pelvic Pain Support Group – 218-790-0432</li> </ul>

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> <li>• Post-Polio Support Group – 701-232-8417</li> <li>• Hepatitis Support Group – 701-234-2353</li> <li>• Life Threatening Illness Support Group – 218-233-3875</li> <li>• HIV/AIDS Support Group – 218-287-4636</li> <li>• Huntington’s Disease Support Group – 701-492-3123</li> <li>• Fibromyalgia Support Group – 701-235-9359 (First Luth.)</li> <li>• Fibromyalgia Support Group – 701-799-4200 (Sanford)</li> <li>• American Chronic Pain Assn. support group – 701-280-2472</li> <li>• Chronic Pain Support Group- 701-234-6600 (Sanford)</li> <li>• Chronic Pain Support Group – 701-261-3142 (HeartSprings Community Healing Center)</li> <li>• Crohn’s &amp; Colitis Support Group – 701-388-4025 (Sanford)</li> <li>• Diabetes Support Group – 701-364-8900 (Essentia)</li> <li>• Diabetes Support Group – 701-234-2245 (Sanford)</li> <li>• American Diabetes Association – 701-235-3080</li> <li>• NDSU Extension “dining with diabetes” class – 701-231-8944</li> <li>• Celiac Support Group – 701-232-3896</li> <li>• Red River Celiacs – 701-235-6603</li> <li>• Multiple Sclerosis Support Group – 701-293-5605</li> <li>• Sleep Disorders Support Group – 218-233-7918 (Grace Methodist in Mhd.)</li> <li>• Sleep Disorders Support Group – 701-297-7540 (Benson Psych. Services, Fgo.)</li> <li>• Stroke Support Group (Essentia) – 701-364-7752</li> <li>• Stroke Support Group (Sanford) – 701-234-5770</li> <li>• FirstLink – 701-293-6462</li> </ul> <p>Cancer resources:</p> <ul style="list-style-type: none"> <li>• Sanford Roger Maris Cancer Center – 701-234-6161</li> <li>• Essentia Cancer Center – 701-364-8910</li> <li>• Atonement Cancer Care Support Group – 701-237-9651</li> <li>• Cancer Support Group – 218-236-1333</li> <li>• Us Too Support Group (for prostate cancer survivors) – 218-233-1176</li> <li>• Embrace Cancer Survivorship Program – 701-234-7463</li> <li>• American Cancer Society – 701-232-1385</li> </ul>
Mental Health/ Behavioral Health	<p>Mental Health resources:</p> <ul style="list-style-type: none"> <li>• Alzheimer’s Association – 701-277-9757</li> <li>• ARC of West Central MN – 218-233-5949</li> <li>• Catholic Family Services – 701-235-4457</li> <li>• CCRI – 218-236-6730</li> <li>• Clay Co. Public Health – 218-299-5220</li> <li>• Clay Co. Social Services – 218-299-5200</li> <li>• Community Outreach Ctr at MSUM – 218-477-2513</li> <li>• Crisis Responders – 800-223-4512</li> <li>• Drake Counseling Services – 701-293-5429</li> <li>• EAP in the workplace</li> <li>• Essentia (Fargo &amp; Mhd locations)</li> <li>• Fargo Cass Public Health – 701-241-1360</li> <li>• FirstLink – 701-293-6462</li> <li>• Human Service Associates – 218-291-1658</li> <li>• Lakeland Mental Health – 218-233-7524</li> <li>• Lutheran Social Services of MN – 218-236-1494</li> <li>• Lutheran Social Services of ND – 701-235-7341</li> <li>• Mental Health Association (Mental Health America) – 701-237-5871</li> <li>• Mobile Mental Health Crisis Team – 800-223-4512</li> <li>• Prairie St. John’s (Mhd Clinic) – 218-284-0300</li> <li>• Prairie St. John’s (Fargo clinic) – 701-476-7216</li> <li>• Rape &amp; Abuse Crisis Center – 701-293-7273</li> </ul>



Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> <li>• Safe Harbour – 218-287-2593</li> <li>• Sanford Health Behavioral Health – 701-234-6000</li> <li>• SE Mental Health – 701-298-4500</li> <li>• SENDCA – 701-232-2452</li> <li>• Social Connection – 218-284-6069</li> <li>• Solutions – 218-287-4338</li> <li>• Tran\$ Em (Transitional Supported Employment of MN) – 218-233-7438</li> <li>• VA – 701-239-3700 ext. 9-3150</li> <li>• Village Family Service Center – 701-451-4900</li> <li>• Vosburg Counseling for Seniors – 701-235-2092</li> </ul> <p>Substance Abuse/Addictions resources:</p> <ul style="list-style-type: none"> <li>• AA Club House – 701-232-9930</li> <li>• Anchorage, The – 218-287-1500</li> <li>• Centre Detox – 701-237-3341</li> <li>• Clay Co. Chemical Dependency Services – 218-299-5200</li> <li>• Clay County Detox – 218-299-5171</li> <li>• Clay Co. Public Health 218-299-5220</li> <li>• Clay Co. Social Services – 218-299-5200</li> <li>• First Step Recovery – 701-293-3384</li> <li>• Gamblers Choice – 701-235-7341</li> <li>• Gambling Problem Hotline – 800-472-2911</li> <li>• Lost &amp; Found Ministry/ Recovery Worship – 218-287-2089</li> <li>• Prairie St. John’s (Mhd Clinic) – 218-284-0300</li> <li>• Prairie St. John’s (Fargo clinic) – 701-476-7216</li> <li>• Safe Harbour – 218-287-2593</li> <li>• Sharehouse Wellness Center – 218-233-6398</li> <li>• Prairie St. John’s – 701-476-7216</li> <li>• SE Human Service Center – 701-298-4500</li> <li>• Sexaholics Anonymous – 701-235-5303</li> <li>• Sharehouse OP &amp; Residential Addiction Services – 701-282-6561</li> <li>• Simon Chemical Dependency Services – 701-298-8108</li> <li>• Sister’s Path – 701-478-6562</li> <li>• VA – 701-239-3700</li> <li>• Village, The – 701-451-4900</li> </ul> <p>Smoking Cessation resources:</p> <ul style="list-style-type: none"> <li>• BAN Program (Break Away from Nicotine) – 701-476-4083 (City of Fargo program)</li> <li>• ND Quits (ND Dept. of Health) – 701-214-4170</li> <li>• Sanford Health – 701-234-5191 (tobacco cessation counselor)</li> <li>• Sanford Health – 701-234-6452 (tobacco &amp; asthma education)</li> <li>• Fargo Cass Public Health (health educator) – 701-241-1367</li> <li>• Essentia Health (tobacco treatment specialist) – 701-364-4524</li> </ul>
Preventive health	<p>Sanford Clinics – 701-234-2000</p> <p>Essentia Clinics – 701-364-8000</p> <p>Family HealthCare Center – 701-271-3344</p> <p>Fargo Cass Public Health – 701-241-1383</p> <p>Clay Co. Public Health – 218-299-7777</p>

## Demonstrating Impact

The 2013 Community Health Needs Assessment served as a catalyst to lift up obesity and mental health services as implementation strategies for the 2013-2016 timespan. The following strategies were implemented:

### **Implementation Strategy to Address Obesity**

- Develop CME curriculum and annual symposium to address weight management and obesity for providers and interdisciplinary teams inclusive of medical, nutrition, nursing, and behavioral health professionals.
- Develop community education programming focusing on prevention and treatment of obesity. Include the following program options in the curriculum to create awareness of existing resources
  - Family Wellness Center Resources to leverage
    - Kids Fitness Classes
    - Kids cooking class (includes family)
    - Body Works
    - Camp Fuel
  - TNT Fitness for Children
  - Honor Your Health Program
  - WebMD Fit Program
  - Bariatric Surgery
  - Eating Disorder Institute/Behavioral Health
  - Profile
- Actively participate in community initiatives to address wellness, fitness and health living.

### **Implementation Strategy for Mental Health Services – Sanford One Mind**

- Completion (to the extent resources allow) of full integration of behavioral health services in all primary care clinics in Fargo
- Completion (to the extent resources allow) of full integration of behavioral health services or access to behavioral health outreach in all clinic sites
- Complete presentation of outcomes of first three years of integrated behavioral health services
- Establish “Clara’s House” (to the extent that resources allow)
- Completion (to the extent resources allow) of American Indian Behavioral Health Service serving the Enterprise
- Design Team for Inpatient Psychiatric Unit, Partial Hospitalization and Clinic Space for Fargo present recommendations for design of new spaces
- Participate in a leadership role with the Fargo Moorhead Mental Health Strategic Planning Collaborative

The 2013 strategies have served a broad reach across our community and region. The impact has been positive and the work will continue into the future through new or continued programming and services.

## **Impact of the Strategy to Address Obesity**

The obesity initiative addressed education for providers and education for patients and community members. The first annual Sanford obesity symposium was held in 2014. Over 400 health care professionals from the region and beyond registered for the 2014 and the 2015 symposium. The purpose of the symposium is to enhance the knowledge and competence of participants by providing an update on the latest research associated with the prevention, treatment and management of obesity. The target audience includes primary care physicians, pediatricians and specialty care providers, advanced practice providers, licensed registered dietitians, nurses, and other interested health care professionals.

The symposium is an opportunity to provide prevention and treatment practice guidelines for the adult and pediatric population. The planning committee includes several published providers who are sought after nationally and internationally for their expertise.

The Family Wellness Center offers nutrition and fitness classes each month for community members. Cooking classes for children and parents, and nutrition classes for the general public are offered independent of membership. The Family Wellness Center is partnering with local schools to bring classes and services into the schools.

Camp Fuel is a program for youth focusing on healthy self-esteem and body image and includes curriculum for healthy nutrition and activity. The camp promotes a positive self-image and strives to create an understanding that the body requires “fuel” from the foods we eat and burn. Topics covered in this camp include portions, dining out choices, label reading to create knowledge of purchasing options, increasing activity and the importance of an active lifestyle, behaviors that promote a healthy lifestyle, positive self-esteem, and body image. This camp is conducted at the Family Wellness Center during the summer months. Camp Fuel has been at capacity each time it is offered, and fitness classes specifically for children are also well attended and continue to serve community members.

Sanford Fargo provides numerous services, classes and events to address obesity. During FY 2014 Sanford dietitians and exercise specialists provided leadership for the Schools Alive events at more than a dozen schools. The Sanford Health Fargo Region licensed registered dietitians and exercise physiologists provided expert clinical guidance for the new Family *Fit* Night programs in area schools. These programs, scheduled on a monthly basis, provided educational sessions on health, nutrition and physical fitness, as well as providing a time for creative physical activity with children and family members. The local elementary schools were selected in partnership with Sanford, TNT Kids Fitness, and the Boys and Girls Club. Over 2,200 parents and children attended these events in 2014.

The adult weight management program “Honor Your Health” is a comprehensive wellness program developed by Sanford Health Fargo Region which focuses on evidenced-based nutrition standards, physical activity and behavioral health. This class is offered for adults and provides a basis for young parents as well as all adults to learn about health and wellness. This program is a comprehensive approach to healthy lifestyle practices and may facilitate healthy behaviors for families.

The Sanford Health 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, *fit* educates, empowers and motivates families to live a healthy lifestyle through a comprehensive suite of resources for kids, parents, teachers and clinicians. *fit* 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). Through *fit* 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. In 2016 a new *fit* initiative will be available for 20,000 classroom teachers. The classroom curriculum has numerous modules that teachers can access and implement in part or comprehensively.

Sanford's Weight Loss Surgery Program is designated as a national Bariatric Center of Excellence and designation of Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program Accredited Centers. Sanford's Weight Loss Surgery Program emphasizes clinical research. Through Sanford's relationship with the Neuropsychiatric Research Institute, our program is one of only six clinical centers in the United States selected by the National Institutes of Health to participate in a bariatric research study known as LABS – short for Longitudinal Assessment of Bariatric Surgery. This study brings together experts in weight loss surgery, obesity research, internal medicine and other related fields to analyze the risks and benefits of weight loss surgery and its impact on patients' health and quality of life and to identify which patients would most likely benefit from weight loss surgery.

Sanford's Eating Disorders specializes in diagnosing and treating eating disorders in adolescents and adults. Clinical services to treat anorexia nervosa, bulimia nervosa, binge eating disorder and related forms of disordered eating are available at Sanford. Treatment options include outpatient, partial hospital or full inpatient services. The goal is to help patients regain control of their lives and overcome the potentially life-threatening consequences of living with an eating disorder. Programs are open to adolescents and adults and family involvement is encouraged each step of the way.

Profile by Sanford is a personalized retail weight loss program designed by Sanford Health physicians and scientists to be *simple, effective and sustainable*. With a certified Profile coach, personalized meal plans and smart technology to track progress, members see real results. Each weight loss plan is designed with a focus on *nutrition, activity and lifestyle*.

Sanford is taking a comprehensive and multi-faceted approach to obesity prevention and treatment. The impact is demonstrated through the lives of our community members who have had positive outcomes because of our programs and services.

### **Impact of the Strategy to Address Mental Health Services**

Behavioral health services have been integrated into primary care settings across the clinics in the Fargo Region. The measures that were executed to measure outcomes include:

- Depression (teens)
- Anxiety (teens)
- Substance abuse (teens)
- Behavioral health disorder (teens)
- Depression (adults)
- Anxiety (adults)
- Drug abuse/dependence (adults)
- Behavioral health disorder (adults)
- Patients Encountering Behavioral Health Providers (all)
- Patients Encountering Behavioral Health Providers (chronic)

- Patients Accessing Patient Portal (all)
- Patients Accessing Patient Portal (chronic)

With the exception of teen substance abuse, all indicators show statistically significant improvement.

Additional impact is noted in the six-month depression remission, avoidable ED utilization, and avoidable hospitalizations.



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HEALTH