



Sanford Health Network  
2016 Community Health  
Needs Assessment

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HEALTH

Dear Community Members,

Sanford Jackson 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 2015 members of the community were asked to complete a non-generalizable survey to help identify unmet health needs. Sanford Jackson worked in partnership with public health leaders across the enterprise 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 partners and public health leaders 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 Jackson has set strategy to address the following community health needs:

- Children and Youth
- Mental Health

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 Jackson, 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,



Mary Ruyter  
Chief Executive Officer  
Sanford Jackson Medical Center

## Implementation Strategies

### **Priority 1: Children and Youth**

Cost of activities for children and youth were ranked 3.52 on the Likert scale of 1-5. Children in poverty in Jackson County are 14% (compared to 14% for Minnesota) and children in single parent households are 24% (compared to 20% nationally).

Sanford has prioritized children and youth as a top priority with a projected impact on cost of activities for children and youth by utilizing Sanford's *fit* initiative. Through *fit*, we are actively working to promote healthy lifestyles in homes, schools, daycares and the community through technology and engaging programs.

### **Priority 2: Mental Health**

Underage drug use and abuse was identified as a concern scored 3.91 on the Likert scale of 1-5. Drug use and abuse scored 3.78 on the same scale. Sanford Jackson is committed to doing education to the community on the topic of the Take Back program available in the community.

Mental health is identified as a priority for Sanford Jackson.

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

**FY 2017-2019 Action Plan**

**Priority 1: Children and Youth**

**Projected Impact: Cost of activities for children and youth**

**Goal 1: Sanford *fit* program information to schools and daycares**

<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>
Become familiar with Sanford's <i>fit</i> initiative	Review website	Website	Marketing/ Health Coach	
<ul style="list-style-type: none"> <li>• Visit with Jackson County Central representatives</li> <li>• Bring education of curriculum to the schools</li> <li>• They recently completed School Health Index and are developing action plan</li> </ul>	Discussion	Website	Marketing/ Health Coach	Jackson County Central School nurse and nutrition
Utilize a <i>fit</i> program tools at Family Fun Night – sponsored by Family Services Network	Complete Family Fun Night	Website	Marketing	Family Services Network Youth in Community in attendance
Tri for Health	Annual support of event	Provide <i>fit</i> curriculum in athlete bags	Marketing	Tri for Health planning committee

**Priority 2: Mental Health**

**Projected Impact: Positive change in mental health collaboration**

**Goal 1: Drug Use and Abuse**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Note any community partnerships and collaborations - if applicable</b>
Educate public on Take Back Program in Community – Ask the Expert		Pilot/Standard local newspapers	Marketing	

**Goal 2: Explore Minnesota Department of Human Services mobile mental health crisis teams**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Note any community partnerships and collaborations - if applicable</b>
Research availability/use of mobile mental health in Jackson County	Complete Call with Human Services		CEO/Leadership team	DesMoines Valley Health and Human Services

## Community Health Needs Assessment Key Findings

The following needs were the top 15 brought forward for prioritization:

- Economics – Affordable housing
- Aging – Cost of long term care and availability of memory care
- Children and Youth – Bullying and availability of quality infant care
- Safety – Presence of street drugs and alcohol in the community
- Health Care – Availability of non-traditional hours and access to affordable health insurance
- Physical Health – Cancer, inactivity and lack of exercise, chronic disease, obesity, poor nutrition and eating habits
- Mental Health – Depression, stress, substance use and abuse, underage drug use and abuse
- Preventive Health – Flu vaccines

## Addressing the Needs

Identified Concerns	How Sanford Jackson is Addressing the Needs
<b>Economics</b> <ul style="list-style-type: none"> <li>• Availability of affordable housing</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 resources for family/friends caring for and making decisions for elders</li> </ul>	<ul style="list-style-type: none"> <li>• Discharge planning services</li> <li>• Health Care Home/Medical Home/Behavioral Health Triage Therapist</li> <li>• Hospice/Home Medical Services</li> <li>• Relationships with DVHSS/Home Health/Nursing Homes</li> <li>• Advanced Care Planning go live 1/5/16                             <ul style="list-style-type: none"> <li>○ More Advanced Directives with the patient - people are living longer and we need to work with them on their needs.</li> <li>○ New ACP resources - new forms that are patient friendly</li> <li>○ New forms easier to understand and can be used across several states</li> <li>○ In the hospital only providers have access; in the clinics the providers and nurses have access.</li> <li>○ Goes live 1/5/16</li> <li>○ Upcoming education training for staff</li> <li>○ Upcoming education in the community (Kiwanis, Ministerial Association, Nursing Homes, etc.)</li> </ul> </li> </ul>
<b>Children and Youth</b> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• Availability of quality infant care</li> <li>• Availability of quality childcare</li> <li>• Cost of quality infant care</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Ikoghode’s attendance at “Generation Next” meetings sponsored by Western Community Action/Big Buddies</li> <li>• Sponsorship given locally to a number of activities for children/youth (4-H, Easter Egg Hunts, Library Programs, Post Prom, Kids lunch in the Park, etc.)</li> </ul>

Identified Concerns	How Sanford Jackson is Addressing the Needs
<ul style="list-style-type: none"> <li>• Cost of quality child care</li> <li>• Cost of activities for children and youth</li> </ul>	<ul style="list-style-type: none"> <li>• Tri for Health title sponsor</li> <li>• Jackson County Central Community Pride Sponsor</li> <li>• Involvement in SHIP (statewide health improvement program) in Jackson/Cottonwood County</li> <li>• Support of Community Health/Start Noticing program</li> <li>• Involvement in Community Action Team (CNO/Monthly)</li> <li>• Vaccinations/Well Child exams in clinics (state vaccine available)</li> </ul>
<p><b>Safety</b></p> <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> <li>• Child abuse and neglect</li> <li>• Domestic violence</li> <li>• <i>Violent crime</i></li> </ul>	<ul style="list-style-type: none"> <li>• Representation at the Addiction Prevention Coalition</li> <li>• MOAB (Managing of Aggressive Behavior) - upcoming training in 2016 for staff as part of Violence Prevention Plan</li> <li>• Mandated reporters – including annual training</li> <li>• Collaborative relationship with law enforcement and volunteer ambulance services in Jackson and Lakefield</li> <li>• Involvement in SHIP (statewide health improvement program) in Jackson/Cottonwood County</li> </ul>
<p><b>Health care</b></p> <ul style="list-style-type: none"> <li>• Availability of non-traditional hours</li> <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>• <i>STDs</i></li> </ul>	<ul style="list-style-type: none"> <li>• Acute care clinic in Worthington with extended hours</li> <li>• Hospital Presumptive Eligibility (with MNSure)</li> <li>• Community Care/Financial Assistance</li> <li>• Collaborated with Jackson County Central Schools in last needs assessment to improve education on STDs in the school system</li> <li>• Health Coach explores options for affordable prescription drugs as needed</li> <li>• Involvement in SHIP (statewide health improvement program ) in Jackson/Cottonwood County</li> </ul>
<p><b>Physical Health</b></p> <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Inactivity and lack of exercise (86.5% have moderate exercise 3 or more times/week, and 47.6% have vigorous activity 3 or more times/week)</li> <li>• Poor nutrition and eating habits (Only 39% have 3 or more vegetables/d, and only 27.7% have 3 or more fruits/d)</li> <li>• Obesity ( 69.5% have BMI of overweight or obese)</li> <li>• Chronic Disease ( hypertension, high cholesterol)</li> </ul>	<ul style="list-style-type: none"> <li>• Oncology/Hematology outreach in Jackson every other week</li> <li>• Chemotherapy in Jackson as needed</li> <li>• Sanford Health Cancer Center, Worthington, MN</li> <li>• Sanford Hospice services</li> <li>• Weight Loss Support Group offered once a month video conference with Sioux Falls/Sanford.</li> <li>• Tri for Health title sponsor</li> <li>• Diabetic education services</li> <li>• RN Health Coach on staff</li> <li>• RN Health Coach educated in Freedom From Smoking</li> <li>• Report to MN Community Measurements</li> <li>• Sanford Quality reporting on chronic disease</li> <li>• Involvement in SHIP in Jackson/Cottonwood County</li> <li>• Periodically speaking at Kiwanis</li> </ul>
<p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>• Stress (31.5% report Anxiety/stress)</li> <li>• Depression ( 33.3% report depression – 50% have 1 or more days/mos. when their mental health was not good)</li> </ul>	<ul style="list-style-type: none"> <li>• Sanford One Care – Behavioral Health Telemedicine available</li> <li>• Dr. Moeller, Psychiatry offered two times a month</li> <li>• RN Health Coach – Tobacco Cessation trained</li> </ul>

Identified Concerns	How Sanford Jackson is Addressing the Needs
<ul style="list-style-type: none"> <li>• Dementia and Alzheimer’s disease</li> <li>• Under age drug use and abuse</li> <li>• Drug use and abuse</li> <li>• Smoking and tobacco use</li> <li>• Underage drinking</li> <li>• Alcohol use and abuse (15.6% report consuming 3 or more drinks/d and 19.6% have binge level drinking at least 1 time/mos.)</li> </ul>	<ul style="list-style-type: none"> <li>• Behavioral Health Triage Therapist on site in Jackson and Lakefield one day a week each clinic</li> <li>• Southwest Mental Health services available in the community. Will respond to patients in need at the hospital.</li> <li>• Public education through monthly Ask the Expert in newspaper</li> </ul>
<p><b>Preventive Health</b></p> <ul style="list-style-type: none"> <li>• Flu shots (76.5% of respondents have had a flu shot and report that 65.1% of children age 6 month or older have had a flu shot) However, 30% reported that children 6 months or older did not get a flu shot or flu mist each year</li> <li>• 16.5% have not seen a health care provider in the past year</li> <li>• 16.5% have not seen a dentist in the past year</li> </ul>	<ul style="list-style-type: none"> <li>• Well child services</li> <li>• Flu shots to local businesses</li> <li>• Health screens in the area businesses</li> <li>• 100% flu vaccination to Sanford Jackson Medical Center staff</li> <li>• Involvement in SHIP in Jackson/Cottonwood County</li> <li>• Mobile mammogram services</li> <li>• Heart/Vascular screenings offered twice a year</li> <li>• Sanford Health commitment to finding a cure for Type 1 Diabetes</li> <li>• Public education through monthly Ask the Expert in newspaper</li> </ul>

*Italicized items are from the secondary research through the County Health Rankings*



## Sanford Jackson Medical Center 2016 CHNA Asset Map

Identified concern	Community resources that are available to address the need
<p><b>Economics</b></p>	<p>Low income apts. – Sunrise Estates 763-512-7720 and HiRise</p> <p>Veteran Service ofc. - 507-847-4774</p> <p>Jackson Co. Dept. of Human Services – 507-636-5311</p> <p>Western Community Action (Head Start, energy assistance, transportation assistance) - 507-847-2632</p> <p>Family Services Network - 507-847-4441</p> <p>Kids lunch in the park and Food for Kids programs for youth</p> <p>FAST – food shelf, Noah’s room and furniture mission</p>
<p><b>Aging population</b></p>	<p>Sanford Home Care</p> <p>Good Samaritan Society LTC - 502-847-3100</p> <p>Prairie Rehab - 507-847-4333</p> <p>Jackson Co. Extension Office - 507-662-5293</p> <p>Western Community Action (Head Start, energy assistance, transportation assistance) - 507-847-2632</p> <p>DesMoines Valley Health and Human Services</p> <p>Community Ed - 507-847-6627</p>
<p><b>Children and Youth</b></p>	<p>Sanford WebMD Fit Kids</p> <p>Child Care Centers:</p> <ul style="list-style-type: none"> <li>• Gingerbread House - 507-747-1385</li> <li>• Little Huskies - 507-847-5103</li> </ul> <p>Preschools</p> <ul style="list-style-type: none"> <li>• Discovery Place Preschool - 507-847-5868</li> <li>• Head Start - 507-847-2632</li> </ul> <p>4-H After School Program</p> <p>Jackson Co. School District Community EdProgram – 507-847-6627</p>

Identified concern	Community resources that are available to address the need
	<p>Park District Programs - 507-847-2240</p> <p>Prairie Ecology Bus - 507-662-5064</p> <p>Family Services Network - 507-847-4441</p> <p>Kids lunch in the park and Food for Kids programs for youth</p>
Safety	<p>Police Dept. – 507-847-4420</p> <p>Drug disposal at Sheriff’s Department</p> <p>Addiction Prevention Coalition/Family Services Network</p>
Health Care	<p>Sanford Community Care Program information available at Sanford Jackson - 507-847-2420</p> <p>Presumptive Eligibility – staff at Sanford Jackson - 507-847-2420</p>
Physical Health	<p>Sanford Cancer Biology Research Center in Sioux Falls</p> <p>Roger Maris Cancer Center</p> <p>Sanford Health Cancer Center, Sanford Hospice, Worthington, MN</p> <p>Sanford Medical Home</p> <p>RN Health Coach</p> <p>American Cancer Society</p> <p>Sanford Dietitians</p> <p>Anytime Fitness - 507-849-7348</p> <p>Prairie Rehab and Fitness - 507-847-4333</p> <p>Jackson Co. School District Activities Program - 507-847-6627</p> <p>Park District activities - 507-847-2240</p> <p>Jackson Co. Extension Office 507-662-5293</p> <p>Family Services Network - 507-847-4441</p> <p>American Heart Association</p> <p>Jackson Co. Human Services Dept. - 507-847-4000</p>

Identified concern	Community resources that are available to address the need
	<p><b>Sanford Clinics Jackson/Lakefield</b></p> <ul style="list-style-type: none"> <li>○ 507-847-2200</li> <li>○ 507-662-6611</li> </ul> <p><b>The Sanford Project – to cure Type 1 Diabetes in Denny Sanford’s lifetime</b></p> <p><b>American Diabetes Association</b></p> <p><b>Diabetes Support Group Sanford WebMD Fit Kids</b></p>
<p><b>Mental Health/Behavioral Health (Substance Abuse)</b></p>	<p><b>Sanford One Care</b></p> <p><b>Community Ed - 507-847-6627</b></p> <p><b>SW Mental Health Center - 507-847-2423</b></p> <p><b>Good Samaritan Society LTC - 502-847-3100</b></p> <p><b>Jackson Co. Extension Office - 507-662-5293</b></p> <p><b>Family Services Network - 507-847-4441</b></p> <p><b>Veterans Service Center - 507-847-4774</b></p> <p><b>Jackson Co. Human Services Dept. - 507-847-4000</b></p>
<p><b>Preventive Health</b></p>	<p><b>Sanford Jackson Clinic - 507-847-2200</b></p> <p><b>Sanford Lakefield Clinic - 507-662-6611</b></p> <p><b>Family Services Network - 507-847-4441</b></p> <p><b>Jackson Co. Human Services Dept. - 507-847-4000</b></p> <p><b>Dentists:</b></p> <ul style="list-style-type: none"> <li>● Deborah Christopher, DDS - 507-847-3317</li> <li>● Paul Roggow, DDS - 507-847-3910</li> <li>● Kevin Dunlavey, DDS - 507-847-3683</li> </ul>

## 2013 Implementation Strategy Impact

The 2013 Community Health Needs Assessment served as a catalyst to lift up dental services for youth, engaging youth in health careers, sexually transmitted disease and mental health as implementation strategies for the 2013-2016 timespan. The following strategies were implemented:

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 Strategy: Dental Services for Youth**

- Visit with local dentists and community health and gain support.
- January 2013 - Amos S. Deinard, MD with University of Minnesota who is working with project for education of providers of varnish application on teeth provided education to clinic supervisors.
- January 2013 – Local dentist providing free dental care to less fortunate children.
- Ongoing since February 2013 – Jackson/Cottonwood Public Health going into elementary schools and providing dental varnish. October 2015 had approximately 115 students at JCC participate.

### **Impact of Strategy: Engage Youth in Health Careers (Area Health Education Center, AHEC)**

- Ongoing since May 2013 - Relationship building with high school career counselor.
- Ongoing since May 2013 - Pharmacy students completing their hospital rotation in our facility.
- Ongoing since May 2013 – Radiology tech students completing their clinical rotation in our facility.
- Ongoing since May 2013 – Sanford programs are sent to high school counselor to pass along to interested students (i.e. scrubs program, scholarships, etc.).
- February and March 2015 – hosted LPN students in the clinic.
- February 2015 - Radiology Manager provided high school student with interview for their career fair/project.
- Nursing staff presented at Career Day at Riverside Elementary, May 2015.

### **Impact of Strategy: Sexually Transmitted Disease**

- August 2014 - Des Moines Valley staff met with Health Education teachers at JCC and reviewed curriculum for 9<sup>th</sup>/10<sup>th</sup> grade. Lindsay Chapman guest speaker to 9<sup>th</sup>/10<sup>th</sup> grade students where she covered STIs and birth control. 8<sup>th</sup> grade health instructor covers STDs.
- Partner with schools for education of youth
- January 2015 – met with high school principal, assistant and counselor regarding bullying and some other topics that we were seeing with high school/middle school students in the clinic.
- April 2015 - Dr. Ikoghode attended Generation Next girls' after school program through Western Community Action. Planning on attending again in November 2015.
- Ongoing 2015 – Sanford Jackson representation at Community Action Team meetings facilitated by Family Services Network.

**Impact of Strategy: Mental Health Services**

- January 2013 - Began telemedicine behavioral health offered one day a month.
- Dr. Moeller available on site two days per month.
- Implement Integrated Behavioral Health Triage Therapist into clinics into Jackson and Lakefield.



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