

# RiverView Health

## Community Health Needs Assessment

2013



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# Introduction

## Executive Summary

During summer 2013, RiverView Health took part in a needs assessment study. The passage of the Patient Protection and Affordable Care Act in 2010 brought about new standards and reporting procedures for private, not-for-profit hospitals in order to maintain 510(c)(3) tax-exempt status. One of these new standards is the Community Health Needs Assessment (CHNA). The needs assessment requires that hospitals:

- Conduct a CHNA at least once every three years per hospital facility
- Identify a plan of action based on the findings of the assessment
- Make the full assessment widely available to the public

In order to assess the needs of the community, our organization first looked at what the primary service area was and commissioned a report to be completed by the Minnesota Department of Employment and Economic Development that analyzed this population.

## About Riverview Hospital

RiverView Hospital is a critical access, not-for-profit hospital that is a part of RiverView Health, a rural healthcare system serving northwest Minnesota and based out of Crookston, Minnesota. In addition to the hospital, RiverView also serves the surrounding area with primary care, home care, and long-term care services.

## Our Vision

RiverView provides world-class healthcare through a culture of excellence.

## Our Mission

We deliver a healthcare experience that consistently exceeds patient's expectations through:

### *Exceptional People:*

Our people are our foundation. We employ trusted, dedicated professionals who serve with compassion, empathy and respect.

### *Exceptional Care*

Our patients are our focus. We build relationships to deliver personalized care.

### *Exceptional Outcomes*

Our passion is to enhance lives. We engage in best practices to heal people and promote healthy communities.



# About the Community Health Needs Assessment

The passage of the Patient Protection and Affordable Care Act in 2010 brought about new standards and reporting procedures for private, not-for-profit hospitals in order to maintain 510(c)(3) tax-exempt status. One of these new standards is the Community Health Needs Assessment (CHNA). The needs assessment requires that hospitals:

- Conduct a CHNA at least once every three years per hospital facility
- Identify a plan of action based on the findings of the assessment
- Make the full assessment widely available to the public.

## Methodology

### Community Survey Report

RiverView deployed a community survey both in paper and electronic format. Association and Auxiliary members received a paper survey in the mail, and all RiverView employees received an electronic copy via e-mail. The survey was made available to the general public on the RiverView Health website. A press release was sent to the local media containing information on obtaining and completing the survey.

The survey consisted of 20 questions pertaining to the individual's health, health insurance coverage, community health, and demographical information. Persons surveyed were asked to identify the health issues that they struggle with the most, the lifestyle factors they engage in that may help or harm their overall wellness, medical procedures they have undergone in the past year, and whether they believed any additional health services should be offered in the community.

### Key Stakeholders

In addition to a general survey, RiverView Health also polled a focus group of key stakeholders within the community. These individuals were selected because of their knowledge regarding a particular demographic of the community. This group represented the following entities:

- Polk County Public Health
- Northwest Mental Health
- Polk County Social Services
- Wellness Coalition
- RiverView Board of Directors
- RiverView Association Members
- Crookston Public Schools

### Demographics

The two main service areas designated by RiverView Health are Polk County and Red Lake County. Secondary service areas include northern Marshall County, but for the purpose of this assessment these areas are not taken into consideration due to the presence of other forms of healthcare services in closer proximity to the secondary service area. The demographic data was obtained and reported by the Minnesota Department of Employment and Economic Development.



## Polk County

In 2010, Polk County had a population of 31,600, making it the 34<sup>th</sup> largest county by population in the state of Minnesota. The racial makeup of Polk County is predominantly white, with that group accounting for 85 percent of the total population. The largest minority group within the county is Hispanic at 4.1 percent of the total population. In addition to data on race, the DEED also looked at the age of the service area and found that in Polk County, the number of persons age 55-64 grew by 40.6 percent from 2000-2010.

As of May 2013, unemployment rate in Polk County stood at 4.1 percent, below that of the state at 4.9 percent. The majority of workers in the county are employed in either the healthcare or manufacturing industry. Despite a higher rate of employment, nearly one-fourth (24.8 percent) of households in Polk County earn less than \$25,000 per year, compared to 20.2 percent of households state-wide.

Overall educational attainment in Polk County was less than that of Minnesota. Twelve percent of Polk County's residents age 18 or older had not finished high school, as opposed to 8 percent for the state. The number of residents having received some form of post-secondary education is also less, with 57.5 percent reporting they have received some post-secondary education, as compared to 64.4 percent state-wide.

All cities and townships within the Polk County service area are listed in Table 1 below:

City Name	2010 Population	2000 Population	2000-2010	2000- 2010
Beltrami city	107	101	6	5.9%
Climax city	267	243	24	9.9%
Crookston city	7,891	8,192	-301	-3.7%
East Grand Forks city	8,601	7,501	1,100	14.7%
Erskine city	503	437	66	15.1%
Fertile city	842	893	-51	-5.7%
Fisher city	435	435	0	0.0%
Fosston city	1,527	1,575	-48	-3.1%
Gully city	66	106	-40	-3.8%
Lengby city	86	79	7	8.9%
McIntosh city	625	638	-13	-2.0%
Mentor city	153	150	3	2.0%
Nielsville city	90	91	-1	-1.1%
Trail city	46	62	-16	-25.8%
Winger city	220	205	15	7.3%
All cities	21,459	20,708	751	3.6%
All townships	10,141	10,661	-520	-4.9%
<b>Polk County Total</b>	<b>31,600</b>	<b>31,369</b>	<b>231</b>	<b>0.7%</b>

Source: U.S. Census Bureau



## Red Lake County

In 2010, Red Lake County had a population of 4,089. The racial makeup of Red Lake County is 95 percent white. However, the fastest growing minority group in the county, Hispanic/Latino, has grown by 675 percent over the past decade.

The unemployment rate in Red Lake County as of May 2013 stood at 5.2 percent, identical to that of the state. Similar to Polk County, one-fourth of households in Red Lake County were earning less than \$25,000 per year. Red Lake County also had a much lower percentage of households earning over \$75,000 per year, with 21.3 percent. Farming continues to be a vital industry in the county, with farms generating about \$42.7 million in products to the market.

For adults age 25 and older, 13 percent have not earned a diploma. The number of individuals who have obtained a bachelors degree is much lower than the rest of the state, 14 percent compared to 32 percent.

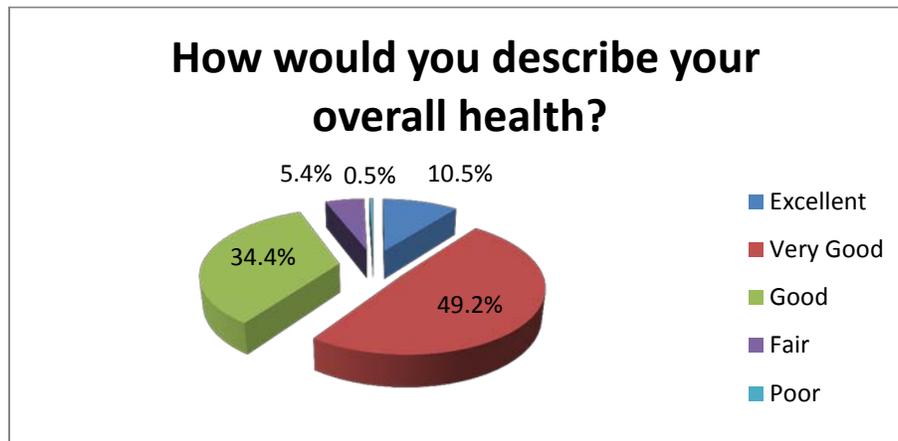
All cities and townships located within the Red Lake County service area are listed below:

City Name	2010 Population	2000 Population	2000-2010	2000-2010
Brooks city	141	141	0	0.0%
Oklee city	435	396	+39	+9.8%
Plummer city	292	270	+22	+8.1%
Red Lake Falls city	1,427	1,590	-163	-10.3%
Township Name	2010 Population	2000 Population	2000-2010	2000-2010
Browns Creek township	48	58	-10	-17.2%
Emardville township	195	217	-22	-10.1%
Equality township	131	123	+8	+6.5%
Garnes township	190	174	+16	+9.2%
Gervais township	226	250	-24	-9.6%
Lake Pleasant township	103	126	-23	-18.3%
Lambert township	129	154	-25	-16.2%
Louisville township	187	192	-5	-2.6%
Poplar River township	107	125	-18	-14.4%
Red Lake Falls township	201	206	-5	-2.4%
River township	65	65	0	0.0%
Terrebonne township	147	140	+7	+5.0%
Wylie township	65	72	-7	-9.7%
All cities	2,295	2,397	-102	-4.3%
All townships	1,794	1,902	-108	-5.7%
<b>Red Lake County Total</b>	<b>4,089</b>	<b>4,299</b>	<b>-210</b>	<b>-4.9%</b>
Source: U.S. Census Bureau				



## Survey Results

There were 650 responses to the survey; 102 of them coming to us in a paper format. The overall health of the respondents indicated that they are pretty healthy. About 94% indicated being at or above Good Health.

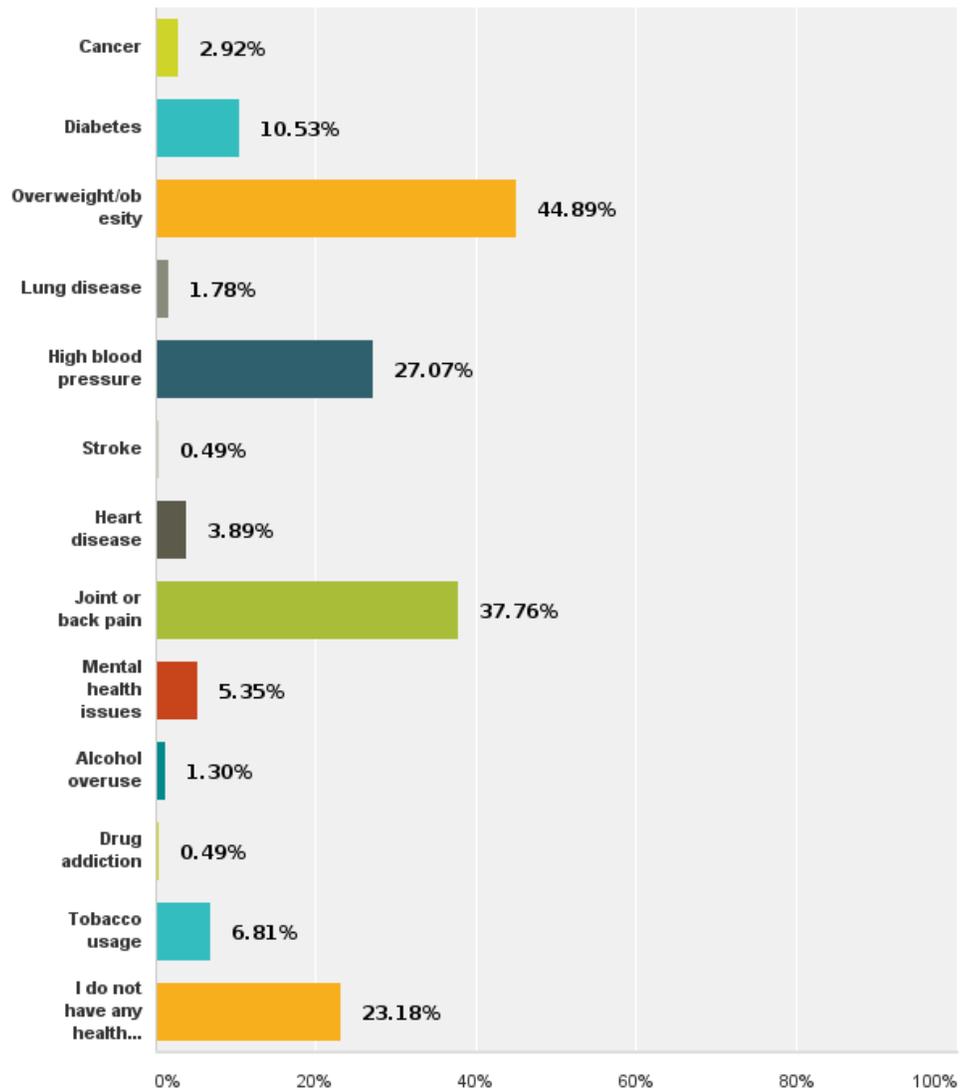


### Health Disparities

The three biggest health disparities, as identified by both the assessment survey and focus group polling, are: Obesity, Joint or Back Pain and High Blood Pressure of all responses. Respondents' listing "No Health Concerns" was also significant indicating 23.18 percent.

### Q2 Please select the top 3 health challenges you currently face

Answered: 617 Skipped: 33



### Additional Health Concerns

In addition to the three biggest health concerns stated above, survey respondents were asked to describe what gaps exist in the type of health services offered by RiverView in the community. Dialysis, Diabetes, Wellness, and greater access to long-term care are among the services that community members would like to see offered.



### Insurance Coverage

The majority of respondents identified Commercial Insurance as their current health care coverage. Much of the “other” coverage options that were listed by respondents would fall into the category of Commercial Health Insurance, bringing this choice to over 90 percent of responses. There was also some overlap as Medicare was the second highest response at 16.61 percent.

### Access to Healthcare

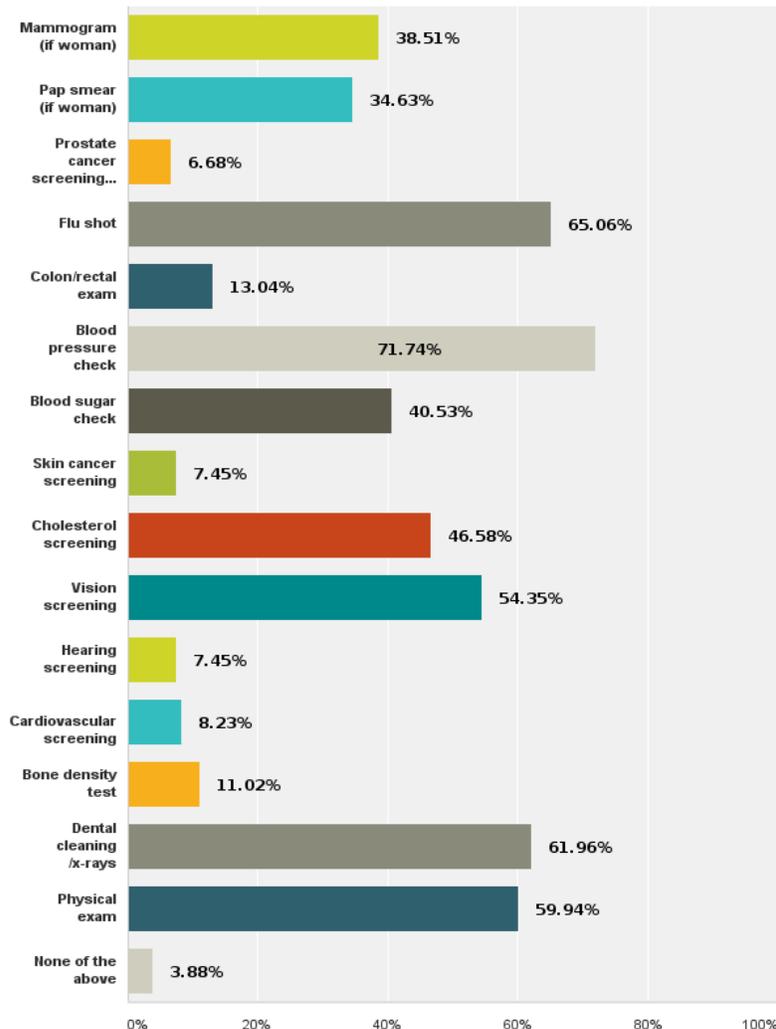
The majority of respondents, 96.04 percent, identified a medical clinic as the setting where they typically receive routine care. A small percentage of people indicated that they seek routine healthcare in an urgent care or public health setting.

### Lifestyle Factors

Many respondents indicated that preventive procedures were priorities in their wellness. The top items on this question were Blood Pressure Checks, Flu Shots, Dental Cleaning, Vision Screening, and Cholesterol Screening.

### Q3 Which of the following preventive procedures have you had in the past 12 months?

Answered: 644 Skipped: 6



**Key Stakeholder's Input**

Feedback indicated that the survey covered a comprehensive list of health care needs. There was some concern raised among stakeholders whether the mental health population is truly represented in the data collected. Substance Abuse and Mental Health Services Administration in its 2010 report on Mental Health in the United States reported that in 2009, 19.9 percent of the U.S. adult population experienced AMI (any mental illness) (excluding substance use disorders) in the past year. Prevalence of AMI was higher for females (23.8 percent) than males (15.6 percent). This data could indicate a disparity as respondents on this survey indicate that about 5.4 percent suffers from mental health issues.



## RiverView Health's Strategic Plan

As identified through the data collection process the top three health disparities from this needs assessment are Obesity, Joint or Back Pain, and High Blood Pressure. In January of 2012, the Center for Disease and Prevention reported in a National Center for Health Statistics brief that 35.7 percent of adults and 16.9 percent of children in the United States were obese. This statistic is projected to rise. As a community health leader, RiverView Health will focus strategies on obtaining results that combat the issue of obesity with secondary benefits of decreases in joint pain and high blood pressure.

RiverView Health's Key ideas for Strategies are as follows:

- As a large employer and leader in the health community, RiverView Health will role model an employee wellness program that encourages healthy eating choices and physical activity as a means of managing weight and overall health.
  - Implement a healthy choice food policy
  - Offer weight management education opportunities within our facilities
  - Increase opportunities for physical activities for employees
  - Sponsor healthy activities in the community
- RiverView Health will add staffing for a Registered Dietician or RN that specializes in education and planning for healthy diet and weight management both in Inpatient and Outpatient settings.
- RiverView Health will implement a BMI (Body Mass Index) tracking system and target patients with high risk factors for support and education.

## Conclusion

Riverview Health is committed to pursuing its mission of providing world-class health care through a culture of excellence. Part of this pursuit is connecting our services to the community we serve; conducting a Community Health Needs Assessment is an important step in this process.

The survey identified areas of concern on behalf of the participants. While it is not in RiverView's scope to develop a plan for every need identified, we do believe success can be achieved on the areas of most concern. The strategies RiverView Health has chosen are linked to bringing improvement to those areas; obesity, joint pain, and high blood pressure.

RiverView Health will be a leader in promoting and educating healthy lifestyles within its community. We continue to strive toward a culture of excellence through exceptional people providing exceptional care for exceptional outcomes.

