



**Sedan City Hospital**



**Community Health Assessment**

**2016**

# Community Health Needs Assessment

IRC Section 501(r) requires health care organizations to assess the health needs of their communities and adopt implementation strategies to address identified needs. Per IRC Section 501(r), a byproduct of the Affordable Care Act, to comply with federal tax-exemption requirements, a tax-exempt hospital facility must:

- Conduct a community health needs assessment every three years.
- Adopt an implementation strategy to meet the community health needs identified through the assessment.
- Report how it is addressing the needs identified in the community health needs assessment and a description of needs that are not being addressed with the reasons why such needs are not being addressed.

The community health needs assessment must take into account input from persons who represent the broad interest of the community served by the hospital facility, including those with special knowledge of or expertise in public health. The hospital facility must make the community health needs assessment widely available to the public.

## Sedan City Hospital

Sedan City Hospital is a Critical Access Hospital that operates in Sedan, Kansas. The hospital oversight is handled by a Board of Directors appointed by the City of Sedan. The hospital is managed through an agreement with Jane Phillips Memorial Medical Center, which is an entity of the St. John Health System. Sedan City Hospital and the Jane Phillips Health System have had this management relationship for the past 30 years, going back to the initial management agreement that was executed back in 1986.

The hospital has served the Chautauqua and Elk County area since February of 1951. Sedan City Hospital is committed to providing high quality cost-effective health care to the beneficial welfare of the patients, employees, and the Rural Health Care Community.

## Community Needs Assessment

Sedan City Hospital has worked with the Chautauqua County Health Department and gathered the most recent data from the Kansas Health Matters database, Centers for Disease Control and Prevention (CDC), the Department of Health and Human Services and the Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotions, KDHE, and other interested parties to complete a community needs assessment and to formulate an initial response thereto.

Sedan City Hospital is a critical access hospital serving counties in Southeast Kansas. In completing the community needs assessment, Sedan City Hospital chose to partner with Chautauqua County Health Department, the Lower 8 Region and consult a local registered dietitian nutritionist to perform in-depth research on and assessment of the needs of residents of Chautauqua County.

While the initial community needs assessments have been completed, work is ongoing to formulate sustainable responses to the overwhelming community need. In the most recent community needs

assessment provided by the Lower 8 Region collaboration, survey respondents consistently expressed satisfaction with the quality of life. The social environment, including a sense of community cohesiveness, friendliness and peacefulness, was the most commonly identified area of satisfaction. Respondents cited the small size, community activities and relative safety as particularly positive aspects of the community.

Concerns about unemployment, jobs and adequate wages surfaced as a predominant theme across the data assessment. They indicated concerns about a lack of jobs, particularly those with a high enough wage to support a family. Median household income in eight counties of southwest Kansas, including Chautauqua are below the state median, and some are substantially so.

Drug and alcohol abuse were cited as the most important “risky behavior” in the fixed-response survey sections of the 2014 Lower 8 Needs Assessment and the second-most important area of concern by survey respondents in the free-response section. There were 487 drug-related arrests in the Lower 8 Region in 2011. Chautauqua County had 5 drug arrests in 2011, 1.4 arrests per 1,000 residents.

The county also has the highest proportion of the population not in the labor force. This combination suggests an elderly and retired population, which is consistent with the free-response survey section, where several respondents indicated that they were concerned about the aging populations. Additionally, the cored indicators profile shows an extremely high rate of motor vehicle crash deaths.

A more sustainable public / private partnership is needed to provide adequate resources to address the community need in a more effective and more financially sustainable way. Sedan City Hospital will continue to work with State and Local policy and political leaders, safety net providers and community leaders and advocates to build sustainable partnerships to better address the community needs. The summaries below provide initial observations about specific community needs in each community our hospitals serve and initial plans for responding to those needs in a financially sustainable way. As we work to transform health care delivery in southeast Kansas, Sedan City Hospital will continue to be an advocate for the poor, the vulnerable and the underserved.

### **Demographics of our Community**

According to the 2015 ACS estimates, the total population for the Lower 8 Region is 145,076, a -6.33% change from 2000. Crawford County remains the most populous of the counties followed by Montgomery. Elk and Chautauqua counties are the least populous in the region. Each county in the region has continued to decline in population since 2012 ACS population estimates with the exception of Crawford County. The 2014 ACS estimates that Chautauqua County is 48.3% female and 51.7% male.

	2000	2015	Percent Change
Chautauqua	4,359	3,402	-21.9%
Cherokee	22,601	20,533	-9.15%
Crawford	38,248	39,217	2.53%
Elk	3,261	2,605	-20.11%
Labette	22,821	20,803	-8.84%
Montgomery	36,267	33,314	-8.06%
Neosho	16,996	16,346	-3.82%
Wilson	10,341	8,856	-14.36%

The age profile varies across the counties. The median age continues to be the lowest in Crawford County at 32.7 years and is the highest in Elk County at 49.7 years. Chautauqua County is a close second at 49.1 years. According to 2014 ACS estimates, 87.8% of the population in the Lower 8 counties identifies as being white, non-Hispanic or Latino. The second largest race is black/African-American. The population in the Lower 8 Region that was born outside of the United States has decreased from 2.2 percent in 2011 to 1.9 percent in 2014. The 2014 ACS estimates that 6.8 percent of the Kansas population was born outside of the United States. The percent of population that speaks a language other than English in the home is 3.7%. The average family size is 2.4 people which is slightly lower than the Kansas average of 2.4 people per family. Both of these statistics have decreased since 2011.

## **Existing Community Resources**

Key hospital providers in the service area include the Jane Phillips Medical Center, St. John Hospitals, William Newton Memorial Hospital, Via Christi Hospitals, Wesley Medical Center, and a number of other acute and specialty hospitals. There are many community and critical access hospitals in Southeast Kansas and Northeastern Oklahoma, as well as rural health clinics. But overall, the healthcare resources in the community have proved inadequate to meet the needs of the uninsured and underserved in a sustainable and effective way.

## **Completion of the Needs Assessment**

The 2016 community health assessment for Sedan City Hospital was performed and completed by a local registered dietitian nutritionist consultant who is a stakeholder in both the local hospital and health department.

## **Areas of Opportunity for Improvement**

The following topics are recommended areas for improvement based on the gathered through the 2014 Lower 8 Region Community Health Needs Assessment, and the most recent data from the Centers for Disease Control and Prevention (CDC) and Kansas Health Matters. Input from many other sources suggests that these opportunities for improvement are present throughout Sedan City Hospital service area. From data collected, these opportunities for targeted interventions have been identified:

- Heart disease, Cancer and Diabetes;**
- Alzheimer's diseases/dementia, and Stroke;**
- Substance Abuse and Tobacco Use;**
- Poor eating habits or lack of exercise;**

These findings will be used in the development of a Sedan City Hospital Community Health Improvement Plan that can also be carried forward throughout the service area. Many of the opportunities for improvement illustrate the need for comprehensive solutions that go far beyond the traditional roles played by health care providers and illustrate the need for comprehensive, community-wide solutions that touch on many factors beyond the delivery of health care services. They illustrate the need for true transformation of care to create sustainable, high performing medical homes for all citizens in the service area that emphasize wellness, prevention, disease management, individual responsibility and much better coordination of care.

While this document includes some initial planned responses to the identified needs, work is ongoing to refine and complete a formal implementation plan for our response to the identified needs. This will be completed in April of 2018.

## Community Needs Summaries and Initial Thoughts on Implementation

### Chronic Disease

Many chronic illnesses have preventable causes – dietary habits and tobacco usage, to name two. Chautauqua county's heart disease mortality rate per 100,000 is 236.8 (compare to the statewide value of 156.4). As of 2014, 25.4% of the county's Medicare population has been diagnosed with diabetes. The diabetes mortality rate per 100,000 is 22.2 (compare to the statewide value of 43.5). The Lower 8 has slightly higher rates of diagnosed diabetes than the Kansas overall with 12.2 percent of the doctor diagnosed diabetes versus 9.6 percent statewide. in 2014. According to the CDC, Alzheimer's disease deaths and stroke deaths in Chautauqua County were considered some of the "worst primary health indicators". These indicators are factors that have the potential to influence health outcomes and are defined as indicators for health outcomes that describe the population health status. As of 2014, 5.4 % of the Medicare population was diagnosed with cancer, which is an increase from 5.2%. Cancer related deaths were 187.7 per 100,000 people (compare to statewide value of 164.1). The Alzheimer 's disease mortality rate per 100,000 is 69.6 (compare to the statewide value of 22.0). The stroke mortality rate per 100,000 is 63.8 (compare to the U.S. median of 46.0).

### Implementation

For daily patient care, Sedan City Hospital Nursing introduces patients to smoking cessation through initial nursing assessments and discharge teaching and patient education activities. Patient safety booklets also contain smoking cessation information.

Sedan City Hospital also provides education regarding heart disease and diabetes to patients in an acute care and outpatient setting through education resource materials. Newly diagnosed and previously diagnosed diabetic patients are given a diabetes "tool-kit" that includes information on self-management skills, blood sugar logs and blood pressures logs upon discharge.

### Alcohol and Drug Abuse/Tobacco

Tobacco use is one of the most preventable causes of illness and deaths in the United States. Across the Lower 8 Region, 28.4 percent of adults were smokers in 2013, a rate higher than the state rate of 20.0 percent. Both of these statistics have increased since 2009. In regards to percentage of maternal cigarette use during pregnancy by county of residence, the KDHE found that 12.5%-24.9% of mother's who smoked cigarettes during pregnancy in Chautauqua County. Consider the statewide percentage at 12.0%

### Implementation

All inpatients and all primary care patients in the hospital receive education and awareness to help them avoid or discontinue abusive behaviors. We have partnered with KU Medical Center to participate in KanQuit II to provide smoking cessation counseling of our acute care patients.

In December of 2014, Sedan City Hospital became certified as a “Breathe Easy” facility through the Breathe Easy campaign. This requires the hospital to comply with being 100% tobacco-free on hospital property.

## **Poor Diet, Inactivity and Obesity**

At the regional level, the percentage of adults age 18 and over who were obese in 2013 was 34.8%, which was above the state level at 30.0%. The percentage of adults age 18 and over who were overweight in 2013 was 34.9% compared to the state level at 35.3%.

According to Kansas Health Matters statistics, Chautauqua County’s number of fitness and recreation centers per 1,000 population has decreased from 0.56 in 2011 to 0.28 in 2012.

Furthermore, in 2016, Kansas Health Matters measures 39.9 of Chautauqua County’s population live reasonably close to a park or recreational facility compared to the Kansas statewide value of 76.5% of the population.

These are important statistics to consider as it has been found that people who engage in an active lifestyle have a reduced risk of many serious health conditions including obesity, heart disease, diabetes, and high blood pressure. In addition, physical activity improves mood and healthy sleep patterns. People are more likely to engage in physical activity if their community has facilities which support recreational activities, sports and fitness.

According to Kansas Health Matters data for Chautauqua County, 27.9% of children live below poverty level (compare to 18.5% Kansas statewide value), 12.0% of families live below poverty level (compare to 9.4% Kansas statewide value), 31.6% of young children live below poverty level (compare to 22.3% Kansas statewide value), and 16.0% of people living below poverty level (compare to 13.8% Kansas statewide value). As of 2007, 16.8% of low-income persons were SNAP participants. As of 2015, the average monthly WIC participation per 1,000 population was 28.2 (compare to 21.1 Kansas statewide value). The food insecurity rate for Chautauqua County is 14.4%. This data is important to consider as poverty, food insecurity, and access to food programs can directly affect nutritional status.

Diets high in fat and coupled with inactivity are directly linked to obesity, a condition that promotes coronary heart disease and stroke, type 2 diabetes, certain types of cancer, osteoarthritis and other diseases.

## **Implementation**

Nutrition education from registered dietitian nutritionists and registered nurses and referrals/information to access food assistance programs in the county is promoted by Sedan City Hospital and the local Health Department. In August of 2015, Sedan City Hospital became 1 of 77 hospitals in the state to participate in the Healthy Kansas Hospitals three year hospital health initiative. Funded by the Kansas Health Foundation, this initiative focuses on providing the healthy food and beverage options for patients, visitors and staff through and policy implementation. The hospital currently provides one healthy snack and fresh fruit infused water for employees in efforts to demonstrate diet/beverage intake behavior change.