

Henderson Health Care Services, Inc. of Henderson, Nebraska
Community Health Needs Assessment

*Accepted by the Henderson Health Care Services Board of Directors as a Component of the
Implementation Strategy for Community Benefit Plan*

Approved on June 20, 2016

Background Information

Henderson Health Care Services is located in Henderson, Nebraska providing health care services to rural communities that primarily include York County (13,665) Clay County (6,624) and Hamilton County (9,132) respectively; approximately 30,000 in total. Henderson Health Care provides health care services to infants, children, adolescents, adult men and women, and the aged. There is an average of 16.67 persons per square mile in the service area compared to about 80 per square mile across the United States. The residents of these counties are 97.44% white with 17.64% over the age of 65 years and 5.94% below poverty level.

Henderson Health Care Services is a non-profit, critical access, community based health care facility that encourages wellness, provides medical care, and offers long-term living alternatives for area residents. Our health care campus consists of a 13 bed critical access hospital, 42 bed long term care facility, 16 bed assisted living facility, and two rural health medical clinics employing approximately 140 staff members; which includes two Physicians and three Physician Assistants.

Our Mission

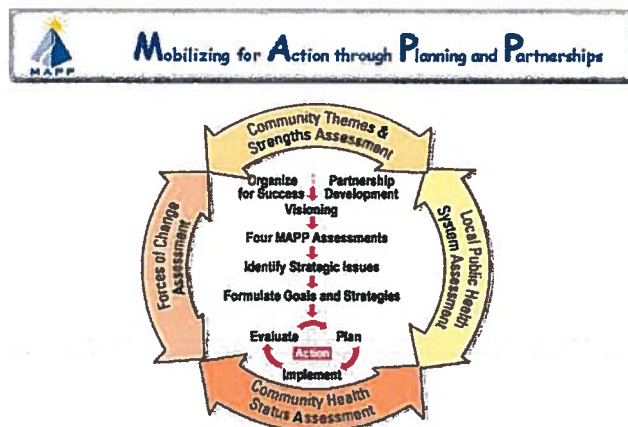
Henderson Health Care Services mission is to provide professional, competent, ethical, and compassionate health care in the name of Christ, to individuals, families, and local communities. We believe in the sacredness of human life and the dignity and rights of the total person. This belief compels those associated with Henderson Health Care Services to serve as Christ served with patience, compassion, and love.

Introduction

In April 2015, Four Corners Health Department launched a community health assessment project that will have lasting effects for the entire public health system in the district. The purpose of a community health assessment is to describe the health status of the population, identify areas for health improvement, determine factors that contribute to health issues, and identify assets and resources that can be mobilized to address population health issues.

A community driven process, called MAPP, was chosen again to complete the assessment. Mobilizing for Action through Planning and Partnerships (MAPP) is a dynamic process developed by the Centers for Disease Control and Prevention (CDC) and the National Association of City and County Health Officials (NACCHO) that helps communities prioritize public health issues and identify resources for addressing them. Community ownership is a fundamental component of MAPP.

The MAPP Advisory Committee was created to work through this process. Individuals representing 22 partner agencies from across the Four Corners District met regularly to work through the MAPP process as illustrated below.



Vision of the MAPP Planning Team

The Four Corners District Partners envision a healthy, safe environment where education, resources, and opportunities exist for all to encourage health and wellness. Through community collaboration, confidential disease prevention services and quality health care are accessible and affordable to all age groups.

The MAPP project includes four community assessments. In this report, we have focused on the results of the Community Themes and Strengths Assessment. This assessment focuses on collecting the community's perspective on issues such as health care, education, care for older adults, jobs, support networks, health problems, and risky behaviors. A survey was designed by utilizing a sample survey provided by NACCHO. MAPP Advisory Committee members worked together to distribute paper copies of the surveys at community meetings such as a Rotary, Kiwanis, or Sertoma Clubs. They were taken to churches, schools, county fairs, etc. The survey was distributed throughout the district from May through October 2015. Responses were received from 817 individuals. The compiled results are summarized below:

1. What is the county where you live?

Answer Options	Response %	Response Count
Butler	14.4	116
Polk	24.8	199
Seward	17.2	138
York	43.6	350
Answered question: 803		

2. How old are you?

Answer Options	Response %	Response Count
14-18 years	11.9	97
19-25 years	7.0	57
26-39 years	20.4	166
40-54 years	23.2	189
55-64 years	18.2	148
65-80 years	13.4	109
Over 80 years	5.8	47

Answered question: 813

3. Which describes your race/ethnicity? Please select just one.

Answer Options	Response %	Response Count
White, not Hispanic or Latino	93.9	764
Hispanic or Latino	3.3	27
American Indian	1.4	11
Asian	.4	3
Multi- Race	.4	3
Some other race alone	.4	3
Black	.2	2
Native Hawaiian/Pacific Islander	.1	1
Other		2

Answered question: 814

4. Are you a US Citizen?

Answer Options	Response %	Response Count
Yes	-	-
No	-	-

5. What is the highest education level you completed?

Answer options	Response %	Response Count
Less than 9 th grade	3.2%	26
9 th to 12 th grade, no diploma	10.3%	84
High school graduate or equivalent	16.8%	137
Some college, no degree	16.5%	134
Associate's degree	14.3%	161
Bachelor's degree	22.2%	181
Graduate or professional degree	16.7%	136

Answered Question: 814

6. How healthy would you rate your community (the area where you live)?

Answer options	Response %	Response Count
Healthy	65.7%	525
Unhealthy	10.4%	83
Unsure	23.9%	191

Answered Question: 799

7. I am satisfied with the quality of life in my community.

Answer options	Response %	Response Count
Agree	85.8%	683
Disagree	7.3%	58
Not sure	6.9%	55

Answered Question: 796

8. There are enough health and wellness activities in my community.

Answer options	Response %	Response Count
Agree	63.7%	506
Disagree	22.2%	176
Not sure	14.1%	112

Answered Question: 794

9. I am satisfied with the health care system in our community.

Answer options	Response %	Response Count
Agree	78.2%	618
Disagree	12.9%	102
Not sure	8.9%	70

Answered Question: 790

10. It is easy to get in to see health care specialists.

Answer options	Response %	Response Count
Agree	73.2%	576
Disagree	14.9%	117
Not sure	11.9%	94

Answered Question: 787

11. I am satisfied with the medical care I receive.

Answer options	Response %	Response Count
Agree	85.8%	675
Disagree	6.9%	54
Not sure	7.4%	58

Answered Question: 787

12. It is a problem for me to pay for medical care.

Answer options	Response %	Response Count
Agree	20.7%	163
Disagree	68.0%	536
Not sure	11.3%	89

Answered Question: 788

13. People are able to get medical care when they need it.

Answer options	Response %	Response Count
Agree	72.7%	576
Disagree	11.4%	90
Not sure	15.9%	126

Answered Question: 792

14. There are jobs available in my community.

Answer options	Response %	Response Count
Agree	71.3%	561
Disagree	13.7%	108
Not sure	15.0%	118

Answered Question: 787

15. There are opportunities for advancement in my community.

Answer options	Response %	Response Count
Agree	45.3%	359
Disagree	28.2%	224
Not sure	26.5%	210

Answered Question: 793

16. The jobs in my community pay enough to live on.

Answer options	Response %	Response Count
Agree	42.2%	332
Disagree	32.3%	254
Not sure	25.4%	200

Answered Question: 786

17. My community is a safe place to live.

Answer options	Response %	Response Count
Agree	92.0%	728
Disagree	3.3%	26
Not sure	4.7%	37

Answered Question: 791

18. My neighbors know, trust and look out for one another.

Answer options	Response %	Response Count
Agree	85.2%	672
Disagree	7.0%	55
Not sure	7.9%	62

Answered Question: 789

19. There are support systems for individuals and families.

Answer options	Response %	Response Count
Agree	72.4%	573
Disagree	7.5%	59
Not sure	20.1%	159

Answered Question: 791

20. The community is a good place to raise children.

Answer options	Response %	Response Count
Agree	92.1%	724
Disagree	2.8%	22
Not sure	5.1%	40

Answered Question: 786

21. There is enough information and assistance on parenting.

Answer options	Response %	Response Count
Agree	50.9%	398
Disagree	15.5%	121
Not sure	33.6%	263

Answered Question: 782

22. Safe and affordable childcare is available if I need it.

Answer options	Response %	Response Count
Agree	50.1%	388
Disagree	14.2%	110
Not sure	35.7%	276

Answered Question: 774

23. I am satisfied with the school systems' policies and practices related to healthy eating and exercise for students.

Answer options	Response %	Response Count
Agree	63.1%	490
Disagree	13.0%	101
Not sure	23.9%	186

Answered Question: 777

24. There are enough after school opportunities for school age children.

Answer options	Response %	Response Count
Agree	53.5%	416
Disagree	15.7%	122
Not sure	30.8%	240

Answered Question: 778

25. My community offers plenty of affordable recreation and organized sports opportunities for children and youth.

Answer options	Response %	Response Count
Agree	68.3%	533
Disagree	13.8%	108
Not sure	17.8%	139

Answered Question: 780

26. My community offers plenty of other educational/learning activities for children and youth.

Answer options	Response %	Response Count
Agree	58.3%	454
Disagree	15.1%	118
Not sure	26.6%	207

Answered Question: 779

27. My community is a good place to grow older.

Answer options	Response %	Response Count
Agree	86.0%	662
Disagree	4.7%	36
Not sure	9.4%	72

Answered Question: 770

28. There are enough senior-friendly housing developments.

Answer options	Response %	Response Count
Agree	51.2%	394
Disagree	18.3%	141
Not sure	30.4%	234

Answered Question: 769

29. There is transportation for older adults.

Answer options	Response %	Response Count
Agree	59.7%	461
Disagree	15.8%	122
Not sure	24.5%	189

Answered Question: 772

30. There are enough meal programs for older adults.

Answer options	Response %	Response Count
Agree	58.1%	447
Disagree	8.7%	67
Not sure	33.2%	255
Answered Question: 769		

31. There are systems of support for the elderly living alone.

Answer options	Response %	Response Count
Agree	49.2%	377
Disagree	10.8%	83
Not sure	39.9%	306
Answered Question: 766		

32. Please select up to three items from the list below that cause you the most amount of stress.

Answer options	Response %	Response Count
Money/finances	54.4%	398
Work/job	34.3%	251
Major life events	24.9%	182
Family responsibilities	23.8%	174
Negative use of social media/internet	20.9%	153
Answered Question: 731		

33. What are three common ways you manage your stress.

Answer options	Response %	Response Count
Exercise, walk, or go for a bike ride	42.6%	324
Pray or go to church	38.5%	293
Spend time with/call family or friends	31.1%	237
Listen to music	29.6%	225
Watch TV or movies	24.7%	188
Answered Question: 761		

34. What do you think are the three biggest "health problems" in your community?

Answer options	Response %	Response Count
Being overweight	43.1%	326
Cancers	38.2%	289
Alcohol abuse	23.9%	181
Aging problems	19.0%	144
Suicide	18.7%	141
Answered Question: 756		

35. What do you think are the three most significant "risky behaviors" in your community?

Answer options	Response %	Response Count
Illegal drug abuse	48.4%	365
Alcohol abuse	45.0%	339
Poor eating habits	30.0%	226
Lack of exercise	29.7%	224
Too much screen time	28.9%	218
Answered Question: 754		

Community Health Assessment & Planning Review

The strategic issues should be selected based on the results of the MAPP assessments and should reveal what is truly important from the vast amount of information that has been gathered and reviewed.

Based upon the 2015/2016 Community Health Data Review, the following areas of concern were identified:

District Wide

- Obesity/nutrition/physical activity
- Mental health issues
- Suicide
- Low seatbelt usage
- Cancer
- Alcohol Abuse
- Prescription drug use
- Illegal drug use
- Bullying
- Motor vehicle crashes and deaths
- Domestic/relational violence/sexual assault

York County

Top Three Health problems identified by community members:

- Overweight
- Cancer
- Suicide

Top Three Risky Behaviors as identified by community members:

- Illegal drug abuse
- Alcohol abuse
- Poor eating habits/lack of exercise/too much screen time

Community Health Improvement Plan and Implementation Strategy for Henderson Health Care

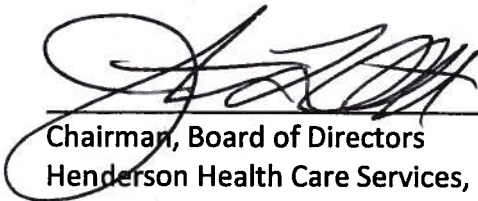
Henderson Health Care has taken a collaborative approach to the assessment of the areas of concern identified by the District, as well as, the York county community members. In response to these concerns, Henderson Health Care will develop the following implementation strategies:

Henderson Health Care Implementation Strategy for Community Health Improvement Plan
(A component of the Community Health Needs Assessment)

Community Need	Implementation Strategy
Obesity/Nutrition/Physical activity	1. Work collaboratively with Four Corners Health Department to educate the community members on the benefits of proper nutrition and exercise. • HHC provides health benefits in newsletter distributed to over 15,000 recipients on a quarterly basis. 2. Assist in developing a consistent, comprehensive nutritional and physical activity message, promotional campaign, identifying local champions. • Continue to sponsor and facilitate the Weight Loss Challenge annually • Continue to offer health fairs (to HHC employees as well as the general public) promoting access to healthcare and preventative screening and early disease detection. • Work with local chamber offices and appropriate public agencies to promote messages, newspaper press releases, etc. • Work with local public health system to promote healthy lifestyles through health fairs, community education, etc. Continue to offer facility wellness center access to employees, community members, and members of the general public to encourage/promote physical activity and good health. 3. Provide nutritional counseling and education to patients with our Registered Dietician and/or Nursing Staff.
Cancer	1. Continue to offer comprehensive Oncology services and Specialty clinic for timely access and treatment for patients. 2. Consult HHC Medical Staff for guidance and education of the general public and patients. 3. Develop clear and consistent messages to the general public and patients of HHC to promote and encourage screening and early disease detection. • Extended Radiology hours for mammograms during month of October to promote screening • Develop and distribute patient education materials to promote preventative screening 4. Continue to host and promote the Annual Cancer Awareness dinner, recognizing local champions. 5. Continue to work across the local public health system to educate, be a resource, and collaborate into existing programs of HHC.
Suicide/Mental Health	1. HHC provides care and treatment to patients in the clinic, hospital, emergency department, and residential care facilities. HHC will make appropriate mental health referrals when deemed necessary.

	2. HHC contracts for eEmergency services where mental health coordination can be initiated. 3. Effective September 2016, HHC will offer tele-psychiatry services for its long term care and assisted living residents as indicated. • Assess for the expansion for outpatient services or specialty clinic • Continue to use technology to connect patients with healthcare providers when opportunities arise 4. Develop clear and consistent messages to the general public and patients of HHC to promote mental health services and suicide prevention. • Sponsor a speaker at Heartland Community School as well as Sutton Public School on suicide prevention/mental health amongst teenagers • Focus on cyber bullying • Risky behaviors (alcohol use, drug use, premarital relationships)
Alcohol Abuse/Drug Abuse	1. HHC provides care and treatment to patients in the clinic, hospital, emergency department, and residential care facilities. HHC will make appropriate drug/alcohol use/abuse referrals when deemed necessary. 2. Develop clear and consistent messages to the general public and patients of HHC on the abuse of drugs and alcohol. • Sponsor a speaker at Heartland Community School as well as Sutton Public School on the risks of alcohol and drug use. • Collaborate with the local public health system to educate and be a resource for members of the community.

The Community Health Needs Assessment and Implementation Strategy for Community Health Improvement Plan was reviewed, approved, and accepted by the Henderson Health Care Board of Directors on June 20, 2016.



 Chairman, Board of Directors
 Henderson Health Care Services, Inc.