

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*

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, 40 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.

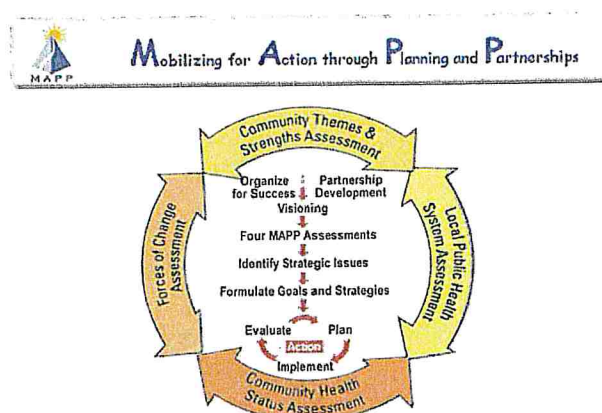
Introduction

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.

A Community Health Advisory Committee consisting of 22 partner agencies across the Four Corners District worked to identify health concerns and needs across the district to identify

possible solutions to the most predominant concerns. The team utilized 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. An updated survey was designed and distributed in 2018. The survey was distributed throughout the district from May through July 31, 2018 to community meetings such as Rotary, Kiwanis, or Sertoma Clubs. They were taken to area churches, school events, county fairs, etc. The survey was also available online at Survey Monkey. Responses were received from 254 individuals. The compiled results are summarized below:

How old are you?

Answer Options

19-25 years
26-39 years
40-54 years
55-64 years
65-80 years
Over 80 years

Response Percent	Response Count
5.91%	15
20.47%	52
31.89%	81
25.98%	66
14.96%	38
0.79%	2
answered question	254

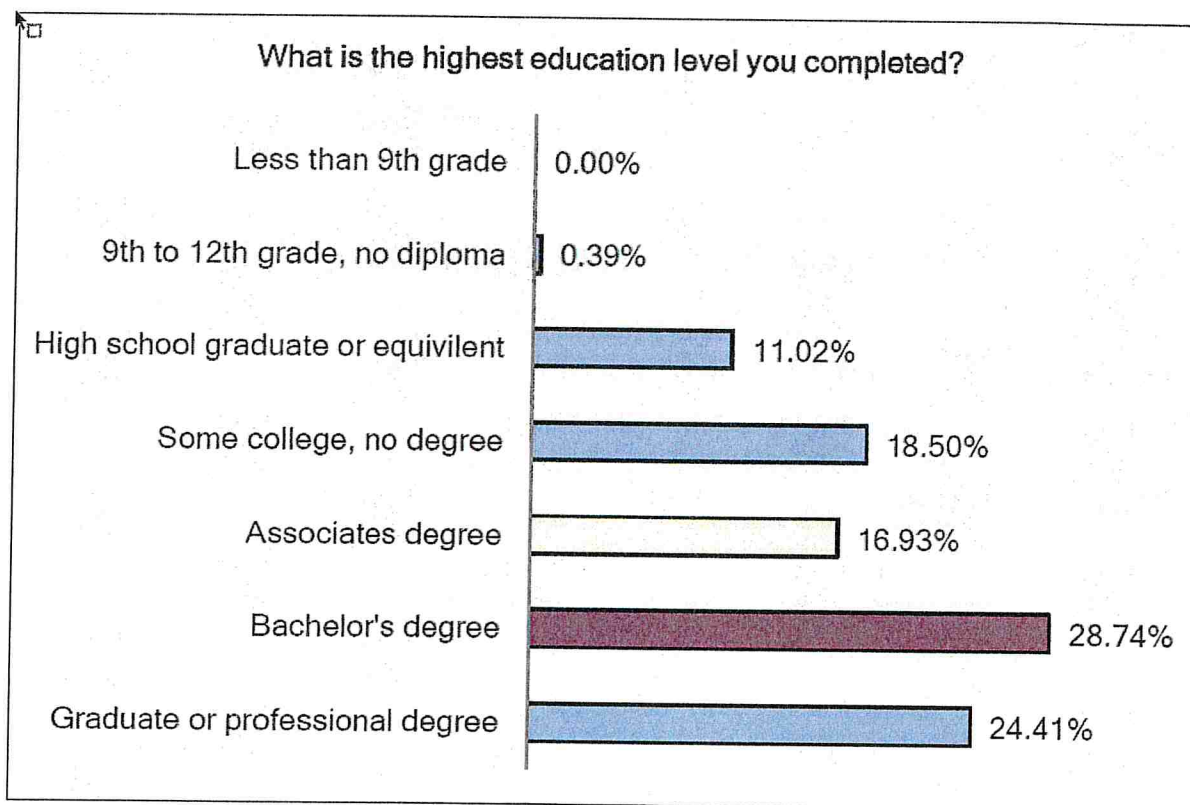
Which describes your race/ethnicity? Please select just one.

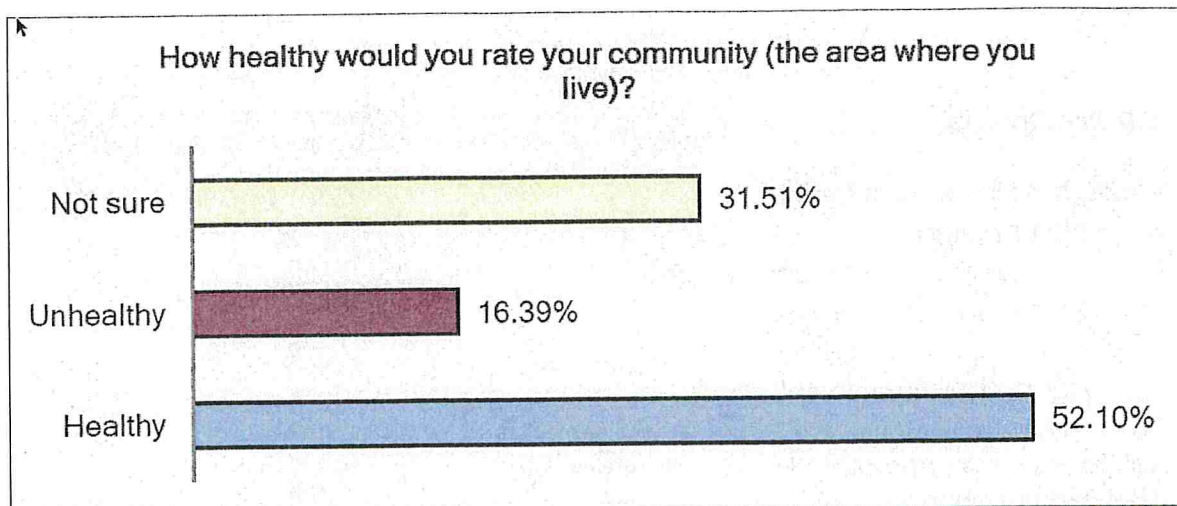
Answer Options

	Response Percent	Response Count
White, not Hispanic or Latino	95.98%	239
Hispanic or Latino	2.81%	7
American Indian, not Hispanic or Latino	0.4%	1
Asian, not Hispanic or Latino	0.8%	2
Black, not Hispanic or Latino	0.0%	0
Multi-Race, not Hispanic or Latino	0.0%	0
Some other race alone, not Hispanic or Latino	0.0%	0
Native Hawaiian and other Pacific Islander - not Hispanic or Latino	0.0%	0

answered question

249





Answer Options

Response
Percent

Response
Count

Healthy

52.10%

124

Unhealthy

16.39%

39

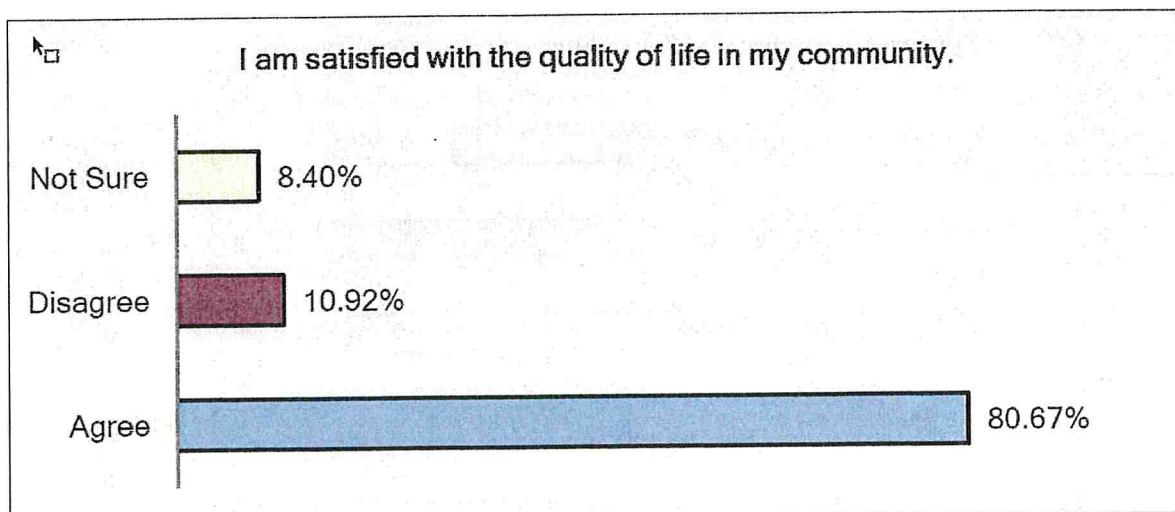
Not sure

31.51%

75

answered question

238



Answer Options

Response
Percent

Response
Count

Agree

80.67%

192

Disagree

10.92%

26

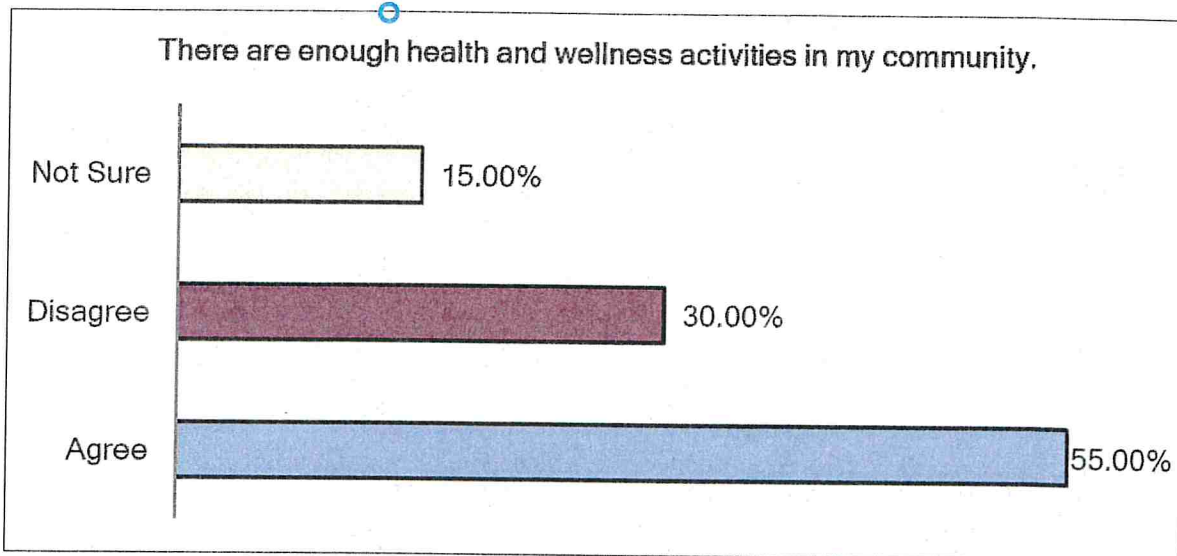
Not Sure

8.40%

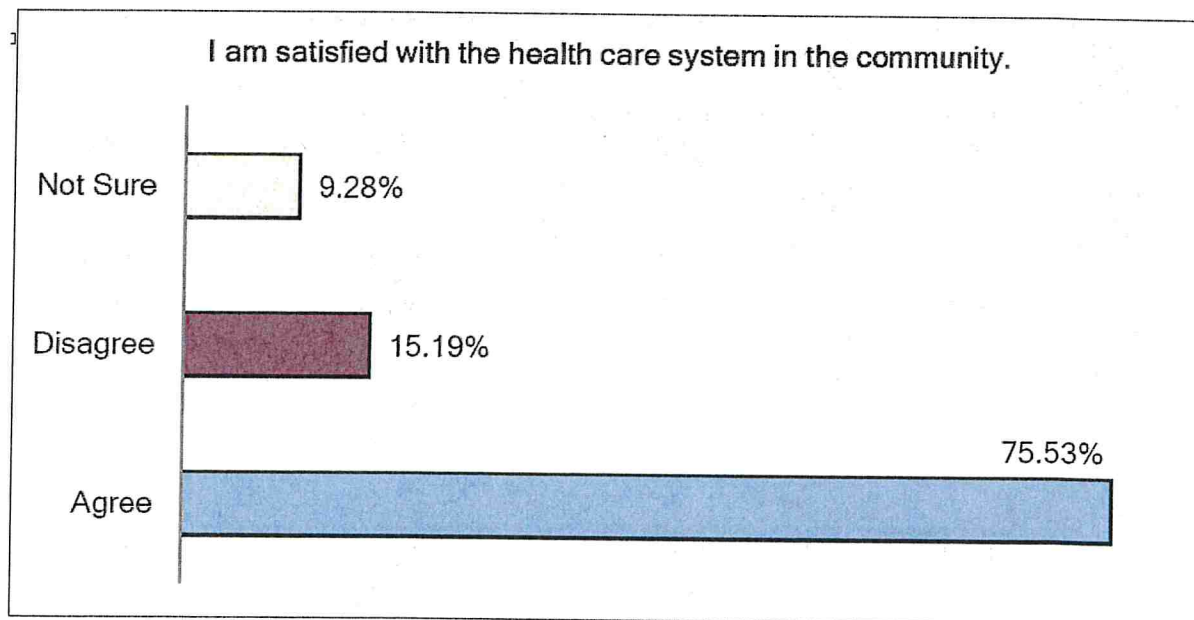
20

answered question

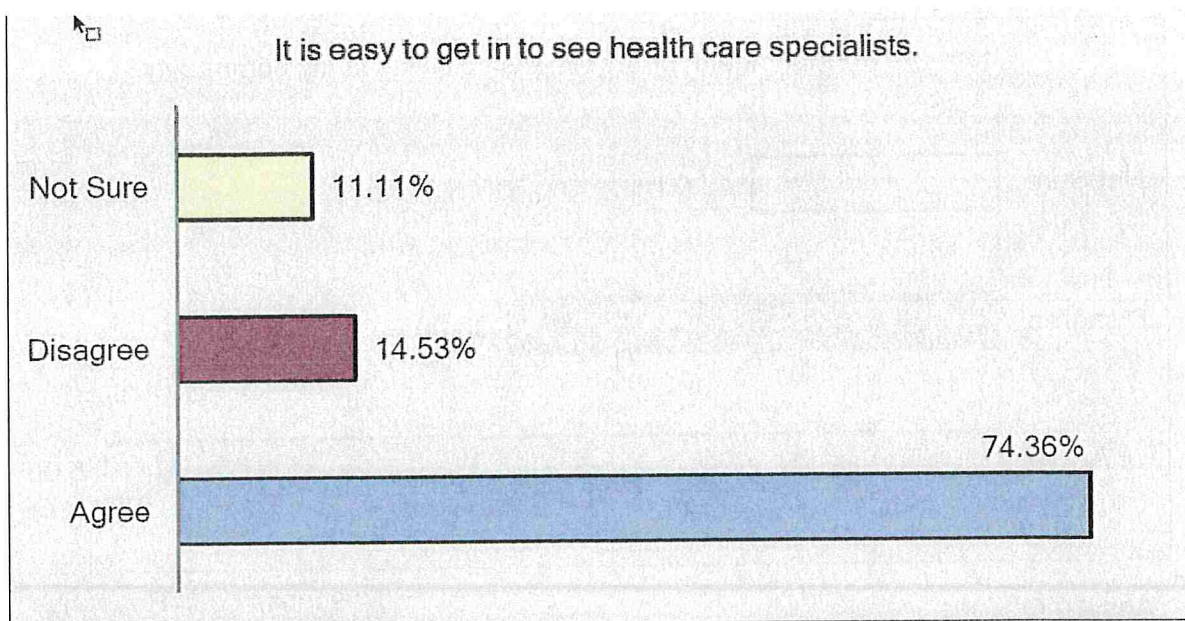
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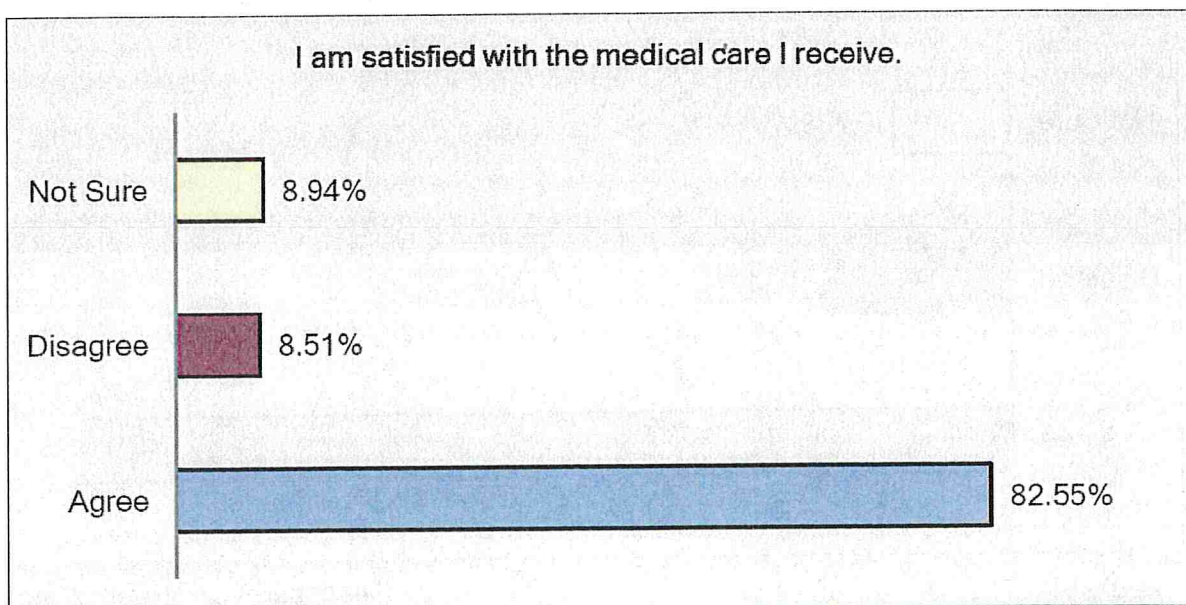
Answer Options	Response Percent	Response Count
Agree	55.00%	132
Disagree	30.00%	72
Not Sure	15.00%	36
<i>answered question</i>		240



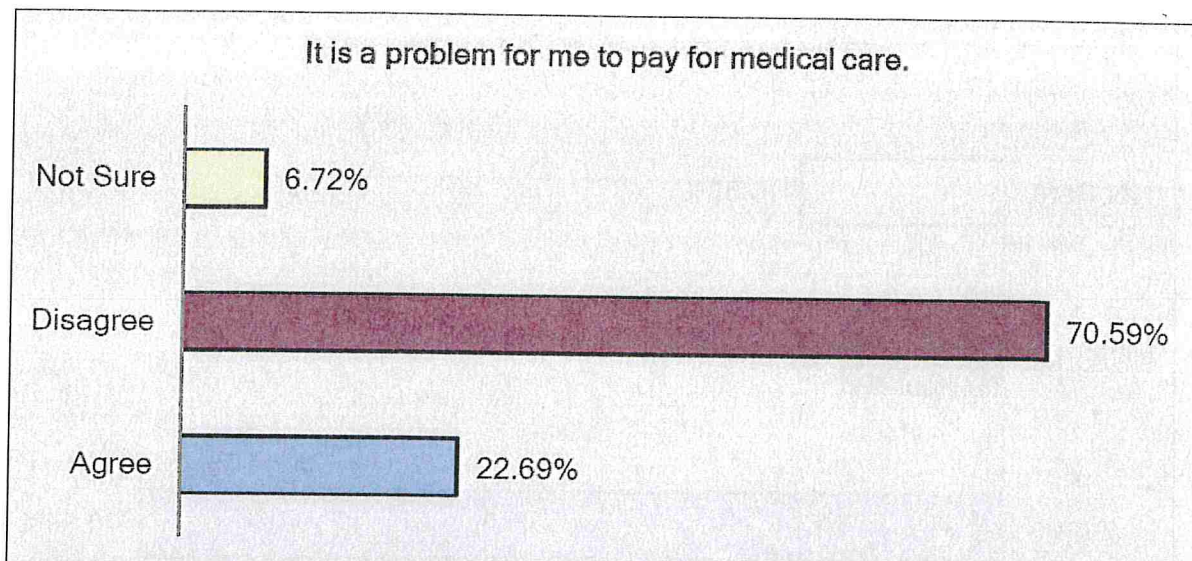
Answer Options	Response Percent	Response Count
Agree	75.53%	179
Disagree	15.19%	36
Not Sure	9.28%	22
<i>answered question</i>		237



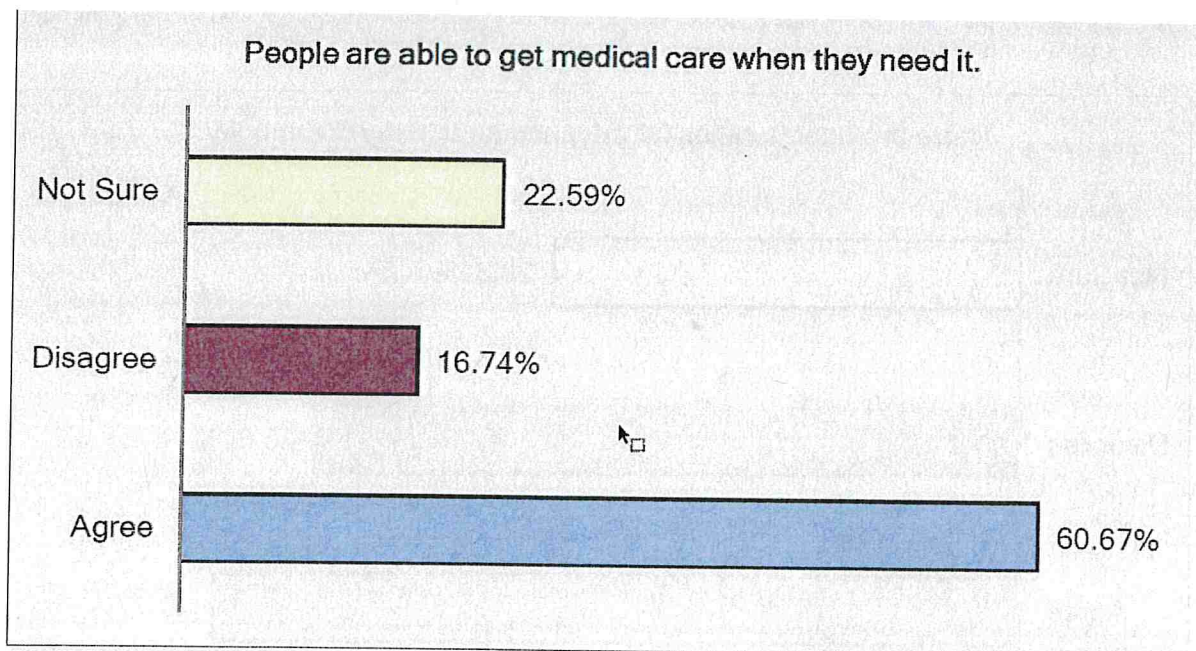
Answer Options	Response Percent	Response Count
Agree	74.36%	174
Disagree	14.53%	34
Not Sure	11.11%	26
<i>answered question</i>		234



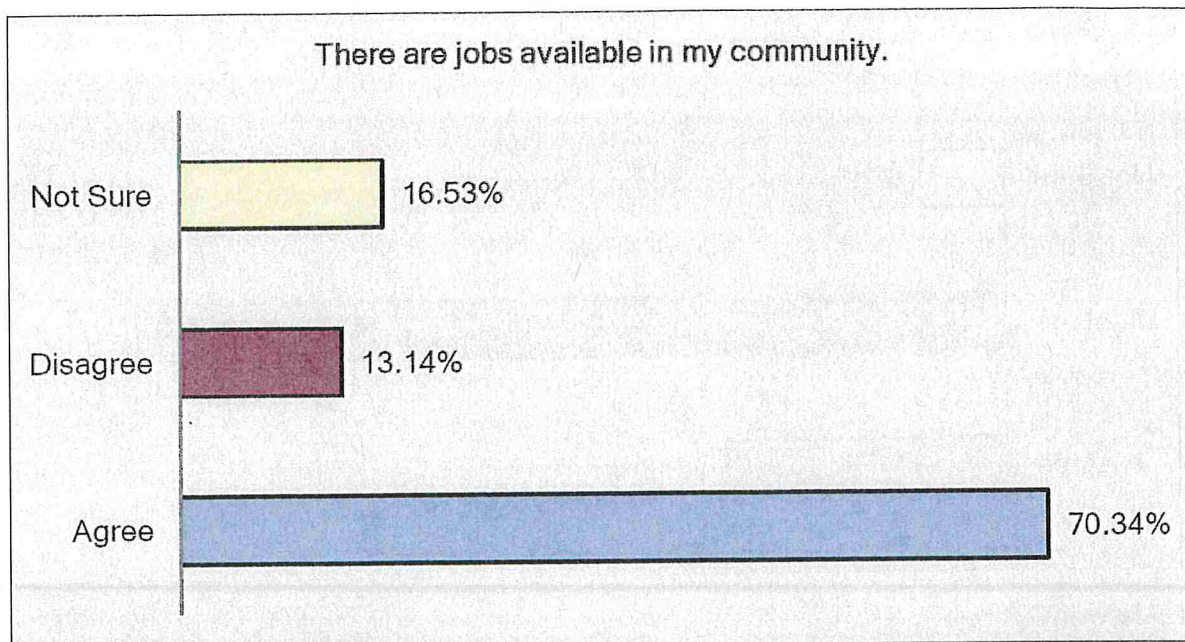
Answer Options	Response Percent	Response Count
Agree	82.55%	194
Disagree	8.51%	20
Not Sure	8.94%	21
<i>answered question</i>		235



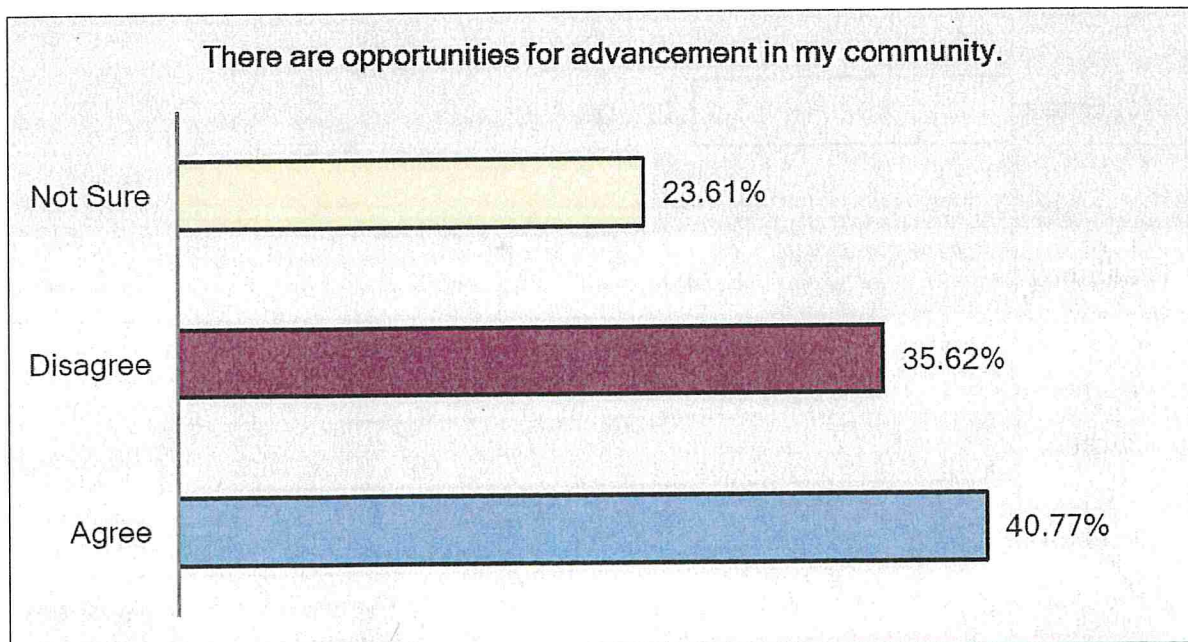
Answer Options	Response Percent	Response Count
Agree	22.69%	54
Disagree	70.59%	168
Not Sure	6.72%	16
<i>answered question</i>		238



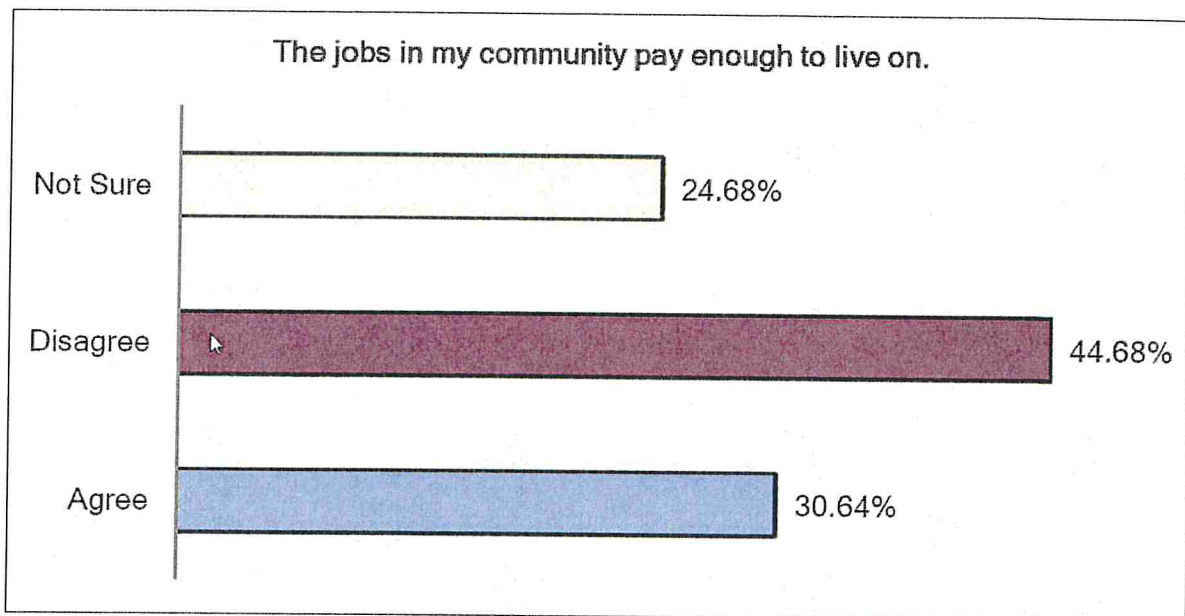
Answer Options	Response Percent	Response Count
Agree	60.67%	145
Disagree	16.74%	40
Not Sure	22.59%	54
<i>answered question</i>		239



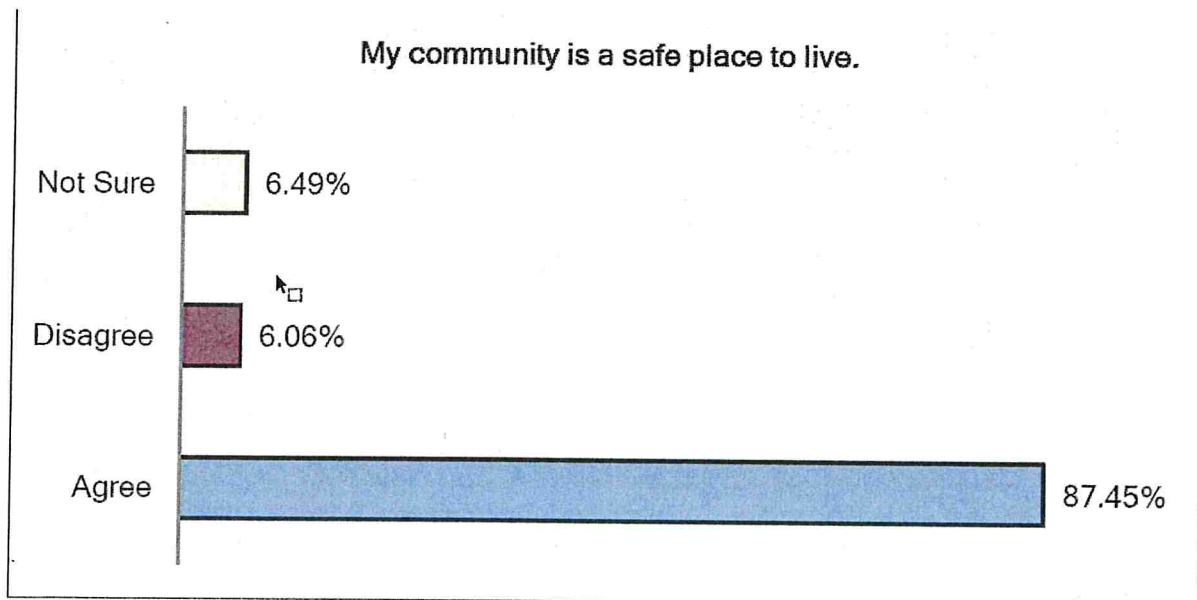
Answer Options	Response Percent	Response Count
Agree	70.34%	166
Disagree	13.14%	31
Not Sure	16.53%	39
<i>answered question</i>		236



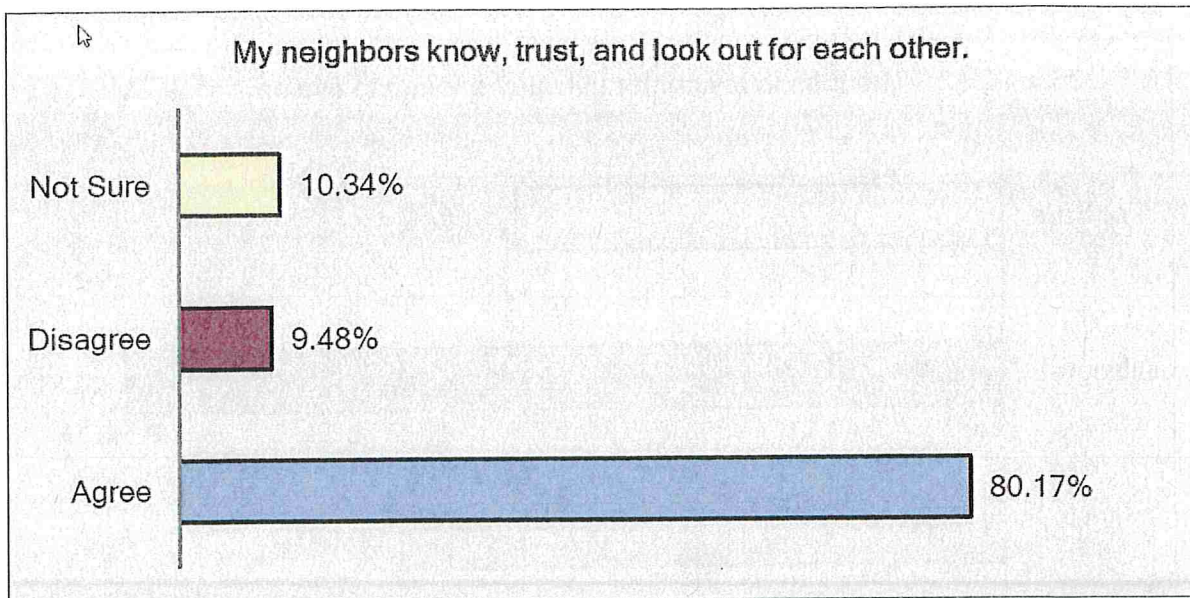
Answer Options	Response Percent	Response Count
Agree	40.77%	95
Disagree	35.62%	83
Not Sure	23.61%	55
<i>answered question</i>		233



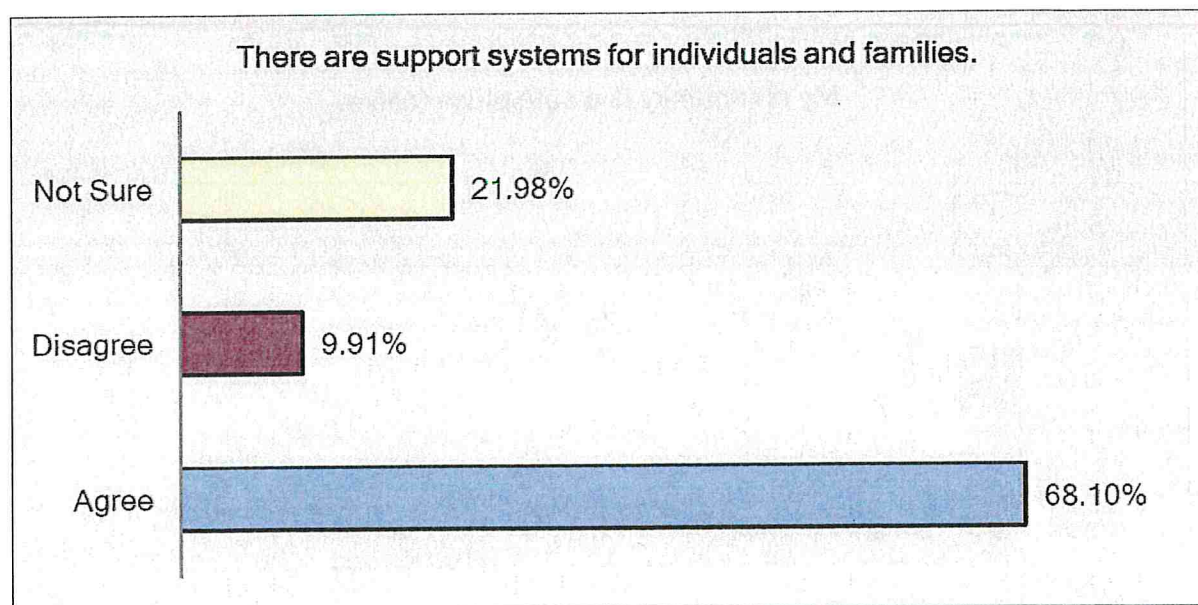
Answer Options	Response Percent	Response Count
Agree	30.64%	72
Disagree	44.68%	105
Not Sure	24.68%	58
<i>answered question</i>		235



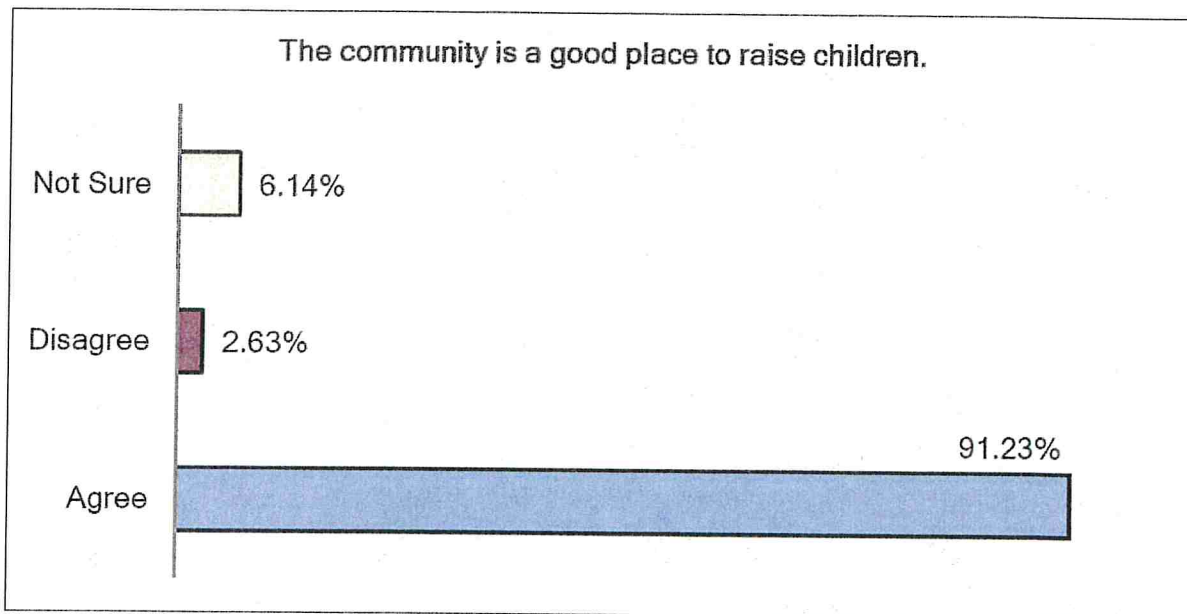
Answer Options	Response Percent	Response Count
Agree	87.45%	202
Disagree	6.06%	14
Not Sure	6.49%	15
<i>answered question</i>		231



Answer Options	Response Percent	Response Count
Agree	80.17%	186
Disagree	9.48%	22
Not Sure	10.34%	24
<i>answered question</i>		232



Answer Options	Response Percent	Response Count
Agree	68.10%	158
Disagree	9.91%	23
Not Sure	21.98%	51
<i>answered question</i>		232



Answer Options

Agree
Disagree
Not Sure

**Response
Percent**

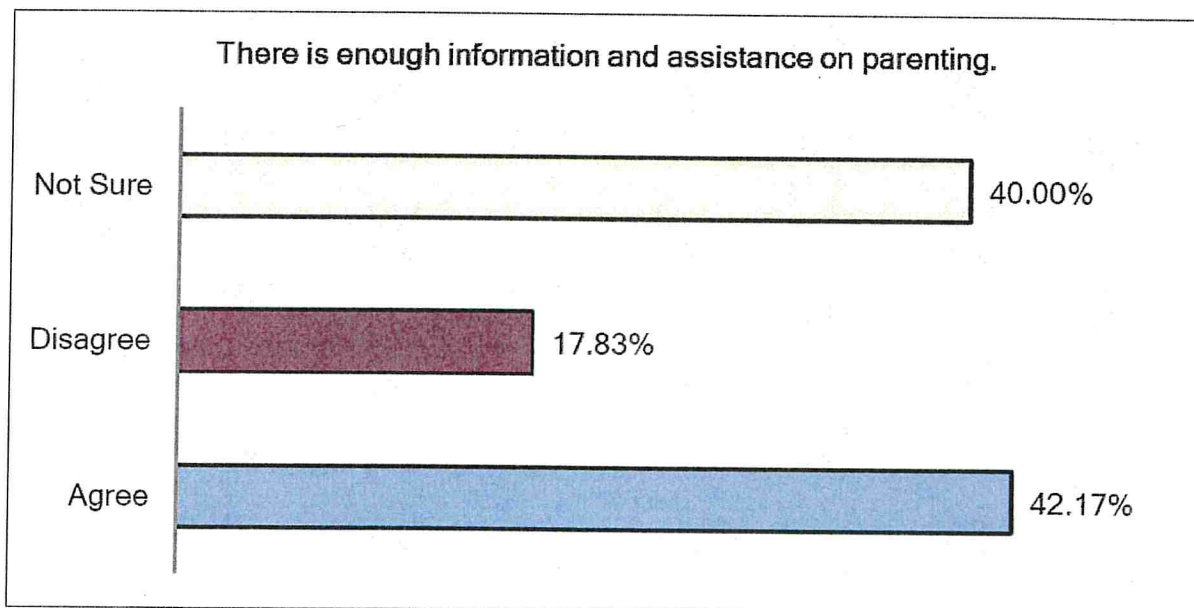
91.23%
2.63%
6.14%

**Response
Count**

208
6
14

answered question

228



Answer Options

Agree
Disagree
Not Sure

**Response
Percent**

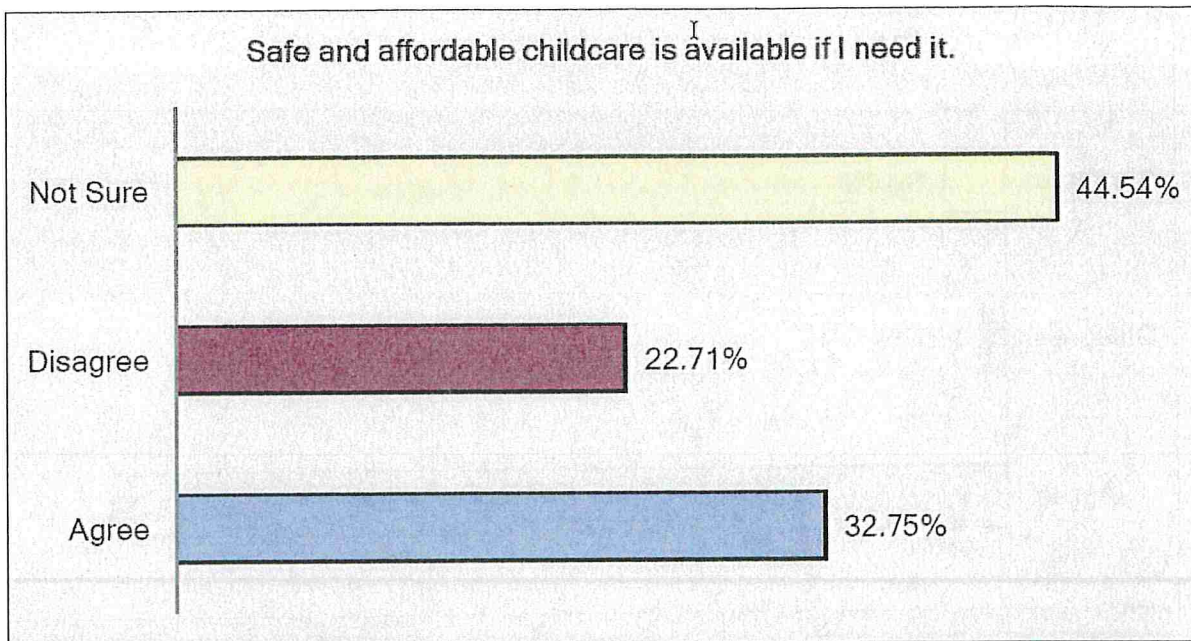
42.17%
17.83%
40.00%

**Response
Count**

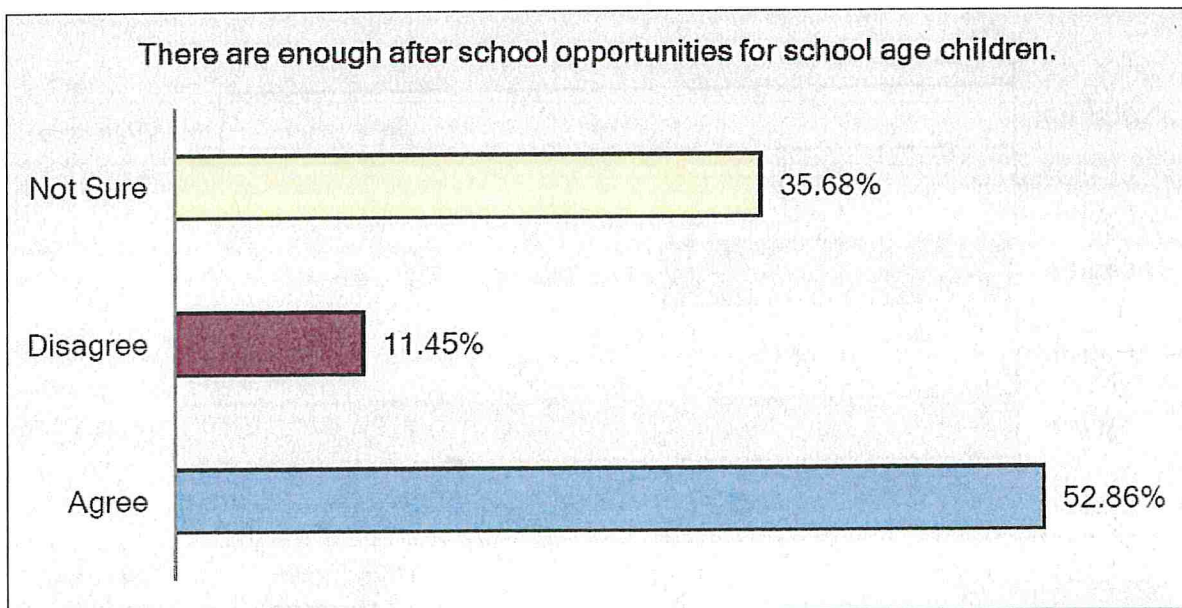
97
41
92

answered question

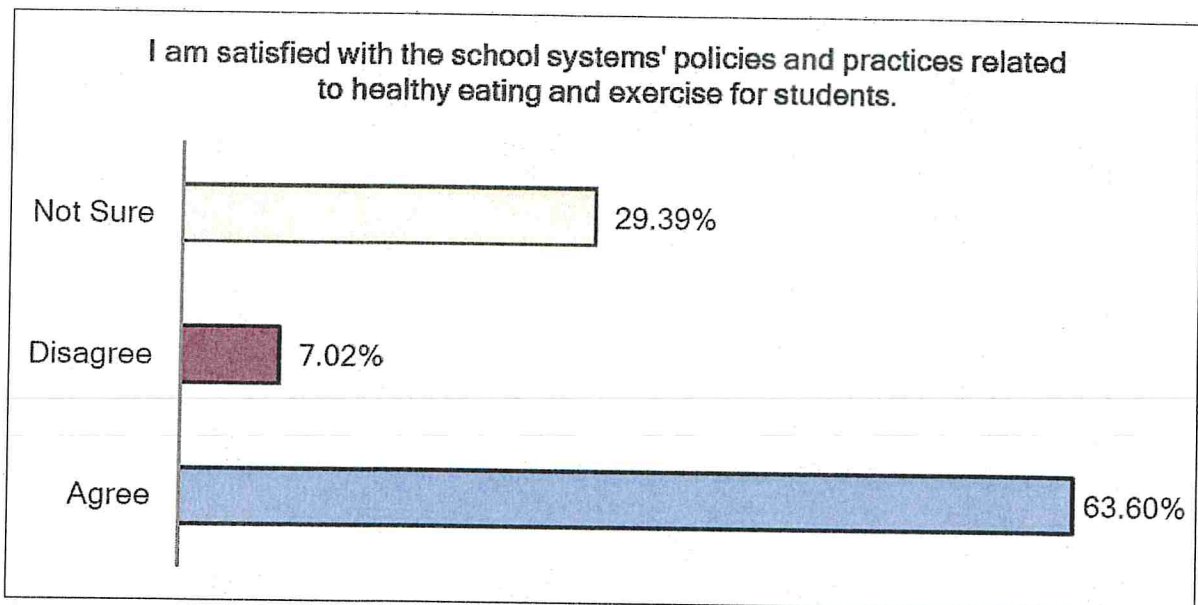
230



Answer Options	Response Percent	Response Count
Agree	32.75%	75
Disagree	22.71%	52
Not Sure	44.54%	102
<i>answered question</i>		229



Answer Options	Response Percent	Response Count
Agree	52.86%	120
Disagree	11.45%	26
Not Sure	35.68%	81
<i>answered question</i>		227



Answer Options

**Response
Percent**

**Response
Count**

Agree

63.60%

145

Disagree

7.02%

16

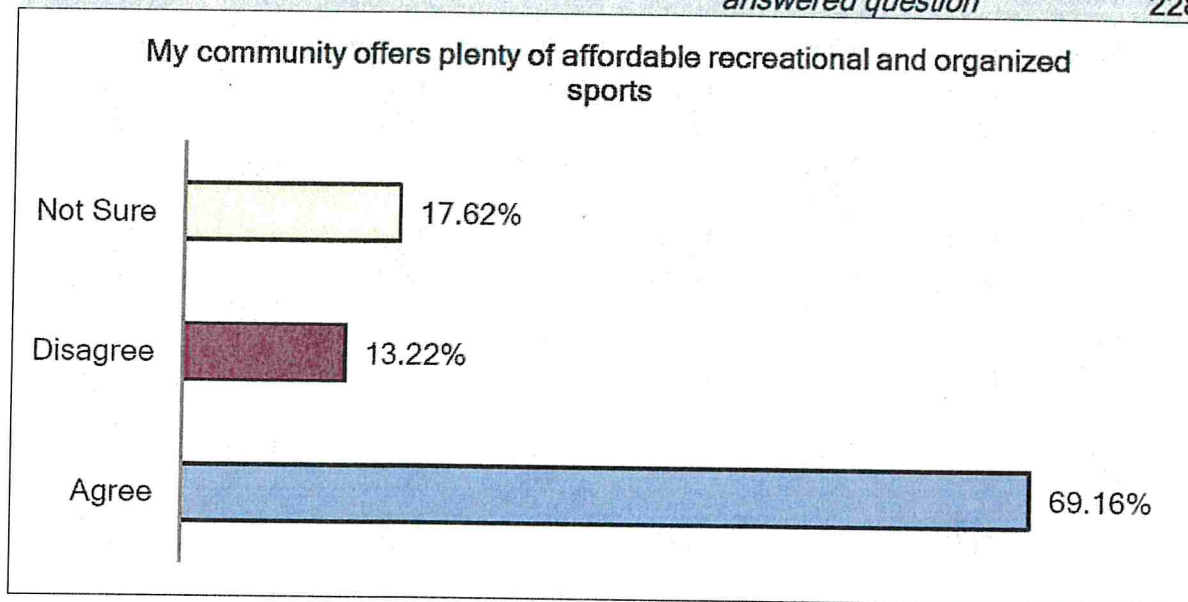
Not Sure

29.39%

67

answered question

228



Answer Options

**Response
Percent**

**Response
Count**

Agree

69.16%

157

Disagree

13.22%

30

Not Sure

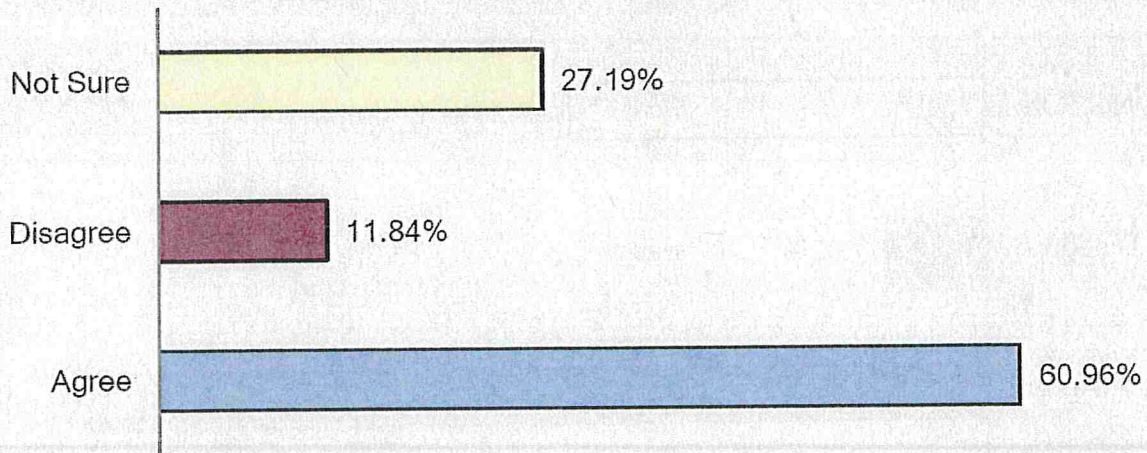
17.62%

40

answered question

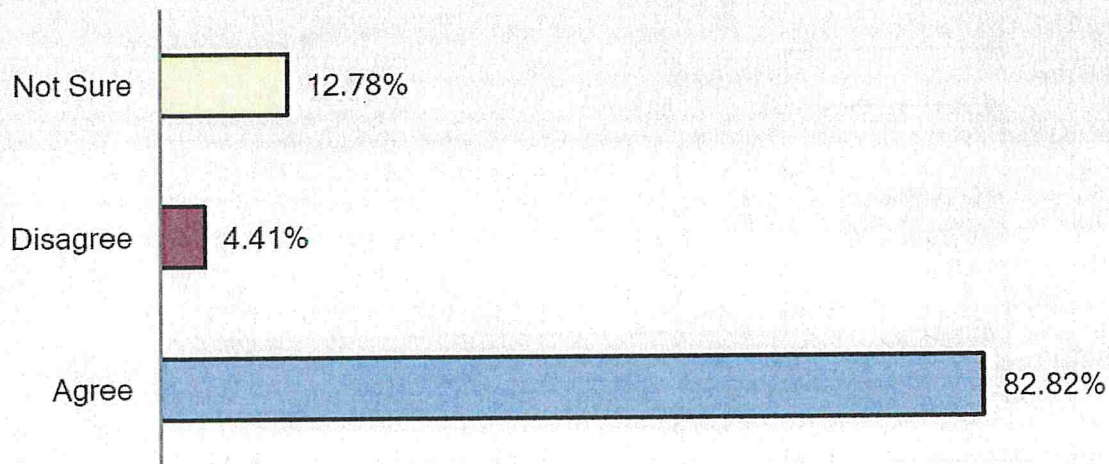
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My community offers plenty of other educational/learning activities for children and youth.

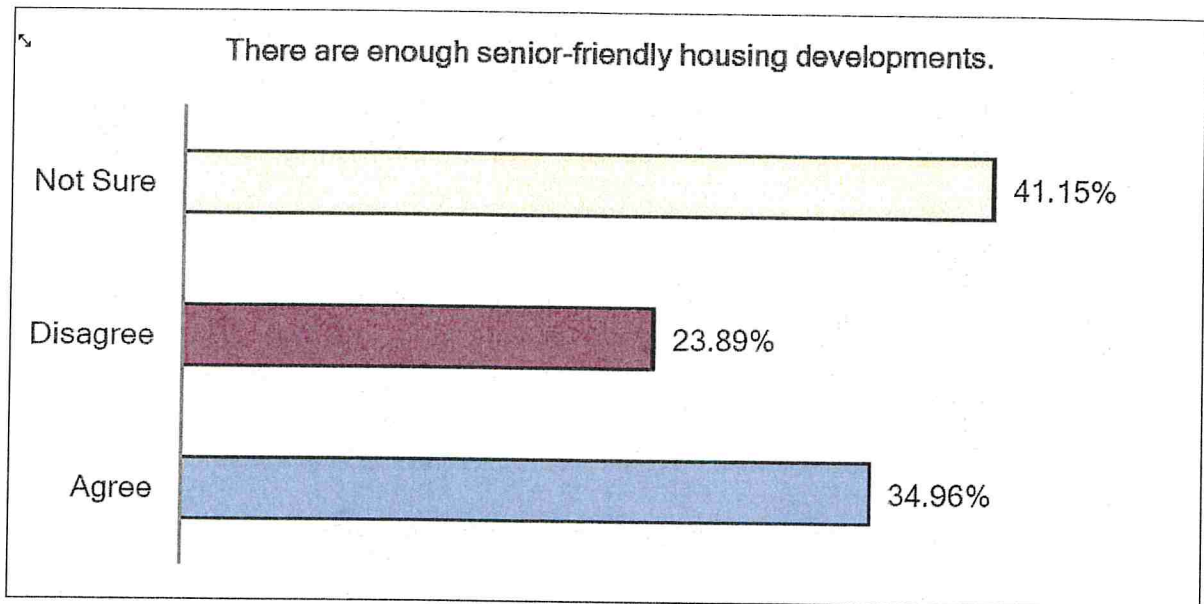


Answer Options	Response Percent	Response Count
Agree	60.96%	139
Disagree	11.84%	27
Not Sure	27.19%	62
<i>answered question</i>		228

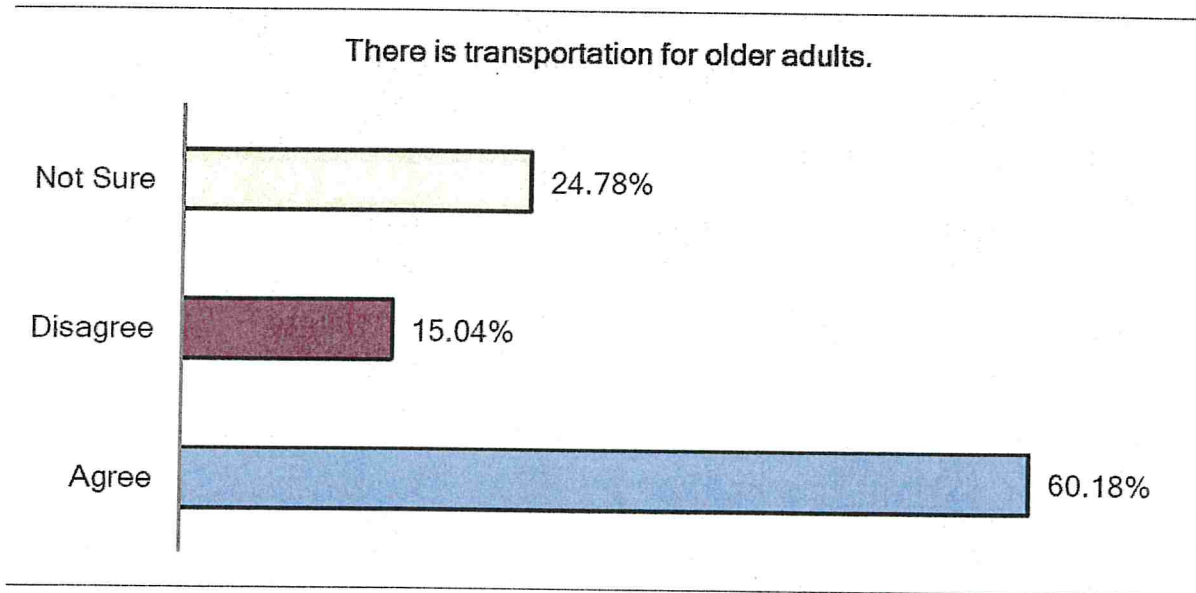
My community is a good place to grow older.



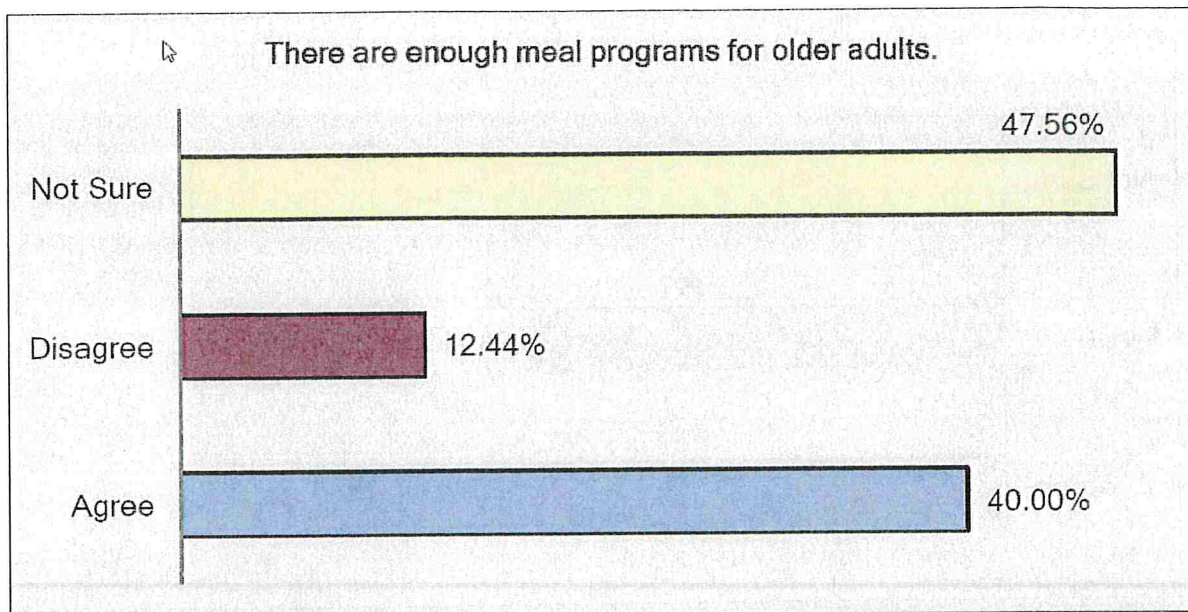
Answer Options	Response Percent	Response Count
Agree	82.82%	188
Disagree	4.41%	10
Not Sure	12.78%	29
<i>answered question</i>		227



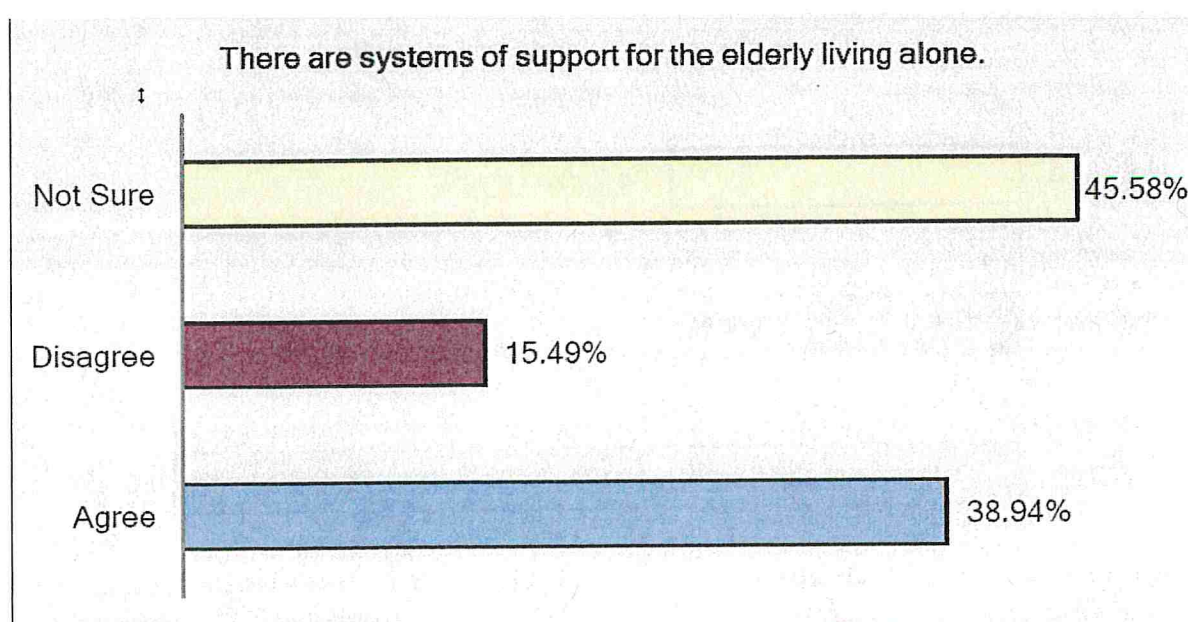
Answer Options	Response Percent	Response Count
Agree	34.96%	79
Disagree	23.89%	54
Not Sure	41.15%	93
<i>answered question</i>		226



Answer Options	Response Percent	Response Count
Agree	60.18%	136
Disagree	15.04%	34
Not Sure	24.78%	56
<i>answered question</i>		226



Answer Options	Response Percent	Response Count
Agree	40.00%	90
Disagree	12.44%	28
Not Sure	47.56%	107
<i>answered question</i>		225



Answer Options	Response Percent	Response Count
Agree	38.94%	88
Disagree	15.49%	35
Not Sure	45.58%	103
<i>answered question</i>		226

Question: What causes you the most amount of stress?
(The top six answers are reported.)

Answer Options	Response Percent	Response Count
Money/finances	53.70%	116
Work/job	36.57%	79
Major life events	28.24%	61
Negative use of social media/internet	26.39%	57
Family Responsibilities	23.15%	50
Parenting/Children	23.15%	50
answered question		216

Question: What are three common ways you manage your stress?
(The top five answers are reported.)

Answer Options	Response Percent	Response Count
Exercise, walk, or go for a bike ride	40.91%	90
Pray or go to church	39.09%	86
Spend time with/call family or friends	27.73%	61
Watch TV or movies	26.36%	58
Listen to Music	25.91%	57
answered question		220

Question: What do you think are the three biggest "health problems" in your community?
(The top five answers are reported.)

What do you think are the three biggest "health problems" in your community?
(Please check only three)

Answer Options	Response Percent	Response Count
Being overweight	49.77%	106
Mental Health Problems	36.62%	78
Cancers	29.58%	63
Alcohol abuse	17.84%	38
Heart disease and stroke	16.43%	35
answered question		213

Question: What do you think are the three most significant "risky behaviors" in your community?
(The top five answers are reported.)

What do you think are the three most significant "risky behaviors" in your community?
(Please check only three)

Answer Options	Response Percent	Response Count
Illegal drug abuse (marijuana, cocaine, heroin, etc.)	58.69%	125
Alcohol abuse	39.91%	85
Too much screen time (TV, computer, phone, etc.)	39.44%	84
Poor eating habits	37.09%	79
Lack of exercise	31.46%	67
answered question		213

Question: Of the health problems and risky behaviors that you marked, which one would you suggest the community work on?

The most frequent responses included:

Illegal Drug Abuse
Exercise
Mental Health
Screen Time
Poor Eating Habits
Alcohol Abuse

Question: Tell us what makes you feel your county is healthy.

The most frequent responses included:

Healthy People
Wellness Opportunities
Healthcare Access
Families
Exercise Opportunities
Community Living and Support

Question: Tell us what makes you feel your county is unhealthy.

The most frequent responses included:

Mental Health Concerns
Obesity/Overweight
Drug Abuse
Alcohol Abuse
Too much Screen Time
Laziness – Sedentary Lifestyles

In addition to the data presented here, the Community Health Survey allowed residents the opportunity to comment on individual questions. Hundreds of comments were collected, and comments to specific questions can be made available upon request. For more information on specific questions or comments, please contact Four Corners Health Department.

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 2018 Community Health Data Review, the following areas of concern were identified:

- Obesity/nutrition/physical activity
- Mental health issues
- Cancers
- Alcohol/Substance Abuse
- Heart Disease and Stroke

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 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. • HHC has contracted Marty Wolff from the "Biggest Loser" Program to provide 18 weeks of Train Your Brain. A program designed for good health, proper nutrition, and exercise. • 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 diabetic 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 including but not limited to breast and colorectal cancer. • Extended Radiology hours for mammograms during month of October to promote screening • Develop and distribute patient education materials to promote preventative screening • Continue to sponsor and host community health events in York and Clay County.

	4. Continue to work across the local public health system to educate, be a resource, and collaborate into existing programs of HHC.
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. Assess for the expansion for outpatient services or specialty clinic 4. Continue to use technology to connect patients with healthcare providers when opportunities arise 5. Develop clear and consistent messages to the general public and patients of HHC to promote mental health services and suicide prevention. 6. Offer to 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. 3. Collaborate with the local public health system to educate and be a resource for members of the community.
Heart Disease and Stroke	1. Henderson Health Care provides care to heart disease and stroke patients via the Emergency Room, inpatient care, rural health clinics, and Cardiac Rehabilitation. 2. Continue to provide specialty clinics specializing in cardiology and cardiovascular services. 3. Promote services through public education and via facility newsletter.

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 May 4, 2019.



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