



## New Hampton Medical Center CHNA Implementation Strategy Fiscal Years 2020-2022

MercyOne New Hampton completed a comprehensive Community Health Needs Assessment (CHNA) that was adopted by the Board of Directors on 4/22/2019. MercyOne New Hampton performed the CHNA in adherence with certain federal requirements for not-for-profit hospitals set forth in the Affordable Care Act (ACA) and by the Internal Revenue Service (IRS). The assessment took into account a comprehensive secondary data analysis of patient outcomes, community health status, and social determinants of health, as well as primary data including input from representatives of the community, community members, and various community organizations.

The complete CHNA report is available electronically at [https://www.mercyone.org/newhampton/\\_assets/documents/chna\\_2019\\_report.pdf](https://www.mercyone.org/newhampton/_assets/documents/chna_2019_report.pdf), or printed copies are available at MercyOne New Hampton Medical Center, 308 N. Maple New Hampton, IA 50659.

### Hospital Information

MercyOne New Hampton Medical Center is a faith-based, not-for-profit community health care system that offers comprehensive health care services. MercyOne is licensed for 18 beds and has 20,000 outpatient visits each year. Located in New Hampton, Iowa, Mercy serves 17,000 residents in and around Chickasaw County. MercyOne offers a full range of services in an inpatient and outpatient setting as well as 24 hour emergency care, surgical services, obstetrics and family health, therapy and rehabilitation, diagnostic services, health education and wellness promotion. No other facilities are owned or operated by MercyOne New Hampton.

### Mission

MercyOne serves with fidelity to the Gospel as a compassionate, healing ministry of Jesus Christ to transform the health of our communities.

## Health Needs of the Community

The CHNA conducted during fiscal year 2019, identified significant health needs within the MercyOne New Hampton Medical Center community. Those needs were then prioritized based on the several mechanisms MercyOne used to gather community input on services: surveys, patient feedback, and service utilization data. Data sources included County Health Rankings, Community Commons, Northeast Iowa Community Action Corporation Client Needs Assessment Survey. In addition, focus groups, interviews and individual stories provide a valuable tool to gather qualitative data for strategic planning. There is great value in having community representatives participate in a guided discussion about the health status of the community, the organization's strengths, and opportunities for improvement. Information from all of the sources mentioned were presented to the Planning Team, and with the assistance of a MercyOne North Iowa facilitator, was distilled into a list of opportunities estimated to have the greatest positive impact on the identified community health needs. The significant health needs identified, in order of priority include:

<b>1) Nutrition (including food insecurity and obesity)</b>	<ul style="list-style-type: none"><li>– Accessibility of area food pantries</li><li>– Families not having enough food and not knowing how to grocery shop for healthy foods on a budget</li></ul>
<b>2) Mental Health</b>	<ul style="list-style-type: none"><li>– Lack of mental health providers in the area and mental health beds in this region</li><li>– Ongoing need for mental health programming in the area and open discussion groups to decrease the stigma associated with seeking help for mental health issues early on.</li></ul>
<b>3) Recreation/Wellness Opportunities</b>	<ul style="list-style-type: none"><li>– Lack of opportunities or knowledge gap of what is available</li></ul>

## Hospital Implementation Strategy

MercyOne New Hampton Medical Center resources and overall alignment with the hospital's mission, goals and strategic priorities were taken into consideration of the significant health needs identified through the most recent CHNA process.

### **Significant health needs to be addressed**

MercyOne New Hampton Medical Center will focus on developing and/or supporting initiatives and measure their effectiveness, to improve the following health needs:

- Nutrition (including food insecurity and obesity) – page 4
- Mental Health – page 6
- Recreation/Wellness Opportunities – page 8

## **Significant health needs that will not be addressed**

MercyOne New Hampton acknowledges the wide range of priority health issues that emerged from the CHNA process, and determined we could effectively focus on each of the three health needs identified.

This implementation strategy specifies community health needs that the hospital has determined to address in whole or in part and that are consistent with its mission. The hospital reserves the right to amend this implementation strategy as circumstances warrant. For example, certain needs may become more pronounced and require enhancements to the described strategic initiatives. During these three years, other organizations in the community may decide to address certain needs, indicating that the hospital then should refocus its limited resources to best serve the community.

## CHNA IMPLEMENTATION STRATEGY FISCAL YEARS 2020-2022

<b>Hospital facility:</b>	MercyOne New Hampton		
<b>CHNA significant health need:</b>	Nutrition – Including Obesity & Food Insecurity		
<b>CHNA reference page:</b>	Page 8	<b>Prioritization #:</b>	1

### Brief description of need:

With information from a private non-profit, Northeast Iowa Community Action Corporation (NEICAC), who serves low-income individuals in our area, families need help accessing food from food pantries. The current food pantries located in Chickasaw County are not open in the evening or on weekends. Many middle class families are considered the "working poor" because they don't make enough to pay all the bills but they make too much to qualify for any governmental assistance programs. Other concerns from this population including not having enough food at home and not knowing how to grocery shop for healthy foods on a budget.

**Goal:** Decrease in the number of people in Chickasaw County identified as "food insecure".

### **Objective:**

Improve access to the area free food programs to increase participation by 10%.

### Actions the hospital facility intends to take to address the health need:

Strategies	Timeline			Committed Resources		Potential Partners
	Y1	Y2	Y3	Hospital	Other Sources	
Gather and distribute information on all available resources currently available in county	X			Staff Time & Promotional Materials		All food pantries in county, support groups, churches, Salvation Army, libraries.
Expand hours of operation at the Chickasaw County Food Pantry to enhance utilization of existing food programs.		X		Staff Time Pay utility bill for food pantry		County food pantry, churches (the food pantry is located in a MercyOne owned building)

Work with area school districts to implement weekend backpack food programs		X		Staff Time and food supplies	Northeast Iowa Food Pantry	New Hampton, Turkey Valley, Sumner-Fredericksburg and Nashua-Plainfield Community Schools
Investigate summer meal programs for youth and possible funding sources			X	Staff Time		Northeast Iowa Food Pantry, area parks/recreation departments
Evaluate access to healthy prepared meals for senior citizens			X	Staff Time		NEI3A (area aging agency)

**Anticipated impact of these actions:**

CHNA Impact Measures	CHNA Baseline	Target
Food Insecurity Rate (Community Commons & Feeding America)	11.68%	10%
Food Insecure Children (Community Commons & Feeding America)	19.34%	17%

**Plan to evaluate the impact:**

Area food pantry usage will be tracked annually with calendar year 2019 being the baseline. Tracking will take place to determine the number of students enrolled in the weekend backpack food program in all schools in Chickasaw County.

## CHNA IMPLEMENTATION STRATEGY FISCAL YEARS 2020-2022

<b>Hospital facility:</b>	MercyOne New Hampton		
<b>CHNA significant health need:</b>	Mental Health		
<b>CHNA reference page:</b>	Page 8	<b>Prioritization #:</b>	1

Brief description of need: With information from a private non-profit, Northeast Iowa Community Action Corporation (NEICAC), getting treatment and service for mental health was identified as a need by 14.29 % of their clients. Thirty-three percent of their clients also indicated that they needed assistance dealing with stress, depression and anxiety. This was supported by the data obtained through a community survey. This survey showed that 17% of the respondents identified mental health as the greatest healthcare concern while 21% identified the need for more mental health services to better meet the healthcare challenges of the area.

**Goal:** Improve community awareness about Mental Health Topics affecting our citizens and resources available to support those affected.

***Objective:***

Increase the number of educational events regarding Mental Health held in the community.

**Actions the hospital facility intends to take to address the health need:**

Strategies	Timeline			Committed Resources		Potential Partners
	Y1	Y2	Y3	Hospital	Other Sources	
Utilize our Mental Health Coalition to plan awareness events throughout the year.	x	x	x	Staff time, meeting space		MercyOne Schools Mental Health Coalition
Gather data sources to identify gaps in youth health services.	x	x	x	Staff time		MercyOne Schools (Iowa Youth Survey) Counseling agencies. Behavioral health units serving service area youth. Law Enforcement

Work with CSS to bring crisis mobilization services to our service area.	x			Staff time		CSS Legislators
Launch mental health awareness campaign		x		Staff time		MercyOne, Spiritual Community, Schools, Behavioral health providers
Evaluate need for more services. ie: telepsych, LISW in various settings.		x		Staff time		MercyOne, Behavioral health providers

**Anticipated impact of these actions:**

CHNA Impact Measures	CHNA Baseline	Target
Number of awareness or educational events held in the area.	0	4
Number of ER psych consults done in the ED through telepsych service per year	30	36

**Plan to evaluate the impact:**

Impact measures will be looked at twice per year. MercyOne strives to decrease the stigma towards mental health, resulting an increase participation in mental health programming and someone's willingness to seek help from one of our local providers or in the Emergency Department.

## CHNA IMPLEMENTATION STRATEGY FISCAL YEARS 2020-2022

<b>Hospital facility:</b>	MercyOne New Hampton		
<b>CHNA significant health need:</b>	Recreation/Wellness Opportunities		
<b>CHNA reference page:</b>	Page 8	<b>Prioritization #:</b>	3

**Brief description of need:**

In Chickasaw County an estimated 27% of adults 20 and older felt they had no leisure or time for physical activity. Additionally, 68% of the population felt they had adequate access to locations for physical activity. These indicators are relevant as 34% of the population also reports a BMI of  $\geq 30$ .

**Goal:** Increase participation in wellness and recreation activities in Chickasaw County

**Objective:**

Increase wellness and recreation participation in Chickasaw County by 10%. Based on participation in existing events from previous years we would determine if we need to host new wellness or recreation opportunities in Chickasaw County.

**Actions the hospital facility intends to take to address the health need:**

Strategies	Timeline			Committed Resources		Potential Partners
	Y1	Y2	Y3	Hospital	Other Sources	
MercyOne sponsored activity of the month - social media event/post with health benefits of the activity of the month - Year 1 current events & activities - Year 2&3 possible	X	X	X	Staff time		Chickasaw conservation, ISU Extension, NH Parks & Rec, City of Ionia, City of Fredericksburg, CWC, Walking school bus
Evaluate monthly sponsored activity		X	X	Staff time		
Host wellness and recreation events		X	X	Staff time		



**Anticipated impact of these actions:**

CHNA Impact Measures	CHNA Baseline	Target
% Adults 20+ reporting no leisure – time physical activity	27%	<25%
% pop with adequate access to locations for physical activity	68%	85%
% Adults reporting BMI $\geq 30$	34%	30%

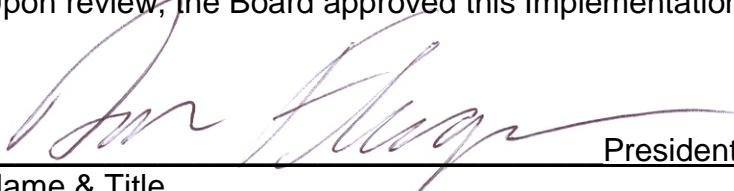
**Plan to evaluate the impact:**

At each 6 month interval of the MercyOne New Hampton monthly sponsored activity, we will evaluate the number of participants in each activity based on the previous years to determine if further events or what other approaches are needed to increase the overall participation in physical activity in our service area.

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## Adoption of Implementation Strategy

On November, 11, 2019, the Board of Directors for MercyOne New Hampton Medical Center, met to discuss the 2020-2022 Implementation Strategy for addressing the community health needs identified in the 2019 Community Health Needs Assessment. Upon review, the Board approved this Implementation Strategy and the related budget.

	President/CEO	11/11/2019
Name & Title		Date