



Community Health Needs Assessment (CHNA) Implementation Strategy

Fiscal Years 2023-2025

MercyOne Oelwein Medical Center completed a comprehensive Community Health Needs Assessment (CHNA) that was adopted by the Board of Directors June 2022. MercyOne Oelwein Medical Center performed the CHNA in adherence with applicable federal requirements for not-for-profit hospitals set forth in the Affordable Care Act (ACA) and by the Internal Revenue Service (IRS). The assessment considered a comprehensive review of secondary data analysis of patient outcomes, community health status, and social determinants of health, as well as primary data collection, 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/northeastiowa/about-us/communitybenefit/community-health-needs-assessment> or printed copies are available at 201 8th Ave. SE, Oelwein, Iowa 50662.

Our Mission

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

Our hospitals

MercyOne Oelwein Medical Center is a 25-bed, critical access hospital that provides acute care, outpatient services, and a 24-hour, physician-staffed emergency room. The MercyOne ambulance serves as the emergency 911 responder to Oelwein and surrounding communities including Arlington, Maynard, Westgate, Oran, and Fayette. The hospital is also home to a 39-bed, long-term care facility, MercyOne Senior Care (formerly Mercy Living Plus) and several clinic offices including MercyOne Oelwein Family Medicine is staff with physicians and a mid-level provider, a licensed social worker and visiting specialists. MercyOne Occupational Health and MercyOne Urgent Care round out the expanded services now offered at MercyOne Oelwein Medical Center.



Our Community Based Services

MercyOne Oelwein Medical Center partners with multiple organizations to provide services in the community including Northeast Iowa Food Bank, Plentiful Pantry, the Senior Health Insurance Program (SHIIP) and Williams Wellness Center. Partnerships with the Northeast Iowa Food Bank to support a mobile pantry and a new partnership to support the successor organization, Plentiful Pantry, are helping to address food insecurity in Oelwein and surrounding communities. MercyOne Oelwein Medical Center is looking forward to partnering with SHIIP in 2023 to host trained volunteers to help community members navigate Medicare plan options and enrollment. The program was previously active at the hospital in 2020 and will again be active in 2023. MercyOne is proud partner with the Williams Wellness Center which encourages people and families of all ages to participate in physical activity. MercyOne Oelwein Medical Center continues to participate in the tobacco cessation program My life My Quit. Additionally, MercyOne Oelwein Medical Center provides a free shuttle service, Care-A-Van, available to Fayette County residents needing transportation to appointments at MercyOne Specialty Care locations in Waterloo and Cedar Falls. MercyOne Oelwein Medical center also partners with American Red Cross to host blood drives.

Health needs of the community

The Community Health Needs Assessment (CHNA) conducted in the spring of 2022 identified the significant health needs within the Fayette County Community. Community stakeholders then prioritized those needs during a facilitated review and analysis of the CHNA findings. The significant health needs identified, in order of priority include:

1. Prevention
2. Mental Health
3. Nutrition

Our community

In July 2021, the census government/quick facts estimate show the population of Iowa at 3.19 million, a slight increase from the 3.18 million in 2019. In that same timeframe, Fayette County population was recorded at just over 19,500 with a total land area of 730.83 (IDPH Cares Engagement Data). Nearly 96% of Fayette County residents are white, 1.5% are Black/African American, 2.7% are Hispanic and 1.2% are Asian. Approximately 21.5% of the population are over the age of 65, which continues to be higher than the national average of 16.5%. Fayette County has a population of 21% under the age of 18, which is lower than the national average of 22.3%. Almost 92% of area residents are high school graduates or higher, which is above the national average of 88.5%. The median household income is \$49,834, which is lower than both Iowa's median of \$61,836 and the national median (\$64,994). Almost 12% of Fayette County residents are living in poverty, which is slightly above the national average of 11.4% and the state average of 10.2%. In Fayette County, 12.9% of households receive nutrition assistance through the Supplemental Nutrition Assistance Program. (Statistical Atlas).

Our approach to health equity

While community health needs assessments (CHNA) and Implementation Strategies are required by the IRS, Trinity Health ministries have historically conducted CHNAs and developed Implementation Strategies as a way to meaningfully engage our communities and plan our Community Health & Well-Being work. Community Health & Well-Being promotes optimal health for those who are experiencing poverty or other vulnerabilities in the communities we serve by connecting social and clinical care, addressing social needs, dismantling systemic racism, and reducing health inequities. Trinity Health has adopted the Robert Wood Johnson Foundation's definition of Health Equity - "Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care."

This implementation strategy was developed in partnership with community and will focus on specific populations and geographies most impacted by the needs being addressed. Racial equity principles were used throughout the development of this plan and will continue to be used during the implementation. The strategies implemented will mostly focus on policy, systems and environmental change as these systems changes are needed to dismantle racism and promote health and wellbeing for all members of the communities we serve.

Hospital implementation strategy

Significant health needs to be addressed

MercyOne Oelwein Medical Center, in collaboration with community partners, will focus on developing and/or supporting initiatives and measure their effectiveness to improve the following health needs:

- 1 Prevention** CHNA pages 12, 17
- 2 Mental Health**– CHNA pages 17-19
- 3 Nutrition** – CHNA pages 11, 17

Significant health needs that will not be addressed

MercyOne Oelwein Medical Center acknowledges the wide range of priority health issues that emerged from the CHNA process and determined that it could effectively focus on only those health needs which are the most pressing, under- addressed and within its ability to influence. MercyOne Oelwein Medical Center, does not intend to address the following health needs:

- Social and economic factors related to unemployment, income inequity, poverty, crime, and death rates.
- Physical Environment, such as air pollution, housing and commute driving will be better addressed by those who specialize in these areas.

This implementation strategy specifies community health needs that the hospital, in collaboration with community partners, has determined to address over the next three years. 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.

1

Prevention



Hospitals: MercyOne Oelwein Medical Center

CHNA reference pages: 12, 17

Brief description of need:

- According to Healthy People 2030, access to preventative health care can help prevent disease and early death. Although the number of people getting preventative care today has increased, there continues to be disparities by race/ethnicity, age, and economical status.
- The 2022 County Health Rankings & Roadmaps state 16% of Fayette County residents report poor or fair health, below the state ranking of 14%.
- Fayette County ranks 73 out of 99 counties for Health Factors.
- Social Determinants of Health (SDoH), the conditions in which individuals were born, live, work, play, and age, can contribute to the disparities in health behaviors and disease status among racial, ethnic, and socio-economic groups, as well as geography and individuals with different abilities (IDPH 2020)

Goal: Reduce disparities in prevention by addressing social determinates of health.

Objective #1:

- Identify patients with health-related social needs and support patients in navigating community resources and public assistance programs.

Strategies:

1. Hire one Community Health Worker in FY23 to support patients in addressing health related social needs.
2. The Community Health Worker will partner with an average of 30 new patients/families each month in FY24.

Objective #2:

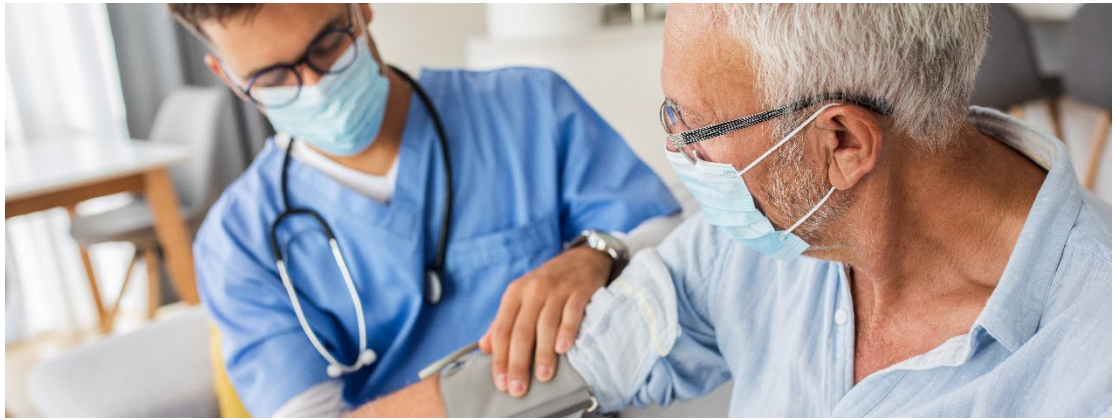
- Increase awareness of community resources and programs available in Fayette County.

Strategies:

1. Offer at least two trainings to community organizations on using the MercyOne Community Resource directory powered by Find Help in FY23.
2. Track unmet needs in FY24 to identify specific areas in which Fayette County and MercyOne can focus time and attention in FY25 to address service gaps.

2

Mental Health



Hospital facility: MercyOne Oelwein Medical Center
CHNA reference pages: 17-19

Brief description of need:

- The World Health Organization reports 1 in 4 people will experience a mental health condition at some time in their lives.
- More than 11% of adult respondents reported feeling more anxious or depressed all the time since the onset of the pandemic and nearly 20% reported this feeling about half the time since the onset of the pandemic.
- Almost a quarter (23%) of respondents reported feeling depressed or anxious some of the time while 7% of the respondents reported feeling unhappy and feeling depressed or anxious most of the time.
- A survey conducted in December 2021 showed that more than 42% of the participants reported symptoms of anxiety or depression. This is a 11% increase from the previous year (US Census Bureau).
- Studies reveal that young people are most vulnerable to an increase in mental health issues stemming from the pandemic, likely due to the lack of social interactions and isolation.

Goal: Increase awareness of mental health and reduce stigma.

Objective #1:

- Reduce emergency department visits related to mental health.

Strategies:

1. Partner with County Social Services in FY23 to start providing training on Mental Health First Aid. MercyOne will play the cost of the training material (\$30/person) and County Social Services will lead the training.
2. In FY23 eight health professionals will be trained in Mental Health First Aid (MHFA). An additional three will be trained in FY24.
3. FY24 Oelwein Community School teachers will be trained in MHFA.

Objective #2:

- Reduce stigma around mental health in the community.

Strategies:

1. Train an ambassador in FY23 in Make it OK and promote this initiative throughout the hospital and clinics.

3

Nutrition



Hospital facility: MercyOne Oelwein Medical Center

CHNA reference pages: 11, 17

Brief description of need:

- Fayette County ranked 73 out of 99 counties for health behaviors with area of concerns related to adult obesity, food environment, physical inactivity, teen births, and adult smoking.
- The food insecurity rate in Fayette County is 11.6%, above the state average of 10.9%.
- Iowa Department of Public Health reports that 50%- of Fayette County Students are eligible for fee and reduced lunch.
- Nearly 28% of survey respondents had a household annual income of \$15,000 or less and 48% were receiving food assistance.
- When asked to identify the statement that best reflects their current state regarding food, 21.7% respondents reported sometimes worrying about where their next meal is coming from.
- Feeding America estimates there are 1,930 food insecure individuals with 640 of those being children in Fayette County.

Goal: Make food more accessible

Objective #1

- Address food insecurity.

Strategies:

1. Provide a monthly monetary donation of \$500 to Plentiful Pantry for an annual contribution of \$6000 in both FY23 and FY24.

Objective #2:

- Bring new programming to the community to make purchasing healthy food more affordable.

Strategies:

1. In FY24 work with local businesses and community organizations to identify a grocery store or farmer's market vendor willing to participate in the Double UP Food Buck Program.
2. Develop and launch an awareness campaign for area residents eligible for the Double Up Food Bucks Program.

Objective #3

- Increase public awareness of resources available to address food insecurity.

Strategies:

1. In FY24 Partner with Healthy Fayette County Coalition and FindHelp to map where residents can go to obtain food.

Adoption of implementation strategy

On November 7, 2022, the Board of Directors for MercyOne Oelwein Medical Center voted after review of the FY23-FY25 Implementation Strategy for addressing the community health needs identified in the FY23-FY25 Community Health Needs Assessment. Upon review, the Board approved this Implementation Strategy.



Jack Dusenbery, CEO

November 7, 2022
Date