

2013 Community Health Needs Assessment for McPherson County, Kansas

Prepared by
Fern Hess
Director, McPherson County Health Department

Cyril Russell
Director of Marketing
McPherson Hospital

Other contributors:
Rob Monical, CEO
McPherson Hospital

Larry VanDerWege, Administrator
Lindsborg Community Hospital

Doyle Johnson, CEO
Mercy Hospital, Moundridge

Executive Summary

Background and Process

In 2012 and 2013, the leadership of McPherson Hospital in McPherson, Lindsborg Community Hospital in Lindsborg, Mercy Hospital in Moundridge, and the McPherson County Health Department chose to collaborate in creating a community health needs assessment (CHNA). Provisions of the Affordable Care Act (ACA) require charitable hospitals to conduct community health needs assessments every three years, and adopt implementation strategies to meet identified needs.

Further, the Public Health Accreditation Board (PHAB) defines public health accreditation as the development of a set of standards, a process to measure health department performance against those standards, and reward or recognition for those health departments who meet the standards. This accreditation process also requires a periodic community health assessment.

The service area assessed was McPherson County, Kansas. The assessment combines existing secondary data with information gleaned from a survey of select residents and workgroup feedback representing a broad cross section of organizations from throughout the target area. After reviewing this data and compiling and reviewing existing resources, a list of prioritized needs has been developed.

Needs Identified and Prioritized – Results of the survey indicated perceived health issues in the county. The identified weaknesses were reviewed and prioritized by a workgroup comprised of a cross section of survey respondents from throughout the county. This group met to discuss survey results and explore relevant county secondary data from various sources indicated in this report. The workgroup was split into subgroups and asked to rank the top five health issues gleaned from the survey to arrive at a prioritized list, which is discussed in more detail below.

This CHNA was reviewed and approved in June 2013 by the Boards of the three hospitals mentioned above.

Community Health Needs Assessment Partners

McPherson County Public Health Department

The McPherson County Health Department mission is to promote healthy behaviors that protect the well-being and the environmental safety of McPherson County residents. A variety of programs and services make a significant contribution to the well-being of county residents. Funding sources include Federal and State grants, McPherson County taxes, and fees collected. Programs are established to be preventive and proactive in the reduction of health risks and reactive when circumstances dictate. The McPherson County Health Department serves an average of 3600 clients per year, ranging in age from newborns to centenarians.

McPherson Hospital

McPherson Hospital is a progressive, 49-bed acute care not-for-profit facility providing high quality care to meet the primary, acute and emergent health needs of residents throughout McPherson County. Along with a medical staff of 16 physicians offering a variety of healthcare services, outpatient services are also available through specialty clinics. Four hospital employed physicians provide internal medicine, family practice and surgical services. Recent technological additions include a permanent CAT Scan as well as a digital mammography unit. Other services include lab, OB, rehabilitation services, respiratory care, emergency services, cardiac rehab, acute medical and surgical care, and others. In January of 2011, the hospital began operating under a unique management services agreement with Via Christi Health in Wichita.

Lindsborg Community Hospital

Lindsborg Community Hospital is a 25 bed Critical Access Hospital which employs around 100 people from the Smoky Valley, including Lindsborg, Salina, McPherson, Marquette and surrounding communities. Family practice medicine is provided by family practice physicians, a physician assistant and a nurse practitioner at the adjoining Family Health Care Clinic, a department of Lindsborg Community Hospital. Specialty physicians and clinics offer services in areas of podiatry, general surgery, cardiology and orthopedic surgery. Lindsborg Community Hospital provides family healthcare services, offering emergency department coverage 24/7, acute care, skilled nursing care, diagnostic lab and radiology services for in- and outpatients, rehabilitation services and an urgent care clinic on weekends. On October 1, 2012, Lindsborg Community Hospital became an affiliate of Salina Regional Health Center.

Mercy Hospital

Mercy Hospital is located in Moundridge, Kansas, at the southern edge of McPherson County. The hospital is a non-profit, religious, acute care facility. It is incorporated as a 501 (c) 3

organization. The hospital's service area includes the residents of Moundridge, as well as the rural communities of Goessel, Galva, Inman and Hesston, Kansas. Two homes for the aged are located in Moundridge and are served by the hospital, as well as a newly constructed drug rehabilitation facility. Mercy Hospital has six family practice physicians on its active medical staff, as well as numerous other specialties with admitting privileges. Some of the services offered by Mercy Hospital include obstetrics, general surgery, physical therapy, speech therapy, full-service laboratory and 24-hour emergency room services. The hospital is licensed by the Kansas Department of Health and Environment.

Community Description

For purposes of this assessment, the target area of focus was the population of McPherson County. In the mid-1800's, the Santa Fe Trail passed through what is now McPherson County, which was officially designated as such in the spring of 1870. The population at that time was 738. Over the decades, McPherson County has turned into a place where small, thriving communities have each created their own rich histories and continue to progress into the future.

McPherson County is 900 square miles in size. Located in prime agricultural land in the center of the United States, McPherson County is also abundant in many other forms of commerce and industry including manufacturing in plastics and related enterprises, chrome plating, polyethylene products such as piping and fittings for plumbing, fiberglass insulation, food products, pharmaceuticals, metal forming equipment, aluminum products for consumer households, and others. National companies with facilities in the City of McPherson include Certainteed, Johns Manville and Hospira. These companies employ citizens from throughout McPherson County and beyond.

Located near the center of the state of Kansas, McPherson County has a population of 29,180 according to the 2010 U.S. Census. The City of McPherson, with a population of 13,157, is the county seat. Other smaller communities across the county include Canton, Galva, Inman, Lindsborg, Marquette, Moundridge and Windom.

There are three hospitals serving McPherson County: McPherson Hospital, Lindsborg Community Hospital and Mercy Hospital in Moundridge. A distance of 14 miles separates McPherson from Lindsborg, and it is 16 miles from McPherson to Moundridge. The three hospitals service the McPherson County area as their primary service area. Some hospitals draw from more specific communities in the county based on their location. All three hospitals treat patients regardless of socio-economic status.

Demographic Analysis of Community

Over the last several decades, county population has fluctuated, trending upward during the last two decades of the last century but tapering off slightly over the past 10 years. The chart

below shows a 1.3% decline in the McPherson County population between 2000 and 2010. This reflects a change from the State of Kansas whose population has increased significantly during this same time period.

Population and population change

Location	1980	1990	2000	2010	Percent Change 1980 - 2010
McPherson County	26,855	27,340	29,571	29,180	8.7
State of Kansas	2,364,236	2,477,588	2,688,824	2,853,118	20.7

Population by age variable

Population Variable	McPherson County	Kansas
Under 5 years old	6.2%	7.2%
Under 18 years old	6.7%	7.1%
20 – 40 years old	5.6%	6.6%
41 – 65 years	6.6%	6.4%
65+ years and older	3.6%	2.7%
85+ years and older	3.9%	2.1%
Median age in years (2010)	41.4%	36.0%

McPherson County is predominately white with 95.9% of the population identifying themselves that way. The second largest population is Hispanic at 3.7% of the county population. The county racial/ethnic composition differs significantly from the State of Kansas in these areas.

Racial/Ethnic Composition by percentage of total population, 2011

Population Variable	McPherson County	Kansas
White	95.9%	87.4%
Black	1.2%	6.1%
Asian	.6%	2.5%
American Indian	.5%	1.2%
Hispanic/Latino Origin	3.7%	10.8%
White, not Hispanic	92.7%	77.8%

Education rates for persons age 25 and over

Education Level	McPherson County	Kansas
High school graduate or higher, percent of persons age 25+	87.3%	89.5%
Bachelor's degree or higher, percent of persons age 25+	25%	29.7%

McPherson County has a median household income of \$56,356. The chart below reflects household income statistics for 2010.

2010 Household Income	McPherson County	Kansas
Total Area Household Income	\$796,385,885	\$80,186,092,396
Median Household Income	\$56,356	\$55,970
Average Household Income	\$66,393	\$74,974
Per Capita Household Income	\$27,532	\$28,779
Income less than \$15,000	9.85%	10.91%
Income \$15,000 to \$24,000	8.11%	8.98%
Income \$25,000 to \$34,000	10.00%	10.42%
Income \$35,000 to \$49,000	15.92%	15.20%
Income \$50,000 to \$74,000	25.02%	20.15%
Income \$75,000 to \$99,000	17.17%	14.86%
Income \$100,000 to \$124,000	7.78%	8.62%
Income \$125,000 to \$149,000	3.67%	4.46%
Income \$150,000 to \$199,000	1.74%	3.01%
Income \$200,000 and Over	1.73%	3.39%

McPherson County has a lower percentage of families and children living in poverty than the State of Kansas. In 2011, the percentage of young children living below poverty level was 10.9% and the number of people living below poverty level was 8.6%. The State of Kansas numbers were 21.2% and 12.6% respectively.

Percentage of people living below poverty level

Time Series	McPherson County	Kansas
2005-2009	8.6%	12.2%
2006-2010	7.6%	12.4%
2007-2011	8.6%	12.6%

Percentage of children living below poverty level

Time Series	McPherson County	Kansas
2005-2009	14.8%	20.1%
2006-2010	14.2%	20.5%
2007-2011	10.9%	21.2%

The uninsured population rate in McPherson County is 15.2% which is the lowest of the six contiguous counties in the central part of Kansas. The uninsured rate for the State of Kansas is 19.1%.

Uninsured adult population rate

Time Series	McPherson County	Kansas
2007	13.8%	15.8%
2008	13.3%	15.1%
2009	14.7%	17.3%
2010	15.2%	19.1%

McPherson County has historically seen lower than average unemployment rates than the nation and the State of Kansas. The table below shows similar county trends with the State of Kansas in terms of annual fluctuations, yet with lower overall rates.

Unemployment rates

Year	McPherson County	Kansas
2006	3.4	4.4
2007	3.4	4.1
2008	3.4	4.4
2009	5.2	7.1
2010	5.2	7.1
2011	4.6	6.5
2012	4.3	5.7

Overall, McPherson County ranks high in health outcomes and health factors. The Robert Wood Johnson County Health Rankings and Roadmaps Report for 2013 ranked McPherson County 12th of 102 Kansas counties in health outcomes. Health outcomes represent how healthy a county is. The county was ranked 3rd in health factors which represents what influences the health of a county based on four factors: behavioral, clinical, social and economic, and environmental. Further, compared to the state average of 13%, McPherson County has a lower percentage, 9%, of the population who feel their health is poor or fair.

Community Health Needs Assessment Methodology and Process

The McPherson County Health Needs Assessment process included gathering opinions from local sources and quantitative data from secondary sources. A survey instrument was developed by the local steering committee. (See appendix 1). In early April 2013, the survey was distributed to individuals throughout the county, representing a broad spectrum of the population and their interests and professional and community endeavors. (See Appendix 2). A total of 158 surveys were distributed with 106 returned, or a 67% return rate.

The survey sought opinions and perspectives on several key areas including specific health issues; specific populations; barriers to health care; perceived weaknesses in areas ranging from emergency care to quality of housing; promotion of health and wellness; and key improvements needed to provide better health for residents. Responses to survey items were tallied and results calculated to determine which items received the most responses, providing a list of the most important health issues based on perception.

Identified Community Needs from Survey

The following is a comprehensive list of indicated areas of concern from the survey results in each of 4 categories, in order of perceived importance.

Health issues

- Obesity
- Heart Disease
- Cancer and Diabetes
- Substance Abuse
- Daily Life Stressors

Specific populations with inadequate access to care

- Low income
- Elderly
- Young adult
- Disabled
- Children

Barriers to care

- Ability to pay
- Lack of insurance
- Transportation
- Lack of providers

- Schedule limitations

Perceived weaknesses in general areas

- Free fitness options
- Child care options
- Dietary education services
- Access to specialists
- Mental health services

Other questions on the survey asked respondents to share ideas on how to promote health and wellness, and to list two key improvements needed to provide better health for residents. Because of the open-ended nature of these questions, there were a variety of responses in general areas. Written responses were organized into general subject matter, i.e. nutrition, exercise, education, healthcare and access to care. Of all of these areas, access to care received the most comments from survey respondents, so this area could receive particular consideration in developing strategies to improve healthcare in McPherson County.

Process for Prioritizing

After the data from the survey was analyzed, a workgroup (See Appendix 3) was formed to explore results and begin to prioritize identified needs. During a special meeting held in April 2013, this workgroup of 30 individuals broke into smaller groups to examine survey results. They were asked to discuss the top five health issues identified from the survey and consider other survey results. The groups were asked to rank the top five health issues from the survey in order of preference. Some groups agreed with the top five health issues identified by the survey, but others felt that changes in prioritization were needed. Some felt that daily life stressors were an overriding issue affecting other health concerns such as obesity, diabetes, heart disease, etc. The group rankings were weighted on a point system and the points tallied to derive the priority for each health issue. Survey respondents also commented heavily on access to care as an area of concern.

The top five health issues identified by workgroup members are in order of priority are:

- 1) Daily Life Stressors
- 2) Obesity
- 3) Substance Abuse
- 4) Heart Disease
- 5) Cancer/Diabetes

Analysis of Issues

This section includes supportive secondary data for the top five health issues identified through the assessment process. For comparison purposes, some data includes statistics from the five counties that are contiguous to McPherson County: Harvey, Marion, Reno, Rice, and Saline.

Daily Life Stressors

Some in the workgroup felt that daily life stressors can contribute to other health issues, so it should be a priority. The thought is if stress can be addressed, other issues can be improved. While there is significant information available related to methods to reduce stress, quantifiable data doesn't exist for McPherson County, nor for the State of Kansas. However, stress has proven to be a contributing factor in negative physical and emotional responses and behaviors. Methods of reducing stress can be explored in dealing with this behavioral health issue.

Common Effects of Stress		
On the body...	On the mood...	On the behavior...
Headache Muscle tension or pain Chest pain Fatigue Change in sex drive Stomach upset Sleep problems	Anxiety Restlessness Lack of motivation or focus Irritability or anger Sadness or depression	Overeating or undereating Angry outbursts Drug or alcohol abuse Tobacco use Social withdrawal

Obesity

In some cases, opinions of survey respondents did not reflect statistical trends for the county. For example, where survey respondents felt obesity was the most critical health concern in the county, McPherson County actually reflects more favorable statistics in this area than the five contiguous counties. The percentage of adults who are obese in McPherson County is the lowest percentage of the five contiguous counties: Harvey, Marion, Reno, Rice and Saline. However, a low ranking in this area doesn't necessarily indicate that a strong need for improvement isn't present. The State of Kansas ranks higher at 28.8% in this category. McPherson County ranks first in the percentage of adults participating in recommended levels of physical activity of the six counties. The State of Kansas is 48.5% in this category. Of adults who are overweight, McPherson County ranks second lowest of the contiguous counties with 37.9% who are overweight compared to 35.8% for the state.

Obesity and physical activity of adults

Health Issue	McPherson County	Kansas
Percentage of obese adults	24%	28.8%
Percent who engage in physical activity	54.8%	48.5%
Percentage of overweight adults	37.9%	35.8%

Substance Abuse

The percentage of adults who smoke cigarettes in McPherson County is 14.9%, placing it third among the contiguous counties. Kansas is 17.8%. The percentage of adults who are binge drinkers is 10.3% which is the lowest of the contiguous counties. No data was available for Rice County in this category.

Communities That Care (CTC) is a prevention model based on the risk-focused framework and provides structure in making informed decisions concerning prevention services through annual assessments. The Kansas CTC school survey is administered annually by the Kansas Department of Social and Rehabilitation Services/Addiction and Prevention Services and is used by state agencies, counties, schools and communities to monitor the incidence and prevalence of adolescent problem behaviors and the environmental factors that put children at risk or protect them from developing those behaviors.

The following table shows the 2010 survey participation rates by grade level for McPherson County as well as the State of Kansas.

Participation rate by grade	McPherson County
Total	79.53%
6 th Grade	78.13%
8 th Grade	85.81%
10 th Grade	75.90%
12 th Grade	78.49%

Caution is advised when using the data as only rates are known, not actual counts of participating students. Parents must sign a consent form prior to their children taking this survey.

Children in grades six, eighth, tenth and twelfth are solicited for this annual survey. Analyzing this data can be done over time as most of the variables have been tracked annually since 1995 and cross-tabulation can be done so that responses are tallied for each individual grade. Most problem behaviors increase with age of the respondent. For example smoking cigarettes is more prevalent with high school seniors than with sixth graders. For purposes of

this research project, cross-tabulation was not done but a more longitudinal analysis was conducted to see if patterns of all students have changed over a 14 year period.

**Kansas Communities that Care – 2010 Survey
Comparative Analysis of Participation Rates from 2000, 2005 and 2010**

Problem Behavior	McPherson County (%)			Kansas (%)		
	`00	`05	`10	`00	`05	`10
Smoked cigarettes (at least once)	26.2	27.6	17.8	43.0	31.6	23.8
Smoked cigarettes in past 30 days	8.3	10.1	6.7	18.5	12.9	9.8
Used smokeless tobacco (at least once)	23.8	19.7	16.7	19.8	15.6	14.2
Used smokeless tobacco in past 30 days	7.8	8.8	7.8	7.8	6.6	6.4
Took methamphetamines (at least once) (*95 data not available, used `97)	1.0	2.5	2.5	3.4	2.9	2.2
Took methamphetamines in past 30 days (*95 data not available, used `97)	0.5	1.1	0.7	1.3	1.2	1.1
Used marijuana (at least once)	5.8	11.8	16.9	20.9	18.8	16.8
Used marijuana in past 30 days	3.4	5.6	6.2	9.8	8.6	8.5
Sniffed glue/gases to get high (at least once)	8.3	8.7	8.9	12.8	12.8	11.2
Sniffed glue/gases to get high in past 30 days	2.9	4.5	3.5	4.4	4.8	4.3
Used crack/cocaine (at least once)	1.5	2.8	2.2	4.3	4.1	3.3
Used crack/cocaine in past 30 days	1.5	1.4	0.8	1.6	1.7	1.4
Used LSD/psychedelics (at least once)	2.0	3.7	3.2	5.0	3.8	3.6
Used LSD/psychedelics in past 30 days	1.0	1.7	1.5	1.9	1.7	1.7
Drink beer/wine/liquor (more than just a few sips)	38.5	53.4	43.6	59.0	52.5	45.2
Drink beer/wine/liquor in past 30 days	22.1	37.1	21.7	36.8	31.0	25.6
Times was drunk/high at school (last 12 months)	5.8	9.7	6.4	11.2	10.5	8.6
Suspended from school (last 12 months)	3.9	4.5	8.2	7.8	10.3	8.3
Been arrested (last 12 months)	1.9	3.4	2.2	5.5	6.6	5.5
Sold illegal drugs	1.5	1.7	3.8	4.2	4.0	3.9
Attacked someone with the idea of seriously hurting them (at least once/last 12 months)	7.4	7.1	8.3	10.9	12.7	10.7

It appears from the data analysis that progress is being made in terms that fewer children report trying to smoke cigarettes as well as fewer children are smoking on a regular basis.

What is significant is that usage of illegal drugs has remained fairly constant. There have not been significant changes either up or down since 2000 with the exception of marijuana use which has risen sharply in McPherson County.

Heart Disease

McPherson County adults rank fourth of the contiguous counties in age-adjusted heart disease mortality rates per 100,000 population. The county has 151.4 deaths per 100,000 population compared to a low of 131.3 and a high of 178.6 of the contiguous counties. The State of Kansas number is 161.4.

The heart disease hospital admission rate was third lowest of the six counties with 338.4 admissions per 100,000 population.

As nutrition has shown to be an important element in the prevention of heart disease, McPherson County citizens rank second of contiguous counties in the percentage of adults consuming fruits and vegetables 5 or more times per day. With a low of 15.9% and a high of 25.9%, McPherson scores 22.9% in this category, with the state coming in at 18.6%.

Cancer/Diabetes

In survey results and in the workgroup session, these two diseases tied in the rankings for significant health issues. The McPherson County percentage of adults with diagnosed diabetes in 2009 was 6.8%. The lowest was Harvey County with 6.6% and the high was Rice County with 17.6%. The age-adjusted diabetes mortality rate per 100,000 population in McPherson was 16%, which is the low of the contiguous counties.

The age-adjusted cancer mortality rate per 100,000 population is 161.9 for McPherson County tracked from 2009 to 2011.

The table below indicates the number of all cancer types diagnosed by year. All sexes and all races were considered in the data. Comparisons were drawn to other counties of similar populations. Environmental and behavioral factors, as well as family histories and other issues would contribute to these trends, so no correlation should be drawn between the counties. The comparisons were made strictly as population measures of similar size counties.

Number of cancer diagnoses by county

All Cancer Types	McPherson Co.	Harvey County	Barton County	Miami County
2000	166	156	151	112
2005	181	196	180	146
2009	152	202	174	110

Community Resources and Assets to Address Needs

The following organizations provide daily support for the citizens of McPherson County in a variety of ways. The hospitals in McPherson County may work collaboratively with certain groups to address the identified health needs from the CHNA.

American Red Cross - Sunflower Chapter

Assists McPherson County residents in preparing for and responding to disasters.

Big Brother Big Sisters

Matches at-risk children with positive adult role models who will encourage the children to do better in school, improve relationships and eventually become contributing citizens in their communities.

Boy Scouts of America - Quivira Council

Supports the Comprehensive Character Development Program associated with scouts living in McPherson County.

Celebrate Recovery

Addiction support.

Child Start

Provides early childhood development services that prepare children for lifelong success.

Client Centered Counseling

Counseling for children, families and adults.

Court Appointed Special Advocate (CASA)

Advocating for the best interests of abused and neglected children within the court system by providing trained volunteers who investigate cases and provide recommendations to the courts.

The Children's Center

Providing a preschool program focused on overall readiness for Kindergarten while building a child's self-esteem and confidence to last a lifetime.

Disability Supports of the Great Plains

Provides support and assistive services to persons with disabilities.

Early Childhood Center

Head Start and Early Childhood Special Education Services offered such as speech, language, physical and occupational therapy, preschool screening and other services.

Girl Scouts of Kansas Heartland

Builds girls of courage, confidence and character who make the world a better place.

Heart to Heart Child Advocacy Center

Promotes and facilitates a multi-disciplinary child-focused approach to prevention, investigation, intervention, prosecution and treatment of child physical and sexual abuse.

Kansas State Research and Extension Office

Classes for home safety, emergency preparedness, budgeting, food preparations, etc.

Lindsborg Community Hospital

Provides inpatient/outpatient services.

MCDS

Provides services to individuals with disabilities by promoting community inclusion and employment opportunities with the maximum level of independence and dignity.

McKids

Services for families with special needs children, health/nursing, nutrition, vision, and hearing issues, speech, physical and occupational therapies.

McPherson County Council on Aging

Supports senior citizens through a diversified serve structure intended to strengthen their capability to remain in their own homes and respective communities while maintaining dignity and self-determination.

McPherson County Food Bank

Providing basic food assistance for needy families in the McPherson County.

McPherson Family Life Center

Strengthens families by providing support through counseling, education and coordination of resources.

McPherson Family YMCA

Uniting in a common effort to enrich the quality of spiritual, mental, physical and social life for ourselves and community.

McPherson Hospital

Provides inpatient/outpatient services.

McPherson County Health Department

Promotes healthy behaviors that protect the well-being and the environmental safety of McPherson County residents.

McPherson Public Library

With free internet, a wide variety of books, activities and after school programs are available.

Meals on Wheels

Serves the elderly and infirm by providing hot nutritious meals.

Mercy Hospital

Provides inpatient/outpatient services.

Mount Hope Sanctuary

Provides transitional housing and life-changing programs and support services for women and their children who are facing hopeless circumstances due to either generational or situational poverty.

Prairie View

Evaluations, referrals, education programs, crisis intervention, recovery, substance abuse, counseling, and other programs.

Salvation Army

Gives temporary assistance to those in need.

Sexual Assault/Domestic Violence Center

Provides confidential, non-judgmental support to victims of sexual assault and domestic violence.

Special Olympics

Provides year-round sports training, education and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities.

Circles of McPherson County (STEPMC)

Organized to facilitate, develop and support leaders in a county-wide CIRCLES Initiative aimed at ending poverty by creating the framework for people to build relationships across economic and class lines in order to transform lives.

United Cerebral Palsy

Advances the independence, productivity and full citizenship of people with disabilities.

Implementation Strategy

Guided by the identified significant county health needs from the assessment, plans will be formulated by each participating hospital in the county to address those needs as they pertain to their particular service area. Collaboration between the health department, a variety of community organizations and resources, and possibly between the hospitals, may be necessary in order to properly address significant health needs. These strategies will be developed further over the next few months as allowed by the proposed rule on the CHNA requirements in the ACA released on April 5, 2013. Detailed implementation plans will be created for each hospital where they will be approved by governing bodies and made widely available.

Appendix 1

2013 McPherson County
Community Health Needs Assessment Survey

1. City of residence _____

2. In your opinion, what are the **five** most significant health issues in McPherson County?

- Diabetes
- Cancer
- Heart disease
- Stroke
- Obesity
- Daily life stressors
- Reproductive health
- Substance abuse
- Mental illness
- Domestic/family violence
- Abuse of children
- STD (not including HIV / AIDS)
- HIV / AIDS
- Violence
- Dental
- Hypertension

3. Are there specific populations that you feel do not have adequate access to the healthcare system in McPherson County?

- Elderly
- Middle age
- Young adults
- Children
- Low income
- Disabled
- Minorities
- Other _____

4. What do you feel are barriers that residents of McPherson County face in accessing healthcare?

- Lack of providers
- Lack of insurance
- Ability to pay
- Transportation
- Schedule limitations i.e. evenings, weekends, shift work
- Other _____

5. What is your perception of these areas in McPherson County?

Strong	Adequate	Weak	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24 hour emergency care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hospital
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Doctors taking patients
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dental care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eye care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pharmacy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ancillary services, i.e. physical therapy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mental health services
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Access to specialists, i.e. obstetrics, pediatrics, orthopedics, etc.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Available transportation to service providers
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Clean air and water
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Road/traffic conditions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Clean, litter free neighborhoods
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quality of housing
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Neighborhood safety
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fresh farm produce
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Healthy prepared food options (dine-in / carryout)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dietary education services
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Free fitness options
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paid fitness options
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Outdoor fitness options
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recreational activities
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Behavior reform options i.e. smoking cessation, anger mgt., etc.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Child care options
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Employment opportunities
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Employers that encourage wellness
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other _____

6. In your view, what would be the best way to promote health and wellness in McPherson County?

7. Please identify two key improvements needed to provide better health for residents.

This concludes the survey. Thank you for your participation.

Appendix 2

Representatives from the following areas received surveys:

- Private Colleges
- Public Education Administrators
- Special Education Advocacy
- United Way
- Senior Care Administrators
- Senior Care Advocacy
- Child Advocacy
- Family Advocacy
- Chiropractic Care
- Churches and Church Ministry Groups
- Chamber of Commerce
- City Government
- County Government
- Hospital Administration
- Retail
- Mental Health
- County Foundations
- Health Care Workers
- Physicians
- Police and Sheriff
- EMS
- Pharmacists
- College Research and Extension
- Recreation Commission
- Dental Care
- Disability Care and Advocacy
- Thrift Stores
- Low Income Housing

Appendix 3

Roundtable workgroup included county-wide representatives from the following:

- Physicians and Healthcare
- Mental Health
- Law Enforcement
- City Government
- Senior Advocacy
- Public Health
- Chamber of Commerce
- Community Foundations
- Research and Extension
- United Way
- Poverty
- Public Education
- Hospitals from the County

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This document is available to the public on the McPherson Hospital website at www.mcphersonhospital.org or by calling the marketing department at McPherson Hospital at 620.241.2250.

An Implementation Strategy for Needs Identified in a Community Health Needs Assessment for McPherson County, McPherson, Kansas

2013-1015

Executive Summary

Background and Process

In 2012 and 2013, the leadership of McPherson Hospital in McPherson, Lindsborg Community Hospital in Lindsborg, Mercy Hospital in Moundridge, and the McPherson County Health Department chose to collaborate in creating a community health needs assessment (CHNA). Provisions of the Affordable Care Act (ACA) require charitable hospitals to conduct community health needs assessments every three years, and adopt implementation strategies to meet identified needs. This CHNA was reviewed and approved in June 2013 by the Boards of the three hospitals mentioned above. However, each hospital agreed that implementation strategies could be developed separately, as fiscal years do not run concurrently.

The service area assessed was McPherson County, Kansas. The assessment combined existing secondary data with information gleaned from a survey of select residents and workgroup feedback representing a broad cross section of organizations from throughout the target area. Results of the survey indicated perceived health issues in the county. The identified weaknesses were reviewed and prioritized by a workgroup comprised of a cross section of survey respondents from throughout the county. The workgroup was split into subgroups and asked to rank the top five health issues gleaned from the survey. After reviewing this data and compiling and reviewing existing resources, a list of prioritized needs was developed.

Needs Identified and Prioritized

After the data from the survey was analyzed, the workgroup met to begin to prioritize identified needs. During this special meeting held in April 2013, the workgroup of 30 individuals examined survey results and explored relevant county secondary data from various sources. They broke into smaller groups to discuss the top five health issues identified from the survey and consider other survey results. The groups were asked to rank the top five health issues from the survey in order of priority. The group rankings were weighted on a point system and the points tallied to derive the priority for each health issue. Survey respondents also commented heavily on access to care as an area of concern.

The top five health issues identified by workgroup members in order of priority are:

- 1) Daily Life Stressors
- 2) Obesity
- 3) Substance Abuse
- 4) Heart Disease
- 5) Cancer/Diabetes

As mentioned previously, each hospital in the county agreed that implementation strategies could be developed separately, as fiscal years do not run concurrently. Therefore, a strategy committee

comprised of McPherson Hospital and McPherson County Public Health Department leadership was formed to examine the results of the Community Health Needs Assessment to determine a course of action for McPherson Hospital in addressing the actionable needs identified.

As allowable in the IRS proposed rule to Notice 2011-52, some identified needs will not be addressed at this time due to either lack of resources, needs that are beyond our scope to make an impact, or needs that are already being met sufficiently through other organizations. The identified needs that will not be addressed specifically at this time are daily life stressors and substance abuse. It is felt that the broad scope of daily life stressors makes it difficult to target a specific area that would have significant impact. However, the strategies outlined below could have a positive effect on daily life stress with proper diet and exercise. Substance abuse will not be addressed specifically as it is addressed by other organizations in our community and is not within our scope of resources to affect meaningfully.

The needs identified where we hope to have a positive impact from a mission and resource perspective are obesity, heart disease, cancer and diabetes. Though each one in itself is a significant health issue, McPherson Hospital and the McPherson Public Health Department realizes the connection between these conditions and feels that any activities and strategies aimed toward any one of these particular needs could also impact others. While it is understood that some of these health issues have predispositions to heredity and other factors, some impact may be achieved through education and prevention.

Kansas Health Matters is a website sponsored by the Kansas Partnership for Improving Community Health that contains data and information about community health in Kansas. Statistical information is available allowing hospitals, health departments and others to gather information and identify issues to make informed decisions to affect change. This site is a recommended source from the Kansas Hospital Association to help hospitals access secondary data in order to complete their community health needs assessments. According to the latest statistics from that source (2009), McPherson County shows the following related to our identified needs:

Adult persons with diagnosed diabetes – 8.5%
Adult persons who are obese – 28.8%
Number of cancer diagnoses – 152
Heart disease hospital admission rate per 100,000 – 338.4

It is felt that due to the connection between these issues related to awareness, wellness, diet and exercise, McPherson Hospital has chosen to implement and maintain initiatives that can positively impact any or all of these health needs. However, some initiatives will target specific health issues and those will be indicated as such in the strategies.

Goals (through fiscal year 2015):

- To reduce by ½ to 1% the number of persons in McPherson County who are diagnosed with any of the above-mentioned health issues.
- To focus on the above health needs by:
 - Creating and maintaining programs and services that will address a variety of health and wellness issues.

- Encouraging the public to become engaged in health matters individually and collectively.
- Informing the public about life choices and how they relate to their overall health.

Strategies:

- Take an active role and partner with the Kansas State University Extension Office in McPherson County on the following initiatives:
 - Walk Kansas – An annual spring event designed to encourage teams of 6 or more people to track minutes of physical activity and food choices during an 8-week period. This impacts a couple of hundred people.
 - SNAP Ed – (Supplemental Nutrition Assistance Program – Education) – This program reaches up to 1500 McPherson County elementary school children 5 times a year to teach basic nutrition and encourage healthy eating habits.
 - Dining with Diabetes – This is a special dinner event targeted to families with loved ones who have been diagnosed with diabetes. The purpose is to educate participants on appropriate eating habits, share practical information and provide hands-on demonstrations on how to prepare special meals. Up to 2 events will be held, potentially reaching 100 persons.
- McPherson Hospital’s Registered and Licensed Dietitian and Pharmacy Director (PharmD) host a free monthly Diabetes Support Group for patients and guests to provide information and support.
- Host annual lunch and learn events focusing on each of the health issues; obesity, heart disease, diabetes and cancer. A total of 4 lunch and learn events can be scheduled quarterly with each event focusing on a different topic. Over 3 years, these events have the potential to reach over 300 people.
- Establish a formalized speaker’s bureau comprised of hospital staff and local physicians to present informative sessions for civic clubs, church groups, schools, local businesses and other gatherings. This has the potential of creating dozens of speaking opportunities each year to reach hundreds of citizens on a variety of health and wellness topics.
- Sponsor an informative 15-minute radio show twice monthly on our local radio station that reaches residents throughout the county. A McPherson Hospital surgeon and our pharmacy and lab director will cover a variety of health topics that includes our identified health issues. Current research, data, preventive tips and general information are shared as a public service by the hospital. The listening audience size can reach into the thousands to hear these messages over time.
- Co-sponsor a local wellness initiative through the McPherson Wellness Institute. Specifically, the hospital participates in the initiatives of the group aimed at providing nutritious options in local schools, physician lectures for the public, and an event called “Commit to Get Fit” which promotes teams of local citizens to participate in a 4-week initiative to exercise and eat healthy.

- Provide through the hospital’s fitness center, free Theraband classes for those 50 and over to encourage fitness and flexibility. This reaches an average of 10 participants twice weekly.
- Identify up to 3 area employers annually to partner with and encourage Health Risk Analyses and provide education support to promote employee health and wellness. A formal risk analysis would specifically identify risk factors for issues such as heart disease, cancer, obesity and diabetes in employees, and hospital staff could then provide information and support through materials and onsite visits to include dialogue, one-one-one counseling and seminars. Action plans can be tailored for each employer. This initiative can also provide a baseline of persons and companies for follow-up, education, treatment plans, and the capability for future assessments to track health and wellness progress. The potential impact for reach depends on the employee numbers but could include several hundred people over the next 3 years.
- Partner with the McPherson Industrial Development Council in developing a “Corporate Challenge” in a “Biggest Loser” format to encourage area employees to engage in healthy behaviors in a competitive atmosphere.
- Utilize national awareness opportunities through marketing to educate our communities on the importance of preventive care such as:

National Heart Month – February
 Prostate Cancer Month – September
 Childhood Obesity Awareness Month - September
 Breast Cancer Awareness Month – October
 American Diabetes Month – November

- Develop a county health service resource directory and distribute throughout the area. The directory will contain names and contact information for all area health-related agencies and organizations. This resource can be linked to all appropriate organizational websites throughout the county.

The Community Health Needs Assessment and parts of this implementation strategy were completed in collaboration with the McPherson County Health Department. As such, many of these initiatives may involve some input and resources from that organization. They can be a key partner with the hospital as these strategies evolve.

As per IRS regulations, actions taken annually toward this implementation strategy will be reported on the Form 990 after each taxable year. Measurements of impact will include the number of initiatives enacted, attendance and participation at events, and a final assessment of results compared to our stated goals. Required resources to implement these strategies will be more fully understood as specific plans are organized and put into place.

As mentioned previously, the above initiatives are focused simultaneously on several of our identified needs due to their connectedness to prevention through awareness, diet and exercise. Other initiatives may be identified as these strategies are implemented and other opportunities arise for education and action to address these needs.

This implementation strategy was reviewed and approved by the McPherson Hospital Board of Trustees on October 28, 2013.