

Stewart Memorial Community Hospital & Calhoun Co. Public Health

Community Health Needs Assessment

2024

January 2024

Thank you for learning more about Stewart Memorial Community Hospital (SMCH) and Calhoun County Public Health's (CCPH) Community Needs Assessment (CHNA). This CHNA provides a comprehensive picture of the health status of the communities served by SMCH and CCPH. By understanding our communities' health and social needs, we can provide safe, high-quality care with compassion and dignity.

Every three years the hospital and public health work with community partners and stakeholders to complete a comprehensive CHNA. Collaborations and partnerships are core components of the CHNA process; therefore, SMCH is a member of several community coalitions and community groups that support community health and health equity work.

Based upon comprehensive community data and feedback, SMCH and CCPH have selected number of health priorities for the 2024 CHNA. The priorities selected include the following:

- Behavioral Health
- Recreation/Wellness
- Access to care/services

At SMCH, we are committed to helping people live well by understanding the needs of the community and implementing culturally appropriate interventions that address the root causes. We recognize the importance in understanding and addressing the social drivers of health that interfere with health outcomes, access to healthy foods, safe neighborhoods, and adequate housing. One of our goals is to address social and structural barriers that may affect health outcomes. Over the next three years, we look forward to establishing new partnerships and strengthening current partnerships to implement evidence-based programs in response to addressing the priority health needs listed in this report.

We welcome and encourage community feedback regarding the health needs of our community and the CHNA process. We also encourage you to review the report and provide recommendations regarding community programs or strategies that aim to address the hospital's priority health needs. The hospital has the honor of working with community partners and leaders to improve the health and wellness of diverse communities across the hospital's service area. With a comprehensive and thorough understanding of our communities' health needs, we will be well positioned to help people live well and improve the quality of life among individuals, children, and families in the communities we serve.

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Stewart Memorial Community Hospital

SMCH is a 25-bed not-for-profit, critical access hospital, which includes obstetrics, acute, and skilled care. SMCH also provides a wide variety of outpatient diagnostics services, 24-hour emergency room coverage, ambulatory surgery, rehabilitation therapy services, and nutritional services. More important than the size of the hospital is the depth and quality of our staff. They stand ready to improve and adapt their skills as innovations and new treatments are introduced. The hospital currently employs approximately 250 dedicated people and is governed by a nine-member elected Board of Trustees. The hospital appreciates the fact that we also have an active Foundation and Auxiliary which help support the growth of our facility.

Calhoun County Public Health

CCPH's mission is to partner with the community to provide quality public health services in Calhoun County. CCPH offers a variety of services including environmental health, immunizations, disaster response, WIC (Women Infant Children), homemaker and personal cares, health maintenance service for those with chronic stable health conditions, health screening and education, maternal and child health, medical home in collaboration with SMCH, Family Foundations (home visitation service for prenatal families and families with children under age 3), and resource coordination. CCPH is governed by an active 7-member Board of Health who is committed to ensuring our rural county has access to service. This Board employs ten people who are enthusiastic about serving and implementing strategies to improve the health of Calhoun County residents.

Community Definition

Stewart Memorial Community Hospital is a complete rural health delivery system located in Lake City, Iowa. Services provided include inpatient, outpatient, obstetrics, and emergency department care as well as four provider-based rural health clinics (Lake City, Rockwell City, Lake View and Gowrie), community wellness and many other related healthcare programs.

For the purposes of this assessment, "community" is defined as a group of people living in the same place or having a particular characteristic in common. SMCH defines its community for the 2024 CHNA process as the hospital and clinic's primary service area (PSA), of primary service area as reported by Iowa Hospital Association includes the cities in within the following counties: Calhoun, Sac, Pocahontas, and Webster County: Lake City, Rockwell City, Gowrie, Manson, Lohrville, Lake View, Farnhamville, Auburn, Pomeroy. Secondary market area includes the above counties in addition to Carroll and Greene counties and the following cities: Wall Lake, Lytton, Sac City, Harcourt, Churdan, Carroll, Fort Dodge, Dayton, Somers, Callendar. Many healthcare facilities and resources exist within the community that includes emergency services, long-term healthcare entities, primary care clinics, dental services, pharmacies, and chiropractic care. Exhibit 1 represents a map of SMCH's primary service area.

Population

According to US Census Bureau, the population of Calhoun County is 9,725 (2022). SMCH's primary service area reaches a population of approximately 7,450 residents.

Primary Service Area		
Community Areas	Zip Code	Population
Lake City	51449	1681
Rockwell City	50579	2205
Gowrie	50543	939
Manson	50563	1695
Lohrville	51453	367
Lake View	51450	1118
Farnhamville	50538	370
Auburn	51433	257
Pomeroy	50575	513

Demographics

Calhoun County Demographics (US Census Bureau, 2022)

Population: 9,725

- % of population below 18 years of age: 26.3%
- % of population 65 and older: 23.8%
- % Females: 47.7%
- % Non-Hispanic White: 92.8%
- % Hispanic: 2.4%
- % Two or more races: 1.3%

Social and Economic Factors

- High school graduate or higher: 93.9%
- Bachelor's degree or higher: 21.4%
- Median household income (in 2022 dollars): \$65,614
- Person's in poverty: 8.6%

Purpose and Process

The Community Health Needs Assessment (CHNA) consisted of a 16-question survey administered online through Survey Monkey and paper versions were made available at the public health office, library, Lake City City Hall, and Calhoun County Courthouse. Advertisements and flyers with a QR code to access the online survey were available at SMCH, McCrary Rost Clinics, CCPH, The Graphic-Advocate, and SMCH quarterly newsletter. Paper surveys were manually entered into the Survey Monkey link.

In an effort to solicit a significant public response, a representative of the core committee addressed various community groups to a variety of age groups and key stakeholders in the community. These groups included, area schools, Rotary Club, Board of Health, hospital staff including medical staff and board members.

To further identify the health needs of the community secondary data sources used included the US Census information, Iowa Department of Public Health, the County Health Rankings, and Cancer in Iowa, (2023).

Survey Results

275 respondents

Question	Responses	
How do you describe your race?		
Hispanic, Latino/a/s, or of Spanish Origin	0.73%	2
White	98.9%	271
Other	0.36%	1
Skipped		1
What gender do you identify as?		
Male	17.95%	49
Female	82.05%	224
Skipped		2
What is your age?		
Under 18	1.09%	3
18-24	2.55%	7
25-34	16.42%	45
35-44	21.17%	58
45/54	13.87%	38
55-64	18.61%	51
65+	26.28%	72
What is the highest level of school that you have completed		
Less than high school	1.46%	4
High School diploma or GED	17.52%	48
Some college	21.17%	58
College degree or higher	59.85%	164
None of these	0.00%	0

How much total combined money did all people living in your home earn last year?		
Less than \$25,000	9.06%	24
\$25,000-\$50,000	18.11%	48
\$50,001-\$75,000	25.28%	67
\$75,001-100,000	22.61%	60
Over \$100,000	24.91%	66
What language do you mainly speak at home?		
English	99.64%	273
Spanish	0.36%	1
Other	0.00%	0
Which of the following categories best describes your employment status?		
Employed, working full-time	59.49%	163
Employed, working part-time	8.76%	24
Not employed, looking for work	0.36%	1
Not employed, NOT looking for work	2.55%	7
Student	0.73%	2
Retired	25.18%	69
Disabled, not able to work	2.92%	8
What type of transportation do you use most often to go places?		
I drive my own car	94.55%	260
I take the bus	0.00%	0
I ride a bicycle	0.00%	0
I ride a motorcycle or scooter	0.36%	1
Someone else drives me	4.36%	12
I walk	0.73%	2
In your opinion, how would you rate the overall quality of health services in your community?		
Very good	30.55%	84
Good	45.09%	124
Average	18.91%	52
Poor	4.36%	12
Very Poor	1.09%	3
When considering overall community health quality is it...		
Increasing – moving up	32.96%	89
Not really changing much	50.37%	136
Decreasing – slipping downward	16.67%	45
Do you see public health as a resource in your community		
No	13.19%	36
Yes	78.75%	215

What is the main reason you used your emergency room instead of going to a primary healthcare provider's office or clinic?		
After hours/weekend	40.44%	110
Long wait for an appointment with my regular doctor	0.74%	2
Emergency/life threatening situation	32.35%	88
I don't have a doctor/primary care provider/clinic	0.74%	2
Cost	0.00%	0
I don't have insurance	0.00%	0
Unable to get time off at work	0.00%	0
N/A	22.06%	60

Preventative care question: When was the last time you...	Never	Past Year	1-2 years	3-5 years	5+ years	Unsure
Had a routine checkup	0.00%	85.09%	8.00%	2.18%	2.91%	1.82%
Visited an eye doctor	2.20%	68.13%	15.75%	7.33%	4.03%	2.56%
Visited a dentist or dental clinic	0.73%	75.55%	9.49%	7.30%	3.28%	3.65%
Gone to the hospital/clinic because you were sick or injured	2.58%	61.62%	18.82%	8.12%	6.27%	2.58%
Visited a therapist or psychiatrist	58.46%	13.60%	4.04%	5.88%	14.34%	3.68%
Had a flu Shot	6.96%	72.16%	8.06%	5.13%	6.96%	0.73%
Had your blood pressure checked	0.73%	92.36%	4.36%	0.73%	0.36%	1.45%
Had a blood sugar test	6.96%	76.56%	6.59%	2.56%	2.56%	4.76%
Had a skin cancer check	47.78%	28.52%	6.30%	3.70%	4.44%	9.26%
Had a colorectal cancer screening	40.88%	14.96%	10.58%	18.98%	9.85%	4.74%
Had a prostate-specific antigen (PSA) test for prostate cancer	84.06%	9.56%	1.20%	1.20%	0.40%	3.59%
Had a Pap Smear	19.47%	27.48%	19.47%	14.89%	16.41%	2.29%
Had a Mammogram	42.86%	42.48%	6.39%	4.51%	2.26%	1.50%
Had a lung cancer screening	83.15%	5.99%	0.75%	1.12%	2.62%	6.37%

Health prevention is vital. How do you rate each of the following?	Very Good	Good	Fair	Poor	Very Poor
Public Health emergency preparedness	19.48	51.31	22.47	4.87	1.87
Recreation/Wellness activities	13.79	38.70	32.95	12.26	2.30
Suicide Prevention	9.52	30.95	40.48	13.10	5.95
Tobacco use prevention	9.52	33.73	36.11	15.48	5.16
Violence/Abuse prevention	9.92	32.14	37.70	16.67	3.57
Adequate housing standards	7.36	30.23	37.60	20.54	4.26

How would you rate the following health services?	Very Good	Good	Fair	Poor	Very Poor	Unsure
Afterschool programs	6.13	17.62	20.69	17.24	7.66	30.65
Ambulance Services	13.38	26.02	27.14	13.01	14.50	5.95
Childcare Services	8.05	30.27	32.18	8.43	4.60	16.48
Chiropractors	27.17	49.81	12.08	0.75	0.38	9.81
Dentist	16.97	36.90	22.88	10.33	2.95	9.96
Domestic Violence/Sexual Assault	6.49	18.32	23.28	11.83	3.44	36.64
Emergency Room	33.21	43.54	11.07	2.95	2.95	6.27
Eye Doctor/Optomtrist	29.04	49.26	10.66	2.57	1.10	7.35
Family Planning Services	11.07	24.43	19.94	4.58	2.29	39.69
Food & Nutrition Services/Education	13.31	28.52	23.57	6.46	3.04	25.10
Home Health Services	15.67	35.45	21.27	6.34	2.24	19.03
Hospice/Palliative Care	16.98	33.96	16.23	4.53	3.40	24.91
Inpatient Services	21.21	42.05	12.12	2.65	4.17	17.80
LGBTQ+ Services	1.92	8.81	8.05	8.43	7.66	65.13
Mental Health Services	5.68	23.48	22.73	11.36	8.33	28.41
Nursing Home/Senior Living	8.96	32.09	27.24	11.19	4.48	16.04
Outpatient Services	23.13	41.04	14.93	1.87	2.24	16.79
Pharmacy	42.96	44.44	9.26	0.74	0.37	2.22
Primary Care	38.35	45.86	8.27	2.26	0.75	4.51
Public Health	27.88	42.75	17.47	1.49	1.12	9.29
School Health	14.72	41.13	16.98	2.64	1.13	23.40
Telehealth	8.02	25.57	17.18	2.29	2.67	44.27
Translator Services	5.00	11.92	13.08	5.00	1.54	63.46
Visiting Specialists	13.26	34.09	14.02	3.41	2.27	32.95
Walk-in Clinic access	12.50	24.62	17.80	9.85	6.44	28.79
Women's Health Services	15.65	28.63	19.85	4.96	1.91	29.01

Overall Health Status:

Per Countyhealthrankings.org, Calhoun County ranks #75 out of 99 counties in Iowa. This data focuses on average life expectancy and how much physical and mental health of a community during their lives. Calhoun County is in the bottom 25% for health outcomes and between 25-50% for health factors affecting their future health.

Prioritization of Health-Related Issues:

Multiple collaborative meetings were held between SMCH and CCPH to analyze the data collected from the assessment. Research was also conducted to substantiate the community health need. Based on the data reviewed from the CHNA and external resources, there were three top priorities identified. Stakeholders met to identified goals, action items and timelines for achieving outcomes.

Top Health Priorities identified:

1. Behavioral Health Services
 - a. Access to Services
 - i. Co Health Rankings 9,920:1 for mental health providers, compared to Carroll 860:1, Webster 340:1, Iowa 530:1
 - b. Suicide Prevention
 - i. 2nd highest concern on CHNA with 60% respondents reporting services as fair/poor/very poor
 - ii. 2021 data: Iowa 17.5 deaths per 100,000 population compared to Nationally 14.5
 - c. Substance Abuse Prevention
 - i. 3rd highest concern on CHNA with 58% respondents reporting services as fair/poor/very poor
 - ii. Alcohol-impaired driving deaths in Calhoun Co are 60% compared to 27% overall Iowa
2. Recreation/Wellness
 - a. Access to Services
 - i. Co Health Rankings 43% access to exercise opportunities compared to Carroll 75%, Webster 79% and Iowa 79%
 - b. Obesity
 - i. CHNA results 48% recreation/wellness activities as fair/poor/very poor
 - ii. Calhoun Co 40% obesity ranking compared to Carroll 35%, Webster 38%, Iowa 37%
 - c. Adequate Housing
 - i. #1 community concern with 58% respondents reporting fair/poor/very poor
 - ii. Concern has been identified on previous CHNA
3. Access to Care/Services
 - a. CHNA respondents ranked services fair/poor/very poor
 - i. Ambulance Services 55%
 - ii. Childcare Services 45%
 - iii. Nursing home/Senior Living services 43%

References:

County Health Rankings. (2024). County Health Rankings & Roadmaps. *Calhoun, IA*. Retrieved on March 15, 2024 from

US Census Bureau. (2022). Calhoun Co., Quick Facts. Retrieved on January 15, 2024 from <https://www.census.gov/quickfacts/fact/table/calhouncountyiowa/PST045223>

