COMMUNITY HEALTH NEEDS ASSESSMENT AND IMPROVEMENT PLAN 2020-2022

Jones Regional Medical Center

APPROVED BY THE JRMC BOARD OF MANAGERS ON DECEMBER 2, 2019



Community Benefit Requirements

What are they?

Federal basis of tax-exemption for not for profit hospitals.

Requires documentation of:

- Free or discounted care to those unable to afford health care.
- Care to low-income individuals utilizing Medicaid and other indigent care programs.
- Services and outreach designed to improve community health and increase access to health care.
 - Includes a Community Health Needs Assessment (CHNA) and Improvement Plan (CHIP) every three years.

Community Benefits

UnityPoint Health

Why Do Community Health Improvement Services Matter Strategically?

Community

- Platform to work collectively to impact community public health and reduce health disparities.
- Economic attractor Engaged community, easy to navigate, offering quality healthcare at an affordable price.

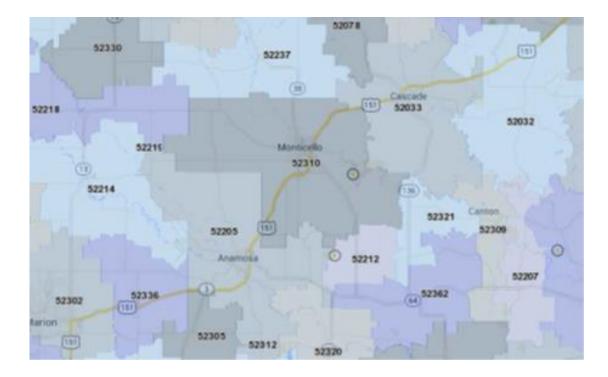
- Story telling tool that our UPH Government Relations uses in advocating for continued non-profit status.
- Mechanism to achieve further service line leadership visibility.
- Capacity building through community relations at a lower cost without having to develop on our own.

Communities Served

Service Area and Demographics

Primary Service Area: Jones County

Secondary Service Areas: Linn, Cedar and Delaware Counties



Demographics



ALL TOPICS	۹	Jones County, Iowa	×
Population estimates, July 1, 2018, (V2018)			20,744
Age and Sex			
Persons under 5 years, percent			▲ 5.2%
Persons under 18 years, percent			▲ 21.4%
Persons 65 years and over, percent			▲ 20.6%
Female persons, percent			48.3%
Race and Hispanic Origin			
White alone, percent			A 95.2%
Black or African American alone, percent (a)			▲ 2.7%
American Indian and Alaska Native alone, percent (a)			▲ 0.4%
Asian alone, percent (a)			▲ 0.9%
Native Hawaiian and Other Pacific Islander alone, percent (a)			Δz
Two or More Races, percent			▲ 0.7%
Hispanic or Latino, percent (b)			▲ 2.1%

Demographics



ALL TOPICS	۹	Jones County, Iowa	۵
Income & Poverty			
Median household income (in 2017 dollars), 2013-2017			\$58,391
Per capita income in past 12 months (in 2017 dollars), 2013-2017			\$29,653
Persons in poverty, percent			▲ 9.5%
Businesses			
Total employer establishments, 2016			497

Demographics



ALL TOPICS 🗸	۹	Jones County, Iowa	×
Families & Living Arrangements			
Households, 2013-2017			8,264
Persons per household, 2013-2017			2.32
Living in same house 1 year ago, percent of persons age 1 year+, 2013-2017			87.8%
Language other than English spoken at home, percent of persons age 5 years+, 2013-2017			2.0%
Computer and Internet Use			
Households with a computer, percent, 2013-2017			81.8%
Households with a broadband Internet subscription, percent, 2013-2017			71.6%
Education			
High school graduate or higher, percent of persons age 25 years+, 2013-2017			92.3%
Bachelor's degree or higher, percent of persons age 25 years+, 2013-2017			17.2%
Health			
With a disability, under age 65 years, percent, 2013-2017			7.6%
Persons without health insurance, under age 65 years, percent			▲ 5.1%
Economy			
In civilian labor force, total, percent of population age 16 years+, 2013-2017			61.1%

Evaluation of Impact 2017-2019 Improvement Plan

Impact

Access to Care

- UnityPoint Certified Application Counselors assisted estimated **7800** individuals in Jones, Linn and surrounding counties to navigate opportunities to enroll in Medicaid or other appropriate insurance options from 2017 to 2019 YTD.
- Increased access through opening an urgent care clinic. Visits 2017 2019 YTD: 31,349
- Expanded gastrointestinal and pulmonology access.
- Created new access for sleep studies.
- Increased availability of psychiatric services for 25 patients by implementing Telepsych in JRMC's emergency department.
- Increased access to nutrition counseling through expansion of telehealth services to Cedar County.

Behavioral Health

- Increased access outpatient therapy by adding a therapist and increasing hours. **899** patients served in 2018.
- Implemented a one-step referral process from the UnityPoint Clinics to Abbe and JRMC behavioral health therapists using a referral in the electronic health record or a one call phone number.
- Met pre-established depression screening targets for the JRMC Family Medicine Clinics.
- Increased awareness of suicide prevention through JRMC Employer Forum focused on Mental Health.

Evaluation of Impact 2017-2019 Improvement Plan

Health Promotion

Substance Abuse

- Sponsored online prescription safety education for youth.
 - **495** students in the service area completed the curriculum.
 - Monticello had **97** of the 495 students.
 - 7% self-reported misusing
 - 73% more students identify signs and symptoms of misuse.
 - 2 of 3 students more confident to intervene and understand various ways to refuse participating in misuse
 - Participate in Jones County Healthy Youth Coalition
- Smoking Cessation 280 patients from 2017 2019 YTD

Evaluation of Impact 2017-2019 Improvement Plan



Health Promotion (cont.)

Chronic Disease Prevention and Management

- Providers and care team achieved max performance level on early prevention and management targets for chronic conditions.
 - **70.9%** management of diabetes A1C less than 8%.
 - **90.6%** attention to nephropathy.
 - **83.6%** patient's blood pressure management of 140/90.
- Disease specific, standardized evidence based patient education implemented and interfaced with EPIC.
- **100%** of identified care coordinators in the clinic trained in standardized diabetes education.
- Using predictive reports, care manager outreach to approx. **150** patients with chronic conditions that had a likelihood of hospital admissions within 6 months.

Prevention - Healthy Starts and Living

Providers and care team achieved well child visit targets at max performance level.
 84.7% of well child visits for 0-15 month and 90.7% of children 3-6 years achieved.

Community Health Needs Assessment Process 2020-2022

Community Input

- Survey to community partners to verify 5 year cycle plan prioritized needs are still the priorities. 2019
- Participate in Jones County Public Health CHNA HIP quarterly workgroup where ongoing activities relative to community needs are discussed and assistance with addressing gaps in addressing the needs are identified. 2019 and ongoing
- Participate in Together! Healthy Linn CHNA HIP Steering Committee and prioritized needs planning workgroups (ongoing).
 - Follows the MAPP process conducted throughout 2018 for identifying and prioritizing needs.
- Reviewed more recent community health data. 2019
 - Note: National and state data has a lag depending on the measure area.
 - Survey recipients and Steering Committee/Workgroups are representative of agencies serving underserved, low-income and minority populations in the community.

Prioritized Significant Community Health Needs

Prioritized Needs

- Mental Health and Illness
- Physical Activity, Nutrition and Overweight & Obesity
- Addictive Behaviors
- Monitoring additional needs not included in prioritized needs:
 - Workplace and Domestic Violence/Abuse
 - Youth Bullying

Summary of Data

- Overall Health Outcomes How Healthy A County Is
 - Ranked 39th of 99 counties in Robert Wood Johnson County Rankings
 - Drop from 21st in 2015.
- Healthy Behaviors: Ranked 81st of 99 counties
- Quality of Life: Ranked 32nd
- Clinical Care: Ranked 49th
- Social and Economic Outcomes: Ranked 60th
- Physical Environment: Ranked 77th



Quality of Life

		Jones County	Trend	Error Margin	Top U.S. Performers	lowa	Rank (of 99) 🚯
Quality of Life							32
Poor or fair health	0	12%		12-13%	12%	13%	
Poor physical health days	0	2.8		2.7-3.0	3.0	2.9	
Poor mental health days	0	3.1		2.9-3.3	3.1	3.3	
Low birthweight		6%		5-7%	6%	7%	



Health Behaviors

	Jones County	Trend	Error Margin	Top U.S. Performers ()	lowa	Rank (of 99) 🚯
Health Behaviors						81
Adult smoking	1 6%		15-16%	14%	17%	
Adult obesity	40%	~	33-46%	26%	32%	
Food environment index	8.2			8.7	8.2	
Physical inactivity	26%	L~	21-33%	19%	23%	
Access to exercise opportunities	77%			91%	83%	
Excessive drinking	1 21%		20-22%	13%	22%	
Alcohol-impaired driving deaths	29%	~	14-44%	13%	28%	
Sexually transmitted infections	112.4	└ ~		152.8	415.6	
Teen births	14		10-18	14	20	



Clinical

	Jones County	Trend	Error Margin	Top U.S. Performers	lowa	Rank (of 99) 🚯
Clinical Care						49
Uninsured	5%	~	4-6%	6%	5%	
Primary care physicians	2,270:1	~		1,050:1	1,390:1	
Dentists	2,570:1	~		1,260:1	1,520:1	
Mental health providers	1,870:1	>		310:1	700:1	
Preventable hospital stays	3,626	~		2,765	3,776	
Mammography screening	51%	~		49%	49%	
Flu vaccinations	37%	~		52%	51%	



Social and Economic Factors

	Jones County	Trend 🚯	Error Margin	Top U.S. Performers ()	lowa	Rank (of 99) 🚯
Social & Economic Factors						60
High school graduation	92%			96%	91%	
Some college	64%		58-71%	73%	70%	
Unemployment	3.7%	~		2.9%	3.1%	
Children in poverty	<u>12%</u>	~	8-15%	11%	13%	
Income inequality	3.6		3.3-4.0	3.7	4.3	
Children in single-parent households	23%		17-30%	20%	29%	
Social associations	15.2			21.9	15.1	
Violent crime				63	282	
Injury deaths	76		60-95	57	67	

UnityPoint Health

Mental Health

Iowa Youth Survey 2018 – Jones County

Has your doctor prescribed medicine for you because you feel angry, anxious, restless, nervous, or sad?													
IYS Question 6th Grade				81	8th Grade			11th Grade			All Grades		
B60	TOTAL	м	F	TOTAL	м	F	TOTAL	М	F	TOTAL	м	F	
Yes	16%	14%	17%	18%	15%	21%	32%	20%	41%	21%	16%	26%	
No	84%	86%	83%	82%	85%	79%	68%	80%	59%	79%	84%	74%	

During the past 12 months, did you ever feel so sad or hopeless almost every day for 2 weeks or more in a row that you stopped doing some usual activities?

IYS Question 6th			th Grade			le	11th Grade			All Grades		
B62	TOTAL	м	F	TOTAL	м	F	TOTAL	м	F	TOTAL	м	F
Yes	18%	14%	20%	19%	15%	22%	35%	18%	50%	23%	15%	30%
No	82%	86%	80%	81%	85%	78%	65%	82%	50%	77%	85%	70%
Percent who answered question	95%	93%	97%	98%	98%	98%	97%	99%	97%	97%	96%	98%

UnityPoint Health

Mental Health

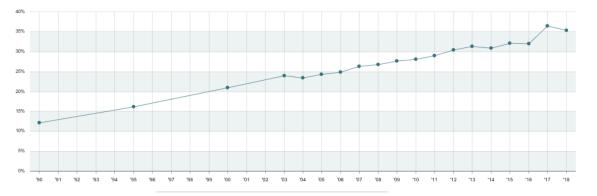
Iowa Youth Survey 2018 – Jones County

During the past 12 months, have you seriously thought about killing yourself?												
IYS Question	6t	6th Grade 8th Grade 11th Grade All Grades										es
B63	TOTAL	м	F	TOTAL	м	F	TOTAL	м	F	TOTAL	м	F
Yes	12%	10%	15%	20%	16%	23%	32%	21%	41%	21%	16%	26%
No	88%	90%	85%	80%	84%	77%	68%	79%	59%	79%	84%	74%
Percent who answered question	94%	91%	97%	97%	97%	97%	96%	99%	95%	96%	95%	97%

	Iowa Youth Survey • 2018 Jones County Results												
During the past 12 months, have you made a plan about how you would kill yourself?													
IYS Question	6th Grade			6th Grade 8th Grade 11th Grade All Grades								es	
B64	TOTAL M F TOTAL M F TOTAL M F								F				
Yes	6%	1%	11%	9%	6%	12%	14%	8%	19%	10%	5%	14%	
No	94%	99%	89%	91%	94%	88%	86%	92%	81%	90%	95%	86%	
Percent who answered question	95%	Percent who											

UnityPoint Health

Obesity – Iowa ranked 7th highest for adults and 10th for youth 10-17



OBESITY RATE BY AGE (2018)

OBESITY RATE BY RACE (2018)

34.5%

41.7%

34,4%

White

Black

Latino



OBESITY RATE BY GENDER (2018) Men 36.0% Women 34.6%

Obesity-Related Health Issues

Diabetes:	Hypertension:	Heart Disease:
CURRENT ADULT DIABETES RATE (2018)	CURRENT ADULT HYPERTENSION RATE (2017)	HEART DISEASE CASES IN 2010
RANK AMONG STATES (2018) 34/51	RANK AMONG STATES (2017)	206,491 PROJECTED CASES OF HEART DISEASE IN 2030
DIABETES CASES IN 2010	29/51	857,998
262,746	HYPERTENSION CASES IN 2010	
PROJECTED CASES OF DIABETES IN 2030 AT CURRENT	636,409	

Addictive Behaviors

Youth Survey – Jones County

- In the past 30 days have you had at least one drink of alcohol?
 - 8th Grade 6% Yes
 - 11th Grade 14% Yes
- Have you ever smoked a cigarette (non electronic)?
 - 11th Grade 20% Yes
- How old were you when you first used an e-cigarette, Juul, vape-pen, etc?
 - 11th Grade 25% at age 15 or 16
- In the past 30 days have you used marijuana?
 - 11th Grade 5% Yes
- Have you ever bet for money or possessions?
 - 6th Grade 12% Yes, 8th Grade 27% Yes, 11th Grade 17% Yes

Health Needs Monitoring

UnityPoint Health

Violence and Bullying – Iowa Youth Survey 2018

Violence

How much do you agree or disagree that each of the following statements is true? Violence is the worst way to solve problems.

IYS Question	6t	h Grad	le	81	h Grad	le	11	th Gra	de	All Grades					
C8	TOTAL	M F		TOTAL	м	F	TOTAL	м	F	TOTAL	м	F			
Strongly Agree	65%	57%	75%	39%	36%	43%	32%	16%	45%	46%	37%	54%			
Agree	22%	27%	16%	41%	37%	44%	42%	44%	40%	35%	36%	33%			
Disagree	7%	10%	4%	12%	15%	9%	20%	29%	12%	13%	18%	8%			
Strongly Disagree	6%	7%	6%	8%	12%	5%	6%	11%	3%	7%	10%	4%			
Percent who answered question	94%	92%	96%	99%	98%	99%	97%	99%	97%	97%	96%	98%			

Bullying

In the last 30 days, how many times have you been bullied at school in the ways listed below: I was called names, was made fun of, or teased in a hurtful way? 6th Grade 8th Grade 11th Grade All Grades **IYS** Question E12 TOTAL F TOTAL M F TOTAL M F TOTAL F M M Percent who reported one or 37% 50% 35% 40% 40% 43% 48% 46% 43% 50% 44% 47% more times



Mental Health

Goal		health through increased community awareness and equal access to mental abuse, & prevention services
Strategy	y 1:	Promote well-being through providing a timely and appropriate continuum of mental health care.
	Actions	Tasks
mental heal illness, and increase aw	e understanding of Ith and mental vareness of available nd services.	 Partner with middle and high schools in service area to implement Everfi online mental wellness curriculum. Implement Make It Ok Campaign to reduce mental illness stigma with JRMC employees. Support implementation of Make It OK Campaign with area agencies and businesses.
Further the	ideal continuum	 Increase access to mental health services through the addition of therapy hour availability. Increase access to psychiatry services through furthering the usage of telepsych services.
Utilization of strengthen	of data and care coordination	 Support ease of access through increased usage of One Step Referral from primary care and emergency department to JRMC and Abbe mental health services. Implement usage of daily emergency department visit reports for mental health service care coordination.



Mental Health and Illness

Strategy 2		Advocate for a fully funded comprehensive array of services for children and adults						
	Actions	Tasks						
Advocate for	resources	 Maintain UnityPoint representatives on Statewide Governor appointed Children's Mental Health Services Planning Committee. 						
Educate the community		 Actively partner in Linn County Mental Health Access Center planning and implementation which will benefit service area. 						
Educate the c	community	 Provide quarterly update to Jones County CHA CHIP workgroup on statewide children's mental health and Linn County mental health access center planning progress. 						
Define and sh mechanisms opportunities	0	 Promote annual UnityPoint Health Community Benefits funding opportunity to area community agencies and schools. 						



Physical Activity, Nutrition and Obesity

Goal		nities for healthy eating and physical activity to reduce the risk of obesity- sease for all residents								
Strategy 1	l:	Increase access to healthy food and access to nutrition and food preparation education.								
	Actions	Tasks								
	Assess and identify gaps in available resources	 Assess food insecurity of high risk patients through UnityPoint's Common Care Plan. 								
	Develop an advocacy plan	 Provide support to Jones County Public Health grant efforts for increasing food shelves. 								
	Align and promote outreach services	 Referrals to HACAP. Telehealth for eating disorders/weight management and diabetes education. Can food drive 1-2 times/year. 								



Physical Activity, Nutrition and Obesity

Strategy 2:	Develop and utilize consistent messages around healthy living							
Actions	Tasks							
Messaging and 5-2-1-1 promotion	 Education through primary care providers. 							
Promote physical activity	 Jones County Fair presence with treadmill & wellness education. 							
Promote healthy living from birth	 Implementation of Ages and Stages Questionnaire (ASQ) screening at UPC – Anamosa 							
Community Outreach	 Advertise and promote community 5Ks Community CPR classes Rhythm of Life exercise program for community Bike helmet give away 							



Addictive Behaviors

Goal	adverse health outcomes in Jones County.									
Strategy 1	:	Increase awareness of health-related concerns associated with the use of nicotine/tobacco products, the benefits of quitting and available supports and resources.								
Action		Tasks								
Increase awareness		 Promote the impact and cessation of nicotine/tobacco products (including vaping) usage to the community through educational podcasts. 								
Healthcare pro systems	ovider reminder	 Providers will support patients in smoking cessation through collectively achieving established tobacco assessment and intervention quality targets each year. Providers and care team will support patients in smoking cessation through making referrals to the smoking cessation program. 								



Addictive Behaviors

Strategy 2:	Increase youth awareness of the impact of substance abuse and nicotine use while building refusal skills.			
Action	use while building refusal skills.Tasks•Partner with middle and high schools in service area to further the implementation and usage of Everfi online prescription safety curriculum that includes skill building on refusal skills. •Provide aggregated pre and post test data from curriculum to the Jones County CHA CHIP workgroup for ongoing community planning purposes.Increase access to substance abuse treatment services.Tasks• Implement plan to have substance abuse detox program in inpatient unit.			
Increase substance abuse awareness and refusal skills	implementation and usage of Everfi online prescription safety curriculumthat includes skill building on refusal skills.Provide aggregated pre and post test data from curriculum to the Jones			
Strategy 3:	Increase access to substance abuse treatment services.			
Action	Tasks			
Increase local access to treatment				

Additional Needs



Rising Needs Not Prioritized But Monitoring

- Workplace and Domestic Violence / Abuse
- Youth Bullying

Rationale for Monitoring:

- Violent and abusive behavior was ranked 2nd in a 2016 Jones County Community Survey of 99 respondents and a current need being addressed by partners in the Jones County CHA CHIP workgroup.
- However, Jones County is below the state and national averages in violence.
- Increase in workplace violence from patients shown to staff documented in daily safety huddles in UnityPoint – Cedar Rapids.
- In the Iowa Youth Survey in 2018, 44% of 6th, 8th and 11th grade survey respondents reported being bullied.



Appendix

Available Resources



Community Agencies

Human Service Agencies		Child/Senior Health Clinic	Childcare Provider Info/Assistance	Clothing Assistance	Counseling:Family & Individual	Daycare-Child	Developmental Assessment	Disabled Persons Services	Disaster Assistance	Domestic Violence Services	Early Access Service Coordination	Elderty Services	Employment Services	Financial Assistance Financial Education	Food Assistance	Health Insurance Assistance	Health Services	Heating Assistance	Housing Assistance	Legal Assistance	Mental Health Services & Funding Austrations	Nutrition/Wellness Parent Ed/Recouces	Prenatel Crunealine Education	Respite Care/Referrals	Supported Living for Disabled	Transportation	Veterans Services	Youth Services/Programs
Abbe Center for Community Mental Health	319-398-3562				×	-	-	1			-			1		100					×	×	6					
Advancement Services of Jones County	319-465-5991							×					к															
American Red Cross	800-982-2438 or 319-393-3500							1	×		(1.1	(
ARC of East Central Iowa	319-365-0487							×					×							·								
Area Substance Abuse Council (ASAC)	319-462-4327		- 22		×			8		1																		×
Camp Courageous of Iowa	319-465-5916							×																				×
Catholic Chanties	800-873-3546 or 319-364-7121				×			5	×	-		1		1								>	< >	1				
Community Care, Inc.	319-462-3485					_		×	_	_		_	_	_				_	_	_	_	_		_	*			
Community Health of Jones County	319-462-6131	×	×			1	×	1			×	×		1		×	×	1	-			*	4					
Emergency Management- Jones County	319-462-4715					_	_	_	×	_	_	_	_		_			_	_	_	\rightarrow	_	_	_	_			
Food Assistance Call Center- State DHS	877-YES-FOOD (937-3663)							1							×								433		4			
Four Ceks JMRT & FaDDSS's Program @ Kirkwood-Monticello	319-465-3727				×	_	×	_	_	_		_	_		_				_		ж	_		£	_			ж
Horizons Family Serivce Alliance-Anamosa	319-462-2138				×		×	5	-		×	1		×						_	×							×
Grant Wood Area Education Agency	800-332-8488 or 319 399-6700	⊢		_	×		_	×	_	-	×	-	-	-	-	-			-	_	×	××		_	+			×
HACAP/Headstart of Jones County HUD-Section 8 Rental Assistance	319-462-4343					×	ж			-		×	100	×	×			×					4		400			
Iowa Department of Human Services-Jones County	800-942-4648 319-462-3557				-	_	_	-	-		_	100	-	-	1000			_	×	-	-	-	+	-	+	-		_
Iowa Department of Human Services-Jones County Iowa Federation of Families for Chidren's Mental Health	319-462-2187	-	×		×		_	×	-	×		×	×	×	×	×	1000		×	_	×		_	*				
Iowa Federation of Parnites for Children's Mental Fleath	319-462-2791	<u>+</u> +	×	_	-	-	-	-	-	-	-	-	-	*	+	~		_	×	-		XX	_		<u>+</u>	-		
Iowa Workforce Development	319-365-9474	-	~			-	-	-	-	-	_	-	×	12	-	×	-	-	-	-		-	4		-		×	100
Jones County Community Services	319-462-4457			_			-	×	-	-	-			×		Ĥ	-		-		×			×			×	0.000
Family Resource Center- Anamosa -Strawberry Hill Elementary	319-462-5318	-	_	_	_	-	_	-	-	_	_	-	-	-	-		-	-	_	-	-		+		-		1	
Monticello -Shannon Elementary	319-465-3432						×				×																	×
Jones County JETS Transportation	319-462-2143							×													at the second se					×		
Jones County Senior Center	319-462 4484			_		-	-	-	-	-	_	×	-	_	×			_		-	-	-	-	-				
Jones Regional Medical Center (JRMC)	319-462-6131	×				×			×								×					×						
Legal Aid	800-332-0419 or 319-364-6108	-	_	_	_	-	_	_	-	-	_	_	-	_	-		-	_	_	×	Ŧ		-	-	-			
RSVP-senior volunteer transportation @ JRMC	319-462-6131		-									*				K							de la com			×		1000
Social Security Administration	800-772-1213 or 319-393-0045									-		×	-	×	-					-	-		T	-	-			
Systems Unlimited	319-465-6360		-			1 1												2						×	×			
United Methodist Church-Anamosa- Clothing Closet(Thurs 10-1)	319-462-3951			×											-							-			T			
United Church of Christ-Angel Food Ministries- Anamosa	319-462-2057							1	1					11	×		1	1										
Veterans Affairs- Jones County	319-462-5311														×												×	
Waypoint-Jones County Outreach	319-462-3422					2		18		×		1		1				8 17										
WIC Nutrition Program-pregnancy/ages 0-5	800-437-3942														×							××		-				
Young Parents Network	319-364-8909				-			12	1		-		100	1			1					×	< >	4				×

CHNA HIP Collaborating Partners



- Hospitals include: Jones Regional Medical Center, UnityPoint Health St. Luke's Hospital, Mercy Medical Center
- Jones County 2016 CHNA HIP Partners
- 2019 Jones County Public Health CHNA HIP Workgroup Members
- Together! Health Linn CHNA HIP Steering Committee

* Collaborating partners serve medically underserved, low-income and minority populations depending on their target population and services.