



UnityPoint Health
Trinity Regional Medical Center

**2022-2024 Webster County
Community Health Needs
Assessment Overview**

Summary & Implementation

The Community Trinity Regional Medical Center Serves

Webster County Population 36,000

Nearly 87% are White - Non-Hispanic

Trinity's primary market is defined as Webster County. Its patient population from Webster County is 66% inpatient and 72% outpatient.

18.8% of those living in Webster County are 65 years or older - national average is 16.5%.

Seeking Input

348 Confidential Responses to a 15-question survey

27 Business/Community Leader One-on-One Interviews

6 Primary Care Provider One-on-One Interviews

Validated responses with available supporting data

What Survey Respondents and the Data Told Us

Mental/Behavioral Health and Substance Abuse

All groups surveyed ranked access to Mental/Behavioral Health and Substance Abuse as a priority.

Iowa ranks 41st out of 50 states in the number of psychiatrists per capita.

Webster County is designated as Health Professional Shortage Areas (HPSA) for mental health providers.

Obesity/Weight Control

All groups surveyed ranked obesity as a health concern.

33.9% of adult Iowans are considered obese and 16.4 percent of children 10-17 years of age are obese (Trust for America's Health).

County Health Rankings (2017), 23% of Webster County adults aged 20 or over reported no leisure-time physical activity.

Access to Care

All groups surveyed ranked access to health care as a priority.

According to County Health Rankings, in 2021 there was one primary care physician per 1,650 Webster County residents, along with Iowa's average of only one primary care physician for every 1,360 residents. The county experiences a higher poverty level and children living in single-parent households are 3% higher than the state average.

Implementation Objectives and Action Plans

Webster County Community Health Needs Assessment Strategic Priorities

UnityPoint Health - Trinity Regional Medical Center Community Benefit Implementation Objectives and Action Plans

Strategic Priority #1: Addressing Mental/Behavioral Health and Substance Abuse

- 1.1 Increase provider availability at all sites of care - primary care and mental health/behavioral health.
While recruitment continues for UnityPoint Health - Berryhill Center, an ARNP and two therapists have been added to support the medical needs of mental health patients.
- 1.2 Continue to provide Mental Health Urgent Care at the Berryhill Center.
 - Patients are assessed and provided care based on their immediate need
 - o Suicidal/homicidal would be evaluated for possible hospitalization
 - o Crisis therapy session and safety planning as needed
 - o Care Coordination if support with housing or food insecurity is needed
 - Follow up support call to ensure patient is doing ok
 - Referral for mental health services as needed
- 1.3 Continue to provide substance use disorder services at the Berryhill Center as well as offer primary care on site, lab, pharmacy, and health and wellness classes support this underserved population.
- 1.4 Continue to offer open therapy groups and telehealth to improve access to care at more accessible times as well as parenting support groups, pet therapy, school-based services, zero suicide preventative care, and parent child interaction therapy.
- 1.5 Screen all patients in both in and outpatient settings for mental health needs.

Strategic Priority #2: Encouraging healthy behaviors and disease prevention across the life span.

- 2.1 Continue to encourage employees to utilize employee health and wellness programs. These programs have yielded positive results such as a reduction in overall employee BMI, smoking and blood pressure.
 - Various health challenges and resources (nutrition, exercise, mental health, sleep, stress, etc.)
 - A "Wellness Credit" is given to employees, each pay-period, who obtain an annual physical from their healthcare provider and complete an annual Health Risk Assessment (HRA) via OnPoint for Health.
 - The Journey to Wellness Coaching is a program offered through OnPoint for Health which helps employees meet wellness goals.
 - Wellbeats is an on-demand on-line fitness and wellbeing benefit to inspire employees to stay healthy and feel better than ever.

- 2.2 Continue funding for the THRIVE in-classroom Wellness and Obesity prevention program. This program is utilized for kindergarten, third graders, and fifth graders in the community.
- 2.3 Continue funding for the THRIVE swim program continues to provide free swim lessons for 3rd and 4th graders in an after-school program held at The Rec Center. Trinity contracts with the city public transportation system to bus the kids from their respective schools to the REC Center.
- 2.4 Continue to provide the Medicare Diabetes Prevention Program (MDPP) to employees and community members who are struggling with prediabetes. A year long program that promotes positive behavioral changes in hopes of delaying or avoiding the diagnosis of Diabetes type 2. Medicare does cover the cost of the program. Those without Medicare are billed \$10.00 per visit. If unable to afford that, funds are made available through Trinity Foundation, which have been raised through the annual Swing for a Cure golf tournament.
- 2.5 Trinity Healthy Living continues to promote nutrition and exercise educational materials, as well as the wellness screenings, at Health Fairs, Brown's Fit Night and others in the area. We have provided health and wellness presentations to Community groups (Friends of the Library, Lions Club, Friendship Haven) and to businesses (ex: Nestle Purina, Hy Capacity).
- 2.6 Smoking Cessation continues to be offered to the community. It consists of eight classes at a minimal cost to the individual.

Strategic Priority #3: Improving Access To Care

- 3.1 Increase provider availability at all sites of care - primary care and mental health/behavioral health.
- 3.2 Identify additional programs/funding through Trinity Foundation and community agencies to assist patients with the costs of medications, co-pays, co-insurance and medical expenses will be identified and leveraged.
- 3.3 Provide funding for the Community Lab Draw Screening. Labs drawn are basic screening labs: Chemistry Panel, Complete Blood Count, A1C, PSA, TSH, and Vitamin D, which may not be covered under Medicare or some insurances.
- 3.4 Continue funding for the Stroke and Vascular screening once a month. Six times a year we hold a satellite clinic in outlying towns. This is also a preventive wellness screening and is very cost effective.