

Community Health Needs Assessment

UnityPoint Health Allen Hospital

Action Plan Recommendation

February 28, 2023

2023 – 2025 Community Health Needs Assessment Survey Results

UnityPoint Health Allen Hospital conducted the 2023 – 2025 community health needs assessment survey from September 5, 2022 to September 26, 2022. The online survey for residents drew 696 unique responses, and the parallel survey for social services agencies drew 44 responses. The questions in the assessment were the same as the questions in the previous cycle with five questions added related to COVID-19. Consistency of the questions from 2019 to 2022 was important to compare the impact from each cycle.

Participants were allowed to choose their top answers to many questions. There were five questions related to identifying their top community health needs and one question related to improving their personal health. Listed below are the top answers to these six questions, additional details can be found in the full report.

- Question #2: What do you feel are the top three most important factors for a healthy community?
 - Access to healthcare, jobs and a healthy economy, access to mental healthcare, and affordable housing
- Question #3: What do you feel are the top three health problems in your community?
 - Mental illness, obesity, substance abuse, and diabetes
- Question #4: What do you feel are the top three risky behaviors relative to adult behavior in your community?
 - Illegal drug use, alcohol abuse, physical inactivity, texting while driving, and tobacco use or vaping
- Question #6: What are the top three public health services your community needs to be healthy?
 - Mental health access, preventive services, health education, and neighborhood wellness programs
- Question #13: What are the top three health concerns relative to children's health in your community?
 - Too much screen time, healthy diet, poor parenting skills, and access to mental healthcare
- Question #10: What three healthy behaviors would you like to start or do more often to improve your health?
 - Get more exercise, decrease stress, more fruits and vegetables, and drink more water

2023 – 2025 Action Plan Recommendations

Access to healthcare and access to mental healthcare are among the top concerns cited again for this cycle. There are some personal health choices frequently cited as top concerns (healthy diet, physical inactivity, texting while driving, tobacco use or vaping); these issues are harder to impact on a broad scale and often are a result of a lack of health education.

Allen Hospital's 2020 – 2022 initiatives were prioritized because they focused on improvements we could make. No hospital has the resources to begin to address all the possibilities, and with concerted effort on a few priorities, we can make an impact.

The UnityPoint Health – Waterloo Board of Directors met on February 28, 2023. They reviewed this document and voted to focus on addressing health needs in these three categories from 2023 – 2025:

Access to Healthcare:

There has been a lot of progress made in this category over the last several years and more opportunity awaits. Access to healthcare includes four components: coverage, services, timeliness, and workforce.

Access to Mental Healthcare:

This remains a complex issue. Access to mental healthcare has the same four components listed above: coverage, services, timeliness, and workforce. Workforce challenges, especially in the mental health field, remain a challenge and a high priority for our teams.

Health Education:

The COVID-19 pandemic highlighted the continued need to educate the community and patients we serve. Many of the personal health choices that are highlighted in the responses are due to a lack of education of the impact of the choices. We have opportunities at every turn to help patients and families learn how to take better care of themselves and get better outcomes from the services we provide.