



Sanford Health Network
Community Health Needs Assessment
Implementation Strategy
2017-2019

SANFORD[®]
HEALTH

Dear Community Members,

Sanford Aberdeen is pleased to present the 2016 Community Health Needs Assessment (CHNA) and Implementation Strategy. There is great intrinsic value in a community health needs assessment when it serves to validate, justify and defend not-for-profit status and create opportunity to identify and address community health issues.

During 2015 members of the community were asked to complete a non-generalizable survey to help identify unmet health needs. Analysis of the primary research data and secondary research was used to identify health concerns and needs in the community. Community partners assisted with the development of an asset map that lists resources and assets that are available to address each need. A gap analysis and prioritization exercise was also conducted to identify the most significant health needs, and to further address these needs through the implementation strategies that are included in this document.

Sanford Aberdeen has set strategy to address the following community health needs:

- Mental Health
- Physical Health

In this report you will find the implementation strategies for 2017-2019, information about what Sanford is doing to address the needs, assets and resources that are available in the community to address the needs, and a discussion on the impact from the 2013 implementation strategies.

At Sanford Aberdeen patient care extends beyond our bricks and mortar. As a not-for-profit organization, ensuring that the benefits of health care reach the broad needs of communities is at the core of who we are. Through our work with communities, we can bring health and healing to the people who live and work across our communities. Together, we can fulfill this mission.

Sincerely,



Ashley Erickson
Chief Executive Officer
Sanford Aberdeen Medical Center

Implementation Strategies

Health Needs Identified

Two identified needs for the area are physical health and mental health.

Implementation Strategy

The following were identified through a formal community health needs assessment, resources mapping and prioritization process:

- Physical Health
- Mental Health

Implementation Strategy – Physical Health

- Improve care of patients with obesity diagnosis through referring patients to internal and external services, including registered dietitians, exercise physiologists, and Health Coaches.
- Provide education to local schools and child care centers about the Sanford Health *fit* initiative, a childhood obesity prevention initiative. *fit* is the only initiative focusing equally on the four key contributing factors to childhood obesity: Food (nutrition), Move (activity), Mood (behavioral health), and Recharge (sleep).

Implementation Strategy – Mental Health

- Improve care of patients with depression diagnosis through improving PHQ-9 scores for patients with major depression.
- Continue ongoing education to all Health Coaches and panel specialists to standardize workflow.

Community Health Needs Assessment Implementation Strategy for Aberdeen Medical Center

FY 2017-2019 Action Plan

Priority 1: Physical Health

Goal: Improve Care of Patients with Obesity Diagnosis

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships and collaborations
Provide Sanford <i>fit</i> program to the local schools and child care centers	Sanford <i>fit</i> is available to all students and families in the area through classroom and <i>fit</i> website	Sanford <i>fit</i> Leadership; Teachers	Sanford Leaders	Local schools Child Care Leaders

Priority 2: Mental Health

Goal: Improve Care of Patients with Depression Diagnosis

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships and collaborations
Develop Sanford <i>My Chart</i> capabilities for depression assessment	Percentage of patients with major depression or dysthymia and an initial PHQ-9 score greater than nine whose six-month PHQ-9 score was less than five	Sanford Clinical Services/IT Leadership	CMO, CNO, Clinic Director	
Provide education on workflow to all Health Coaches and panel specialists to standardize workflow	All Health Coaches and staff in primary care staff receive education on workflow	All Health Coaches	CMO, CNO, Clinic Director	

Community Health Needs Assessment Key Findings

The leading concerns about the community include:

- Economics: Availability of affordable housing
- Environment: Good water quality
- Aging: Cost of long term care; availability of memory care
- Children and Youth: Bullying; cost of quality infant care
- Safety: Presence of street drugs and alcohol in the community; domestic violence; child abuse
- Health Care: Access to affordable health insurance
- Physical Health: Obesity; poor nutrition and eating habits; cancer; inactivity and lack of exercise; chronic disease
- Mental Health/Behavioral Health: Underage drug and abuse; drug use and abuse; underage drinking; stress; depression; dementia & Alzheimer’s; smoking and tobacco use

How Sanford Aberdeen is Addressing the Needs

Identified Concerns	How Sanford Aberdeen is Addressing the Needs
Economics <ul style="list-style-type: none"> • Availability of affordable housing 	Sanford will address this need by sharing the findings with community leadership
Environment <ul style="list-style-type: none"> • Good water quality 	Sanford will address this need by sharing the findings with community leadership
Aging <ul style="list-style-type: none"> • Cost of long term care • Availability of memory care 	Sanford will address this need by sharing the findings with community leadership
Children and Youth <ul style="list-style-type: none"> • Bullying • Cost of quality infant care 	Sanford Children’s CHILD Services – Bullying <ul style="list-style-type: none"> • Conducts social emotional trainings and technical assistance to child care providers in 29 counties in southeast and northeast South Dakota to address the needs of young children learning social skills early and to prevent bullying. Sanford will address this need by sharing the findings with community leadership
Safety <ul style="list-style-type: none"> • Presence of street drugs, and alcohol in the community • Domestic violence • Child abuse 	Sanford Children’s CHILD Services – Child abuse and Neglect early intervention/prevention <ul style="list-style-type: none"> • Parent Aide program works with Child Protection Services to provide parent education and support to at risk families.

Identified Concerns	How Sanford Aberdeen is Addressing the Needs
	<ul style="list-style-type: none"> • Conducts community parent education classes for parents regarding appropriate developmental expectations for young children and appropriate discipline techniques. • Secured units; Children’s, Emergency Department, Birth Place • Security works with HR for specifically identified domestic violence issues with employees <p>Community resources include:</p> <ul style="list-style-type: none"> • Hugs system • Child’s Voice program • Social Work services • Mental Health services • Counseling for employees through EAP • Police Dept. 605-626-7010 • Brown Sheriff 605-626-7100 • Child Protection 605-626-2388 • SD Child Advocacy Ctr. 605-333-2226 • Safe Harbor 605-226-1212 <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> • Avera Worthmore Addition Services 605-622-5800 • NADRIC Treatment Center – 605-225-6131 • Alcoholics Anonymous – 605-225-1292 • Al-Anon – 605-225-5680 • Al-Anon Family Group – 605-229-0846 • Narcotics Anonymous – 605-229-8562 • Alano Society – 605-225-1292 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431 <p>Safety resources:</p> <ul style="list-style-type: none"> • Brown Co. Sheriff – 605-626-7100 • Aberdeen Police – 605-626-7000 • Rape Task Force – 605-226-1212 <p>Domestic Violence resources:</p> <ul style="list-style-type: none"> • East River Legal Services – 605-336-9230 • Brown County Crime Victim Assistance 605-626-7130 • Safe Harbor – 605-226-1212 • Resource Center for Women – 605-226-1212 • SD Coalition Against Domestic Violence 605-225-5122 • Salvation Army – 605-225-7410 • Rape Task Force – 605-226-1212 • Support Groups - LSS – 605-229-1500 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431

Identified Concerns	How Sanford Aberdeen is Addressing the Needs
	Child abuse and neglect resources: <ul style="list-style-type: none"> • Brown Co. Child Abuse & Neglect – 605-626-2388 • Safe Harbor – 605-226-1212 • LSS – 605-229-1500 • New Beginnings – 605-229-1239 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431
Health care <ul style="list-style-type: none"> • Access to affordable health insurance 	<ul style="list-style-type: none"> • Sanford Health provides health insurance options to the community via marketplace. • Brown County has local agents and community navigators to help identify affordable health insurance options for community members. • Sanford Health is partnering with a vendor who will assist uninsured patients with finding coverage.
Physical Health <ul style="list-style-type: none"> • Obesity • Poor nutrition and eating habits • Cancer • Inactivity and lack of exercise • Chronic Disease 	Sanford has developed an implementation strategy to address obesity Sanford provides nutritional education which includes: <ul style="list-style-type: none"> • Cooking classes and nutrition education to student athletes • Nutrition presentations to groups with cancer and other chronic conditions (breast cancer, COPD, diabetes, etc.) • Participation in community health fairs • Nutrition education for pregnant women and new moms (B4 Baby) • Introduction of Solids (nutrition class series) for new parents • Participate in TV, radio, and newspaper interviews regarding nutrition topics in the news • Diabetes Prevention Program • <i>Cooking with the Cardiologist</i> for community members to attend • <i>Cooking Class for Women’s Expo</i> • Participation in various community youth events through the schools (middle school/high school) promoting good nutrition Cancer <ul style="list-style-type: none"> • Screening – increasing screening rate for breast and colon cancer through use of primary care and Medical Home. Health maintenance reminders for breast, colon and cervical cancer screening. Addition of lung cancer screening program for early detection with dedicated lung nodule clinic. • Risk Assessment – implementation of Edith Sanford Athena Breast Cancer Risk assessment program to identify and intervene with women at high risk of breast cancer. Expansion of high risk breast clinic to develop personalized screening plans. Identification of patients and families at high risk for colon and

Identified Concerns	How Sanford Aberdeen is Addressing the Needs
	<p>endometrial cancer through consistent genetic tumor testing. Genetic counseling imbedded in clinics for easy access to familial cancer risk assessment.</p> <ul style="list-style-type: none"> • Treatment – Advanced treatment including targeted therapy based upon tumor genomic analysis and immunotherapy. Clinical trials including NCI-sponsored, investigator initiated and commercial available for patients locally. • Survivorship – Survivor treatment summaries, care plans and visits services to encourage healthy behaviors, reoccurrence prevention and quality of life. Plans include exercise, nutrition, health screenings and mental health aids. <p>Fitness resources:</p> <ul style="list-style-type: none"> • Aberdeen: <ul style="list-style-type: none"> ○ Anytime Fitness – 605-262-5010 ○ Curves – 605-226-7074 ○ Snap Fitness – 605-262-7627 ○ YWCA – 605-225-4910 ○ School District activities/programs 605-725-7300 ○ Park District activities/programs 605-626-7015 ○ Heart & Hear Soul program – 605-225-5680 ○ Look Good Feel Better – 605-622-5588 ○ Walk for Wellness – 605-622-5533 • Ipswich: <ul style="list-style-type: none"> ○ Community Fitness Center – 605-690-3014 ○ Golf Association – 605-426-6921 <p>Cancer resources:</p> <ul style="list-style-type: none"> • American Cancer Society – 605-622-2880 • Avera Cancer Care – 605-622-5500 • Sanford Aberdeen – 605-626-4200 • Cancer Support Group – 605-226-5680 • Sanford Ipswich – 605-426-6040 • Avera Ipswich – 605-426-6458 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431 <p>Chronic Disease resources</p> <ul style="list-style-type: none"> • Sanford Better Choices, Better Health • Avera Diabetes Care – 605-622-5000 • Kids with Diabetes support group – 605-622-5161 • Eating Disorders Support Group – 605-229-1500 • Brain Injury Support Group – 605-395-6655 • Chronic Pain Support Group – 605-622-5588 • Diabetes Club – 605-622-5161/605-622-5648 • MS Support Group – 605-225-5740 /605-225-0724 • Stroke Club – 605-622-5733/605-622-5927 • Sanford Ipswich – 605-426-6040

Identified Concerns	How Sanford Aberdeen is Addressing the Needs
	<ul style="list-style-type: none"> • Avera Ipswich – 605-426-6458 • Public Health, Bowdle, SD – 605-285-6419 <p>Nutrition resources:</p> <ul style="list-style-type: none"> • Avera Aberdeen Dietitians – 605-622-5588 • Sanford Aberdeen Dietitians – 605-626-4600 • Sanford Ipswich Dietitians – 605-426-4060 • Avera Ipswich Dietitians – 605-426-6458 • Brown Co. Extension – 605-626-7120 • Senior Meals – 605-229-4741 • Downtown Farmers Market – 605-226-3441 • Lifestyle Solutions Nutrition Center 605-725-5433 • Eating Disorders Support Group – 605-229-1500 • Senior Nutrition Project, Ipswich, SD 605-426-6018 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431
<p>Mental Health</p> <ul style="list-style-type: none"> • Under age drug use and abuse • Drug use and abuse • Underage drinking • Stress • Depression • Dementia and Alzheimer’s • Smoking and tobacco use 	<p>Sanford has developed an implementation strategy to address depression.</p> <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> • Avera Worthmore Addition Services 605-622-5800 • NADRIC Treatment Center – 605-225-6131 • Alcoholics Anonymous – 605-225-1292 • Al-Anon – 605-225-5680 • Al-Anon Family Group – 605-229-0846 • Narcotics Anonymous – 605-229-8562 • Alano Society – 605-225-1292 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431 <p>Mental Health resources:</p> <ul style="list-style-type: none"> • NE Mental Health – 605-225-1010 • Awakening Counselors – 605-725-2701 • Northern Plains Psychological – 605-225-3622 • Avera – 605-622-5000 • Behavior Care Specialists – 605-262-2162 • Lutheran Social Services – 605-229-1500 • Breakthrough Psychologists – 605-725-5505 • Avera Psychiatric Associates – 605-622-2545 • Catholic Family Services Counseling 605-226-1304 • NSU Counseling Center – 605-626-2371 • Aberdeen Boys & Girls Club – 605-225-8714 (counseling available to anyone who seeks it) • New Beginnings Center - 605-229-1239 • Health Oriented Psychiatric & Education 605-226-3326 • Professional Counseling – 605-229-2029 • NSU Counseling Center - 605-626-2371 • Sanford Aberdeen – 605-626-4600 • Sanford Ipswich – 605-426-6040 • Avera Ipswich – 605-426-6458

Identified Concerns	How Sanford Aberdeen is Addressing the Needs
	<ul style="list-style-type: none"> • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431 <p>Memory Care/Alzheimer’s resources:</p> <ul style="list-style-type: none"> • Alzheimer’s – 605-339-4543 • Alzheimer’s Family Support Group 605-626-3330 • Primrose Retirement Community – 605-277-4014 • Primrose Cottages – 605-226-4040 • ManorCare - 605-225-2550 • Nano Nagle Village – 605-622-5850 • Bethesda Town Square – 605-225-7600 • Brain Injury Support Group – 605-395-6655 <p>Smoking Cessation resources:</p> <ul style="list-style-type: none"> • Aberdeen Hypnosis – 605-225-1877 • SD Tobacco Prevention – 605-626-2229 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431

Aberdeen 2016 CHNA Asset Map

Identified concern	Community resources that are available to address the need
<p>Economics</p>	<p>Housing & Housing Assistance resources:</p> <ul style="list-style-type: none"> • Aberdeen Housing Authority – 605-226-2321 • Homes Are Possible, Inc. – 605-225-4274 • Habitat for Humanity – 605-226-5492 • USDA Rural Development – 605-226-3360 • Brown County Welfare (rent assistance) – 605-626-7125 • LSS Center for Financial Resources – 605-229-5140 (delinquency mortgage counseling & foreclosure prevention) • Benefits Specialist – 605-626-2396 (assistance with managing Social Security benefits, food stamps, public assistance) • Dept. of Social Services – 605-626-3160 (energy & weatherization assistance, temporary assistance for needy families) • United Senior Housing, Ipswich SD – 605-426-6044 • Prairie View Housing, Inc., Bowdle, SD – 605-285-6611 <p>Low Income Housing:</p> <ul style="list-style-type: none"> • Sherman Apts. – 605-225-9095 • Aberdeen Housing Authority – 605-226-2321 • Jackson Hts. Apts. – 605-226-2321 • Homestead Apts. – 605-225-9095 • Meadow Wood Townhomes – 605-226-2321 • CCCs of LSS – 605-229-5140 • Sunrise Apts. – 605-229-0263 • Mel-Ros Village – 605-225-4022 • Lawson View Townhomes – 605-226-2321 • Golden West – 605-225-3933 • Fifth Ave. South – 605-225-9504 • Dakota Square – 701-667-6002 • Bicentennial Apts. – 605-225-4022 • United Senior Housing, Ipswich SD – 605-426-6044 • Prairie View Housing, Inc., Bowdle, SD – 605-285-6611 <p>Apartments:</p> <ul style="list-style-type: none"> • M & I Apartments – 605-229-8632 • Paramount Apts. – 605-229-8632 • Depot Apts. – 605-725-2030 • Dakota Estates – 605-277-3348 • Prairie Springs – 605-725-2387
<p>Environment</p>	
<p>Aging population</p>	<p>Nursing Homes:</p> <ul style="list-style-type: none"> • ManorCare – 605-225-2550 • Bethesda Home – 605-225-7900 • Aberdeen Health & Rehab – 605-225-7315 • Avera Mother Joseph – 605-622-5000 • Golden Living Center, Ipswich SD – 605-426-6622 • Bowdle Healthcare, Bowdle, SD - 605-285-6146 • Senior Citizen Home, Hosmer, SD – 605-283-2203 <p>Memory Care resources:</p> <ul style="list-style-type: none"> • Alzheimer’s – 605-339-4543 • Alzheimer’s Family Support Group – 605-626-3330

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> • Primrose Retirement Community – 605-277-4014 • Primrose Cottages – 605-226-4040 • ManorCare - 605-225-2550 • Nano Nagle Village – 605-622-5850 • Bethesda Town Square – 605-225-7600 • Brain Injury Support Group – 605-395-6655 • Golden Living Center, Ipswich SD – 605-426-6622 • Bowdle Healthcare, Bowdle, SD - 605-285-6146 • Senior Citizen Home, Hosmer, SD – 605-283-2203 <p>Resources for Seniors:</p> <ul style="list-style-type: none"> • Senior Center – 605-626-3330 • Senior Meals – 605-229-4741 • AngelKare Home Caregiving Services – 605-262-0506 • Lifeline – 605-225-5070 • Adult Services & Aging – 605-626-3145 • Brown Co. Poor Relief – 605-626-7126 • Brown Co. Health Dept. – 605-626-2649 • Journey Home (food boxes) – 605-262-0514 • SNAP (Food Stamps) – 605-626-3160 • Salvation Army – 605-225-7410 • Volunteers of America – 605-262-1007 • Senior Citizens Club, Ipswich, SD • Senior Nutrition Project, Ipswich, SD – 605-426-6018 • Senior Center, Bowdle, SD – 605-285-6300 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431
Children and Youth	<p>Bullying resources:</p> <ul style="list-style-type: none"> • Brown Co. Sheriff – 605-626-7100 • Aberdeen Police – 605-626-7000 • Aberdeen School System Counselors – 605-725-7100 • Ipswich School District – 605-426-6561 • Sanford Health Ipswich Clinic – 605-426-6040 <p>Mental Health counselors:</p> <ul style="list-style-type: none"> • NE Mental Health – 605-225-1010 • Awakening Counselors – 605-725-2701 • Northern Plains Psychological – 605-225-3622 • Avera – 605-622-5000 • Behavior Care Specialists – 605-262-2162 • Lutheran Social Services – 605-229-1500 • Breakthrough Psychologists – 605-725-5505 • Avera Psychiatric Associates – 605-622-2545 • Catholic Family Services Counseling – 605-226-1304 • NSU Counseling Center – 605-626-2371 • Aberdeen Boys & Girls Club – 605-225-8714 (counseling available to anyone) • New Beginnings Center - 605-229-1239 • Health Oriented Psychiatric & Education – 605-226-3326 • Professional Counseling – 605-229-2029 • NSU Counseling Center - 605-626-2371 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431

Identified concern	Community resources that are available to address the need
	<p>Resources for children in poverty:</p> <ul style="list-style-type: none"> • Sanford Health Community Care Program – 701-626-4200 • Avera Health Community Care Program – 605-622-5000 • Community Health Center – 605-725-3900 • Brown Co. Dept. of Health - Baby Care Program – 605-626-2649 • Hub Area Birth to 3 Connections - 605-622-5992 (free development screenings, parent education, service coordination) • WIC – 605-626-2626 • Title XIX (Medicaid) – 605-626-3160 • Brown Co. Poor Relief – 605-626-7126 • Brown Co. Health Dept. – 605-626-2649 • Journey Home (food boxes) – 605-262-0514 • SNAP (Food Stamps) – 605-626-3160 • Salvation Army – 605-225-7410 • Volunteers of America – 605-262-1007 • Brown County Welfare (rent assistance) – 605-626-7125 • LSS Center for Financial Resources – 605-229-5140 (delinquency mortgage counseling & foreclosure prevention) • Benefits Specialist – 605-626-2396 (assistance with managing Social Security benefits, food stamps, public assistance) • Dept. of Social Services – 605-626-3160 (energy & weatherization assistance, SNAP, temporary assistance for needy families) • Dept. of Social Services Child Care Services – 605-626-2345 (financial help for child care costs) • Sanford CHILD Services – 605-262-8505 (child car seats available to low income families) • Dept. of Labor Temporary Assistance for Needy Families – 605-626-2340 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431 <p>Child Care Providers:</p> <ul style="list-style-type: none"> • Aberdeen: <ul style="list-style-type: none"> ○ Bethesda Sharing Center – 605-225-7596 ○ Roncalli Primary School – 605-225-3460 ○ Sanford Child Care Center – 605-262-8505 ○ Northern State University – 605-626-3011 ○ 4 Seasons – 605-226-3237 ○ After the Bell – 605-229-1300 ○ Dare to Dream – 605-725-5939 ○ Little Miracles – 605-262-5454 ○ Rainbows & Teddies – 605-725-1204 • Ipswich: <ul style="list-style-type: none"> ○ Tracy's Tigers Daycare – 605-426-6717 ○ Little Wonders – 605-426-6151 ○ Sara Schreurs Daycare – 605-426-6648
Safety	<p>Substance Abuse resources:</p> <ul style="list-style-type: none"> • Avera Worthmore Addiction Services – 605-622-5800 • NADRIC Treatment Center – 605-225-6131 • Alcoholics Anonymous – 605-225-1292 • Al-Anon – 605-225-5680 • Al-Anon Family Group – 605-229-0846 • Narcotics Anonymous – 605-229-8562 • Alano Society – 605-225-1292 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431

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Physical Health	<p>Fitness resources:</p> <ul style="list-style-type: none"> • Aberdeen: <ul style="list-style-type: none"> ○ Anytime Fitness – 605-262-5010 ○ Curves – 605=226-7074 ○ Snap Fitness – 605-262-7627 ○ YWCA – 605-225-4910 ○ School District activities/programs – 605-725-7300 ○ Park District activities/programs – 605-626-7015 ○ Heart & Hear Soul program – 605-225-5680 ○ Look Good Feel Better – 605-622-5588 ○ Walk for Wellness – 605-622-5533 • Ipswich: <ul style="list-style-type: none"> ○ Community Fitness Center – 605-690-3014 ○ Golf Association – 605-426-6921 <p>Cancer resources:</p> <ul style="list-style-type: none"> • American Cancer Society – 605-622-2880 • Avera Cancer Care – 605-622-5500 • Sanford Aberdeen – 605-626-4200 • Cancer Support Group – 605-226-5680 • Sanford Ipswich – 605-426-6040 • Avera Ipswich – 605-426-6458 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431

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Mental Health/Behavioral Health	<p>Substance Abuse resources:</p> <ul style="list-style-type: none"> • Avera Worthmore Addition Services – 605-622-5800 • NADRIC Treatment Center – 605-225-6131 • Alcoholics Anonymous – 605-225-1292 • Al-Anon – 605-225-5680 • Al-Anon Family Group – 605-229-0846 • Narcotics Anonymous – 605-229-8562 • Alano Society – 605-225-1292 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431 <p>Mental Health resources:</p> <ul style="list-style-type: none"> • NE Mental Health – 605-225-1010 • Awakening Counselors – 605-725-2701 • Northern Plains Psychological – 605-225-3622 • Avera – 605-622-5000 • Behavior Care Specialists – 605-262-2162 • Lutheran Social Services – 605-229-1500 • Breakthrough Psychologists – 605-725-5505 • Avera Psychiatric Associates – 605-622-2545 • Catholic Family Services Counseling – 605-226-1304 • NSU Counseling Center – 605-626-2371 • Aberdeen Boys & Girls Club – 605-225-8714 (counseling available to anyone) • New Beginnings Center - 605-229-1239 • Health Oriented Psychiatric & Education – 605-226-3326 • Professional Counseling – 605-229-2029

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> • NSU Counseling Center - 605-626-2371 • Sanford Aberdeen – 605-626-4600 • Sanford Ipswich – 605-426-6040 • Avera Ipswich – 605-426-6458 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431 <p>Memory Care/Alzheimer’s resources:</p> <ul style="list-style-type: none"> • Alzheimer’s – 605-339-4543 • Alzheimer’s Family Support Group – 605-626-3330 • Primrose Retirement Community – 605-277-4014 • Primrose Cottages – 605-226-4040 • ManorCare - 605-225-2550 • Nano Nagle Village – 605-622-5850 • Bethesda Town Square – 605-225-7600 • Brain Injury Support Group – 605-395-6655 <p>Smoking Cessation resources:</p> <ul style="list-style-type: none"> • Aberdeen Hypnosis – 605-225-1877 • SD Tobacco Prevention – 605-626-2229 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431
Preventive Health	<p>Clinics:</p> <ul style="list-style-type: none"> • Sanford Aberdeen – 605-626-4200 • Avera Health – 605-622-5000 • Community Health Center – 605-725-3900 • Sanford Ipswich – 605-426-6040 • Avera Ipswich – 605-426-6458 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431 <p>Teen Pregnancy/Teen Parenthood resources:</p> <ul style="list-style-type: none"> • Sanford Aberdeen – 605-626-4200 • Avera Aberdeen – 605-622-5000 • Community Health Center – 605-725-3900 • Common Sense Parenting – 605-622-5588 • Breast Feeding Support – 605-622-5567 • Birthright – 605-229-0258 • Pregnant Teens & Teen Moms Support Group – 605-626-7900 • Brown Co. DOH Baby Care Program – 605-626-2649 • Hub Area Birth to 3 Connections – 605-622-5992 • Dept. of Social Services Child Care Services – 605-626-2345 (financial aid for child care costs for parents who are going to school) • Sanford CHILD Services – 605-262-8505 (car seats to low income families) • Catholic Family Services pregnancy counseling – 605-226-1304 • Brown Co. WIC – 605-626-2626 • Sanford Ipswich – 605-426-6040 • Avera Ipswich – 605-426-6458 • Public Health, Bowdle, SD – 605-285-6419 • Health Dept., Ipswich SD – 605-426-6431

Demonstrating Impact

The 2013 Community Health Needs Assessment served as a catalyst to lift up obesity and mental health services as implementation strategies for the 2013-2016 timespan. The following strategies were implemented:

Implementation Strategy: Mental Health Services

- Establish adolescent and adult mental health telemedicine services from Sanford Aberdeen to Sanford Medical Center in Sioux Falls, SD.

Implementation Strategy: Bariatric Services

- Establish a Sanford Aberdeen-based Bariatric Services accredited program

The 2013 strategies have served a broad reach across our community and region. The impact has been positive and the work will continue into the future through new or continued programming and services.

When the 2013 community health needs assessment was conducted we learned of the concerns for physical health and mental health in our community and the need for additional services. Implementation strategies were put into place to address the needs of the increasing obesity rates and mental health rates. Sanford Aberdeen has implemented a bariatric program to provide services to obese and overweight patients. Sanford Aberdeen also implemented telemedicine services for adolescent and adult mental health patients to serve patients in our community.



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