



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

SANFORD[®]
HEALTH

Dear Community Members,

Sanford Canby is pleased to present the 2016 Community Health Needs Assessment 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 and public health leaders 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 Canby has set strategy to address the following community health needs:

- Physical Health
- Mental health

In this report you will find the implementation strategies for 2017-2019, information about what Sanford Canby 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 Canby, 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,



Lori Sisk
Chief Executive Officer
Sanford Canby Medical Center

Implementation Strategies

Priority 1: Mental Health/Behavioral Health

Mental health includes emotional, psychological, and social well-being. It affects how people think, feel and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but people with mental health problems can get better and many recover completely.

Sanford has prioritized mental/behavioral health as a top priority and has set strategy to increase education and improve awareness of mental health conditions and resources in the community, and to reduce the negative effects of stress by reorganizing the planning committee to promote healthy lifestyle within the community.

Priority 2: Physical Health

Physical health consists of many components, including rest and sleep, nutrition, physical activity, and self-care. Primary prevention is a way to remain physically healthy.

Sanford has set strategy to help the community improve their physical health and chronic health conditions. Goals of this strategy are to reduce the negative effects of obesity and to control hypertension.

Additionally, Sanford *fit* is an on-line community health activation initiative created by Sanford Health that provides engaging programs and resources to kids, families, leaders and role models across numerous settings to promote and activate healthy choices. The four key factors of healthy choices, a healthy body, and healthy life included in *fit* are, MOOD – Emotions and Attitudes and RECHARGE – Sleep and Relaxation, FOOD – Mindful Nutrition Choices, and MOVE – Physical Activity Levels.

Community Health Needs Assessment Implementation Strategy for Sanford Canby FY 2017-2010 Action Plan

Priority 1: Physical Health

Projected Impact: Improve the physical health of the greater Canby, Minnesota community

Goal 1: Reduce the negative health effects of obesity

Actions/Tactics	Measureable Outcomes	Dedicated Resources	Leadership	Community partnerships and collaborations (if applicable)
Reorganize planning committee	Meet quarterly during the timeframe of 2017-2020	Existing	CEO, Directors and Nursing Leadership	Citizens of Canby
Implement Together.Canby.Can (an initiative to promote healthy lifestyle within the community and promotion of resources)	Complete biannual to quarterly community education events	Existing/Grant Funds	Directors and Community Health Needs Committee	Community Organizations (i.e. Chamber of Commerce)
Continue implementation of the <i>fit</i> kids program to school age youth	Complete quarterly or biannual implementation to students in elementary and/or secondary education during the 2017-2020 school years	Existing	Directors and Community Health Needs Committee	Canby Public and Parochial Schools
Establish employee education to promote healthy lifestyles	Complete biannual employee wellness and education programs	Existing	Directors and Community Health Needs Committee	

Goal 2: Controlling hypertension in community of Canby, Minnesota

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships and collaborations - if applicable
Implementation of the MN Community Measurement – Application of Blood Pressure screening and follow-up for those with readings greater than 140/90	Improved blood pressure and decrease in consequences of high blood pressure which include: stroke, heart failure, vision loss, heart attack, kidney disease/failure	Existing	Directors and Rural Health Clinic Providers/Staff	

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships and collaborations - if applicable
Complete blood pressure screenings during community events	Complete one screening clinics in the community per year	Existing	Directors and Community Health Needs Committee	
Continue implementation of the <i>fit</i> kids program to school age youth	Complete quarterly or bi-annual implementation to students in elementary and/or secondary education during the 2017-2020 school years	Existing	Directors and Community Health Needs Committee	Canby Public and Parochial Schools

Priority 2: Mental Health

Projected Impact: Awareness of resources available for people and family members of those with mental health conditions

Goal 1: Reduce the negative effects of stress on all and at risk populations

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships and collaborations - if applicable
Reorganize planning committee	Meet quarterly during the timeframe of 2017-2020	Existing	CEO, Directors and Nursing Leadership	Citizens of Canby
Implement Together.Canby.Can (an initiative to promote healthy lifestyle within the community and promotion of resources)	Complete biannual to quarterly community education events	Existing	Directors and Community Health Needs Committee	Community Organizations (i.e. Chamber of Commerce)
Continue implementation of the <i>fit</i> kids program to school age youth	Complete quarterly or biannual implementation to students in elementary and/or secondary education during the 2017-2020 school years	Existing	Directors and Community Health Needs Committee	
Establish employee education to promote healthy lifestyles	Complete biannual employee wellness and education programs	Existing	Directors, Community Health Needs Committee, and employees of Sanford Canby Medical Center	

Goal 2: Increase education to improve the awareness of mental health conditions and resources to our community members

Actions/Tactics	Measureable +Outcomes	Resources	Leadership	Community partnerships and collaborations - if applicable
Implement education for awareness and prevention	Complete annual to quarterly community education events	Existing	Directors and Community Health Needs Committee	
Determine availability of resources within our geographical location for mental health conditions	Complete a meeting with public health in the 2017-2020 timeframe to establish a relationship to maximize resources	Existing	CEO, Directors and Nursing Leadership	Yellow Medicine Public Health

Community Health Needs Assessment Key Findings

The following needs were brought forward for prioritization:

- Aging
- Children and Youth
- Safety
- Health Care Access
- Physical Health
- Mental Health

Addressing the Needs

Identified Concerns	How Sanford Canby is Addressing the Needs
Aging <ul style="list-style-type: none"> • Cost of long term care • Availability of memory care 	<ul style="list-style-type: none"> • Providing an opportunity for long term care in our community where memory care training is completed annually with staff. • Providing an assisted living setting with provides supportive care. • Availability of home health services to allow people to maintain supportive living in their home.
Children and Youth <ul style="list-style-type: none"> • Bullying • Availability of activities for children and youth • Cost of activities for children and youth 	<ul style="list-style-type: none"> • Performing biannual to quarterly education including implementing the <i>fit</i> Kids program which addresses mood and stress management strategies. • Completing youth athletic training programs.
Safety <ul style="list-style-type: none"> • Presence of street drugs and alcohol in the community 	<ul style="list-style-type: none"> • Developed a working relationship with local and county law enforcement.
Health care <ul style="list-style-type: none"> • Access to affordable health insurance • Cost of affordable vision insurance • Access to affordable prescription drugs • Cost of affordable dental insurance coverage 	<ul style="list-style-type: none"> • Facilitating in the inpatient, home health and outpatient settings necessary county referrals to increase resources. • Providing transitional care visits with nursing, pharmacists and providers to at- or high-risk patients. • Utilize Health Coach for patients unable to accessible affordable medications and use of drug savings cards. • Provide resources and information to patients without insurance.
Physical Health <ul style="list-style-type: none"> • Cancer • Poor nutrition and eating habits • Inactivity and lack of exercise • Obesity • Chronic disease • BMI – overweight or obese • Only 25.9% of respondents have 3 or more vegetables/day and 25.4 % have 3 or more fruits/day 	<ul style="list-style-type: none"> • Performing community education in the elementary and high school in the areas of food and nutrition and also physical activity and health. • Completing health and wellness community campaigns including Together.Canby.Can which promotes educational events such as reading food labels, talking with your doctor, sleep health, heart health, balance and fall prevention, health technology, etc. • Influenza clinics.

Identified Concerns	How Sanford Canby is Addressing the Needs
<ul style="list-style-type: none"> • Only 45.5% have 3 or more days each week of moderate activity and 20 % report 3 or more days of vigorous activity each week • 30.9% have smoked at least 100 cigarettes in their life • 20.3% of respondents reported hypertension • 16.9% reported high cholesterol • 10.2% reported diabetes <p><i>Preventive Health – Flus shots and immunizations mammograms</i></p>	<ul style="list-style-type: none"> • Promoting annual health screenings and access to primary health care providers. • Completed monthly or quarterly support groups by health care professionals in the areas of chronic disease and progressive neurological diseases. • Increasing access to specialty services and availability of care in our community such as outreach and telemedicine services. • Providing a fitness center for prevention/wellness of staff and community members that is attached to health care campus. • Completing annual fitness events such as a 5K or volunteering and partnering with other organizations to assist with staffing these events. • Health Coach on staff to promote adherence and follow up and a liaison between the patient and medical providers. • Performing biannual to quarterly education including implementing the <i>fit</i> Kids program which addresses movement and food/nutrition education.
<p>Mental Health</p> <ul style="list-style-type: none"> • Stress • Depression • Dementia and Alzheimer’s • 22% of respondents report that they have been told by a doctor that they have anxiety or stress, and 15.3% report being told that they have depression • 59.1% reported 1 or more days in the last month when their mental health was not good. • 11.9% of respondents reported 3 or more drinks /day on average • 26% reported 4 or 5 drinks (binge) on the same occasion over the past month • No one reported having a problem with alcohol use or drug use; however, 24.1% reported that alcohol use had harmful effects on the respondent or a family member <p><i>Poor mental health days</i></p>	<ul style="list-style-type: none"> • Coordinating with area mental health services and counselors to perform outreach services within our health care facility. • Completed monthly or quarterly support groups by health care professionals/trained professionals in the areas of chronic diseases, grief and loss, and drug and alcohol abuse. • Providing a focus during clinic visits to all and at-risk patient to have depression and/or anxiety screenings. • Partnering with community organizations to provide opportunities for activities for families at reduced or no cost • Having a Social Worker/Health Coach on staff and available for consult and resource education.

Canby 2016 CHNA Asset Map

Identified concern	Community resources that are available to address the need
Aging population 3.92-3.54	Sylvan Place – 507-223-7277 Sanford Canby Medical Center has respite care as does the Nursing Home
Children and Youth Health Care 3.56-3.32	Sanford WebMD Fit Kids YAMS – youth against misusing substances Community Education Canby 4 Kids Canby Public Schools – 507-223-2001 The Connection (Childcare)
Safety 3.34	Public schools offer awareness events/prevention Southwest Cooperative
Health Care 3.71-3.41	Sanford Canby Medical Center - 507-223-7221 Sanford Health Plan Heartland Eye Center – 507-223-5818 MN Sure REM – 507-223-7271 Sanford Canby Dental Clinic - 507-223-7111 Yellow Medicine County Canby Drug Canby 24-hr. Dental – 888-456-4060
Physical Health 3.52-3.31	Sanford Cancer Biology Research Center Sanford dietitians Sanford certified diabetes educator MN Extension service Sanford Medical Home

Identified concern	Community resources that are available to address the need
	<p>The Sanford Project – to cure Type 1 DB in Denny Sanford’s lifetime</p> <p>Sanford WebMD Fit Kids</p> <p>Sanford’s Better Choices/Better Health Program to address chronic illnesses</p> <p>Sanford Canby Medical Center - 507-223-7221</p> <p>Sanford Wellness Center - 507-223-7277</p> <p>Fit & Glo Exercise Center - 507-829-6009</p> <p>Sanford Youth Power Program</p> <p>Support Groups</p> <ul style="list-style-type: none"> • Parkinson’s support group • Memory Loss support group • Breast Cancer support group • Stroke support group
<p>Mental Health 3.40-3.34</p>	<p>Sanford One Care</p> <p>Western Mental Health Center (Sanford Canby) – 507-223-7221</p> <p>Southwest Cooperative</p> <p>Prairie Five Community Action Agency (referring agency)</p> <p>Hospice</p> <p>Grief and loss support during the holidays</p>
<p>Preventive Health</p>	<p>Public Health office (Yellow Medicine Co.) - 320-564-3010</p> <p>Sanford Canby Medical Center - 507-223-7221</p> <p>Sanford Canby Dental Clinic - 507-223-7111</p>

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: Develop a formal program to address obesity issues

- Appoint overall planning committee to execute program goals.
- Increase physical activity in various settings within the community.
- Improve dietary behaviors of the community through the use of multiple resources.
- Support the community obesity issues through the use of social and behavioral approaches.

Implementation Strategy: Provide local oncology services through outreach

- Enhance current telemedicine capabilities/frequency in conjunction with on-site oncologist presence.
- Provide local additional chemotherapy services.

The 2013 strategies have served as a base for reaching out and utilizing resources and implementing resources in the Canby community. The impact has been positive and the work will continue into the future through new or continued programming and services on the strategies.

Impact of the Strategy to Address Obesity

The implementation strategy to address obesity in the community has had a broad impact. The *fit kids* on-line program focusing on nutrition, activity, behavioral health and adequate sleep has had 310 students and their families access the site. Jump ropes and pedometers were provided to increase physical activity.

The medical center removed high fat options from the cafeteria to improve nutrition for employees, patients and visitors. The improved nutrition will provide a long lasting effect and a will have a broad reach into the community and region.

Monthly diabetes prevention classes are held and diabetes screening events are held regularly. A new diabetes weight loss program has started to help prevent complications and improve glucose control and overall health.

The Sanford Canby Wellness Center has begun a Better Balance Class to improve fitness and to prevent falls.

Impact of the Strategy to Provide Local Oncology Services

The implementation strategy to provide local oncology services has made an impact on those who require services close to home. Sanford Canby has added telemedicine capability for oncology patients and has increased chemotherapy supportive services.



SANFORD[®]
HEALTH