



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

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HEALTH



Dear Community Members,

Sanford Canton-Inwood 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 Canton-Inwood has set strategy to address the following community health needs:

- Children and Youth
- 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 Canton-Inwood, 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,

A handwritten signature in black ink, appearing to read "Scott Larson". The signature is stylized with large loops and a long horizontal stroke extending to the right.

Scott Larson  
Chief Executive Officer  
Sanford Canton-Inwood Medical Center

## Implementation Strategies

### **Priority 1: Children and Youth**

Children and youth are at a very vulnerable stage in life as they develop. We need to make sure they are able to get the help they need from a medical standpoint at that age. We need to make sure they stay active and involved.

Sanford *fit* will be able to help youth stay active. It works on four areas of health: Mood, Food, Recharge, and Move. The plan is to get this introduced to school age people through the school and daycares in the area.

### **Priority 2: Physical Health**

As health care changes, we are increasingly working with well individuals to maintain their health rather than only working with those who are ill. People need to be active and watch what they eat to maintain a healthy lifestyle and live longer.

We have started a community wellness challenge that has tried to promote a healthy lifestyle. We also have a program that lets individuals get reduced price lab tests if they have a high deductible plan or no insurance. We proactively call patients to remind them of preventive tests that they should have done. We meet with chronically ill patients to help improve their health.

## Sanford Canton-Inwood Medical Center

### FY 2017-2019 Action Plan

**Priority 1: Children and Youth**

**Projected Impact:** The Sanford *fit* on-line modules are available for the schools and daycare centers in the community – serving a broad base of students and their families

**Goal 1: Provide health and wellness opportunities to area students and families**

| Actions/Tactics  | Measureable Outcomes   | Dedicated Resources  | Leadership  | Note any community partnerships and collaborations (if applicable) |
|--|--|----------------------|---|--|
| Implement Sanford <i>fit</i> in local schools and daycares             | # of classrooms using the program at the end of the time period  | Clinic Health Coach  | Sanford <i>fit</i> Leadership<br><br>Executive Team Oversight | Schools and daycares   |
| Secure grant funding to help with printing costs and promotional items | # of printed materials distributed to schools and daycare centers<br><br># of events to create community awareness | Sanford Grant Office | Sanford <i>fit</i> Leadership<br><br>Executive Team Oversight | Schools and daycares   |

**Priority 2: Physical Health**

**Projected Impact:** Community members are more active and physically fit

**Goal 1: Increase opportunities to improve physical activity**

| Actions/Tactics                      | Measureable Outcomes                              | Resources                                  | Leadership               | Community partnerships and collaborations - if applicable  |
|--------------------------------------|---|--|--------------------------|--|
| Develop a wellness challenge         | Increase the number of teams in participation     | Clinic Health Coach                        | Executive Team Oversight | Partner with local businesses for prizes and participation |
| Community Health Fair and Bike Rodeo | Increase residents' participation in these events | Sanford Departments Display at Health Fair | Executive Team Oversight | Partner with Chamber to make sure these events grow        |

## Community Health Needs Assessment Key Findings

The top assessed needs from the 2016 primary and secondary research include:

- Children and Youth
- Physical Health

### ***Addressing the Needs*** **Sanford Canton-Inwood Medical Center**

| Identified Concerns  | How Sanford Canton-Inwood is Addressing the Needs   |
|--|---|
| <b>Economics</b> <ul style="list-style-type: none"> <li>• Availability of affordable housing</li> </ul>  | Nothing we can do in this area  |
| <b>Transportation</b> <ul style="list-style-type: none"> <li>• Availability of good walking or biking options (as alternatives to driving)</li> </ul>  | Nothing we can do in this area  |
| <b>Aging</b> <ul style="list-style-type: none"> <li>• Cost of long term care</li> <li>• Availability of memory care</li> <li>• Availability of LTC</li> <li>• Availability of resources to help the elderly stay safe in their homes</li> <li>• Availability of activities for seniors</li> <li>• Availability of resources for family/friends caring for and making decisions for elders</li> <li>• Cost of activities for seniors</li> </ul> | Working with the city and other groups in town to build a new building for the golf course and the senior citizens of Canton as well as other groups. Sanford would be donating the land for the project. |
| <b>Children and Youth</b> <ul style="list-style-type: none"> <li>• Availability of activities for children and youth</li> <li>• Availability of services for at-risk youth</li> <li>• Cost of activities for children and youth</li> <li>• Bullying</li> <li>• Availability of quality infant care</li> <li>• Cost of quality child care</li> <li>• Availability of quality child care</li> </ul>  | Working with local schools and daycares to implement the <i>fit</i> program   |
| <b>Safety</b> <ul style="list-style-type: none"> <li>• Presence of street drugs and alcohol in the community</li> <li>• Presence of drug dealers in the community</li> </ul>   | Have a social worker on staff available to help if questions  |

| Identified Concerns  | How Sanford Canton-Inwood is Addressing the Needs   |
|--|---|
| <p><b>Health Care</b></p> <ul style="list-style-type: none"> <li>• Access to affordable health insurance</li> <li>• Cost of affordable vision insurance</li> <li>• Use of the emergency room services for primary health care</li> </ul>   | <p>Offer a Direct Access Lab for reduced price lab tests.</p> <p>Have run articles in paper about using health care correctly</p> |
| <p><b>Physical Health</b></p> <ul style="list-style-type: none"> <li>• Poor nutrition and eating habits</li> <li>• Obesity</li> <li>• Poor nutrition and eating habits</li> <li>• Inactivity and lack of exercise</li> <li>• Cancer</li> <br/> <li>• Chronic Disease <ul style="list-style-type: none"> <li>○ Arthritis</li> <li>○ High Cholesterol</li> <li>Hypertension</li> </ul> </li> </ul> | <p>The clinic is working on a BMI project with its patients</p>   |
| <p><b>Mental Health /Behavioral Health</b></p> <ul style="list-style-type: none"> <li>• Underage drug use and abuse</li> <li>• Underage drinking</li> <li>• Depression</li> <li>• Smoking and tobacco use</li> <li>• Stress</li> <li>• Dementia and Alzheimer’s</li> <li>• Binge drinking</li> </ul>   | <p>We offer mental health clinical services at least one time a month with a provider</p>   |

## Canton-Inwood Asset Mapping

| Identified concern | Community resources that are available to address the need  |
|--------------------|---|
| Economics          | <p>Canton Housing Agency - 605-764-5722</p> <p>Canton Housing &amp; Redevelopment Commission 605-764-5722</p> <p>Inter-Lakes Community Action Partnership 605-940-1909</p> <p>Old Main Apts. – 605-987-4300</p> <p>Low income apartments:</p> <ul style="list-style-type: none"> <li>• Elms Apts. 605-334-6379</li> <li>• Canton Villa Apts. 605-427-0190</li> </ul>  |
| Transportation     | <p>Newton Hills State Park - 605-987-2263</p> <p>Canton Cycling Classic - 605-987-2972</p> <p>Independence Day Bike Parade 605-987-2263 / 605-987-2972</p>  |
| Aging Population   | <p>SD Department of Social Services 605-367-5444</p> <p>Canton Good Samaritan Center 605-987-2696</p> <p>Lincoln Co. Home Health Agency &amp; Public Health - 605-987-2695</p> <p>Sanford Canton-Inwood Medical Center 605-764-1400</p> <p>Sanford Home Medical Eqmt. - 605-987-0061</p> <p>Senior Meals 605-336-6722</p> <p>Meals on Wheels - 605-987-5520</p> <p>Senior Citizens Center - 605-987-5520</p> <p>Activities for seniors:</p> <ul style="list-style-type: none"> <li>• Assist with 4-H Club – 605-764-2756</li> <li>• Assist with Boy Scouts – 605-987-5773</li> <li>• Assist with Girl Scouts – 605-987-2314</li> <li>• Assist with Cub Scouts 605-940-1261</li> <li>• Ducks Unlimited 605-764-6811</li> <li>• Garden Club 605-764-3874</li> <li>• Community Education 605-310-3417</li> <li>• Hiawatha Golf Club 605-987-2474</li> <li>• Historical Society 605-659-6501</li> <li>• Lions Club 605-366-6805</li> <li>• Meals on Wheels 605-987-5520</li> <li>• Optimist Club 605-987-2750</li> <li>• PEO Sisterhood 605-764-6328</li> <li>• Red Hat Society 605-764-4235</li> <li>• Rotary Club 605-201-1551</li> </ul> |

| Identified concern | Community resources that are available to address the need  |
|--------------------|---|
|                    | <ul style="list-style-type: none"> <li>• Sioux River Sportsmen’s Club 605-764-7746</li> <li>• Sons of Norway 605-987-0069</li> <li>• VFW/Legion 605-987-5449</li> </ul>   |
| Children and Youth | <p>Mental Health Counselors:</p> <ul style="list-style-type: none"> <li>• Keystone Treatment Center 877-762-3740</li> <li>• Crawford Counseling Center 605-941-4848</li> <li>• Southeastern Behavioral HealthCare 605-336-0503 / 605-336-0510</li> <li>• Dakota Oak Counseling 605-759-8359</li> <li>• Sioux Falls Psychological Services 605-334-2696</li> <li>• Great Plains Psychological Services 605-323-2345</li> </ul> <p>Child Care resources:</p> <ul style="list-style-type: none"> <li>• Kids’ Castle 605-987-5244</li> <li>• Noah’s Ark 605-764-3361</li> <li>• Blessed Wonders 605-558-1010</li> <li>• Connie Lamp 605-558-1010</li> <li>• Laurel Laubach 605-764-5196</li> <li>• Michelle Sehr 605-310-0033</li> <li>• Taylor Swanson 605-940-8760</li> </ul> <p>Activities for youth:</p> <ul style="list-style-type: none"> <li>• Parks Dept. 605-987-2972</li> <li>• School Athletic Dept. 605-764-2706</li> <li>• Summer Recreation 605-987-2972</li> <li>• Swimming Pool 605-987-2972</li> <li>• School system after school activities 605-764-2706</li> <li>• 4-H Club 605-764-2756</li> <li>• Boy Scouts 605-987-5773</li> <li>• Girl Scouts 605-987-2314</li> <li>• Cub Scouts 605-940-1261</li> <li>• River of Life Community Church 605-764-7700</li> <li>• Newton Hills State Park – activities for children/youth 605-987-2263</li> </ul> |
| Crime/Safety       | <p>Canton Police 605-987-5612</p> <p>Lincoln Co. Sheriff 605-764-5651</p> <p>Children’s Inn (services for family violence, child abuse)<br/>605-338-0116</p> <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> <li>• Glory Home 605-332-3273</li> <li>• Keystone Outreach 605-413-1493</li> <li>• Sioux Falls VAMC 605-336-3230</li> <li>• Tallgrass Recovery 605-368-5559</li> <li>• Bartels Counseling 605-310-0032</li> <li>• Choices Recovery 605-334-1822</li> <li>• Counseling Resources 605-331-2419</li> <li>• Dakota Drug &amp; Alcohol Prevention 605-331-5724</li> <li>• First Step 605-361-1505</li> <li>• Carroll Institute 605-336-2556</li> </ul>   |



| Identified concern                      | Community resources that are available to address the need   |
|---|--|
|   | <ul style="list-style-type: none"> <li>• Sioux Falls Urban Indian Health 605-339-0420</li> <li>• Transitional Living Corp. 605-368-5559</li> <li>• Sioux Falls Treatment Center 605-332-3236</li> <li>• Arch Halfway House 605-332-6730</li> <li>• Changes &amp; Choices Recovery Center 605-332-9257</li> <li>• Face it Together 605-274-2262</li> </ul>  |
| Access to Healthcare Cost of Healthcare | <p>Sanford Health Community Care Program</p> <p>Medical Home Program</p> <p>Sanford Health Case Managers</p> <p>Sanford Health Parish Nurses</p> <p>Sanford Health Social Workers</p> <p>Lincoln Co. Public Health 605-987-2695</p> <p>Sanford Canton-Inwood Medical Center 701-764-1400</p> <p>Sanford Home Medical Eqmt. 605-987-0061</p> <p>Prescription Assistance programs:</p> <ul style="list-style-type: none"> <li>• CancerCare co-payment assistance 866-552-6729</li> <li>• Freedrugcard.us</li> <li>• Rxfreecard.com</li> <li>• Medsavercard.com</li> <li>• Yourrxcard.com</li> <li>• Medicationdiscountcard.com</li> <li>• Needy meds.org/drugcard</li> <li>• Caprxprogram.org</li> <li>• Southdakotarxcard.com</li> <li>• Gooddaysfromcdf.org 877-968-7233</li> <li>• NORDD Patient Assistance Programs 800-999-6673</li> <li>• SD Partnership for Prescription Assistance 888-477-2669</li> <li>• Patient Access Network (PAN) Foundation 866-316-7263</li> <li>• Pfizer RX Pathways 866-776-3700</li> <li>• RXhope.com</li> </ul> <p>Home Care resources:</p> <ul style="list-style-type: none"> <li>• Sanford Home Care</li> </ul> <p>Mental Health resources:</p> <ul style="list-style-type: none"> <li>• Keystone Treatment Center 877-762-3740</li> <li>• Crawford Counseling Center 605-941-4848</li> <li>• Southeastern Behavioral HealthCare 605-336-0503 / 605-336-0510</li> </ul> <p>Respite Care facilities:</p> <ul style="list-style-type: none"> <li>• SD Dept. of Human Services Respite Care Program - 800-265-9684</li> </ul> |

| Identified concern                  | Community resources that are available to address the need   |
|-------------------------------------|--|
| Physical Health                     | <p>Sanford Dietitians</p> <p>Better Choices Better Health – for chronic disease</p> <p>Canton Farmers Market - 605-987-2972</p> <p>Health Care resources:</p> <ul style="list-style-type: none"> <li>• Sanford Canton-Inwood Medical Center 605-764-1400</li> <li>• Lincoln County Public Health 605-987-2695</li> </ul> <p>Exercise resources:</p> <ul style="list-style-type: none"> <li>• Parks Dept. 605-987-2972</li> <li>• School Athletic Dept. 605-764-2706</li> <li>• Summer Recreation 605-987-2972</li> <li>• Swimming Pool 605-987-2972</li> <li>• Swenson Fitness Center 605-987-2829</li> </ul>  |
| Mental Health/<br>Behavioral Health | <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> <li>• Glory Home 605-332-3273</li> <li>• Keystone Outreach 605-413-1493</li> <li>• Sioux Falls VAMC 605-336-3230</li> <li>• Tallgrass Recovery 605-368-5559</li> <li>• Bartels Counseling 605-310-0032</li> <li>• Choices Recovery 605-334-1822</li> <li>• Counseling Resources 605-331-2419</li> <li>• Dakota Drug &amp; Alcohol Prevention 605-331-5724</li> <li>• First Step 605-361-1505</li> <li>• Carroll Institute 605-336-2556</li> <li>• Sioux Falls Urban Indian Health 605-339-0420</li> <li>• Transitional Living Corp. 605-368-5559</li> <li>• Sioux Falls Treatment Center 605-332-3236</li> <li>• Arch Halfway House 605-332-6730</li> <li>• Changes &amp; Choices Recovery Center 605-332-9257</li> <li>• Face it Together 605-274-2262</li> <li>• Minnehaha Co. Detox Center 605-367-5297</li> </ul> <p>Mental Health resources:</p> <ul style="list-style-type: none"> <li>• Keystone Treatment Center 877-762-3740</li> <li>• Crawford Counseling Center 605-941-4848</li> <li>• Southeastern Behavioral HealthCare 605-336-0503 / 605-336-0510</li> <li>• Dakota Oak Counseling 605-759-8359</li> <li>• Sioux Falls Psychological Services 605-334-2696</li> <li>• Great Plains Psychological Services 605-323-2345</li> <li>• Catholic Family Services 605-988-3775</li> <li>• Heuermann Counseling Clinic 605-336-1974</li> <li>• LifeMarks Behavioral Health 605-334-1414</li> </ul> <p>PTSD resources:</p> <ul style="list-style-type: none"> <li>• VA / Vet Center 605-330-4552</li> <li>• Avera 605-322-8000</li> </ul> |

## Demonstrating Impact

The 2013 Community Health Needs Assessment served as a catalyst to lift up the strategies of **Cost Involved Preventing Individuals from Seeking Medical Services** and **Obesity in Children** as implementation strategies for the 2013-2016 timespan.

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.

### **Impact of the Strategy Cost Involved Preventing Individuals from Seeking Medical Services**

We have started a Direct Access Lab to lower the cost of lab tests for people with high deductible health plans or no insurance. There is some usage of this and we will continue to try to increase knowledge that the program exists. We have run articles about where to go depending on your illness. The Health Coach works with individuals to get them to the clinic before their illness gets out of hand to reduce their cost.

### **Impact of the Strategy Obesity in Children**

The clinic has worked with the school to offer programs to school-aged children. We have worked on getting the *fit* program into the school and will continue to work on this.



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