



Sanford Medical Center Mayville
Community Health Needs Assessment
Implementation Strategy
2017-2019

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HEALTH

Dear Community Members,

Sanford Mayville 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 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 Mayville has formalized strategy to address the following community health needs:

- Physical Health
- Mental Health Services

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 Mayville, 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,



Roger Baier
Chief Executive Officer
Sanford Medical Center Mayville

Implementation Strategies

Priority 1: Physical Health in the Community

- Obesity and inactivity are closely linked. Keeping active can help people stay at a healthy weight or lose weight. It can also lower the risk of heart disease, diabetes, stroke, high blood pressure, osteoporosis, and certain cancers, as well as reduce stress and boost mood. Inactive (sedentary) lifestyles do just the opposite.
- The World Health Organization, the U.S. Dept. of Health and Human Services, and other authorities recommend that for good health, adults should get the equivalent of two and a half hours of moderate-to-vigorous physical activity each week. Children should get even more, at least one hour a day.
- Sanford has prioritized physical health and has set measurable outcomes as a baseline for weight and periodic measurement, education session participation and exercise participation. The Sanford Health *fit* program is available to all classroom teachers and includes four areas of focus; nutrition, activity, behavioral health and sleep. The program is available to promote healthy lifestyles in homes, schools and daycares.

Priority 2: Depression

- Depression is a common but serious illness that can interfere with daily life. Many people with a depressive illness never seek treatment. But the majority, even those with the most severe depression, can get better with treatment. The North Dakota Department of Health reports that 14% of residents in Traill and Steele counties have reported fair or poor mental health days.
- Sanford has prioritized depression as a top priority and has set strategy to perform assessments for depression in the primary care setting and to improve PHQ-9 scores for patients who are diagnosed with depression. The goal is to improve PHQ-9 scores for patients with depression. The measurable outcome is the percentage of patients with major depression or dysthymia and an initial PHQ-9 score greater than nine whose six-month PHQ-9 score is less than five.
- Sanford Health will continue to provide a directory of services for community members.

Community Health Needs Assessment – Implementation Strategy

Sanford Mayville Medical Center

FY 2017-2019 Action Plan

Priority 1: Physical Health

Projected Impact: Nutrition and Physical activity program are available for community members

Goal 1: Improve the availability of programs for nutrition education and

Actions/Tactics	Measureable Outcomes	Dedicated Resources	Leadership	Note any community partnerships and collaborations (if applicable)
Work with local city government, public schools and university to develop city-wide walking trails	<ul style="list-style-type: none"> • Baseline measurement for weight is established and evaluated quarterly • Participation in the exercise programs, walking logs, etc. 	City facilities such as sidewalks, school track, University health education class, etc.	Sanford nutrition, exercise staff, MSU, public health, schools and city leadership	Public schools Mayville State University City of Mayville and Portland Traill Health District
Establish nutrition education materials and create a nutrition education program	<ul style="list-style-type: none"> • Number of participants in the nutrition program • Number of participants in the exercise program 	Sanford dietitians	Sanford leadership	Public Schools Steele/Traill Health Districts Senior Citizen Centers

Goal 2: Improve the availability for exercise across the community

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Develop exercise programs for the community (walking clubs, biking clubs, fitness challenges)	<ul style="list-style-type: none"> • Program is consistent with Hillsboro and offered county-wide • Number of participants 	Sanford exercise and wellness staff	Sanford leadership	Public Health Mayville State University Local schools City leadership
Provide Sanford <i>fit</i> program to the local schools	Sanford <i>fit</i> is available to all students and families in the area through classroom and fit website	Sanford <i>fit</i> leadership Classroom teachers	Sanford leadership	Local schools Child care leaders

Priority 2: Mental Health Services

Projected Impact: Reduction in the severity of depression

Goal 1: Improve PHQ-9 scores for patients with depression

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Develop Sanford My Chart 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	Clinic Leadership	Dr. Tweet	First Link
Provide education on workflow to all health coaches and panel specialists to standardize workflow	All health coaches in primary care receive education on workflow	Clinic Leadership	Dr. Tweet	

Goal 2: Provide for improved access to Mental Health/Behavioral Health services

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Distribute the directory of available resources	An updated directory is available for community members	Sanford Mayville Traill Health District Steele Health District	Sanford Leadership	Traill Health District Steele Health District

Community Health Needs Assessment Key Findings

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

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

Addressing the Needs

Identified Concerns	How Sanford Mayville is Addressing the Needs
Aging <ul style="list-style-type: none"> • Cost of long term care • Availability of memory care 	Defer to local nursing home as they do cost analysis. They do have an Alzheimer's unit, so meets need if there are openings in unit. Local nursing home has directory of other units available.
Children and Youth <ul style="list-style-type: none"> • Bullying • Availability of activities for children and youth • Cost of activities for children and youth 	MPCG High School has a program for bullying. As part of Physical Health, will be working with high school and local university in determining where child activities are happening. Due to small community, costs can range from free to \$60/ month. Will visit with local university to see if those students who are majoring in Health can help with activities to defray costs.
Safety <ul style="list-style-type: none"> • Seat belt usage • Presence of street drugs and alcohol in the community 	City Council and the County Sheriff's Office are working on promotion of seat belt usage and the Sheriff's Office is also monitoring illegal drugs and alcohol consumption.
Healthcare <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 	Have and will continue to have community forums on these topics presented by various health plans. We are only participants as we are not in the business of selling 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 67.3% • Only 25.9% of respondents have 3 or more vegetables/day and 25.4 % have 3 or more fruits/day • 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>Patients with cancer are referred to the Roger Maris Cancer Center in Fargo.</p> <p>Patients with chronic disease work with their provider, health coach and dietitian.</p> <p>We continue to promote wellness.</p> <p>In summary, we are working on establishing walking trails of various lengths to cover both Mayville and Portland, utilizing high school and local university students.</p> <p>Have secured a small grant to go to 9 senior citizen centers in area to talk about physical exercise (includes diet) and chronic disease. We hope to have a health fair also to educate the public.</p>
Mental Health <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 /d on average 	Continuing to update a directory for available resources in county and nearby MSAs.

Identified Concerns	How Sanford Mayville is Addressing the Needs
<ul style="list-style-type: none"> • 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>Preventive Health</p> <ul style="list-style-type: none"> • Flu shots and immunizations 	<p>Have done flu blitzes and when patients come into clinic, we promote immunizations also.</p>

Mayville/Hillsboro 2016 CHNA Asset Map

Identified concern	Community resources that are available to address the need
Aging Population	<ul style="list-style-type: none"> • Sanford Home Care – 701-788-4400 • Sanford Faith Community Nursing – 701-234-5818
Children & Youth	<ul style="list-style-type: none"> • NE Human Service Center – 701-795-3000 • Teen Line – 1-877-419-7233 (24-hr. counselor line)
Safety	
Health Care	<ul style="list-style-type: none"> • Sanford Community Care Program • Financial assistance/counselors in Business Office
Physical Health	<ul style="list-style-type: none"> • Sanford Cancer biology Research Center in Sioux Falls • Roger Maris Cancer Center • Sanford Medical Home • RN Health Coach • American Cancer Society • Sanford Dietitians • Better Choices/Better Health • American Heart Association • Sanford Clinic – 701-788-4500 • American Diabetes Association • Diabetes Support Group
Mental Health/Behavioral Health (Substance Abuse)	<ul style="list-style-type: none"> • Sanford Clinic – 701-788-4500 • NE Human Service Center – 701-795-3000
Preventive Health	

Demonstrating Impact

The following unmet needs were identified through a formal community health needs assessment, resource mapping and prioritization process for 2013:

- Mental Health Services
- Services for the Elderly
- Dental

2013 Implementation Strategy: Mental Health Services

- Define services currently available
- Define mechanisms to educate service area
- Define education process and secure outside resources
- Develop directory with resources and outsource information
- Distribute directory to various groups, entities and secure email addresses and updates
- Participate in Sanford One Mind as determined by the enterprise three-year plan

2013 Implementation Strategy: Services for the Elderly

- Update directory of available services
- Print/distribute

2013 Implementation Strategy: Dental

- Determine specific needs through collaboration with county agencies
- Request assistance from AHEC to determine directory availability
- Determine how to market the needs among various organizations
- Distribute finished directory product
- Ongoing process - monitoring the needs and services

The 2013 implementation strategies have served a broad base of 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 to Address Mental Health Services

Sanford Health completed an inventory of services that are available in the area to address mental health needs. A directory was developed for the purpose of making the information available to the members of the community. The directory was updated in 2015 and will be updated again in 2016.

Revised copies of the mental health resource directory have been made available to public health and community members can obtain a copy at the hospital. Copies will also be distributed to area senior centers during 2016 and at the health fair/education blitz.

Impact of the Strategy to Address Services for the Elderly

Sanford Health completed an inventory of services that are available to meet the needs of seniors in the community and rural areas. A directory was developed for the purpose of making the information available to the members of the community. The directory was updated in 2015, and was added to the mental health services directory.

Revised copies of the mental health and services for the elderly resource directory have been made available to public health and community members can obtain a copy at the hospital. Copies will also be distributed to area senior centers during 2016 and at the health fair/education blitz.

Impact of the Strategy to Address Community Collaboration

Sanford Health works in collaboration with AHEC to implement Scrubs camps and allow job shadowing of students who are planning to attend college for healthcare careers. The Scrubs camp is held at Sanford Mayville Medical Center and the program has full attendance each year.

Sanford Health leadership worked with the City Council to discuss key issues that were discovered through the 2013 CHNA survey process. As a result of the discussion with city leaders, Sanford has expanded tele-medicine services for psych and sleep medicine. Additionally, cardiac rehab has expanded to congestive heart failure services and a cancer survivorship program was added. Podiatry service is a new outreach in the clinic.



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