

## 2016 Dickinson County Community Health Needs Assessment

### Committed to Community Health

Many factors combined determine the health of a community. For example: economics, housing, jobs, education, access to health care, disease, substance abuse, and environmental issues are some of the factors that determine the health of a community. No one individual, community, group, hospital, agency or governmental body can be entirely responsible for the health of the community. Just as, no one person, entity or organization can address the multitude of issues alone. With this in mind, we believe by working together as a community, we can learn about and understand the issues and create a plan to address them.

Dickinson County Quality of Life Coalition, Memorial Health System, Herington Municipal Hospital and Dickinson County Health Department conducted a Community Health Needs Assessment (CHNA). Our CHNA represents a collaborative approach to identify, assess and prioritize the most important health issues affecting our county. The CHNA process provides a foundation for health care providers and the community to collaboratively plan, develop and foster programs to effectively address the health needs that are identified.

### Descriptions of Hospitals in Dickinson County

#### Memorial Health System - Abilene, KS

**Memorial Hospital** is a 25-bed critical access hospital in Abilene, Kansas, governed by an elected five-member board of trustees. It has served people in the Dickinson County area since 1922 and prides itself on the quality care its staff provides. Memorial Hospital is a modern and well-equipped primary health care institution with a high degree of sophistication in diagnostic equipment, technology and personnel that is unusual for most hospitals of similar size and type in the state.



Memorial Hospital prides itself on quality patient care provided by both outpatient and inpatient services. The hospital consistently ranks high on patient satisfaction surveys conducted by independent survey companies. Both inpatients and outpatients give Memorial Hospital high marks for quality care and customer service. The excellent medical staff and dedicated and skilled hospital staff assure delivery of high quality health care in a compassionate, yet individualized manner.

Memorial Hospital offers: 24-hour emergency care; childbirth center; skilled nursing program; diagnostic laboratory; diagnostic radiology and imaging services; rehabilitation services, including physical therapy, occupational therapy, speech therapy and sports medicine services; respiratory care; cardiac rehabilitation; inpatient and outpatient geriatric behavioral health services; general surgery; and an array of visiting specialists who hold clinics and perform surgery at the hospital. Memorial Hospital is an affiliate of Memorial Health System. MHS employs 244 full-time and 80 part-time people. Memorial Hospital partners with other Memorial Health System affiliates to provide continuity of care.



## Affiliates of Memorial Health System

**Heartland Health Care Clinic and Surgery** is staffed with six family physicians, a general surgeon and two advanced practice providers. HHCC specializes in family medicine and also offers sick and well pediatric care, women's health services, acute care, geriatric care, immunizations, general surgery, same day call-in appointments (Community Care Program), and other family medicine services.

**Village Manor** is an 74-bed nursing facility that provides: private and semi-private rooms and suites; special care unit for those with Alzheimer's disease or other memory-related disorders; skilled care; respite care; short-term recovery; hospice; adult day care; and therapy services. Village Manor is Medicare certified and is run with a resident-centered care philosophy by a friendly and professional staff.

**Home Health and Hospice of Dickinson County** provides home health services, respite care and in home hospice for residents in Dickinson County. They have offices located in Abilene and Herington.

**Learn and Grow Depot Child Development Center** is a childcare center where their purpose is to make each child's learning experience a positive one, full of hands-on learning opportunities in a safe and happy environment.

**Impact Sports and Fitness** has state-of-the-art cardio and strength equipment, locker rooms, showers, a spa, workout areas, a classroom and a track. Available services include: massage therapy, personal training, and group fitness classes.

**Frontier Estates** is an apartment facility for individuals age 62 and above with limited income. Tenants live in an atmosphere of dignity and self respect, have the opportunity to make and enjoy friends, and have the freedom to maintain their own private life-style. To be eligible an individual must be: age 62 or over; be within HUD determined income guidelines; and meet the tenant selection criteria.

**Comprehensive Pain Solutions** MHS opened Comprehensive Pain Solutions in 2007 as a multidisciplinary clinic to help patients with acute and chronic pain. The clinic serves patients in the central Kansas area. The patient, physician and staff work together to develop a treatment plan to achieve realistic goals to help the patient manage his/her pain.

### Herington Municipal Hospital - Herington, KS

Quality Care, Redefined - Herington Municipal Hospital. Convenient access to quality health care is important to everyone. Since its founding in 1919, Herington Municipal Hospital has recognized this and shaped its services to meet the growing needs of southern Dickinson, western Morris, and northern Marion counties.



HMH is a municipally-owned Critical Access Hospital, governed by an elected five-member board of trustees. Nearly 90 employees team to provide a wide array of services ranging from expert emergency, surgical and rehabilitative care to dependable radiological and laboratory diagnostics.

But services alone hardly tell the story. It's the individual, personalized care that lingers in the minds of patients. Rural Kansas living is a kinship like none other. Here, your healthcare team is made up of people you know. We're your neighbors, fellow church members, and acquaintances through school.



## Description of the Community Served - Dickinson County Population

([https://en.wikipedia.org/wiki/Dickinson\\_County,\\_Kansas](https://en.wikipedia.org/wiki/Dickinson_County,_Kansas))

Dickinson County (county code DK) is a county located in Central Kansas. As of the 2010 census, the county population was 19,754. Its county seat and most populous city is Abilene. The county was named in honor of Daniel S. Dickinson.



## **Demographics**

As of the U.S. Census in 2000, there were 7,903 households, and 5,421 families residing in the county. The population density was 23 people per square mile ( $9/\text{km}^2$ ). There were 8,686 housing units at an average density of 10 per square mile ( $4/\text{km}^2$ ). The racial makeup of the county was 96.44% White, 0.58% Black or African American, 0.49% Native American, 0.30% Asian, 0.01% Pacific Islander, 0.82% from other races, and 1.36% from two or more races. Hispanic or Latino of any race were 2.30% of the population.

Of all the households, 31.10% had children under the age of 18 living with them, 57.90% were married couples living together, 7.70% had a female householder with no husband present, and 31.40% were non-families. 28.10% of all households were made up of individuals and 14.10% had someone living alone who was 65 years of age or older. The average household size was 2.40 and the average family size was 2.94.

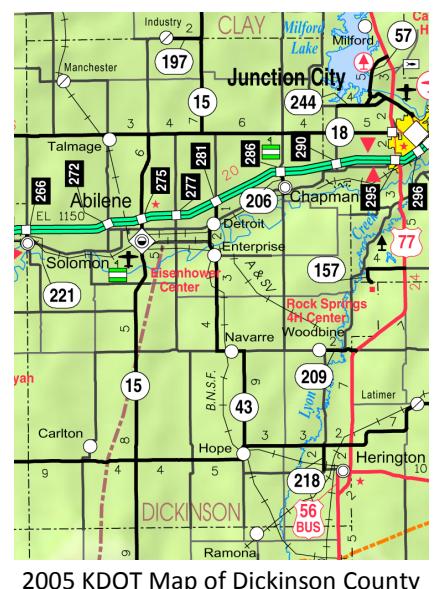
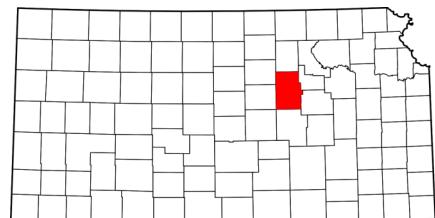
In the county, the population was spread out with 25.70% under the age of 18, 6.30% from 18 to 24, 26.30% from 25 to 44, 23.10% from 45 to 64, and 18.60% who were 65 years of age or older. The median age was 40 years. For every 100 females there were 95.10 males. For every 100 females age 18 and over, there were 91.60 males.

The median income for a household in the county was \$35,975, and the median income for a family was \$43,952. Males had a median income of \$30,889 versus \$18,526 for females. The per capita income for the county was \$17,780. About 5.30% of families and 7.50% of the population were below the poverty line, including 8.70% of those under age 18 and 11.30% of those age 65 or over.

**Cities:** Abilene, Herington, Chapman, Solomon, Enterprise, Hope, Woodbine, Manchester and Carlton.

**Unincorporated places:** Buckeye, Detroit, Dillon, Elmo, Holland, Industry, Lyona, Moonlight, Navarre, Pearl, Shady Brook, Stoney, Sutphen, Talmage and Upland.

The Eisenhower Library is located in Abilene. In addition to exhibits relating to the life and presidency of the 34th US President, the site is also the location of the tombs of President Eisenhower, First Lady Mamie Eisenhower, and their son who died in infancy.



## **2013 Dickinson County Community Health Needs Assessment**

In 2013 Dickinson County completed a Community Health Assessment. Memorial Health System, Herington Municipal Hospital, and Dickinson County Health Department, along with a group of approximately 23 county representatives collaborated to complete the assessment. The CHNA was done to improve the health of Dickinson County residents through policy development and/or change with effective resource utilization. The CHA committee made a decision to support and collaborate with other organizations so that resources were used most efficiently. The issues given priority for Dickinson County in 2013 were:

- Older Resident Health (starting with fall prevention) - Improve the health, function, and quality of life of older adults.
- Unplanned Pregnancy and STI services - Improve pregnancy planning and spacing, and prevent unintended pregnancy.
- Integration of Mental and Physical Health - To create a health care atmosphere where mental and physical health are interconnected.

The CHNA, in and of itself, started a dialogue for change. Goals and objectives for each priority were created. It was an important step in change for the health of Dickinson County. The County created a vision that is shared not only by Memorial Health System, Herington Municipal Hospital, and Dickinson County Health Department, but also by representatives who served on the committee, the people who answered our survey, and those who attended the town hall meetings or read about our work in the newspaper. CHNA processes are about creating a shared vision for a healthier Dickinson County. It is about adopting ways to measure and report progress, and it is about collaboration so that resources are used appropriately to bring about meaningful change.

Vision: A Healthy Dickinson County

Mission: Collaboratively improve the health of Dickinson County residents through policy development and/or change and effective resource utilization.

## **2016 Dickinson County Community Health Needs Assessment Process**

Dickinson County Quality of Life Coalition, Memorial Health System, Herington Municipal Hospital and Dickinson County Health Department led the 2016 Community Health Needs Assessment (CHNA) process.

This year, a 30-question survey was created and distributed with the goal of collecting "Community Health" opinions and data from Dickinson County residents. The CHNA survey was available in a paper format and it was available online. Paper surveys were handed out at the Dickinson County - Central Kansas Free Fair, and other community events. Paper surveys were also available to pick up and drop off at county senior centers, libraries, hospitals, health departments and schools. To encourage a wide range of participation, special invitations that included a link to the survey were sent via e-mail to key community leaders; large employers; and all educational, governmental, civic and health related organizations within Dickinson County. To ensure input from persons with a broad knowledge of the community, notice of the available online and paper surveys were announced, as a

public service announcement on the local radio station, on the Memorial Health System Facebook page, the Quality of Life Coalition Facebook page, and in the local newspaper. In total, 362 surveys were collected.

Once the survey was closed, the results were shared and discussed at the Quality of Life Coalition's Health and Wellness Committee. The Committee also looked at Dickinson County data from [www.kansashealthmatters.org](http://www.kansashealthmatters.org) and Health Kansas 2020. Suggestions were made about how to prioritize the information, and create new priorities to lead health care decisions in Dickinson County for the next several years.

CHNA committee members from the Quality of Life Coalition, Memorial Health System, Herington Municipal Hospital and Dickinson County Health Department collaborated and reviewed the data and recommendations from the Health and Wellness Committee, and developed these 2016 CHNA priorities for Dickinson County:

- **Substance Abuse Prevention;**
  - **Access to Health Care - mental health, physical health, elder care; and**
  - **Economic Development and Affordable Living.**

## **Substance Abuse Prevention**

Illegal drug use (53.97%) was identified as the top concern of residents in Dickinson County, followed by underage use of alcohol (39.68%) and drugs (42.54%), prescription drug abuse (28.57%) and tobacco use among adults (27.30%) and youth (28.25%).

Substance abuse is not a new problem for Dickinson County. It is a concern of which the community is aware. Because it topped the list of concerns for Dickinson County residents, it is important to acknowledge it and begin working together toward the goal of finding ways to prevent and decrease substance abuse within the county.



## **Access to Health Care - mental health, dental health, physical health, elder care**

Mental health (39.05%) continues to be an ongoing concern for residents in Dickinson County. The community will continue to work toward the goal set during the 2013 CHNA - to create a health care atmosphere where mental and physical health are interconnected. Objectives include: increasing accessibility to services and awareness of mental health as part of the overall health assessment, and increasing awareness of the need for depression screenings.



Access to primary and specialty health care combined with feedback regarding wait times, ease of making an appointment, support for elder care, and affordability are all concerns expressed by Dickinson County residents.

The 2013 CHNA addressed Older Adult Health as a priority with the goal of improving the health, function and quality of life of older adults. The current survey results indicate the need to expand the audience to include people of all ages in this goal. By slightly revising the objectives to include all residents,

the objectives now include: promote coordination of care for patients, beginning with those who do not have a medical home or primary care provider. Provide health education for all and training for those who provide care for others. Increase the proportion of residents who seek out and receive preventative services.

According to the 2016 survey, more than 50% of Dickinson County residents surveyed are receiving a flu shot, having their blood pressure checked, having dental screenings, and receiving a physical exam. Areas for improvement include those seeking these preventative screenings: mammogram, colonoscopy, skin cancer, and bone density.

Providing education, support and guidance about the importance of living a healthy lifestyle would be one way to help encourage residents to become more proactive when it comes to choosing what they eat, how much they exercise and how they monitor and maintain their own personal health. Living a healthy lifestyle is a choice. People cannot be forced to make certain decisions, but they can be educated to understand how their decisions are affecting their health.

### **Economic Development and Affordable Living**

Economic growth (42.86%), affordable housing (38.73%) and unemployment (25.40%) were three concerns identified in the 2016 CHNA survey. It is important to keep in mind, as was stated in the introduction, many factors combined determine the health of a community. Economics, housing and jobs are important to the health of the community.

Because this priority has not been included in a previous CHNA, it is important to expand the conversation and include other sectors of the community, including business, county and city leaders. There is no doubt that work is being done to improve the economic environment in Dickinson County. It is important that efforts and actions are communicated and understood by the residents. Everyone has a role to play in building a strong economy. The goal is to understand and communicate the on-going economic development efforts within the county. With cooperation and collaboration, residents can work together to provide their support and input to improve economic growth, affordable housing and unemployment in Dickinson County.



### **Summary of Priority Goals**

The CHNA continues to be a dialogue for change. Goals and objectives for each priority were created. These are important steps toward change and improving the health of Dickinson County.

CHNA processes are about creating a shared vision for a healthier Dickinson County. It is about adopting ways to measure and report progress, and it is about collaboration so that resources are used appropriately to bring about meaningful change.

The Vision and Mission created in 2013 remains relevant:

Vision: A Healthy Dickinson County

Mission: Collaboratively improve the health of Dickinson County residents through policy development and/or change and effective resource utilization.

## **Community Assets Identified**

Community assets identified during the review and evaluation process through the Quality of Life Coalition and the Health and Wellness committee included:

- Schools - students who attend school in Dickinson County receive an outstanding education. Teachers provide an excellent learning environment where students are not just a “number.” Faculty and staff care about each student and work hard to assure their students are getting a great education.
- Community Collaboration - Dickinson County residents are invested in the health and wellbeing of the communities they live in. Working together to solve problems and overcome challenges is not uncommon. There are coalitions and organizations actively working together to help improve Dickinson County. Residents are also very giving and manage to come together to help each other after disasters such as tornadoes and ice storms.
- Safety - Overall Dickinson County is a safe place to live and raise a family. Neighbors care for each other and work together to keep their neighborhoods safe. Law enforcement does a nice job of patrolling and enforcing laws to protect citizens.
- Quality Health Care - Residents in Dickinson County are fortunate to have two local hospitals in the County. When an emergency arises it is crucial to have a hospital nearby. County residents are thankful for the doctors and health care services available. Many people are not able to easily commute to larger cities for health care because they are unable to drive. Having specialists come to local hospitals allows residents to access needed services without the necessity to travel outside of the county.

## **Next Steps**

The Quality of Life Coalition, Memorial Health System, Herington Municipal Hospital and Dickinson County Health Department will continue to collaborate and work together to improve the health of Dickinson County residents through policy development and/or change and effective resource utilization. Maintaining interest and activity toward developing and nurturing our goals will be the challenge, as those involved are busy with many responsibilities. The Community Health Needs Assessment will serve as a tool to guide leaders in Dickinson County to head in the same direction thus making a positive difference in the future and health of Dickinson County.