



# Community Health Needs Assessment

---

2019-2022



Saint Elizabeth's  
Medical Center

## Saint Elizabeth's Medical Center Community Health Needs Assessment

### An assessment of Wabasha County conducted jointly by Saint Elizabeth's Medical Center, part of Ascension Wisconsin, and the Wabasha County Health Department

Saint Elizabeth's Medical Center, part of Ascension Wisconsin, is a critical access hospital located in Wabasha County, Minnesota. The community health needs assessment (CHNA) was conducted in 2018 and focused on the needs of individuals in Wabasha County. Based on this CHNA process, the hospital will focus on the following priority health needs in 2019-2022:

- Mental Health
- Senior Health

#### Who We Are

Ascension Wisconsin ([ascension.org/wisconsin](http://ascension.org/wisconsin)) operates 24 hospital campuses, more than 100 related healthcare facilities and employs more than 1,300 primary and specialty care clinicians. Serving Wisconsin and Minnesota since 1848, Ascension is a faith-based healthcare organization committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. As one of the leading non-profit and Catholic health systems in the U.S., Ascension operates 2,600 sites of care – including 151 hospitals and more than 50 senior living facilities – in 21 states and the District of Columbia.

Our Mission as a Catholic healthcare system: Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually-centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.

Ascension is continuing the long and valued tradition of addressing the health of the people in our community, following in the footsteps of legacy Ministry Health Care. This flows directly from our Catholic Identity. In addition to the community health improvement efforts guided by our CHNA process, we contribute to other needs through our broader community benefit program.

---

## Our Community

Although Saint Elizabeth's serves Wabasha County and surrounding areas, for the purposes of the CHNA, the hospital focused on the needs of Wabasha County. Our "community served" was defined as such because (a) most community health data are available at the county level; (b) most of our assessment partners define their service area at the county level; (c) most of our service area is in Wabasha County.

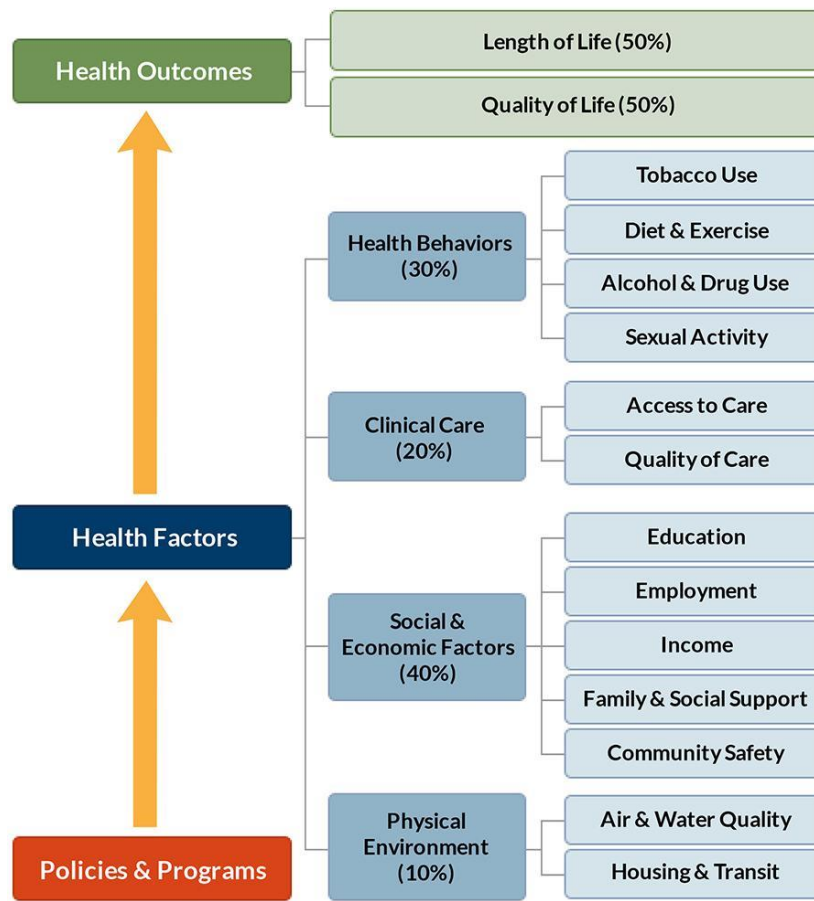
**Demographic Profile of Wabasha County**

	<b>Wabasha County</b>	<b>Minnesota</b>
<b>Population (2012-16)</b>	21,327	5,450,868
<b>Age 0-17</b>	22.3%	23.5%
<b>Age 65+</b>	18.8%	14.3%
<b>Families with Children</b>	27.8%	30.6%
<b>Race</b>		
White	97.3%	84.3%
Black	0.2%	5.7%
Asian	0.4%	4.5%
Native American/ Alaska Native	0.2%	1.0%
Some Other Race	0.3%	1.6%
<b>Ethnicity</b>		
Hispanic or Latino	2.9%	5.0%
Non-Hispanic	97.1%	94.9%
<b>Individuals with a Disability (2012-16)</b>	11.6%	10.6%
<b>Veteran Population</b>	10.1%	8.0%

*Source: U.S. Census Bureau*

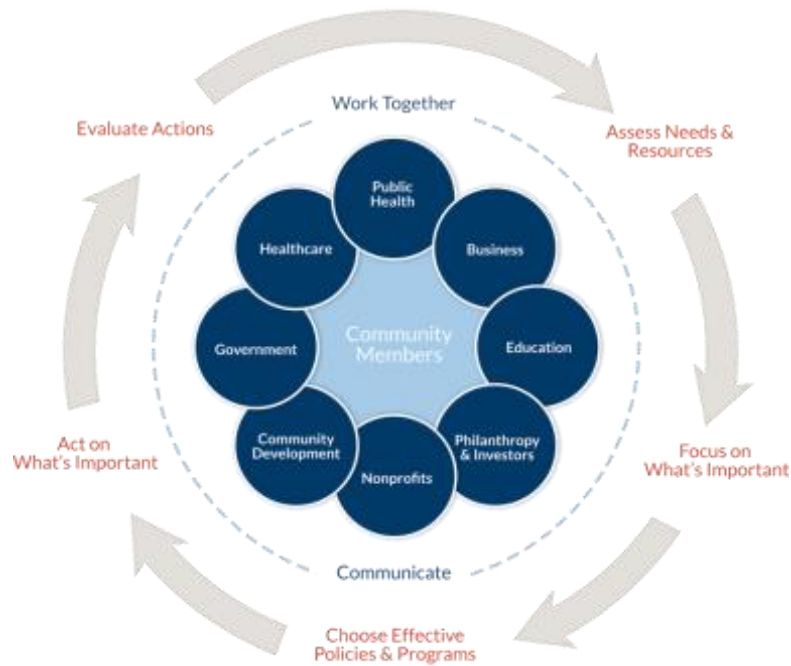
## Our Community Health Improvement Approach

Ascension Wisconsin is committed to using national best practices in conducting the CHNA and implementing community health improvement strategies to assure that our work has a positive, measurable impact on the health of the people in the communities we serve. Our approach relies on the model developed by the County Health Rankings and Roadmaps and the Robert Wood Johnson Foundation, utilizing the determinants of health model as the model for community health improvement.



County Health Rankings model © 2014 UWPHI

In addition, we utilize the *Wisconsin Guidebook on Improving the Health of Local Communities*, developed with funding from the University of Wisconsin School of Medicine and Public Health from the Wisconsin Partnership Program. This guidebook builds on the County Health Rankings and Roadmaps' Action Center.



Based on these resources, our community health improvement strategy rests on the following principles to make our communities a healthy place to live, learn, work and play:

- Work collaboratively to effectively address health issues
- Pay attention to the forces that shape health outcomes including social and economic determinants
- Focus efforts on populations with a disparate health burden to increase health equity
- Emphasize the powerful impact of policy and system-based approaches on change
- Use strategies with the best evidence of effectiveness
- Identify and track specific, measurable performance indicators

---

## Framework and Data Sources

The assessment was jointly conducted by Saint Elizabeth's and the Wabasha County Public Health Department in Summer 2018.

The data were prepared and shared in two ways. A report was prepared by a CHNA Executive Committee. The Committee compiled data from multiple sources and sent the report to community stakeholders in advance of a "Data in a Day" community stakeholder meeting, which took place on July 26, 2018. At that meeting, a presentation summarized key indicators. Both the report and presentation were organized using the determinants of health model, including health outcomes (morbidity and mortality) and health factors (clinical care, social and economic factors, health behaviors and the physical environment). A list of data sources can be found in Appendix 1.

---

## Voice of the Community

Saint Elizabeth's is committed to addressing community health needs collaboratively with local partners. Saint Elizabeth's and the Wabasha County Public Health Department used the following methods to listen to community members' thoughts on the strengths and challenges of being a healthy community. These methods provided us with additional perspectives on how to select and address top health issues facing our communities.

### **Input from Community Leaders**

Input was received from community stakeholders in multiple ways:

- A community stakeholder meeting was held on July 26, 2018. The meeting was convened by Saint Elizabeth's and the Wabasha County Public Health Department. During the meeting, experts presented the data and engaged attendees in discussion and a facilitated prioritization process. A list of organizations that participated in the meeting is in Appendix 2.
- At the July stakeholder meeting, a worksheet was distributed to all attendees. The worksheet provided a framework for taking notes that would assist attendees in asking questions, offering feedback and engaging in a prioritization process. Stakeholders who could not attend the July meeting were given the data packet, worksheet, prioritization criteria and ranking tool for selecting priorities.
- Prior to the assessment, two community organizations, Three Rivers Community Action and United Way, had recently completed their own needs assessments. The Three Rivers Community Action assessment was completed in August 2017 and the United Way assessment was completed in Spring 2018. Their processes included input from low-income clients, seniors, community businesses and organizations and service providers. The input obtained through those assessments was reviewed by Saint Elizabeth's and the Wabasha County Public Health Department, as well as the attendees at the community stakeholder meeting.

- Following the July stakeholder meeting, the CHNA Executive Team met to review the results of the meeting and finalize the priorities. Organizations represented on the Executive Team included Saint Elizabeth's, Wabasha County Public Health and Minnesota Department of Health.

### **Input from Members of Medically Underserved, Low-income and Minority Populations and/or Organizations that Represent Those Populations**

Ascension Wisconsin is fueled by a commitment to human dignity, the common good, justice and solidarity. We believe the CHNA process must be informed by direct input from persons who experience health disparities based on income and/or race and ethnicity. With that in mind, Saint Elizabeth's included and highlighted the data from needs assessments conducted by Three Rivers Community Action and United Way, both serving vulnerable and low-income individuals. Data was collected through surveys, focus groups, and informant interviews. As part of the process to select the health priorities, strong consideration was given to how individuals who are more vulnerable are impacted by the health issues.

### **Input on the Previous CHNA**

No written comments were received regarding the previous CHNA.

---

## Priorities for Action

### **Prioritization Process and Criteria**

The prioritization process included multiple steps:

1. A community stakeholder meeting held on July 26, 2018, which included a review of data (outlined previously) and a facilitated prioritization process. To assist with prioritization, each attendee was able to vote for up to three health issues. The health issues receiving the most votes were selected as the priority needs.
2. The CHNA Executive Team reviewed the results of the community stakeholder prioritization process and selected the top two priorities to focus on during this three-year cycle.
3. Saint Elizabeth's representative to the CHNA Executive Team shared the team's recommendations with Saint Elizabeth's senior leadership. The leadership team approved and affirmed the CHNA Executive Team recommendations.

Prioritization criteria included:

- Feasibility – Is there interest, capacity, and opportunity?
- Health Equity – Will addressing the problem/issue address health equity?
- Impact – Will addressing the issue improve quality of life, decrease premature death, reduce costs and/or impact a large portion of the population?
- Scalability – At what size and scope does an intervention need to be at in order to have community level impact?
- Measurability – Can improvements in health (for that issue) be measured?
- Effective Strategies – Can the health issue be addressed with evidence-based strategies?
- Timeliness – Is the issue serious and is it getting worse or more severe?
- Importance – Does the community consider the need to be important to address?

**Priorities Selected**

The following health issues were selected as the priorities:

- Mental Health
- Senior Health

**Health Needs Not Selected for This Plan**

Ascension Wisconsin understands the importance of all the health needs of the community and is committed to playing an active role in improving the health of the people in the communities we serve. For the purposes of this CHNA, Saint Elizabeth's chose to focus its efforts on the priorities listed above. The following health issues were not selected to be included in this plan for the reasons described below.

- **Transportation:** Three Rivers Community Action is the main provider of mass transit in Wabasha County. This agency conducted its own transportation assessment and action plan. The medical center agreed to help support their efforts rather than duplicate strategies that address transportation needs and access.
- **Decent and Affordable Housing:** United Way identified this determinant of health to be a priority need. This agency's implementation plan has identified action steps to address this need. Because housing is not the medical center's primary mission and because the medical center lacks expertise and resources to effectively address housing, housing was not identified as a priority for this plan.
- **Other needs that were identified, but ranked lower in the prioritization process, are listed below.** The medical center did not identify these as priorities so it could focus efforts on the top issues selected.
  - Income and jobs
  - Healthcare access and affordability
  - Prevention and early intervention of disease
  - Childcare access
  - Domestic violence

---

## Overview of Priorities

A description of each priority area, data highlights and relevant assets/resources are on the following pages.



## Mental Health

### Why it is Important

Approximately 20 percent of the population experiences a mental health problem during any given year. Anxiety and depression are most common. Rates of severe youth depression are increasing.

- Suicide is the tenth leading cause of death in the U.S. and the third leading cause of death for people age 10–24.
- More than 90 percent of children who die by suicide have a mental health condition.
- Each day an estimated 18-22 veterans die by suicide.

### In Minnesota:

- On average, more than 500,000 adults in Minnesota have a mental illness, yet only 48 percent of them receive treatment.
- Nearly eight percent of Minnesota’s adolescents age 12 to 17 – more than 26,000 young people – experienced a major depressive episode per year, and of those, only 54 percent received treatment.
- There have been 2,235 deaths by suicide recorded (2015 to 2017).

Mental health issues are associated with increased rates of risk factors such as smoking, physical inactivity, obesity and substance abuse. As a result, these physical health problems can lead to chronic disease, injury and disability.

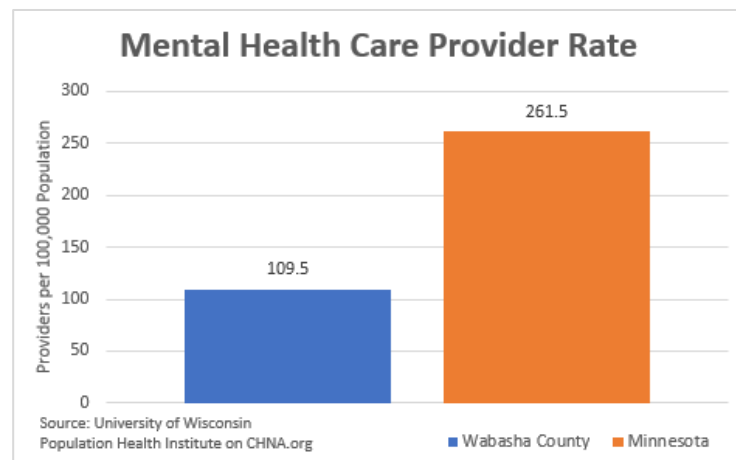
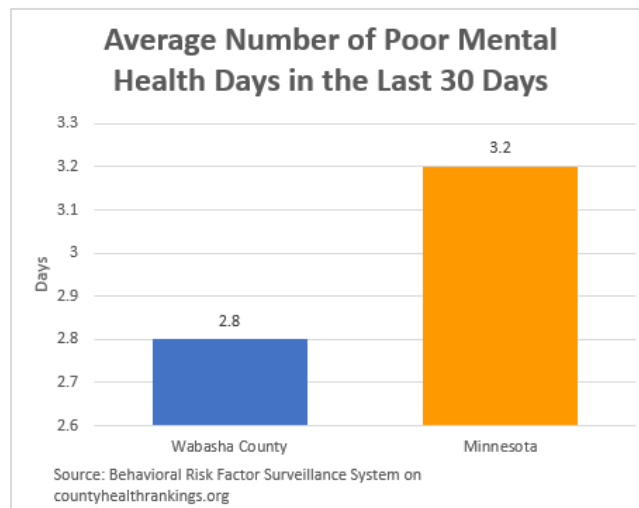
### Who Uses Mental Health Services in

#### Wabasha County:

- Majority are female
- Majority (over 75 percent) live independently
- Majority are unemployed or have a disability (60 percent)
- 46-55 years old
- Four percent of service users are youth

Sources: See mental health data sources in Appendix 1.

## Data Highlights



### Identified Local Assets and Resources:

- Saint Elizabeth’s Community Clinic/Medical Center
- Mayo Clinic (resiliency training curriculum)
- Wabasha County Public Health, Social Services, Behavioral Health
- Wabasha County Schools (Wabasha-Kellogg, PEM, Zumbrota)
- Minnesota Department of Health/SHIP
- Minnesota Department of Agriculture
- SEMCRHA – Housing
- Winona State University Nursing Department/Community Health Improvement students
- Regional Mental Health Coalition
- South Country Health Alliance
- Law enforcement
- Ambulance services
- Crisis Response services
- Hiawatha Valley Mental Health
- NAMI
- Hope Coalition (Crisis Intervention Training)
- Individual experts (e.g., mindfulness, wellness)

## Senior Health

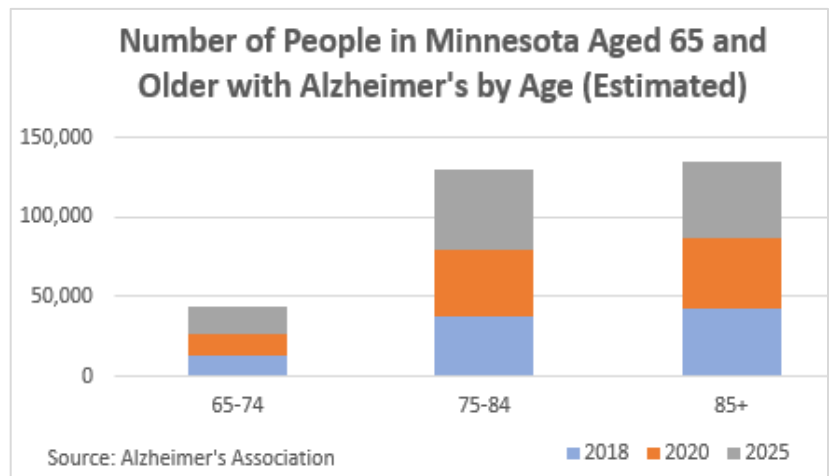
### Why it is Important:

- Compared to Minnesota, Wabasha County has a higher proportion of individuals age 65+ and with disabilities (Source: U.S. Census on CHNA.org)
- An older population is at higher risk for chronic diseases (Source: Healthy People 2020)

### Identified Local Challenges:

- Transportation
- Caregiving – lack of caregivers; cost to pay caregivers; caregiver stress and lack of respite
- Lack of awareness and growing stigma and fear of dementia
- Lack of community-based support for individuals with dementia and their caregivers

## Data Highlights



### Data Highlights:

- 18.8 percent of Wabasha County's population is age 65 and older, compared to 14.3 percent of Minnesota's population. (Source: U.S. Census on CHNA.org)
- Wabasha County rates of many chronic diseases are higher than Minnesota and/or U.S. rates, including:
  - Heart disease
  - Stroke mortality
  - Cancer mortality
 (Source: Centers for Disease Control and Prevention on CHNA.org)

### Identified Local Assets and Resources:

- Senior Health Action Team members
  - Saint Elizabeth's Medical Center
  - Wabasha County Health Department
  - Three Rivers Community Action, Inc.
  - Elder Network
  - Southeast Area Agency on Aging
  - Catholic Charities
  - ACE Brain Fitness
  - Wabasha Ambulance Service
- Faith community
- Wabasha County SHIP
- Fit City Seniors
- South Country Health Alliance
- Hiawatha Transit
- Other senior providers in the county
- Plainview Community Center
- Alzheimer's Association
- ACT on Alzheimer's
- Dementia Friends

---

## Results of the Previous CHNA Process

Our previous CHNA process was completed in June 2016. The priority health issues selected and addressed were:

- Mental Health
- Senior Health

An evaluation of the impact of our efforts to date to address those issues can be found in Appendix 3.

---

## Next Steps

Having identified the priority health needs to be addressed, next steps include:

- Engaging the Wabasha County Mental Health Action Team and Senior Health Action Team to further study and investigate specific strategies that will be addressed within each broad priority need
- Developing a three-year implementation strategy
- Creating a more specific annual action plan during each year of the implementation strategy
- Integrating the health priorities and implementation strategy into organizational strategic planning and resource investments and allocations

---

## Approval

This community health needs assessment (CHNA) report was adopted by the Board of Directors of Saint Elizabeth's Hospital of Wabasha, Inc., on April 18, 2019, and by the Ascension Wisconsin Board on May 16, 2019.

---

## Public Comments/Feedback

We welcome feedback from community members on this plan. Please see our public website for the email address for submitting comments.

# Appendices

## Appendix 1: Assessment Data Sources

Assessment data sources are listed below.

- **Public Data Sources:**
  - County Health Rankings and Roadmaps (which compiles data from multiple government sources, including the Behavioral Risk Factor Surveillance System, the U.S. Census Bureau, Dartmouth Atlas of Health Care, EDfacts, and the U.S. Department of Housing and Urban Development)
  - Minnesota State Department of Health
  - Minnesota Department of Health and Human Services
  - Wabasha County Public Health Department
  - Minnesota Statewide Health Improvement Program
  - Minnesota Student Survey
  - Minnesota Injury Access System
  - Minnesota County Level Indicators
  - Minnesota Toward Zero Death
  - Minnesota Hospital Association
  - Minnesota Department of Education
  
- **Additional Data Sources:**
  - Saint Elizabeth's Medical Center (e.g., admission data)
  - United Way of Goodhue, Pierce and Wabasha County Needs Assessment results
  - Three Rivers Community Action Deeds Assessment results
  - Multiple mental health data sources
    - Hiawatha Valley Mental Health Center
    - MHIS
    - CDC
    - Minnesota Vital Records
    - DHS
    - Wabasha County Social Services
    - DAANES-Report
    - NAMI
    - Mental Health America
    - SUMN.ORG
    - Minnesota Department of Education
    - Minnesota Hospital Association
    - SAMHSA
    - Healthiest Wisconsin 2020
    - Healthy People 2020
    - American Academy of Pediatrics

## Appendix 2: Community Leaders/Stakeholders

Listed below are the community leaders who provided input about the needs of the community, including an indication of which medically underserved, low income or minority populations (if any) they specifically represented. (Note: The organizations in Wabasha County largely focus on the entire population. Due to the small population, few organizations focus exclusively on medically underserved or low-income individuals. There are no organizations that focus exclusively on minority populations given the demographics. Resources for individuals who are Hispanic are available in the neighboring county.)

- Wabasha County Public Health Department
- Saint Elizabeth's Medical Center
- Hiawatha Valley Mental Health Center\*
- United Way
- Three Rivers Community Action\*\*
- South Country Health Alliance\*\*\*
- Winona State University
- Crest Regional Mental Health Coalition
- Minnesota Department of Health

*\*Denotes organizations or programs representing medically underserved populations.*

*\*\*Denotes organizations or programs representing low-income populations.*

*\*\*\*Denotes organizations or programs representing minority populations.*

### Appendix 3: Progress Report on Results of Previous CHNA Process

Ascension Wisconsin is committed to making a positive, measurable impact on the health of the communities we serve. To that end, we evaluate the strategies we implement to address the health needs of the community.

We use a logic model, an approach that is nationally recognized for program evaluation. Logic models provide methods for documenting the following:

- **Inputs:** Resources needed to implement the strategies
- **Outputs:** Actions taken, the number of programs/tactics implemented and the number of people reached
- **Outcomes:** Measures of the impact of the programs/strategies (such as changes in learning, actions or conditions)

To be specific about the outcomes we will be accountable for, we set SMART metrics – metrics that are Specific, Measurable, Achievable, Realistic and Time-related.

#### Evaluation Schedule/Process

At the beginning of the three-year cycle:

- Establish SMART metrics for medium-term (three-year) indicators for each strategy
- Establish SMART metric for long-term (beyond three years) indicators for each priority area

At the beginning of each fiscal year in the three-year cycle:

- Establish SMART metrics for short-term (fiscal year) indicators for each strategy
- Establish action steps and output indicators for each strategy

Quarterly each fiscal year:

- Report actions completed
- Report the status of each strategy/priority

At the end of each fiscal year:

- Report on results for short-term and output indicators
- Describe accomplishments and analyze results

At the end of the three-year cycle:

- Report on results for medium-term indicators for each strategy
- Describe and analyze results
- Incorporate results into next Community Health Needs Assessment

At the writing of this report, data is available for the first two years of the previous CHNA and is summarized below. Once final data is available, an evaluation report will be completed for the entire period of implementation.

Health priorities identified in the preceding CHNA were:

- Mental Health
- Senior Health

## **Mental Health**

### *Make it OK*

- Results for Year One:
  - The Wabasha County Mental Health Team is reaching out to the public and to businesses to improve the community's mental health. The Team conducted nine "Make it OK" (MIO) workshops with 213 attendees. Individuals attending a "Make it OK" workshop learned about the stigma of mental illness and how to begin to break down that stigma in day-to-day life. Additionally, a new mental health resource directory for Wabasha County was created and is in process of being distributed throughout Wabasha County. Finally, the Team is inviting local organizations to adopt the "No Wrong Door" policy, which ensures that individuals who reach out to any organization will receive help, referral and assistance.
- Results for Year Two:
  - The Wabasha County Mental Health Action Team continued to meet on quarterly basis, focusing on mental health and anti-stigma education through the sponsorship of "Make It OK". In all, nine presentations were facilitated in FY 2018, reaching 73 participants who took the MIO pledge.

### *First Responder Training*

- Results for Year One:
  - The Wabasha County Mental Health Team meets every other month with representation from five healthcare/social services organizations. Six crisis de-escalation workshops were held targeting law enforcement, first responder and emergency response professionals. The team also promoted the Mental Health Crisis Hotline and Mobile Crisis Team services through Wabasha County to expand access to mental health services and improve communication and coordination of mental health services between agencies.
- Results for Year Two: None

## **Senior Health**

### *Fall Prevention*

- Results for Year One:
  - The Wabasha County Senior Health Action Team offered two *Tai Ji Quan (TJQ): Movement for Better Balance* programs with a total attendance of 17. Eight participants have enrolled in a maintenance series. All class participants have realized health improvements and feel their risk of falling is reduced. Low attendance resulted in the cancellation of the Matter of Balance series; however, fall risk assessments were offered as part of Saint Elizabeth's Wellness Wednesdays outreach. The team was successful in receiving a grant to pilot an in-home home safety check program to reduce the risk of falling.



- Results for Year Two:
  - Saint Elizabeth's offered seven evidence-based fall prevention classes in FY 2018 but had to cancel one due to low attendance; 56 people attended the classes. Following the TJQ classes, 100 percent of participants demonstrated improvement in their 'Timed Up and Go' (TUG) score. In addition, eight home safety checks were conducted and all participants received recommendations to reduce their risk of falls.

#### *Support Networks*

- Results for Year One:
  - The Wabasha County Senior Action Team launched two new support programs for seniors. Living Well with Chronic Conditions and Caregiver Support Groups meet in Wabasha at Saint Elizabeth's Medical Center with an average attendance of 4-6 participants.
- Results for Year Two:
  - Two support groups were initiated by the Wabasha County Senior Action Team in response to needs for improving management of chronic conditions and enhancing caregiver support. The monthly support groups were made sustainable when Elder Network agreed to oversee and facilitate these support resources in our community.

#### *Chronic Disease Management and Caregiver Support*

- Results for Year One:
  - Living Well with Chronic Conditions and Powerful Tools for Caregivers are evidence-based programs that help seniors manage chronic conditions and care for themselves as they care for loved ones. Despite extensive promotion, classes were canceled and have been rescheduled with a goal of achieving a minimum attendance of eight. The team has expanded its promotion plan to encourage more referrals from primary care providers.
- Results for Year Two:
  - The Wabasha County Senior Health Action Team offered a total of five evidence-based programs focusing on chronic conditions, chronic pain and caregiver support. All but one class was canceled due to low attendance.

#### *Awareness and Referrals*

- Results for Year One:
  - The Wabasha County Senior Action Team meets monthly with representation from nine senior service organizations. Team collaboration resulted in the creation and updating of resource directories that provide important information about programs and services available to seniors in Wabasha County. Resource hubs were created in two libraries and ongoing participation in a regional referral network for chronic disease management has improved awareness of and access to evidence-based programs.
- Results for Year Two:
  - The Wabasha County Senior Action Team expanded awareness of its evidence-based senior health programs by developing stronger partnerships with key agencies. Collaboration with WellConnect and Juniper online directories have expanded awareness and access to fall prevention and chronic disease programming. All programs offered in Wabasha County, as well as the entire southeastern region, are regularly posted to provide easy access to referrals and registrations.

### Appendix 4: Crosswalk Between This CHNA Report and 501(r) Requirements

<b>Required Content from Section 501r Rules</b>	<b>Found in This Section</b>
Definition of the community served and how it was determined	Our Community
Description of the process and methods used to conduct the assessment: <ul style="list-style-type: none"> <li>- Data and other information used in the assessment</li> <li>- Methods of collecting and analyzing the data/information</li> <li>- Any parties collaborated with or contracted with</li> </ul>	Framework and Data Sources
Description of how the hospital solicited and accounted for input from persons who represent the broad interests of the community <ul style="list-style-type: none"> <li>- Summary of the input</li> <li>- How it was provided</li> <li>- Over what period of time</li> <li>- Names of organizations providing input</li> <li>- Include at least one governmental public health department</li> <li>- Summary of nature and extent of their input</li> <li>- Description of populations being represented (medically underserved, low-income, minority)</li> <li>- Note any written input received on the prior CHNA</li> </ul>	Voice of the Community
Prioritized description of the significant health needs identified Description of the process and criteria used in prioritizing	Priorities for Action
Description of potential resources identified to address the needs	Overview of Priorities
Evaluation of the impact of the actions taken since completing the last CHNA to address the significant health needs in that CHNA	Appendix 3: Progress Report on Results of Previous CHNA Process

To learn more about Ascension Wisconsin, visit [ascension.org/wisconsin](https://www.ascension.org/wisconsin)



Saint Elizabeth's  
Medical Center

1200 5th Grant Blvd West  
Wabasha, MN 55981