



# Indiana University Health Goshen

---

## 2012 Community Health Needs Assessment

A Report on Implementation Strategies to Address Community Health Needs

Summary Report



# Our Commitment to You

We are here for you,  
helping to ensure  
you will experience  
the moments you live for,  
as we continue to meet the needs  
of our community with compassion,  
accountability, respect and excellence  
through the services  
of our IU Health Goshen members:

IU Health Goshen Hospital  
IU Health Goshen Center for Cancer Care  
The Retreat Women's Health Center at IU Health Goshen  
IU Health Goshen Acid Reflux Center  
IU Health Goshen Home Care & Hospice  
IU Health Goshen Hospital Heart & Vascular Center  
IU Health Goshen Physicians Family Medicine  
IU Health Goshen Physicians Gastroenterology  
IU Health Goshen Physicians Internal Medicine  
IU Health Goshen Physicians Neurology  
IU Health Goshen Physicians OB/GYN  
IU Health Goshen Orthopedics & Sports Medicine  
IU Health Goshen Physicians Pediatrics  
IU Health Goshen Physicians Team Bariatrics  
IU Health Goshen Center for Minimally Invasive Surgery  
IU Health Goshen Rehabilitation Services  
IU Health Goshen Sleep Disorders Center  
IU Health Goshen Wound Center  
IU Health Goshen Home Medical



# Community Health Needs Assessment

Through the years, IU Health Goshen has strengthened the health of our communities by surveying their needs and responding through enhancing and expanding services. In 2011, in collaboration with Elkhart General Hospital, a Community Health Needs Assessment (CHNA) was again initiated. This health needs assessment fulfills the requirements under the Patient Protection and Affordable Care Act.

Three individuals from IU Health Goshen and Elkhart General Hospital led the overall process. In addition, a Steering Committee was formed consisting of community representatives from a wide range of public and private sectors in the community. Purdue University Healthcare Technical Assistance Program facilitated data collection and the assessment process.

The key goal of the Community Health Needs Assessment (CHNA) was to identify and prioritize community health needs through a data informed systematic process and the input of persons representing the broad issues impacting community health.

## Methodology

Quantitative and qualitative data were collected to identify factors that impact community health. Data sources included Elkhart County, the State of Indiana, American Cancer Society, Centers for Disease Control and Prevention, various US governmental sources, universities and published health reports.

Qualitative and quantitative data was collected. Respondents included:

- Medical providers: physicians, nurse practitioners and physician assistants
- Healthcare providers: other non-physician respondents providing direct care
- Community providers: other nonmedical providers in Elkhart County that provide support to residents
- A diverse group of community members

In total, there were responses from 283 healthcare providers and 438 community members in the Elkhart County community. This sample size ensures reliability in the survey results.

There was extensive processing of the data collected by individuals and groups in Elkhart County. This process resulted in the development of a comprehensive picture of the community and its health needs and in the prioritization of these needs.



# Report

## Analysis and Outcomes

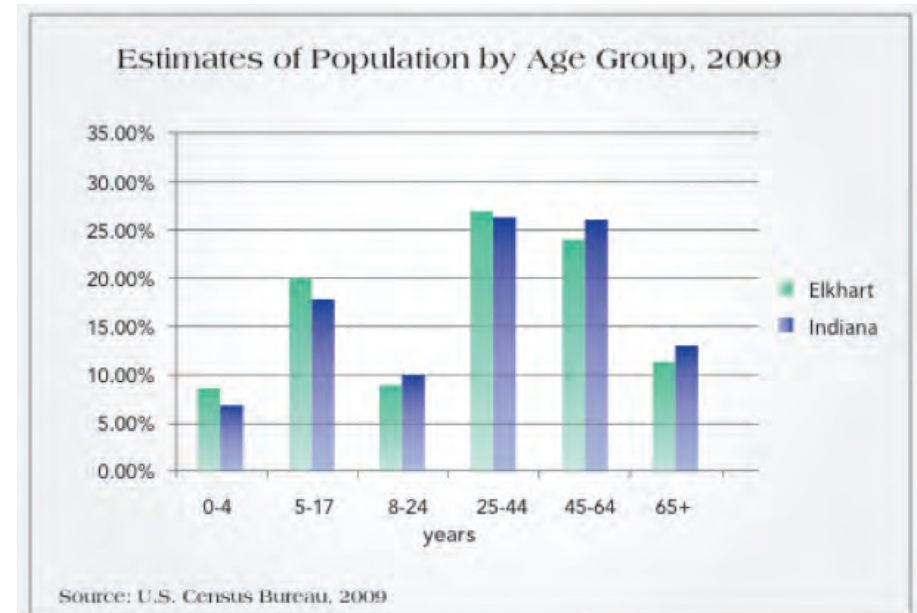
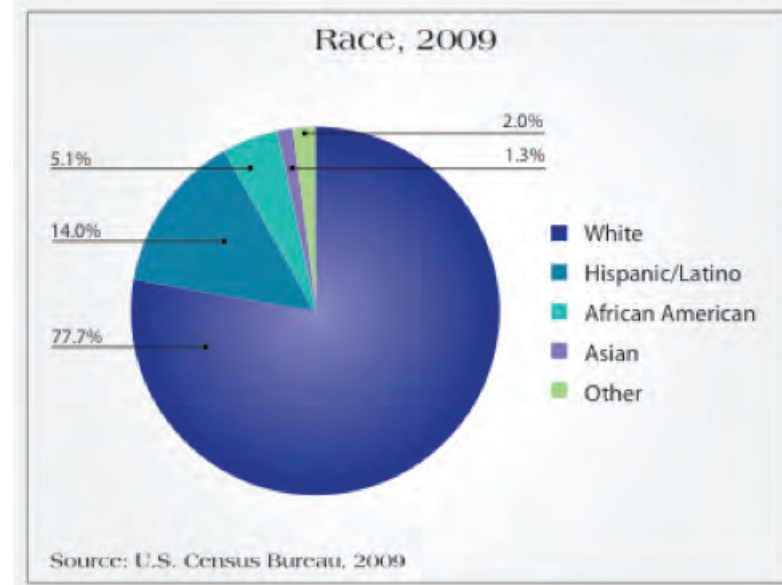
The Community Health Needs Assessment examined critical issues that impact the current and long-term health of community residents. These included socio-economic and health-related issues and risk factors. These realities help create the understandings for prioritizing community health needs and developing a response plan.

### Population Related Issues

Until 2009, Elkhart County had grown more rapidly than the rest of Indiana, a trend that was reversed in 2009 when Elkhart County's population decreased by several thousand people. This was due to the recession which was more severe in the county than in some other parts of the state and country.

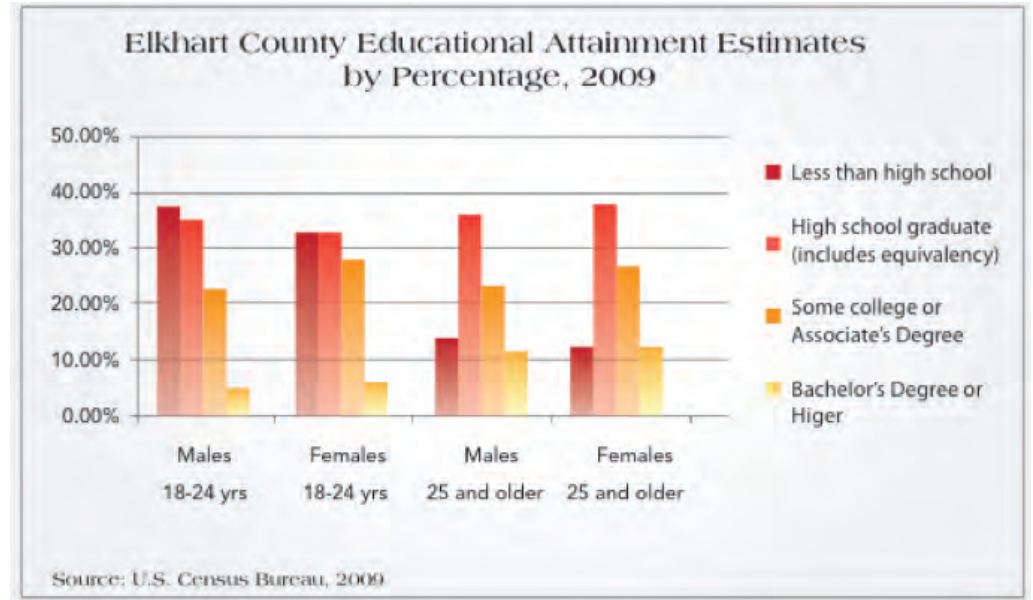
One of the most significant population demographics in the community is the rapidly growing Latino numbers. Latinos now make up over 14% of the county's population, an increase of over five percentage points from 2000. Whites are still the majority with African-Americans making up another 5%.

Relatively large Latino families are creating a youth population (0-17 years of age) that is expanding more rapidly than in the rest of the state. The percentage of people 65 and older is 12% and near the state average.



## Education

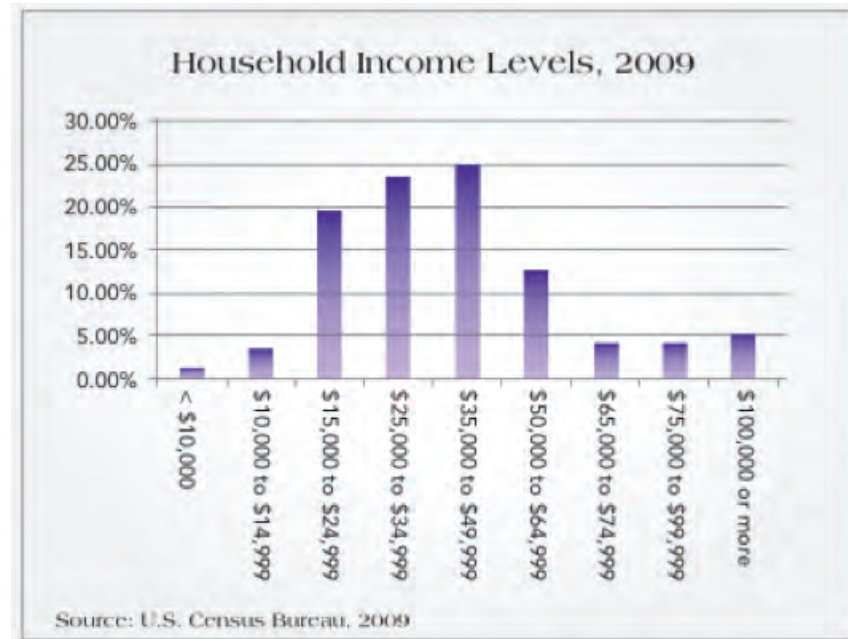
Although less than 14% of adults in Elkhart County do not have any high school education, only 37% have a high school diploma. About half of the population has had some post-high school education.



## Income Indicators

During the decade, median income in Elkhart County decreased by over \$3,000. Household incomes for nearly 75% of the county in 2009 were \$50,000 or below.

The median income for Latino households is lower than African-American or White households.





## Report Analysis and Outcomes, Continued

### Poverty Rates

During the last recession, unemployment rose well above the state and national averages, contributing to high poverty rates in the county.

Poverty rates for youth under 18 years of age increased from 11.7% to 18.2% during the decade. The poverty rate for ages 64 and younger increased from 9.5% in 2000 to 13.2% in 2009.

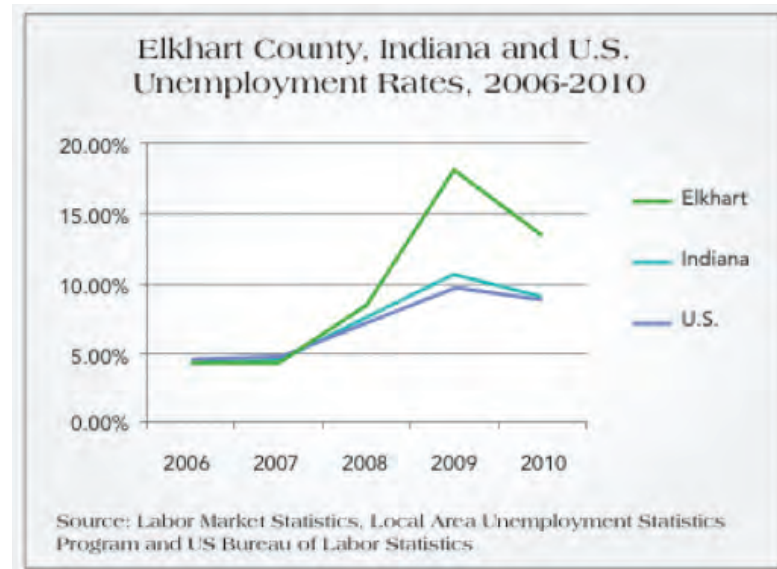
### Uninsured Rates

The data for uninsured people in Elkhart County originates from a US Department of Commerce report for 2007. These data indicate that 9-11 % of people 19 years or younger are uninsured. For low income women in the county, the uninsured rate was between 29%-38%.

### Leading Causes of Death

The three major leading causes of death in the county are cardiovascular disease, cancer, and chronic lower respiratory disease.

The incidences of these diseases are increasing. Three additional causes of death tie for fourth place, including motor vehicle accidents, diabetes, and other unspecified accidents.



Top Ten Leading Causes Of Death Based on Total Number of Deaths, 2007

RANK	CAUSE OF DEATH	TOTAL NUMBER OF DEATHS
1	Major Cardiovascular Disease	529
2	Cancer	304
3	Chronic Lower Respiratory Disease	86
4	Motor Vehicle Accidents	41
5	Diabetes	41
6	All Other Unspecified Accidents and Adverse Effects	41
7	Alzheimer's Disease	34
8	Influenza and Pneumonia	27
9	Intentional Self Harm (Suicide)	24
10	Kidney Disease	20

Source: 2007 Indiana Mortality Report, Indiana State Department of Health, Epidemiology Resource Center



## Critical Health Risk Factors

- Obesity and Smoking
- These two risk factors contribute to illness and the four leading causes of death in the county: cardiovascular disease, cancer, chronic lower respiratory disease, and diabetes.
- Lack of Physical Exercise and Adequate Nutrition
- A majority of Elkhart County residents also do not engage in adequate physical activity and/or have poor nutrition practices, such as inadequate fruits and vegetables. These factors have a significant impact on wellness and the increasing incidences of cardiovascular disease, cancer, obesity, and diabetes.

## Unmet Community Health Needs

Unmet community health needs were identified, including lack of access to the following services:

- dental care
- healthcare specialists
- long-term care
- mental health
- addiction
- prescription drugs
- primary care
- vision care

Unmet needs by some in the following population groups included:

- underinsured and
- uninsured
- mental health patients
- addiction patients
- young children
- Medicaid recipients
- teenagers
- seniors
- other adults in the
- general population
- Latinos



## Report Analysis and Outcomes, Continued

### County Health Status

The University of Wisconsin Population Institute utilizes multiple data sources to determine health outcomes by using the grid noted below. The goal is to motivate community health providers and partners to address barriers to quality healthcare access and care for their residents. Using this grid, Elkhart County ranks 19th among the 92 Indiana counties.

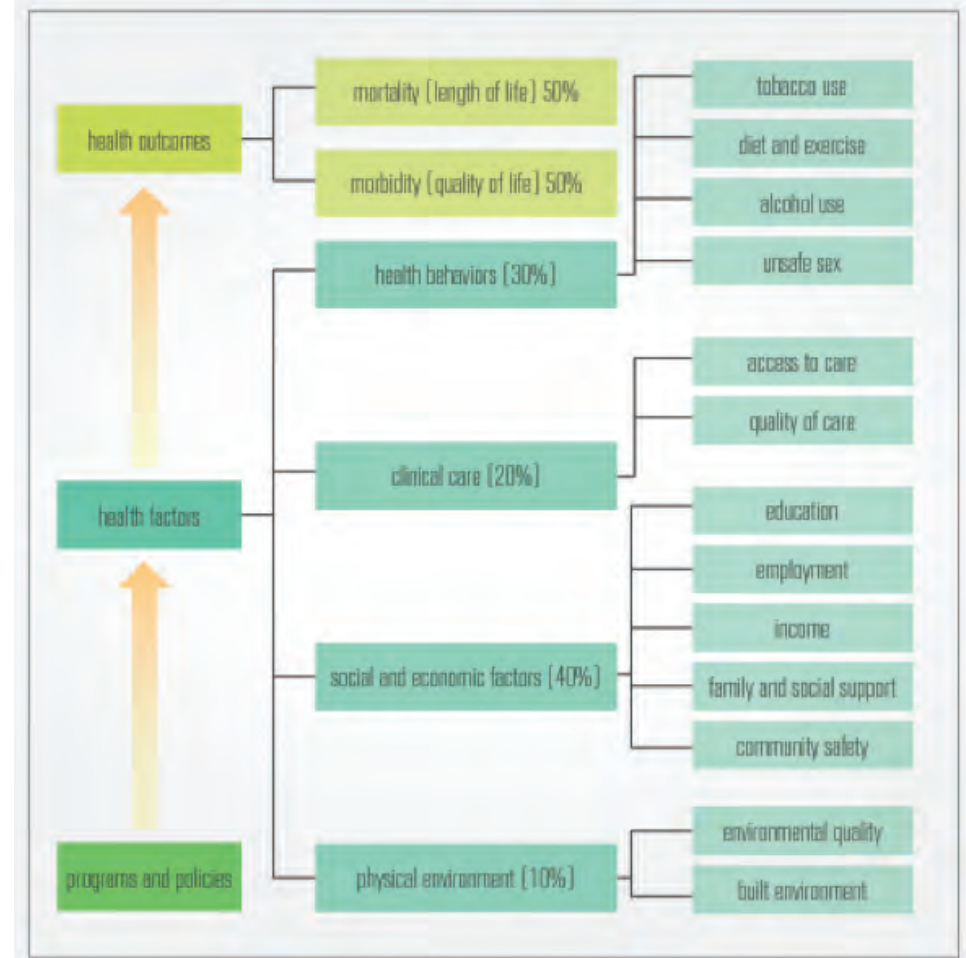
### Outcomes

The data collected in Elkhart County resulted in the development of a comprehensive picture of the community health needs and in the prioritization of these needs.

Five priorities emerged as IU Health Goshen evaluated both the public health challenges facing Elkhart County and the health issues that are not being fully addressed:

- Obesity
- Diabetes
- Access to Health Care
- Mental Health
- Smoking

Although IU Health Goshen has already been addressing these needs as part of its mission and commitment to the community, the IUH Goshen Hospital Board has authorized the development of an implementation plan to further enhance its response in a more comprehensive manner.





# Implementation Plans

Through its integrated model of health care, the IUH Goshen community needs assessment implementation plans addresses both the prevention of health related risk factors and the treatment of these five priorities:

- Obesity
- Diabetes
- Access to health care
- Mental health
- Smoking

Since obesity has a significant impact on diabetes, these two health priorities are considered together.

## General Implementation Strategies

Four critical strategies reinforce all five priorities:

- Improving population fitness levels and nutrition
- Providing information related to the specific area of community need
- Offering screenings and assessments
- Providing support and education regarding available services

The strategies are not mutually exclusive within the various programs that address the five priorities, and multiple strategies will frequently be used to provide a comprehensive and proactive approach.

## Obesity Prevention and Treatment Strategy

- Programs will be strengthened that address fitness levels and nutrition for both adults and children in order to empower them to take control of their diet, exercise level, and health. These include programs, such as Get Fit-Get Healthy, that collaborate with community business, schools and organizations to assess fitness and health, and to educate and initiate wellness activities.

## Diabetes Prevention and Treatment Strategy

- Programs such as Pre-diabetes Education and Gestational Diabetes provide critical information about diabetes. In these programs, community members are informed on the dangers of diabetes, the progress of the disease, the meaning of blood glucose levels and health implications if they do not effectively follow the steps required to prevent, detect, and treat acute and chronic complications.
- Screenings and assessments will identify those at risk by offering programs such as Diabetes Risk Assessments, Body Mass Index, and Blood Glucose Screenings. The IUH Goshen Hospital can then refer those at risk to programs that will help to address these risks before they result in disease.
- The programs will educate the community regarding available support services, such as, technical support. An example is Insulin Pump Training in which individuals and their families are taught the proper technique for using an insulin pump.



## *Implementation Plans, Continued*

### Access to Health Care

Programs that ensure community access to health care will be continued and strengthened. These include:

- Nurse on Call Physician Referral and Triage call services that connect community members with health care providers in the community.
- Circle of Care provides mothers of new born infants the opportunity for infant care follow-up with a primary physicians even if the mother or family do not have health insurance.
- Charity care enables underinsured and uninsured community members to have access to health care.

### Access to Mental Health Care

Programs will provide direct emotional/mental health support, or refer patients to other organizations in the community. Examples include:

- The HeartString Sisters will involve breast cancer survivors and care providers in providing support to breast cancer patients struggling to return to a full and productive life following treatment.
- The Psychoneuroimmunology program will provide education and counseling to patients and their families as they go through cancer diagnosis, treatment and follow-up care.
- The Chaplain's office will connect patients with mental needs to other providers in the community.

### Smoking Prevention and Cessation

The Tobacco Cessation program provides evidence-based education and strategies that address tobacco cessation for patients and community members. Smoking prevention efforts will be further strengthened through enhanced partnerships with community organizations, such as the county health department and local police departments' drug-free education in schools.

The IU Health Hospital has also created a smoke free campus to prevent second- hand smoke health risks and contamination in and around its facilities.



The commitment of  
Indiana University Health Goshen  
to the healthcare of the community  
is embedded in our mission  
of providing innovative, outstanding  
care and services, through exceptional  
persons doing exceptional work.

We are Guided by our CARE values:

**Compassion** and commitment to serve  
with empathy

**Accountability** with integrity and  
action

**Respect** through treating others as you  
wish to be treated

**Excellence** in all we do

As we implement our vision of  
health care to the communities, we  
serve through an integrated model.

