

# Community Health Improvement Plan

Gundersen Tri-County Hospital & Clinics  
2019-2022

# Affordable Care Act

Hospitals with 501(c)3 status are required to complete a Community Health Needs Assessment (CHNA) and Community Health Improvement Plan (CHIP) every three years.

## Why?

- Part of clarifying the “community benefit standard” which must be met to maintain tax-exempt status
- A way to make health systems recognize and attend to social determinants of health in the communities they serve
- Improve the conditions in the community that impact health
- Improve health & decrease cost of healthcare

# CHNA: COMPASS NOW 2018

- Great Rivers United Way + Gundersen + Mayo + County Health Departments
- Single Report for 5 Counties
- LaCrosse, Trempealeau, Monroe, Vernon, Houston (MN)
- Organized in 4 Pillars
- Health, Economics, Education, Community Issues

# Methods

Data Collection random household surveys, convenience surveys, community conversations, review of socio-economic indicators

Advisory Group of Local Experts for each Pillar reviewed data & ranked issues with regard to how widespread? serious? important?

Steering Committee chose top three areas of need for each Pillar

# Identified Areas of Need

- Health

- Chronic Disease & Contributing Factors
- Mental Health &/or Substance Abuse
- Oral Health

- Community

- Adverse Childhood Experiences
- Violence
- Environment (Built & Natural)

- Education

- Academic Readiness & Success
- Youth Resilience
- Workforce Readiness

- Economics

- Quality Housing
- Poverty
- Jobs with Adequate Income

- Overall Goals

Health

- Limit the effects of Chronic Disease
- Support Mental Health
- Improve Oral Health

Community

- Mitigate adverse childhood experiences
- Address Violence
- Support Healthy environment (Built and Natural)

Education

- Improve academic readiness and success
- Support youth resilience

# Health Measures of Success

## Limit the effects of Chronic Disease

Gundersen Tri-County Hospital and Clinics will establish and lead a collaborative group of at least five local agencies to plan public awareness and activities to promote exercise and nutrition

Activity: Promote walking as a simple, effective means of physical activity that is accessible to most people

Nutrition: Promote family meals, and increased vegetable intake

## Support Mental Health

Gundersen Tri-County Hospital and Clinics will collaborate with local schools to address, ACE's, youth resilience and bullying.

## Improve Oral Health

Gundersen Tri-County Hospital and Clinics will provide oral preventive care (fluoride varnish) to children enrolled in Medicaid

Compile and provide dental home resources

# Health

## Planned Activities

- Sponsor and Promote Running of the Beef
- Blood pressure and family practice booths at community events
- GTC's Smartest Loser
- Flu Vaccines for Local Businesses
- Employee Assistance Program
- Support local food pantries through monetary donations and organizational fund raising through meat raffle.



## Potential Initiatives

- Community Vegetable of the Month
- Cooking demos to encourage family meals
- Post Facebook Healthy Recipes
- Develop and promote walking routes in each community
- Couch to 5K to encourage participating in Running of the Beef
- Improve nutrition of food offered in cafeteria
- Additional programming for employee wellness at GTC, healthy living incentives
- Extend Adverse Childhood Events to staff, schools and community.

# Community Measures of Success

## Mitigate adverse childhood experiences

Gundersen Tri-County Hospital and Clinics will establish and lead a collaborative group of at least three local agencies to plan activities to promote strong and healthy families.

## Address Violence

Gundersen Tri-County Hospital and Clinics will collaborate with domestic violence, elder abuse, or child abuse programs within the county.

## Support Healthy Environment (Built and Natural)

Gundersen Tri-County Hospital and Clinics will support healthy local environments through collaboration with local municipalities to encourage health-minded city planning.

# Community

## Planned Activities

- Family Fun Night in Blair
- Dairy Breakfast Health Booth
- Participation in Local Parades
- Donation of Blankets to shelters or those in need.

## Potential Initiatives

- Parents Raising Resilient Children--Jeff Reiland
- Involvement in Trempealeau County Elder Abuse Task Force
- Mapped Walking Routes

# Education Measures of Success

Improve academic readiness and success and support youth resilience

Gundersen Tri-County Hospital and Clinics will establish and lead a collaborative group of at least three schools or other community partners to plan public awareness and activities to promote school readiness and support youth resilience that may include services and Gundersen resources available locally.

# Education

## Planned

- Health Academy with Whitehall Schools
- Reach Out and Read
- After School nutrition education offered by a Registered Dietician

## Potential Initiatives

- Library's "story hour" occurs in clinic lobby
- Advertising about the importance of reading to children
- GTC provides on-site behavioral health services for students

# Economics

As a part of the Gundersen Health System, we are working with many local resources to support all social determinants of our community members. This includes needs such as food, shelter, transportation, safety needs. We support the community by providing stable employment for many people.

# Gundersen Tri-County Community

Improving community health is about leading and collaborating with local community agencies to change the ENVIRONMENTAL AND CULTURAL FACTORS that influence health for the communities we serve.