

# Health

# Improvement Plan

December 2016

**GUNDERSEN**  
PALMER LUTHERAN  
HOSPITAL AND CLINICS

# Introduction and Purpose

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The Patient Protection and Affordable Care Act requires non-profit healthcare organizations to perform a Community Health Needs Assessment (CHNA) every three years and adopt an implementation strategy, known as a Health Improvement Plan (HIP), to meet the outstanding community health needs and to continue to qualify for federal tax exemption.

Gundersen Palmer Lutheran Hospital and Clinics began its Community Health Needs Assessment process in fall 2016, with a target completion date for the plan of December 31, 2016. The Health Improvement Plan will then be implemented during Gundersen Palmer's fiscal years 2017-2020 with a yearly reporting update.

The CHNA-HIP process does three things:

- Describes the health state of a local population
- Enables the identification of the major risk factors and causes of ill health, and
- Enables the creation of actions needed to address these factors

Gundersen Palmer's Community Health Needs Assessment identified numerous areas of concern with three significant need categories on which to focus:

- **Healthy Behaviors and Lifestyles**
- **Access to Health Care**
- **Risky Behavior Education (Alcohol and Drug Abuse and Bullying)**

# Implementation Strategy

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## Actions to Address Community Health Need Priorities

Community Health Need & Goals	Actions
<p><b>Need:</b> Healthy Behaviors and Lifestyles</p> <p><b>GOAL:</b> improve Fayette County’s County Health Rankings &amp; Roadmap Score in both Healthy Outcomes and Healthy Lifestyles by 3 placements.</p> <p><b>EVALUATION METHOD:</b> review Fayette County’s County Health Rankings &amp; Roadmap Score as it is made available.</p>	<p>Review, revamp and continue to improve the hospital’s Change Reaction program (a free program for individuals to improve overall health) with the goal of offering it to more individuals.</p> <p>Create a robust workplace wellness program.</p> <p>Revamp the current Healthier Youth program offered to local 3<sup>rd</sup> graders.</p> <p>Offer the Healthier Youth program to another school within our service area.</p> <p>Offer Lunch &amp; Learns on topics related to fitness, healthy diets, stress and other wellness topics.</p> <p>Offer trainings and/classes to encourage healthy behaviors and lifestyles (cooking classes, women’s classes, Yoga, Meditation, etc.).</p> <p>Enhance our senior population by offering Matter of Balance classes and improving our Happy Feet program.</p> <p>Offer CPR classes to the community.</p> <p>Partner with various entities (Food &amp; Fitness, Helping Services, Parent Share and Support, local schools, etc.) to educate the public on wellness topics.</p> <p>Attend health and wellness fairs.</p> <p>Offer free screenings to the public.</p> <p>Research the possibility of offering Gundersen’s 500 Club to area businesses.</p>

<p><b>Need:</b> Access to Health Care</p> <p><b>GOALS:</b> offer a full-functioning Urgent Care Clinic daily.</p> <p><b>EVALUATION METHOD:</b> hospital-based reports, such as Catalyst/NRC Picker.</p>	<p>Continue to work with Gundersen Health System Administration on recruitment efforts for primary care.</p> <p>Research ways to increase Urgent Care Clinic available for those unable to be seen by Primary Care providers.</p>
<p><b>Need:</b> Risky Behavior Education (Alcohol and Drug Abuse and Bullying)</p> <p><b>GOAL:</b> to decrease 'Excessive Drinking' by 1% on Fayette County's County Health Rankings &amp; Roadmap Score. To increase knowledge of drug abuse and bullying affects by coordinating with other organizations.</p> <p><b>EVALUATION METHOD:</b> review Fayette County's County Health Rankings &amp; Roadmap Scores as they are made available. Review findings of Helping Services data regarding drug, alcohol and bullying statistics.</p>	<p>Work directly with Helping Services and other entities to broaden education on alcohol and drug abuse.</p> <p>Attend various health fairs, substance abuse fairs to education.</p> <p>Continue to serve as a Board Member on the North Fayette Valley Community Coalition focusing on substance free activities.</p> <p>Work with North Fayette Valley in revamping its SODA (Students OK Without Drugs and Alcohol) program.</p> <p>Review and update Gundersen Palmer's current Cyber Safety program. Continue to offer it to the three northeast Iowa schools.</p> <p>Offer Cyber Safety to a fourth school within Fayette County.</p>

On an annual basis, through the course of the 3-year period, Gundersen Palmer plans to assess the impact by re-measuring perceptions of the problems identified in the 2016 Community Health Needs Assessment.

# Adopting the Community Health Needs Assessment & Health Improvement Plan

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All information was compiled and reviewed, culminating in a Health Improvement Plan for Gundersen Palmer. The Gundersen Palmer Lutheran Hospital and Clinic's Board of Trustees approved this Community Health Needs Assessment and Health Improvement Plan December 14, 2016.

We appreciate their guidance and input in the Community Health Needs Assessment process, as well as their dedication to both the hospital and the community.

## Dissemination of the CHNA-HIP Results

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Gundersen Palmer will make its Community Health Needs Assessment and Health Implementation Plan available by request without charge at Gundersen Palmer Lutheran Hospital and Clinics by making arrangements through the Marketing Department.