

# Health

# Improvement

# Plan

December 2019

**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 summer 2019, with a target completion date for the plan of December 31, 2019. The Health Improvement Plan will then be implemented during Gundersen Palmer's fiscal years 2020-2022 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:

- **Access to Health Care**
- **Healthy Behaviors and Lifestyles (focus on Obesity)**
- **Adult & Child Risky Behavior Education (Alcohol and Drug Abuse)**

# 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 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>Offer workplace wellness programs to area businesses.</p> <p>Offer lunch &amp; learns, trainings and classes on topics related to fitness, healthy diets, stress and other wellness topics.</p> <p>Partner with various entities (Helping Services, Parent Share and Support, Community Health, Chamber boards, local schools, etc.) to educate the public on wellness topics.</p> <p>Attend health and wellness fairs.</p> <p>Partner with the Community Health Teaching Kitchen to offer healthy cooking classes to the community.</p> <p>Educate staff, community and organizations on ACES (Adverse Childhood Experiences) and TIC (Trauma Informed Care).</p>
<p><b>Need:</b> Access to Health Care</p> <p><b>GOALS:</b> expand Walk-In Clinic access; increase mental health services; recruit a primary care provider; introduce e-visits and virtual visits to the communities we serve; increase telemedicine services locally.</p> <p><b>EVALUATION METHOD:</b> hospital-based reports, such as Iowa Hospital Association Dimensions/Catalyst/NRC Picker.</p>	<p>Continue to work with Gundersen Health System Administration on recruitment efforts for rural primary care.</p> <p>Research ways to increase Walk in Clinic accessibility for those unable to be seen by Primary Care providers.</p> <p>Offer enhanced digital healthcare options to our community allowing increased access to health providers.</p> <p>Increase telemedicine services offered locally.</p> <p>Educate staff, community and organizations on ACES (Adverse Childhood Experiences) and TIC (Trauma Informed Care).</p> <p>Partner with local entities (County Social</p>

	<p>Services, law enforcement, court system, inpatient facilities, and other agencies) on mental health education, awareness and access locally.</p>
<p><b>Need:</b> Risky Behavior Education (Alcohol and Drug Abuse)</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 and alcohol abuse 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 and alcohol 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>Partner with local Sherriff's Department on DARE programing for area schools.</p> <p>Partner with Fayette Co. Substance Abuse Coalition focusing on drug and alcohol education geared toward teen and families.</p> <p>Become a Board member for Fayette County Drug Free Community (DFC).</p> <p>Educate staff, community and organization on ACES (Adverse Childhood Experiences) and TIC (Trauma Informed Care).</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 2019 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. Gundersen Palmer Patient Family Advisory Council reviewed and offered feedback on November 20, 2019. The Gundersen Palmer Lutheran Hospital and Clinic's Board of Trustees approved this Community Health Needs Assessment and Health Improvement Plan November 27, 2019.

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 website or by making arrangements through the Marketing Department.