

## **St. Francis Memorial Hospital**

### **Actions Taken in 2018 for Community Health Needs Assessment**

#### **Health Priority of Obesity**

- Held a healthy cooking demonstration for staff.
- Hosted Weight Watchers classes at hospital.
- Hosted a free 4<sup>th</sup> of July Fun Run in the park.
- Provided low cost memberships to our wellness facility.
- Our health coaches and registered dietician provided nutritional counseling to our patients and employees.
- Hosted Bike Rodeo to re-enforce bike safety as well as promoting exercise. Two bikes were given away to participants.
- Provided the local schools a sugary drink display to educate students on the amount of sugar in different drinks and to promote healthy drink options.
- Registered Dietician presented a teen nutrition class to the 7<sup>th</sup> grade classes at West Point-Beemer Public High School and Guardian Angels Central Catholic High School.
- Sponsored a “Food in the Field” program to demonstrate how to pack a healthy lunch while in the field.
- Sponsored a Color Run to promote community wellness.
- The Cardiac Rehab department conducted education on metabolic syndrome.
- Sponsored local volleyball league to promote community wellness.

#### **Health Priority of Access to Care**

- We employ a Nurse Practitioner with a specialty in mental health. We also have the capability to access a psychiatrist through telehealth if the Nurse Practitioner feels she has a patient who needs additional assistance.
- Offered reduced rate mental health services for our employees through our Employee Assistance Program.
- The Business Health and Wellness department went to 40 businesses during the year to complete lab tests and blood pressure checks.
- Hosted 5<sup>th</sup> Annual Health Fair in March 2019 for the community and surrounding area. Activities at the Health Fair included healthy cooking demonstrations, low cost blood tests, various screenings and health education.
- Offered well-child check-ups at all clinic locations.
- Home Health provided flu shots at area senior centers.
- Business Health and Wellness provided flu shots on-site at several workplaces.
- Provided job shadow opportunities for area high school students.
- Clinical rotation site for Mental Health Nurse Practitioner students.

### **Health Priority of Cancer Prevention**

- Provided on-site preventative screenings at area businesses through our Business Health and Wellness Program. We have staff that go on-site and perform blood draws and take vitals so individuals in the area do not have to miss work. This helps identify individuals who have health needs and need to be seen by a healthcare provider.
- Respiratory Therapist provided smoking cessation counseling to patients. We are a tobacco/smoke free campus to encourage healthy habits among our patients, employees and community.
- Sent out reminders for colonoscopies and mammography's to patients at the recommended times.
- In collaboration with the Elkhorn Logan Valley Public Health Department we had Fecal Occult Blood Test Kits for colon cancer screening available for the community during our annual health fair.
- Held a Women's Pink Out Night" in October with Dr. Galva as the guest speaker on the importance of breast self-exams and also provided evening mammogram appointments for patient convenience.
- Provided community education through the "Caring for You" newsletter about the importance of colon cancer screening.
- Provided free skin checks for employees.
- Provided free colorectal cancer screenings for employees.

### **Health Priority of Standard Vehicle Safety**

- Provided multiple car seat checks in West Point and Wisner.
- Provided safe driving education in our "Caring for Your" newsletter.