

St. Francis Memorial Hospital
Community Health Needs Assessment
Summary of Actions Taken in 2017 - 2019 for the 2016 CHNA

The 2016 CHNA revealed four main health priorities in our area: 1) Obesity, 2) Access to Care, 3) Cancer Prevention and Screening, and 4) Standard Motor Vehicular Safety. Several overall goals were established based on the preceding health priorities. Actions taken in 2017 to address the health priorities are as follows:

To address the health priority of obesity, we have used many different programs to encourage employees and the community to stay healthy. They are as follows:

- Held a healthy cooking demonstration for staff.
- Hosted Weight Watchers classes at hospital.
- Hosted a free 4th of July Fun Run in the park.
- Provided low cost memberships to our Wellness Facility.
- St. Francis Memorial Hospital employees are members of the West Point Trails Committee who are working to provide a safe walking/biking trail in the West Point community.
- 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. Bikes and helmets 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 7th 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.
- Provide accommodations for breastfeeding mothers on our campus and a lactation consultant is available to all new mothers to provide education and support.

To address the health priority of access to care, the following actions were taken:

- 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 goes to multiple businesses during the year to complete lab tests and blood pressure checks at the worksite.
- Hosted Annual Health Fairs 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 worksites.
- Provided job shadow opportunities for area high school students.
- Clinical rotation site for Mental Health Nurse Practitioner students.
- Provided education to our cardiac and pulmonary rehab patients on the importance of flu shots.
- 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 and also at Dinklage Medical Clinic throughout the year.

To address the health priority of cancer prevention and screening, we provided the following activities, some of which are also included under access to care as well:

- 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" 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.

To address the health priority of standard motor vehicular safety, we provided the following activities:

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