

Assessment Summary

CentraCare Health– Sauk Centre Summary

CentraCare Health – Sauk Centre is one of six hospitals within CentraCare Health, a not-for-profit integrated health care delivery system. The hospital was first opened as St. Michael’s Hospital by an order of Franciscan nuns in 1950. Twenty years later, it became a public hospital after being acquired by the city of Sauk Centre. In late 2012, St. Michael’s Hospital joined the CentraCare team and formed what is now known as CentraCare Health – Sauk Centre.

CentraCare Health – Sauk Centre has nearly 250 full and part-time employees, including a medical staff of more than 8 physicians. Current facilities include a 25-bed critical access hospital, a 60-bed nursing home, 30-unit independent senior housing and an 11-provider family medicine clinic. The facilities offer the following services:

Allergy & Asthma Services*
Birthing Services
Cancer Care*
Cardiac Rehabilitation
Digestive Care*
Ear, Nose & Throat*
Emergency Services
Family Medicine
Foot Care*

Heart & Vascular Care*
Imaging Services
Laboratory Services
Neurology*
Orthopedics*
Rehabilitation Services
Senior Living
Senior Services
Sleep Medicine*

Sports Medicine
Surgery*
Swing Bed Program
Urology*
Women’s Services
Wound Care

*Specialty Service provided by a visiting specialist.

In addition to its full-spectrum inpatient and outpatient care, CentraCare Health – Sauk Centre strives to improve community health by implementing a diverse range of *community benefit programs*.

CentraCare Health – Sauk Centre continues to evaluate and expand upon its role in promoting community health. Guiding this effort is the conviction that in order to advance the common good, special attention should be given to individuals who live at the margins of society – the poor and disadvantaged – and are more likely to encounter barriers to good health and wellness. This directive informs the hospital’s community benefit programs and the health needs assessment.

OUR MISSION

“Our mission works to improve the health of every patient, every day.”

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Affordable Care Act Mandate

CentraCare Health – Sauk Centre’s Community Health Need Assessment and Action Plan, 2015-2016 was completed pursuant to the March 2010 mandate established by the Patient Protection and Affordable Care Act (PPACA). In order to qualify for status as a nonprofit, tax-exempt hospital under Internal Revenue Code section 501(r), CentraCare Health – Sauk Centre must “conduct a community health needs assessment (CHNA) and adopt [an] implementation strategy at least once every three years. (These CHNA requirements are effective for tax years beginning after March 23, 2012).”¹ Compliance with this new regulation is reported to the Internal Revenue Service, which has issued guidelines on how assessments are to be documented.

In fiscal year 2012-2013, CentraCare Health – Sauk Centre completed a community health needs assessment which revealed six community health issues and proposed a comprehensive strategy to address each one of the six issues. Having cycled through its first three-year period, CentraCare Health – Sauk Centre has reevaluated the community health needs in fiscal year 2015-2016 and adopted an action plan that will similarly promote community health in the subsequent three-year cycle. Above all, the assessment process, both now and in years past, has opened doors for greater collaboration among community partners by strengthening relationships and promoting a more efficient use of resources in monitoring and improving community health.

THE CHNA Process

Conducting a health needs assessment is a multifaceted process that requires ample preparation, effective use of resources, sound methodology, and collaboration on behalf of all stakeholders. With that in mind, the assessment process was organized into five main phases, which were further broken down into a series of interconnected components:

- Formation of System-Wide Working Group and Definition of Service Areas
- Data Collection and Analysis (April-June 2015)
- Initial Prioritization (July-August 2015)
- Evaluation and Assessment of Community Members (September-October 2015)
- Final Prioritization (November-December 2015)

Although the process moved in this chronological order, the complexity of the assessment process necessitated a fluid movement between each phase. Indeed, key to a thorough and comprehensive assessment is the ability to examine and re-examine each component of the process in light of what is learned in later phases of assessment.

CentraCare’s Systemic Approach

CentraCare Health – Sauk Centre takes pride in its level of involvement in the community and its receptiveness to the community’s health care needs. Therefore, the hospital administration considered it both reasonable and appropriate that staff and leaders within CentraCare Health be charged with the task of conducting the assessment, rather than contract with a third party removed from the community itself. An internal team called the CHNA Working Group was assembled, comprised of individuals with diverse knowledge and expertise in health care delivery, administration, planning and development, marketing, community and government relations, among other departments (see Figure 1). This group, which consists of individuals from across the CentraCare Health system, is indicative of the collaborative nature of the CHNA process and a testament, more generally, of the mutual support among the system’s hospitals. Additionally, hospital board members and executives were engaged in the assessment process at an early stage.

¹ For a fuller discussion of the new requirements under 501(r), see [http://www.irs.gov/Charities-&-Non-Profits/Charitable-Organizations/New-Requirements-for-501\(c\)\(3\)-Hospitals-Under-the-Affordable-Care-Act](http://www.irs.gov/Charities-&-Non-Profits/Charitable-Organizations/New-Requirements-for-501(c)(3)-Hospitals-Under-the-Affordable-Care-Act)

It should be noted that, although a system-wide approach was adopted for parts of the CHNA, each hospital was ultimately responsible for identifying specific health needs in the community that it serves and developing an implementation strategy (community benefit plan) to address these needs, all of which were reported (and can be found) in each hospital's respective CHNA summary. In the initial stages of data analysis and prioritization, all working group members were presented with data broken down by county in order to indicate most clearly those issues that were prevalent throughout the CentraCare service and those issues unique to each hospital service area. Furthermore, each member of the working group participated in the prioritization process so that the final set of community health needs might accurately reflect genuine issues that are prevalent within the broader CentraCare service area. However, each hospital within CentraCare Health developed an implementation strategy, specific to the needs of the corresponding hospital service area, in response to the findings of the collaborative assessment process.

Figure 1. Community Health Needs Assessment Working Group, 2015-2016

Name	Title	Affiliation
Amina Ahmed	Community Health Worker	CentraCare Clinic
Anita Arceneau	Specialist, Communications & Marketing	CCH – Regional Sites
Melinda Bemis	Director, Strategic Planning & Business Development	CentraCare Health
David Borgert, MBA	Director, Community & Government Relations	CentraCare Health
Craig Broman, MHA	President	CCH – St. Cloud Hospital
Dianne Buschena-Brenna, RN	Director, CentraCare Health Plaza	CentraCare Health
Delano Christianson	Administrator	CCH – Sauk Centre
Lori Eiynek	Specialist, Planning	CentraCare Health
Tom Feldhege	Chief Financial Officer	CentraCare Clinic
Jodi Gertken	Director, Wellness	CentraCare Health
Gerry Gilbertson	Administrator	CCH – Melrose
Joseph Hellie, MHA	Vice President, Strategy & Network Development	CentraCare Health
Janice Johnson	Director, Population Health	CentraCare Health
Paul Knutson	Specialist, Mission Development	CCH – St. Cloud Hospital
Dennis Miley	Administrator	CCH – Paynesville
George Morris, MD	Medical Director	CentraCare Clinic
Mark Murphy	Vice President, Operations	CentraCare Clinic
Rosemond Owens	Specialist, Health Literacy & Cultural Competence	CentraCare Health
Stephen Pareja	Director, Clinical Services	CCH – Monticello
Kathy Parsons, MHA	Director, Managed Care & Revenue Cycle	CCH – St. Cloud Hospital
Joni Pawelk	Director, Marketing	CCH – Monticello
Bret Reuter	Director, Spiritual Care	CCH – St. Cloud Hospital
Jodi Sanders	Coordinator, Regulation & Reimbursement	CCH – St. Cloud Hospital
John Schnettler	Director, Marketing	CentraCare Health
Todd Steinke	Director, Development	CCH Foundation
Dan Swenson	Administrator	CCH – Long Prairie
David Tilstra, MD	President	CentraCare Clinic
Mary Ellen Wells	Administrator	CCH – Monticello
Sonja Zitur	Director, Accounting	CentraCare Health
Kally Kruchten	Administrative Assistant	CentraCare Health
Benjamin Sehnert	Intern, Community & Government Relations	CentraCare Health

CentraCare Service Area

CentraCare Health provides comprehensive, high quality care to people throughout Central Minnesota. Our network is comprised of:

- 6 hospitals
- 6 nursing homes
- 18 clinics
- 4 pharmacies
- A variety of senior living facilities in 6+ communities

Figure 2. CentraCare Hospital Service Areas

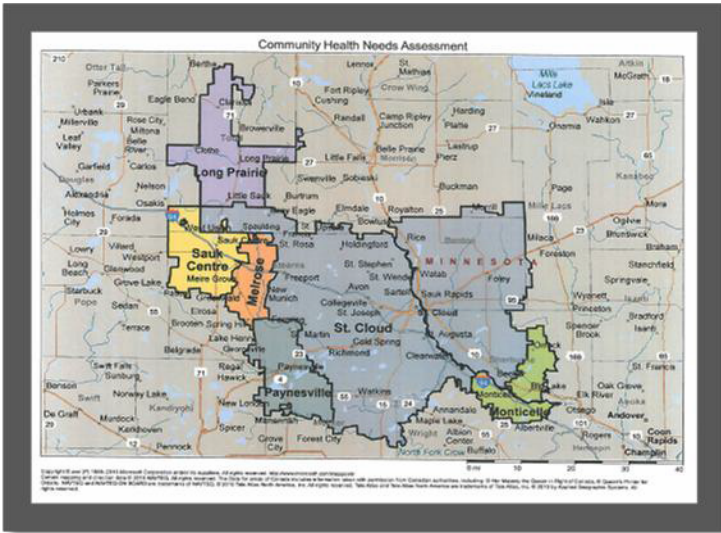


Figure 3. CentraCare HSA Zip Codes

Long Prairie Hospital	56440, 56347
Melrose Hospital	56335, 56352
Monticello Hospital	55309, 55362
Paynesville Hospital	55329, 56362, 56376
Saint Cloud Hospital	56307, 56310, 55308, 55319, 55320, 56320, 56321, 56329, 56331, 56333, 56336, 56340, 55353, 56356, 56357, 56367, 56368, 56369, 56371, 56301, 56302, 56303, 56304, 56372, 56393, 56395, 56396, 56397, 56398, 56399, 56374, 56375, 55377, 56377, 56379, 55380, 55382, 56387, 56388, 55389
Sauk Centre Hospital	56378

community health assessment work.² Inasmuch as we have sought to find reliable indicators that conform to national standards of community health evaluation, we heavily relied upon the CHSI 2015 indicators and topic areas in defining the framework of our own analysis.

The CHSI 2015 report utilizes a peer-county ranking system in which county values for each indicator were 1) ranked against the values of a grouping of peer counties (i.e. counties with similar demographics) and 2) divided into four

In determining the size of its service area, CentraCare Health has adopted the geographical demarcations put out by the Dartmouth Atlas of Health Care, which employs zip codes as the primary units in tabulating the extent of Hospital Service Areas (HSAs). Each zip code has been assigned to its corresponding hospital service area on the basis of where the greatest proportion of its Medicare residents were hospitalized (see Figure 3). When translated to the county level, the zip codes that constitute CentraCare’s service area are located within Benton, Sherburne, Stearns, Todd, and Wright Counties in addition to the northern edge of Meeker County. The service area of CentraCare – Sauk Centre primarily consists of the northwestern corner of Stearns County. According to 2013 U. S. Census Bureau estimates, the largest municipality within the hospital’s service area, Sauk Centre, has a population of 4,324.

Data Collection and Analysis

Secondary data was chiefly extracted from the Community Health Status Indicators (CHSI) 2015 online web application made available by the Centers for Disease Control and Prevention. The selection of these indicators by the CDC was preceded by a review of both previously employed health indicators and the 2013 CDC monograph Community Health Assessment for Population Health Improvement: Most Frequently Recommended Health Metrics, which aims to inform the standardization of

² To access an online PDF, visit http://www.cdc.gov/CommunityHealth/PDF/Final_CHAforPHI_508.pdf

quartiles. In the identification of possible community health needs, our data analysis focused on those values from Benton, Sherburne, Stearns, Todd and Wright.

Counties in the lowest three quartiles (as opposed to values in the first or "better" quartile). Data from Meeker County was consulted but did not play a decisive role in the selection of an initial set of health indicators. In the preliminary stages of data collection and analysis, we decided to include an indicator on our initial list of community health needs if any county value for that indicator either:

- fell within the fourth quartile
OR
- fell within the second or third quartiles but was worse than the state average.

This standard was adopted as a mechanism for identifying those indicators in which the five-county area performed particularly poorly against state benchmarks and/or averages. All indicators for values in the fourth quartile were automatically added to our initial list of health needs (e.g. living near highways, coronary heart disease deaths, etc.) without further qualification. As noted, we determined to extract from the second and third quartiles only those values that fall below the Minnesota state average. Therefore, those values from the second or third quartiles in which the county performs better than the state were not included on our initial list. The CHSI 2015 report itself does not provide state averages for any indicators; we accordingly consulted the databases that the CHSI report employs to tabulate county values and subsequently identified the Minnesota state averages from the same data sets which had produced the county values for each indicator. These databases included (but were not limited to):

- National Vital Statistics System
- Behavioral Risk Factors Surveillance System
- American Community Survey
- American Health Resource File
- National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention Atlas
- National Environmental Public Health Tracking Network

Upon completion of the data collection and analysis phase, we had included 32 out of a possible 42 health indicators on

the initial list of community health needs for the CentraCare Health service area. To this number were added three areas of concern among health care professionals within the CentraCare system: mental health provider access, severe head injuries, and transportation for non-English-speaking (mali) patients. Thus, by the end of the data collection and analysis phase, the list of potential health priorities included 35 indicators which represented those needs which either had been identified by CentraCare personnel as areas of concern or in which the CentraCare service area performed poorly vis-à-vis the state.

Table 4. Data Collection and Analysis Components

Selection of Secondary Data Sources
<ul style="list-style-type: none"> • Review of CHSI Methodology • Familiarization with CHSI 2015 Indicators and Topic Areas
Extraction of Relevant Data
<ul style="list-style-type: none"> • Identification of County Values in Fourth Quartile • Identification of County Values in Second/Third Quartiles Below Minnesota State Average
Formation of Initial Health Indicators List
<ul style="list-style-type: none"> • Selection of 32 Health Indicators from CHSI 2015 • Addition of 3 Health Indicators by CentraCare Staff

Initial Prioritization

In order to prioritize the 35 health indicators, the CHNA Working Group reevaluated the set of five ranking criteria employed in St. Cloud Hospital's community health needs assessment of the previous cycle. Of these five, four were selected for inclusion in the 2015-2016 prioritization process. The criteria that were used, and their corresponding description are listed below:

- **Mission Relevancy:** the health issue falls within the hospital's overall mission and core competencies
- **Community Impact:** the prevalence and severity of the health issue
- **Resource Availability:** the availability of CentraCare's time, human, and strategic resources necessary to address the issue
- **Estimated Expense:** the expense (both internal and external) of addressing the issue

The prioritization process itself was divided into the two stages. The first stage consisted in rating each health indicator according to mission relevancy alone. Each CHNA Working Group member was sent a survey in which he or she either selected "yes" or "no" in response to the question, "Is each respective course of action relevant to CentraCare Health's mission and core competencies?" After a review of the responses to the survey, nine indicators, which had received less than 25% of the "yes" vote, were discarded from further consideration as priorities.

Because the indicators eliminated were indicators related to social determinants of health determined to be outside of the mission or core competencies of CentraCare Health does not mean that they are unimportant to CentraCare and those it serves. CentraCare remains active in community efforts to address these social determinants of health but does not include them among the determinants that can be directly addressed by the health care system.

The second stage of the process consisted in the prioritization of the remaining 26 indicators according to community impact, resource availability, and estimated expense.

From the list of 26 indicators, 10 determined to be most pressing and actionable were selected as system priorities and each system hospital was asked to address the 10 priorities in its action plan to be developed out of the needs assessment process.

The top 10 priorities were reviewed in comparison to data gathered in CentraCare's on-going, collaborative effort with area counties' Public Health Departments to complete their Health Needs Assessments. No data from the County Health Assessments contradicted the choice of the top priorities from the CentraCare Health Community Health Needs Assessments.

(It should be noted that the Top 10 Health Issues were modified for CentraCare Health – Long Prairie, CentraCare Health – Paynesville and CentraCare Health – Monticello due to their locations being in different counties with different profiles.)

Finally, the ranked issues were presented to each hospital's operating committees, boards, medical staffs and leadership group for feedback and clarification. Each hospital was asked to address all 10 ranked issues for their communities but focus on 3-5 issues that they felt they could take a leadership role in for their communities. Action plans will be developed for each hospital organization and community.

Health Care Issues Identified by the CentraCare Health Community Health Needs Assessment for CentraCare Health – Sauk Centre

Adult Obesity – The percentage of adults 20 years and older who report of BMI ≥ 30

Adult Diabetes – The percent of adults living with diagnosed diabetes.

Older Adult Preventable Hospitalizations – The older adult preventable hospitalizations rate per 1,000.

Stroke Deaths – The age adjusted stroke death rate per 100,000

Coronary heart disease deaths – Coronary heart disease death rate

Cancer Deaths – Overall cancer death rate

Diabetes Deaths – The age adjusted diabetes death rate

Mental Health Access – Percentage of adults reporting a need for mental health services but not able to access services

Adult Smoking – The percent of adults who report smoking

Adult Physical Inactivity – The percent of adults who report no leisure time physical activity.

**CENTRACARE Health
Sauk Centre**

CENTRCARE HEALTH- SAUK CENTRE OPERATING COMMITTEE

A motion to recommend for approval the Community Health Needs Assessment.

Resolution:

On motion made by Craig Broman seconded by Dr. Jody M. LaVoi

RESOLVED, the CentraCare Health- Sauk Centre Operating Committee approves the
Community Health Needs Assessment on May 25, 2016. Motion carried.



Del Christianson,
Administrator & CEO

5/25/16
Date



Joe Uphus,
Chairman

5/25/16
Date

CentraCare Health Community Health Needs Assessment Action Plans Summary

CentraCare Health – Sauk Centre – Responsible Party: Del Christianson

Priorities	Action Plan Description	Assigned to:	Progress Summary	Status
	<i>Action Plan Description taken from Board-Approved CHNA Document</i>	<i>Person(s) primarily responsible</i>	<i>Update on progress narrative</i>	(C) Complete (I) In Progress (N) Not Started
Adult Obesity	Educating the community about the NuVal food grading system at Coborns and the ability to easily make healthier food choices by using NuVal system in stores.	Luann Peterson & Todd Stordahl		
	Recruit more bariatric providers to allow for bariatric outreach services at CentraCare Health – Sauk Centre.	St. Cloud Human Resources		
Adult Diabetes	Diabetes Center now comes to Sauk Centre twice a month to better serve our patients. The Diabetes Center offers a team approach to incorporate diabetes care into a patient's lifestyle to improve their health.	Carolyn Koglin		
	Providers and clinic nursing participated in a 2 day training session with the IDC to provide improved care for our diabetic patients.	Carolyn Koglin		
	The Sauk Centre clinic participated in the 90 Day Action Plan to improve A1C in our diabetic population.	Carolyn Koglin		
Older Adult Prev. Hospitalization	Utilize Health Care Home to create a partnership between the patient, family, provider, care coordinator and others designated for the patient's care plan. The	Lola Welle & Carolyn Koglin		

CentraCare Health Community Health Needs Assessment Action Plans Summary

CentraCare Health – Sauk Centre – Responsible Party: Del Christianson

	care coordinator is available to coordinate the patient care and improve the quality of life and health outcomes for those individuals with complex health conditions or disabilities.			
Stroke Deaths	Telestroke has been implemented in our emergency room to improve the stroke outcomes of those patients receiving treatment. Telestroke uses video communication to allow a neurologist to assess a patient as quickly as possible. Teleneurology appointments are scheduled for 30 days after their event, for qualified patients, to ensure additional follow up care is provided.	Patty Roth		
Coronary Heart Disease Deaths	Sauk Centre refers patients with heart specific issues to the Cardiac Rehab program. This program focuses on lifestyle change, education, exercise, weight management and diet adjustments. The program is tailored to the individual patients needs.	Mary Rasmussen & Patty Roth		
Cancer Deaths	The current focus for CentraCare Health Marketing is Colon Cancer Screening. In March, free drive-through colon cancer screening kits that could be done at home, were offered by the Coborn Cancer Center in recognition of Colon Cancer Awareness month. More than 120 adult residents of Central Minnesota are diagnosed and/or treated for colorectal cancer annually at	CentraCare Health Marketing		

CentraCare Health Community Health Needs Assessment Action Plans Summary

CentraCare Health – Sauk Centre – Responsible Party: Del Christianson

	the Coborn Cancer Center, St. Cloud Hospital or CentraCare Radiation Oncology in Alexandria, Minn.			
Diabetes Deaths	Diabetes Center now comes to Sauk Centre twice a month to better serve our patients. The Diabetes Center offers a team approach to incorporate diabetes care into a patient’s lifestyle to improve their health.	Carolyn Koglin		
	Providers and clinic nursing participated in a 2 day training session with the IDC to provide improved care for our diabetic patients.	Carolyn Koglin		
	The Sauk Centre clinic participated in the 90 Day Action Plan to improve A1C in our diabetic population.	Carolyn Koglin		
Mental Health Access	The Sauk Centre clinic implemented SBIRT this past year for our patients with addictions to drugs and alcohol. This allows for screening and early intervention with those patients that have issues with drugs and alcohol. Providers and nurses have been trained on the screening and intervention process.	Carolyn Koglin		
	The DIAMOND initiative is Depression Improvement across Minnesota that was launched in 2008 to improve depression care throughout the state. The Sauk Centre Clinic is a certified DIAMOND site for patients with depression.	Carolyn Koglin		

CentraCare Health Community Health Needs Assessment Action Plans Summary

CentraCare Health – Sauk Centre – Responsible Party: Del Christianson

	Bring Integrated Behavioral Health Services to the clinic with coordinated care delivered by Nicole Pohlman, MSW LICSW.	Carolyn Koglin		
	Explore a community health worker partnership and work model in the community of Sauk Centre.	Patty Roth		
Adult Smoking	Jane Jenc, PA-C attended Tobacco Treatment Training in February 2016. A plan will be explored to use the tools from the training to implement a program designed to help people stop smoking. Aspects of the program would include a weekly check in and access to free smoking cessation tools like nicotine patches and tic tacs at the weekly meetings. This will allow for additional group setting support in the quitting process. The current data indicates a 13% usage rate.	Jane Jenc, PA-C & Carolyn Koglin		
Adult Physical Inactivity	Sauk Centre offers Silver Sneakers classes on site 3 days per week. Silver Sneakers promotes increased activity in seniors in order to improve their overall well-being. Group fitness classes are taught by an instructor and offer a wide range of exercises designed to increase muscle strength, range of movement and can be customized for all experience levels. The group fitness environment also promotes social interaction.	Bill Larson & Patty Roth		

CentraCare Health Community Health Needs Assessment Action Plans Summary

CentraCare Health – Sauk Centre – Responsible Party: Del Christianson

	CentraCare Health-Sauk Centre along with the Sauk Centre Chamber of Commerce host an annual “Walk Your Sauks Off” fun walk to promote activity in the Sauk Centre community.	Dennis Heinen & Anita Arceneau		
	The residents of the CentraCare Health – Sauk Centre Nursing Home enjoy the “Get Fit” program as part of their activity program. This encourages the residents to continue to move and exercise as much as they are able to in order to keep their range of motion and muscle strength.	Debbie Britz & Agnes Bearson		
	Explore a community partnership with the school to encourage the use of the school facility for physical activity.	Patty Roth		