



Sanford Hillsboro  
Community Health Needs Assessment  
Implementation Strategy  
2017-2019

**SANFORD**  
HEALTH

Dear Community Members,

Sanford Hillsboro is pleased to present the 2016 Community Health Needs Assessment (CHNA) and Implementation Strategy. There is great intrinsic value in a community health needs assessment when it serves to validate, justify and defend not-for-profit status and create opportunity to identify and address community health issues.

During 2015 members of the community were asked to complete a non-generalizable survey to help identify unmet health needs. Sanford Hillsboro worked in partnership with Traill County and Steel County Public Health and the City of Halstad as we conducted the CHNA. Analysis of the primary research data and secondary research was used to identify health concerns and needs in the community. Community partners and public health leaders assisted with the development of an asset map that lists resources and assets that are available to address each need. A gap analysis and prioritization exercise was also conducted to identify the most significant health needs and to further address these needs through the implementation strategies that are included in this document.

Sanford Hillsboro has set strategy to address the following community health needs:

- Physical Health – focusing on obesity and healthy lifestyle
- Mental Health – focusing on depression

In this report you will find the implementation strategies for 2017-2019, information about what Sanford is doing to address the needs, assets and resources that are available in the community to address the needs, and a discussion on the impact from the 2013 implementation strategies.

At Sanford Hillsboro, patient care extends beyond our bricks and mortar. As a not-for-profit organization, ensuring that the benefits of health care reach the broad needs of communities is at the core of who we are. Through our work with communities, we can bring health and healing to the people who live and work across our communities. Together, we can fulfill this mission.

Sincerely,



Jac McTaggart  
Chief Executive Officer  
Sanford Hillsboro

## Implementation Strategies

### Priority 1: Physical Health in the Community

- Obesity and inactivity are closely linked. Keeping active can help people stay at a healthy weight or lose weight. It can also lower the risk of heart disease, diabetes, stroke, high blood pressure, osteoporosis, and certain cancers, as well as reduce stress and boost mood. Inactive (sedentary) lifestyles do just the opposite.
- The World Health Organization, the U.S. Dept. of Health and Human Services, and other authorities recommend that for good health, adults should get the equivalent of two and a half hours of moderate-to-vigorous physical activity each week. Children should get even more, at least one hour a day.
- Sanford has prioritized physical health and has set measurable outcomes that include assessing a baseline weight and periodic measurement, education session participation and exercise participation. The Sanford Health *fit* program is available to all classroom teachers and includes four areas of focus; nutrition, activity, behavioral health and sleep. The program is available to promote healthy lifestyles in homes, schools, and daycares.

### Priority 2: Depression

- Depression is a common but serious illness that can interfere with daily life. Many people with a depressive illness never seek treatment. But the majority, even those with the most severe depression, can get better with treatment. The North Dakota Department of Health reports that 14% of residents in Traill and Steele counties have reported fair or poor mental health days.
- Sanford has prioritized depression as a top priority and has set strategy to perform assessments for depression in the primary care setting and to improve PHQ-9 scores for patients who are diagnosed with depression. The goal is to improve PHQ-9 scores for patients with depression. The measurable outcome is the percentage of patients with major depression or dysthymia and an initial PHQ-9 score greater than nine whose six-month PHQ-9 score is less than five.
- Sanford Health will continue to provide a directory of services for community members.

**Community Health Needs Assessment  
Implementation Strategy for Sanford Hillsboro Medical Center  
FY 2017-2020 Action Plan**

**Priority 1: Physical health of the community**

**Projected Impact: Programs and services are available to all members of the community**

**Goal 1: Provide on-line program Sanford *fit* for children and parents in the community**

Actions/Tactics	Measureable Outcomes	Dedicated Resources	Leadership	Note any community partnerships and collaborations (if applicable)
Provide Sanford <i>fit</i> program to the local schools and childcare providers	Sanford <i>fit</i> is available to all students and families in the area through classroom and <i>fit</i> website Will have a kickoff event that introduces the WebMD <i>fit</i> program to the school in late summer.	Sanford <i>fit</i> leadership, classroom teachers, hospital dietitian and managers	Jac McTaggart, Kathy Skager and Kristen Schultz	Hillsboro High School, Central Valley High School, Traill County Public Health, local school nurses and teachers, child care providers

**Goal 2: Exercise programs are available to members of the community**

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Work closely with the therapy department and the local wellness center to develop exercise programs (walking clubs, biking clubs, fitness challenges...) for the community	Will have a kick off that will coincide with the Mayville kick off as to work closely with county wide initiatives. We will establish outcomes once we are more into this. We can expand or reduce as we see participation.	Leadership to work with city leaders for utilization of city sidewalks, county roads, Hillsboro Fitness Center, city parks	Kristen Schultz, Kathy Skager	Hillsboro High School, Hillsboro Running Club, Traill County Public Health

**Priority 2: Mental Health Services**

**Projected Impact: Reduction in the severity of depression**

**Goal 1: Improve PHQ-9 scores for patients with depression**

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Develop Sanford My Chart capabilities for depression assessment	Percentage of patients with major depression or dysthymia and an initial PHQ-9 score greater than nine whose six-month PHQ-9 score was less than five.	Mallory Koshiol	Dr. Heidi Twedt	Fist Link
Provide education on workflow to all health coaches and panel specialists to standardize workflow	All health coaches in primary care receive education on workflow.	Mallory Koshiol All health coaches	Dr. Heidi Twedt	

**Goal 2: Create awareness of area resources for community members**

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Distribute directory of available resources to local outreach groups and entities	Need to update and distribute. Will need to work closely with Traill County Health District on distribution.	Sanford Hillsboro, Sanford Health Data Dept., Traill County Health District	Cece Cotton, Mark Duncan, Kathy Skager, Jac McTaggart	Sanford Health Data Department

## Community Health Needs Assessment Key Findings

The top assessed needs from the 2016 primary and secondary research include:

- Aging
- Children and Youth
- Safety
- Health Care Access
- Physical Health
- Mental Health

Sanford is addressing the needs through the following work:

Identified Concerns	How Sanford Hillsboro is Addressing the Needs
<b>Aging</b> <ul style="list-style-type: none"> <li>• Cost of long term care</li> <li>• Availability of memory care</li> </ul>	<p>The cost of LTC is governed by the State of North Dakota. We can continue to control our costs but North Dakota Human Services determines the actual costs.</p> <p>When we built our LTC facility in 2008 a study was completed to show the need for memory care, the previous board decided that was not our business. Now the availability to purchase LTC beds for such a purpose is not an option, along with our facility has no property to expand and our LTC beds run full.</p>
<b>Children and Youth</b> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• Availability of activities for children and youth</li> <li>• Cost of activities for children and youth</li> </ul>	<p>The local school has a program for bullying. As part of Physical Health, will be working with high school and local public health unit in determining where child activities are happening and what can be provided as we are a very small community.</p>
<b>Safety</b> <ul style="list-style-type: none"> <li>• Seat belt usage</li> <li>• Presence of street drugs and alcohol in the community</li> </ul>	<p>City council and County sheriff's office are working on promotion of seat belt usage and also Sheriff's Office is monitoring illegal drugs and alcohol consumption.</p>
<b>Health Care</b> <ul style="list-style-type: none"> <li>• Access to affordable health insurance</li> <li>• Cost of affordable vision insurance</li> <li>• Access to affordable prescription drugs</li> <li>• Cost of affordable dental insurance coverage</li> </ul>	<p>Have and will continue to have community forums on these topics presented by various Health Plans. We are only participants as we are not in business of selling insurance.</p>
<b>Physical Health</b> <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Poor nutrition and eating habits</li> <li>• Inactivity and lack of exercise</li> <li>• Obesity</li> <li>• Chronic disease</li> <li>• BMI – overweight or obese</li> <li>• Only 25.9% of respondents have 3 or more vegetables/day and 25.4 % have 3 or more fruits/day</li> </ul>	<p>Sanford continues to promote wellness.</p> <p>The 2017-2019 implementation strategies are set to address physical health</p> <p>See Community Health Needs Assessment – Implementation Strategy for Sanford Hillsboro Medical Center for more in depth explanations.</p>

Identified Concerns	How Sanford Hillsboro is Addressing the Needs
<ul style="list-style-type: none"> <li>• Only 45.5% have 3 or more days each week of moderate activity and 20 % report 3 or more days of vigorous activity each week</li> <li>• 30.9% have smoked at least 100 cigarettes in their life</li> <li>• 20.3% of respondents reported hypertension</li> <li>• 16.9% reported high cholesterol</li> <li>• 10.2% reported diabetes</li> </ul>	
<p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>• Stress</li> <li>• Depression</li> <li>• Dementia and Alzheimer’s</li> <li>• 22% of respondents report that they have been told by a doctor that they have anxiety or stress, and 15.3% report being told that they have depression</li> <li>• 59.1% reported 1 or more days in the last month when their mental health was not good.</li> <li>• 11.9% of respondents reported 3 or more drinks /d on average</li> <li>• 26% reported 4 or 5 drinks (binge) on the same occasion over the past month</li> <li>• No one reported having a problem with alcohol use or drug use, however 24.1% reported that alcohol use had harmful effects on the respondent or a family member</li> </ul>	<p>Continuing to update a directory for available resources in county.</p> <p>Have secured a small grant to go to 9 senior citizen centers in area to talk about physical exercise (includes diet) and chronic disease. We hope to have a health fair also to educate the public.</p>
<p><b>Preventive health</b></p> <ul style="list-style-type: none"> <li>• Flu shots and immunizations</li> </ul>	<p>Sanford conducts flu blitzes in the community, and when patients come into clinic, immunizations are recommended.</p>

## Hillsboro/ Mayville 2016 CHNA Asset Map

Identified concern	Key stakeholder Survey	Secondary data	Specific areas of concern	Community resources that are available to address the need	Gap?
Aging population	4.43 – 3.60		<ul style="list-style-type: none"> <li>• Cost of long term care</li> <li>• Availability of memory care</li> <li>• Availability of long term care</li> <li>• Availability of resources for family/friends caring for and making decisions for elders</li> <li>• Availability of activities for seniors</li> <li>• Availability of resources to help the elderly stay safe in their homes</li> </ul>	Sanford Home Care – 701-788-4400  Sanford Faith Community Nursing – 701-234-5818	X
Children and Youth	4.13 – 3.72		<ul style="list-style-type: none"> <li>• Availability of activities for children and youth</li> <li>• Availability of quality childcare</li> <li>• Bullying</li> <li>• Availability of quality infant care</li> <li>• Cost of quality child care</li> <li>• Availability of services for at-risk youth</li> <li>• Cost of quality infant care</li> <li>• Cost of activities for children and youth</li> <li>• Cost of services for at-risk youth</li> </ul>	NE Human Service Center – 701-795-3000  Teen Line – 1-877-419-7233 (24-hr. counselor line)	X
Safety	3.70 – 3.53		<ul style="list-style-type: none"> <li>• Presence of street drugs, and alcohol in the community</li> <li>• Child abuse and neglect</li> <li>• Domestic violence</li> </ul>		X
Health Care	4.09 – 3.61		<ul style="list-style-type: none"> <li>• Access to affordable health insurance</li> <li>• Access to affordable health care</li> <li>• Cost of affordable dental insurance coverage</li> <li>• Cost of affordable vision insurance</li> <li>• Access to affordable prescription drugs</li> <li>• Timely access to substance abuse providers</li> <li>• Timely access to mental health providers</li> </ul>	Sanford Community Care Program  Financial assistance/counselors in business office?	X
Physical Health	4.11 – 3.65	<ul style="list-style-type: none"> <li>• Reporting poor or fair health – 12% in</li> </ul>	<ul style="list-style-type: none"> <li>• Cancer</li> <li>• Chronic Disease (hypertension, high cholesterol, arthritis, diabetes)</li> </ul>	Sanford Cancer Biology Research Center in SF  Roger Maris Cancer Center	X



Identified concern	Key stakeholder Survey	Secondary data	Specific areas of concern	Community resources that are available to address the need	Gap?
		<ul style="list-style-type: none"> <li>Steele and 13% in Traill</li> <li>The obesity rate is 36% in Traill County and 32% in Steele County</li> <li>The inactivity rate is 27% in Traill County and 30% in Steele County – with a 64% access to exercise opportunities in Traill County and a 27% access in Steel County.</li> </ul>	<ul style="list-style-type: none"> <li>Inactivity and lack of exercise (39% have moderate exercise 3 or more times/week, and 17% have vigorous activity 3 or more times/week</li> <li>Poor nutrition and eating habits (Only 28% have 3 or more vegetables/d, and only 17% have 3 or more fruits/d)</li> <li>Obesity ( 65.3% have BMI of overweight or obese)</li> </ul>	<ul style="list-style-type: none"> <li>Sanford Medical Home</li> <li>RN Health Coach</li> <li>American Cancer Society</li> <li>Sanford Dietitians</li> <li>Better Choices/Better Health</li> <li>American Heart Association</li> <li>Sanford Clinic – 701-788-4500</li> <li>American Diabetes Association</li> <li>Diabetes Support Group</li> </ul>	
Mental Health/ Behavioral Health (Substance Abuse)	3.98 – 3.69	<ul style="list-style-type: none"> <li>Excessive drinking is at 16% in Traill County and 26% in Steele County</li> <li>33% of traffic deaths were alcohol impaired in Traill County &amp; 50% were alcohol impaired in Steele Co.</li> </ul>	<ul style="list-style-type: none"> <li>Stress (37% report Anxiety/stress)</li> <li>Alcohol use and abuse (29.7% report consuming 3 or more drinks/d and 26.5% have binge level drinking at least 1time/mos.)</li> <li>Underage drinking</li> <li>Depression ( 31.5% report depression – 55.8% have 1 or more days/mos. when their mental health was not good)</li> <li>Under age drug use and abuse</li> <li>Smoking and tobacco use</li> <li>Drug use and abuse</li> </ul>	<ul style="list-style-type: none"> <li>Sanford Clinic – 701-788-4500</li> <li>NE Human Service Center – 701-795-3000</li> </ul>	X

Identified concern	Key stakeholder Survey	Secondary data	Specific areas of concern	Community resources that are available to address the need	Gap?
Preventive Health		<ul style="list-style-type: none"> <li>13% of adults smoke in Traill County and 12% in Steel County</li> </ul>	<ul style="list-style-type: none"> <li>Flus shots (77% of respondents have had a flu shot and report that 53.8% of children age 6 month or older have had a flu shot)</li> <li>Immunizations (22% of respondents report having immunizations in the past year, and respondents report that 88% of their children are current on their immunizations)</li> <li>21% have not seen a health care provider in the past year</li> <li>17% have not seen a dentist in the past year</li> </ul>		

## Demonstrating Impact

The following unmet needs were identified through a formal community health needs assessment, resource mapping and prioritization process for 2013:

### **2013 Implementation Strategy: Mental Health Services**

- Define services currently available
- Define mechanisms to educate service area
- Define education process and secure outside resources
- Develop directory with resources and outsource information
- Distribute directory to various groups, entities and secure email addresses and updates
- Participate in Sanford One Mind as determined by the enterprise three-year plan

### **2013 Implementation Strategy: Services for the Elderly**

- Update directory of available services
- Print/distribute

### **2013 Implementation Strategy: Day Care**

- Determine specific needs through collaboration with county agencies
- Request assistance from outside services to secure daycare services
- Find location for services
- Request community assistance (i.e. keeping daycare profitable)
- Ongoing process - monitoring the needs and services

The 2013 implementation strategies have served a broad base of our community and region. The impact has been positive and the work will continue into the future through new or continued programming and services.

### **Impact of the Strategy to Address Mental Health Services**

Sanford Health completed an inventory of services that are available in the area to address mental health needs. A directory was developed for the purpose of making the information available to the members of the community. The directory was updated in 2015 and will be updated again in 2016.

Revised copies of the mental health resource directory have been made available to public health and community members can obtain a copy at the hospital. Copies will also be distributed to area senior centers during 2016 and at the health fair/education blitz.

### **Impact of the Strategy to Address Services for the Elderly**

Sanford Health completed an inventory of services that are available to meet the needs of seniors in the community and rural areas. A directory was developed for the purpose of making the information available to the members of the community. The directory was updated in 2015, and was added to the mental health services directory.

Revised copies of the mental health and services for the elderly resource directory have been made available to public health and community members can obtain a copy at the hospital. Copies will also be distributed to area senior centers during 2016 and at the health fair/education blitz.

#### Impact of the Strategy to Address Day Care

Sanford Health worked in collaboration with community leaders to secure daycare services for the community. A director was hired and a local facility was secured and renovated for the daycare services. The provision of day care services in the community fulfilled a need in the community. Late in the fall of 2015 the daycare closed due to the ability to retain and hire new staff. The community is looking at a possible solution of a partnership with the City of Hillsboro and Mayville State to expand the daycare services that Mayville currently offers in Hillsboro.



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