



Community

Health Needs Assessment 2018

At Buchanan County Health Center, our purpose is to become the leading community resource amidst every transition in healthcare. Our mission is to provide the best local care while leading the advancement of healthier communities.



Buchanan County
Health Center

Here for you. Trusted for life.

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Buchanan County Health Center's mission is to provide the best local care while leading the advancement of healthier communities. We have taken this mission seriously by investing significant resources not just in the provision of clinical care, but also in the prevention of illness. This report is intended to demonstrate the recent work undertaken as well as the work we are planning for to continue to meet the health needs of Buchanan County and the surrounding areas.

Buchanan County as a whole has some strengths and weaknesses in our health status. A big strength for us is our health outcomes scores where we rank 13 out of 99 counties. This is driven by a top ten ranking in quality of life due to residents in general rating themselves as in good health, minimal babies with low birth weight and a below average prevalence of diabetes.

There are some areas of weakness that the data demonstrates, however. Buchanan County ranks low 68/99 in the health behaviors category. This score is driven mainly by physical inactivity, obesity rate and access to exercise opportunities. The other area of weakness is the number of primary care physicals per population and the overall cost of healthcare per capita. Fortunately, these are all areas BCHC is already focused on and making active progress to address.

The following pages demonstrate the plan for BCHC to address the latest community health needs assessment.

Steve Slessor, CEO

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Increase Access to Primary Care

Buchanan County has a population to physician ratio of 3,510 to 1. The average in Iowa is 1,360 to 1. The same trend is true for non-physician providers with Buchanan County having a ratio of 2,332 to 1 compared to the state average of 1,185 to 1. Access to primary care affects both the quality of care as well as the cost. The more access there is to primary care, the better likelihood that a patient's chronic conditions can be appropriately managed and the need for further, more costly intervention is reduced. Furthermore, additional access into primary care helps patients better select the appropriate level of care and not utilize ER services for items that can be addressed in a clinic setting.

Recruit Additional Providers

Buchanan County Health Center has worked hard to expand access to primary care physicians and advanced practice providers. In 2016, BCHC began a new evening and weekend urgent care clinic to assist with access and reduce unnecessary ED bills. In February of 2017, BCHC recruited a new ARNP to join our primary care practice. As of August 1, 2018, Buchanan County Health Center had two new family practice physicians begin practice here in Independence. These major additions significantly enhance the access to primary care physicians and ARNPs here in the community.

Same Day Primary Care Access

Buchanan County Health Center is rolling out a new process to see patients the same day who are suffering from acute illnesses/injuries. Same day appointment slots will be left open on each provider schedule and patients will be offered other team members when their primary care provider is not available. This is being hardwired currently.

Patient Care Navigator

As of August 2018, BCHC has added a new patient care navigator position in primary care. This health professional will focus on helping individuals manage their chronic conditions and ensure that they are following up on receiving all necessary exams, procedures, and other tests to prevent unwanted health outcomes. This position helps access to primary care by freeing up physician time for other items and will also have a positive impact on our screening colonoscopy rates, diabetes management and other key chronic condition metrics.

Mental Health Counselor

Along with primary care, access to mental health providers is also a significant concern in Buchanan County. The rate of mental health practitioners per population in Buchanan County is 910:1 compared to the statewide average of 760:1. The majority of practitioners in Buchanan County also work in a facility serving statewide needs and are not specifically focused on the needs of Buchanan County residents.

To assist with access, BCHC has worked in partnership with the ABBE Center for Mental Health to bring a mental health counselor to BCHC on a weekly basis. The half day a week has already filled up and more time is being added.

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Improve Healthy Weight for Buchanan County Residents

Buchanan County has a slightly larger percentage of obesity than the state average (33% compared to 32%). While the difference isn't huge, the fact is still a third of our residents are obese which contributes to many health related issues. The issue seems to stem partly from physical activity as Buchanan County scores lower in access to exercise opportunities and higher in the percentage of residents who are physically inactive.

Expanded Wellness Center

BCHC has completed a significant expansion of the Wellness Center which includes new equipment targeted to get younger generations engaged in healthy lifestyles. We have added additional free weight equipment and the latest technology in treadmills and ellipticals. This new center also allows for multiple options of almost every exercise, making the access to exercise opportunities significantly higher than in years past.

The new expanded Wellness Center also includes a new aerobics studio which enables additional classes and class sizes. All told, BCHC is currently offering 45 class offerings per week and continuing to evaluate others.

Dietician Services

BCHC is now offering a very inexpensive offering for nutrition counseling with a dietician. This service can be done as a standalone or as a part of a new broader offering called the Elite Health Assessment which provides additional preventative healthcare screening services.

Healthier Cafeteria Offerings

BCHC is committed to increasing our healthy eating options in our expanded cafeteria. This is a two-fold process. First, to enhance transparency of nutrition values and ingredients and second, to ensure healthy offerings exist at each meal time and for grab and go purchases.

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Community Health Needs Assessment Supporting Data

| | Buchanan | Iowa | Rank |
|----------------------------------|----------|----------|-------|
| Health Outcomes Overall | | | 13/99 |
| Quality of Life | | | 9/99 |
| Fair or poor health | 12% | 13% | |
| Low Birth weight | 5% | 7% | |
| Frequent mental distress | 10% | 10% | |
| Diabetes | 9% | 10% | |
| Length of Life | | | 30/99 |
| Health Factors Overall | | | 58/99 |
| Health Behaviors | | | 68/99 |
| Smoking | 16% | 17% | |
| Obesity | 33% | 32% | |
| Physical Inactivity | 28% | 25% | |
| Access to Exercise Opportunities | 75% | 83% | |
| Excessive drinking | 22% | 22% | |
| Alcohol Impaired Driving Deaths | 18% | 27% | |
| STIs | 190.1 | 388.9 | |
| Teen Births | 20.00 | 22.00 | |
| Drug Overdose Deaths | 8-11.9 | 11% | |
| Insufficient Sleep | 28% | 28% | |
| Clinical Care | | | 39/99 |
| Uninsured | 5% | 6% | |
| Primary Care Physicians | 3,510:1 | 1,360:1 | |
| Dentists | 3000:1 | 1560:1 | |
| Mental Health Providers | 910:1 | 760:1 | |
| Preventable Hospital Stays | 48 | 49 | |
| Diabetes Monitoring | 92% | 90% | |
| Mammography Screening. | 67% | 69% | |
| Other Primary Care Providers | 2332:1 | 1185:1 | |
| Health Care Costs | \$ 9,651 | \$ 8,572 | |
| Social and Economic | | | 51/99 |
| Physical Environment | | | 86/99 |