

# Saint Francis Healthcare System

## Community Health Needs Assessment

### Executive Summary

The two not-for-profit hospitals in the city of Cape Girardeau, Missouri, Saint Francis Healthcare System and SoutheastHEALTH were partners in conducting this Community Health Needs Assessment (CHNA).

#### Community Health Needs Assessment Process and Requirements

A CHNA must be conducted every three years by not-for-profit hospitals in order to comply with federal tax-exemption requirements under the Affordable Care Act. Following the CHNA, the hospital must adopt an implementation strategy to meet the community health needs identified through the assessment, and it must report how it is addressing the needs identified in the CHNA and provide a description of needs that are not being addressed with the reasons why such needs are not being addressed. The ultimate purpose of the CHNA is to improve community health.

The Community Health Needs Assessment process consists of the following steps:

1. Define the community served by the hospital facility
2. Identify the partners and individuals representing the broad interests of the community
3. Gather available data and current assessments
4. Develop and conduct primary research
5. Aggregate primary and secondary research
6. Identify and prioritize the health needs in your community
7. Develop and implement a strategy to address the identified priority health issues
8. Widely disseminate the CHNA

Saint Francis Healthcare System implementation plan for 2013 – 2016 is attached.

#### Primary Research

Eight focus groups were held in the four designated counties and the questions asked can be found below.

1. What do people in this community do to stay healthy? How do people get information about health?
2. In this group's opinion, what are the serious health problems in your community? What are some of the causes of these problems?
3. What keeps people in your community from being healthy?
4. What could be done to solve these problems?
5. Is there any group not receiving enough health care? If so, why?
6. Of all the issues we have talked about today, what issues do you think are the most important for your community to address?

617 surveys were completed by residents in the four designated counties. The survey was very extensive and consisted of five different sections. The survey demographics were representative of the area's population.

1. **Multiple Choice:** questions to collect information on demographics, health care access, health status, and insurance.
2. **Health Behaviors:** questions to collect health behavior information.

3. **Children's Health Behaviors:** questions to collect health behavior information about the participants' children if applicable.
4. **Health Issues:** questions the participants about having particular health issues.
5. **Community Health Concerns:** questions the participants to choose how much of a problem they think particular issues are in their community.

## Key Findings

The following lists represent the key findings of this Community Health Needs Assessment by type of need:

### Health Needs

- Cancer (leading cause of death)
- Diabetes (leading cause of death)
- High Blood Pressure/Strokes (leading cause of death)
- Heart Disease (leading cause of death)
- Overweight Adults
- Overweight Children
- Mental Health – anxiety and depression, poor mental health days, mental health providers
- Injuries/Poisonings (leading cause of death)
- Chronic Lower Respiratory Disease (leading cause of death)
- Alzheimer's (leading cause of death)
- Unintentional Injuries (leading cause of death)
- Infectious Disease (Influenza)
- High Cholesterol
- Dental Health
- Autism
- Chronic Pain
- Asthma/Respiratory Disorders (especially in children)
- Sexually Transmitted Infections (especially in adolescents)
- Allergies (especially food allergies in children)
- Health Status at Birth - low birth weight, preterm births, birth defects
- Preventable Hospitalizations - bacterial pneumonia and congenital syphilis
- Cause of Death for Children and Adolescents - all cancers (malignant neoplasms)

### Behavioral Needs

- Preventive Practices - women age 18 and older who never had a pap smear and no pap smear in the last three years
- Smoking
- Alcohol/Drug Use
- Poor Diet
- No Exercise
- Poor Lifestyle

## Community Health Needs Assessment

- Teen Substance Abuse - use of cigarettes, alcohol, prescription drugs, marijuana, heroin, bath salts and binge drinking
- Maternal Health –no prenatal care, living an unhealthy lifestyle, and smoking and using drugs while pregnant
- Eating Disorders

## Priority Needs

### Prioritization Process

Members of the CHNA Team analyzed survey data, focus group data, and secondary data in the report to prioritize the community health needs for each county. The priority needs were first identified by the primary research or what the community finds most important. These high priority needs were then validated by the secondary research – looking at the community’s statistics and trends against the state’s statistics and trends. The priority needs were also based on whether or not the hospital has the ability to have an impact on the need.

### Top 5 Priority Needs (and Associated Behavioral Needs)

- Cancer (Smoking)
- Obesity (Diet and Exercise)
- Chronic Disease
  - Stroke (Healthy Lifestyle)
  - Heart Disease (Smoking)
  - Diabetes (Diet and Exercise)
  - Chronic Respiratory Disease (Smoking)
- Substance Abuse/Mental Health (Drug and Alcohol, Anxiety and Depression)
- Health Care Affordability (Uninsured)