

# Your health...

Regional Medical Center®

## 2016 Community Health Needs Assessment

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...is our priority.

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# About RMC



Delaware County Memorial Hospital dba Regional Medical Center (RMC) was founded in 1950 by the residents of Delaware County. RMC, a Critical Access Hospital with Level IV Trauma Designation, is the largest employer in Delaware County.

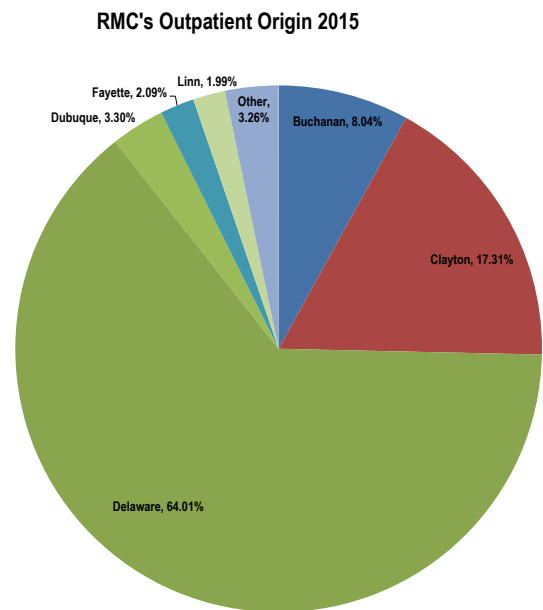
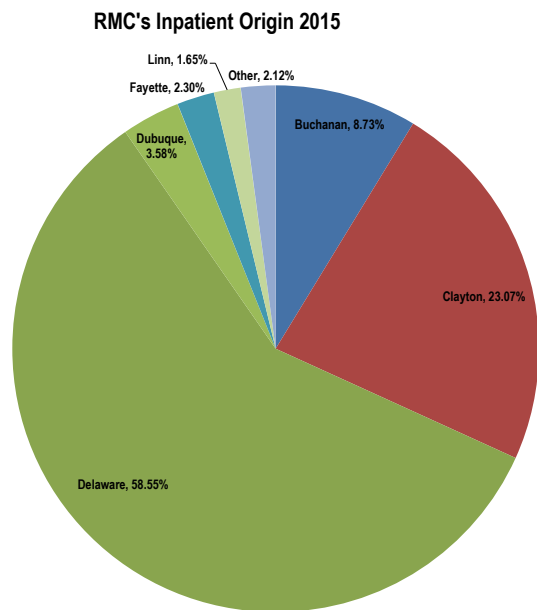
Our service area spans four counties and includes 25,000+ in population. Twenty-four dedicated family practice providers (physicians, advanced registered nurse practitioners, and physician assistants), two surgeons, three hospitalists, and many clinical and business staff care for our continually evolving and growing patient population. Service offerings include:

- Behavioral Services
- Cardiac Rehabilitation
- Diabetes Management
- Dialysis (Tri-State Dialysis)
- Emergency Services
- Family Practice
- Home Care
- Hospice
- Laboratory
- Massage Therapy
- Medical/Surgical/Intensive Care
- Nutrition
- OB & Family Health
- Occupational Health
- Pain Management Clinic
- Parent Education & Support
- Pathology
- Public Health
- Radiology
- Respiratory Care
- Skilled Care
- Sleep Study
- Specialty Clinic
- Surgical Services
- Therapy Services
- Walk-in Clinic
- Wellness Center

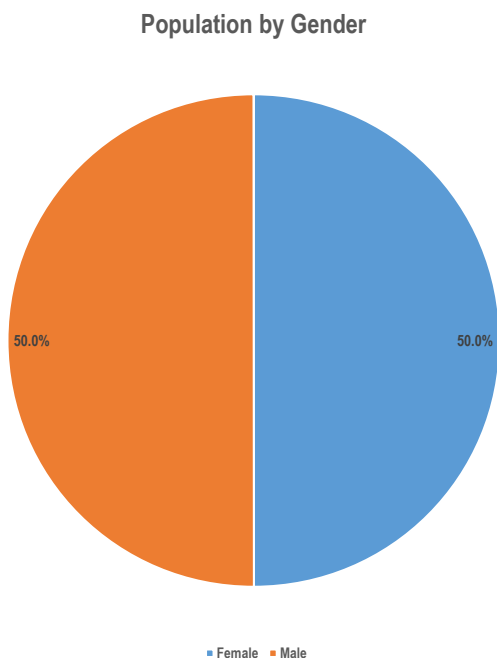
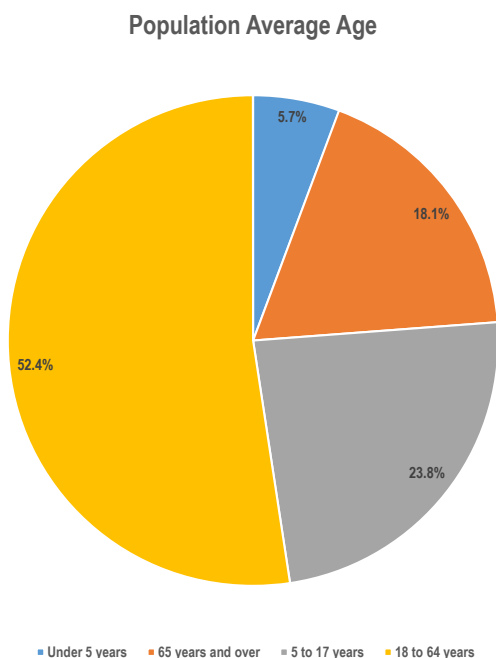
Our mission, “**Dedicated to improving the health of our communities through professional and personalized care**”, is recognized through the loyalty, support, and continued growth of our integrated health system.

# Community Description

**SERVICE AREA:** The community RMC serves, as defined for the Community Health Needs Assessment (CHNA), is based on the primary service area of our hospital. For purposes of this assessment, Delaware County serves as our community. As shown below, the Iowa Hospital Association Inpatient and Outpatient Origin Reports from calendar year 2015 indicated 58.55 percent of our hospital inpatients and 64.01 percent of our hospital outpatients resided in Delaware County.



**POPULATION DEMOGRAPHICS:** As reported by the United States Census Bureau State & County QuickFacts 2014 Estimate, the total population of Delaware County is 17,398.



**POPULATION DEMOGRAPHICS:** As reported by the United States Census Bureau State & County QuickFacts 2014 Estimate, the population of Delaware County is comprised of the following ethnicities.

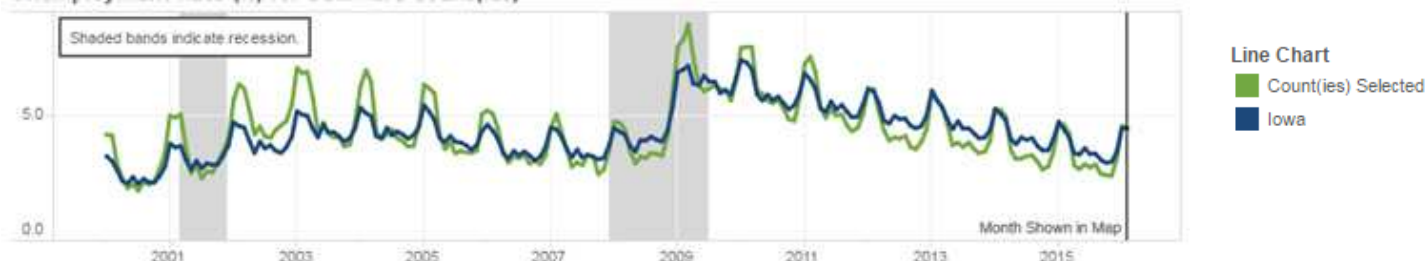
Ethnicity	Delaware County	Iowa
White	98.40%	92.10%
Black	.40%	3.40%
American Indian or Alaska Native	.10%	.50%
Asian	.30%	2.20%
Native Hawaii and Other Pacific Islander	0.00%	.10%
Person reporting 2 or more races	.70%	1.70%
Hispanic or Latino Origin	1.10%	5.60%
White, not Hispanic	97.40%	87.10%

**INCOME:** The median household income in Delaware County is \$54,801 whereas the statewide median is \$52,716 as reported by the United States Census Bureau State & County QuickFacts, 2010-2014 data.

The median divides the income distribution into two equal parts: one-half of the cases falling below the median income and one-half above the median. For households and families, the median income is based on the distribution of the total number of households and families including those with no income. The median income for individuals is based on individuals 15 years old and over with income. Median income for households, families, and individuals is computed on the basis of a standard distribution.

**UNEMPLOYMENT:** According to Iowa Workforce Development, the unemployment rate for Delaware County is 4.5% as of February 2016, matching the state average. The United States Department of Labor shows the national unemployment average is 4.9% as of February 2016.

Unemployment Rate (%) for Delaware Count(ies)



Note: If one or multiple counties are selected in the map and/or drop-down menu, the line chart shows aggregated data for that region in light green.

# Community Description

**UNINSURED:** According to the 2013 Small Area Health Insurance Estimates (SAHIE) report with the United States Census Bureau, below is the percent of uninsured Delaware County residents based on age group:

- Under 65 years: 10.5%
- 18-64 years: 12.7%
- 40-64 years: 10.2%
- 50-64 years: 8.8%
- Under 19 years: 5.2%

For 2008-2013, SAHIE publishes STATE and COUNTY estimates of population with and without health insurance coverage, along with measures of uncertainty, for the full cross-classification of:

- 4 age categories: 0-64, 18-64, 40-64, and 50-64
- 3 sex categories: both sexes, male, and female
- 6 income categories: all incomes, as well as income-to-poverty ratio (IPR) categories 0-138%, 0-200%, 0-250%, 0-400%, and 138-400% of the poverty threshold
- 4 races/ethnicities (for states only): all races/ethnicities, White not Hispanic, Black not Hispanic, and Hispanic (any race).

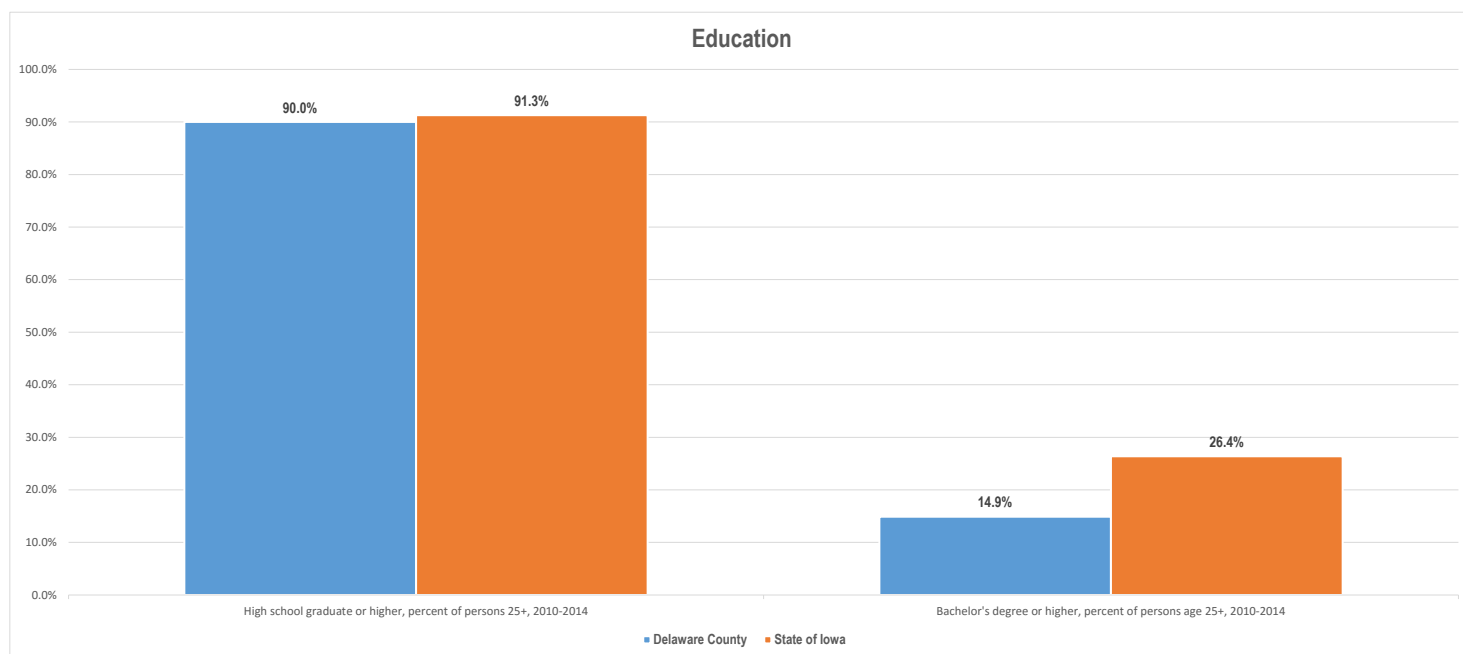
In addition, estimates for age category 0-18 by the income categories listed above are published. Each year's estimates are adjusted so that, before rounding, the county estimates sum to their respective state totals and for key demographics the state estimates sum to the national ACS numbers insured and uninsured.

**MAJOR EMPLOYERS:** Top 10 Employers in Delaware County as of October 2015 according to Delaware County Economic Development are as follows:

Rank	Organization	Employees	Type
1	Regional Medical Center	434	Healthcare
2	Exide Technologies	345	Manufacturing
3	Henderson Products	289	Manufacturing
4	Paladin	260	Manufacturing
5	Rockwell Collins	236	Manufacturing
6	West Delaware Schools	226	Government
7	Good Neighbor Society	195	Healthcare
8	XL Specialized Trailers	190	Manufacturing
9	Maquoketa Valley Community Schools	127	Government
10	Edgewood-Colesburg Schools	94	Government



**EDUCATION:** As reported by the United States Census Bureau State & County QuickFacts 2014 Estimate.



# Process and Methods

## **CHNA ADVISORY COMMITTEE AND PROCESS**

The following professionals collaborated through the process of the CHNA to perform research, create the survey, and identify and prioritize the healthcare needs documented in this report.

Delma Hardin, BSN, RN, Delaware County Public Health Manager

Valerie Lindsay, BS, Marketing and Administrative Manager

Amy Mensen, MBA, Chief Administrative Officer

The reporting period for RMC and Delaware County Public Health (DCPH) were within the same year with deadlines in 2016. Therefore, RMC collaborated with DCPH in the CHNA process since both would be surveying the same group of people in the community. Utilizing the required focus groups from DCPH's CHNA, RMC and DCPH collaboratively developed survey questions based upon the following areas:

- Promote Healthy Living
- Prevent Epidemics and the Spread of Disease
- Strengthen the Health Infrastructure
- Prepare for, Respond to, and Recover from Public Health Emergencies
- Prevent Injuries and Violence
- Protect Against Environmental Hazards

**SPECIAL PUBLIC HEALTH EXPERTISE:** Delma Hardin, BSN, RN, Delaware County Public Health Manager. Hardin has 30 years of professional experience in the field of public health. She has worked in Case Management for T-19 programs, immunization clinics, Women Infants Children (WIC), Parents as Teachers, as well as actively performing home care services. Currently, she is the primary contact for reportable disease follow-up and emergency response for DCPH and serves on several community coalitions. Her vast education includes successful completion of a Bachelors of Science in Nursing and Psychology; Basic and Advanced courses in Epidemiology; Basic and Advanced courses in Public Information Officer; and all National Incident Management System training and requirements.

**COMMUNITY INPUT AND SURVEYING:** The CHNA survey developed for both RMC and DCPH was developed via SurveyMonkey and distributed both in electronic and print form. To ensure the survey was made available to all required parties, RMC and DCPH collaborated and pooled resources together. Included in the survey distribution list were:

- Previous respondents of RMC's CHNA in 2012-2013
- Abbe Center
- Agriculture related organizations
- Assisted living organizations
- Banking and insurance institutions
- Chamber offices
- City offices
- Community Child Care
- Delaware County Economic Development
- Delaware County EMS Association



- Disability Rights of Iowa
- Drug stores
- Eastern Iowa Regional Housing Authority
- Eyecare and dental clinics
- Faith based organizations
- Farm Credit
- Four Oaks
- Golden Age Activity Center (senior meal site in Manchester)
- Grocery stores
- Hawk-I
- Helping Services of Northeast Iowa
- Iowa DNR
- Iowa State University Extension Office
- Keystone AEA
- Local schools (West Delaware, Maquoketa Valley, Edgewood-Colesburg, Starmont, Manchester Regional Education Partnership)
- Manchester Police Department
- Manufacturing firms
- Northeast Iowa Area Agency on Aging
- Penn Center
- Project Concern
- Real estate companies
- Regional Transit Authority
- Tanager Place
- Windy Hill Apartments Transitional Living
- General public through multiple marketing and communication mediums including social media, website, press releases to local newspapers, radio station promotion on KMCH via Guest of the Day conducted by Delma Hardin, hard copies provided to local businesses and at the Delaware County Fair, electronic messaging, et cetera.

**ORGANIZATIONS CONSULTED:** Specific organizations were consulted throughout this process as detailed below:

- Helping Services for Northeast Iowa, Jen Stolka, Certified Prevention Specialist. Stolka coordinates efforts within Delaware County to combat substance abuse.
- Families Inc., Jennifer Sellner, Human Service Board Certified Practitioner and Licensed Behavioral Science. Sellner works with at risk families and children in our service area.
- Operation New View, Sheila Freiburger, Delaware County Outreach Coordinator. Freiburger addresses the needs of the low-income population in our area.
- Delaware County Public Health, Delma Hardin, Manager. Hardin monitors the health status of our communities to identify community health problems and is a central contact for health resources.
- Building Direction for Families, Erin Monaghan, Program Director. Monaghan focuses on assisting with programs for early childhood education/development and protecting children in our community.
- Helping Services for Northeast Iowa, Laura Albert, Tobacco Prevention Specialist. Albert coordinates efforts within Delaware County on tobacco prevention.

# Process and Methods

## **ORGANIZATIONS CONSULTED (continued):**

- Delaware County, Peggy Petlon, Eastern Central Region Community Coordinator. Petlon is responsible for working with mental health, veterans, and disability services in Delaware County.
- Regional Transit Authority, Lori McKinley, Manager of Transit Operations. McKinley works to ensure lowans have transportation to work, medical facilities, meal sites, and leisure activities.
- Regional Family Health, Dr. R. Ried Boom and Dr. Timothy Gerst, Family Practice Physicians.
- Regional Medical Center Emergency Department, Dr. Craig Thompson, Emergency Services Medical Director.

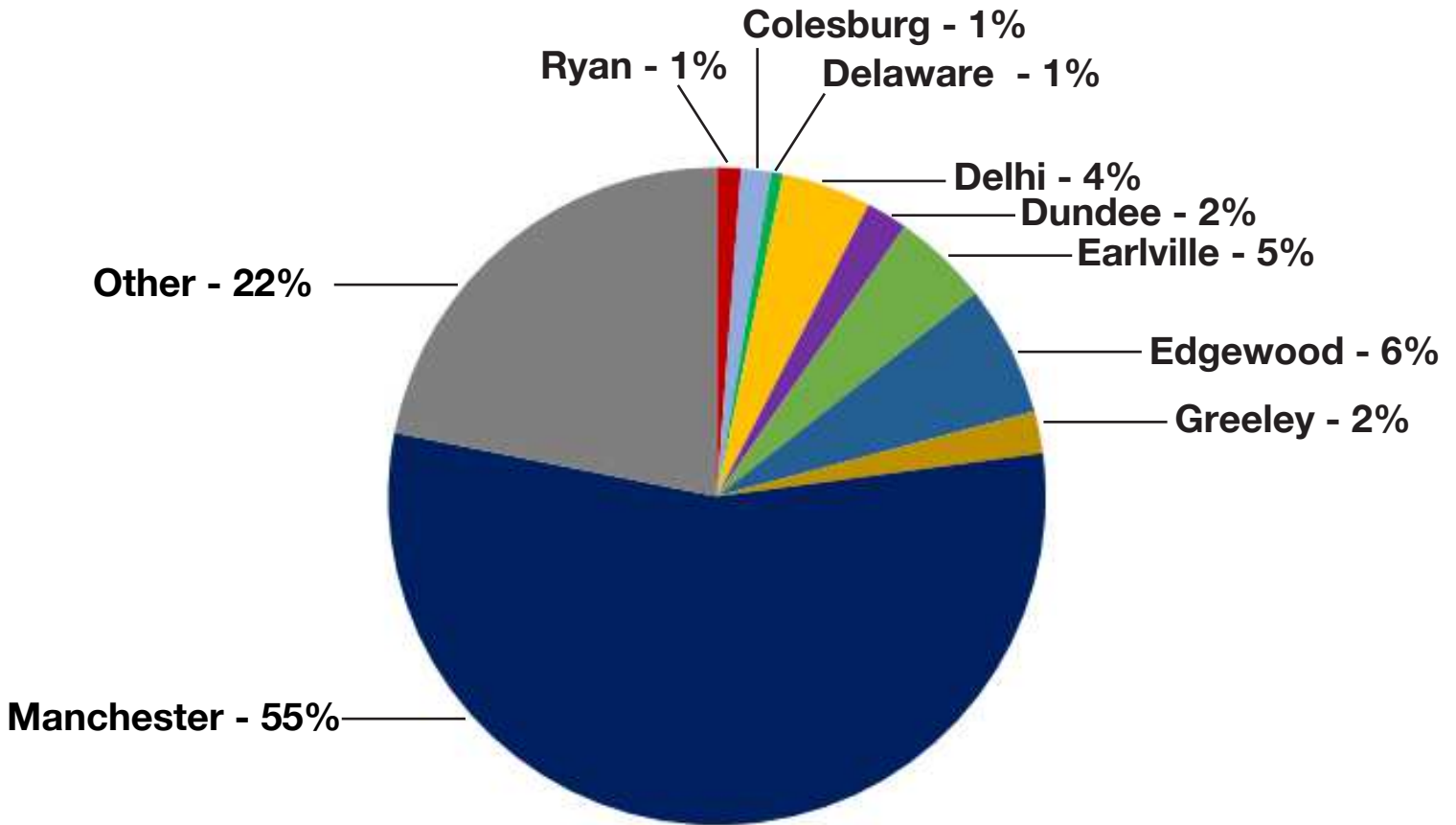
DCPH ensured the CHNA survey was provided to key agencies in our community by taking it to meetings and/or sending it via email for completion. Agencies included:

- Interagency which involves Substance Abuse Services Center, Operation New View, Building Direction for Families, Community Services. Delma Hardin, BSN, RN, Delaware County Public Health Manager, attends monthly Interagency meetings where Hardin provided hard copies of the survey for completion and instructed the group on what the CHNA is about as well as how to complete the electronic survey.
- Delaware County Drug Abuse Coalition which includes Families, Inc. and West Delaware Schools: Hardin attended meetings on July 28 and August 25, 2015, where she provided hard copies of the CHNA survey and also instructed them on how to complete it electronically. There are some organizations on this coalition who do not routinely attend meetings but were provided with the CHNA survey electronically.

# Survey Results

339 CHNA surveys were completed which is the largest return in DCPH CHNA history and a doubled return from RMC's 2012-2013 CHNA assessment.

## SURVEY RESPONSES



Upon receipt of the completed surveys from the community, the CHNA Advisory Committee:

- Reviewed and evaluated the individual narrative responses within each focus area.
- Prioritized the focus areas by percentage calculation, tallying the percent of respondents who thought the focus areas were either Important or Very Important.
- Prioritized the topics within the focus areas.
- Within each focus area, the top three topics were identified based on respondents and noted the most prevalent topics or issues shared by respondents.
- Provided finalized CHNA survey result information to RMC's Strategic Planning group, along with specific respondent narrative responses.

# Survey Results

## **PROMOTE HEALTHY LIVING**

**98.8% of respondents thought this was either Important or Very Important**

### **OBESITY**

- Increase ability for physical activity: biking activities, walking trails, healthy leisure activities
- Communication/education of what is available for resources
- Healthier food options, include calorie information
- Cost of healthy foods
- RMC needs to lead by example
- Offer low-cost healthier food options
- Provide patients with wellness plans/programs that are workable
- Schedule RMC's wellness programs at times that work for more people, including off-shifts
- Do more marketing/education on how to get healthier and stay healthy
- Offer free classes to the public

### **ALCOHOL AND OTHER DRUGS**

- Stop city sponsored events with alcohol
- Hold less events that promote alcohol
- Have more youth activities where no alcohol for adults is present (e.g. Have 1<sup>st</sup> Fridays at 5 with no alcohol)
- Provide more education on alcohol and other drugs
- Increase recreational activities
- Offer AA treatment at RMC

### **MENTAL HEALTH**

- Increase services in schools and workplaces
- Increase access
- Education/advertise where people can go for help
- Increase providers
- Education on mental health
- Increase resources available for family support related to mental health needs

## **PREVENT EPIDEMICS & THE SPREAD OF DISEASE**

**96.9% of respondents thought this was either Important or Very Important**

### **CHILD IMMUNIZATIONS/VACCINES**

- Require immunizations/vaccines; do not allow exceptions unless health related
- Educate on the importance of immunizations/vaccines
- Desire for immunizations/vaccines free of charge

### **ADULT IMMUNIZATIONS/VACCINES**

- Require immunizations/vaccines; do not allow exceptions unless health related
- Educate on the importance of immunizations/vaccines
- Desire for immunizations/vaccines free of charge

### **STDs (Sexually Transmitted Diseases)**

- Educate on prevention

## **STRENGTHEN THE HEALTH INFRASTRUCTURE**

**95.5% of respondents thought this was either Important or Very Important**

### **HEALTH INSURANCE**

- Cost—high deductibles/out of pocket costs are a concern; need more affordable rates
- Coverage for dental and vision are problems
- Increase T-19 access for dental

### **ACCESS TO QUALITY HEALTH SERVICES**

- Educate on services available
- Need more specialists and family doctors at RMC
- The amount of the community looking for holistic/natural healing is growing. Regional Family Health (RFH)/RMC needs to be ahead of the game in offering those types of services/accommodations to that community

### **MEDICAL CARE**

- Expand walk-in hours

## **PREPARE FOR, RESPOND TO, AND RECOVER FROM PUBLIC HEALTH EMERGENCIES**

**92.9% of respondents thought this was either Important or Very Important**

### **EMERGENCY PLANNING**

- Increase public education (what to do, planning, drills, emergency kit)

## **PREVENT INJURIES & VIOLENCE**

**90.1% of respondents thought this was either Important or Very Important**

### **VIOLENT AND ABUSIVE BEHAVIOR**

- Need for increased education (awareness/signs of abuse, schools, anger management)
- Increase services (providers, counseling, safe house/place)
- Need for increased bullying programs in schools

### **SUICIDE**

- Increase education of suicidal ideation signs in schools and for general public
- Services (need therapists, increase counseling)

### **MOTOR VEHICLE CRASHES**

- Increased education on consequences of distracted driving (cell phones and texting)
- Increased education on consequences of drunk driving

# Survey Results

## **PROTECT AGAINST ENVIRONMENTAL HAZARDS**

**88.4% of respondents thought this was either Important or Very Important**

### **DRINKING WATER PROTECTIONS**

- Concern about rural water safety
- Education about testing wells, where to purchase water testing kits, and safety of rural water
- Adopt Manchester streets for clean-up

### **HEALTHY HOMES**

- Increase landlords' accountability by making them responsible for inspections and property upkeep

### **FOOD SAFETY**

- Educate public on proper food storage, cleaning, and preparation
- Concern about the amount of food wasted at schools and restaurants when it could go to the hungry



# Existing Community Resources

Of the identified healthcare needs in our community, there are existing resources available to address these needs or needs that were identified that are already being addressed by another agency.

## **PROMOTE HEALTHY LIVING**

### **ALCOHOL & OTHER DRUGS**

- Delaware County Drug Abuse Coalition, Substance Abuse Services Center (SASC), and Helping Services are currently within the community to assist with initiatives regarding alcohol and other drug usage concerns.

### **MENTAL HEALTH**

- Abbe Center currently maintains the Delaware County contract for mental health services. RMC has communicated findings related to mental health to Abbe Center for their awareness and strategic planning.

## **PREPARE FOR, RESPOND TO, AND RECOVER FROM PUBLIC HEALTH EMERGENCIES**

### **EMERGENCY PLANNING**

- Delaware County Emergency Management/Homeland Security is in place in Delaware County to educate and properly prepare residents for emergencies. RMC has shared the results of the CHNA with Mike Ryan, Coordinator with Delaware County EMA, regarding emergency planning. (e.g. what to do, planning, drills, emergency kit, etc.)

## **STRENGTHEN THE HEALTH INFRASTRUCTURE**

### **HEALTH INSURANCE**

- RMC has shared the results related to dental care from the CHNA with the local dental offices.

## **PROTECT AGAINST ENVIRONMENTAL HAZARDS**

### **DRINKING WATER PROTECTIONS**

- Delaware County Water and Sanitation is available to assist with education regarding water safety in the county. RMC has shared the results of the CHNA regarding the question of purchasing water testing kits with Dennis Lyons, Administrator with this agency.

### **HEALTHY HOMES**

- Delma Hardin with DCPH has shared the content regarding Healthy Homes with the Manchester Housing Committee, noting the concerns with housing in our county.

### **FOOD SAFETY**

- The Iowa State University Extension and Outreach of Delaware County is available for educational resources for residents, including education on proper food storage, cleaning, and preparation. RMC has shared the CHNA findings related to food safety with Cindy Baumgartner, Human Science Specialist.

# Statistical Information

The following statistical information supports the health needs identified in the CHNA.

## PROMOTE HEALTHY LIVING

### Obesity

31.2% of adults aged 20 and older self-report that they have a Body Mass Index (BMI) greater than 30.0 (obese) in the report area. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

[Download Data](#)

Report Area	Total Population Age 20+	Adults with BMI > 30.0 (Obese)	Percent Adults with BMI > 30.0 (Obese)
Delaware County, IA	12,909	4,131	31.2%
Iowa	2,259,684	693,423	30.4%
United States	231,417,834	63,336,403	27.1%

Note: This indicator is compared with the state average.

Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#).

2012. Source geography: County

Percent Adults with BMI > 30.0 (Obese)



■ Delaware County, IA (31.2%)  
■ Iowa (30.4%)  
■ United States (27.1%)

### Physical Inactivity

Within the report area, 3,682 or 27.1% of adults aged 20 and older self-report no leisure time for activity, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?". This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

[Download Data](#)

Report Area	Total Population Age 20+	Population with no Leisure Time Physical Activity	Percent Population with no Leisure Time Physical Activity
Delaware County, IA	12,874	3,682	27.1%
Iowa	2,259,109	564,776	24.2%
United States	231,341,061	53,415,737	22.6%

Note: This indicator is compared with the state average.

Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#).

2012. Source geography: County

Percent Population with no Leisure Time Physical Activity



■ Delaware County, IA (27.1%)  
■ Iowa (24.2%)  
■ United States (22.6%)

### Alcohol Consumption

This indicator reports the percentage of adults aged 18 and older who self-report heavy alcohol consumption (defined as more than two drinks per day on average for men and one drink per day on average for women). This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as cirrhosis, cancers, and untreated mental and behavioral health needs.

[Download Data](#)

Report Area	Total Population Age 18+	Estimated Adults Drinking Excessively	Estimated Adults Drinking Excessively (Crude Percentage)	Estimated Adults Drinking Excessively (Age-Adjusted Percentage)
Delaware County, IA	13,309	2,941	22.1%	22.8%
Iowa	2,307,562	463,820	20.1%	21.4%
United States	232,556,016	38,248,349	16.4%	16.9%

Note: This indicator is compared with the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [Health Indicators Warehouse](#). US Department of Health & Human Services, [Health Indicators Warehouse](#). 2006-12. Source geography: County

Estimated Adults Drinking Excessively (Age-Adjusted Percentage)



■ Delaware County, IA (22.8%)  
■ Iowa (21.4%)  
■ United States (16.9%)

## Access to Mental Health Providers

This indicator reports the rate of the county population to the number of mental health providers including psychiatrists, psychologists, clinical social workers, and counsellors that specialize in mental health care.

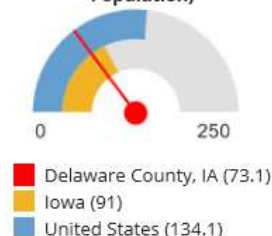
[Download Data](#)

Report Area	Estimated Population	Number of Mental Health Providers	Ratio of Mental Health Providers to Population (1 Provider per x Persons)	Mental Health Care Provider Rate (Per 100,000 Population)
Delaware County, IA	17,796	13	1,368.9	73.1
Iowa	2,950,213	2,685	1,098.8	91
United States	318,306,896	426,991	745.5	134.1

Note: This indicator is compared with the state average.

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2014. Source geography: County

**Mental Health Care Provider Rate (Per 100,000 Population)**



## PREVENT EPIDEMICS & THE SPREAD OF DISEASE ASSESSMENT

### STI - Chlamydia Incidence

This indicator reports incidence rate of chlamydia cases per 100,000 population. This indicator is relevant because it is a measure of poor health status and indicates the prevalence of unsafe sex practices.

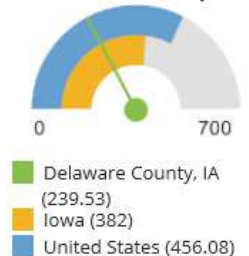
[Download Data](#)

Report Area	Total Population	Total Chlamydia Infections	Chlamydia Infection Rate (Per 100,000 Pop.)
Delaware County, IA	17,534	42	239.53
Iowa	3,090,052	11,804	382
United States	316,128,839	1,441,789	456.08

Note: This indicator is compared with the state average.

Data Source: US Department of Health & Human Services, [Health Indicators Warehouse](#). Centers for Disease Control and Prevention, [National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention](#). 2014. Source geography: County

**Chlamydia Infection Rate (Per 100,000 Pop.)**



## STRENGTHEN THE HEALTH INFRASTRUCTURE ASSESSMENT

### Cancer Screening - Sigmoidoscopy or Colonoscopy

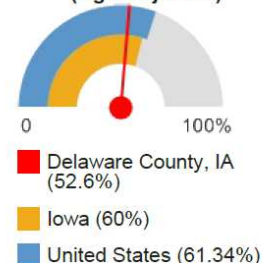
This indicator reports the percentage of adults 50 and older who self-report that they have ever had a sigmoidoscopy or colonoscopy. This indicator is relevant because engaging in preventive behaviors allows for early detection and treatment of health problems. This indicator can also highlight a lack of access to preventive care, a lack of health knowledge, insufficient provider outreach, and/or social barriers preventing utilization of services.

Report Area	Total Population Age 50	Estimated Population Ever Screened for Colon Cancer	Crude Percentage	Age-Adjusted Percentage
Delaware County, IA	5,099	2,830	55.5%	52.6%
Iowa	812,983	517,870	63.7%	60%
United States	75,116,406	48,549,269	64.63%	61.34%

Note: This indicator is compared with the state average. Data breakout by demographic groups are not available.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [Health Indicators Warehouse](#). US Department of Health & Human Services, [Health Indicators Warehouse](#). Source geography: County

**Percent Adults Screened for Colon Cancer (Age-Adjusted)**





# Statistical Information

## PREVENT INJURIES & VIOLENCE MANAGEMENT

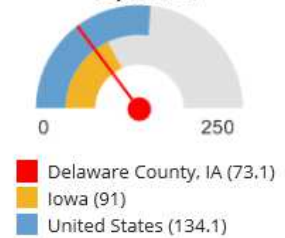
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[Download Data](#)

Report Area	Estimated Population	Number of Mental Health Providers	Ratio of Mental Health Providers to Population (1 Provider per x Persons)	Mental Health Care Provider Rate (Per 100,000 Population)
Delaware County, IA	17,796	13	1,368.9	73.1
Iowa	2,950,213	2,685	1,098.8	91
United States	318,306,896	426,991	745.5	134.1

Mental Health Care Provider Rate (Per 100,000 Population)



Note: This indicator is compared with the state average.

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#), 2014. Source geography: County

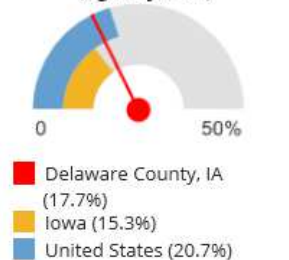
### Lack of Social or Emotional Support

This indicator reports the percentage of adults aged 18 and older who self-report that they receive insufficient social and emotional support all or most of the time. This indicator is relevant because social and emotional support is critical for navigating the challenges of daily life as well as for good mental health. Social and emotional support is also linked to educational achievement and economic stability.

[Download Data](#)

Report Area	Total Population Age 18+	Estimated Population Without Adequate Social / Emotional Support	Crude Percentage	Age-Adjusted Percentage
Delaware County, IA	13,309	2,329	17.5%	17.7%
Iowa	2,307,562	355,365	15.4%	15.3%
United States	232,556,016	48,104,656	20.7%	20.7%

Percent Adults Without Adequate Social / Emotional Support (Age-Adjusted)



Note: This indicator is compared with the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [Health Indicators Warehouse](#). US Department of Health & Human Services, [Health Indicators Warehouse](#). 2006-12. Source geography: County

# 2013 CHNA Strategies Impact

Strategies implemented from the 2013 CHNA did have an impact on our community.

## WEIGHT WATCHERS

A Weight Watchers community program was started and held at RMC. With marketing assistance from RMC, this group has seen continued growth in participation since its inception.

## INTERNAL WELLNESS COMMITTEE

An internal wellness committee, For The Health Of It, was developed with the mission of being “Dedicated to improving the well-being of our employees by providing education and creating health-focused opportunities throughout the work-site environment.” Many different strategies and initiatives have started to benefit our employees and in turn our community due to the implementation of this committee. Some to note include a dedicated internal Intranet page for helpful tips and resources specific to the identified categories of Eat Smart, Manage Stress, and Move More. Restroom signs have been added throughout the hospital and clinics to highlight specific topics in a quick and fun way. Nutritional information is now available to employees when they make their food selections. Vending machines in RMC were color-coded with a spotlight pattern to show the healthiest snack options. RMC staff began routinely volunteering on the first Wednesday of the month at Castle Theatre. In January 2016, the resources and materials developed by RMC were made available on our website so that other local businesses can use the materials for their organization with health and wellness initiatives.



## FAREWAY STORE TOURS

RMC developed and placed signage in the local Fareway store in Manchester to promote the monthly RMC dietitian led tour. An estimated 50 participants took part in these tours over the past two years, but frequently there was zero attendance. In February 2016, the tours were discontinued due to staff workloads and effectiveness of the tours since routinely there were only 0-2 participants. In the future, group tours are likely to take place again but not on a regular monthly basis due to low turnout.

**CHEW ON THIS ...**  
80% of adults in Delaware County do not consume the recommended amount of fruits and vegetables per day. Aim for 2-3 pieces of fruit and 3-5 cups of vegetables daily to lower your risk of chronic health problems.

For more nutrition information and tips on healthy shopping, join the Regional Medical Center dietitians for a store tour.

**FREE Fareway Store Tours**  
Shop with the RMC Dietitians  
Every 4th Tuesday  
10-11 AM  
Meet at store entrance.

For more information or to pre-register, call 563-927-7526

**SHOP HEALTHY. LIVE HEALTHY.**

Regional Medical Center

A photograph of a brown paper bag filled with various fresh vegetables, including broccoli, carrots, and leafy greens, positioned at the bottom of the flyer.

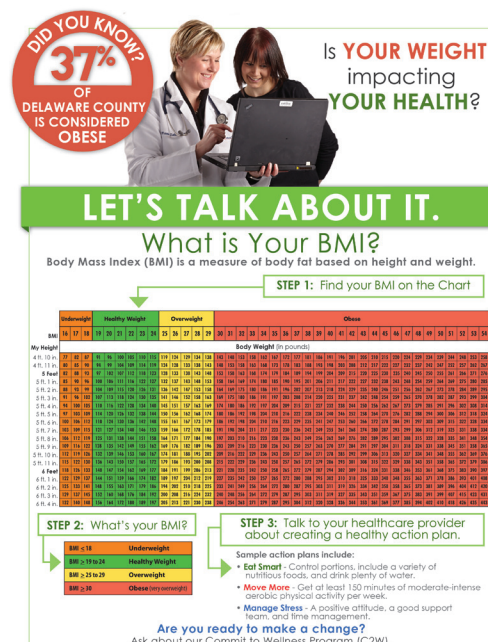
## HEALTHY EATING RESOURCES THROUGH SOCIAL MEDIA

RMC actively shares resources regarding healthy eating from the For The Health Of It “Eat Smart” focus area in addition to sharing other healthy recipes found from other resources.

# 2013 CHNA Strategies Impact

## BODY MASS INDEX (BMI) PATIENT EDUCATION

RMC developed informational flyers including the BMI chart to post in the RFH patient rooms to help normalize the conversation of weight and BMI. In addition, a tri-fold card with the BMI chart is made available on a patient-by-patient basis when weight and BMI is a discussion point with a provider and patient. iPads will be available in the future to play informational videos regarding weight (if applicable) for the patient while they wait in the exam room for their provider.



## MENTAL HEALTH RESOURCE LIST

It was identified that Building Directions for Families, Inc. creates lists of agency resources by county (Delaware, Buchanan, Clayton, Fayette) with phone numbers that includes categories such as Abuse/Domestic Violence, Children & Youth Services, Childcare Centers & Preschools, Clothing/Household Items, Counseling, Drug & Alcohol Abuse/Addiction, Education, Employment, Financial Assistance/Financial Literacy, Food, Healthcare, Housing/Fuel Assistance/Weatherization, In-Home Visitation Services, Law Enforcement, Legal Assistance, Special Needs/Disability, and Transportation. Building Directions for Families, Inc. emails these resources to their Board as well as grantees which includes Sheila Freiburger with Operation New View. Freiburger in turn forwards these documents to the Interagency Listserve which includes representatives from Abbe Center, Delaware County Community Services, and RMC. Interagency is a group of community organizations that meet monthly to share and discuss information about their services in the community. These agencies who receive these documents are charged with sharing it with their staff and people they serve. RMC makes these available in the RFH clinics as well as provides them electronically for staff reference on the Intranet.

## CHEMOTHERAPY SERVICES

In 2016, RMC expanded chemotherapy services by offering more chairs for services in another location within the hospital. In addition, Radiation Oncology consultation visits commenced in early 2016 within the Specialty Clinic.

## TRANSPORTATION CONCERNS

RMC shared within their marketing and communication mediums Regional Transit Authority's initiative on developing a Volunteer Driver Program in our community. Unfortunately, this was not successful as there was not enough interest from our community in gaining the necessary volunteers. Recently, RMC has begun attending a new local transportation committee to discuss this continued need in our county.



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