

Community Health Assessment

December, 2018



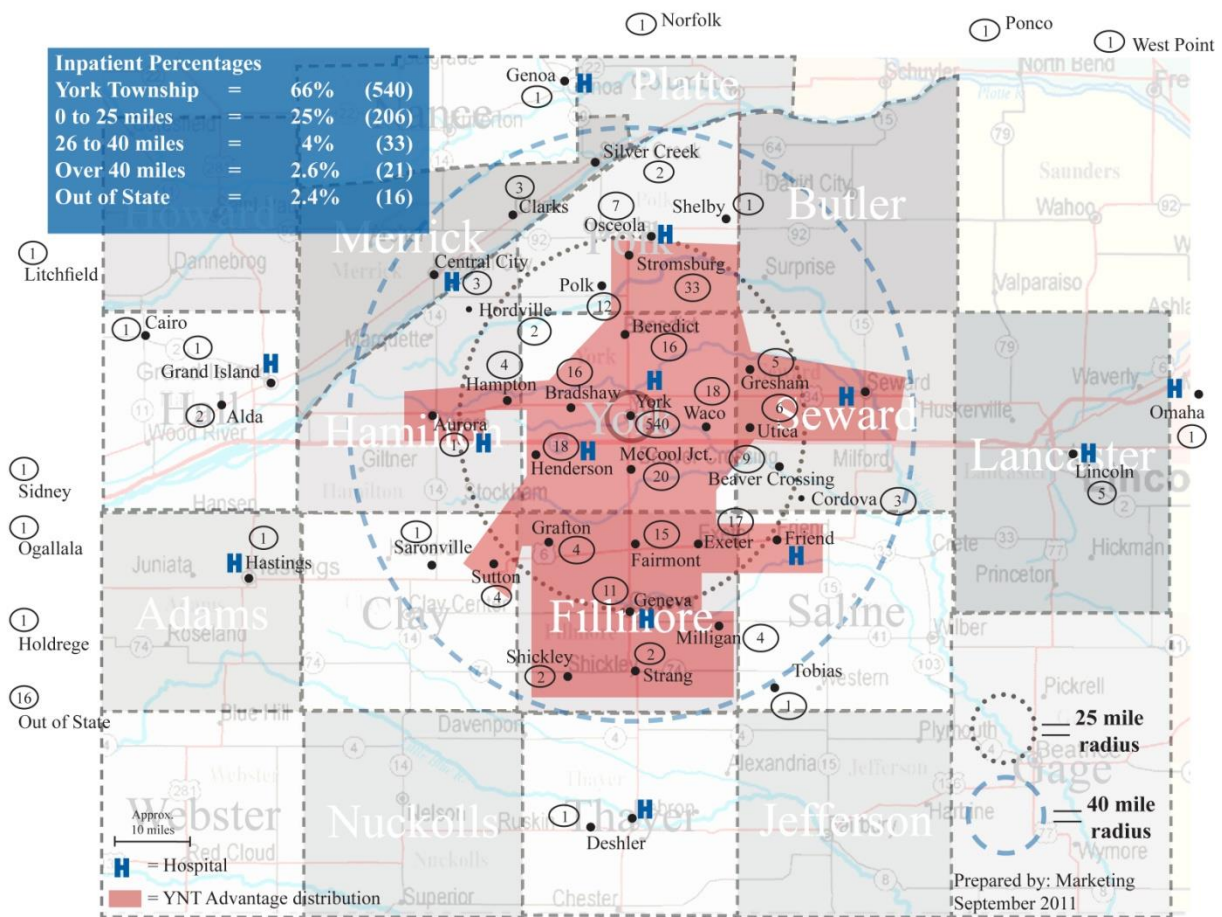
YORK GENERAL

Community Served

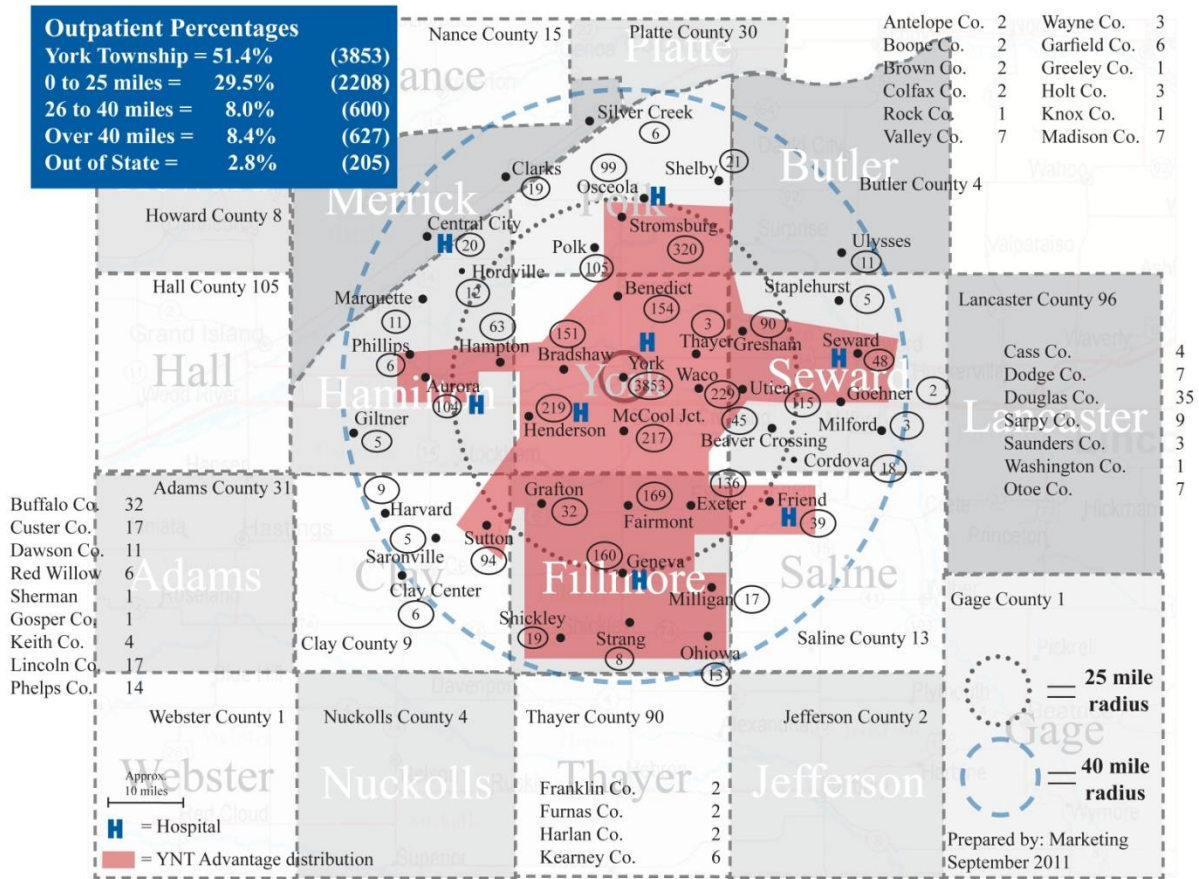
Geographic Area

York General Hospital is one of two Critical Access Hospitals in York County, serving a county population of nearly 14,000 residents. Statistics shown below regarding inpatient and outpatient visits show York General Hospital largely serves the community of York, Nebraska.

Inpatient Statistics



Outpatient Statistics



Target Populations

The following table outlines the target populations served in the city of York and York County, Nebraska. York General Hospital does not target any specific population group; but instead targets all residents of the city of York and York County not excluding medically underserved populations, low-income persons, minority groups, or individuals with chronic disease needs.

People QuickFacts	York County	Nebraska
Population, 2014 estimate	13,917	1,881,503
Population, 2010 (April 1) estimates base	13,665	1,826,341
Population, percent change - April 1, 2010 to July 1, 2014	1.8%	3.0%
Population, 2010	13,665	1,826,341
Persons under 5 years, percent, 2014	6.6%	6.9%
Persons under 18 years, percent, 2014	22.6%	24.8%
Persons 65 years and over, percent, 2014	18.5%	14.4%
Female persons, percent, 2014	51.3%	50.2%
White alone, percent, 2014 (a)	95.7%	89.4%
Black or African American alone, percent, 2014 (a)	1.6%	4.9%
American Indian and Alaska Native alone, percent, 2014 (a)	0.7%	1.4%
Asian alone, percent, 2014 (a)	0.6%	2.2%
Native Hawaiian and Other Pacific Islander alone, percent, 2014 (a)	0.1%	0.1%
Two or More Races, percent, 2014	1.3%	2.0%
Hispanic or Latino, percent, 2014 (b)	4.9%	10.2%
White alone, not Hispanic or Latino, percent, 2014	91.3%	80.5%
Living in same house 1 year & over, percent, 2009-2013	81.6%	83.3%
Foreign born persons, percent, 2009-2013	1.6%	6.3%
Language other than English spoken at home, pct age 5+, 2009-2013	5.0%	10.5%
High school graduate or higher, percent of persons age 25+, 2009-2013	94.2%	90.5%
Bachelor's degree or higher, percent of persons age 25+, 2009-2013	24.9%	28.5%
Veterans, 2009-2013	1,185	142,176
Mean travel time to work (minutes), workers age 16+, 2009-2013	12.9	18.1
Housing units, 2014	6,284	814,970
Homeownership rate, 2009-2013	69.3%	67.0%
Housing units in multi-unit structures, percent, 2009-2013	16.5%	19.6%
Median value of owner-occupied housing units, 2009-2013	\$108,500	\$128,000
Households, 2009-2013	5,501	725,787
Persons per household, 2009-2013	2.36	2.47
Per capita money income in past 12 months (2013 dollars), 2009-2013	\$28,207	\$26,899
Median household income, 2009-2013	\$49,633	\$51,672
Persons below poverty level, percent, 2009-2013	8.9%	12.8%
Business QuickFacts	York County	Nebraska
Private nonfarm establishments, 2013	515	52,585
Private nonfarm employment, 2013	5,939	830,073
Private nonfarm employment, percent change, 2012-2013	-1.8%	1.4%

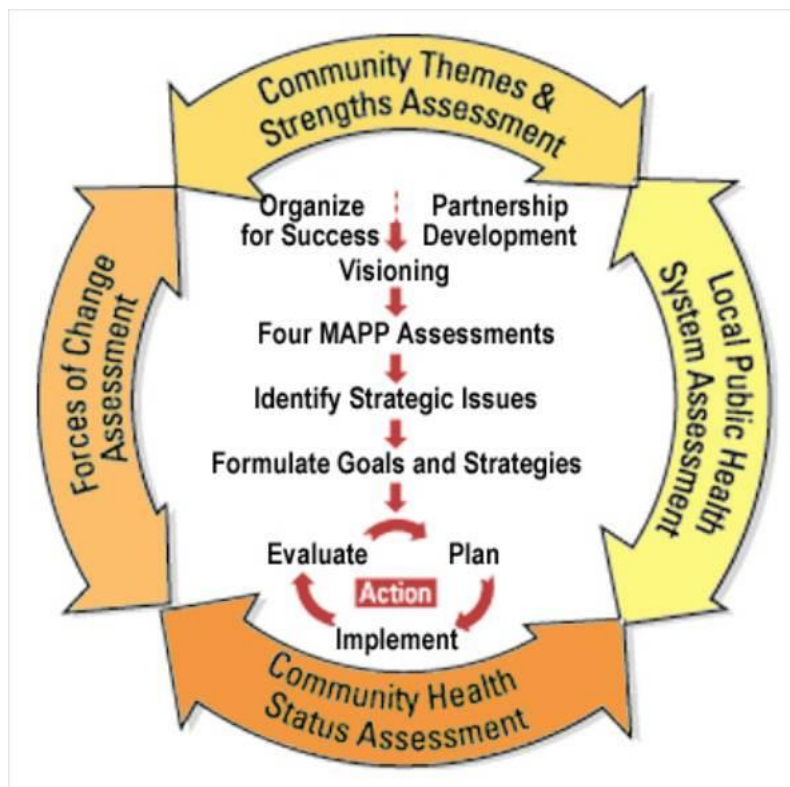
Nonemployer establishments, 2013	1,024	127,427
Total number of firms, 2007	1,509	159,665
Black-owned firms, percent, 2007	F	1.8%
American Indian- and Alaska Native-owned firms, percent, 2007	F	0.4%
Asian-owned firms, percent, 2007	F	1.4%
Native Hawaiian and Other Pacific Islander-owned firms, percent, 2007	F	0.0%
Hispanic-owned firms, percent, 2007	S	1.9%
Women-owned firms, percent, 2007	25.6%	25.7%
Manufacturers shipments, 2007 (\$1000)	353,197	40,157,999
Merchant wholesaler sales, 2007 (\$1000)	239,094	24,019,868
Retail sales, 2007 (\$1000)	241,319	26,486,612
Retail sales per capita, 2007	\$16,968	\$14,965
Accommodation and food services sales, 2007 (\$1000)	28,903	2,685,580
Building permits, 2014	16	7,605
Geography QuickFacts	York County	Nebraska
Land area in square miles, 2010	572.51	76,824.17
Persons per square mile, 2010	23.9	23.8
FIPS Code	185	31
Metropolitan or Micropolitan Statistical Area	None	
(a) Includes persons reporting only one race.		
(b) Hispanics may be of any race, so also are included in applicable race categories.		
FN: Footnote on this item for this area in place of data		
NA: Not available		
D: Suppressed to avoid disclosure of confidential information		
X: Not applicable		
S: Suppressed; does not meet publication standards		
Z: Value greater than zero but less than half unit of measure shown		
F: Fewer than 100 firms		
Source: US Census Bureau State & County QuickFacts		

Descriptions of Meetings, Focus Groups, Surveys

Four Corners Health Department, York General Hospital, and Henderson Health Care Services worked together to conduct the 2018 York County Community Health Assessment. The purpose of a community health assessment is to describe the health status of the population, identify areas for health improvement, determine factors that contribute to health issues, and identify assets and resources that can be mobilized to address population health issues.

The Community Health Assessment Survey was completed as an update to the prior survey conducted in 2015. In 2015, a community driven process, called MAPP, was chosen to complete the assessment. Mobilizing for Action through Planning and Partnerships (MAPP) is a dynamic process developed by the Centers for Disease Control and Prevention (CDC) and the National Association of City and County Health Officials (NACCHO) that helps communities prioritize public health issues and identify resources for addressing them. Community ownership is the fundamental component of MAPP.

A Community Health Advisory Team consists of individuals representing 22 partner agencies from across the Four Corners District. The team works to identify health concerns and needs across the District and then helps to identify possible solutions to the most pressing concerns. The team uses the MAPP process as seen below.



Background Information

In April of 2015, Four Corners Health Department launched a community assessment project. Mobilizing for Action through Planning and Partnerships (MAPP) is a dynamic process developed by the Centers for Disease Control and Prevention (CDC) and the National Association of City and County Health Officials (NACCHO) that helps communities prioritize public health issues and identify resources for addressing them. Community ownership is the fundamental component of MAPP.

The MAPP project includes four community assessments. In this report, we have focused on the results of the Community Themes and Strengths Assessment. The Community Themes and Strengths Assessment focuses on collecting the community’s perspective on issues such as health care, education, care for older adults, jobs, support networks, health problems, and risky behaviors. A survey was designed by utilizing a sample survey provided by NACCHO. The survey can be found in Appendix A.

An updated survey was distributed in 2018. The survey was available from May to July of 2018. It was available at community meetings such as Rotary, Kiwanis, or Sertoma Clubs. They were taken to churches, school events, county fairs, etc. The survey was also available online at Survey Monkey. In **York County**, **254** responses were received. The compiled results of those **254** surveys are reported here.

How old are you?		
Answer Options	Response Percent	Response Count
19-25 years	5.91%	15
26-39 years	20.47%	52
40-54 years	31.89%	81
55-64 years	25.98%	66
65-80 years	14.96%	38
Over 80 years	0.79%	2
Answered question		254

Which describes your race/ethnicity? Please select just one.		
Answer Options	Response Percent	Response Count
White, not Hispanic or Latino	95.98%	239
Hispanic or Latino	2.81%	7
American Indian, not Hispanic or Latino	0.4%	1
Asian, not Hispanic or Latino	0.8%	2
Black, not Hispanic or Latino	0%	0
Multi-Race, not Hispanic or Latino	0%	0
Some other race alone, not Hispanic or Latino	0%	0
Native Hawaiian and other Pacific Islander - not Hispanic or Latino	0%	0
Answered question		249

Information Gaps that Exist

Based on response demographics, information gaps exist for those that identify as a Hispanic, American Indian, Asian, Black, Multi-Race, or other race. Also respondents over the age of 80.

Identification, Assessment, and Prioritization of Health Needs of the Community

The most important “health problems and needs” identified in the community as a result of the assessment process are:

1. Obesity
2. Mental Health Problems
3. Cancers
4. Alcohol Abuse
5. Heart Disease and Stroke

Existing Health Care Facilities and Other Community Resources

The community of York, Nebraska offers a variety of community and health resources, as listed below.

1. Aging Partners
2. Blue Valley Community Action
3. Epworth Village
4. Four Corners Health Department
5. Home Care Plus
6. Mosaic
7. Nebraska Department of Health and Human Services
8. Tabitha
9. York Area Senior Center
10. York County Emergency Management
11. York County Extension Services
12. York General Health Care Services
 - a. York General Hospital
 - b. York General Hearthstone
 - c. Willow Brook Assisted Living
 - d. West View Medical Building
13. York Medical Clinic
14. York Surgical Associates

Implementation Strategy

Our Mission:

York General is a community, not for profit organization whose mission is:

- A. To be a regional health care provider for the citizens of York County and its contiguous counties with readily accessible high quality primary, obstetrical, mental health, medical, surgical, pediatric, and long term health care programs and services.
- B. To provide high quality physical and manpower resources.
- C. To operate within responsible fiscal guidelines without compromising Patient and Resident care in providing physical resources, manpower, and services.
- D. To be a leader in advocating high quality health care programs, developing resources, and providing services and programs that meet both preventive and primary health care needs of the citizens of the service area.
- E. To establish an ongoing process that insures that the Organization is measurably meeting its mission commitments to its Patients, Residents, Physicians, Employees, and Communities.
- F. To follow the ethical, legal, and regulatory requirements of civil, criminal, and healthcare laws. York General will create an atmosphere where staff shall expose without fear or favor, any illegal or unethical conduct and will react promptly to remedy any area of noncompliance.

Our Vision:

To be our region's trusted choice for the improvement of health and delivery of quality care throughout life.

Our Action:

York General has assessed the five health needs identified in the community and provides a response to each of the five as described below. A specific budgeted amount has been set aside to help meet and address the following community needs over the next three years:

1. **Obesity:** York General Wellness Center provides an affordable option for community members seeking to increase their physical activity and well being. Our Wellness Staff can provide consultation to individual community member's that focuses on healthy lifestyle maintenance. York General Hospital can provide nutritional counseling with one of our registered Dieticians.
 - a. Strategies:
 - i. To develop a consistent, comprehensive message via marketing tools regarding nutrition, physical activity, and weight loss.
 - ii. Due to our large number of employees, target staff as the starting point for obesity prevention.
 - iii. Focus on our Live Well Program, pushing it out to staff and including the community when able.
 - iv. Provide information regarding the health benefits of diet and exercise via our Carelink newsletter monthly
 - v. Work with community leaders and business leaders to develop additional methods of communication and education for employees and members of the community.
 - b. Goals:
 - i. Increase our Wellness Center Membership by 5% annually
 - ii. Provide a week of free Wellness to new Wellness members
 - iii. Sponsor the York News Times Weight Loss Challenge
 - iv. Sponsor the York Middle School fitness challenge
 - v. Work with the local Chamber of Commerce and appropriate public agencies to promote messages, newspaper press releases, etc.
 - vi. Provide nutritional counseling and education to patients with our Registered Dietician and/or Nursing staff.
 - vii. To conduct visits with community and business leaders. Also work in partnership with members of the Blue Zone Community Committee.

2. **Mental Health Problems:** York General currently provides three full days of Specialty Clinic Coverage with a Mental Health Professional. We do not have inpatient mental health treatment available, but can address the community need of outpatient services through our Specialty Clinic.
 - a. Strategy
 - i. Provide treatment for mental health problems via the Specialty Clinic
 - ii. Partner with the Medical Community to provide transfer for those needing inpatient mental health treatment in regional facilities.
 - iii. Educate York County residents on the availability of mental health services in York County.
 - iv. Promote awareness of mental health services in York County including school officials.
 - v. Able to identify the need in themselves and how to seek those services
 - vi. Advocate at a State level to enhance the access, availability and reimbursement for mental health services.
 - b. Goal
 - i. Evaluate the need for further mental health coverage as needed.
 - ii. Visit schools – market the services available – visit businesses or hold forums to roll out. Making aware the services are available within the community.

3. **Cancer:** York General Hospital provides comprehensive cancer services to area patients. Our Oncology Department and experienced staff are equipped to provide care to patients receiving chemotherapy and related cancer treatments. York General Hospital Specialty Clinic provides a visiting Oncology Physician at least twice a month in our Specialty Clinic, allowing patients to receive treatment and care close to home.
 - a. Strategies
 - i. To develop a consistent, comprehensive message via marketing tools regarding cancer prevention/awareness
 - ii. Develop a media campaign to promote a consistent message
 - iii. Evaluate offering a community skin cancer screening
 - iv. Provide the most up to date technology for early cancer detection via use of our 3D mammogram, MRI, and CT scanner.
 - v. Evaluate implementation of prostate MRI screening for early detection
 - vi. Hold a Ladies Night out to promote all types of cancer.
 - b. Goals
 - i. Host a Cancer Support Group/Cancer Survivor Christmas Party
 - ii. Host a “Ladies Night Out” in October promoting cancer awareness
 - iii. Evaluate extension of Radiology Department hours to promote easier access to Mammogram’s
 - iv. Promote preventative screening via written and direct marketing materials
 - v. Donate time and monetary donations to the Relay for Life every June
 - vi. Conduct community health screenings focusing on the community members

4. **Alcohol Abuse:** Basic referral services for substance abuse treatment are available. York General Hospital is not able to provide long term inpatient substance abuse treatment. It is in the best interest of the patient to accept referral as we do not have the staff with the expertise available in substance abuse treatment. York General Hospital is able to refer patients with substance abuse needs to a variety of services throughout the state of Nebraska. We are able to address alcohol abuse in the community through promoting awareness and providing education.
 - a. Strategy
 - i. Develop a campaign to promote alcohol abuse awareness
 - b. Goals
 - i. Continue to refer and encourage patients to seek inpatient treatment as appropriate
 - ii. Establish community partners to develop a campaign to promote alcohol abuse.

5. **Heart Disease and Stroke:** York General Hospital provides care to stroke patients via the ED for emergent events, inpatient care, and Cardiac Rehab. York General Hospital is able to treat community members in our outpatient Cardiac Rehab Program. The emergency department staff at York General Hospital is adept at diagnosing, treating, and stability patients with cardiac issues prior to treatment to specialized care.
 - a. Strategies
 - i. Continue to participate in Mission Lifeline Stroke Program.
 - ii. Provide two clinics per week in the Specialty Clinic specializing in Cardiology and Cardiovascular Services.
 - b. Goals
 - i. Provide a speaker, “The Cooking Cardiologist” for the community promoting heart health and healthy cooking skills.
 - ii. Provide education on heart disease, stroke, and heart health via the monthly CareLink newsletter.
 - iii. Promote our Cardiac Rehab, Stress Testing, Doppler, and Echo Services to the community via CareLink and Social Media.

Board of Directors Approval/Signature

The Community Assessment was reviewed and approved by the York General Hospital Board of Directors on January 28, 2019. The Five (5) health issues identified in the Assessment are currently being met through services in York or through referral.



Signature, Board Chairman

Form 990 available for review upon request.