

King's Daughters' Health Needs Assessment

Community Leader Interviews

Conducted August and September 2016

With 34 Community Leaders including Medical, Clergy, Educational, Civic, Business and Other Leaders

Envision

Healthy Community Initiative Meeting

Held May 2016

With 46 Community Leaders in Attendance including Medical, Clergy, Educational, Civic, Business and Other Leaders

Background on Community Leaders Interviews

- King's Daughters' Health solicited names of community leaders in a wide variety of areas including medical, civic, educational, business, religious and other areas in each of the three counties served.
- Letters were sent to 50 individuals who were identified as community leaders within the three counties.
- Follow up emails/telephone calls were made by Carri Dirksen during August and September 2016.
- A total of 34 interviews were completed. Individual comments are confidential; all comments are combined for this report. Due to the small sample from each county and due to the idea that KDH serves the general area, it is not appropriate to look at results at an individual county level.

Background on Envision - Healthy Community Initiative Meeting

- King's Daughters' Health, on behalf of Envision Jefferson County, sent out letters inviting community leaders in a wide variety of areas including medical, civic, educational, business, religious and other areas to attend a meeting focusing on launching a Healthy Community Initiative in Jefferson County.
- A total of 46 individuals signed the register as they entered the meeting.
- Each attendee was asked to complete a one page survey at the completion of the meeting regarding key health issues. Comments from those surveys are included in this section by health issue.

Community Leaders' Opinions on Health Issues *(Using a 7 point scale with 5, 6 and 7 being a major problem; 3 and 4 being a minor problem; 1 and 2 being not an issue)*

	Major	Minor	Not an Issue
Substance Abuse / Addictions	100%	0%	0%
Chronic Disease	94%	6%	0%
Overweight and Obesity	90%	10%	0%
Mental Health/Suicide	87%	10%	3%
Tobacco Use	84%	13%	3%
Lack of Physical Activity	75%	19%	6%
Responsible Sexual Behavior	63%	27%	10%
Injury and Violence (Domestic Abuse / Sexual Assault)	61%	39%	0%
Access to Health Care (Insured and Uninsured)	61%	23%	16%
Maternal and Child Health (Teen Pregnancy)	55%	42%	3%
Special Needs / Disabled / Impaired	52%	29%	19%
Infectious Disease	49%	35%	16%
Environmental Quality	29%	42%	29%
Immunization	19%	42%	39%
Occupational and Safety Health	14%	52%	34%

Community Leaders' Opinions on KDH's Role in Addressing Issues

	Leadership	Supporting	No Specific
Access to Health Care	88%	12%	0%
Chronic Disease	85%	15%	0%
Mental Health/Suicide	67%	33%	0%
Substance Abuse / Addictions	59%	41%	0%
Infectious Disease	58%	42%	0%
Lack of Physical Activity	54%	46%	0%
Tobacco Use	53%	38%	9%
Overweight and Obesity	50%	44%	6%
Maternal and Child Health (Teen Pregnancy)	44%	56%	0%
Immunization	37%	50%	13%
Responsible Sexual Behavior	22%	71%	7%
Special Needs / Disabled / Impaired	20%	76%	4%
Occupational and Safety Health	17%	66%	17%
Injury & Violence (Domestic Abuse/Sexual Assault)	7%	86%	7%
Environmental Quality	0%	60%	40%

Community Leaders' Comments on Health Issues

Lack of Physical Activity

- Several felt, as a community, we need to focus on lack of physical activity and poor nutrition instead of obesity.
- Madison Moves was well received by the community. Many felt it should evolve in to a year-round program.
- Many in all three counties cited that this as a major concern for the youth. The only exercise some children are receiving is a 15 minute recess during the school day. There is little if any exercise for children when they are at their own homes due to lack of parental supervision and/or fear for children's safety.
- Community leaders in both Trimble and Jefferson County cited the need for a YMCA with affordable rates. The same individuals mentioned the need for an indoor swimming pool that is open to the public year-round, seven days a week that provides easy entry for those with physical limitations.
- The need for affordable year-round physical activity events for senior citizens was mentioned.
- Several stated that we need to work with our youth on healthy eating/healthy exercise. It was mentioned that only a small percentage of students participate in sports at MCHS. It was expressed that there needs to be an effort to get students involved in sports and/or other activities at their individual schools and off the streets.

Overweight and Obesity

- Major issue in all counties and there is particular concern for the youth in each county.
- Nutritional education was cited by many as a need to help combat the issue. Many felt this needs to start with our youth beginning at the grade school level.

Tobacco Use

- The need for a Tobacco Cessation program was cited as a need in each county.
- Vaping, particularly by area youth, was a concern to many especially since little is known about its long-term effects.
- Several cited that reducing tobacco use needs to be addressed by the community and not just by KDH.
- Reducing second-hand smoke was brought up by several leaders.

Community Leaders' Comments on Health Issues

Substance Abuse

- All three counties felt there is a huge need for more education about substance abuse from early school age on up. They felt the education effort needs to be a combined effort between law enforcement, KDH, area churches and the school systems.
- Several cited that they know this is not just KDH's problem, but an issue facing the entire community. They felt KDH needed to step up and take the leadership role in addressing the problem by bringing all parties together to work on the issue.
- Prescription drug abuse is an issue in all three counties. Several voiced that KDH needs to be a leader in educating doctors on prescription practices.
- Switzerland County, in particular, cited alcohol as a major problem.
- An uptick in substance abuse has led to an increase in child neglect cases in all three counties.
- Several expressed the need to encourage the community to look at mental health/substance abuse as a "public health" problem and not just a "criminal legal" problem.
- Babies being born addicted to drugs is a major problem. Concern for the home environment for these babies once they are released back to the mother was expressed by several.
- Increase in crime rates was cited by all three counties in correlation with substance abuse which has led to overcrowding in county jails. Due to not having its own jail, Trimble County is encountering a financial burden from having to pay to house its prisoners in neighboring Carroll and Owens counties.
- The need to monitor prescribed meds was cited by several.
- The need to educate the community on how addictive opioids are was brought up several times. There needs to be realization that this could be a long-term issue.
- The lack of available and affordable in-patient treatment was mentioned by many.
- It was mentioned that there is a huge gap between the medicine addicted treatment provided by Dearborn County to Switzerland County and the lack of such by KDH.
- One leader expressed that substance abuse is being looked at as a criminal justice problem and that it needs to be looked at as a health issue. The leader felt KDH needs to allot beds within the hospital to be used for detox at a minimum.

Community Leaders' Comments on Health Issues

Substance Abuse continued...

- A couple of leaders felt KDH should give substance abuse the same attention as it gave getting a new cancer center building a couple of years ago.
- Several expressed the need for a drug treatment/substance abuse center in Madison.
- The Salvation Army is helping place individuals in its substance abuse treatment programs in Ft. Wayne and Indianapolis.
- Other forms of pain management need to be looked at beside prescription pain meds.
- Youth need to be exposed to what will happen should they partake in substance abuse. Let them tour the jails, go to the Salvation Army etc..
- One leader suggested the creation of a Recovery House. "I am aware of some similar type places in some larger communities - Bloomington, for example. This basically would be a place that someone who had an addiction issue could go to in order to get some help. The house would be staffed mostly by volunteers -who could provide some support and some direction - whether to meetings or agencies or detoxes or programs or someone to talk to who had been in a similar place in their life. The model and what all the house would offer could be designed or tweaked to meet the needs of the community."

Responsible Sexual Behavior

- Several cited the need for an agency like Planned Parenthood in each of the three counties.
- Lack of nearby OB/GYN care was cited in both Switzerland and Trimble Counties.
- Teens with multiple sexual partners was stated as an issue.
- Several in Madison mentioned the need for classes like Creating Positive Relationships in the Madison school system.

Mental Health/Suicide

- The large increase of suicides in Jefferson County was cited by many as a priority health issue.
- One individual stated that there have been 17 suicides so far this year. The individual felt that either people aren't seeking mental health services or simply do not know what to do.
- The need for education on life coping skills and building self esteem was voiced by many.

Community Leaders' Comments on Health Issues

Mental Health/Suicide continued....

- Several stated that there is often a waiting list of three to four months to get mental health help with a substance abuse issue which can cause some individuals to become suicidal.
- Several cited evidence based research that shows the earlier help is given to families with mental issues the less likely substance abuse will occur.
- More education is needed on the signs of what to look for in regard to mental health and on how to get past the stigma if you or a family member has a mental health issue.
- Teen suicide is an issue that needs to be addressed.
- Many expressed a strong need for psychiatrists in the area to evaluate, prescribe medication and adjust meds/treatment as needed.
- Frustration was voiced by many that it is hard to find help for those with mental health issues and that once help is found - it is even harder to insure that individuals continue with their appointments/medications.
- The need for a stronger connection between the health departments, mental health providers and KDH was cited by several leaders.
- Several expressed concern that there is no support when a suicidal person is brought to the hospital on a weekend. They are simply referred on.
- Bullying occurring via social media was a major concern expressed particularly for area youth.
- Several mentioned the importance of supporting the local NAMI (National Alliance on Mental Illness) group due to the support it gives families dealing with mental illness.
- It was mentioned that families need help on how to navigate "the system" to get mental health assistance for their loved one.

Injury & Violence

- Several mentioned they felt that the domestic violence and sexual abuse statistics for their county are understated. They felt that several cases occur that are not reported.
- Many felt the role of KDH is to educate and direct those affected to services which may help them.
- Child Neglect was a major concern to many due to the substance abuse in the area. Several voiced that they felt it is under-reported.

Community Leaders' Comments on Health Issues

Environmental Quality

- A few cited that the spraying of crops in the rural areas has caused an increase in respiratory issues.
- Concern over the air and water due to power plants was mentioned by several in all three counties.

Immunization

- The health departments in several counties were cited as doing a wonderful job immunizing school age children.
- The increased number of Amish practicing citizens was mentioned as being less likely to get vaccinated
- Parents in the area needed to be educated about the need for the HPV vaccine.

Access to Health Care

- The majority of leaders cited the need for more primary care providers in all three counties. Difficulties finding a doctor or getting an appointment with an existing doctor were both cited. They mentioned that patients are going to North Vernon or Columbus for care due to doctor availability.
- The need for pediatric and OB/GYN care was cited in both Switzerland and Trimble counties.
- Several cited individuals with chronic conditions who are going without their meds because they cannot get an appointment with a physician for a refill.
- The need for an Urgent Care or clinic in Downtown Madison was expressed due to transportation issues.
- It was stated that if someone does not have health insurance, he/she goes to urgent care for medical help versus a doctor or hospital.

Maternal & Child Health (including Teen Pregnancy)

- Several felt education is needed on the importance of good prenatal care. Tobacco use, proper nutrition and being substance free were all three mentioned as needing to be part of that education.
- Many mentioned that babies are being born addicted to drugs with mothers who are not interested in learning how to change their habits.
- A need for a program like Planned Parenthood was expressed.

Community Leaders' Comments on Health Issues

Infectious Disease

- All three counties cited a significant increase in Hepatitis C cases due to increased substance abuse.
- Several mentioned that they felt the Hep "C" rates in their counties are under-reported. They said several individuals will not come in for testing because they feel there is a "stigma" if they do such.

Occupational & Safety Health

- The need for KDH's involvement at some level was cited. Providing proactive education to area employers was one area mentioned. Many employers are having to send employees outside of the KDH service area for care
- Farm equipment accidents and ATV accidents are a concern to several. The need to wear masks while spraying crops and wearing ear plugs when near machinery by area farmers were both mentioned.
- No till farming was also mentioned as a concern due to the amount of herbicides such Round Up being used on crops for weed control.

Special Needs/Disabled/Impaired

- Transportation is a major concern. Catch a Ride is great, but it has limited hours and cannot handle all disabilities.
- The need for more supervised housing was brought up for those individuals who cannot live on their own and have no other option.
- Veterans were cited as a group needing additional care in the community.

Chronic Disease

- Cancer was a major concern of many. There is concern why certain cancers are above state averages.
- Smoking and obesity were cited as two major factors contributing to the increase in chronic disease. People not going in for follow-up medical care was also mentioned.
- Grandparents raising their children's children was cited as a factor due to the additional stress involved.
- Counties outside of Jefferson County would welcome a Diabetes Educator to lead Diabetes Support Groups.

Community Leaders' Suggestions for KDH for Services or Meeting Needs

Types of medical specialties needed:

- Psychiatry
- Occupational Therapy
- Endocrinology
- Rheumatology
- Weight Loss Clinic which includes Dietetic Counseling and Bariatric Surgery

Types of programs/services needed

- Suicide prevention.
- Smoking Cessation Classes
- Regular prescription drug /used syringe drop-offs in all three counties. Several suggested a site downtown for Jefferson County due to weekend transportation issues to the current location at the new MOB.
- Mental Health Counseling - both for those with substance abuse issues and for those with mental health disorders.
- A "Dying with Dignity" program incorporating advanced directives.
- Nutrition and cooking classes aimed at school-aged children through adult which include portion size, how many calories are in the food we eat etc. Incorporate how to read nutrition labels and why.
- Partnering with schools on physical activity/overweight & obesity programs aimed at all school age children which are offered as part of the school day.
- Programming on how to understand and cope with poverty.
- Childcare for drug-addicted babies.
- A pain management clinic in Jefferson County.
- Alateen program in conjunction with Alcoholics Anonymous
- NA (Narcotics Anonymous) Program
- Resources for employers with employees dealing with substance abuse issues.

Community Leaders' Suggestions for KDH for Services or Meeting Needs Continued...

Types of programs/services needed

- Classes on Parenting and Parenting Support Groups. The need for a Grandparents Support Group was mentioned several times since numerous grandparents are becoming the primary caregivers for their grandchildren.
- Program promoting the need for good oral health.
- ATV safety classes. One leader suggested that this could perhaps be incorporated with "AG Day" that all area fourth graders attend.
- Free "Hep C" Clinic - several mentioned people will come for testing when it is offered in a free clinic format. They feel there is less stigma.
- There needs to be a partnership between KDH and the area school systems' cafeteria managers on addressing the obesity issue.
- Life Line Screenings.
- Better support for children dealing with substance abuse in their homes. Many have parents in jail and unstable home lives.
- Stress management/coping skills programming, so people don't seek out drugs and alcohol.

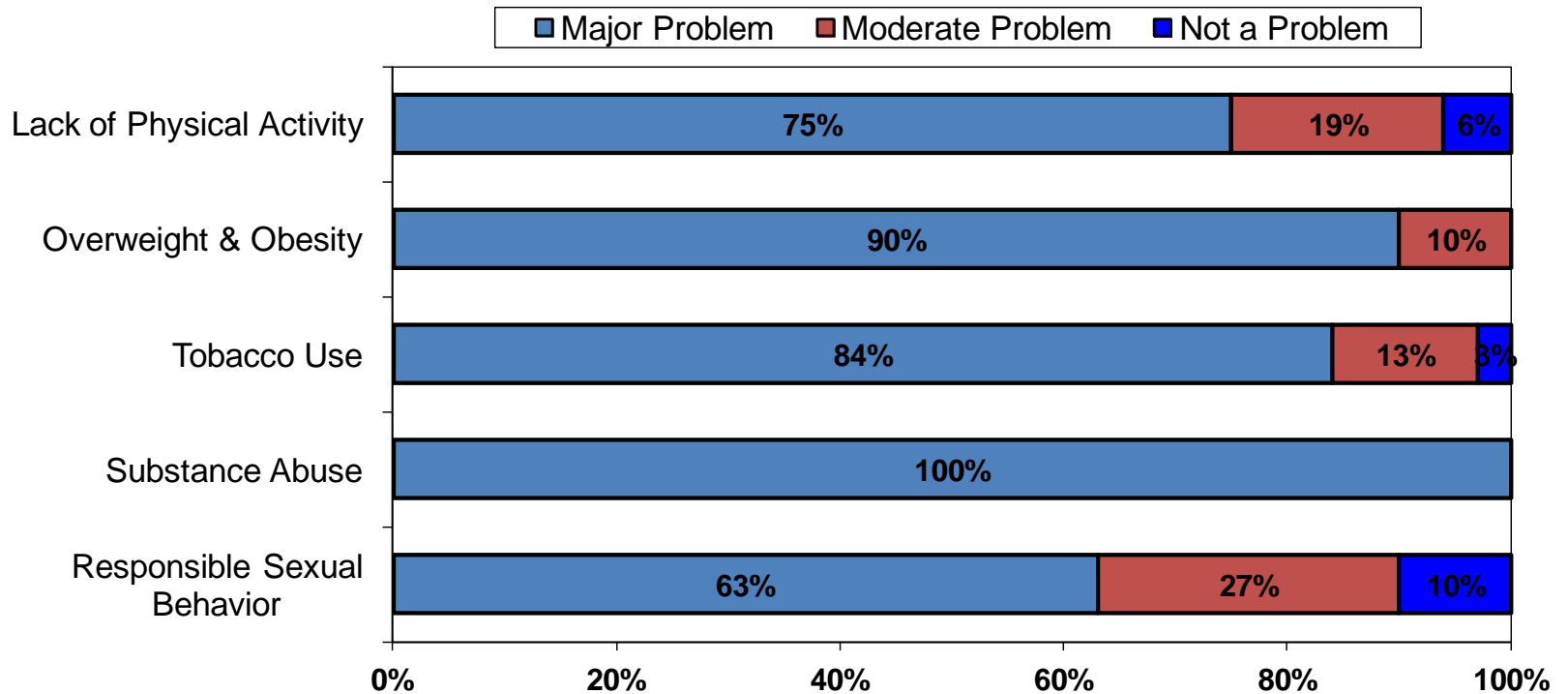
Community Leaders' Additional Comments

- Several cited generational poverty as a major contributing factor to the high obesity/substance abuse/tobacco use in the county.
- “KDH can’t solve these problems” said one Community Leader when asked about health issues in his/her county. This individual felt that KDH as a hospital is already doing what it should be doing. The leader felt that people do not take advantage and those that need help don’t seek help for issues like smoking and obesity. The hospital becomes the scapegoat for all that is wrong in the area.
- One leader expressed that it is very important that we look at integrated health including mental health. The leader cited that those with serious mental health issues often experience a decrease of 25 years in their life expectancy.
- Several expressed that there needs to be a better job publicizing existing resources to the community such as the Clearinghouse, Boys & Girls Club, support groups etc.
- One leader mentioned that Ball State uses volunteers to hold and cradle newborns whose parents (often drug addicts) can’t. The leader felt that this a program we should look at for Jefferson County.
- The need to leverage the power of education and the arts was expressed by one leader. The leader felt we need to invest in both of these as a community to provide resources for our school, focus on smaller class sizes (to increase attention and time for young people), and provide our youth with opportunities to express themselves by creating art, music and writing.
- There is concern in Switzerland County that KDH will no longer be providing physical therapy services.
- It was mentioned that pediatric doctors at KDH do not take Kentucky Medicaid, but KDH OB/GYN doctors do. This leader felt that mothers would stay at KDH if their Kentucky Medicaid was accepted.
- “I think it would be better for the community if Heather Foy’s focus was less on KDH employees and more on getting the community up and moving.”
- Several individuals stated they were impressed with both the turnout and the content of the Envision - Health Community Initiative Meeting. They felt that what was discussed at the meeting should be publicized in the newspaper and on the radio.

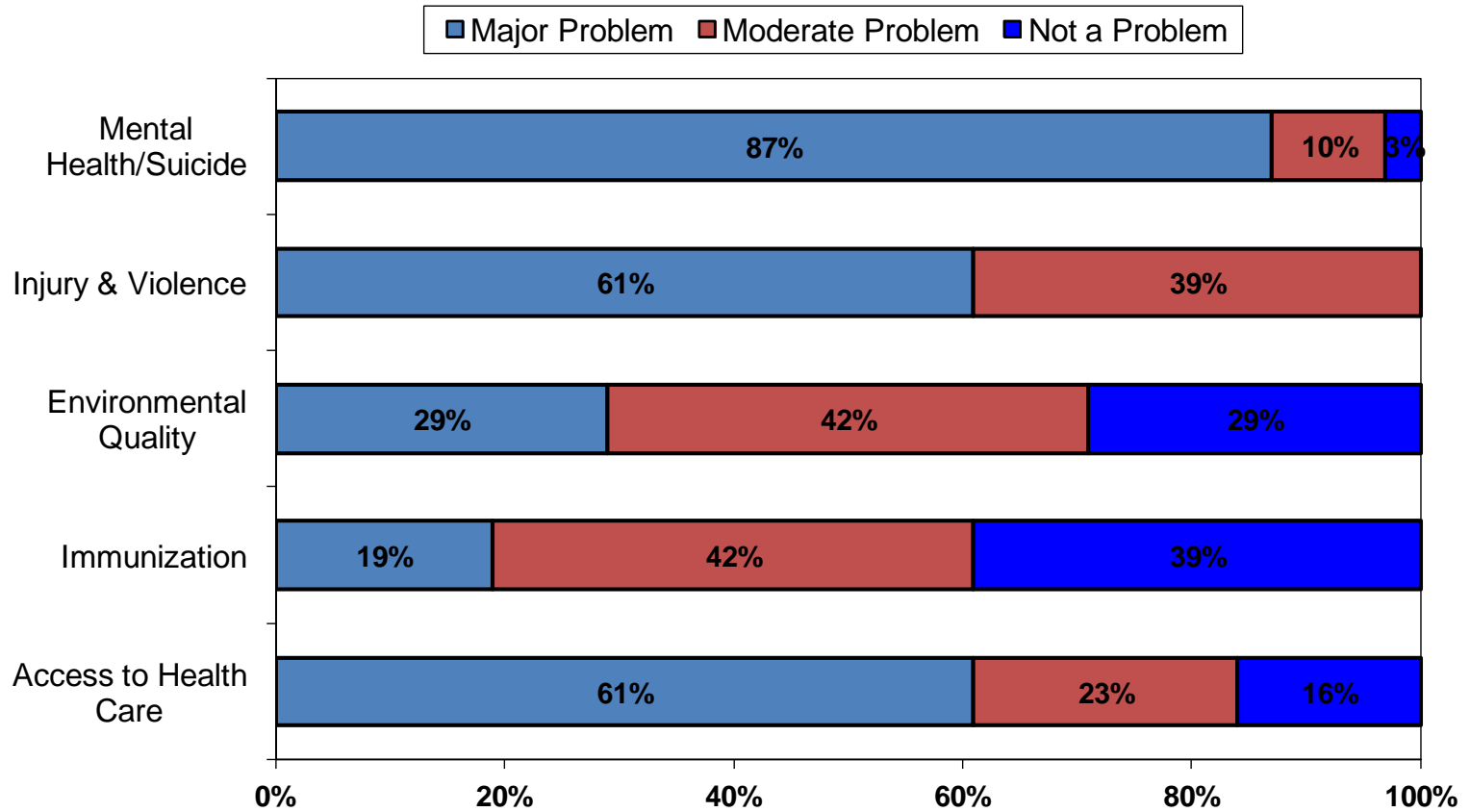
Community Leaders' Additional Comments

- Via email - "Thank you for your investment of time in the Community Needs Assessment Survey. As I've considered our communities health needs, I think there is wisdom in KDH being aware of those needs, but I would like to reiterate that I believe the hospital's biggest benefit to our community is in spending its time and resources on becoming the best hospital in the State of Indiana. By putting us on the map with the best healthcare available, they will draw the best doctors, nurses, and community members as a whole that will be the kind of people who give back to the community and can help turn around some of those health concerns. "
- Lack of public transportation in the evenings and on weekends is a major concern. People cannot maintain employment and/or seek medical care because they have not means of getting there other than a taxi which is cost prohibitive on a regular basis.
- Affordable and decent housing is a concern in Madison.
- One individual felt KDH needs to work on misdiagnosing by cross-checking more thoroughly.
- Several people voiced that they felt KDH is doing a good job.
- It was expressed by several that KDH needs to use its billboards less for marketing its products and more aimed at community health issues. More billboards need to be used for public service announcements such as "Have you got your Mammogram this year?" or "Heart Disease Kills".
- There is concern that there are groups duplicating efforts to counter the substance abuse issue in the community. The need for groups to work together on the issue was expressed.

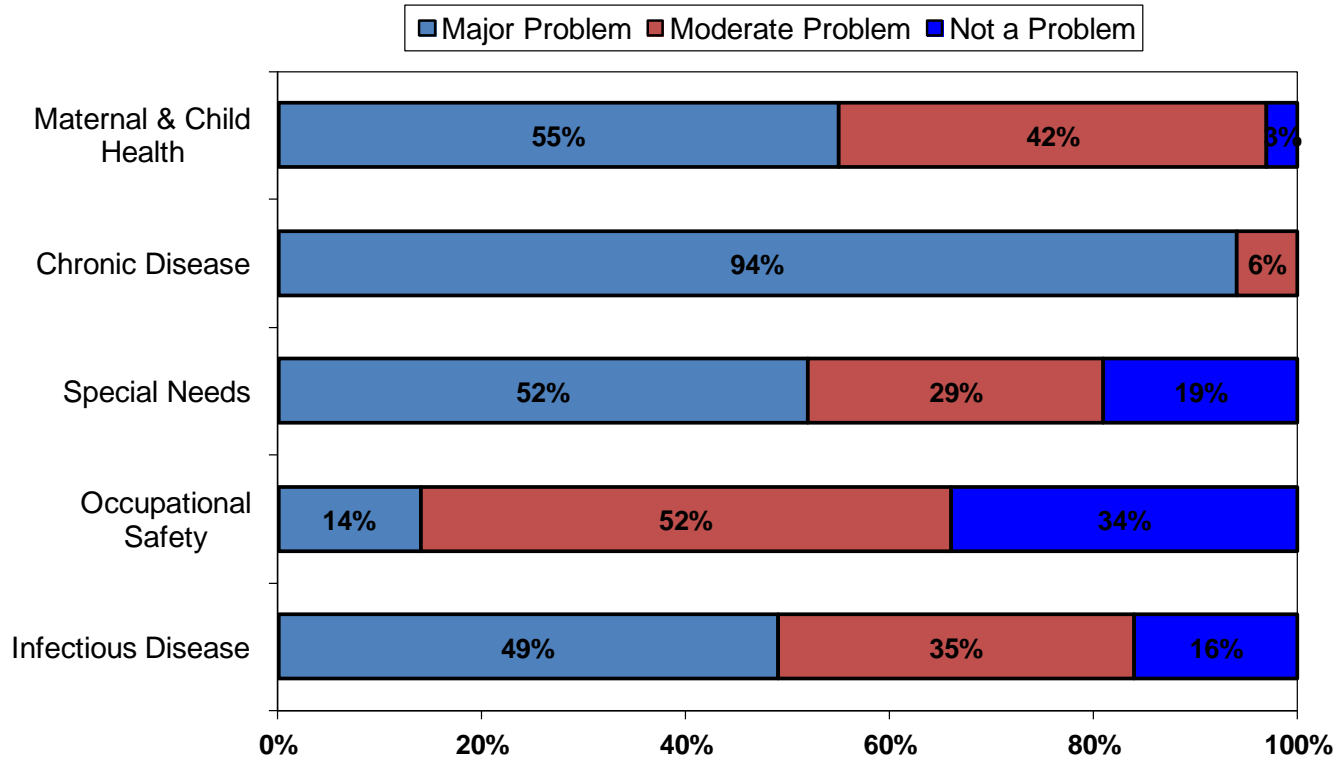
To what extent are the following topics a problem in your community?



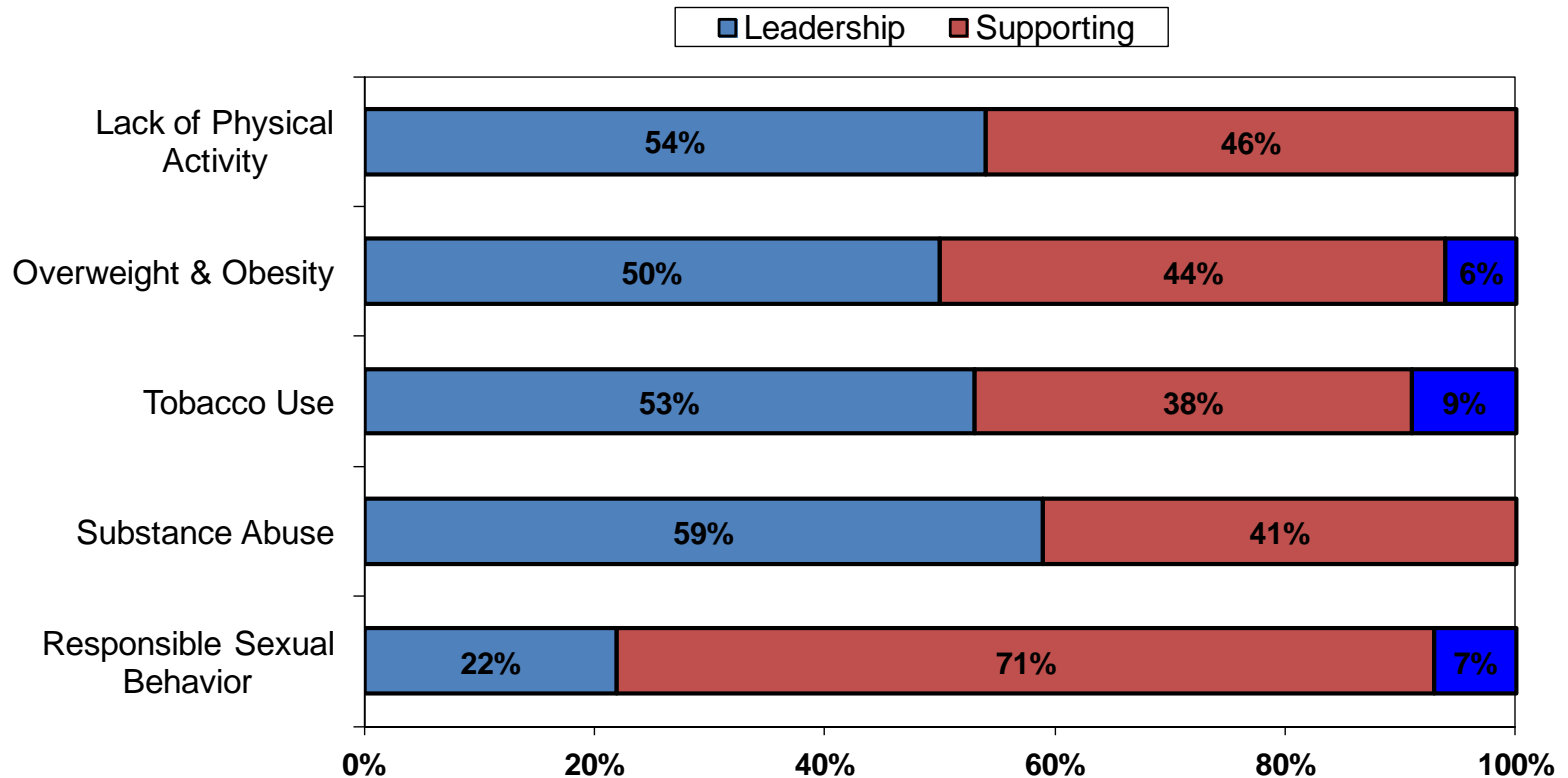
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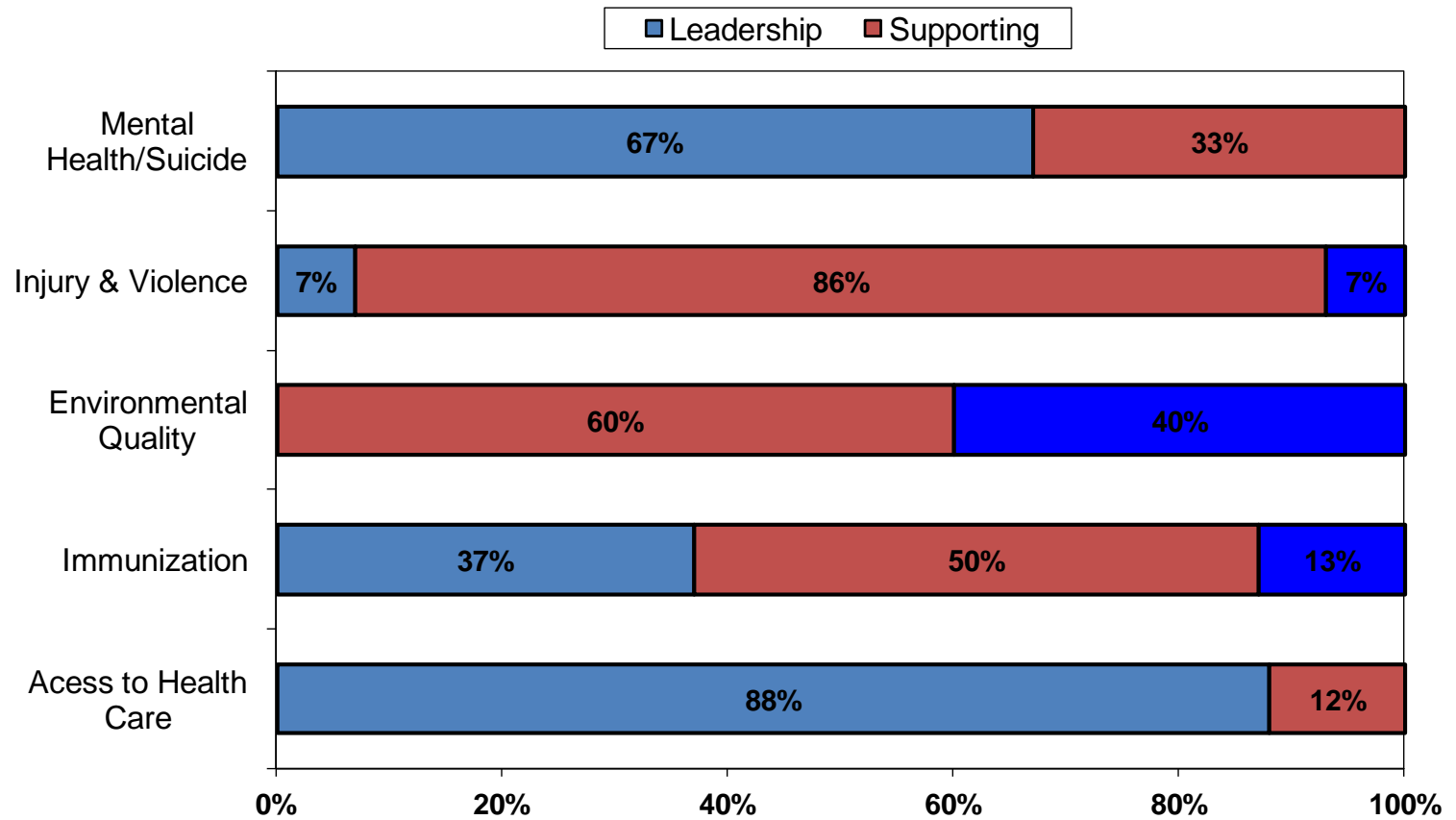
To what extent are the following topics a problem in your community?



What role should KDH have in addressing the following issues?



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