

**Kittson Memorial Healthcare Center's
2016 Community Health Needs Assessment Implementation Plan**

Kittson Memorial Healthcare Center (KMHC) reviewed our 2013 Community Needs Assessment and Implementation Plan. We also conducted a targeted Community Health Needs Assessment to key members of the community and to the senior citizen centers of the county to determine what the residents of our service area felt were opportunities for improving health and healthy living in the KMHC community.

As a result of this assessment, there was a consensus of concern for the continuation of emergency room, dental, retail pharmacy, and optometry services within our service area. Secondly, a feasibility study was conducted regarding additional housing, assisted living and nursing home availability as well as surveys conducted of unmet senior citizen needs that if addressed would allow for extended “aging in place”. Third, as a facility we want to continue to provide our residents, both adults and youth, with more information and support to promote healthier eating habits; knowledge of the effects of overuse of alcohol; the health consequences of tobacco usage; the warning signs of cancer and heart disease; and the further promotion of the importance of vehicle seat belt usage. These were all areas of concern from our data assessment of 2013.

In reviewing our Implementation Plan of 2013, we have made progress in nearly all areas of our 2013 Implementation Plan.

Though a variety of other needs were identified, the community recognized that it had limited resources and capacity and wanted to set realistic and achievable goals. The following provides an outline of what Kittson Memorial will do to address the results of this Community Health Needs Assessment:

<u>AREA TO BE ADDRESSED</u>	<u>ACTIVITY TO BE CONDUCTED</u>	<u>TIMEFRAME</u>	<u>RESPONSIBLE PARTY</u>
Continuation of emergency room, dental, retail pharmacy, and optometry services	Ongoing assessment with the responsible parties involved with these services to determine if any are in danger of being discontinued, and if so, possible options to preserve vital services	This is an ongoing assessment as payers and needs of the population change, including a major issue of workforce challenges.	<u>Kittson Memorial's CEO</u> with involvement by community leaders and business people
Unmet needs of senior citizens	Ongoing assessment of available services and determine what additional services seniors need to better “age in place.”	Ongoing	<u>Kittson Memorial's CEO</u> with involvement of senior citizens, clergy, community leaders
<u>Promotion of healthier behaviors/lifestyles as related to the following:</u>			
Weight Management	Pursue education and training of 1-2 staff members in the CDC's program “I Can Prevent Diabetes”.	Start in 2017	<u>Kittson Memorial's Public Health Staff</u> with support from Kittson Memorial's nutritional services staff and others.

<p>*Alcohol and tobacco usage</p>	<p>Continue to provide information to appropriate targeted groups regarding alcohol and tobacco use and associated health consequences.</p>	<p>Started winter of 2014, and ongoing. This continues ongoing.</p>	<p><u>Kittson Memorial's School Nurse</u> and medical staff of Kittson Memorial.</p>
<p>*Cancer and heart disease</p>	<p>Continue to disseminate information to the public on signs and symptoms of cancer and heart disease. Encourage practitioners to follow the American Cancer Society recommendations for screenings.</p>	<p>Started fall of 2014, and as of 2016 assessment, this intervention is ongoing</p>	<p><u>Kittson Memorial's Community Nurse</u> and clinic personnel</p>
<p>*Prevention of vehicle related injuries</p>	<p>Continue to assemble vehicle safety information, specifically related to seat belt usage, and disseminate to both adults and to youth.</p>	<p>Started summer of 2014 As of 2016 assessment, this intervention is ongoing.</p>	<p><u>Kittson Memorial's Community Nurse</u> in concert with law enforcement</p>