2019 Community Health Needs Assessment

And Action Plan

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Summary

Introduction

Community Health Needs Assessment

This is CHCS's third Community Health Needs Assessment (CHNA) report. As part of the 2010 Affordable Care Act, all tax-exempt hospitals must complete a CHNA every three years. The following assessment and action plan identifies the health needs of Pottawatomie County, Kansas; prioritizes these needs; and outlines a strategy for addressing the identified community issues.

Community Health Needs Summary

2013 & 2016 Community Health Needs

In 2013, CHCS identified Mental Health and Wellness and Prevention as priorities. The 2016 report concentrated on combatting heart disease and diabetes by emphasizing nutrition and physical activity. As you will see outlined below, the 2019 Community HealthCare System (CHCS) Health Needs Assessment identified similar priorities, built upon the groundwork laid in the previous assessments and introduced additional measures to meet the communities health needs.

2019 Community Health Needs

After reviewing a variety of national, state and local data; seeking input from community members; and collaborating with the Pottawatomie County Health Department; CHCS selected these three areas as healthcare priorities.

1. Mental Health
2. Cardiovascular Health (Heart Disease and Stroke Prevention)
3. Exercise, Nutrition and Weight Management
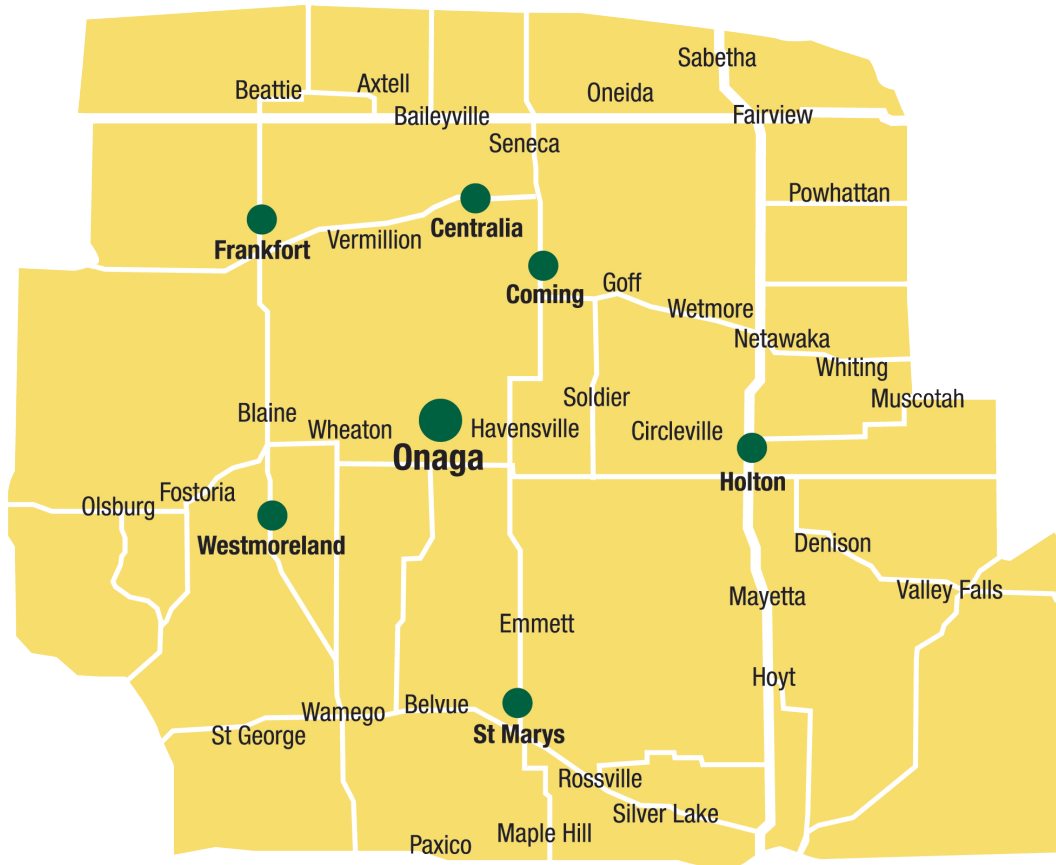
About Community HealthCare System

CHCS employs more than 450 associates and 22 physicians and advanced practitioners. Together they serve seven communities. CHCS is an award-winning, nonprofit health care system with a tradition of providing compassionate, high-quality care to the rural communities of northeast Kansas.

CHCS includes two hospitals (sharing one license), one in Onaga and another in St. Marys; seven family practice clinics serving the communities of Corning, Centralia, Frankfort, Onaga, Holton, Westmoreland, and St. Marys; two nursing homes and one assisted living facility; Home Health; and four fitness centers.

Methodology

Data Collection

CHCS took into consideration primary and secondary data sources during the Community Health Needs Assessment process.

Primary Data
Primary data was collected in a variety of fashions. Pottawatomie County community members gave their input via electronic and paper surveys. One-on-one discussions were conducted with CHCS senior leadership and small-group community feedback sessions took place in Onaga and St. Marys. The CHCS medical staff gave their input at the February 2019, medical staff meeting.

Secondary Data
The report took into consideration national, state and county data from a wide variety of sources. The most current data from the following sources was compiled and analyzed as part of this survey:

- American Heart Association
- Centers for Disease Control and Prevention
- Healthy People 2020
- Institute of Medicine of the National Academies
- Kansas Health Matters
- National Alliance on Mental Illness
- National Association for Sport and Physical Education
- Robert Wood Johnson Foundation County Health Rankings
- The Agency for Healthcare Research and Quality
- The George Washington University School of Public Health and Health Services Department of Health Policy; 2010
- The Institute for Health Metrics and Evaluation (IHME)
- The State of Obesity report
- United Health Foundation
- USC Schaeffer – The Leonard D. Schaeffer Center for Health Policy and Economics
- US Census
- US Department of Health and Human Services

CHCS is located in northeast Kansas in Pottawatomie County. The county encompasses 841.02 square miles with 25.7 people per mile. The US Census Bureau estimates that, in 2017, the county was home to 23,908 residents, an estimated 10% increase in the past seven years.

58.9% of the population lived in a rural setting. This compares to an average of 28.5% in the State of Kansas. The zip codes served by the two hospitals (one license) include:

- 66407
- 66422
- 66426
- 66432
- 66520
- 66521
- 66535
- 66536
- 66547
- 66549

Community HealthCare System
Locations

Hospital
Clinic
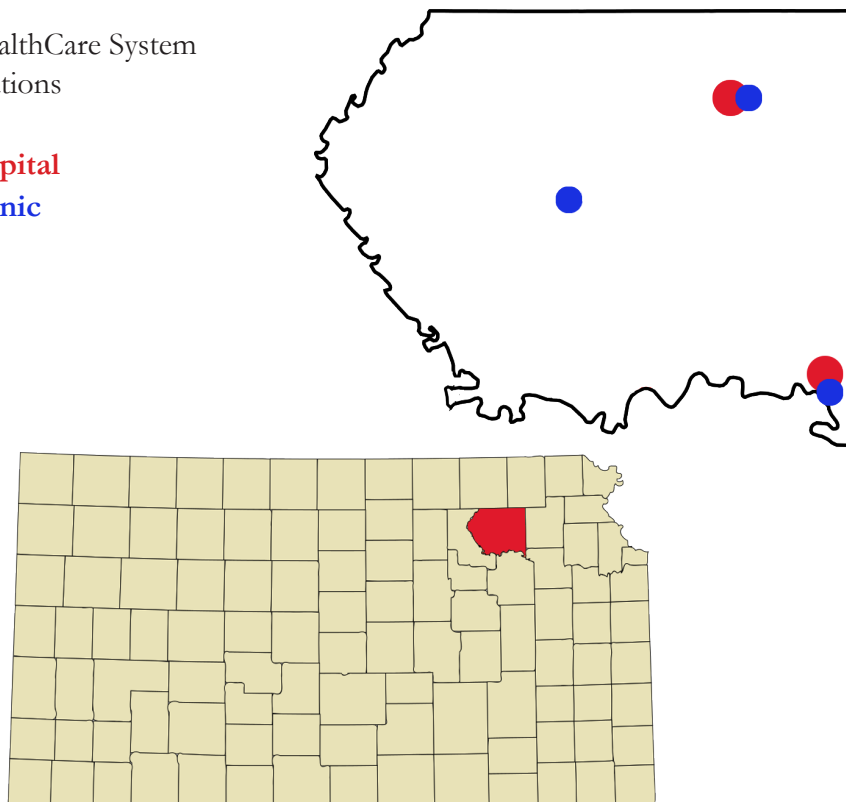
Age and Sex

The median age in the county was 34.8. 7.7% of the population was under the age of 5 and 28.9% was under 18 years old. 13.9% of the population was over the age of 65 and 50.3% of the population was female.

Detailed Age and Sex Breakdown
US Census Bureau American Community Survey

Subject	Pottawatomie County, Kansas				
	Total		Male		Female
	Estimate	Margin of Error	Estimate	Margin of Error	Estimate
Total population	22,920	*****	11,326	+/-113	11,594
AGE					
Under 5 years	8.3%	+/-0.3	8.2%	+/-0.5	8.4%
5 to 9 years	9.0%	+/-0.9	9.1%	+/-1.3	8.8%
10 to 14 years	7.5%	+/-0.9	7.3%	+/-1.2	7.7%
15 to 19 years	7.0%	+/-0.3	7.3%	+/-0.3	6.7%
20 to 24 years	5.4%	+/-0.2	5.2%	+/-0.2	5.6%
25 to 29 years	5.5%	+/-0.2	5.2%	+/-0.1	5.8%
30 to 34 years	7.6%	+/-0.4	7.6%	+/-0.5	7.6%
35 to 39 years	5.4%	+/-1.1	5.9%	+/-1.5	4.9%
40 to 44 years	6.9%	+/-1.0	7.4%	+/-1.3	6.4%
45 to 49 years	5.8%	+/-0.3	5.8%	+/-0.4	5.9%
50 to 54 years	6.6%	+/-0.3	6.5%	+/-0.3	6.7%
55 to 59 years	6.2%	+/-0.8	5.6%	+/-1.0	6.7%
60 to 64 years	5.6%	+/-0.7	6.3%	+/-1.0	4.8%
65 to 69 years	3.9%	+/-0.6	4.4%	+/-1.0	3.4%
70 to 74 years	3.7%	+/-0.5	3.5%	+/-0.7	3.8%
75 to 79 years	2.3%	+/-0.4	2.1%	+/-0.5	2.5%
80 to 84 years	1.7%	+/-0.4	1.1%	+/-0.4	2.2%
85 years and over	1.8%	+/-0.5	1.4%	+/-0.6	2.1%

Ethnicity

The race of the population in the Pottawatomie County is predominantly white. 94.3% identify as being "white alone." 4.4% of the population spoke a language other than English at home.

- White alone, 94.3%
- Black or African American alone, 1.2%
- American Indian and Alaska Native alone, 1%
- Asian alone, 1%
- Native Hawaiian and Other Pacific Islander alone, 0.1%
- Two or More Races, 2.5%
- Hispanic or Latino, 5.3%
- White alone, not Hispanic or Latino, 89.7%

Housing, Families and Living Arrangements
In 2017, the US Census Bureau estimated that there were 9,644 housing units available and 77.6% of them were owner-occupied. The median value of these units was $165,900. There were 8,364 households with 2.7 persons per household. 86.4% of them were living in the same house the year before.

Education
Of the people in our community over the age of 25, 95.4% of them had a high school education or higher and 32% had a college degree or higher.

Health
People under the age of 65 who live with a disability represented 6.4% of the population. 7.2% of our population, under the age of 65, was without health insurance.

Income, Jobs and the Economy
Pottawatomie County contains 607 businesses that provided employment. Total employment in 2016 was 8,699. 66.1% of people over the age of 16 were participating in the labor force and 59.3% of those were women.

Median household income in 2016 was $62,500. That averaged to be $27,199 per person. 8.2% of the population was living in poverty.

Population Health
(Robert Wood Johnson Foundation)

In the 2018 Robert Wood Johnson Foundation County Health Rankings, Pottawatomie County was ranked as number 5 out of 103 Kansas Counties in both Health Outcomes and Health Factors. Length of life and quality of life are the areas considered in the overall Health Outcomes ranking.

Length of Life
When it came to premature death (years of potential life lost before age 75), Pottawatomie County came in at number 8 in the state of Kansas with 6,000 deaths (per 100,000 population). The Kansas average was 6,000 and the best performers in the U.S. came in at 5,300 (per 100,000 population).

Quality of Life

Our county is ranked number 6 in the state in the area of Quality of Life.

The percentage of our population who reported poor or fair health, 13%
- Poor physical health days in the last 30 days, 2.7
- Poor mental health days in the last 30 days, 3.2
- Low birthweight, 5%

	Pottawatomie County	Error Margin	Top U.S. Performers	Kansas	Rank (of 103)
Health Outcomes					5
Length of Life					8
Premature death	6,000	4,900-7,100	5,300	6,800	
Quality of Life					6
Poor or fair health **	13%	12-13%	12%	15%	
Poor physical health days **	2.7	2.6-2.9	3.0	3.1	
Poor mental health days **	3.2	3.0-3.4	3.1	3.3	
Low birthweight	5%	4-6%	6%	7%	

Health Factors

When it comes to Health Factors, Pottawatomie County is ranked number 5 out of 103 Kansas Counties. The areas studied to reach this ranking include health behaviors, clinical care, socioeconomic factors and physical environment.

Health Behaviors

Pottawatomie County is ranked 18 in Health Behaviors.
- Percentage of adults who are currently smoking, 16%
- Adult obesity, 30%
- Food environment index, 8.7
- Physical inactivity, 24%
- Access to exercise opportunities, 76%
- Excessive drinking, 20%
- Alcohol-impaired driving deaths, 25%
- Sexually transmitted infections, 205.3
- Teen births, 17

Health Behaviors				18
Adult smoking **	16%	15-16%	14%	17%
Adult obesity	30%	27-33%	26%	32%
Food environment index	8.7		8.6	7.0
Physical inactivity	24%	21-27%	20%	25%
Access to exercise opportunities	76%		91%	81%
Excessive drinking **	20%	19-21%	13%	17%
Alcohol-impaired driving deaths	25%	10-42%	13%	25%
Sexually transmitted infections	205.3		145.1	394.8
Teen births	17	13-20	15	30

Clinical Care

The uninsured population in Pottawatomie County is lower than the Kansas average. When it comes to access to clinical care, Pottawatomie County falls behind the state and national average in a few areas. There was one primary care physician to 1,660 people in Pottawatomie County and in Kansas we averaged one provider to 1,320 people. There was one mental health provider to every 2,960 people in Pottawatomie County. This is in comparison to the average of one provider to every 560 people, on average, in Kansas.

Other measures:
- Dentists, 3,940:1
- Preventable hospital stays. (Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees), 48
- Diabetes monitoring, 91%
- Mammography screening, 61%

Clinical Care				13
Uninsured	6%	6-7%	6%	10%
Primary care physicians	1,660:1		1,030:1	1,320:1
Dentists	3,940:1		1,280:1	1,760:1
Mental health providers	2,960:1		330:1	560:1
Preventable hospital stays	48	38-58	35	51
Diabetes monitoring	91%	79-100%	91%	86%
Mammography screening	61%	50-73%	71%	63%

Socioeconomic Factors

In addition to the high school graduation rate, college education and unemployment numbers, discussed above, the socioeconomic factors that this report took into consideration are:
- Children in poverty, 9%
- Income inequality (Ratio of household income at the 80th percentile to income at the 20th percentile.), 3.8
- Children in single-parent households, 16%
- Social associations (The numerator is the number of organizations or associations in a county per 10,000 population. Associations include membership organizations such as civic organizations, bowling centers, golf clubs, fitness centers, sports organizations, political organizations, labor organizations, business organizations, and professional organizations.), 12
- Violent crime (Per 100,000 population), 221
- Injury deaths (Per 100,000 population), 68

Population Health Cont.
(Robert Wood Johnson Foundation)

		Pottawatomie County	Error Margin	Top U.S. Performers	Kansas
High school graduation		94%		95%	86%
Some college		71%	64-78%	72%	69%
Unemployment		3.5%		3.2%	4.2%
Children in poverty		9%	6-12%	12%	14%
% Children in Poverty	9%				
% Children in Poverty (Hispanic)	12%				
% Children in Poverty (White)	8%				
Income inequality		3.8	3.1-4.6	3.7	4.4
Children in single-parent households		16%	11-21%	20%	29%
Social associations		12.0		22.1	13.7
Violent crime		221		62	348
Injury deaths		68	54-85	55	70

Physical Environment

Pottawatomie County doesn't fair as well in the physical environment. It is ranked 51. These measures include:

- Air pollution - particulate matter (Average daily density of fine particulate matter in micrograms per cubic meter), 9.2
- No health-related drinking water violations reported
- Severe housing problems, 10%
- Driving alone to work, 80%
- Long commute - driving alone, 24%

Physical Environment					
Air pollution - particulate matter **		9.2		6.7	8.5
Drinking water violations		No			
Severe housing problems		10%	7-12%	9%	14%
Driving alone to work		80%	77-83%	72%	82%
Long commute - driving alone		24%	20-28%	15%	20%

Health Priorities

National Priorities

The report takes into consideration the Healthy People 2020 priorities. U.S. Department of Health and Human Services Healthy People 2020 strives to:

- Identify nationwide health improvement priorities.
- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress.
- Provide measurable objectives and goals that are applicable at the national, State, and local levels.
- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge.
- Identify critical research, evaluation, and data collection needs.

Overarching Goals
- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.
- Achieve health equity, eliminate disparities, and improve the health of all groups.
- Create social and physical environments that promote good health for all.
- Promote quality of life, healthy development, and healthy behaviors across all life stages.

2020 Leading Health Indicators
The Leading Health Indicators (LHIs) are composed of 26 indicators organized under 12 topics including:
1. Access to Health Services
2. Clinical Preventive Services
3. Environmental Quality
4. Injury and Violence
5. Maternal, Infant, and Child Health
6. Mental Health
7. Nutrition, Physical Activity, and Obesity
8. Oral Health
9. Reproductive and Sexual Health
10. Social Determinants
11. Substance Abuse
12. Tobacco

Pottawatomie County Priorities

Needs Not Addressed

The community members who completed the survey indicated "Access to Healthcare" as their number one priority. Our secondary data also supports this finding. After reading survey comments and discussing this topic at the stakeholder feedback sessions, we realized that by "access" they were not referring to access to medical care. They were talking about access to insurance and the affordability of healthcare.

Access to health care services, dealing with the cost and availability of health insurance as well as the lack of Medicaid expansion, is a global issue. Though this is a national issue that CHCS can't fix alone, the organization is committed to doing its part. CHCS employs an associate who is trained to assist community members with questions on insurance coverage through the Market Place. In addition, our associates help those who qualify connect with resources to obtain Medicare or Medicaid. CHCS is also active with the Kansas Hospital Association as they campaign to expand Medicaid coverage in Kansas.

Addressing Overall Needs

CHCS has adopted a couple of programs to address our patient's overall wellbeing. These programs touch all three of the priorities we are addressing in this report. The programs are:

Patient-Centered Medical Home
All eligible CHCS Clinics are recognized as Patient-Centered Medical Homes. The NCQA Patient-Centered Medical Home is a model of primary care that combines teamwork and information technology to improve care, improve the patients experience of care and reduce costs. Medical homes foster ongoing partnerships between patients and their personal clinicians, instead of approaching care as the sum of episodic office visits. Each patient's care is overseen by clinician-led care teams that coordinate treatment across the health care system. Research shows that medical homes can lead to higher quality and lower costs, and can improve patient and provider reported experiences of care.

Welcome to Medicare Preventative Visit
CHCS offers Welcome to Medicare Preventive Visits for those who are eligible. These visits are a one-time appointment for those who are new to Medicare. The aim of the visit is to promote general health and help prevent diseases.

Overview of Prorities

Community HealthCare System selected the following priorities using the input provided by those surveyed, feedback from community forums, talking with healthcare professionals and by evaluating our organization's available resources. We also took into consideration national priorities and the Community Health Needs Assessment of Wamego Health Center, the other hospital in our county. They discovered similar findings and aligned their survey with some of the same priorities.

Priority 1: Mental Health

Overview

Healthy People 2020 lists mental health as one of their topics. They stress the importance of mental health by discussing the inextricable link between physical and mental health. Evidence has shown that mental health disorders—most often depression—are strongly associated with the risk, occurrence, management, progression, and outcome of serious chronic diseases and health conditions, including diabetes, hypertension, stroke, heart disease and cancer.

The respondents from the community survey listed "Additional Mental Health Providers" as the second most important health issue in Pottawatomie County and "Increased Suicide Prevention Education" as number six. Mental health needs were also a topic of conversation at the community forums.

Prevalence

According to the National Alliance on Mental Illness, approximately one in five adults in the U.S. experiences mental illness in a given year. One in 25 experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities. When it comes to children, one in five youth, aged 13-18, experiences a severe mental disorder at some point during their life.

The Leonard D. Schaeffer Center for Health Policy and Economics states that Kansas has a lower number of behavioral health care professionals per capita compared to the rest of the U.S., and shortages are particularly evident in rural areas. Suicide is listed by the Kansas Department of Health and Environment as the second leading cause of death for Kansans, ages 15-24 and 25-44.

When it comes to the county, we fall far behind the state and nation in the number of mental health providers. The Robert Wood Johnson report states that Pottawatomie County has one provider per 2,960 people. In the same report, Pottawatomie County residents reported 3.2 mentally unhealthy days in past 30 days. This is close to the top U.S. performers that report 3.1 days.

Priority 1: Mental Health Cont.

Impact

The financial impact of poor mental health is easy to measure. USC Schaeffer reports that people living with mental illness are more likely to encounter the criminal justice system, resulting in a large number of arrests and incarcerations. The overall annual cost of incarcerating people with serious mental illness in state prisons in Kansas exceeds $100 million.

The need for additional mental health services is also evident in Emergency Departments. A study by the Agency for Healthcare Research and Quality reported that between 2006 and 2013, emergency department visits increased by 55% for depression, anxiety or stress conditions; 52% for psychoses or bipolar disorders; and 37% for substance abuse disorders.

Though financial impacts are easy to measure, the impact mental health issues have on the people living with them is a little more difficult to quantify. One concrete way to measure the impact is life expectancy. Many studies show the life expectancy of someone with severe mental illness is shorter than people who are not experiencing these issues.

Mental Health Resources Available in Pottawatomie County

Pawnee Mental Health Services
- Mental health services for children, teens and adults
- Therapy services
- Substance treatment

Manhattan Crisis Center
- 24-hour hotline
- Crisis intervention
- Safe shelter
- Advocacy
- Substance abuse

Andrew & Associates Counseling
- Counseling
- Psychological testing
- Employment assistance

Catholic Charities
- Children & adolescents
- Adults
- Family
- Marriage & couples
- Divorce adjustment

Three Rivers
Their mission is to empower persons with disabilities and seniors to live, work and be active members of their communities.

Community Health Ministry
- Behavioral health services

Restoration Center
- Recovery and prevention
- Outpatient services
- Adolescent outpatient services
- Assessment and referral

CHCS Mental Health Providers
- Regina Gronewoller, LSCSW
- Dagoberto Heredia, MD, Psychiatrist

HINK
CHCS is part of the Health Innovations Network of Kansas (HINK). This consortium of hospitals in Kansas works to collect and analyze opiate prescribing data in order to define standardized protocols and care throughout the region.

Restoration Center
- Recovery and prevention
- Outpatient services
- Adolescent outpatient services
- Assessment and referral

NEW

New Initiatives

Connect Pottawatomie County Coalition

CHCS is collaborating with various other county agencies to identify needs and gaps within our current mental health treatment system. The group recently received a grant to curb opioid addiction in our area.

Mental Health First Aid Training

Two CHCS associates will become mental health first aid instructors in the next year. Once trained, they will instruct others in our county about how to identify, understand and respond to signs of mental illnesses and substance use disorders in our community.

Evaluating the Need for Aditional Mental Health Providers

CHCS will evaluate the capacity of our current mental health providers and assess the need for additional providers.

CHCS Mental Health Taskforce

CHCS's internal mental health taskforce includes representatives from nursing, social work, administration and accounts payable. The group is evaluating the mental health needs of patients, associates and the community. Focused goals have been developed for each of these categories to improve access, education and identification for mental health needs within the system.

Senior Mental Health Program

CHCS is evaluating the need for an outpatient mental health program for senior citizens. If deemed feasible, this program would be housed in Onaga.

Priority 2: Cardiovascular Health
(Heart Disease & Stroke Prevention)

Overview

This goal is in alignment with the Healthy People 2020 national goal to improve cardiovascular health and quality of life through prevention, detection, and treatment of risk factors for heart attack and stroke; early identification and treatment of heart attacks and strokes; prevention of repeat cardiovascular events; and reduction in deaths from cardiovascular disease.

"Additional Treatment Options and Prevention Activities for Heart Health (Stroke, high cholesterol and heart disease)" was identified as the number four priority in the community survey. 24.38% of those surveyed said they had been diagnosed with high cholesterol and 7.96% are currently smokers. The potential need for cardiac rehab was identified as a service gap in Pottawatomie County at the community forums.

Prevalence

According to the Centers for Disease Control and Prevention (CDC), about 610,000 people die of heart disease in the United States every year–that's one in every four deaths. Heart disease is the leading cause of death for both men and women. Every year about 735,000 Americans have a heart attack.

Kansas reflects the national statistics. Heart disease is the number one killer in Kansas. The United Health Foundation notes that rural Kansans are more likely to suffer from heart disease than their suburban counterparts.

In Pottawatomie County, The Institute for Health Metrics and Evaluation (IHME) shows that when it comes to ischemic heart disease, otherwise known as coronary artery disease, the females in the county are less likely than other women in Kansas or the nation to suffer from the disease. Men in the county are more likely to suffer from the disease than others in Kansas or the nation.

The same repot looked at the health of 3142 counties the U.S. It listed Pottawatomie County's stroke ranking as 2935 for women and 2949 for men.

Impact

When it comes to the financial impact of heart health, the American Heart Association (AHA) listed that in 2016, cardiovascular diseases cost America $555 billion and by 2035, the cost is slated to skyrocket to $1.1 trillion. The AHA also reported that heart attacks ($12.1 billion) and Coronary Heart Disease ($9.0 billion) were two of the 10 most expensive conditions treated in US hospitals in 2013.

Priority 2: Cardiovascular Health (Heart Disease & Stroke Prevention) Cont.

Resources Available In Pottawatomie County

340B Medication Discount Program
CHCS participates in the 340B program. This program helps people who seek care at our rural health clinics receive discounts on many name brand medications.

LiveWell Committee
CHCS LiveWell Committee is a group of associates who promote the overall wellness in the organization, the community and schools. They address issues ranging from healthy eating to access to healthy food and heart health.

Tobacco Quitline KanQuit at 800-Quit-Now

American Heart Association

National Stroke Association

Cardiologists
Regional cardiologists have staff privileges and see patients in Pottawatomie County. This addresses the need for access in our area and helps address the transportation issues of cardiac specialty care patients.

University of Kansas Health System Heart Disease and Stroke Collaborative
(Kansas Clinical Improvement Collaborative)
Because rural communities have the highest mortality rates due to heart disease or stroke, CHCS participates in the Kansas Heart and Stroke Collaborative. This is an innovative care delivery and payment model that helps improve rural Kansans' heart health and stroke outcomes and reduce the total cost of care.

NEW

New Initiatives

340B Smoking Cessation Medication Discount Program
CHCS has developed a smoking cessation program as part of their 340B Community Initiatives. During a clinic visit, patients who are interested in smoking cessation will be eligible for prescription smoking cessation medications and CHCS will supplement copays. Eligible patients will pay no more than $5 per prescription.

Cardiac Rehabilitation Feasibility Study for Pottawatomie County
CHCS will undergo a study to assess the feasibility of offering Cardiac Rehabilitation in the county.

Community Blood Pressure Screening Program in Community
CHCS will offer blood pressure screenings throughout the county at restaurants, grocery stores and other locations frequented by the community. These drop-in screenings offer an opportunity for nurses to educate the public about heart health and potentially identify people who need to seek treatment for high blood pressure.

Kansas Initiative for Stroke Survival
In 2019, CHCS will collaborate with the Kansas Initiative for Stroke Survival. The group will bring stroke and heart disease education to providers and EMS personal in Pottawatomie County.

CPR and First Aid Training
CHCS's educational coordinator is working with the Onaga High school to provide Heartsaver CPR/AED/First Aid training to the freshman class. This provides students with skills that can be used should there be a cardiac arrest. In the future, we will offer CPR courses to the freshmen and junior classes. CHCS will also work with the area schools to provide Heartsaver CPR to educational staff, paras, and bus drivers. We hope to expand this program to businesses within the county who want/need to train employees in CPR and First aid.

Priority 3: Exercise, Nutrition & Weight Management

Overview

Exercise, nutrition and weight management are heavily linked. Healthy People 2020 lists exercise, nutrition and weight as one of their leading health indicators because "Ensuring that all Americans eat a healthful diet, participate in regular physical activity, and achieve and maintain a healthy body weight is critical to improving the health of Americans at every age."

When it came to ranking exercise, nutrition and weight, the people surveyed in Pottawatomie County ranked "Access to Healthy Food" as their third priority and "Increased Physical Activity Options" as number five.

In the community survey, 64.84% of respondents who didn't have walking and biking trails in their community would utilize them if they were available. The people who sometimes or never meet the American Heart Association's recommendations for physical activity listed their top two barriers as "I don't have enough time" and "I don't like exercising."

When discussing diet, those surveyed said they sometimes or never incorporate healthy food options into their diet. 62.65% said if there were more reasonably priced healthy food options, they would incorporate them on a more frequent basis.

Prevalence

US Department of Health and Human Services states that less than 5% of adults participate in 30 minutes of physical activity each day. When it comes to nutrition, the statistics are equally frightening. Typical American diets exceed the recommended intake levels or limits in four categories: calories from solid fats and added sugars; refined grains; sodium; and saturated fat. They also eat less than the recommended amounts of vegetables, fruits, whole-grains, dairy products and oils.

The culmination of lack of physical activity and less than adequate nutrition often leads to obesity. Data from 2009-2010 indicates that over 78 million U.S. adults and about 12.5 million (16.9%) children and adolescents are obese. Recent reports project that by 2030, half of all adults (115 million adults) in the United States will be obese. The State of Obesity report lists Kansas as the 18th highest adult obesity rate in the nation and the Robert Wood Johnson Foundation listed the obesity rate in Pottawatomie County as 30%.

Impact

Obesity leads to other health issues. According to the Institute of Medicine of the National Academies, obesity-related illness, including chronic disease, disability, and death is estimated to carry an annual cost of $190.2 billion. Projections by the National Association for Sport and Physical Education estimated that in 2018, obesity cost the U.S. 21% of our total healthcare costs.

Priority 3: Exercise, Nutrition & Weight Management Cont.

The CDC states that those who are obese have medical costs that are, on average, $1,429 more than those of normal weight. Roughly 42% higher. The George Washington University School of Public Health and Health Services Department of Health Policy reported in 2010 that the annual cost of being overweight is $524 for women and $432 for men. Annual costs for being obese are even higher. They come in at $4,879 for women and $2,646 for men.

Resources Available In Pottawatomie County

CHCS Fitness Centers
Onaga
Gym, Senior Swim, Yoga

Farmers Markets
Onaga
St. Marys
Wamego
Westmoreland

Vision Card/Food Stamps
Manhattan SRS

Women, Infant & Children (WIC)
Manhattan

Food Pantries
Onaga
St. George
St. Mary's
USD 320 (Wamego)
Community Health Ministry
USD 382
Westmoreland

Commodities
Alma
Olsburg
Onaga/Havensville
Paxico
St. Mary's
Wamego/St. George
Westmoreland

Harvesters Community Food Network

CHCS Dietary Education Program
- Associate outreach activities
- Community dietary education

Bariatric Surgery (Sleeve) surgery
Available at the Onaga campus.

Community Fitness Challenges (Fit for Life)

Walking Maps
Community and inside CHCS buildings

Priority 3: Exercise, Nutrition & Weight Management Cont.

NEW

New Initiatives

CHCS Onaga Campus Community Garden

The CHCS Onaga campus will explore the option of expanding the Onaga campus garden into a community garden. This will offer local people an additional way to access healthy foods.

Farmers Market Assessment

CHCS will assess if the farmers market in Onaga is meeting the goal of providing healthy fruits and vegetables to associates and community members.

LiveWell Education

The LiveWell Committee will explore additional ways to provide education to associates and community members on the importance of healthy eating.

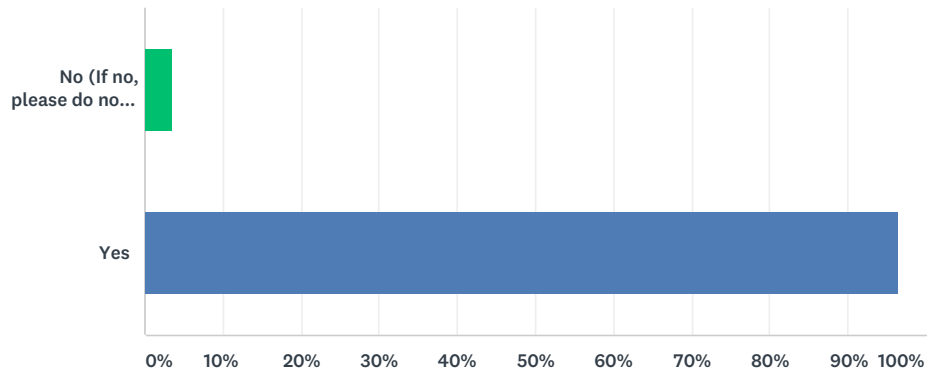**Grant Opportunities for Hiking and Walking Trails**

CHCS, along with the Onaga Revitalization Committee, is exploring grant opportunities to build walking and biking trails in the community.

Appendix

Hospital Leadership
- Todd Willert, CHCS CEO
- Mindy Olberding, CHCS CNO
- Melissa Talley, CHCS Chief Practice Management Officer
- Michele Berendsen, Communications Manager

Public Health
- Lisa Kenworthy, Director of Pottawatomie County Health Department

Community Survey

A total of 226 Pottawatomie County community members completed the electronic and paper version of the survey. This survey was distributed electronically via social media and the CHCS internal associate newsletter. A paper version was distributed by the CHCS medical clinics in Onaga, St. Marys and Westmoreland. It was also distributed by the Pottawatomie County Health Department, City of Onaga and Three Rivers, an organization that provides services to seniors and people with disabilities.

Locations of people who completed the community survey
226 surveys completed

Q1 I live in Pottawatomie County

Answered: 224   Skipped: 2

ANSWER CHOICES	RESPONSES	
No (If no, please do not proceed with this survey.)	3.57%	8
Yes	96.43%	216
Total Respondents: 224		

Q2 I live in _____ (town).

Answered: 209   Skipped: 17

#	RESPONSES	DATE
1	Saint George	1/11/2019 10:53 PM
2	St. Marys	1/11/2019 11:58 AM
3	Onaga	1/10/2019 4:13 PM
4	Onaga	1/10/2019 4:11 PM
5	Westmoreland	1/10/2019 4:08 PM
6	Westmoreland	1/10/2019 3:48 PM
7	Onaga	1/10/2019 9:07 AM
8	Blaine	1/9/2019 5:15 PM
9	Westmoreland	1/9/2019 5:13 PM
10	Westmoreland	1/9/2019 5:11 PM
11	Westmoreland	1/9/2019 5:08 PM
12	Country	1/9/2019 5:06 PM
13	Westmoreland	1/9/2019 5:03 PM
14	Westmoreland	1/9/2019 5:00 PM
15	Westmoreland	1/9/2019 4:58 PM
16	St. George	1/9/2019 4:55 PM
17	Westmoreland	1/9/2019 4:49 PM
18	Westmoreland	1/9/2019 4:47 PM
19	Westmoreland	1/9/2019 8:29 AM
20	Westmoreland	1/9/2019 8:27 AM
21	Westmoreland	1/9/2019 8:17 AM

22	St. George	1/9/2019 8:12 AM
23	St. Marys	1/8/2019 9:06 PM
24	St. Marys	1/8/2019 9:04 PM
25	St. Marys	1/8/2019 9:01 PM
26	St. Marys	1/8/2019 8:58 PM
27	Emmett	1/8/2019 8:54 PM
28	Belvue	1/8/2019 8:51 PM
29	Belvue	1/8/2019 8:44 PM
30	Country	1/8/2019 8:41 PM
31	St. Marys	1/8/2019 8:38 PM
32	Emmett	1/8/2019 8:34 PM
33	St. Marys	1/8/2019 8:30 PM
34	St. Marys	1/8/2019 8:25 PM
35	St. Marys	1/8/2019 8:20 PM
36	St. Marys	1/8/2019 8:17 PM
37	St. Marys	1/8/2019 8:13 PM
38	St. Marys	1/8/2019 8:10 PM
39	St. Marys	1/8/2019 8:06 PM
40	St Marys	1/8/2019 7:58 PM
41	Emmett	1/8/2019 8:12 AM
42	Emmett	1/7/2019 8:43 PM
43	Emmett	1/7/2019 8:40 PM
44	Onaga	1/7/2019 8:34 PM
45	Onaga	1/7/2019 8:30 PM
46	Olsburg	1/7/2019 8:26 PM
47	Blaine	1/7/2019 8:22 PM
48	Wheaton	1/7/2019 8:18 PM
49	Onaga	1/7/2019 8:14 PM
50	Onaga	1/7/2019 8:09 PM
51	Onaga	1/7/2019 8:06 PM
52	Onaga	1/7/2019 8:03 PM
53	Onaga	1/7/2019 8:00 PM
54	Onaga	1/7/2019 7:55 PM
55	Onaga	1/7/2019 7:52 PM
56	Onaga	1/7/2019 7:44 PM
57	Onaga	1/7/2019 5:35 PM
58	Onaga	1/7/2019 11:26 AM
59	Onaga	1/7/2019 11:24 AM
60	Havensville	1/7/2019 11:20 AM
61	Havensville	1/7/2019 11:16 AM
62	Wheaton	1/7/2019 11:13 AM
63	Duluth	1/7/2019 11:10 AM
64	Westmoreland	1/7/2019 11:07 AM
65	Onaga	1/7/2019 11:04 AM
66	Onaga	1/7/2019 11:02 AM

67	Onaga	1/7/2019 11:00 AM
68	Onaga	1/7/2019 10:57 AM
69	Onaga	1/7/2019 10:54 AM
70	Onaga	1/7/2019 10:52 AM
71	St. Marys	1/7/2019 10:48 AM
72	Onaga	1/7/2019 9:58 AM
73	Onaga	1/7/2019 9:54 AM
74	Westmoreland	1/6/2019 8:49 PM
75	st marys	1/5/2019 4:46 AM
76	County	1/4/2019 10:48 PM
77	The country, not in town.	1/4/2019 9:40 PM
78	St. Marys	1/4/2019 3:45 PM
79	Havensville	1/4/2019 3:10 PM
80	Havensville	1/4/2019 2:37 PM
81	Wheaton	1/4/2019 2:20 PM
82	Wamego	1/4/2019 1:12 PM
83	HAVENSVILLE	1/4/2019 12:37 PM
84	ST. Marys	1/4/2019 11:22 AM
85	St Marys	1/4/2019 8:45 AM
86	Wheaton	1/4/2019 5:27 AM
87	rural Onaga	1/3/2019 11:15 PM
88	Onaga	1/3/2019 9:13 PM
89	Onaga	1/3/2019 8:43 PM
90	Havensville	1/3/2019 6:06 PM
91	St. Mary's	1/3/2019 2:44 PM
92	Wamego	1/3/2019 1:21 PM
93	Wamego	1/3/2019 12:34 PM
94	Louisville	1/3/2019 12:31 PM
95	Wamego	1/3/2019 11:04 AM
96	Onaga	1/3/2019 10:37 AM
97	St. Mary's	1/3/2019 10:03 AM
98	Wamego	1/3/2019 8:38 AM
99	Wamego	1/3/2019 8:01 AM
100	Wamego	1/3/2019 7:50 AM
101	Saint George	1/3/2019 12:23 AM
102	Saint Marys	1/3/2019 12:16 AM
103	St. Marys	1/2/2019 11:20 PM
104	Saint Marys	1/2/2019 10:38 PM
105	St Mary's	1/2/2019 10:13 PM
106	St Marys	1/2/2019 9:58 PM
107	St. Marys	1/2/2019 9:54 PM
108	Saint Marys	1/2/2019 7:37 PM
109	St Mary's	1/2/2019 7:09 PM
110	St. Marys	1/2/2019 6:10 PM
111	st mary's	1/2/2019 6:05 PM

112	St. Mary's	1/2/2019 5:38 PM
113	Wamego	1/2/2019 5:13 PM
114	Wamego	1/2/2019 4:56 PM
115	Blue township	1/2/2019 4:50 PM
116	Wamego	1/2/2019 4:48 PM
117	St Marys	1/2/2019 4:42 PM
118	Wamego	1/2/2019 4:39 PM
119	Saint Marys	1/2/2019 4:12 PM
120	Saint Marys	1/2/2019 4:09 PM
121	Saint Marys	1/2/2019 3:47 PM
122	St marys	1/2/2019 3:41 PM
123	Saint Marys	1/2/2019 3:38 PM
124	in the country, between Belvue and St. Marys	1/2/2019 3:31 PM
125	St. Marys	1/2/2019 3:14 PM
126	St Marys	1/2/2019 3:13 PM
127	saint marys	1/2/2019 3:13 PM
128	St. Marys	1/2/2019 3:11 PM
129	Saint Marys	1/2/2019 3:08 PM
130	Saint Marys	1/2/2019 3:04 PM
131	St. Marys	1/2/2019 2:50 PM
132	Onaga	1/2/2019 2:48 PM
133	Onaga	12/30/2018 2:46 PM
134	Wamego	12/29/2018 9:35 PM
135	Onaga	12/29/2018 1:34 PM
136	Onaga	12/29/2018 10:53 AM
137	Blaine	12/29/2018 10:40 AM
138	Onaga	12/29/2018 10:30 AM
139	Onaga	12/29/2018 10:27 AM
140	Onaga	12/29/2018 9:36 AM
141	Onaga	12/29/2018 9:34 AM
142	Onaga	12/29/2018 9:33 AM
143	Onaga	12/29/2018 9:24 AM
144	Westmoreland	12/27/2018 10:24 AM
145	WAMEGO	12/26/2018 11:27 AM
146	Wamego	12/26/2018 8:48 AM
147	Onaga	12/22/2018 9:09 PM
148	Wamego	12/21/2018 1:04 PM
149	St. George	12/21/2018 9:03 AM
150	Wamego	12/21/2018 8:17 AM
151	Wamego	12/21/2018 7:26 AM
152	Onaga	12/21/2018 6:33 AM
153	wamego	12/20/2018 10:07 AM
154	Onaga	12/20/2018 6:16 AM
155	St George	12/19/2018 10:07 PM
156	Onaga	12/19/2018 6:36 PM

157	Westmoreland	12/19/2018 4:13 PM
158	Westmoreland	12/19/2018 3:06 PM
159	Westmoreland	12/19/2018 2:56 PM
160	Westmoreland	12/19/2018 2:50 PM
161	Manhattan	12/19/2018 11:54 AM
162	wamego	12/19/2018 11:50 AM
163	Wamego	12/19/2018 11:41 AM
164	Wamego	12/19/2018 10:30 AM
165	Westmoreland	12/19/2018 10:04 AM
166	Wamego	12/19/2018 8:27 AM
167	Wamego	12/19/2018 7:20 AM
168	Onaga	12/19/2018 5:24 AM
169	Wamego	12/18/2018 10:54 PM
170	Wamego	12/18/2018 8:18 PM
171	Wamego	12/18/2018 4:54 PM
172	Wamego	12/18/2018 4:43 PM
173	belvue	12/18/2018 4:37 PM
174	Wamego	12/18/2018 4:37 PM
175	Manhattan	12/18/2018 4:15 PM
176	the country	12/18/2018 1:46 PM
177	Onaga	12/18/2018 1:45 PM
178	wamego	12/18/2018 12:53 PM
179	Wamego	12/18/2018 12:42 PM
180	Onaga	12/18/2018 12:08 PM
181	Wamego	12/18/2018 11:59 AM
182	Westmoreland	12/18/2018 11:49 AM
183	Wamego	12/18/2018 11:46 AM
184	Wamego	12/18/2018 11:09 AM
185	Wamego	12/18/2018 11:04 AM
186	country	12/18/2018 10:52 AM
187	Blaine	12/18/2018 10:46 AM
188	Onaga	12/18/2018 10:38 AM
189	Manhattan	12/18/2018 10:32 AM
190	Westmoreland	12/18/2018 10:26 AM
191	Outside Onaga	12/18/2018 10:25 AM
192	Onaga	12/18/2018 10:24 AM
193	Westmoreland	12/18/2018 10:24 AM
194	Saint George	12/18/2018 10:15 AM
195	Near Westmoreland	12/18/2018 10:12 AM
196	Westmoreland	12/18/2018 10:11 AM
197	Rural Pottawatomie County	12/18/2018 10:10 AM
198	Wamego	12/18/2018 10:10 AM
199	Westmoreland	12/18/2018 10:10 AM
200	Westmoreland	12/18/2018 10:10 AM
201	Wamego Township	12/18/2018 10:09 AM

202	Wamego	12/18/2018 10:09 AM
203	Westmoreland	12/18/2018 10:09 AM
204	Wheaton	12/18/2018 10:09 AM
205	Wamego	12/18/2018 10:08 AM
206	Onaga	12/18/2018 9:17 AM
207	Emmett	12/18/2018 9:06 AM
208	Onaga	12/17/2018 11:35 AM
209	onaga	12/17/2018 11:21 AM

Q3 My age is:

Answered: 213   Skipped: 13
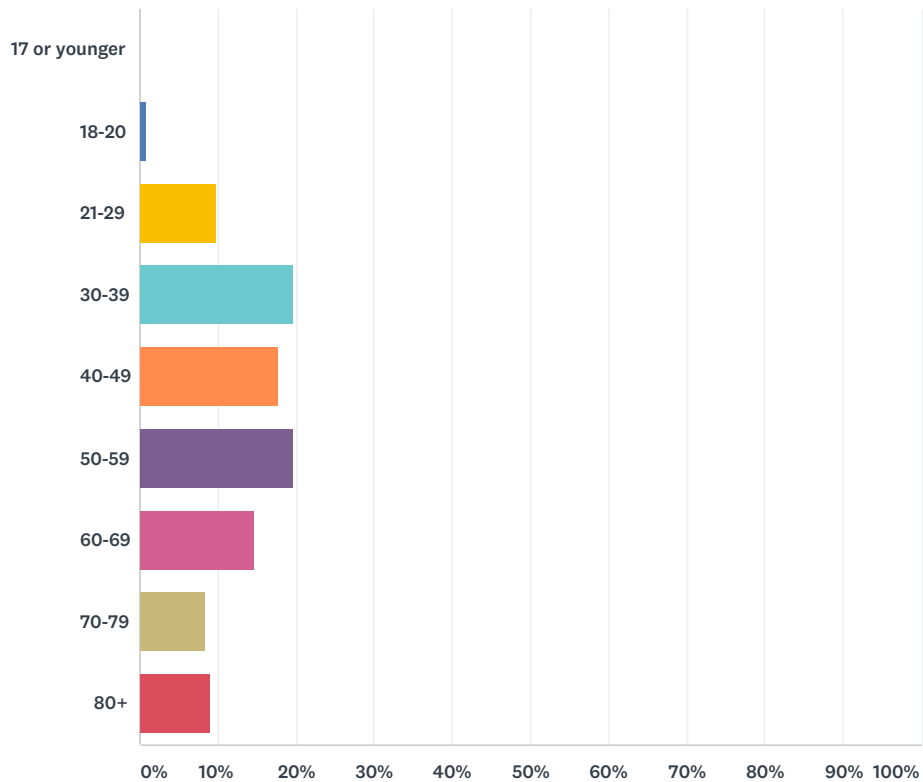
ANSWER CHOICES	RESPONSES	
17 or younger	0.00%	0
18-20	0.94%	2
21-29	9.86%	21
30-39	19.72%	42
40-49	17.84%	38
50-59	19.72%	42
60-69	14.55%	31
70-79	8.45%	18
80+	8.92%	19
TOTAL		213

Q4 How do you identify your race?

Answered: 212   Skipped: 14
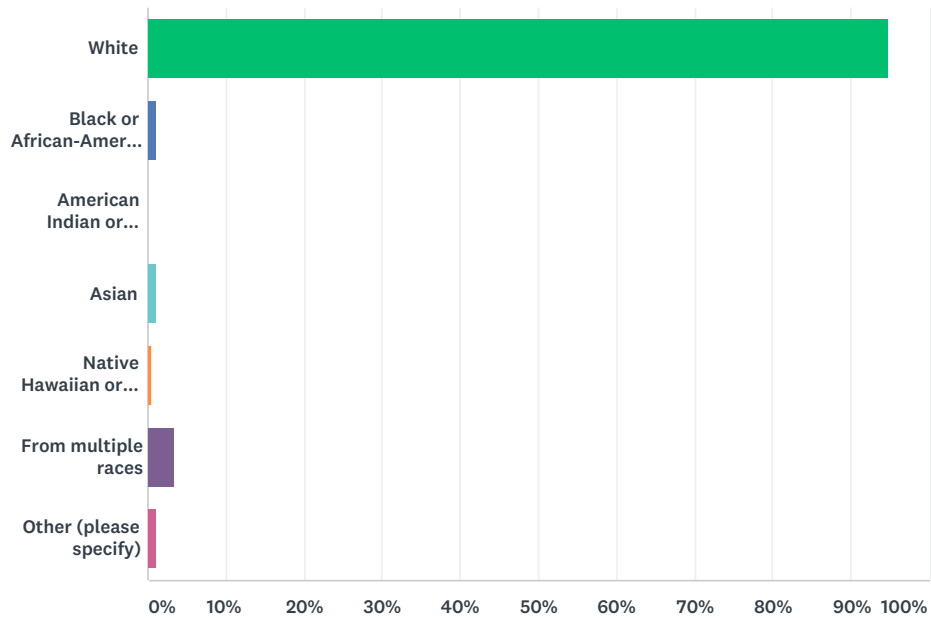
ANSWER CHOICES	RESPONSES	
White	94.81%	201
Black or African-American	0.94%	2
American Indian or Alaskan Native	0.00%	0
Asian	0.94%	2
Native Hawaiian or other Pacific islander	0.47%	1
From multiple races	3.30%	7
Other (please specify)	0.94%	2
Total Respondents: 212		

#	OTHER (PLEASE SPECIFY)	DATE
1	Hispanic	1/2/2019 5:38 PM
2	Mexican-Hispanic	1/2/2019 3:08 PM

Q5 What is your gender?

Answered: 211   Skipped: 15
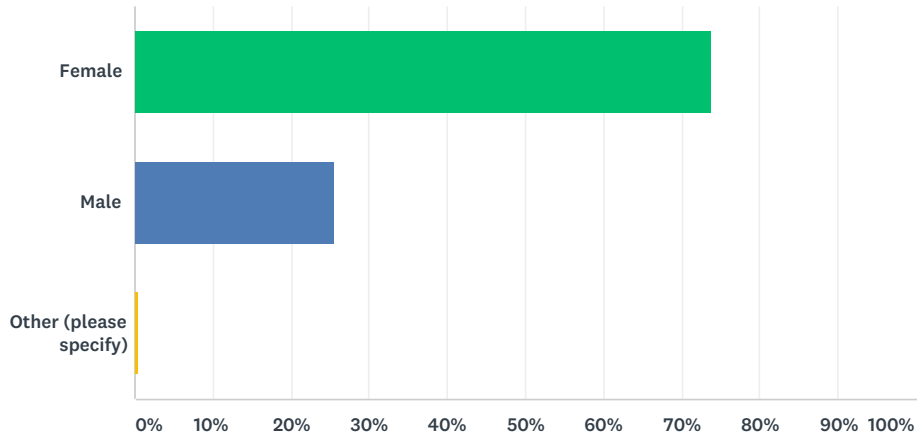
ANSWER CHOICES	RESPONSES	
Female	73.93%	156
Male	25.59%	54
Other (please specify)	0.47%	1
TOTAL		211

#	OTHER (PLEASE SPECIFY)	DATE
1	"Gender" is a linguistic term. My SEX is MALE.	1/2/2019 9:54 PM

Q6 Do you see your healthcare provider on a regular basis (annually at least)?

Answered: 211   Skipped: 15
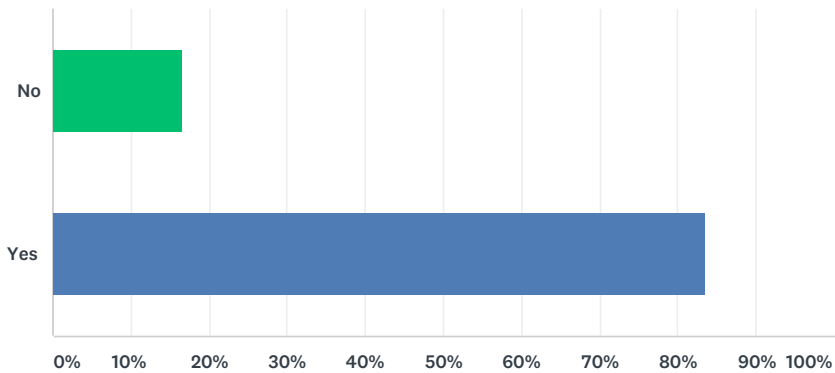
ANSWER CHOICES	RESPONSES	
No	16.59%	35
Yes	83.41%	176
TOTAL		211

Q7 Why don't you see a healthcare provider on a regular basis?

Answered: 35   Skipped: 191
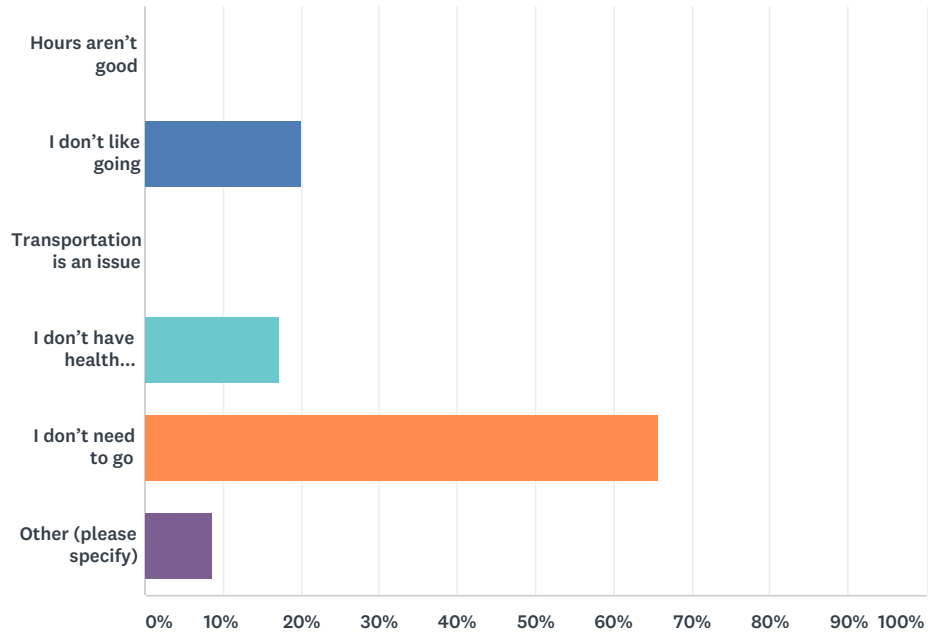
ANSWER CHOICES	RESPONSES	
Hours aren't good	0.00%	0
I don't like going	20.00%	7
Transportation is an issue	0.00%	0
I don't have health insurance	17.14%	6
I don't need to go	65.71%	23
Other (please specify)	8.57%	3
Total Respondents: 35		

#	OTHER (PLEASE SPECIFY)	DATE
1	This is not your resposibilty, please stop wasting my tax dollars	1/4/2019 10:50 PM
2	I don't think it is necessary	1/3/2019 8:45 PM
3	Can't go when I have daycare kids all week	12/19/2018 10:32 AM

Q8 I have access to enough food for my family.

Answered: 208   Skipped: 18
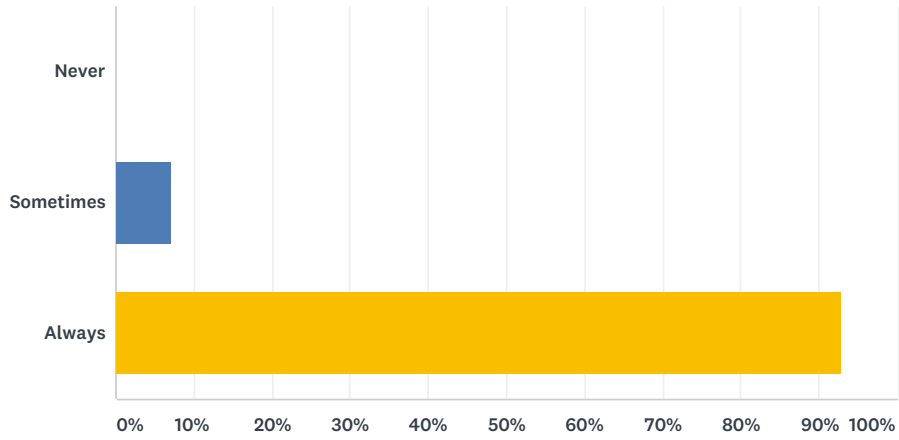
ANSWER CHOICES	RESPONSES	
Never	0.00%	0
Sometimes	7.21%	15
Always	92.79%	193
TOTAL		208

Q9 I have internet access.

Answered: 208   Skipped: 18
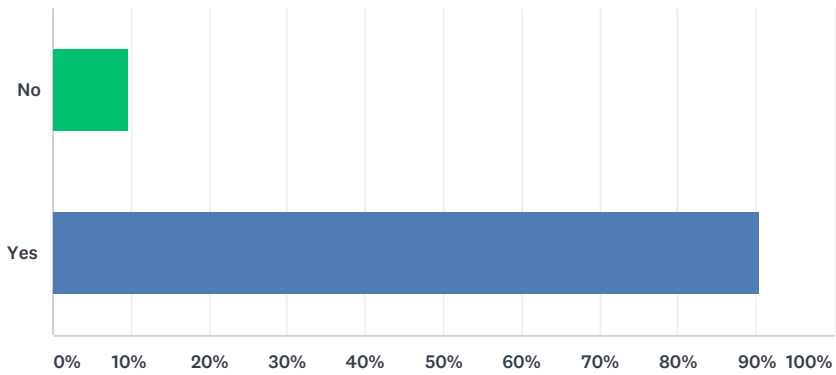
ANSWER CHOICES	RESPONSES	
No	9.62%	20
Yes	90.38%	188
TOTAL		208

Q10 Where do you get information about community events?

Answered: 208   Skipped: 18
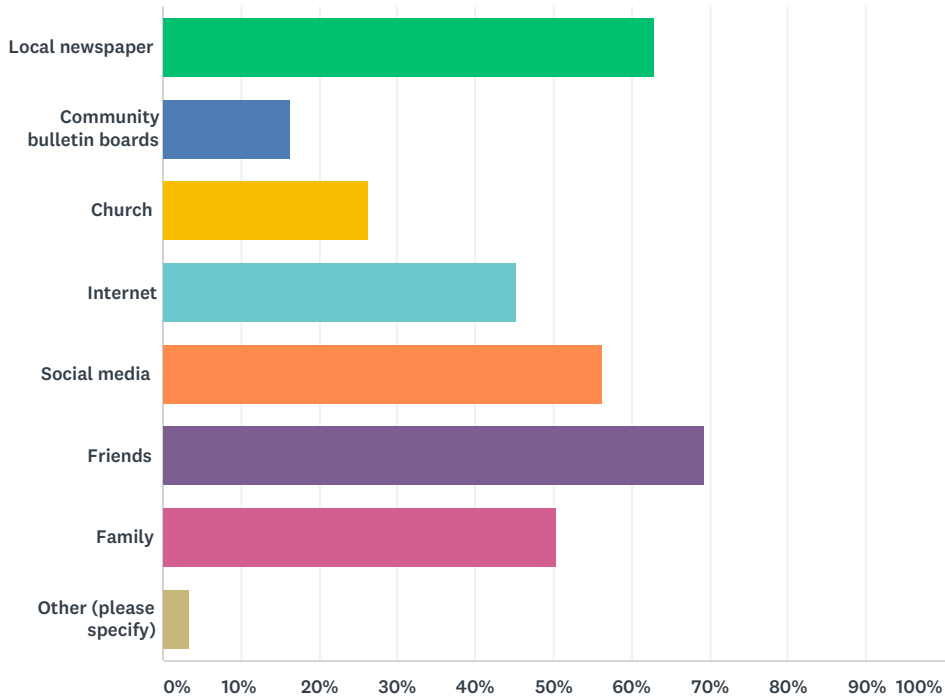
ANSWER CHOICES	RESPONSES	
Local newspaper	62.98%	131
Community bulletin boards	16.35%	34
Church	26.44%	55
Internet	45.19%	94
Social media	56.25%	117
Friends	69.23%	144
Family	50.48%	105
Other (please specify)	3.37%	7
Total Respondents: 208		

#	OTHER (PLEASE SPECIFY)	DATE
1	South 40 Cafe	1/9/2019 5:03 PM
2	City Monthly Newsletter	1/9/2019 4:47 PM
3	Gossip	1/4/2019 10:50 PM
4	Chamber of Commerce	1/4/2019 8:46 AM
5	John D'Aloia	1/2/2019 6:12 PM
6	email distribution lists	12/19/2018 10:05 AM
7	City Hall	12/18/2018 9:18 AM

Q11 My housing is safe.

Answered: 207   Skipped: 19
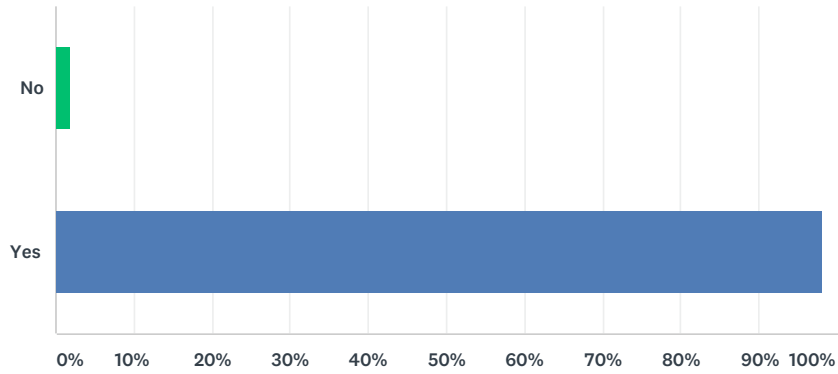
ANSWER CHOICES	RESPONSES	
No	1.93%	4
Yes	98.07%	203
TOTAL		207

Q12 I have reliable transportation.

Answered: 207   Skipped: 19
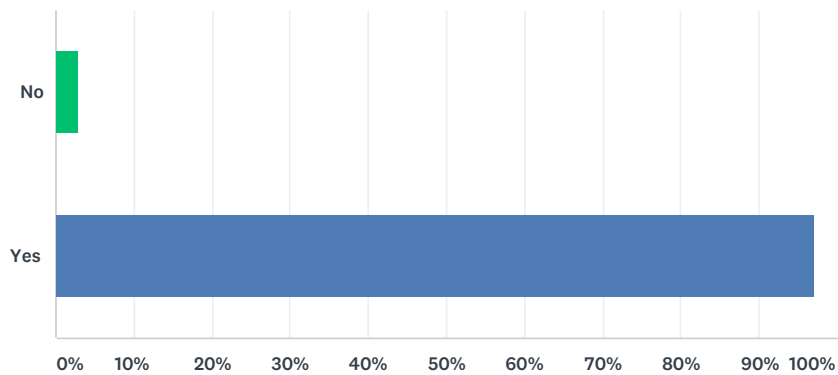
ANSWER CHOICES	RESPONSES	
No	2.90%	6
Yes	97.10%	201
TOTAL		207

Q13 On a regular basis, do you incorporate healthy food options into your diet (fish, whole grains, vegetables and fruit)?
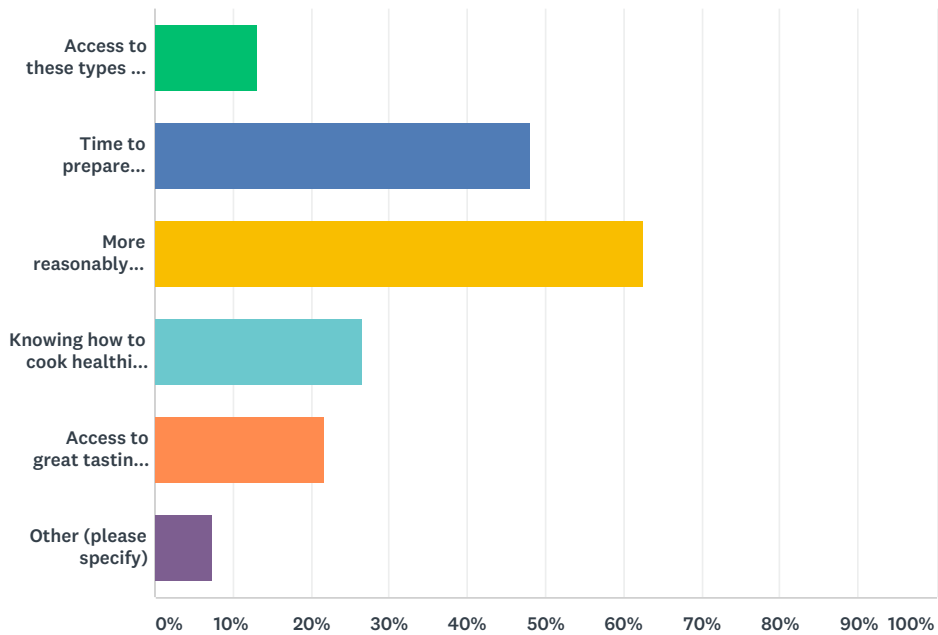
Answered: 209   Skipped: 17
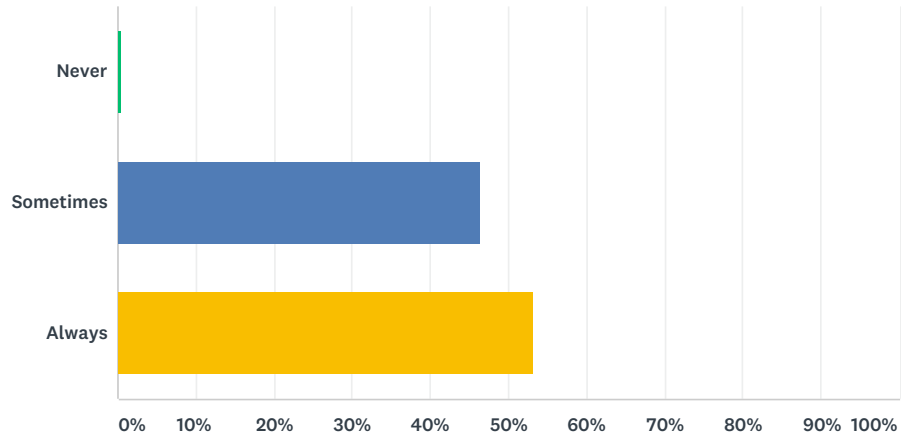
ANSWER CHOICES	RESPONSES	
Never	0.48%	1
Sometimes	46.41%	97
Always	53.11%	111
TOTAL		209

Q14 What would help you incorporate healthy food options into your diet on a more frequent basis?

Answered: 83   Skipped: 143

ANSWER CHOICES	RESPONSES	
Access to these types of foods	13.25%	11
Time to prepare healthier foods	48.19%	40
More reasonably priced healthy food options	62.65%	52
Knowing how to cook healthier foods	26.51%	22
Access to great tasting recipes	21.69%	18

40

| Other (please specify) | 7.23% | 6 |
| Total Respondents: 83 | | |

| #	OTHER (PLEASE SPECIFY)	DATE
1	More fresh fruit. Eat food that is same as hospital. It can be good, but usually it is awful.	1/7/2019 8:35 PM
2	Not your job to provide food	1/4/2019 10:50 PM
3	Just doing it. Break old habits.	1/4/2019 9:42 PM
4	lessons on cooking for one	1/2/2019 4:58 PM
5	Someone to eat the foods with	1/2/2019 2:29 PM
6	dont like a lot of healthy foods	12/18/2018 11:11 AM

Q15 Have you been diagnosed with high cholesterol?

Answered: 201   Skipped: 25
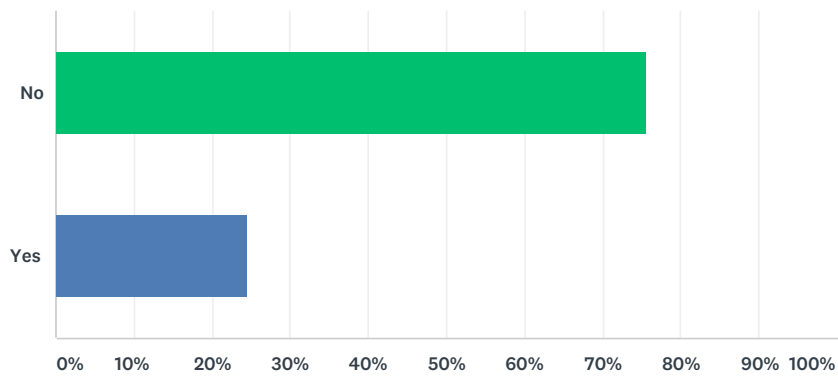
ANSWER CHOICES	RESPONSES	
No	75.62%	152
Yes	24.38%	49
TOTAL		201

Q16 Are you meeting the American Heart Association's recommendations for physical activity? Recommendations include at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity.
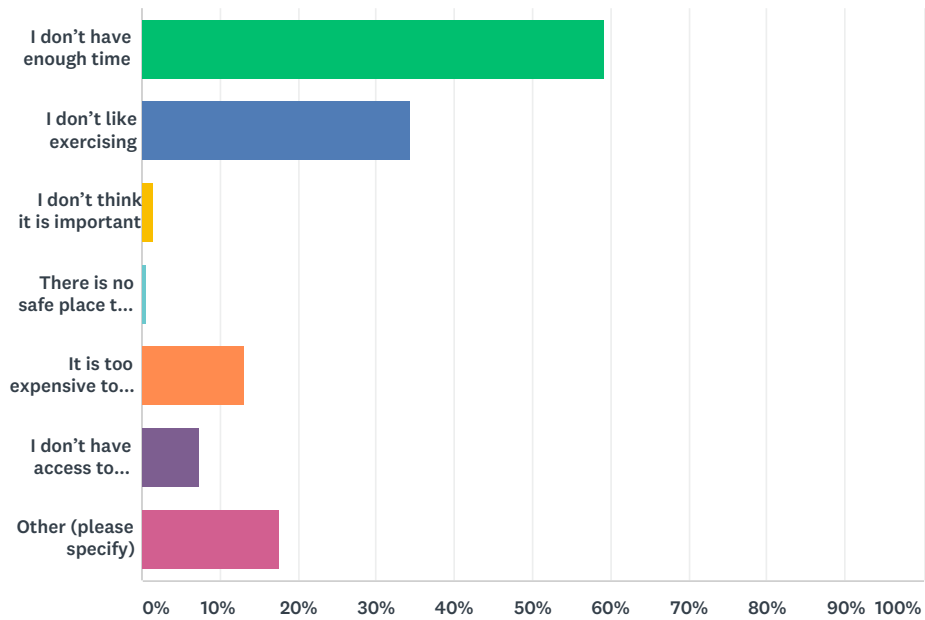
Answered: 202   Skipped: 24
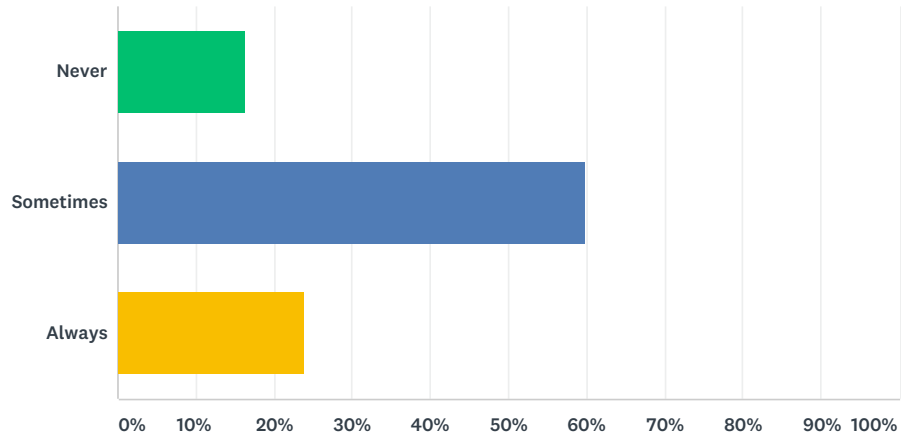
ANSWER CHOICES	RESPONSES	
Never	16.34%	33
Sometimes	59.90%	121
Always	23.76%	48
TOTAL		202

Q17 What are the barriers for meeting these recommendations?

Answered: 137   Skipped: 89

ANSWER CHOICES	RESPONSES	
I don't have enough time	59.12%	81
I don't like exercising	34.31%	47
I don't think it is important	1.46%	2
There is no safe place to exercise	0.73%	1
It is too expensive to exercise	13.14%	18
I don't have access to exercise opportunities	7.30%	10

Other (please specify)		17.52%	24
Total Respondents: 137			

#	OTHER (PLEASE SPECIFY)	DATE
1	Knee Problems	1/8/2019 8:31 PM
2	Yuck! Lazy	1/7/2019 8:27 PM
3	I feel like it's tiresome	1/7/2019 8:01 PM
4	My legs hurt	1/7/2019 10:53 AM
5	Dont care, please stop intruding.	1/4/2019 10:51 PM
6	I'm active but don't do "exercises ".	1/4/2019 9:43 PM
7	Tired at the end of the day.	1/3/2019 7:05 PM
8	I am overweight and have problems with my Knees and Lower Back	1/3/2019 1:24 PM
9	I just don't take the time to do it.	1/3/2019 8:42 AM
10	Too many other things to do	1/2/2019 10:01 PM
11	I have no idea what they mean and really don't care.	1/2/2019 9:57 PM
12	Weather	1/2/2019 5:40 PM
13	Lack motivation	1/2/2019 4:51 PM
14	weather	1/2/2019 4:41 PM
15	I'm tired from taking care of grandchildren all day.	1/2/2019 2:30 PM
16	I don't always have daycare	12/29/2018 1:36 PM
17	Knee problem	12/29/2018 10:42 AM
18	Health problems	12/29/2018 9:37 AM
19	currently pregnant	12/26/2018 8:49 AM
20	other physical problems, copd, back issues	12/20/2018 6:19 AM
21	I have issues with my back and feet.	12/18/2018 4:47 PM
22	Not always a priority	12/18/2018 1:48 PM
23	I work 14 hours a day...	12/18/2018 10:09 AM
24	Health	12/18/2018 9:07 AM

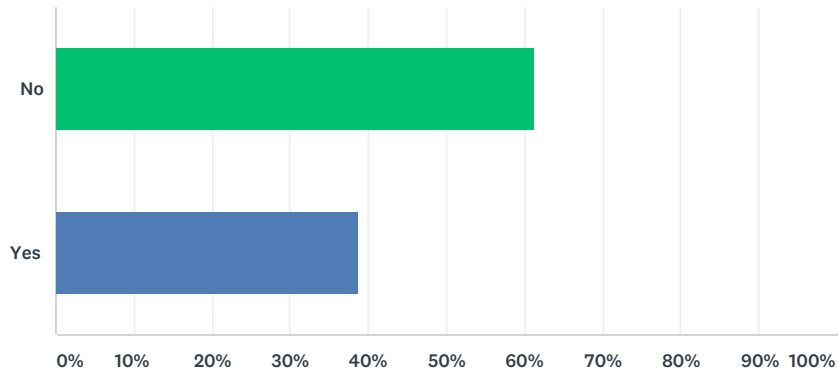# Q18 Are walking/biking trails available in your community?

Answered: 199   Skipped: 27
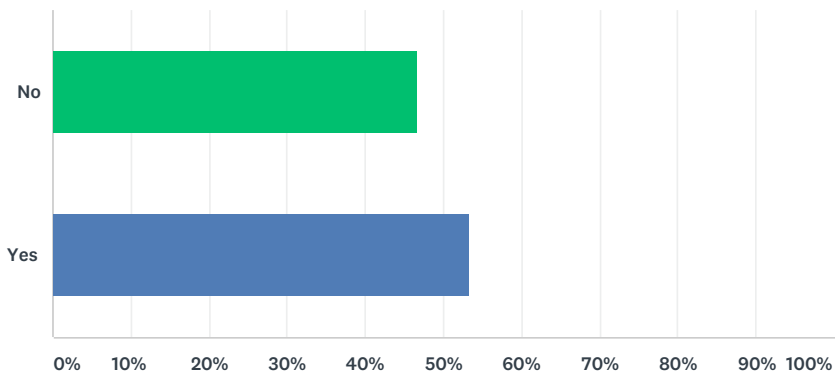
ANSWER CHOICES	RESPONSES	
No	46.73%	93
Yes	53.27%	106

TOTAL	199

Q19 Do you utilize them?

Answered: 106   Skipped: 120

ANSWER CHOICES	RESPONSES	
No	61.32%	65
Yes	38.68%	41
TOTAL		106

Q20 Would you utilize them if they were available?

Answered: 91   Skipped: 135
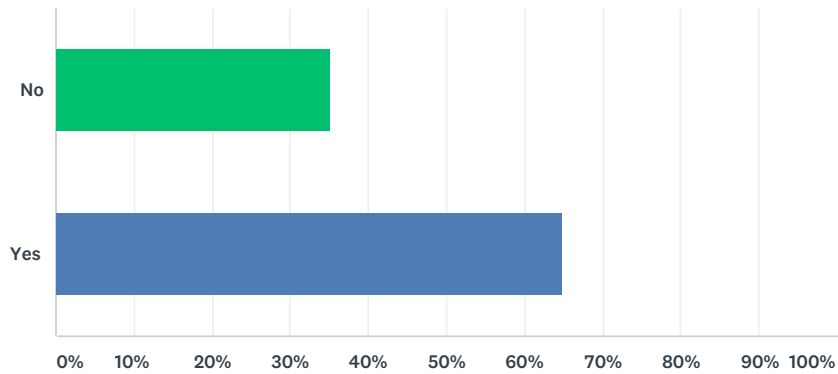
ANSWER CHOICES	RESPONSES	
No	35.16%	32
Yes	64.84%	59
TOTAL		91

Q21 Are you a smoker?

Answered: 201   Skipped: 25
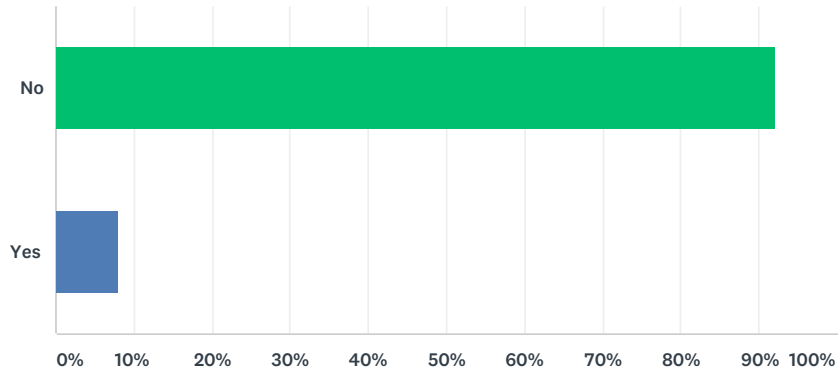
ANSWER CHOICES	RESPONSES	
No	92.04%	185
Yes	7.96%	16
TOTAL		201

Q22 Would you like to quit smoking?

Answered: 17   Skipped: 209
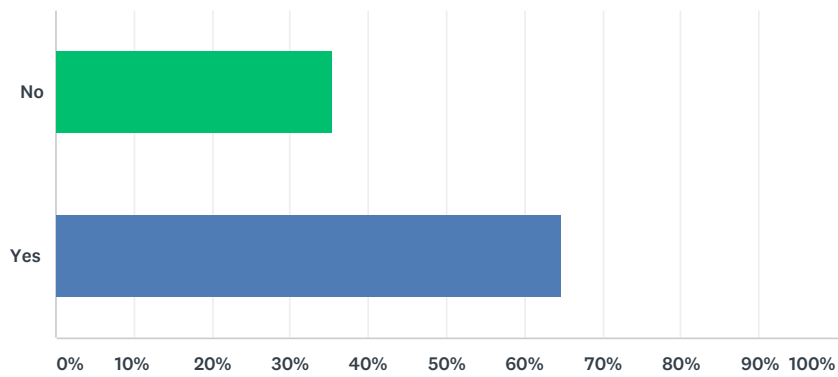
ANSWER CHOICES	RESPONSES	
No	35.29%	6
Yes	64.71%	11
TOTAL		17

Q23 What are barriers do you face in quitting?

Answered: 11   Skipped: 215
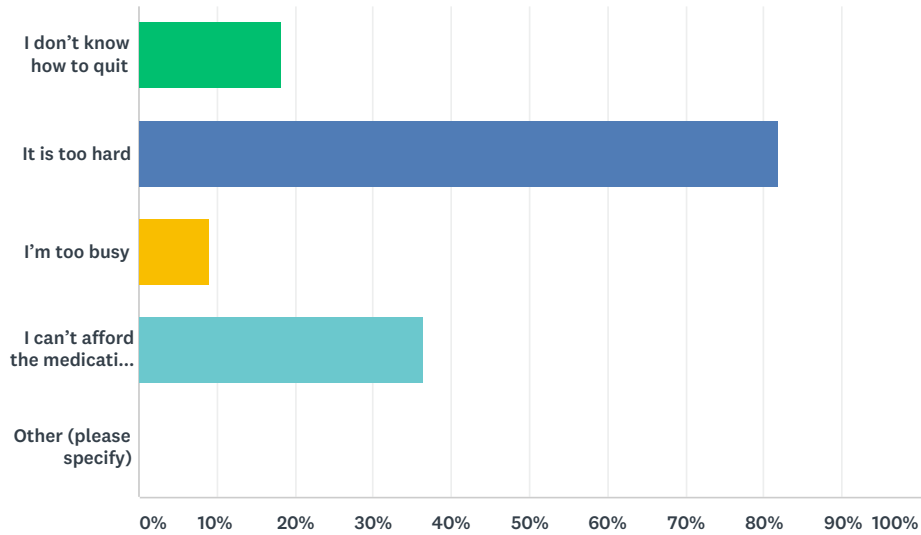
ANSWER CHOICES	RESPONSES	
I don't know how to quit	18.18%	2
It is too hard	81.82%	9
I'm too busy	9.09%	1
I can't afford the medications I need to quit	36.36%	4
Other (please specify)	0.00%	0
Total Respondents: 11		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q24 Overall how would you rate your mental health?

Answered: 201   Skipped: 25
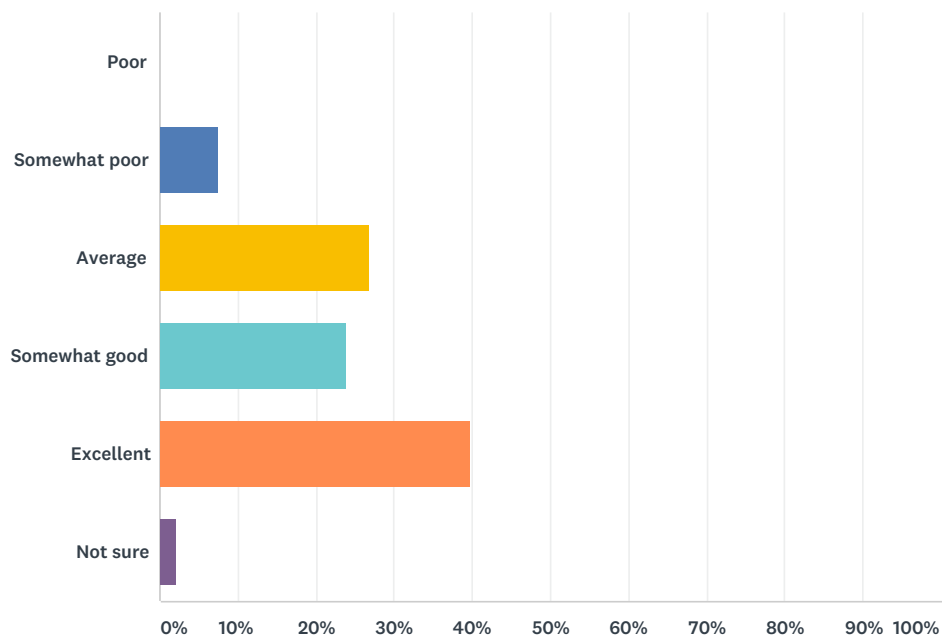
ANSWER CHOICES	RESPONSES	
Poor	0.00%	0
Somewhat poor	7.46%	15
Average	26.87%	54
Somewhat good	23.88%	48
Excellent	39.80%	80
Not sure	1.99%	4
TOTAL		201

Q25 Have you felt "stressed out" in the recent past?

Answered: 202   Skipped: 24
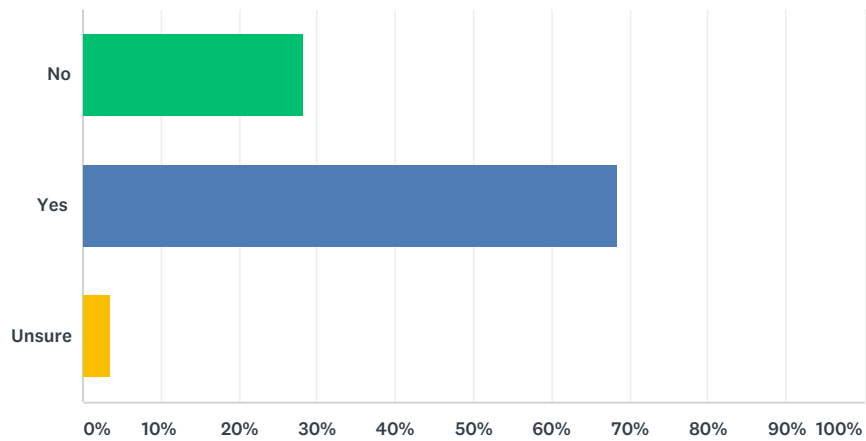
ANSWER CHOICES	RESPONSES	
No	28.22%	57
Yes	68.32%	138
Unsure	3.47%	7
TOTAL		202

Q26 What issues contribute to stress in your life?

Answered: 144   Skipped: 82
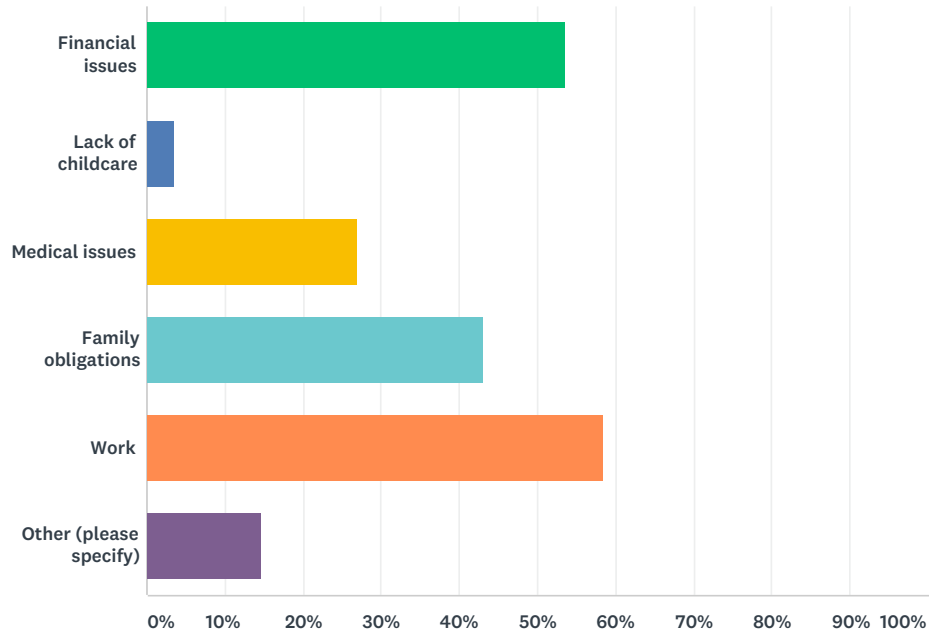
ANSWER CHOICES	RESPONSES	
Financial issues	53.47%	77
Lack of childcare	3.47%	5
Medical issues	27.08%	39
Family obligations	43.06%	62
Work	58.33%	84
Other (please specify)	14.58%	21
Total Respondents: 144		

#	OTHER (PLEASE SPECIFY)	DATE
1	Too Busy	1/10/2019 3:49 PM
2	I worry too much	1/9/2019 4:59 PM
3	Taking care of small children	1/9/2019 4:56 PM
4	Classic case of bipolar disorder	1/7/2019 8:37 PM
5	A lot going on	1/7/2019 11:18 AM
6	School	1/7/2019 11:06 AM
7	Lack of independence	1/7/2019 10:56 AM
8	NA	1/7/2019 10:03 AM
9	Property taxes. Most of my time is spent sending money to fund wasteful programs like this one.	1/4/2019 10:52 PM
10	Political Turmoil	1/3/2019 11:17 PM
11	Housing	1/3/2019 1:26 PM
12	combination of factors	1/2/2019 11:22 PM
13	Relationship	1/2/2019 5:41 PM
14	Working at age 72 and hoping I can continue	1/2/2019 4:42 PM
15	Community commitments	1/2/2019 2:30 PM
16	School	12/29/2018 9:39 AM
17	Relationship	12/21/2018 6:35 AM
18	being a mom	12/19/2018 11:52 AM

19	Family Issues	12/18/2018 10:13 AM
20	School	12/18/2018 10:11 AM
21	Death	12/18/2018 9:08 AM

Q27 Do you get at least 7 hours of sleep a night?

Answered: 203   Skipped: 23
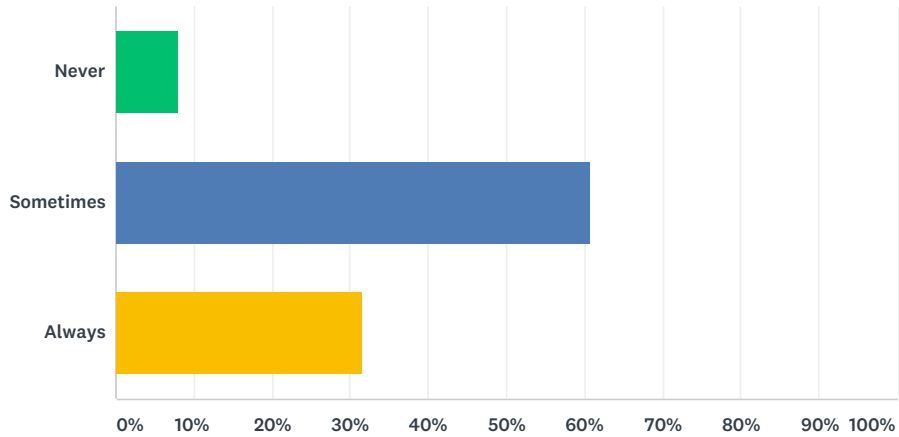
ANSWER CHOICES	RESPONSES	
Never	7.88%	16
Sometimes	60.59%	123
Always	31.53%	64
TOTAL		203

Q28 Why don't you get the recommended amount of sleep?

Answered: 131   Skipped: 95
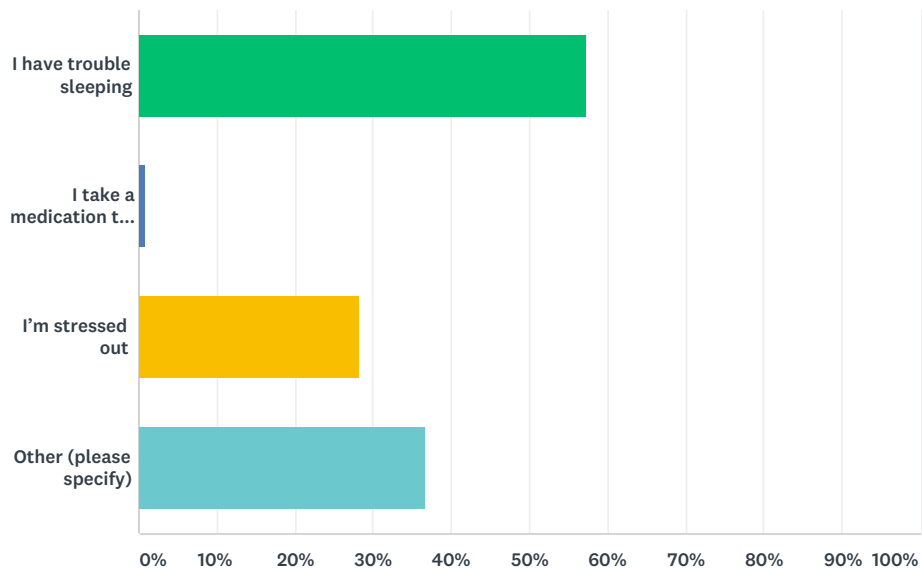
ANSWER CHOICES	RESPONSES	
I have trouble sleeping	57.25%	75

I take a medication that inhibits my sleep		0.76%	1
I'm stressed out		28.24%	37
Other (please specify)		36.64%	48
Total Respondents: 131			

#	OTHER (PLEASE SPECIFY)	DATE
1	I am breastfeeding	1/12/2019 9:34 AM
2	Work	1/10/2019 9:09 AM
3	Insomnia	1/9/2019 4:59 PM
4	Infant	1/9/2019 8:13 AM
5	Too many hobbies	1/8/2019 8:39 PM
6	Not getting to bed early enough	1/8/2019 8:32 PM
7	Work	1/8/2019 8:27 PM
8	Busy	1/8/2019 8:04 PM
9	Part of the disease. Take Trazadone 75 mg, Seroquel 300mg and Ropinirole 1 mg 3x d	1/7/2019 8:38 PM
10	Just don't go to bed till 10:30 and have to get up 2 or 3 times a night and get up around 5. So I sleep good-tr to take 1/2 hour 3/4 hor name am and pm	1/7/2019 7:58 PM
11	Work Schedule	1/7/2019 11:03 AM
12	Too much to do	1/7/2019 10:50 AM
13	caregiver and work too much	1/5/2019 4:50 AM
14	Have to work 10 hours or more a day to pay the high property taxes	1/4/2019 10:53 PM
15	Stay up too late having "me" time	1/4/2019 3:13 PM
16	Bedsharing/breastfeeding	1/4/2019 2:24 PM
17	Not enough time due to family and work obligations	1/3/2019 8:47 PM
18	I'm on sleeping meds but still can't get a full nights sleep	1/3/2019 1:27 PM
19	Family obligations keep me up later at night.	1/3/2019 8:44 AM
20	Busy with other obligations	1/3/2019 12:25 AM
21	4 to 6 hrs then at least a 3 hour nap	1/2/2019 10:42 PM
22	Unable to sleep that long sometimes	1/2/2019 10:15 PM
23	Too much to do	1/2/2019 10:01 PM
24	I get to bed late sometimes. No big deal...	1/2/2019 9:59 PM
25	sometimes	1/2/2019 6:16 PM
26	Night person with day job	1/2/2019 5:15 PM
27	I have small children	1/2/2019 4:52 PM
28	I have 4 children	1/2/2019 4:16 PM
29	I have 4 children	1/2/2019 3:51 PM
30	Working on a project I couldn't get to during the day	1/2/2019 2:31 PM
31	I am a mother of 5	12/29/2018 1:37 PM
32	My work schedule	12/29/2018 10:32 AM
33	Stay up with a kid, then wake up before 5am	12/29/2018 9:38 AM
34	too much to do	12/27/2018 10:26 AM
35	Not enough hours in the day to get everything done.	12/26/2018 11:35 AM
36	menopause	12/21/2018 7:28 AM
37	Busy with work	12/19/2018 3:08 PM
38	Busy	12/18/2018 8:23 PM

39	Family obligations (children)	12/18/2018 4:56 PM
40	Children	12/18/2018 4:40 PM
41	Sometimes I wake in the middle of the night feeling well rested and ready to go	12/18/2018 1:49 PM
42	Babies in the house	12/18/2018 10:15 AM
43	Have too much to get done	12/18/2018 10:14 AM
44	Too much to do around the house	12/18/2018 10:13 AM
45	No reason	12/18/2018 10:12 AM
46	Kids	12/18/2018 10:11 AM
47	I work too much	12/18/2018 10:10 AM
48	family	12/17/2018 11:23 AM

Q29 Do you have substance abuse issues (alcohol or drugs)?

Answered: 201   Skipped: 25
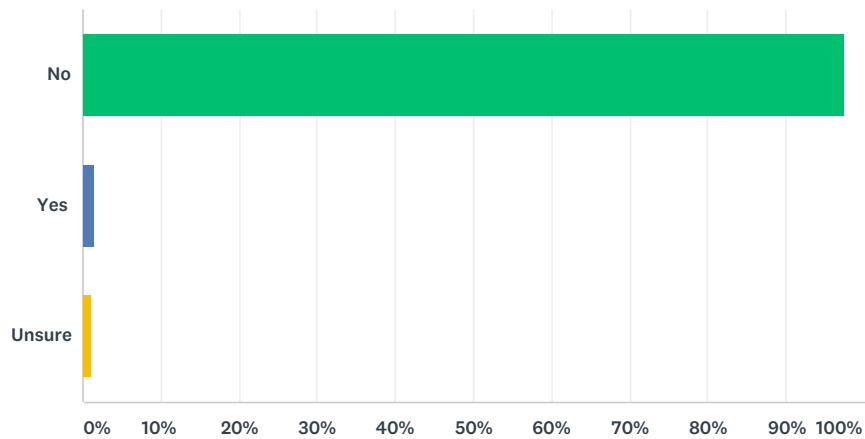
ANSWER CHOICES	RESPONSES	
No	97.51%	196
Yes	1.49%	3
Unsure	1.00%	2
TOTAL		201

Q30 What are the barriers for addressing these substance abuse issues?

Answered: 2   Skipped: 224
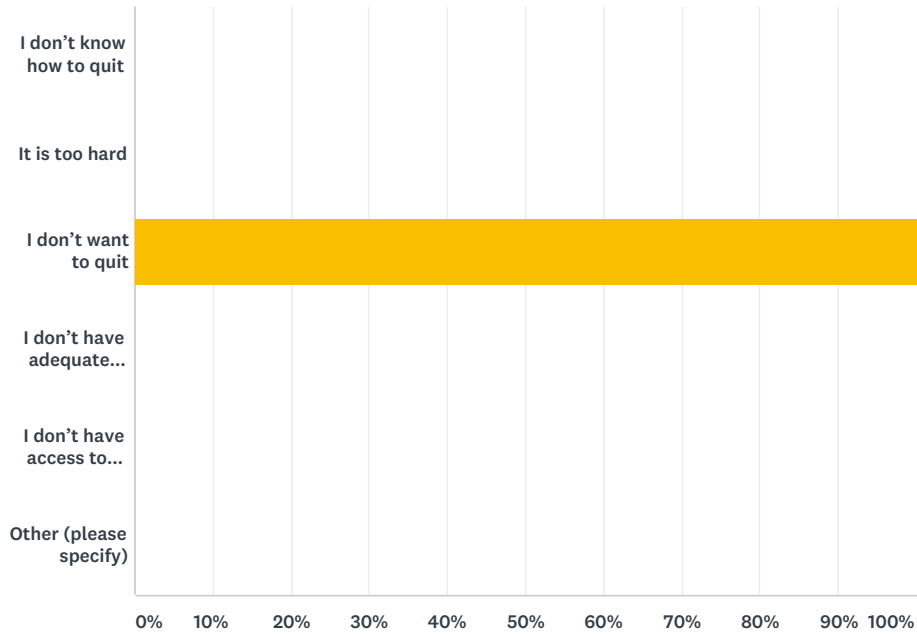
ANSWER CHOICES	RESPONSES	
I don't know how to quit	0.00%	0
It is too hard	0.00%	0
I don't want to quit	100.00%	2
I don't have adequate transportation	0.00%	0
I don't have access to mental health professionals	0.00%	0
Other (please specify)	0.00%	0
Total Respondents: 2		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q31 Have you seen a therapist recently?

Answered: 191   Skipped: 35
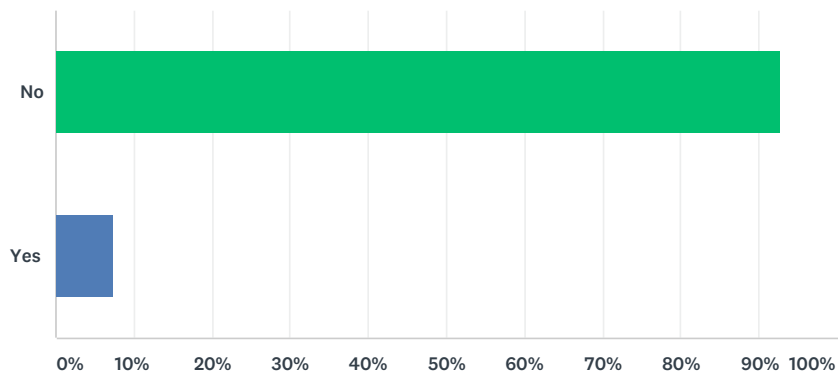
ANSWER CHOICES	RESPONSES	
No	92.67%	177
Yes	7.33%	14

TOTAL		191

Q32 In Pottawatomie County, is there adequate mental health care?

Answered: 188   Skipped: 38
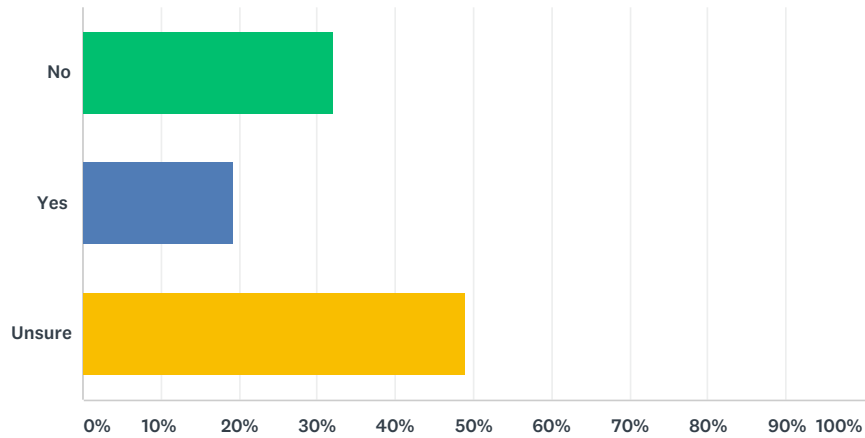
ANSWER CHOICES	RESPONSES	
No	31.91%	60
Yes	19.15%	36
Unsure	48.94%	92
TOTAL		188

Q33 Rank the importance of the following health issues in Pottawatomie County. (#1 would be the most important)

Answered: 171   Skipped: 55
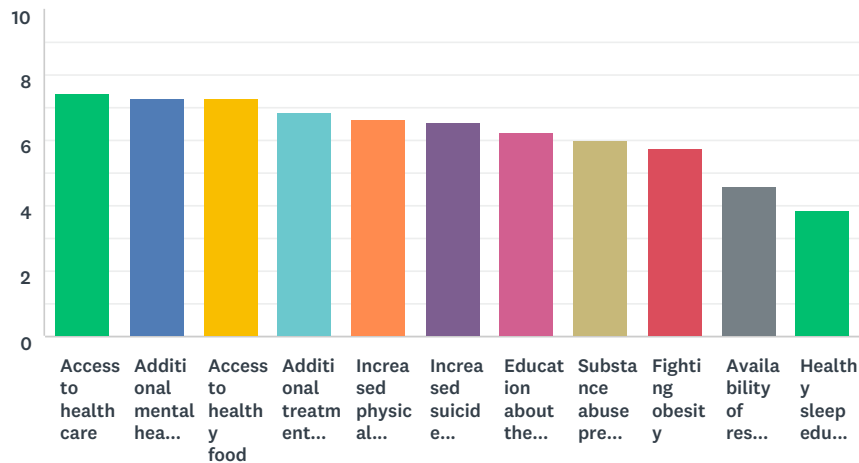
	1	2	3	4	5	6	7	8	9	10	11	TOTAL	S(
Access to healthcare	33.33% 52	12.82% 20	7.69% 12	5.77% 9	3.85% 6	5.77% 9	2.56% 4	5.13% 8	5.13% 8	4.49% 7	13.46% 21	156	
Additional mental health providers	10.71% 15	10.71% 15	15.00% 21	12.86% 18	15.71% 22	12.86% 18	7.14% 10	5.00% 7	5.71% 8	3.57% 5	0.71% 1	140	

Access to healthy food	20.44% 28	16.79% 23	10.95% 15	6.57% 9	6.57% 9	7.30% 10	8.03% 11	4.38% 6	5.84% 8	6.57% 9	6.57% 9	137
Additional treatment options and prevention activities for heart health (stroke, high cholesterol, heart disease)	6.99% 10	16.08% 23	8.39% 12	14.69% 21	10.49% 15	10.49% 15	10.49% 15	9.79% 14	5.59% 8	4.90% 7	2.10% 3	143
Increased physical activity options	9.09% 13	10.49% 15	13.99% 20	11.19% 16	9.09% 13	10.49% 15	10.49% 15	9.79% 14	2.80% 4	5.59% 8	6.99% 10	143
Increased suicide prevention education	5.71% 8	12.86% 18	8.57% 12	11.43% 16	13.57% 19	13.57% 19	10.00% 14	8.57% 12	5.00% 7	7.14% 10	3.57% 5	140
Education about the importance of eating healthy	8.03% 11	8.03% 11	15.33% 21	9.49% 13	8.03% 11	5.84% 8	10.95% 15	11.68% 16	8.03% 11	10.22% 14	4.38% 6	137
Substance abuse prevention	8.76% 12	10.22% 14	7.30% 10	8.76% 12	7.30% 10	5.84% 8	12.41% 17	16.79% 23	10.95% 15	5.11% 7	6.57% 9	137
Fighting obesity	9.56% 13	6.62% 9	10.29% 14	5.88% 8	10.29% 14	12.50% 17	5.15% 7	5.15% 7	9.56% 13	19.12% 26	5.88% 8	136
Availability of resources for those who wish to quit smoking	0.74% 1	2.21% 3	5.88% 8	8.82% 12	9.56% 13	6.62% 9	13.97% 19	13.97% 19	9.56% 13	15.44% 21	13.24% 18	136
Healthy sleep education for adults	2.19% 3	0.73% 1	4.38% 6	5.84% 8	5.84% 8	7.30% 10	6.57% 9	8.03% 11	24.09% 33	12.41% 17	22.63% 31	137

Q34 I have concerns about the future healthcare needs of my family.

Answered: 188   Skipped: 38
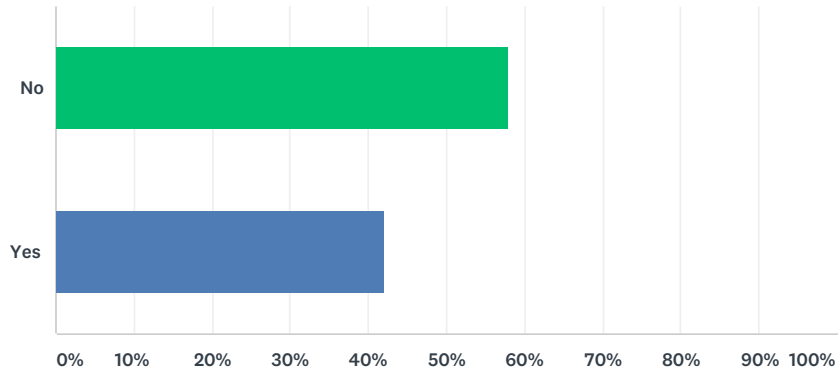
ANSWER CHOICES	RESPONSES	
No	57.98%	109
Yes	42.02%	79
TOTAL		188

Q35 What are these concerns?

Answered: 63   Skipped: 163

#	RESPONSES	DATE
1	Ability to afford healthcare	1/12/2019 9:35 AM
2	Insurance premiums are increasing, deductibles cost inhibit choice to seek care if needed	1/10/2019 4:17 PM
3	Access to good Drs in Westy	1/9/2019 5:12 PM
4	Obama Care	1/9/2019 5:05 PM
5	Wondering if we are going to have a Doctor, beings Dr. Kelly and Dr. Williams have left the clinic. Hoping our clinic stays open, appreciate everything the girls do for us.	1/9/2019 5:02 PM
6	Cost of healthcare benefits	1/8/2019 9:03 PM
7	Insurance costs availability issues	1/8/2019 8:57 PM
8	Hope the local drs. stay close	1/8/2019 8:48 PM
9	Affordable health care	1/8/2019 8:40 PM
10	Affordability when wife retires	1/8/2019 8:24 PM
11	Husband's high cholesterol high HTN	1/8/2019 8:16 PM
12	Healthcare is too expensive	1/8/2019 8:05 PM
13	Price	1/8/2019 8:01 PM
14	Old Age	1/7/2019 8:42 PM
15	I have smokers in my family	1/7/2019 8:39 PM
16	Husband is type #2 diabetic. I'm overweight.	1/7/2019 8:29 PM
17	Medical Insurance Coverage and Medical Costs	1/7/2019 8:13 PM
18	How to stay underweight	1/7/2019 7:51 PM
19	Affordable health care	1/7/2019 11:23 AM
20	Normal concerns; are they eating enough health foods, are they getting enough stimulation and activity.	1/7/2019 11:15 AM
21	I will have to quit work due to the increasing needs of my disabled husband and lose health ins. for us and our child.	1/5/2019 4:54 AM
22	That there are resources available to address health care	1/4/2019 9:48 PM
23	Cost	1/4/2019 2:48 PM

24	COSTS	1/4/2019 12:41 PM
25	Difficulties brought about by the Affordable Care Act	1/4/2019 8:57 AM
26	Maintaining ability to live alone as I age and financial alternatives for health care	1/4/2019 5:33 AM
27	The increasing high costs of medications and health care.	1/3/2019 11:26 PM
28	ability to afford health care	1/3/2019 9:18 PM
29	Financial cost of healthcare, even with insurance.	1/3/2019 2:47 PM
30	The medicine my son is on is very expensive ($3000+ monthly) and my health insurance will cover a portion but if I lose my health insurance I will be unable to pay for the medicine. Health insurance is so overly priced	1/3/2019 12:44 PM
31	Access to quality physicians in competent facilities. Experienced limited capabilities of current facilities and worry they will continue to decline.	1/3/2019 11:13 AM
32	Lack of health insurance	1/3/2019 10:46 AM
33	What does the future of medicine look like and how affordable will it be.	1/3/2019 8:50 AM
34	the unknown	1/3/2019 8:05 AM
35	general health, wellness maintenance	1/2/2019 11:30 PM
36	affordable health insurance and lower rates to visit doctor	1/2/2019 7:42 PM
37	Inability to see your primary doctor, thus going to clinics and getting diagnosed, then problems with meds and going to primary doctor (finally) and then change of meds.	1/2/2019 4:48 PM
38	Facilities to continue and expand health treatment and assisted living here in St Mary's.	1/2/2019 4:47 PM
39	I am concerned that increased legislation, based on the political agendas of big pharma rather than on science, will make it more and more difficult for me to be in control of the healthcare decisions I make for myself and my family, as well as drive the costs artificially higher and higher.	1/2/2019 4:26 PM
40	Availability of providers in rural area of St. Marys that are segregated to one way of thinking.	1/2/2019 3:37 PM
41	That good doctors and pharmacies will still be available without having to travel to Topeka.	1/2/2019 3:18 PM
42	That insurance premiums are going to become too high for our grown children and their families to afford them. Also I feel I am seeing a decline in the quality of care in health care facilities in the county. More time is spent entering data on their computers than listening to the patient and working with them. Records seem to get confused between providers within the same system.	1/2/2019 2:35 PM
43	Will they be able to afford it.	12/29/2018 9:40 PM
44	Access to clean air, and recycling	12/29/2018 10:35 AM
45	Insurance costs, deductibles, access to affordable out of network providers	12/29/2018 9:49 AM
46	Affordable coverage	12/29/2018 9:28 AM
47	Will I have health insurance I can afford, and coverage, deductible etc.....	12/26/2018 11:39 AM
48	being able to pay premiums for insurance	12/26/2018 8:50 AM
49	Cost	12/21/2018 1:09 PM
50	Nearing retirement and continued availability of Medicare and it's services.	12/21/2018 8:26 AM
51	quality care close to home	12/19/2018 2:55 PM
52	Cost of health care and perscription drugs. They are out of control.	12/19/2018 7:27 AM
53	Affordable health care.	12/19/2018 5:29 AM
54	Rising healthcare costs going into the future, affordability for my children.	12/18/2018 4:59 PM
55	Insurance availability at a fair price !	12/18/2018 4:51 PM
56	Not being able to afford it	12/18/2018 4:17 PM
57	Cost	12/18/2018 1:48 PM
58	expense	12/18/2018 12:51 PM
59	Retirement and being able to afford insurance.	12/18/2018 10:54 AM
60	adding a new child. Costs primarily	12/18/2018 10:29 AM
61	I have a special needs child. There is a lot that goes along with this continued care.	12/18/2018 10:19 AM
62	Mental health	12/18/2018 10:18 AM
63	Republicans	12/18/2018 10:17 AM

Q36 Do you have any additional thoughts about the health and wellness of the members of Pottawatomie County?

Answered: 185   Skipped: 41
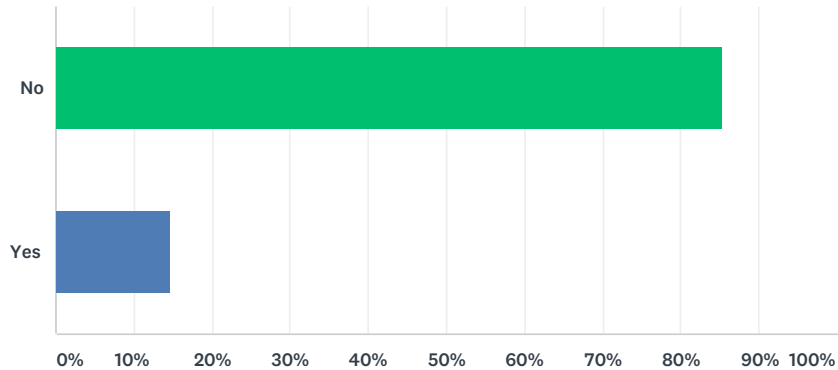
ANSWER CHOICES	RESPONSES	
No	85.41%	158
Yes	14.59%	27
TOTAL		185

Q37 Please share any additional health concerns you have for Pottawatomie County.

Answered: 24   Skipped: 202

#	RESPONSES	DATE
1	In door facility to workout in. Cost less money	1/12/2019 9:36 AM
2	Rigid cultural stereotypes and default attitudes create an atmosphere of non-participation. Why walk a few blocks when you can drive. Escuses. More bike friendly activities and promotions. Folks are aware of the options, just don't care to follow up with what they have been taught. Need better models and stelf esteem. Incentives to promote healthy patterns. Benefits of health. Is that enough?	1/10/2019 4:17 PM
3	Suicide in high schoolers	1/9/2019 5:10 PM
4	There needs to be community education options on the importance of childhood immunizations and disease prevention	1/8/2019 8:29 PM
5	Lack of physical activity options for the entire population. Ie walking/biking trails, pump tracks, a decent swimming pool in St Marys. There is also a serious lack mental health acknowledgement, education and access to help in St Marys.	1/8/2019 8:22 AM
6	Alcohol abuse in our schools. Abuse of Opioids	1/7/2019 8:40 PM
7	The condition of Oregon trail park has really declined in the last years. Many people like to go there, but some trails are not safe now due to washout,etc and grass is not trimmed along trails so increased snake hazard and less desirable to use for safety concerns.	1/5/2019 4:58 AM
8	Please do away with these intrusive, regulatory, and hurtful goverment programs that still my resources and make me sweat and break my back to fund programs like this.	1/4/2019 10:56 PM
9	Encourage a focus on the root cause of health issues, upstream. "It's easier to build strong children than repair broken men." Frederick Douglas	1/4/2019 9:14 AM
10	What is the county doing about the health environments of factory workers in our area?	1/2/2019 11:30 PM

11	The best things that can be done for health care is (1) reduce government regulation of it, (2) eliminate government funding of it, (3) cease pretending that only one favored branch of health care has all the answers, (4) get the politicians, bureaucrats, lawyers and insurance companies out of the field, as they tend to muck everything up and add unnecessary astronomical costs to every aspect of health care. People need to learn to eat food rather than junk, drink more clean water, and avoid risky behavior such as promiscuous sex, drugs, excessive alcohol/ caffeine/ refined carbs, gluttony, careless driving, smoking, etc., and to walk or bike rather than ride or drive whenever feasible.	1/2/2019 10:17 PM
12	The local medical clinic here in St. Mary's, according to what I heard, isn't good. Someone I know fractured a foot and the doctor mistook it as a sprain. She was walking on a fracture for a few weeks before she was finally told there was a mistake.	1/2/2019 5:45 PM
13	Persons on state programs are not accountable for their children and/or own health issues because they don't have to be. Their money is buying unnecessary foods, drugs, alcohol, etc. instead of being accountable for true need.	1/2/2019 4:50 PM
14	We really need sidewalks, bicycle capability, and exercise options along highway 24! Ability to safely walk, hike, bike, run, and get fresh air is an important part of all-around health and well-being.	1/2/2019 4:49 PM
15	Many people verbalize that SM hospital is inadequate both in providers and technical advances.	1/2/2019 3:39 PM
16	Too much government at all levels. Taxes are too high and this raises my blood pressure	1/2/2019 3:21 PM
17	I think more people need to use the fitness center at the hospital.	12/29/2018 1:43 PM
18	We need to make oral and dental health a priority. So many people are in need and can't afford care.	12/29/2018 9:44 AM
19	I feel there are definitely not adequate mental health services in PT county	12/19/2018 10:12 PM
20	We need much more access to safe active recreational opportunities throughout the cities and the county. A significant dearth of safe options makes it hard for moderately interested parties to go get outside and be active.	12/18/2018 5:00 PM
21	too many people on drugs, alcohol issues and they refuse to work	12/18/2018 11:13 AM
22	Barriers such as lack of and/or cost of transportation, and child care services prevent people from seeking care.	12/18/2018 10:20 AM
23	I think the Clinic needs to be open later. It's hard for county employees to go to appointments because most of us don't get off until 4:30. At least open later on Friday's until like 5:30 or 6:00	12/18/2018 10:19 AM
24	many companies in the nation offer free gym memberships to all there employees so there employees have the opportunity to exercise and stay healthy making them more productive and reliable at the job site. Or even making discounted memberships for there employees. i would think that a program could be established to implement more of this through our the county.	12/18/2018 10:18 AM

Stakeholder Feedback Sessions

A variety of community leaders were invited to attend one of two feedback sessions. Those in attendance represented a wide breath of Pottawatomie County, from church to city government to schools and private businesses.

Onaga Community Feedback Session
Tuesday, January 29, noon-1 pm
CHCS Onaga Campus

Attendees
- Scott Venneberg, City of Council
- Jessica Venneberg, Pottawatomie County Economic Development Corporation
- Sara McKinsey, Onaga City Clerk
- Jayne Jepson, Farmers State Bank
- Chase Sperber, Farmers State Bank
- Ty Puell, USD 322
- Rhonda Trimble, USD 322
- Deanna Fairbanks, Animal Health Clinic
- Jae Spalding, KNZA Radio
- Alex Miller, MKC agricultural cooperative
- Lisa Kenworthy, Pottawatomie County Health Department
- Todd Willert, CHCS
- Michele Berendsen, CHCS

Onaga Feedback
What strengths do we have in Pottawatomie County when it comes to healthcare?
The hospital is amazing.
1. Care provided in Onaga is amazing. Great access to providers.
2. It is great that you have clinics in different locations.
3. Fitness Center with pool is an asset. Awesome in a small town.
4. Offering specialists who visit. It is vital that we don't have to travel to see them.
5. Advanced imaging is nice. Don't have to travel for those, either.
6. School and community education is important like coordinating with schools on first aide training.
7. Helping bring a new day care center to Onaga is a great community asset.
8. Community Health Ministries, dental, social, food pantry and help with job applications is a vital service in Pottawatomie County

What gaps do you see in healthcare access in Pottawatomie County?
1. Knowledge of available resources.
2. Does everyone know about Community Health Ministries?

3. The more education/resources that are available would be helpful. Not everyone is knowledgeable.
4. Maybe an evening where mental health providers are available, so parents can see what is offered in the community.
5. Letting people know what is available. People sometimes travel for care that is provided in our communities.

Are there other ways we can improve the community's knowledge of available resources?
1. Mass mailing
2. Newspaper
3. Bank mailer?
4. School newsletter
5. Awareness day, 5k event. Couple of speakers prior to the event.
6. Facebook

Mental health
1. We had a client who has issues and couldn't get in. Still issue with access.
2. More counselors or some equipped to address more serious issues.
3. We could use some use counselors, but we probably need more of any kind of mental health provider.
4. School system sees parents and children who need mental health care and are having difficulty accessing. The major issues are:
• Availability
• High enough level of care
• Lack of knowledge of what is available and what children needs

Access to healthcare
1. Transportation for healthcare in general. Limited opportunities in Onaga for care. Need to travel miles and reliable transport is an issue.
2. Helping people with obtaining and signing up for health insurance.

Illegal substances
1. Drugs still a problem in our area.
2. Meth. Stealing anhydrous from Coop for production. More of a problem than opioids.

What can we do to help people have a healthy place to live, access to food, exercise options and knowledge. How do we keep them healthy to begin with?
1. Starting with education. Get healthy information out.
2. Educating about alternatives.
3. Walking or biking paths. "If it was available, I'm sure people would use it."
4. If there is more to do that is entertaining, people would participate.

Would a community garden go over well?
1. Yes. Especially for seniors.
2. Plots and equipment is available. Provide everything you need help with tilling.
3. One area in Onaga would be good.
4. Think about raised beds for people with disabilities and elderly.

What are your biggest concerns about healthcare in our area?
1. We hear a lot of people in the bank talk about cardiac rehab and people who need to leave town.
2. District office people talked about dialysis.
3. How can you get some pre tests done locally for people who have to travel out of town for larger procedures?
4. Multiple bills from organization. Combine billing.

Any Health Department gaps in service?
1. Flu shots in the evening for Fire and Medical in Onaga
2. TB tests administered in Onaga

How can CHCS support healthcare in Pottawatomie County?
1. Education, Education, Education!!!!

St. Marys Community Feedback Session
Wednesday, January 30, noon-1 pm
Sugar Creek restaurant, St. Marys

Attendees
Michael Bomberger, CHCS
Todd Willert, CHCS
Michele Berendsen, CHCS
Louise Awerkamp, The Onyx Collection Inc.
Dan Hohman, Sugar Creek
John D'Aloia, Community Member
Josh Hagenmaier, Kaw Valley State Bank

St. Marys Feedback
What strengths do we have in Pottawatomie County when it comes to healthcare?
1. Like the specialists from Topeka seeing patients at the Clinic. No travel required.
2. Clinic in St. Marys provides what we need when we need it.
3. I like my doctor and my kids' doctor.

4. Access to home health care.
5. Quality of doctors and nurses at the St. Marys campus is great.
6. Nice to have some access to services in St. Marys.
7. Physical Therapy team is great.

What gaps do you see in healthcare access in Pottawatomie County?
Traveling for services:
1. Retina specialist have to travel to see one.
2. Have to travel for orthopedics.
3. Cardiac Rehab. Have to go out of town. Nice to have in St. Marys. See other people from town in Wamego when I go there for Cardiac Rehab.

Insurance
1. Insurance is an issue.
2. Cash pay options for businesses. Oklahoma Surgery Center as an example.

Other
1. Call to make an appointment. Why does the receptionist want to know why you want to see the provider?

Billing and scheduling
1. Problems with scheduling. If you have something in Onaga it gets messed up.
2. Tests or Lab work. Getting billed from multiple areas.

Additional services
1. Additional specialized care.
2. Expand nursing home. More people want to get in.
3. Maternity. Birthing in town. 110 baptisms in St. Marys.
4. I would like to call non-emergency medical transportation for people who would otherwise miss or delay medical care because they lack transportation.

Health Department Services needs or gaps?
1. Specific requirements for Pawnee Mental Health Services not just a payment or subsidy.

Hospital Services. Do we need them?
1. I get good service. My only complaint was heat in the room.

All of the items highlighted in green are addressed in the CHCS Community Health Needs Assessment, with the exception of "Access to Healthcare Services."

Need	Healthy People 2020 priority	County Issue (Robert Wood Johnson)	Community Survey Priority	Community Feedback Sessions Priority	Hospital Stakeholder Priority	Available Hospital Resources	Community Priority	Total
	0-No & 1-Yes	0-No mention, 1-better than state and nation, 2 better than state or nation & 3 worse than state and nation	0-No mention, 1-Survey comment, 2-2+ survey comments, 3 in top five in ranking	0-no mention, 1 mentioned in one community & 2 mentioned in both communities	0-No & 1-Yes	Weighted 1 to 3	0-No & 1-Yes	
Mental Health	1	1	3	1	1	3	1	11
Access to healthcare services	1	3	3	1	0	1	1	10
Cardiovascular Health	1	0	3	2	1	3	0	10
Access to Healthy Food	1	1	3	1	1	2	0	9
Physical Activity	1	1	3	1	1	2	0	9
Fighting obesity	1	2	2	0	1	3	0	9
Insurance/Cost	1	2	2	1	1	1	0	8
Excessive Drinking	1	3	2	0	0	1	0	7
Substance Abuse	0	1	2	1	1	1	1	7
Smoking	1	1	1	0	1	2	0	6
Reliable Transportation	0	0	1	2	1	2	0	6
Access to Food	0	2	0	0	0	1	0	3
Safe Housing	0	2	0	0	0	1	0	3
Sleep	0	2	0	0	0	1	0	3

Pottawatomie County is a large, diverse county. The center and northern part of the county is very rural ranch country while the major population centers are all located along a narrow band along the southern part of the county.

CHCS interviewed and asked for input from many community members, healthcare professionals and people who represent a variety of unique populations in the county. Though effort was made to seek input from many community members, there will always be gaps present in the data as it is beyond our reach to seek input from 100% of our community members. The gaps in knowledge limit our understanding of all of our community's health needs.

The CHCS Board of Directors accepted the Community Health Needs Assessment and Action Plan at the February 22 board meeting.