

Community Health Needs Assessment



Overview

Between August 2018 and March 2019, a Community Health Needs Assessment (CHNA) was conducted by Valley County Health System for the approximately 30,928 residents in their designated service area in central Nebraska. This service area includes the nine county area (Blaine, Custer, Garfield, Greeley, Howard, Loup, Sherman, Valley, and Wheeler) referred to as the Loup Basin.

Valley County Health System operates a 16 bed hospital and medical clinics in Ord (Valley County), Loup City (Sherman County), and Burwell (Garfield County).

Valley County Health System provides progressive care with compassion in this rural service area.

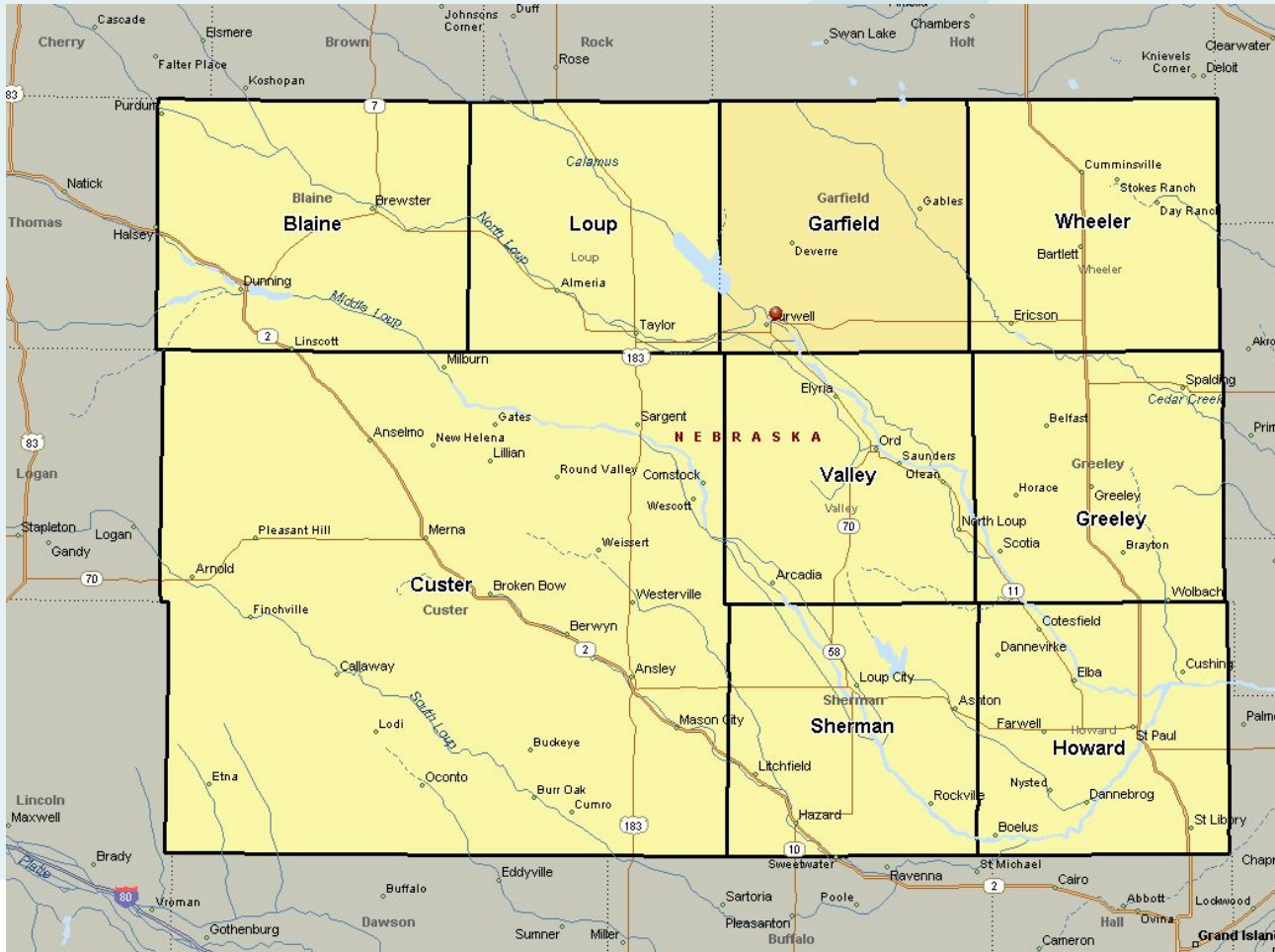
In the summer of 2018, Valley County Health System continued work with the Loup Basin Public Health Department (LBPHD) to update our Community Health Needs Assessment.

Our Community Health Needs Assessment included a review of information from many sources, including facility specific data, regional demographics, and community assessments and reports from LBPHD.

This information allowed us to develop a list of priority health issues facing our community in order to develop strategies and interventions to address them.

Defining The Counties

The Loup Basin Public Health Department analysis focused on the nine surrounding county service area:

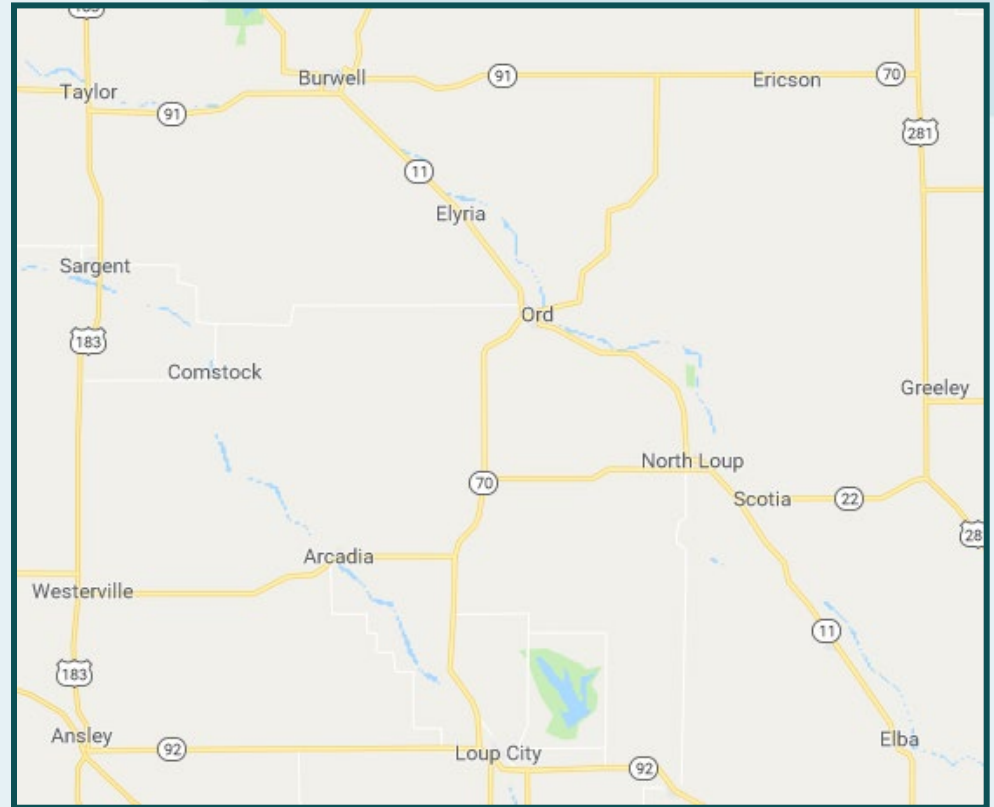


Defining the Community

VCHS admissions come from the service area included in the map below:

Hospital Unique Patients : 7/1/17 to 6/30/18

Zip Code	Town	Total Patients	%
68862	Ord	1735	37.9%
68823	Burwell	822	18.0%
68853	Loup City	521	11.4%
68859	North Loup	201	4.4%
68874	Sargent	140	3.1%
68637	Ericson	129	2.8%
68879	Taylor	128	2.8%
68815	Arcadia	124	2.7%
68875	Scotia	109	2.4%
68828	Comstock	83	1.8%
68837	Elyria	62	1.4%
	Other	523	11.3%
		4,577	100%



The Committee then reviewed demographic information for the Loup Basin area based on information from the U.S. Census 2010 and Nebraska Department of Economic Development as well as additional information from county, state and national sources.

Sources:

[US Census:](http://www.census.gov/2010census/popmap/index.php)

<http://www.census.gov/2010census/popmap/index.php>

[NE Dept of Econ Dev: http://www.neded.org/files/research/stathand/bsect13.htm](http://www.neded.org/files/research/stathand/bsect13.htm)

2018 Demographics

The nine counties served by Valley County Health System are predominantly rural areas dominated by agricultural economic pursuits. They have a strong sense of community with many small businesses. The communities are geographically spread out and the largest community has a population of approximately 3,546 people.

The 2010 census estimates a population of 31,140 people and an average population density of 4.4 residents per square mile. The service area population is estimated to experience a decrease in total population between 2010 and 2019 (-5.8%) which slowed from (-8%) on our previous CHNA.

However, the percentage of individuals in the 65 and older age group is expected to increase by approximately 7% from 2014 to 2019 (Claritas, Inc and VCHS Strategic Plan.)

2018 Demographics

Median household income in the service area (2012 – 2016) is \$48,698. These income values are below the median for both the state of Nebraska and the United States.

Unemployment rates for the service area for 2018 range from 2.2% to 4.6% (U.S. Dept. of Labor, Bureau of Labor Statistics.)

These rates compare favorably to the state of Nebraska and the United States.

Population Demographics

County	2010 Census	2015 Estimate	2020 Projection
Blaine	478	367	305
Loup	632	589	541
Garfield	2,049	1,698	1,649
Wheeler	818	730	681
Custer	10,939	10,417	9,985
Valley	4,260	4,075	3,951
Greeley	2,538	1,999	1,788
Sherman	3,152	2,662	2,458
Howard	6,274	7,118	7,481
Total	31,140	29,655	28,839

Nebraska Department of Economic Development &
University of NE Bureau of Business Research, 2009

Population Demographics

Age Category	2010 Census	2014 Estimate	2019 Projection
0-19	7,264	6,813	4,868
20-64	16,564	16,699	12,188
65+	6,727	6,929	5,917
Total	30,556	30,441	22,973

**2019 projection excludes Howard and Blaine Counties*

Unemployment Rates

Location	2016	2017	2018
U.S.	4.6	4.1	3.8
Nebraska	3.0	2.8	2.8
Blaine	4.5	4.7	4.6
Custer	2.2	2.0	2.2
Garfield	3.0	2.3	2.5
Greeley	3.2	3.0	2.7
Howard	3.3	2.4	2.7
Loup	3.4	3.7	3.5
Sherman	2.8	2.8	2.3
Valley	2.9	2.6	2.6
Wheeler	2.1	2.0	2.5

**Average 2018 unemployment rate in
Loup Basin service area : 2.8%**

The Committee continued collecting data by reviewing the 2018 Community Health Needs Assessment completed by the Loup Basin Public Health Department. This report can be obtained by contacting the Loup Basin Public Health department.

The following slides provide a summary of the issues and opportunities identified in the report that were used as a basis for discussion. This information is a summary only and does not reflect all data accumulated.

Also taken into consideration was information from the 2018 review of Valley County Health System Strategic Plan.

Two elements comprise the information collected through the Needs Assessment:

- Loup Basin Community Survey: 16 question survey administered at a variety of local health clinics and medical centers and collected from March through June 2018
633 responses were collected
- Key Informant Interviews: interviews of individuals including health professionals, school administrators, and highly involved members of communities
11 interviews were conducted

Sources:

2018 Report to the Community: Loup Basin Public Health Department

<https://www.loupbasinhealth.com/data>

Community Comparison

Health trends in which Loup Basin ranks **more favorable** than state and target levels in the following categories:

- Having a primary care provider
- Cost is not a barrier to seeing a provider in the last year
- Getting more than 7 hours of sleep per day
- Number of current smokers
- Ever told they have depression
- Experiencing frequent mental distress in the last 30 days

Health trends in which Loup Basin ranks **consistent** in comparison with state and target levels in the following categories:

- Having health insurance coverage
- Ever told they have cancer

Community Comparison

Health trends in which Loup Basin ranks **lower** in comparison with state and target levels in the following categories:

- Heart disease
- Stroke
- Diabetes
- Overweight and Obesity
- Current use of smokeless tobacco
- Binge drinking
- Wearing a seatbelt
- Getting an influenza immunization
- Dental visit in the last year

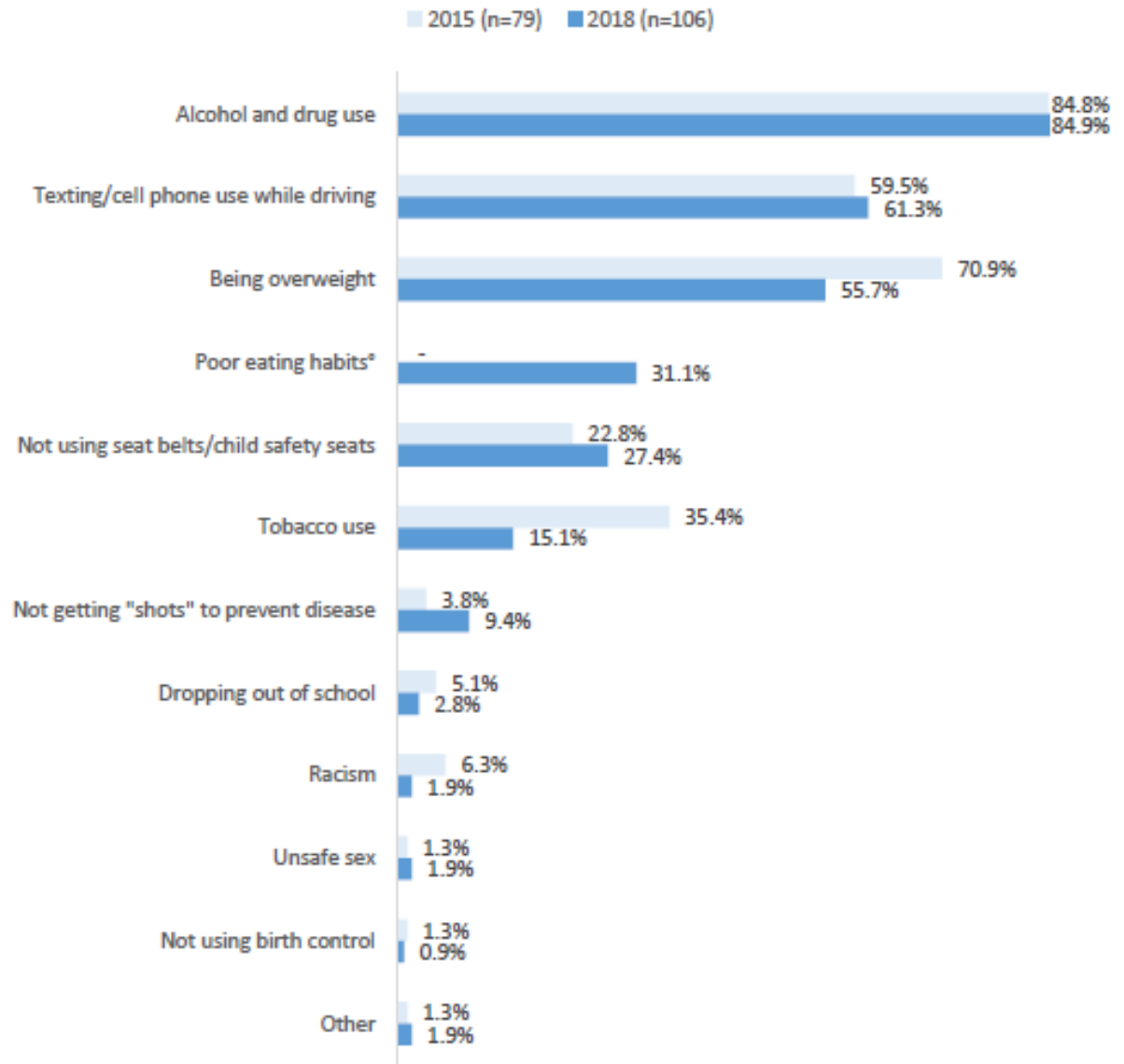
Sources:

Summary Table for Loup Basin Public Health Dept, 2016

<http://dhhs.ne.gov/publichealth/BRFSS/BRFSS%202016%20one-page%20table%20for%20Loup%20Basin.pdf>

LBPHD Community Themes Strength Assessment Valley County

Figure 43. "Risky behaviors" most concerning to the community*

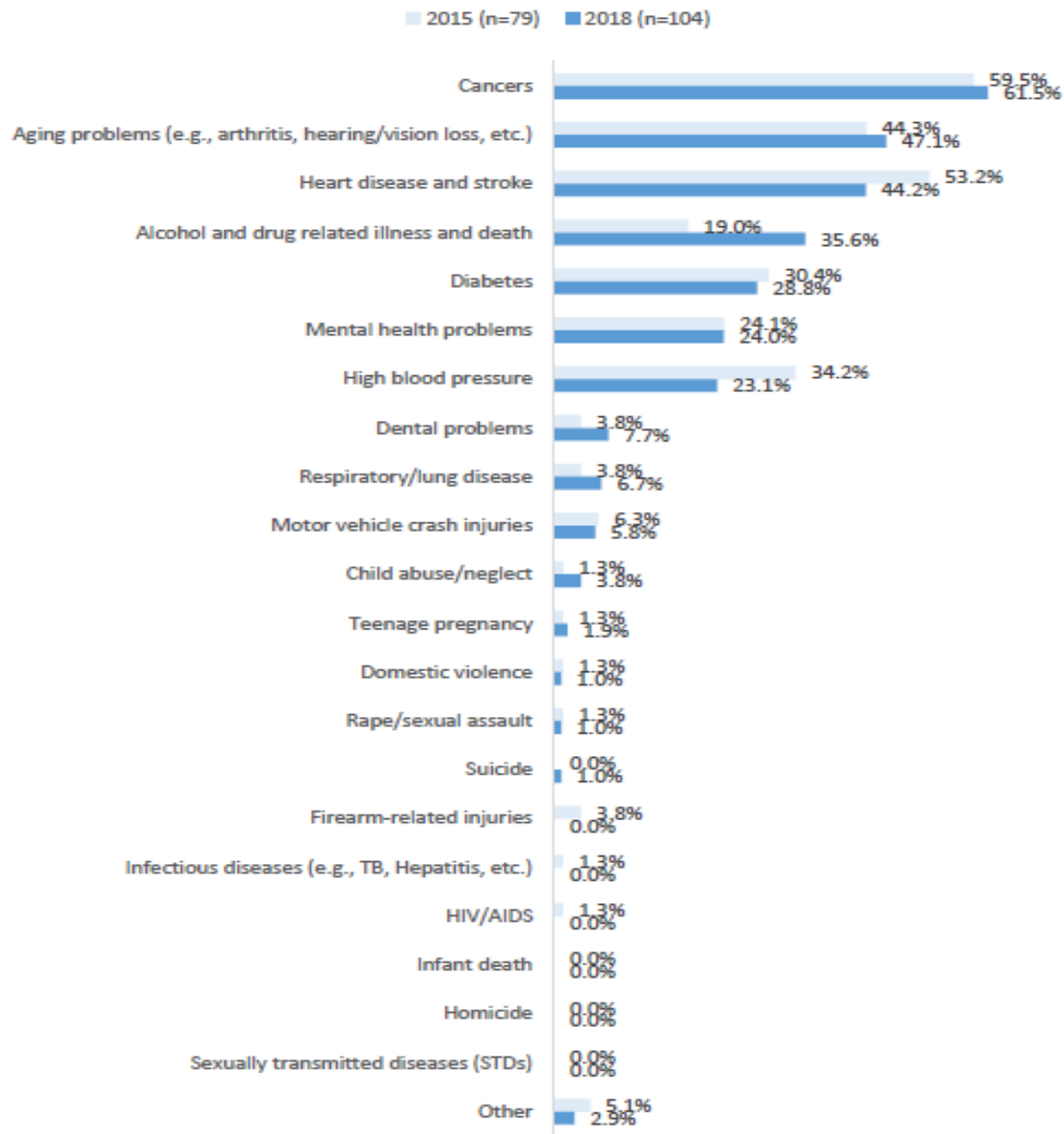


*Respondents were asked to select the top 3 from a given list.

^oOption added in 2018

LBP Community Themes Strength Assessment Valley County

Figure 42. Most concerning "health problems" in the community



*Respondents were asked to select the top 3 from a given list.

2019 VCHS CHNA Objectives

Based on this data, we will provide interventions and collaborations to improve the health of our community, we will focus on:

- Increasing educational opportunities and services for diabetic prevention and disease management
- Providing additional health screenings
- Promoting wellness education and services throughout the community

Next Steps

Valley County Health System is required to adopt an organization-specific implementation strategy in response to the Community Health Needs Assessment report.

The implementation strategy will be developed by the VCHS Community Health Needs Committee and management team, approved by the Board of Trustees of Valley County Health System and will be reviewed on an annual basis.

The CHNA process and public report will be repeated every three years, as required by federal regulations.

Community Contact Information for CHNA

Community members who would like to provide input on the next CHNA process, or would like to provide feedback on the results of the assessment are encouraged to contact Valley County Health System with their inquiries, suggestions or comments.

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