



Community Health Needs Assessment



Mayo Clinic Health System – Albert Lea and Austin
Austin, MN

September 30, 2013



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Executive Summary

Enterprise Overview:

Mayo Clinic is a not-for-profit, worldwide leader in patient care, research and education. Each year Mayo Clinic serves more than one million patients from communities throughout the world, offering a full spectrum of care from health information, preventive and primary care to the most complex medical care possible. Mayo Clinic provides these services through many campuses and facilities, including 24 hospitals located in communities throughout the United States, including Arizona, Florida, Georgia, Minnesota, Wisconsin and Iowa.

A significant benefit that Mayo Clinic provides to *all* communities, local to global, is through its education and research endeavors. Mayo Clinic reinvests its net operating income funds to advance breakthroughs in treatments and cures for all types of human disease, and bring this new knowledge to patient care quickly. Through its expertise and mission in integrated, multidisciplinary medicine and academic activities, Mayo Clinic is uniquely positioned to advance medicine and bring discovery to practice more efficiently and effectively.

In addition, through its Centers for the Science of Health Care Delivery and Population Health Management, Mayo Clinic explores and advances affordable, effective health care models to improve quality, efficiency and accessibility in health care delivery to people everywhere.

Entity Overview:

Mayo Clinic Health System in Albert Lea and Austin is an integrated system located in these two south-central Minnesota communities. The medical centers are led by a common board of trustees. Employees work in partnership between campuses with the goal of providing expert patient care.

Summary of Community Health Needs Assessment:

Obesity

- Nutrition
- Physical activity
- Chronic diseases
- Family life/parenting

Mental health

- Depression
- Anxiety
- Chemical health
- Bullying



Access

Healthy options

Health care (includes mental health & dental)

The sources listed after each identified need illustrate a collaborative effort to determine the health needs of the communities Mayo Clinic Health System in Austin serves.

Obesity: Mower County Community Health Assessment, focus groups, citizen surveys, Annual Wellness Summit 2012, Minnesota Student Survey, 2013 County Health Rankings, Center for Disease Control

Mental health: Minnesota Student Survey, focus groups, citizen surveys, County Health Rankings, Mower County United Way Community Needs Assessment, Minnesota Department of Health Adverse Childhood Experiences (ACE), Annual Wellness Summit 2012

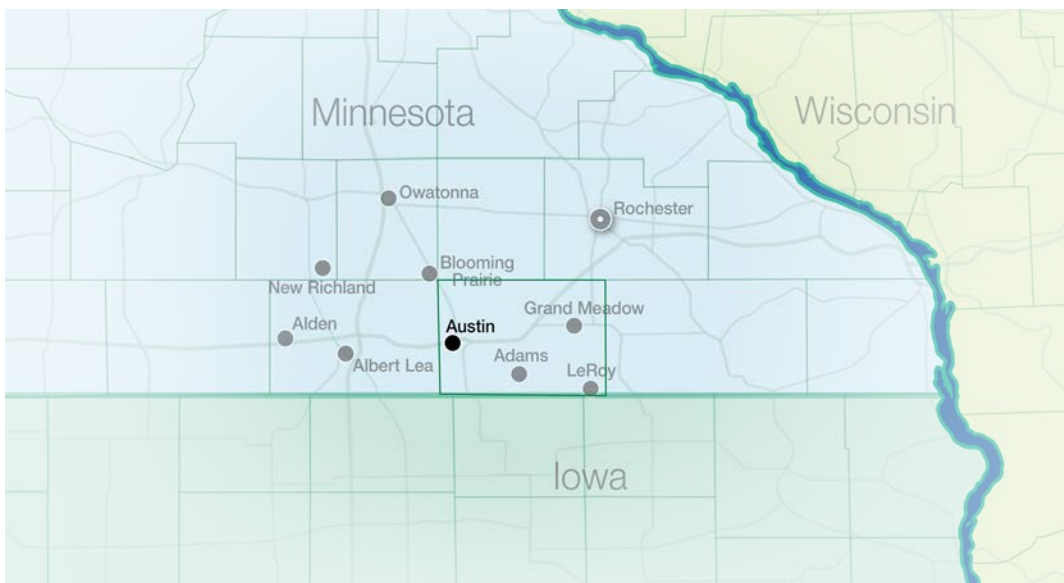
Access: Mower County Community Health Assessment, focus groups, citizen surveys



Our Community

Overview:

Mayo Clinic Health System in Austin serves communities in and around Mower County. Clinics are in Adams and LeRoy in Mower County; and Blooming Prairie on the south end of Steele County. The main campus located in Austin consists of a clinic, and hospital licensed for 82 beds, with approximately 90 providers serving at the Austin and satellite clinics. These providers see patients from Austin, as well as surrounding communities in southern Minnesota and northern Iowa.



Demographics:

The 2012 population estimate for Mower County is 39,372 (U.S. Census Bureau.) The median age of citizens is 39.2, with 17.4 percent over age 65 and 25.4 percent under age 18. Mower County has 16 communities, many of which are in rural areas. The county also has a significant amount of farmland. Austin, with a population of 24,800, is the largest community and has seen a slight increase in population since 2010. In the past two years, expansion of current education buildings and a new school for fifth and sixth graders, which will open in fall 2013, attest to the population growth.

According to the U.S. Census Bureau, the ethnic makeup of Mower County residents is estimated at: Caucasian (82.7 percent), Latino (11.1 percent), Black (3 percent), Asian (1.9 percent), American Indian and Alaska Native (.4 percent) and native Hawaiian and other Pacific Islander (.2 percent.) The median household income is \$45,596, and the percentage of persons living below the poverty level is 15.3.

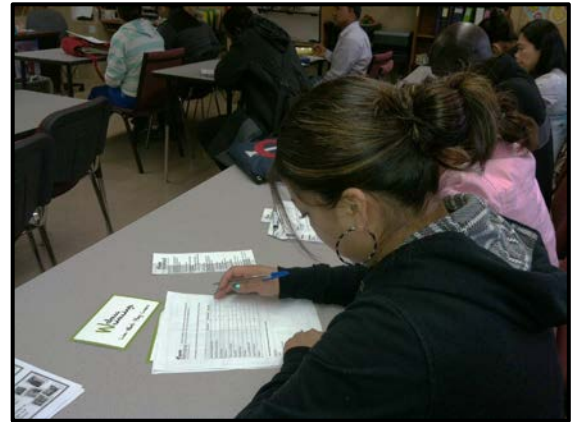


Assessing the Needs of the Community

Overview:

Mayo Clinic Health System in Austin is actively engaging community stakeholders and building collaborations through a variety of venues. A main source of patient/community engagement is a grassroots movement called Mower Refreshed, which was developed in 2010 by Mayo Clinic Health System in Austin and provides a full-time employee to coordinate this effort. Mower Refreshed directly connects Mayo Clinic Health System to the citizens who work, play, learn and/or live in Mower County and the surrounding areas it serves.

The findings for this report, drawn from collaborative efforts by several organizations, will be shared directly with citizens, our partners in the communities of Mower County, Mayo Clinic Health System in Austin staff and satellite clinics and the Mayo Clinic Health System boards Albert Lea and Austin. The findings will directly impact the focus of Mower Refreshed, as well as provide valuable information to Mower County Public Health as it sets priorities for 2014.



Community Input

Organization	Contact	Contact Information
Austin Community Education	Amy Baskin, director	amy.baskin@austin.k12.mn.us
Austin High School	Thor Bergland, counselor	thor.bergland@austin.K12.mn.us
Grand Meadow High School	Amy Oian, school social worker	aoian@gm.k12.mn.us
Mower County Public Health	Lisa Kocer, community health services administrator, Mower County Health and Human Services	lisak@co.mower.mn.us
Mower Refreshed	Sandy Anderson, coordinator	anderson.sandra@mayo.edu
Quality Pork Processing	Karissa Favwer, RN	kfawver@qppinc.net
United Way of Mower County	Mandi Schmidt, executive director	unitedml@smig.net
Parenting Resource Center	Maryanne Law, director	maryanne@familiesandcommunities.org
Riverland Community College	Yesenia Mendoza	ymendoza@riverland.edu
YMCA of Austin	Tedd Maxfield, executive director	tmaxfield@ymca-austin.org



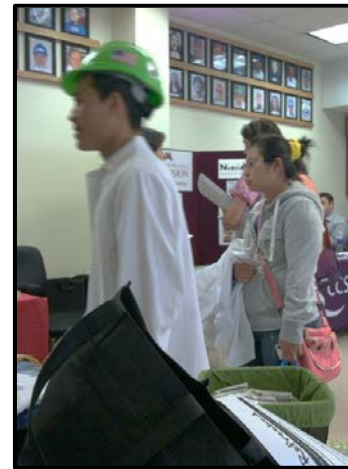
Process and Methods:

Data Sources

The sources listed after each identified need were a collaborative effort to determine the health needs of the communities Mayo Clinic Health System in Austin serves. The strategy involved reaching out directly to citizens who represent the variety of ages, incomes, education levels and ethnic backgrounds in Mower County. We intentionally connected with groups that represent the 15.3 percent of our citizens who live below the poverty level and our growing population of minorities in order to engage them in identifying community needs.

Focus groups and citizen survey were conducted at workplaces, health fairs, high schools, community college and English language learning classrooms.

During interviews and in surveys, citizens not only responded with data, but also potential solutions and a desire to become engaged in the development of those solutions. This will be valuable for future needs assessments, but more importantly, for educating and equipping community members to take responsibility for their health and wellness and that of their families.



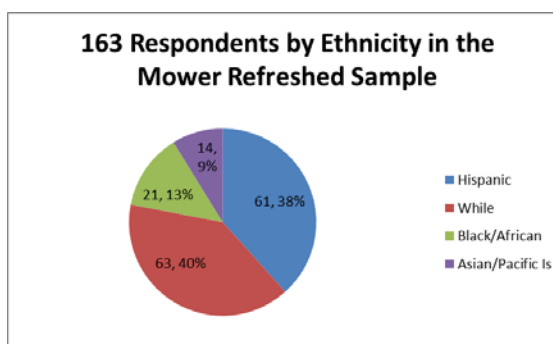
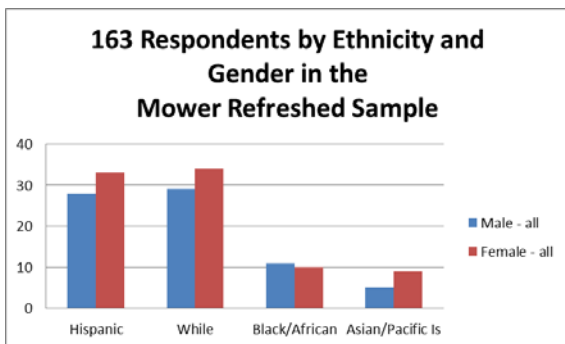
The surveys conducted by Mower County Health and Human Services and Mower Refreshed reflect a wide sampling of the county's population by ethnicity, age and gender. This significant sampling of citizens offers insights to both Mayo Clinic Health System in Austin and Mower County Public Health as we continue to work together to address the health concerns and solutions identified by the community.

Mower Refreshed survey

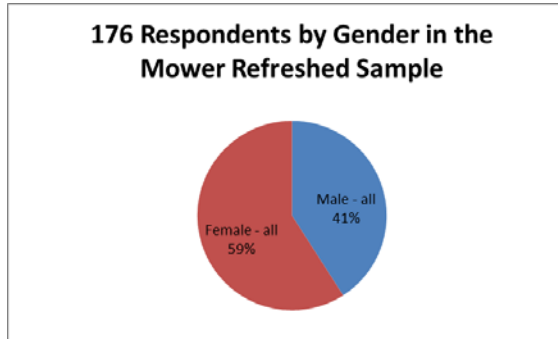
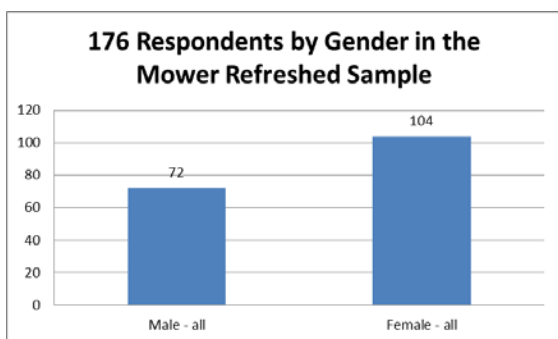
Mayo Clinic Health System in Austin's efforts through Mower Refreshed reflects citizens from all income levels engaged in developing and implementing efforts to reach community members from every income bracket.



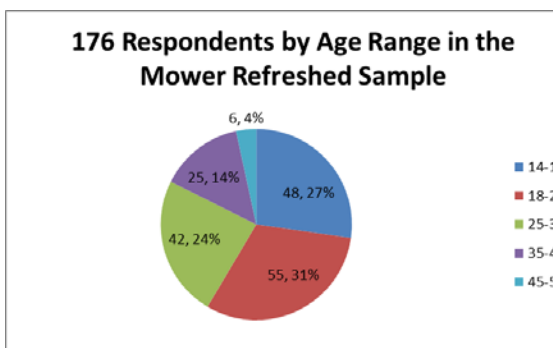
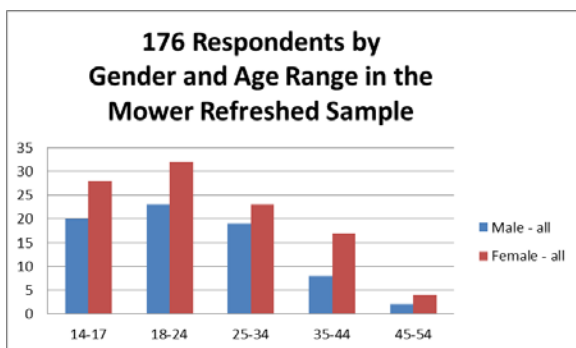
Sample by ethnicity and gender



Sample by gender



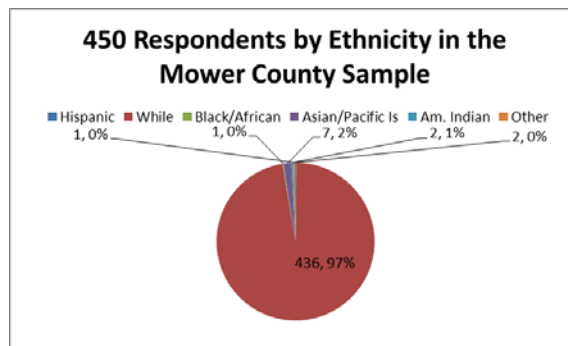
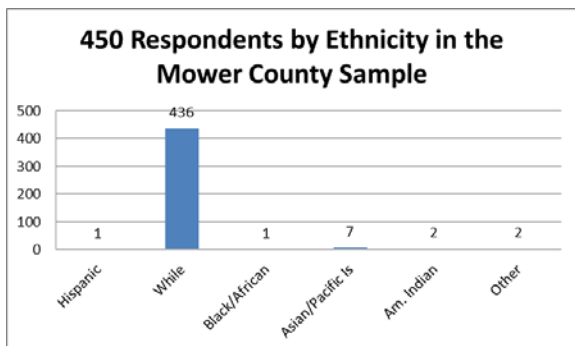
Sample by age and gender



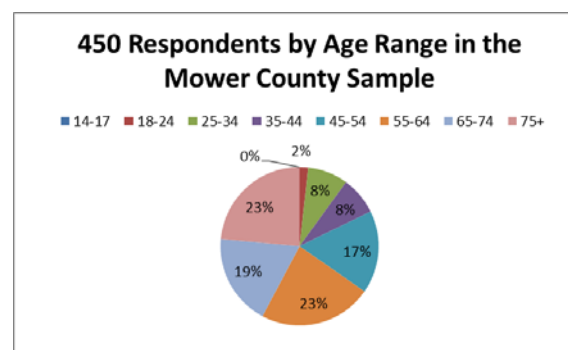
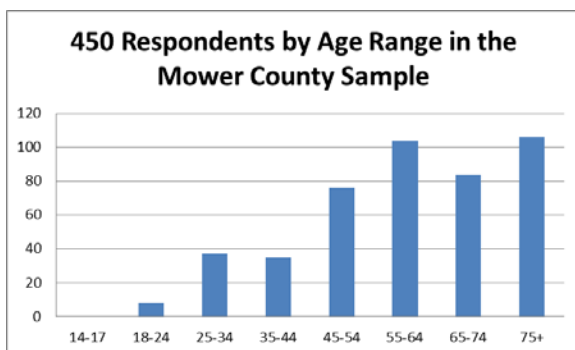


Mower County Health & Human Services Community Health Assessment

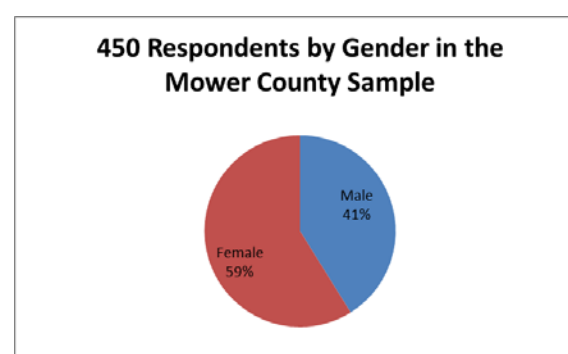
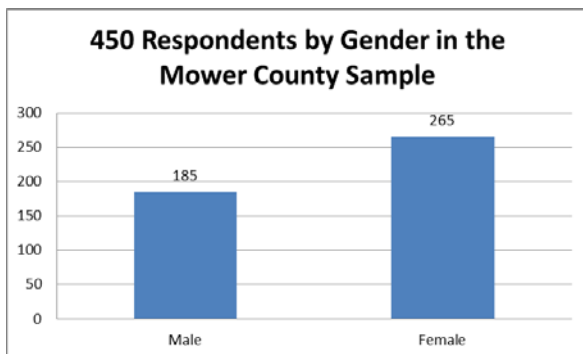
Sample by ethnicity



Survey sample by age



Survey Sample by gender



No third-party vendors were used in this process.



Information gaps:

- Time lapse between some census or surveys data (e.g. Minnesota Student Survey) and the data gathered from focus groups.
- County Health Rankings data not necessarily from Mower County but extrapolated from other counties.
- New groups of citizens living in Mower County not identified yet by census (e.g. refugees from Burma)
- Fear of transparency based on documentation of citizenship.



Addressing the Needs of the Community

Overview:

Three key needs were identified by citizen surveys, focus groups, and key informants. Although other health needs were of importance to citizens, these three surfaced as most substantial and with a sense of urgency to address.

Identified Health Needs

Needs Identified	Source of Identification
Obesity	Mower County Community Health Assessment, focus groups, citizen surveys, Annual Wellness Summit 2012, Minnesota Student Survey, 2013 County Health Rankings, Center for Disease Control
Mental health	Minnesota Student Survey, focus groups, citizen surveys, County Health Rankings, Mower County United Way Community Needs Assessment, Minnesota Department of Health Adverse Childhood Experiences, Annual Wellness Summit 2012
Access	Mower County Community Health Assessment, focus groups, citizen surveys

Other identified needs the hospital cannot or will not address and why:

Identified need	Reason for not addressing
Bullying	We have an active group addressing bullying, Community Against Bullying, that we currently collaborate with through Mower Refreshed.

Prioritization Process and Criteria:

Two surveys were used to reach a variety of populations and age groups. Mower County Health and Human Services conducted an extensive survey, which identified obesity and mental health issues as significant needs that needed interventions. A more simple survey and focus groups facilitated by Mower Refreshed reinforced obesity and mental health as key health concerns, as well as the additional need of health care access.

Needs were determined to be priorities by:

- The level of response citizens gave health issues: no problem, small or large problem
- Focus group discussion
- Weighted frequencies



Obesity

Obesity in both children and adults was seen as a significant problem that needs to be addressed. Focus groups revealed not only concern, but also hope that, with effective approaches, this health issue can be improved. Focus group members and those taking surveys indicated they understand obesity is related to a significant number of chronic diseases. Citizens believe that as obesity decreases their communities will be healthier and have lower incidence of chronic diseases.

Mental Health

Mental health issues were identified as a severe problem in the communities served by Mayo Clinic Health System in Austin. Focus group participants, key informants and those taking surveys indicated poor mental health as having a direct impact on obesity and other chronic diseases. Poor mental health and the health-related complications are viewed as significant as the lack of services to meet the needs of those struggling with mental health issues.

Access

Citizens stated that it's difficult to get appointments with care providers for both physical and mental health needs in a timely manner. Urgent Care then becomes viewed as the most reasonable pathway for accessing care. Undocumented community members, minority citizens and those who are under insured identified the lack of access to tools they could understand as barriers. Focus groups related there seems to be a lack of understanding of their specific challenges. Focus group participants showed great interest in being a part of the solution to this need by collaborating in developing access tools.

Other available resources:

Mower County Health and Human Services
Parenting Resource Center
Early Childhood and Family Education
Adult Basic Education
YMCA of Austin
Quick Care Clinic
School districts in Mower County
Faith communities in Mower County
The Bridge
Adult Rehabilitative Mental Health Practitioners



Attachments

MN Department of Health: Adverse Childhood Experiences

http://www.health.state.mn.us/divs/chs/brfss/ACE_ExecutiveSummary.pdf

County Health Ranking: Mower County

<http://www.countyhealthrankings.org/app#/minnesota/2013/mower/county/outcomes/overall/snapshot/by-rank>

Minnesota Student Survey: Mower County

<http://www.health.state.mn.us/divs/chs/mss/countytables/mower10.pdf>

Center for Disease Control and Prevention

<http://www.cdc.gov/obesity/stateprograms/fundedstates/minnesota.html>

Quick Facts U.S. Census

<http://quickfacts.census.gov/qfd/states/27/27099.html>