



## Community Health Needs Assessment

### CVMC RESPONSE PLAN

This plan provides a summary of the significant health needs and concerns identified in the Community Health Needs Assessment (5/2013), taking into account the primary data collected from survey respondents and the secondary data available regarding health risk factors and behaviors for the population served by CVMC. Of the top five issues, four could be reasonably addressed by CVMC. The remaining issue – drug abuse – is not an issue that can be directly addressed by CVMC given our current scope and resources. However, as a community-minded organization, we recognize the opportunity to increase support to the Partnership of Community Resources, a local agency whose mission is to monitor and increase awareness and prevention programs for substance abuse in our community.

#### **HEALTH CONCERNS**

The top five health concerns in our community were perceived to be: Cost of healthcare, obesity, access to healthcare, drug abuse, and mental illness.

#### Priority Issue One: Cost of Healthcare

Over 44% of survey respondents listed cost of healthcare as a concern, and 21% of respondents indicated that there was a time in the past 12 months that they needed to see a doctor, but could not due to cost.

#### CVMC Action Plan:

- Provide education and information about healthcare costs and options for community.
- Expand providers to provide alternate options for low cost healthcare for uninsured and underinsured.
- Expand community wellness/preventative services within the community.
- Continue efforts to control costs of providing healthcare, which will include utilizing Health Information Exchange, increasing efficiencies and properly using advancing healthcare technologies.

#### Priority Issues Two: Obesity

Nearly one quarter of survey respondents listed obesity as a top health concern for the community.

#### CVMC Action Plan:

- Expand outpatient nutritional services and create a nutrition-based community wellness program to be offered in various community locations, including the Carson Valley Senior/Community Center.
- Offer a nutrition-based segment of workplace wellness program.

#### Priority Issue Three: Access to Healthcare

Access to healthcare was a concern for 24.1% of survey respondents. In addition to access barriers related to cost (see above), respondents also noted barriers due to insurance, limited operating hours, and lack of access to specialists.

#### CVMC Action Plan:

- Establish urgent care services in community, to offer extended hours and additional providers.
- Continue to pursue additional insurance contracts to increase utilization at CVMC facilities.

- Expand Workplace Wellness program to bring more services to large employers within our community.
- Offer varied healthcare services at the Douglas County Senior/Community Center.
- Expand telemedicine services to increase access to specialists.

#### Priority Issue Four: Drug Abuse

Drug Abuse in the community was a concern for 24.1% of respondents.

#### CVMC Action Plan

- Collaborate with local agency Partnership of Community Resources, to identify addiction trends and facilitate services.

#### Priority Issue Five: Mental Illness:

Mental illness in the community was a concern for 23.5% of survey respondents.

#### CVMC Action Plan:

- Expand senior mental health wellness program to other groups in the community.
- Collaborate with VA to expand senior wellness program.

### **OPPORTUNITIES TO IMPROVE HEALTH AND WELLNESS**

According to the secondary data gathered in the Community Health Needs Assessment process, it was noted that Douglas County residents have higher rates of high blood pressure, high cholesterol, stroke, and heart disease than state and national averages. Douglas County residents also have lower rates of preventative mammography and flu vaccinations than state and national averages.

This data presents an opportunity for CVMC to increase community wellness services and programs targeting healthy heart and nutrition as well as increase promotion and education of early detection through mammography and population wellness through annual influenza vaccinations.

FOR THE FULL SURVEY DATA, VISIT [WWW.CVMCHOSPITAL.ORG](http://WWW.CVMCHOSPITAL.ORG)