



# Kearney County Health Services 2017 Health Assessment Summary

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## Overview of the Kearney County Health Assessment

Kearney County Health Services serves Kearney County, NE residents by providing medical services and short/long-term living care through:

- 10-bed inpatient Critical Access Hospital with 24-hour emergency room coverage
- Minden Medical Clinic—comprehensive health care and primary care
- Hinterlong Assisted Living facility—senior living environment
- Countryside Living—short and long-term nursing care facility

In 2017, Kearney County Health Services collaborated with Two Rivers Public Health Department to conduct a community health needs assessment for the hospital. The last assessment was conducted in the 1990's. Since this health assessment is for the Kearney County Health Services, the service area is confined to Kearney County, NE. Two Rivers Public Health Department assisted the process in facilitating and contracting of facilitator for the process, participating in the planning committee to develop the health assessment, and implementing the community health needs survey and analyzing the results for Kearney County. Two Rivers Public Health Department facilitated the first 2 meetings in August/September 2017 and then contracted with the Nebraska Association of Local Health Directors (NALHD) to facilitate the last 3 meetings. The NALHD facilitator adapted the MAPP (Mobilizing for Action through Planning and Partnerships) process to develop the community health needs assessment.

The Community Health Needs Assessment was developed by a planning committee that included participation from approximately 20 Kearney County stakeholders responsible for 1) defining a vision statement, 2) reviewing the landscape of data that impacts health in Kearney County, 3) identifying strengths, weaknesses, opportunities, and threats, 4) determining strategic priorities, and 5) discussing next steps over a total of 5 meetings held from August 2017 – November 2017. This planning committee included representation from Two Rivers Public Health Department, Kearney County Health Services staff and board members, University of Nebraska-Kearney, City of Minden, Minden Public Schools, community churches, and Axtell Community Foundation.

This report documents the participant's observations, insights, and collective work products since the Health Assessment started. The facilitator used the Technology of Participation facilitation methods developed by the Institute of Cultural Affairs. Questions regarding the process or resulting work products may be directed to the facilitator:

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## **Vision Statement**

The planning committee spent two meetings in August 2017 to define a vision statement for the Kearney County Health Services Health Assessment. Two Rivers Public Health Department facilitated these two meetings through ToP facilitation methods. The vision statement was drafted and adopted at the October 16, 2017 meeting.

*Promoting health in mind, body, and spirit and providing the resources to support our communities in their goals.*

## Strengths, Weaknesses, Opportunities, and Dangers

<ul style="list-style-type: none"> <li>• Minden Public Schools foundation and Kearney County Foundation</li> <li>• Donations of “fresh produce” to Schools</li> <li>• Summer Lunch Program (48volunteers)</li> <li>• Certain Celebrations (Christmas City)</li> <li>• Faith based community (active teen groups)</li> <li>• Annual Clean Up</li> <li>• School and Health Systems</li> <li>• Safe and Caring Community</li> <li>• Volunteer fire department employers</li> <li>• Employer leave policies</li> <li>• Other community organizations are working on assessments               <ul style="list-style-type: none"> <li>○ Chamber of commerce</li> <li>○ Axtell facility meeting- community foundation</li> </ul> </li> </ul> <p style="text-align: right;"><b>Strengths</b></p>	<ul style="list-style-type: none"> <li>• Utilize teens/ volunteers</li> <li>• Develop a community foundation</li> <li>• Surrounding communities have similar experience to tap into</li> <li>• Community garden</li> <li>• Christmas City</li> </ul> <p style="text-align: right;"><b>Opportunities</b></p>
<p style="text-align: right;"><b>Weaknesses</b></p> <ul style="list-style-type: none"> <li>• Lack of Resources to promote physical and mental wellbeing               <ul style="list-style-type: none"> <li>○ Limited income families</li> <li>○ Teens</li> <li>○ Facilities to work out during cold months</li> <li>○ Entertainment—to promote physical activity and socializing (i.e. bowling alleys)</li> <li>○ Limited child care or after school programs</li> </ul> </li> <li>• Limited hospitality industry—hard to sponsor or host events</li> <li>• Street/sidewalks (city is working)—incomplete or non-existent sidewalks in town; potholes in streets</li> </ul>	<p style="text-align: right;"><b>Dangers</b></p> <ul style="list-style-type: none"> <li>• Out-grow facility</li> <li>• Staffing</li> <li>• Lack of housing/real estate</li> <li>• Hospital expansion/land locked</li> <li>• Out dated facility</li> <li>• Liability especially for workout facility/after school programing</li> </ul>

**Strengths** of the team will lead to accomplishing the vision

**Weaknesses** of the team could possibly threaten the vision

The **potential dangers** of reaching the vision

The **potential opportunities** in assisting the realization of the vision

## **Data Overview**

During the October 16, 2017 meeting, the members of the planning committee self-selected data sources to review and bring back findings to the November 2, 2017 meeting and recapped at the November 21, 2017 meeting. Data was reviewed from the County Health Rankings, US and Nebraska Department of Labor, US Census, Minden Parks and Recreation Report 2016, Minden Public Schools State of Schools Report, Nebraska Vital Statistics, and Kearney County Community Survey 2017.

The Kearney County Community Health Assessment Survey was issued by Two Rivers Public Health Department on June 30, 2017 as a way to determine the communities' perception of their health and quality of life concerns as well as their knowledge of community resources, assets, and gaps. The results of the Kearney County survey were reviewed by the group as a part of the data review. There were a total of 183 responses.

# Kearney County Ranks

- **65<sup>th</sup>** in Nebraska for **length and quality of life**
  - Premature Death: 8800/100,000, 5900 (NE), 5200 (US)
  - Low Birth Weight: 8%, 7% (NE), 6% (US)
- **6<sup>th</sup>** in Nebraska for **health factors**

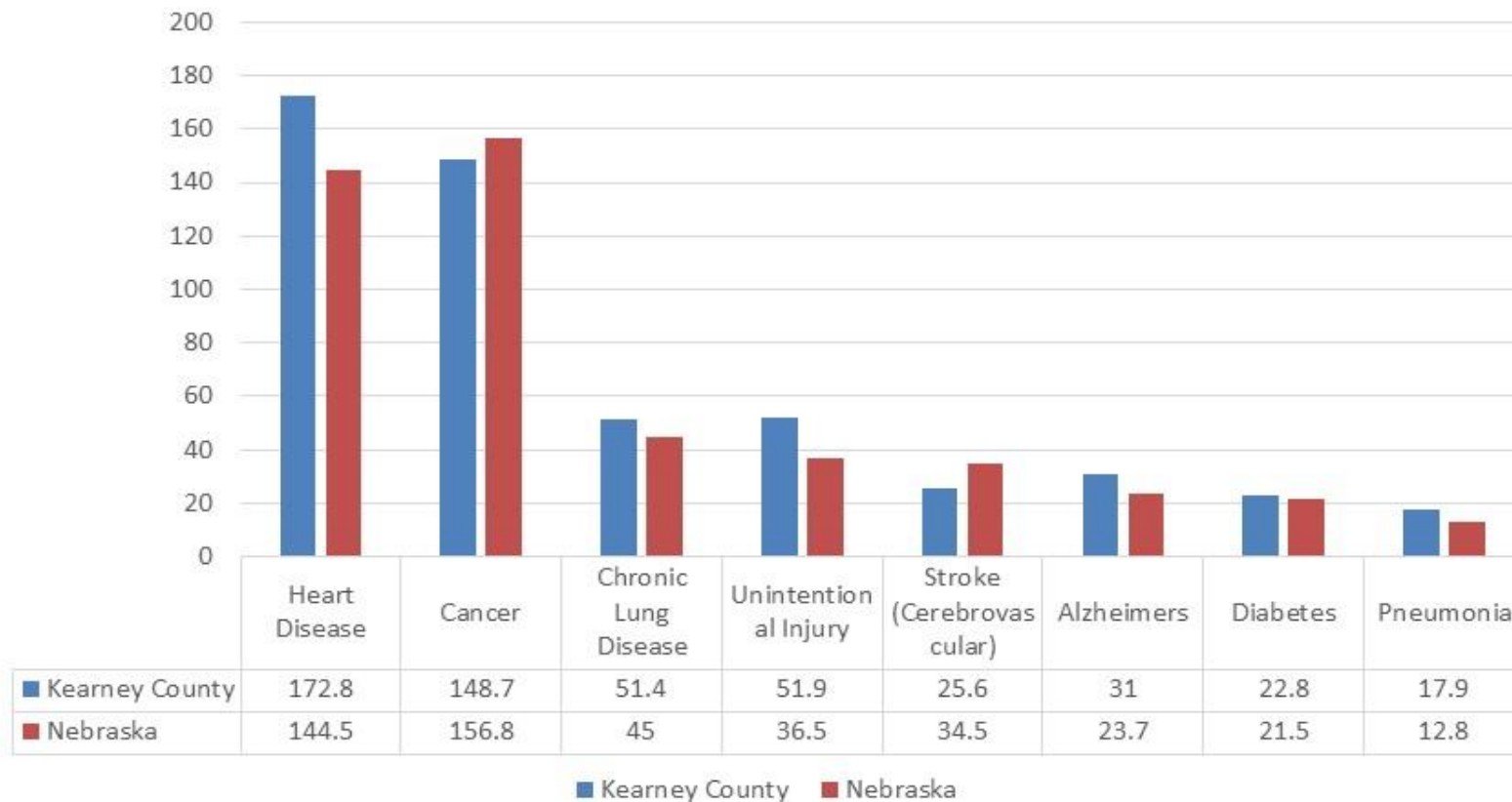


Public Health

[County Health Rankings--2017](#)



# Causes of Death



Public Health

NE DHHS Vital Statistics—2011-2015



# More data...

- 6,585 residents in Kearney County
- Free and Reduced Lunch rate: 36% - 41%
- Most desired outdoor activities (Minden)
  - Walking
  - Swimming
  - Baseball
- The **top 5 non-farm employment** in Kearney & Buffalo counties are:
  - Health Care and Social Assistance
  - Manufacturing
  - Retail Trade
  - Accommodation and Food Services
  - Local Government



MPS State of the Schools report

Minden Parks and Recreation Report 2016

Dept of Labor, US Census Bureau, NE Dept of Labor





# Available Services

- Updated High School Facility
- Strong Community Support of Schools
- Transportation for Schools
- Medical and Wellness Providers
- Medical Facilities
- Public Green Space
- Swimming Pools



by Unknown Author is  
licensed under



# Barriers/Gaps in Services

- Mental Health Services (this is statewide too)
- Mental Health Providers
- Mobility Rate of Students/Families
- Multipurpose Exercise Facility
- Affordable Access to Exercise Facilities
- After School Care
- Need an update in public parks, pools, and creation of winter walking space

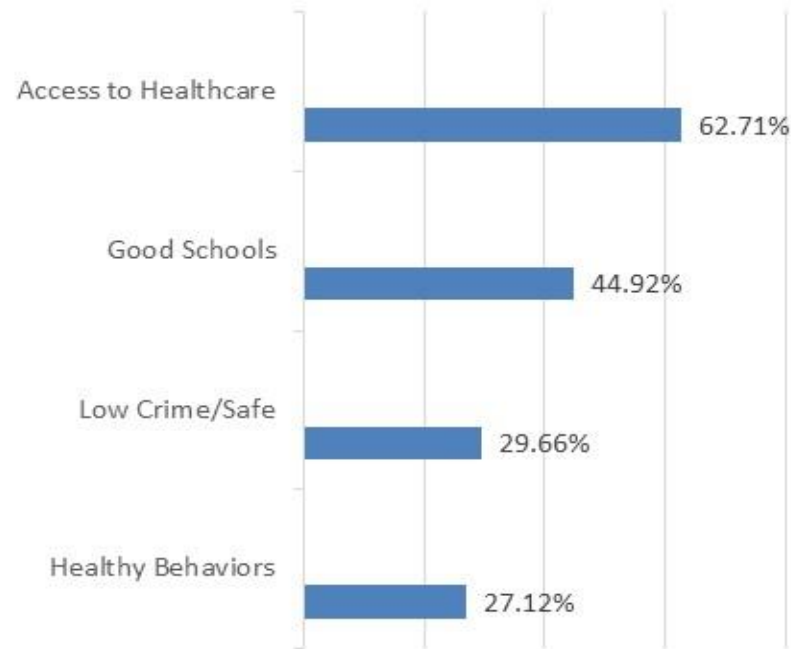


Public Health



# Community Survey Highlights

4 most important factors =  
Healthy Community

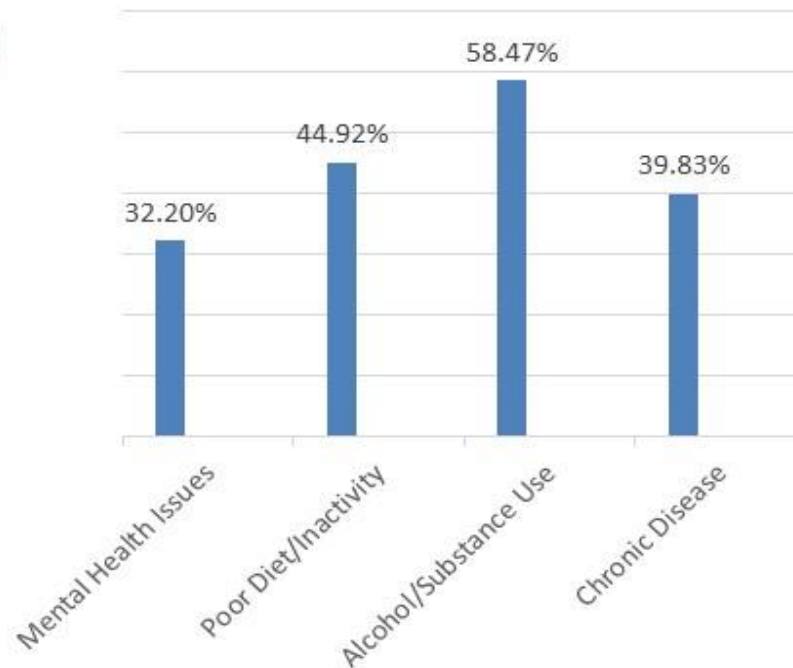


Two Rivers Public Health Department, Community Health  
Assessment, Kearney County Results, 2017



# Community Survey Highlights

Most important **health** problems



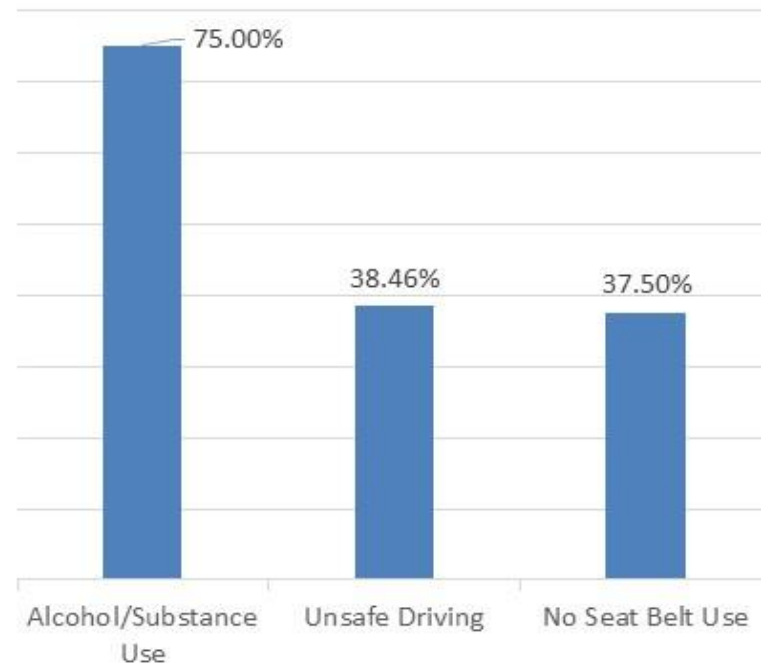
Two Rivers Public Health Department, Community Health Assessment, Kearney County Results, 2017





# Community Survey Highlights

3 most serious **safety** problems in community



Two Rivers Public Health Department, Community Health Assessment, Kearney County Results, 2017



# Community Survey Highlights

Disagree that the following exist:

- Affordable Childcare Services (35/63)
- Adequate After School Programs (54/71)
- Affordable housing (62.14%)

Top 3 places for recreation:

- Parks (48.08%)
- Swimming Pool (29.81%)
- Church/Library (25%)



Two Rivers Public Health Department, Community Health Assessment, Kearney County Results, 2017



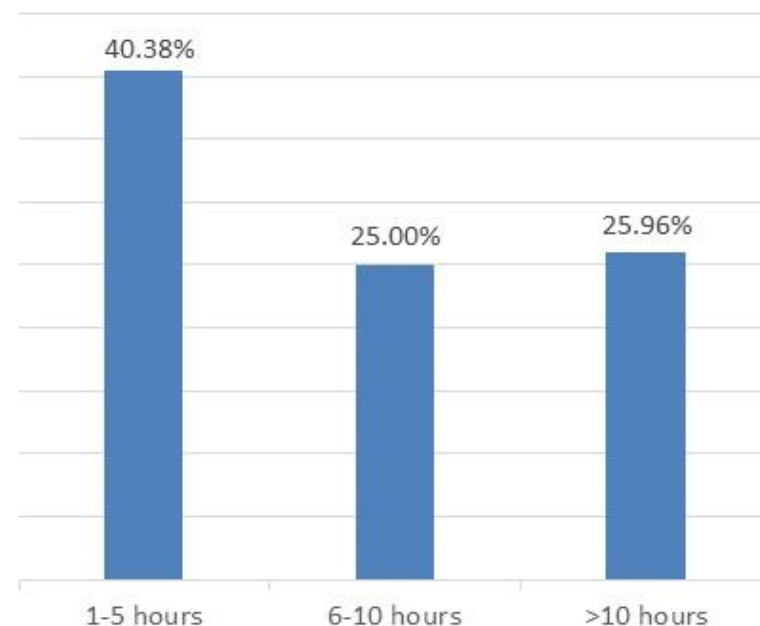
# Community Survey Highlights

Respondents indicated they would participate in recreational activities if...

There was a **facility** (57.58%)

There were **sidewalks/bike paths** (31.31%)

# of hours/month spent in recreational activities



Two Rivers Public Health Department, Community Health Assessment, Kearney County Results, 2017



## Identifying Strategic Issues

At the November 2, 2017 meeting, the planning committee took time to individually brainstorm answers to the workshop question and selected their most important ideas. Then members of the planning committee broke into 2 groups to discuss their ideas. The facilitator asked the groups to reveal their ideas and group together like items resulting in the following strategic issues. There was consensus from members present at this meeting that all of the identified strategic issues were priorities.

Workshop Question: What are the strategic issues that this group must address *to promote health in mind, body, and spirit and provide the resources to support our communities in their goals?*

Strategic Issue	Promoting Health Lifestyles	Expanding opportunities for Youth (0-18 years) development	Activating County-wide Partnerships	Increasing Healthcare Access	Developing Wellness Infrastructure
Group ideas in response to the workshop question	<ul style="list-style-type: none"> <li>Chronic Disease education</li> <li>Educate individuals about healthy lifestyles</li> <li>Prevent alcohol/drug issue</li> <li>Traffic safety</li> <li>Tobacco cessation</li> <li>Health/Wellness to decrease chronic disease</li> <li>Health/Wellness promotion</li> <li>Wellness promotion</li> <li>Promote healthy activities</li> </ul>	<ul style="list-style-type: none"> <li>After School programming</li> <li>Increase quality childcare</li> </ul>	<ul style="list-style-type: none"> <li>Health advocacy groups</li> </ul>	<ul style="list-style-type: none"> <li>Access to healthcare</li> <li>Encourage/Recruit healthcare providers to community</li> <li>Promote current health providers</li> </ul>	<ul style="list-style-type: none"> <li>Wellness Facility</li> <li>Physical land/space</li> <li>Affordable facility for exercise</li> <li>Financial means to pay for wellness center</li> <li>Financial Resources</li> <li>Community Foundation</li> </ul>



At the November 21, 2017 meeting, the planning committee members participated in a focused conversation (ToP facilitation method) regarding the identified strategic issues. The following was the result of this conversation.

- **Strategic issues that the group was hesitant about include:**

- Promoting healthy lifestyles through education and
  - The group felt that there is a lack of desire to seek local expertise and that most community members get their information from the internet.
- Increase healthcare access
  - The group indicated that Kearney County Health Services has conducted polls about increasing hours to accommodate patients and other service oriented strategies which resulted in patients indicating they would not access the hospital during expanded hours.
  - The group indicated that Kearney County Health Services is close to reaching outpatient facility capacity.

- **Strategic issues that stood out to the group (and the group thought would be embraced by the community) include:**

- Expanding opportunities for youth development (age 0-18) and
  - The group felt that data supported this as a need and the community could rally behind it because it would increase economic development/productivity within the community

Developing wellness infrastructure

The group discussed that a ***multipurpose exercise/youth activity facility that offered quality childcare*** would be a strong strategy to pursue given it aligns directly with health and needs identified within the community. Additionally, this type of strategy would bring revenue and economic development/resources to the community.

- **Challenges** to pursue the multipurpose exercise/youth activity facility:

- Getting Investors—including: 1) corporate donors and 2) private donors--community members who may not have a direct use of this facility but have monetary means.
- Garnering whole community engagement and support—a campaign of sorts is a consideration to get community-wide support
- Critics of efforts

- **Other Communities** that have a similar multipurpose exercise/youth activity facility include:

- Ogallala—converted a facility
- Holdrege—Exercise and childcare facility
- Lexington—Swimming facility
- Central City—Pool/Wellness facility



Strategic Initiative

While strengths and challenges were identified around strategic issues, available resources will be identified through the community process outlined in next steps below. An implementation plan that will identify goals, objectives, and strategies will be developed in 2018 by Kearney County Health Services.

Next Steps		
Activity	Person Responsible	Timeline
Summary of Health Assessment to Group	Sondra Nicholson	By December 1, 2017
Develop talking points to create a consistent message when talking to possible stakeholders	Luke Poore, CEO Jeremy Eschliman, TRPHD	By July 1, 2018
Recruit 1-3 key messengers to meet with key stakeholders by emailing planning contact list and asking for volunteers	Luke Poore, CEO Jeremy Eschliman, TRPHD	By July 1, 2018
Community Announcement <ul style="list-style-type: none"> <li>Article with overview of data, next steps and call to action (steering committee recruitment)</li> </ul>	Luke Poore, CEO	By March 1, 2018
Convene Steering Committee	Luke Poore, CEO Jeremy Eschliman, TRPHD	By September 1, 2018