

**2016**

Cameron Memorial  
Community  
Hospital  
Community Health  
Needs Assessment

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Prepared by the Indiana Rural Health  
Association

# **Table of Contents**

<b>Table of Contents</b> .....	<b>1</b>
<b>Process</b> .....	<b>2</b>
<b>Community Served</b> .....	<b>3</b>
<b>Description of Community</b> .....	<b>3</b>
Physical.....	3
Population – Ethnicity, Age, Households, & Income.....	3
Education.....	5
Health Summary.....	6
Primary & Chronic Diseases.....	9
Existing Healthcare Resources.....	10
<b>Identifying Health &amp; Service Needs</b> .....	<b>12</b>
<b>Summary of Findings</b> .....	<b>15</b>
<b>Appendix A – Resources &amp; Reference Materials</b>	
<b>Appendix B – Steering Committee Documents</b>	
<b>Appendix C – Survey &amp; Survey Results</b>	
<b>Appendix D – Existing Facilities</b>	

## Process

Cameron Memorial Community Hospital (CMCH) contracted with the Indiana Rural Health Association (IRHA) to conduct the Community Health Needs Assessment (CHNA).

IRHA first identified the community served by CMCH through conversations with the hospital. Based on a review of patient zip codes, the hospital was able to define the community served as all postal codes within the geographic area of Steuben County. The hospital provided a primary service area map with zip codes, which can be found in Appendix A.

To quantifiably describe the community, census reports were pulled from the United States Census Bureau Reports. Quantifiable statistics and reports for health-related community data were obtained from Cameron Memorial Community Hospital, the Community Health Rankings & Roadmaps from the Robert Wood Johnson Foundation, and the Indiana Community Asset Inventory and Rankings 2016 from the Center for Business and Economic Research and Ball State University. The full versions of these reports can be viewed in Appendix A. Additional reports on chronic disease were pulled from the Centers for Disease Control website and the Indiana State Cancer Registry. Excerpts from these reports can also be found in Appendix A.

Next, a steering committee of Steuben County representatives was organized with the help of the Cameron Memorial Community Hospital CEO, Connie McCahill, and PR/Marketing Director, Laura Lutterbeck. Business owners, local officials, healthcare providers, minority leaders, clergy, student representatives, and any other interested parties were invited to attend the meeting to discuss the health-related needs of the county with a view to identifying the areas of greatest concern. The list of attendees, the organization they represent, and their emails can be found in Appendix B.

From the information obtained in the steering committee, a 50-question survey was developed to gain the perspective of the inhabitants of the community. Questions included queries about the effect of various factors (such as illegal drugs, obesity, and sexually transmitted diseases), as well as probes into the perceived need for various services and facilities in the county. The survey was widely disseminated to the residents of Steuben County through inclusion on the Cameron Memorial Community Hospital's website, face-to-face polling at Fremont Village Foods, a popular grocery store in Fremont, Indiana; Sutton's Deli, a restaurant on the town square in Angola; and the Angola Rural King. An online survey posted on SurveyMonkey.com was also made available to the public. The survey may be viewed in Appendix C.

To identify all healthcare facilities and resources that are currently responding to the healthcare needs of the community, the IRHA contacted CMCH to ascertain the facilities that are currently available to the residents of Steuben County. The hospital was able to provide a listing of the facilities and resources, including, but not limited to, clinics, family practices, and nursing facilities. The list of existing community resources can be found in Appendix D.

At this point, the entirety of the collected data was submitted to Cameron Memorial Community Hospital to explain how the needs identified by the CHNA are currently being met, as well as to write a plan of action for those needs that are not currently being met. CMCH was also able to identify the information gaps limiting the hospital's ability to assess all of the community's health needs.

The completed CHNA was then publically posted on hospital's website. Hard copies of the full report were made available to the community upon request at the hospital, as well.

## **Community Served**

The community served by Cameron Memorial Community Hospital is defined as follows: All people living within Steuben County, Indiana, at any time during the year. To be determined as living within the service area of Steuben County, a person must reside within one of the following postal zip codes: 46703, 46705, 46737, 46742, 46744, 46747, 46776, 46779, or 46789.

## **Description of Community**

### **Physical**

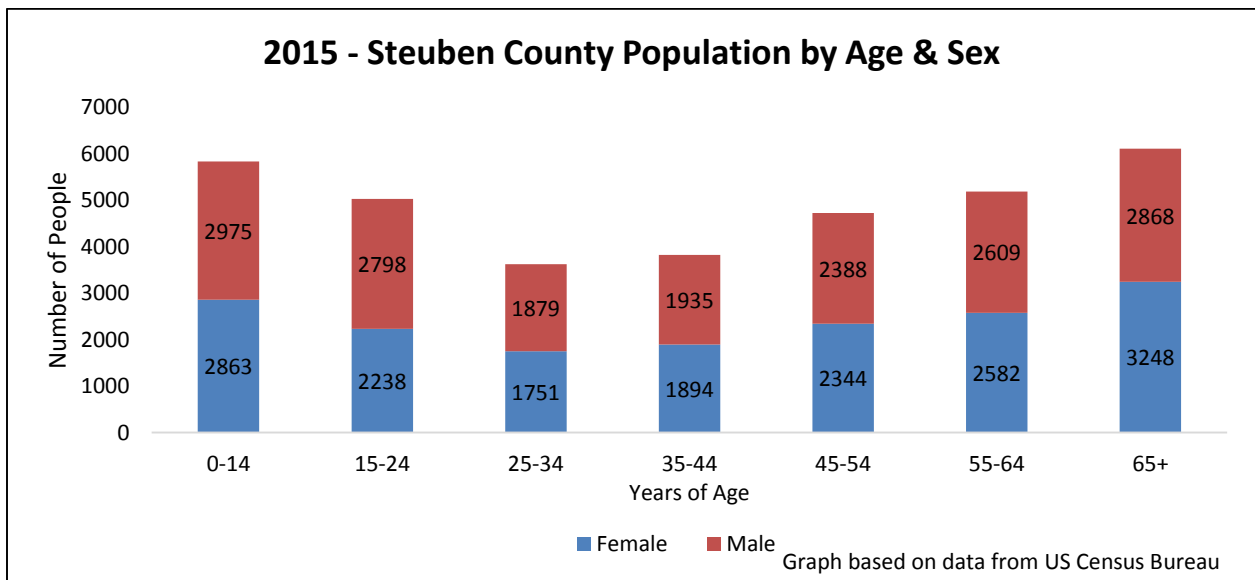
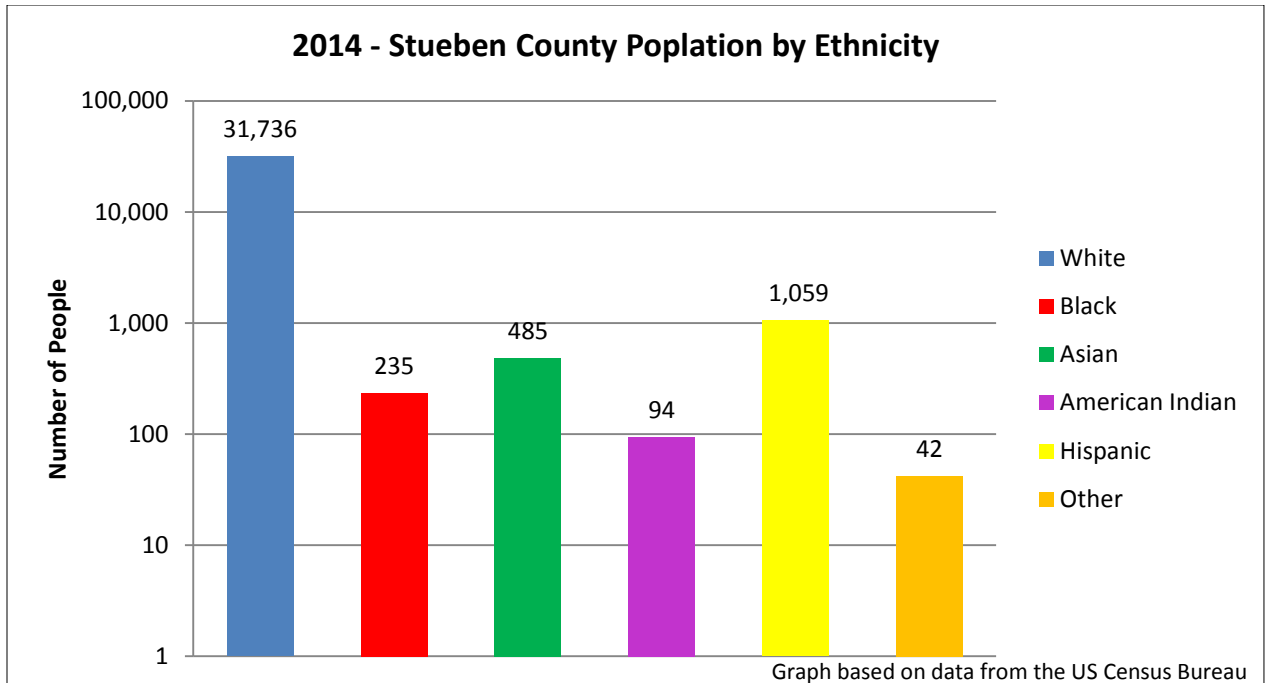
Steuben County is located in the extreme northeastern corner of Indiana. The county is largely rural and is the sixteenth smallest county in Indiana at approximately 322.47 square miles.

### **Population – Ethnicity, Age, Households & Income**

According to the U.S. Census Report, the total population of the county is approximately 34,372 as of July 1, 2015; and the median age in the county is 41.2 years old. Females make up 49.3% of the overall populace. Minority populations make up approximately 7.18% of the total inhabitants of the county according to 2014 census data. There are 13,409 households comprised of approximately 2.45 persons each. The average household income is \$48,750; and the average per capita income is \$24,345.

Subject	Steuben County, Indiana			
	Estimate	Margin of Error	Percent	Percent Margin of Error
<b>SEX AND AGE</b>				
Total population	34,190	*****	34,190	(X)
Male	17,273	+/-38	50.5%	+/-0.1
Female	16,917	+/-38	49.5%	+/-0.1
Under 5 years	1,768	*****	5.2%	*****
5 to 9 years	2,053	+/-180	6.0%	+/-0.5
10 to 14 years	2,238	+/-181	6.5%	+/-0.5
15 to 19 years	2,704	+/-71	7.9%	+/-0.2
20 to 24 years	2,405	+/-36	7.0%	+/-0.1
25 to 34 years	3,447	+/-64	10.1%	+/-0.2
35 to 44 years	4,166	+/-70	12.2%	+/-0.2
45 to 54 years	4,967	+/-57	14.5%	+/-0.2
55 to 59 years	2,513	+/-202	7.4%	+/-0.6
60 to 64 years	2,451	+/-207	7.2%	+/-0.6
65 to 74 years	3,251	+/-9	9.5%	+/-0.1
75 to 84 years	1,727	+/-130	5.1%	+/-0.4
85 years and over	500	+/-129	1.5%	+/-0.4
Median age (years)	41.2	+/-0.4	(X)	(X)
18 years and over	26,717	*****	78.1%	*****
21 years and over	24,861	+/-146	72.7%	+/-0.4
62 years and over	6,998	+/-179	20.5%	+/-0.5
65 years and over	5,478	+/-9	16.0%	+/-0.1
18 years and over	26,717	*****	26,717	(X)
Male	13,509	+/-23	50.6%	+/-0.1
Female	13,208	+/-24	49.4%	+/-0.1
65 years and over	5,478	+/-9	5,478	(X)
Male	2,530	+/-6	46.2%	+/-0.1
Female	2,948	+/-5	53.8%	+/-0.1

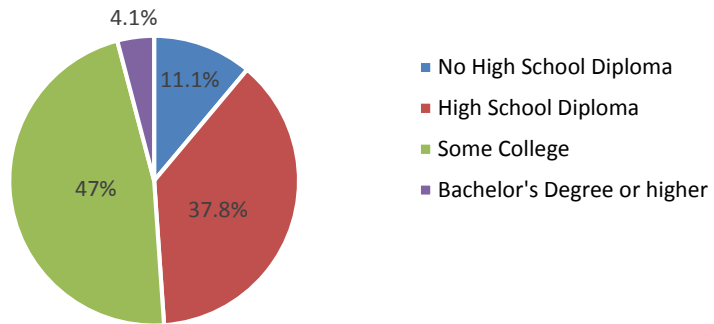
Source: U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates



## Education

The Robert Wood Johnson Foundation reports that approximately 84% of the county residents have high school diplomas compared with a statewide average of 87%. However, only 60% of the community has at least some college education compared with a statewide average of 61%. The educational achievements of the county earned Steuben a grade of B- from the CAIR report.

## Steuben County Education Attained



Based on population 18 to 24 years

Graph based on data from US Census Bureau 2014

The full reports from U.S. Census Bureau, the Robert Wood Johnson Foundation, and the Center for Business and Economic Research and Ball State University can be viewed in Appendix A.

### Health Summary

The overall health grade for Steuben County from the CAIR report stands at a C. The CAIR provides a detailed asset inventory of variables that describe the education attainment and health of Hoosier citizens, as well as the availability of natural resources and cultural amenities. All of the data has been carefully selected from secondary sources and is reviewed as to the contribution to the quality of life for the residents within the county. The data sets have been aggregated and a grade, noted above, has been given to Steuben County. Based on data from the 2016 County Health Rankings & Roadmaps report, Steuben County ranks 14<sup>th</sup> in Health Outcomes and 38<sup>th</sup> in Health Factors out of a total of 92 counties in the state.

The Health Outcomes ranking was based on a reported 3.4 days of poor physical health by Steuben County residents compared to a national average of 3.8 and a statewide average of 4.1 and a reported 3.7 days of poor mental health days by Steuben County residents compared to a national average of 3.7 and statewide average of 4.3. The Health Factors ranking was based on Health Behaviors, Clinical Care, Social and Economic Factors, and Physical Environment.

A high instance of adult smoking (at 20% of the population compared to a national average of 17% and a statewide average of 23%), a high instance of physical inactivity (at 30% compared to a national average of 23% and a statewide average of 28%), a high instance of adult obesity (at 34% compared to a national average of 27% and a statewide average of 31%), and a high instance of deaths related to alcohol-impaired crashes (at 53% of deaths compared to a national average of 31% and a statewide average of 25%) all combined to earn Steuben County a bottom-third rank of 66<sup>th</sup> out of 92 counties in Health Behaviors.

The county ranked 40<sup>th</sup> out of 92 counties on Clinical Care. The largest detriment to the Clinical Care scoring was the high patient-to-primary physician ratio at 2860:1 compared with the national average of 1320:1 and the statewide average of 1490:1. The Clinical Care rankings also indicated that approximately 16% of the population is uninsured, which is relatively on par compared to the 17% uninsured nationally and the 16% statewide.

Middling performances in both percentage of high school graduates (84% of the community compared to a statewide average of 87% and 82% nationally), a low unemployment rate (5.0% compared to 6.0% statewide), and low violent crime rate (70 incidents compared with 334 statewide and 392 nationally) all resulted in a top-third ranking of 23<sup>th</sup> out of 92 counties in Social and Economic Factors.

The Physical Environment score was especially high for Steuben County, resulting in a ranking of 19<sup>th</sup> out of 92 Indiana counties. The high ranking is due to a combination of air pollution-particulate matter (13.0 average density of fine particulate matter compared to a statewide average of 13.5 and a national average of 11.4). Even more impact was made on the Physical Environment score by a very low incidence severe housing problems (9% compared to 14% statewide and 19% nationally), which made it among the Top U.S. Performers according to the Robert Wood Johnson reports. A moderately high number of individuals in the county driving alone to work (85% of the total county population compared to 83% statewide and 76% nationally) did impede the county's score.

The County Health Rankings measures the population living with limited access to healthy foods using the USDA Food Environment Atlas. Individuals are counted who have both low access to a supermarket or large grocery store and a low income. "Low access" is greater than ten miles away in a rural county. "Low income" individuals are classified if they fall into the government definition of poverty or have a median family income at or below 80% of the county's median family income.



# County Health Rankings & Roadmaps

Building a Culture of Health, County by County

	Steuben County	Error Margin	Top U.S. Performers^	Indiana	Rank (of 92)
<b>Health Outcomes</b>					14
Length of Life					14
Premature death	6,500	5,500-7,500	5,200	7,600	
<b>Quality of Life</b>					19
Poor or fair health**	15%	14-15%	12%	19%	
Poor physical health days**	3.4	3.3-3.6	2.9	4.1	
Poor mental health days**	3.7	3.5-3.8	2.8	4.3	
Low birthweight	7%	6-8%	6%	8%	
<b>Health Factors</b>					38
<b>Health Behaviors</b>					66
Adult smoking**	20%	19-21%	14%	23%	
Adult obesity	34%	28-40%	25%	31%	
Food environment index	7.4		8.3	7.2	
Physical inactivity	30%	25-37%	20%	28%	
Access to exercise opportunities	49%		91%	75%	
Excessive drinking**	16%	16-17%	12%	16%	
Alcohol-impaired driving deaths	53%	42-63%	14%	25%	
Sexually transmitted infections	149.5		134.1	428.7	
Teen births	38	34-42	19	37	
<b>Clinical Care</b>					40
Uninsured	16%	14-17%	11%	16%	
Primary care physicians	2,860:1		1,040:1	1,490:1	
Dentists	2,640:1		1,340:1	1,930:1	
Mental health providers	1,430:1		370:1	710:1	
Preventable hospital stays	56	48-64	38	63	
Diabetic monitoring	86%	77-95%	90%	84%	
Mammography screening	56%	46-65%	71%	62%	
<b>Social &amp; Economic Factors</b>					23
High school graduation	84%		93%	87%	
Some college	60%	54-65%	72%	61%	
Unemployment	5.0%		3.5%	6.0%	
Children in poverty	19%	14-24%	13%	21%	
Income inequality	3.6	3.3-3.9	3.7	4.4	
Children in single-parent households	31%	25-37%	21%	34%	
Social associations	16.6		22.1	12.6	
Violent crime	70		59	334	
Injury deaths	51	41-63	51	63	

Air pollution - particulate matter	13.0		9.5	13.5
Drinking water violations	Yes		No	
Severe housing problems	9%	8-11%	9%	14%
Driving alone to work	85%	83-86%	71%	83%
Long commute - driving alone	28%	24-31%	15%	30%

^ 10th/90th percentile, i.e., only 10% are better.

Note: Blank values reflect unreliable or missing data

2016

\*\* Data should not be compared with prior years due to changes in definition/methods

## Primary and Chronic Diseases

Cameron Memorial Community Hospital generated a report of the Top 25 Most Common Diagnosis for Inpatients from their most recent fiscal year, October 1, 2014, through September 30, 2015. From this report, the top ten most common diagnoses for their service area were identified. A further examination of the payer mix for each diagnosis resulted in additional data to identify the issues that were most often seen in low-income, disabled, and/or older populations. (\*Note: It is important to understand the key characteristics of the CMCH population. This includes identifying the low-income, disabled, and/or elderly population. The population trends help provide an indication of patterns within the residents of the community and assist in identifying the needs around this populace.)

The following list contains the top ten most common diagnoses and the percentage of Medicare and Medicaid patients for each diagnosis:

- Septicemia – 111 cases (87.39% Medicare and Medicaid)
- Pneumonia – 67 cases (88.06% Medicare and Medicaid)
- Obstructive Chronic Bronchitis w/ Acute Bronchitis – 66 cases (81.82% Medicare and Medicaid)
- Atrial Fibrillation – 42 cases (73.81% Medicare and Medicaid)
- Diastolic Heart Failure Acute or Chronic – 29 cases (86.21% Medicare and Medicaid)
- Diverticulitis of the Colon without Hemorrhage – 26 cases (46.15% Medicare and Medicaid)
- Cellulitis of the Leg – 21 cases (57.14% Medicare and Medicaid)
- Diabetes with Ketoacidosis Type 1 – 21 cases (76.19% Medicare and Medicaid)
- Cerebral Artery Occlusion with Cerebral Infarction – 21 cases (80.95% Medicare and Medicaid)
- Acute Kidney Failure – 20 cases (85% Medicare and Medicaid)

The full list of top discharge diagnoses and payer mix report can be found in Appendix A.

The cancer rates in Steuben County are favorable when compared to the state average. The rate of cancer (per 100,000 people) in Steuben County comes in at 411.9 compared to a statewide rate of 466.6. Steuben actually comes in below average on the rates of prostate cancer (87.3 versus a statewide rate of 106.9) and lung cancer (65.5 versus a statewide rate of 73.9). Breast cancer and colon and rectum cancers are lower than the state average, as well, with a breast cancer rate of 93.0 versus a statewide rate of 118.1 and a colon/rectum cancer rate of 37.7 versus a statewide rate of 44.4.

Cancer mortality rates for all types of cancer in the county are also coming in well below the state average at a rate of 170.4 versus Indiana's overall rate of 187.3. The mortality rates in Steuben County in both

lung (46.7 compared to statewide 57.5) and colon and rectal cancer (14.7 compared to statewide 16.6) outpace the statewide averages, too. However, despite lower instances of all other tracked cancers, the prevalence of breast cancer is higher in Steuben County compared to statewide (26.2 versus a statewide rate of 22.6).

Continuing the trend of higher instances of chronic disease, data from the Centers for Disease Control and Prevention Division for Heart Disease and Stroke Prevention ranks Steuben County very poorly at 81<sup>st</sup> out of Indiana's 92 counties in rate of hospitalization for heart disease. The county ranked 56<sup>th</sup> in mortality rate from strokes at a value of 43.6 per 100,000, which is slightly higher than the state's rate of 200.3 per 100,000.

The CDC's Diabetes Data & Trends report also relates that Steuben County comes in above the state average in rates of diabetes. The county has an age-adjusted rate of 9.6% compared to an Indiana-wide average of 9.3% and national rate of 8.3%.

Portions of the Indiana State Cancer Registry's Indiana Cancer Facts & Figures, as well as the three CDC reports, can be found in Appendix A.

### **Existing Healthcare Resources**

Cameron Memorial Community Hospital provided a complete listing of the currently available healthcare facilities and services that are accessed by those living in Steuben County. This list includes, but is not limited to, a Critical Access Hospital, community-based physicians, a county health department, and a variety of specialty clinics, oral care providers, eye care providers, mental health services, nursing homes, and assisted living facilities. CMCH will be able to use this listing when creating their action plan to fully incorporate all available resources.

Achieve Physical Therapy  
Allen County Cardiology LLC  
Alley, Jonathan DO  
Angola Dental Center  
Angola Dental Lab  
Angola Dunlap Eye Clinic  
Angola Karate Club  
Angola Orthodontists  
Angola Physical Therapy  
Angola Skin Care & Dermatology  
Center  
Anytime Fitness  
Aspen Dental  
Baals & Weigand Family Eye  
Barry, Greg DDS  
Bike & Soul  
Boswell, Pegi MS LMFT  
Bowen Center  
Brandon, Todd MD

Bussema, Christopher DPM  
C&C Fitness  
Cameron Home Health Care &  
Hospice  
Cameron Memorial Community  
Hospital  
Cameron Woods Senior Living  
Community  
Club Fitness  
Collis, William MD  
Crisman, Ted MD  
Crossroads Home Care Inc.  
Curves  
CVS Pharmacy  
Doloresco, Fred, MD  
Dunlap Dental Solutions  
ELD Orthodontics  
Faith Community Health Clinic  
Fitt 4 Life  
Fort Wayne Orthopaedics  
Fremont Family Dentistry  
Frey, Timothy DDS  
Gabet Family Dentistry  
Hart, Kevin MD  
Hartman, Richard DO  
Healthy Smiles Family Dentistry  
Holicki Optical Inc.  
Home Sweet Home Senior Care  
Igney, Bradley DDS  
Indiana Physical Therapy  
JT Counseling Group  
King, Janice LMHC  
Lakeland Skilled Nursing &  
Rehabilitation  
Lazoff, Thomas MD  
Lu, Lin MD  
Magwire, Brian OD  
Mattox II, Dean MD  
Meijer Pharmacy  
Miller, Berry MD  
Miller, Thomas MD  
Motion for Life  
Northeastern Center

Northern Lakes Nursing & Rehab  
Center  
Oral & Maxillofacial Surgery  
Associates, PC  
Orthodontic Specialty Services  
O'Shaughnessy, Mark MD  
PPG Podiatry  
Regional Cancer Care Center  
Rockwell, Joyce DDS  
Rx Optical  
Shakti Yogo & Wellness  
Shipe, Terry MD  
Shugart, Robert MD  
Smith, Theresa MD  
Smith, William MD  
Soul Artist Yoga Studio  
Steuben County Health Department  
Stevens Chiropractic Center  
Urgent Care of Cameron Hospital  
Walgreens Store Angola  
Walmart Pharmacy  
Walmart Vision Center  
Watkins, David MD  
Watkins, Larry MD  
Weaver Jr., R. Wyatt MD  
Well Child Clinic  
Whang, Sung MD  
Women's Health Advantage  
YMCA of Steuben County

A complete listing of the facilities can be found in Appendix D.

## **Identifying Health & Service Needs**

A steering committee of Steuben County representatives was organized with the help of the Cameron Memorial Community Hospital CEO, Connie McCahill, and PR/Marketing Director, Laura Lutterbeck. Business owners, local officials, healthcare providers, minority leaders, clergy, student representatives, and any other interested parties were invited to attend the meeting to discuss the health-related needs of the county with a view to identifying the areas of greatest concern. Anyone who was unable to attend was invited to submit a letter detailing the needs of the community. The invitation letter, list of attendees, and a submitted letter from a citizen who was unable to attend can be found in Appendix B.

The steering committee was encouraged to brainstorm all areas of need or concern in the health field in Steuben County in both large and small group settings. Once a master list of all concerns was agreed upon

by the full group, attendees were separated into three smaller groups (Group A, Group B, and Group C). The small groups were asked to list what they perceived to be the greatest strengths and values in their county. Then, they were asked to identify the highest priorities from the master list of concerns.

By analyzing all three prioritized lists from the small groups and the submitted letters from those who were unable to attend, the IRHA was able to pull out the items that appeared most frequently and identified the community's areas of greatest concern:

- Mental health services
- Transportation – both medical and non-medical
- Specialists
- Drug use/abuse
- Tobacco use
- Sexually transmitted diseases
- Immunizations/vaccinations
- Affordable insurance
- Elder care
- Parenting skills and education

The master list, each group's priority list, and the list of areas that were determined to be of the greatest need can be found in Appendix B.

The identified areas of greatest need were used to create a 50-question survey, addressing demographics, county issues, and community services and amenities, which can be found in Appendix C. The survey was widely disseminated via internet access, community bulletins, and the local newspaper to the residents of Steuben County through inclusion on the Cameron Memorial Community Hospital's website and a publically available survey posted on SurveyMonkey.com. Face-to-face polling was also implemented at Fremont Village Foods, a popular grocery store in Fremont, Indiana; Sutton's Deli, a restaurant on the town square in Angola; and the Angola Rural King. To conduct the in-person survey, two members of the IRHA staff greeted all county residents as they approached the businesses and asked for their participation in the survey. Hard copies of the survey were also left at some of the locations, as well as CMCH, for anyone who preferred to complete a paper copy of the survey. The general public was alerted to the face-to-face and online polls through CMCH newsletters and an announcement in the local newspaper. At the end of polling, there was a total of 296 total responses, including 37 face-to-face responses. The majority (67.14%) of the respondents were from zip code 46703, nearly half (46.62%) of the respondents were 55 years of age or older, 79.39% of respondents identified as female, and 95.27% of respondents identified as White.

Respondents were first asked to assess the effect of various factors on their community by selecting "very negative effect, some negative effect, no effect, some positive effect, or very positive effect." The second portion of the survey required respondents to assess the need for various services and facilities in their community by selecting "no need, slight need, definite need, or extreme need." In the needs section, respondents were also able to select "no opinion."

There was also a section for open comments at the end of the survey for any additional information the respondents wanted to share.

When asked "how do these issues affect your county," the standout answers by all respondents were:

1. Methamphetamine – 77.5% responded some negative effect or very negative effect

2. Opioid drug use – 69.42% responded some negative effect or very negative effect
3. Tobacco use – 68.21% responded some negative effect or very negative effect
4. Obesity – 67.49% responded some negative effect or very negative effect
5. Poor nutrition – 61.87% responded some negative effect or very negative effect
6. Lack of physical activity – 60.71% - responded some negative effect or very negative effect
7. Cost of nutritious foods – 55.72% responded some negative effect or very negative effect
8. Sexually transmitted diseases – 50.0% responded some negative effect or very negative

Interestingly, some items that were raised as potential concerns by the steering committee are perceived in a positive light by the community members. Positive responses included:

1. Access to immunizations and vaccinations – 64.77% responded some positive effect or very positive effect
2. Availability of medical transportation – 57.65% responded some positive effect or very positive effect
3. Availability of health care services for the elderly – 56.49% responded some positive effect or very positive effect

When asked “do you see a need for the following services/facilities in your community,” the standout responses were:

1. Illegal drug prevention education – 80.99% responded definite need or extreme need
2. Drug treatment programs and facilities – 80.35% responded definite need or extreme need
3. Affordable insurance – 80.35% responded definite need or extreme need
4. Drug treatment facilities – 78.37% responded definite need or extreme need
5. Tobacco prevention education – 77.12% responded definite need or extreme need
6. Alcohol prevention education – 77.11% responded definite need or extreme need
7. Mental health services – 76.84% responded definite need or extreme need
8. Obesity education – 72.89% responded definite need or extreme need
9. Parenting skills education 71.38% responded definite need or extreme need
10. Parenting support services – 70.82% responded definite need or extreme need

The full summary of the survey can be found in Appendix C.

A sampling of the comments from the survey is below. All comments have been left as originally submitted unless they have been edited for length.

Open comments regarding illegal drugs:

“My family has been personally affected by Drug addiction. Unfortunately, there is No affordable treatment for someone struggling with addiction in our community. Insurance will not cover the cost of the treatment, and the treatment facilities want thousands of dollars up front. Therefore, sadly the only available option in most cases would be for that person to be arrested and have to get "clean" in jail [...] There is nothing in our community available for these individuals who are struggling with drug addiction.”

“There needs to be more supports in place for Mental Health in Steuben County, also ways to treat drug use, such as needle programs or a model like the Swiss with their heroin maintenance centers.”

“We have a major meth problem in our community. Affordable health care does not exist for most. Need programs to encourage kids to get outside.”

Open comments regarding physical fitness/obesity/nutrition:

“We have facilities (fitness centers) but cost of use may cause lower rates of use.”

“The world is changing. We now KNOW for a FACT that we shouldn't push low fat high carb agendas. Stop doing that!”

“By nutrition information, I mean organic, no chemicals. Not what the government says is good.”

Open comments regarding reproductive health:

“Sex ed cannot be approached by scaring students into not having sex, because they will do it anyways. Preventative education is extremely important. Alcohol/Drug use/teen pregnancy are Angola's biggest problems.”

“Sexual health education that is not centered on abstinence (unrealistic and does not respect separation between church/state) would be helpful.”

Open comments regarding need for medical services:

“We need a dialysis center!”

“The need our own dialysis lab - so many people have to have transportation and is very costly and inconvenient – Lets be an all saving facility!”

“We have specialists in the community, but the wait time to get an appt still makes it necessary to go to other cities for care.”

“The biggest need would be for specialty physicians along with Family Practice physicians that are open and accepting new pts.”

“Need a pediatrician and more family practice physicians.”

Open comments regarding affordability:

“I believe Angola and Fremont needs more affordable housing for single parents and young people starting out like Ft Wayne.”

“Steuben County has some of these services, but there remain many barriers to access, including affordability, awareness, quality of the services, hours of operation of the services, stigma, and transportation.”

“Need affordable housing for people who are not on assistance and have full time jobs.”

“Affordable health care does not exist for most.”

A complete summary of the survey results can be found in Appendix C.

## Summary of Findings

Based on the information gathered as part of the Community Health Needs Assessment, the Indiana Rural Health Association has identified the areas of greatest need in Steuben County. Through the collection of health data and community input on the county's assets, values, and weaknesses within the hospital's service area, the following needs were identified as being of the highest importance:

### Identified Areas of Need

- Education & Prevention: illegal drug use, alcohol abuse, methamphetamine, tobacco use, obesity
- Mental health and drug treatment facilities
- Chronic Disease: Obesity, diabetes, heart disease, stroke
- Parenting and family support and education



Additionally, to aid Cameron Memorial Community Hospital in the creation of an action plan, the IRHA has made preliminary suggestions for addressing the defined areas of need. \*\*\*Please note these are opportunities for improvement and in no way constitute required actions, but rather are recommendations for further attention.

### **Education and Prevention; Illegal drug use, alcohol abuse, methamphetamine, tobacco use, obesity:**

- Work with providers and social services to hold “town hall” style meetings.
  - Discuss constructive activities to develop a modified lifestyle.
  - Ask healthcare providers to share “lack of quality of life” stories for those impacted.
  - Give examples of changed lives.
  - Discuss negative impact on families of addicts.
- Develop physical activity classes, Zumba, aerobics, yoga, etc.
  - Include hospital employees and give health insurance credits.
  - Work with local businesses to send employees and offer insurance credits.
  - Collaborate with local clubs for support: YMCA, Glendarin Hills Golf Club, etc.

### **Mental Health Drug Treatment Facilities**

- Collaborate with mental health providers, locally or regionally to develop programs.
- Evaluate insurance coverage with local major employers to determine what plans are available.
- Evaluate insurance coverage with state programs for the indigent with mental health issues.
- Explore telemedicine opportunities for mental health.

### **Chronic Disease: Obesity, diabetes, heart disease, stroke**

- Evaluate Chronic Care Management programs.
- Collaborate with nutrition specialists and organize dietary refinement meetings.
- Hold special events to recognize success stories of patients.
- Work with local schools to encourage better nutrition in school foods.
- Collaborate with local restaurants, offer healthy menus, get hospital logo on menus.
- Develop a gardening program, promote organic foods, healthy diets.

### **Parenting and family support and education**

- Work with social services to develop group classes on healthy living.
- Collaborate with local churches and civic organizations for support groups.
- Partner with providers, host events where they can speak about the benefits of health living.

Cameron Memorial Community Hospital has earned the trust and respect of many local residents. This can be leveraged with providers and local business and community service organizations to explore the suggested and other ideas to enhance the quality of life of Steuben County residents.