



# 2022 Community Health Needs Assessment

## Background

**Mission statement.** Yuma District Hospital and Clinics is dedicated to enhancing the health of all whom we serve and providing care that exceeds industry standards in quality and safety.

**Vision statement.** To be the healthcare provider of choice in Northeast Colorado.

**Services.** Yuma District Hospital is a 15-bed critical access hospital (CAH). A CAH is a federal designation for rural hospitals with less than 25 acute care beds, located more than 35 miles from the nearest hospital, although a few exceptions apply.<sup>1</sup> The organization offers a 24/7 emergency department and is a Level IV Trauma Center as well as two Rural Health Clinics in Yuma and Akron.

Yuma District Hospital provides many specialty services in their clinics, to allow residents and the area's countless visitors, quality care, without having to travel long distances. These include, but are not limited to: (1) emergency & trauma, (2) family medicine, (3) general surgery, (4) home health (5) laboratory (6) lifeline (7) oncology (8) radiology (9) rehabilitation & therapy (10), fatigue & sleep remedies (11) swing bed (12) women's health (13) medical-surgical services<sup>2</sup>

With a large demographic of aging residents, Yuma District Hospital recognizes the need to provide aging in place and long-term care options. Therefore, it prides itself on being a swing bed facility which allows the hospital to determine if a hospital bed should be used for skilled nursing

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<sup>1</sup> Rural Health Information Hub, <https://www.ruralhealthinfo.org/topics/critical-access-hospitals>

<sup>2</sup> Yuma Hospital District, <https://yumahospital.org>



vs acute care. This affords the hospital the ability to provide continued care to individuals beyond the acute event that brought them to the facility if required.<sup>3</sup> Additionally, it operates a thriving home health program.<sup>4</sup>

**The community.** The community served by Yuma District Hospital and Clinics is largely represented by Yuma and Washington Counties. Located in the Northeastern corner of the state of Colorado and spanning across 4,893 square miles the service area is home to approximately 14,802 people and is considered Frontier. Agriculture is the primary industry out of this service area with Yuma County being the largest producer of corn in the state of Colorado.

**Hospital governance.** Yuma Hospital District is governed by an elected or appointed five-person board of directors, all residents.<sup>5</sup>

**Summary.** This document provides a summary of Yuma Hospital District’s plan to develop new, and to enhance established, community benefit programs and services. This plan is focused on addressing the top community health priorities identified in the 2022 community health needs assessment (CHNA), administered by Yuma Hospital District, and facilitated by Vertical Strategies.

## Target Areas, Economics and Populations

**Note on data collection.** Yuma District Hospital and Clinics primarily serves the residents of Yuma and Washington Counties. Data was collected for Yuma and Washington Counties when available, the Eastern Plains PUMA Region, Colorado, and at a national level. The rationale was to provide measurable comparisons for benchmarks. It is noted that for some indicators, the data for Yuma and Washington Counties is suppressed because of the small population. Many pieces of data were presented in the form of heat maps which allowed for a visual representation of each county’s standings in the state of Colorado.

Data was primarily collected from the US Census Bureau, County Health Rankings, and the Colorado State Demography Office. It appears that because of the Pandemic there is a delay in

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<sup>3</sup> Yuma Hospital District, Swing Bed, <https://yumahospital.org/services/swing-bed/>

<sup>4</sup> Yuma Hospital District, Home Health, <https://yumahospital.org/services/home-health/>

<sup>5</sup> Yuma District Hospital, Board of Trustees, <https://yumahospital.org/about-us/board-of-trustees/>

these bodies updating publicly available health and demographic data. Data presented to the community and in the body of this report is the most recently published data as of the time of this writing and has been used primarily for the purposes of inspiring communication and brainstorming among the participating community members.

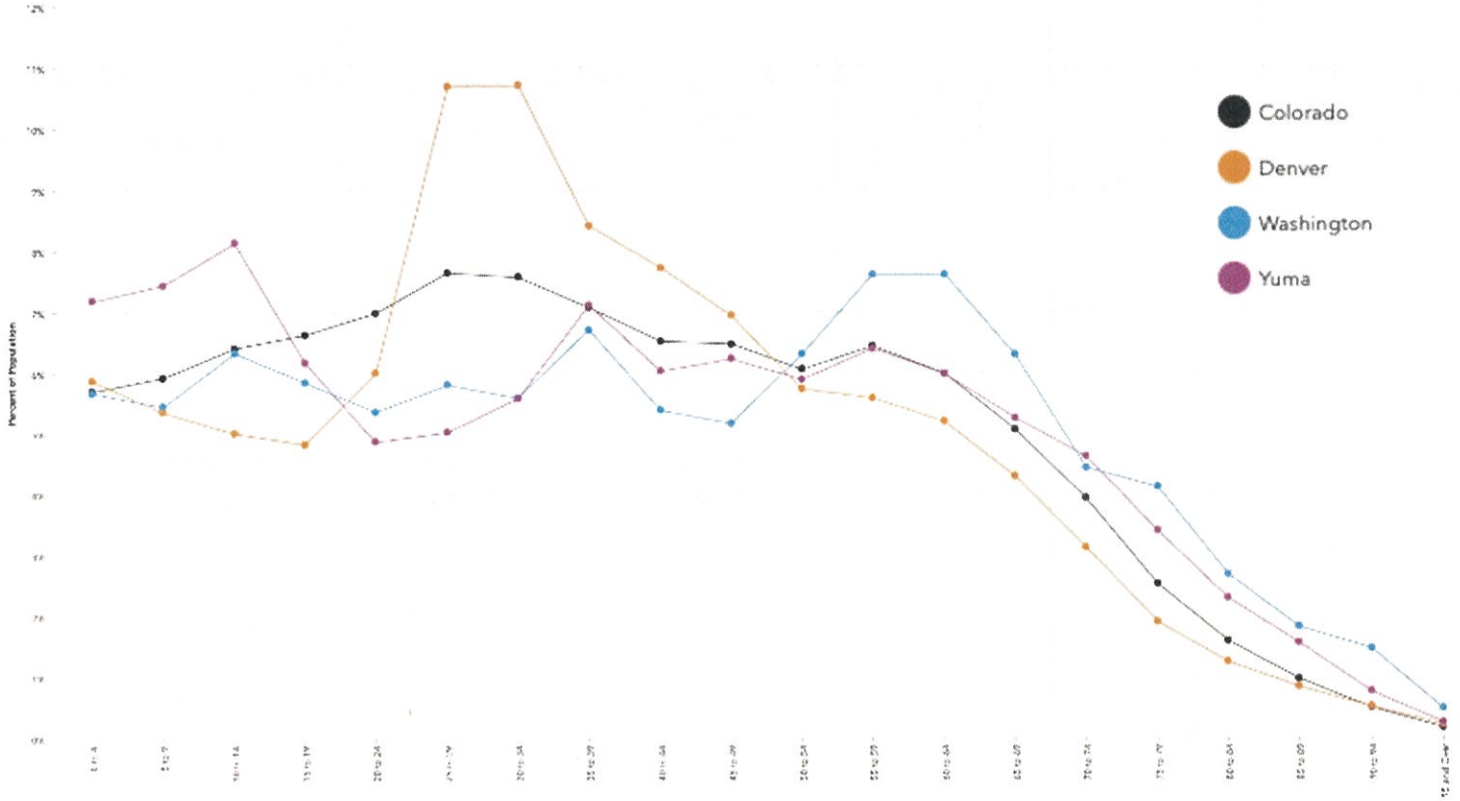
As documented from a national perspective, Yuma District Hospital and Clinics recognizes the disparities that exist in health status and risk between those in the highest income brackets and the lowest, as well as between the insured and uninsured. Those in the lowest income level without insurance have the greatest health needs and are most challenged in gaining access to high quality, affordable health services. This is especially challenging in a rural area, such as the communities in which Yuma District Hospital and Clinics serves.

The CHNA included data on all populations in Yuma and Washington Counties without regard to income, insurance, or any other discriminating factors. Selected characteristics of the population included<sup>6</sup>:

1. The population of Yuma County is 9,941 and Washington County is 4,861 (2021)
2. The median age of Yuma County is 37.8 and Washington County is 41.6 (2019)
3. Corresponding to the median age, females make up 49.9 percent of Yuma County and 47.9 of Washington County's population (2021)
4. People over the age of 65 constitute over 18.7 percent of all people living in Yuma County and 21.4 percent of Washington County (2021) which is up from the 17.6 percent that was reported in the 2019 CHNA.
5. The Service Area is predominantly Caucasian, contributing 96.5 percent of the population in Yuma County and 95.7 percent in Washington County (2021) with 72.9 (Yuma County) and 85.7 percent (Washington County) of the populations being Caucasian only, not Hispanic or Latino/a.
6. Yuma County's median household income is \$54,393 and Washington County's is \$51,181 (2020) up from the \$44,668 reported in the 2019 CHNA but still significantly less than the state of Colorado at \$82,611 (2020).
7. Approximately 11.5 percent of people living in Yuma County and 11.8 percent of those in Washington County are living in poverty which is down from the 14.3 percent reported in the 2019 CHNA.
8. The service area is home to approximately 906 Veterans (2020)

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<sup>6</sup> US Census Bureau, American Fact Finder, <https://www.census.gov/quickfacts/>



Graph depicting the population’s age distribution

## Economic Stability

Healthcare employment is one of the most significant service industries in a local area, usually more so in rural areas. A rural hospital is often one of the single largest employers in a rural economy, often with the highest paying jobs, and is typically one of the top industries in the area.<sup>7</sup> In Yuma County Healthcare is the third largest industry after Agriculture and Retail trade with a similar composition in Washington County with Healthcare being the third largest industry behind Agriculture and Educational Services. As employees spend money locally, additional jobs are created in other businesses in the community. These additional jobs are referred to as secondary and create additional economic impact in the community. The impact is estimated using multipliers<sup>8</sup> for both jobs and economic impact.

<sup>7</sup> National Center for Rural Health Works, Economic Impact of Rural Health Care

<sup>8</sup> Minnesota IMPLAN Group, Inc.



Because healthcare facilities contribute significantly as an economic driver in the community, the use of health facilities by area residents supports employment and economic drivers as well as improved physical health outcomes.

## Process, Strategy and Community Impact

Yuma District Hospital and Clinics identified community health needs by undergoing an assessment process. This process incorporated a comprehensive review by community stakeholders. To accomplish this Yuma District Hospital and Clinics has reengaged Vertical Strategies who facilitated the 2019 CHNA. Vertical Strategies is a consulting firm dedicated to elevating nonprofits. Vertical Strategies assisted by: (1) gathering and assimilating data, (2) facilitating and compiling results of group meetings and surveys, (3) drafting reports and public notices, and (4) other facilitation-type activities. Vertical Strategies is well suited to this type of project because of their expertise in rural health in Colorado and nationally, and the work their staff has done regarding many community-oriented projects in rural health services. The Yuma District Hospital and Clinics community stakeholders' group was formed with members of the management team of the organization, including the CEO and others representing areas of strategy, communications, community benefit, finance, education, quality of patient care, and direct patient services as well as active community members representing areas such as, but not limited to public health, education, mental health, and local government.

The community stakeholders' group, assisted by Vertical Strategies, reviewed data from public sources such as the Colorado Department of Public Health and Environment, the Colorado State Demography Office, United States Census Bureau, Centers for Disease Control, US Department of Health and Human Services Health Resources and Services Administration, County Health Rankings published by the Robert Wood Johnson Foundation and the University of Wisconsin, among other resources. Data were compiled, formatted, and manipulated from these sources relating to the health status of the county population, health needs, incidence of disease, etc. and shared with community members. The data, which helped form the assessment, provided the basis from which the community stakeholders group, and others, determined the health needs of the community. It is important to note that gaps exist in reported health data at the local level. The gaps exist because of the lack of reporting certain disease data and the characteristics of unique populations that may experience certain diseases and chronic conditions. Low numbers of reported instances, due in large part to a low population base, make certain data unavailable or not readily comparable to state and national data. Additionally, the COVID-19 Pandemic has had a large impact on various public agencies which has impacted the delivery of updated health statistics and information outside of the immediate COVID-19 concerns.



While hospital leadership has access to the entire data package developed by Vertical Strategies, a condensed version was presented by Vertical Strategies at a community stakeholder meeting to inform those in attendance about the health status of Yuma and Washington Counties and surrounding areas. Vertical Strategies identified several top positive indicators and opportunities for improvement, based on the data.

Following the presentation of data, the meeting attendees discussed the data results. They were asked to identify other opportunities that were omitted from the initial presentation and to judge if the positive indicators were represented appropriately. The group was requested to identify up to three opportunities that were of most concern to them and how they perceive access to healthcare providers in the area. In addition, attendees were asked how, given limited financial and human resources, could Yuma District Hospital and its health care providers improve the health status of residents. Findings were tabulated and reconsidered at the community stakeholders meeting.

The community stakeholder group, in collaboration with Vertical Strategies, conducted a survey of interested community residents. The survey included 40 multiple choice and open-ended questions on a variety of health, Social Determinants of Health, and provider issues and was provided in both English and Spanish. The survey was distributed by paper and web-based survey. The paper survey and links to the web-based surveys were made available at the hospital well as through the organization's website at [www.yumahospital.org](http://www.yumahospital.org). The community was informed about the survey and provided the link through flyers posted throughout the town, the hospital's website, local newspapers, and social media. The same questions were asked of all participants. There were 57 responses.

The survey questions included a series of "yes or no" questions, prioritization ranking, as well as ample opportunities for the respondent to offer a free-flowing response. Vertical Strategies compiled the results of the survey to maintain the anonymity of respondents. Yuma District Hospital and Clinics leadership was provided a detailed response compilation of the survey results. Summary results of the survey findings were presented to the community stakeholder group. At that meeting, participants reviewed the survey summary data and determined community priorities.



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Illustration of survey respondent's place of residence

## Community Needs

Data derived from state and national resources indicated several health observations needs in the service area. Among them were:

1. Yuma and Washington Counties have a higher rate of persons living with poor or fair health, 17 and 18 percent respectively of the population compared the 14 percent for the state.<sup>9</sup>
2. In 2019 approximately 3,890 (per 100,000 Medicare enrollees) hospital stays in Yuma County were considered to have been preventable which is quite a bit higher than the Colorado rate of 2,337.
3. Only 67 percent of the population of Yuma County and 39 percent of Washington County have access to exercise opportunities, which is significantly lower than the state rate of 88 percent, however Colorado ranks among the top 10<sup>th</sup> percentile in the nation for access to exercise opportunities.
4. Twenty five percent of residents in Yuma County, and 27 percent of Washington County are considered obese
5. Roughly 17 percent and 18 percent of adults in Yuma and Washington Counties identify as smokers.
6. Yuma County's ratio of patients to primary care providers is 2,000:1 and Washington's is 1,640:1 which is much higher than the state's ratio of 1,210:1 but is significantly better than the 2,530:1 and 4,910:1 ratio in 2019
7. The ratio of patients to mental health providers is 1,000:1 in Yuma County and 2,440:1 in Washington County which is a significant disparity when compared to the state's ratio of 250:1
8. There is a significantly higher rate of children experiencing poverty in both Yuma (16%) and Washington (18%) Counties when compared to the state's rate of 11 percent.

<sup>9</sup> County Health Rankings,  
[https://www.countyhealthrankings.org/app/colorado/2022/compare/snapshot?counties=08\\_125%2B08\\_121](https://www.countyhealthrankings.org/app/colorado/2022/compare/snapshot?counties=08_125%2B08_121)

**County Health Ranking: Health Outcomes and Health Factors**

**Washington (WA)**



**Yuma (YU)**



Image from CountyHealthRankings.org depicting Health outcomes (top bar) and Health Factors (bottom bar)

The community stakeholders group used the qualitative results of the survey process to frame the story portrayed by the data gathered and discussion group observations. The survey results included the following sample observations:

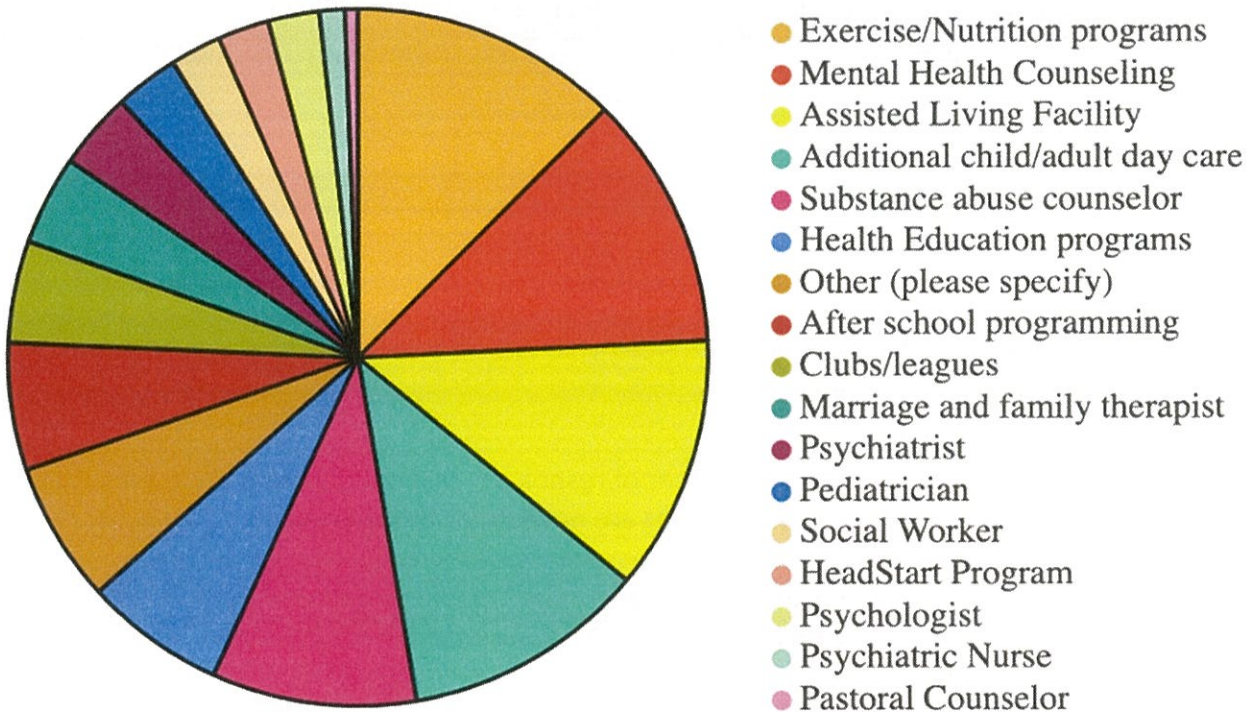
- Roughly 47 percent of respondents indicated that the most important factor in maintaining a healthy community is access to healthcare, however it only came in as the third most important factor behind a good place to raise children and low crime/safe neighborhoods
- The most important health concerns were, by ranking:
  - Mental health problems
  - Cancer
  - Aging problems
  - Diabetes
  - Substance abuse
  - Heart disease
  - High blood pressure
  - Respiratory disease
  - Suicide



- Approximately 7 percent of respondents noted that their physical health kept them from their activities of daily living more than 11 days per month.
- Seven percent of respondents indicated that their mental health has kept them from their activities of daily living for more than 11 days per month.
- Ranked in order of highest number of responses, respondents told the survey where they receive their health information:
  - Healthcare providers
  - Internet
  - Health fairs
  - Television
  - Pharmacy
  - Family and friends
  - Newspapers
  - Magazines
  - Health Department
- Ranked in order of highest number of responses, respondents told the survey that the following additional health services are needed for the community
  - Mental health counseling
  - Exercise/nutrition programs
  - Assisted Living Facility
  - Additional child/adult day care
  - Substance abuse counselor
  - Health education programs
  - After school programs
  - Clubs/Leagues
  - Marriage and family therapist
  - Psychiatrist
  - Pediatrician
  - Social Worker
- When asked how often you feel lonely or isolated from those around you, 35.7 percent indicated this is never a problem for them, however 21.43 percent indicated this is sometimes a problem and nearly 2 percent indicated it is usually a problem for them.
- When asked about food stability roughly 17 percent of respondents indicated that in the last year, they worried about running out of food before they could buy more. Nearly 13 percent indicated that the food they have purchased didn't last and they were unable to afford more.

What additional health services are needed in your community (select all that apply)

Answered: 54



Graph depicting answers from the survey ranking need of additional services

## Prioritization of Needs

Following the assimilation of the detailed health data along with results from the surveys and community stakeholder meetings, Yuma District Hospital developed a prioritization of health needs. Based on review of health, health access, and health outcomes data; demographic data; economic data; economic impact data; community survey data and the experience of meeting participants, the following issues were chosen by Yuma District Hospital to pursue.

These needs were identified as most pressing:

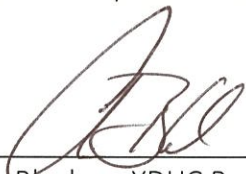
1. Mental Health- as a continuation of the 2019 priorities
  - a. Focusing on substance abuse particularly meth and alcohol abuse
  - b. Increase accessibility of services
  - c. Reduce stigma around utilization
2. Aging Services- as a continuation of the 2019 priorities

- a. Addressing the need for safe and adequate transportation
- b. Increase accessibility of services
- c. Provide education resources for existing services
- d. Addressing the need for placement services or assistance
  - i. As well as identifying need for higher acuity services and support
- e. Day care/activities
- f. Family caregiver respite

Other issues were identified by the community as important, but Yuma District Hospital and Clinics has not addressed them in this plan as other groups have taken the lead on solutions. Yuma District Hospital and Clinics maintains a willingness to work with other entities within the community to look at providing or supporting appropriate programs aimed at addressing other community health needs. Yuma District Hospital and Clinics will also be committing to increasing their efforts to be involved in more community-based programs and meetings to better develop community partnerships, networks, and relationships. Both identified priorities are a continuation of priorities that were defined in the 2019 CHNA. This is due to the immense need for resources and services in these areas. By narrowing the focus on these two very big priorities, as well as leveraging the work completed since the 2019 CHNA, the hospital aims to increase its positive impact on the overall health and wellbeing of the community in which it serves.

## Approval

The Yuma District Hospital Board of Directors approves the prioritization of needs identified in the community health needs assessment.



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Chris Blecha – YDHC Board President

July 27, 2022

