

2013 Community Needs Assessment – Loudon County



The Community Health Needs Assessment provides a roadmap to help communities reach their destination of a healthier place to call home. Fort Loudoun Medical Center is hopeful that this assessment will be a catalyst for meaningful collaboration and action as we address some of the most important health improvement opportunities facing Loudon County.

The Affordable Care Act requires not-for-profit hospitals to conduct a needs assessment every three years and to create an Implementation Plan to address the significant findings. This effort will assist us in “connecting the dots” between Fort Loudoun’s resources and the needs of the community, identifying additional resources, and engaging with our community partners in initiatives that benefit our residents.

Our Assessment Partners

This process could not have been done without the following organizations and individuals who gave guidance and thoughtful input along the way. Their expertise and relationships helped us access the general population as well as the county’s most vulnerable residents and helped distill volumes of data into the most significant health issues in Loudon County. We deeply appreciate their commitment to the assessment process.

- Loudon County Health Department
- Loudon County Health Council
- Loudon County – Coordinated School Health
- Fort Loudoun Medical Center
- Knox County Health Department, Department of Assessment and Planning
- United Way of Loudon County
- 2-1-1 Information and Referral
- Good Samaritan Center of Loudon
- Inter-agency Council

Loudon County at a Glance

- 229 square miles
- 49,793 residents
- 27.3% increase in population since 2000
- Median age: 41 years
- 21.5% persons over 65
- 93.4% white
- 49% male
- \$49,616 median household income
- 9.0% unemployment
- 90% high school graduation
- 23.6% have bachelor's degree or higher, age 25+
- 20% uninsured adults
- 24% children in poverty
- 2,052:1 ratio of residents per primary care physician
- 2,186:1 ratio of residents per dentist
- 2,514:1 ratio of residents per mental health provider

For more demographic information about Loudon County:

Countyhealthrankings.org

Census.gov

Tennessee.gov

Existing Healthcare Facilities and Resources

Fort Loudoun Medical Center

Fort Loudoun Medical Center is a 50-bed facility offering a full range of acute and specialty care, including emergency services, surgery, and advanced diagnostics such as magnetic resonance imaging (MRI), computerized tomography (CT), ultrasound, diagnostic X-rays, and women's imaging services, as well as nuclear medicine technology unique to the surrounding 16-county area. More than 200 affiliated physicians offer care in more than 29 specialty areas.

Loudon County Health Department

A government agency that provides the following health care services: Public Health Clinics, Supplemental Nutrition, Counseling, & Health Services for Women, Infants & Children (WIC Program), Children's Special Services (CSS) provides insurance coverage to eligible children and youth (birth to 21 years), with disabilities or chronic health conditions, not covered by insurance, and Dental Services.

Baptist Health Care Center

104-bed Nursing Home & 18-bed Assisted Living Center

Kindred Nursing and Rehabilitation

Short-term and long-term rehabilitation care

Cherokee Health System

Offering primary care and mental health services

Assessment Data Process

To determine the health needs of the community, data were collected from various county, state and national sources; local hospital information, data about homelessness. Additionally, we conducted research using face-to-face interviews, focus groups, and surveyed residents, both online and in person.

Our assessment partners helped determine a list of key stakeholders to participate in interviews and focus groups. Special attention was given to recruit those who serve the uninsured, chronically ill and minority populations. Lancaster Market Research Group conducted the focus groups, compiled the responses and did the data analysis.

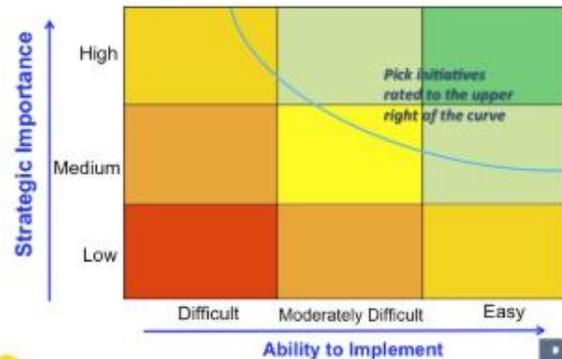
With consultation from the Knox County Health Department, Department of Assessment and Planning, a survey instrument was developed for use in the Covenant Health hospital assessments. This survey asked residents about the health and quality of life in their community/county. There were questions about what creates health and what are the most important health issues and contributing factors. Survey sampling was matched with the counties population for the attributes of age, education, income and ethnicity. Surveys were available at the health department, Fort Loudoun Medical Center, churches, United Way agencies, schools, and online using Survey Monkey.

Hundreds of health indicators were reviewed from the Tennessee Department of Public Health, County Health Rankings from the Robert Wood Johnson Foundation, Tennessee Kids Count, as well as data from the US Census, hospital discharge data, and local homelessness data.

Click for a larger version Notebooks containing all the health indicator data, focus group and community survey information were compiled.

A Data Synthesis Team was formed comprising 10-12 members including representatives from Fort Loudoun hospital, the health department, school system, Health Council, United Way, local shelter, and inter-agency council. Team members were each given a data notebook and then met

Setting Implementation Priorities for Initiatives or Performance Measures



Suggested Priority Setting Criteria

Strategic Importance	Ability to Implement
<ul style="list-style-type: none">✔ Likelihood to "move the needle" on performance measures for this goal or objective✔ Likelihood to drive performance of other goal(s) or objective(s) on the strategy map (usually higher on the map)✔ Implementation will be robust; generate visibility to increase support✔ Urgency: Important to implement soon, e.g.,<ul style="list-style-type: none">▶ Other things depend on it, enables things to happen▶ Will lose an opportunity if not done soon✔ Severity of problem addressed, which can have at least two dimensions, e.g.<ul style="list-style-type: none">▶ Number of people affected▶ Severity of the problem for those people who are affected✔ Number of people who will benefit from the initiative being considered✔ Strength of data supporting strategic importance	<ul style="list-style-type: none">✔ Availability of needed resources, or ability to get them✔ Ability to get needed approvals or agreements, if any, to fully implement this initiative, e.g.:<ul style="list-style-type: none">▶ Agreement from organizations needed to participate in the initiative;▶ Administrative, regulatory, or legal approvals (e.g., permits, licenses, official legal opinions) from organizations that regulate or oversee activities that are part of the initiative;▶ Adoption of new policies or legislation by people in authority to do so, whether that involves approval by an administrative authority or governing body✔ Level of technical difficulty to properly implement the initiative

several times to discuss the health issues. The team began to list, categorize, and prioritize the assessment findings. Using a Setting Priorities Tool developed by the Public Health Foundation, the team was able to further reduce its list of issues by rating each health issue's strategic importance relative to its ability to implement an effective intervention.

The health issues that were selected from the Setting Priorities Tool were then voted on to determine the most significant issues.

Data gaps identified by the Team included county specific information of the incidence of neonatal abstinence syndrome and mental health data. In both cases state and regional data were available but it was difficult to determine the data implications at the county level. Additionally, homelessness data is limited to one episodic event each year.

Key Assessment Findings

When asked to rate the overall health of Loudon County, focus group participants' responses ranged from 'poor' to 'excellent'. Putting it in terms of a grade, the average grade was a C. In determining the most significant issues to improve the health of Loudon County we kept posing the question, "What improvements are needed to attain a B?" Ultimately, the assessment group determined the following to be priority areas for Loudon County:

- Obesity
- Improving Access to Care
- Pulmonary Disease

Other Findings

What the residents told us:

The three most important factors for a healthy Loudon County are:

- Low crime / safe neighborhoods (response 53%)
- Good schools (response 42%)
- Good jobs and healthy economy (response 35%)

The three most important health problems in Loudon County are:

- Obesity (response 48%)
- Cancers (responses 30%)
- Heart disease and stroke (response 28%)

The three most important "risky behaviors" in Loudon County are:

- Drug abuse (response 68%)
- Alcohol abuse (response 47%)
- Tobacco use (response 43%)

Areas of Strengths and Opportunities

Quality of Life

Strengths

- 83% of respondents are 'satisfied' to 'very satisfied' with the quality of life in Loudon County.
- 72% of respondents are 'satisfied' to 'very satisfied' with Loudon County as a place to grow old and as a place to raise a family.
- Lower prevalence of violent crime than the state average, but not lower than US benchmarks.
- High school graduation rate (90%) is higher than the state average (86%).
- Children in poverty (24%) is lower than the statewide rate but higher than the US benchmark (14%).
- The median household income in Loudon County is \$50,375 compared to \$41,691 for the state of Tennessee.

Opportunities

- Only 38% of respondents are 'satisfied' with economic opportunities in Loudon County.
- 50% of all restaurants in Loudon County are fast food restaurants.

Overall Health

Strengths

- Loudon County is ranked 7th healthiest county in Tennessee out of 95 counties.
- Loudon County is one of the fastest growing counties in Tennessee. Its population has increased by 27% since 2000 and has become more ethnically diverse.

Opportunities

- Teen birth rate higher than Tennessee and US benchmarks.
- Adult smoking rates are higher than the Tennessee rate and almost double the national benchmark.

Health Care

Strengths

- Preventable hospital stays are considerably below the statewide average.
- 59% of survey respondents are 'satisfied' to 'very satisfied' with healthcare resources (access, cost, availability and options) in Loudon County.
- The percentage of adults who could not see a doctor in the previous 12 months due to cost was 14% in Loudon County compared to 16% for Tennessee.

Opportunities

- The uninsured adult rate for Loudon County is 21%.
- The number of physicians, dentists and mental health providers is quite low based on the need of Loudon County's population.

- Access to affordable dental care and mental health counseling for mild to moderate conditions is lacking.
- With the growing senior population there is a need for more providers who accept Medicare.
- 62% of survey respondents regularly go outside the county for health services.

Healthy Behaviors

Strengths

- Most adults are receiving recommended screenings.
- Sexually transmitted infections are 52% fewer than the statewide rate.

Opportunities

- Prescription drug abuse is a significant issue in Loudon County.
- Adult obesity is slightly below the state average, but is a growing concern for adolescents in Loudon County.
- 30% percent of adults report getting no physical activity.

Data Sources

Community Themes & Strengths Assessment from Key Informant Interviews in Loudon County, TN
Community Health Survey

<http://www.countyhealthrankings.org/>

http://www.tennessee.gov/tacir/County_Profile/loudon_profile.htm

<http://quickfacts.census.gov/qfd/states/47/47105.html>

<http://datacenter.kidscount.org/data#TN/2/0>

<http://tvhomeless.org/point-in-time/>

<http://hit.state.tn.us/CountyChronicProfile/East.pdf>

<http://hpsafind.hrsa.gov/HPSASearch.aspx>

Acknowledgments

Even before the assessment process was completed, its value was becoming evident. This process has expanded our network of community partners and has given us the chance to work with organizations that are new to us. The assessment outcomes have focused our efforts and resources on what is important to the community and what has the potential to meaningfully and measurably improve the health of Loudon County.

We wish to acknowledge the following individuals for assisting us in our first assessment process. These partners provided valuable expertise and important perspectives in helping us reach the important conclusions of the assessment.

- Jeffrey Feike – President & CAO, Fort Loudoun Medical Center
- Teresa Gomez, RN – Chief Nursing Officer, Fort Loudoun Medical Center
- Ashley Hankla – Marketing Manager, Fort Loudoun Medical Center
- Kim Girbert – Loudon County Interagency Council
- Larisa Brass – Loudon County Health Council
- Melisa Fuhrmeister – Loudon County Schools Coordinated School Health
- Mary Harding – Loudon County Schools Coordinated School Health
- Judy Fenton – Loudon County United Way
- Karen Bowdle – Good Samaritan Center
- Mickey Harchis, RN – Loudon County Health Department

Many thanks to all the community organizations who helped us distribute the survey throughout Loudon County and to those leaders who participated in interviews.

Additionally, we thank the hundreds of residents who took the time to share their perspectives and experiences in the community health survey. Fort Loudoun Medical Center and Covenant Health remain committed to improving the health and quality of life in our communities.