

Lakes Regional Healthcare Community Health Needs Assessment

2016



An Avera Partner

Lakes Regional Healthcare, an Avera Partner Community Health Needs Assessment

Lakes Regional Healthcare (LRH) had its beginning in 1933 in a house on Lake Street in Spirit Lake. In 1940, two physicians, Dr. Donald F. Rodawig, Sr. and Dr. Phil Scott, bought the hospital and moved it to a building called “The Pillars”. The doctors expanded the hospital to a 16-bed facility and named it the Marcus Snyder Memorial Hospital. In the mid-1950s, expansion was needed, and a group of community leaders began to explore the feasibility of opening a county hospital. A corporation was formed, a fund drive was undertaken, a bond issue was passed, and construction of a new hospital was started. In June of 1959, the doors of Dickinson County Memorial Hospital opened.

Throughout the years, the Medical Staff and Board of Trustees of LRH have recognized the importance of meeting the need for quality healthcare services in our community. In 1969 a new emergency room and radiology area were added. In 1976 the hospital building was remodeled and the building’s size was doubled. In 1985 the emergency room and radiology waiting room were enlarged and a CT scanner was added. In 1996 LRH completed a major expansion and renovation project, including new emergency and surgery facilities, a new medical office building, a new lobby, and substantial renovations throughout the hospital. In 2000 the Community Health Center in Milford was opened. In 2002 the hospital’s name changed to Lakes Regional Healthcare to more accurately reflect the services provided and the expanded geographic area served. In 2004 LRH underwent a construction and remodeling project to provide single occupancy patient rooms, an education center, and additional space for future needs. In 2012, LRH entered into a Joint Venture arrangement with Avera to integrate the primary care clinics. In 2013 LRH became part of the Avera System of care as an Avera Partner. In 2014 the hospital remodeled and constructed a new Surgery Center, Birth Center, Critical Care Unit and East Lobby. In 2015, LRH joined four other communities in applying to become a Medicare Shared Savings Program (MSSP) Accountable Care Organization (ACO). That application was approved in late 2015.

Today LRH employs 280 individuals in various professional and support staff positions. The medical staff consists of 248 practitioners, of which 178 are physicians. In addition, over 300 hospital volunteers donate time in providing patient comfort and in fund raising activities.

This report details the findings from investigations into the health care needs of individuals who reside in and around the service area of LRH, Dickinson County, Spirit Lake, Iowa. The purpose of conducting the Community Health Needs Assessment (CHNA) was to:

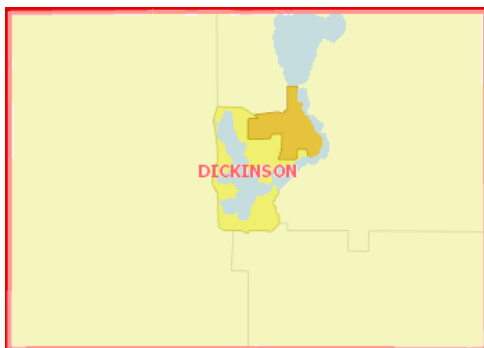
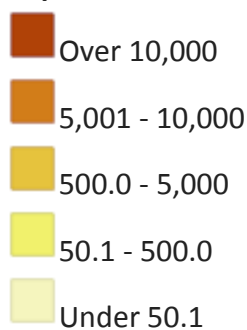
- Describe the health of the local population;
- Identify the use of local health care services;
- Identify community needs; and
- Identify action needed to address the future of health in the defined area.

LRH is the sole hospital in Dickinson County, providing health care services to a population for 55,986 people that includes all of Dickinson County (17,111), and approximately 50% of the people in the surrounding counties of Clay, Emmet, Osceola, O'Brien in Iowa and Nobles and Jackson counties in Minnesota. According to earlier estimates, in the seven county area, there is an average of approximately 26 persons per square mile, compared to about the 44.2 persons per square mile in Dickinson County alone and 80 per square mile across the United States. Lakes Regional Healthcare strives to provide access to the best quality of care, regardless of geographic barriers, with Dickinson County's 16 primary care providers, three long term care facilities, three assisted living facilities, and Dickinson County Public Health.

Population Served: Lakes Regional Healthcare serves a rural population. The primary service area is in the heart of the Iowa Great Lakes when, on any summer weekend, can have an influx of greater than 60,000 people. On a holiday weekend the population swells to greater than 110,000 people. This increases the average population density from 44.2 people per square mile in the spring, fall and winter months to up to 289 people per square mile in the summer months.

Demographic and Socioeconomic Characteristics of Dickinson County:

Population Density (Per Sq. Mi.), By Tract, U.S. Census 2010



Data Source: [U.S. Census Bureau, 2006-2010 American Community Survey 5-Year Estimates](#). Source geography: Tract.

Socio-Economic Status: The socioeconomic status of the primary service area residents has 7.4% of the population at or below the Federal Poverty Level (FPL), compared to 14.8% for the entire population of the United States.

Race and Ethnicity: 97.9% of the population served is white.

Age, Physical Ability: In the primary service area of Dickinson County the population over age 65 is 3,918 or 23.3% in comparison to 14.5% in the United States. The median age in Dickinson County is 48.7 in comparison to 38 for the state of Iowa.

As reported by the U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates, the following table describes the sex and age of the population of Dickinson County.

| Population | Iowa | | Dickinson County | |
|--------------------|-----------|-----------|------------------|---------|
| | Estimate | Percent | Estimate | Percent |
| SEX AND AGE | | | | |
| Total population | 3,078,116 | 3,078,116 | 16,877 | 16,877 |
| Male | 1,526,116 | 49.6% | 8,425 | 49.9% |
| Female | 1,552,000 | 50.4% | 8,452 | 50.1% |
| Under 5 years | 196,675 | 6.4% | 868 | 5.1% |
| 5 to 9 years | 203,636 | 6.6% | 872 | 5.2% |
| 10 to 14 years | 202,629 | 6.6% | 991 | 5.9% |
| 15 to 19 years | 214,364 | 7.0% | 810 | 4.8% |
| 20 to 24 years | 221,870 | 7.2% | 729 | 4.3% |
| 25 to 34 years | 389,330 | 12.6% | 1,700 | 10.1% |
| 35 to 44 years | 363,234 | 11.8% | 1,803 | 10.7% |
| 45 to 54 years | 422,481 | 13.7% | 2,325 | 13.8% |
| 55 to 59 years | 208,213 | 6.8% | 1,326 | 7.9% |
| 60 to 64 years | 185,706 | 6.0% | 1,535 | 9.1% |
| 65 to 74 years | 240,304 | 7.8% | 1,988 | 11.8% |
| 75 to 84 years | 153,423 | 5.0% | 1,345 | 8.0% |
| 85 years and over | 76,251 | 2.5% | 585 | 3.5% |
| Median age (years) | 38.0 | (X) | 48.7 | (X) |

The disability rate, under age 65, of the primary service area of Dickinson County is 9.7%.

Language: The vast majority of residents report English as their primary language in Dickinson County at 98%.

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

Community Health Needs Assessment Process

In June of 2015, LRH assembled a committee of healthcare professionals to conduct the CHNA. Members included:

- Jennifer Gustafson, Vice President of Marketing and Retail Services
- Connie Lange, Vice President of Quality, Inpatient and Community Services
- Cyndy Powers, Dickinson County Public Health Manager
- Michelle Roth RN, Quality Measures Specialist

Following the assessment survey, marketing consultant Kathryn Fahy, was enlisted to assist with the facilitation of focus groups.

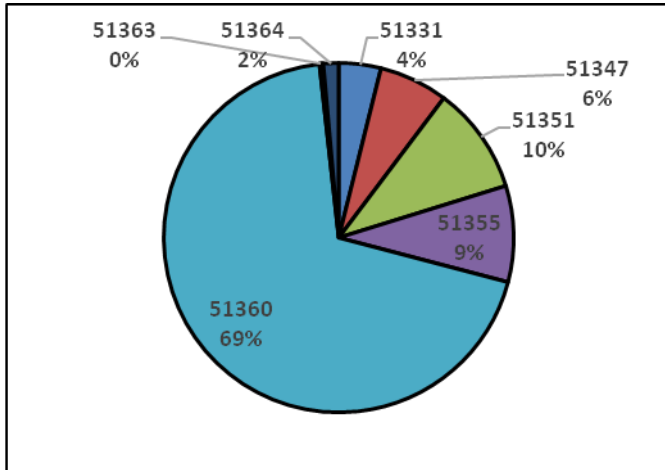
The committee was charged with identifying the assessment process, community partners, and other surveys already completed. The partnership between LRH and Dickinson County Public Health provided a bridge in services and collaboration.

It was determined that a survey would be developed to assess the care in the community. The survey tool would be made available in both electronic and paper formats. The tool was designed with input from sample CHNA surveys, The Community Health Needs Assessment 2013, report of A Profile from Lake Park from 1994-2014, County Health Rankings 2015: Dickinson County Iowa, Iowa Prenatal Care Barriers Project data from 2014 surveys, and the Spirit Lake Blue Zones Blueprint. A news release (Attachment A) was written and distributed to area newspapers and radio stations as well as placed on the LRH website and social media outlets. The survey (Attachment B), designed to be anonymous, was made available electronically via the news release, the LRH website, social media, and email to a variety of businesses. Hard copies of the survey were available and drop boxes were placed at various sites throughout the county (Attachment C) including LRH entrances, churches, grocery stores, YMCA, low income housing developments, and to civic groups. The survey was to be completed by November 20, 2015. Approximately 400 surveys were tabulated; not all respondents answered all questions.

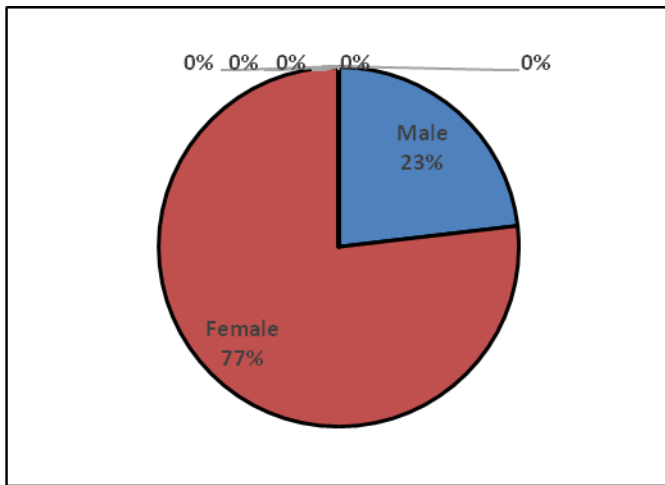
During the month of December 2015, the results of the survey were tabulated.

Survey results:

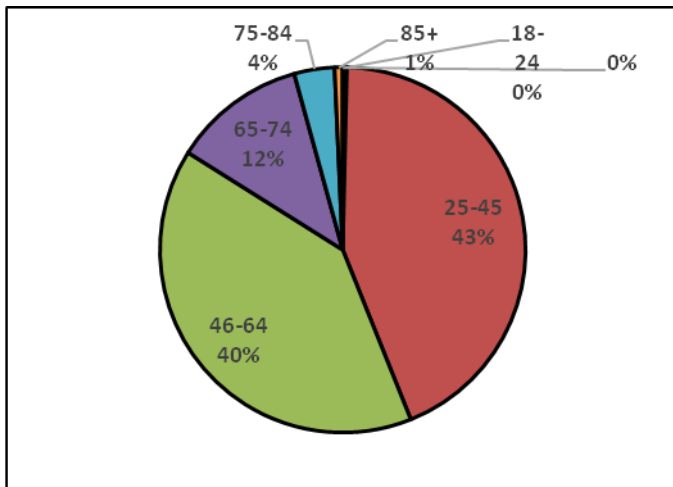
Zip code:



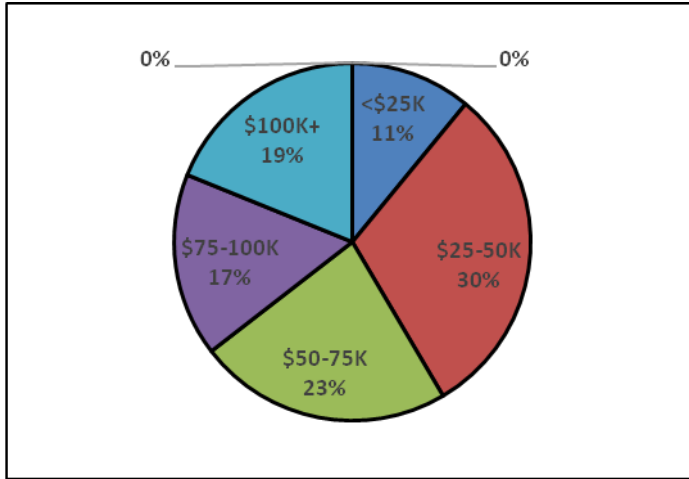
Gender:



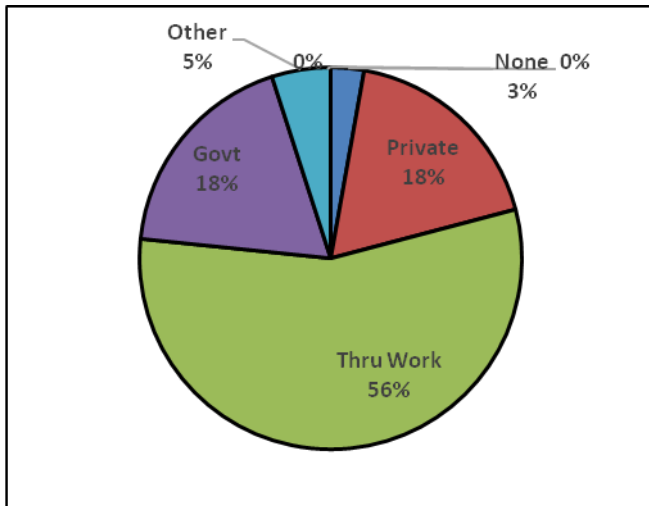
Age:



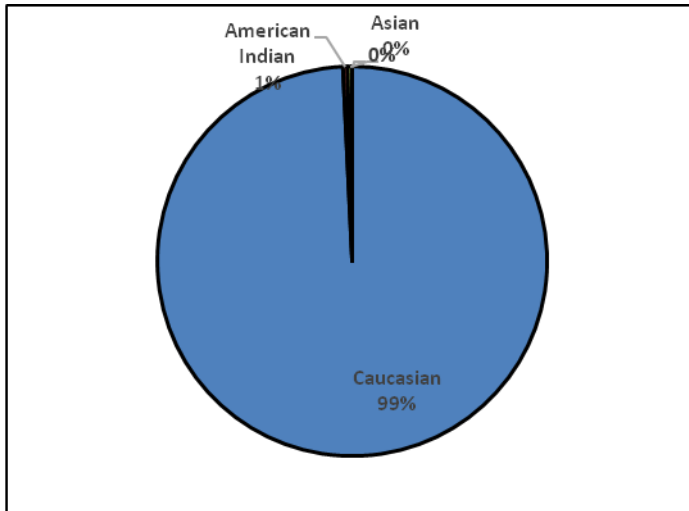
Income:



Health Insurance Coverage:



Ethnicity:



Health Services:

Ranked in order from least satisfied to most satisfied...

- Mental Health Services/Counseling
- Alcohol/Drug Abuse Prevention & Treatment
- Domestic Abuse Prevention, Shelter & Services
- Family Planning
- Alzheimers Care & Support
- Injury/Violence Prevention Programs
- Arthritis P/S/T
- Weight Management Services & Nutrition Counseling
- Smoking Cessation
- Cancer P/S/T
- Diabetes P/S/T
- STD and HIV/AIDS screening & treatment
- Asthma P/S/T
- Cardiovascular disease P/S/T
- Prevention/Investigation of Epidemics
- Teenage Pregnancy Care & Support
- Breastfeeding Support
- Preparation, Response, Recovery from Public Health Emergencies
- Preterm Birth Care and Support
- Access to Health Care Services
- Immunization for Adults
- Access to Dental Care Services
- Child Prevention & Immunization Services
- Prenatal, Delivery, Postpartum Care & Support

Health Education and Information Resources:

Ranked in order from least satisfied to most satisfied...

- Health education for adolescents, including issues concerning sexuality
- Assistance to navigate health care and information systems
- Information on how and where to find health services
- Information related to health maintenance and disease prevention

Additional Community Support:

Ranked in order from least satisfied to most satisfied...

- Access to public transportation
- Safety of elderly population (falls, etc)
- Adequate supply of health providers
- Public area accessibility by disabled individuals
- Quality of elder care and wellness services
- Quality of child care services
- Job training opportunities
- Responsive public officials and justice system
- Cultural competency training for local health care workforce
- Racially/ethnically diverse health care workforce and services
- Public policies discouraging all types of discrimination
- Literacy rates
- Emergency care centers available 24/7
- Local higher education options with open-admissions policies
- Access to wellness and exercise facilities
- Access to Emergency Medical Services
- Safe recreational areas

Quality of Life:

Ranked in order from least satisfied to most satisfied...

- Access to affordable housing
- Availability of affordable daycare centers
- Affordability of medical services
- Suicide prevention services
- Access to information about community provided resources
- Affordability of prescription drugs
- Availability of agencies providing services to adults
- Opportunities for small businesses
- Availability of agencies providing services to youth
- Access to information about city, county & state provided resources
- Availability of employment opportunities
- Availability of gambling prevention/treatment
- Environmental safety
- Availability of supervised after-school activities
- Access to healthy foods
- Opportunity for civic/community involvement
- Safety at schools
- Response time of police to emergency calls
- Quality of K-12 education
- Availability of full service grocery stores

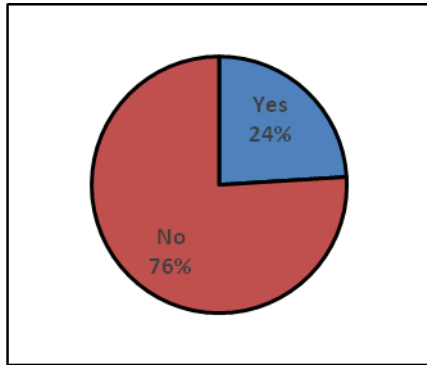
Overall Results of Top 10 Least Satisfied Categories:

Ranked in order from least satisfied to most satisfied...

- Mental Health Services and Counseling
- Access to Affordable Housing
- Availability of Affordable Day Care Centers
- Access to Public Transportation
- Affordability of Medical Services
- Alcohol/drug abuse prevention and treatment
- Domestic abuse prevention, shelter and services
- Suicide Prevention Services
- Health Education for adolescents, including sexuality
- Family planning services

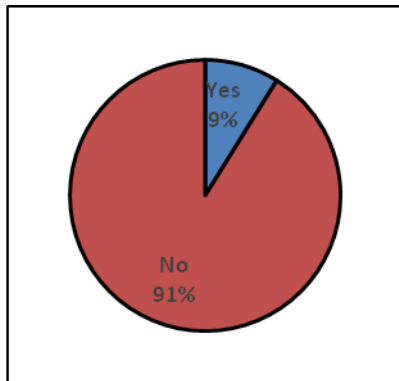
Additional results:

In the past 12 months have you had problems getting needed healthcare:



- If yes, reasons why.....
- Can't afford co-pay or medicines (14)
 - Prescription drug insurance wouldn't approve/pay (10)
 - Lack of prescription drug coverage (7)
 - Pharmacy won't accept my insurance (3)
 - Lack of transportation (1)
 - Other reasons (9)

In the past 12 months have you had problems getting your medicines?



- If yes reasons why.....
- Can't afford co-pay or medicines (14)
 - Prescription drug insurance wouldn't approve/pay (10)
 - Lack of prescription drug coverage (7)
 - Pharmacy won't accept my insurance (3)
 - Lack of transportation (1)
 - Other reasons (9)

The top areas identified were:

- Supply and affordability of health care and providers;
 - Access
- Coordination and distribution of information;
 - Social determinants of health
- Prevention

Based on the results of the survey and the top areas identified as noted above, the CHNA committee identified community partners. (Attachment D). Invitations (Attachment E) were sent to identified community partners for Focus Group meetings to be held on February 16, 17, and 18. The meetings were held at the Dickinson County Community Building in Spirit Lake. Kathryn Fahy, Marketing Consultant from K Brand Marketing, facilitated the meetings.

The following are Take Aways from each of the meetings:

2/16/16: Supply and Affordability of Health Care and Providers

Takeaways for survey results:

- Not surprised with dissatisfaction with affordable housing, transportation needs, mental health and substance abuse access (what specifically though – time, access?)
- Surprised that pharmacy and access to meds was not much of an issue
- Does access mean to clinics, specialty – wish we had more breakdown info for access
- Satisfaction with dental access was surprising (discussion on Medicaid access, especially under age 7)
- Surprised by wellness and eating fruits and vegetables among respondents
- Concern over adequate supply of healthcare providers
- Child care needs were also not a surprise

Top Community Concerns (with rankings of importance by three focus groups – 1 being most important and 7 being least important)

- Access to Mental Health (1, 1, 1)
- Affordable Housing Countywide (2, 3, 5)
- Resources for Elderly (2, 4, 5)
- Transportation (5, 2, 3)
- Lack of Access to Same Day Primary Care (6, 3, 4)
- Lack of Access to All Providers (7, 6, 6)
- Assistance with System/Bureaucracy (4, 7, 7)

Brainstorming Discussion – Mental Health Topic:

- Big concern is availability of providers
- Getting the “right” provider is also an issue
- Resources are spread too thin currently
- Cost – who pays for it?
- Inpatient setting is a challenge (government insurance issue)
- Child and adolescent needs are also a challenge
- Care coordinators needed to maximize resources
- Education also needed – “what do I do?”
- Sigma is hard to overcome when talking about mental health
- Lack of prescribers for meds for mental health
- Also there is a discomfort among providers of ordering meds/treatment
- Reimbursement issues
- Need to determine how to identify patients and connect with resources
- Need for awareness of resources (NWIA Care Connections list)
- Ideal to have a crisis mobile team
- Consult with jails
- Need to go to where the patients are/prevent revolving door
- More inter-agency communication
- Need to coordinate the silos

2/17/16: Coordination and Distribution of Information

Takeaways for survey results:

- Not surprised with coverage results, housing, mental health and transportation issues
- Was surprised by satisfaction of getting medications
- Dental access satisfaction was a surprise
- Surprised that lack of communication wasn't something high on the list

Top Community Concerns (with rankings of importance by two focus groups – 1 being most important and 7 being least important):

- Working Poor/Underemployed – which results in daycare, housing and healthcare cost issues (1, 1)
- Mental Health Services (2, 2)
- Affordable Quality Housing (3, 3)
- Affordable Healthcare Services (4, 4)

Brainstorming Discussion – Communication Topic:

- Where do you go for affordable housing? How to find it? (get past pride of asking for help)
- Daycare DHA Stipend – people don't know about it – how do we tell people about it who need it; also providers must qualify; hindered by “hoops” to be state provider but don't know what those “hoops” are
- Comes down to “how badly do you need the help?”
- Daycare/Mental Health – too much bureaucracy?
- See jails as a “place of healing”
- Need assistance program awareness, for example NWIA Care Connections
- Need a resource guide (Dickinson Community Services has put one together – DHS Supervisor will get it to the group as a start to review)
- Lack of budget to advertise – how else can we get it out there?
- KUOO radio community public service
- Need central location for information access
- Steps for Resource Guide:
- Start with Dickinson County Guide as basis
- Identify additional people who need to review/be involved
- Look at Public Service Announcements/Access points
- Put together a “community council”
- Encourage more transparency between organizations

2/18/16: Prevention

Takeaways for survey results:

- No surprises with mental health, transportation and affordability
- Surprised about positivity about the police, dental access and access to medications
- Affordable healthcare is a complicated process
- Really surprised by the good numbers about wellness and diet
- Provider take (which is that they have room) is different from lack of access perception

Top Community Concerns (with rankings of importance by two focus groups – 1 being most important and 7 being least important):

- Mental Health Services/Substance Abuse (1, 1)

- Transportation (2, 2)
- Access to Providers (3, 3)
- Access to Insurance and Medical Information (4, 4)

Brainstorming Discussion – Prevention and Information Topic:

- 211 Info access line
- Start with nutrition and exercise basics (leads to less depression, suicide)
- Start with education with kids (feeling safe/talking about feelings and why leads to “becoming the norm”)
- Parenting skills classes
- Need to understand to implement
- Know your neighbors program – support & social
- Need agencies working together (not an “us” vs. “them” thing)
- Need to know what resources are all available
- Look at needs and get people to the service they need
- Care Connections
- How do we get all info out to all people? Need a “Consult place” or an information area or a kiosk
- One brochure with resources
- “Welcome wagon” type of intro to community
- Need awareness of wellness benefits
- Kiosk, brochures, website at clinics and grocery stores

The CHNA Committee met with the addition of Kathryn Fahy to identify the follow-up strategy to present the results to the Focus Group attendees and formulate the strategic plan implementation. Members of the Focus Groups in February were invited to attend a Focus Group Strategy meeting on May 3, 2016 at LRH. The goal of the meeting to identify three to five feasible strategies for each topic (Mental Health and Access to Healthcare).

The Focus Group Strategy Session was successful in identifying the following strategies:

Topic: Mental Health – “things to move the needle in the right direction”:

- Awareness – specifically targeted to each category of people
 - Posters with tear off tags and brochures with message “If urgent, suicide situation call crisis line and number”
 - Postings in Clinics, grocery stores, churches, schools, realtors, magnets, electronics (business website, app for phone, explore Okoboji with click here for crisis link)
 - Electronic directories
 - Info in ER – like a resource book
 - KUOO – Public service announcements for awareness
 - Hotline/Foundation #/Seasons # - make sure awareness of numbers or combine resources to one
 - Better follow-through with making immediate connection (Compass Pointe – 24 hour on call – awareness)

- Are there resources for a Psych counselor to come in clinics 1-2 times a week (Rock Valley does this?) or Urgent Care availability for crisis
- One source: Resource Guide and access to it
 - Need more information on each organization and better categorization (and subcategorization)
 - Could Dickinson Community Service print it out?
 - Electronically available, categorize and on-time updatable
- Accessible Kiosk
- NWIA Care Connections Crisis Line (out of Cedar Rapids – they determine level of care you need, call police if needed or place you need; 29 calls in 6 months; \$62,000 a year)
- SBIRT – pilot program that houses someone in clinic (counselor or psych) for brief screenings to assess on initial contact – separate room (same as clinic) so not stigmatized, is in a family practice facility (not as conspicuous) – care coordinator/counselor be on staff who is credentialed
- Anonymous downtown location other than clinic?
- Training Sessions – educate before get to see the signs (i.e. Life Skills, Pride Group, etc)
- TeleHealth Services
- Education on all levels – providers (LRH, FPs, Pride Group, Nursing homes etc) and Community (KUOO, common resource guide, FPs/Providers)
- Family/Parenting – identify things before they escalate

Topic: Access to Healthcare

- Elderly – get Rides vouchers?
- Uber Okoboji, more rides, Avera Clinic “bus”
 - Voluntary Action Center (VAC) – volunteer drivers
 - Retired volunteers/senior companions through assisted living (Ex. Elderbridge) – Clinic Nursing Manager will reach out to see if there is a “release” to sign for liability issues
 - Offer gas cards if bring in receipt for gas
 - Medicaid/MCO’s better
 - Identify costs? Harley Rides/Taxi’s/Boji Rides - \$1.20/mile??)
- TeleHealth
- Access to Care – phone answering system or “triage” over phone/Ask a Nurse
 - How to get to resources – outpatient basis
 - Haven’t heard as much about access/availability as much as before – instant answers are the expectation and people lack patience
 - Huge problem is dental access for Medicaid patients
 - Retired dentists to assist?
 - Closest is hour away (United Community in Storm Lake)
 - Education – including kids and parents

Volunteers Moving Forward:

- Resource Guide
 - DHS Supervisor
 - KUOO
 - Spirit Lake Middle School Counselor
- Mental Health Piece
 - Dickinson County Community Services and Seasons collaboration
- Transportation
 - Include VAC
 - Financial Counselor for LRH
 - Avera Medical Group Care Coordinator

Brainstorming Ideas from Previous Sessions:

- Need to determine how to identify patients and connect with resources
- Need for awareness of resources (Northwest Iowa Care Connections?)
- Ideal to have a crisis mobile team
- Consult with jails
- Need to go to where the patients are/prevent revolving door
- More inter-agency communication
- Need to coordinate the silos/ central location for information access
- KUOO radio community public service
- 211 Info Access Line
- Steps for Resource Guide (owner, update, access):
 - Start with Dickinson County Guide as basis
 - Identify additional people who need to review/be involved
 - Look at Public Service Announcements/Access points
 - Put together a “community council”
 - Encourage more transparency between organizations
- Need a “consult place” or an information area or a kiosk
- One brochure with resources
- “Welcome Wagon” type of intro to community
- Kiosk, brochures, website at clinics and grocery stores

Potentially Available Resources in the County are identified in Attachment F.

Community Health Needs Assessment by Dickinson County Public Health

Working in collaboration with LRH, Dickinson County Public Health (DCPH), a Department of LRH, submitted the CHNA report in February of 2016.

Source: Dickinson County Public Health community Health Needs Assessment Report February 26, 2016.

The following were areas identified based on categories:

Promote Health Living Assessment:

- Mental Health Resources:
 - 2015 CHNA surveys sent to the public and stakeholder meetings determined a lack of Mental Health providers and services to Dickinson County residents for all ages. It was ranked as the #1 issue at two of the three stakeholder meetings.
 - The 2014 County Health Rankings and Roadmaps reports Mental Health providers for Dickinson County are 3,391:1 and in a neighboring county with similar demographics it is 485:1.
 - Mental Health Issues are identified as a Dickinson County need in the 2015 Community Health Status Indicators (CHSI) - Center for Disease Control (CDC).
 - According to Community Commons, 11.9% of Dickinson County adults report lack of adequate social or emotional support. This is less than the Iowa rate of 15.3%, but social and economic insecurity can be associated with poor health, poverty, unemployment, etc. which can lead to unhealthy behaviors.
 - Excessive drinking of alcohol or other mood altering chemicals can contribute to mental health issues. Community Commons reports 19.2% of adults, aged 18 and older, self report heavy alcohol consumption (defined as more than two drinks per day on average for men and one drink per day on average for women). This indicator could cause significant health issues and untreated mental and behavioral health needs.
 - Lakes Regional Healthcare Emergency Room, from Jan. 2015 - Dec. 2015, saw 326 patients for some form of mental health conditions. This included anxiety, behavioral health situation, overdoses, suicide attempts and substance abuse. Of the 326 patients, 156 (47%) were transferred to other facilities.
 - According to 2014 County Health Rankings, 31% of Dickinson County children live in single-parent households. This is higher than the number found in surrounding counties.
- Sustain Healthy Living:
 - Spirit Lake was designated as a Blue Zones Community in 2015 by Wellmark Blue Cross and Blue Shield and Healthways, Inc. Continue to measure success with community policy, schools, work sites, restaurants, grocery stores and engagement strategy by metrics already established. These same principles could be used with

the smaller communities in our county. Community Policy Example: Spirit Lake City Council adopted a tobacco ordinance (smoking, smokeless tobacco and E-cigarettes) in Feb. 2016 to make it illegal to use tobacco on Public Library grounds and in public parks including playgrounds, aquatic areas, trails, the city's little league fields and any associated restroom or parking lot. The Spirit Lake Blue Zones Committee has a working time line of strategies.

- Chronic Disease:
 - Heart disease remains the #1 cause of mortality for Dickinson County. 20.58% of adult Medicare age patients in Dickinson Co. have heart disease. Community Commons reports this is below the Iowa rate of 25.25%. Adult high blood pressure however is higher with 28.5% vs. Iowa rate of 25.2%.
 - Community Commons reports stroke is higher for Dickinson Co. residents, 42.4 (age-adjusted death rate, per 100,000 population) than the Iowa rate of 36.4. The Healthy People 2020 target is 33.8.
 - Dickinson County Cancer mortality was 228 (age adjusted rate) from 2008-2012. The Iowa rate was 172.2 (age adjusted rate) according to the 2015 IDPH State Health Profile.
 - Dickinson County population with diagnosed diabetes (age adjusted rate) is 7.5%. Iowa rate is 8.45%, according to Community Commons. An estimated 1 in 3 adults have prediabetes and are not aware. The Bedell YMCA is applying for a grant to establish the National Diabetes Prevention Program.

Prevent Injury and Violence Assessment:

- Intentional Injuries:
 - Suicide rates in Dickinson County for 2010-2014 have shown an increase. IDPH Tracking Portal indicates 16.89 (age adjusted per 100,000) mortalities. The state of Iowa rate is 13.20.
- Unintentional Injuries:
 - According to Community Commons, the unintentional injury rate (accident) mortality is 35.1 per 100,000 of population. Dickinson County rate is below the Iowa rate of 38.7 per 100,000 population.
 - Falls are one of the leading causes of injury and death among older adults, ages 65 and above. According to the Iowa Department of Public Health report, Falls in Iowa: County Deaths and Hospitalizations 2009-2013, Dickinson County had 6 deaths attributed to falls. Death rate (age 65 and over) is 31.5. Falls are underreported and also preventable. Dickinson County 2009-2013, hospitalization average charge was \$22,795.11 versus average Iowa hospital charge of \$27,569. There were 299 hospitalizations in Dickinson County during this time period for falls.

Protect Against Environmental Hazards Assessment:

- **Water Quality:**
 - Water testing is important for private water supplies. A risk to people with well water is from fecal-oral diseases such as diarrheal diseases which are passed from excreta into the water supply. Dickinson County Environmental Health Specialist reports 12 wells were tested in 2015. Four tested positive for Coliform Bacteria and one tested positive for E Coli Bacteria. There were 32 wells plugged in 2015. There were 24 Time of Transfer septic reports with 6 being replaced with new systems and the others found in working order. Sub-standard or polluting septic systems should be replaced to avoid water contamination
- **Radon:**
 - National indoor radon level is 1.3pCi/L. The average indoor radon level for Dickinson County as determined by AirChek, Inc. is 9pCi/L. Iowa has the highest average indoor radon concentration. About 400 lowans die each year from radon exposure according to the University of Iowa. Long-term exposure to radon can cause cellular damage in the lungs that lead to lung cancer.
- **Water Fluoridation:**
 - The western side of Dickinson County is without water fluoridation, as they are served by a rural water system that does not add fluoride. This affects residents on the west side of West Lake Okoboji, Lake Park and rural areas.
 - The American Dental Association reports that 70 years of scientific research has shown that an optimal level of fluoride in community water is safe and effective in preventing tooth decay by at least 25% in both children and adults.

Prevent Epidemics and the Spread of Disease Assessment

- **Adolescent Immunizations(identified as a priority in the health Improvement Plan for DCPH):**
 - Vaccines to prevent infectious diseases are among medicine's most significant advances. Because of them, many dangerous illnesses have been eliminated or drastically reduced which provides a healthier world. In 2014, the Iowa Registry of Immunizations, report 84% of Dickinson County 2 year olds have coverage of individual vaccines, the highest rate in the state of Iowa. (According to Iowa Department of Health, 2014 Iowa rate for 2 year old immunization rate was 69%)
 - In 2014, 31% of Dickinson County 13-15 year old children had coverage of 3 Hepatitis B, 1 Meningitis, 2 MMR (Measles-Mumps -Rubella), 1 Td or Tdap and 2 varicella vaccines. (The 2014 state immunization rate for 13-15 year-old population is 45%). In Dickinson County, 18% of adolescents had received HPV (Human Papilloma Virus) series of vaccinations, by end of June 2015. HPV vaccine can help to prevent HPV associated cancers. Since the vaccine was first recommended in 2006, there has been a 56% reduction in HPV infections among teen girls in the United States.

- An estimated 262 Iowans are diagnosed with an HPV associated cancer each year and 81% of those cancers are believed to be preventable with the 3 dose series of HPV vaccine. In 2013, the HPV vaccine received by Iowa adolescents, 13-15 years of age, was only 25 percent for girls and 10% for boys.

Prepare for, Respond to, and Recover from Public Health Emergencies Assessment

- Emergency Preparedness:
 - Dickinson County Healthcare Coalition is a consortium of county representatives who work together to prevent or to plan and prepare for natural, accidental or intentional disasters. Public Health is responsible for 15 capabilities which require the collaborative effort with the hospital and many other county representatives.

Strengthen the Health Infrastructure Assessment

- Access to Health Care:
 - Dickinson County residents identified on the 2015 CHNA surveys and stakeholder meetings that they do not know where to seek health information for medical services, including same day access, transportation, affordable and safe housing and other needed resources. There are multiple locations for information, but no central repository.
 - Dickinson County CHNA survey and stakeholder meetings identified transportation as a barrier for residents. Existing services are costly, do not operate at hours people need them, and experience long waits for pick-up from appointments. Dickinson County does have access to the Regional Bus Transit System, and two private taxi services. Veterans Affairs provides transportation for eligible VA patients for medical appointments.
 - Dental Services for Medicaid patients remains difficult to find. One dentist out of ten accepts Medicaid, but has a waiting list and a second dentist accepts Medicaid for ages 6 and under. Many Medicaid patients have to travel to other counties to receive services and transportation and time away from work creates barriers.
 - Dickinson County children in poverty according to the 2014 County Health Rankings and Roadmaps is 12%. (Iowa- 16%). The backpack program to supply children with nutritious food is being done in school districts. Community Tables have been established at two locations to offer free meals.
 - The unemployment rate for Dickinson County as of Dec. 2015 was 4.6%, (Iowa 4.6%) according to Economic Research. Many jobs are seasonal or require a family to have several jobs to make ends meet. Community Commons reports 10.31% of Dickinson County population do not have medical insurance. The Behavioral Risk Factor Surveillance System 2006-2012 reports 12.1% of the population reported poor or fair health in response to the question "Would you say that in general your health is excellent, very good, fair or poor?". This indicator is relevant as economic and social insecurity are often associated with poor health.

The Health Improvement Plan for DCPH includes objectives to increase adolescent immunization rates, ages 13-15, with coverage of 3 Hepatitis B, 1 Meningitis, 2 MMR, 1 Td or Tdap and 2 Varicella by 10% by 2021.

A report Profile of Lake Park from 1994 – 2014 was also reviewed. Results included:

Non-governmental community services in Lake Park received much lower ratings as a group compared to the residents' assessment of local government services. Even so, programs for youth, senior citizens' programs, community services overall, and child care services were rated as good or very good in 2014 by more than half of the respondents. In addition, programs for youth, senior citizens' programs, community services overall, adequate housing, and shopping facilities earned positive scores from significantly larger percentages of residents in 2014 compared to one or both previous years. On the other hand, a smaller percent of residents approved of child care services in 2014 than in 2004.

The Spirit Lake community is a Blue Zones™ small community site. Blue Zones™ is collaboration between Blue Zones™ and Healthways in sponsorship with Wellmark Blue Cross and Blue Cross and Blue Shield. The Blue Zones project is a community well-being improvement initiative designed to make healthy choices easier through permanent changes in the environment, policy and social networks. By helping people live longer and better through behavior changes, Iowa communities can lower healthcare costs, improve productivity, and boost national recognition as a great place to live, work, and play. Blue Zones™ utilizes evidenced-based ways to help people live healthier and longer. The structure of involvement includes community members from city and state government, hospital, business and industry, school, banking, spiritual, and the YMCA.

Evaluation of Impact of 2013 CHNA:

No written comments were received as part of the 2013 CHNA. Areas identified as potential health improvements included:

- Promotion of healthy behaviors – completed as evidenced by the Blue Zones Project results (Attachment G)
- Prevention of epidemics and the spread of disease – continued collaboration with schools in improving immunizations rates.
- Provide updated facilities – Remodel and expansion of Obstetrics and Surgical Services completed in May of 2014.
- Focus on chronic disease management in collaboration with primary care providers – collaboration with Avera Medical Group Care Coordinator, ACO project and LRH readmissions team.

Also utilized during the Community Health Needs Assessment was the 2011 County Health Rankings and Roadmaps which is collaboration between the [Robert Wood Johnson Foundation](#) and the [University of Wisconsin Population Health Institute](#). In 2011 Dickinson County ranked 24 out of 99 overall in Health Outcomes. Areas of identified concern were: (2015 in red when available)

- Adult smoking at 21% (20%) versus the State of Iowa at 20% (18%) and National Benchmark (at the 90th percentile) at 15% (14%);
- Motor vehicle crash death rate at 21% versus the State of Iowa at 15% and national benchmark at 12%;
- Uninsured adult rate is 14%(9%) versus the State of Iowa (10%) and national benchmarks (11%) both at 13%;
- Primary care physician rate at 2,774:1 (1,212:1) versus the State of Iowa at 1,492:1 (1,375:1) and national benchmark at 631:1 (1,045:1);
- Mammography screening at 70% (63.6%) versus the state of Iowa at 67% (66.4%) and national benchmark at 74% (70.7%).

Summary Action CHNA Action Plan

LRH is in the somewhat unique position of having the hospital, clinics, home health, EMS, and other services under a single umbrella. As a result, both CHNA reports can be incorporated into one master CHNA Action Plan.

Although many ideas and action items have been address earlier in the document, the following serves as a very high-level summary of some of the activities that have been undertaken or will be explored in the future:

Supply and Affordability

- LRH has added a primary care physician (PCP) and three advance practice practitioners (APP) in the last two years to address access issues. Additionally, another PCP will join the Medical Staff in September of 2016 and a 2nd will join in September of 2017 bringing the total number of primary care providers to 13.
- LRH will explore the feasibility of adding “after hours” care to its Primary Care service line.
- LRH will work with the local public transportation company as well as the local Nursing Homes that have vans to explore options of addressing transportation issues.
- LRH is part of a three-year MSSP ACO pilot that will actively address access issues that exist from the Medicare population.
- LRH has dedicated staff to work with uninsured individuals to assist them with determining Medicaid eligibility and assisting with enrollment.
- LRH will continue its participation and outreach with the SHIP program to assist Medicare beneficiaries with enrollment and annual Medicare plan changes.

- LRH will explore, in conjunction with its ACO project, the possibility of adding Substance Abuse Counselors and other Mental Health Providers to its primary care clinic locations.
- LRH will explore the expansion of its use of eServices to bring specialty care to the local community to prevent the need for travel.
- LRH will continue to explore the expansion of specialty outreach to the local community to prevent the need for travel.
- The City of Spirit Lake has recently approved two large housing developments that are now under construction to address the issue of “affordable housing.”
- LRH will work with local Behavioral Health Providers to assist them in increasing access to these services.

Coordination and Distribution of Information

- LRH will expand the volume and types of PSAs that it sends to local media.
- LRH will expand its use of “social media” to engage and inform the public.
- LRH will redesign its website to make it more consumer-friendly and include links to important health information.
- LRH will expand its community education opportunities.
- LRH will continue to partner with its local media resources to ensure relevant and timely information is shared.

Prevention

- Through its participation in the MSSP ACO, LRH will implement “Wellness Visits” for its ACO members to improve overall prevention and coordination of care.
- LRH will improve immunization rates for both the adult and pediatric population.
- LRH will update its Blue Zone’s Blue Print to continue its work in being a designated Blue Zones Community. This includes involvement of multiple community partners.
- LRH ER Department has implemented a “Coordination of Care” program that identifies frequent visitors to the ER to work with the patient and their PCP to prevent unnecessary ER utilization.
- LRH’s Readmissions Team will continue its work in reducing inpatient readmissions. LRH’s current rate is almost half of that of the national average.
- LRH will continue its partnership with “Community Gardens” to increase the availability and consumption of fresh produce. LRH will utilize as much local produce as is fiscally possible.
- LRH will expand the scope and size of its “Coordination of Care Team” to focus on proactively managing chronic illness.
- LRH’s EMS service has implemented a risk-assessment tool to identify frequent users of the ambulance service and will proactively reach out to those patients to prevent unnecessary ambulance transfers.
- LRH will continue its work in reducing Hospital Associated Conditions.

- LRH is exploring the purchase of a 3D mammography unit that would include campaigns to improve mammography screening rates.
- LRH will implement the “Planet Heart” program to offer cost-effective screening for heart disease.
- LRH will expand its relationship with the local YMCA to include additional programming for prevention and disease management.
- LRH will seek out additional community partners who are interested in improving the overall health of the population and better coordinate services for those with chronic conditions.
- LRH has implemented a “Patient and Family Engagement Workgroup” made up of community members to ensure we are involving the community to look for opportunities to improve.

Resources Utilized:

United States Census Bureau Community Facts and Quick Facts for Dickinson County.

2015 County Health Rankings and roadmaps which is collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Institute. In 2015 Dickinson County ranked 28 out of 99 for Health Outcomes.

Dickinson County Public Health CHNA and Health Improvement Plan.

The Lakes Regional Healthcare Board of Trustees approved the CHNA on June 22, 2016. The CHNA will be available on the hospital website at: www.lakeshealth.org.

NEWS RELEASE

FOR MORE INFORMATION CONTACT:
JENNIFER GUSTAFSON
(712) 336-8799 (W)
(712) 339-5754 (C)
JENNIFER.GUSTAFSON@LAKESHEALTH.ORG

**PROCESS UNDERWAY TO DETERMINE COMMUNITY'S HEALTH
NEEDS**

Feedback requested from Dickinson County residents

Spirit Lake, IA (October 19, 2015) The Patient Protection and Affordable Care Act was passed in 2010 and places a significant focus on community-based prevention, requiring nonprofit hospitals such as Lakes Regional Healthcare (LRH) to show that they understand and engage with their communities to identify the most pressing needs of their communities. Local public health departments are also required to assess the health needs of communities. In addition to the gathering of existing health data, a Community Health Needs Assessment is a way to identify the services that are needed in a community and is a vehicle in which to develop an implementation plan to address these needs.

To that end, LRH and Dickinson County Public Health have partnered to develop a joint Community Health Needs Assessment and are encouraging all Dickinson County residents to take this anonymous, quick survey online at www.lakeshealth.org by November 20, 2015 to provide the greatest opportunity for feedback. LRH President and CEO Jason Harrington said, "On our home page you'll see a link to the Community Health Needs Assessment. Just click on the link and start answering the questions. The survey doesn't take much time but does have several questions that will help us determine what our community needs regarding healthcare services and other items in our area that affect a person's health. This data, in addition to health outcomes data we've collected, will be used to set the direction for the next couple of years regarding improving the health and well-being of the area."

Those that don't have access to the internet or who prefer not to do the survey online can pick up a paper version of the survey inside Lakes Regional Healthcare's east and west entrances and at local churches and grocery stores. Harrington said, "Once you've completed it, you can drop it in a collection box at the same location these paper forms are found."

According to Harrington, it is important that many people in the community are involved in this survey to identify our area's needs related to health care. Once the survey is completed, the anonymous results will be tabulated and opportunities for improvement, strategies, and necessary resources will be determined. Harrington said, "We plan to have a strategy determined by the end of December so we can start addressing our needs as 2016 begins."

Those who would like more information about this process can visit www.lakeshealth.org or call Dickinson County Public Health Manager Cyndy Powers at 712-336-2682.

###

Dickinson County Community Health Needs Assessment

Lakes Regional Healthcare and Dickinson County Public Health are conducting a Community Health Needs Assessment (CHNA) in order to better understand the health concerns of our community. We would appreciate you completing this anonymous survey so we can learn from your experiences and opinions. Please complete only if you are a resident of Dickinson County and have not already completed this survey. Please return the survey to "CHNA Survey Team" by November 20, 2015. Thank you for sharing your ideas and opinions. (If you'd rather take the survey online, you can do so by visiting www.lakeshealth.org.)

Instructions

Please circle the appropriate number using the following scale:

1 = completely unsatisfied 2 = unsatisfied 3 = satisfied 4 = very satisfied NA = Not Applicable

Health Services

How satisfied are you with...

| | | | | | |
|--|---|---|---|---|----|
| 1. Access to health care services | 1 | 2 | 3 | 4 | NA |
| 2. Access to dental care services | 1 | 2 | 3 | 4 | NA |
| 3. Weight management services/nutrition counseling | 1 | 2 | 3 | 4 | NA |
| 4. Immunizations for adults | 1 | 2 | 3 | 4 | NA |
| 5. Child Preventive and Immunization Services | 1 | 2 | 3 | 4 | NA |
| 6. Cancer prevention, screening, treatment | 1 | 2 | 3 | 4 | NA |
| 7. Cardiovascular disease prevention, screening, treatment | 1 | 2 | 3 | 4 | NA |
| 8. Diabetes prevention, screening, treatment | 1 | 2 | 3 | 4 | NA |
| 9. Alzheimers care and support | 1 | 2 | 3 | 4 | NA |
| 10. Sexually transmitted diseases and HIV/AIDS screening and treatment | 1 | 2 | 3 | 4 | NA |
| 11. Smoking cessation | 1 | 2 | 3 | 4 | NA |
| 12. Mental health services and counseling | 1 | 2 | 3 | 4 | NA |
| 13. Alcohol/drug abuse prevention and treatment | 1 | 2 | 3 | 4 | NA |
| 14. Domestic abuse prevention, shelter and services | 1 | 2 | 3 | 4 | NA |
| 15. Injury/violence prevention programs (ie brain injury, trauma, abuse, falls, drowning, motor vehicle crashes, etc.) | 1 | 2 | 3 | 4 | NA |
| 16. Asthma prevention, screening, treatment | 1 | 2 | 3 | 4 | NA |
| 17. Arthritis prevention, screening, treatment | 1 | 2 | 3 | 4 | NA |
| 18. Prenatal, delivery, postpartum care and support | 1 | 2 | 3 | 4 | NA |
| 19. Preterm birth care and support | 1 | 2 | 3 | 4 | NA |
| 20. Teenage pregnancy care and support | 1 | 2 | 3 | 4 | NA |
| 21. Family planning | 1 | 2 | 3 | 4 | NA |
| 22. Breastfeeding support | 1 | 2 | 3 | 4 | NA |
| 23. Prevention and investigation of epidemics and spread of disease | 1 | 2 | 3 | 4 | NA |
| 24. Preparation, response, recovery from public health emergencies | 1 | 2 | 3 | 4 | NA |

Please circle the appropriate number using the following scale:

1 = completely unsatisfied 2 = unsatisfied 3 = satisfied 4 = very satisfied NA = Not Applicable

How satisfied are you with...

Health Education and Information Resources

- | | | | | | |
|---|---|---|---|---|----|
| 25. Information on how and where to find health care services | 1 | 2 | 3 | 4 | NA |
| 26. Information related to health maintenance and disease prevention | 1 | 2 | 3 | 4 | NA |
| 27. Health education for adolescents, including issues concerning sexuality | 1 | 2 | 3 | 4 | NA |
| 28. Assistance to navigate health care and information systems | 1 | 2 | 3 | 4 | NA |

Additional Community Support

- | | | | | | |
|---|---|---|---|---|----|
| 29. Quality of child care services | 1 | 2 | 3 | 4 | NA |
| 30. Quality of elder care and wellness services | 1 | 2 | 3 | 4 | NA |
| 31. Safety of elderly population (falls, etc.) | 1 | 2 | 3 | 4 | NA |
| 32. Public area accessibility by disabled individuals | 1 | 2 | 3 | 4 | NA |
| 33. Public policies discouraging discrimination of age, sex, gender, religion, race/ethnicity or sexual orientation | 1 | 2 | 3 | 4 | NA |
| 34. Racially/Ethnically diverse health care workforce and services | 1 | 2 | 3 | 4 | NA |
| 35. Cultural competency training for local health care workforce | 1 | 2 | 3 | 4 | NA |
| 36. Safe recreational areas, parks, walking/bike paths, lakes, pools | 1 | 2 | 3 | 4 | NA |
| 37. Access to wellness and exercise facilities | 1 | 2 | 3 | 4 | NA |
| 38. Literacy rates | 1 | 2 | 3 | 4 | NA |
| 39. Local higher education options with open-admissions policies | 1 | 2 | 3 | 4 | NA |
| 40. Responsive public officials and justice system | 1 | 2 | 3 | 4 | NA |
| 41. Job training opportunities | 1 | 2 | 3 | 4 | NA |
| 42. Access to public transportation | 1 | 2 | 3 | 4 | NA |
| 43. Access to Emergency Medical Services | 1 | 2 | 3 | 4 | NA |
| 44. Emergency care centers available 7 days a week/24 hours a day | 1 | 2 | 3 | 4 | NA |
| 45. Adequate Supply of Health Providers | 1 | 2 | 3 | 4 | NA |

Please circle the appropriate number using the following scale:

1 = completely unsatisfied 2 = unsatisfied 3 = satisfied 4 = very satisfied NA = Not Applicable

Quality of Life Questions

How satisfied are you with...

| | | | | | |
|---|---|---|---|---|----|
| 46. Availability of full service grocery stores | 1 | 2 | 3 | 4 | NA |
| 47. Access to healthy foods | 1 | 2 | 3 | 4 | NA |
| 48. Availability of affordable daycare centers | 1 | 2 | 3 | 4 | NA |
| 49. Affordability of prescription drugs | 1 | 2 | 3 | 4 | NA |
| 50. Quality of K-12 education | 1 | 2 | 3 | 4 | NA |
| 51. Safety at schools | 1 | 2 | 3 | 4 | NA |
| 52. Availability of supervised after school activities | 1 | 2 | 3 | 4 | NA |
| 53. Affordability of medical services | 1 | 2 | 3 | 4 | NA |
| 54. Response time of police to emergency calls | 1 | 2 | 3 | 4 | NA |
| 55. Availability of employment opportunities | 1 | 2 | 3 | 4 | NA |
| 56. Opportunity for civic/community involvement | 1 | 2 | 3 | 4 | NA |
| 57. Access to affordable housing | 1 | 2 | 3 | 4 | NA |
| 58. Access to information about city, county & state provided resources (SNAP, WIC) | 1 | 2 | 3 | 4 | NA |
| 59. Access to information about community provided resources | 1 | 2 | 3 | 4 | NA |
| 60. Opportunity for small businesses in the community | 1 | 2 | 3 | 4 | NA |
| 61. Availability of agencies providing services to adults | 1 | 2 | 3 | 4 | NA |
| 62. Availability of agencies providing services to youth | 1 | 2 | 3 | 4 | NA |
| 63. Availability of gambling prevention/treatment | 1 | 2 | 3 | 4 | NA |
| 64. Suicide prevention services | 1 | 2 | 3 | 4 | NA |
| 65. Environmental safety (ie air, drinking water, food safety, fluoridation, hazardous waste, radon, lead and other poisonings) | 1 | 2 | 3 | 4 | NA |

Please answer the following:

66. What is the most pressing health care related need for you, your family or our community?

Please answer the following:

67. In what ways are the available healthcare services in Dickinson County (hospital, clinics, optometrists, dentists, nursing homes, etc.) serving the community well? In what ways could they be improved?
68. How many days per week do you engage in physical activity for at least 30 minutes?
 0 days/week 1-2 days/week 3-4 days/week 5+ days/week Temporary
69. How many days per week do you eat at least 5 servings of fruits and/or vegetables?
 0 days/week 1-2 days/week 3-4 days/week 5+ days/week
70. How would you describe your weight?
 Underweight About right Slightly overweight Very overweight
71. Which of the following are you trying to do about your weight?
 Lose weight Gain weight Stay the same weight Nothing
72. Do you or anyone in your household need help with these items (**if they are not already being addressed**)? (fill in all that apply)
 Taking medications Meal preparation Managing money Grocery shopping
 Transportation Access to nutritious food Phone/communication services
73. In the past 12 months, have you had problems getting needed health care? Yes No
74. If yes, what are the reason(s) for the difficulty in getting health care? (check all that apply)
 Health care provider not available
 Lack of insurance
 Health care provider would not accept your insurance
 Insurance would not approve or pay for care
 Cannot afford co-pay
 Lack of transportation
 Language barriers
 Travel distance to provider too great
 Cannot understand my doctor/provider

Please answer the following:

75. In the past 12 months, have you had problems getting your medicines? Yes No

76. If yes, what are the reason(s) for the difficulty in getting your medicines? (check all that apply)

- Lack of prescription drug coverage
- Pharmacy would not accept your prescription drug insurance
- Prescription drug insurance would not approve/pay for medication
- Cannot afford co-pay or medicines
- Lack of transportation to pharmacy
- Language barriers

77. My zip code is: _____

78. My gender is: Male Female

79. My age is: Under 18 18-24 25-45 46-64 65-74 75-84 85+

80. My annual income is: Less than \$25,000 \$25,000-\$50,000 \$50,000-\$75,000
 \$75,000-\$100,000 Over \$100,000

81. What type of health insurance coverage do you have? (choose all that apply)

- No health insurance
- Private health insurance
- Insurance through employer (through your job or the job of a family member)
- Government program (Medicare, Medicaid (Iowa Health and Wellness Plan), etc.)
- Other (please specify: _____)

82. My race/ethnicity is (select all that apply):

- African American American Indian or Alaska Native Asian
- Caucasian Hispanic Other
- I prefer not to answer

Thank you for completing this survey! Please fold and tape/staple shut, and mail to us, drop off at Lakes Regional Healthcare, or leave in box (if available).

**Lakes Regional Healthcare
Community Health Needs Assessment
Survey/Box Locations**

BOX LOCATIONS:

Terril Post Office - Michelle
LRH / CHC – 9 locations - Jen
Hy-Vee - Jen
Fareway - Jen
Buy Rite - Cyndy
Grocery store in Lake Park - Cyndy
YMCA – 3 locations - Jen
One to share with civic groups (Rotary, Kiwanis, etc)
St. Mary's Catholic Church (SL)
Grace Lutheran Church (Diane Z.) - Cyndy
Immanuel Lutheran
Methodist (SL, Milford, Terril (Michelle), LP)
Crosswinds - Michelle
St. Joe's Catholic Church (Milford) - Connie
First Lutheran (Milford – nurse)
Presbyterian (LP, SL)
Friends Church (Milford)
Good News Church
Kingdom Hall Jehovah's Witnesses
Milford Baptist Church
St. Alban's Episcopal Church
Spirit Lake Baptist Church
Concordia Lutheran Church (LP)

EMAIL LINK TO:

Compass Pointe – done (Jen)
Discovery House
Upper Des Moines Opportunity – done (Jen)
Hope Haven – done (Jen)
LifeSkills
Seasons Center – done (Jen)
YMCA/to YMCA members – done (Jen)
Schools/to parents – done (Jen)
Chamber/to businesses – done (Jen)

**Lakes Regional Healthcare
Community Partners and Resources**

- Avera Medical Group Managers
- Crown Clinics
- Northwest Iowa Bone and Joint Orthopedic Surgeons including Podiatry
- Area Chiropractors
- Dental
- Seasons Center
- Compass Point
- Discovery House
- CASA
- AA
- Shade of the Tree
- Hope Haven
- Pride Group
- School Psychologists and or guidance counselors
- Psychiatric Nurse Practitioner
- Optometry
- Northwest Iowa Surgeons
- Lake Park Nurse Practitioner
- Pharmacists (HyVee and Lewis Drug)
- Dickinson County Public Health
- VA Clinics
- SHIP Counselor
- Cherish house
- iSmiles Coordinator for Dental
- Elderbridge
- Upper Des Moines Opportunity
- Department of Human Services
- Voluntary Action
- Meals on Wheels
- RSVP
- HUD
- Realtor – Multiple Listing
- City Administrators in the County
- Chamber
- Explore Okoboji
- KU))

- News Print
- LRH staff
- Senior Center
- Daycare – Dr. Fay
- Timeout Nursery
- Great Lakes Corridor
- City mayors
- Rides
- Taxis
- Grocery store dieticians
- Community Gardens
- Car Coordinator
- YMCA
- Cancer representative
- Area Family physicians
- Dickinson County Board of Supervisors



***Community Health Needs Assessment (CHNA) Meeting
February 16, 2016
Dickinson County Community Building
11:30 am – 1:00 pm***

1. Welcome and Introductions
*Connie Lange, Vice President of Quality, Inpatient, and Community Services,
Lakes Regional Healthcare*
2. CHNA Results and Meeting Goals
Kathy Fahy, K Brand Marketing
3. Brainstorming Breakout Sessions
4. Conclusions and Next Steps
Establish priority items and action plans

Please RSVP by February 9 at 712-336-8793 or marlys.cattrysse@lakeshealth.org.

Lunch provided for \$8/person by Hey, Good Cookies! (Please complete and submit attached lunch order with your RSVP; payment can be collected at the meeting.)



***Community Health Needs Assessment (CHNA) Meeting
February 17, 2016
Dickinson County Community Building
11:30 am – 1:00 pm***

1. Welcome and Introductions
*Connie Lange, Vice President of Quality, Inpatient, and Community Services,
Lakes Regional Healthcare*
2. CHNA Results and Meeting Goals
Kathy Fahy, K Brand Marketing
3. Brainstorming Breakout Sessions
4. Conclusions and Next Steps
Establish priority items and action plans

Please RSVP by February 9 at 712-336-8793 or marlys.cattrysse@lakeshealth.org.

Lunch provided for \$8/person by Hey, Good Cookies! (Please complete and submit attached lunch order with your RSVP; payment can be collected at the meeting.)



***Community Health Needs Assessment (CHNA) Meeting
February 18, 2016
Dickinson County Community Building
11:30 am – 1:00 pm***

1. Welcome and Introductions
*Connie Lange, Vice President of Quality, Inpatient, and Community Services,
Lakes Regional Healthcare*
2. CHNA Results and Meeting Goals
Kathy Fahy, K Brand Marketing
3. Brainstorming Breakout Sessions
4. Conclusions and Next Steps
Establish priority items and action plans

Please RSVP by February 9 at 712-336-8793 or marlys.cattrysse@lakeshealth.org.

Lunch provided for \$8/person by Hey, Good Cookies! (Please complete and submit attached lunch order with your RSVP; payment can be collected at the meeting.)

NUMBERS TO KNOW

- Iowa Concern** 1-800-447-1985
 **Financial questions, legal issues, family transitions (All hours, all days)
- Poison Control** 1-800-222-1222
 **Health concerns related to coming in contact with poison
- ISU Answer Line** 1-800-262-3804
 **Questions relating to home and family (M-F, 9-noon 1-4 pm)
- National Runaway Switchboard** 1-800-786-2929 (1-800-RUNAWAY)
 **A person can report oneself as a runaway, or report that a family member has runaway
- Better Business Bureau, Des Moines** 1-515-243-8137
 **Financial information
- Consumer Protection Division**
 Attorney General 1-515-281-5926
 Emergency 911
 **Consumer rights
- Alliance for the Mentally Ill** 1-800-950-6264 (1-800-950-NAMI)
 **Provides support, education, and information to families, friends, and individuals with a mental illness
- ISU Extended & Continuing Education** 1-800-262-0015
 **Off-Campus credit courses, non-credit conferences (M-F, 7:30am – 5pm)
- Healthy Families** 1-800-369-2229
 **Prenatal health care questions and information (all hours, all days)
- Teen Line** 1-800-443-8336
 **Personal and health-related information and referral (all hours, all days)
- Veteran's Regional Office** 1-800-827-1000
 **Information on benefits for veterans (Des Moines)
- Veteran's Medical Center** 1-800-316-8387
 **Medical care and mental health services (Sioux Falls)
- Bets Off** 1-800-BETSOFF or 1-800-238-7633
 **Hotline of Iowa Gambling Treatment Program. Gambling concerns for yourself or others.

RESOURCES FOR DICKINSON COUNTY FAMILIES

Compiled by:
 ISU Extension
 Dickinson County
 and
 Dickinson County
 Community Services
 2016



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Welcov Assisted Living at Spirit Lake

1819 23rd St.
 Spirit Lake, IA 51360
 712-336-3553
www.welcov.com

SUBSTANCE ABUSE

Alcoholics Anonymous

Spirit Lake
 712-336-0657

Iowa Substance Abuse Information Center

1-866-242-4111

National Institute on Drug Abuse Help Line

1-800-662-4357

Compass Pointe

710 Lake Street Suite 2
 Spirit Lake, IA 51360
 712-336-5281

TRANSPORTATION

Regional Transit Authority

522 10th Ave. E.
 PO Box 1240
 Spencer, IA 51301
 1-800-358-5037

Northwest Iowa RSVP/Volunteer Program

For medical appointments only: 800 21st Street
 Spirit Lake, IA 51360
 712-336-6577

Harley Rides

712-330-2587

Chopper Cab

712-330-6276

Boji Rides

877-332-2964

Spirit Lake Veteran Affairs Home Health Care

1310 Lake Street
 Spirit Lake, IA 51360
 712-336-6425 or 712-336-6400

Gentiva Hospice

1370 Lake St.
 Spirit Lake, IA 51360
 712-336-2941 www.gentiva.com

Contacts: Robin Lock, RN-Executive Director
 Amy Majerus, RN- Manager of Clinical Practice

Stay in Home Care, Inc.

401 Main St.
 PO Box 154
 Royal, IA 51357
 712-346-7019
 Contact: Allie Fletcher
stayinhomehc@gmail.com

Respite Angels

PO Box 318
 Estherville, IA 51334
 712-229-6064
Respite.angels@yahoo.com

Hawkeye Care Center

1912 Zenith Ave.
 Spirit Lake, IA 51360
 712-336-3300

Contact: Mary Jo Litwiller, Community Relations Representative
www.mlitwiller@hawkeyecare.com / www.hawkeyecarespiritlake.com

Hawkeye Care Center & Stonebridge Suites Assisted Living

1600 13th St.
 Milford, IA 51351
 712-338-4742

Contact: Daren Butcher, Administrator
www.hawkeyecaremilford.com

Home Instead Senior Care

1003 21st St. / PO Box 262
 Milford, IA 51351
 712-338-6150 / 712-262-0456

mary.dean@homeinstead.com / www.homeinstead.com/602

ABUSE**Child and Dependent Adult Abuse and Neglect Reporting**

1-800-362-2178

State Domestic Abuse Hotline

1-800-942-0333

CAASA

(Centers Against Abuse & Sexual Assault)

1-877-362-4612

Iowa Sexual Abuse Hotline

1-800-284-7821

BEHAVIORAL HEALTH SERVICES**Catholic Charities**

111 4th W.
 Spencer, IA 51301
 712-580-4320

Foundation 2

844-345-4569

Hope Haven

1710 Gary Ave.
 Spirit Lake, IA 51360
 712-336-6977

New Horizons Psych. Services

1004 21st St. / PO Box 207
 Milford, IA 51351
 712-338-6911

Northwest Iowa Care Connections

Enrollment-Financial Assistance
 1802 Hill Ave. Suite 2502
 Spirit Lake, IA 51360
 712-336-0775
nwiacareconnections.org

Seasons Center for Behavioral Health
 1401 Hill Ave.
 Spirit Lake, IA 51360
 800-242-5101

Spencer Psychiatry and Counseling Services
 2016 Hwy Blvd. South Suite / PO Box 680
 Spencer, IA 51301
 712-580-3882

CHILDREN'S ISSUES

Child Abuse Hotline (to report abuse)
 1-800-362-2178

Child Abuse Hotline (National)
 1-800-422-4453

Child Find of America
 1-800-IAM-LOST
 (1-800-426-5678)

Missing Children Help Center
 1-800-USA-KIDS
 (1-800-872-5437)

National Child Safety Council (Childwatch)
 1-800-222-1464

Prevention of Child Abuse
 1200 University, City View Plaza
 Des Moines, IA 50314
 515-281-8726

Runaway (National)
 1-800-621-4000

Iowa Lakes S.C.O.R.E. Chapter
 122 W. 5th Street
 Spencer, IA 51301
 712-262-3059

Lifeline
 1-800-543-3546

**Meals on Wheels
 Voluntary Action Center**
 800 21st Street
 Spirit Lake, IA 51360
 712-336-4444

Elderbridge Agency on Aging
 714 10th Avenue East, PO Box 213
 Spencer, IA 51301
 1-800-242-5033
 712-262-1775

Good Samaritan Society Home Care
 Lincoln Ave. Suite A
 Spirit Lake, IA 51360
 712-336-3412 or 800-832-5342
 Contact: Mary Brevik
www.good-sam.com

Seniors and Lawman Together
 % Dickinson County Sheriffs Office
 Spirit Lake, IA 51360
 712-336-2793

Social Security
 1610 12th Avenue SW
 Spencer, IA 51301
 1-866-273-6050

Dickinson County Public Health
 2301 Highway 71 S
 PO Box AB
 Spirit Lake, IA 51360
 712-336-2682
www.lakeshealth.org

SENIOR SERVICES

AARP

1-800-523-5880

www.aarp.org

Dependent Adult Abuse

1-800-362-2178

Dinner Date

2100 Zenith Avenue
Spirit Lake, IA 51360
712-336-5247

Dickinson County Dept. of Human Services

1802 Hill Avenue Suite 2401
Spirit Lake, IA 51360
712-336-2555
1-866-336-2555

Apply online at: www.oasis.iowa.gov or www.dhs.iowa.gov/how-to-apply

Dickinson County Veterans Affairs

1802 Hill Ave. Suite 1508
Spirit Lake, IA 51360
712-336-0883

Health Information Center

1-800-336-4797

Lakes Regional Healthcare: Home Care & Hospice

2301 Highway 71 S
PO Box AB
Spirit Lake, IA 51360
712-336-8709

Iowa Protection and Advocacy Services

3015 Merle Hay Rd., Suite 6
Des Moines, IA 50310
800-779-2502
www.ipna.org

Vista Prairie by Keelson Harbour Senior Living Community

2810 Aurora Ave.
Spirit Lake, IA 51360
712-336-4501

CHILDREN'S SERVICES

The Caring Program for Children

1-800-223-KIDS

(1-800-223-5437)

Child Health:

Children's Hospice Int. 1-800-242-4453
Children's Wish Foundation Int. 1-800-323-9474
Reye's Syndrome, Natl. Foundation 1-800-233-7393
Shriner's Hospital Referral Line 1-800-237-5055

Dickinson County Dept. Of Human Services

1802 Hill Avenue Suite 2401
Spirit Lake, IA 51360
712-336-2555
1-866-336-2555

Apply online at: www.oasis.iowa.gov or www.dhs.iowa.gov/how-to-apply

Lakes Regional Healthcare: Home Care & Hospice

2301 Highway 71 South
PO Box AB
Spirit Lake, IA 51360
712-336-8709

Dickinson County Public Health

2301 Highway 71 S
PO Box AB
Spirit Lake, IA 51360
712-336-2682

www.lakeshealth.org

K.I.D.S.

(Kommunity Involvement, Development and Support)

Prairie Lakes AEA 8
23 E. 7th St.
Spencer, IA 51301
712-262-4704

Seasons Center for Behavioral Health

1401 Hill Ave.
Spirit Lake, IA 51360
800-242-5101

Time-Out Nurseries

1306 32nd Street
Spirit Lake, IA 51360 (Business Mail Only)
712-336-1738

Contact: Amy Kueper and Jenni Cunningham

Child Care Resource and Referral

Upper Des Moines Opportunity
101 Robbins Ave., Box 519
Graettinger, IA 51342-0519
800-245-6151
712-859-3885

Best Care for Better Babies

Dickinson County Public Health
2301 Highway 71 S
PO Box AB
Spirit Lake, IA 51360
712-336-2682

www.lakeshealth.org

MEDICAL EQUIPMENT AND MEDICAL LOAN CLOSETS**American Legion Auxiliary**

LaVonne Siemers
1360 Terrace Park Blvd.
West Okoboji, IA 51351
712-332-5089

American Legion Auxiliary

Donald Von Ehwegen
Terril, IA 51364
712-853-6577

American Legion Auxiliary

Marilyn Kessler
Lake Park, IA 51347
712-832-3540

Iowa Compass

1-800-779-2001

Sanford Home Medical

2317 Circle Drive W. #4
PO Box 465
Spirit Lake, IA 51360
1-866-838-8934
Contact: Liz Lorch

Vista Prairie at Keelson Harbour
 2810 Aurora Ave.
 Spirit Lake, IA 51360
 Phone 712-336-4501 fax 712-336-4509
jessiewarburton@vistaprairie.org
vistaprairie.org

LEGAL SERVICES

Iowa Civil Rights Commission
 515-281-4121
www.state.ia.us/government/crc

Iowa Concern
 1-800-447-1985
www.extension.ia.state.edu/iowaconcern

Lawyer Referral Service of Iowa State Bar
 Association
 1-800-532-1108

Iowa Legal Aid
 506 Nebraska St.
 Sioux City, IA 51101
 712-277-8686
 1-800-352-0017

University of Iowa Legal Clinic
 College of Law
 Iowa City, IA 52242
 319-335-9034
www.law.uiowa.edu/legalclinic

Iowa Mediation Services
 20 West 6th Street
 Spencer, IA 51301
 712-262-7007

Upper Des Moines Opportunity
 Great Lakes Mall
 1575 18th St.
 Spirit Lake, IA 51360
 712-336-1112
www.udmo.com

Priority #1
 1600 15th Street
 Spirit Lake, IA 51360
 712-336-3488
 Contact: Karen Byers

YMCA Kinship
 Youth Mentoring
 1900 41st Street
 Spirit Lake, IA 51360
 712-209-1576

Lutheran Social Services of Iowa
 Health Concerns
 1812 24th Ave. W.
 Spencer, IA 51301
 712-262-9171

Cherish Center
 Cherished Women/Cherished Kids (parent support for moms)
 Dads of Cherished Kids (parent support for dads)
 Cherish House (maternity home)
 1004 22nd Street
 Milford, IA 51351
 712-338-3333
info@cherishcenter.org
www.cherishcenter.org

CLOTHING

St. Joseph Catholic Church

1309 Okoboji Ave.
Milford, IA 51351
712-338-2274

Thee Garage Sale

1004 22nd St.
Milford, IA 51351
712-338-3334
Children's Clothing
Household Furnishings

DISASTER ASSISTANCE

Emergency Management

1802 Hill Ave. Suite B103
Spirit Lake, IA 51360
712-336-3987
Contact: Mike Ehret
www.dcem.us

Red Cross

800-REDCROSS
712-252-4081

Salvation Army

1607 Ithaca Avenue
Spirit Lake, IA 51360
712-336-5776
Contact: Jeff Hanson

Community Housing Initiatives

14 W 21st St.
PO Box 473
Spencer, IA 51301
712-262-5965

Cherish House Maternity Home for girls

PO Box 1003
Okoboji, IA 51355
712-338-3333
info@cherishcenter.org
www.cherishcenter.org

Heritage Landing Senior Housing

1305 Jeppeson Rd.
Milford, IA 51351
712-338-2909
Contact: Kelsey Mergen
www.good-sam.com

Hawkeye Care Center

1912 Zenith Ave.
Spirit Lake, IA 51360
712-336-3300
Contact: Mary Jo Litwiller, Community Relations Representative
www.mlitwiller@hawkeyecare.com www.hawkeyecarespiritlake.com

Hawkeye Care Center & Stonebridge Suites Assisted Living

1600 13th St.
Milford, IA 51351
712-338-4742
Contact: Daren Butcher, Administrator
www.hawkeyecaremilford.com

Lake Park Care Center

1304 South Market St.
Lake Park, IA 51347
712-832-3691

Welcov Assisted Living at Spirit Lake

1819 23rd St.
Spirit Lake, IA 51360
712-336-3553
www.welcov.com

Spirit Lake Veteran Affairs Clinic
 1310 Lake Street
 Spirit Lake, IA 51360
 712-336-6400

HOUSING

Low-Rent Housing Agency
 Section 8 HUD Voucher Office serving Dickinson County
 710 Lake Street Suite 5
 Spirit Lake, IA 51360
 Phone: 712-336-2318
 Fax: 712-336-37460
lhasplk@qwestoffice.net
 Contact: Lauri Carlson, Executive Director

Northwest Iowa Regional Housing Authority
 919 2nd Ave. SW
 P.O. Box 446
 Spencer, IA 51301
 712-262-7460

Riverwest Apartments
 668 Terrace Park Blvd.
 Milford, IA 51351
 712-332-7228

Broadway Village Apartments
 PO Box 283
 Milford, IA 51351
 712-338-9754

Discovery House
 1411 Hill Avenue
 PO Box 163
 Spirit Lake, IA 51360
 712-336-4740 or 712-336-5340
 Contact: Carol Elliott

Murphy Management
 208 E. State Street
 Algona, IA 50511
 515-295-2927

Dickinson County Healthcare Coalition
 2301 Highway 71 S
 PO Box AB
 Spirit Lake, IA 51360
 712-336-2682 or 712-336-1230

Critical Incident Stress Management Team (CISM)
 24 hour access
 Hotline: 1-877-225-2476
 Contact: Steve Hopkins 712-330-1144

EDUCATION

Iowa New Choices Program
 Iowa Lakes Community College
 300 South 18th Street
 Estherville, IA 51334
 712-362-7931

G.E.D./Adult Basic Education
 Iowa Lakes Community College
 2008 Hill Ave
 Spirit Lake, IA 51360
 712-336-3439
 Estherville - 1-800-242-5106
 Emmetsburg - 1-800-242-5108

Headstart
 101 Robbins Ave. P.O. Box 519
 Graettinger, IA 51342
 1-800-245-6151
 712-859-3885

Iowa Lakes Community College
 2008 Hill Ave.
 Spirit Lake, IA 51360
 712-336-3439
 Estherville - 1-800-242-5106
 Emmetsburg - 1-800-242-5108

ISU Extension - Dickinson County

1600 15th Street
 Spirit Lake, IA 51360
 712-336-3488

ISU Extended and Continuing Education

1-800-262-0015

www.extension.iastate.edu

Prairie Lakes AEA

23 East 7th Street
 Spencer, IA 51301
 712-262-4704
 1-866-540-3860

Iowa Legal Aid

506 Nebraska Street
 Sioux City, IA 51101
 1-800-352-0017
 712-277-8686

www.iowalegalaid.org

Elderbridge Agency on Aging

714 10th Avenue East, PO Box 213
 Spencer, IA 51301
 1-800-242-5033
 712-262-1775

Compass Pointe Behavioral Health Services

710 Lake Street Suite 2
 Spirit Lake, IA 51360
 712-336-5281

www.adtu.org

Vocational Rehabilitation

P.O. Box 3093, 217 W 5th Street
 Spencer, IA 51301
 712-262-9585

Contact: Gerald Rath

www.dvrs.state.ia.us

Women, Infants & Children (WIC)

Upper Des Moines Opportunity
 101 Robbins Avenue Box 519
 Graettinger, IA 51342-0519
 800-245-6151
 712-859-3885

Elderbridge Agency on Aging

714 10th Avenue East
 PO Box 213
 Spencer, IA 51301
 1-800-242-5033
 712-262-1775

Spencer Psychiatry and Counseling Services

2016 Hwy Blvd. South Suite
 PO Box 680
 Spencer, IA 51301
 712-580-3882

National Alliance for the Mentally III

800-950-6264

www.nami.org

Parents Anonymous Helpline

800-345-5044

Merit Behavioral Care

1-800-955-6427

Gentiva Hospice

1370 Lake Street
 Spirit Lake, IA 51360
 712-336-2941
 866-752-4692

www.gentiva.com

Contact: Robin Lock, RN-Executive Director

Contact: Amy Majerus, RN-Manager of Clinical Practice

Vision Impaired:

American Foundation for the Blind -
1-800-232-5463
www.afb.org

Medicaid/Title 19 - General Info.

Dickinson Co. Dept. of Human Services
1802 Hill Avenue Suite 2401
Spirit Lake, IA 51360
712-336-2555
1-866-336-2555
Apply online at: www.oasis.iowa.gov

Medicare

General Information
1-800-772-1213
Billing Questions
1-800-532-1285
www.medicare.gov

Targeted Case Management

Seasons Center for Community Mental Health
201 E 11th St
Spencer, IA 51301
712-262-2922

Cherish Center

Individual and Family Counseling, Mentor Moms, Marriage Mentors, Parent
Training, Free Pregnancy Tests, Pregnancy and Adoption Counseling
1004 22nd Street
Milford, IA 51351
712-338-3333
info@cherishcenter.org
www.cherishcenter.org

Hand-in-Hand

Dr. Angela Fay Ed.D.
1575 18th St.
Spirit Lake, IA 51360
712-298-2306
afay@udmo.com

EMERGENCY ASSISTANCE**Dickinson County Veterans Affairs**

1802 Hill Ave. Suite 1508
Spirit Lake, IA 51360
712-336-0883

Dickinson County Community Services

1802 Hill Ave. Suite 2502
Spirit Lake, IA 51360
712-336-0775

Upper Des Moines Opportunity

Great Lakes Mall
1575 18th Street
Spirit Lake, IA 51360
712-336-1112
www.udmo.com

EMERGENCY NUMBERS**Ambulance, Fire, Police**

Emergency Dial 911
Non-Emergency 712-336-2525

Spirit Lake Police Department

712-336-5776

Dickinson County Sheriff's Office

712-336-2793

Dickinson County Crime Stoppers

712-336-2345

Lakes Regional Health Care

712-336-1230

EMPLOYMENT

ILCC Rehabilitation Education & Services

300 S. 18th
 Estherville, IA 51334
 712-362-5433
 217 W 5th Street
 Spencer, IA 51301
 712-262-9585

Iowa Work Force Development

217 W. 5th Street
 Spencer, IA 51301
 712-262-1971
 1-800-798-7224

Workforce Innovation and Opportunity Act (WIOA)

217 W. 5th Street
 Spencer, IA 51301
 712-262-1971
 800-798-7224

ECHO/PLUS, INC.

1808 Jackson Ave
 Spirit Lake, IA 51360
 712-336-4052

Employment Connections

1710 Lincoln Avenue
 Spirit Lake, IA 51360
 712-336-2048

Grape Tree Medical Staffing, Inc.

1003 23rd St.
 Milford, IA 51351
 712-336-0800
www.grapetree.org

Compass Pointe Behavioral Health Services

710 Lake Street Suite 2
 Spirit Lake, IA 51360
 712-336-5281
www.adtu.org

Hearing Impaired:

| | |
|------------------------------------|------------------------------------|
| Hearing Aid Helpline | 1-800-521-5247 |
| Hearing & Speech - National Assoc. | 1-800-638-8255 |
| Hear Now (Financial Aid) | 1-800-648-HEAR (1-800-648-4327) |
| Helpline | 1-800-EAR-WELL (1-800-327-9355) |

Deaf Services Commission of Iowa

515-281-3164
www.state.ia.us/government/dhr/dhs

Hearing Aid Bank, Lion's

515-752-4337

Iowa Compass for Disabled People

1-800-779-2001
www.medicine.uiowa.edu/iowacompass

Lutheran Social Services of Iowa

1812 24 Ave. W.
 Spencer, IA 51301
 712-262-9171
www.lsiowa.org

Seasons Center for Community Mental Health

1401 Hill Ave.
 Spirit Lake, IA 51360
 800-242-5101

Veterans Counseling Center

Sioux City
 712-255-3808

Veteran's Affairs Medical Center

2501 West 22nd Street
 Sioux Falls, SD
 1-800-316-8387
www.va.gov

HEALTH CONCERNS AND FAMILY COUNSELING

Alzheimer's and Related Disorders
1-800-272-3900

Child Health Specialty Clinics
1200 First Avenue East
Spencer, IA 51301
712-264-6362 or 712-264-6363
866-219-9119
www.medicine.uiowa.edu/chsc

Dental, Iowa Association
515-282-7250

Dickinson County Community Services
Dickinson County Community Services
1802 Hill Ave Suite 2502
Spirit Lake, IA 51360
712-336-0775

Lakes Regional Healthcare – Home Care/Hospice
2301 Hwy 71 S
PO Box AB
Spirit Lake, IA 51360
712-339-8709

Dickinson Co. Dept. of Human Services
1802 Hill Avenue Suite 2401
Spirit Lake, IA 51360
712-336-2555
1-866-336-2555

Apply online at: www.oasis.iowa.gov or www.dhs.iowa.gov/how-to-apply

Eye Care Project, National American Academy of Ophthalmol
1-800-222-3937

Family Crisis Line (24 hours)
Spirit Lake
712-336-1255
1-877-362-4612

Teen Health Line
1-800-443-8336

FINANCIAL ASSISTANCE

Dickinson County Community Services
1802 Hill Ave Suite 2502
Spirit Lake, IA 51360
712-336-0775

Dickinson County Dept. of Human Services
1802 Hill Avenue Suite 2401
Spirit Lake
712-336-2555 or 1-866-336-2555

Apply online at: www.oasis.iowa.gov or www.dhs.iowa.gov/how-to-apply

Dickinson County Veterans Affairs
1802 Hill Ave. Suite 1508
Spirit Lake, IA 51360
712-336-0883

Rural Development
Farm Service Agency
306 11th Street SW Plaza
Spencer, IA 51301
712-262-3173
Contact: Sheila Zobrist
1619 North Lake Street
Storm Lake, IA 50588
712-732-1851
Contact: Arnold Thomas

Social Security Administration
1610 12th Avenue SW
Spencer, IA 51301
1-866-273-6050

Upper Des Moines Opportunity
Great Lakes Mall
1575 18th St.
Spirit Lake, IA 51360
712-336-1112
www.udmo.com

FINANCIAL COUNSELING

Consumer Credit Counseling Service

715 Douglas St.
Sioux City, IA 51101
712-252-5666

Iowa Lakes S.C.O.R.E. Chapter

122 West 5th Street
Spencer, IA 51301
712-262-3059

ISU Extension - Dickinson County Financial Management and Counseling

1600 15th Street
Spirit Lake, IA 51360
712-336-3488
Contact: Jan Monahan

Cherish Center

Financial Peace
1004 22nd Street
Milford, IA 51351
712-338-3333
info@cherishcenter.org
www.cherishcenter.org

FOOD

Dickinson County Dept. of Human Services

1802 Hill Avenue Suite 2401
Spirit Lake, IA 51360
712-336-2555
1-866-336-2555

Apply online at: www.dhs.iowa.gov/how-to-apply
www.oasis.iowa.gov

Upper Des Moines Opportunity

Great Lakes Mall
1575 18th St.
Spirit Lake, IA 51360
712-336-1112
www.udmo.com

Dinner Date

2100 Zenith Avenue
Spirit Lake, IA 51360
712-336-5247

Dinner Date

1021 10th St.
Milford, IA 51351
Tuesdays only
Call ahead 24 hours 712-338-4421
Contact: Mary Dannatt

Meals on Wheels

800 21st Street
Spirit Lake, IA 51360
712-336-4444

Women, Infants & Children (WIC)

Upper Des Moines Opportunity
101 Robbins Avenue Box 519
Graettinger, IA 51342-0519
800-245-6151-712-859-3885

Food Stamp Application Available Online

www.dhs.iowa.gov/how-to-apply
www.oasis.iowa.gov

Or Call-
1-877-937-3663

| Blue Zones Project® - Spirit Lake 2015-16 Milestones as of June 1 | | | | |
|---|------------------|---|--------------|--|
| DATE | STRATEGY | MILESTONE | STATUS | NOTES |
| Ongoing | Community Policy | Communicate any policy changes to the public | Ongoing | 06-01-16: Community was made aware of the Nicotine free public ordinance. |
| Jul-15 | Community Policy | Review the 2014 pledges and select areas of focus with one from each category (tobacco, food policy, and built environment) | Complete | 7-31-15: Gregg Owens, City Administrator reviewed the 2014 community policy pledge and chose a number of items to take to the council and city staff for review. |
| Aug-15 | Community Policy | Safe Routes to School Project Complete on Hill Avenue as seen in the Bike/Ped Master Plan | Complete | 8-29-15: Project Complete. As of 8/14: This project is near completion |
| Sep-15 | Community Policy | Review Complete Streets Policy; inspect intersections to confirm pedestrian and cyclist access | Complete | 9-28-15: Gregg Owens indicated that the review had been completed. 9-25-15: Blain and Gregg indicated that they would have additional information next week. |
| Sep-15 | Community Policy | Meet with school superintendent to discuss a joint use facilities agreement in hopes to reach agreement to pursue a policy (if an agreement is reached, an implementation date of June 1, 2016 will be set) | Not Complete | 9-28-15: Gregg Owens indicated this subject would be revisited in November. 9-25-15: Gregg Owens, City Administrator stated that a meeting was held the week of 9/14 - no updates on the outcome of that discussion yet. Example policy language was sent to Gregg prior to the meeting. |
| Sep-15 | Community Policy | Pioneer Beach Trail complete as part of the trails plan | Complete | 8-14-15: This project has been completed |
| Sep-15 | Community Policy | Memorial Park and Lakeshore restoration complete (removal of undergrowth, trees, weeds and restoration of lakeshore bank to native prairie grass) | Complete | 9-25-15: Project complete |
| Oct-15 | Community Policy | Pass tobacco policy banning all tobacco in public parks | Complete | 02-26-16: Nicotine free public parks, recreational facilities and public library ordinance passed after 3 readings on Feb 9th, 2016. 01-14-15: Article in Lakes Area News KTIV about first reading of City Ordinance to ban all tobacco in city parks. 01-05-16: City Administrator indicated that the council would review again in January - wanting to adopt an ordinance amendment instead of a policy. 10-30-15: City Administrator indicated this would happen later in 2015. 10-02-15: Draft policy/ordinance to be seen by city council this month |
| Oct-15 | Community Policy | Complete a trees grant application | Complete | 10-23-15: Letter of support for the grant has been complete (peoria and 15th) via Iowa Living Roadways / Trees Forever. |
| Nov-15 | Community Policy | Discuss food policy section of pledge packet with focus on passing #20 (create and implement nutrition standards for food served at all business meetings in government facilities) | Complete | 01-25-16: Pledge #20 (food policy section) was passed. 01-05-16: Council intends to pass this policy on Jan 12th. 12-11-15: Shared the Healthy Eating Resolution from Albert Lea with Spirit Lake on 12/01. Waiting for city council to pass in Dec or Jan and implement accordingly. |
| Feb-16 | Community Policy | Update to council, park board, and trails committee regarding trail status and begin conversations on trail wayfinding pledge #31 | Complete | 01-05-16: Trails to present to city council on Jan 26th. |
| Jun-16 | Community Policy | 58 new trees planted (#44 urban greening project) | In process | 06-01-16: Due to funding, this project is on hold until September. |
| Jun-16 | Community Policy | Begin adding wayfinding signage in partnership with county and trails Assoc. in accordance with community policy pledge #31 Partner with trails to implement bike wayfinding | Not Complete | 06-01-16: The grant was not received. 03-02-16: Dickinson Co trails applied for grant to address way-finding. |
| Jun-16 | Community Policy | Southern Hills sidewalk project complete. This is a new project not in the Master Plan. | Complete | 06-01-16: Project is complete. 3-3-16: Construction underway expected to be complete in July |

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| | | | | <p>4-24-15: New street and sidewalk on both sides of the street on 15th, sidewalk is for a 6 block stretch. New street and bike trail on Pioneer Beach Road, approximately 2 miles. New bike trail connecting existing trail to future trail site along old rail road right of way, from 15th and Memphis to Peoria Ave, approximately 4 blocks.</p> <p>6-26-15: 15th Street (Completed): 4050 ft. of Sidewalks 16 Crosswalks 32 ADA Ramps</p> <p>Pioneer Beach Road (Completed): 2400 ft. of Recreational Trail 2 Crosswalks 4 ADA Ramps</p> <p>15th-Peoria Trail (Completed): 1450 ft. of Recreational Trail 2 Crosswalks 4 ADA Ramps</p> <p>Hill Avenue Sidewalk Safe Routes to School Project(Under Construction-July Expected Completion): 2100 ft. of Sidewalk 2 Crosswalks 4 ADA Ramps</p> <p>2-16-16: Hill Ave Sidewalk (between 30th and 36th street): 2100 ft sidewalk complete, 2 cross walks and 4 ADA ramps (Safe Routes to School project). Spirit Lake</p> <p>Southern Hills Phase 3 (Kings Court south of 36th St., Lincoln Avenue between 36th St. and 38th St., Larchwood Circle north of 38th St. and 38th Street between Keystone Circle and Larchwood Circle): 4900 ft. of Sidewalk 6 Crosswalks 8 ADA Ramps</p> <p>Memphis Sidewalk Improvements (from Lake Street 350' north): 350 ft. of Sidewalk</p> |
| | Community Policy | Community Collected Metrics - see notes | Ongoing | |
| Jun-15 | Engagement | Launch Walking Moai's (10 Weeks) | Complete | 6-01-15: The Beddell Family YMCA launched a Walking Moai group on June 6. 6-10 participants joined in each week. |
| Aug-15 | Engagement | Celebrate Walking Moai's | Complete | 8-28-15: YMCA reported celebrating week of 8-14 and launching another 10-week moai program |
| Sep-15 | Engagement | Meet with the volunteer center to establish partnership and begin tracking number of volunteers (establish baseline metrics) | Complete | 9-4-15: Working with Volunteer Action Center (Amy Peterson) to track logged volunteer hours: http://lakesvolunteers.org/ |
| Oct-15 | Engagement | Establish monthly "Try it Tuesday" cooking/eating demonstrations at area businesses | Complete | 10-23-15: Program to continue Nov 10, 24, Dec 1, Dec 15 at Hey Good Cookies, Lakes Regional, Fareway and Hy-Vee. Lakes Regional will be featuring the Ikarian Longevity Stew. All featured items are plant slant, like Veg tacos at Hey Good Cookies. 9-25-15: To begin with spinach lasagna at Lakes Regional on 9/29 and continue each month at a designated restaurant / grocer. 9-1-15: Starting in September at hospital with a healthy food sample. |
| Nov-15 | Engagement | Organize a spring walking or biking progressive dinner. Participants would walk or bike from restaurant to restaurant to eat a pre-plated appetizer, salad, entrée, and dessert, perhaps with a paired wine. Includes a demonstration of how it's made, the recipe, and kitchen scorecard. | In process | 06-01-16: Conversations with Praire Chick about hosting a late June event have taken place. 01-05-16: Idea submitted by Jen and Sonja that includes area businesses. 12-11-15: Conversation started in late November on how best to host this type of event. |
| Nov-15 | Engagement | Collect Metrics | Complete | 12-31-16: See metrics table for worksite survey. 10-02-15: 6 teams in the Spirit Lake zip code participated in the Live Healthy Iowa summer challenge. 550 registered cyclists took part in the 'Oktoberfest Bike Ride around the lake'. |
| Jan-16 | Engagement | Host monthly cooking classes for the community at the YMCA's Character Center | Complete | 04-26-16: Monthly 03-02-16: YMCA reports classes fill each time and they are expecting to add adult classes. 02-01-2016: Classes begin again Feb 9th. 12-30-15: Tina Bauermeister, RD LD taught 3 kids nutrition classes between Nov 17 and Dec 8th. 12 kids attended each session. During the class the students learned how to read labels and use measuring utensils to create easy, nutritious snacks at home. The next series begins Feb 09th. |
| Mar-16 | Engagement | Introduce Walking, Potluck, and Purpose Moais at the worksite spring summit (launch four Moais at worksites) | Complete | 04-26-16: Moai's were introduced at the April 15th worksite summit. |
| Apr-16 | Engagement | Collect Metrics | Complete | 3-2-16: Four Try It Tuesday events held with the public sampling free plant slant entrees provided by Hy-Vee, Fareway, Hey Good Cookies, Prairie Chick and Lakes Regional Healthcare. |
| May-16 | Engagement | Coordinate a book and cook series where people gather once a month or more often to read a Blue Zones related book and cook a recipe from a Blue Zones area | In process | 04-26-16: Attendees of the worksite summit were encouraged to start a book club and book and cook series based on Dan's book, The Blue Zones Solution'. 3-2-16: Sent Jen and Sonja information on Oskaloosa's book and cook series. |
| | Engagement | Community Collected Metrics - see notes | Ongoing | 10-23-15: K-Kids program started with Kiwani's to promote volunteering and citizenship in kids. 7-13-15: Bike Ride Across Spirit Lake increased numbers of 100. Total number of participants 307. YMCA Color Run has just over 500 participants. 6-26-15: 4 groups, average of 6-10 members / group walking/running/biking from YMCA launch on June 8 5-15-15: YMCA official walking moai program launch 5-1-15: YMCA reports launching 2 walking moai's |
| Sep-15 | Food Strategy | Discuss metrics collection with designated grocers and restaurants to prep for formal collection in November | Complete | 9-11-15: Meetings with Hey Good Cookies and Hy-Vee complete. 8/14: Monthly meeting with project co-leads determined who would do this work and how it would get done. Work begins in September. |

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| Oct-15 | Food Strategy | Promote designated restaurants with local media and designated worksites (one to three promotions) | Complete | 10-02-15: Facebook campaign to start in conjunction with Try It Tuesday campaign. 8-28-15: Hey Good Cookies recognized in Explore Okoboji interview. As of 8/14: Discussions have been started and a list of ideas created |
| Oct-15 | Food Strategy | Hy-Vee healthy catering menu aligned with Blue Zones Healthy Food Guidelines will be made available to worksites and organizations | Complete | 10-16-15: Hy-Vee Spirit Lake will begin using Algona's Fit and Fresh catering menu. 9-25-15: Meeting with Hy-Vee dietitian on 9/29 to discuss. |
| Nov-15 | Food Strategy | Collect metrics | Complete | 12-11-15: Metrics collected from Hy-Vee. 11-13-15: Reached out to new store manager - JJ - for data collection. 10-23-15: Collin V is leaving Spirit Lake Hy-Vee for a Sioux Falls manager position |
| Nov-15 | Food Strategy | Work with one to two new Spirit Lake Restaurants on achieving designation | Complete | 04-26-16: Lisa's Bake Shoppe has reviewed the restaurant pledge. They offer plant slant options on their menu and use many local and organic products year round. 10-23-15: Lisa's Bake Shoppe is interested, meeting on 12/01. 9-25-15: Having difficulty engaging new restaurants so far. |
| Dec-15 | Food Strategy | Review grocery pledge with designated organizations and ensure compliance with pledge actions | Complete | 12-11-15: Sent designation packets to both designated stores and offered support and to set up a time to review. I had just met with the Hy-Vee store dietitian in October to review. I will need to send this designation packet to the new store director as well. |
| Jan-16 | Food Strategy | Review restaurant pledge updates with all designated restaurants and ensure compliance with pledge actions | Complete | 01-25-16: Sent restaurant pledge to all designated restaurants. 2-11-15: Reviewed with Hey Good Cookies on 12/2 |
| Jan-16 | Food Strategy | Promote designated restaurants with local media and worksites | Complete | 02-04-16: Another round of Try It Tuesday Facebook campaign will begin Feb 8th. 12-11-15: Happening somewhat already with Try It Tuesday's |
| Feb-16 | Food Strategy | Introduce any new grocery pledge actions with designated grocers | Complete | 03-02-16: Hy-Vee and Fareway are aware of the new grocery store pledges. Hy-Vee has started giving free fruit to kids while parents are shopping. They have a kids free fruit basket at the front of the store. |
| Mar-16 | Food Strategy | Introduce new restaurants to the restaurant pledge | Complete | 03-02-16: At present, all restaurants that are willing and local have been introduced to the Restaurant Pledge. |
| May-16 | Food Strategy | One additional restaurant will become designated under the 2015 restaurant pledge | Not Complete | 06-01-16: Lisa's Bake Shoppe is in support of the project and uses local, organic foods in their baking and cooking. |
| | Food Strategy | Community Collected Metrics - see notes | Ongoing | 12-11-15: From Produce: Salad Bags – up 17.57% Organic Produce – up 20.57% Vegetables – up 6.91% Fruit – up 11.10% From Grocery: Canned/Bagged Nuts – up 10.71% Water – up 21.61% Tobacco – Down 20.74% Cigarette Cartons – Down 4.27% Cigarette Packs – Down 1.51% From Dairy: Alternative Milks(ex: almond milk, cashew milk and more) – Up 20.66% Our Gluten Free set was modified over the past 6 months and the numbers reflect down, but are up, however, we do not have an exact number for this section. 7-1-15: Hey Good Cookies is offering a 'Blue Zones' Special this month on half size sandwiches. Reports of sales are slow so far but the special is just beginning.6-26-15: Blueprint Period Metrics: From Produce: Salad Bags – up 13.74 % Organic Produce – up 25.14% Vegetables – up 10.8% Fruit – up 10.75% From Grocery: Gluten Free items – up 21.70% Canned/Bagged Nuts – up 6.41% Water – up 12.08% Tobacco – down 6.36% Cigarette Cartons – down 12.16% Saw no significant increase in carbonated soft drinks. From Dairy: |
| Jul-15 | Schools | Include wellness update in annual newsletter | Complete | As of August 14: Nancy Kriener provided a wellness update in the July Newsletter. Committee will meet September 9 |
| Aug-15 | Schools | Promote Movies in the Park and Blue Zones Community Certification event on 8/21 via school distribution lists | Complete | As of August 14: Nancy Kriener emailed entire District with movie flyer. |
| Sep-15 | Schools | Meet with school food service director about ways to incorporate local and fresh foods into school lunches and the healthy snack cart program (goal to incorporate fresh, local within the school year) | Complete | 9-11-15: Met with food service director on 9/9 and introduced him to a local/regional producer for spring discussions. Also discussed the healthy snack cart. 8-28-15: Meeting set for Sept 9th As of August 14: Email sent requesting a meeting on September 9th |
| Sep-15 | Schools | Spirit Lake School District Wellness Committee meeting (plan for the year, review district wellness policy and building policies, review school designation criteria to ensure pledge validation, and update on greenhouse grant) | Complete | 9-11-15: Wellness committee met and discussed plans for the year which include PAL Training Workshop to encourage more physical activity in the classroom. Faculte and administration would like to see it at the High School level as well, Healthiest State Walk promotion and registration, 10k grant application for bike racks, expansion of 4th grade garden and connectivity with community garden. They lost their ag teacher and did not receive the monstanto grant. As of August 14: Meeting set for September 9th |

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| Oct-15 | Schools | District participation in Healthiest State Walk with a goal of over 300 participants | Complete | 10-09-15: District had a successful turn-out, waiting for numbers. 9-25-15: Set for Oct 7th. |
| Nov-15 | Schools | Gather metrics from designated schools related to consumption of healthy foods and beverages, participation in active transportation, number of wellness committee meetings (See Metrics Table) | Complete | 10-30-15: Fruit and Vegetable purchases are 17% higher than last year's Fall quarters. Chocolate milk outsells white milk despite the placement in the coolers (white milk first). Active transportation has increased evidenced by 20-25 bikes parked without a bike rack. This is tributed to the Safe Routes to School project. The district wellness committee met in September and will meet again in December. SL Elementary is also establishing a building wellness committee to expand their work. |
| Dec-15 | Schools | Spirit Lake School District Wellness Committee Meeting (Revisit a Bus to Walk or Walking School Bus program and review worksite pledge) | Complete | 12-11-15: 12/2 meeting was product and focused on the new bike racks to be installed, the kids tree grant from the DNR and a new after school PA class for elementary. 11-20-15: SL Elementary building wellness committee focused on employee health, first meeting for the year scheduled for 11/20. All District Wellness Committee Meeting set for December 2nd at 3:45pm |
| Mar-16 | Schools | Spirit Lake School District Wellness Committee meeting (Update on Bike Rodeo and 4th grade bike ride) | Complete | 03-01-16: District meeting set for 3/2. 12-11-15: School nurse to take over as wellness committee chairperson. |
| Apr-16 | Schools | Insert at least one locally or regionally sourced vegetable into the school lunch menu and healthy snack cart per week beginning as foods become available during growing season | Complete | 03-01-16: Produce will be available to purchase May 1st. 01-05-16: According to Jason Olson, School Food Service director, communications with a regional grower have taken place and the schools are set to purchase foods in season during the Spring 2016. |
| Apr-16 | Schools | Bike Rodeo and Bike to School Day event | Complete | 04-27-16: The bike rodeo took place on 4/27. 30 helmets were given to students that didn't have helmets and 7 bikes were donated to students in need. Elementary 3rd and 4th graders learned bike safety during the bike rodeo. 03-01-16: Bike Rodeo planned for Wed 4/27. Bike to School Event starts May 4 (National Bike to School Day). Tim is looking at doing a 15 day bike to school challenge in May. |
| May-16 | Schools | B.R.A.W.L – 4th grade bike ride around west lake | Complete | 06-01-16: It was a perfect day for a bike ride. 03-01-16: Set for Fri. 5/27. |
| May-16 | Schools | Gather metrics from designated schools related to consumption of healthy foods and beverages, participation in active transportation, number of wellness committee meetings (See Metrics Table) | Complete | 06-01-16: Spirit Lake Schools purchased increased amounts of fruit and veggies for the SY 2015-16 (through 5/15/2016) \$48,414.71. The total for SY 2013-14 was \$29,058.81. SLCS also offers at least one fresh fruit for breakfast, everyday. For daily snacks, fresh foods are offered more regularly than before, such as apple slices, baby carrots, celery and cheese sticks. 04-27-16: Waterline went in on 4/13 for the mini orchard and elementary garden. The grant came from the Iowa DNR Trees for Kids. More bike racks were installed in April thanks to a community foundation grant from Wellmark Foundation. |
| Oct-15 | Worksites | Host Fall Worksite Summit (will discuss how to introduce Moai concepts and share best practices) | Complete | 12-11-15: 8 employers and 22 attendees took part in the worksite summit. 10-23-15: Agenda set and invitations will go out on 11/02. 10-16-15: Scheduled for December 2nd hosted by Bank MidWest.9-25-15: Most likely going to get pushed back to December. 9-1-15: Work with Bank Midwest to host in later October. |
| Nov-15 | Worksites | Continue to work with Rosenboom, Hope Haven, and others toward designation and identify one to two additional to introduce pledge items in the spring | Complete | 04-26-16: While designation is a long ways off for Rosenboom, they along with R&D Industries continue to build the foundation for their wellness programs. 12-28-15: Rosenboom's main point of contact has left the company. While they are continuing their wellness efforts, leaders have indicated it may be later in 2016 before they have the resources to continue progressing through the pledges. 9-25-15: Work continues with Rosenboom but has slowed with Hope Haven. |
| Nov-15 | Worksites | Collect metrics from designated worksites | Complete | 12-11-15: Survey monkey being developed to ask designated employers and those that attended the worksite summit on 12/2. |
| Mar-16 | Worksites | Host winter/spring Worksite Summit | Complete | A worksite summit was held on 4/15 at Bank Midwest. 8 employers were in attendance. |
| Apr-16 | Worksites | Help start at least one Walking Moai, Potluck Moai, or Purpose Moai at a designated employer by introducing concepts and sharing best practices at worksite summits | Complete | 04-27-16: Worksites were encouraged to start a book club, walking group or potluck moai as part of their spring orsummer wellness program offerings. Lakes Regional, Grapetree Medical and Dickinson Co continue to offer walking groups. |

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| | May-16 Worksites | Collect metrics from designated worksites | Complete | <p>LRH Wellness Challenges</p> <p>Burst Your Thirst-Live Healthy Iowa</p> <ul style="list-style-type: none"> • June 13-July 22, 2015 • 3 participants <p>Walktober</p> <ul style="list-style-type: none"> • October 2015 • 36 participants-9 groups of 4 • Kept track of total minutes they spent walking, running, or using elliptical and got points according to times • Gave incentives to top 3 teams-gift certificates to LRH Gift Shop <p>Maintain, Don't Gain Holiday Challenge</p> <ul style="list-style-type: none"> • November 23rd-January 4th • 61 participants, 47 successfully completed challenge • Participants weighed-in prior to Thanksgiving and again after New Years • Anyone that maintained or loss weight received a \$10 HyVee gift card, and entered into a drawing for a FitBit <p>Volunteer Challenge</p> <ul style="list-style-type: none"> • January 18th-April 1st, 2016 • Individuals must find volunteer opportunities and log their actions • Individual with the most volunteer actions will receive \$100 to a charity of their choice <p>10 Week Wellness Challenge-Live Healthy Iowa</p> <ul style="list-style-type: none"> • Individuals must track activity minutes and/or weight lost through the Live Healthy website • Teams consist of 2-10 people • Anticipate at least 6 teams from LRH |
| | May-16 Worksites | One to two additional employers will be introduced to the pledge items with a focus on larger employers (Polaris) | Not Complete | 06-01-16: Rosenboom was started with several actions towards designation however, a change in HR slowed progress. |
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