

Florida Hospital Wauchula

2013 Community Health Needs Assessment

Florida Hospital Wauchula is located in Hardee County, Florida. The county is small, with an estimated population of 27, 887 persons, and is one of the country's top prime agricultural centers. Further understanding of the age and race breakdown can be seen in **Attachment 1**. Hardee County is less fortunate, however, in that economic and educational attainment indicators show less than acceptable trends. Per capita income in Hardee County has consistently stayed in the poverty level.

Local and state resources show that the leading health concerns for our community are cancer, heart disease, stroke, diabetes, and access to care. Within Hardee County there are still considerable disparities in many health indicators, especially those related to access to care and negative health behaviors. Interventions specifically targeted to disparate groups are necessary to reverse negative health trends. Obesity is a large contributor to heart disease, stroke and diabetes. Income levels range from very wealthy to very poor, with seasonal migrant workers contributing the number of low-income medically underinsured residents.

In Hardee County, health care resources vary by location and income. The declining economy and increasing unemployment rate is negatively impacting health insurance coverage. Data indicate that there is a disparity in access to health care with more difficult access for low-income, younger, and uninsured or underinsured individuals. Access to care is also limited due to the lack of physicians and specialists in Hardee County and the large numbers of uninsured residents.

According to the County Health Rankings and Roadmaps 2013 data, Hardee County ranked 25th in Health Outcomes and 57th in Health Factors out of the 67 counties in Florida. According to the Health Council of West Central Florida, of the top seven leading causes of death, Heart Disease and Cancer rank highest for Hardee County. From 2008 to 2010, the total number of deaths was 608. Of those deaths, 130 were attributed to Heart Disease and 144 were Cancer related making Cancer the leading cause of death in the County. (**Attachment 2**)

From 2010 to 2013 for Hardee County, the Adult Obesity rate has increased from 36% to 37%, in addition to; Diabetic Screenings have increased from 86% to 89%. Both factors contribute to Heart Disease and Stroke. The Uninsured rate rose from 31% to 32% and Unemployment increased from 7.0% to 10.3%. A significant percentage of residents of Hardee County are overweight or obese, with the percentage of obese residents on the rise. This is a trend that can be seen in all age groups and both sexes, with rates of obesity consistently increasing from elementary school through adulthood. A healthy lifestyle involves many choices and many Hardee County residents report not eating enough fruits and vegetables, nor getting enough physical exercise. Improved health habits may reduce the risk of premature disease and death.

To better understand the community's need and conduct a community assessment, Florida Hospital Wauchula established a Community Health Needs Assessment Committee. The Committee met quarterly to review primary and secondary data in collaboration with the Hardee County Health Department, and Central Florida Health Care (a Federally Qualified Health Center, or FQHC). The committee reviewed and discussed all primary and secondary data (listed later in this document) and narrowed it down to community's top priorities for focus during the next three years. It used a priority-setting process that considered each health issue's intensity of need, hospital resources and community resources.

The hospital also conducted an Asset Inventory that will make possible for us to plan for collaborative interventions that will help improve community health in the identified priority areas. Our established relationships with community partners are essential as we look forward to establishing measurable goals and objectives to make Hardee County a healthier place to live.

Hospital Description

In July of 1993, Florida Hospital Wauchula opened following the closing of Hardee County's only (other) hospital a year earlier. Since that summer, not only has the hospital set the pace for healthcare in the county, but also in 2000 became the first Critical Access Hospital (CAH) in the State of Florida. To be designated as a CAH in Florida, a hospital must be located in a rural area and be at least 35 miles from the nearest other hospital.

Licensed for 25 beds, the hospital specializes in emergency and outpatient care, while offering excellent medical inpatient services. The hospital now boasts a highly advanced CT scanner, new X-ray equipment and additional outpatient services including the new Sleep Center and Wound Care Center. In addition, renovations of the Emergency Department recently doubled ED patient capacity from seven beds to 14.

Choosing the Community

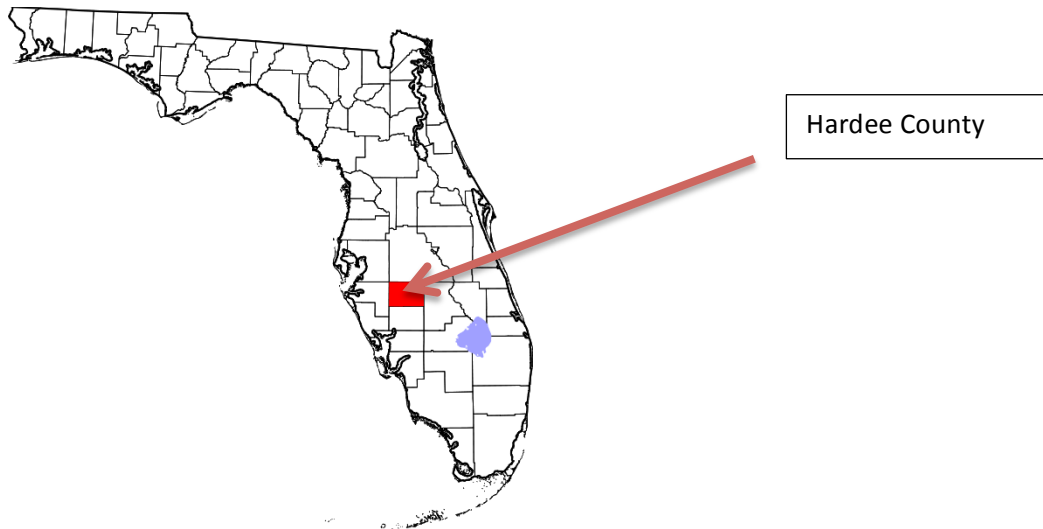
Florida Hospital Wauchula in Wauchula's primary service area the focal point of the Community Health Needs Assessment. Data was collected came from the following zip codes: 33873, 33834, 33890, and 33865. **(Attachment 3)** At least 75% of our patients come from these zip codes.

Defined Community

Hardee County was established in 1921 from a portion of De Soto County and named for Cary Augustus Hardee, who was governor the year the county was formed. Wauchula was the site of a military post built during the Seminole Wars. The central Florida soil that comprises Hardee County today is some of the richest in the world. The County is one of the country's top prime agricultural centers including cattle, citrus, cucumber, eggplant, peppers and tomatoes. Today, a permanent population of approximately 27,887 resides here according to the US Census. The county has a total area of 638.33 square miles, of which 637.30 square miles (or 99.84%) is land and 1.03 square miles (or .16%) is water.

Hardee County is a socio-economically disadvantaged, rural, agricultural county that is also officially designated as a health professional shortage area by the US Department of Health and Human Services. Health Professional Shortage Areas have shortages of primary medical care, dental or mental health providers. The shortages can be based on geography or the socioeconomics of the area.

Hardee consists of two cities, Wauchula and Bowling Green; one town, Zolfo Springs; with no metropolitan area.



Hardee County is located in the Heartland region of Florida located to the north and west of Lake Okeechobee, surrounded by five inland, non-metropolitan counties — DeSoto, Sarasota, Manatee, Hillsborough, Highlands, and Polk. The population density is 42 people per square mile. There are 9,820 housing units at an average density of 15 per square mile, with 83% of the population living outside the cities (U.S. Census Bureau 2012).

The U.S. Census Bureau shows that 19.5% of the total population is below the federal poverty level (much higher than the State at 11.9% and the US at 12.7%). Only 58% of the residents over age 25 in Hardee County have a high school diploma. As of 2007, Hardee County joined the list of counties with minorities in the majority, with an increase of 23.5% in the Hispanic population. Persons of Hispanic or Latino origin total 41.6% in Hardee County.

Overall, minorities comprise 52% of the total population in Hardee County: 41% Hispanic, 9.6% Black and 1.4% American Indian or Asian/Pacific Islander. Almost a third of all households in Hardee County are non-English speaking. (**Attachment 4**)

In 2010, there were 8,245 households of which 34.90% had children under the age of 18 living with them; 9.4% had someone living alone who was 65 years of age or older. The average household size was 3.06 and the average family size was 3.40. The median income for a household in the county was \$30,183 and the median income for a family was \$32,487. About

18.8% of all ages were in poverty, and 32.8% were under the age of 18 in poverty. Ages 5-17 in families that were in poverty were 32.0%.

Stakeholder Input Process

A community health needs assessment has a central part to play in enabling community partners and policy makers to identify the health care needs in our community and align strategic efforts aimed at improving the health of all residents in Hardee County.

The hospital formed an internal Hospital Health Needs Assessment Committee (HHNAC) to help conduct our Needs Assessment. The individuals represented were chosen based on their involvement within the hospital, the community, and partnering organizations.

Hospital Health Needs Assessment Committee

Denise Grimsley	Administrator, Wauchula, and State Senator
Cathy Albritton	Director, Community Relations/Marketing
Jamie Bateman	Director, Community Benefit
Nilda Dunstall	Director, Case Management
Jorge Gonzalez	VP/CMO
Rosalie Oliver	CFO/COO
Gloria Santos	VP/CNO
Anthony Stahl	Administrator LP/Compliance
Eric Stevens	CEO, Florida Hospital Heartland Division

We also formed a Community Health Needs Assessment Committee that included representation of low-income, minority and underserved populations. The CHNAC consists of community representatives and members of the Florida Hospital Wauchula Board. The Leaders represented on the Community Health Needs Assessment Committee were chosen based on their roles in our community and their positions within our hospital organization.

The group included city and county government leaders, health department associates and community business leaders as well as nurses, physicians, hospital administrators, case management, community relations and community benefit. We also included the hospital Board on the CHNAC because with our county’s low population, our Board members truly represent the community we serve. More detail on the CHNAC members’ backgrounds can be found on **Attachment 5**. On the CHNAC list below, the community members are designated in boldface.

Community Health Needs Assessment Committee /Florida Hospital Wauchula Board

Eric Stevens	CEO, Florida Hospital Heartland Division
Denise Grimsley	Administrator, Florida Hospital Wauchula
Cathy Albritton	Director, Community Relations
Jamie Bateman	Director, Community Benefit
Tony Y.T. Chen, MD	Physician and community volunteer for local charities
Catherine Cornelius	Retired President, South Florida State College
Bill Jarrett	Businessman and long-time community volunteer
Rich Justice	Businessman and community leader
Kathy Lee, MD	Community physician and hospital Medical Director
Carmelita Lim, MD	Community physician

Eustus Nelson, MD	Community physician
Timothy Sheehan	Attorney and long-time community volunteer
Terry Atchley	Wauchula Mayor and community volunteer leader
Richard Barron	Retired pastor
Richard Campbell, MD	Community physician
Mike Schultz	Board Chair. CEO of Florida Region of Adventist Health System.
Anthony Stahl	Administrator & Compliance Officer, Florida Hospital Lake Placid
Nilda Dunstall	Director, Community Benefit
Jorge Gonzalez	Primary care physician and Chief Medical Officer
Rosaliee Oliver	COO & CFO, Florida Hospital Wauchula
Gloria Santos	Chief Nursing Officer

Florida Hospital Heartland Medical Center Board Directors¹

Tony Y.T. Chen, MD	Physician
Eric Stevens	CEO, Florida Hospital Heartland Medical Center
Catherine Cornelius	Retired, Pres. South Florida State College
Bill Jarrett	Owner, Car Dealership-Bill Jarrett Ford
Rick Justice	Bank President, First National Bank of Wauchula
Kathy, Lee MD	FHHMC Physician
Carmelita Lim, MD	Physician
Eustus S. Nelson, MD	Physician
Mike Schultz, Chairman	CEO, Florida Region, Adventist Health System
Timothy Sheehan, Esq.	Attorney
Richard Barron	Retired Pastor
Richard Campbell, MD	Physician
Carlos Gonzalez, MD	President Medical Staff/ CMO
Terry Atchley	Mayor, Wauchula

The CHNAC met quarterly throughout the year to review the progress of the Assessment. The CHNAC was asked to review key health indicators, determine the major health and social issues affecting health status and quality of life for Hardee County. Members reviewed the data, provided input on community needs and set priorities for Florida Hospital Wauchula.

The Hardee County Primary Health Care Network

Florida Hospital Wauchula is a founder and an active partner in the Hardee County Primary Care Network. The hospital used input from the Network regarding the health needs of the county's very low-income population.

The Network is a public/private partnership that provides health care to the working poor. It includes Central Florida Health Care (FQHC), Hardee County Health Department, Pioneer Medical Center, Florida Hospital Wauchula, and a pharmacy. The network has provided primary care services to low-income residents for the past three years. It enrolls low-income (below 150 percent of poverty level) residents who have no insurance and are not eligible for Medicare, Medicaid or other public programs.

Hospitals and other providers donate medical services. Patients pay a small co-payment for services. The program enrolls 1,200 to 1,300 individuals annually. The Network enrolls families but serves mainly

¹ See attachment 5

adults since most children have alternative funding for medical care. The majority of the enrollees are Hispanic (60 percent), and more than half are migrant farm workers.

The majority of the primary care services provided by the network include ambulatory acute and episodic care, with a special emphasis on patient education and preventive medicine. Laboratory and radiology services, pharmacy, primary dental care, and home health/skilled nursing services have also been provided.

Hardee County Health Department

We worked closely with the Hardee County Health Department, which plays a major role in community. Their focus is on prevention and partnership is that promote the improvement of health outcomes communitywide and in minority populations, and the elimination of health gaps through the development of community-based projects. They provide serves to low-income and minority populations, including the large Hispanic and farmworkers community noted above.

Central Florida Health Care

We also worked with Central Florida Health Care (a Federally Qualified Health Center), which provides affordable primary medical care to everyone in the community, including undocumented and other underserved populations. Central Florida Health Care sees patients on a sliding fee scale basis, and accepts Medicaid, Medicare and some insurance. They are governed by a community-based Board of Directors that works hand-in-hand with the diverse residents of the county. Over 51% of the Board is comprised of clinic users.

Public Health Representation

Public Health played an important part in our research and findings for the assessment. The Hardee County Health Department has been instrumental in assisting determining the needs of our county as well as identifying the avenues of resources to support the priorities listed. They provided much of the secondary data, and well as expertise in understanding it. Ms. Erin Hess has been the Hardee County Health Department (CHD) Administrator since July 2013. Previously, she served as Administrative Services Director at the neighboring Highlands County Health Department from 2009-2011. She also served as Health Education coordinator for the Hardee County Health Department from 2005-2009 and was the chairperson for the Hardee County Health Care Task Force.

The Hardee County Health Department has been in operation for more than 60 years and follows the mission established by the Florida Department of Health: To protect and promote the health of all people in Hardee County. Locally, the Hardee County Health Department strives to provide quality public health services in Hardee County through prevention, partnership, and preparedness.

Data Sources

The following list indicates the data sources used to support the needs of the priorities listed by the committee.

Secondary Data

The 2010 US Census (www.census.gov/2010/census/)

Health Council of West Central Florida (www.healthcouncils.org) – 2012 Data

The Hardee County Health Department (www.hardeechd.org) – 2012 Data

County Health Rankings and Roadmaps (www.countyhealthrankings.org) – 2012 Data

The School Board of Highlands County (www.hardee.k12.fl.us) – 2012 Data

Primary Data

Florida Hospital Market and Planning Research – 2012 Data

Discussion with Community Health Needs Assessment Committee members

Data Collection and Analysis

Both primary and secondary data were used for the Community Health Needs Assessment process. Data consisted of demographic and health data for Hardee County, the State of Florida and national data from the sources listed. It also included input from the Community Health Needs Assessment Committee (CHNAC) and the Stakeholders noted above. Community Benefit staff compiled the data for the Community Health Needs Assessment Committee (CHNAAC) to review, analyze, and determine the community's health needs based on the data.

Asset Inventory

The Asset Inventory (**Attachment 6**) lists sixteen areas of focus for primary and secondary data. The purpose was to evaluate the existing needs and hospital/community programs related to the defined needs. For example, the hospital currently provides smoking cessation classes, a Breast Center with Stereotactic biopsy equipment, a primary stroke program, community education about heart disease, partnership with EMS for timely treatments of stroke and STEMI patients, Community screenings, lectures, diabetes lectures, and Lectures on prenatal care and pediatric services. (**Attachment 6**)

Data Summary

Attachments 7 (a and b) and 8 indicate the top 12 focus areas defined by the primary and secondary data collected and the process the CHNAC used to set the final four priorities.

1. **Access to Health Care & Medical Home** share the same key driver's for Hardee County's ranking of 56th in Health Factors is access to clinical care (61st). Hardee county is economically depressed, ranking 57th. The ratio of primary care provides is 3237:1 compared with 631:1 nationally and 983:1 in Florida. Central Florida Health Care provides community health center that provides care for the insured and uninsured.
2. **Cancer** incidence and deaths from lung cancer are below the state average and Health People 2020 goal even though 15% of adults are current smokers. The incidence of

colorectal cancer is above the state average even though deaths related to colorectal cancer are below the state rate. Even with 40.5% of adults over 50 years who had a colonoscopy, screenings for this is still below the state average. Florida Hospital offers a Breast Cancer support group that promotes early detection through screenings and regular checkups at yearly Health Fairs.

3. With **Heart Disease and Stroke**, the County averages 29 deaths and 148 hospitalizations annually from coronary heart disease and 9 deaths and 89 hospitalizations annually from stroke. The rate of mortality and hospitalization due to heart failure is lower than the state average. However, diagnoses of hypertension, high cholesterol and obesity are above the state rates. Screening for high cholesterol is also below the state rate.
4. **Motor Vehicle Deaths** report that excessive drinking is lower than the state and equal to the national benchmark. This issue was not chosen because the committee felt like there were organizations already working on the effort to stop drinking and driving.
5. **Diabetes** deaths are higher than the state average and hospitalizations are in the top 25% statewide. More adults in Hardee County have been diagnosed with diabetes compared to the statewide percentage. Diabetes was an issue that the committee felt needed more attention since Hardee County fell in the top 25%.
6. **Chronic Lower Respiratory Disease** is a factor with deaths and hospitalizations exceeding the state goals due to chronic lower respiratory disease. Smoking Cessation classes at Florida Hospital offers a 5 week program to become tobacco free as well as a Better Breathers Club that teaches ways to cope with COPD.
7. **Health Promotion** continues to be a focus for the county. Residents who have poor to fair health are two times the national and over the state rate. Contributing factors to this are adult smoking, obesity, physical inactivity, and excessive drinking.
8. **HIV/AIDS** has an average of two AIDS cases reported annually.
9. **Pregnancy/Prenatal Care/Newborn** has a slightly higher rate compared to the US average in low birth rates, and teen birth rates are drastically higher at 99 compared to the state average of 44 and national average of 22. **Pediatric Services** are a need for the community with Asthma hospitalizations, early learning disabilities, obesity, pediatric falls, and pediatric motor vehicle injuries are in the 75th percentile.
10. **Mental Health/Substance Abuse** rates are lower than the State and consistent with the national rates.
11. **Immunizations numbers** show that one vaccine-preventable disease is reported every three years in vaccine-targeted age groups. One per year is reported among all age groups.
12. Access to **Dental Care** for low-income persons is the highest in the state with six dentists who serve the county.

Priority Selection

The Community Health Needs Assessment Committee discussed the 12 defined health issues that were discovered through the efforts of this program. During this discussion and the priority-setting process, the committee discussed what the top four priorities could be and whether there were programs already available to help meet the needs in the community. The decision process also included the acuity of the need, and whether or not the resources needed to

meet these concerns could be addressed by the hospital or by existing community partnerships. They used the Decision Tree (Attachment 8) to work through the process.

From the list of 12, the committee decided to focus on the following four health issues.

Priority 1: Cancer is the leading cause of death within our community. Efforts to promote the importance for early detection are key to reducing the number of severe cases in Cervical Cancer, Breast Cancer and Prostrate Cancer. The three leading cancers for men are lung, prostate, and colorectal. For women, the leading cancers are lung, breast, and colorectal. The 2009-2011 age-adjusted death rate for all cancers for Hardee County Residents is 165.5/100,000 compared to the State of Florida's age-adjusted death rate for all cancers 161.1/100,000.

- The hospital is able to provide screenings and treatment through the Primary Care Network and other community resources.

Priority 2: Diabetes has a higher than state average on hospitalizations, and hospitalizations from amputations. With Diabetes self-management education below the state average, the emphasis on educating our public on the importance of managing their Diabetes is crucial. Diabetes is one of the most common chronic diseases among children in the United States.

- The hospital sees many patients with diabetes, and is able to provide screenings or other activities related to diabetes. We also provide diabetes education.

Priority 3: Heart Disease and Stroke are the leading cause of death in Florida and the U.S. with high cholesterol, MI, Angina, heart disease, and HTN above the state average for all adults and adult women, and second highest in Hardee County. Poor eating habits and economic pressures are attributed to these outcomes.

- Again, the hospital treats many cardiac patients. We also have patient education resources.

Priority 4: Access to Health Care is a major issue for Hardee County, with a ratio of 3,237:1 for primary care providers. Not only is there a shortage of providers but there is also the lack of education on how to access health care and treatments and screenings. Access to care is effected by socio-economic status, health risk behaviors (Hardee ranks 56th in Health Factors access to clinical care), and limited job opportunities.

- The Affordable Care Act will help many people get insurance but the State of Florida did not expand Medicaid, leaving the most vulnerable without health coverage. There is the opportunity to work with Central Florida Health Care (FQHC) and Hardee County the Primary Care Network to enhance services.

The CHNAC did not choose the issues listed below. It is important to note again that Florida Hospital Wauchula is a Critical Access Hospital and therefore has just 25 beds and a more limited scope of services than larger hospitals.

- **Motor Vehicle Deaths** – The committee noted that there were organizations already working on the effort to stop drinking and driving. The issue is also outside the scope of hospital services.

- **Chronic Lower Respiratory Disease** – Smoking falls within the education for heart disease and stroke. Florida Hospital Wauchula already offers a five-week program to become tobacco free as well as a Better Breathers Club that teaches ways to cope with COPD.
- **Health Promotion** – This issue fell under the umbrella of diabetes, which is being addressed as one of the priorities. Florida Department of Children and Families offers ACCESS Florida, a program that helps individuals and families purchase nutritional foods needed to maintain and promote good health. The Hardee County Department of Health also offers a variety of health promotion programs.
- **HIV/AIDS** – As noted above, the county has an average of two AIDS cases reported annually. This issue already has numerous groups and advocacies working to educate about HIV/AIDS and how they can be treated/cope if they are diagnosed. *Making a Difference!* is a current initiative that empowers adolescents to change their behaviors that will reduce their risks of pregnancy, HIV and other sexually transmitted diseases.
- **Pregnancy/Prenatal Care/Newborn** – While teen birth rates are high, the hospital does not offer OB services. There are numerous groups and organizations making an effort to educate on teen pregnancies and the importance of prenatal care as well as continuing the child’s health welfare after birth through regular check-ups with a pediatrician. Healthy Choices Education /Teen Pregnancy Prevention are current initiatives by Highlands County Rural Health Network with their main focus on healthy choice education to help reduce STD and teen pregnancy within the community. Healthy Start is another program promoting optimal prenatal health and developmental outcomes for all pregnant women and babies.
- **Pediatric Services** – The hospital does not offer pediatric services. The Health Department and Central Florida Family Health Care do.
- **Mental Health/Substance Abuse** – Currently, there are a number of community-based substance abuse and mental health programs available to help provide stable environments and mentoring for those affected. BALANCE Lives in Transition is an organization that was formed as a unique support system to improve the treatment and quality of life for residents. They are engaged in a variety of activities to create awareness about behavioral health and promote the promise of recovery for residents of the heartland. Drug Free Highlands works with Highlands County School Board and the Sheriff’s Office to promote a drug free community. The hospital does not provide mental health services.
- **Immunizations** – Immunizations are increasingly available through health departments, drug stores and primary care physicians. The hospital does not provide immunizations.
- **Dental Care** – Dental care was not chosen as a priority due to the scope of resources available and the fact this issue also falls into access to health care. Central Florida Health Care (FQHC) offers dental services.

Next Steps

The next steps will be to address the priorities mentioned and develop a measurable Community Health Plan (Implementation Strategy). The Community Health Needs Assessment Committee, along with the Board of Directors, will continue to follow the progress of our plans as well as

continue to build upon or community relationships as we work together to successfully reduce the number of severe cancer patients and increase the number of early detection, reduce the number of stroke and heart disease patients with continued education along with diabetes patients.

Attachments

Attachment 1 – 2010 Census by Age

Attachment 2 – Leading Causes of Death

Attachment 3 – County Map

Attachment 4 – 2010 Census by Race

Attachment 5 – Hospital Board Roster

Attachment 6 – Asset Inventory

Attachment 7 – Priority Selection Report

Attachment 8 – Decision Tree