

Lincoln County Community Health Needs Assessment

Fiscal Year 2022

Mercy 



Lincoln County
HEALTH DEPARTMENT





Mission

As the Sisters of Mercy before us, we bring to life the healing ministry of Jesus through our compassionate care and exceptional service.



Lincoln County
HEALTH DEPARTMENT

Mission

Strives to protect and promote a healthy and safe environment through community outreach, on-going assessment and policy development, education, and innovative solutions to identified health issues.

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Impact Evaluation of Previous CHNA

The 2019 community health needs assessment identified four priority health areas:



A community health improvement plan was developed and implemented to address these significant needs. Lincoln developed and implemented a variety of programs and initiatives to address the needs identified in the 2019 CHNA.





Impact Evaluation of Previous CHNA

Access to Care

Improving navigation to healthcare services, transportation access and other key social determinants of health, and expanding specific services like dentistry within the community:

- Reinvigorated and rebranded the health department's provider partner meeting, Lincoln County Continuum of Care
- Established the Fragile Family System of Care, to work on access and service gap issues affecting the most vulnerable residents of Lincoln County
- Expansion of dental program at Lincoln County Health Department to include a full-time dentist and teledentistry program
- Community Health Worker program expanded to add additional referring providers and walk-ins/calls from community members



Impact Evaluation of Previous CHNA

Behavioral Health / Substance Use



Both Behavioral Health (i.e., anxiety, depression) and Substance Use (i.e., opioids, alcohol) are extremely correlated together, one leading to the other often. Mainly focused on expanded access and developed new programs for these needs:

- Lincoln County Opioid Summit for Community Providers held in March 2019 – led to the formation of a county coalition working on outreach and advocacy efforts, as well as development of a comprehensive list of resources available to Lincoln County residents
- Maternal and Child Health program focus on toxic stress in youth which can lead to substance use
- Baby & Me Tobacco Free program established to help pregnant moms stop using nicotine products
- Narcan available to the public on a walk-in basis



Impact Evaluation of Previous CHNA

Chronic Disease

The ability to learn healthy lifestyles and self-manage chronic conditions (i.e., obesity, diabetes) are essential to provide the key tools to create a healthier community:

- Increased nursing presence at outreach events offering blood pressure checks and engaging on healthy lifestyle issues
- Operation of the Harvest Hauler fresh produce program (paused due to COVID-19)
- Expansion of Hepatitis C testing access and resource linkages



Impact Evaluation of Previous CHNA

Injuries and Poisonings

Accidental and unintentional injuries can greatly impact both the short- and long-term health of community members. Also, medication safety remains essential for preventing poisonings:

- Maternal and Child Health program focus on toxic stress in youth which can lead injury
- Maternal and Child Health program providing the Signs of Suicide program in area schools
- Drug disposal location in partnership with Lincoln County Sheriff's Office
- Developed the Movement on Medication Safety (MOMS) outreach campaign to encourage safe prescription drug use in women of childbearing age

Executive Summary

Lincoln County is committed to carrying out its mission to deliver compassionate care and exceptional service for all members of the communities it serves, with special attention to those who are marginalized, underserved, and most vulnerable. As part of this CHNA, the Lincoln Community convened a collaboration of area health care and non-profit partners to conduct a comprehensive community health survey and various focus group sessions. Available secondary health data was also obtained, and Lincoln community indicators were compared to those of Missouri and the United States.

Mercy Lincoln is a critical access hospital located in Troy, Missouri affiliated with Mercy, a large Catholic health system. Headquartered in St. Louis, Mercy serves millions of people each year in multiple states across the central United States. For the purposes of this Community Health Needs Assessment (CHNA), the community served by Mercy Lincoln will be defined as the three-county Lincoln region made up of Lincoln, St. Charles and Warren Counties.



Executive Summary *(continued)*

The Lincoln Community Health Council reviewed and prioritized the needs based on several criteria. 2022 prioritized community health needs are: Housing Instability, Transportation Access and Substance Use. These prioritized needs will be the basis of Mercy Lincoln and Lincoln County Health Department three-year community health improvement plan (CHIP), which will guide the coordination and targeting of resources and the planning, implementation, and evaluation of new and existing programs and interventions.

The COVID-19 pandemic has had an undeniable impact on the Lincoln County community. Because data availability tends to have a lag time, the effects of the pandemic may not be immediately apparent in the current data but should be acknowledged. Lincoln County experienced more than 15,000 known cases of COVID-19 between the period of February 2020 - March 2022, which contributed to 130 deaths of residents. A stay-at-home order was issued in the county in early 2020 but following that initial order the county remained “open,” with most businesses operational. Children returned to in-person learning in the fall of 2020; despite many quarantines issued, school leaders and staff – in partnership with the health department – worked to ensure that in-person learning remained in effect. A masking recommendation was issued by the health department from fall 2020 to early 2021. The burden on the local health care system was undeniable, especially as a surge from late 2021 into 2022 taxed the ability of local providers to offer testing for COVID-19 in conjunction with health services. Many residents responded to the call to be vaccinated against COVID-19, and as of March 31, 2022, 41% of Lincoln County residents had completed a primary vaccine series. As of April 1, 2022, Missouri transitioned into “endemic response” at the order of Governor Parson.

Input from our Community:

COVID has continued to impact mental and behavioral health in significant ways...increased anxiety and depression, increase self-harm and collateral damage with financial strain and societal turmoil

Community Profile

Those We Serve

Population
Growth

Age Structure

Education and
Income

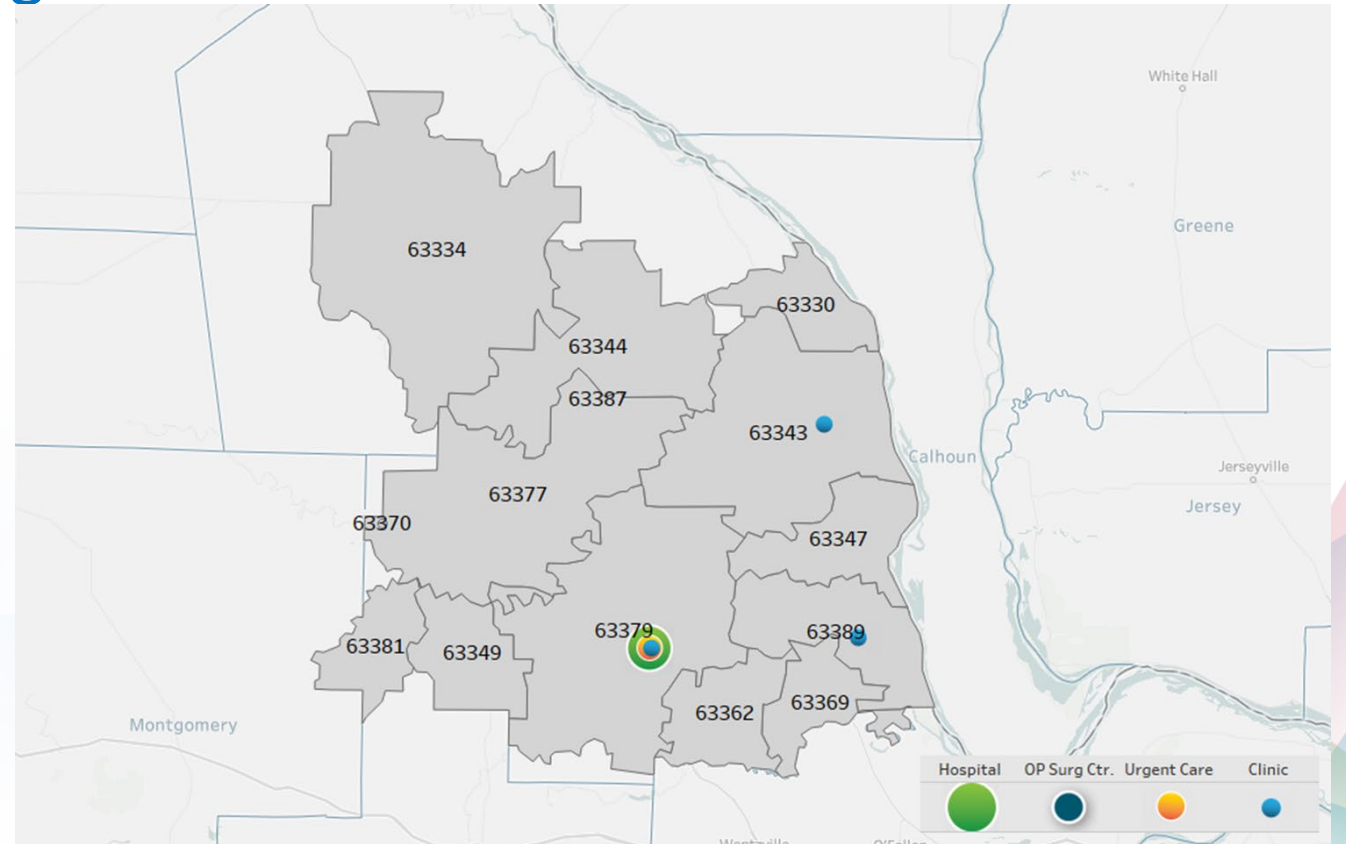
Access to Care



Community Profile

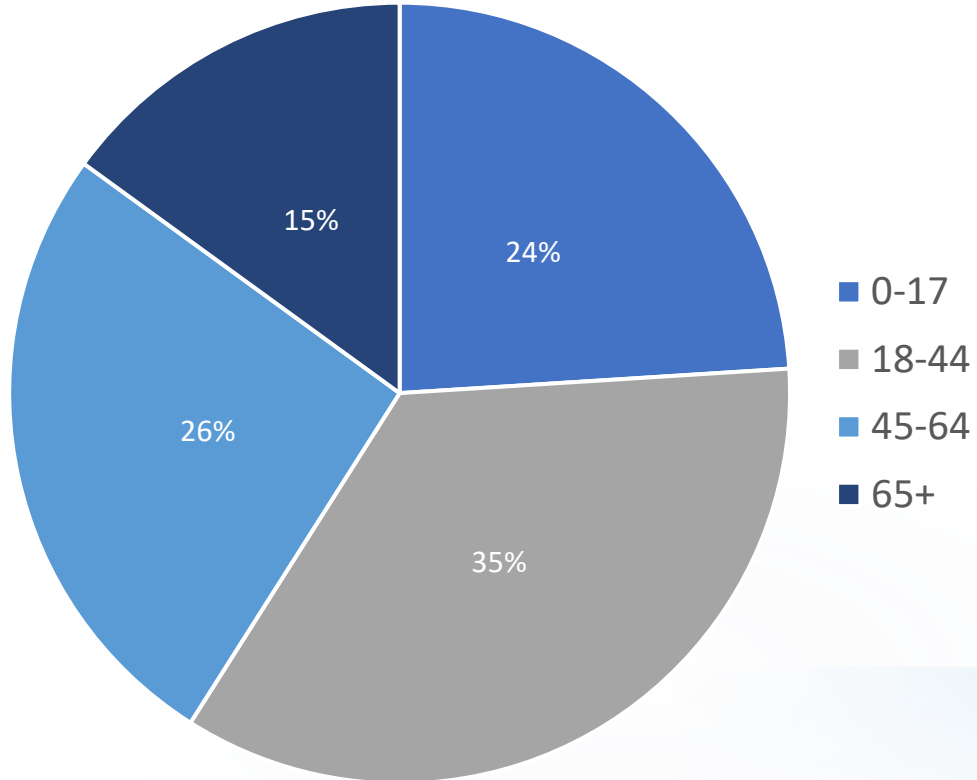
Population Growth and Coverage

Service Area - 2020	Service Area - 2025	5-Year Growth
68,298	74,612	9.2%



Community Profile

Age Structure



Community Profile

Education and Income

	Service Area	Missouri	US
Median Age	39	41	41
Median Household Income	\$65k	\$56k	\$66k
High School Grad or Greater	89%	91%	89%



Community Profile

Access to Care

System Affiliation	ID	Hospital	City, State	Type	Total Hospital Beds	Total Inpatient Discharges	Total Births
Mercy	1	Mercy Hospital St. Louis	St. Louis, MO	Acute	859	37,916	8,869
	2	Mercy Hospital Jefferson	Crystal City, MO	Acute	321	8,437	520
	3	Mercy Hospital Lincoln	Troy, MO	Critical Access	25	674	1
	4	Mercy Hospital South	St. Louis, MO	Acute	767	22,569	809
	5	Mercy Hospital Washington	Washington, MO	Acute	148	6,604	791



Our Assessment Process

Finding the Real Community Needs

This CHNA process was designed to use data to identify those who may not be flourishing; use information provided from focus groups and community surveys to help community members and organizations identify systems that perpetuate inequity and test programmatic changes that have the potential to disrupt these systems. By doing this we hope the long-term outcome will be the creation of conditions where everyone has the opportunity to achieve health and well-being, by addressing the root causes of poor health outcomes.

The team used the following methods to understand the community health needs:

- **Community survey** – a survey of the general public to better understand what they view as the most significant health issues.
- **Community Focus Groups** – discussions with community members and community champions to delve deeper into individual experiences with health-related issues
- **Secondary data research** – information related to the current state of our community’s economic, social, and health status published by established sources

Our Assessment Process

Community Health Survey

Mercy Lincoln and Lincoln Co. Health Department convened a community coalition of 8 Lincoln health care and social service organizations to conduct a comprehensive community health survey in 2021. The final survey was made up of 30 questions focused on health issues and needs most important to the respondents, wellness, mental health, barriers to care, and childhood immunizations. Various community partners promoted the survey on social media while also distributing the survey electronically to their co-workers, patients, clients, and community members by email and through social media.

Over 106 responses were included in the final analytic sample. 67% of respondents were from Lincoln County, 22% were from St. Charles County, and 11% from Warren County. Complete results of the 2022 Lincoln Community Health Survey are included in the Appendix.

Our Assessment Process

Community Focus Group

The facilitation team was made up of a lead facilitator and scribe during the county-wide focus group. The participants included individuals served by collaborating organizations as well as employees of the organizations. The facilitator led the focus group and followed a written script to ensure consistent messaging at all events. The scribe then recorded quotes and ideas from individuals as they responded to each question. The time together was held virtually due to COVID restrictions, thus enabling the recording of the conversations to be done.

Participants convened discussion regarding the state of health of the Lincoln region. Key community health issues were discussed whether they were clinical in scope (diabetes) or non-clinic (access to healthy food). Then the group talked through currently available community resources along with the barriers to accessing these benefits. Finally, the community members brainstormed future solutions towards the top needs that included expanding/increasing current programs or developing new initiatives.

From Our Focus Group:

The lack of safe, affordable housing is a growing concern. Unclean, unsafe and unstable housing can impact sleep, stress – making it hard for students to focus in school and parents during work.

Our Assessment Process

Secondary Data Research

The following external sources of published data are examples of those utilized in the data collection process.

- U.S. Census Bureau, 2020 Census Results. <https://www.census.gov/>
- U.S. Census Bureau American Community Survey, 2019. <https://www.census.gov/programs-surveys/acs/data.html>
- The Robert Wood Johnson Foundation and The University of Wisconsin-Public Health Institute
<http://www.countyhealthrankings.org/>

Our Assessment Process

A list of community partners involved in the CHNA process is provided below:

- Lincoln County Resource Board
- Compass Health
- Lincoln County Council on Aging
- Sts. Joachim and Ann Care Service



Prioritized Needs

Prioritizing Identified Health Needs

The Community Health Council of Mercy Lincoln Hospital met in April 2022 to prioritize the identified health needs. The committee reviewed the primary and secondary data collected during the CHNA process, evaluated the strengths and resources of the community, and took into account the hospital's strategic plan. The committee narrowed the list of identified health needs by using a strategy grid. Criteria used to prioritize the needs using the strategy grid were Severity of the Need and Availability of Resources to address the need. The strategy grid narrowed the list of health needs to five: **Behavioral Health, Health Education, Housing Instability, Internet Access, and Transportation Access.**

Based on the results of the 2022 CHNA, Lincoln County has prioritized three health needs: **Behavioral Health, Housing Instability, and Transportation Access.** Lincoln will maintain current strategies which have been implemented and have been shown to be making positive impacts in these priority areas and will continue to seek out programs, interventions, and community partnerships to meet all of the prioritized health needs.

Prioritized Needs

Prioritizing Identified Health Needs *(continued)*

Strategy Grid Results

		Magnitude of Need		
		High	Medium	Low
Resources Available	High	Housing	Food Access	
	Medium	Internet	Health Education	
	Low	Transportation, Behavioral Health		

Nominal Group Ranking Results

Identified Health Need	Ranking Score*	Chosen as Priority Need
Behavioral Health	30	Yes
Transportation Access	32	Yes
Health Education	41	No
Housing Instability	42	Yes
Internet Access	46	No
Food Insecurity	48	No

Prioritized Needs



Behavioral Health



Housing Instability



Transportation Access



Prioritized Needs

Behavioral Health

- Mental or behavioral health (these terms will be used interchangeably for the purposes of this CHNA) includes our emotional, psychological, and social well-being. Mental and physical health are equally important components of overall health. While mental illness is not the same as mental health, mental illnesses are among the most common health conditions in the United States.
- Several years ago, non-profit organizations significantly expanded its behavioral health department, adding providers and more services. Mercy Health System is planning to implement several virtual behavioral health services across its ministry over the next several years, benefiting the community of Lincoln County. Behavioral health was chosen as a priority health need for Lincoln's 2019 CHNA. The Lincoln Community remains committed to increasing access to care for uninsured, economically poor, and vulnerable persons and has instituted a number of programs to address this need.

Prioritized Needs



Transportation Access



- Transportation affects rural communities in multiple ways: access to healthcare, social services, employment and educational opportunities. All these factors can either be positively or negatively impacted through access to transportation.
- Focusing on transportation systems within our community leads to economic development and improves quality of life for our neighbors. Unfortunately, not many solutions exist to enable people without forms of transportation to get to-and-from their grocery store, employer or healthcare provider.
- Utilizing Mercy and key community-based organizations as the main conveners with public and private partnerships, our Lincoln community can facilitate sustainable transportation networks. This infrastructure will assist not only underserved communities but also energize the local business industry.



Prioritized Needs

Housing Instability



- Housing remains one of the most integral influencers of an individual’s health. Various social service agencies have even adopted the “Housing First” model in order to uplift underserved communities.
- Homelessness has continued to affect the Lincoln region, especially with the reduction in employment and benefits among already struggling families. There is strong evidence that people who are unhoused are forced to unnecessarily utilize the Emergency Department and can develop chronic behavioral health conditions.
- Within the Lincoln community, there does not exist many organizations developed to intervene during times of housing instability. Prioritizing housing within this CHNA will create solutions to uplift unhoused people in our community.

Resources

Lincoln County develops collaborations with many local community agencies and organizations that have similar missions and personnel dedicated to improving the prioritized needs within our CHNA. Some of these partners include:

- Aging Ahead
- Compass Health
- Lincoln County Resource Board
- Lincoln County Council on Aging
- Lincoln County and Surrounding School Districts
- HealthTran (MO Rural Health Association)
- Toyota Mobility Programs
- Tri-County Continuum of Care
- Sts. Joachim and Anne
- St. Louis Crisis Nursery



Your life is our life's work.