



Virginia Gay Hospital Community Health Needs Assessment (CHNA)

2019



TABLE OF CONTENTS

INTRODUCTION	3
Virginia Gay Hospital	3
Providers	3
Services	3
Our Mission	3
COMMUNITY DESCRIPTION	4
Service Area	4
Population	Error! Bookmark not defined.
Vulnerability	6
Socioeconomics	7
Employment	9
PROCESS AND METHODS	10
Framework	10
Taskforce Members	10
Input & Health Needs Identified	11
Community Representatives	11
Highest Priority Health Needs	12
Impact of CHNA 2016	17
Community Resources	20
NEXT STEPS	21
Health Improvement Plan	21
Contact Information	21
APPENDIX	22
Benton County Service Directory	22
References	26

INTRODUCTION

Virginia Gay Hospital

Virginia Gay Hospital (VGH) is a privately operated, nonprofit rural hospital created by the trust of Virginia Gay, which has successfully served the needs of the people of Vinton and the surrounding communities since 1923. Our purpose is to provide quality health care services by using innovative, growth-oriented techniques and maintaining a sound financial base.

For nearly a century, as the only hospital in Benton County, Virginia Gay Hospital has served the health care needs for generations of families. Throughout our long history, Virginia Gay Hospital has undergone substantial changes and improvements, largely through the generosity of community members, resulting in exceptional care and underscoring the healing tradition made possible by Virginia Gay.

Providers

Our integrated healthcare delivery system includes four family practice physicians, one advanced registered nurse practitioners (ARNP), one psychiatric mental health nurse practitioner (PMHNP), six physician assistants (PA), five Hospitalists, and a multitude of clinical/business staff. We also have an extensive network of over twenty-five specialists who are available to provide specialty and surgical services in our hospital.

Services

VGH provides acute care on an inpatient and outpatient basis, skilled nursing care, long term care and home health care. We continue to improve the accessibility of the hospital and its services to our community, while developing new services which make sense for the community and the hospital.

Our Mission

Our unified commitment is to exceed our patient's expectations by sharing techniques and ideas, pursuing excellence and providing an atmosphere resulting in a positive impression of VGH.



COMMUNITY DESCRIPTION

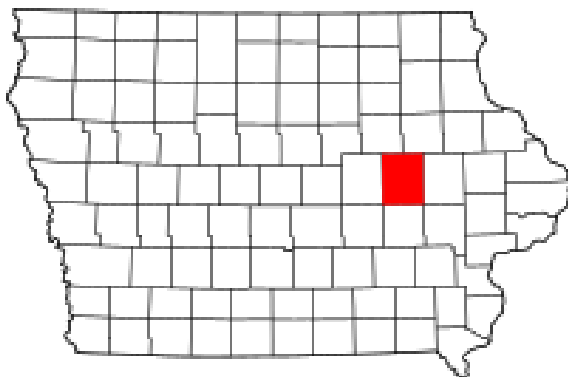
Service Area

The community VGH serves, as defined for the CHNA, is based on the primary service area of our hospital. The major service area is Benton County, serving an estimated population of nearly 26,000 with an area of 716.27 square miles. VGH also services several other counties and states. Per the Iowa Hospital Association Dimensions Program (2018) 82.88% of the 4,118 outpatient visits, were from residents of Benton County and of the 339 VGH inpatient discharges, 88.2% were Benton County residents.

Unique to Benton County population is the presence of an AmeriCorps National Civilian Community Corps (NCCC) training campus. AmeriCorps NCCC strengthens communities and develops leaders through direct, team-based national and community service. In partnership with non-profits—secular and faith based—local municipalities, state governments, federal government, national and state parks, Indian tribes, and schools, members complete service projects throughout the region they are assigned. AmeriCorps NCCC is a full-time, team-based residential program for men and women age 18-24.

According to the most recent data available from the Centers for Disease Control and Prevention, average life expectancy in the U.S. is 78.6 years—76.1 years for men and 81.1 years for women. Adding to a 2017 analysis which found growing disparities in life expectancy across U.S. counties and ZIP codes, the National Center for Health Statistics has released first-of-its-kind neighborhood-level data on life expectancy, which shows that life expectancy estimates vary greatly even at the census tract level, from block to block. This data makes it possible to understand how much our health is influenced by conditions where we live.

Affordable, high-quality health care is essential to our health. But where we live can have an even greater impact. Improving health and longevity in communities starts with ensuring access to healthy food, good schools, affordable housing, and jobs that provide us the resources necessary to care for ourselves and our families—in essence, the types of conditions that can help keep us from getting sick in the first place.



Population

Population

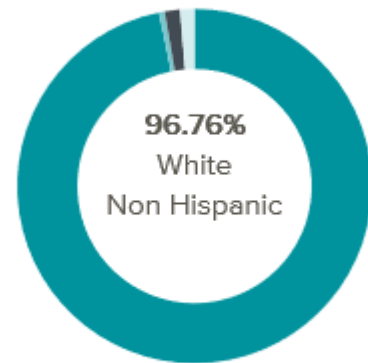
25,720

people

Population
change since
2010 **-1.4%**

Population and population change for the 1-county area (ACS 2012-2016).

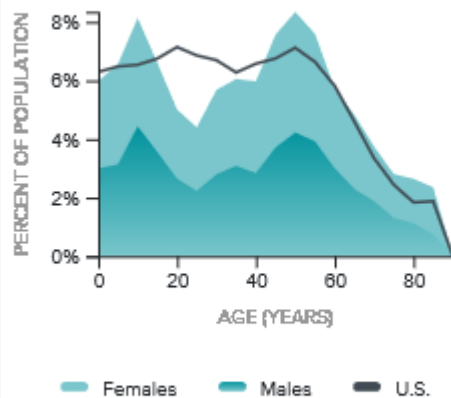
Race & Ethnicity



OUR COMMUNITY  U.S. BENCHMARK

Race and ethnicity by percent of total population for the 1-county area (ACS 2012-2016).

Age Distribution chart



Age distribution of the population by gender for the 1-county area (ACS 2012-2016).

Median Age

The median age of Our
Community is

42.0
years-old

This is **older than** the U.S.
median age of 37.7 years.

Median age of the population versus U.S. for the 1-county area (ACS 2012-2016).

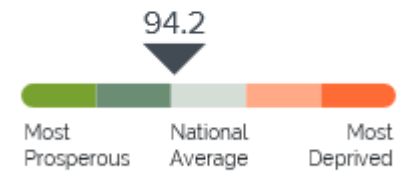
Vulnerability

The Social Determinants of Health are the conditions where people live, work, and play. They include factors that contribute to or detract from overall health. The Area Deprivation Index (ADI) measures social vulnerability. The ADI combines 17 indicators of socioeconomic status (e.g. income, employment, education, housing conditions) and has been linked to health outcomes such as 30-day re-hospitalization rates, cardiovascular disease death, cancer deaths, and all-cause mortality. In our community, there are regional and racial disparities in deprivation. These disparities may contribute to unique health challenges for those living in the most deprived areas.

Area Deprivation Score

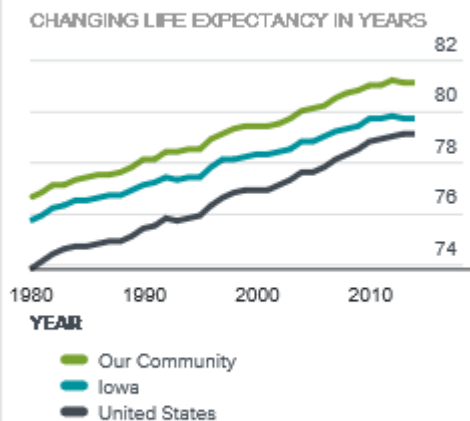
94.2

IS THE AREA DEPRIVATION SCORE FOR
OUR COMMUNITY



Area Deprivation Index for the Census Block Groups in our 1-county area (BroadStreet 2018).

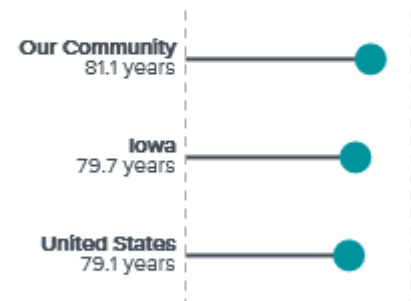
Life Expectancy Trends



Life expectancy trends (1980 to 2014) for the 1-county area (IHME 2017).

Life Expectancy

Children born today in Our Community can expect to live for **81.1 years** which is **better** compared to the nation.



Life expectancy for people born in 2014 for the 1-county area (IHME 2017).

Socioeconomics

Median Family Income

\$77,815
U.S. Dollars

OUR COMMUNITY

\$77,815

IOWA

\$69,419

\$67,871
UNITED STATES

Median family income for the 1-county area (ACS 2012-2016).

Low Income Status



15.3% of people in **Our Community** are low income*

OUR COMMUNITY ☒ U.S. BENCHMARK

Percent of population living below 150% federal poverty level in the 1-county area (ACS 2012-2016).

Health Insurance



No Insurance
3.3%

Public Insurance
26.7%

Private Insurance
63.5%

OUR COMMUNITY ☒ U.S. BENCHMARK

Percent of the population by insurance status for the 1-county area (ACS 2012-2016).

Percent of Population with High School Education



92.8% of people in **Our Community** have graduated HS

OUR COMMUNITY ☒ U.S. BENCHMARK

HS = High School. Percent with HS education for the 1-county area (ACS 2012-2016).

2019 Economic Impact of the Health Sector



Benton County

(1) Health Sector Components	(3) Employment		(4) Impact	(6) Payroll & Proprietor Income			(8) Retail Sales	(9) 6.0% Sales Tax
	(2) Nos.	Multiplier		(5) Income	(6) Multiplier	(7) Impact		
Hospitals								
Virginia Gay Hospital	279	1.31813	368	\$14,631,942	1.40169	\$20,509,476	\$2,178,929	\$130,736
HOSPITALS SUBTOTAL	279	1.31813	368	\$14,631,942	1.40169	\$20,509,476	\$2,178,929	\$130,736
Offices of physicians	21	1.43310	30	\$2,361,303	1.10884	\$2,618,311	\$278,170	\$16,690
Offices of dentists	28	1.24126	35	\$1,475,587	1.14206	\$1,685,205	\$179,036	\$10,742
Offices of other health practitioners	67	1.24117	83	\$4,230,855	1.10970	\$4,694,978	\$498,795	\$29,928
OFFICES SUBTOTAL	116	1.27586	148	\$8,067,745	1.11537	\$8,998,494	\$956,001	\$57,360
Nursing Home & Community Care facilities	319	1.20055	383	\$11,612,158	1.14979	\$13,351,596	\$1,418,475	\$85,109
Mental health, substance abuse, other facilities	0	0.00000	0	\$0	0.00000	\$0	\$0	\$0
NURSING HOMES AND OTHERS SUBTOTAL	319	1.20063	383	\$11,612,158	1.14979	\$13,351,596	\$1,418,475	\$85,109
Pharmacies	60	1.24774	75	\$2,233,000	1.19092	\$2,659,323	\$282,527	\$16,952
Other Medical & Health Services								
Medical and diagnostic laboratories	0	0.00000	0	\$0	0.00000	\$0	\$0	\$0
Outpatient care centers	0	0.00000	0	\$0	0.00000	\$0	\$0	\$0
Other ambulatory health care services	56	1.26830	71	\$2,878,911	1.16434	\$3,352,025	\$356,120	\$21,367
Dental laboratories	0	0.00000	0	\$0	0.00000	\$0	\$0	\$0
Home health care services	0	0.00000	0	\$0	0.00000	\$0	\$0	\$0
OTHER MED/HLTH SVCS SUBTOTAL	56	1.26786	71	\$2,878,911	1.16434	\$3,352,025	\$356,120	\$21,367
TOTALS	830		1,045	\$39,423,756		\$48,870,914	\$5,192,052	\$311,524

Physicians, Dentists & Other Practitioners

Employment Impact



148

Payroll Impact



\$8,998,494

Virginia Gay Hospital

Employment Impact



368

Payroll Impact



\$20,509,476

Nursing & Residential Care

Employment Impact



383

Payroll Impact



\$13,351,596

Pharmacies

Employment Impact



75

Payroll Impact



\$2,659,323

Other Medical Health Services

Employment Impact



71

Payroll Impact



\$3,352,025

What is the Multiplier Effect?

The health sector and the employees in the health sector purchase a large amount of goods and services from local businesses. These impacts are referred to as secondary impacts or benefits to the economy. In economics, this measure is called the "multiplier effect." In this report two multipliers are utilized: "employment multiplier" and "income multiplier" which are included in the employment impact and payroll impact shown.

Benton County Total

Employment Impact



1045

Payroll Impact



\$48,870,914

Retail Sales



\$5,192,052

Sales Tax



\$311,524

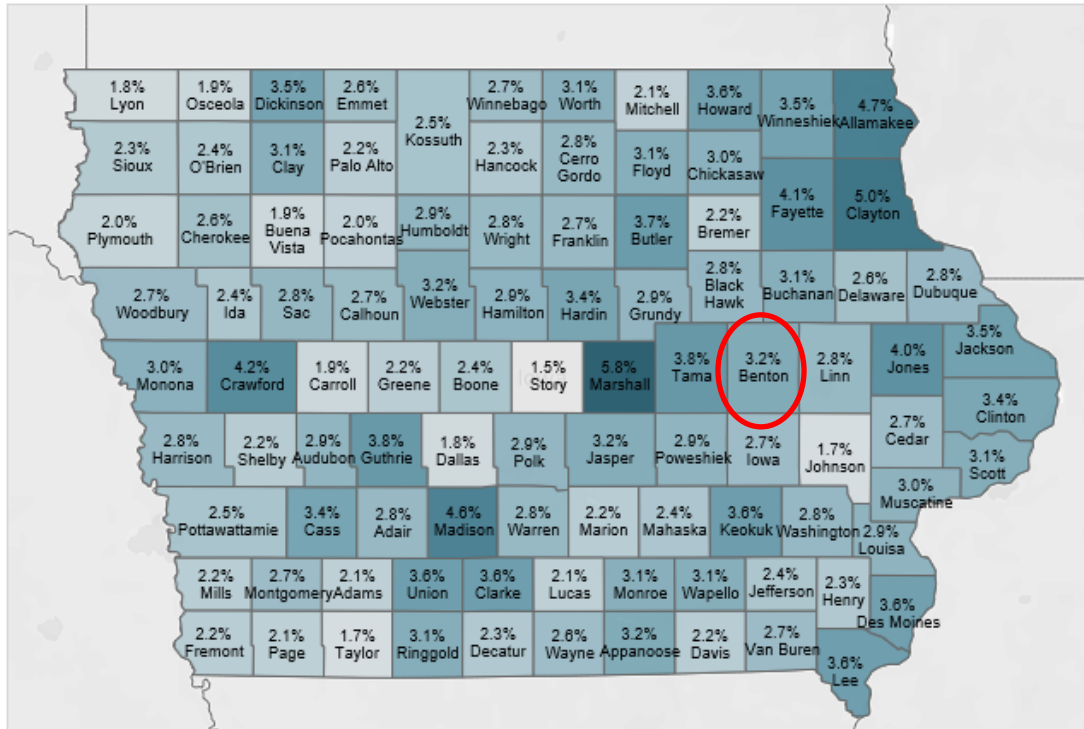


IOWA HOSPITAL
ASSOCIATION

Source: Iowa Hospital Association
Economic Impact Report
www.iowahospitalfacts.com

Employment

Map of Unemployment Rate (%) in March 2019 (Statewide: 2.8%)
 (Not Seasonally Adjusted) Filter the line chart by selecting counties on the map



Iowa Workforce Development
 Census Bureau ACS 5 year Estimate



PROCESS AND METHODS

Framework

VGH facilitated the CHNA process through the use of the Health People 2020 MAP-IT framework to plan and evaluate public health interventions and objectives. Using the MAP-IT framework helped to mobilize partners, assess the needs of our community, create/implement a plan to reach identified objectives and track our progress.

Mobilize: Look for partners that have a stake in creating healthy communities and who would contribute to this process. Aim for broad representation. Identify roles for partners and assign responsibilities.

Assess: Assess both needs and assets (resources) in the community to gain a sense of what we can do versus what we would like to do. Work together as a coalition to set priorities. Consider feasibility, effectiveness, and measurability as you determine priorities. Collect state and local data to paint a realistic picture of community needs to serve as baseline data.

Plan: Identify clear objectives specific to your community and concrete steps to achieve them. Consider your intervention points, where you can create change. Think about how you will measure your progress to know if you are successful. Objectives need to be SMART- Specific, Measureable, Attainable, Realistic and Timely.

Implement: Develop a detailed work plan that lays out concrete action steps, who is responsible for completing them, and sets a timeline and/or deadlines. Consider identifying a single point of contact to manage the process and ensure that things get done. Develop a communication plan.

Track: Plan regular evaluations to measure and track your progress over time through quality data. Share progress/successes with your community.

Taskforce Members

VGH has a commitment to establish/maintain effective partnerships throughout the county and work with all entities that influence community health. To improve and strengthen the local planning process multiple community partners have been involved in the CHNA process.

VGH also utilized the Director of VGH Home Health/Benton County Public Health, Melissa Smith RN, BSN for the process of the 2019 CHNA to perform research, conduct interviews/surveys, and identify and prioritize the healthcare needs documented in this report.

Input & Health Needs Identified

A strategic planning session for fiscal year 2019 was held on 2/22/19. Key members of VGH including but not limited to senior management, members of the VGH Board of Directors, and medical providers discussed the future needs and actions of the organization to ensure our service area's health needs continued to be met.

Senior management meets two to four times per month to discuss the current and future needs for our service area and the actions necessary to meet the needs of our communities served. The most recent meeting was held on 6/10/19.

Obtaining input from key stakeholders was another crucial step in the assessment process. These stakeholders were drawn from private and public organizations that serve people in the Benton County area and were invited to identify the top health issues confronting the populations they served. The health issues these various groups and individuals identified reflected the overarching theme of social determinants/health equity. Analysis of the input received was completed to help determine the priority health needs.

Meetings were held to discuss the following Public Health topics to help assess and prioritize the community health needs:

- Promotion of Healthy Living
- Prevent Injuries/Violence
- Protect Against Environmental Hazards
- Prevent Epidemics/Spread of Disease
- Prepare for, Respond to/Recover from Public Health Emergencies
- Strengthen the Health Infrastructure.

Discussions, correspondence, strategizing, and implementation continue amongst members of the above groups to address the identified health needs and concerns.

Community Representatives

VGH engaged several tactics to ensure different members of our community were contacted, including those knowledgeable of health care needs of vulnerable populations. This was completed through personal interviews, emails, surveys, and meetings that occurred between the Fall of 2018 to Spring of 2019. The following community partners were involved in the CHNA process:

- Virginia Gay Hospital, Clinics, Home Health, and Nursing & Rehab
- VGH Board of Directors
- Benton County Board of Supervisors
- Benton County Board of Health
- Benton County Public Health
- Benton County Environmental Health
- Benton County Emergency Management
- Benton County Disaster Recovery Coalition
- Benton County Coalition
- Benton County Social Services

- Benton County Department of Human Services
- Benton County Transportation
- Benton County School Districts
- Benton County Development Group
- Benton County Wellness Coalition
- Region 6 Emergency Preparedness Coalition
- Vinton Unlimited
- Above the Influence Coalition (Substance Abuse)
- Iowa State Benton County Extension Office
- Benton County Police Departments
- Benton County School Districts
- Better Tomorrows (Early Childhood Iowa)
- Benton-Iowa Decategorization
- Hawkeye Area Community Action Programs (HACAP)
- Area Substance Abuse Council (ASAC)
- Vinton Parks & Recreation Department
- Abbe Center for Community Mental Health

Highest Priority Health Needs

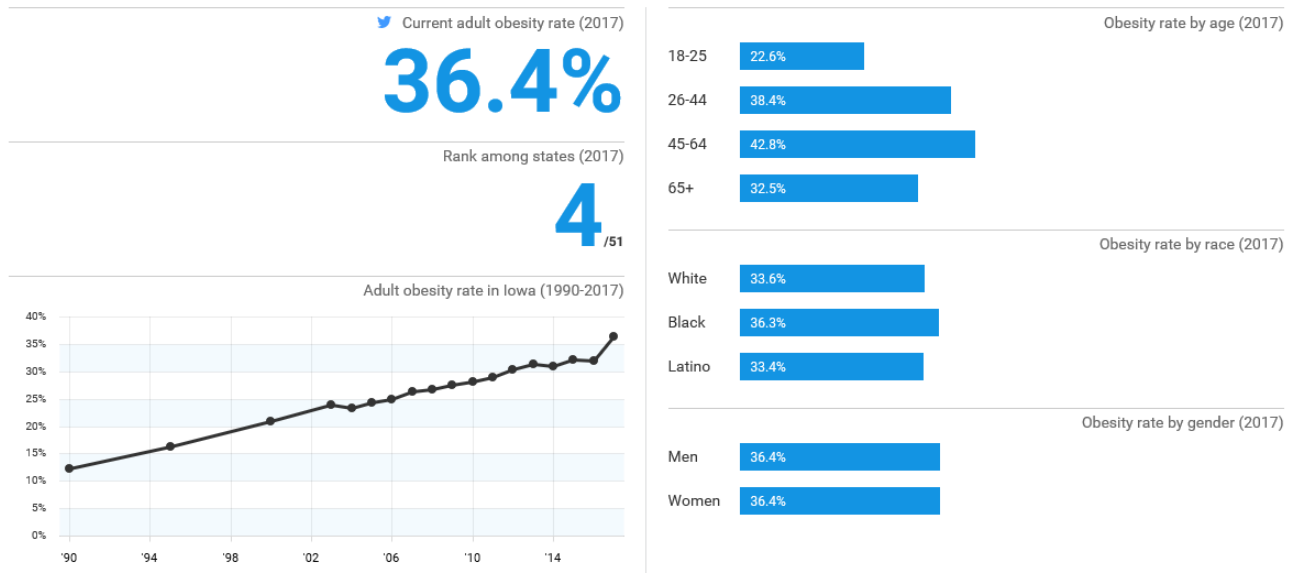
Following collection of statistical data and community input, each health indicator was analyzed by comparing it to the state rates to determine our county's priority health concerns. The data was then presented to the hospital staff who discussed the burden, scope, severity, and urgency of the health needs identified. It was determined that Obesity, Mental Health, and Substance Abuse were the top three health priorities in Benton County.

Obesity

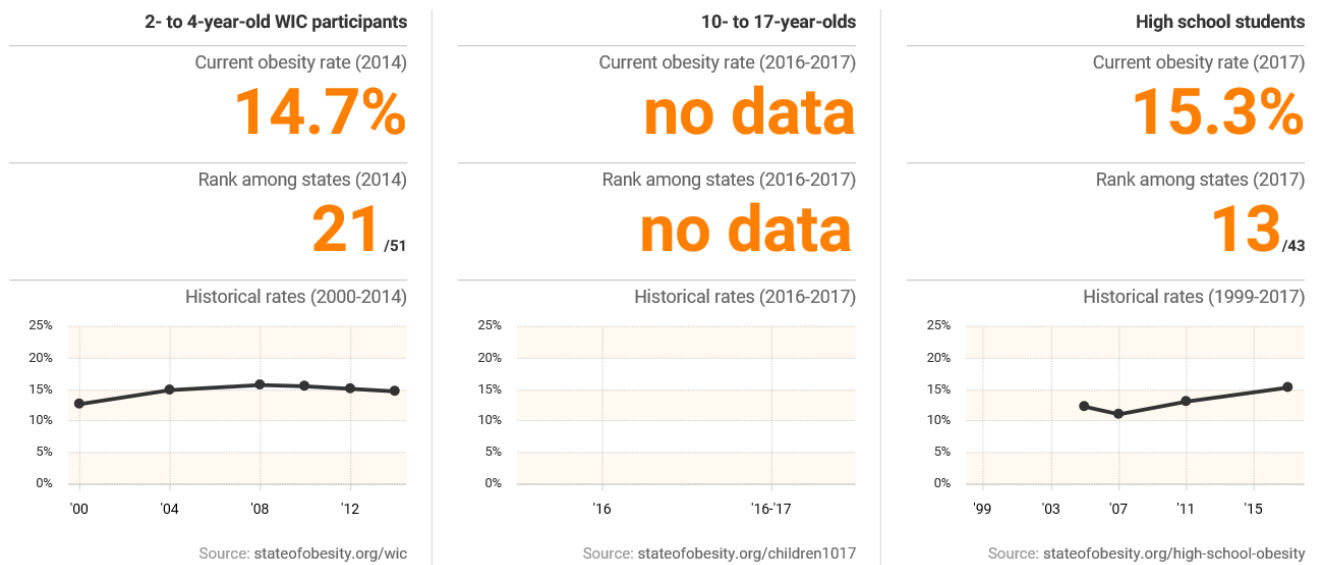
Obesity is a chronic disease defined as the presence of excess adipose tissue. Despite the growing recognition of the problem, the obesity epidemic continues in the United States. Obesity is associated with increased risk for cardiovascular disease, diabetes, certain forms of cancer, depression, and various other physical, psychological, and social morbidities that are some of the leading causes of preventable and premature death.

- The State of Obesity 2018:
 - Iowa has the fourth highest adult obesity rate in the nation, and the 30th highest obesity rate for youth ages 10 to 17. Iowa's adult obesity rate is currently 36.4%, up from 20.9% in 2000.

Adult Obesity



Child Obesity



- 2019 (Benton) County Health Rankings:

- 24% of adults (age 20 and older) report no leisure-time physical activity (IA 23%)
- 50% of population have adequate access to locations for physical activity (IA 83%)

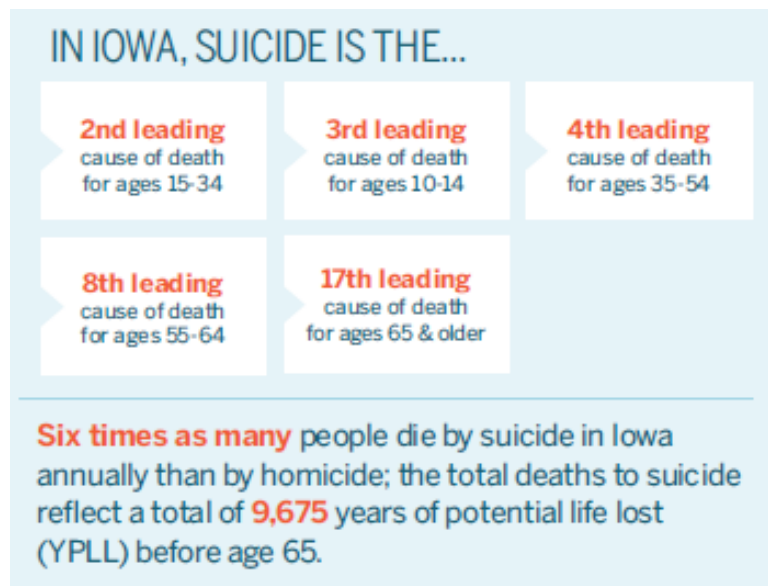
- 2018 Benton County (Iowa) Youth Survey:
 - 19% of students spend 6-8 hours per week playing games/watching shows that are not school work (IA 18%)
 - 19% of students spend 11 or more hours per week playing games/watching shows that are not school work (IA 19%)
 - 26% of students were physically active for a total of 60 minutes or more per day in the past 7 days (IA 27%)
- 2017 CDC Youth Risk Behavior Surveillance System (YRBSS)
 - 15.3% of Iowa students grades 9-12 have obesity
 - 16% of Iowa students grades 9-12 have an overweight classification
 - 18.5% of Iowa students grades 9-12 drank regular soda/pop at least one time per day
 - 18.8% of Iowa adolescents watches 3 or more hours of TV daily
 - 41.9% of Iowa adolescents consumed fruit less than 1 time daily
 - 43.7% of Iowa adolescents consumed vegetables less than 1 time daily

Mental Health

Per the World Health Organization “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Mental health includes a person’s emotional, psychological, and social well-being. It is important at every stage of life, from childhood and adolescence through adulthood. A mental illness is a condition that affects a person’s thinking, feeling or mood. Genetics, environment and lifestyle influence whether someone develops a mental health condition.

- 2019 (Benton) County Health Rankings
 - Adults reported the average number of mentally unhealthy days was 3.1 in the past 30 days (IA 3.3)
 - Ratio of Mental Health Providers to patients is 8,550:1
- 2018 Benton County (Iowa) Youth Survey:
 - 12% of students take medications as prescribed to help them not feel angry, anxious, restless, nervous or sad (IA 10%)
 - 21% of students have seriously thought about killing themselves (IA 21%)
 - 2012=10.6%
 - 2014=13%
 - 2016=12.3%
 - 4% of students have tried to kill themselves (IA 5%)
 - 10% of students have been bullied at school in the last 30 days 3-5 times (IA 7%)
 - 15% of students report that no one at home ever tells them they are doing a good job (IA 14%)

- 2017 Iowa Child Maltreatment Prevention Needs Assessment
 - Benton County is ranked 27th for overall child abuse and neglect,
 - 16th for children living in poverty
 - 62nd for adults with 4 or more adverse childhood experiences
 - 42nd for children who experienced domestic violence
 - 67th with adults with serious mental illness.
- 2018 Quality Measure Rate Summary: VGH (ACO Data)
 - Screening for Clinical Depression and Follow-Up Plan= 66.6%
 - Depression Remission at 12 months=7.14%
- Iowa Public Health Tracking Portal
 - Benton County Suicide Deaths per year → 2011=5, 2014=5, 2016=5
 - Benton County Teen Suicide Rate → 2007=33.3% (IA 4%), 2008=33.3% (IA 2.7%)



American Foundation for Suicide Prevention 2017

Substance Abuse

Substance abuse can have a major impact on individuals, families, and communities. The effects of substance abuse tend to be cumulative, significantly contributing to the costly social, physical, mental, and public health problems. Substance abuse refers to a set of related conditions with the consumption of mind- and behavior-altering substances that have negative behavioral and health outcomes.

- 2019 (Benton) County Health Rankings:
 - 21% of adults reporting binge or heavy drinking (IA 22%)
 - 30% of driving deaths with alcohol involvement (IA 28%)

- 2018 Benton County (Iowa) Youth Survey:
 - 2% of students reported having 5 or more drinks of alcohol 3-5 days in the past 30 days (IA 1%)
 - 1% of students reported having 5 or more drinks of alcohol 20 or more days in the past 30 days (IA 0%)
 - 1% of students reported using methamphetamine 30 days out of the past 30 days (IA 0%)
 - 8% of students reported current alcohol use (IA 10%)
 - 5% of students reported current tobacco use (IA 4%)
 - 9% of students reported current (any) drug use (IA 10%)
 - 7% of students reported electronic cigarette use (IA 10%)
 - 2% of students reported current cocaine use (IA 1%)
 - 4% of students reported current marijuana use (IA 4%)
 - 3% of students report current prescription medications use (IA 3%)
 - 2% of students report current steroid use (IA 1%)
- 2018 Quality Measure Rate Summary: VGH (ACO Data):
 - Preventative Care and Screening: Tobacco Use Screening and Cessation Interventions= 0%
- 2012 Drug Free Community (DFC) Core Measurement Survey-Benton County:
 - 1 in 3 of Benton County students describe alcohol as very easy to obtain
 - 1 in 4 Benton County students say marijuana is very easy to obtain
 - 38% of Benton County high school juniors say prescription drugs not prescribed to them are very easy to obtain
 - 13% of Benton County high school juniors have used e-cigarettes in the last 30 days

Substance Involved Deaths

Year	Alcohol Death Count	Opioid Death Count	Psychostimulants Death Count
2017	650	201	90
2016	587	176	74
2015	541	159	61
2014	558	151	38
2013	537	173	45
2012	485	164	28
2011	440	165	11

Impact of CHNA 2016

In 2016, Benton County conducted a CHNA. Following the collection of statistical data the following health concerns were identified: Obesity, Mental Health, and Substance Abuse. No comments have been received regarding the 2016 CHNA.

Obesity

- ❖ Goal: Increase healthy behaviors among residents of Benton County; Decrease Benton county adult obesity rate by 1%.

Actions Completed:

- Healthy eating brochures and ChooseMyPlate literature handed out to people attending the 2017 and 2018 Benton County Health Fair.
- Continued improvement and expansion of Community Youth Gardens which are volunteer led programs encouraging youth to try new foods and encourage healthy eating.
- Vinton has developed community gardens that are open to the public to grow produce. There are 39 raised plots.
- ISU Extension-Horizons assist low-income families with promotion of fresh vegetable consumption.
- Development and expansion of the Farm to School program within the school districts in Benton County.
- HACAP Mobile Food Pantry promoting consumption of fresh produce and protein. Volunteers also provide education on how to combine foods for meals/recipes.
- Abbe Center for Mental Health providers starting to assess client BMI and provide nutritional information at their appointments.
- VGH Weight Loss/Weight Management program developed with the dietician.
- VGH and Clinics tracking patient BMI. Screenings and follow-up plans are also being tracked.
- Expansion of the trail system in Vinton has been extended for walking and bikes.
- Expansion of the fitness center at the Vinton Rec Center completed, and can be used free of charge.
- VGH promotion of healthy food choices and physical activities through news articles and local media.
- Vinton-Shellsburg Community School District has an active Farm-to-School Chapter that is working to increase locally sourced food options within their meal program and also increase the number of scratch recipes they use on the menu.

Results:

- 2012: 32.8%
- 2013: 34.2%
- 2015: 33%

Mental Health

- ❖ Goal 1: Reduce intentional injuries among Benton County residents; reduce percent of Benton County students who have in the past 12 months seriously considered suicide by 1%.

Actions Completed:

- Community events held to provide information, resources and support in relation to suicide prevention.
- VGH implementation of depression screenings on every patient that is 12 years or older.
- An Applied Suicide Intervention Skills Training was held in Benton County, 10 people attended.
- HACAP 1st Five program offered the ACES training to Virginia Gay Hospital staff and at various locations throughout the county.
- ASAC has provided ACES training for the Vinton Police Department, Belle Plaine Police Department, and the Benton County Sheriff's Department.
- Vinton-Shellsburg Community School Districts have offered and will continue to offer Trauma Informed training and ACES training. During the 2019-20 school year they will offer mental health first aide to all teachers and administrators along with suicide awareness.
- Active work by multiple community partners on Senate File (SF504).
- Depression Screenings now being completed at WIC clinics.

Results:

- 2014: 13%
- 2016: 12%
- 2018: 21%

- ❖ Goal 2: Increase mental health services for Benton County residents

Actions Completed:

- Space developed for a new behavioral health specialists at Vinton Family Medical Clinic.
- Promotion of the mental health services available in Benton County.
- VGH looking into a potential partnership with the Abbe Center for Mental Health to provide mental health services at VGH.

Results:

- VGH hired a full time psychiatric mental health nurse practitioner November 2018.

Substance Abuse

- ❖ Goal 1: Decrease substance abuse among Benton County Youth; Decrease the percentage of 11th graders who reported it was “easy/very easy” to have access to alcohol by 3%.

Actions Completed:

- Increased retailer alcohol sales compliance checks through partnerships with law enforcement.
- Provided education and training to Benton County businesses who have liquor licenses, including TIPS trainings as completed by ASAC.

Results:

- 2014: 65%
- 2018: 68%
- 2019: 50%

- ❖ Goal 2: Decrease prescription drug abuse among Benton County residents; increase the number of pounds of prescription medications collected through drop boxes from 350 pounds to 400 pounds.

Actions Completed:

- Provided information to the community on Count, Lock-Up, Dispose campaign through various forms of media and sustainable locations. Example: Took-kits/Fliers were handed out to approximately 100 people at the 2017 Benton County Health Fair, and 200 people at the 2018 Benton County Health Fair.
- Posters/fliers distributed to the health care locations throughout the county, including medical clinics and pharmacies.
- Promoted Take Back Days for prescription medications. October 2017 a total of 100 pounds of medications was collected for the Take Back event.

Results:

- 2015: 350 pounds
- September 2016-April 2017: 99 pounds
- 2017: 250 pounds
- 2018: 100 pounds

Community Resources

Obesity

- Vinton Parks & Recreation Department..... 319-472-4164
- Iowa State Benton County Extension Office 319-472-4739
- Department of Human Services 319-472-4746
- Great Life Fitness 319-434-6141
- Iron Shed 319-472-4613
- Belle Plaine Community Center 319-444-3135
- HACAP 319-472-4761
- Total Balance 319-360-7610

Mental Health

- Virginia Gay Hospital..... 319-472-6200
- Abbe Center for Community Mental Health 319-472-5226
- Benton County Social Services..... 319-472-4742
- Catholic Charities 319-364-7121
- Crisis Textline..... **Text 741741**
- Families Inc. 319-472-4081
- Foundation 2 Mobile Crisis..... 319-247-0030
- Foundation 2 Success..... 1-800-332-4224
- Horizons, A Family Service Alliance 319-398-3943
- Iowa Help Line 1-855-800-1239
- **Chat** IowaHelpLine.org..... **Text 1-855.800.1239**

Substance Abuse

- Riverview Center, Inc. 1-888-557-0310 or 319-540-0080
- Seeds of Hope..... 1-888-746-4673
- Suicide Hotline 1-800-SUICIDE
- Pathways Behavioral Services..... 319-235-6571
- Vinton Counseling Services 319-472-4499
- Alcohol and Drug Treatment Referral 1-800-454-8966
- Area Substance Abuse Council 319-472-2443
- Drug Abuse Hotline 1-800-662-2873
- Quit-line Iowa (Tobacco Cessation)..... 1-800-784-8669
- Sedlacek Treatment Center 319-398-6226

See Appendix: Benton County Service Directory

NEXT STEPS

Health Improvement Plan

This CHNA was adopted by the Virginia Gay Hospital Board of Directors on June 18, 2019. Virginia Gay Hospital and other community stakeholders are encouraged to use this CHNA to plan strategies and establish objectives based on the identified health priorities. In conjunction with Benton County Public Health, VGH will develop a Health Improvement Plan (HIP) to address the identified high priority needs of VGH's service area. To support this effort, the MAP-IT framework will be used to reach identified objectives, and track progress.

Benton County Public Health is available to the hospital and community to help facilitate activities associated with the CHNA, coordinate community response efforts, and support the needs of agencies for data collection and analysis.

Contact Information

Virginia Gay Hospital

502 North 9th Avenue

Vinton, IA 52349

Tel (319) 472-6200

Fax (319) 472-6222

www.myvgh.org



Benton County Public Health

Virginia Gay Hospital

502 North 9th Avenue

Vinton, IA 52349

Tel (319) 472-6360

Fax (319) 472-5976



APPENDIX

Benton County Service Directory

Benton County Service Directory



Stakeholders involved in the development
of this directory include:

Benton-Iowa Decategorization
Flourishing Families Community Partnership for
Protecting Children
Benton County Coalition
Better Tomorrows ECI

Benton-Iowa Decategorization Initiative:
 Email: erin.bentoniowadecat@gmail.com

Benton County Website:
www.bentoncountyiowa.org

United Way 211: Dial 2-1-1 from your cell phone or landline for help with food, housing, employment, health care, counseling and more. 2-1-1 provides free and confidential information and referrals. Or call (866) 469-2211.

Abuse/Domestic Violence

Cedar Valley Friends of the Family Emergency Shelter	319-352-1108
Or	800-410-7233
Child/Dependent Adult Abuse Reporting	800-362-2178
Child Protection Center – St Luke's	319-369-7908
Domestic Violence Hotline (Waypoint)	800-208-0388
Domestic Violence Center	319-363-2093
Human Trafficking Hotline	888-373-7888
Iowa Coalition Against Domestic Violence	800-770-1650
Sexual Abuse Center (Riverview)	888-557-0310
Shelter Services	319-366-7999

Addiction Treatments

Alcohol and Drug Treatment Referral	800-454-8966
Area Substance Abuse Council (Belle Plaine or Vinton)	319-472-2443
Drug Abuse Hotline	800-662-2873
Gambler's Assistance	800-237-7633
Quit-line Iowa (Tobacco Cessation)	800-784-8669
Sedlacek Treatment Center	319-398-6226

Children & Family Services

Abbe Center for Community Mental Health	319-472-5226
Child Care Resource and Referral	855-244-5301
Child Support Recovery	319-398-3619
HACAP Crisis Child Care	319-393-6355
HACAP-1st Five	319-739-0601
Diaper Depot	319-472-2581
Families Inc.	319-472-4081
Foundation 2	319-362-2174
Four Oaks	319-363-0636
Horizons, A Family Service Alliance	319-214-1054
InfantSee Program	319-472-3848 or 319-472-4741
Iowa Healthy Families Line	800-369-2229
Iowa Family Support Network	888-425-4371
Parent Partners	641-521-2675
Women, Infants, and Children (WIC)	800-643-1629
Young Parent's Network	319-364-8909
Youth Hotline	800-332-4224

Child Care Centers & Preschool

Atkins Preschool	319-446-7525
1 st Lutheran Preschool (Belle Plaine)	319-444-2849
Happy Time Child Development Center (Vinton)	319-472-4840
HACAP Head Start (Vinton)	319-472-4761
Keystone Preschool	319-442-3221
Kids Inc. (Shellsburg)	319-929-6429
Early Beginnings (Atkins)	319-446-6060
Early Beginnings (Van Horne)	319-228-8808
Kids Zone (Urbana)	319-551-3222
Longfellow Preschool (Belle Plaine)	319-444-3002
Noah's Ark Preschool (Belle Plaine)	319-350-3334
Pointer Pups (Urbana)	319-849-1102
Tiny Vikes (Shellsburg)	319-436-4728
Tiny Vikes (Vinton)	319-436-4728
TLC Preschool (Vinton)	319-472-5571

Mental Health Services

Abbe Center for Community Mental Health	319-472-5226
Benton County Social Services	319-472-4743
Catholic Charities	319-364-7121
Crisis Textline	Text 741741
Families Inc.	319-472-4081
Foundation 2 Mobile Crisis	319-247-0030
Foundation 2 Success	800-332-4224
Horizons, A Family Service Alliance	319-398-3943
Iowa Help Line	855-800-1239
Chat IowaHelpLine.org	Text 855.800.1239
Pathways Behavioral Services	319-235-6571
Plugged-In Iowa	319/432-4748
Riverview Center, Inc.	888-557-0310 or 319-540-0080

Seeds of Hope.....	888-746-4673
Suicide Hotline.....	800-SUICIDE
Therapeutic Innovations.....	319/540-5643
Vinton Counseling Services.....	319-472-4499

Education

Grant Wood AEA 10.....	319-399-6700
Belle Plaine Community Schools.....	319-444-3611
Belle Plaine High School/Middle School.....	319-444-3720
Longfellow Elementary School (K-6).....	319-444-3002
Benton Community Schools.....	319-228-8701
Atkins Elementary.....	319-446-7525
Keystone Elementary.....	319-442-3221
Van Horne Middle/High School.....	319-228-8701
Norway Elementary.....	319-227-7142
Center Point Urbana Elementary/High School.....	319-849-1102
Middle School.....	319-443-2426
A Family Service Alliance Early Access.....	319-399-6749
Kirkwood Community College (Belle Plaine).....	319-444-2549
Kirkwood Community College (Vinton).....	319-472-2318
Vinton-Shellsburg Community Schools.....	319-436-4728

Employment

Iowa Vocational Rehabilitation.....	319-294-9308
Iowa Workforce Development.....	319-365-9474
Proteus.....	800-397-9675

General Assistance/Financial Assistance

Benton County Veteran's Affairs.....	319-472-3150
Department of Human Services.....	800-972-2017 or 319-472-4746
Horizon's Consumer Credit Counseling Service.....	877-653-3123
Iowa Concern.....	800-447-1985
Iowa Veteran's Center.....	800-798-2719
ISU Extension & Outreach.....	319-472-4739
Salvation Army.....	515-240-5810
Social Security Administration.....	866-495-0088
Veteran's Administration.....	800-838-4692

Food Assistance/Meals

Belle Plaine Community Center.....	319-444-3135
Benton County Food Pantry (Belle Plaine).....	319-981-1143
Benton County Food Pantry (Vinton).....	319-472-4743
Clickstop Cares.....	888-794-1413
Department of Human Services.....	800-972-2017 or 319-472-4746
HACAP Benton Main Office.....	319-472-4761
Iowa Food Bank Association Hotline.....	855-944-3663
SHARE Belle Plaine Volunteer Program (Belle Plaine).....	319-434-6078
SHARE Benton County Volunteer Program (Vinton).....	319-472-2830
Shellsburg Share Food Pantry.....	319-436-2864
Starfish.....	319-270-7778 or 319-241-1817
Women, Infants, and Children (WIC).....	800-643-1629

Government Offices

Atkins City Hall.....	319-446-7870
Belle Plaine City Hall.....	319-444-2200
Belle Plaine Community Development Corp.....	319-434-6481
Benton County	
Board of Supervisors.....	319-472-4869
Correctional Services.....	319-472-5585
MH-MR-DD Central Point of Coordination.....	319-472-4743
Magistrate's Clerk.....	319-472-4902
Social Services.....	319-472-4743
Benton Development Group.....	319-472-5545
Better Tomorrows ECI.....	319-472-4543
Blairstown City Clerk.....	319-454-6931
Garrison City Hall.....	319-477-5823
Keystone City Hall.....	319-442-3246
Mt Auburn City Hall.....	319-475-2314
Newhall City Hall.....	319-223-5709
Norway City Hall.....	319-227-7351

Shellsburg City Office	319-436-2954
Urbana City Hall	319-443-2400
Van Horne City Hall	319-228-8238
Vinton City Clerk's Office	319-472-4707
Vinton Unlimited	319-472-3955
Walford City Hall	319-846-3103

Health Care

AIDS Hotline	800-445-2437
Ask-a-Nurse	319-398-6011
ACA Navigator Services	515-829-6101
Benton County Public Health	319-472-6360
Gifts of Hope	319-472-6375
HACAP Health Care Coverage Access: Medicaid; Hawk-i	319-739-1510
HACAP I-Smile	319-739-1545
Hospice Compassus	888-959-5948
Nurse-On-Call	800-593-1414
Planned Parenthood	877-811-7526
St Luke's Family Health Center	319-369-7397
Senior Health Insurance Information Program (SHIIP)	800-351-4664
Teen Health Line	800-443-8336
Unity Point Clinic (Belle Plaine)	319-444-2840
Unity Point Clinic (Shellsburg)	319-436-2040
Unity Point Clinic (Vinton)	319-472-2304
Virginia Gay Hospital	319-472-6200

Virginia Gay Family Medical Clinics

Atkins	319-446-7800
Urbana	319-443-5000
Van Horne	319-228-8000
Vinton	319-472-6300

Housing, Fuel Assistance, & Weatherization

Abundant Life Ministries	319-640-5896
Belle Plaine Village	319-444-3540
Benton County Social Services	319-472-4743
Cedar Valley Friends of the Family	319-352-1108
HACAP Benton Housing	319-366-7631
HACAP Benton County Main Office	319-472-4761
HACAP Supportive Services for Veteran Families	319-531-6421
Habitat for Humanity	319/366-4485
KarTay Apartment Management	319-334-7110
Salvation Army	515-240-5810
USDA Rural Economic Development	563-886-6006

Assisted Living, Home Health, and Nursing/Rehab

Belle Plaine Specialty Care	319-444-2500
Keystone Home Health	319-442-3660
Keystone Nursing Care Center	319-442-3234
Rock Ridge Residential Care Center, Shellsburg	319-436-5570
Vinton Lutheran Home	319-472-4751
Assisted Living	319-472-2092
Vinton Park Apartments	319-472-4424
Virginia Gay Nursing and Rehab	319-472-6280
Windsor Manor	319-472-2060

In-Home Visitation Services

Four Oaks Family & Children's Services	563-557-3100
HACAP Early Head Start (Vinton)	319-472-4761
Home Instead	319-472-4004
Horizons, A Family Service Alliance	319-214-1054
Keystone Home Health	319-442-3660
Leaping Rescues	319-551-1351
Vinton Lutheran Home Health Agency	319-472-2092
Virginia Gay Hospital Home Health Agency	319-472-6360

Law Enforcement

Belle Plaine Police Department	319-444-2323
Benton County Sheriff	319-472-2337
Juvenile Court Services	319-472-3957

Shellsburg Police Department.....319-436-7763
 Text 2 Protect....**Text 274637**...Text BENTON and follow that with the **tip**
 Urbana Police Department.....319-443-2780
 Vinton Police Department.....319-472-2321

Legal Assistance

Iowa Civil Rights Commission.....800-457-4416
 Iowa Concern Hotline800-447-1985
 Iowa Legal Aid319-364-6108 or 800-532-1503

Special Needs/Disability

Access2 Independence319-366-3755
 ARC of East Central Iowa319-365-0487
 ASK - Access for Special Kids800-450-8667
 Disability Rights (Iowa)800-773-2502
 Family to Family Iowa800-450-8667
 Genesis Development (Belle Plaine).....319-442-3211
 Heritage Area Agency on Aging.....800-332-5934
 Iowa COMPASS800-779-2001
 Iowa Developmental Disabilities Council.....800-452-1936
 Iowa Federation of Families for Children's Mental Health.....800-400-6302
 Iowa Foster & Adoptive Parents Association (IFAPA)800-277-8145
 Legal Center for Special Education.....866-250-4545
 Northstar Community Services319-472-4246
 REM319-472-4088
 Social Security Office.....866-495-0088

Household Items

ECHO Ministries319-472-2002

Transportation

Belle Plaine Volunteer Program (Belle Plaine)319-434-6078
 Benton County Transportation319-472-2413
 Benton County Volunteer Program (Vinton).....319-472-2830
 TMS Medical Transportation.....866-572-7662

References

SOURCE	LOCATION
Iowa Hospital Association-Dimensions Program	https://dimensions.ihaonline.org
US Census Bureau: Quick Facts	https://www.census.gov/quickfacts/fact/table/bentoncountyiowa/PST045218
US Census Bureau: American Community Survey 2013-2017	https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/2017/
Community Commons	https://www.communitycommons.org
Community Commons: Community Indicator Report	https://www.communitycommons.org/board/BOARD/Qm9hcmROb2RIOjE1OTU1
2018 Iowa Youth Survey-IDPH	http://www.iowayouthsurvey.iowa.gov/images/2018_State/IYS%202018%20State%20Report.pdf
United States Department of Labor	https://www.bls.gov/lau/#tables
Iowa Workforce Development	https://www.iowaworkforcedevelopment.gov/local-area-unemployment-statistics
Benton County, IA Laborshed Analysis 2016	http://bdgia.com/wp-content/uploads/2018/01/Laborshed-Report-with-Cover-Vinton1.pdf
DATA USA	https://datausa.io/profile/geo/benton-county-ia/#economy
2016 Iowa Youth Survey Benton County Results	http://www.iowayouthsurvey.iowa.gov/images/2016_County_reports/06.Benton.pdf
IDPH Iowa Immunization Program 2017 Annual Report	http://idph.iowa.gov/Portals/1/userfiles/39/2017%20Annual%20Report%20Final%206-12-18%202.pdf
2019 County Health Rankings	http://www.countyhealthrankings.org/app/iowa/2019/rankings/benton/county/outcomes/overall/snapshot
2018 Benton County Environmental Health Annual Report	Copy can be found at the Benton County Environmental Health Department
2018 Benton County Public Health Annual Report	Copy can be received from Benton County Public Health Department
IDPH Public Health Tracking Portal: Health Indicators Report	https://tracking.idph.iowa.gov/
IDPH Childhood Lead Poisoning Prevention Program	http://idph.iowa.gov/Environmental-Health-Services/Childhood-Lead-Poisoning-Prevention
IDPH BRFSS Annual Report 2016	https://idph.iowa.gov/Portals/1/Files/BRFSS/2016BRFSSAnnualReport.pdf
Iowa Workforce Development: Laborshed Studies	https://www.iowaworkforcedevelopment.gov/laborshed-studies
2019 Vinton, IA Laborshed Analysis	https://iwd-lmi.maps.arcgis.com/apps/MapSeries/index.html?appid=5ef1dd9fc9f64cc5b69a19b4b0dac282
2019 Iowa Hospital Association (IHA) Economic Impact of the Health Sector: Benton County	Copy can be found at the Benton County Public Health Department

Benton County Child Health Data: HACAP	Copy can be found at the Benton County Public Health Department
2018 Quality Measure Rate Summary: VGH (ACO Data)	Copy can be found at the Benton County Public Health Department
CDC 2017 Behavioral Risk Factor Surveillance System (BRFSS)	https://www.cdc.gov/brfss/
CDC 2017 Youth Risk Behavior Surveillance System (YRBSS)	https://www.cdc.gov/healthyyouth/data/yrbs/
Women, Infants, and Children Participant and Program Characteristics (WIC)	https://www.fns.usda.gov/pd/wic-program
HACAP 1st Five Program	Copy can be found with the HACAP 1st Five Coordinator
VGH Medical Staff Meetings	Meeting minutes can be found with the Director of VGH Foundation
Better Tomorrows Early Childhood Iowa Area Community Plan	Copy can be found at the Benton County Public Health Department or from the Director of Better Tomorrows at director@bettertomorrowseci.org
SAMHSA's 2016 Behavioral Health Barometer	https://store.samhsa.gov/system/files/sma17-barous-16-ia.pdf
Human Services 2017 Child Welfare Data Report	https://cwoutcomes.acf.hhs.gov/cwodatasite/
Iowa Child Maltreatment Prevention Needs Assessment 2017	https://pcaiowa.org/content/uploads/2019/02/2017-iowa-child-maltreatment-prevention-needs-assessment.pdf
2018 Iowa Youth Survey Benton County Results	http://www.iowayouthsurvey.iowa.gov/images/2018_County_reports/06.Benton.pdf
Centers for Disease Control and Prevention: National Center for Chronic Disease Prevention & Health Promotion	https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html
VGH Strategic Plan	Copy can be found at the office of the VGH CEO
2017 Youth Risk Behavior Surveillance System	https://www.cdc.gov/healthyyouth/data/yrbs/index.htm
The State of Obesity in Iowa	https://www.stateofobesity.org/states/ia/
American Foundation for Suicide Prevention: Iowa 2018	http://chapterland.org/wp-content/uploads/sites/13/2018/06/Iowa-State-Facts.pdf
Iowa Public Health Tracking Portal	https://tracking.idph.iowa.gov/
IDPH Single County Health Indicators Report 2007-2011	https://tracking.idph.iowa.gov/Reports/Health-Snapshots
2012 Drug Free Community Core Measurement Survey	Copy can be found with the grant coordinator of the DFC Grant.