Virginia Gay Hospital
Community Health Needs Assessment (CHNA)

2019
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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

25,720

people

Population change since 2010: -1.4%

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

Race & Ethnicity

96.76% White Non Hispanic

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 (YEARS)

PERCENT OF POPULATION

0% 2% 4% 6% 8% 10%

Females Males U.S.

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

94.2
Most Prosperous National Average Most Deprived

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

Life Expectancy Trends

Changing Life Expectancy in Years

82
80
78
76
74

1980 1990 2000 2010

YEAR

Our Community Iowa United States

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.

Our Community 81.1 years
Iowa 79.7 years
United States 79.1 years

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
UNITED STATES
$67,871

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

<table>
<thead>
<tr>
<th>Health Sector Components</th>
<th>(2) Employment</th>
<th>(3) Payroll &amp; Proprietor Income</th>
<th>(5) Retail Sales</th>
<th>(6) 6.0% Sales Tax</th>
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<tbody>
<tr>
<td><strong>Hospitals</strong></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Virginia Gay Hospital</td>
<td>279</td>
<td>$14,631,942</td>
<td>$2,178,939</td>
<td>$130,736</td>
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<tr>
<td><strong>HOSPITALS SUBTOTAL</strong></td>
<td>279</td>
<td>$14,631,942</td>
<td>$2,178,939</td>
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<td>Office of physicians</td>
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<td><strong>OFFICES SUBTOTAL</strong></td>
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<td>Mental health, substance abuse, other facilities</td>
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<td>$0</td>
<td>$0</td>
<td>$0</td>
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<td><strong>NURSING HOMES AND OTHERS SUBTOTAL</strong></td>
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<td>$11,612,158</td>
<td>$1,418,475</td>
<td>$85,109</td>
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<td><strong>Pharmacies</strong></td>
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<td>$13,472,158</td>
<td>$1,610,356</td>
<td>$55,109</td>
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<tr>
<td><strong>Other Medical &amp; Health Services</strong></td>
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<td>Medical and diagnostic laboratories</td>
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<td>Outpatient care centers</td>
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<td>Other ambulatory health care services</td>
<td>56</td>
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<tr>
<td>Dental laboratories</td>
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<td>$0</td>
<td>$0</td>
<td>$0</td>
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<td>Home health care services</td>
<td>0</td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
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<tr>
<td><strong>OTHER MED/HLTH SVCS SUBTOTAL</strong></td>
<td>56</td>
<td>$2,878,911</td>
<td>$335,120</td>
<td>$21,367</td>
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<tr>
<td><strong>TOTALS</strong></td>
<td>830</td>
<td>$30,412,752</td>
<td>$4,870,944</td>
<td>$231,524</td>
</tr>
</tbody>
</table>

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

Employment

Iowa Workforce Development
Census Bureau ACS 5 year Estimate

Total: 132k

Health Care & Social Assistance 34%
Educational Services 7%
Retail Trade 11%
Construction 8%
Retail Trade 11%
Transportation & Warehousing 8%
Manufacturing 17%
Finance & Insurance 2%
Wholesale Trade 4%
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
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.
**Child Obesity**

- **2- to 4-year-old WIC participants**
  - Current obesity rate (2014): **14.7%**
  - Rank among states (2014): **21/51**

- **10- to 17-year-olds**
  - Current obesity rate (2016-2017): **no data**
  - Rank among states (2016-2017): **no data**

- **High school students**
  - Current obesity rate (2017): **15.3%**
  - Rank among states (2017): **13/43**

**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:
  o 19% of students spend 6-8 hours per week playing games/watching shows that are not school work (IA 18%)
  o 19% of students spend 11 or more hours per week playing games/watching shows that are not school work (IA 19%)
  o 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)
  o 15.3% of Iowa students grades 9-12 have obesity
  o 16% of Iowa students grades 9-12 have an overweight classification
  o 18.5% of Iowa students grades 9-12 drank regular soda/pop at least one time per day
  o 18.8% of Iowa adolescents watches 3 or more hours of TV daily
  o 41.9% of Iowa adolescents consumed fruit less than 1 time daily
  o 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
  o Adults reported the average number of mentally unhealthy days was 3.1 in the past 30 days (IA 3.3)
  o Ratio of Mental Health Providers to patients is 8,550:1

• 2018 Benton County (Iowa) Youth Survey:
  o 12% of students take medications as prescribed to help them not feel angry, anxious, restless, nervous or sad (IA 10%)
  o 21% of students have seriously thought about killing themselves (IA 21%)
    ▪ 2012=10.6%
    ▪ 2014=13%
    ▪ 2016=12.3%
  o 4% of students have tried to kill themselves (IA 5%)
  o 10% of students have been bullied at school in the last 30 days 3-5 times (IA 7%)
  o 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 current 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

<table>
<thead>
<tr>
<th>Year</th>
<th>Alcohol Death Count</th>
<th>Opioid Death Count</th>
<th>Psychostimulants Death Count</th>
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<tr>
<td>2017</td>
<td>650</td>
<td>201</td>
<td>90</td>
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<td>587</td>
<td>176</td>
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<td>541</td>
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<tr>
<td>2011</td>
<td>440</td>
<td>165</td>
<td>11</td>
</tr>
</tbody>
</table>

Iowa Public Health Tracking Portal
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.bentonowadecat@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) 469-2111.

Revised 1/18
### Abused/Domestic Violence

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Cedar Valley Friends of the Family Emergency Shelter</td>
<td>319-352-1108</td>
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<tr>
<td>Or.</td>
<td>800-410-7233</td>
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<tr>
<td>Child/Dependent Adult Abuse Reporting</td>
<td>800-362-2178</td>
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<tr>
<td>Child Protection Center – St Luke’s</td>
<td>319-369-7908</td>
</tr>
<tr>
<td>Domestic Violence Hotline (Waypoint)</td>
<td>800-208-0388</td>
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<tr>
<td>Domestic Violence Center</td>
<td>319-363-2093</td>
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<tr>
<td>Human Trafficking Hotline</td>
<td>888-373-7888</td>
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<tr>
<td>Iowa Coalition Against Domestic Violence</td>
<td>800-770-1650</td>
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<tr>
<td>Sexual Abuse Center (Riverview)</td>
<td>888-557-0310</td>
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<tr>
<td>Shelter Services</td>
<td>319-386-7999</td>
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### Addiction Treatments

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<td>800-454-8966</td>
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<tr>
<td>Area Substance Abuse Council (Belle Plaine or Vinton)</td>
<td>319-472-2443</td>
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<tr>
<td>Drug Abuse Hotline</td>
<td>800-662-2873</td>
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<tr>
<td>Gambler’s Assistance</td>
<td>800-237-7633</td>
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<tr>
<td>Quit-line Iowa (Tobacco Cessation)</td>
<td>800-784-8669</td>
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<td>Sedlacek Treatment Center</td>
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### Children & Family Services

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

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<td>Atkins Preschool</td>
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<td>1st Lutheran Preschool (Belle Plaine)</td>
<td>319-444-2849</td>
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<tr>
<td>Happy Time Child Development Center (Vinton)</td>
<td>319-472-4840</td>
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<td>HACAP Head Start (Vinton)</td>
<td>319-472-4761</td>
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<td>Keystone Preschool</td>
<td>319-442-3221</td>
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<td>Kids Inc. (Shellsburg)</td>
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<td>Early Beginnings (Atkins)</td>
<td>319-446-6060</td>
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<td>Early Beginnings (Van Horne)</td>
<td>319-228-8808</td>
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<td>Kids Zone (Urbana)</td>
<td>319-551-3222</td>
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<td>Longfellow Preschool (Belle Plaine)</td>
<td>319-444-3002</td>
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<td>Noah’s Ark Preschool (Belle Plaine)</td>
<td>319-350-3334</td>
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<td>Pointer Pups (Urbana)</td>
<td>319-849-1102</td>
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<td>Tiny Vikes (Shellsburg)</td>
<td>319-436-4728</td>
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<td>Benton County Social Services</td>
<td>319-472-4743</td>
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<td>Catholic Charities</td>
<td>319-364-7121</td>
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<td>Crisis Textline</td>
<td>Text 741741</td>
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<td>Families Inc.</td>
<td>319-472-4081</td>
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<td>Foundation 2 Mobile Crisis</td>
<td>319-247-0030</td>
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<td>Foundation 2 Success</td>
<td>800-332-4224</td>
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<td>Horizons, A Family Service Alliance</td>
<td>319-398-3943</td>
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<tr>
<td>Iowa Help Line</td>
<td>855-800-1239</td>
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<td>Chat IowaHelpLine.org</td>
<td>Text 855.800.1239</td>
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<td>Pathways Behavioral Services</td>
<td>319-235-6571</td>
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<td>Plugged-In Iowa</td>
<td>319/432-4748</td>
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<tr>
<td>Riverview Center, Inc</td>
<td>888-557-0310 or 319-540-0080</td>
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Seeds of Hope ................................................................. 888-746-4673
Suicide Hotline ............................................................. 800-SUICIDE
Therapeutic Innovations .............................................. 319/540-5643
Vinton Counseling Services .......................................... 319-472-4499

**Education**

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

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<td>Iowa Vocational Rehabilitation</td>
<td>319-294-9308</td>
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<td>Iowa Workforce Development</td>
<td>319-365-9474</td>
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<td>Proteus</td>
<td>800-397-9675</td>
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**General Assistance/Financial Assistance**

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<td>Benton County Veteran’s Affairs</td>
<td>319-472-3150</td>
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<tr>
<td>Department of Human Services</td>
<td>800-972-2017 or 319-472-4746</td>
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<tr>
<td>Horizon’s Consumer Credit Counseling Service</td>
<td>877-653-3123</td>
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<td>Iowa Concern</td>
<td>800-447-1985</td>
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<td>Iowa Veteran’s Center</td>
<td>800-798-2719</td>
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<td>ISU Extension &amp; Outreach</td>
<td>319-472-4739</td>
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<td>515-240-5810</td>
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<td>Social Security Administration</td>
<td>866-495-0088</td>
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<td>Veteran’s Administration</td>
<td>800-838-4692</td>
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**Food Assistance/Meals**

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<td>Belle Plaine Community Center</td>
<td>319-444-3135</td>
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<td>Benton County Food Pantry (Belle Plaine)</td>
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<td>Benton County Food Pantry (Vinton)</td>
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<td>Clickstop Cares</td>
<td>888-794-1413</td>
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<td>Department of Human Services</td>
<td>800-972-2017 or 319-472-4746</td>
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<td>HACAP Benton Main Office</td>
<td>319-472-4761</td>
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<td>Iowa Food Bank Association Hotline</td>
<td>855-944-3663</td>
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<td>SHARE Belle Plaine Volunteer Program (Belle Plaine)</td>
<td>319-434-6078</td>
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<td>SHARE Benton County Volunteer Program (Vinton)</td>
<td>319-472-2830</td>
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<td>Shellsburg Share Food Pantry</td>
<td>319-436-2864</td>
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<td>Starfish</td>
<td>319-270-7776 or 319-241-1817</td>
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<td>Women, Infants, and Children (WIC)</td>
<td>800-643-1629</td>
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**Government Offices**

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<td>Atkins City Hall</td>
<td>319-446-7870</td>
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<td>Belle Plaine City Hall</td>
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<td>Belle Plaine Community Development Corp</td>
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<td>Benton County</td>
<td>319-472-8469</td>
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<td>Board of Supervisors</td>
<td>319-472-5585</td>
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<td>Correctional Services</td>
<td>319-472-4743</td>
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<td>MH-MR-DD Central Point of Coordination</td>
<td>319-472-4902</td>
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<td>Benton Development Group</td>
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<td>Better Tomorrows ECI</td>
<td>319-472-4543</td>
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<td>Blairstown City Clerk</td>
<td>319-454-6931</td>
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<td>Garrison City Hall</td>
<td>319-477-5823</td>
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<td>Keystone City Hall</td>
<td>319-442-3246</td>
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<td>Mt Auburn City Hall</td>
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<td>Newhall City Hall</td>
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Shellsburg City Office .......................................................... 319-436-2954
Urbana City Hall ................................................................. 319-443-2400
Van Home 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 ........................................................... 888-959-9848
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
Teens 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 Home ........................................................................ 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 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 Hotline .................................................. 800-447-1985
Iowa Legal Aid .................................................. 319-364-6108 or 800-532-1503

**Special Needs/Disability**
Access2 Independence .................................................. 319-366-3755
ARC of East Central Iowa .................................................. 319-365-0487
ASK - Access for Special Kids .................................................. 800-450-8667
Disability Rights (Iowa) .................................................. 800-773-2502
Family to Family Iowa .................................................. 800-450-8667
Genesis Development (Belle Plaine) .................................................. 319-442-3211
Heritage Area Agency on Aging .................................................. 800-332-5934
Iowa COMPASS .................................................. 800-779-2001
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 .................................................. 866-250-4546
Northstar Community Services .................................................. 319-472-4246
REM .................................................. 319-472-4088
Social Security Office .................................................. 866-495-0088

**Household Items**
ECHO Ministries .................................................. 319-472-2002

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

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<td>Community Commons</td>
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<td>2018 Benton County Environmental Health Annual Report</td>
<td>Copy can be found at the Benton County Environmental Health Department</td>
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<td>2018 Benton County Public Health Annual Report</td>
<td>Copy can be received from Benton County Public Health Department</td>
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<td>Iowa Workforce Development: Laborshed Studies 2019 Vinton, IA Laborshed Analysis</td>
<td><a href="https://lwd-lmi.maps.arcgis.com/apps/MapSeries/index.html?appid=5ef1dd9fc9f64cc5b69a19b4b0dac282">https://lwd-lmi.maps.arcgis.com/apps/MapSeries/index.html?appid=5ef1dd9fc9f64cc5b69a19b4b0dac282</a></td>
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<td>2019 Iowa Hospital Association (IHA) Economic Impact of the Health Sector: Benton County</td>
<td>Copy can be found at the Benton County Public Health Department</td>
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Benton County Child Health Data:
- **HACAP**
- **2018 Quality Measure Rate Summary:** VGH (ACO Data)
- **CDC 2017 Behavioral Risk Factor Surveillance System (BRFSS)**
- **CDC 2017 Youth Risk Behavior Surveillance System (YRBSS)**

Women, Infants, and Children Participant and Program Characteristics (WIC)
- **HACAP 1st Five Program**
- **VGH Medical Staff Meetings**
- **Better Tomorrows Early Childhood Iowa Area Community Plan**
- **SAMHSA's 2016 Behavioral Health Barometer**
- **Human Services 2017 Child Welfare Data Report**
- **Iowa Child Maltreatment Prevention Needs Assessment 2017**
- **2018 Iowa Youth Survey Benton County Results**
- **Centers for Disease Control and Prevention: National Center for Chronic Disease Prevention & Health Promotion**
- **VGH Strategic Plan**
- **2017 Youth Risk Behavior Surveillance System**
- **The State of Obesity in Iowa**
- **American Foundation for Suicide Prevention: Iowa 2018**
- **Iowa Public Health Tracking Portal**
- **IDPH Single County Health Indicators Report 2007-2011**
- **2012 Drug Free Community Core Measurement Survey**

**Copy can be found at the Benton County Public Health Department**

**Copy can be found at the Benton County Public Health Department**

**https://www.cdc.gov/brfss/**

**https://www.cdc.gov/healthyyouth/data/yrbs/**

**https://www.fns.usda.gov/pd/wic-program**

**Copy can be found with the HACAP 1st Five Coordinator**

**Meeting minutes can be found with the Director of VGH Foundation**

**Copy can be found at the Benton County Public Health Department or from the Director of Better Tomorrows at director@bettermortrowseci.org**

**https://store.samhsa.gov/system/files/sma17-barous-16-ia.pdf**

**https://cwoutcomes.acf.hhs.gov/cwodatasite/**

**https://pcaiowa.org/content/uploads/2019/02/2017-iowa-child-maltreatment-prevention-needs-assessment.pdf**

**http://www.iowayouthsurvey.iowa.gov/images/2018_County_reports/06.Benton.pdf**


**Copy can be found at the office of the VGH CEO**

**https://www.cdc.gov/healthyyouth/data/yrbs/index.htm**

**https://www.stateofobesity.org/states/ia/**


**https://tracking.idph.iowa.gov/**

**https://tracking.idph.iowa.gov/Reports/Health-Snapshots**

**Copy can be found with the grant coordinator of the DFC Grant.**