



Community Health Needs Assessment



Mayo Clinic Health System – New Prague

November 15, 2013



Table of Contents

Executive Summary.....	3
Our Community.....	6
Assessing the Needs of the Community.....	12
Addressing the Needs of the Community	17



Executive Summary

Enterprise Overview:

Mayo Clinic is a not-for-profit, worldwide leader in patient care, research and education. Each year Mayo Clinic serves more than 1 million patients from communities throughout the world, offering a full spectrum of care from health information, preventive and primary care to the most complex medical care possible. Mayo Clinic provides these services through many campuses and facilities, including 24 hospitals located in communities throughout the United States, including Arizona, Florida, Georgia, Minnesota, Wisconsin and Iowa.

A significant benefit that Mayo Clinic provides to all communities, local to global, is its education and research endeavors. Mayo Clinic reinvests its net operating income funds to advance breakthroughs in treatments and cures for all types of human disease, and to bring this new knowledge to patient care quickly. Through its expertise and mission in integrated, multidisciplinary medicine and academic activities, Mayo Clinic is uniquely positioned to advance medicine and bring discovery to practice more efficiently and effectively. In addition, through its Centers for the Science of Health Care Delivery and Population Health Management, Mayo Clinic explores and advances affordable, effective health care models to improve quality, efficiency and accessibility in health care delivery to people everywhere.

Entity Overview:

Mayo Clinic Health System in New Prague provides a 25-bed critical-access hospital located in New Prague, Minn., as well as family medicine clinics in Montgomery and New Prague, and express-care clinics in New Prague and Belle Plaine.

New Prague is one of 17 hospitals within Mayo Clinic Health System (MCHS) and is part of its Southwest Minnesota region, which includes hospitals in Fairmont, Mankato, New Prague, Springfield, St. James and Waseca.

Mayo Clinic Health System in New Prague supports the community through inpatient and outpatient services and offers:

- **Emergency medicine**
- **Inpatient labor and delivery**
- **Multi-specialty and general surgery**
- **Inpatient Transitional Care** provides a step between hospital and home for patients who continue to need daily skilled care by a nurse and/or therapist. Patients who benefit from this type of care include those that are older, suffering from chronic illnesses or requiring daily therapy following an accident or injury.
- **The Birthing Center** provides comprehensive care to families with low- and high-risk pregnancies during labor, delivery and postpartum. Care is provided by an interdisciplinary



health care team consisting of the primary care provider and other medical staff, the infant's physician, nursing, lactation consultants, social services, pharmacy, occupational and physical therapy, and environmental dietary and chaplain services.

- **The Peace Center** is a food-distribution center serving individuals in New Prague and the surrounding area. Founded in 1983 and located on the campus of Mayo Clinic Health System in New Prague, the center helps nearly 5,000 individuals each year with their everyday needs.
- **The Fitness Center**, located near the New Prague hospital, is the community health club with more than 1,000 members of all ages and fitness levels. This facility offers state-of-the-art equipment, free weights and a wide variety of group exercise classes and programs.
- **Outpatient services** in allergy treatment, audiology, breast feeding assessment, cardiac rehabilitation, diabetes education, digestive care, ear/nose/throat, emergency medicine, family medicine, foot and ankle, infectious diseases, infusion therapy, internal medicine, laboratory testing, medical specialty assessment and treatment, neurology, nutrition, obstetric shared-care program, orthopedics, pain management, physiatry, rehabilitation therapies, radiology and imaging, respiratory therapy, social services, speech pathology, urology and women's health.

Mayo Clinic Health System is a family of clinics, hospitals and health care facilities serving more than 70 communities in Iowa, Georgia, Wisconsin and Minnesota. The health system includes more than 900 providers and serves more than half a million patients each year. As part of Mayo Clinic — a leading caregiver with nearly 150 years of patient care, research and medical education expertise — the organization provides a full spectrum of health care options to communities, ranging from primary to highly specialized care. Mayo Clinic Health System is recognized as one of the most successful regional health care systems in the United States.

Through the power of collaboration Mayo Clinic Health System provides patients with access to cutting-edge research, technology and resources that comes from Mayo Clinic. Our communities have the peace of mind that their neighbors are working together around the clock on their behalf.

Mayo Clinic Health System was developed to bring a new kind of health care to communities. By putting together integrated teams of local doctors and medical experts, we've opened the door to information sharing in a way that allows us to keep our family, friends and neighbors healthier than ever before.

Mayo Clinic's greatest strength is translating idealism into action. It's what our staff does every day for our patients, and it's how we transform hope into healing. We call this power "the Mayo Effect."

Summary of Community Health Needs Assessment:

For this Community Health Needs Assessment (CHNA), Mayo Clinic Health System in New Prague partnered with local community leaders to engage with all available stakeholder groups in the community, review publicly available health-related data and survey individuals. The results of the assessment are being used to guide Mayo Clinic Health System in New Prague's strategies and partnerships to maximize community health and wellness, patient care and population health management.



Mayo Clinic Health System is committed to studying and responding to health needs in the New Prague area through a community-wide approach. The New Prague CHNA project aims to leverage and strengthen existing relationships among health care providers, community services agencies organizations and volunteers in new ways to understand and respond to local health needs, as well as invite renewed awareness and engagement with the community at large.

The New Prague CHNA process identified and prioritized the following health needs for the New Prague area:

1. Health and wellness
2. Access to health care

The Mayo Clinic Health System in New Prague community assessment process was led by an internal MCHS committee comprised of representatives from hospital leadership, public affairs, compliance and fiscal services.

This committee viewed the community health needs assessment as an opportunity to better understand known health care needs and, if possible, identify emerging needs within each of the six Mayo Clinic Health System communities in the Southwest Minnesota region — Fairmont, Mankato, New Prague, Springfield, St. James and Waseca.

The committee also viewed this as an opportunity to begin assessing key elements of community receptivity to changes in care delivery, in particular the Mayo Clinic Health System objectives related to future care delivery, which are outlined by the Institute for Healthcare Improvement (IHI) Triple Aim Goal of:

1. Improving the patient experience of care, including quality and satisfaction
2. Improving the health of populations
3. Reducing the per capita cost of health care



Our Community

Overview:

Mayo Clinic Health System in New Prague primarily serves communities in Scott and Le Sueur counties in south-central Minnesota. The main medical campus is in New Prague, located in Scott County. Scott County is a mixed suburban and rural county, while Le Sueur County is rural and agricultural. Mayo Clinic Health System in New Prague's patient base comes from approximately 60,000 residents in Scott, Le Sueur, Rice and Sibley counties.



Description

According to the 2010 U.S. Census:

Population

- **New Prague:** 7,428.
- **Scott County:** 135,152. Increased by 4 percent from 2010-2012
- **Le Sueur County:** 27,677. Decreased by 0.1 percent during that period

Minnesota's population increased by 1.4 percent from 2010 to 2012.

Age

Population over age 65:

- **Scott County:** 8.5 percent
- **Le Sueur County:** 15.4 percent
- **Minnesota:** 13.6 percent



Gender

The ratio of males and females:

- **Scott County:** 49.8/50.2
- **Le Sueur County:** 50.4/49.6
- **Minnesota:** 49.7/50.3

Racial Demographics

According to the U.S. Census Bureau:

- **Scott County's population:** 87.9 percent Caucasian, 3.1 percent African-american, 1 percent American Indian or Alaska Native, 6percent Asian and 2 percent Other
- **Le Sueur County's population:** 97.5 percent Caucasian, .5 percent African-American, .4 percent American Indian or Alaska Native, .6 percent Asian and one percent Other
- **Minnesota's population:** 86.5 percent Caucasian, 5.5 percent African-American, 1.3 percent American Indian or Alaska Native, 4.4 percent Asian and 2.3 percent Other

Ethnicity, which is measured separately from race, showed that 4.6 percent of the population in Scott County and 5.5 percent in Le Sueur County identified themselves as Hispanic or Latino.

Economic conditions

According to County Health Rankings:

Single-parent households

The percentage of children living in a single-parent household:

- **Scott County:** 17 percent
- **Le Sueur County:** 26 percent
- **Minnesota:** 27 percent

Access to healthy foods

The percentage of low-income families with limited access to healthy foods:

- **Scott County:** 4 percent
- **Le Sueur County:** 1 percent
- **Minnesota:** 6 percent

Employment

The unemployment rate:

- **Scott County:** 5.9 percent
- **Le Sueur County:** 8.2 percent
- **Minnesota:** 6.4 percent

Educational attainment

High-school graduation rates:



- **Scott County:** 87 percent
- **Le Sueur County:** 82 percent
- **Minnesota:** 77 percent

Income

According to the U.S. Census Bureau, the median household income was:

- **Scott County:** was \$83,415
- **Le Sueur County:** \$58,074
- **Minnesota:** \$58,476

Poverty

According to the U.S. Census Bureau, the percentage of people living in poverty was:

- **Scott County:** 5 percent
- **Le Sueur County:** 9.2 percent
- **Minnesota:** 11 percent

Health behaviors

According to County Health Rankings:

Adult Smoking

The percentage of adults who smoke was:

- **Scott County:** 15 percent
- **Le Sueur County:** 14 percent
- **Minnesota:** 17 percent

Obesity

The percentage of adults who are obese was:

- **Scott County:** 25 percent
- **Le Sueur County:** 30 percent
- **Minnesota:** 26 percent

Physical activity

The percentage of residents reporting doing “no physical activity” was:

- **Scott County:** 17 percent
- **Le Sueur County:** 22 percent
- **Minnesota:** 19 percent



Clinical care

According to County Health Rankings:

Health insurance coverage

Those under 65 with no health insurance:

- **Scott County:** 8 percent
- **Le Sueur County:** 11 percent
- **Minnesota:** 10 percent

Primary-care physicians

Number of people per primary-care physician:

- **Scott County:** 1,591
- **Le Sueur County:** 4,616
- **Minnesota:** 1,140

Dentists

Number of people per dentist:

- **Scott County:** 2,233
- **Le Sueur:** 3,496
- **Minnesota:** 1,660

Diabetic Screening

The percentage of diabetics screened in the past year was:

- **Scott County:** 89 percent
- **Le Sueur County:** 77 percent
- **Minnesota:** 88 percent

Other Available Resources:

Within the service area of Mayo Clinic Health System in New Prague there are other resources available to meet the identified community health needs, including four other hospitals

1. St. Francis Regional Medical Center
2. Minnesota Valley Health Center
3. District One Hospital
4. Sibley Medical Center



Other health care-related organizations in the service area

Chiropractic

Back & Neck Clinic	New Prague
Erickson Family Chiropractic	New Prague
Giesen Family Chiropractic	New Prague
New Prague Family & Sports Chiropractic Center	New Prague
Lonsdale Chiropractic	Lonsdale

Dental

Douglas Vayda, DDS DMSc	New Prague
Main Street Dental	New Prague
New Prague Dental Center	New Prague
New Prague Gentle Dental Care	New Prague
South Suburban Oral & Maxillofacial Surgeons	New Prague
Geoffrey Iverson, DDS	Montgomery
Mark Brahs, DDS	Montgomery
Lonsdale Family Dental Clinic	Lonsdale
Belle Plaine Family Dentistry	Belle Plaine

Fitness/wellness

Anytime Fitness	New Prague
Snap Fitness	New Prague
Way to Yoga	New Prague

Food shelf

CAP Agency Food Shelf	Shakopee
Montgomery Food Shelf	Montgomery
Le Center Food Shelf	Le Center
Jordan Area Food Shelf	Jordan

Free/reduced clinic

Shakopee Mdewakanton Sioux Community and Scott County Public Health Mobile Health Clinic	Scott County
Health Finders Collaborative – Northfield	Northfield
Health Finders Collaborative – Dundas	Dundas
Sage Screening Programs – Allina	Various locations

Home care

Crystal Care Home Health Agency	New Prague
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Long-term care/memory care/senior care

The Thro Company (Mala Strana)	New Prague
Central Health Care, Inc.	Le Center
Ecumen-Country Neighbors	Le Center

Medical care

Parkview Medical Clinic	New Prague
Family Health Medical Clinic of Lonsdale	Lonsdale

Outpatient physical therapy

Optimal Sports Physical Therapy	New Prague
South Metro Theraplay	New Prague



Assessing the Needs of the Community

Overview:

Mayo Clinic Health System in New Prague identified and prioritized community health needs through a comprehensive process that included input from local community and organization leaders, public health officials, hospital leadership and other community stakeholders.

Community Input:

Mayo Clinic Health System in New Prague partnered with the City of New Prague, Scott and Le Sueur County Health Departments, Montgomery and Belle Plaine School Districts, New Prague Chamber of Commerce, New Prague Senior Center and community leadership.

Representatives of the community were essential in driving the identification and prioritization of community health needs. They represented a broad range of the community including children, adults, seniors, families and underserved populations. These representatives were asked to meet in order to share information and discuss community health need perceptions.

Public Health Department Input:

The public health departments of Le Sueur County and Scott County provided valuable information regarding community health needs and a unique perspective for underserved populations. Both agencies represent all residents in their counties and have several programs directed at low- to moderate-income individuals and families, individuals with disabilities and the Spanish-speaking population.

The public health department of Le Sueur County provides services to residents including: home care, W.I.C., family health, C.A.D.I. waiver program, infant and follow-along program, home visits, infant and child development, child and teen check-ups, immunizations clinics, family planning, E.C.F.E. and Head Start.

The public health department of Scott County provides services to residents including: public health-sponsored clinics, family health, child and teen check-ups, car-seat inspections, nursing-mom education, W.I.C., disease prevention and control, emergency preparedness and resources for families.

Interviews and surveys specific to underserved residents

An additional interview and survey were conducted by Mayo Clinic Health System October 1, 2013, with Cindy Shaughnessy, Le Sueur County director of public health. The purpose was to research the community health needs for underserved residents.



Survey questions included:

1. What specific groups of people or demographic does your organization serve?
2. Based on your experience, what are the top three quality of life concerns for those whom you serve?
3. In your opinion, what are the top three health concerns of those whom you serve?
4. In your opinion, what could our community do to improve concerns you identified in #2 and #3?
5. In your opinion, what barriers exist in our community that prevent those whom you serve from being as healthy as they could be?

Collaborating organizations

The following organizations participated in the CHNA:

Scott County Public Health
Jennifer Deschaine
200 4th Ave. W.
Shakopee, MN 55379

Montgomery Community Schools
Matthew Helgerson
101 2nd St. N.E.
Montgomery, MN 56069

Seneca Foods Corp.
(Large employer; employer of migrant workers)
Paul Hendrickson
600 5th St. S.E.
Montgomery, MN 56069

City of New Prague
Mike Johnson, administrator
118 Central Avenue N.
New Prague, MN 56071

Chart Industries
(Large employer)
Cheryl Kotek
407 7th St., N.W.
New Prague, MN 56071



New Prague Chamber of Commerce
 Kristi Mach
 101 Main St., E.
 New Prague, MN 56071

Le Sueur County Public Health
 Cindy Shaughnessy
 88 S. Park Ave.
 Le Center, MN 56057

Belle Plaine Public Schools
 Kelly Smith
 220 S. Market St.
 Belle Plaine, MN 56011

Individual participation

Individuals that participated in the CHNA:

When	Who	People or Demographic Served
6/14/2012 7/26/2012	Renee Brod Mayo Clinic Health System Board member Community member	Broad interests of the community
6/14/2012 7/26/2012	Jeanne Doheny Community member	Broad interests of the community
6/14/2012 7/26/2012	Eric Gage Emergency room physician	Medical community
6/14/2012 7/26/2012	Patrick Goggins Development board Community attorney	Broad interests of the community
6/14/2012 7/26/2012	John Grim County commissioner Business owner	All residents and organizations in the county
6/14/2012 7/26/2012	Julie Harmon Nurse	Medical community
6/14/2012 7/26/2012	Don Hayden Economic developer, retired	Broad interests of the community



6/14/2012	Matthew Helgerson	School-aged children and their families
7/26/2012	Montgomery Community Schools	

6/14/2012	Lonnie Helgeson	Broad interests of the community
7/26/2012	Electromed, Inc.	

6/14/2012	Paul Hendrickson	Business community and its employees, including migrant workers
7/26/2012	Seneca Foods Corp.	

6/14/2012	Cathy Herrmann	Broad interests of the community
7/26/2012	Community member	

6/14/2012	Michael Johnson	All citizens and organizations in New Prague
7/26/2012	City of New Prague City administrator	

6/14/2012	Marty Hermann	Medical community
7/26/2012	Physician	

6/14/2012	Cheryl Kotek	Business community and its employees
7/26/2012	Chart Industries	

6/14/2012	Kristi Mach	Business community and its employees
7/26/2012	Chamber of Commerce Director	

6/14/2012	Kelly Smith	School-aged children and their families
7/26/2012	Belle Plaine Schools Superintendent	

6/14/2012	Kris Solheid	Broad interests of the community
7/26/2012	Community member	

6/14/2012	Mark Swelland	Business community and its employees
7/26/2012	Business Owner	

6/14/2012	Kristin Tiegs	Medical community
7/26/2012	Physician	



6/14/2012	Jeremy Tupy	Medical community
7/26/2012	Chiropractor	
6/14/2012	George Winn	Medical community
7/26/2012	Dentist Mayo Clinic Health System Board member	
6/14/2012	Ben Zweber	Broad interests of the community
7/26/2012	Farmer, retired	
6/14/2012	Cindy Shaughnessy	All residents of Le Sueur County
7/26/2012	Le Sueur County	
10/1/2013	Public Health director	
6/14/2012	Jennifer Deschaine	All residents of Scott County
7/26/2012	Scott County Public Health director	

Process and Methods:

In 2012, Mayo Clinic Health System started planning for the community health needs assessment. Plans were developed to facilitate stakeholder engagement, conduct and assemble research, and prioritize health needs.

The processes and methods used to conduct the community health needs assessment involved working with community representatives and conducting primary and secondary data/research.

The community representatives met to discuss the reason and objectives of the community health needs assessment. At the meetings, the hospital service area was defined by counties; local data and trends were shared by the county public health representative and hospital administrator; county, state and federal data were reviewed; and time was allotted for questions and answers.

Community health survey

At the first meeting of community representatives, a survey tool (questionnaire) was given to everyone. Representatives took a minimum of 10 surveys for distribution throughout the community, in order to reach individuals who represent a wide range of community members, including underserved residents in the defined service area.

The survey contained questions regarding perceived quality of health care in the community, barriers to health care, use of health care, health care needs and demographic information. The survey was



completed between June 14 and July 26, 2012. A total of 220 were distributed; 141 people in the hospital's service area responded to the survey, representing a 64 percent return rate.

Secondary data/research

Secondary research consisted of gathering publicly available health-related data for the hospital's service area. Whenever possible, data was collected at the county level. Sub-county level data was not a focus of this research, but is provided, if available. This data was used to help determine and prioritize community health needs. Secondary data/research was accessed between June 2012 and September 2013.

Publicly available data included:

1. Socio-economic
2. Poverty rates
3. Health behaviors
4. Clinical care
5. Demographics
6. Obesity rates
7. Insurance coverage

Data used in the community health needs assessment include:

Centers for Disease Control – Obesity Prevalence
cdc.gov/diabetes/atlas/countydata/obprev/data_Minnesota.pdf

County Health Rankings
countyhealthrankings.org, accessed 8/30/2013

Demographic Trends and Social Service Landscape
demography.state.mn.us/documents/SusanBrower_MSSA.pdf

Minnesota Community Measurement on Chronic Disease Management
rwjf.org/content/dam/web-assets/2008/06/mn-community-measurement--mncm-

Population and Household Counts from the 2010 Census – Prepared by the Minnesota State Demographic Center
demography.state.mn.us/CityProfiles2010/cty015yr2010.pdf

State of Minnesota: State Demographers Office
demography.state.mn.us/index.html

U.S. Census 2010 Population Finder
census.gov/popfinder/?fl=27:2761816:27015:27033:27127



U.S. Census Bureau
quickfacts.census.gov, accessed 8/30/2013

U.S. Department of Agriculture: Economic Research Service
ers.usda.gov/data-products/county-level-data-sets/poverty.aspx#.UiDYsD-tnTo, accessed 8/30/2013

Information gaps

Some gaps in the information may lead to an incomplete assessment of community health needs.

Gaps identified in this process include:

1. Total cost of care for our population served
2. Detailed data on all culturally diverse populations, served since much publicly available data is collated into general population information
3. Market use data for outpatient services
4. Limited access to indigent or transient population health information

Analytical methods

Mayo Clinic Health System compiled and analyzed data from the community health survey to identify community health needs.

During the July 26, 2012, meeting, secondary data/research and input from the county public health director was also reviewed by Mayo Clinic Health System in order to identify community health needs perceived by community representatives.

A final interview and survey with the county public health director were conducted October 1, 2013, to identify community health needs of all residents including underserved populations.

Third-party assistance

No third parties were contracted with or used to assist in conducting the community health needs assessment.



Addressing the Needs of the Community

Overview:

After reviewing and analyzing primary and secondary data collected from the community, Mayo Clinic Health System prioritized the community's health needs.

Prioritization Process:

A second meeting of community representatives was held July 26, 2012. The objective was to review survey results, analyze data and identify community health care needs. Three questions were asked of the community representatives:

1. What can be done to improve the health and quality of life in our community?
2. What non-traditional methods (technology, team-based care, etc.) can we implement to improve access to health care in our community?
3. As health care premiums, co-pays, and deductibles rise, what health and wellness strategies or programs should we offer to keep our community healthy?

After the community representatives identified the community health needs, the following question drove the prioritization process which resulted in the prioritized community health needs.

1. Of the community health needs identified, which would provide the greatest benefit to our community?

Mayo Clinic Health System then reviewed all of the available data and community input in order to prioritize the community's health needs.

Prioritized Community Health Needs:

1. Health and wellness
2. Access to health care