

ETMC Fairfield Community Health Needs Assessment Executive Summary 2016

As a part of the mission of care of East Texas Medical Center Fairfield, the hospital conducted a Community Health Needs Assessment (CHNA) in 2015-16, with the goal of advancing community benefits planning and better meeting the needs of specific populations.

Definition of the Community Served

ETMC Fairfield is the only inpatient hospital serving the needs of Freestone County (population 20,142), which includes the cities of Donie, Kirvin, Streetman, Teague, Wortham and Fairfield. Approximately 75% of the patients admitted to ETMC Fairfield come from Freestone County, with the remainder primarily from Leon and other nearby counties. Key demographic statistics include:

- Approximately 18% of the Freestone County residents are age 65 and older, higher than the state average of 11%.
- Median household income for Freestone County was \$46,763 in 2015, below the Texas average of \$47,442.
- The unemployment rate in Freestone County in 2015 was 5.8%, lower than the state average of 8.1%. A total of 26% of Freestone County residents are uninsured, and 16% live in poverty.

The CHNA: Process and Methods

ETMC Fairfield undertakes a major Community Health Needs Assessment every three years. The most recent process began in early 2015, as representatives from the community were identified for personal interviews based on specific roles/expertise, such as family health, mental health, seniors' services and outreach to special populations. The following organizations were represented in the interviews held at ETMC Fairfield on May 20-21, 2015.

- Emergency Medical Resources (private business)
- Fairfield Emergency Medical Services director and board member)
- Luminant (major employer)
- Hairdresser
- Women's health Nurse Practitioner
- Resident – Dew, Texas
- Fairfield Hospital District (retired school principal and superintendent)
- Resident – Fairfield, Texas (early child educator)
- Deputy Chief Appraiser

The interview task force included the administrator from ETMC Fairfield, as well as members of the ETMC Regional Healthcare System's CHNA team. In addition to the Fairfield-based interviews, persons from Northeast Texas Public Health District, the East Texas Food Bank and The Hospice of East Texas were interviewed by the CHNA project team in Tyler, Texas in July 2015. These additional sessions provided a regional perspective to health-related needs in the East Texas territory served by the ETMC system.

Selection of Interviewees

The interview planning process involved consideration of persons/organizations that could best represent the community, including minority populations and those segments that are medically underserved. The variety of organizations interviewed was instrumental to the depth of information gathered and the success of the project.

Significant Health Needs Identified

Each person interviewed was asked a series of standard questions, with further discussion on areas and populations specific to their community role and perspective. From their responses – as well as substantial data from state and local resources – the following health needs were identified:

Areas of greatest concern:

- Lack of mental health resources
- Aging populations across East Texas, and the resulting increased healthcare needs
- Seniors' access to healthcare in rural areas
- Family and lifestyle issues: shorter life expectancy in East Texas due to a perfect storm of smoking, poverty, low education, lower rates of exercise, poor nutrition and lack of healthcare access
- Lack of life skills among teens/young adults

Specific areas of healthcare concern for Fairfield/Freestone County include:

- Need for more primary care physicians and available appointments (including expanded clinic hours). Wait time can be two to three weeks for an appointment, and people want to see a doctor, not an NP. People need a "medical home."
- Access to more specialty physicians, including OB/GYN, cardiology, minor surgery and pediatrics – including care for special needs kids. Concerns regarding high cancer rate in Freestone County.
- Education and resources regarding mental health disorders and care, including more community and court collaboration.
- Curb inappropriate use of the Emergency Department through education to minority populations, particularly Hispanic, with many people lacking health coverage. Add bilingual nurses to the clinics.
- Lifestyle issues and related health disorders, including poor nutrition (and lack of access to fresh produce), obesity, diabetes, smoking, high blood pressure and lack of physical fitness. Need to encourage discipline and self-accountability, since information is there.
- Significant use of alcohol and illegal drug abuse, including among teens. Also, issues involving teen sexual activity and dating violence.
- Assistance for the aging population, especially regarding management of medications and medical transportation for seniors. Growing need for assisted living centers.
- Education on health services available at hospital and clinics, plus community education on health topics and wellness, including end-of-life care. Greater access to health screenings/health fairs, in locations where people feel comfortable.
- Need for more dentists to serve the county.
- Overall: growing poverty rate and need for affordable health insurance, as well as assistance in navigating the complexity of the medical care.

A study of Freestone County health data identified the following area of concern, based on rankings worse than the Texas average: Mortality – heart disease.

In addition to healthcare needs, the CHNA process revealed areas of concern regarding other community issues. These included: lack of jobs, especially in home communities; public transportation for all residents in need of this service; access to fitness facilities; and need for additional community parks.

Online Community Health Survey

During the summer of 2015, the ETMC Regional Healthcare System piloted an online Community Health Survey, open to any adult in the East Texas region served, including Carthage/Panola County. The survey was designed to help ETMC:

- Identity current and future healthcare needs in each community
- Know topics of interest for health and fitness education
- Raise awareness of local and regional healthcare concerns
- Determine trends in demographics related to healthcare
- Improve and strengthen our programs and services

Promotion of the survey was accomplished through news releases, flyers, ETMC newsletters and communications with ETMC team members and community leaders. During July, a total of 2,651 East Texans completed the online survey – providing ETMC with additional input to the Community Health Needs Assessment and to our ongoing Community Benefits Planning. The survey program was well worth the effort, as it reinforced the knowledge gleaned from individual interviews and local/state health statistics. All responses were confidential.

Addressing Significant Health Needs

The CHNA process employed by ETMC Fairfield was of great importance in identifying the community's need to better understand the resources available through the hospital, its clinics and related services. This includes greater collaboration with the agencies and organizations that participated in the interview process, as well as others. In 2016, ETMC Fairfield will continue the CHNA dialogue and provide organizations with a platform for distributing information, aligning goals and ultimately better meeting the health and community needs identified. In addition, the hospital is acting on the information gleaned through the CHNA process by evaluating its programs and piloting new projects as part of its ongoing community benefits planning.

ETMC Fairfield Community Health Needs Assessment Data Analysis Summary

Community Profile

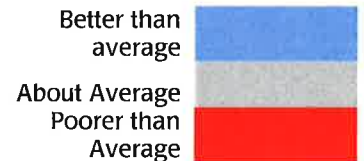
Freestone County is located in the ETMC West Region, also encompassing Henderson and Van Zandt counties.

Approximately 18% of the 20,142 Freestone County residents are age 65 and older, significantly higher than the state average of 11%.

Median household income for Freestone County was \$46,763 in 2015, less than the Texas average of \$47,442.

The unemployment rate in Freestone County in 2015 was 5.8%, less than the state average of 8.1%. 26% of Freestone County residents are uninsured, and 16% live in poverty.

Freestone County Community Profile				
Indicator	Freestone County	West Region	Texas	Freestone/ Texas Ratio
Demographic Indicators				
% Increase	2.9%	2.9%	6.7%	0.43
% 65 and Older	18.4%	20.5%	11.7%	1.57
% Hispanic	15.8%	12.2%	38.9%	0.41
% African American	15.8%	6.5%	11.6%	1.36
Socioeconomic Indicators				
% Poverty	16.7%	18.3%	17.2%	0.97
Median Income	\$46,763	\$42,996	\$47,442	0.99
% Unemployment	5.8%	7.9%	8.1%	7.16
% High School Education	31.6%	32.4%	21.8%	1.45
Language Other Than English Spoken at Home	10.7%	8.4%	32.5%	0.33
% Medicaid	11.2%	13.9%	13.5%	0.83
% Uninsured <65	25.9%	26.3%	24.8%	1.04



Maternal, Infant and Child Health

There were 214 babies born to Freestone County mothers in 2013.

The rate of pregnant women in Freestone County who obtain prenatal care in the first trimester falls below the state average. Also of concern in Freestone County is the high rate of women who report smoking during pregnancy.

Although improving, the confirmed rate of child abuse/neglect cases in the county exceeds the Texas average.

Freestone County

Community Profile

Indicator	Freestone County	PHR 4/5N	Texas	Freestone/Texas Ratio
Timely Prenatal Care	56.0%	54.7%	62.5%	0.9
Teen Pregnancy	n/a	3.5%	3.2%	n/a
LBW	n/a	7.4%	8.3%	n/a

Better than average

About Average

Poorer than Average



Personal Responsibility

Based on the ongoing Behavioral Risk Factor Surveillance Survey (BRFSS), residents of East Texas (Public Health Region 4/5N encompassing the ETMC Service Area) have significantly higher rates of smoking, exercise less and are more likely to have high blood pressure and high blood cholesterol levels.

Surprisingly, the rate of women age 40 and older in East Texas who did NOT obtain a mammogram in the last 2 years is 1.2 times the state average.

Freestone County

Personal Responsibility

Indicator	PHR 4/5N	Texas	PHR/Texas Ratio
Behavioral Risk Factors			
Current Smoker	23.4%	14.5%	1.6
Heavy Drinking	3.8%	5.8%	0.7
No Leisure Time Exercise	35.3%	27.6%	1.3
Overweight/Obese	64.9%	67.8%	1.0

Use of Preventative Services

No Flu Shot (Age 18+)	60.4%	62.1%	1.0
No Mammogram within 2 years (Age 40+)	33.6%	29.0%	1.2
No Pap Smear within 3 years	37.5%	29.0%	1.3
No Sigmoidoscopy/Colonoscopy (Age 50+)	39.4%	36.9%	1.1

Mental Health

Depressive Disorders	16.5%	14.6%	1.1
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Better than average

About Average

Poorer than Average




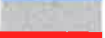

Incidence/Prevalence of Disease

The BRFSS also indicates that East Texas residents have significantly higher rates of diagnosed diabetes, cardiovascular and cerebrovascular disease and asthma.

An estimated 1,900 adults in Freestone County are living with diagnosed diabetes. Another 1,100 adults are estimated to have pre-diabetes.

Freestone County Incidence/Prevalence of Disease

	PHR 4/5N	Texas	PHR 4/5N Texas Ratio
Diagnosed Diabetes, Age 18+	12.3%	11.0%	1.12
Cardiovascular Disease	8.7%	7.8%	1.12
Had a Stroke	2.6%	3.0%	0.87
Asthma	9.6%	6.7%	1.43

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Injury/Illness


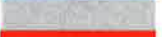

The rates of hospital admissions due to unintentional falls among Freestone County residents are twice the state average.

Freestone County Injury

Indicator	Freestone County	PHR 4/5N	Texas	Freestone/ Texas Ratio
Unintentional Falls/10,000	43.1	26.1	23.1	1.9
Motor Vehicle Accidents/10,000	12.9	10	10.6	1.2

2013 Potentially Preventable Hospitalizations/1000

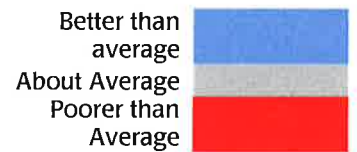
	Freestone County	West Region
Congestive Heart Failure	3.1	3.1
Bacterial Pneumonia	2.8	3.7
COPD	2.0	3.1
UTI	1.1	1.8

Better than average 
 About Average 
 Poorer than Average 

Mortality

Freestone County mortality rates for all causes, cardiovascular disease and cancer are higher than state averages.

Freestone County Age-Adjusted Mortality 2013				
Indicator	Freestone County	PHR 4/5N	Texas	Freestone/Texas Ratio
All Causes	845.4	874.5	749.2	1.1
Cardiovascular Disease/100,000	222.4	222.0	170.7	1.3
Cancer/100,000	179	171.3	156.1	1.1
Cerebrovascular Disease/100,000	n/a	46.4	40.1	n/a



Availability of Healthcare Services

The ratios of healthcare providers in Freestone County fall well below Texas averages, impacting access to care.

A portion of Freestone County has been federally designated as a Medically Underserved Area (MUA). The county is also designated as a Health Professional Shortage Area (HPSA) for primary care based on low county income, and is also a mental health HPSA.

Freestone County Availability of Healthcare Services				
Indicator 2015	Freestone County	West Region	Texas	Freestone/Texas Ratio
Primary Care Physicians/100,000	34.8	39.1	71.9	0.48
Physician Assistants/100,000	9.9	11.1	25.5	0.39
Nurse Practitioners/100,000	29.8	21.5	44.8	0.67
Dentists/100,000	14.9	23.5	47.0	0.32
Pharmacists/100,000	59.6	53.5	88.8	0.67

