



FY2022 Avera Dells Area Hospital
Community Health Needs Assessment
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Executive Summary

Avera Dells Area Hospital, as part of their commitment to mission and the community, has conducted a Community Health Needs Assessment (CHNA) for the communities we serve. Avera Dells is located in Dell Rapids, S.D. which is 20.5 miles north of Sioux Falls, S.D. Sioux Falls is the largest city in the state of South Dakota with a population of 192,517 in the 2020 census.

Avera Dells provides services to communities located within the rural Southeastern region of the state. In defining community, Avera Dells has taken in to consideration members of Minnehaha, Moody, and Lake Counties and surrounding service areas regardless of socio-economic status. Avera Dells is committed to meeting the needs of all who need care regardless of their ability to pay. This report focuses on the communities of Dell Rapids, Garretson, Baltic, Colton, Chester, and Sherman located in Minnehaha County; Trent and Colman located in Moody County; and Chester located in Lake County. The majority of services provided are to members of these communities.

This report fulfills the requirements set forth by the Internal Revenue Code 501(r)(3) a statute established within the Patient Protection and Affordable Care Act (ACA) which requires not-for-profit hospitals to conduct a CHNA every three years. This report includes qualitative and quantitative information from local, state, and federal sources. Input was received from persons that represented a broad range of interests in the community including persons representing the medically underserved and vulnerable populations.

Throughout the prioritization process, Avera Dells identified expanding the variety of health services offered; and expanding access/convenience to current and future health services as the top two priorities for the 2022 CHNA. Avera Dells will collaborate with local community partners to develop, implement, and measure activities to address these needs.

Introduction

Avera Dells Area Hospital is a licensed 23-bed critical access hospital located on the northern most part of Minnehaha County, S.D. Avera Dells is a leased facility operating under Avera McKennan Hospital & University Health Services of Sioux Falls, S.D., which is part of the greater Avera Health system. The Avera Health system includes hospitals, clinics, home care, long term care, and other health services at more than 300 locations in South Dakota, North Dakota, Minnesota, Iowa and Nebraska.

In 1998, the Presentation Sisters and the Benedictine Sisters joined their individual health ministries to form Avera. The formation of Avera is reflected in our name. The Avera Name is derived from the Latin term meaning “to be well”.

Avera Mission Statement

Avera is a health ministry rooted in the Gospel. Our mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values.

Avera Values

Compassion, Hospitality, and Stewardship

Although it is an IRS requirement to conduct the CHNA every three years, the awareness of needs, through data collection and collaboration with community leaders, fits our mission and vision of improving the health of people in our service area. Data collection for Avera Dells 2022 CHNA began in July of 2021.

The CHNA objectives were:

- To recognize health-related needs in our service area.
- To prioritize needs to determine appropriate follow-up.
- To develop community driven goals and strategies to address the identified needs.
- To take steps that will improve the health and lives of those living in our service area.

Community Demographics

Community Description:

Demographic and health-related statistics were obtained from a number of sources including the South Dakota Department of Health, U.S. Census Bureau, and County Health Rankings. Avera Dells service area covers portions of three counties (Minnehaha, Moody, and Lake County) and eight rural communities, consisting of 8,403 South Dakota residents. The eight rural communities include: Dell Rapids (3,996), Garretson (1,228), Baltic (1,246), Colton (738) and Sherman (81), located in Minnehaha County; Colman (634) and Trent (206), located in Moody County; and Chester (257), which is located in Lake County. The location of these counties is shown in Figure 1 and Figure 2 and community population percentage are shown in Figure 3. (US Census Bureau, <https://factfinder.census.gov>)

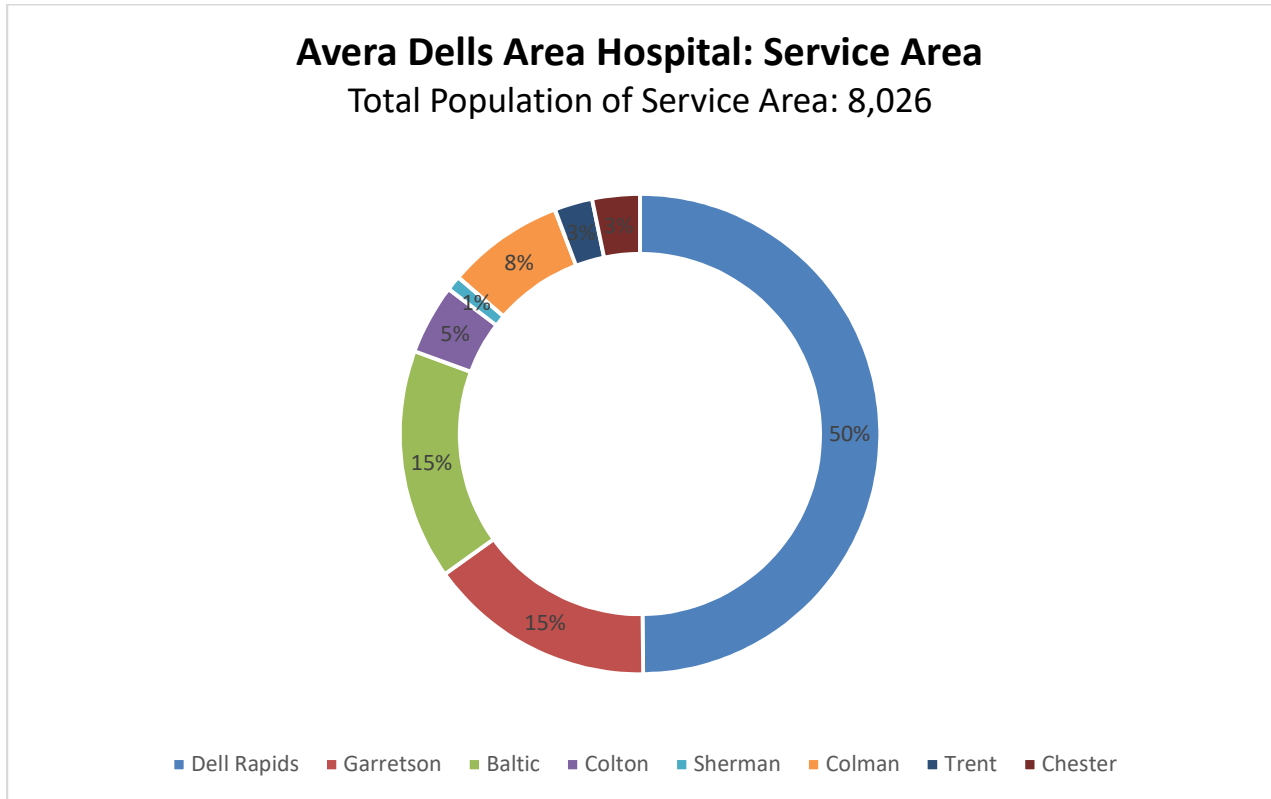
Figure 1: Map of Counties



Figure 2: Map of Counties



Figure 3: Community Population Percentage



(US Census Bureau, <https://factfinder.census.gov>)

According to our electronic medical record system, nearly 85 percent of Avera Dells patients reside in Minnehaha County. Collectively Lake and Moody Counties represent the remaining 15 percent. The service area for the Avera Dells is largely rural in nature, with limited ethnic diversity. Avera Dells is located in Dell Rapids, which is 20.5 miles from Sioux Falls, S.D and residing within the same county. Sioux Falls is the largest city in the state of South Dakota. Being this close to Sioux Falls presents both opportunities and challenges for businesses and residents in our rural communities.

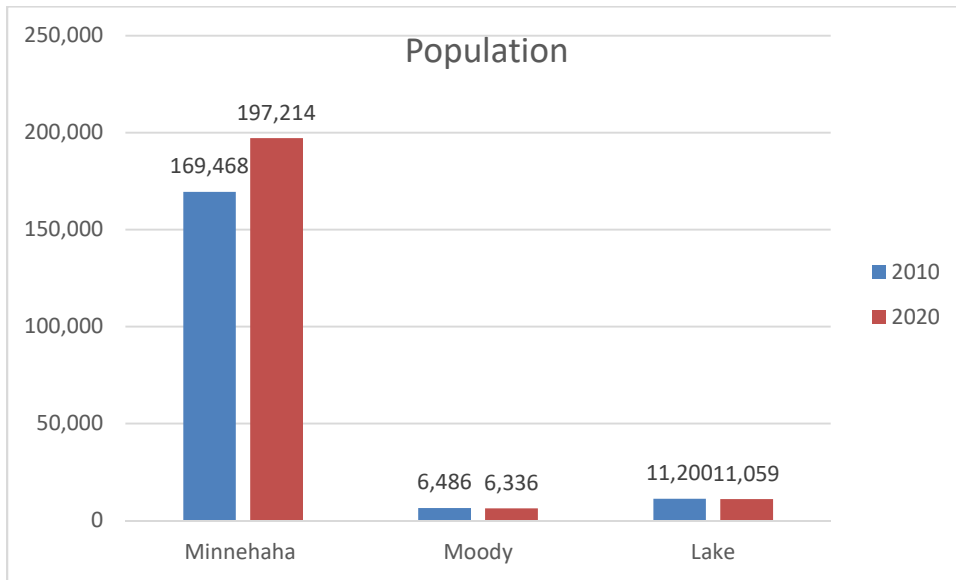
Avera Dells residing within the same county as Sioux Falls also presented some challenges in data collection. Much of the secondary data was only available at the county level, rather than at the specific city/town level. Therefore, the secondary data specific to Minnehaha County is somewhat misleading. For example there is more diversity in Sioux Falls than in the Avera Dells service area.

Population:

The following demographic and socioeconomic information regarding Minnehaha, Lake, and Moody County represents the entire service area of Avera Dells.

Per the U.S. Census Bureau (2020 Data), there are 197,214 people residing in Minnehaha County; 6,336 people residing in Moody county; and 11,059 people residing in Lake County. The populations for Minnehaha, Lake, and Moody County have been relatively stable for the past two decades. The total population of all three counties in both the 2010 and 2020 census is indicated in Figure 4.

Figure 4: Total Population

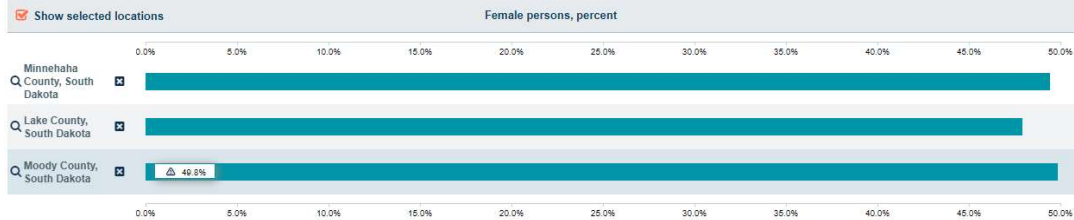


(US Census Bureau, <https://factfinder.census.gov>)

Gender, Age, Ethnic/Race:

The gender, age, and ethnic characteristics in the service area are similar in comparison to the total county. The population for all three counties is comprised of approximately half males and half females as shown in Figure 5. According to the U.S. Census Bureau 2020 American Fact Finder, on average, 24 percent of persons living within the three counties are under the age of 18 as shown in Figure 6. On average 18.8 percent are 65 years of age or older as shown in Figure 7. On average, 86.7 percent of the three counties populations are Caucasian. There are small populations of Native Americans, Hispanics, Asian, and African Americans as shown in Figure 8.

Figure 5: Gender



(US Census Bureau, <https://factfinder.census.gov>)

Figure 6: Persons under 18

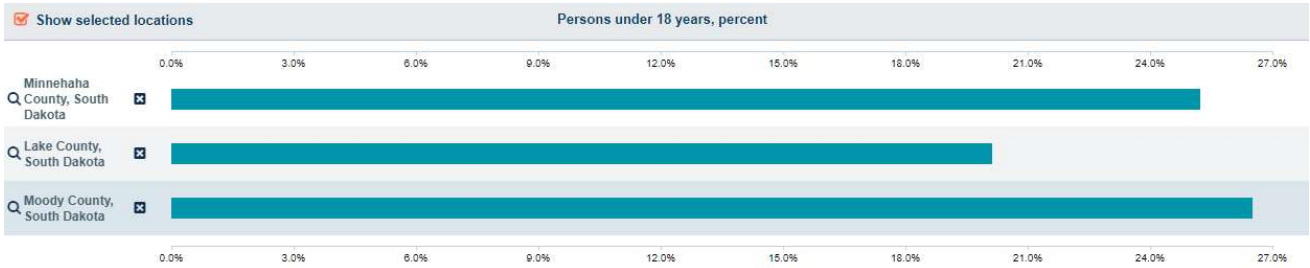


Figure 7: Persons over 65



Figure 8: Ethnic/Race Breakdown

All Topics	Minnehaha County, South Dakota	Lake County, South Dakota	Moody County, South Dakota
Population Estimates, July 1 2021, (V2021)	199,685	10,851	6,315
Race and Hispanic Origin			
White alone, percent	86.2%	94.7%	79.4%
Black or African American alone, percent (a)	6.1%	1.3%	1.4%
American Indian and Alaska Native alone, percent (a)	2.8%	1.4%	13.8%
Asian alone, percent (a)	2.1%	0.9%	2.1%
Native Hawaiian and Other Pacific Islander alone, percent (a)	0.1%	0.1%	0.0%
Two or More Races, percent	2.5%	1.7%	3.4%
Hispanic or Latino, percent (b)	5.1%	2.7%	4.6%
White alone, not Hispanic or Latino, percent	82.0%	92.6%	76.6%

(US Census Bureau, <https://factfinder.census.gov>)

Household Type & Income:

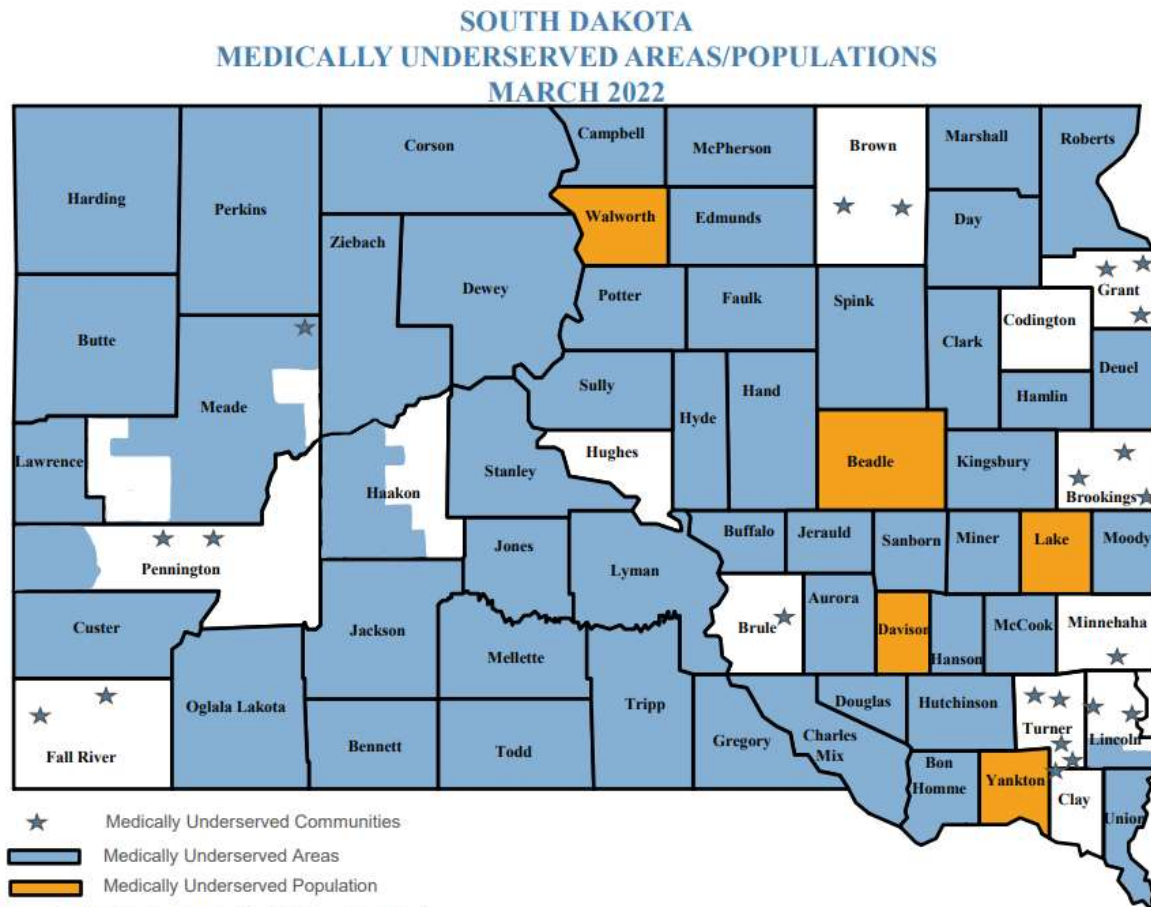
There are 78,453 households in Minnehaha County; the average number of person(s) per household in Minnehaha County is 2.36. There are 2,608 households in Moody County; the average number of person(s) per household in Moody County is 2.40. There are 4,712 households in Lake County; the average number of person(s) per household in Lake County is 2.59. The median household income for Minnehaha, Moody, and Lake County are as follows: \$63,699, \$61,894, and \$63,165 (US Census Bureau, American Fact Finder).

Medically Underserved/Underinsured:

According to the South Dakota Department of Health, Office of Rural Health, as of March 2022, Lake County is the only county that has been designated as a Medically Underserved Area as shown in Figure 9. Moody and Minnehaha County do not hold this designation.

According to County Health Rankings and Roadmaps, the overall uninsured rate of South Dakotans is at 12 percent compared to Minnehaha at 11 percent, Lake at 9 percent, and Moody County with an uninsured rate of 14 percent.

Figure 9: Medically Underserved Counties



Health Risks and Behaviors:

South Dakota recorded 795.9 deaths per 100,000 from 2016-2020. The five leading causes of death for South Dakota in 2020 were cancer, heart disease, Covid-19, unintentional injuries, and Alzheimer’s disease. Table 1 lists the number of deaths in 2020 in Minnehaha, Moody, and Lake Counties.

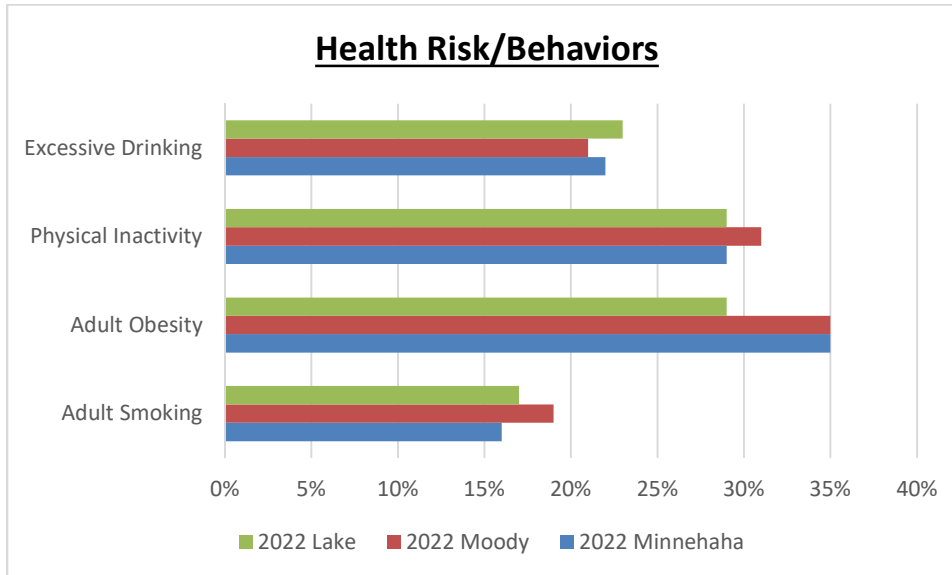
Table 1: 5 Leading Causes of Death in South Dakota

Leading Cause of Death	Minnehaha	Lake	Moody
Cancer	339	12	22
Heart Disease	328	17	26
Covid-19	262	15	14
Unintentional Injuries	100	2	5
Alzheimer’s Disease	92	3	5

(SD Department of Health, 2016-2020)

According to County Rankings and Roadmaps, health risk factors such as tobacco use, excessive drinking, and obesity are identified as causes for cancers, cardiovascular diseases, respiratory conditions, and other chronic diseases. Figure 10 details Minnehaha, Moody, and Lake County’s percentages of excessive drinking, physical inactivity, adult obesity, and adult smoking.

Figure 10: Health Risk Behaviors



(County Rankings and Roadmaps, 2022)

Per County Health Rankings and Roadmaps, from 2021 to 2022, Minnehaha County saw a reduction in adult smoking (from 17% to 16%), an increase of adult obesity (from 31% to 35%), an increase of physical inactivity (from 21% to 29%), and a decrease in excessive drinking (from 23% to 22%). From 2021 to 2022, Moody County saw a reduction in adult smoking (from 21% to 19%), a reduction in adult obesity (from 39% to 35%), an increase of physical inactivity (from 28% to 31%), and a

decrease in excessive drinking (from 22% to 21%). From 2021 to 2022, Lake County saw a reduction in adult smoking (from 18% to 17%), a decrease of adult obesity (from 33% to 29%), an increase of physical inactivity (from 25% to 29%), and a decrease in excessive drinking (from 24% to 23%).

CHNA Process

Primary Data Collection:

Avera Dells worked hard to garner a significant level of positive engagement and input from a variety of Minnehaha/Lake/Moody County stakeholders. The assessment began with the gathering of primary data for Avera Dells service area through the use of a survey targeting key stakeholders. To ensure accurate input and representation from the service area, primary data collection included engagement of local community members of which represented a broad range of interests. These individuals/entities received personalized invitations followed by one-on-one phone calls and emails in an effort to engage them in the CHNA process. The following representatives from the community were invited to participate.

- Assisted Living – Director
- After School Program - Director
- Bus Transportation - Manager
- Chamber of Commerce - Director
- Community Development - President
- Dentistry – Dentist/Owner
- Elected State Officials – Mayor
- Emergency Medical Services – EMS worker
- Fire Department – First Responder
- Food Pantry - Director
- Hospital – Medical Director
- Large Business Owner
- Law Enforcement - Officer
- Long Term Care – Interim Director
- Ministerial Association – Pastor
- Moody County Public Health - Nurse
- Preschool – Director/Owner
- Private School - Superintendent
- Public School - Principal
- Senior Meals Program - Director
- Small Business Owner
- Wellness Center - Trainer

Of the engaged entities, the following organizations represent and serve the medically underserved, low-income, and/or minority populations: Moody County Public Health Nurse, Director of the Food Pantry, Director of the Senior Meals Program, and a Pastor from the Ministerial Association. It was crucial for Avera Dells to have involvement from these identified individuals.

In addition to targeted input from key stakeholders, Avera Dells collected data from community members. Avera Dells administered surveys to community members over a 2 week period starting on July 19th, 2021 to July 30th, 2021. During that time local college students surveyed participants 1:1 while

entering responses into an electronic survey. Over the course of these 2 weeks, 229 community members responded to the survey. Survey questions prompted participants to identify personal health challenges, access to care, quality of care, local services, the most significant healthcare needs are facing their community, and the Covid-19 pandemic. We also asked questions to evaluate our previous 2019 CHNA goals: public awareness/education of local services; and nutrition education. Participants were encouraged to provide candid feedback through both multiple choice responses and open ended free-text responses. The survey was then compiled in a confidential manner and reported in the aggregate. A copy of the focus group questions are included in the Appendices.

CHNA Prioritization

Prioritization Process:

The Avera Dells Area Medical Staff, Advisory Board, and Hospital Leadership Team worked diligently with the information provided from survey results to prioritize the community's current health needs based on the following criteria: significance to the community; the need for additional resources; alignment with organizational mission; and impact on vulnerable populations. After the surveys were conducted and all notes/comments recorded, the hospital staff began identifying focus areas based off the feedback received from the community and the criteria listed above. Those focus areas identified were: public awareness and use, availability/variety of local hospital services, convenience to care, tobacco education/cessation, mental health, physical activity, outreach services, and nutrition education. The respondents were asked to rank the focus areas based on greatest need/importance; they were to choose their top two. Throughout this prioritization process, Avera Dells was able to identify two focus areas for the 2022 CHNA: variety of local healthcare services and access/convenience to medical care. The following is a more detailed explanation of the two focus areas identified.

Variety of Local Healthcare Services:

Information gathered from community members revealed a consistent message that Minnehaha County offers many health services. However, there was an overwhelming feeling that many of those services were limited to Sioux Falls rather than in the Dell Rapids Hospital's service area. Therefore, the CHNA prioritization process suggested that expansion of healthcare services in the Avera Dells service area should be part of the implementation plan. Comments received specifically mentioned therapy services, wound care, diabetes specialty, and certain imaging procedures.

Convenience to Medical Care:

Information gathered from community members also revealed that while many services are offered in our service area, several are only offered in a narrow timeframe, only on certain days, or are limited in capacity. While respondents indicated that several healthcare services are available daily or even after-hours in Sioux Falls at one of the major health systems, the overwhelming sentiment is that many of those same healthcare services are only offered during very narrow timeframes in our service area. Comments received specifically mention mammography, home healthcare, hospice care, therapy, and imaging services.

Available Resources:

The following is a list of community health resources available in the service area:

Avera Dells Area Hospital

- Provider-Based Primary Care Clinic with 4 Providers
- 24/7 Emergency Department
- Inpatient and Outpatient Physical, Occupational, and Speech Therapies
- Dietician
- Cardiac Rehabilitation and Pulmonary Rehab Program
- Planet Heart Screenings
- Coordinated Care/Care Transitions
- Local Lab and Radiology Services
- Lung Cancer Screenings
- 3D Mammography
- Hospital Auxiliary
- Hospital Foundation
- Hospital Advisory Board
- Avera Medical Group Garretson – Primary Care Outreach
- Avera Dells Area Hospital Facebook Page
- Avera Dells Area Hospital Website
- Avera Medical Group Dell Rapids Website
- Avel eCARE (E-Emergency, E-Hospitalists, E-Sexual Assault Nursing Educator)

Other Resources:

- Dells Nursing and Rehab Center – Long Term Care Facility
- Sanford Orchard Hills – Assisted Living
- Palisades Manor – Garretson Long Term Care Facility
- Dell Rapids Community Food Pantry
- Dell Rapids/Brookings Transit
- Dell Rapids Public School
- Dell Rapids St. Mary’s School
- Colman-Egan Public School
- Garretson Public School
- Baltic Public School
- Chester Public School
- Ministerial Association
- Meal-on-Wheels

Evaluation of Impact for FY2019 CHNA:

Avera Dells reviewed the previous CHNA conducted in 2019. Since the prior CHNA was completed, Avera Dells has not received requests for printed copies of the assessment nor have we received written comments regarding the CHNA or Implementation Plan. As a result of the 2019

Avera Dells Area Hospital - 2022 Community Health Needs Assessment

CHNA, the following health needs were identified as priority health needs in the community. Evaluations of impact for the FY2019 CHNA are listed below:

Public Awareness:

Through the increased use of both social media and online portals, Avera Dells was able to increase public awareness throughout Minnehaha, Moody, and Lake County to promote local health care services that were/are currently available to the community. To achieve this goal, Avera Dells participated in several community events, such as parades, high school activities, and other local congregational functions. These identified events provide a great opportunity for Avera Dells to promote local health services, as well as to educate the public on preventative health and wellness programs and opportunities. The hospital was committed to supplying sponsorship dollars and employee's time to help promote/educate services to the community.

When it came to printed material, the Dell Rapids Tribune continued to show a significant following from area community members, both in print and online. Therefore, these publications continued to offer significant opportunities to spread more consistent educational information throughout the community. Over the last three years, Avera Dells was also able to organize its online tools and resources – like Facebook and the hospital's website – so that the community could receive the same consistent health care information/message no matter which online resource they reference.

Nutrition:

While the 2019 CHNA primary and secondary data collection showed the general population has a good understanding of the importance of consuming a balanced, nutritious diet, the data and results showed that such behaviors have opportunity to be improved upon. Therefore, a resounding theme that came out of the CHNA process was the need for a more comprehensive focus on encouraging and motivating nutritious lifestyles throughout the community. To accomplish this, Avera Dells was able to hold several events in the community to improve knowledge about nutrition as it relates to health. An Avera Dietician met with members of the community at our local grocery store to educate on diet, portion size, specific diets, and recipes. The dietician utilized only groceries found in our local store and provided samples of nutritious meals and snacks.

For a large portion of the last 3 years, Avera Dells faced several additional barriers to its CHNA efforts. The Covid-19 pandemic caused many of those community events being utilized to improve public awareness to be cancelled. In addition, expanded patient volumes, severe staffing shortages, and the Covid 19 pandemic took valuable resources that would have normally been allocated to CHNA efforts.

On May 23, 2022 the Avera Dells Area Hospital Advisory Board approved the Avera Dells Area Hospital Community Health Needs Assessment.

Board Chair: 

Mike Park

Date: 5-23-22

(Appendix A) Survey Questions:

What is your age?

What is your sex?

Ethnicity (Race)

Household Income

Number of people living in your household

Your zip code

Are you a caregiver?

What type of healthcare coverage do you have?

How would you describe your overall health?

Have you ever been diagnosed with any of the following chronic health conditions? Check all that apply

Which of the following preventative health measures have you had in the past 12 months? Check all that apply

Please choose all statements below that currently apply to you

Was there a time in the past 12 months when you needed to see a healthcare provider (Doctor, PA, Nurse Practitioner) but couldn't for any of the following reasons.

How would you rate the accessibility of healthcare services in your community?

How would you rate the quality of healthcare services in your community?

Do you utilize any of these services? Check all that apply

Has Covid-19 increased your need for the services listed above?

List any community or healthcare services that you feel would be beneficial to meet your family's needs?

What is the most significant healthcare related need facing your community?

What are the two most significant barriers to accessing resources in your community?

What actions, programs or strategies do you think would make the biggest impact in addressing your community's healthcare?

What is one thing the healthcare system in your community is doing well?

In what ways could the healthcare system in your community improve the way in which it serves the community, in general or specific to one of the aforementioned questions above?