

SSM Health St. Mary's Hospital - Audrain

620 East Monroe Street | Mexico, MO 65265



2016-2018

Community Health Needs Assessment



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Message to Our Community



SSM Health St. Mary's Hospital – Audrain has delivered exceptional, compassionate care to Audrain and Montgomery Counties for many years. Inspired by our founding Franciscan Sisters of Mary and guided by our Mission – Through our exceptional health care services, we reveal the healing presence of God – we cherish the sacredness and dignity of each person as demonstrated through our Values of compassion, respect, excellence, stewardship and community.

Consistent with our Mission, we will provide these services in collaboration with our medical staff, employees, and organizations within our communities. We rely on these relationships to help us identify and develop plans in order to address high-priority population health needs. We are grateful for the opportunity to partner with local organizations in our efforts to improve the health of our communities.

Over the last 12 months, in collaboration with our community partners, SSM Health St. Mary's Hospital - Audrain conducted a Community Health Needs Assessment (CHNA) by gathering health-related information from Healthy Communities Institute (HCI) specific to Audrain and Montgomery Counties. We have also interviewed key health officials and conducted community health surveys to identify concerns about the health of these communities, while assessing the number of area-based programs and organizations that exist to address the community's needs. The identified needs were prioritized based on the level of importance to community members and the hospital's ability to make a significant impact.

The priorities we will address over the next three years include:

- Heart Disease
- Cancer

During this time, SSM Health St. Mary's Hospital - Audrain will further develop its community partnerships and deliver an exceptional experience through high-quality accessible and affordable care. Please visit our website at ssmhealthmidmo.com to learn more about how we will continue to make a difference in our community.

I welcome your thoughts on how we can create a healthier community together.

Sincerely,

A handwritten signature in black ink that reads "R. Brent VanConia".

Brent VanConia

President, SSM Health Mid-Missouri region



Contact us for more information or to take part in improving the health of our community by calling 573-582-5000 or visit our website at ssmhealthmidmo.com.

Background

SSM Health St. Mary's Hospital - Audrain is pleased to present the 2016 - 2018 (2016 Tax Year) Community Health Needs Assessment (CHNA). This CHNA report provides an overview of the health needs and priorities associated with our service area. The goal of this report is to provide individuals with a deeper understanding of the health needs in their community, as well as help guide the hospital in its community benefit planning efforts and development of an implementation strategy to address evaluated needs. The SSM Health Mid-Mo Regional Board approved this CHNA on Dec. 17, 2015. SSM Health St. Mary's Hospital - Audrain last conducted a CHNA in 2012.

The Affordable Care Act (ACA) requires 501(c)(3), tax-exempt hospitals to conduct a CHNA every three tax years and adopt a strategic implementation plan for addressing identified needs.



Priorities

SSM Health St. Mary's Hospital - Audrain held a meeting with local, regional, and system members to determine priorities for the 2016-2018 CHNA and strategic implementation plan. Priorities chosen were:

- Heart Disease: Resources include but are not limited to the Jordan-Waters Heart Center and Healthworks Rehabilitation Services and SSM Health Medical Group.
- Cancer Care: Resources include but are not limited to SSM Health St. Mary's Cancer Center, Epic health notifications, the American Cancer Society and SSM Health Medical Group.

Goals

Heart Disease

- Reduce age-adjusted death rate due to heart disease in our region from 231.4 deaths per 100,000 individuals, as reported in 2015, to 225 deaths per 100,000 individuals by 2018 (MICA)
- Decrease percentage of all-cause/all-location congestive heart failure (CHF) 30-day hospital readmission rate at SSM Health St. Mary's Hospital - Audrain from 16% in 2015 to 15.3% by 2018 (HIDI)

Cancer

- Reduce the age-adjusted death rate due to cancer in our region from 178.2 deaths per 100,000 individuals, as reported in 2015, to 175 deaths per 100,000 individuals by 2018 (MICA)
- Increase percentage of stage 1 breast cancer initial diagnosis' from 19.7% (hospital 5-year 2010-2014 baseline average) to 24.7% by 2018 (Cancer Registrar)
- Increase percentage of stage 1 lung cancer initial diagnosis' from 37.5% (hospital 5-year 2010-2014 baseline average) to 42.5% in 2018 (Cancer Registrar)

About SSM Health and SSM Health St. Mary's Hospital - Audrain



SSM Health

SSM Health is a Catholic, not-for-profit health system that has provided exceptional care to community members regardless of their ability to pay for more than 140 years. Guided by its Mission and Values, SSM Health is one of the largest integrated care delivery systems in the nation, serving the comprehensive health needs of communities across the Midwest.

SSM Health strives to provide a consistently exceptional experience through excellent service and high-quality, accessible and affordable care.

The SSM Health system spans four states, with care delivery sites in Illinois, Missouri, Oklahoma and Wisconsin. SSM Health includes 20 hospitals, more than 60 outpatient care sites, a pharmacy benefit company, an insurance company, two nursing homes, comprehensive home care and hospice services, a telehealth and technology company and two Accountable Care Organizations. With more than 31,000 employees, 1,100 employed physicians and 8,500 medical staff physicians, SSM Health is one of the largest employers in every community it serves.



Through our exceptional health care services, we reveal the healing presence of God.

SSM Health St. Mary's Hospital - Audrain

Highlight of services

We offer a comprehensive array of acute inpatient services, emergency care, cardiology services, medical imaging, women and child services and diabetes education. The hospital features the SSM Health Cancer Center, the Jordan-Waters Heart Center, Healthworks Rehabilitation and the SSM Health Medical Group.

Community benefit

In 2014, SSM Health St. Mary's Hospital - Audrain provided \$5.7 million in unreimbursed care and \$6.1 thousand in other community benefits for a total of over \$5.7 million.

Community affiliations and partnerships

SSM Health St. Mary's Hospital - Audrain is proud to be a part of a community that assists one another to improve health outcomes in our area. A unique partnership of health care and social service providers exist with a mission to improve the health of the residents in Audrain and Montgomery Counties.

2014

Hospital at a Glance

Admissions: 1,863

Outpatient Visits: 65,680

ER Visits: 13,837

Births: 229

Beds: 89

Employees: 439

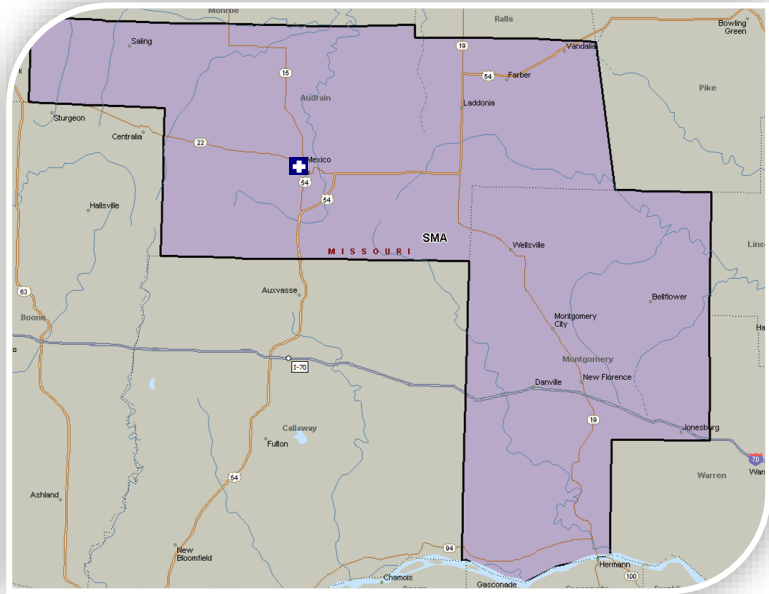
Medical Staff: 110+

Volunteers: 75+

About our Community



SSM Health St. Mary's Hospital - Audrain is located in Mexico, Mo. and defines its community as Audrain and Montgomery Counties. In 2015, this service area had an estimated population of over 37,000 people. The following pages of information include demographic and health indicator statistics specific to this community.



SSM Health St. Mary's Hospital - Audrain

Our community by the numbers

Race/Ethnicity



89.7% White/Non-Hispanic
 5.2% African American/Non-Hispanic
 2.7% Hispanic
 2.4% All Others

Education Levels

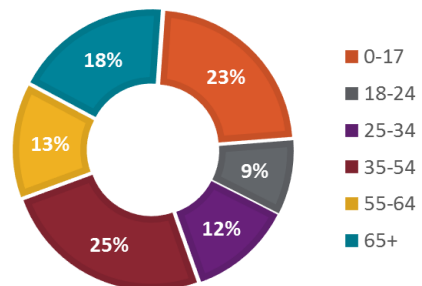


16.6% No High School Degree
 45.3% High School Degree
 25.5% Some College/Associates Degree
 12.6% Bachelor's Degree or Greater

Income Levels



Age Groups



About the data

The data was derived from a variety of sources including the Healthy Communities Institute (HCI) analytics platform. The website includes the most up-to-date publicly available data for approximately 140 community indicators from over 20 sources and covering 20 topics in the areas of population health, determinants of health, and quality of life. Below is a statistical overview of strengths and weaknesses within the community that factored into our discussions with local stakeholders regarding the priority health needs of the population within our service area.

Our community by the numbers

	<p>Cancer</p> <p>Cancer incidence rates are generally higher than both state and national averages. Areas of concern include breast, lung, prostate, colon and bladder cancers</p>		<p>Heart Disease</p> <p>Ischemic (advanced) heart disease prevalence, along with hypertension, hyperlipidemia and high blood pressure, are all generally higher than both state and national averages</p>
<p>Access to Primary Care</p> <p>Primary care access within Audrain County is better than the state average. However, access in Montgomery County is severely limited</p>		<p>Mothers Who Smoked During Pregnancy</p> <p>Mothers in both counties who reported smoking while pregnant is notably higher than the national average</p>	
	<p>Low Birth Weights</p> <p>Babies with very low birthweight is significantly above both state and national averages for Audrain and Montgomery Counties</p>		<p>Dental Care</p> <p>Access to dental care in Audrain and Montgomery Counties, defined as the number of dentists available per 100,000 individuals, is below the state average</p>
<p>Obesity</p> <p>The percentage of adults who are obese in Audrain and Montgomery Counties is higher than both state and nation averages</p>		<p>Diabetes</p> <p>The prevalence of diabetes in adult populations of both counties is generally above average. Specifically, the Medicare population of Montgomery County was significantly above average</p>	
	<p>Teen Birth Rates</p> <p>The teen birth rate in Montgomery County is double both state and national averages. However, the rate for Audrain County is notably below average</p>		<p>Violent Crime</p> <p>The general crime rate of the service area is significantly better than both state and national averages</p>

The Health Needs of Our Community



Voice of the community

SSM Health St. Mary's Hospital – Audrain conducted a comprehensive community health assessment, which included soliciting feedback from the community in the form of surveys and focus groups.

Surveys were administered to SSM Health clinics in Auxvasse, Mexico, Montgomery City, Paris, Perry, Vandalia and Wellsville. Additional surveys were made available in the Montgomery County Health Department. Medical staff and patients responded over a one-month period, resulting in completed surveys from 24 providers and 96 patients. Focus groups gathered community feedback from 16 individuals, including representatives from both Audrain and Montgomery County Health Departments.

SSM Health St. Mary's Hospital – Audrain administration reviewed community perception results and health data, prioritizing the top two needs based on the extent of the deficiency and the ability of the hospital to make an impact.

Issues identified and discussed include:

- Heart disease
- Cancer
- Obesity
- Diabetes
- Health literacy
- Access to dental care
- Transportation
- Mental health
- Substance abuse
- Prenatal care
- Access to medical care
- Care coordination

Key priorities

Heart Disease



Heart disease the leading cause of death in both Audrain and Montgomery Counties. There are a number of deficiencies within our community that lead to poor heart health and are exacerbated by numerous risk factors including high blood pressure, high cholesterol, diabetes, obesity, poor nutrition and smoking.

The negative effects of these risk factors can be prevented or reduced with healthy lifestyle behaviors and appropriate treatment.

Cancer



Cancer is second only to heart disease as a leading cause of death in Audrain and Montgomery Counties. The top five most common types of cancers in our region are breast, lung, prostate, colon and bladder.

Proactive screening for cancer provides a significant opportunity to reduce mortality and increase survival rates.

Heart Disease



Heart disease is the leading cause of death in both Audrain and Montgomery Counties. There are a number of deficiencies within our community that correlate to poor heart health. Some of these lifestyle behaviors that increase the risk of heart disease include:

- Smoking
- Uncontrolled blood pressure
- High cholesterol levels
- Uncontrolled diabetes
- Stress and depression
- Unhealthy food choices
- Lack of exercise

In some cases, minorities and those living under financial distress are often segments of the population who are most affected by factors contributing to heart disease.

SSM Health and SSM Health St. Mary's Hospital – Audrain offer a wide scope of programs with the goal of creating healthy lifestyle behaviors and reducing the risk of heart disease in our communities.

Additional facts and figures

- The age-adjusted death rate due to coronary heart disease in Audrain and Montgomery Counties is 102.0 and 165.4 deaths per 100,000 persons, respectively. Montgomery County is notably above the state rate of 123 deaths per 100,000 persons
- The percentage of the Medicare population with a diagnosis of ischemic heart disease in Audrain and Montgomery Counties is 33.4% and 33.7%, respectively, both of which are higher than the state average of 28.2%
- The percentage of the Medicare population with hyperlipidemia in Audrain and Montgomery Counties is 47.1% and 44.4%, respectively, both of which are higher than the state rate of 42.5%
- The percentage of adults with high blood pressure in Audrain and Montgomery Counties is 41.1% and 34.7%, respectively, both of which are higher than the state average of 32.6%

Source: Healthy Communities Institute

Priority
#1



Do you have a question about heart and vascular services at SSM Health?

Visit our website at ssmhealthmidmo.com

Cancer



Priority
#2

Cancer is second only to heart disease as a leading cause of death in Audrain and Montgomery Counties. The top five most common types of cancers in our region include breast, lung, prostate, colon and bladder.

There are a number of economic, environmental and lifestyle factors that contribute to this disparity. The local economy is one that is heavily reliant on agricultural processes that can potentially introduce harmful byproducts into the human system, which can lead to the development of cancer. The data also illustrates that use of tobacco products is significantly greater in our service area than most communities. While SSM Health St. Mary's Hospital - Audrain is not equipped to address all of these influencing factors, we are able to assist our community in providing cancer treatment options and promoting healthy lifestyle practices that are highly conducive to preventing the development of cancer. These include:

- Regular medical exams and screenings. By increasing the chances of discovering cancer early, the success rate of treating and ultimately overcoming a cancer diagnosis also increases
- Creation of a healthy diet and promoting physically active lifestyles
- The provision of smoking cessation programs
- Immunization to protect against viral infections that lead to the development of cancer



Additional facts and figures

- The age-adjusted death rate due to cancer is 184 and 184.3 deaths per 100,000 persons for Audrain and Montgomery Counties, respectively, compared to rates of 179.5 deaths per 100,000 persons in the state
- The breast cancer incidence rate is 85.6 and 69.5 cases per 100,000 persons for Audrain and Montgomery Counties, respectively, compared to 81.2 cases per 100,000 person in the state
- The lung and bronchus cancer incident rate is 88.2 and 86.7 cases per 100,000 persons for Audrain and Montgomery Counties, respectively, compared to rates of 75 cases per 100,000 persons in the state

Do you have a question about oncology services at SSM Health?

Visit our website at ssmhealthmidmo.com

Source: MICA – Missouri Department of Health and Senior Services

Achieving our Goals, Now and in the Future



SSM Health is committed to improving the health of our communities through collaborative efforts to address unmet needs.

SSM Health

SSM Health St. Mary's Hospital - Audrain is pleased to make this source of reliable, current community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues and plan strategies for improvement.

Please visit ssmhealth.com/system for more information.

Explore Data



FIND HEALTH DATA



FIND DEMOGRAPHIC DATA



FIND HEALTH DISPARITIES

Healthy People 2020 Progress Tracker

The Healthy People 2020 progress tracker provides a platform for measuring improvement of population health metrics associated with the US Healthy People 2020 objectives. The health objectives and 2020 goals allow communities to assess their health status through a comprehensive set of key disease indicators and create action plans relative to key priorities.

Indicator	Current and Target	Data	Since Prior Period	Status
Access to Health Services				
Adults with Health Insurance <small>MAP</small>	Current: 78.1 Target: 100.0 percent	78.1 100.0 Current Target	⊖	TARGET NOT MET
Children with Health Insurance <small>MAP</small>	Current: 93.4 Target: 100.0 percent	93.4 100.0 Current Target	⊖	TARGET NOT MET

Contact us to learn more at 573-582-5000.

SSM Health St. Mary's Hospital - Audrain

620 East Monroe Street | Mexico, MO 65265



2016-2018

Appendices

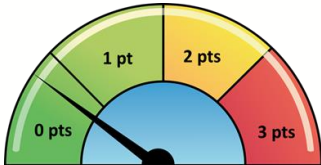


Additional demographic information

DEMOGRAPHIC CHARACTERISTICS										
			Selected Area	USA				2015	2020	% Change
2010 Total Population			37,209	308,745,538		Total Male Population		17,295	17,241	-0.3%
2015 Total Population			36,940	319,459,991		Total Female Population		19,645	19,661	0.1%
2020 Total Population			36,902	330,689,365		Females, Child Bearing Age (15-44)		7,385	7,495	1.5%
% Change 2015 - 2020			-0.1%	3.5%						
Average Household Income			\$52,258	\$74,165						
POPULATION DISTRIBUTION					HOUSEHOLD INCOME DISTRIBUTION					
Age Distribution						Income Distribution				
Age Group	2015	% of Total	2020	% of Total	USA 2015 % of Total	2015 Household Income	HH Count	% of Total	USA % of Total	
0-14	6,860	18.6%	6,764	18.3%	19.1%	<\$15K	1,912	13.5%	12.7%	
15-17	1,511	4.1%	1,548	4.2%	4.0%	\$15-25K	2,017	14.2%	10.8%	
18-24	3,217	8.7%	3,401	9.2%	9.9%	\$25-50K	4,388	30.9%	23.9%	
25-34	4,466	12.1%	4,570	12.4%	13.3%	\$50-75K	2,970	20.9%	17.8%	
35-54	9,175	24.8%	8,366	22.7%	26.3%	\$75-100K	1,624	11.4%	12.0%	
55-64	4,939	13.4%	4,839	13.1%	12.7%	Over \$100K	1,300	9.1%	22.8%	
65+	6,772	18.3%	7,414	20.1%	14.7%					
Total	36,940	100.0%	36,902	100.0%	100.0%	Total	14,211	100.0%	100.0%	
EDUCATION LEVEL					RACE/ETHNICITY					
Education Level Distribution					Race/Ethnicity Distribution					
2015 Adult Education Level	Pop Age 25+	% of Total	USA % of Total		Race/Ethnicity	2015 Pop	% of Total	USA % of Total		
Less than High School	1,206	4.8%	5.9%		White Non-Hispanic	33,133	89.7%	61.8%		
Some High School	2,997	11.8%	8.0%		Black Non-Hispanic	1,927	5.2%	12.3%		
High School Degree	11,490	45.3%	28.1%		Hispanic	983	2.7%	17.6%		
Some College/Assoc. Degree	6,457	25.5%	29.1%		Asian & Pacific Is. Non-Hispanic	183	0.5%	5.3%		
Bachelor's Degree or Greater	3,202	12.6%	28.9%		All Others	714	1.9%	3.1%		
Total	25,352	100.0%	100.0%		Total	36,940	100.0%	100.0%		

Source: Truven Health Analytics 2015

Healthy Communities Institute scorecard - Audrain County

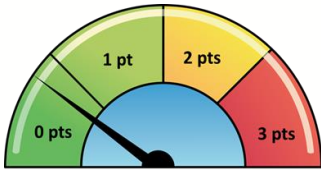


- SSM Health St. Mary’s Hospital - Audrain is pleased to make this source of community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues and plan strategies for improvement
- Indicators below are pre-sorted in order of decreasing severity
- Indicator HCI score correlates with severity gauge pictured
- Updated data can be found online at ssmhealth.com/system

HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
2.83	Age-Adjusted Death Rate due to Colorectal Cancer	deaths/100,000 population	21.2	17.1	15.9	14.5
2.83	Breast Cancer Incidence Rate	cases/100,000 females	151.7	122.6	122.7	
2.83	Chlamydia Incidence Rate	cases/100,000 population	515.2	453.8	446.6	
2.75	Babies with Very Low Birth Weight	percent	2.5	1.4	1.4	1.4
2.61	Cancer: Medicare Population	percent	9	7.9	7.9	
2.56	Age-Adjusted Death Rate due to Cancer	deaths/100,000 population	207.9	185.9	173.8	161.4
2.56	Age-Adjusted Death Rate due to Lung Cancer	deaths/100,000 population	68	57.7	48.4	45.5
2.53	Babies with Low Birth Weight	percent	9.8	8	8	7.8
2.5	Atrial Fibrillation: Medicare Population	percent	9	7.8	7.8	
2.44	COPD: Medicare Population	percent	14.6	13.1	11.3	
2.44	Hyperlipidemia: Medicare Population	percent	47.1	42.5	44.8	
2.44	People 25+ with a Bachelor's Degree or Higher	percent	13.1	26.2	28.8	
2.42	Adults who are Obese	percent	38.8	30	27.8	30.5
2.42	Adults who Smoke	percent	29	22.6		12
2.42	Cervical Cancer Incidence Rate	cases/100,000 females	26.5	8.1	7.8	7.1
2.42	High Blood Pressure Prevalence	percent	41.1	32.6	30.8	26.9
2.39	Ischemic Heart Disease: Medicare Population	percent	33.4	28.2	28.6	
2.39	Rheumatoid Arthritis or Osteoarthritis: Medicare Population	percent	36.6	30.9	29	
2.36	Age-Adjusted Death Rate due to Diabetes	deaths/100,000 population	39.4	20.3	21.3	
2.36	Poor Mental Health Days	days	4.8	3.8		
2.36	Poor Physical Health Days	days	5.1	3.7		
2.36	Self-Reported General Health Assessment: Poor or Fair	percent	21.6	16		
2.33	Low-Income Preschool Obesity	percent	16.4			
2.25	Age-Adjusted Death Rate due to Prostate Cancer	deaths/100,000 males	27.2	21.8	23	21.8
2.25	Students Eligible for the Free Lunch Program	percent	44.3	38		
2.22	Hypertension: Medicare Population	percent	61	55.1	55.5	
2.22	Lung and Bronchus Cancer Incidence Rate	cases/100,000 population	84.3	76.1	64.9	
2.22	Mothers who Received Early Prenatal Care	percent	70.2	77.9		77.9
2.22	Per Capita Income	dollars	19687	25649	28155	
2.19	Age-Adjusted Death Rate due to Kidney Disease	deaths/100,000 population	20.9	18.4	14.6	
2.17	Age-Adjusted Death Rate due to Chronic Lower Respiratory Diseases	deaths/100,000 population	76.7	51.7	42.1	
2.14	Mothers who Smoked During Pregnancy	percent	26.4	17.5	8.5	1.4
2.08	Adults with Diabetes	percent	12.5	10.7		
2.08	Age-Adjusted Death Rate due to Influenza and Pneumonia	deaths/100,000 population	20.3	17.6	15.4	
2.06	All Cancer Incidence Rate	cases/100,000 population	495.5	456.9	459.8	
2.06	Children Living Below Poverty Level	percent	25.7	21.6	21.6	
2.06	Young Children Living Below Poverty Level	percent	31.5	26	24.7	
2	Adult Fruit and Vegetable Consumption	percent	7.1	12.5		
2	Heart Failure: Medicare Population	percent	16.4	14.3	14.6	
2	Osteoporosis: Medicare Population	percent	6.9	6.1	6.4	
2	Prostate Cancer Incidence Rate	cases/100,000 males	137.7	121.8	142.3	

Source: Healthy Communities Institute

Healthy Communities Institute scorecard - Audrain County (continued)

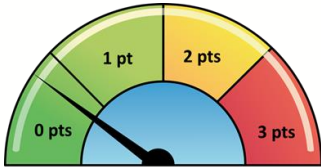


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
1.97	Preventable Hospital Stays	discharges/1,000 Medicare enrollees	82	65		
1.94	Life Expectancy for Males	years	73.8	74.6	76.1	
1.92	Children with Health Insurance	percent	91.2	92.9		100
1.92	Dentist Rate	dentists/100,000 population	27	52		
1.92	Drinking Water Violations	percent	6.6	4.4		
1.92	Voter Turnout	percent	59.5	66	61.8	
1.89	Age-Adjusted Death Rate due to Cerebrovascular Disease (Stroke)	deaths/100,000 population	44	42.1	37	34.8
1.83	Chlamydia Incidence Rate: Females 15-19	cases/100,000 females aged 15-19	2895.3	3607		
1.83	Households with No Car and Low Access to a Grocery Store	percent	3.8			
1.83	Houses Built Prior to 1950	percent	23.2	20	18.9	
1.83	People 65+ Living Below Poverty Level	percent	10.3	8.9	9.4	
1.83	Recognized Carcinogens Released into Air	pounds	14676			
1.83	Single-Parent Households	percent	33.1	33.6	33.3	
1.83	SNAP Certified Stores	stores/1,000 population	0.7			
1.78	Gonorrhea Incidence Rate	cases/100,000 population	97.6	125.3	106.1	
1.78	Grocery Store Density	stores/1,000 population	0.2			
1.75	Morbidity Ranking	(blank)	87			
1.75	Non-Physician Primary Care Provider Rate	providers/100,000 population	43	59		
1.72	Life Expectancy for Females	years	79.2	79.6	80.8	
1.72	Median Household Income	dollars	43013	47380	53046	
1.72	People Living Below Poverty Level	percent	17	15.5	15.4	
1.72	Stroke: Medicare Population	percent	3.8	3.8	3.8	
1.69	High School Graduation	percent	82.9	86	80	82.4
1.67	Depression: Medicare Population	percent	16.4	18.6	15.4	
1.67	High Cholesterol Prevalence: Adults 35+	percent	44.7	42.9		
1.67	Low-Income and Low Access to a Grocery Store	percent	6.9			
1.67	Workers who Walk to Work	percent	2.3	2	2.8	3.1
1.64	Diabetic Screening: Medicare Population	percent	85.2	86		
1.61	People Living 200% Above Poverty Level	percent	62.4	64.7	65.8	
1.58	Food Environment Index	(blank)	7.1	7		
1.58	Health Behaviors Ranking	(blank)	66			
1.58	Social and Economic Factors Ranking	(blank)	67			
1.56	Families Living Below Poverty Level	percent	11.8	11.1	11.3	
1.56	People 65+ Living Alone	percent	28.1	28.3	27	
1.53	Age-Adjusted Death Rate due to Alzheimer’s Disease	deaths/100,000 population	27.2	28.1	25	
1.5	Adults with Health Insurance	percent	79.7	81.5	79.7	100
1.5	Child Food Insecurity Rate	percent	22.5	21.6	21.4	
1.5	Children with Low Access to a Grocery Store	percent	4.2			
1.5	Fast Food Restaurant Density	restaurants/1,000 population	0.5			

Source: Healthy Communities Institute

Healthy Communities Institute scorecard - Audrain County (continued)

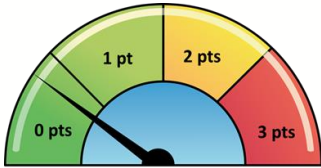


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
1.5	Households with Cash Public Assistance Income	percent	2.6	2.5	2.8	
1.5	People 25+ with a High School Degree or Higher	percent	84.3	87.6	86	
1.5	Workers Commuting by Public Transportation	percent	0.6	1.5	5	5.5
1.5	Workers who Drive Alone to Work	percent	79.4	81.5	76.3	
1.42	Child Abuse Rate	cases/1,000 children	5.2	3.9	9.3	8.5
1.42	Clinical Care Ranking	(blank)	36			
1.42	Physical Environment Ranking	(blank)	34			
1.39	Alzheimer's Disease or Dementia: Medicare Population	percent	9.3	9.7	9.8	
1.39	Colorectal Cancer Incidence Rate	cases/100,000 population	44.9	45.6	43.3	38.6
1.33	Diabetes: Medicare Population	percent	25.8	26.1	27	
1.33	Food Insecurity Rate	percent	15.6	17	15.8	
1.33	People 65+ with Low Access to a Grocery Store	percent	2.5			
1.33	Syphilis Incidence Rate	cases/100,000 population	0	4.2	5.5	
1.31	Student-to-Teacher Ratio	students/teacher	13.1	13.8		
1.28	Unemployed Workers in Civilian Labor Force	percent	5.6	6.1	5.6	
1.28	Violent Crime Rate	crimes/100,000 population	181.1	452		
1.25	Access to Exercise Opportunities	percent	74.6	77.5		
1.25	Adults who Drink Excessively	percent	15.3	17		25.4
1.25	Death Rate due to Drug Poisoning	deaths/100,000 population	12.8	14.4		
1.25	Farmers Market Density	markets/1,000 population	0		0	
1.25	Mortality Ranking	(blank)	23			
1.25	Preterm Births	percent	11	11.5	11.4	11.4
1.25	Social Associations	membership associations/10,000 population	13.7	11.9		
1.19	Mammography Screening: Medicare Population	percent	65.6	62		
1.19	Recreation and Fitness Facilities	facilities/1,000 population	0.1		0.1	
1.17	Chronic Kidney Disease: Medicare Population	percent	12.6	15.4	15.5	
1.17	Colon Cancer Screening	percent	68.2	66.6		
1.17	Pap Test History	percent	79.8	74.9		
1.14	Oral Cavity and Pharynx Cancer Incidence Rate	cases/100,000 population	10.5	11.5	11.2	
1.11	Asthma: Medicare Population	percent	4	4.6	4.9	
1.11	Homeownership	percent	63.9	59.5	56.9	
1.11	Mean Travel Time to Work	minutes	21.1	23.1	25.5	
1.08	Adults who are Overweight	percent	31.6	34.3	35.7	
1.08	Alcohol-Impaired Driving Deaths	percent	26.3	34.6		
1.08	Premature Death	years/100,000 population	6984.5	7714		
1.08	Primary Care Provider Rate	providers/100,000 population	70	69		
1.08	Solo Drivers with a Long Commute	percent	23.3	30.1		
1.06	Age-Adjusted Death Rate due to Unintentional Injuries	deaths/100,000 population	41.7	48.4	39.2	36.4
1.06	Households without a Vehicle	percent	6.4	7.3	9.1	
1	Adults who are Sedentary	percent	27.4			32.6

Source: Healthy Communities Institute

Healthy Communities Institute scorecard - Audrain County (continued)

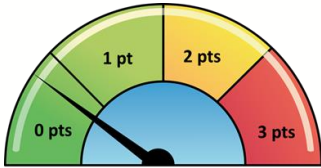


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
0.89	Age-Adjusted Death Rate due to Coronary Heart Disease	deaths/100,000 population	102	123	105.7	103.4
0.75	Adults with Current Asthma	percent	5.5	10.1	9.1	
0.75	Severe Housing Problems	percent	9.6	14.2		
0.64	Teen Birth Rate	live births/1,000 females aged 15-19	20	30	26.5	
0.61	Liquor Store Density	stores/100,000 population	3.9	6.4	10.4	
0.5	Infant Mortality Rate	deaths/1,000 live births	5.3	7.3		6
0.5	Renters Spending 30% or More of Household Income on Rent	percent	38.9	49.4	52.3	
0.44	Age-Adjusted Death Rate due to Breast Cancer	deaths/100,000 females	20.5	23.8	22.2	20.7

Source: Healthy Communities Institute

Healthy Communities Institute scorecard – Montgomery County

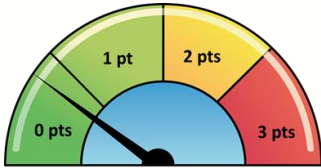


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
2.83	Diabetes: Medicare Population	percent	29.8	26.1	27	
2.78	Workers Commuting by Public Transportation	percent	0.1	1.5	5	5.5
2.75	Babies with Very Low Birth Weight	percent	2.3	1.4	1.4	1.4
2.67	Colorectal Cancer Incidence Rate	cases/100,000 population	55.4	45.6	43.3	38.6
2.67	Renters Spending 30% or More of Household Income on Rent	percent	54.7	49.4	52.3	
2.61	Households with Cash Public Assistance Income	percent	4.2	2.5	2.8	
2.61	People 25+ with a Bachelor's Degree or Higher	percent	12.1	26.2	28.8	
2.56	Age-Adjusted Death Rate due to Coronary Heart Disease	deaths/100,000 population	165.4	123	105.7	103.4
2.53	Mothers who Smoked During Pregnancy	percent	32.8	17.5	8.5	1.4
2.5	All Cancer Incidence Rate	cases/100,000 population	511	456.9	459.8	
2.5	Families Living Below Poverty Level	percent	13.1	11.1	11.3	
2.5	Mean Travel Time to Work	minutes	28.3	23.1	25.5	
2.44	Age-Adjusted Death Rate due to Chronic Lower Respiratory Diseases	deaths/100,000 population	71.1	51.7	42.1	
2.42	Adults who are Obese	percent	37.9	30	27.8	30.5
2.42	Babies with Low Birth Weight	percent	9.4	8	8	7.8
2.42	Mammography Screening: Medicare Population	percent	53.1	62		
2.39	Age-Adjusted Death Rate due to Unintentional Injuries	deaths/100,000 population	68.4	48.4	39.2	36.4
2.39	Ischemic Heart Disease: Medicare Population	percent	33.7	28.2	28.6	
2.39	Stroke: Medicare Population	percent	4.2	3.8	3.8	
2.36	Teen Birth Rate	live births/1,000 females aged 15-19	64.2	30	26.5	
2.33	COPD: Medicare Population	percent	14.8	13.1	11.3	
2.33	Lung and Bronchus Cancer Incidence Rate	cases/100,000 population	78	76.1	64.9	
2.33	People Living Below Poverty Level	percent	17.5	15.5	15.4	
2.33	Unemployed Workers in Civilian Labor Force	percent	6.7	6.1	5.6	
2.28	Rheumatoid Arthritis or Osteoarthritis: Medicare Population	percent	32.9	30.9	29	
2.28	Young Children Living Below Poverty Level	percent	32	26	24.7	
2.25	Access to Exercise Opportunities	percent	41.4	77.5		
2.25	Adults who Smoke	percent	28.1	22.6		12
2.25	Dentist Rate	dentists/100,000 population	17	52		
2.25	Solo Drivers with a Long Commute	percent	39	30.1		
2.22	Alzheimer's Disease or Dementia: Medicare Population	percent	10.8	9.7	9.8	
2.19	Age-Adjusted Death Rate due to Alzheimer's Disease	deaths/100,000 population	34.1	27.2	24.7	
2.11	People 65+ Living Below Poverty Level	percent	10.4	8.9	9.4	
2.08	Adults who Drink Excessively	percent	21.1	17		25.4
2.08	Diabetic Screening: Medicare Population	percent	84.4	86		
2.08	High Blood Pressure Prevalence	percent	34.7	32.6	30.8	26.9
2.08	Primary Care Provider Rate	providers/100,000 population	25	69		
2.06	Mothers who Received Early Prenatal Care	percent	76.6	77.9		77.9
2	Adult Fruit and Vegetable Consumption	percent	8	12.5		
2	Age-Adjusted Death Rate due to Cancer	deaths/100,000 population	203.4	185.9	173.8	161.4
2	High Cholesterol Prevalence: Adults 35+	percent	59.1	42.9		

Source: Healthy Communities Institute

Healthy Communities Institute scorecard – Montgomery County (continued)

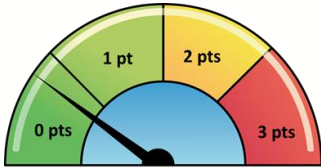


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
1.94	Hyperlipidemia: Medicare Population	percent	44.4	42.5	44.8	
1.92	Adults with Diabetes	percent	12.1	10.7		
1.89	Adults with Health Insurance	percent	78.4	81.5	79.7	100
1.89	Median Household Income	dollars	40236	47380	53046	
1.83	Single-Parent Households	percent	34.6	33.6	33.3	
1.78	Age-Adjusted Death Rate due to Lung Cancer	deaths/100,000 population	54.2	57.7	48.4	45.5
1.75	Alcohol-Impaired Driving Deaths	percent	35.3	34.6		
1.75	Students Eligible for the Free Lunch Program	percent	43.5	38		
1.72	Life Expectancy for Males	years	74	74.6	76.1	
1.67	Child Food Insecurity Rate	percent	23.5	21.6	21.4	
1.67	Chronic Kidney Disease: Medicare Population	percent	14	15.4	15.5	
1.67	Food Insecurity Rate	percent	15.9	17	15.8	
1.67	Houses Built Prior to 1950	percent	21.4	20	18.9	
1.67	Low-Income Preschool Obesity	percent	14.8			
1.67	People 25+ with a High School Degree or Higher	percent	80.8	87.6	86	
1.67	Per Capita Income	dollars	20991	25649	28155	
1.64	Children with Health Insurance	percent	91.7	92.9		100
1.64	Preventable Hospital Stays	discharges/1,000 Medicare enrollees	72	65		
1.58	Clinical Care Ranking	(blank)	75			
1.58	Death Rate due to Drug Poisoning	deaths/100,000 population	14	14.4		
1.58	Health Behaviors Ranking	(blank)	82			
1.58	Morbidity Ranking	(blank)	60			
1.56	Children Living Below Poverty Level	percent	23.6	21.6	21.6	
1.56	People Living 200% Above Poverty Level	percent	59.6	64.7	65.8	
1.5	Age-Adjusted Death Rate due to Colorectal Cancer	deaths/100,000 population	17	17.5	16.4	14.5
1.5	Chlamydia Incidence Rate: Females 15-19	cases/100,000 females aged 15-19	1775.5	3607		
1.5	Heart Failure: Medicare Population	percent	15.4	14.3	14.6	
1.5	Hypertension: Medicare Population	percent	55.9	55.1	55.5	
1.5	People 65+ Living Alone	percent	25.9	28.3	27	
1.47	Voter Turnout	percent	64.5	66	61.8	
1.44	Adults who are Sedentary	percent	30			32.6
1.44	Depression: Medicare Population	percent	15.8	18.6	15.4	
1.44	Grocery Store Density	stores/1,000 population	0.2			
1.42	Child Abuse Rate	cases/1,000 children	7.2	4.4	9.1	8.5
1.42	Drinking Water Violations	percent	2.4	4.4		
1.42	Food Environment Index	(blank)	7.3	7		
1.42	Non-Physician Primary Care Provider Rate	providers/100,000 population	59	59		
1.42	Physical Environment Ranking	(blank)	51			
1.42	Social and Economic Factors Ranking	(blank)	57			

Source: Healthy Communities Institute

Healthy Communities Institute scorecard – Montgomery County (continued)



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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
1.39	PBT Released	pounds	2			
1.39	Recognized Carcinogens Released into Air	pounds	2			
1.33	Fast Food Restaurant Density	restaurants/1,000 population	0.4			
1.33	Households with No Car and Low Access to a Grocery Store	percent	2.3			
1.33	Low-income and Low Access to a Grocery Store	percent	4.6			
1.33	People 65+ with Low Access to a Grocery Store	percent	2.2			
1.33	Syphilis Incidence Rate	cases/100,000 population	0	4.2	5.5	
1.28	Atrial Fibrillation: Medicare Population	percent	7.4	7.8	7.8	
1.25	Mortality Ranking	(blank)	20			
1.25	Poor Physical Health Days	days	3.8	3.7		
1.22	Age-Adjusted Death Rate due to Cerebrovascular Disease (Stroke)	deaths/100,000 population	37.9	42.1	37	34.8
1.22	Prostate Cancer Incidence Rate	cases/100,000 males	125.8	121.8	142.3	
1.22	SNAP Certified Stores	stores/1,000 population	1			
1.22	Workers who Drive Alone to Work	percent	78.8	81.5	76.3	
1.17	Breast Cancer Incidence Rate	cases/100,000 females	116.9	122.6	122.7	
1.17	Colon Cancer Screening	percent	67.1	66.6		
1.17	Households without a Vehicle	percent	5.3	7.3	9.1	
1.17	Pap Test History	percent	80.2	74.9		
1.11	Asthma: Medicare Population	percent	3.7	4.6	4.9	
1.08	Social Associations	membership associations/10,000 population	16.7	11.9		
1.06	Osteoporosis: Medicare Population	percent	5.3	6.1	6.4	
1.03	Farmers Market Density	markets/1,000 population	0.1		0	
1	Children with Low Access to a Grocery Store	percent	2			
1	Life Expectancy for Females	years	80	79.6	80.8	
0.97	Recreation and Fitness Facilities	facilities/1,000 population	0.1		0.1	
0.94	Workers who Walk to Work	percent	2.9	2	2.8	3.1
0.92	High School Graduation	percent	92	86	80	82.4
0.92	Student-to-Teacher Ratio	students/teacher	12.2	14.3		
0.89	Homeownership	percent	62.6	59.5	56.9	
0.89	Violent Crime Rate	crimes/100,000 population	135.8	452		
0.81	Premature Death	years/100,000 population	6844	7714		
0.75	Adults who are Overweight	percent	27.2	34.3	35.7	
0.75	Adults with Current Asthma	percent	3.9	10.1	9.1	
0.75	Severe Housing Problems	percent	10.3	14.2		
0.72	Cancer: Medicare Population	percent	6.6	7.9	7.9	
0.64	Poor Mental Health Days	days	2.4	3.8		
0.61	Chlamydia Incidence Rate	cases/100,000 population	125	453.8	446.6	
0.47	Preterm Births	percent	8.6	11.5	11.4	11.4
0.39	Gonorrhea Incidence Rate	cases/100,000 population	8.3	125.3	106.1	

Source: Healthy Communities Institute

Additional supporting data

Table 1 **Prevalence of Health Problems**

	Audrain	Montgomery	Missouri
Ever been told had high blood pressure	16.5%	25.3%	21.2%
Ever been told had high cholesterol	48.3%	60.0%	44.8%
Has Asthma	5.8%	4.2%	10.2%
Ever been told had diabetes	11.7%	11.1%	10.7%
Ever been told had COPD, emphysema or chronic bronchitis	10.0%	12.1%	8.0%
Ever been told had Arthritis	35.0%	38.2%	29.4%
Ever been told had a depressive disorder	22.8%	20.7%	20.7%
Ever been told had kidney disease	3.4%	3.1%	2.5%
Ever been told had Cancer	9.8%	10.7%	9.4%

Table 2 **Healthy Lifestyles**

	Audrain	Montgomery	Missouri
Overweight	31.9%	28.0%	34.5%
Obese	37.5%	37.2%	30.1%
Less than 5 fruits and vegetables per day	92.6%	91.7%	87.5%
No physical activity	33.0%	24.4%	23.7%

The tax year the hospital last conducted a needs assessment

SSM Health St. Mary's Hospital - Audrain last conducted a CHNA in 2012.

Existing health care facilities and resources within the community that are available to respond to the health needs of the community

SSM Health St. Mary's Hospital - Audrain held a meeting with local, regional, and system members to determine priorities for the 2016-2018 CHNA and strategic implementation plan. Priorities chosen were:

- Heart Disease: Resources include but are not limited to the Jordan-Waters Heart Center and Healthworks Rehabilitation Services and SSM Health Medical Group.
- Cancer: Resources include but are not limited to SSM Health St. Mary's Cancer Center, Epic health notifications, the American Cancer Society and SSM Health Medical Group.

How the data was obtained

SSM Health St. Mary's Hospital - Audrain conducted a comprehensive community health assessment, which included data analysis and soliciting feedback from the community in the form of surveys and focus groups.

Data was collected from various sources, including the US Census, the Centers for Disease Control and Prevention, the Robert Wood Johnson Foundation and the Healthy Communities Institute. Valuable input from community members added depth and quality to the data. Additionally, SSM Health St. Mary's Hospital - Audrain collaborated with community leaders, patients and providers, who contributed much time and effort to this project.

Surveys were administered to SSM Health clinics in Auxvasse, Mexico, Montgomery City, Paris, Perry, Vandalia and Wellsville. Additional surveys were made available in the Montgomery County Health Department. Medical staff and patients responded over a one month period, resulting in completed surveys from 24 providers and 96 patients. Focus groups gathered community feedback from 16 individuals, including representatives from both Audrain and Montgomery County Health Departments.

SSM Health St. Mary's Hospital - Audrain administration reviewed community perception results and health data, prioritizing the top two needs based on the extent of the deficiency and the ability of the hospital to make an impact.

The health needs of the community

Please see "The Health of Our Community" and "The Health Needs of Our Community" sections for analysis of health indicators specific to the health of our community and the identified priorities to be addressed going forward.

Primary and chronic disease needs and other health issues of uninsured persons, low-income persons and minority groups

To be maximally effective, health programs must meet a tangible need of the community. They must be presented to and accessible by the very people who need them most. The previous study of demographics, community health indicators and community feedback is necessary to assist the hospital in the planning, development, implementation and evaluation of population health programs in order to reduce disease burden within the community. SSM Health St. Mary's Hospital - Audrain acknowledges the populations for which disparities exist and the unique burdens associated with their demographic status.

It is SSM Health's Vision that through our participation in the healing ministry of Jesus Christ, communities, especially those that are economically, physically and socially marginalized, will experience improved health in mind, body, spirit and environment within the financial limits of the system.

The process for identifying and prioritizing community health needs and services to meet the community health needs

Prior to review of the data, a list of criteria was developed to aid in the selection of priority needs. During the data review process, attention was directed to health issues that met any of these criteria:

- Health issues that impact a significant portion of the population, or for which disparities exist, and which put a greater burden on some population groups
- Poor rankings for health issues within the service area as compared to other counties, state average, national average or Healthy People 2020 national health goals
- Health issues for which trends are worsening

The SSM Health St. Mary's Hospital - Audrain CHNA team also considered indicators that relate to problems the Centers for Disease Control and Prevention and other state agencies have identified through their own assessments. In addition, the team examined "social determinants of health," or factors in the community that can either contribute to poor health outcomes or support a healthy community. These data elements are available on our website ssmhealth.com/system and in the County Health Rankings report for Audrain and Montgomery Counties.

Persons representing the community with whom the hospital consulted

SSM Health St. Mary's Hospital - Audrain benefited from input derived through consultation of numerous community leaders representing diverse constituencies. The leaders associated with primary data collection are listed with their affiliations below. Additionally, SSM Health St. Mary's Hospital - Audrain benefited from guidance and input from individuals with expertise in public/population health.

Date	Solicitation Type	Panel Member Title	Panel Member Organization	Panel Member Name (Optional)
July 2015	Survey	Providers	SSM Health	Anonymous (24)
July 2016	Survey	Patients	Numerous	Anonymous (96)
June 9th, 2015	Community Leader Meeting-Montgomery County		Montgomery County Health Department & Home Health Agency	Linda Harman
June 9th, 2015	Community Leader Meeting-Montgomery County		AETNA	Mandy Hendricks
June 9th, 2015	Community Leader Meeting-Montgomery County		Community leader	Casey Henry
June 9th, 2015	Community Leader Meeting-Montgomery County		Community leader	Dan Cole
June 9th, 2015	Community Leader Meeting-Montgomery County		Veteran's Administration through Booneslick Planning	Eric Huff
July 2nd, 2015	Community Leader Meeting-Monroe County		Administrator of the Monroe County Health Department	Paula Delaney
July 2nd, 2015	Community Leader Meeting-Monroe County		Newspaper Editor	David Eales
July 2nd, 2015	Community Leader Meeting-Monroe County		Local Pharmacist	Jason Dodge
May 18th, 2015	Community Leader Meeting-Audrain County		YMCA Director	Sherry Medley
May 18th, 2015	Community Leader Meeting-Audrain County		LPN School Nurse	Heather Cope
May 18th, 2015	Community Leader Meeting-Audrain County		CMCA Community Career Center	Dad Dobyms
May 18th, 2015	Community Leader Meeting-Audrain County		Director of Mexico Parks and Recreation	Chad Shoemaker
May 18th, 2015	Community Leader Meeting-Audrain County		Arthur Center	Kristen Herigon
May 18th, 2015	Community Leader Meeting-Audrain County		Audrain Developmental Disability Services	Bev Borgeson
May 18th, 2015	Community Leader Meeting-Audrain County		Audrain County Health Department	Kerry Patton
May 18th, 2015	Community Leader Meeting-Audrain County		Director of Rehab at SSM Health SSM Health St. Mary's Hospital - Audrain	Jenea Smith

Information gaps that limit the hospital facility's ability to assess all of the community's health needs

SSM Health St. Mary's Hospital - Audrain observes that, while many health status indicators for its service area might score above average, they may still represent problems that are above the medically preferable prevalence rate (i.e. nonexistent), place a heavy burden on our population, trends might be worsening and/or fall short of acceptable benchmarks. In addition, aggregate health data for the entire population often masks the unfair, heavy burdens on certain groups within the population. SSM Health St. Mary's Hospital - Audrain made a conscious effort to reveal and acknowledge these disparities when possible.

The health needs of the community

Because SSM Health St. Mary's Hospital - Audrain has limited resources, not every health indicator which has an identified need for improvement could be addressed. Those community needs identified but not "prioritized" for improvement included the following:

- Mental Health is currently being addressed by SSM Health St. Mary's Hospital - Audrain with the opening of a new gero-psych unit in 2016.
- Access to prenatal care is currently being addressed through the addition of our new OB/GYN who started with SSM Health Medical Group in 2013. He has capacity in his practice and serves this region.
- Obesity and diabetes were not singled out as priorities. Because they are both risk factors for cardiovascular disease, we are addressing obesity and diabetes along with other important risk factors with our identified priority of cardiovascular disease.
- Health literacy is not something we selected as a priority. However, we plan to address patient education and access to services through our two priorities of cardiovascular disease and cancer care.
- Childhood obesity is being addressed by the public school district. They have after school activities for grade-school age children and coordinate with the YMCA. They also have a one-mile run/walk three times a year with holiday themes.
- Access to dental care: The hospital does not employ the professionals necessary to implement a dental health program.
- Transportation is being addressed by OATS for senior citizens.
- Substance abuse was not prioritized because the hospital does not employ the professionals necessary to implement a substance abuse program.
- Access to care is an ongoing priority at SSM Health St. Mary's Hospital - Audrain. We are constantly assessing areas of physician need within our service areas and developing recruitment plans to increase access to primary care and other specialist providers in the region.
- Care coordination is being handled for patients with cancer via our health and wellness nurses. They coordinate care for patients with recommendations for further testing from screening exams and carry out testing and treatment when cancer is identified. For other patients, our inpatient social services and care coordinators respond to requests for assistance with patients per requests from physician offices. Although this is being handled to some degree, it was not selected as a priority due to others rising to higher priority.



Other hospital facilities who participated in SSM Health St. Mary's Hospital - Audrain CHNA process

We are fortunate to have two SSM Health hospitals in Mid-Missouri. We assist each other with best practices and assist with processes, such as the CHNA. SSM Health St. Mary's Hospital – Jefferson City provided valuable assistance in the research phase as well as the prioritization of needs.

How SSM Health St. Mary's Hospital - Audrain makes its needs assessment widely available to the public

SSM Health St. Mary's Hospital - Audrain 2016 CHNA is available online at ssmhealth.com/system and upon request from the hospital facility at 573-582-5000. See section on "Going Forward" for more information.

SSM Health St. Mary's Hospital - Audrain

620 East Monroe St | Mexico, MO 65265



2016-2018

Strategic Implementation Plan



Prior to review of the data, a list of criteria was developed to aid in the selection of priority areas. During the data review process, attention was directed to health issues that met any of these criteria:

- Health issues that impact many people or for which disparities exist, and which put a greater burden on some population groups
- Health issues for which trends are worsening
- Poor rankings for health issues within the service area as compared to the state average or Healthy People 2020 national health goals



The SSM Health St. Mary's Hospital - Audrain CHNA team also considered indicators that relate to problems the Centers for Disease Control and Prevention and other state agencies have identified through their own assessments. In addition, the team examined "social determinants of health," or factors in the community that can either contribute to poor health outcomes or support a healthy community. These data elements are available on our website ssmhealth.com/system and in the County Health Rankings report for Audrain and Montgomery Counties.

Priority #1 Heart Disease

Priority #2 Cancer Care



Heart Disease



Heart disease is the leading cause of death in both Audrain and Montgomery Counties. There are a number of deficiencies within our community that correlate to poor heart health. Some of these lifestyle behaviors that increase the risk of heart disease include:

- Smoking
- Uncontrolled blood pressure
- High cholesterol levels
- Uncontrolled diabetes
- Stress and depression
- Unhealthy food choices
- Lack of exercise

In some cases, minorities and those living under financial distress are often segments of the population who are most affected by factors contributing to heart disease.

SSM Health and SSM Health St. Mary's Hospital – Audrain offer a wide scope of programs with the goal of creating healthy lifestyle behaviors and reducing the risk of heart disease in our communities.

Additional facts and figures

- The age-adjusted death rate due to coronary heart disease in Audrain and Montgomery Counties is 102.0 and 165.4 deaths per 100,000 persons, respectively. Montgomery County is notably above the state rate of 123 deaths per 100,000 persons
- The percentage of the Medicare population with a diagnosis of ischemic heart disease in Audrain and Montgomery Counties is 33.4% and 33.7%, respectively, both of which are higher than the state average of 28.2%
- The percentage of the Medicare population with hyperlipidemia in Audrain and Montgomery Counties is 47.1% and 44.4%, respectively, both of which are higher than the state rate of 42.5%
- The percentage of adults with high blood pressure in Audrain and Montgomery Counties is 41.1% and 34.7%, respectively, both of which are higher than the state average of 32.6%

Source: Healthy Communities Institute

Priority
#1



Do you have a question about heart and vascular services at SSM Health?

Visit our website at ssmhealthmidmo.com

Strategic Implementation Plan

Heart Disease



Goals

The goals of SSM Health St. Mary's Hospital – Audrain include:

- Reduce age-adjusted death rate due to heart disease in our region from 231.4 deaths per 100,000 individuals, as reported in 2015, to 225 deaths per 100,000 individuals by 2018 (MICA)
- Decrease percentage of all-cause/all-location congestive heart failure (CHF) 30-day hospital readmission rate at SSM Health St. Mary's Hospital – Audrain from 16% in 2015 to 15.3% by 2018 (HIDI)



Action plan

- Focus on and improve hemoglobin A1C testing within the SSM Health Medical Group in an effort to keep diabetic patients' respective levels in control
- CHF nursing home collaboration: Visits to high-risk patients in nursing homes. Review trends from nursing homes and if outliers exist, work with specific nursing homes to educate about how to make reductions
- High-risk screening: Implement a high-risk screening criteria tool involving mortality and post-acute committees
- Transitional care coordination: Improve post-discharge care and coordination of support for patients
- Collaborate with the county health departments on ways to identify individuals that are high risk
- STEMI Center designation: SSM Health St. Mary's Hospital - Audrain has applied for STEMI Center Designation and is awaiting certification review
- Stroke Center designation: SSM Health St. Mary's Hospital - Audrain will prepare to apply for Stroke Center designation by 2018
- Expand nutrition and dietary counseling services and follow-up
- Increase dietary counseling referrals from SSM Health Medical Group (primary care) to promote healthy diet in adults with a BMI >30
- Provide dietician assistance to the YMCA
- Assessments and screenings outreach: Community and/or worksite risk assessments and screenings, as well as education at least twice a year
- Cardiac disease screening program (calcium scoring) will be offered, beginning in 2016
- Educational awareness: Provide education on prevention and signs and symptoms awareness and implement at least one public awareness campaign such as "Know Your Numbers" or "Health Fest." Additionally, we will continue to host the Heart-to-Heart luncheon in May, which serves more than 200 women with the purpose of educating about heart disease

Community partners and supporting resources

- Jordan-Waters Heart Center
- American Heart Association
- SSM Health Medical Group
- YMCA
- SSM Health St. Mary's Hospital – Jefferson City

Cancer is second only to heart disease as a leading cause of death in Audrain and Montgomery Counties. The top five most common types of cancers in our region include breast, lung, prostate, colon and bladder.

There are a number of economic, environmental and lifestyle factors that contribute to this disparity. The local economy is one that is heavily reliant on agricultural processes that can potentially introduce harmful byproducts into the human system, which can lead to the development of cancer. The data also illustrates that use of tobacco products is significantly greater in our service area than most communities. While SSM Health St. Mary's Hospital - Audrain is not equipped to address all of these influencing factors, we are able to assist our community in providing cancer treatment options and promoting healthy lifestyle practices that are highly conducive to preventing the development of cancer. These include:

- Regular medical exams and screenings. By increasing the chances of discovering cancer early, the success rate of treating and ultimately overcoming a cancer diagnosis also increases
- Creation of a healthy diet and promoting physically active lifestyles
- The provision of smoking cessation programs
- Immunization to protect against viral infections that lead to the development of cancer

Additional facts and figures

- The age-adjusted death rate due to cancer is 184 and 184.3 deaths per 100,000 persons for Audrain and Montgomery Counties, respectively, compared to rates of 179.5 deaths per 100,000 persons in the state
- The breast cancer incidence rate is 85.6 and 69.5 cases per 100,000 persons for Audrain and Montgomery Counties, respectively, compared to 81.2 cases per 100,000 person in the state
- The lung and bronchus cancer incident rate is 88.2 and 86.7 cases per 100,000 persons for Audrain and Montgomery Counties, respectively, compared to rates of 75 cases per 100,000 persons in the state

Priority
#2



Do you have a question about oncology services at SSM Health?

Visit our website at ssmhealthmidmo.com

Strategic Implementation Plan Cancer Care



Goals

The goals of SSM Health St. Mary's Hospital - Audrain include:

- Reduce the age-adjusted death rate due to cancer in our region from 178.2 deaths per 100,000 individuals, as reported in 2015, to 175 deaths per 100,000 individuals by 2018 (MICA)
- Increase percentage of stage 1 breast cancer initial diagnosis' from 19.7% (hospital 5-year 2010-2014 baseline average) to 24.7% by 2018 (Cancer Registrar)
- Increase percentage of stage 1 lung cancer initial diagnosis' from 37.5% (hospital 5-years 2010-2014 baseline average) to 42.5% in 2018 (Cancer Registrar)



Action plan

- Preventive mammograms: SSM Health St. Mary's Hospital – Audrain women's imaging to provide flexible and easy scheduling and convenient hours of operations for screenings at least twice each year. Increase proportion of SSM Health Medical Group female patients 50-74 years of age who have had one or more mammograms performed during the measurement period of 24 months
- Patient/provider reminders: Maximize use of Epic health maintenance notifications to increase preventive screenings and kept appointments. Explore Epic reporting for health maintenance notifications for breast and lung cancer screenings that result in preventive screenings and kept appointments. Evaluate and monitor screening performance and referrals within SSM Health Medical Group and give feedback to clinic providers to boost screening rates. Cancer Screening Services to continue to provide yearly appointments for patients with a reminder letter sent three weeks prior to appointment, as well as a reminder phone call 24-48 hours prior to appointment
- Low-dose CT scanning for lung cancer screening program: Develop low-cost screening program in 2016
- Increase referrals to SSM Health Cancer Center (at the J. B. and Greeta B Building) Screening Program for comprehensive cancer screenings with provider education for SSM Health Medical Group to increase awareness of program, as well as funding for low income women with the Show Me Healthy Woman and Anna Margaret Griffin Grant programs. Continue to educate health care provides on cancer-related topics with the Annual Mid-MO Regional Cancer Conference to facilitate knowledge, awareness and referrals
 - Initiate lung cancer screening program into the existing comprehensive cancer screening program
 - Provide convenient times and extended screening hours of service once a month
 - Continue community outreach activities to promote awareness at women's conferences/civic organizations and host awareness programs, such as the Victorian Tea for breast cancer awareness
- Education and awareness: Increase offerings on risk factors and important preventative screenings for breast and lung cancer prevention, diagnosis and treatment. Implement cancer screening public service/awareness campaign and media materials that align with cancer prevention months

Community partners and supporting resources

- SSM Health St. Mary's Hospital – Jefferson City Cancer Center
- SSM Health Medical Group
- SSM Health Cancer Center
- American Cancer Society

Achieving our Goals, Now and in the Future



SSM Health is committed to improving the health of our communities through collaborative efforts to address unmet needs.

SSM Health

SSM Health St. Mary's Hospital - Audrain is pleased to make this source of reliable, current community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues and plan strategies for improvement.

Please visit ssmhealth.com/system for more information.

Explore Data



FIND HEALTH DATA



FIND DEMOGRAPHIC DATA



FIND HEALTH DISPARITIES

Healthy People 2020 Progress Tracker

The Healthy People 2020 progress tracker provides a platform for measuring improvement of population health metrics associated with the US Healthy People 2020 objectives. The health objectives and 2020 goals allow communities to assess their health status through a comprehensive set of key disease indicators and create action plans relative to key priorities.

Indicator	Current and Target	Data	Since Prior Period	Status
Access to Health Services				
Adults with Health Insurance <small>MAP</small>	Current: 78.1 Target: 100.0 percent	78.1 100.0 Current Target	↑	TARGET NOT MET
Children with Health Insurance <small>MAP</small>	Current: 93.4 Target: 100.0 percent	93.4 100.0 Current Target	↑	TARGET NOT MET

Contact us to learn more at 573-582-5000.