



Virginia Gay Hospital Community Health Needs Assessment (CHNA)

2022



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INTRODUCTION

"I have an affection for Vinton and its people because most of the years of my life were spent in it and among its people. They were my happiest years. For these reasons, I have made this provision for a hospital in Vinton. It shall be known and designated as the Virginia Gay Hospital." ~ Virginia Gay

Virginia Gay Hospital

Virginia Gay Hospital (VGH) is a privately operated, nonprofit rural hospital created by the trust of Virginia Gay, which has successfully served the needs of the people of Vinton and the surrounding communities since 1923. Our purpose is to provide quality health care services by using innovative, growth-oriented techniques and maintaining a sound financial base.

For nearly a century, as the only hospital in Benton County, Virginia Gay Hospital has served the health care needs for generations of families. Throughout our long history, Virginia Gay Hospital has undergone substantial changes and improvements, largely through the generosity of community members, resulting in exceptional care and underscoring the healing tradition made possible by Virginia Gay.

Providers

Our integrated healthcare delivery system includes four family practice physicians, two advanced registered nurse practitioners (ARNP), two psychiatric mental health nurse practitioner (PMHNP), five physician assistants (PA), five Hospitalists, and a multitude of clinical/business staff. We also have an extensive network of twenty-three specialists who are available to provide specialty and surgical services in our hospital.

Services

VGH provides acute care on an inpatient and outpatient basis, skilled nursing care, long term care and home health care. We continue to improve the accessibility of the hospital and its services to our community, while developing new services which make sense for the community and the hospital.

Our Mission

Our mission is to improve the health of those we serve with a commitment to excellence in all that we do. Our goal is to offer quality care and services that set community standards, exceed patients' expectations, and are provided in a caring, convenient, cost-effective, and accessible manner.



COMMUNITY DESCRIPTION

Service Area

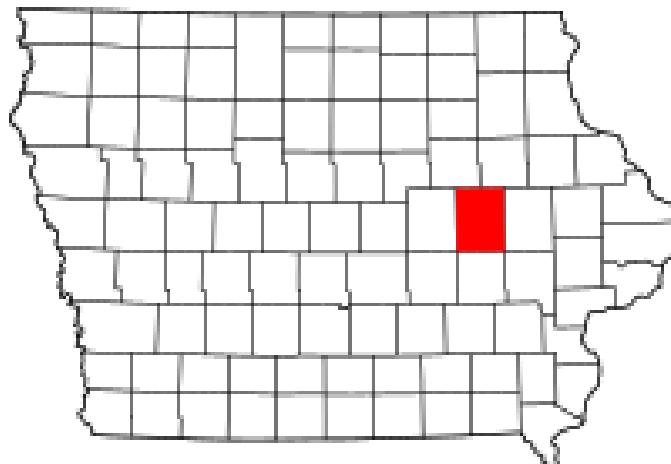
The community VGH serves, as defined for the CHNA, is based on the primary service area of our hospital. The major service area is Benton County, serving an estimated population of nearly 26,000 with an area of 716.27 square miles. VGH also services several other counties and states. Per the Iowa Hospital Association Dimensions Program (2020) 82.70% of the 26,070 outpatient visits, were from residents of Benton County and of the 288 VGH inpatient discharges, 82.70% were Benton County residents.

Unique to Benton County population is the presence of an AmeriCorps National Civilian Community Corps (NCCC) training campus. AmeriCorps NCCC strengthens communities and develops leaders through direct, team-based national and community service. In partnership with non-profits—secular and faith based—local municipalities, state governments, federal government, national and state parks, Indian tribes, and schools, members complete service projects throughout the region they are assigned. AmeriCorps NCCC is a full-time, team-based residential program for men and women age 18-24.

According to the most recent data available from the Centers for Disease Control and Prevention, In 2020 the average life expectancy in the U.S. was 77.0 years for the total U.S. population - a decrease of 1.8 years in 2019. 76.1 years for men and 81.1 years for women.

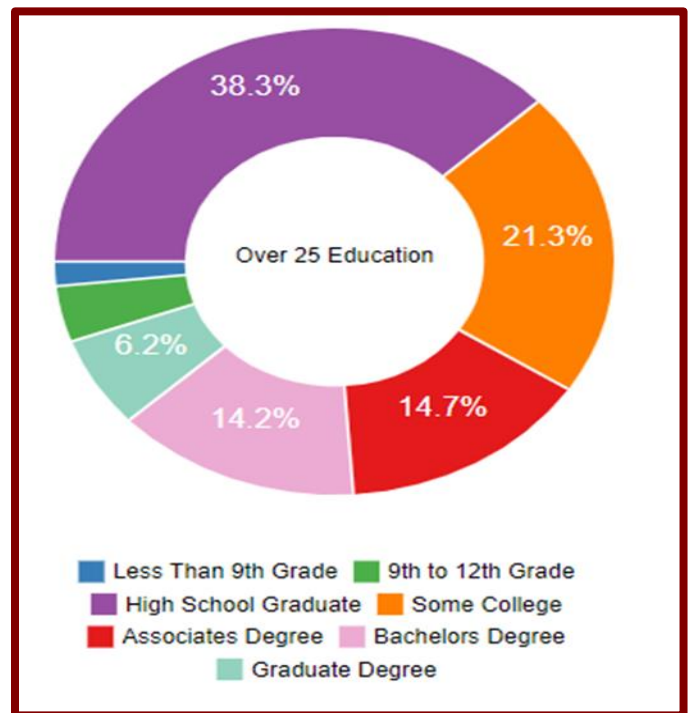
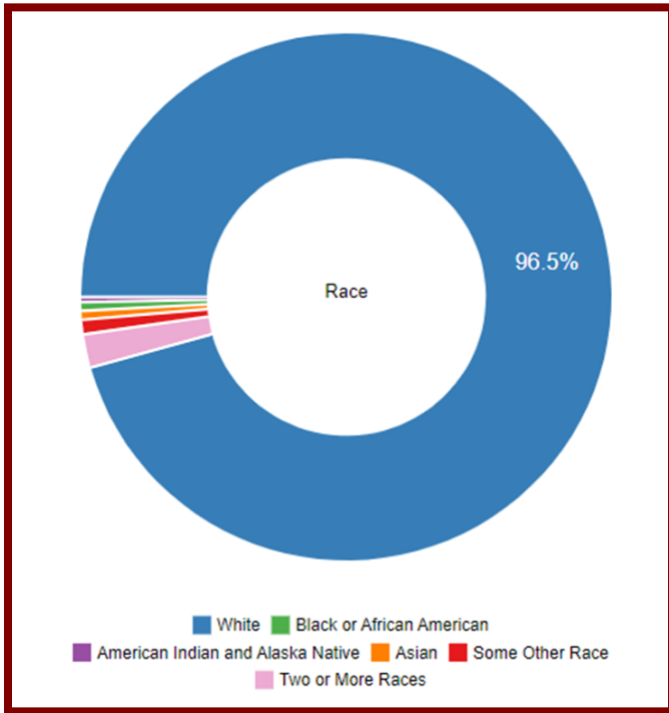
Affordable, high-quality health care is essential to improving our health. But where we live can have an even greater impact. Improving health and longevity in communities starts with ensuring access to healthy food, good schools, affordable housing, and jobs that provide us the resources necessary to care for ourselves and our families—in essence, the types of conditions that can help keep us from getting sick in the first place.

Benton County, IA borders Black Hawk County, IA, Buchanan County, IA, Iowa County, IA, Johnson County, IA, Linn County, IA, Poweshiek County, IA, and Tama County, IA.



Benton County Demographics

Benton County is the 25th largest county in Iowa. The Benton County estimated population is 25,705 with a growth rate of 0.08% in the past year according to the most recent United States census data.



Benton County, Iowa Age Dependency

Age Dependency Ratio

31.5 Old Age Dependency Ratio

40.1 Child Dependency Ratio

Benton County, Iowa Median Age

43.1 **41.8** **44.3**

Total Male Female

Benton County, Iowa Adults

There are 19,587 adults, (4,697 of whom are seniors) in Benton County, Iowa.

Benton County, Iowa Sex Ratio

Female	12,798	50.07%
Male	12,760	49.93%

Socioeconomics

Median Household Income

\$67,729
2019 VALUE
± \$3,449

3.44%
1 YEAR GROWTH
± 6.2%

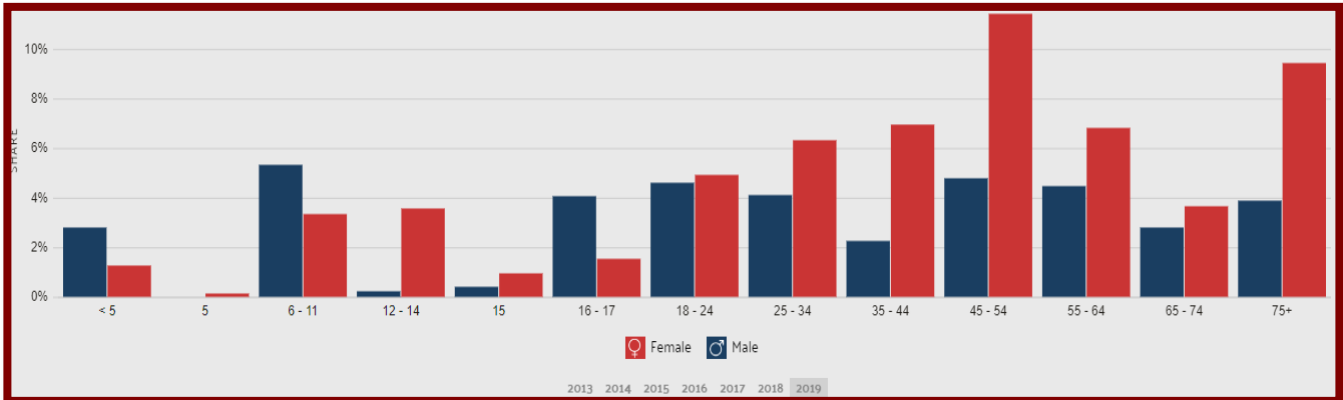
Households in Benton County, IA have a median annual income of \$67,729, which is more than the median annual income of \$65,712 across the entire United States. This is in comparison to a median income of \$65,475 in 2018, which represents a 3.44% annual growth.

Poverty by Age and Sex

Females 45 - 54
LARGEST DEMOGRAPHIC LIVING IN POVERTY

8.81% of the population for whom poverty status is determined in Benton County, IA (2.22k out of 25.2k people) live below the poverty line, a number that is lower than the national average of 12.3%. The largest demographic living in poverty are Females 45 - 54, followed by Females 75+ and then Females 35 - 44.

<https://datausa.io/profile/geo/benton-county-ia#economy>



ECONOMIC IMPACT & COMMUNITY BENEFITS OF IOWA HOSPITALS

Hospitals as health care providers are clearly irreplaceable. Hospitals are also economic engines that are among the largest employers in their communities and for the state as a whole. Also, many community benefit services would not exist without hospital resources and leadership.

Virginia Gay Hospital creates...

<p>578.5 Total Jobs*</p> <p>That is 9.99% of all jobs in Benton County</p>	<p>\$27,896,949 Total Wages*</p> <p>That is 11.14% of all wages in Benton County</p>	<p>\$53,943,858 Total Expenses*</p> <p>That is 6.15% of Benton County gross domestic product</p>
\$718,143 Total Community Benefits	2,619 Persons served through community service programs	

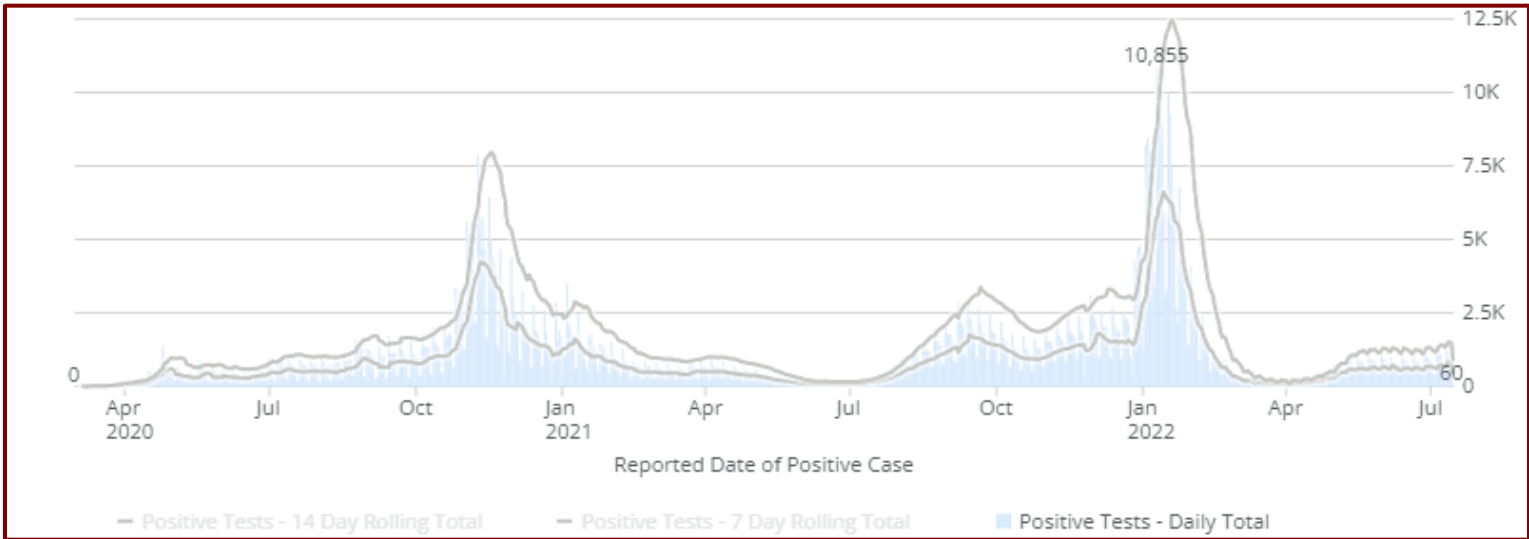
*Data includes Wage, Job and Expenses Multiplier

COVID-19

COVID-19 was first reported in Wuhan, China, in 2019, and subsequently spread globally. Resulting in the COVID-19 pandemic. The COVID-19 pandemic has severely impacted us socially and economically. We have experienced a great loss of life worldwide. As we continue to navigate through this pandemic, we remain committed to the Health of our Community.

County Summary - Benton

Total positive cases by county
6,399



PROCESS AND METHODS

Framework

VGH facilitated the CHNA process using the Health People 2020 MAP-IT framework to plan and evaluate public health interventions and objectives. Using the MAP-IT framework helped to mobilize partners, assess the needs of our community, create/implement a plan to reach identified objectives and track our progress.

Mobilize: Look for partners that have a stake in creating healthy communities and who would contribute to this process. Aim for broad representation. Identify roles for partners and assign responsibilities.

Assess: Assess both needs and assets (resources) in the community to gain a sense of what we can do versus what we would like to do. Work together as a coalition to set priorities. Consider feasibility, effectiveness, and measurability as you determine priorities. Collect state and local data to paint a realistic picture of community needs to serve as baseline data.

Plan: Identify clear objectives specific to your community and concrete steps to achieve them. Consider your intervention points, where you can create change. Think about how you will measure your progress to know if you are successful. Objectives need to be SMART- Specific, Measurable, Attainable, Realistic and Timely.

Implement: Develop a detailed work plan that lays out concrete action steps, who is responsible for completing them, and sets a timeline and/or deadlines. Consider identifying a single point of contact to manage the process and ensure that things get done. Develop a communication plan.

Track: Plan regular evaluations to measure and track your progress over time through quality data. Share progress/successes with your community.

Taskforce Members

VGH has a commitment to establish/maintain effective partnerships throughout the county and work with all entities that influence community health. To improve and strengthen the local planning process multiple community partners have been involved in the CHNA process.

VGH also utilized the Director of VGH Home Health and Benton County Public Health, Katie Cox RN, BSN for the process of the 2022 CHNA to perform research, conduct interviews/surveys, and identify and prioritize the healthcare needs documented in this report.

Input & Health Needs Identified

A strategic planning session for fiscal year 2022 was held on 2/18/22. Key members of VGH including but not limited to senior management, members of the VGH Board of Directors, and medical providers discussed the future needs and actions of the organization to ensure our service area's health needs continued to be met.

Senior management meets twice monthly to discuss the current and future needs for our service area and the actions necessary to meet the needs of our communities served. The most recent meeting was held on 8/1/22.

Obtaining input from key stakeholders was another crucial step in the assessment process. These stakeholders were drawn from private and public organizations that serve people in the Benton County area and were invited to identify the top health issues confronting the populations they served. The health issues these various groups and individuals identified reflected the overarching theme of social determinants/health equity. Analysis of the input received was completed to help determine the priority health needs.

Meetings were held to discuss the following Public Health topics to help assess and prioritize the community health needs:

- Promotion of Healthy Living
- Prevent Injuries/Violence
- Protect Against Environmental Hazards
- Prevent Epidemics/Spread of Disease
- Prepare for Respond to/Recover from Public Health Emergencies
- Strengthen the Health Infrastructure.

Discussions, correspondence, strategizing, and implementation continue amongst members of the above groups to address the identified health needs and concerns.

Community Representatives

VGH engaged several tactics to ensure different members of our community were contacted, including those knowledgeable of health care needs of vulnerable populations. This was completed through personal interviews, emails, surveys, and meetings that occurred between the Fall of 2020 to Spring of 2022. The following community partners were involved in the CHNA process:

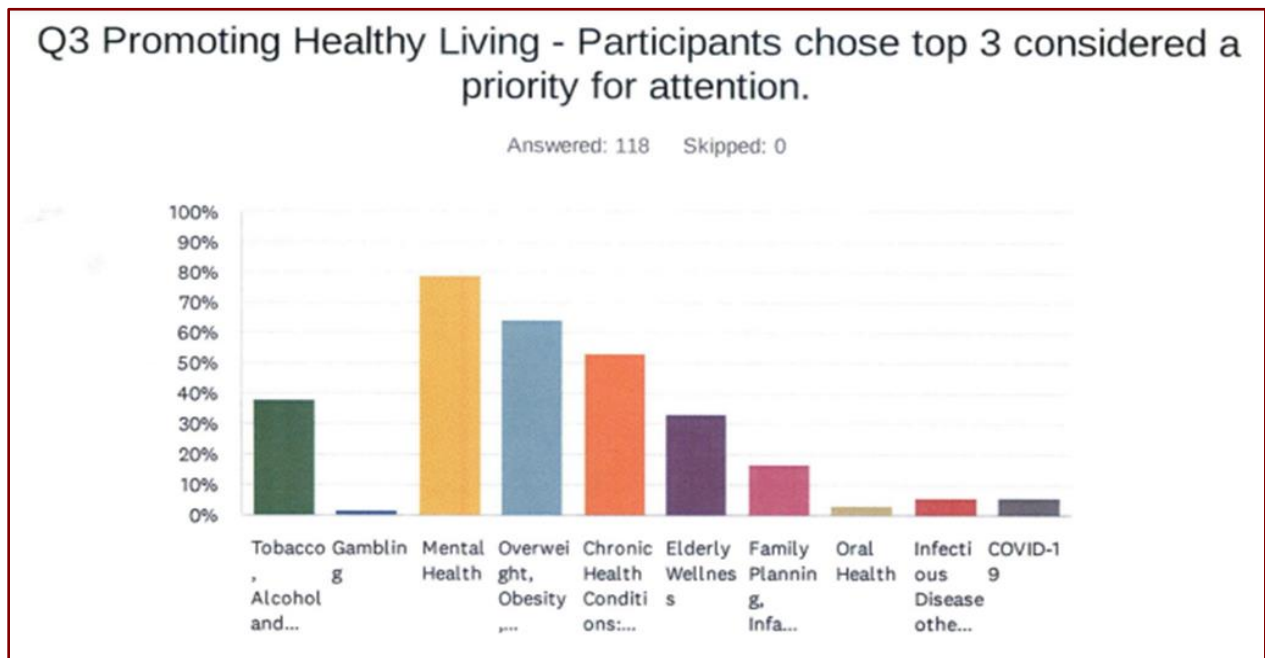
- Virginia Gay Hospital, Clinics, Home Health, and Nursing & Rehab
- VGH Board of Directors
- Benton County Board of Supervisors
- Benton County Board of Health
- Benton County Public Health
- Benton County Environmental Health
- Benton County Emergency Management
- Benton County Disaster Recovery Coalition
- Benton County Coalition
- Benton County Social Services
- Benton County Department of Human Services
- Benton County Transportation

- Benton County School Districts
- Benton County Development Group
- Benton County Wellness Coalition
- Region 6 Emergency Preparedness Coalition
- Vinton Unlimited
- Above the Influence Coalition (Substance Abuse)
- Iowa State Benton County Extension Office
- Benton County Police Departments
- Benton County School Districts
- Better Tomorrows (Early Childhood Iowa)
- Benton-Iowa Decategorization
- Hawkeye Area Community Action Programs (HACAP)
- Area Substance Abuse Council (ASAC)
- Vinton Parks & Recreation Department
- Abbe Center for Community Mental Health

Highest Priority Health Needs

A survey was conducted March 2022 resulting in 118 completed surveys. The surveys were from anonymous participants. The goal of this survey was to better help us understand the health concerns and needs in Benton County.

Following the collection of statistical data and community input, each health indicator was analyzed by comparing it to the state rates to determine our county's priority health concerns.



It was determined that Mental Health 78.81%, Obesity 64.41% along with Chronic Health conditions 53.35% and Substance abuse 38.14% were the top health priorities in Benton County. We will continue our current goals for Mental Health, Substance Abuse and have added Health Prevention as our top three priorities. Health prevention will encompass our previous objectives on obesity while including other chronic illness needs as identified from the Benton County 2022 CHNA survey data.

What would a healthier county look like to you?

Related comments:

“Benton County having more providers for mental health and obesity, more opportunities for low-income families to thrive, more opportunities and training for the community communication and preparedness”

“Better access to health insurance and quality childcare. More educational opportunities for kids to learn “real world” skills”

“Disease prevention instead of sick care”

“More resources and common knowledge of resources, making resources more affordable to low-income families”

“Better mental health for all - more information available for everyone, all ages and all people”

“Easy access to health services for prevention of obesity and related health concerns. Understanding, acceptance, and opportunity for all individuals (racial, cultural, ethnic, LGBTQ+). Easily accessible resources for mental health.”

“Our hospital needs to be more involved in community outreach for the health of our citizens. I’d like to see VGH partner with VPRD (financially and with programming long term) to support a wellness center to promote healthy lifestyles”

“Easily accessible and abundance of services for basic needs and health (brain and physical). Affordable public transportation and SAFE, affordable housing.”

“Improved emergency services, as in more support or funding for ambulance services.”

“Illegal drugs eliminated or reduced. Affordable home care for the elderly.”

“More awareness and collaboration. More focus on mental health.”

“One thing is to get more people willing to get COVID vaccines. Also, need to watch water pollution and hazardous material dumping.”

“A healthier county would have more individuals involved in their community to make the county a better place to live. Resources would be readily available and have individuals available to assist those who have trouble making the connection to the resources.”

“Better access to all forms of medical care, safe environment for our most vulnerable elderly, disabled, children, particularly in care settings. More free/low-cost health and recreational opportunities for all.”

“Focus on mental health, addictions. Affordable health insurance for all.”

“Less chronic conditions, especially obesity and diabetes.”

“More opportunities to have education about health topics. Teaching more health topics in schools. More access to healthcare. Community driven health activities.”

Mental Health

Per the World Health Organization “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Mental health includes a person’s emotional, psychological, and social well-being. It is important at every stage of life, from childhood and adolescence through adulthood. A mental illness is a condition that affects a person’s thinking, feeling or mood. Genetics, environment, and lifestyle influence whether someone develops a mental health condition.

- 2022 (Benton) County Health Rankings
 - Adults reported the average number of mentally unhealthy days was 4.1 in the past 30 days (IA 4.1)
 - Ratio of Mental Health Providers to patients is 3630:1

- 2021 Iowa Youth Survey (IYS):
 - A greater proportion of female students (41%) than male students (20%) reported they had felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities). Female students also reported higher rates of suicidal ideation than males; more than one in four (27%) females indicated they had thought about killing themselves in the past twelve months compared to 14% of males.
 - Students who reported having thought about killing themselves in the past twelve months were then asked whether they had made a plan to kill themselves and whether they had attempted to do so during this same twelve-month period. Approximately half of the students who had thought about killing themselves had made a plan, with 52% of female students and 46% of male students with suicidal ideation reporting they had made a plan. This is equivalent to 14% of all participating female students and 7% of all participating male students reporting they had planned to kill themselves in the past twelve months
 - For each grade, the percentage of students reporting they had been called names, made fun of, or teased in a hurtful way (at least once in the past 30 days) was higher than the percentages in the 2012, 2014, 2016, and 2018 IYS

- 2017 Iowa Child Maltreatment Prevention Needs Assessment
 - Benton County is ranked 26th for overall child abuse and 28th for child neglect,
 - 16th for children living in poverty
 - 62nd for adults with 4 or more adverse childhood experiences
 - 42nd for children who experienced domestic violence
 - 67th with adults with serious mental illness.

- Iowa Public Health Tracking Portal
 - Benton County Suicide Deaths per year → 2018=6, 2019=5
 - Benton County Teen Suicide Rate → 2019=20%. Of the 5 suicide deaths in Benton County 1 of 5 suicides were within the age of 15-19. Iowa suicide rate was 4.5%,



American Foundation for Suicide Prevention 2022

Substance Abuse

Substance abuse can have a major impact on individuals, families, and communities. The effects of substance abuse tend to be cumulative, significantly contributing to the costly social, physical, mental, and public health problems. Substance abuse refers to a set of related conditions with the consumption of mind- and behavior-altering substances that have negative behavioral and health outcomes.

- 2022 (Benton) County Health Rankings:
 - 24% of adults reporting binge or heavy drinking (IA 25%)
 - 14% of driving deaths with alcohol involvement (IA 27%)
- 2021 Iowa Youth Survey:
 - Among the substances and items asked about, students reported at the highest percentages for each grade that it would be very hard to access any other illegal drug including methamphetamine, heroin, cocaine, or another illegal drug for someone their age. More specifically, 55% of 6th graders, 37% of 8th graders, and 24% of 11th graders reported it would be very hard to access any other illegal drug including methamphetamine, heroin, cocaine, or another illegal drug.
 - Eleventh graders selected very easy (43%) at the highest percentage across the substances or items for having access to e-cigarettes or other vaping products. In comparison, 20% of 8th graders and 5% of 6th graders reported it would be very easy to

access e-cigarettes or other vaping products for students their age. Among 11th graders, the substance or item with the second highest frequency for being very easy to access for students their age was alcohol (39%).

- Across the grades, 11th graders had the highest reports of having had at least one alcoholic drink in their lifetime with 50% of 11th grade students who consumed at least one alcoholic drink in their lifetime reporting they had their first alcoholic drink when they were 15-16 years old. Students who reported having at least one drink in their life were subsequently asked if they have had at least one drink in the past 30 days. Of those students, reports of drinking in the past 30 days steadily increased across the grades with approximately one in five 6th graders (21%) who have ever had alcohol, a third of 8th graders (32%) who have ever had alcohol, and almost half of 11th graders (46%), who have ever had alcohol, having at least one alcoholic drink in the past 30 days. This is equivalent to 2% of all 6th graders, 6% of all 8th graders, and 18% of all 11th graders having an alcoholic beverage in the past 30 days; for each of these grades, the percentage in 2021 is lower than the percentage reported in the 2018 IYS.
- Across all students, 1% of 6th graders, 3% of 8th graders, and 10% of 11th graders reported drinking beer in the past 30 days compared to 1% of 6th graders, 5% of 8th graders, and 16% of 11th graders who reported drinking some other type of alcohol in the past 30 days. Approximately half of 11th graders (51%) who have had at least one alcoholic drink in the past 30 days reported exhibiting binge drinking behavior, 4 drinks for females or 5 drinks for males within a two-hour period, at least once in the past 30 days. The percentage of students in each grade who reported binge drinking is lower than the percentages reported in the 2012, 2014, 2016, and 2018 IYS.
- Across all students, 5% of 6th and 8th graders reported operating either a car or another motorized vehicle while impaired due to alcohol or drugs, whereas 7% of 11th graders reported doing so.
- The percentage of both 8th and 11th graders who reported smoking cigarettes during the past 30 days was lower in 2021 than any previous year during this time period. The percentage of 6th graders match the previous low (from 2016) at less than 1 percent (or 0.4 percent, to be exact).
- Nearly one-quarter (24%) of 11th grade students reported having ever used an e-cigarette, JUUL, vape-pen, e-hookah, mod-box, or other electronic cigarette compared to 10% of 8th grade students and 4% of 6th grade students. The percent of students reporting having ever used heated (heat not-burn) tobacco products was low across the grades (1% of 6th, 2% of 8th, and 4% of 11th grade students).
- Sixteen percent of 11th graders reported that they have previously used marijuana compared to 4% of 8th graders and 1% percent of 6th graders. The percentage who reported using marijuana in the past 30 days is approximately half of the percentage who

reported they ever used marijuana for each grade at 8% for 11th graders, 2% for 8th graders and less than 1% for 6th graders. The percentage of students in each grade who reported they had used marijuana in the previous 30 days is lower than the 2018 IYS for all grades. The percentage of 11th graders who used marijuana in the past 30 days is lower than the previous four IYS data collection years (2012-2018)

- 2018 Drug Free Community (DFC) Core Measurement Survey-Benton County:
 - 1 in 3 of Benton County students describe alcohol as very easy to obtain
 - 1 in 4 Benton County students say marijuana is very easy to obtain
 - 38% of Benton County high school juniors say prescription drugs not prescribed to them are very easy to obtain
- 2022 Above the Influence Core Measurement Survey-Benton County Data

Preventive Health

Preventive health consists of measures taken for disease prevention by use of proactive health screenings, counseling, and maintenance to prevent future illness. Examples of preventative care are blood pressure, diabetes, and cholesterol testing. Cancer screenings, including mammograms and colonoscopies. Education and counseling and regular well-baby and well-child visits. Preventive measures can be taken at all stages of life to improve our well-being and decrease the burden of disease.

2022 Benton County Health Rankings:

	Benton (BE) County	Trend	Error Margin	Top U.S. Performers	Iowa
Health Behaviors					
Adult smoking	18%		15-21%	15%	17%
Adult obesity	34%		32-36%	30%	34%
Food environment index	9.0			8.8	8.4
Physical inactivity	26%		23-28%	23%	26%
Access to exercise opportunities	40%			86%	73%
Excessive drinking	24%		23-25%	15%	25%
Alcohol-impaired driving deaths	14%		6-25%	10%	27%
Sexually transmitted infections	265.2			161.8	508.5
Teen births	13		10-16	11	16

- 2022 Benton County Health Rankings
 - Poor physical days 3.2 (IA 3.1)
 - Frequent physical distress 10% (IA 9%)
 - Diabetes 8% (IA 9%)
 - HIV 56 (IA 110)
 - Mammography screening 54% (IA 53%)
 - Flu vaccinations 37% (IA 54%)

Preventative Health Domain

2020 UAC Performance Comparison

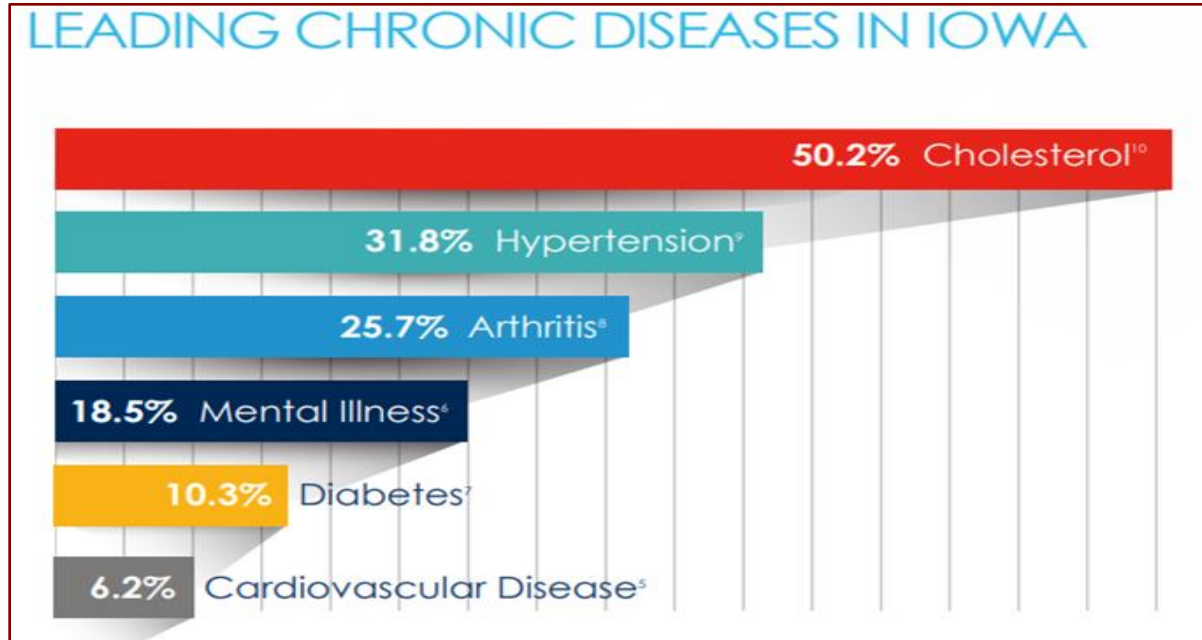
Measure Name	P4P of P4R	2020 NG ACO	2019 to 2020	2019 NG ACO	30th perc.	40th perc.	50th perc.	60th perc.	70th perc.	80th perc.	90th perc.	2020 Mean Performance (NG ACOs)
Influenza Immunization	P	90.11	Declined	90.27	30.00	40.00	50.00	60.00	70.00	80.00	90.00	76.05
Tobacco Use Assessment and Cessation Intervention	P	96.92	Declined	100	30.00	40.00	50.00	60.00	70.00	80.00	90.00	78.61
Depression Screening	R	78.52	Declined	87.58	N/A	N/A	N/A	N/A	N/A	N/A	N/A	70.66
Colorectal Cancer Screening	P	82.94	Improved	77.68	30.00	40.00	50.00	60.00	70.00	80.00	90.00	73.28
Mammography Screening	P	83.46	Declined	84.78	30.00	40.00	50.00	60.00	70.00	80.00	90.00	74.85
Statin Therapy for the Prevention and Treatment of CVD	R	84.51	Improved	83.8	N/A	N/A	N/A	N/A	N/A	N/A	N/A	81.04

Metric removed for 2021

Preventative Health	11.7 / 12	97.5%
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Key Points:

- All metrics removed for 2021



Virginia Gay Hospital: Clinic data 2020

ACO: Next Gen Fund Flow 3.0 for VGH Rural Health Clinics	2020	Target Rate
AWV completed	62%	52%
Pneumococcal Vaccine given	91%	88%
Influenza Vaccine given	90%	78%
All-Condition Unplanned Readmissions	11%*	12-15%
* denotes lower is better		

Virginia Gay Hospital: Clinic data 2021

Top Scoring Measures	2021
Childhood Immunization Status	53.80%
Pneumococcal Vaccination Status for Older Adults	81.50%
*Diabetes: Hemoglobin A1c (HbA1c) Poor Control (>9%)	22.20%
Controlling High blood Pressure	77.70%
Anti-depressant Medication Management	84.50%
On antidepressants for at least 12 weeks	86.50%
On antidepressants for at least 6 months	82.50%
Appropriate treatment for Upper Respiratory Infection	91.40%

* A lower performance rate is better for this measure

Impact of CHNA 2019

In 2019 Benton County conducted a CHNA. Following the collection of statistical data, the following health concerns were identified: Obesity, Mental Health, and Substance Abuse. No comments have been received regarding the 2019 CHNA.

Obesity

- ❖ Goal: Increase healthy behaviors among residents of Benton County; Decrease Benton County adult obesity rate by 1%.

Actions Completed:

- Healthy eating brochures and ChooseMyPlate literature handed out to people attending the 2017 and 2018 Benton County Health Fair.
- Continued improvement and expansion of Community Youth Gardens which are volunteer led programs encouraging youth to try new foods and encourage healthy eating.
- Vinton has developed community gardens that are open to the public to grow produce. There are 39 raised plots.
- ISU Extension-Horizons assist low-income families with promotion of fresh vegetable consumption.
- Development and expansion of the Farm to School program within the school districts in Benton County.
- HACAP Mobile Food Pantry promoting consumption of fresh produce and protein. Volunteers also provide education on how to combine foods for meals/recipes.
- Abbe Center for Mental Health providers starting to assess client BMI and provide nutritional information at their appointments.
- VGH Weight Loss/Weight Management program developed with the dietician.
- VGH and Clinics tracking patient BMI. Screenings and follow-up plans are also being tracked.
- Expansion of the trail system in Vinton has been extended for walking and bikes.
- Expansion of the fitness center at the Vinton Rec Center completed and can be used free of charge.
- VGH promotion of healthy food choices and physical activities through news articles and local media.
- Vinton-Shellsburg Community School District has an active Farm-to-School Chapter that is working to increase locally sourced food options within their meal program and also increase the number of scratch recipes they use on the menu.

Results:

- 2020: 36%
- 2021: 37%
- 2022: 34%

Mental Health

- ❖ Goal 1: Reduce intentional injuries among Benton County residents; reduce percent of Benton County students who have in the past 12 months seriously considered suicide by 1%.

Actions Completed:

- Community events held to provide information, resources, and support in relation to suicide prevention.
- VGH implementation of depression screenings on every patient that is 12 years or older.
- An Applied Suicide Intervention Skills Training was held in Benton County, 10 people attended.
- HACAP 1st Five program offered the ACES training to Virginia Gay Hospital staff and at various locations throughout the county.
- ASAC has provided ACES training for the Vinton Police Department, Belle Plaine Police Department, and the Benton County Sheriff's Department.
- Vinton-Shellsburg Community School Districts have offered and will continue to offer Trauma Informed training and ACES training. During the 2019-20 school year they will offer mental health first aide to all teachers and administrators along with suicide awareness.
- Active work by multiple community partners on Senate File (SF504).
- Depression Screenings now being completed at WIC clinics.
- Benton County Rural Access Center Opened November 2019
- Ben Cort Community Event October 2020

Results:

- 2016: 12%
- 2018: 21%

- ❖ Goal 2: Increase mental health services for Benton County residents

Actions Completed:

- Space developed for a new behavioral health specialist at Vinton Family Medical Clinic.
- Promotion of the mental health services available in Benton County.
- VGH looking into a potential partnership with the Abbe Center for Mental Health to provide mental health services at VGH.

Results:

- VGH hired a full time psychiatric mental health nurse practitioner November 2018.
- Second VGH Full time ARNP hired for Behavioral Health 11/2020.
- Healthcare education event, CISM (Critical Incident Stress Management) training September 2020
- The Benton County CISM (Critical Incident Stress Management) Team established 2020

Substance Abuse

- ❖ Goal 1: Decrease substance abuse among Benton County Youth; Decrease the percentage of 11th graders who reported it was “easy/very easy” to have access to alcohol by 3%.

Actions Completed:

- Increased retailer alcohol sales compliance checks through partnerships with law enforcement.
- Provided education and training to Benton County businesses who have liquor licenses, including TIPS trainings as completed by ASAC.

Results:

- 2018: 68%
- 2019: 50%

- ❖ Goal 2: Decrease prescription drug abuse among Benton County residents; increase the number of pounds of prescription medications collected through drop boxes from 350 pounds to 400 pounds.

Actions Completed:

- Provided information to the community on Count, Lock-Up, Dispose campaign through various forms of media and sustainable locations. Example: Took-kits/Fliers were handed out to approximately 100 people at the 2017 Benton County Health Fair, and 200 people at the 2018 Benton County Health Fair.
- Posters/fliers distributed to the health care locations throughout the county, including medical clinics and pharmacies.
- Promoted Take Back Days for prescription medications. October 2017 a total of 100 pounds of medications was collected for the Take Back event.
- Benton County Above the Influence Coalition. ASAC; Generation Rx and drug drop box materials distributed at 6 locations. September 2021
- Benton County Above the Influence Coalition formation of subcommittees for Substance prevention and Mental Health ongoing. November 2021

Results:

- 2018: 100 pounds
- 2019: 220 pounds
- 2020: 186 pounds
- 2021: 187 pounds

Community Resources

- Virginia Gay Hospital 319-472-6200
- Abbe Center for Community Mental Health 319-472-5226
- Benton County Social Services 319-472-4742
- Catholic Charities 319-364-7121
- Crisis Text line Text 741741
- Families Inc. 319-472-4081
- Foundation 2 Mobile Crisis 319-247-0030
- Foundation 2 Success 1-800-332-4224
- Horizons, A Family Service Alliance 319-398-3943
- Iowa Help Line 1-855-800-1239
- Chat IowaHelpLine.org Text 1-855.800.1239
- Riverview Center, Inc. 1-888-557-0310 or 319-540-0080
- Seeds of Hope 1-888-746-4673
- Suicide Hotline 1-800-SUICIDE
- Pathways Behavioral Services 319-235-6571
- Vinton Counseling Services 319-472-4499
- Alcohol and Drug Treatment Referral 1-800-454-8966
- Area Substance Abuse Council 319-472-2443
- Drug Abuse Hotline 1-800-662-2873
- Quit-line Iowa (Tobacco Cessation) 1-800-784-8669
- Sedlacek Treatment Center 319-398-6226
- Vinton Parks & Recreation Department 319-472-4164
- Iowa State Benton County Extension Office 319-472-4739
- Department of Human Services 319-472-4746
- Great Life Fitness 319-434-6141
- Iron Shed 319-472-4613
- Belle Plaine Community Center 319-444-3135
- HACAP 319-472-4761
- Total Balance 319-360-7610

See Appendix: Benton County Service Directory

NEXT STEPS

Health Improvement Plan

This CHNA was adopted by the Virginia Gay Hospital Board of Directors on September 27, 2022. Virginia Gay Hospital and other community stakeholders are encouraged to use this CHNA to plan strategies and establish objectives based on the identified health priorities. In conjunction with Benton County Public Health, VGH will develop a Health Improvement Plan (HIP) to address the identified high priority needs of VGH's service area. To support this effort, the MAP-IT framework will be used to reach identified objectives, and track progress.

Benton County Public Health is available to the hospital and community to help facilitate activities associated with the CHNA, coordinate community response efforts, and support the needs of agencies for data collection and analysis.

Contact Information

Virginia Gay Hospital
 502 North 9th Avenue
 Vinton, IA 52349
 Tel (319) 472-6200
 Fax (319) 472-6222
www.myvgh.org



Benton County Public Health
Virginia Gay Hospital
 502 North 9th Avenue
 Vinton, IA 52349
 Tel (319) 472-6360
 Fax (319) 472-5976



APPENDIX

**Benton County
Service Directory**

Benton-Iowa Decategorization Initiative



Stakeholders involved in the development of this directory include:

Flourishing Families Community Partnership for Protecting Children (CPPC)

Benton County Coalition

Better Tomorrows ECI

Benton-Iowa Decategorization

Lisa Staude, Coordinator

Email: lstaude@dhs.state.ia.us

Benton County Website: www.bentoncountyiowa.org

United Way 211: Dial 2-1-1 from your cell phone or landline for help with food, housing, employment, health care, counseling and more. 2-1-1 provides free and confidential information and referrals. Or call (866) 469-2211.

Revised 7/28/2

Abuse/Domestic Violence

CV Friends of the Family ER Shelter	319-352-1108
Or	800-410-7233
Child/Dependent Adult Abuse Reporting	800-362-2178
Child Protection Center – St Luke’s	319-369-7908
Domestic Violence Hotline (Waypoint)	800-208-0388
Domestic Violence Center	319-363-2093
Human Trafficking Hotline	888-373-7888
Iowa Coalition Against Domestic Violence	800-770-1650
Sexual Abuse Center (Riverview)	888-557-0310
Shelter Services	319-366-7999

Addiction Treatments

Alcohol and Drug Treatment Referral	800-454-8966
Area Substance Abuse Council	319-472-2443
Drug Abuse Hotline	800-662-2873
Gambler’s Assistance	800-237-7633
Quit-line Iowa (Tobacco Cessation)	800-784-8669
Sedlacek Treatment Center	319-398-6226

Children & Family Services

Better Tomorrows ECI	319-214-1471
Child Support Recovery	319-398-3619
HACAP Crisis Child Care	319-393-6355
HACAP-1st Five	319-739-0601
Diaper Depot (Vinton)	319-472-2581
Foundation 2	319-362-2174
Four Oaks	319-363-0636
LSI Family Support	319-214-1054
InfantSee Program	319-472-3848 or 319-472-4741
Iowa Healthy Families Line	800-369-2229
Iowa Family Support Network	888-425-4371
Parent Partners	641-521-2675
Swaddling Clothes (Keystone)	319-442-3514
Women, Infants, and Children (WIC)	800-643-1629
Young Parent’s Network	319-364-8909
Youth Hotline	800-332-4224

Child Care Centers

Child Care Resource and Referral	855-244-5301
Early Beginnings	(A) -446-6060s (VH) 319-228-8808
Creative Kids Company LLC -Shellsburg	319 202-0049
HACAP Head Start (Vinton)	319-472-4761
Kids Kingdom Belle Plaine	319 444-2849
TLC Preschool (Vinton)	319-472-5571
Vinton Early Learning	319 472-4840

Education & Preschool

Grant Wood AEA 10.....	319-399-6700
Belle Plaine Community Schools.....	319-444-3611
Belle Plaine High School/Middle School.....	319-444-3720
Longfellow Elementary School (K-6).....	319-444-3002
Benton Community Schools.....	319-228-8701
Atkins Elementary.....	319-446-7525
Keystone Elementary.....	319-442-3221
Van Horne Middle/High School.....	319-228-8701
Norway Elementary.....	319-227-7142
Center Point Urbana School.....	319-849-1102
Middle School.....	319-443-2426
A Family Service Alliance Early Access.....	319-399-6749
Kirkwood Comm. College (Belle Plaine).....	319-444-2549
Kirkwood Community College (Vinton).....	319-472-2318
Vinton-Shellsburg Community Schools.....	319-436-4728

Employment

Iowa Vocational Rehabilitation.....	319-294-9308
Iowa Workforce Development.....	319-365-9474
Proteus Farm workers.....	800-397-9675

General/Financial Assistance

Benton County Veteran's Affairs.....	319-472-3150
Department of Human Services.....	800-972-2017
Horizon's Consumer Credit Counseling.....	877-653-3123
Iowa Concern.....	800-447-1985
Iowa Veteran's Center.....	800-798-2719
ISU Extension & Outreach.....	319-472-4739
Salvation Army.....	515-240-5810
Social Security Administration.....	866-495-0088
Veteran's Administration.....	800-838-4692

Food Assistance/Meals

Belle Plaine Community Center.....	614 751-8557
Benton County Food Pantry (Belle Plaine).....	319-981-1143
Benton County Food Pantry (Vinton).....	319-472-4743
Department of Human Services.....	800-972-2017
Garrison Food Pantry.....	319 477-5531
HACAP Benton Main Office.....	319-472-4761
Helping Hands (Atkins).....	319-446-7196
Iowa Food Bank Association Hotline.....	855-944-3663
Shellsburg Share Food Pantry.....	319-436-2864
St. Mary's (Urbana).....	319-560-4907
Walford Hope Matters.....	319-845-3085
Wesley United Methodist Church (Vinton).....	319-270-7778

Government Offices

Atkins City Hall	319-446-7870
Belle Plaine City Hall.....	319-444-2200
Belle Plaine Comm. Development Corp	319-434-6481
Benton County	
Board of Supervisors	319-472-4869
Correctional Services	319-472-5585
MH-MR-DD Central Point of Coord.	319-472-4743
Magistrate's Clerk	319-472-4902
Social Services.....	319-472-4743
Benton Development Group	319-472-5545
Blairstown City Clerk	319-454-6931
Garrison City Hall	319-477-5823
Keystone City Hall.....	319-442-3246
Mt Auburn City Hall	319-475-2314
Newhall City Hall	319-223-5709
Norway City Hall.....	319-227-7351
Shellsburg City Office.....	319-436-2954
Urbana City Hall	319-443-2400
Van Horne City Hall.....	319-228-8238
Vinton City Clerk's Office	319-472-4707
Vinton Unlimited	319-472-3955
Walford City Hall	319-846-3103

Health Care

AIDS Hotline.....	800-445-2437
Ask-a-Nurse	319-398-6011
ACA Navigator Services	515-829-6101
Benton County Public Health	319-472-6360
Essence of Life Hospice.....	319-622-3195
Gifts of Hope	319-472-6375
HACAP Health Care: Medicaid; Hawk-I.....	319-739-1510
HACAP I-Smile	319-739-1545
Hospice Compassus	888-959-5948
Nurse-On-Call	800-593-1414
Planned Parenthood	877-811-7526
St Luke's Family Health Center	319-369-7397
Senior Health Insurance Info Prog (SHIIP).....	800-351-4664
Teen Health Line.....	800-443-8336
Unity Point Clinic (Belle Plaine)	319-444-2840
Unity Point Clinic (Shellsburg)	319-436-2040
Unity Point Clinic (Vinton)	319-472-2304
Virginia Gay Hospital.....	319-472-6200
Virginia Gay Medical Clinic (Atkins)	319-446-7800
Virginia Gay Medical Clinic (Urbana)	319-443-5000
Virginia Gay Medical Clinic (Van Horne)	319-228-8000
Virginia Gay Medical Clinic (Vinton)	319-472-6300

Health Care: Facilities

Belle Plaine Specialty Care.....	319-444-2500
Keystone Home Health	319-442-3660
Keystone Nursing Care Center	319-442-3234
Vinton Lutheran Home	319-472-4751
Assisted Living	319-472-2092
Vinton Park Apartments	319-472-4424
Virginia Gay Nursing and Rehab	319-472-6280
Windsor Manor.....	319-472-2060

Household Items

ECHO Ministries.....	319-472-2002
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Housing, Fuel Assistance, &**Weatherization**

Abundant Life Ministries.....	319-640-5896
Benton County Social Services.....	319-472-4743
Cedar Valley Friends of the Family.....	319-352-1108
Financial Service Group Inc.	319-664-3578
HACAP Benton Housing	319-366-7631
HACAP Benton County Main Office	319-472-4761
HACAP Services for Veteran Families	319-531-6421
Habitat for Humanity	319-366-4485
KarTay Apartment Management.....	319-334-7110
Rightway Management Services.....	563-942-3330
Salvation Army.....	515-240-5810
Truverse	800-383-5204
USDA Rural Economic Development	563-886-6006
Vinton & West Vinton Park Apartments.....	319-472-4424
Welcome Home.....	319-472-3083

In-Home Visitation Service

Home Instead.....	319-472-4004
Horizons, A Family Service Alliance	319-214-1054
Keystone Home Health	319-442-3660
Leaping Rescues	319-551-1351
Vinton Lutheran Home Health Agency	319-472-2092
Virginia Gay Hospital Home Health	319-472-6360

Law Enforcement

Belle Plaine Police Department	319-444-2323
Benton County Sheriff	319-472-2337
Juvenile Court Services	319-472-3957
Shellsburg Police Department	319-436-7763
Urbana Police Department.....	319-443-2780
Vinton Police Department	319-472-2321

Legal Assistance

Iowa Civil Rights Commission.....	800-457-4416
Iowa Concern Hotline.....	800-447-1985
Iowa Legal Aid.....	319-364-6108 or 800-532-1503

Mental Health Services

Abbe Center for Community Mental Health	319-472-5226
Benton County Social Services.....	319-472-4743
Catholic Charities	319-364-7121
Crisis Text line.....	Text 741741
Foundation 2 Mobile Crisis	319-247-0030
Iowa Help Line Chat IowaHelpLine.org (call or text)	855-800-1239
Pathways Behavioral Services.....	319-235-6571
Plugged-In Iowa	319-432-4748
Riverview Center, Inc.	888-557-0310 or 319-540-0080
Benton County Rural Access Point.....	319-436-0400
Seeds of Hope	888-746-4673
Suicide Hotline	800-SUICIDE
Therapeutic Innovations	319/540-5643
Vinton Counseling Services	319-472-4499

Special Needs/Disability

Access2 Independence.....	319-366-3755
ARC of East Central Iowa	319-365-0487
ASK - Access for Special Kids	800-450-8667
Disability Rights (Iowa)	800-773-2502
Family to Family Iowa	800-450-8667
Heritage Area Agency on Aging	800-332-5934
Iowa COMPASS.....	800-779-2001
Iowa Developmental Disabilities Council	800-452-1936
IA Fed.Families-Children's Mental Health 800-400-6302	
Iowa Foster & Adoptive Parents (IFAPA)	800-277-8145
Legal Center for Special Education	866-250-4545
NorthStar Community Services.....	319-472-4246
REM	319-472-4088
Social Security Office	866-495-0088

Transportation

Benton Co Transportation.....	319-472-2413
Benton Co Volunteer Program (BP)	319-434-6078
Benton Co Volunteer Program (Vinton)	319-472-2830
TMS Medical Transportation.....	866-572-7662

Volunteer Opportunities

United Way Volunteer Center	319-398-5372 ext. 844
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References

SOURCE	LOCATION
Iowa Hospital Association-Dimensions Program	https://dimensions.ihaonline.org
City-Data.com	https://www.city-data.com/county/Benton_County-IA.html
Census Reporter	https://censusreporter.org/profiles/05000US19011-benton-county-ia/
US Census Bureau: Quick Facts	https://www.census.gov/quickfacts/fact/table/bentoncountyiowa/PST045218
US Census Bureau: American Community Survey	https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/2020/
Benton County, Iowa Population 2022	https://www.census.gov/quickfacts/fact/dashboard/bentoncountyiowa/PST120221#PST120221
	https://worldpopulationreview.com/us-counties/ia/benton-county-population
Community Commons	https://www.communitycommons.org
Community Commons: Community Indicator Report	https://www.communitycommons.org/board/BOARD/Qm9hcmROb2RIOjE1OTU1
2021 Iowa Youth Survey-IDPH	https://idph.iowa.gov/Portals/1/userfiles/267/IYS%20Mental%20Health%20Trend%20Disparities_FINAL_IDPH.pdf?ver=2021-03-30-150410-390
United States Department of Labor	https://www.bls.gov/lau/#tables
Iowa Workforce Development	https://www.iowaworkforcedevelopment.gov/local-area-unemployment-statistics
County Health Ranking Report	https://idph.iowa.gov/cha-chip/Data
DATA USA	https://datausa.io/profile/geo/benton-county-ia/#economy
Population Health	https://www.usnews.com/news/healthiest-communities/iowa/benton-county#population-health
2016-2018 Iowa Youth Survey Benton County Results	http://www.iowayouthsurvey.iowa.gov/images/2016_County_reports/06.Benton.pdf
IDPH Iowa Immunization Program Annual Report	http://idph.iowa.gov/Portals/1/userfiles/39/2017%20Annual%20Report%20Final%206-12-18%202.pdf
2019 County Health Rankings	http://www.countyhealthrankings.org/app/iowa/2019/rankings/benton/county/outcomes/overall/snapshot
2018 Benton County Environmental Health Annual Report	Copy can be found at the Benton County Environmental Health Department
2018 Benton County Public Health Annual Report	Copy can be received from Benton County Public Health Department
CHNA Community Survey Results 2022	
IDPH DOMO, Benton County COVID19 tracking	
IDPH Public Health Tracking Portal: Health Indicators Report, People and Community	https://tracking.idph.iowa.gov/ https://tracking.idph.iowa.gov/People-Community/Deaths/Trends

IDPH Childhood Lead Poisoning Prevention Program	http://idph.iowa.gov/Environmental-Health-Services/Childhood-Lead-Poisoning-Prevention
IDPH BRFSS Annual Report 2016	https://idph.iowa.gov/Portals/1/Files/BRFSS/2016BRFSSAnnualReport.pdf
Iowa Workforce Development: Laborshed Studies 2019 Vinton, IA Laborshed Analysis	https://www.iowaworkforcedevelopment.gov/laborshed-studies https://iwd-lmi.maps.arcgis.com/apps/MapSeries/index.html?appid=5ef1dd9fc9f64cc5b69a19b4b0dac282
2019 Iowa Hospital Association (IHA) Economic Impact of the Health Sector: Benton County Benton County Child Health Data: HACAP	Copy can be found at the Benton County Public Health Department
2018 Quality Measure Rate Summary: VGH (ACO Data) CDC Behavioral Risk Factor Surveillance System (BRFSS) CDC Youth Risk Behavior Surveillance System (YRBSS)	Copy can be found at the Benton County Public Health Department Copy can be found at the Benton County Public Health Department https://www.cdc.gov/brfss/ https://www.cdc.gov/healthyyouth/data/yrbs/
Women, Infants, and Children Participant and Program Characteristics (WIC) HACAP 1st Five Program	https://www.fns.usda.gov/pd/wic-program
VGH Medical Staff Meetings	Copy can be found with the HACAP 1st Five Coordinator
Better Tomorrows Early Childhood Iowa Area Community Plan	Meeting minutes can be found with the Director of VGH Foundation
SAMHSA's 2016 Behavioral Health Barometer Human Services 2017 Child Welfare Data Report Iowa Child Maltreatment Prevention Needs Assessment 2017,2019	Copy can be found at the Benton County Public Health Department or from the Director of Better Tomorrows at director@bettertomorrowseci.org https://store.samhsa.gov/system/files/sma17-barous-16-ia.pdf https://cwoutcomes.acf.hhs.gov/cwodatasite/ https://pcaiowa.org/content/uploads/2019/02/2017-iowa-child-maltreatment-prevention-needs-assessment.pdf https://pcaiowa.org/content/uploads/2019/11/Attachment-P-2-IA-Child-Maltreatment-Prevention-Needs-Assessment-Data-Update_2019.pdf
2018. 2021 Iowa Youth Survey Benton County Results	http://www.iowayouthsurvey.iowa.gov/images/2018_County_reports/06.Benton.pdf https://iowayouthsurvey.idph.iowa.gov/Portals/20/IYS_Reports/1/ae0f13b7-8afd-49a8-9d87-84d2e0b846ab.pdf
Centers for Disease Control and Prevention: National Center for Chronic Disease Prevention & Health Promotion VGH Strategic Plan	https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html
2017 Youth Risk Behavior Surveillance System	Copy can be found at the office of the VGH CEO
American Foundation for Suicide Prevention: Iowa 2018, statistics	https://www.cdc.gov/healthyyouth/data/yrbs/index.htm http://chapterland.org/wp-content/uploads/sites/13/2018/06/Iowa-State-Facts.pdf https://afsp.org/suicide-statistics/

Iowa Public Health Tracking
Portal
IDPH Single County Health
Indicators Report 2007-2011

<https://tracking.idph.iowa.gov/>

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

2012 Drug Free Community
Core Measurement Survey

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