



Sanford Health of Northern Minnesota  
**Community Health Needs Assessment  
Implementation Strategies**  
2014-2016

dba Sanford Bagley Medical Center EIN# 41-1266009

Dear Community Members,

Sanford Bagley has conducted a community health needs assessment (CHNA) and formally identified unmet needs in the community. A component of the 2013 CHNA work is a perception survey.

During FY 2012/2013 members of the community were asked to complete a survey to help Sanford identify unmet health needs. Sanford analyzed the survey data, identified unmet needs, and partnered with key community stakeholders to develop a list of resources and assets that were available to address them. A gap analysis was also conducted to identify the most significant health needs, and they were addressed in the implementation strategy that is included in this document.

Sanford Bagley has set strategy to address the following community health needs:

- Obesity
- Youth

Sanford is also addressing mental health services and obesity through enterprise-wide implementation strategies. The enterprise strategies are included in this for your review.

Additionally, the asset map/resource list is included in this document along with the action steps that will be taken.

At Sanford Bagley, patient care extends beyond our bricks and mortar. As a not-for-profit organization, ensuring that the benefits of health care reach the broad needs of communities is at the core of who we are. By working with communities, we can bring health and healing to the people who live and work across our region. Together, we can fulfill this mission.

Sincerely,



Kirby Johnson  
CEO

## Addressing the Needs in Bagley

### CARE COORDINATION

Community resources addressing the need:

- Sanford Medical Home

Sanford's commitment to addressing the need:

- Sanford has executed new programs to improve care coordination, including the Health Coach and Medical Home programs. The new One Chart, implemented in 2013, makes the medical record available to all providers in the system.

### ECONOMIC SITUATION/BUSINESS COMMUNITY

Community resources addressing the need:

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Sanford's commitment to addressing the need:

- Sanford will address this issue by sharing the results of the CHNA with community/city leaders.

### HEALTHCARE COST/INSURANCE COST

Community resources addressing the need:

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Sanford's commitment to addressing the need:

- Sanford provides charity care through the Community Care program and continues to provide resources that serve the patient.

### JUDICIAL

Community resources addressing the need:

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Sanford's commitment to addressing the need:

- Sanford will address this issue by sharing the results of the CHNA with community/city leaders.

## **MENTAL HEALTH**

Community resources addressing the need:

- Center for Psychiatric Care – 1-877-732-2411
- Sanford One Care

Sanford's commitment to addressing the need:

- Sanford has prioritized mental health as an enterprise implementation strategy for 2013-2016.
- Additionally, Sanford has received a CMS grant to address behavioral health in the primary care setting and through the Medical Home. This program is called Sanford One Care and will be implemented in the Bemidji Region.

## **OBESITY**

Community resources addressing the need:

- Sanford Dietitian
- Gwen's Studio of Exercise and Dance – 218-694-2800
- Change of Pace Fitness for Women – 218-694-3023
- Smartfitt – 218-694-3001
- Sanford WebMD Fit Kids

Sanford's commitment to addressing the need:

- Sanford has prioritized obesity as an enterprise implementation strategy for 2013-2016.

## **PREVENTION**

Community resources addressing the need:

Sanford's commitment to addressing the need:

- Sanford has prioritized obesity as an enterprise implementation strategy for 2013-2016.
- Sanford is addressing this need through numerous prevention services including:
  - School physicals
  - Medical Home
  - Dietitians
  - Wellness Partners
  - SAGE for mammography
  - Sanford Clinic
- Sanford will also share these concerns with Public Health.

## **TECHNOLOGY**

Community resources addressing the need:

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Sanford's commitment to addressing the need:

- Sanford is considered one of the most wired systems in the country and has high access to technology and equipment.

## **WELLNESS**

Community resources addressing the need:

- Gwen's Studio of Exercise and Dance – 218-694-2800
- Change of Pace Fitness for Women – 218-694-3023
- Smartfitt – 218-694-3001

Sanford's commitment to addressing the need:

- Sanford has prioritized obesity as an enterprise implementation strategy for 2013-2016.

## **YOUTH**

Community resources addressing the need:

- Clearwater Co. 4-H – 218-694-6151
- Crisis Intervention (Child Abuse and Maltreatment) – 1-800-422-0863
- First Call for Help – 218-326-8565
- Mahube Child Care Resource and Referral – 1-800-450-1385
- Northwoods Coalition for Family Safety – 218-751-0211
- Teen Line – 1-877-419-7233
- Youth Employment Program – 218-751-8012

Sanford's commitment to addressing the need:

- Sanford will address this issue by sharing the results of the CHNA with community/city leaders.

## Sanford Bagley Community Health Needs Assessment

### Implementation Strategy

#### FY 2014-2016 Action Plan

##### Priority 1: Obesity

**Goal 1:** Participate in the comprehensive weight management program development within the Bagley and Bemidji Region using an interdisciplinary team inclusive of medical, nutrition, behavioral health and fitness professionals and surgical services

**Measurable Outcome:**

- Number of Clearwater County residents who are educated or join/purchase Sanford weight control and weight loss programs

**Sanford Resources:**

- Sanford Profile Leadership
- TBD

**Goal 2:** Promote programs and engage community members in the Silver Sneakers program and incentivize Medicare-eligible customers

**Measurable Outcome:**

- Track additional members joining Silver Sneakers as incentives change

**Sanford Resources:**

- Marketing
- Community Relations Committee

**Goal 3:** Implement Sanford Frontiers weight management program within the Bagley Region

**Measurable Outcome:**

- Track number of Clearwater County members joining the program

**Sanford Resources:**

- Adult Fitness staff
- Cardiac Rehab staff

**Goal 4: Actively participate with community wellness, fitness and healthy living entities to promote and support fitness and active living by sponsoring walking, screening and educational programs**

**Measurable Outcome:**

- Track use of employee perk opportunities – Healthy Choices fridge, break bicycles, health vending machines, etc.

**Sanford Resources:**

- Grant dollars
- Employee fund

**Priority 2: Youth**

**Goal 1: Engage community leaders in discussions about needed services for youth**

**Measurable Outcome:**

- Number of volunteer hours specifically dedicated to events advocating youth and pediatric health quality and wellness initiatives
- Number of committees and committee hours Sanford Bagley/Clearbrook employees are a part of that are focused on youth

**Sanford Resources:**

- Community Relations Committee
- Sanford Bagley/Clearbrook volunteers

## **Community Health Needs Assessment**

### **Sanford Health Enterprise Implementation Strategy**

#### **FY 2014-2016 Action Plan**

##### **Priority 1: Mental Health Services – Sanford One Mind**

**Goal 1:** Integration of behavioral health services or access to behavioral health in all 38 One Care primary clinic sites

**Measurable Outcome:**

- All 38 primary care clinic sites within the enterprise will have access to behavioral health services by FY 2016

**Sanford Resources:**

- Sanford One Care Director and Assistant
- Sanford One Care Coordinator
- Daniel Heinemann, MD
- Stephen Nelson, MD
- Core Team Clinical Skills Development Coordinators
- Core Team Traditional Culture Advisor/Cultural Diversity Liaison
- Core Team IT
- Core Team Curriculum Development Team
- One Care Development Communication Coordinator
- One Care Department Assistant
- Clinical Skills Development Team (training over 200 physicians and over 360 staff)

**Goal 2:** Analyze and present outcomes of the first three years of integrated behavioral health services

**Measurable Outcome:**

- Results are analyzed and reported to leadership during FY 2016

**Sanford Resources:**

- Daniel Heinemann, MD
- Stephen Nelson, MD



## **Priority 2: Obesity**

**Goal 1: Create an annual symposium/workshop for providers to address weight management and obesity**

**Measurable Outcome:**

- CEUs are available for providers who attend the annual obesity symposium – first annual date set for April 25, 2014

**Sanford Resources:**

- \$10,000 budgeted
- James Mitchell, M.D.
- Linda Bartholomay, LRD
- Carrie McLeod, MBA, MS, LRD,CDE
- Luis Garcia, MD
- Chris Tiongson, MD
- Ron Wiisanen, MD
- Jo Burdick, MS, BSN
- Naomi Aufman, MS

**Goal 2: Develop community classes and leverage existing resources, including dietitians, exercise physiologists, WebMD Fit Kids**

**Measurable Outcome:**

- Classes are scheduled to address obesity and obesity prevention

**Sanford Resources:**

- Clinical Dietitians
- Exercise Physiologists
- Behavioral Health Team
- Bariatric Services
- Providers
- WebMD Fit Kids

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HEALTH