



# Community Health Needs Assessment

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## *Cape Girardeau County, Missouri*

This assessment will identify the health needs of the residents of Cape Girardeau County, Missouri, and those needs will be prioritized and recommendations will be made for programs to be implemented to meet those needs.



## Executive Summary

The two not-for-profit hospitals in the city of Cape Girardeau, Missouri, SoutheastHEALTH and Saint Francis Medical Center were partners in conducting this Community Health Needs Assessment (CHNA).

### Community Health Needs Assessment Process and Requirements

A CHNA must be conducted every three years by not-for-profit hospitals in order to comply with federal tax-exemption requirements under the Affordable Care Act. Following the CHNA, the hospital must adopt an implementation strategy to meet the community health needs identified through the assessment, and it must report how it is addressing the needs identified in the CHNA and provide a description of needs that are not being addressed with the reasons why such needs are not being addressed. The ultimate purpose of the CHNA is to improve community health.

The Community Health Needs Assessment process consists of the following steps:

1. Define the community served by the hospital facility
2. Identify the partners and individuals representing the broad interests of the community
3. Gather available data and current assessments
4. Develop and conduct primary research
5. Aggregate primary and secondary research
6. Identify and prioritize the health needs in your community
7. Develop and implement a strategy to address the identified priority health issues
8. Widely disseminate the CHNA

All steps were completed for this assessment except that the implementation strategy is not included. That step will be completed separately by each hospital partner based on review of the CHNA.

### Community Profile

Cape Girardeau County is located in southeast Missouri along the Mississippi River. The population of the county is currently 75,674. Whites comprise 88.7% of the total population, with 7% comprised of African Americans. The county has a higher percentage of the younger population, ages 15 – 24 than does the state of Missouri. Nearly 86% of Cape Girardeau County residents 25 years and over have graduated from high school, with 31.5% going on to receive a post-secondary degree. The unemployment rate was 7.6% in 2010, which is considerably lower than Missouri's 9.4%. Cape Girardeau County has 14.2% of residents in poverty, with nearly 14% on Medicaid, 12% on Food Stamps, and 15% uninsured. The city of Cape Girardeau offers an abundance of health care providers as well as two medium-sized not-for-profit hospitals, a county health department, a federally qualified health center, a free clinic, emergency services, and long-term care facilities. The community profile chapter also includes social, economic, and environmental characteristics, information on public safety and crime, and community health programs.

### Health Outcomes

The Health Outcomes chapter contains information on mortality, including leading causes of death, cancer incidence, chronic disease, infant mortality, and vehicle accidents, and on morbidity, including obesity, diabetes, infectious disease, unintentional injuries, and health status at birth. The chapter also contains information on mental health and preventable hospitalizations.

The leading causes of death in Cape Girardeau County are:

- Heart Disease 32%
- All Cancers (Malignant Neoplasms) 21%

- Stroke/Other Cerebrovascular Disease 7%
- All Injuries and Poisonings 5%
- Chronic Lower Respiratory Disease 5%

### Health Behaviors

The chapter on Health Behaviors is comprised of information on diet and exercise, tobacco use, substance abuse, maternal health, and prevention and screening. In Cape Girardeau County, 28% of residents are physically inactive, 72% eat less than five fruits and vegetables per day, and 18% smoke cigarettes.

### Health Measures

The chapter on Health Measures includes data regarding infant immunization rates, causes of death for children and adolescents, teen substance abuse, teen pregnancy, STDs in teens, and the health of senior citizens. The main causes of death for children and adolescents are unintentional injuries and motor vehicle accidents; however, “all cancers” as a cause of death is higher in Cape Girardeau County than the state of Missouri. Teen substance abuse is also a great concern as the percentage of substance use in the past 30 days is higher for most substances in Cape Girardeau County than in Missouri.

### Primary Research

Five focus groups were held in Cape Girardeau County and the questions asked can be found below. Summaries of these focus groups are included in Chapter 6.

1. What do people in this community do to stay healthy? How do people get information about health?
2. In this group’s opinion, what are the serious health problems in your community? What are some of the causes of these problems?
3. What keeps people in your community from being healthy?
4. What could be done to solve these problems?
5. Is there any group not receiving enough health care? If so, why?
6. Of all the issues we have talked about today, what issues do you think are the most important for your community to address?

118 surveys were completed by Cape Girardeau County residents. The survey was very extensive and consisted of five different sections. The survey demographics were representative of Cape Girardeau County’s population.

1. **Multiple Choice:** questions to collect information on demographics, health care access, health status, and insurance.
2. **Health Behaviors:** questions to collect health behavior information.
3. **Children’s Health Behaviors:** questions to collect health behavior information about the participants’ children if applicable.
4. **Health Issues:** questions the participants about having particular health issues.
5. **Community Health Concerns:** questions the participants to choose how much of a problem they think particular issues are in their community.

### Summary of Findings

The Summary of Findings chapter simply summarizes the needs determined by the assessment and how those needs were determined.

## Key Findings

The following lists represent the key findings of this Community Health Needs Assessment by type of need:

### Health Needs

- Cancer (leading cause of death)
- Diabetes (leading cause of death)
- High Blood Pressure/Strokes (leading cause of death)
- Heart Disease (leading cause of death)
- Overweight Adults
- Overweight Children
- Mental Health – anxiety and depression, poor mental health days, mental health providers
- Injuries/Poisonings (leading cause of death)
- Chronic Lower Respiratory Disease (leading cause of death)
- Alzheimer’s (leading cause of death)
- Unintentional Injuries (leading cause of death)
- Infectious Disease (Influenza)
- High Cholesterol
- Dental Health
- Autism
- Chronic Pain
- Asthma/Respiratory Disorders (especially in children)
- Sexually Transmitted Infections (especially in adolescents)
- Allergies (especially food allergies in children)
- Health Status at Birth - low birth weight, preterm births, birth defects
- Preventable Hospitalizations - bacterial pneumonia and congenital syphilis
- Cause of Death for Children and Adolescents - all cancers (Malignant Neoplasms)

### Behavioral Needs

- Preventive Practices - women age 18 and older that never had a pap smear and no pap smear in the last three years
- Smoking
- Alcohol/Drug Use
- Poor Diet
- No Exercise
- Poor Lifestyle
- Teen Substance Abuse - use of cigarettes, alcohol, prescription drugs, marijuana, heroin, bath salts and binge drinking
- Maternal Health –no prenatal care, living an unhealthy lifestyle, and smoking and using drugs while pregnant
- Eating Disorders

### Community Needs

- Access to Specialists for Medicaid/Uninsured
- Child Abuse and Neglect – including Child Out of Home Placement
- Domestic Violence

- Health Care Affordability
- Health Care Availability
- Teen Pregnancy
- Transportation (public)
- Unemployment
- Mosquitos
- Job Availability
- Job Security
- Crime – theft offense rate
- Juvenile Court Referrals – truancy and habitually absent from home
- Property and Violent Crime committed against Senior Citizens
- Housing Affordability
- Racism
- Child Care/Day Care
- Murder or Intentional Injury
- Secondhand Smoke
- EMS called out for non-emergencies or repeat patients
- High School Dropout Rate - Cape Girardeau School District 63 for Hispanics and Blacks
- Food Stamps – received by a high percentage of Cape Girardeau County residents
- Free/Reduced-Lunch Program - high percentage of Cape Girardeau School District 63 students enrolled
- Lack of Communication and Resources
- Lack of Education and Awareness
- Unsafe Neighborhoods

## Priority Needs

### Prioritization Process

Members of the CHNA Team analyzed survey data, focus group data, and secondary data in the report to prioritize the community health needs for each county. The priority needs were first identified by the primary research or what the community finds most important. These high priority needs were then validated by the secondary research – looking at the community’s statistics and trends against the state’s statistics and trends.

### Top 5 Priority Needs (and Associated Behavioral Needs)

- Cancer (Smoking)
- Obesity (Diet and Exercise)
- Chronic Disease
  - Stroke (Healthy Lifestyle)
  - Heart Disease (Smoking)
  - Diabetes (Diet and Exercise)
  - Chronic Respiratory Disease (Smoking)
- Substance Abuse/Mental Health (Drug and Alcohol, Anxiety and Depression)
- Health Care Affordability (Uninsured)