



Stonewall Jackson Memorial Hospital

and

Lewis County Health Department

*Community
Health Needs
Assessment*

2013

Lewis County, WV



Executive Summary for Health Assessment

Two leading Lewis County-based health care organizations have completed a community health needs assessment (CNHA) that began with a health care needs survey in the Summer of 2012.

Stonewall Jackson Memorial Hospital (SJMH) and the Lewis County Health Department (LCHD) conducted the assessment to identify and prioritize community health needs to better serve the Lewis County, West Virginia regional service area.

Stonewall Jackson is a 70-bed, not-for-profit, acute care hospital. The facility is fortunate to have a number of specialists on staff, including three orthopedic surgeons, three obstetrician/gynecologists, an otolaryngologist, a pulmonologist, a urologist, two internal medicine physicians, two general surgeons, and several family practitioners. A cardiologist and a pediatrician have private practices on the Hospital campus as well. The Hospital has several family practice clinics in the area and a Home Care agency.

The mission of the Lewis County Health Department is “to protect, promote, and maintain the health of the entire population of Lewis County.” This is accomplished by providing a healthier and safer environment, promoting healthier lifestyles, and providing services (i.e., immunizations, pediatric services, etc.) which will improve the health of citizens of the county, resulting in less illness, better overall health, and greater longevity of life. The Department employs a nurse and a sanitarian, as well as support staff.

The SJMH Marketing Department designed the CHNA in three parts – a compilation of federal, state and local information, followed by online and paper response surveys, and concluded with a focus group meeting.

Review of the federal, state, and local statistics revealed a number of critical health care concerns. In 2013, Lewis County, WV ranks 43rd overall out of 55 counties in the state according to a comparison created by the Robert Wood Johnson Foundation. Only twelve counties have worse overall health than Lewis County. Lewis County ranked 9th in health behaviors and 27th in health factors. The County is 54th in clinical care; 24th in socio-economic factors; and 17th in physical environment.

The online and paper surveys in 2012 found that the overwhelming concerns of Lewis County area residents were: obesity, cancer, heart disease, diabetes, and high blood pressure in this order. Considering the other county problems such as prescription drug abuse and other drug problems, this was surprising.

Suggestions in the third component of the CHNA emanated from a focus group held in January 2013 at SJMH with community leaders to discuss health issues identified in the survey and research. This part also shows that SJMH and LCHD have spent many years providing healthy education and screenings for our citizens. Both entities have been involved in a number of efforts to combat obesity and lack of physical activity. There were some good suggestions, which will be considered in the future. Both entities will continue to help area residents tackle the obesity epidemic. The third section also explains how the CHNA will be distributed to the public.

Assessment Approach and Methods

The assessment was conducted in three phases. The first phase was attaining background information on the health care problems of the local area and state. The data has been culled from national and state resources. In general, the health outlook for residents of Lewis County, West Virginia is poor.

The second phase of the assessment was a survey, conducted online and by paper distributed through churches, senior center, food pantry, and businesses in the area. The goal of the 2012 survey was to have at least 300 participants in the survey. The population of the county is 16,500.

The last phase was a focus group conducted by an experienced mediator with a wide range of active and knowledgeable residents. Debbie Sizemore, of Williamsburg, WV, was our facilitator. She is a community health coordinator with twelve years of experience in this field. She has a master's degree in social work and is a licensed professional counselor in West Virginia. The third phase also contains information on strategies to combat obesity and how the Community Health Assessment results are distributed to the community.

The following summarizes the key findings in the three components of the assessment.



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and
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***Community
Health Needs
Assessment***

**Phase One – Information on the
Health of Lewis County
and WV Residents**



Lewis County History and Geography

From the 2010 American Community Survey

Located in North Central West Virginia, Lewis County has a total area of 390 square miles, of which 382 is land and 8 square miles is water. The county was created from part of Harrison County by an act of the Virginia General Assembly on December 18, 1816. (Wikipedia, 2012)

The county was named in honor of Colonel Charles Lewis (1733-1774), who was killed at the decisive Battle of Point Pleasant in 1774. One of the first acts of the newly formed West Virginia state legislature was to change the name of the recently completed Trans-Allegheny Lunatic Asylum in Weston to the West Virginia Hospital for the Insane. It began operations in 1864 with nine patients. Later renamed Weston State Hospital, it continued to provide care for the mentally impaired until the old building closed in 1994. The William R. Sharpe Hospital was built as the modern replacement facility for services. (Lewis County, WV, 2012)

Stonewall Jackson Memorial Hospital and the Lewis County Health Department are both located within the city limits of Weston, WV. The Community Health Needs Assessment represents residents from this community.

First Phase

The first step was the gathering of quantitative and qualitative information with data from the state of West Virginia, federal government and other nonprofit resources.

A very comprehensive tool used in this assessment was created by the Robert Wood Johnson Foundation. This tool is a health comparison called “County Health Rankings & Roadmaps.” In 2013, Lewis County, WV ranks 43rd overall out of 55 counties in the state according to this comparison. Only twelve counties had worse health categories than Lewis County. Lewis County ranked 9th in health behaviors and 27th in health factors. The County is 54th in clinical care; 24th in socio-economic factors; and 17th in physical environment.

“County Health Rankings & Roadmaps”

	Lewis County	Error Margin	WV	National Benchmark*	Trend	Rank (of 55)
Health Outcomes						43
Mortality						43
Premature death	10,247	8,438-12,056	9,351	5,317		
Morbidity						43
Poor or fair health	23%	18-28%	22%	10%		

Poor physical health days	5.3	3.8-6.9	4.9	2.6		
Poor mental health days	5.7	3.9-7.5	4.4	2.3		
Low birth weight	9.7%	8.2-11.3%	9.4%	6.0%		
Health Factors						27
Health Behaviors						9
Adult smoking	24%	19-31%	26%	13%		
Adult obesity	30%	25-36%	33%	25%		
Physical inactivity	33%	27-40%	33%	21%		
Excessive drinking	5%	3-10%	10%	7%		
Motor vehicle crash death rate	25	17-36	20	10		
Sexually transmitted infections	128		209	92		
Teen birth rate	51	44-59	45	21		
Clinical Care						54
Uninsured	20%	17-22%	17%	11%		
Primary care physicians**	1,489:1		1,310:1	1,067:1		
Dentists**	4,157:1		2,305:1	1,516:1		
Preventable hospital stays	174	153-195	99	47		
Diabetic screening	77%	66-87%	83%	90%		
Mammography screening	57%	44-70%	61%	73%		
Social & Economic Factors						24
High school graduation**	72%		78%			
Some college	41%	34-48%	51%	70%		
Unemployment	6.4%		8.0%	5.0%		
Children in poverty	29%	21-37%	26%	14%		
Inadequate social support	21%	16-27%	19%	14%		
Children in single-parent households	32%	24-41%	30%	20%		
Violent crime rate	145		298	66		
Physical Environment						17
Daily fine particulate matter	12.5	12.3-12.7	12.6	8.8		
Drinking water safety	0%		2%	0%		
Access to recreational facilities	6		7	16		
Limited access to healthy foods**	2%		6%	1%		
Fast food restaurants	57%		52%	27%		

* 90th percentile, i.e., only 10% are better.

** Data should not be compared with prior years due to changes in definition.

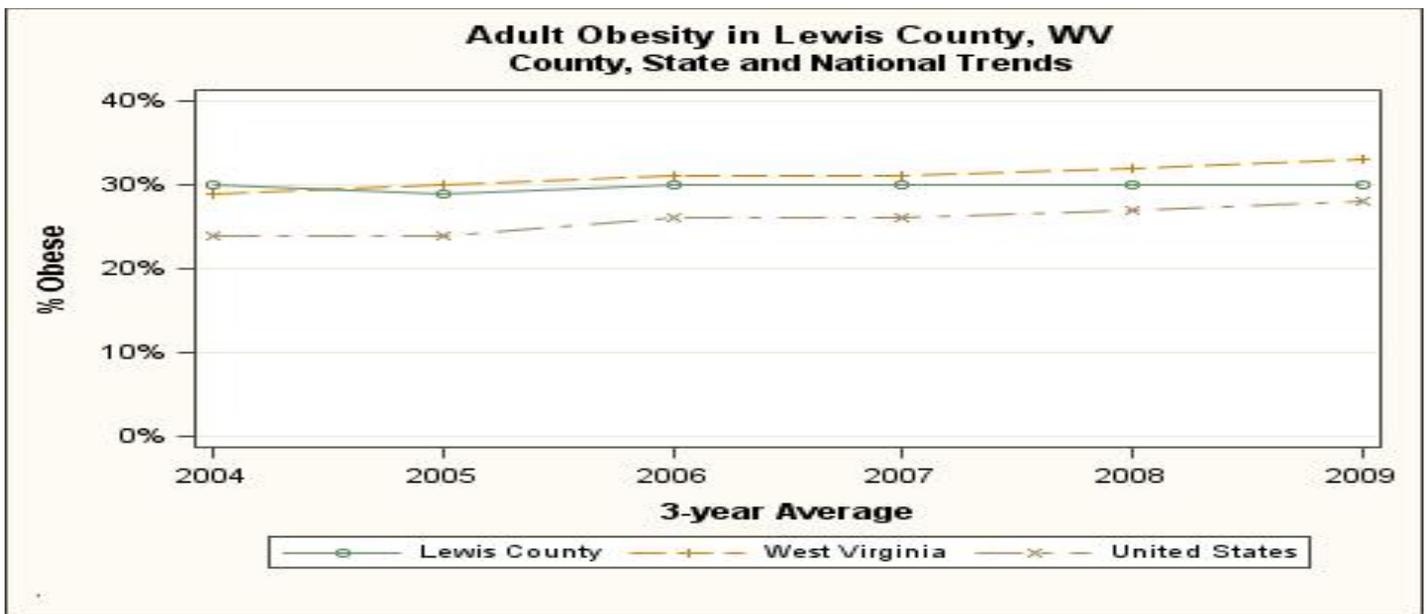
Note: Blank values reflect unreliable or missing data

Explanation of Information

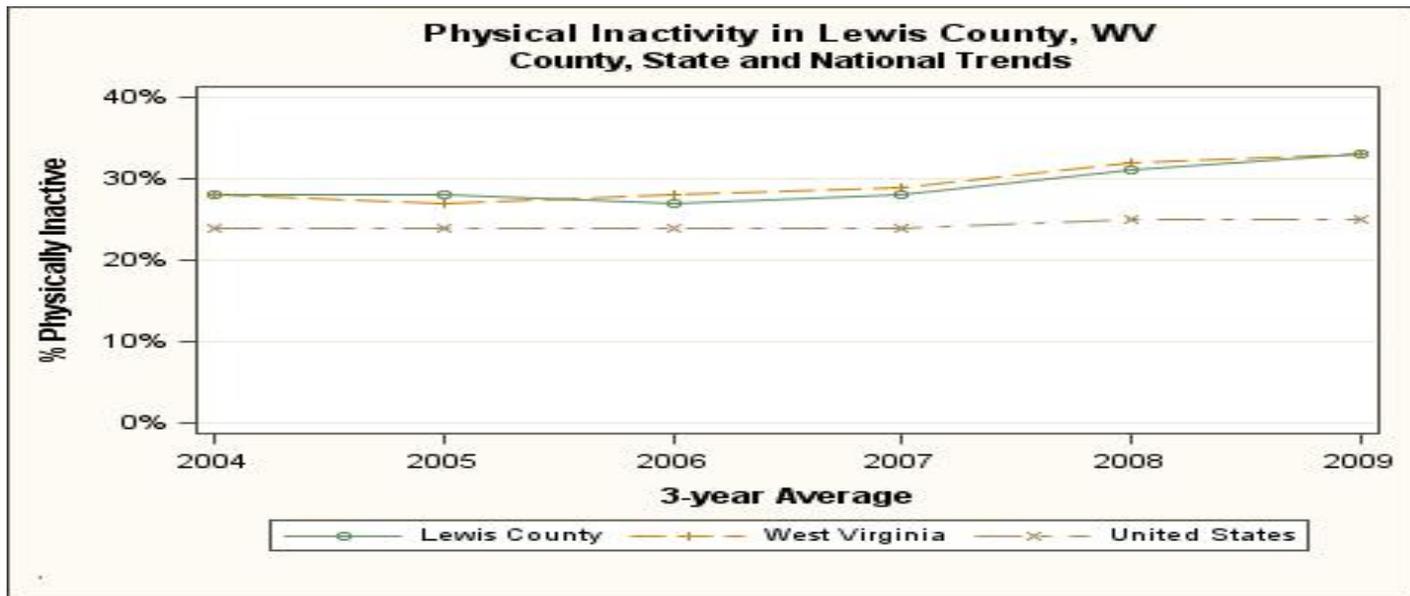
The first entry for the County Health Ratings - premature death - is based on life lost before age 75 per 100,000 population. Lewis Countians are almost twice the national average for premature death, which sets the tone for the rest of the statistics. Other notable entries are self-explanatory until the reader finds the percentages for diabetic screening and mammography screening. These numbers are based on individuals who are Medicare insured but do not take advantage of those screenings. So 90% of Americans, 83% of West Virginians, but only 77% of Lewis Countians, took advantage of the H1AC screening for diabetes. The statistic for mammography is even worse, with only 57% of eligible Lewis County women taking advantage of the screening.

The only positive number is our “excessive drinking” percentage, which is below both the national and state average. Unfortunately, we have a higher percentage of our restaurants labeled as Fast Food.

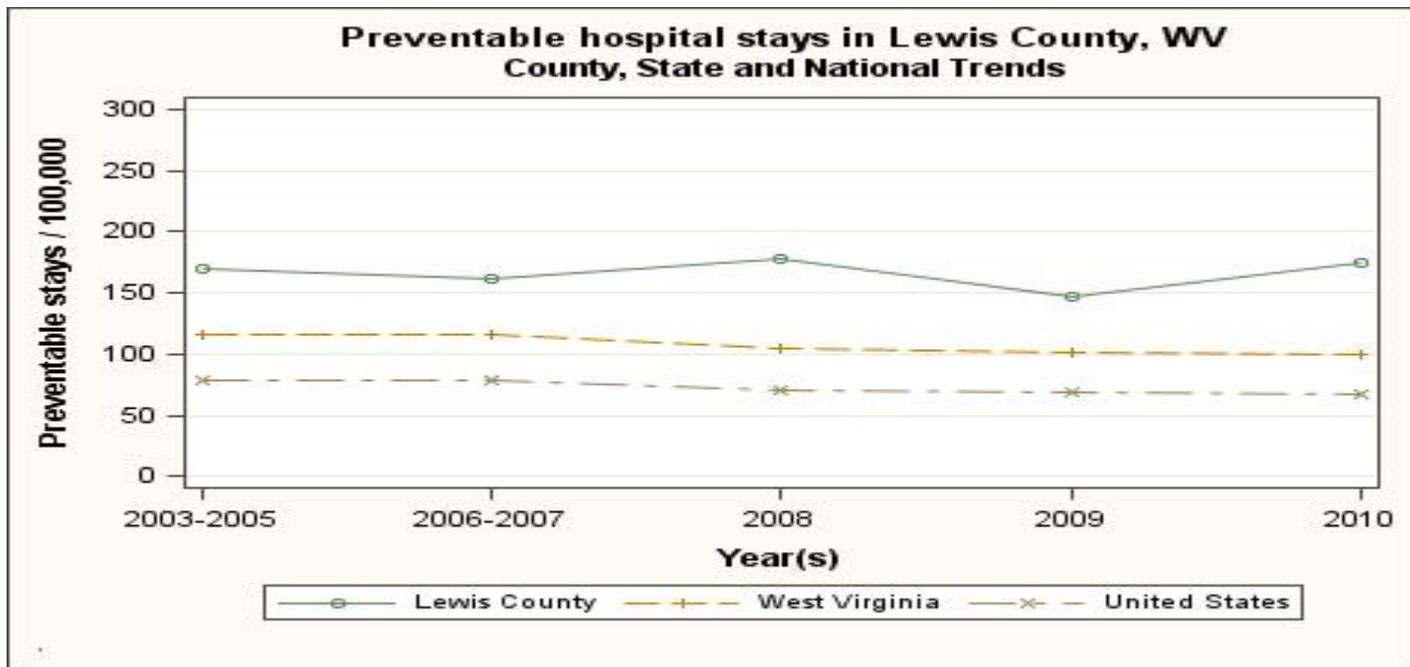
Other trending reports attained from this compilation include the following graphs on adult obesity, which is holding steady at around 30%, still above the state and national averages.



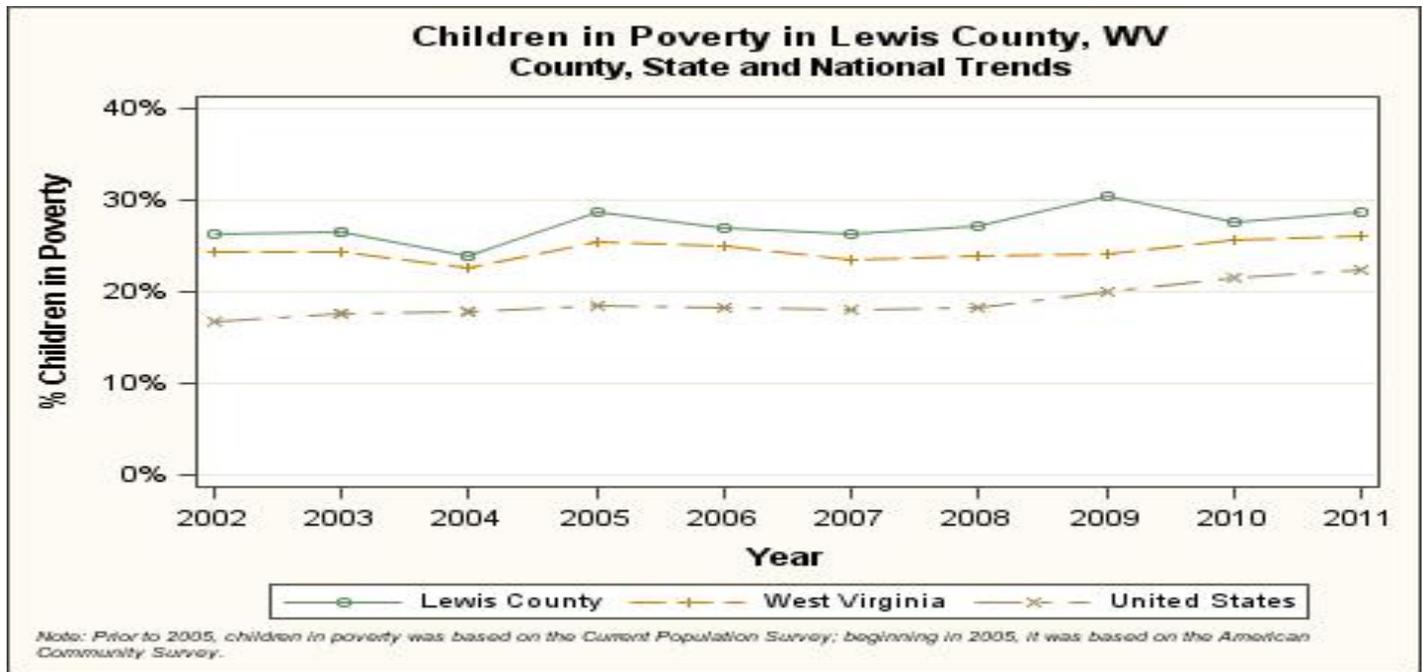
Physical inactivity in the county has risen since 2007 to about 30% - again, above the state and national averages.



The rate for preventable hospital stays in the county are also above the national average. This criteria is based on the hospitalization rate for ambulatory care-sensitive conditions per 1,000 Medicare enrollees.



The trend for children in poverty in the county has risen as much as the state and national averages, but is higher than either of those at almost 30% of our children living in poverty.



Demographic Information

The following information was taken from the “County Health Rankings & Roadmaps” report with additional information, including demographics, health outcomes, health care, socio-economic factors, and physical environment for Lewis County, and is as follows:

	Lewis County	WV
Demographics		
Population	16,416	1,855,364
% below 18 years of age	20%	21%
% 65 and older	18%	16%
% Non-Hispanic African American	1%	3%
% American Indian and Alaskan Native	0%	0%
% Asian	0%	1%
% Native Hawaiian/Other Pacific Islander	0%	0%
% Hispanic	1%	1%

% Non-Hispanic white	97%	93%
% not proficient in English	0%	0%
% Females	51%	51%
% Rural	69%	51%
Health Outcomes		
Diabetes	13%	13%
HIV prevalence rate		93
Premature age-adjusted mortality	492	459
Infant mortality		748
Child mortality	72	66
Health Care		
Mental health providers	16,379:1	11,104:1
Health care costs	\$9,591	\$9,671
Uninsured adults	24%	22%
Uninsured children	6%	5%
Could not see doctor due to cost	21%	18%
Social & Economic Factors		
Median household income	\$37,270	\$38,587
High housing costs	18%	23%
Children eligible for free lunch	46%	44%
Homicide rate		5
Physical Environment		
Commuting alone	82%	82%
Access to parks	10%	10%

Explanation of Demographic Information

According to the above comparisons, Lewis Countians have a slightly higher percentage of residents who are 65 years and older. Our premature age-adjusted mortality rate is approximately ten percent higher than the state of West Virginia's. Our child mortality rate is also higher. Healthcare costs are slightly lower than the state average, but we have more uninsured adults and children. We also have a higher percentage of people who cannot see a doctor due to cost. Economically, the household income is lower than the state average and we have more children eligible for free lunches.

West Virginia Statewide Health Information From “West Virginia Behavioral Risk Factor Survey”

The State of West Virginia also conducts a survey by the WV Bureau of Health. The very comprehensive overview is contained here. This tool - West Virginia Behavioral Risk Factor Survey-was created by the Governor’s Office as a way to gauge the health issues and successes in the entire state of West Virginia.

The Survey is a measurement of risk factors that can affect West Virginians’ health. This report presents state survey results for the years 2009 and 2010, as well as county data combined for the latest available five years (typically 2006 through 2010).

The survey is conducted by telephone and represents a collaborative effort between the West Virginia Health Statistics Center (WVHSC) and the Centers for Disease Control and Prevention (CDC) in Atlanta. Standardized survey methods are provided by CDC. All 50 states, the District of Columbia, and several U.S. territories now participate in the system, known as the Behavioral Risk Factor Surveillance System (BRFSS).

Health Status

- West Virginia ranked 2nd highest nationally in 2009 and 3rd highest in 2010 in reporting the general health of adults as either “fair” or “poor.”
- Over one-fifth of West Virginia adults (23.7% in 2009 and 23.4% in 2010) consider their health to be either “fair” or “poor.”
- “Fair” or “poor” health is most common among groups of adults who are the oldest, least educated, and lowest in household income.

Health Care Access

- About one-fifth of West Virginia adults age 18 to 64 have no health care coverage (21.6% in 2009 and 21.4% in 2010).
- Among adults of all ages, slightly less than one-fifth needed medical care within the past 12 months and could not afford it (18.0% in 2009 and 17.7% in 2010).
- More than one-fifth of all age adults also do not have a specific personal doctor or health care provider (21.4% in 2009 and 24.1% in 2010).

Physical Inactivity

- Approximately one-third of state adults (33.2% in 2009 and 32.9% in 2010) participate in no leisure-time physical activity or exercise.
- The prevalence of physical inactivity was significantly higher among women than men in 2009.
- Physical inactivity is also more prevalent among groups who are older, less educated, or from lower income households.

Nutrition

- Eight out of every 10 adults (83.8%) consume fewer than the recommended five servings of fruits and vegetables each day. West Virginia ranked 3rd highest nationally in the prevalence of this risk factor in 2009.
- Men had a significantly higher prevalence of this risk factor than women.

- Highest prevalence was found among those with less education and lower income.

Obesity and Overweight

- The obese proportion of the adult population was 31.7% in 2009 and 32.9% in 2010, 6th highest nationally in 2009 and 3rd highest nationally in 2010.
- Between 1987 and 2010, a substantial increase in obesity occurred among West Virginia adults. Men and women from a wide range of age, education, and income categories contributed to this unhealthy trend.
- During 2009 and 2010, approximately two-thirds of West Virginia adults were either obese or overweight.

Tobacco Use

- More than one-fourth of adults (25.6% in 2009 and 26.8% in 2010) smoke.
- Smoking prevalence was highest among younger individuals and those with less education and lower annual household incomes.
- West Virginia ranked 2nd highest in smokeless tobacco use in the nation in 2009 and 2010 (8.5% in 2009 and 7.7% in 2010).

Hypertension

- West Virginia ranked highest nationally in 2009 in the prevalence of hypertension (high blood pressure). More than a third of the state's adults (37.6%) have been diagnosed with high blood pressure.
- The prevalence of high blood pressure increased steeply and significantly with increasing age, as would be expected.
- Adults with less income and less education had the highest prevalence of hypertension.

Cholesterol

- In 2009, 38.5% of adults had high cholesterol in WV.
- Similar to hypertension, high cholesterol is more prevalent among older adults and those with low levels of educational attainment and low annual household income.

Alcohol Consumption

- West Virginia alcohol consumption remains notably low in comparison with levels consumed elsewhere in the U.S.
- The prevalence of binge drinking was 9.2% in 2009 and 9.0% in 2010 (3rd lowest in the nation in both 2009 and 2010).
- Binge drinking was most prevalent among younger WV adults.
- The heavy drinking prevalence was 2.7% in 2009 and 2.8% in 2010 (2nd lowest in the nation in 2009 and 2010).

Oral Health

- More than a third of adults (38.6%) in 2010 had not had their teeth cleaned by a dentist or dental hygienist in the past year. West Virginia's rank was 8th highest nationally.
- The prevalence for this risk factor was significantly higher among men than women.
- The highest prevalence of this risk factor was among those with less than a high school

education, in households with an annual income of less than \$15,000, and in the 25-34 age group.

- Additionally, 60.1% of adults had at least one and 30.0% had six or more teeth missing.
- Among those aged 65 and older, 36.0% were missing all of their teeth.

Immunization

- Among adults aged 65 and older, over a fourth had not had a flu shot in the past 12 months (29.4% in 2009 and 33.5% in 2010).
- About 1 in 3 WV seniors never had a pneumonia shot (31.2% in 2009 and 37.6% in 2010).

Colorectal Cancer Screening

- Over three-quarters (86.4% in 2010) of adults aged 50 and older reported that they did not perform a home stool blood test (FOBT) in the past year. The prevalence of this risk factor was significantly higher among women than men.
- Almost half (45.6% in 2010) of West Virginia adults over the age of 50 never had a sigmoidoscopy or colonoscopy (4th highest in the nation).

Prostate Cancer Screening

- Thirty-one percent of men over the age of 50 never had a DRE (digital rectal exam), 3rd highest in the nation.
- One-fourth (25.5%) of men aged 50 and older never had a PSA (prostate specific antigen) test.
- The prevalence of both these risk factors is highest among those with less than a high school education.

Breast and Cervical Cancer Screening

- Among women aged 40 and older, 41.6% did not have a clinical breast exam (CBE) in the past year.
- Among women aged 40 and older, 27.7% did not have a mammogram in the past two years.
- Over one-fifth (21.0%) of all women aged 18 and older did not have a Pap test in the past three years, 12th highest in the nation.
- Additionally, 7.3% of WV female adults have never had a Pap test.

Cardiovascular Disease

- West Virginia ranked highest in the nation in 2009 and 2nd in the nation in 2010 in the prevalence of heart attack among adults. The prevalence of heart attack was 6.5% in 2009 and 6.3% in 2010.
- Men had a significantly higher prevalence of heart attack than women.
- West Virginia also ranked higher than any other state in 2009 and 3rd highest in 2010 in prevalence of angina or coronary health disease among adults (7.1% in 2009 and 6.0% in 2010).
- For the prevalence of stroke among adults, West Virginia ranked 4th highest nationally in 2009 and 11th highest in 2010 (3.7% in 2009 and 3.5% in 2010).
- The prevalence of heart attack, angina, and stroke was significantly higher among those 65 or older.

Diabetes

- More than 1 in 10 West Virginia adults have diabetes (12.4% in 2009 and 11.7% in 2010). West Virginia ranked 2nd nationally in 2009 and 4th nationally in 2010.
- The prevalence of diabetes was highest among those aged 65 and older, those with less than a high school education, and those with the lowest income.

Cancer

- About 1 in 10 WV adults are cancer survivors (10.4% in 2009 and 8.8% in 2010).
- Cancer prevalence is higher among females than males.
- About one-fifth of WV seniors had cancer during their lives, most prevalent among older adults and those with less than a high school education, and those with an annual household income of less than \$15,000.

Asthma

- In 2009, 12.4% of adults had ever been diagnosed with asthma, while 8.8% currently had asthma.
- In 2010, 10.7% of adults had ever been diagnosed with asthma, while 7.3% currently had asthma.
- Women had significantly higher prevalence of both lifetime and current asthma than men in both 2009 and 2010.
- The prevalence of current asthma was significantly higher among those without a high school diploma and those with an income of less than \$15,000.

Arthritis

- More than 1 in 3 WV adults have arthritis (33.9% in 2009 and 36.0% in 2010).
- There was a significant age difference associated with arthritis prevalence, with the prevalence being higher among older age groups.
- Arthritis prevalence was also highest among those with lower income and less education.

Disability

- West Virginia had the highest disability prevalence nationwide in both 2009 and 2010.
- More than one-fourth of adults were disabled because of a physical, mental, or emotional problems (27.1% in 2009 and 28.2% in 2010).
- Disability prevalence was highest among older adults, adults who did not have a high school degree, and lower income adults.

Emotional Support and Life Satisfaction

- Approximately 8 in 10 West Virginia adults reported that they usually or always get the social and emotional support they need (79.9% in 2009 and 82.3% in 2010).
- Over 9 in 10 West Virginia adults were satisfied or very satisfied with their own lives (92.3% in 2009 and 93.9% in 2010).
- These factors were highest among adults with higher levels of education and income.

HIV Testing

- Less than one-third of adults aged 18-64 in West Virginia have been tested for HIV (31.9% in

2009 and 29.1% in 2010).

- In both 2007 and 2008, the prevalence of HIV testing was highest among those aged 25-34.

Comorbidities

- About 1 in 5 West Virginia adults (17.5%) were both disabled and had arthritis in 2010.
- About 1 in 8 West Virginia adults (12.8%) were obese and did not exercise in 2008.
- Also in 2010, 8.7% of adults were current smokers and had no health care coverage.
- In 2010, 6.6% of WV adults were obese and had diabetes.
- Only 3.5% of WV adults have both cardiovascular disease and diabetes.

Trust for America's Health Report on Obesity in WV

There is also a 2012 report on obesity data for WV, which shows the rising trend of obesity in the state. According to Trust for America's Health - a nonprofit, nonpartisan organization "dedicated to saving lives by protecting the health of every community and working to make disease prevention a national priority," West Virginia is facing a serious healthcare epidemic in the next 20 years. According to the report, "If obesity rates continue on their current trajectories, by 2030, the obesity rate in West Virginia could reach 60.2 percent. According to the latest data from the U.S. Centers for Disease Control and Prevention (CDC), in 2011, 32.4 percent of adults in the state were obese."

The report continues, "Over the next 20 years, obesity could contribute to 282,164 new cases of type 2 diabetes, 659,007 new cases of coronary heart disease and stroke, 558,316 new cases of hypertension, 347,324 new cases of arthritis, and 88,983 new cases of obesity-related cancer in West Virginia."

Education in Lewis County, WV

The question might be posed as to whether the lack of education would be associated with the poor health in Lewis County.

According to information from the WV Department of Education for the year 2012, 8.2% of Lewis Countians had less than a 9th grade education; 12.4% had 9th through 12th with no diploma; 47.9% were high school or GED graduates; 13.6% had some college, no degree; 5.8% received an associate degree; 8.5% had a bachelor degree; and 3.5% had a graduate or professional degree. The high school graduation rate is below the West Virginia average, so this could be part of the problem associated with Lewis Countians' poor health.

Lewis County Schools

Lewis County is home to 4 elementary schools, 1 middle school, and 1 high school. The average class size during the 2009–2010 school year was 19.2 students. Lewis County schools maintained a graduation rate of 84.91% during the 2009 – 2010 school year and an attendance rate of 95.29%. The dropout rate for that year was 2.8% (WV Department of Education, 2012). The current enrollment in Lewis County Schools

for the 2011–2012 school year is 2,605 students. This is a slight decrease from last year's enrollment of 2,650 students. Of the students currently enrolled, 55.2% are considered low income. This is slightly higher than the state average of 51.38% (WV Department of Education, 2012).

The only post-secondary education available in Lewis County is through classes offered by Pierpont Community & Technical College at Lewis County High School.

Health Care Needs

In 2012, a local nonprofit organization dedicated to helping those in poverty conducted their own community assessment. The Central WV Community Action (Clarksburg, WV) Needs Assessment Survey asked the basic question, *is health an issue for you and/or your family*; 34.6% of respondents in Lewis County felt that health was, in fact, an issue.

The top three reasons that health was an issue for the respondent or family members from Lewis County were:

1. Lack of medical insurance
2. Affordability of prescription drugs
3. Affordability of free or low-cost medical services

Conclusion on Factors for Lewis and WV Residents

Both the statistics presented for residents of Lewis County and the state of West Virginia indicate that our health habits are very poor, leading to a variety of preventable illnesses, from diabetes to heart disease. Unfortunately, Lewis Countians have worse health statistics than those for West Virginia.

The preventable health factors, such as obesity and tobacco use, are much higher in West Virginia than the national average. The State reported that, in 2009 and 2010, approximately two-thirds of West Virginia adults were either obese or overweight. More than one-fourth of adults (25.6% in 2009 and 26.8% in 2010) and West Virginia ranked 2nd highest in smokeless tobacco use in the nation in 2009 and 2010 (8.5% in 2009 and 7.7% in 2010). West Virginia ranked highest nationally in the category of high blood pressure, with more than one-third of West Virginia residents reporting it.

Eighty-three percent of adults consumed fewer than the recommended five servings of fruits and vegetables each day. WV ranked third highest nationally in this area in 2009. Between 2009 and 2010, the rate of obese adults went from 31.7% to 32.9%... in one year the rate jumped a whole percentage. In another seventeen years, it is expected that 60% of West Virginians will be obese. According to WEB MD, a person is considered obese when his/her weight is 20% above normal. The Body Mass Index rating (BMI) is the most common way to measure obesity. When one's BMI is 25 to 29.9, the person is considered overweight. When one's BMI is over 30, he/she is considered obese.

One bright spot in the reporting of these statistics is that West Virginia's alcohol consumption remains low compared to the rest of the country. However, in oral health, immunization, and cancer screenings,

our residents do not take advantage of these life-saving screenings. It also appears that there is some correlation between disease and lack of education. For example, arthritis, diabetes, cancer, and disability appear to be more prevalent among those with less education. The use of, or lack of, cancer screenings is also aligned with lack of education. The more educated residents are more likely to be screened for cancer, whether breast, cervical, prostate, or colorectal. These diseases can also be attributed to an age factor, i.e., over age 65, where these diseases are more prevalent. West Virginia residents also rank higher than most other states in the area of stroke, heart attack, and coronary disease... all conditions, which could be controlled with better diet and exercise. Our diabetes rate was second nationally in 2009 and fourth in 2010



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Phase Two - Surveying

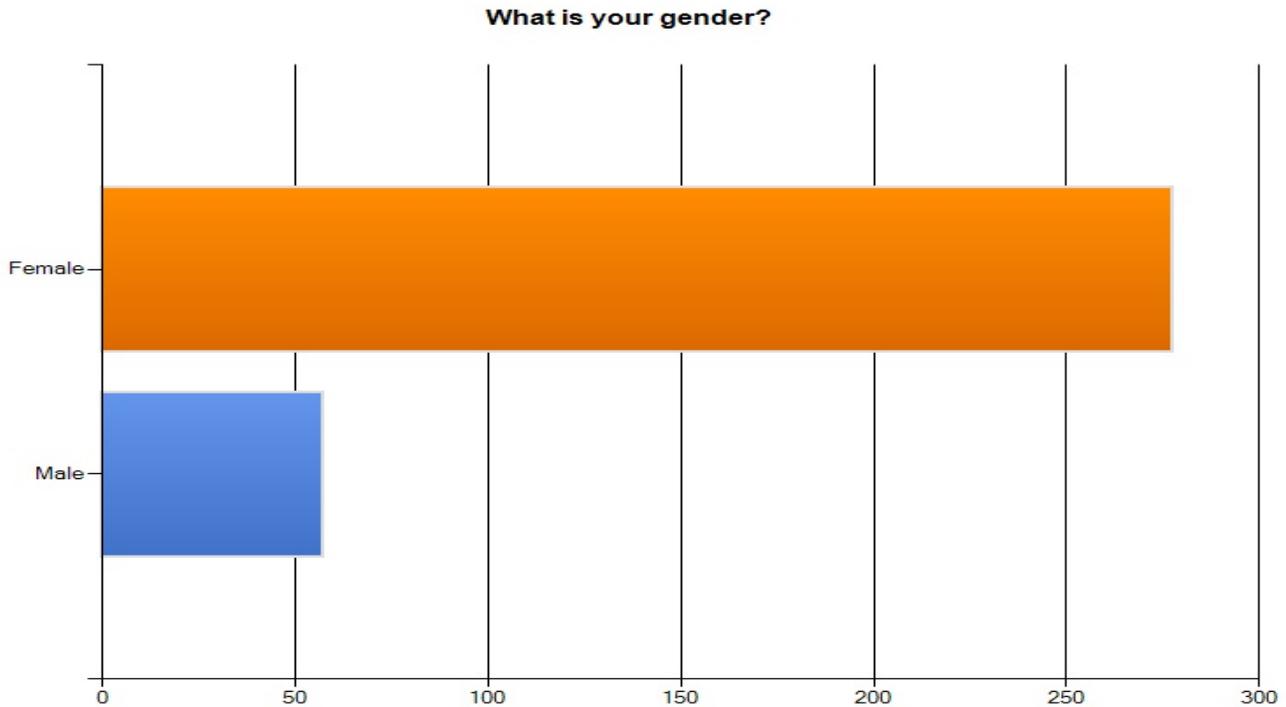
Second Phase

The second step of the Community Health Needs Assessment was to conduct a survey on health issues with public input leading the way. An online company, Survey Monkey, was used for an electronic survey. The survey was created by the SJMH Marketing Department using samples from other health care agencies. There were 37 questions included in the survey, with emphasis on the public’s health concerns.

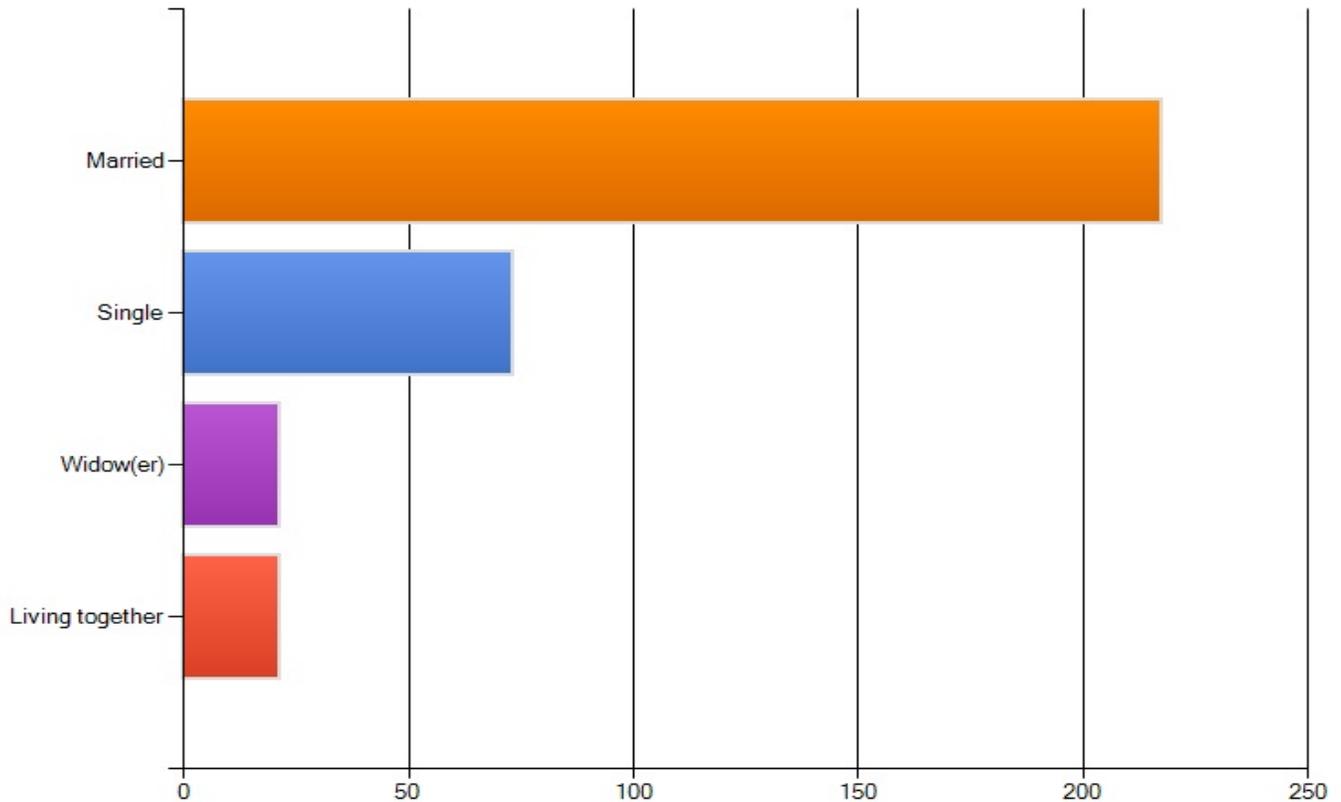
Procedure for Local Survey Collection

Three hundred thirty people participated in the survey during July/August 2012. The SJMH Marketing Department promoted the survey in the local newspaper with news stories, on the local radio station, on Facebook, and through email invitations. Approximately 260 people participated in the online survey. Another 70 paper surveys were completed at the Lewis County Health Department, the waiting areas in SJMH, physician offices, a senior center, and at “Our Neighbor” - a low-income, Goodwill-type store.

Questions 1 and 4



Marital status?



Two hundred seventy-seven women responded to the survey (82.9%) and 57 men (17.1%). Two hundred seventeen (65.4%) of the respondents were married; 22% were single; 6.3% were widow(ers), and 6.3% were living together.

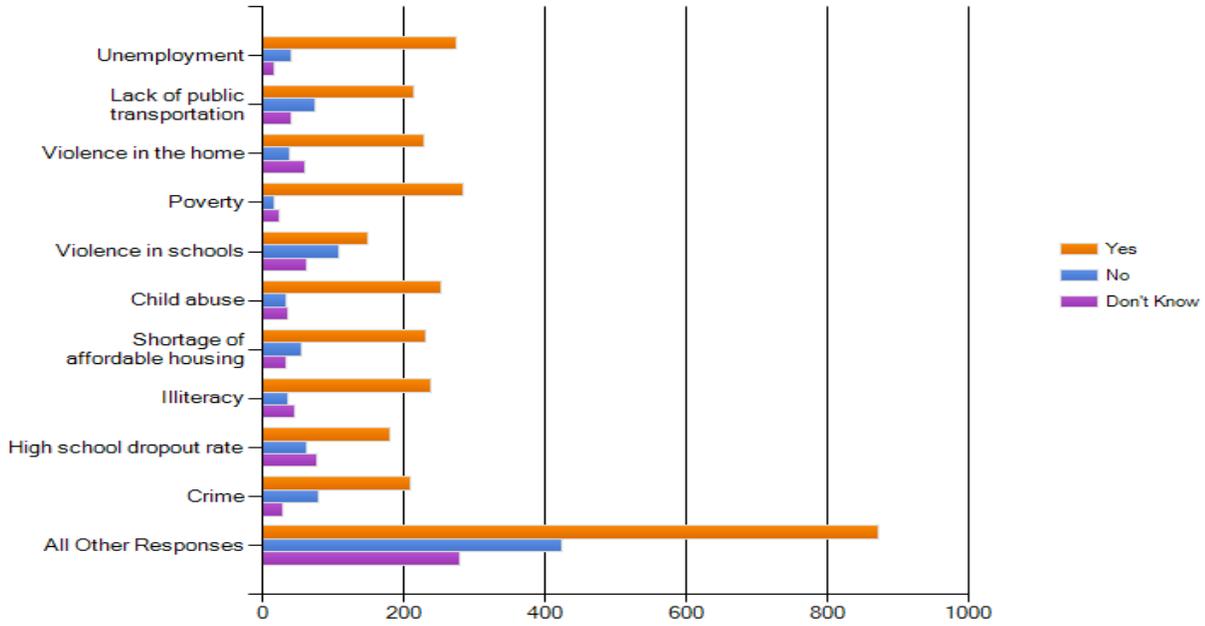
Question 5

When asked what they deemed the most important health issues facing the county, respondents listed:

1. Cancer/Heart
2. Drugs
3. Heart Disease
4. Obesity/Diabetes
5. Obesity/Heart

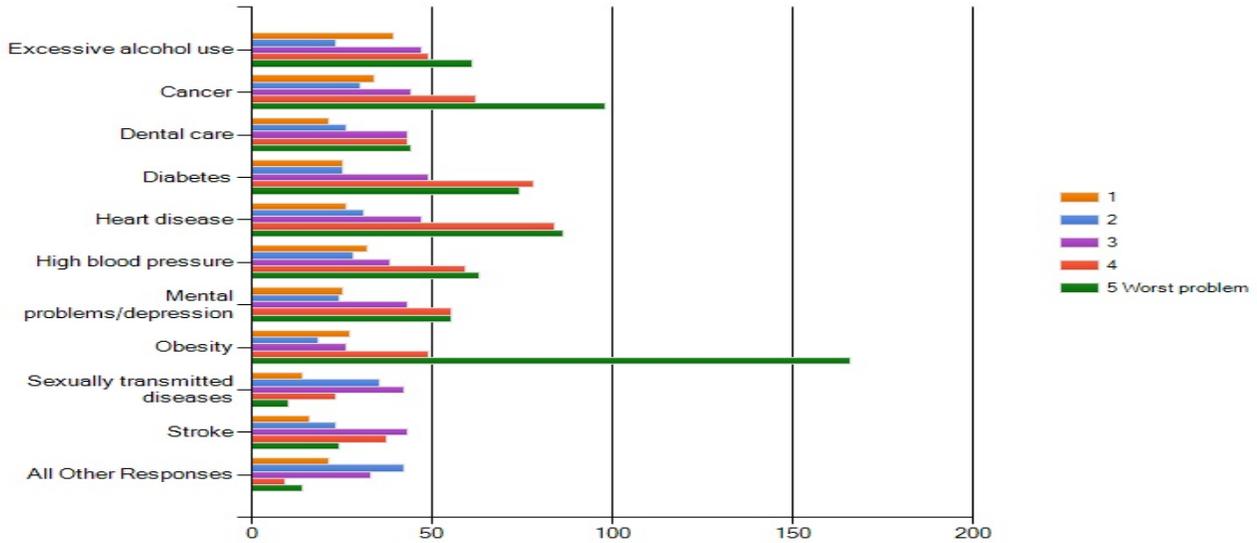
Question 6

Please tell whether you believe the topics listed below are problems in this area?



Question 7

Below are some common health problems. Please rate on a scale from 1 to 5, with 5 being the worst problem in this area. You should mark only 5 items.



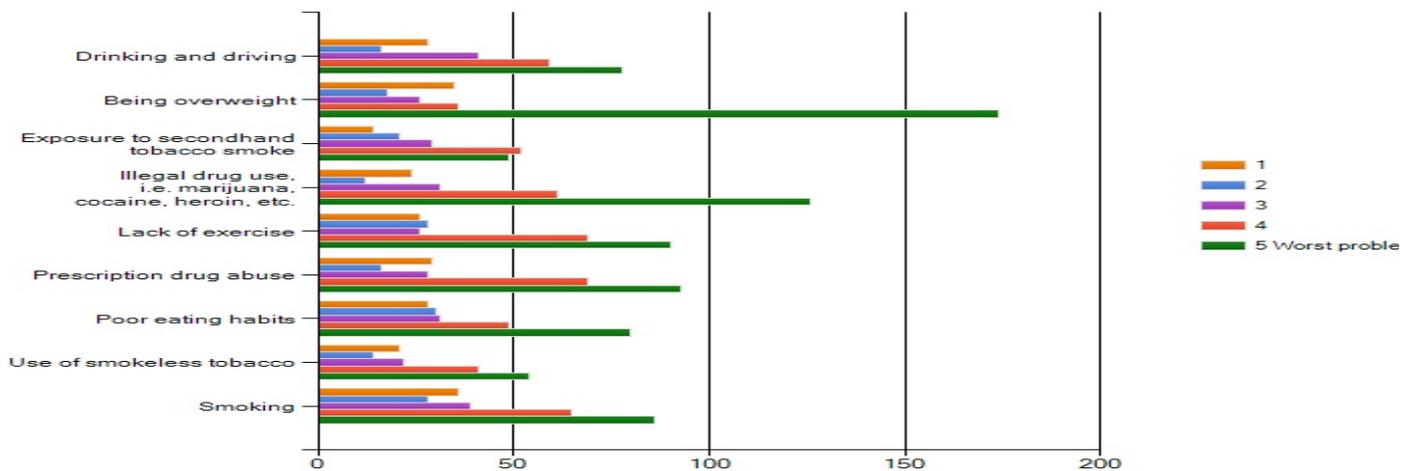
Three hundred twenty-nine individuals answered the question on common health problems. The top five concerns were:

1. Obesity (58.5%)
2. Cancer (36.8%)
3. Heart Disease (31.5%)
4. Diabetes (29.8%)
5. High Blood Pressure (29.2%)

All of these health conditions may be caused by excessive weight.

Question 8

Below are various types of behavior that could affect one's health. Please rate the behavior on a scale of 1 to 5, with 5 being the biggest problem for this area. You should only have five items marked.



When asked to name various negative behaviors which affect one's health, respondents listed:

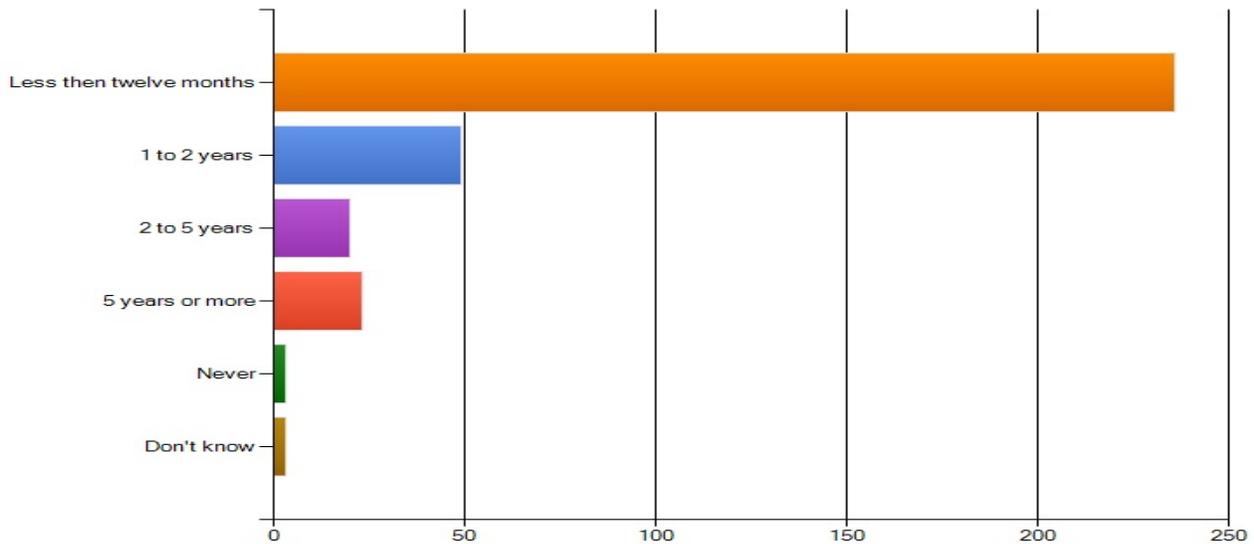
1. Being overweight (61.7%)
2. Illegal drug use (49.6%)
3. Prescription drug abuse (39.9%)
4. Lack of Exercise (38%)
5. Poor eating habits (36.7%)

Question 9

One hundred seventeen participants concluded that his/her own health was a 3 on a scale of 1 to 5 with 5 being the worst health. One hundred twenty one people rated themselves at a 2, and forty-five people said their own health was the best.

Question 10

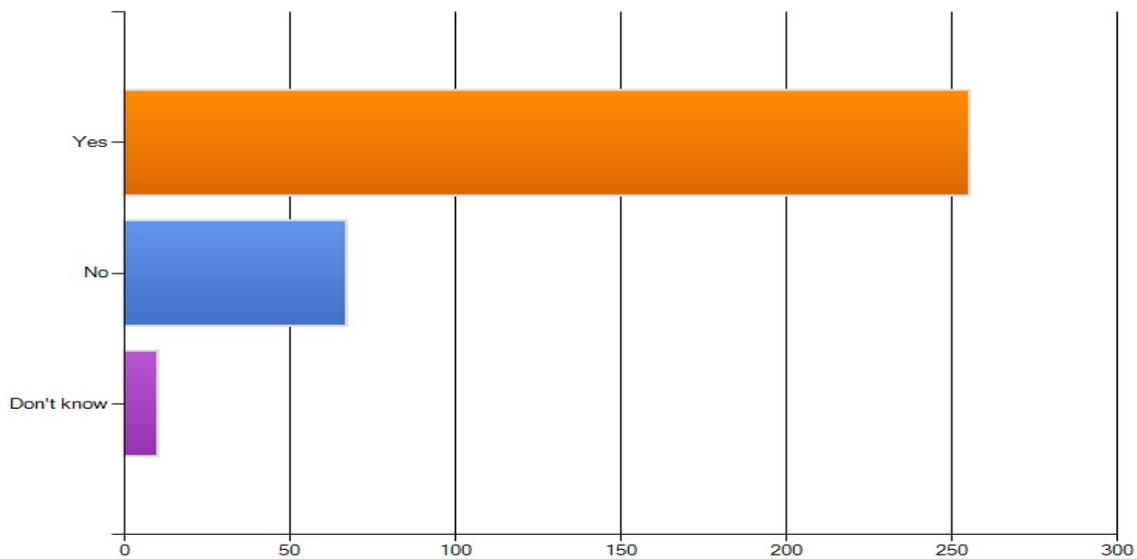
How long has it been since you visited a doctor for a routine checkup? (A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.)



Seventy percent of respondents had visited the doctor in the past 12 months; 14.7% from one to two years; 6% from two to five years; 6.9% for five years or more; .9% never; and .9% didn't know.

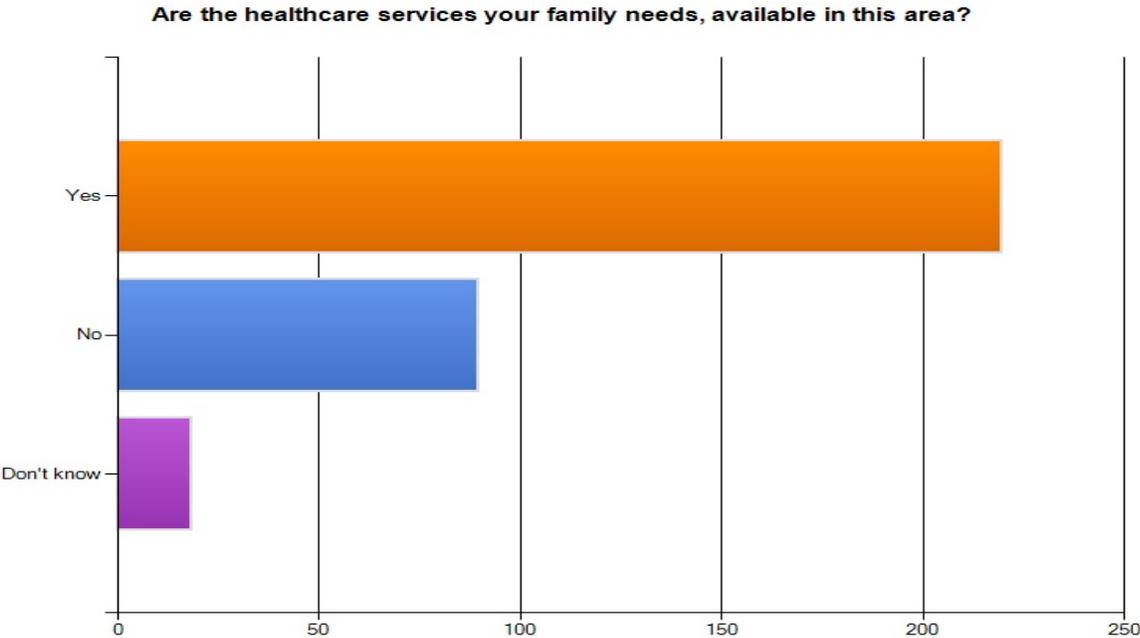
Question 11

Based on your own experience, are you happy with the healthcare your family receives?

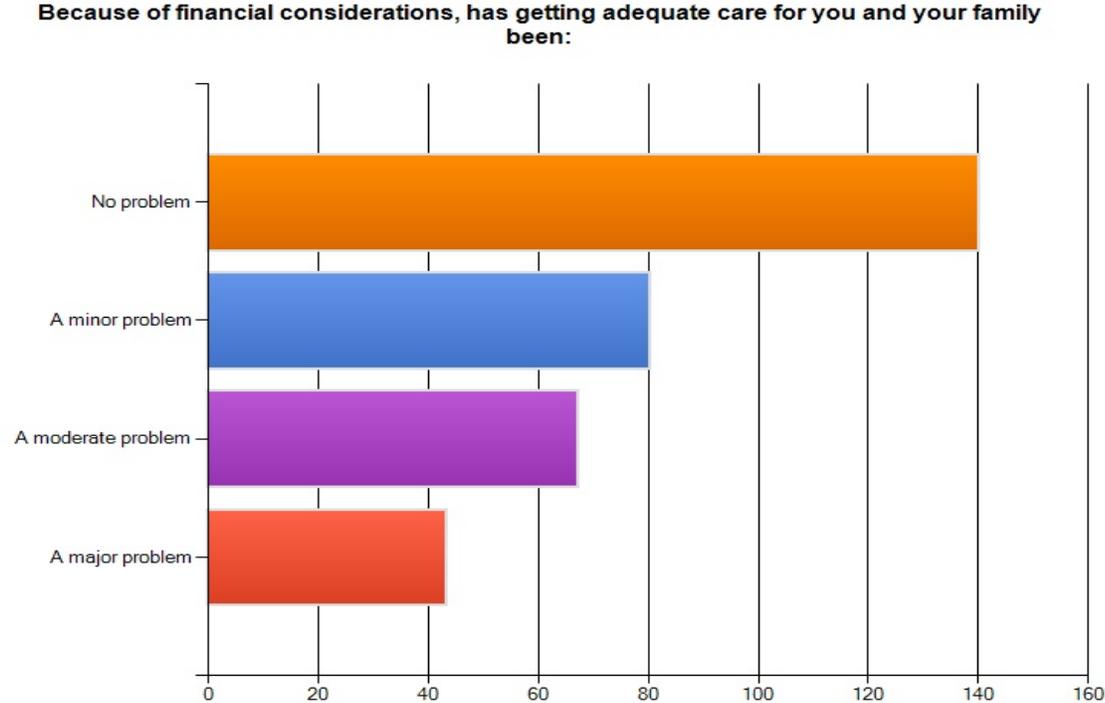


Seventy-seven percent of respondents were happy with their health care, 20% said no; and 3% didn't know.

Question 12

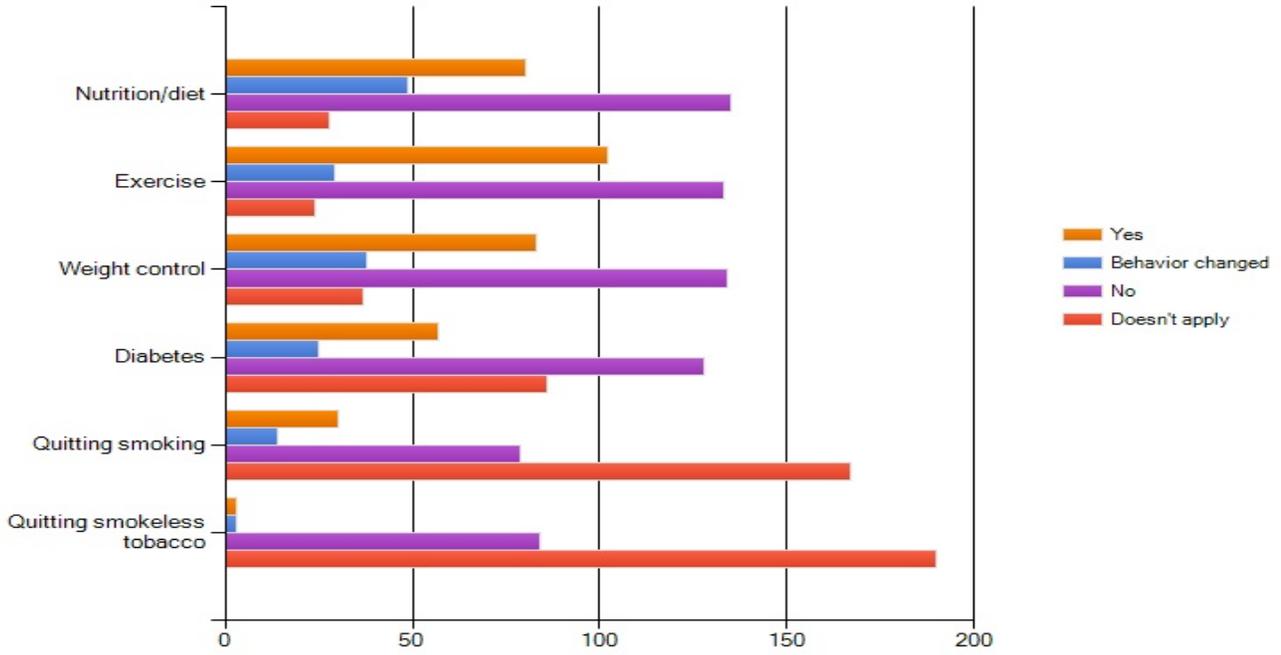


Question 13



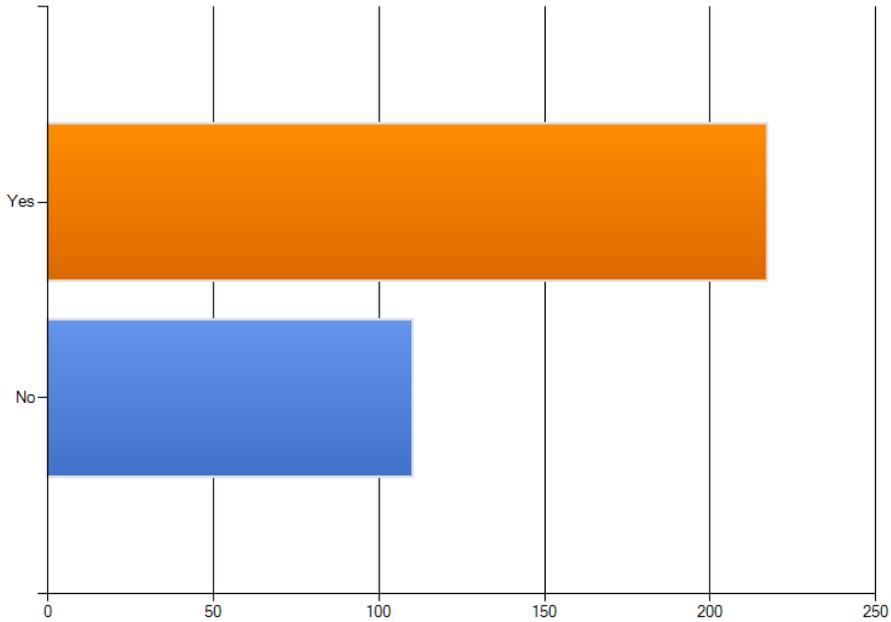
Question 14

During the last three years, has your doctor or other health professional talked to you about any of the following? If you mark "yes", please check those in which your doctor's comments actually changed your behavior.

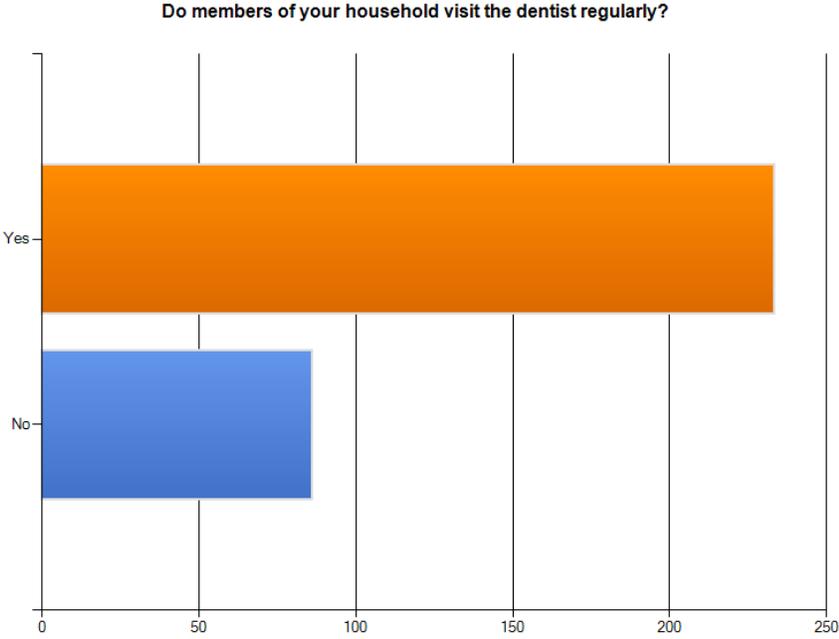


Question 15

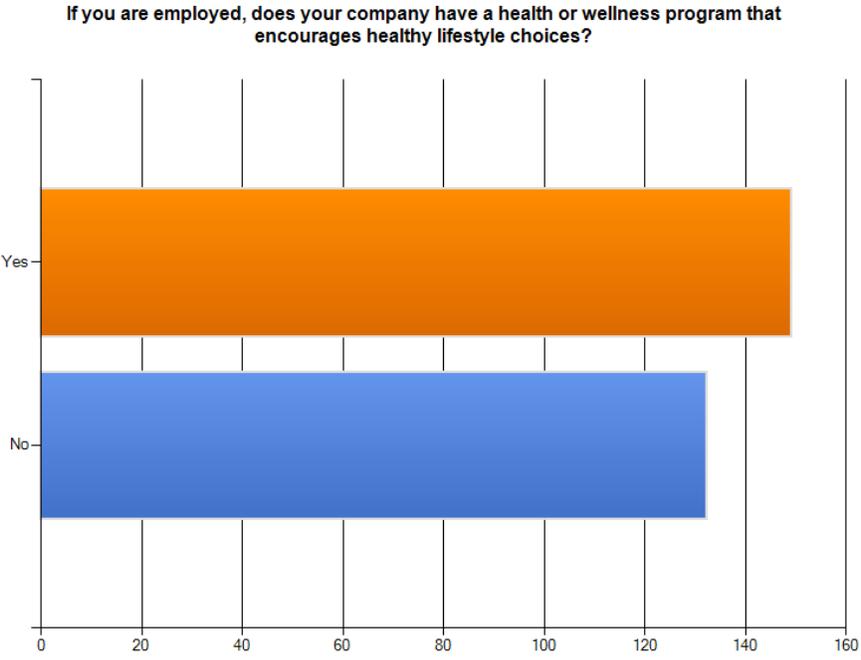
Do you visit a dentist regularly (at least once a year)?



Question 16

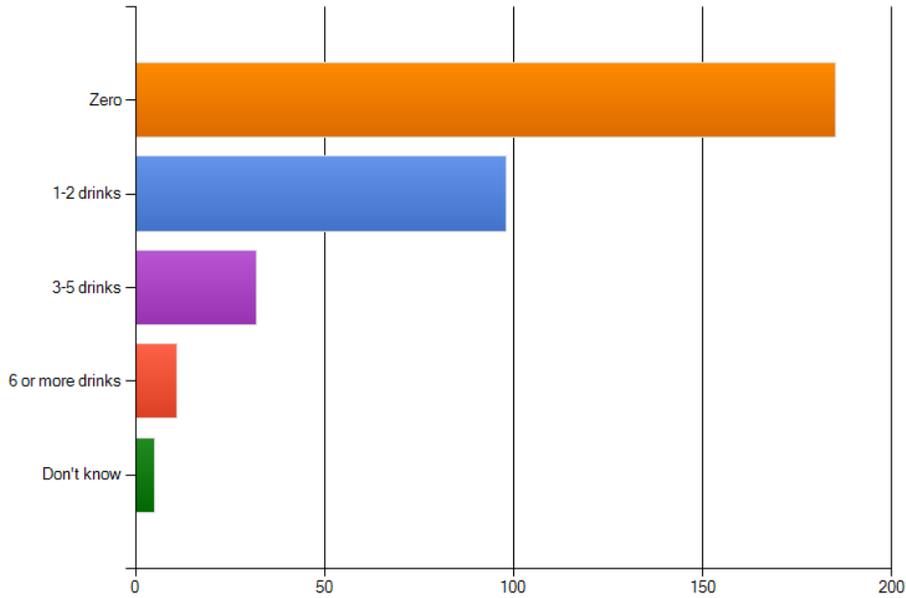


Question 17



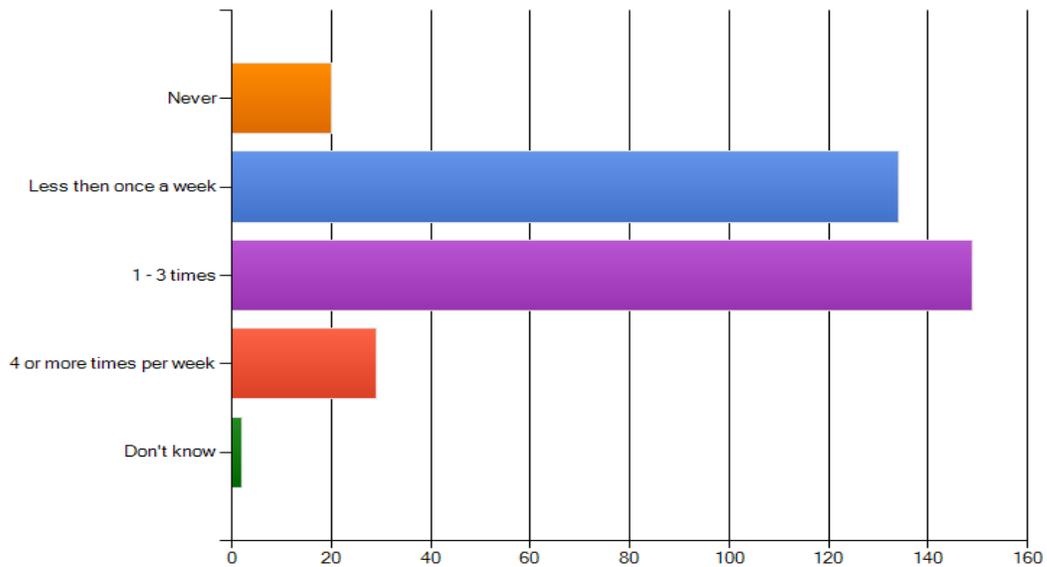
Question 18

On an average day, about how many sodas (Coke, Pepsi, etc.) or sweetened drinks such as Gatorade, Red Bull, or Sunny Delight, do you drink? Do not include diet sodas or sugar-free drinks. Please count a 12-oz. as one drink.



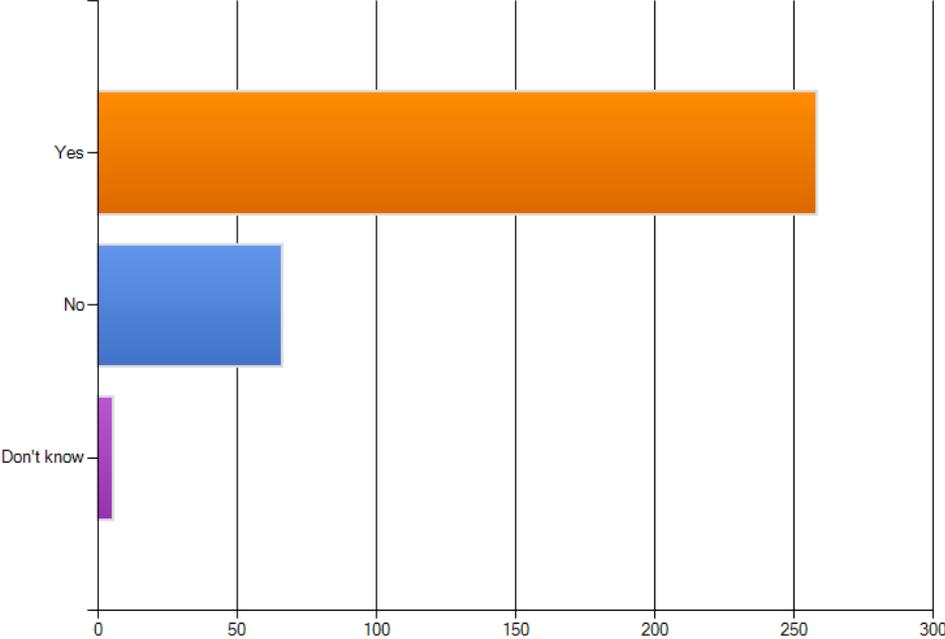
Question 19

During an average week, how many times do you eat any food, including meals and snacks, from a fast food restaurant, like McDonalds, Taco Bell, Kentucky Fried Chicken or other similar places?



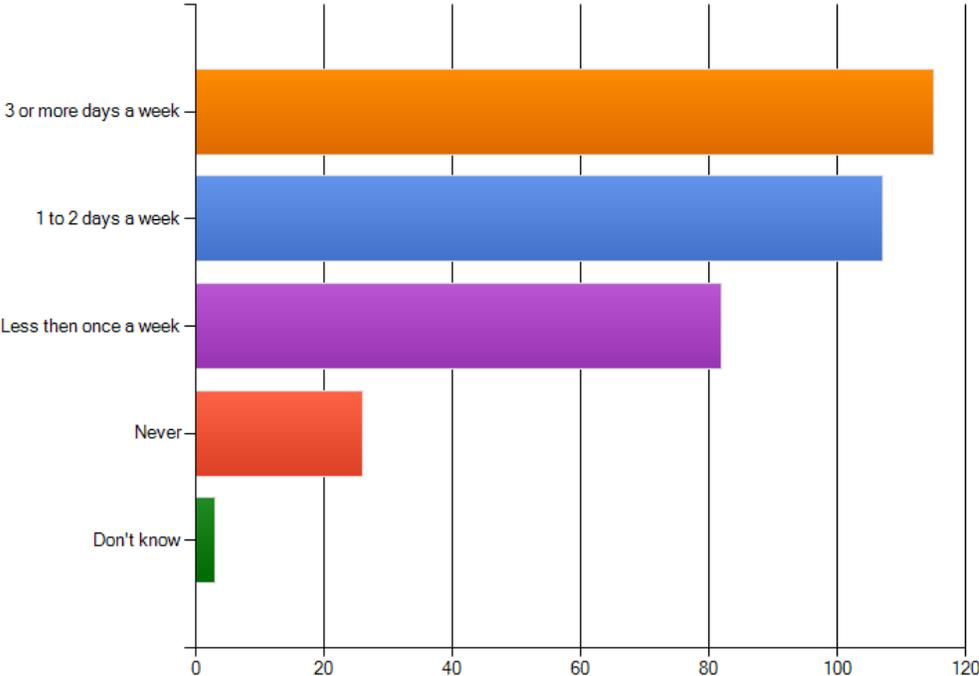
Question 20

During the past month, did you participate in any leisure time or recreational activities such as walking, biking, gardening, or golf?

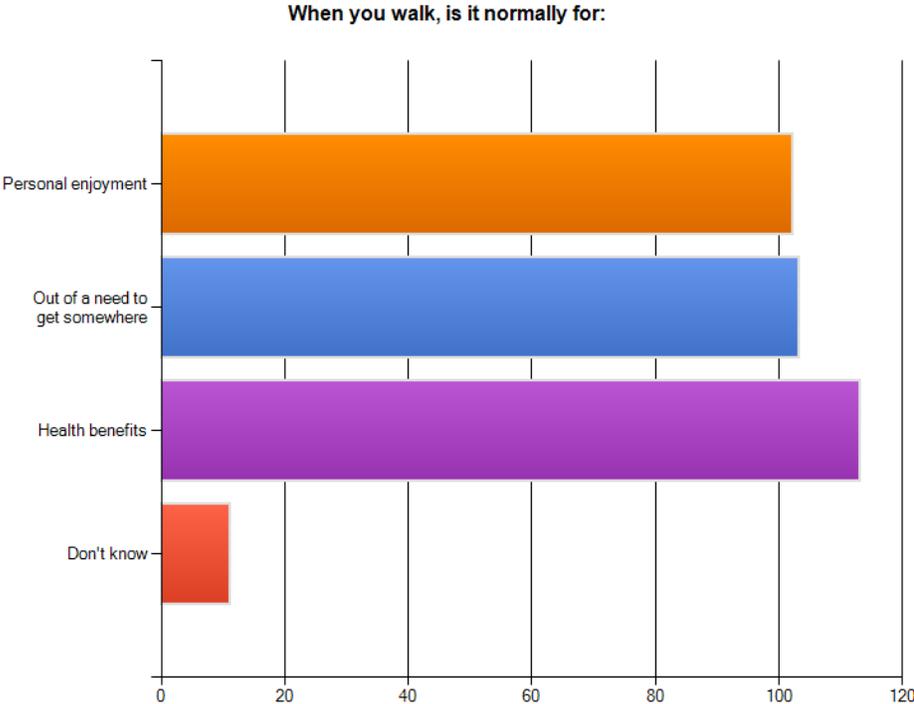


Question 21

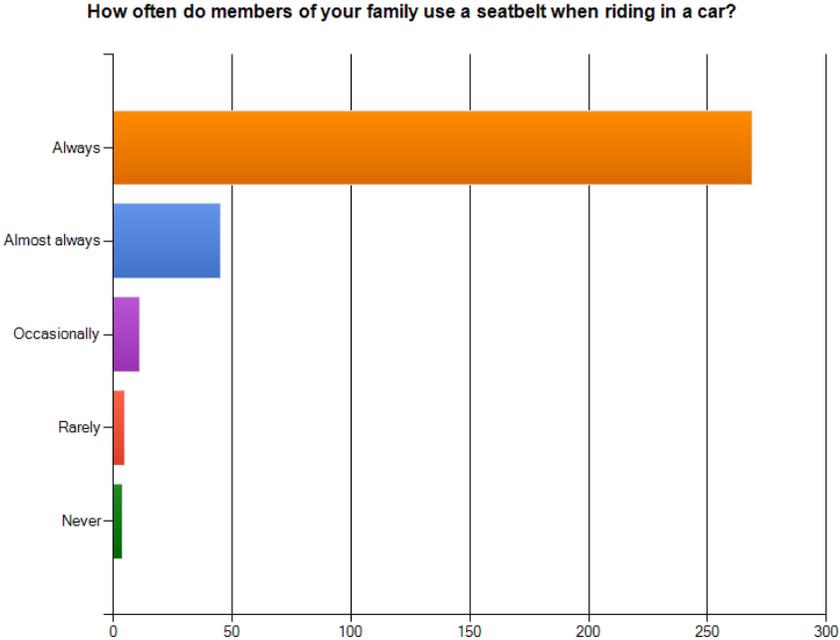
Approximately how many times a week do you engage in leisure or recreational activities for at least 30 minutes?



Question 22

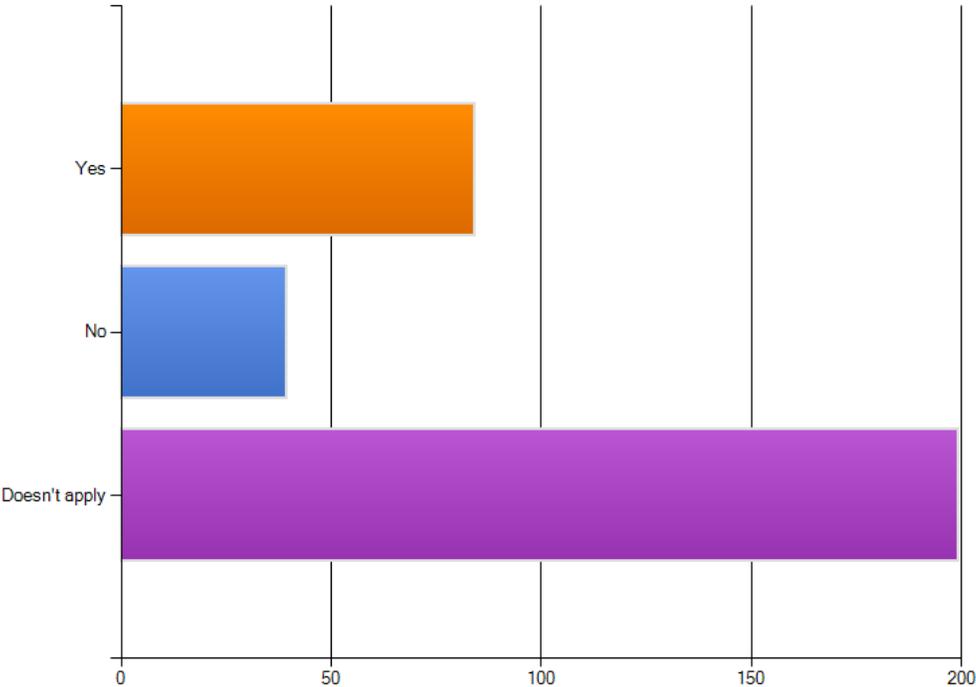


Question 23



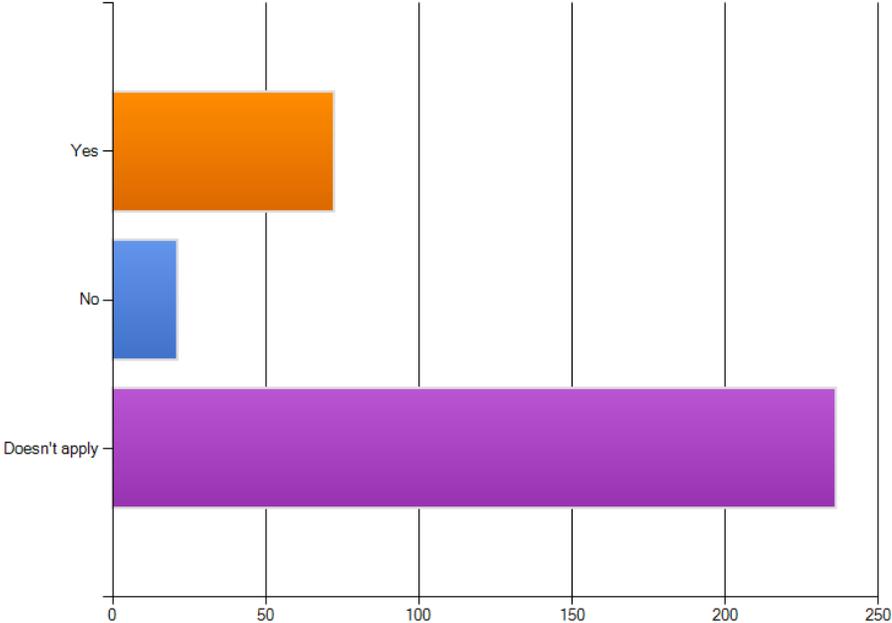
Question 24

When riding a bicycle, do your children wear safety helmets?



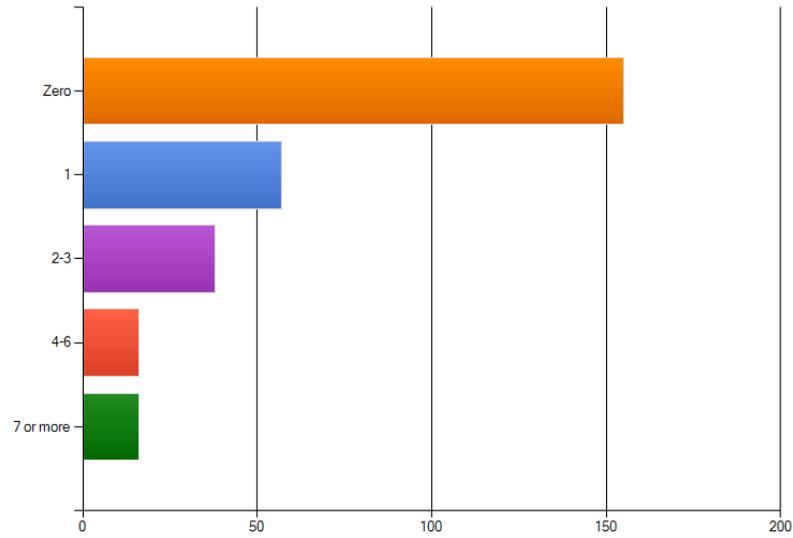
Question 25

When riding an ATV do your children wear a safety helmet?



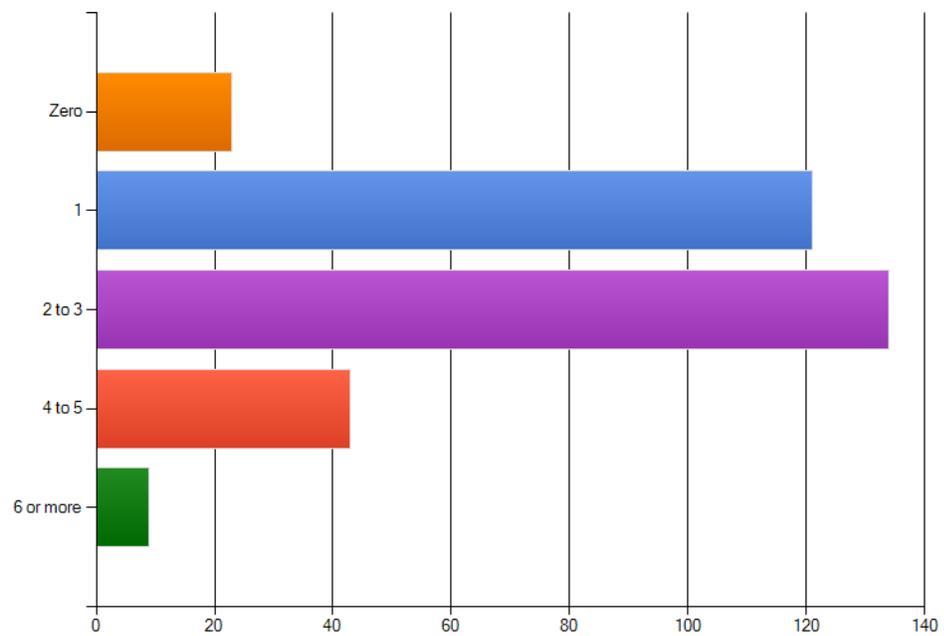
Question 26

If you drink, how many drinks of alcoholic beverages do you have in a typical week? (A drink is one beer, or one cocktail)



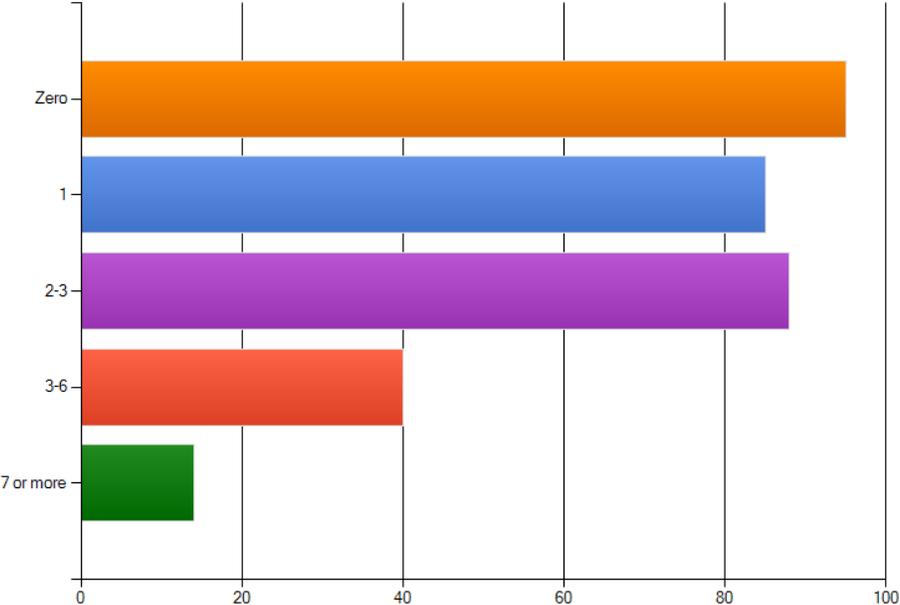
Question 27

How many servings of fresh fruit or vegetables do you consume in a day? (a serving is a 1/2 cup)



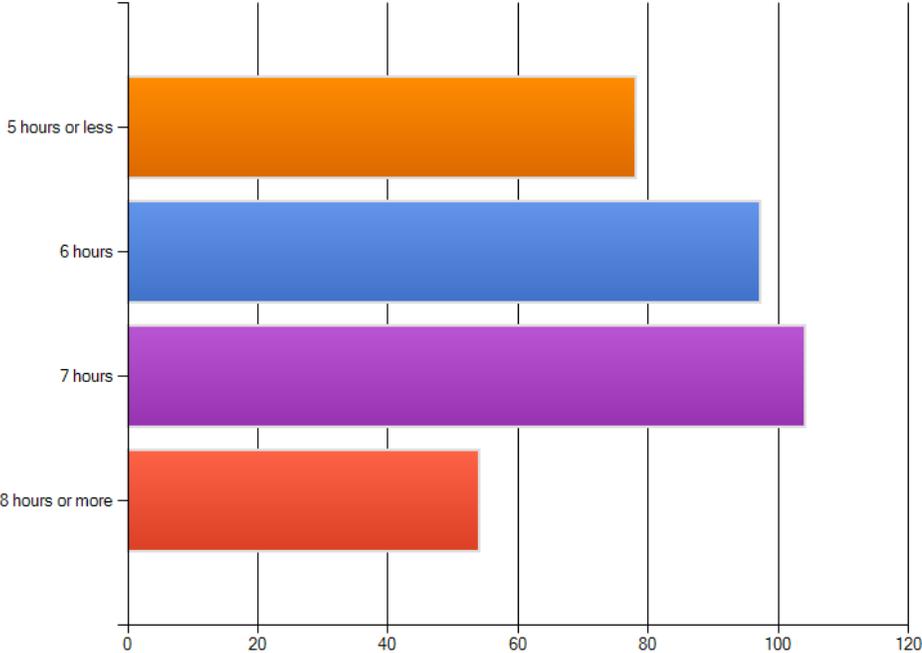
Question 28

How many times a week do you engage in at least 30 minutes of strenuous physical activity?



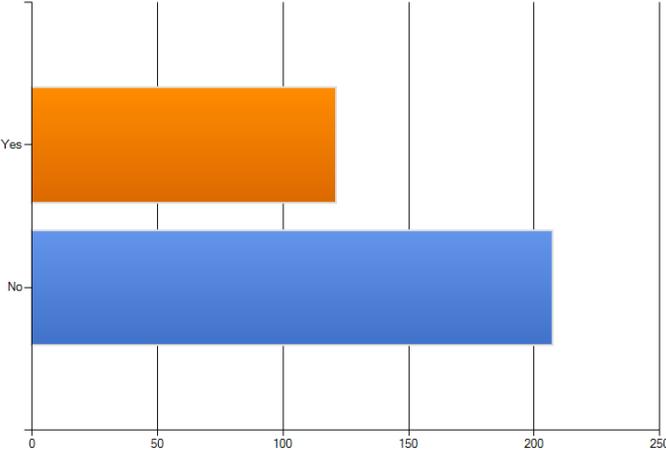
Question 29

How many hours of sleep do you get each night?



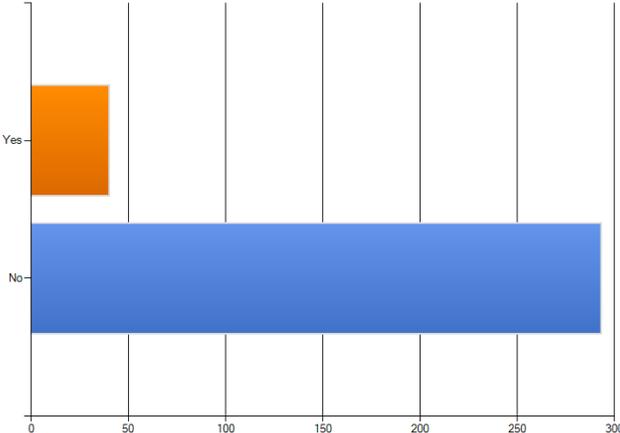
Question 30

Have you suffered a personal loss in the past year? (i.e., death of a close family member, loss of job, divorce, etc.)



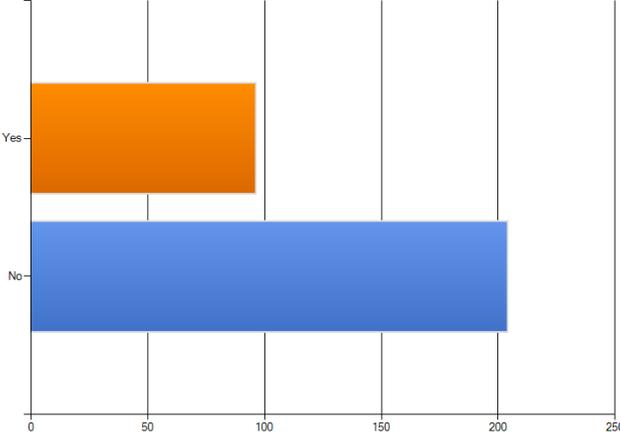
Question 31

Do you smoke?

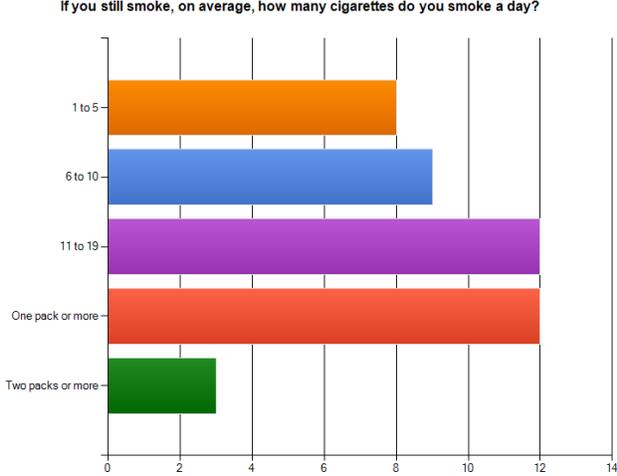


Question 32

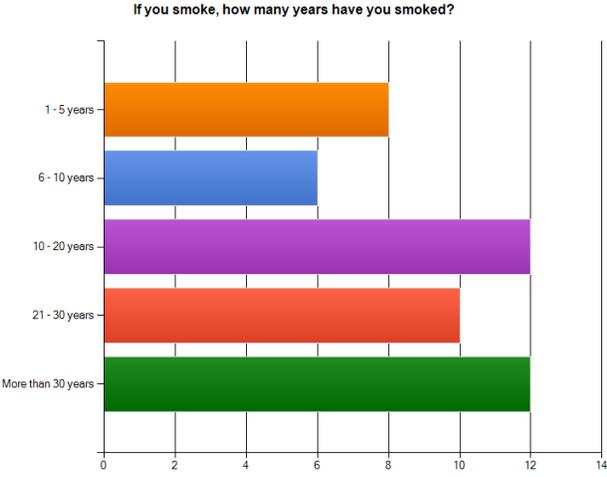
Did you smoke once, but have quit? If "yes" go to #37



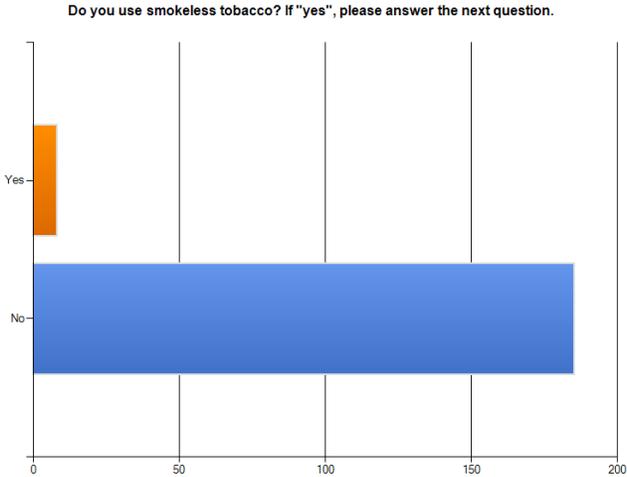
Question 33



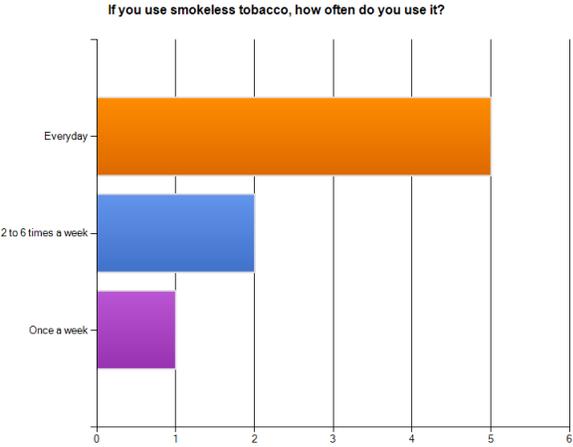
Question 34



Question 35

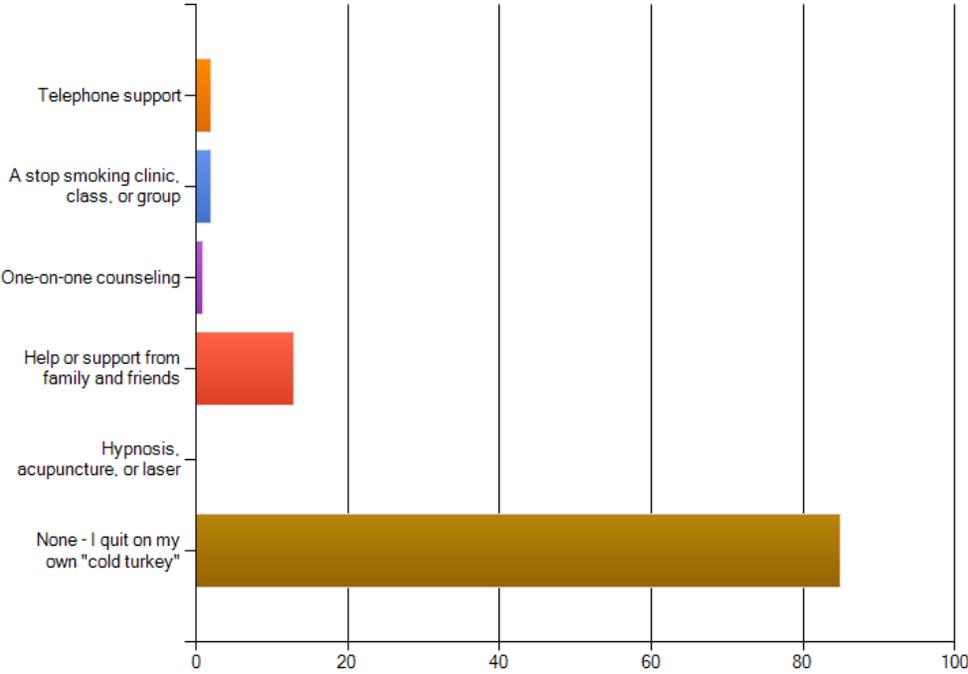


Question 36



Question 37

You indicated that you once smoked, but quit. Thinking back to when you quit, which of the following did you find most helpful? (Check as many as apply)





Stonewall Jackson Memorial Hospital

and

Lewis County Health Department

***Community
Health Needs
Assessment***

**Phase Three – Focus Group and
Implementation for Needs**



Third Phase

The third step was for the two entities to meet with key health care and public service stakeholders to elicit feedback from them on the survey responses. Twenty community leaders met and discussed possible strategies for combatting obesity in the county. This phase also details the efforts of the two health organizations to combat the obesity epidemic.

The focus group members included people from fraternal organizations, WVU Extension Service employees, 4-H leaders, Board of Education personnel, church members, a businesswoman, elementary school members, nurses, social workers, state employees, and a member of the WV Rehab Department.

The facilitator for the group meeting was community health coordinator Debra Sizemore.

The group suggested a number of strategies, which included:

- Partner with Stonewall Jackson Resort for “Rx for Health”
- Continue to promote “Lewis County on the Move”
- Investigate breakfast policies via schools
- Partner with school system to provide education to students
- Support book bag initiatives
- Overeaters anonymous development
- Brochures/placard development
- Support Weston 5K run walk
- Employers pay for Weston 5K run walk registration fees
- Explore rails to trails projects
- Develop referral program
- Develop a chronic disease self-management program
- Partner with parks and recreation
- Create a new gym for community, like a YMCA
- Use social media to publicize groups
- Adopt Smoke-Free policies

Participants in 2013 Focus Group on Jan. 31, 2013

Russell Furr, minister, Pastoral Council; russfurr@yahoo.com

Sylvia McNeish, Rotary Club, LC BOE; Sylvia.mcneish@frontier.com

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Brenda Weaver, social worker; bweaver@stonewallhospital.com

Vinessia Skinner, Sharpe Hospital; vinessia.skinner@wv.gov

Becky Berlin, Sharpe Hospital; becky.I.Berlin@wv.gov

Chris Derico, LCBOE child nutrition; cderico@access.k12.wv.us

Susie Johnston-patient financial counselor; sjohnston@stonewallhospital.com

Kristi Gannon, 4-H leader, Cardiac program coordinator, cardiac rehab nurse;
kgannon@stonewallhospital.com

Avah Stalnaker, SJMH CEO; astalnaker@stonewallhospital.com

Robin Poling, Stonewall Resort; rpoling@benchmarkmanagement.com

Sherry Lambert, Lewis County Chamber; lcinfor@lcchamber.org

Liz Post, WVU Extension and 4-H; liz.post@gmail.wvu.edu

Mary Mazza Hendricks, St. Patrick school and church; mmazzahendricks@gmail.com

Sandra Mick, small businesswoman; spchurchweston@gmail.com

Kevin Stalnaker, SJMH COO; kstalnaker@stonewallhospital.com

Dianne Davisson, LC Health Dept.; Dianne.l.davisson@wv.gov

Dodie Arbogast, CPA at SJMH; darbogast@sjmhwv.com

Rhonda Hager, HR at SJMH; rhager@stonewallhospital.com

Julia Spelsberg, Weston mayor, hospital marketing director;
jspelsberg@stonewallhospital.com

Implementation Strategies To Tackle The Significant Health Concerns

Three hundred twenty-nine individuals answered the question on common health problems. The top five concerns were:

- Obesity (58.5%)
- Cancer (36.8%)
- Heart Disease (31.5%)
- Diabetes (29.8%)
- High Blood Pressure (29.2%)

Obesity is the number one health concern of our residents. This is the same answer that the Lewis County Health Department received when they did their community health assessment several years ago. The other four concerns in order of importance were: cancer, heart diseases, diabetes, and high blood pressure. Many health professionals would say that those four health concerns are a direct result of obesity.

Our next goal is to identify the methods and efforts, which Stonewall Jackson Memorial Hospital and the Lewis County Health Department can strategize to help the community with these issues.

This is a breakdown of the detailed efforts SJMH and the Health Department have developed to promote fitness and combat obesity, diabetes and other preventable illnesses.

Strategies for Combatting Obesity/Promoting Physical Activity:

- SJMH has an Adult Fitness program, which is conducted Tuesdays and Thursdays in the morning in the Stonewall Jackson Memorial Hospital Cardiac Rehab Department. This is a very low-cost way to modify risk factors (the price is \$33.90 per month.)
- SJMH received a sizeable grant to fund a walking program in the fall of 2012 – “Lewis County on the Move”. Three hundred local people signed up and received a pre-test of body mass index (BMI), blood pressure, blood sugar, waist circumference, weight, and height. They were provided with a free, quality pedometer and told to walk for six weeks. After the six weeks, they were provided the same screenings in a post-test and had some great results. One lady lost 20 pounds; another lost 8 inches on her waist. It was an opportunity for SJMH to educate residents on healthy habits.
- The SJMH Physical Therapy Department provides annual physicals for student athletes in the county at no cost to the child. The Department performed screenings for 152 students this past school year. The physical is comprised of monitoring lung and heart, and detailing a history of injury, or orthopedic problems.
- In April 2013, SJMH coordinated the fifth annual Weston 5K Run and Wellness Walk. The event was created to promote healthy lifestyle choices for local residents. Approximately 225 people registered for

the event. There is also a Wee Run for children, which is a block-long sprint.

- SJMH provided a 10,000 Step Challenge for SJMH employees during 2013 Hospital Week.
- SJMH has created a safe walking path in the parking lot for the Hospital to promote physical activity for employees and the community.
- SJMH has a Wellness Committee that has created basketball and softball teams for employees. The Wellness Committee also has made exercise equipment available to the entire SJMH staff for use. One of the goals for the group will be to expand wellness to other organizations.
- SJMH is working in cooperation with the City of Weston to refurbish an old school playground close to the Hospital's main campus. The goal is to provide a children's playground, an adult fitness trail, and a ball field for residents.
- The Hospital offers a Public Employee Insurance Agency Weight Management Program.
- SJMH provides an area for a Weight Watcher's group to meet at the Hospital.
- SJMH provides healthy snacks for a variety of children's events.
- SJMH now provides a healthy salad bar for employees and visitors.

Strategies for Combatting Cancer:

- SJMH has participated in the WV Breast Cancer Awareness Day through promotion, advertising, management, and screenings. This will be the 16th year that SJMH will work on the project in October to provide education and screenings for women.
- The Winter Wellness Day at the Lewis County Senior Center is an annual health fair open to the entire community. We provide a number of informational booths, including breast cancer screening, smoking cessation, healthy eating, as well as cholesterol, blood sugar, blood pressure, hearing screening, and more. It is free to all.
- A Community Health Fair was held at Stonewall Resort, which is a lake/conference center in the southern end of the county. This health fair was open to the entire community. Twelve providers, including SJMH, had booths, from breast cancer screening, smoking cessation, and healthy eating, to cholesterol, blood sugar, blood pressure, hearing screening, and more. The hope was an effort to attract people from that part of the county who would not normally be able to travel to Weston for a health fair.
- One of the most valuable programs the Hospital offers is a Free Women's Health Screening held annually. Three to four of our OB/Gyns professionals provide PAPs, breast and pelvic exams for women who can't afford this care. We normally have between 75 and 80 women who take advantage of the life-saving screenings. This is, of course, free to women, without or with insurance. We work with the WV Breast and Cervical Cancer Screening Program to provide reduced or free mammograms.

- For fifteen years, SJMH has been a major contributor to the American Cancer Society's Relay for Life of Lewis County. As well as having a big Relay team, the Hospital also contributes \$2,000 annually as a corporate sponsor; markets the event; and provides a survivors reception for the event.

Strategies for Combatting Cardiac Disease:

- The SJMH Cardiac Department participates in the WV Cardiac Project created by West Virginia University to screen fifth-graders in the County for diabetes, hypertension and hyperlipidemia (cholesterol). This screening identifies the at-risk population. Lewis County had 70 participants in 2012 with a 37% participation rate (one of the highest participations in the state.) Zero of those children were underweight, 34 were healthy weight, 14 were overweight, and 22 were obese. 36 children are overweight or obese compared to 34 healthy weights...and these were fifth-graders!
- The Cardiac Rehab Department goes to Sharpe Hospital, the second largest employer in the county, for a Healthy Heart Fair every February to promote healthy lifestyle choices.
- SJMH has a Facebook page on which healthy heart suggestions are circulated.
- The Cardiac Department participates with a local college and federal correction center to do heart disease education.
- The Cardiac Department created a Cardiac Reunion program to encourage health, fitness, and wellness through continued exercise with Cardiac Rehab graduates.
- The Hospital worked with the West Virginia Wellness Council to have a smoking cessation class for the community.

Strategies for Combatting Diabetes:

- SJMH conducts three comprehensive blood screenings each year – two in the spring and one in the fall. This is done in cooperation with the Weston Rotary Club. In 2013, the costs were (for the regular panel) - \$35; PSA an additional \$24; TSH an additional \$11; and hemoglobin A1C (for diabetes) an additional \$13. If a customer received this screening at a doctor's office, the cost would be \$140. This is a great savings for patients suffering from diabetes, thyroid condition, etc.
- SJMH has consulted with the WV Department of Rehabilitation to create a pilot diabetes education program for residents.
- The Lewis County Health Department provides very low cost screenings for the public during office hours. For example, a customer can receive a blood glucose test, blood pressure, weight, and height screening for free. The nurse director can provide nutritional education for customers. She also talks about exercise and educates on glucometer use.
- SJMH provides annual blood screenings for the SJMH employees.

Strategies for Combatting High Blood Pressure:

- During Hospital Week (May 2013), SJMH had a health fair for the public and provided glucose, blood sugar, blood pressure, derma scan, and hearing screenings, as well as information from vendors for breast/cervical cancer, smoking cessation, and other cancers.

Strategies to Promote Healthy Choices:

- The SJMH Marketing Department, in cooperation with the SJMH ED, conducted a Children's Safety Fair in October. There were a number of screenings available for children.
- SJMH has participated in a 340B prescription program for several years. Patients who are seen by SJMH physicians may participate in the low-cost prescription plan and save as much as 60% on their medications.
- The Marketing Department does stories on promoting healthy lifestyle choices throughout the year.
- In 2013, SJMH conducted a campaign to encourage people to sign up for to be organ donors. Thanks to the leadership of an accountant at SJMH, the Hospital leads the state of West Virginia in organ donation recruitment during this 2013 Challenge.

Collaborators on these screenings and strategies:

- Appalachia Community Cancer Network
- American Cancer Society
- Center for Organ Recovery and Education (CORE)
- City of Weston, WV
- Communities on the Move
- Comprehensive Pharmacy Services
- Lewis County Senior Center
- Lewis County Board of Education
- Partners in Health, Charleston, WV
- Saint Patrick School/Church
- Sharpe Hospital
- Stonewall Resort
- Weston Rotary Club
- West Virginia Department of Rehabilitation
- West Virginia Division of Tobacco Cessation
- West Virginia Breast and Cervical Cancer Screening Program
- West Virginia University Extension Service
- West Virginia Wellness Council
- West Virginia University Extension Service
- United Hospital Center Diabetes Education Department

Distribution for Community Health Assessment Results:

The Stonewall Jackson Memorial Hospital/Lewis County Health Department Community Health Assessment was distributed to all employees of both organizations via email. The publication was also marketed in the local newspaper, on radio, and through Facebook. The publication was made available in all of the local physician offices and through email lists. The publication was posted on the Stonewall Jackson Memorial Hospital website – www.stonewallhospital.com and the Health Department's Facebook page. The results were also printed in a booklet and made available in all of the SJMH patient rooms.