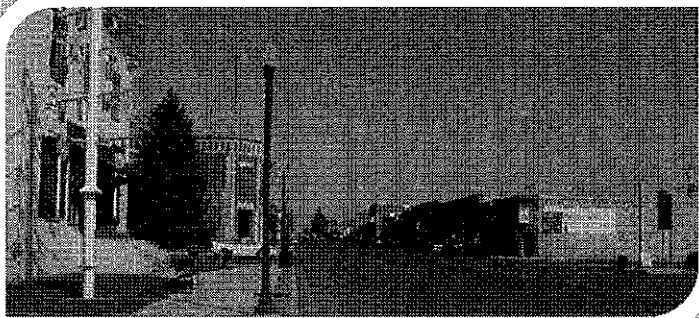


LINCOLN COUNTY PUBLIC  
HOSPITAL DISTRICT NO. 1



ODESSA MEMORIAL  
HEALTHCARE CENTER

COMMUNITY HEALTH NEEDS  
ASSESSMENT 2017-2019

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## Introduction

Lincoln County Public Hospital District No. 1 dba Odessa Memorial Healthcare Center (the District) is located in western Lincoln County. In addition to the hospital, the District operates the EMS Ambulance Service, a Rural Health Clinic, Quail Court (a 12-unit Assisted Living Facility) and a swing bed program. The geographic boundary of the District is a single zip code, 99159 (Odessa), and the District is the only provider of health care within the District.

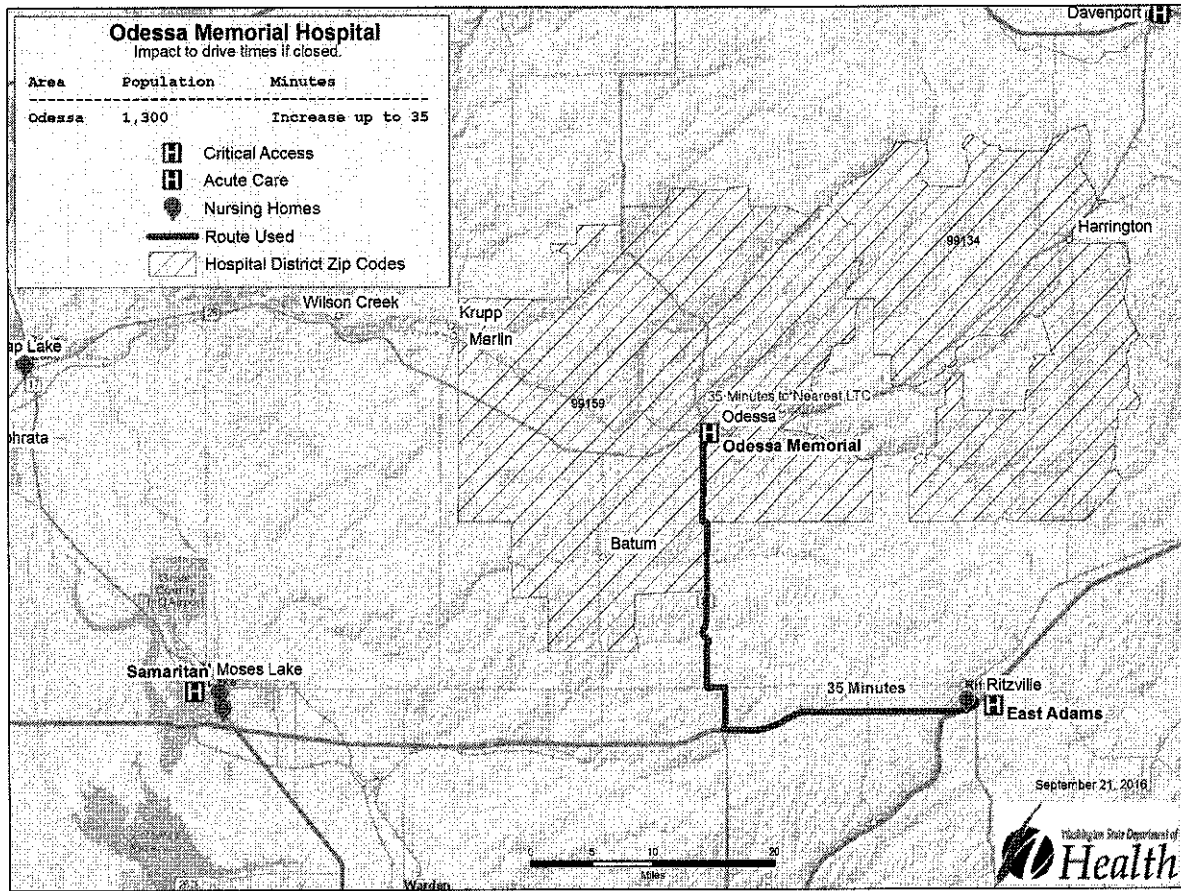
In 2014, the Washington State Hospital Association (WSHA) and the Washington Department of Health (DOH) formed the Washington Rural Health Access Preservation (WRHAP) initiative in an effort to preserve access to quality, essential health services in Washington's most vulnerable rural communities. Vulnerable communities were defined as those that have at risk of losing their Critical Access Hospital (CAH) and the services they support (primary care, outpatient diagnostics, long-term care, etc.). To be deemed at risk, a CAH had to be at least 30 miles from another hospital, have a low inpatient census and have 60% of their financial measures found to be "of concern" in the State's Flex monitoring financial report. Today WRHAP includes 14 hospitals. The District is the smallest CAH in both the State and the WRHAP initiative.

Three services/programs have been deemed the most essential to the communities served by WRHAP members—these services include primary care, ED care and long-term care. Using national and local consultants, the WRHAP initiative found that Medicaid and Medicare reimbursement for each of these three services fails to cover the actual costs of operating the service in nearly every one of the WRHAP hospitals. While other services are "subsidizing" these essential services, most WRHAP hospitals currently have negative operating margins overall. Specific to the District the study found:

- 70% of all Medicaid resident primary care visits occur at the District's clinic
- The District has a -7% operating margin before taxes
- The emergency department's margin is -37%
- The primary care clinic's margin is -38%
- As depicted in Map 1, if the District closed, the average drive time for the next closest services would be a minimum of 35 minutes.



**Map 1  
Impact to Drive Times**



This Community Health Needs Assessment (CHNA) was prepared with the support of Lincoln County Public Health. Health Facilities Planning & Development, a Seattle based consulting firm specializing in health planning and data analysis in rural communities throughout the Northwest, assisted Odessa Memorial Healthcare Center in the data collection, analysis, community convening and publication of this report.

### Methodology and Community Convening

In the fall of 2016, the District reviewed available public health and other health data and from that compiled an overview of the health, health status, and health care needs of the District. Demographics, socio economic factors, health behaviors, mortality were among the indicators that were examined. Where available, data was collected specific to the District, and where not, Lincoln County level data was used. Specific data sources used included:

- US Census and the American Community Survey (ACS)



- Robert Wood Johnson Foundation’s County Health Rankings
- Washington State Healthy Youth Survey Data, 2014
- Lincoln County Community Health Improvement Plan, 2014
- Washington State Department of Health, Chronic Disease Profile, 2015
- Insure America

In October 2016, the District conducted four community forums, with more than 50 attendees. At the forums, participants were asked to ‘rate’ the community’s health (1 = lowest and 5 = healthiest). Attendees rated the health of the community a 2-3. Key gaps affecting the health, as identified by the attendees were:

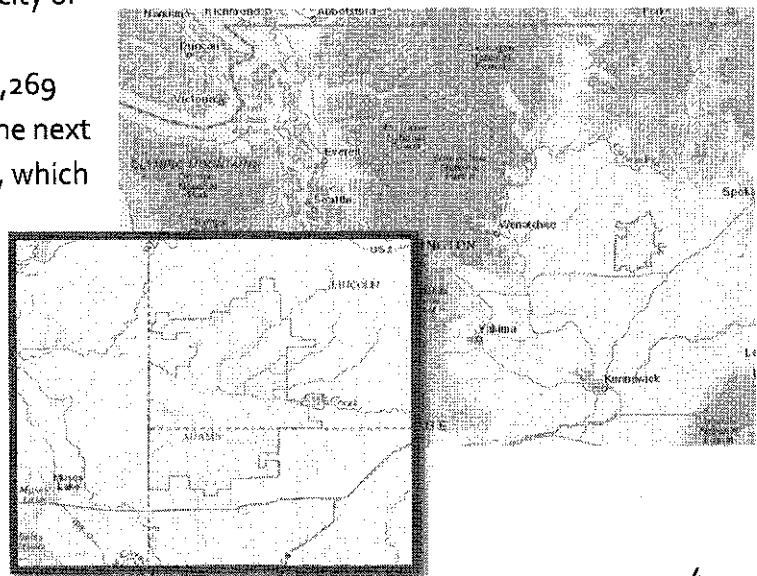
- Provider turnover
- Substance abuse and drug use
- Lack of housing
- Lack of after school programming for children
- Concern about the sustainability of the District and its services

In terms of sustainability of the District’s services many participants noted that they either chose to retire in Odessa based on the availability of health care services or noted that they would likely have to leave the community if no health care were available. Attendees expressed the utmost interest in assuring that services remain available in Odessa.

**Service Area and Demographics**

The legal boundary for Lincoln County Public Hospital District No. 1 encompasses the city of Odessa (service area). The service area population is currently estimated to be 1,269 and is expected to decline slightly over the next five years. However, the 65+ age cohort, which today is 28% of the total population, is expected to increase by 6%, with the largest growth in the 65-74 age group (+13%). More than 90% of residents are white. Less than 5% speak a language other than English at home.

**Figure 1 - Service Area**



### Social Determinants

The social determinants of health—the conditions under which people are born, grow, live, work and play—significantly influence the health of a community and its residents. As seen in Table 1, both Odessa and Lincoln County have rates of high school graduation that are at or slightly above the State level. Odessa’s poverty rate for children is lower (better) than the County and State. Lincoln County also does better than the State in terms of violent crime, housing insecurity, and housing problems.

**Table 1**  
**Socio-Economic Characteristics**

Metric	District 99159	Lincoln County	Washington State	Trend (Lincoln)
Percent High School Graduate or Higher	91.0%	92.3%	90.2%	Decrease (2013-14)
Children in Poverty	13.4*	18	18	Decrease (2012-2014)
Percent with Severe Housing Problems	**	13%	18%	--
Violent Crime Rate per 100,000	0*	85	301	Decrease (2009-2011)
Food Insecurity	**	14	15	--

Source: ACS Community Survey, US Census Bureau, 2014, County Health Rankings, 2016,

\*Estimates involve very small number with high variability. No violent crimes reported in 2015. Food insecurity and housing problems metrics are not available at the zip code level.

Worse than WA state    Better than WA state

### Health Status

#### Behavioral Risk Factors

Behavioral risk data is only available at the County level. The incidence of obesity, diabetes, and asthma are above State averages. Binge drinking and depression are at or slightly below State averages.



**Table 2  
Lincoln County Behavioral Risk Factors**

Metric	Lincoln County	Washington State	Trend
<b>Behavioral Risk Factors</b>			
Percent Obese	33	27	Worsening
Percent Diabetic	10	9	--
Percent with Asthma	6	10	--
Current Smoker	18	17	--
Percent of Adults reporting no leisure time physical activity	27	18	Worsening
Percent who Binge Drink	13	17	--
<b>Mental Health</b>			
Days in the last 30 mental health not good	3.5	3.7	--
Suicide Rates (cannot calculate, too few)	-	15.4	--
<b>Access to care</b>			
Primary Care Physicians	2060:1	1190:1	Increase

Source: County Health Rankings 2016, Department of Health Chronic Disease Profile 2015

As depicted in Table 3, Lincoln County 10th grade children tend to have higher incidence rates of being bullied and smoking cigarettes. Depression, suicide, exercise, nutrition, and alcohol use are below the State average.

**Table 3  
Lincoln County Healthy Youth Survey Results, 10<sup>th</sup> Grade**

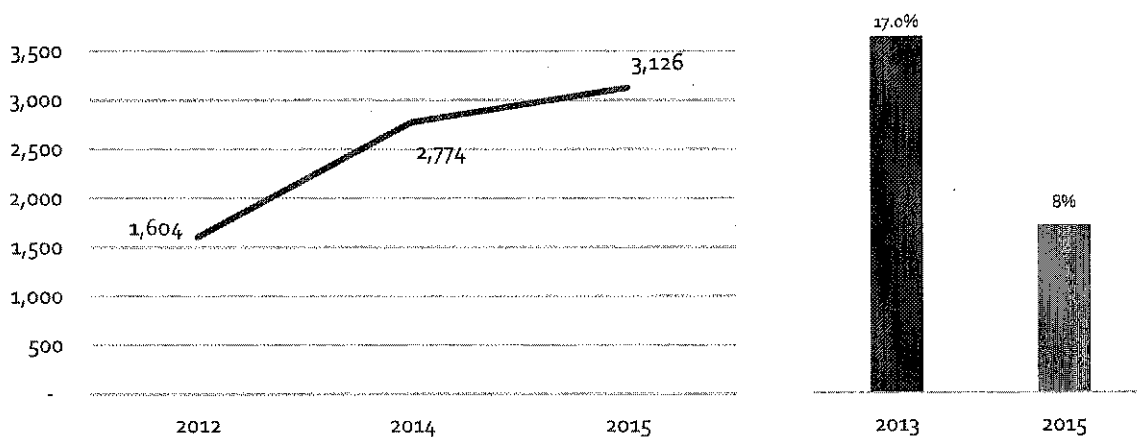
Metric	Service Area	State of WA
<b>10th Grade Risk Factors (%)</b>		
Suicide Ideation	18	20
Depressed	30	35
Bullied	32	23
Obese	8	11
Poor Nutrition	11	11
Poor Physical Activity	54	76
Drink Alcohol	14	21
Smoke Cigarettes	9	8

Source: Washington State Healthy Youth Survey, 2014



Since 2013 and in terms of access and enrollment, Medicaid enrollment in the County has nearly doubled. In addition, the percent of uninsured adults in the County decreased from 17% in 2013 to 8% in 2015. This information is depicted in Figure 2, and is attributable to Washington's robust Medicaid expansion and Exchange efforts.

**Figure 2. Total Medicaid Enrollment and Percent Uninsured, Lincoln County**



Sources: WA Health Care Authority; Enroll America

## CHNA Priorities

The Board of Commissioners has reviewed the data and community input contained in this CHNA and after consideration of the community's needs as well as the District's limited resources selected the following 2017-2019 priorities:

- Assure access to care:
  - Based on the strong input of the community, preserve key services offered by the District including emergency services, primary care and long-term care.
  - Recruit and retain providers as needed (mid-level or physician)
- As practicable, partner with community organizations including the school to support and encourage healthy behaviors, lifestyles and healthy aging.

