PerhamHealth
SANFORD

2022 Community Health Needs Assessment Report

Staying connected with the people around us.

Perham Health is committed to extending care beyond our bricks and mortar, and ultimately improving the health and wellness of our entire community. For that reason, we conduct a community health needs assessment every three years. It is through this work that we identify unmet health needs in the community, and then strategically plan how to best address those needs. This process is specifically aligned with Perham Health's vision to help our community achieve optimal health.

To help us gauge unmet health needs in the community for this assessment Perham Health used two different methods to collect data, a county wide survey and internal SDOH assessment.

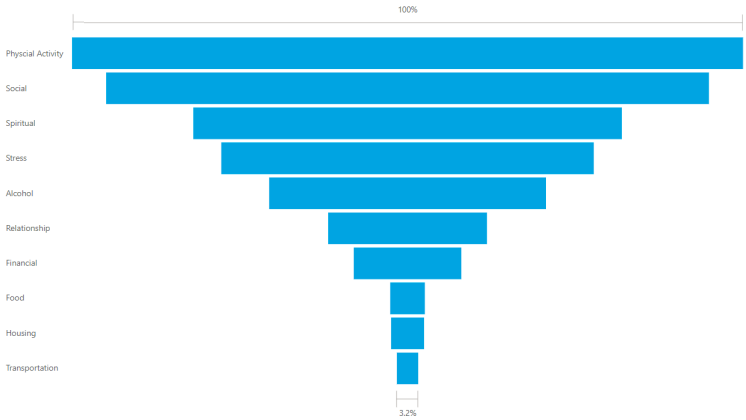
SDOH Assessment

Perham Health has the ability to measure patients' social determinates of health (SDOH). Social determinates of health are defined as non-medical factors that influence health outcomes (I.e., housing, food access, social life, etc.). Over from Aug. 2021 to Aug. 2022, 1948 people have taken this assessment and based on a risk calculation, the highest areas of risk are shown below:

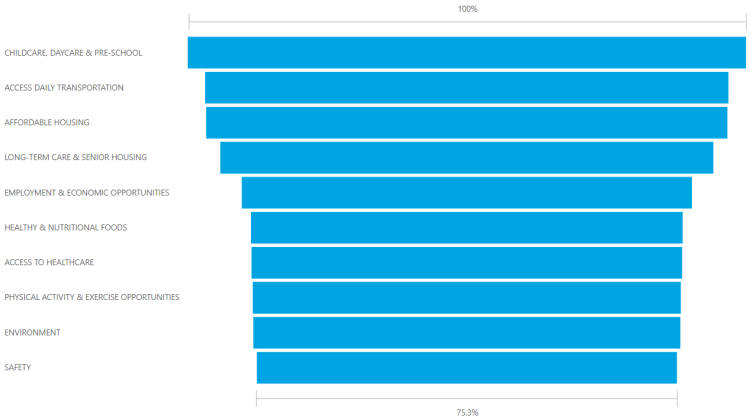
Community Survey

In partnership with Otter Tail County Public Health and Sanford Health, Perham Health surveyed community residents and stakeholders to capture the perceived health needs of the community. Between December 2020 and February 2021, 945 surveys were collected. Answers from the survey were weighted from 1 to 5 with 1 being the worst possible answer and 5 being the best, and then averaged for each category of questions. The results are shown below:

SDOH Survey Data



CHNA Survey Data



Areas of greatest average risk ranked from highest to lowest.

Our Priorities

Dedicated to the future of our local communities.

As a small community-owned healthcare facility, Perham Health works hard to center the strategic position of the organization around the needs of the community and heavily participates in community initiatives. Perham Health Leadership assessed all of the needs that were shown in the data and prioritized the needs based on where the organization was already working and what resources the organization has to work on these needs.

	Childcare	Elevate Program
Goal	Increase Access to Childcare in the Community.	Support the Elevate program to help patients connect to community resources and address their social determinates of health.
Why	Childcare is not a family issue, but rather a community issue. Without access to high-quality, affordable child care both the health of our community and economy suffers because of it. Having felt the toll of this as both a healthcare provider and as an employer, Perham Health is partnering with the community to address the childcare crisis that our community is facing as illustrated in the CHNA survey data.	According to the County Health Rankings Model, only 20% of one's health can be influenced by clinical care. The other 80% is influenced by the social determinates of health (SDOH). Examples include: having transportation to buy groceries to having a social circle to lean on. Elevate is working on breaking down barriers to better connect our community to the resources we have available to address SDOH needs and help all to age well.
How	· Remodel the available space on the Perham Living Campus to allow for expansion of Children's Corner. · Establish a partnership with KLN Family Brands and Children's Corner to help in the sustainability of the project. · Open up 8 new infant & 7 new toddler spots for KLN and Perham Health staff · Develop a plan for future expansion to support up to an additional 8 infant, 7 toddler and 10 preschool spots.	· Ensure patients are assessed for their SDOH and referred to possible community services for identified areas of need. · Build up community services available in the Find Help database to support closed-loop referrals to community services. · Expand RN Health Coach Services to improve chain of care between healthcare and community services. · Help grow the network of resources and volunteerism to combat social isolation.
Projected Impact	Through the increasing of childcare availability for two of the major employers in the community, it is expected that the result will be a net increase of childcare available in the community.	Through Elevate, we can connect adults with information or resources needed to optimize their health. The result will be adults maining independent, living at home longer, and, ultimately, allow them to age well and increase their health-span.

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Other Ways Perham Health is Impacting Community Health

Housing
Actively working with the Otter Tail County Big Build Initiative to increase accessibility of housing in the county, specifically focusing on senior housing availability.

Mental Health
Teaming up with the Otter Tail County Mental Health Promotion and Suicide Prevention Planning Group to create a comprehensive plan for suicide prevention efforts across the county.

Partnership with Mobile Mental Health Crisis Response Team to serve patients in mental health crisis.

Physical Activity
Partnering with the Perham Area Community Center to offer aquatic therapy services.

Access to Healthcare
Adding 3 FTE providers to the medical staff for increased access to high quality healthcare.

Offering Chemo Therapy in partnership with the Roger Maris Cancer Center to have chemo services available locally.

Partnering with RoundtableRx to bring a pharmaceutical repository to Perham Health Pharmacy, increasing access to medications for those that can't afford them.

Increasing access to specialty services through telemedicine:
- Telemedicine for Child Abuse Assessment
- Telemedicine for Reproductive Health
- Telemedicine for Psychiatry

Long-Term Care
Exploring the expansion of assisted living services.

Exploring use of technology and robotics to address workforce issues to expand access of long-term care.

Other
Raising funds as an organization for United Way to support local programming and Relay for Life to support local cancer care initiatives.