

Orange City Area Health System Community Health Needs Assessment Implementation Plan 2025 CHNA

Summary:

Orange City Area Health System (OCAHS) believes the implementation of the Community Health Needs Assessment (CHNA) is vital to our mission of “serving the health and well-being of the area”. Many of the steps in the implementation strategy are ongoing operational initiatives. OCAHS is committed to working with other area critical access hospitals, other health care providers, Community Health Partners, and diverse groups of consumers, in serving the health needs of the area.

Implementation Strategy Development:

Upon completion of the CHNA and approval by the Board of Trustees in September 2025, an analysis and review of the CHNA was conducted internally at OCAHS to identify implementation steps.

Identified Health Needs/Prioritization:

As indicated in the CHNA, the following health needs were identified and prioritized:

1. Mental Health
2. Overweight and Obesity
3. Navigating Systems

Implementation Steps:

Mental Health: Mental health is part of overall health and refers generally to emotional, psychological and social well-being (mentalhealth.gov). Challenges related to mental health can occur at any age and can be transient or long-standing. Healthcare related to mental health is provided by a variety of providers including those who specialize in diagnosis, medical treatment, therapy, and rehabilitation.

Action Plan:

1. Recruit and hire a Behavioral Therapist or Clinical Psychologist that specializes in mental health.
2. Offer Medicare Annual Wellness Visits in our clinic that address anxiety and depression among other wellness indicators.
3. Continue to integrate behavioral health with primary care in our family medicine clinic.
4. Provide ongoing telemedicine psychiatry consults in our Emergency Room.
5. Assess the psychosocial status of all hospitalized patients.
6. Perform suicide screenings for all emergency room patients.
7. Participate in mental health awareness activity each May called Chalk the Walk, organized by Healthy Sioux County Coalition.
8. Collaborate with Community Health Partners to offer Keys to Dementia Prevention in the spring of 2026.
9. Participate and promote Healthy Sioux County Coalition and Joint Provider Coalition alongside Community Health Partners.
10. Provide education to the youth in our community, exploring opportunities to partner with school systems or creating education to share with parents.
11. Explore option of adding another licensed medical social worker to assist with providing therapy in the local school systems.
12. Provide staff training related to mental health awareness and treatment such as Lunch and Learns.
13. Offer specific debriefings and resources to staff after any traumatic event.
14. Continue to offer employee health benefits specific to mental health.

Overweight and Obesity: Obesity is connected to many health outcomes, raising risk for Type 2 diabetes, stroke, poor pregnancy outcomes, and high blood pressure. Because of these chronic conditions, obesity can result in high healthcare costs and increases the burden on healthcare systems. The risk for developing obesity is multi-faceted including developmental factors, environmental factors and individual and behavioral factors. Thus, effective interventions will also be multi-faceted.

Action Plan:

1. Recruit and hire a registered dietician to the support current Registered Dietician and Diabetic Educator staff.
2. Enhance marketing of our nutritional counseling through our Registered Dietician.
3. Continue to offer weight loss clinic visits including referral to our clinical pharmacists and Registered Dietician.
4. Participate and promote Choose Health NW Iowa, Healthy Sioux County Coalition and Joint Provider Coalition alongside Community Health Partners.
5. Continue to offer indoor walking path at downtown campus and exercise pool in rehab department open to the public at no charge.
6. Explore participation in the national Heart Walk by offering a local opportunity.
7. Invest in the sidewalk path around Kanaal Huis adjacent to the Puddle Jumper trail.
8. Explore enhancement for employee fitness.
9. Encourage employee participation in the Iowa Healthiest State Annual Walk in October.
10. Offer multiple opportunities for employee wellness through Occupational Health such as Move and Munch or Wellness Pays.

Navigating Systems: Health care systems are complex and many people can benefit from assistance navigating these systems including insurance systems, appointment systems, referral systems, and financial and payment systems.

Action Plan:

1. Grow our family practice team by adding a physician in 2024 and another in 2026.
2. Recruit a general surgeon to continually offer local surgical interventions.
3. Recruit and hire an ophthalmologist which will increase availability of cataract and other eye procedures done locally.
4. Continue to utilize provider visits at Prairie Ridge Care Center.
5. Consider use of space in MB1 for future services such as growth of our specialty provider clinics.
6. Create and share education related to ancillary services that are offered here.
7. Continue to promote relocation of our retail pharmacy area which adds convenience of curbside service and private area for pharmacy medication consults.
8. Continue to offer on-site Spanish interpreter as well as 24/7 language line availability.
9. Explore opportunity for hiring a bilingual employee for future business office positions.
10. Continue to offer assistance to patients for enrollment into insurance programs.
11. Add new position of Revenue Cycle Manager in fall of 2025.
12. Explore options to educate staff and community members about health plans.
13. Explore collaboration opportunities with the county Senior Health Insurance Information Program (SHIIP) counselor.

Needs Not Being Addressed:

OCAHS believes we are addressing identified needs; in addition, we will support and collaborate with other critical access hospitals, the local public health agency and other providers in our community on health improvement strategies as appropriate.

Date Approved by Hospital Governing Board:

Board approval of CHNA: September 17, 2025

Board approval of implementation plan: October 15, 2025

It is our sincere hope and expectation that the CHNA process will help enhance the services we provide and improve the health of our community. Input can be provided to any member of the health system administrative team by calling 712-737-4984.