

Community Health Needs Assessment

East Region: Bastrop, Gonzales, Lee & Fayette Counties

Ascension Seton Smithville

May 2019



**Ascension
Seton**

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please visit <https://www.seton.net/chna-feedback/>.

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Introduction

Ascension Seton, formerly known as Seton Family of Hospitals, is a 501(c)(3) nonprofit organization with a long-standing history of serving Central Texas, not only as a health care provider, but as a leader and advocate for improving the health of the population as a whole.

Ascension Seton's Mission

Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and words.

Ascension Seton's philosophy is that "We serve each person as a Christian would serve Christ Himself. As a caring community, we respect the dignity and needs of one another." Our values include the following:

Dedication: Affirming the hope and joy of our ministry

Reverence: Respect and compassion for the dignity and diversity of life

Wisdom: Integrating excellence and stewardship

Integrity: Inspiring trust through personal leadership

Service to the Poor: Generosity of spirit, especially for the persons most in need

Creativity: Courageous innovation

What is a Community Health Needs Assessment?

A Community Health Needs Assessment (CHNA) is a tool used to identify and prioritize health issues and develop targeted interventions to build healthier communities. A CHNA provides important information to policymakers, public health leaders, health care providers and the general public about the overall health status of a community and the unmet needs or challenges that warrant further attention and resources.

This CHNA provides a snapshot of local health care needs in Ascension Seton's East Region and helps inform Ascension Seton's decisions about how to best serve the community.

Why do a Community Health Needs Assessment?

A CHNA is used to gather diverse perspectives, mobilize resources and target those resources to areas of greatest need identified by the community and validated by data.

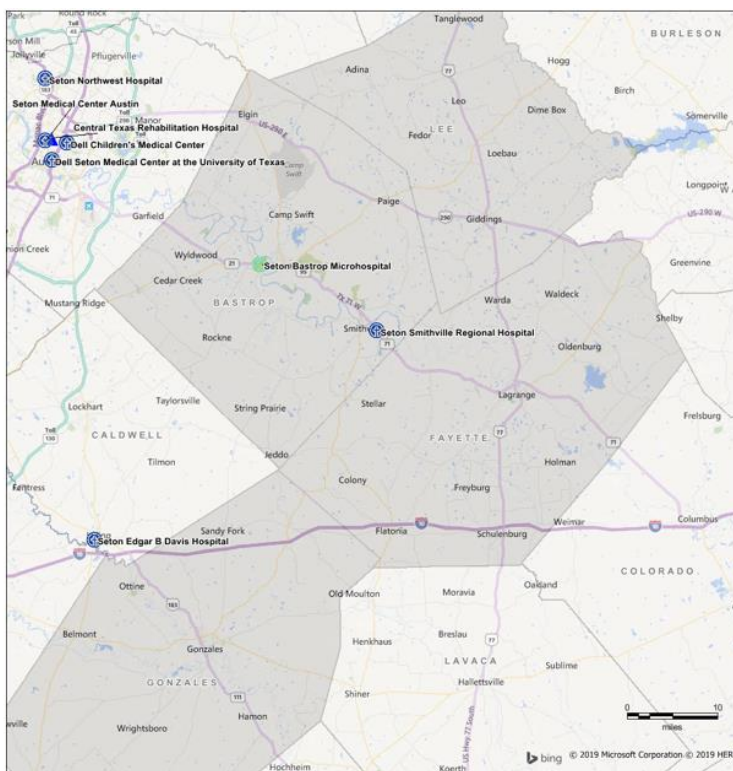
The 2010 Patient Protection and Affordable Care Act further reinforced the importance of community health needs assessments by requiring hospitals designated as tax exempt 501(c)(3) nonprofit organizations to complete an assessment every three years.

This CHNA is intended to meet the requirements for community benefit planning and reporting established in, but not limited to: Texas Health and Safety Code Chapter 311 and Internal Revenue Code Section 501(r).

How did we define the community?

This CHNA addresses the health care needs of Bastrop, Gonzales, Fayette and Lee counties, Ascension Seton's East Region. These four counties are the focus of this CHNA because they are part of Ascension Seton's primary service area. Ascension Seton Smithville is an acute care facility located in the East Region, 13 miles east of Bastrop in Bastrop County.

CHNA – East Region



Methodology

How did we conduct this Community Health Needs Assessment?

The Internal Revenue Service (IRS) allows local health care organizations to work together to avoid duplication of effort. In this spirit of collaboration, Ascension Seton and St. David's Foundation (SDF) which both serve this region, shared information collected during the CHNA process and developed their own CHNA reports.

The CHNA process included two distinct but connected phases of analysis.

Phase One:

During the first phase of the project, Ascension Seton gathered and analyzed the most recent quantitative data available for the 4 counties located in the East Region. Ascension Seton used a Z-score methodology to compare the four counties in the East Region to ten Central Texas counties, Texas, and the United States across 68 different health measures. Z-scores are a way to standardize different types of data for comparison purposes. This process helped identify and prioritize major health care needs highlighted in this report.

Phase Two:

For the second phase of the project, Ascension Seton and SDF worked with an external consultant, Shared Strategy Group, to gather qualitative feedback from the broader West Region community using several methods, including focus groups and one-on-one stakeholder interviews using a standardized interview guide. Shared Strategy Group is a national consulting firm based led by Lolita Ross, MPPA, PMP, who previously served as the Chief Program Officer for the National Network of Public Health Institutes. Shared Strategy Group has extensive experience gathering stakeholder input from diverse communities and working with non-profit organizations, government, and philanthropic organizations across the nation.

The consulting team solicited input from individuals with a broad understanding of the community and its health needs. Key stakeholders included public health officials, individuals representing the interests of medically underserved, low-income and minority populations, health care providers, educators, public officials and many others.

During the interviews and focus groups, participants were asked to identify the most significant health needs facing their community, barriers to meeting those needs, gaps in service and potential opportunities for improving health.

On behalf of Ascension Seton and SDF, the consulting firm, Shared Strategy Group, conducted 10 key informant interviews in August 2018 with representatives of organizations that represent the diverse economy and racial and ethnic interests of the region. Key informant interviews were conducted with Ascension Seton Smithville, Combined Community Action, Texas A&M AgriLife Extension Services, Veterans Affairs, Smithville Independent School District, Bluebonnet Trails, Bastrop Independent School District, Ascension Catholic Church and Lone Star Circle of Care.

In addition to the interviews, Shared Strategy Group Health conducted five focus groups in Bastrop County in August 2018. Locations included the Lost Pine Elementary School, Bastrop Outreach Christian Center, Elgin Recreational Center, the Smithville Free Clinic and Grace Baptist Church.

For more information on interviews and focus groups, please consult Appendix Two.

How were Community Health Needs Prioritized?

Ascension Seton worked with a highly experienced local health care consultant, Management Information Analytics (MIA), to analyze the quantitative and qualitative data gathered during phases one and two of this project. Since 1990, the firm has worked with a wide range of health care clients, including the Community Care Collaborative in Austin and the South Texas Crisis Collaborative in San Antonio. MIA has worked with Ascension Seton on CHNAs since the early 1990's and assisted with data collection and analysis for the 2016 CHNA report.

This report synthesizes the findings from both the quantitative and qualitative phases of the community health assessment process and identifies significant health care needs in the East Region where Ascension Seton, as a major health care system, can have the most influence and impact.

The prioritized needs that are described in the following report were either:

- (1) Raised consistently during focus groups, interviews and surveys as significant community concerns,
- (2) Identified in county-level health data as a glaring issue or

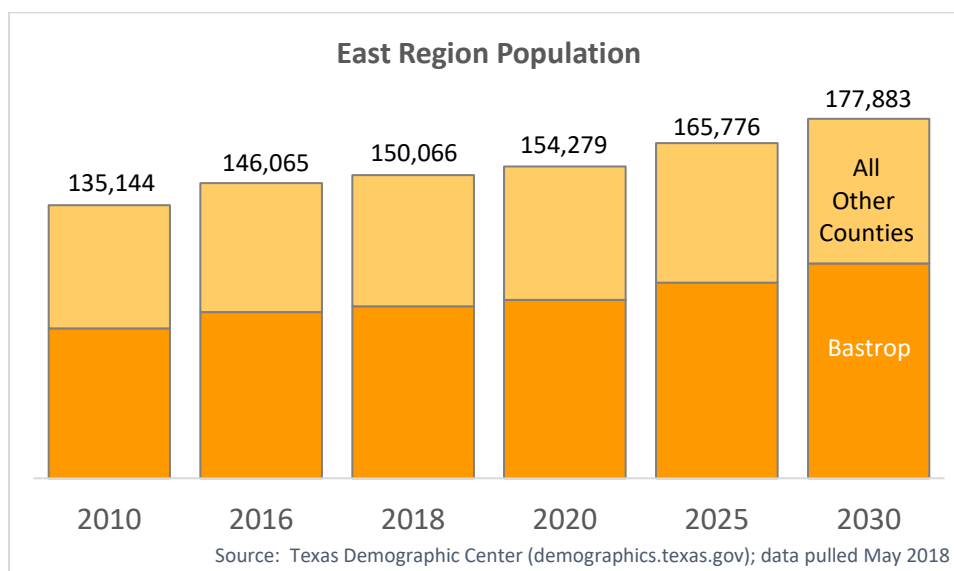
(3) Discussed by the community on some level and validated by county-level data.

The proposed prioritized health needs were presented on February 1, 2019 and February 11, 2019 to the Ascension Texas Executive Committee and President’s Council respectively for input and approval.

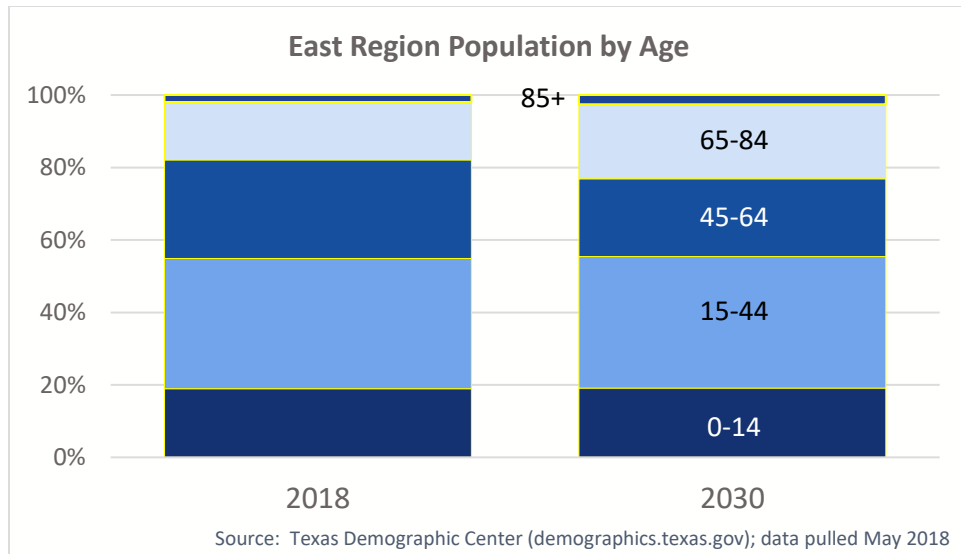
The prioritized list of significant health needs was presented and approved by the hospital’s governing body and the final CHNA is available on each of Ascension Seton hospital’s websites at www.seton.net.

Demographic Snapshot

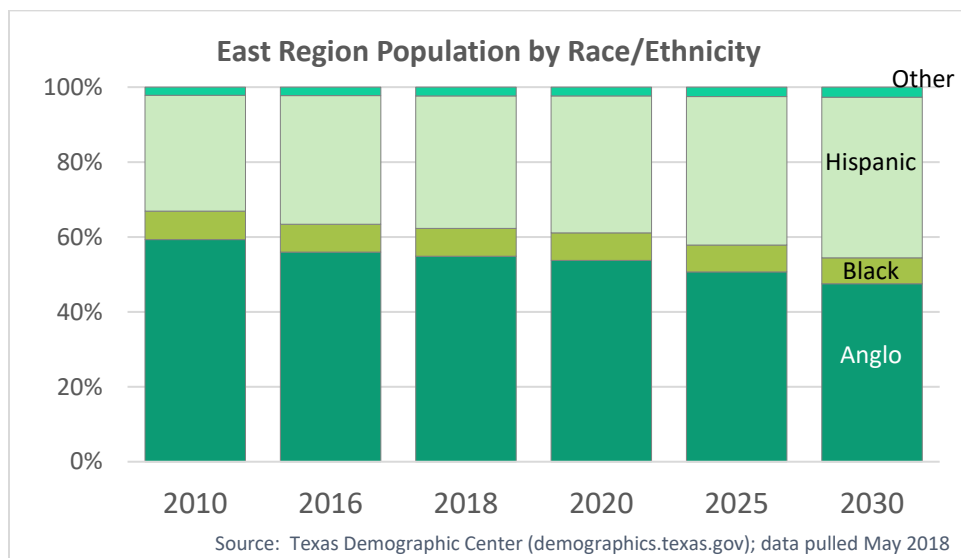
Bastrop County is growing more rapidly than the other three counties in the East Region. In 2018, Bastrop comprised 57 percent of the East Region’s total population, by 2030 is projected to have 60 percent of the East population.



With its suburban population, Bastrop is somewhat younger than the East Region overall. In 2018, 16 percent of Bastrop County’s population was over age 65, compared to 18 percent in the overall East Region and 20 percent in the three rural counties (Fayette, Gonzales, Lee). By 2030, these figures are projected to be 21, 23 and 26 percent respectively.

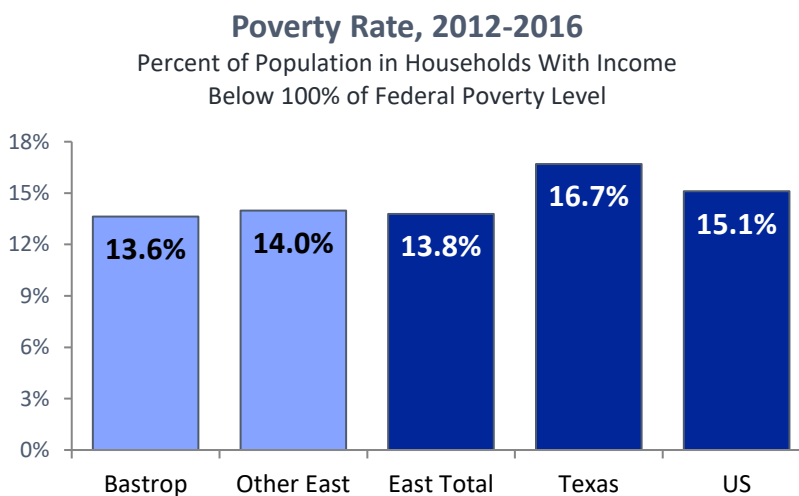


Bastrop has a more diverse racial and ethnic makeup than the three rural counties. In 2018, Bastrop County was 52 percent white, 38 percent Hispanic, 7 percent black. In comparison, the three rural counties were 58 percent white, 33 percent Hispanic and 7 percent black.



As in the rest of Texas, the East Region is on track to become more diverse. By 2030, Bastrop is projected to be 44 percent white, 46 percent Hispanic, and 7 percent black. The three rural counties will be 53 percent white, 39 percent Hispanic and 7 percent black.

At 13.8 percent, the poverty rate in the East Region is below the state average of 16.7 and below the national average of 15.1 percent.

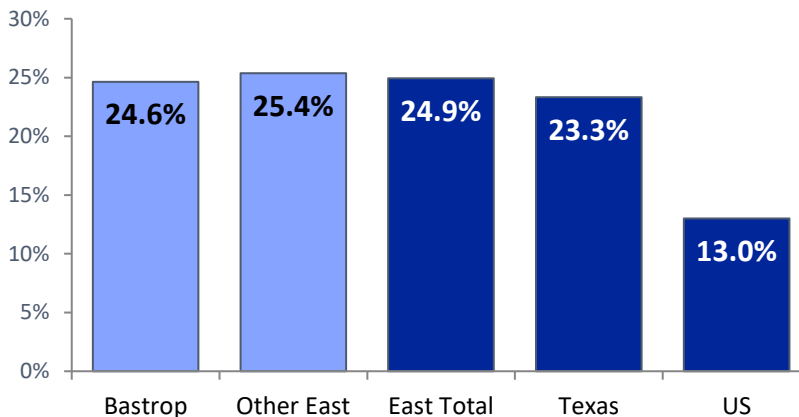


Source: Institute for People, Place and Possibility - Community Commons
(communitycommons.org), data pulled June 2018

The uninsured rate for adults is higher in the East Region (24.9 percent) and about the same as Texas (23.3 percent), but nearly twice the national average of 13 percent. The uninsured rate for children is 13.1 percent in the east region, which is considerably higher than the state average of 10 percent and the national average of five percent. The uninsured rate for children in the three rural counties that comprise the East Region is higher (14.1 percent), but lower in the more suburban Bastrop County (12.4 percent).

Health Insurance Coverage: Adults, 2015

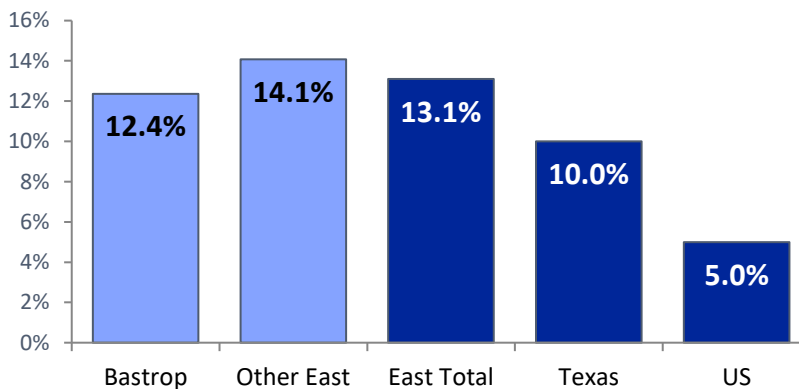
Percent of Adults Under Age 65 Without Health Insurance



Source: RWJ Foundation/Univ of Wisconsin Institute County Health Rankings (countyhealthrankings.org); data pulled June 2018

Health Insurance Coverage: Children, 2015

Percent of Children Under Age 18 Without Health Insurance



Source: RWJ Foundation/Univ of Wisconsin Institute County Health Rankings (countyhealthrankings.org); data pulled June 2018

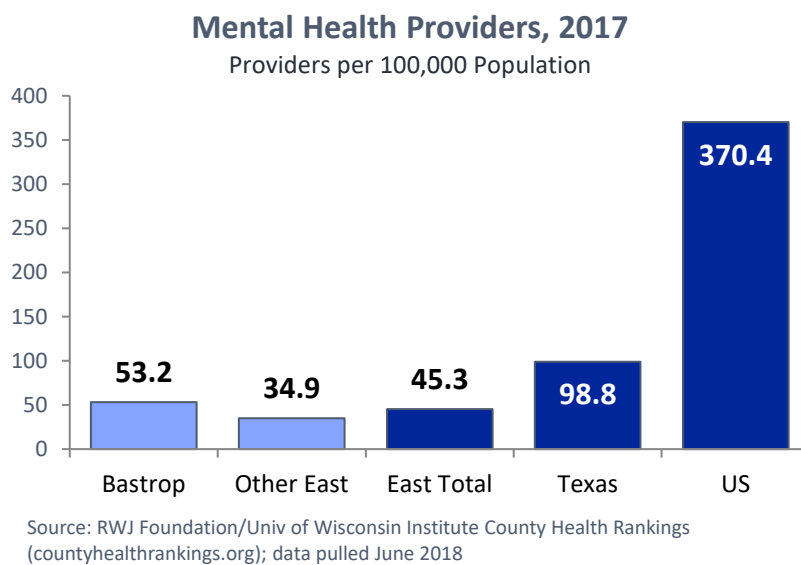
Community Health Needs

After reviewing the data and community input and using the methodology outlined above, Ascension Seton identified three main categories of health priorities for the East Region: (1) mental health, (2) access to care and (3) chronic diseases.

Mental Health

One of the most consistent concerns raised during the focus groups and interviews was the need to improve access to mental health services in the East Region. Most key informants stated that mental health services are a vital concern in the rural communities. Focus group members and key informants stated that it can take many months to secure an appointment with a psychiatrist or mental health provider. Community members also mentioned several recent youth suicides and the opioid epidemic.

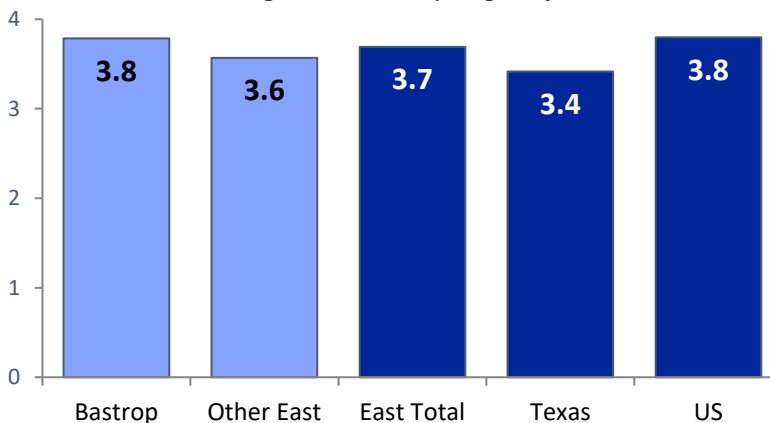
The data clearly corroborate the concerns of the community, especially in terms of provider availability. At 45.3 providers per 100,000 residents, the East Region is less than half the state average of 98.8 and eight times worse than the national rate of 370.4 per 100,000 residents



The number of poor mental health days in the East Region is slightly higher than the state average and slightly lower than the national average. The suicide rate in Bastrop County, on the other hand has increased and is worse than the state average. Collaborating these data is Bastrop, Lee and Fayette counties' designations as Health Professional Shortage Areas (HPSAs) for mental health by the Health Resources & Services Administration. Bastrop is a suburban HPSA, Gonzales is designated as a rural High Needs HPSA, and Lee and Fayette as rural HPSAs.

Poor Mental Health Days, 2016

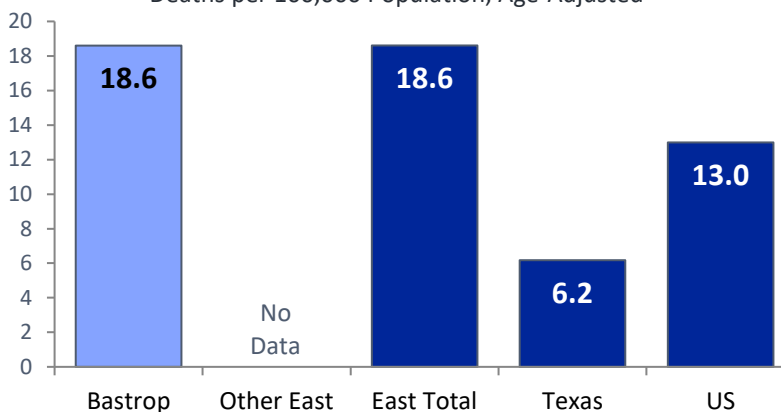
Average in Past 30 days, Age-Adjusted



Source: RWJ Foundation/Univ of Wisconsin Institute County Health Rankings (countyhealthrankings.org); data pulled June 2018

Suicide Mortality, 2012-2016

Deaths per 100,000 Population, Age-Adjusted



Source: Institute for People, Place and Possibility - Community Commons (communitycommons.org), data pulled June 2018

Access to Care

Both the focus groups and stakeholder interviews identified improving access to health care as a key community priority. Top concerns included expanding access to mental health care (including substance abuse and youth services), women's health services (including prenatal care) and dental care. Overall, community members acknowledged the availability of many health care services in the region, but noted significant barriers to access, including, but not limited to: long wait times for appointments, limited clinic hours, local providers not accepting

new patients or forms of payment like Medicare or Medicaid, the location of healthcare services/clinics, difficulty finding transportation to appointments and fear of deportation.

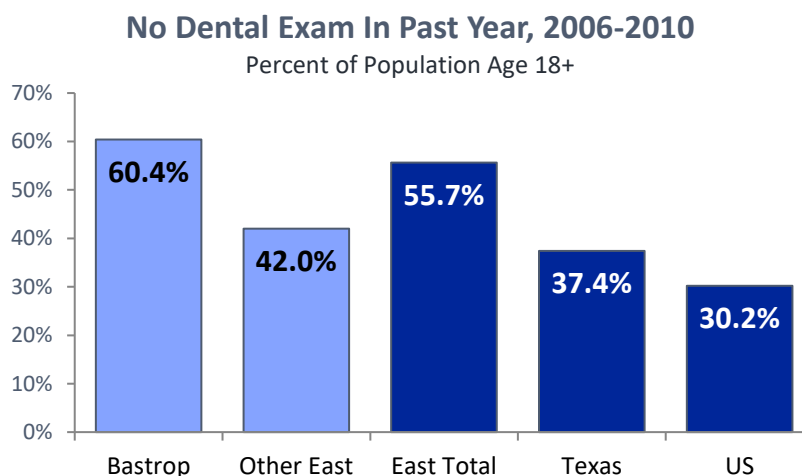
The quantitative data validates the concerns raised by community members. In addition to mental health HPSAs described above, Bastrop is designated as a non-rural HPSA for primary care, Lee counties is designated as rural HPSA for primary care, and Gonzales and Fayette counties are designated as a Low-Income HPSAs for primary care.

Providers Per 100,000 Population

	US	Texas	East	Bastrop	Fayette	Gonzales	Lee
Primary Care Physicians	75.8	59.9	31.5	27.3	39.8	38.9	29.6
Other Primary Care Providers	81.3	66.8	35.6	33.8	39.8	52.7	17.6
Mental Health Providers	370.4	98.8	45.3	53.2	19.9	33.5	58.6
General Dentists	67.6	55.9	36.4	31.4	51.7	43.1	29.3

Source: RWJ Foundation/Univ of Wisconsin Institute County Health Rankings
(countyhealthrankings.org); data pulled June 2018

Access to dental care is a challenge in the East Region with lower than state and national average access to general dentists, especially in the rural counties. The percent of adults reporting that they had no dental exam in the past year was twice as high in Bastrop County (60.4 percent) as the national average (30.2 percent).

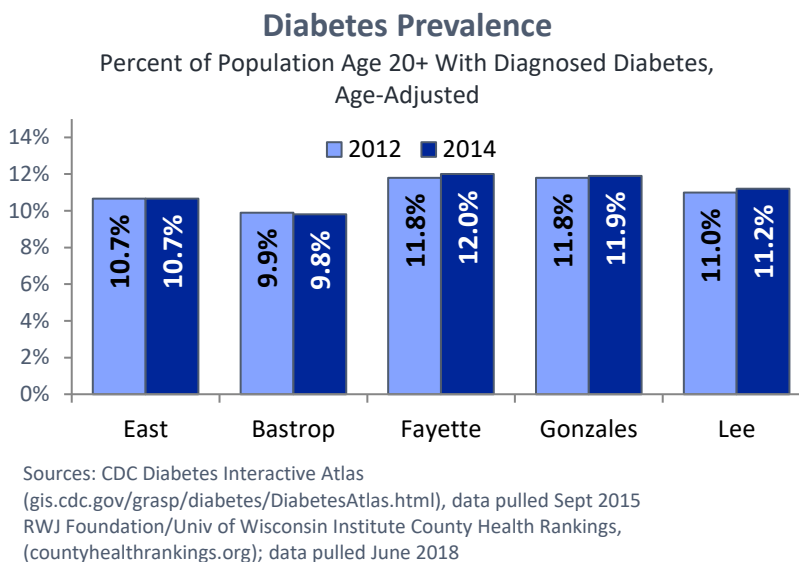
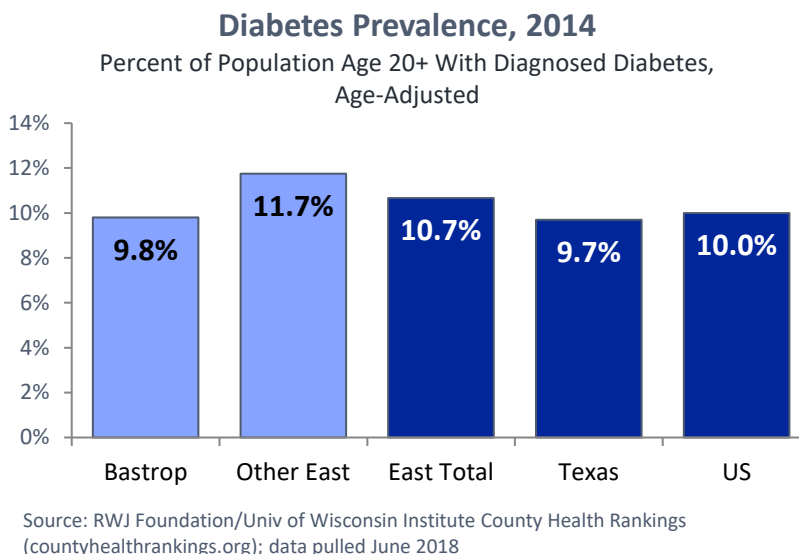


Source: Institute for People, Place and Possibility - Community Commons (communitycommons.org), data pulled June 2018

Chronic Diseases

The third priority area for the East Region is chronic disease prevention and management. Both focus group members and key informants expressed concern about the prevalence of chronic diseases in the community such as diabetes, obesity and hypertension.

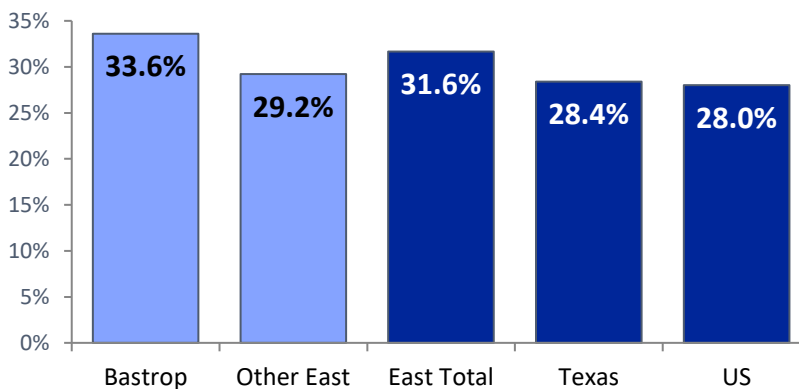
The quantitative data support the need to prioritize chronic disease prevention and management in the East Region. Diabetes prevalence in the East Region is slightly above the state and national average. However, when data from the three rural counties (Lee, Gonzales and Fayette) are isolated, diabetes prevalence is about two percentage points higher than the state and national averages.



At 33.6 percent, the obesity rate in Bastrop County is considerably higher than the state and national average of 28.4 percent and 28 percent. Although obesity rates declined in Fayette and Gonzales counties between 2012 and 2014, they rose in Bastrop and Lee counties. Physical inactivity rates in the East Region's three rural counties are also high.

Obesity Prevalence, 2014

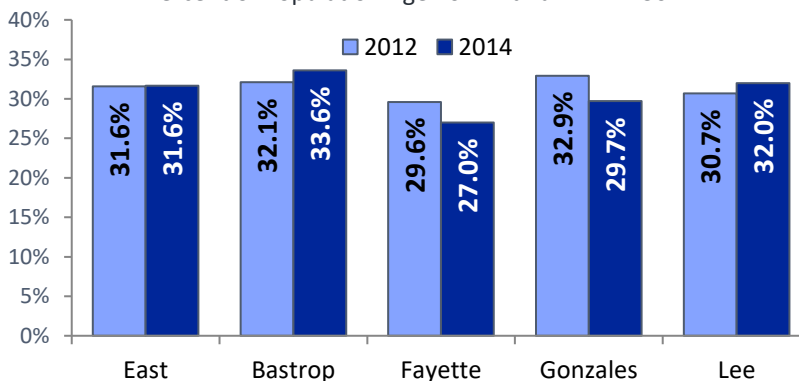
Percent of Population Age 20+ With a BMI \geq 30



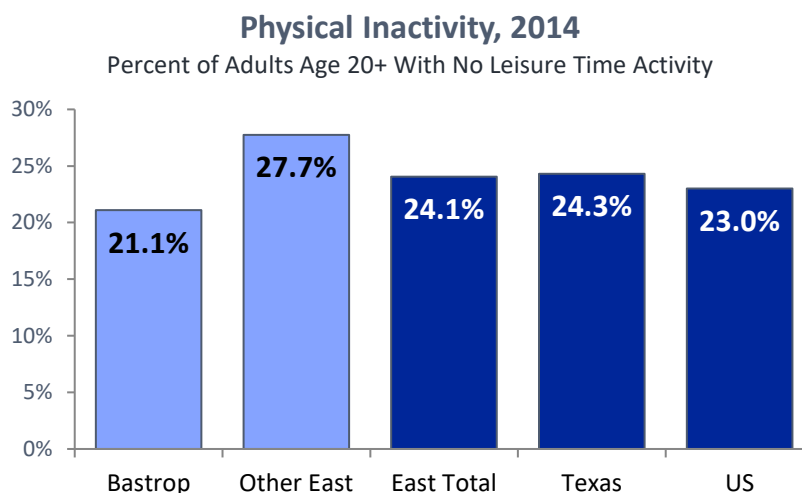
Source: RWJ Foundation/Univ of Wisconsin Institute County Health Rankings (countyhealthrankings.org); data pulled June 2018

Obesity Prevalence

Percent of Population Age 20+ With a BMI \geq 30



Sources: : Institute for People, Place and Possibility - Community Commons (communitycommons.org); data pulled Sept 2015;
RWJ Foundation/Univ of Wisconsin Institute County Health Rankings (countyhealthrankings.org); data pulled June 2018



Source: RWJ Foundation/Univ of Wisconsin Institute County Health Rankings (countyhealthrankings.org); data pulled June 2018

Other Issues

Focus group participants and key informants identified several other key issues in their community that Ascension Seton recognizes as important, including social determinants of health, health literacy, transportation and affordable housing. However, these issues did not raise to the level of prioritized health need for the purpose of this CHNA report.

The Centers for Disease Control and Prevention define the “social determinants of health” as “conditions in the places where people live, learn, work and play that affect a wide range of health risks and outcomes.” Common examples of social determinants include transportation, housing and education.

Ascension Seton’s primary role in the communities we serve is delivering quality health care. However, our mission as an organization is far-reaching. As part of Ascension, the largest nonprofit health care provider in the country, Ascension Seton is committed to improving the social and economic conditions that affect the diverse populations we serve. We provide financial and in-kind resources to many community partners seeking to address these needs.

In addition, Ascension Seton leaders, physicians and associates are active participants in community-led strategic discussions about the most pressing social and economic issues affecting the communities we serve (e.g., transportation, education, affordable housing).

Focus group participants and key informants in the East Region cited transportation as a major barrier to better health and raised concerns about homelessness, rising housing prices and health literacy.

Conclusion

Ascension Seton recognizes it takes the entire community, working together, to improve the health and the wellbeing of individuals. As we have for more than 100 years, we will continue to collaborate and partner to address the needs in our communities.

Developing this CHNA was a collaborative effort. Ascension Seton wishes to acknowledge and thank the many organizations, individuals and experts who participated in the 2019 CHNA process. We appreciate your partnership and look forward to working together to improve the health of the communities we share.

Approval

Prepared by Ascension Seton. Formally adopted by the Ascension Seton Board on May 21, 2019.

Appendix One: County Health Rankings from Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute

- Top 5% of US counties
- Top 25% of US counties
- Average
- Bottom 25% of US counties
- Bottom 5% of US counties

Comparison of East Region to Texas and US

Mental and Behavioral Health

	Texas	US	East Region Counties	
			Bastrop	Other East
Suicide mortality rate per 100,000 age adjusted	6.2	13.0	● 18.6	No Data
Poor mental health days avg past 30 days age adjusted	3.4	3.8	● 3.8	● 3.6
Depression prevalence	17.0%	16.7%	● 17.1%	● 13.3%
Mental health providers per 100,000	98.8	370.4	● 53.2	● 34.9

Data pulled June 2018

Comparison of East Region to Texas and US

Access to Care

	Texas	US	East Region Counties	
			Bastrop	Other East
Residents living in a HPSA	16.8%	33.1%	● 100.0%	● 72.7%
Adults without health insurance	23.3%	13.0%	● 24.6%	● 25.4%
Children without health insurance	10.0%	5.0%	● 12.4%	● 14.1%
Primary care physicians per 100,000	59.9	75.8	● 27.3	● 36.7
Preventable hospital stays per 1,000 Medicare enrollees	53.2	49.0	● 58.6	● 46.3
General dentists per 100,000	55.9	67.6	● 31.4	● 42.8
No dental exam past 12 months age 18+	37.4%	30.2%	● 60.4%	● 42.0%
Infant mortality w/in 1 yr per 1,000 live births	5.8	6.0	● 4.6	No Data
Child mortality deaths < 18 per 100,000	51.5	50.0	● 33.3	● 54.4
Mammography screening % Medicare age 67-69	57.9%	63.0%	● 54.7%	● 53.3%

Data pulled June 2018

Comparison of East Region to Texas and US

Chronic Diseases

	Texas	US	East Region Counties	
			Bastrop	Other East
Diabetes prevalence	9.7%	10.0%	● 9.8%	● 11.7%
Diabetes incidence	8.5	No Data	7.9	8.6
Obesity prevalence	28.4%	28.0%	● 33.6%	● 29.2%
Physical inactivity % age 20+ no leisure time physical activity	24.3%	23.0%	● 21.1%	● 27.7%

Data pulled June 2018

Appendix Two: Organizations Represented in Focus Groups and Interviews

As required by the IRS, input was solicited from individuals with a broad understanding of the community and its health needs. The focus groups and/or interviews included public health officials and individuals or individuals representing medically underserved, low-income, chronically disabled and minority communities. Input was also solicited from public officials, educators and community/faith-based organizations.

Shared Strategy Group, on behalf of Ascension Seton and St. David's Foundation, facilitated six Community Input Sessions to gather broad-based input from the community in the East Region. A summary of the location and participation in these sessions is provided below:

Location	Community Input Sector
Lost Pines Elementary School	Academic experts
Elgin Recreational Center – Targeted Population African American Population	Medically underserved, low- income and minority populations, populations with chronic disease needs
Bastrop Outreach Christian Center – Targeted Population Home-school Parents	Medically underserved, low- income and minority populations, populations with chronic disease needs
Grace Baptist Church (Red Rock Food Pantry)	Medically underserved, low- income and minority populations, populations with chronic disease needs
Smithville Community Clinic- Targeted Population Veterans	Medically underserved, low- income and minority populations, populations with chronic disease needs

Shared Strategy Group, on behalf of Ascension Seton and St. David's Foundation, also conducted ten key informant interviews:

Leader/Representative	Community Input Sector
Richard Hutchins, Veteran Services Officer Veteran Affairs	Federal department or agency with current data or other information relevant to the health needs of the community served
Andrea Richardson, Executive Director, Blue Bonnet Trails Community Service	Special knowledge of expertise in public health; Mental health care provider
Henry Salas, Executive Director Rafael De La Puz, In- Transition/Executive Director Texas Association of Community Health Centers	Special knowledge of expertise in public health; Health care provider Community Health Center
Priscilla Ruiz, Youth Director Ascension Catholic Church	Community-based organization / Faith-based organization

Cheryl Burns, Superintendent Smithville School District	Academic, K-12 expert
Hillary Long, Family and Community Health Agent Texas A&M AgriLife Extension Service	Special knowledge of, or expertise in public health
Norma Mercado, Parent and Family Engagement Foster Care and Homeless Liaison, Bastrop Independent School District	Local public agency representative with current data or other information relevant to the health needs of the community served
Lindsey Ripley, Program Design and Clinic Manager, Lone Star Circle of Care	Health care provider; Community Health Center
Robbie Rabe, Administrator Ascension Seton Smithville	Special knowledge of, or expertise in public health; Health care provider
Kelly Franke, Executive Director, Combined Community Action	Nonprofit organization; Community-based organization

Appendix Three: Summary of Community Health Resources

The chart below provides a high-level overview of the health care resources available in the East Region, including acute care facilities (hospitals), primary and specialty care clinics and practices, mental health providers and other nonprofit services that address the social determinants of health such as transportation, affordable housing, poverty and nutrition. Many of the facilities and organizations listed below are potential resources to address the health needs identified in this CHNA. In addition to the resources listed below, the following government resources are available in each Texas county: Women, Infant and Children (WIC) nutrition program, Texas Health and Human Services Commission programs, Texas Workforce Commission, Texas Mental Health and Mental Retardation (MHMR) offices.

As part of the CHNA process, Ascension Seton along with community partners identified resources that currently support health. This list is not meant to be exhaustive.

Acute Care	Primary and Specialty Care	Mental and Behavioral Health	Other Resources
Ascension Seton Smithville	Seton Family of Doctors at Bastrop	Bluebonnet Trails Community Services (MHMR)	Capital Area Rural Transportation System (CARTS)
St. Mark's Medical Center	Seton Family of Doctors at Smithville	Ascension Seton Shoal Creek	Community Indigent Health Care Programs (CICHP)
St. David's Emergency Center Bastrop	CommUnity Care		Catholic Charities of Central Texas
	Lone Star Circle of Care Family Care Center at Bastrop (Federally Qualified Health Center)		Bastrop County Cares
	Community Health Centers of South Central Texas, Inc.		
	Bastrop Community Health Center (Federally Qualified Health Center)		
	Smithville Community Clinic		
	Tejas Health Care (Federally Qualified Health Center)		

Appendix Four: Evaluation of Impact of Actions Since 2016 CHNA

Ascension Seton conducted its last CHNA for the East Region in 2016. The East Region includes Bastrop, Gonzales, Fayette and Lee counties. The CHNA identified the following prioritized needs for FY 2016-FY 2018.

1. Primary and specialty care
2. Mental and behavioral health
3. Social determinants of health
4. Chronic diseases
5. System of care

Ascension Seton and Seton Smithville have worked to address these needs in the East Region. The summary below includes a summary of the impact Ascension Seton has made on these community needs over the past three years.

Ascension Seton operates the primary teaching hospital where Dell Medical School at The University of Texas (DMSUT) undergraduate and graduate medical students train. Ascension Seton and DMSUT have collaborated on medical resident training as medical students and residents have completed rotations in different specialties at many of the Ascension Seton facilities, including Dell Seton Medical Center at The University of Texas, Ascension Seton Medical Center Austin, Dell Children's Medical Center, and Ascension Seton Shoal Creek.

Ascension's national access and care coordination center, called AscensionConnect, supports the 11 counties that Ascension Seton serves. This innovative center provides comprehensive access to health and innovative solutions all under one roof. By utilizing one number patients are able to schedule primary and specialty care appointments, access 24/7 nurse advice, utilize the digital urgent care for minor illnesses, access behavioral health through an iPad, and enroll in comprehensive remote care management programs. The center is staffed by teams of multidisciplinary professionals with both clinical and administrative backgrounds that utilize digital technology to extend access to services that traditionally have been very difficult to find.

AscensionConnect's remote care program serves an average of 800 patients per month. Clinicians work with individuals suffering from chronic illness or individuals who are preparing for surgery. Our navigators tailor each care pathway based on the individual's personal needs. This program has been live for three years and has demonstrated a reduction in readmissions to as low as 2.59% for participants of the intervention.

Ascension Seton Smithville made the previous CHNA reports available online. The public was invited to submit comments via email. No comments were received on the 2016 CHNA.

Ascension Seton Smithville

Prioritized Need	Action	Actual Impact
Mental and Behavioral Health	Intensive outpatient psychiatric program for seniors in Bastrop and surrounding counties.	Program no longer exists.
Primary and Specialty Care	Mobile health van providing primary care, immunizations, education, referrals, and other services to children in Bastrop County at local schools and churches through mitigating transportation barriers.	No funding or philanthropy dollars available to purchase van. Ascension Seton Edgar B. Davis Caravan unable to broaden service area to cover Bastrop County.
Chronic Disease	Support for Bastrop County Indigent Health Care program enrollees and uninsured residents of Bastrop County to apply for free medicals from pharmaceutical companies.	Prescription Assistance Program with partnership between Ascension Seton and Bastrop County enabled 367 people to receive prescriptions free or at a reduced price.
Social Determinants of Health		Partnering with the local charity clinic to provide reduced costs mammography exams to a specific population in need.