



# Community Health Needs Assessment

Prepared by:  
TORCH Management  
Services, Inc.

Bob Ellzey, LFACHE

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# Table of Contents

• Special Thanks	4
• Overview of Community Health Needs Assessment	5
• Public Data Sources	6
• Overview of Sutton County and Service Area	7
• Overview of Lillian M. Hudspeth Memorial Hospital	10
• Local Economic Impact of Lillian M. Hudspeth Memorial Hospital	21
• Demographics	24
• Comparison of Health Factors, Outcomes, and Mortality	27
• Survey of Community Health Needs	40
• Access to Healthcare Services Response	43
• Community Responses to Categories of Health & Wellbeing	50
• Recommendations	63
• Summary	72
• Next Steps	75

# Special Thanks

- Steve Smith, CEO
- Joe Marshall, COO
- Sutton County Hospital District Board of Directors
- LMH Medical Staff
- LMH Leadership & Management Team
- Community Focus Group Participants
- Area Health Providers



# Overview of Community Health Needs Assessment

- In 2014 the Affordable Care Act required all 501 (c) (3) hospitals to conduct a CHNA every 3 years
- The main purpose is to provide a comprehensive review of health needs among diverse constituents, how well those needs are being met, and identify any gaps in services available or constituent groups who receive those services
- Another purpose is to identify partnership opportunities with other providers or agencies
- CHNA serves as basis for development of a required action plan that must be developed with an intent to improve community health and reduce gaps among those who receive services

# Data Sources

## Public data sources

- CMS, U.S. Census Bureau, County Health Rankings, Sparkmap, and other public and private sources as documented

## Written questionnaire

- Comments from a written questionnaire were gathered from diverse public and private stake holders residing or working in the hospital service area

## Personal Contact Interviews

- 18 Focus Group Participants
- Boards of Directors, Medical Staff, Leadership Team, Department Leaders, Community Residents representing diverse occupations and experiences

# Overview of Sutton County and Surrounding Service Area

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Sutton County is located on the western edge of the Edwards Plateau, approximately 130 miles northwest of San Antonio. The county seat is Sonora.

Indian tribes were among the earliest inhabitants of Sutton County, dating back approximately 10,000 years. After 1870 Anglo American settlers began moving into the area for the abundance of land after the Indian population began to dissipate.





# Overview of Sutton County and Surrounding Service Area

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During the 1880's access to land and well water led to the introduction of cattle ranching. Cattle, however, began to be displaced by sheep and Angora goats between 1890 and 1900. Sutton County became one of the leading producers of sheep wool and Angora Mohair wool in Texas throughout the 1900's.

Oil and Natural Gas production became a leading economic contributor from 1920 through the remainder of the century, peaking in 1977.





# Overview of Sutton County and Surrounding Service Area

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The Sonora Caverns comprise about seven miles of caves that attract thousands of visitors each year. The Caverns and hunting are the leading attractions that draw tourists to Sutton County each year.

Source: [Brian C. Hosmer](#). Texas State Historical Association. Handbook. Updated February 19, 2021. [Sutton County \(tshaonline.org\)](https://tshaonline.org)





# Overview of Lillian M Hudspeth Memorial Hospital

## **Our Mission:**

To provide quality health care and services which are responsive to the needs of our community in the spirit of our founders.

## **Our Vision:**

To commit our compassion to significantly improving every dimension of healthcare in the community we serve.

**Source:** Lillian M. Hudspeth Memorial Hospital Website  
[www.Sonora-hospital.org/about/#chna](http://www.Sonora-hospital.org/about/#chna)





# Overview of Lillian M. Hudspeth Memorial Hospital

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## **Critical Access Hospital**

Lillian M. Hudspeth Memorial Hospital is a licensed 12-bed Critical Access Hospital. It is a public Hospital District governed by a 7-person board of directors.

LHMH serves as a primary medical and 24-hour emergency care provider for a remote rural population that includes the entire county.

Each hospital bed can also be used as a Swing Bed to provide extended care to patients who qualify for longer lengths of stay or rehabilitation.





# Overview of Lillian M. Hudspeth Memorial Hospital

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## **Critical Access Hospital**

The hospital is a critical resource to serve high volume highway transportation on IH-10 and U.S. Hwy 277 which both run right through town.

LMH has earned Level IV Trauma Center designation, serving as part of the Texas Trauma Network.

The next nearest hospital offering a higher level of care is San Angelo, located 67 miles away.



# Overview of Lillian M. Hudspeth Memorial Hospital

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## **Community Focused**

Hospital and clinic services are open and accessible to all who present for care without discrimination for race, ethnicity, or other legal qualifying factors. This claim was affirmed by the diverse constituents who participated in the focus groups as well as randomly selected local residents.

Appointments for unfunded patients with specialists and for non-emergent care may be delayed due to income constraints. The hospital maintains an indigent care program, seeks to qualify low-income patients for charity, discounted charges, extended installment payments, and various other programs that provide funding assistance.



# Overview of Lillian M. Hudspeth Memorial Hospital

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## **Community Focused**

LMH continually strives to improve services, quality, technology, cost-effectiveness, and local access for every person who lives, works, or travels in the service area. Distantly located from larger towns with greater resources, the community culture is to value what they have and use their resources to meet the needs of themselves and others.

One evidence of this commitment is conducting this community health needs assessment. As a public hospital LMH is not required to conduct a CHNA but chooses to do this in fulfillment of its mission and vision to “improving every dimension of healthcare in the community we serve.”





# Overview of Lillian M. Hudspeth Memorial Hospital

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## **Community Focused**

More than a town, Sonora reflects community in their relationships and positive spirit of determination.

LMH employees take great pride in living in the community and working for the local hospital that provides care for their families and neighbors. The residential population is quick to express their support and appreciation for their hospital.

The Board and leadership team at LMH are diligent in striving to fulfill its mission “to provide quality health care and services which are responsive to the needs of our community”.

Despite challenges of maintaining a rural hospital amidst declining population and shrinking reimbursement, this “community” pulls together to do whatever it takes to serve others.



# Overview of Lillian M. Hudspeth Memorial Hospital

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## Hospital Employment and Patient Utilization (2023)

• # ER Registrations	1,450
• # Outpatient Registrations	5,118
• # RHC Clinic Visits	8,134
• # Inpatient and Swing Bed Discharges	82
• # Patient Observation Days	87
• # Full-Time Equivalent Employees	72
• Annual Payroll	\$4,037,655



# Overview of Lillian M. Hudspeth Memorial Hospital

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## Hospital Service Lines

- Emergency Department
- Radiology
- Lab
- Physical Therapy and Rehabilitation
- Inpatient Services
- Swing Bed
- Rural Health Clinic
- Cardiac Rehab
- Cardiovascular Services
- Pulmonary Rehab
- Hospice
- Sonora Medical Clinic





# Overview of Lillian M Hudspeth Memorial Hospital

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## **Medical Staff**

- Primary Care Physicians 2
  - William Griffin, DO
  - Charles Pajestka, MD
- Family Nurse Practitioners 2
  - Rebecca Simmons-Rios, FNP-C
  - Sonia Castro, FNP-C
- Physician Assistant 1
  - Diana Arteaga, PA-C



# Overview of Lillian M. Hudspeth Memorial Hospital

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## **Medical Specialty Clinic Services Provided Locally**

- Cardiology
- Urology
- Orthopedics
- General Surgery



# Overview of Lillian M. Hudspeth Memorial Hospital

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## Nearest Area Hospitals

• Schleicher County Medical Center	El Dorado	14 beds	22 miles
• Kimble Hospital	Junction	15 beds	59 miles
• Shannon West Texas Mem. Hosp.	San Angelo	403 beds	67 miles
• Shannon South	San Angelo	171 beds	64 miles
• Val Verde Regional Medical Center	Del Rio	93 beds	91 miles
• Peterson Regional Medical Center	Kerrville	124 beds	110 miles
• Methodist Hospital	San Antonio	2,885 beds	165 miles



# Local Economic Impact to Service Area of LMH

- **Economic Impact of Operations for a Critical Access Hospital**
- *(Using Actual LMH numbers)*
- **Employment**
  - Direct Impact fte's: 72 (number of full-time equivalent employees by LMH)
  - Multiplier 1.34
  - Secondary Impact fte's: 24 (additional job creation impact within service area)
  - Total Impact fte's: 96 (total employment impact of LMH)
- **Wages, Salaries, and Benefits**
  - Direct Impact: \$4.1 Million (total WSB provided by LMH)
  - Multiplier 1.19
  - Secondary Impact \$780k (additional WSB benefit created within service area)
  - Total Impact \$4.88 Million (total WSB generated in service area as result of LMH and LMH)
- **Average retail sales impact (.25 WSB):** (\$1.02 Million retail sales generated in service area resulting from LMH)
- *SOURCE: National Center for Rural Health Works. Research Study. October 2016. Data from National Center, Oklahoma Office of Rural Health, and IMPLAN*

# Local Economic Impact of Construction Activities of a Critical Access Hospital

*(Example based on research  
average)*

Employment <u>Impact</u>					
<b><u>Construction (\$ millions)</u></b>	<b><u>Average Employment</u></b>	<b><u>Multiplier</u></b>	<b><u>Secondary Impact</u></b>	<b><u>Total Jobs Impact</u></b>	
\$1	9	1.23	2	11	
<b><u>Construction (\$ millions)</u></b>	<b><u>Average WSB</u></b>	<b><u>Multiplier</u></b>	<b><u>Secondary Impact</u></b>	<b><u>Total Impact</u></b>	<b><u>Retail Sales Impact</u></b>
\$1	\$332,551	1.25	\$80,638	\$403,189	\$100,797

# Summary of Economic and Employment Impact of LMH on the Service Area

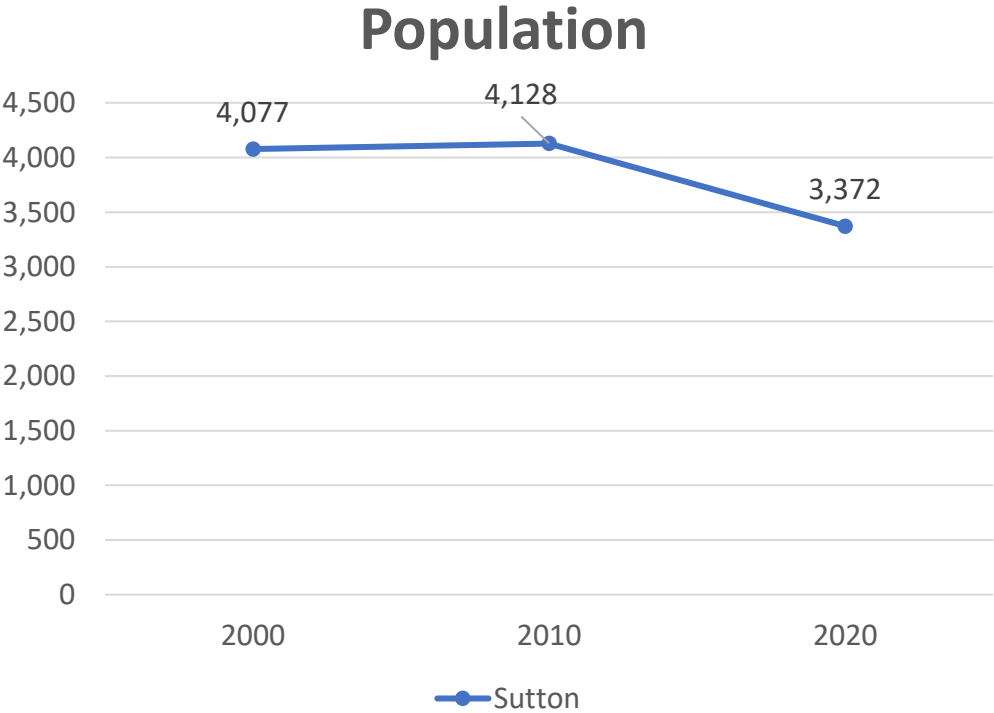
- 96 Jobs within the service area attributed to LMH
- \$4.88 Million creation of area wages, salaries, and benefits
- \$1.02 Million impact on retail sales within the service area
- Every \$1 Million construction contributes to 11 new jobs with total wage, salary, benefits generated \$403,000 (*old 2016 numbers, higher today*)
- What is the Importance of Jobs and Wages on the Health and Wellness of a Community?
  - Jobs create income and benefits. Income and benefits is one key factor impacting individual health and wellness.



# Demographic and Social Factors

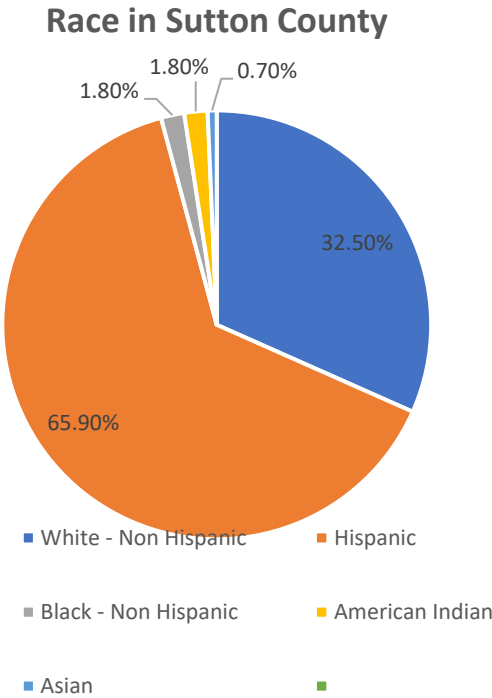
## Population

Source: U.S. Census.gov/quickfacts. 2023.  
<https://www.census.gov/quickfacts/suttoncountytexas>



## Races

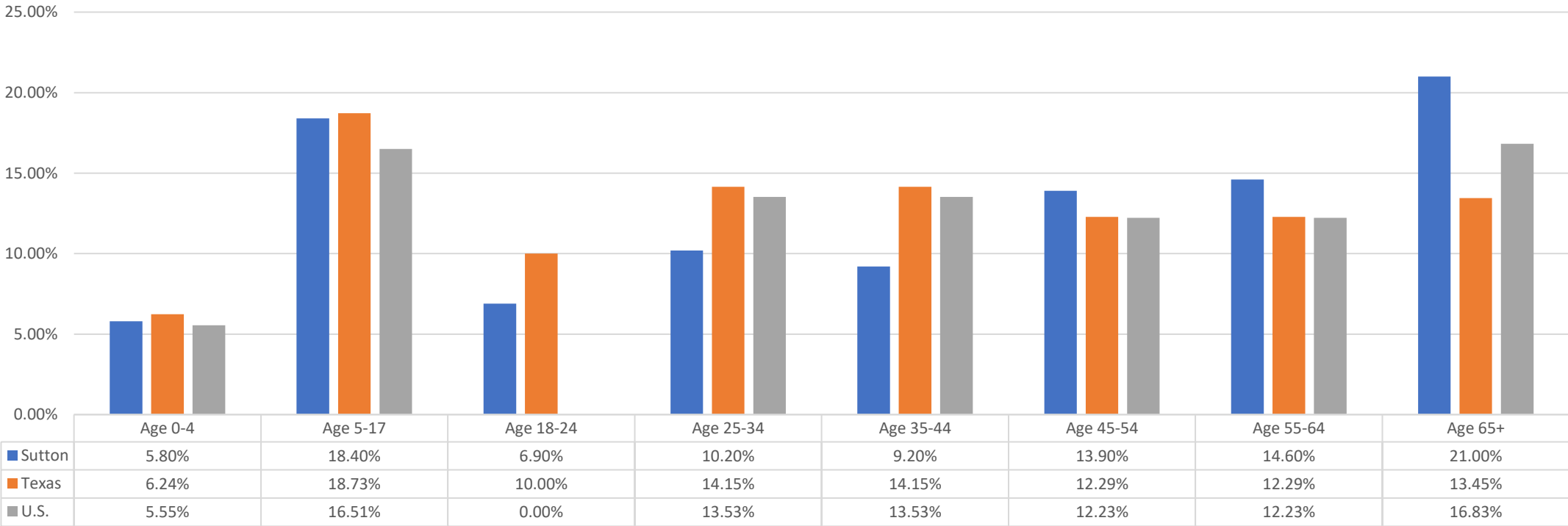
Source: U.S. Census.gov/quickfacts. 2023  
<https://www.census.gov/quickfacts/suttoncountytexas>



# Demographic and Social Factors

Source: Sparkmap. US Census Bureau, [Decennial Census](#). 2020

Population by Age Group



■ Sutton ■ Texas ■ U.S.

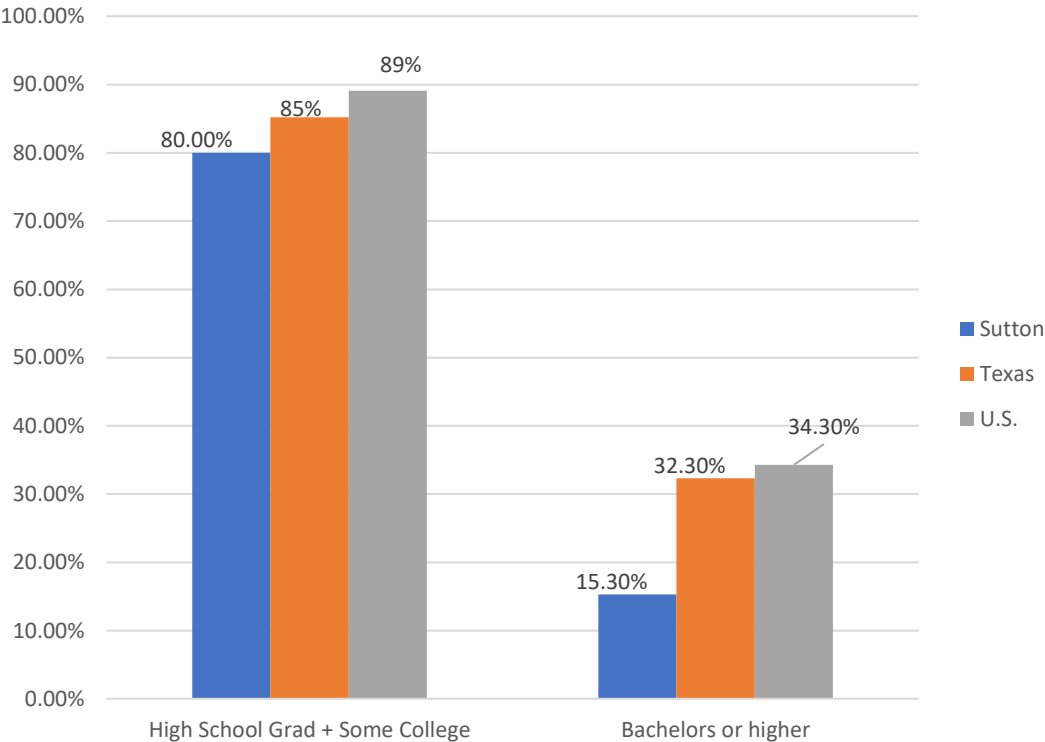
# Demographic and Social Factors

Source: Income: U.S. Census Bureau. [Census.gov/quickfacts/suttoncountytexas](https://www.census.gov/quickfacts/suttoncountytexas). 2023.

## Median Income

	Sutton	Texas	U.S.
Median Income	\$56,778	\$73,035	\$75,149

## Education





## Comparison of Health Outcomes and Factors – Texas 244 Counties Included

Source: County Health Rankings & Roadmaps

<https://www.countyhealthrankings.org/explore-health-rankings/texas/sutton?year=2023>

(yellow highlight indicates unfavorable to State and U..S.)

<u>HEALTH OUTCOMES</u>	Sutton County 2023	Texas	U.S.
Overall Health Ranking	#75 / 2 <sup>nd</sup> Quarter		
Life Expectancy	79.7	79.1	79.1
Diabetes Prevalence	13%	12%	9%
Poor Physical Health Days / last 30 days	3.8	4.2	4.4
Poor Mental Health Days / last 30 days	4.6	2.9	3.0

## Comparison of Health Outcomes and Factors – Texas 244 Counties Included

Source: County Health Rankings & Roadmaps

<https://www.countyhealthrankings.org/explore-health-rankings/texas/sutton?year=2023>

(yellow highlight indicates unfavorable to State and U.S.)

<u>Health Behaviors</u>	Sutton County 2023	Texas	U.S.
Adult Smoking	17%	13%	16%
Food Insecurity	14%	13%	12%
Alcohol Impaired Driving Deaths (per 100k)	7%	25%	27%
STI's (per 100k)	132	466	481
Teen Births (per 1,000)	42	29	19
Physical Inactivity	30%	25%	22%
Adult Obesity	38%	36%	32%

## Comparison of Health Outcomes and Factors – Texas 244 Counties included

Source: County Health Rankings & Roadmaps

<https://www.countyhealthrankings.org/explore-health-rankings/texas/sutton?year=2023>

(yellow highlight indicates unfavorable to State and U.S.)

Health Factors	Sutton County 2023	Texas	U.S.
<u>Clinical Care</u>			
Uninsured Adults	27%	24%	12%
Uninsured Children	19%	12%	5%
Primary Care Physicians	930:1	1640:1	1310:1
Dentists	1660:1	1610:1	1380:1
Mental Health Providers	Not available	690:1	340:1
Mammogram Screening	33%	34%	37%
Flu Vaccinations	25%	48%	51%



## Comparison of Health Outcomes and Factors – Texas 244 Counties Included

Source: County Health Rankings & Roadmaps

<https://www.countyhealthrankings.org/explore-health-rankings/texas/sutton?year=2023>

(yellow highlight indicates unfavorable to State and U.S.)

Health Factors <u>Social and Economic</u>	Sutton County 2023	Texas	U.S.
Median Household Income	\$56,778	73,035	\$75.149
Children in Poverty	21%	20%	17%
Children Eligible for Free Lunch	56%	60%	53%
Child Care Cost Burden	21%	25%	27%
High School Completion Rate	77%	85%	89%
Some College	52%	64%	67%

## Comparison of Health Outcomes and Factors – Texas 244 Counties Included

Source: County Health Rankings & Roadmaps

<https://www.countyhealthrankings.org/explore-health-rankings/texas/sutton?year=2023>

(yellow highlight indicates unfavorable to State and U..S.)

Health Factors <u>Social and Economic</u>	Sutton County 2023	Texas	U.S.
Injury Deaths (per 100k)	Not available	60	76
Violent Crime (per100k)	120	429	416
Drinking Water Violations	No		
Severe Housing Problems	15%	17%	17%
Air Pollution Particulate (micr/m3)	7.2	8.6	7.4

# Favorable and Unfavorable Comparative Health Factors for Sutton County v. Texas and U.S.

Source: County Health Rankings & Roadmaps

<https://www.countyhealthrankings.org/explore-health-rankings/texas/sutton?year=2023>

## Favorable

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Life Expectancy

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Poor Physical Health Days

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Alcohol Impaired Driving Deaths

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Sexually Transmitted Infections (STI's)

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Primary Care Physicians available

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Dentists available

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Mammogram Screening

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Child-Care Cost Burden

## Unfavorable

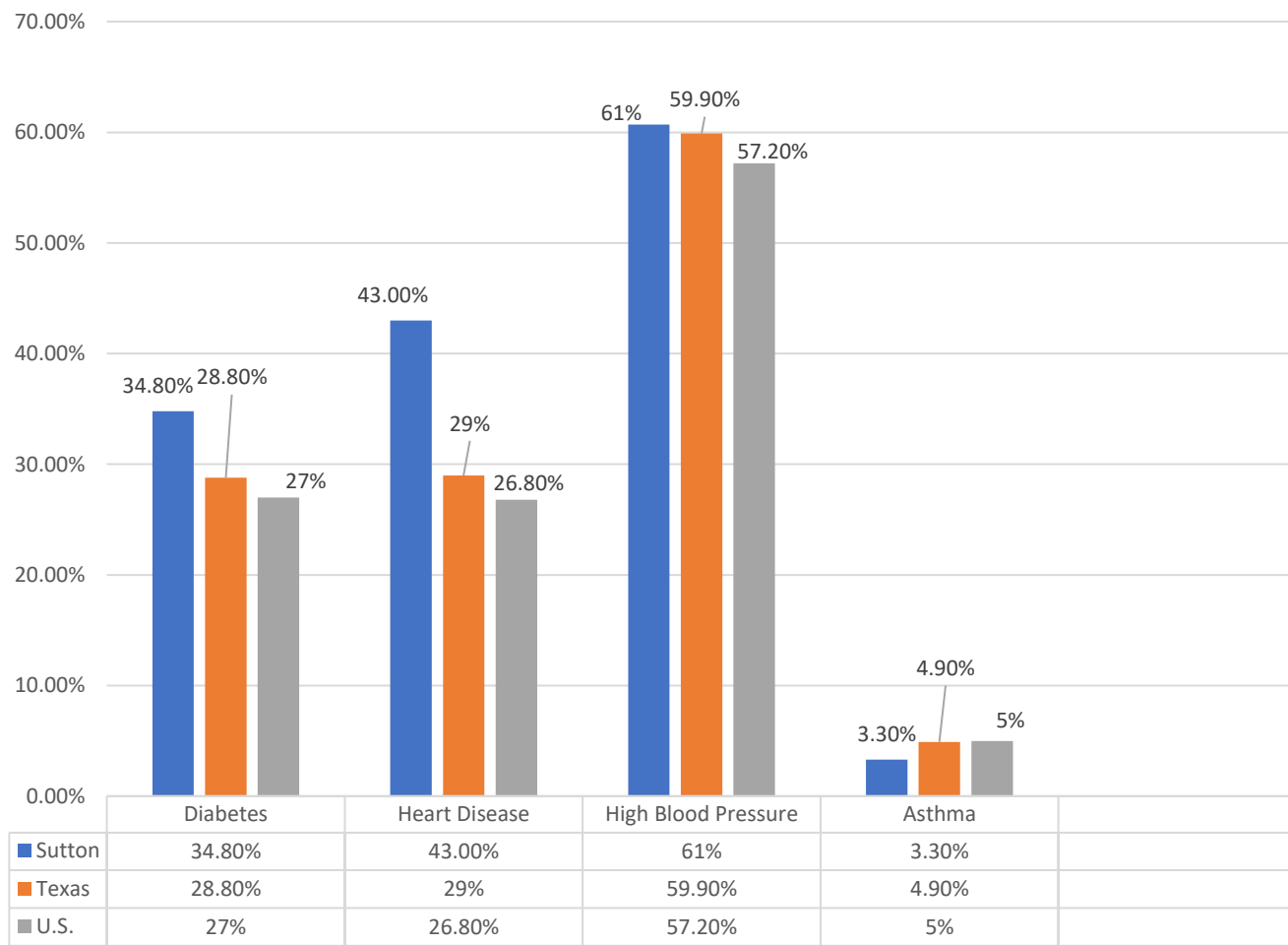
- Diabetes Prevalence
- Adult Obesity
- Poor Mental Health Days
- Adult Smoking
- Flu Vaccines
- Teen Births
- Physical Activity
- Uninsured Adults and Children
- High School Completion
- Some College
- Household Income



# Chronic Disease Prevalence in Medicare Population

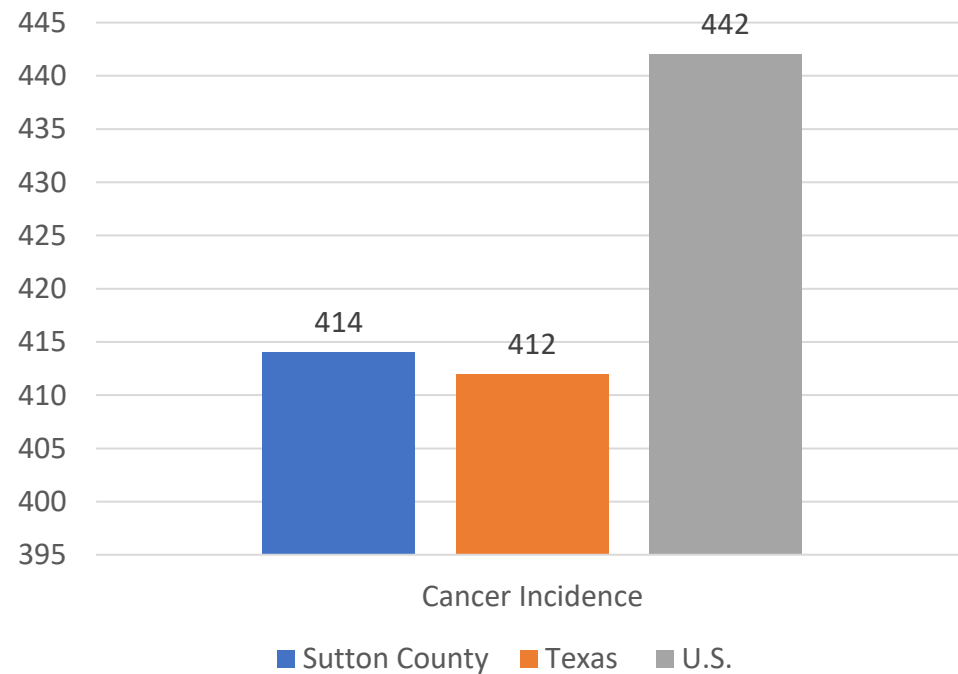
- *Source: Sparkmap. Data Source: Centers for Medicare & Medicaid Services, [Centers for Medicare & Medicaid Services - Chronic Conditions](#). 2018. Source geography: County.*
- *Source: Sparkmap. State Cancer Profiles. 2017-2021*

Chronic Disease Prevalence in Medicare Population

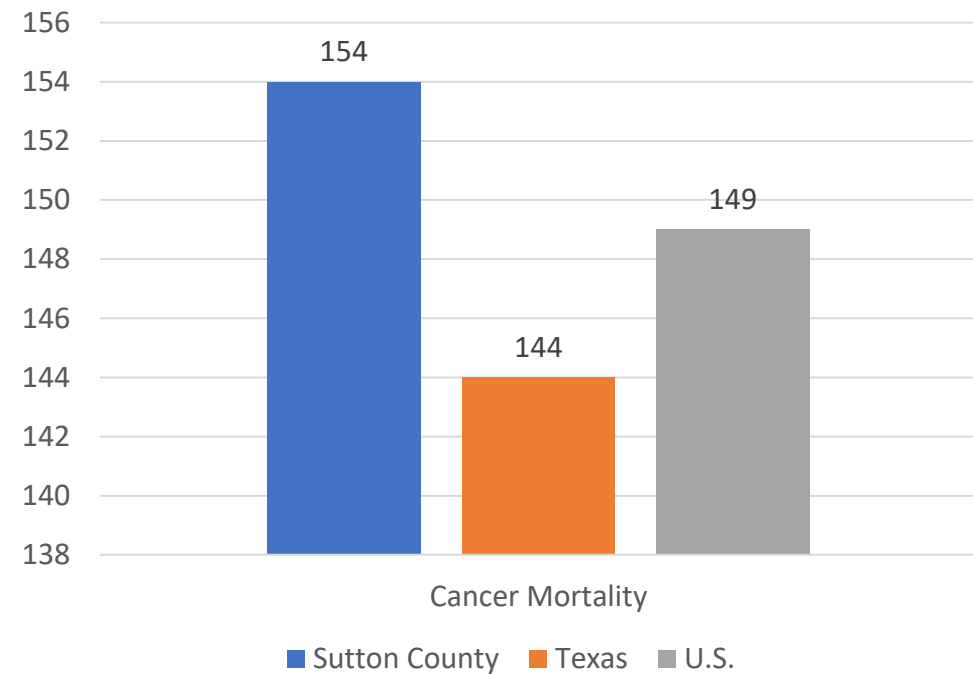


# Incidence and Mortality of Cancer (per 100k)

Incidence of Cancer  
Source: Sparkmap.org. [State Cancer Profiles](#). 2016-20.

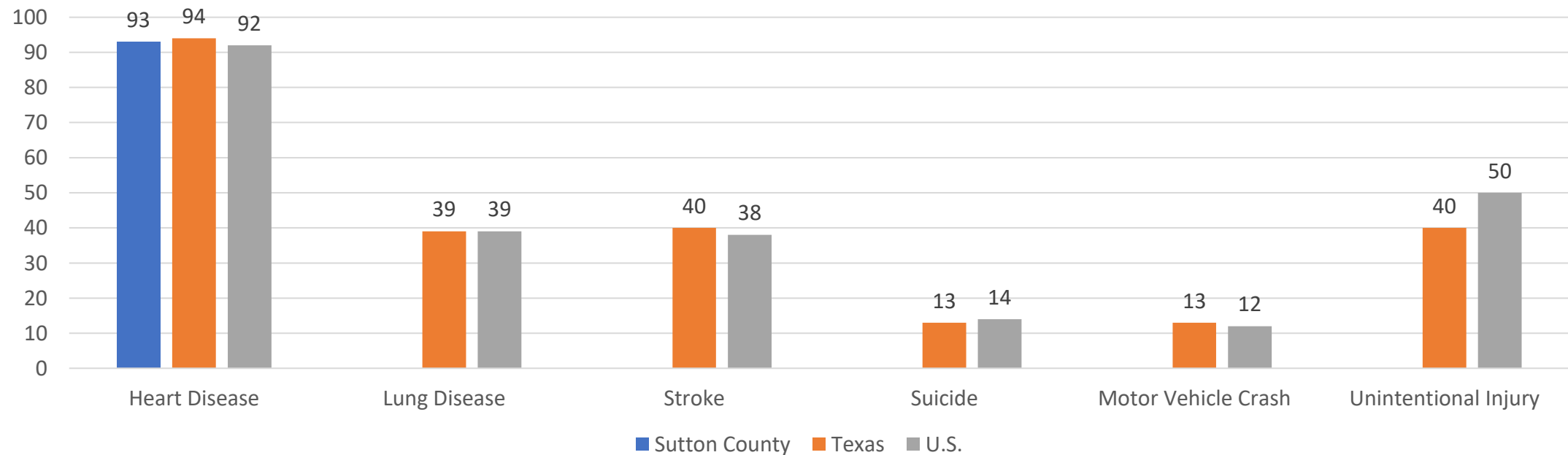


Mortality of Cancer  
Data Source: Sparkmap.org. Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). 2016-20.



# Mortality Rate of Chronic Disease

Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). 2016-2020.





# COVID-19 Incidence and Outcomes

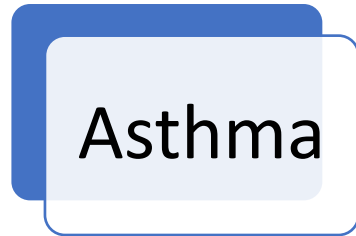
Source: [Johns Hopkins University](#). Accessed via [ESRI](#). Additional data analysis by [CARES](#). 2022.

	<u>Sutton County</u>	<u>Texas</u>	<u>U.S.</u>
• Confirmed Cases	943		
• Total Deaths	14		
• COVID-19 Deaths per 100k population	373	325	338
• COVID-19 Fully Vaccinated Adults	54%	73%	74%

# Comparison of Health Factors and Outcomes of LMH and Service Area to Texas and U.S.

<https://www.countyhealthrankings.org/explore-health-rankings/texas/sutton?year=2023>

## Favorable



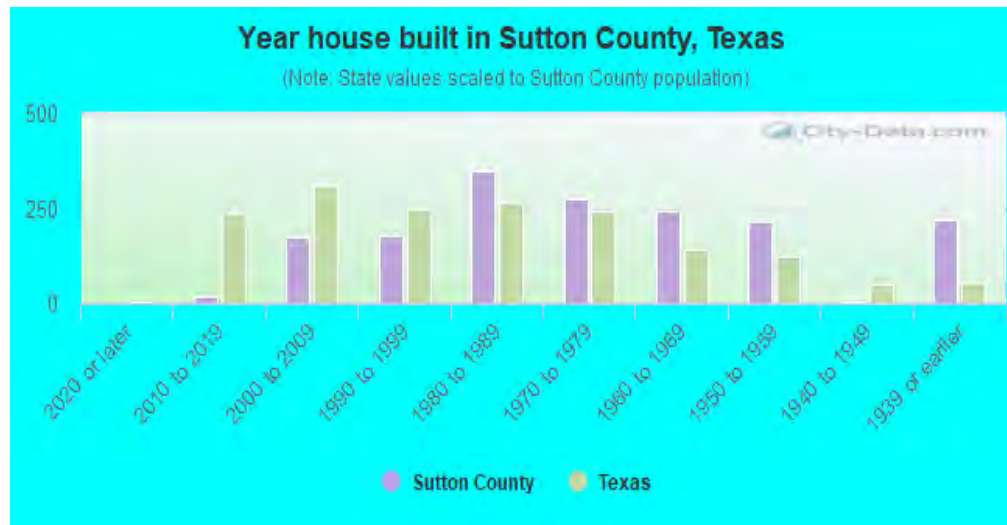
## Unfavorable

- Diabetes Prevalence
- Heart Disease Prevalence
- High Blood Pressure Prevalence
- Cancer Mortality

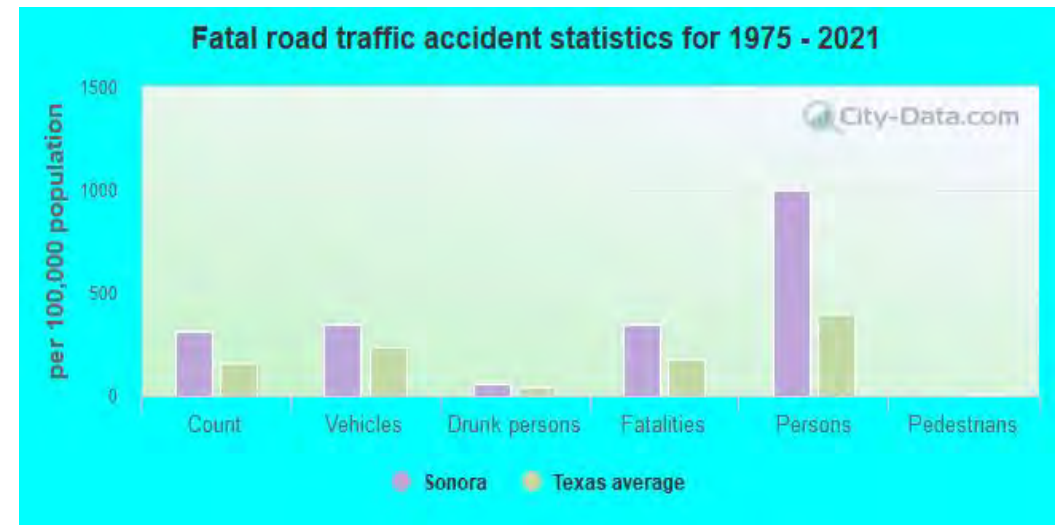
# Comparison of Health Factors and Outcomes of LMH and Service Area to Texas and U.S.

<https://www.countyhealthrankings.org/explore-health-rankings/texas/sutton>

## New Home Construction

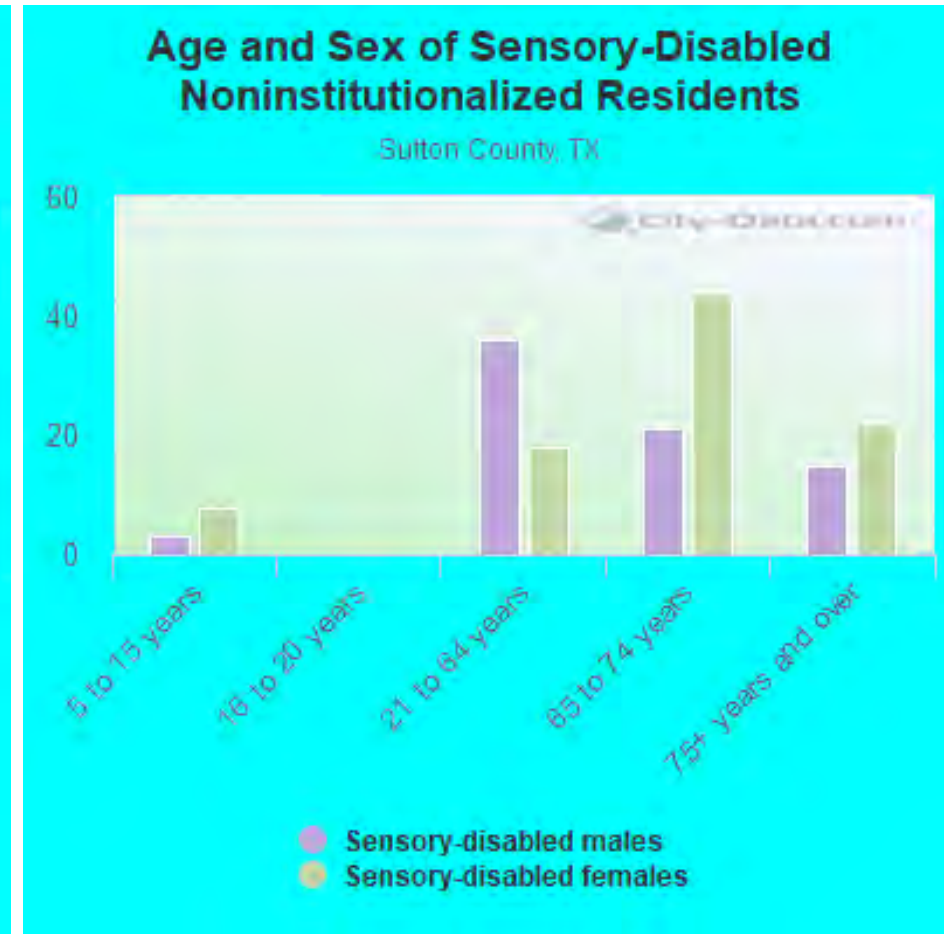
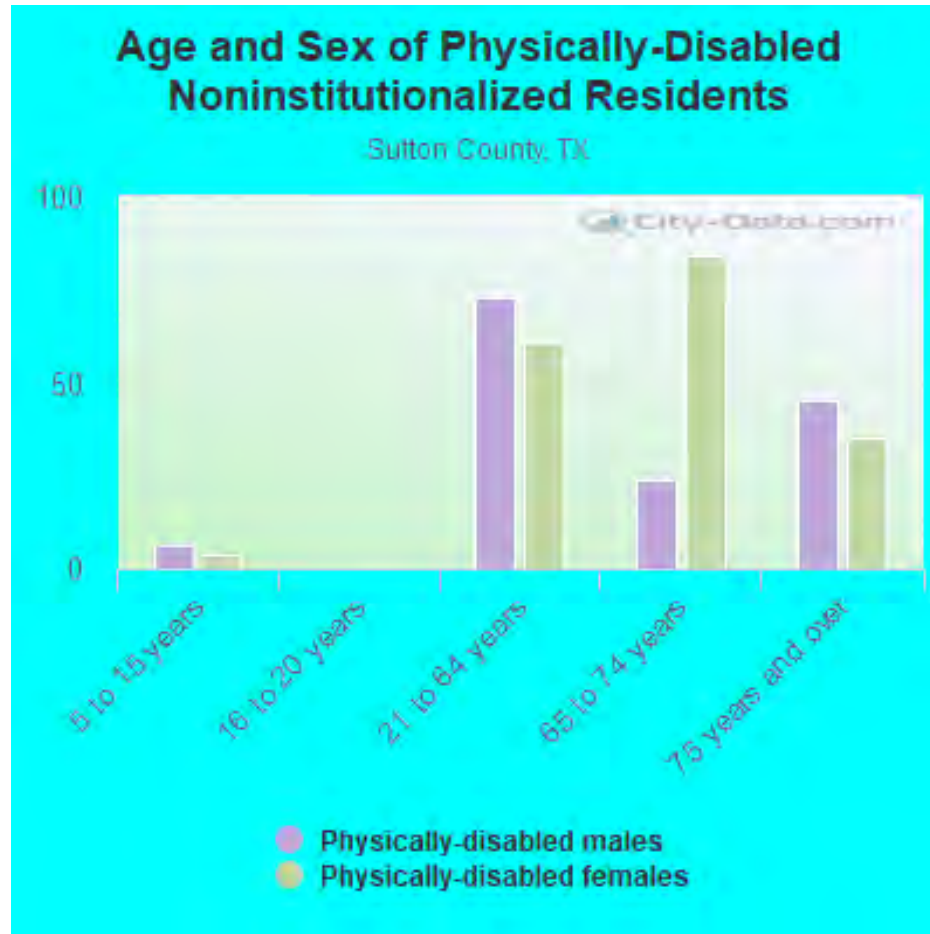


## Fatal Road Traffic Crashes



# Non-Institutionalized Physically-Disabled Residents

[https://www.city-data.com/county/Sutton\\_County-TX.html](https://www.city-data.com/county/Sutton_County-TX.html). 2021

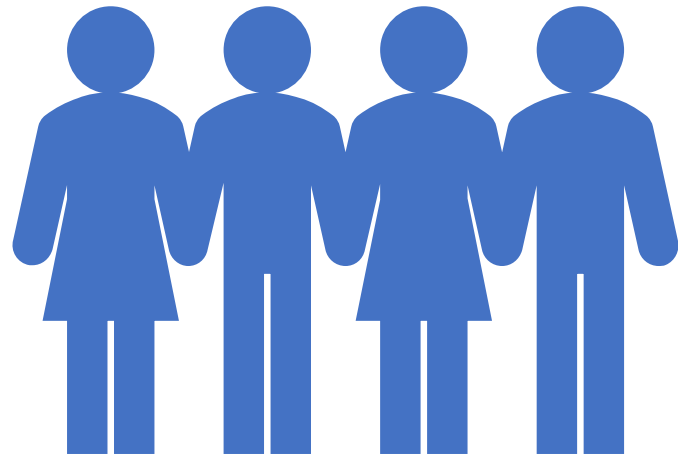




A close-up photograph of several people's hands stacked together in a circle, creating a sense of unity and community. The hands are of various skin tones and are positioned in a way that suggests a group hug or a supportive gesture. The background is blurred, focusing attention on the hands.

Community Health & Wellbeing

Survey Interviews



## Community Health Survey & Interviews

### Community Focus Group Responses

- A Community Health Survey was taken among a diverse cross section of the population living and working in Sutton County. The Survey contained multiple questions related to two components: 1. Access to Healthcare; 2. Chronic Illness and Disease.
- Written Survey – Survey responses from diverse stake holders of Sutton County and service area representing private and public sectors, multi-cultural populations, various occupational classifications, etc.
- Face-to-face Interviews – Interviews took place with focus group participants representing the hospital, medical providers, governing body, and diverse community stakeholders from within the service area.
- Total 18 diverse participants contributed to this Community Health Needs Assessment

# Community Health Written Survey Questions

Survey Questions probed responses from the following categories:

## **Category I**

### **Access to Healthcare Services**

- Questions asked pertaining to:
  - Access to healthcare
  - Most critical services that are available
  - Most critical services not available but needed
  - Specialty physician services not available or need improvement
  - Services or specialties people are most likely to travel out of town
  - Confidence rating in locally provided services
  - Area resources available

## **Category II**

### **Community Health & Wellbeing**

- Describe the health and well-being of the community based upon:
  - Social and Physical Environment
  - Chronic Illness and Disease
  - Mental Health and Substance Abuse
  - Lifestyle Behavior

# Access to Healthcare Services

## Current access and availability of health services

- Very good
- Good access to primary care clinics
- Good access to 24/7 emergency services
- Specialty clinic provides local access to select specialists

## What are most critical health needs in the county

- Geriatric / Elderly care (#1 cited)
- Diabetes and other chronic disease mgmt
- Mental health
- Emergency care

## How well are these critical needs being met in the county

- Good care provided locally by primary care practitioners, ER, and visiting specialists



# Access to Healthcare Services

What service lines provided by the hospital are considered most critical to the community

- ER
- EMS and Air Transportation
- Primary Care Clinics
- Diagnostic Ancillary Services

What would the impact be if these services were not available?

- Life threatening / Unnecessary Deaths
- Travel hardship, especially for older population

What services lines are not available that are most needed?

- Mental Health

# Access to Healthcare Services

What physician specialties are not available that are most needed

- OB/Gyn for pre-natal care
- Endocrinology / Diabetic care
  - Noted that local primary care providers and certified diabetic educator provide good care
- Mental health
- Dialysis

What Physician Specialties Are Residents Most Likely to Travel Out of Town?

- OB/Gyn for pre-natal care
- Multiple sub-specialties

# Access to Healthcare Services

What Medical Service Lines are Available but Need Improvement

- Business Office customer service improvement
- Telehealth greater utilization

# Access to Healthcare Services

## Community Confidence in Hospital and Other Local Health Providers

### Confidence level expressed in services provided by the hospital

- Broad support and confidence was consistently expressed for the hospital, providers, and services provided

### What hospital service lines are considered to be high quality

- Diagnostic ancillary services – Imaging and Lab particularly cited
- Primary Care Clinics
- Wellness Center

### Community Perception Rating – Hospital services (scale 1 to 10)

- Perception of hospital services was consistently rated 8 to 10 by all focus group participants



# Community Health & Wellbeing

## Public Perception of Healthy and Unhealthy Aspects of Living in Sutton County and Service Area

### Healthy

### Unhealthy

Quality and Safe Lifestyle	Slower Pace / Low Congestion	Clean Air
Clean Water	Access to Medical Care	Access to Education
Wellness Center	Golf Course	

- Lack of walking trail and other outdoor activities
- Lack of healthy eating options / too much fast food
- Lack of employment opportunities to retain population

# General Aspects of a Healthy Community ... According to Sutton County Focus Groups



Community health education and wellness programs



Community collaboration for wholistic wellness initiatives



Healthy food options



Access to healthcare services

# Categories of Community Health & Wellbeing



## **Social and Physical Environment**

Nutrition, Housing,  
Transportation, Domestic  
Abuse, others



## **Chronic Illness and Disease**

Diabetes, Hypertension, CHF,  
COPD, etc.



## **Mental Health and Substance Abuse**



## **Lifestyle Behaviors**

# Community Health & Wellbeing

## **Social and Physical Environment**

Biggest Issues cited by focus groups





Community  
Health &  
Wellbeing

Social and  
Physical  
Environment

Biggest Issues  
cited by focus  
groups

#### Nutrition

Need for healthy food options in restaurants

Local food bank is a good community resource

Senior Center provides meals and other services

#### Lack of long-term care housing for the elderly

Extended family network often lives away in distant towns

#### Transportation


Concho Valley Transit provides scheduled transportation to medical appointments in San Angelo. Services are limited.

# Community Health & Wellbeing

## **Chronic Illness and Disease**

Biggest Issues cited by focus groups






# Community Health & Wellbeing

## Chronic Illness and Disease

Biggest Issues cited by focus groups

- 
- Chronic Care Illnesses Most Commonly Identified:
    - Diabetes – Most frequently cited
    - High Blood Pressure



# Community Health & Wellbeing


## Chronic Illness and Disease

Biggest Issues cited by focus groups

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- Sonora Clinic providers are recognized for offering good primary care management of chronic illnesses.
- A Certified Diabetic Educator is employed by LMH and serves as a consultative resource to local providers and patients.
- A desire for more specialists to offer clinic services in Sonora was frequently expressed.





# Community Health & Wellbeing


## Chronic Illness and Disease

Biggest Issues cited by focus groups

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- The need for more community education on chronic disease management was frequently expressed. Public and individual classes teaching nutrition, lifestyle and behavioral adjustments were recommended.
- Opportunities to better utilize the LMH Certified Diabetic Educator within the Sonora community and as outreach into surrounding communities were frequently expressed.





# Community Health & Wellbeing

## Chronic Illness and Disease

Biggest Issues cited by focus groups

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- Community interest for LMH to reinstitute periodic health fairs
- Collaborative efforts to encourage local restaurants and grocery stores to increase or promote healthy food options was recommended.
- A desire for local dialysis services was expressed.

# Community Health & Wellbeing

## **Mental Health and Substance Abuse**

Biggest Issues cited by focus groups



Community Health & Wellbeing

## Mental Health and Substance Abuse

Biggest Issues cited by focus  
groups

Shortage of area mental health  
counseling services

Lack of social workers and  
licensed professional counselors

Lack of interventional services  
available for substance abuse

# Local and Area Mental Health Area Resources Identified

## Local

West Texas Guidance & Counseling – Offered weekly at the Food Pantry

Alcoholics Anonymous Local Chapter

School districts offer certain access to counseling service

LMH formerly offered a counseling program but closed. Consideration is being given to reopening in the rural health clinic to offer more privacy

## Surrounding Area

- MHMR Concho Valley – Covers 24 counties. State funded organization providing diverse mental health services to communities within its service area. Headquartered in San Angelo.
- National Alliance for Mental Illness (NAMI) – Provides grant funding to support mental health access



# Community Health & Wellbeing

## **Lifestyle Behaviors**

Biggest Issues cited by focus groups





# Community Health & Wellbeing

## Lifestyle Behaviors

Biggest issues cited by  
focus groups

Smoking, Vaping,  
Substance Abuse

Lack of collaboration  
between LMH and  
Sonora ISD – ie.  
SHAC (School Health  
Advisory Council; RHC  
(Rural Health Clinic)

Organized  
community wellness  
activities such as  
walking trail, pickle  
ball, etc.

# Recommendations

- **Mental Health**
- **Diabetic and other Chronic Disease Management and Education**
- **Community Health Outreach, Communication and Collaboration**
- **Specialty Physician Access**
- **Long Term Care Services for the Elderly**

# RECOMMENDATION

## *Mental Health Counseling and Services*

**It is recommended that LMH pursue efforts to improve access to mental health services**

- Mental health was cited by all focus groups in this CHNA as the #1 issue
  - Mental health is continuously shown to be the #1 most underserved health issue in Texas
  - Public data reports the number of poor mental health days in Sutton County exceeds Texas and U.S. averages
- MHMR Concho Valley serves as state-funded mental health resource for Sutton County. They should be contacted about opportunities to improve access to mental health services
- The National Alliance for Mental Illness (NAMI) is a source that seeks grant funding opportunities to help finance mental health projects. NAMI should be considered as a potential funding resource.

# RECOMMENDATION

## *Mental Health Counseling and Services*

- **Mental Health Service Ideas for Consideration**
- Expansion of local mental health counseling and integration into primary care is a primary recommendation of this CHNA.
  - Current consideration to locate counseling services into unused Clinic space should be continued
  - Telehealth should be considered as a viable option to expand
  - Engage MHMR Concho Valley for recommendations
  - Consider reaching out to NAMI for defined project funding

# RECOMMENDATION

## *Diabetic and other Chronic Disease Management and Education*

**It is recommended that LMH pursue efforts to improve diabetic and other chronic disease management**

- LMH offers very good medical access to professional and diagnostic services through its providers and clinic.
- Diabetes was mentioned most as the most urgent chronic disease followed closely by cardiac illnesses
  - Public data shows high prevalence of diabetes, heart disease, and high blood pressure
- Contributing factors to chronic disease such as smoking, physical inactivity, nutrition and obesity in Sutton County is generally unfavorable in comparison with the State and U.S. according to public data.
- LMH offers local access to a cardiologist, an employed certified diabetic educator, and a wellness center.
  - Opportunities to expand utilization of the diabetic educator locally and perhaps into surrounding communities is recommended.
- Efforts to implement wholistic and behavioral education into chronic disease management is recommended.



# RECOMMENDATION

## *Community Health Outreach, Communication and Collaboration*

**It is recommended that LMH pursue efforts to improve community health outreach, communication and collaboration**

- Community health involves much more than the hospital and providers
  - It involves social, mental, physical, and spiritual components
  - Hospitals and Providers often become involved only after emergent events take place
- Many Recommendations in this CHNA can best be impacted through a collaborative community approach that includes participation from multiple and diverse stakeholders.
  - Diverse issues such as mental health, substance abuse, housing, employment, recreation, unintentional injury, firearm fatalities, motor vehicle deaths and other social health issues involve multiple public and private stakeholders besides the hospital.

# RECOMMENDATION

## *Community Health Outreach, Communication and Collaboration*

### **Community Outreach Ideas for Consideration:**

- Health fairs offering personal screening, education, and communication create awareness of personal health needs and available services. Collaborative participation to include medical, social service, and public health providers is recommended. Provides benefit to individuals and service providers alike.
- Collaborative efforts between LMH and Sonora ISD can promote improved health and wellbeing for students, families, and teachers while generating mutual benefits for both organizations.
  - Potential to reduce absenteeism of students and teachers by expanding access of schools to clinic providers
  - Identify shared opportunities identified by SISD's SHAC and LMH's CHNA (School Health Advisory Counsel and Community Health Needs Assessment) to achieve greater impact than working separately

# RECOMMENDATION

## *Community Health Outreach, Communication and Collaboration*

### **Community Outreach Ideas for Consideration:**

- Seek collaborative opportunities with organizations like the Food Pantry, Texas A&M AgriLife, other public and private service providers for ways to improve community health
- Offer community luncheons that feature local providers speaking on various health topics
- Offer health education programs at places where people congregate, such as Senior Centers, churches, etc.
- Identify public and private grant opportunities that can be applied for to pursue community health improvement projects
- Posting links to contemporary health topics from reputable sources on the hospital website
- Utilize local radio station to promote wellness education. Engage local providers to comment on health topics.

# RECOMMENDATION

## *Access to Specialty Physicians*

- ❖ ***It is recommended that efforts continue to expand the scope of specialty clinic physician services available locally***
- Specialties commonly requested by focus groups:
  - OB/Gyn offering prenatal care and other women's health services
  - Mental health specialists
  - Endocrinology
  - Nephrology

# RECOMMENDATION

## *Long Term Care Services for the Elderly*

❖ ***It is recommended that efforts be explored to improve local provision of long-term care services to the elderly***

- The largest demographic age group in Sutton County is 65 and older
  - Many elderly individuals or couples live alone while their adult children live in distant places
- There is a lack of specialty housing or home outreach services for the elderly
- Consideration of conducting a feasibility study to determine the cost, benefit, financing, and sustainability of building long-term care housing is recommended.
- Consideration of dispensing electronic health monitoring devices through the clinic to patients in their home is recommended.



# Summary

The residents of Sutton County are fortunate to have the Sutton County Hospital District d/b/a Lillian M. Hudspeth Memorial Hospital. LMH generously provides for the health and medical needs of those living, working, and traveling within the county. Access to health services exceeds those typically found in counties the size of Sutton.

LMH is an essential resource for healthcare, serving a remote population as well as high volume of travelers on busy interstate and U. S. highways. LMH is a good steward of the resources with which it has been provided.

# Summary

LMH is guided by a dedicated board of directors, leadership team, medical staff, and employees. The Hospital District works collaboratively with the County to ensure that essential services like EMS are maintained.

LMH has shown progress in advancing recommendations offered in the 2019 CHNA. A new primary care practitioner has been added to the medical staff, and an agreement has been signed with a new physician to join in 2025 following retirement of a long-time local physician. Chronic disease management has advanced through focused provider care, employing a certified diabetic educator, and behavioral lifestyle education.

# Summary

*This is a Community Health Needs Assessment ... not a hospital needs assessment.* The primary issues impacting the health and wellbeing of Sutton County as presented by community focus groups indeed are community issues, not merely hospital issues. LMH can provide leadership and resources to lead improvement efforts, but sustained improvement will take the combined efforts of others in the community working together.

The citizens of Sutton County reflect a proud “can do” attitude in solving problems, looking after each other, and providing for themselves and community. This “can do” and cooperative culture provides a good framework for the community to come together to seek ways to bring tangible improvement to the issues identified in this assessment.



# Next Steps

- *Present this CHNA to the hospital Board of Directors and hospital leadership team.*
- *Share this CHNA with all focus group participants who contributed to this assessment.*
- *Post this CHNA on the hospital website for public access. Sharing this assessment with the community is required and often creates synergy leading to combined strategic efforts of individuals and groups.*
- *Prioritize the recommendations of this CHNA based upon urgency, impact, and available resources.*
- *Invite collaborative partners from other service providers to join in reviewing and responding to recommendations*
- *Prepare an action plan and timeline to address these recommendations.*



