2020 CHNA
Executive Summary

Primary Service Area: Custer County, Montana

Sponsored by:
• Holy Rosary Healthcare

In Collaboration with:
• The Montana Office of Rural Health

In Cooperation with the Community Health Needs Assessment Steering Committee including representatives from:
• Custer County Public Health
• Eastern MT Community Mental Health Center
• First Baptist Church
• Miles City Chamber of Commerce
• Miles City Soup Kitchen
• Montana State Legislature HD 38
• Notbohm Motors

SCL Health
HOLD ROSARY
2020 CHNA Overview

The 2020 Community Health Needs Assessment (CHNA) was conducted by Holy Rosary Healthcare (HRH) in conjunction with the Montana Office of Rural Health. A Steering Committee consisting of representatives of public health, faith community, government, social services, and business provided guidance for the entire CHNA process.

Data Collection:

741 surveys were mailed to random households in Holy Rosary Healthcare’s primary service area in March 2020. The distribution of surveys by zip code was proportionally matched to patient populations from those zip codes. The return rate for surveys was 18.89%. Based on sample size, we can be 95% confident that the responses to the survey questions are representative of the service area population, plus or minus 8.25%.

In addition to the survey, the Montana Office of Rural Health conducted key informant interviews in April 2020 with eleven individuals designed to represent key stakeholder groups in the community. The interviews were conducted by phone and lasted about 15 minutes.

External Factors Impacting the CHNA process:

Data collection occurred as the Governor of the State of Montana declared a State of Emergency related to COVID-19 Novel CoronaVirus. It is likely COVID-19 may have impacted overall survey response rates. Several key informants referenced COVID-19 in their comments.
Identified Areas of Need:

5 areas of need were identified through review of the survey data, secondary data, and key informant responses:

- Access to Healthcare
- Behavioral Health
  - Mental Health
  - Substance Use
- Chronic Disease
  - Asthma
  - Cancer
  - Diabetes
  - Heart Disease
  - Stroke
- Healthy Lifestyles
  - Nutrition
  - Physical Activity
  - Obesity Prevention
- Senior Issues/Aging

Access to Healthcare:

Custer County is designated as a Healthcare Provider Shortage Area. Demographics of the county include a higher senior and veteran population.

![Health Professional Shortage Area Designation - Custer County, Montana](image)

Survey respondents mentioned a need for increased specialty & primary care services. Key informants noted a need for education about services available locally and through virtual health. 27% of survey respondents reported delaying seeking healthcare due to cost, appointment availability, and insurance coverage.
Behavioral Health:

Alcohol/Substance Abuse:
Key informants ranked alcohol/substance abuse as a top health concern in both the 2018 and 2020 CHNAs.

The majority of survey respondents reported little impact from substance use in their lives, but 25% felt their lives had been negatively impacted a great deal/or somewhat by substance abuse.

Mental Health:
Most survey respondents rated their own mental health as good, but 10% of residents self-reported fair or poor mental health status. Additionally, 14% of respondents reported experiencing symptoms of chronic depression. Secondary data shows a higher suicide rate than the state of Montana for Custer County; 32.1 per 100,000 versus 22.5 per 100,000 in Montana overall. These rates are higher than the US rate of 13.9 per 100,000.

Over half of the respondents noted experiencing high to moderate stress. 53% of respondents also reported feeling lonely or isolated at least occasionally.

Chronic Disease:

<table>
<thead>
<tr>
<th>Chronic Conditions</th>
<th>County</th>
<th>Montana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stroke Hospitalization Rate Per 100,000 population</td>
<td>185.1</td>
<td>152</td>
</tr>
<tr>
<td>Diabetes Hospitalization Rate Per 100,000 population</td>
<td>1444.7</td>
<td>1058.9</td>
</tr>
<tr>
<td>COPD Emergency Department Visit Rate Per 100,000 population</td>
<td>1022.2</td>
<td>669.9</td>
</tr>
<tr>
<td>Acute Myocardial Infarction (MI) Hospitalization Rate Per 100,000 population</td>
<td>146.2</td>
<td>118.1</td>
</tr>
<tr>
<td>Asthma Related Emergency Department Visit Rate Per 100,000 population, 2012-2014</td>
<td>287.4</td>
<td>253.4</td>
</tr>
</tbody>
</table>
Asthma:
Custer county has higher rates of asthma related emergency room visits than the rest of Montana. 7% of survey respondents reported having asthma.

Cancer:
Custer County has higher rates of all sites cancer rate per 100,000 population; 497 per 100,000 versus 441 per 100,000 for Montana overall. Key informants and survey respondents ranked cancer as a top health concern for the community. 20% of survey respondents indicated they had been diagnosed with cancer.

<table>
<thead>
<tr>
<th>Cancer Prevalence</th>
<th>County</th>
<th>Montana</th>
<th>Nation</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Sites Cancer[^10] Per 100,000 population</td>
<td>497.0</td>
<td>441.6</td>
<td>444</td>
</tr>
</tbody>
</table>

[^10]: IBIS Community Snapshot, MT- DPHS

Diabetes:
Custer County has a higher diabetes hospitalization rate than the rest of Montana, 1,444 per 100,000 versus 1,058 per 100,000 for Montana overall. Additionally, 20% of survey respondents reported being diagnosed with diabetes.

Heart Disease/Stroke:
Custer County has a Higher Acute Myocardial Infarction hospitalization rate and higher stroke hospitalization rate than the state of Montana overall. Among survey respondents, 43% report having...
high blood pressure, 28% report high cholesterol, 10% report being diagnosed with coronary heart disease. Nearly two-thirds of survey respondents (70%) reported having a blood pressure check in the past year and about half (52%) report having a cholesterol check.

Healthy Lifestyles:

Physical Activity, Nutrition, Obesity Prevention:
A third of survey respondents ranked healthy behaviors and lifestyles as an important component of a healthy community. Overweight/obesity were a top health concern for 26% of respondents. Custer County has higher rates of physical inactivity and overweight/obesity than Montana overall.

17% of respondents noted limited physical activity while most reported exercising 2-4 times per week. Among survey respondents, 31% said they were interested in health & wellness classes/programs.

Senior Issues/Aging:

A quarter of survey respondents (24%) ranked senior issues and aging as a top health concern for the community. Custer County has a higher senior population than Montana and the US. 34% of survey respondents reported caring for a friend or family member due to old age/infirmity/frailty. Respondents reported interest in in-home personal assistance (37%) and home health/skilled nursing (32%).

Prioritization of Needs:

Members of the Community Health Needs Assessment Steering Committee were presented with data from the CHNA and were asked to prioritize the top needs.

These community members ranked “Mental Health/Suicide” as their top choice (88%), “Health/Wellness/Physical Activity” and “Awareness/ Knowledge of Local Services” tied for second (63%), and “Alcohol/Substance Use” and “Chronic Disease” tied for third (50%).
Holy Rosary Healthcare’s leadership team reviewed the data and prioritized based on the following criteria:

- Ability to impact (internal and community resources)
- Scope and severity of Issue (prevalence and impacts)
- Community prioritization of issues
- Potential community partners
- Alignment with current efforts and strategies

From this process, two priority areas were identified for focus in the 2021-2024 Community Health Improvement Plan:

- Behavioral Health (Mental Health and Substance Use)
- Chronic Disease

**Board Approval:**
The 2020 Community Health Needs Assessment for Holy Rosary Healthcare was adopted by the Montana Regional Board of Directors on August 18, 2020.

**CHNA Full Report:**

**Written Comments:**
Written comments on this 2020 Community Health Needs Assessment Report can be submitted to Marybeth Squires, Community Benefit, at Holy Rosary Healthcare:

Holy Rosary Healthcare
Community Benefit Department
2600 Wilson Street
Miles City, Montana 59301

Please contact Holy Rosary Healthcare’s Community Benefit Department at: 406-233-4242 or mary.squires@sclhealth.org with questions.