As a local healthcare provider, West Park Hospital is committed to supporting the community in ways that go above and beyond providing care within its walls.

To help determine the most critical health needs facing the area, the hospital has performed a Community Health Needs Assessment that brings together county-level data and the viewpoints of residents. The hospital then developed a plan for how it can help address the top health needs.

**PROCESS**

Statistical data and trends are gathered from top industry sources and include:
- Population analysis
- State rankings
- Peer rankings
- National rankings

A select group of ‘local experts’ is assembled to participate in an online survey with three key parts:
- Provide opinions on the prior CHNA (done in 2013) and whether those health needs are still most important today
- Review the collected data to make sure it accurately reflects the community
- Rank all the potential health needs in order of most important to least important

Once the data and surveys are complete and the top health needs are determined, an Implementation Plan is created for each need. The plan includes activities the hospital is already doing, activities to explore or begin, how progress will be tracked, and who the hospital will partner with to meet these needs.
To better understand the community, Park County has been compared to all 23 counties in Wyoming across five areas: Health Outcomes, Health Behaviors, Clinical Care, Social & Economic Factors, and Physical Environment. Only areas where Park County is worse than both the state and U.S. best have been included.

### Health Outcomes

- Access to Exercise Opportunities: 64% (Park), 65% (Wyoming), 91% (U.S. Best)
- Alcohol-impaired Driving Deaths: 47% (Park), 35% (Wyoming), 14% (U.S. Best)
- Sexually Transmitted Infections^: 358.9 (Park), 347.8 (Wyoming), 134.1 (U.S. Best)
- Uninsured: 17% (Park), 16% (Wyoming), 11% (U.S. Best)
- Unemployment: 4.7% (Park), 4.3% (Wyoming), 3.5% (U.S. Best)
- Children in Poverty: 16% (Park), 14% (Wyoming), 13% (U.S. Best)
- Violent Crime^: 242 (Park), 206 (Wyoming), 59 (U.S. Best)
- Long Commute - Driving Alone: 18% (Park), 15% (Wyoming), 15% (U.S. Best)

^Per 100,000 residents
The 3,144 counties across the U.S. can be grouped into ‘peer groups’ that share similar social, economic, and demographic characteristics. In the following six categories, Park County is significantly BETTER or WORSE than its peer counties.*

**Mortality**
- BETTER: Coronary Heart Disease Deaths, Female Life Expectancy, Male Life Expectancy
- WORSE: None

**Morbidity**
- BETTER: Gonorrhea (7/100,000; 26th worst of 23 peer counties; U.S. median 30.5)
- WORSE: None

**Healthcare Access & Quality**
- BETTER: Cost Barrier to Care, Older Adult Preventable Hospitalizations, Primary Care Provider Access
- WORSE: None

**Health Behaviors**
- BETTER: Adult Binge Drinking, Adult Physical Inactivity, Teen Births
- WORSE: None

**Social Factors**
- BETTER: Poverty
- WORSE: Violent Crime (241.7/100,000; 24th worst of 27 peer counties, U.S. median 199.2)

**Physical Environment**
- BETTER: Access to Parks
- WORSE: Air Quality (7.4 µg/m³; 26th worst of 31 peer counties, U.S. median 10.7 µg/m³) Living Near Highways (7%; 30th worst of 31 peer counties, U.S. median 1.5%)

**Top 10 Causes of Death in Park County**
1. Cancer
2. Heart Disease
3. Accidents
4. Lung
5. Stroke
6. Diabetes
7. Suicide
8. Liver
9. Flu/Pneumonia
10. Alzheimer’s

*Park County has between 16 and 31 peer counties, depending on the statistic. Peer counties include Weston and Goshen, WY; Oneida, ID; Garden, NE; Jackson, CO; Greer, OK; etc.
I think, for one thing, we hide poverty very well in this county, but it exists. Drugs are a serious problem in Park County. This affects more than one of these categories. I think we also have an elderly population not getting the services they need. Cody has an aging population and as we see this increase, we are seeing that effect the economic factor as many live on social security.

The hospital put together a list of Local Experts, who are knowledgeable about the community and care about its health and welfare, to participate in a survey. To help ensure broad representation, these experts fell into at least one of five categories:

1. Public Health
2. Departments and Agencies
3. Priority Populations
4. Chronic Disease Groups
5. Broad Interest of the Community

A total of 70 individuals responded to the survey. Comments included:

- "I’m saddened by the STD statistic and hope the school boards use this information to consider their educational programs. I’m also saddened by the violent crime statistics."
- "I think, for one thing, we hide poverty very well in this county, but it exists. Drugs are a serious problem in Park County. This affects more than one of these categories. I think we also have an elderly population not getting the services they need. Cody has an aging population and as we see this increase, we are seeing that effect the economic factor as many live on social security."
- "Exercise opportunities are endless."
- "There is a significant group of Wyoming residents who are above the poverty line for Medicaid, but poor enough they can’t afford general health care or insurance."
- "Residents of rural areas are not always aware of the services that are available."
- "While suicide is still a major issue, I believe the issues should be expanded to include drug use and poverty issues as they tend to all go together in our area."
- "Access to primary care has improved some, but many people are not able to afford healthcare costs, prescriptions, dental, eye, etc."
- "I am reminded on a daily basis how people in our community are without health care, insurance, etc. I see clients that are just above income guidelines to qualify for Medicaid, but do not have finances to support them paying for health insurance. We have a significant amount of people who are falling through the cracks."
- "I would like to see an independent living/progressive living arrangement in Cody for seniors who do not yet need assisted living, but need help with meals, etc."
- "While suicide is still a major issue, I believe the issues should be expanded to include drug use and poverty issues as they tend to all go together in our area."
- "Suicide & Mental Health Needs of our community need to be continually addressed and re-evaluated. Our community dynamic changes as we focus prevention efforts in these areas. This does not allow for us to cease our efforts. We must continue prevention and awareness efforts. We must also assess the changing needs of our community and identify interventions that can strengthen and sustain our prevention efforts."
- "All mental health issues need more attention in our county."
- "There are a lot of adult suicides and attempts in this area and good mental health options need to be available. There is still definitely a stigma attached to going to therapy that needs to be overcome."
Suicide/Mental Health

Current Services/Programs
- West Park Behavioral Health and Psychiatry Clinic is open five days a week (M-R 8:00am-5:45pm, and Friday 8:00am-11:45am) with two psychiatrists and mental health counselors; open to everyone, accepts Medicare and Medicaid
- Cedar Mountain Substance Abuse Center – 16-bed center that is open 24/7 treating substance abuse and mental health issues; sliding fee scale; 30 to 60-day program
- Internal QPR (Question. Persuade. Refer.) training for staff, physicians, and providers to recognize and address signs of behavioral health issues/suicide
- Collaborative relationship with Yellowstone Behavioral Health Center to provide assessments for patients presenting in the ER
- Employee Assistance Program available to employees and families that includes up to six free counseling sessions per issue
- Provided community-wide training sessions to recognize signs of behavioral health issues/suicide
- Community lunch ‘n’ learns where providers speak on mental health and suicide
- Provide meeting space for the National Alliance on Mental Illness and participate/collaborate when possible
- Sponsor of local Suicide Walk to help increase awareness for mental health issues and suicide prevention
- Sponsor of Beck Lake Challenge Mental Health Walk
- Provided QPR training to all school district teachers, staff, and some students to recognize signs of behavioral health issues/suicide
- Promote other resources including National Suicide Prevention Hotline
- West Park Hospital Prevention & Wellness Office is a grant-funded organization that coordinates staff and resources to address health issues at a community-wide level

Additional Services/Programs
- Look into sending medical/clinical staff to ‘boot camp training’ for ZERO Suicide Initiative
- Continue above activities and allocate resources to continue addressing this issue

Indicators Being Tracked by WPH
- Number of QPR training sessions provided
- Number of patients placed on Title 25 Hold
- Number of individuals receiving services through EAP

Local Collaborations
- Yellowstone Behavioral Health
- Prevention Management Organization of Wyoming
- National Alliance on Mental Illness
- Park County Health Coalition
- Suicide Prevention Alliance of Park County, Wyoming
- Cody Medical Foundation
- National Suicide Prevention Lifeline
SIGNIFICANT HEALTH NEEDS

2 Accessibility/Affordability

Current Services/Programs
- Charity Care policy available with adjusted fees and payments based on income level; self-pay and prompt pay discounts; loan program backed by hospital to help patients cover costs; self-pay counselor available
- Provide space for volunteer who helps patients sign up for Medicare/Medicaid, Healthcare Exchange, etc.
- Work with healthcare navigators to provide classes and information sessions to community
- Specialties available: ENT, audiology, pediatrics, OB/GYN, internal medicine, cardiology, rheumatology, psychiatry, mental health and substance abuse, podiatry, general surgery, orthopedics, neurology, neurosurgery, radiology, pathology, medical oncology and hematology, medical radiology, hyperbaric oxygen wound care, anesthesiology/pain management, ophthalmology, urology, family medicine, hospitalists, emergency medicine, PT/OT/ST, pharmacy, home health, hospice, home oxygen, allergy testing, sleep lab/sleep medicine, nutrition, massage therapy, dialysis
- West Park Hospital Prevention & Wellness Office is a grant-funded organization that coordinates staff and resources to address health issues at a community-wide level
- Long-term care and Alzheimer’s care available
- Inpatient and outpatient chemical dependency treatment
- Urgent Care facility open every day with extended hours Monday through Friday
- West Park Behavioral Health and Psychiatry Clinic is open five days a week (M-R 8:00am-5:45pm, and Friday 8:00am-11:45am) with two psychiatrists and mental health counselors; open to everyone, accepts Medicare and Medicaid
- Cedar Mountain Substance Abuse Center – 16-bed center that is open 24/7 treating substance abuse and mental health issues; sliding fee scale; 30 to 60-day program
- Grant funds available to help cover costs for a variety of screenings
- Laboratory offers reduced-cost Health Check Program, which provides basic labs and screenings
- Care funds available to help defer costs for hospice patients
- Provide space and resources for Heart Mountain Volunteer Clinic, a free clinic open to qualifying residents
- Hospital hosts annual health fair and participates in other local health fairs
- Free mammograms provided through community health program
- Free lunch ‘n’learn education sessions presented by staff and providers
- Hospital provides meeting space for and participates in a variety of local health coalitions
- Provide community education courses (some free of charge) including CPR and first aid
- Provide gas cards and taxi vouchers, as needed, to assist with transportation

Additional Services/Programs
- Adding community paramedicine program
- Adding cardiac cath lab
- Investigating ways to use 340b savings to improve patient care or increase financial assistance options
- Recruiting providers for internal medicine, pediatrics, and OB/GYN
- Expanding and improving cancer treatment facility
- Research ways to improve transportation assistance and services available

Indicators Being Tracked by WPH
- Prevention & Wellness Office grant funds provided for transportation, etc.
- Attendees at Community Health classes
Local Collaborations

- Billings Clinic Cody
- St. Vincent Healthcare
- Other local providers
- Big Horn Basin Regional Dialysis Center
- Healogics
- Reach Healthcare
- Episcopal Diocese of Wyoming
- Christ Church of Cody
- Cody Council on Aging
- Heart Mountain Volunteer Medical Clinic
- Park County Public Health
- Yellowstone Behavioral Health Center
- Brookdale Absaroka
- Northwest College
- Park County Library
- Holiday Helpers
- Park County Drug Court Office
- Local school districts
- Safe Kids of Park County
- West Park Hospital Foundation
- Chamber of Commerce
- Forward Cody
Substance Abuse

Current Services/Programs
• West Park Behavioral Health and Psychiatry Clinic is open five days a week (M-R 8:00am-5:45pm, and Friday 8:00am-11:45am) with two psychiatrists and mental health counselors; open to everyone, accepts Medicare and Medicaid
• Cedar Mountain Substance Abuse Center – 16-bed center that is open 24/7 treating substance abuse and mental health issues; sliding fee scale; 30 to 60-day program
• Employee Assistance Program available to employees and families that includes up to six free counseling sessions per issue
• West Park Hospital Prevention & Wellness Office is a grant-funded organization that coordinates staff and resources to address health issues at a community-wide level
• Drug-free Community Grant – federally-funded five-year grant that addresses substance abuse prevention in youth; working with local school districts and alternative high schools to provide education and awareness
• Community Health classes provided to educate on substance abuse issues
• Work with Wyoming Quit Tobacco Program and with local law enforcement to provide free TIPS training for beverage servers
• Physicians utilize pain management contracts with patients to help manage prescription drug use
• Work with Wyoming Prescription Drug Stakeholders Work Group to coordinate efforts
• Work with local coalitions to address substance abuse trends
• Working with Heritage Health Center and American Cancer Society to implement HEALE program

Additional Services/Programs
• Applying for an additional five years of funding for Drug Free Communities Grant

Indicators Being Tracked by WPH
• Number of substance abuse inpatients
• Number of substance abuse outpatients

Local Collaborations
• Local law enforcement
• Wyoming Quit Tobacco Program
• Local school districts
• Local youth-serving organizations (Big Brothers Big Sisters, Boys & Girls Clubs, Cody Rec Center, Meeteetse Rec Center, Powell Rec Center, etc.)
• Local religious and fraternal organizations
• Local civic and volunteer groups; federal, state & local government agencies; other healthcare providers
• WAMHSAC (Wyoming Association of Mental Health and Substance Abuse Centers)
• Wyoming Survey and Analysis Center (WYSAC) (through University of Wyoming)
• Heritage Health Center
• American Cancer Society
• Park County Coalition Against Substance Abuse
• Prevention Management Organization of Wyoming
Significant Health Needs

4 Obesity

Due to the similar services, programs, and resources available to respond to these needs, only one implementation plan has been developed.

Current Services/Programs
- Primary care providers counsel patients on health and wellness during office visits
- Prevention & Wellness Office works on events and education programs that help address obesity, nutrition, and wellness
- Hospital Health & Wellness Committee provides programs for healthy lifestyles for hospital employees; radio campaign encourages other employers and organizations to implement similar programs (e.g., Losing it at Work)
- Infographics and wellness resources covering nutrition and exercise provided on website
- Registered dietician and nutritional counselors on staff that see inpatients and outpatients
- Partnership with local recreation center to provide memberships for hospital employees and families
- Working with Heritage Health Center and American Cancer Society to implement HEALE program
- Community Health Series program education and events
- Pack the Park event includes local gyms and fitness instructors to provide quick courses and classes on physical activity
- Sponsor of local 5Ks, run/walks, etc.
- Men’s Health Awareness programs, events, and initiatives
- Dining with Diabetes program to educate on nutrition and healthy cooking/eating to help prevent/manage diabetes
- Staff and providers speak in local health classes at schools on nutrition and healthy lifestyles
- REACH program brings middle school students into the hospital to learn about health and well-being
- Free blood pressure screenings available in ED, Urgent Care, etc.
- Laboratory offers reduced-cost Health Check Program, which provides basic labs and screenings including hemoglobin/A1C
- Hospital provides free meeting space for local coalitions addressing community issues of nutrition and healthy living
- Hospital cafeteria posts calorie counts and highlights healthier options

Additional Services/Programs
- Look into options for a weight loss clinic and/or pre-diabetic counseling
- Investigating Wellness Works corporate program to better provide services to other community organizations
- Promote healthy choices at work including healthy snacks, walking meetings, healthy lunch options, etc.

Indicators Being Tracked by WPH
- Number of patients seen by dietician and nutritional counselors (LTCC residents, hospital inpatients, dialysis patients, CMC patients, outpatients, oncology patients, Billings Clinic)
- Losing it at Work stats

Local Collaborations
- Cent$ible Nutrition Program (University of WY extension)
- Heritage Health Center
- American Cancer Society
- Paul Stock Aquatics and Recreation Center
- Local school districts
- Anytime Fitness
- The Healing Space
- Big Horn Radio Network
Cancer

Current Services/Programs
• OB/GYN clinic opened in the last year with a new nurse practitioner to increase access to women’s services
• Prevention & Wellness Office provides free breast, cervical, and colorectal cancer screenings to qualified patients
• Grant to cover lung cancer screenings available for free to qualified patients
• Cancer center has a full-time radiation oncologist, medical oncology and hematology, and provides space for cancer support groups
• Hospital employee insurance program covers free preventive care including well woman exams, colonoscopies, etc.
• Sponsor of American Cancer Society’s local Relay for Life
• Hospital hosts a community event and gives out 12 free mammograms
• Staff and providers speak at local organizations and coalition events on cancer awareness and prevention
• Education provided to the community on cancer screenings and services available
• Provided free PSAs at local health fair
• Radiation oncology has a van to assist with transportation for patients
• Hospital supports and promotes the Wyoming Quit Tobacco Program
• Provide referrals to cancer patients for financial aid options and information
• Partner with Northwest Wyoming Family Planning to sell pink lights to support breast health in underserved women
• Partner with Ag Worker Health & Services to provide services to migrant workers

Additional Services/Programs
• Expanding and improving the cancer center facility
• Received grant from Wyoming Breast Cancer Initiative to potentially expand free mammogram offerings
• Continue education and bring in cancer survivors in speakers bureau
• Recruiting for OB/GYN
• Working with American Cancer Society to improve access to palliative care

Indicators Being Tracked by WPH
• Number of free cancer screenings provided (breast & cervical cancer screening, colonoscopy FIT, mammograms)
• Number of patients seen through the Cancer Center

Local Collaborations
• Wyoming Quit Tobacco Program
• American Cancer Society
• Northwest Wyoming Family Planning
• Wyoming Breast Cancer Initiative
• Wyoming Cancer Coalition (WYCC)
• Park County Health Coalition
• Cody Soroptimist
• St. Vincent Healthcare/Foundation
• Cody Cancer Support Group
• Billings Clinic Cody
• Hands Across the Saddle
• Casting for Recovery
• The Gonzales Fund
• Helmsley Charitable Trust
• Denny Menholt Chevrolet Buick GMC
• Pink Ribbon Riders
• West Park Hospital Foundation
This summary of the West Park Hospital 2016 Community Health Needs Assessment has been assembled to provide a general understanding of the process and results. For complete details, including citations and supporting documentation, please go to www.westparkhospital.org. For further information, please contact Ashley Trudo at atrudo@wphcody.org.

The 2016 Community Health Needs Assessment was performed in partnership with Quorum Health Resources, LLC, Brentwood, Tennessee.