

WinnMed Community Health Needs Assessment

July 2025

Overview and Executive Summary

A Community Health Needs Assessment (CHNA) is designed to gather information from the community to help guide/direct health planning activities. With this data, communities can map out a course for health improvement by creating strategies to make positive and sustainable changes. The survey process and results allow us to deepen our partnership with the communities we serve through a greater understanding of the health issues they face.

WinnMed started its CHNA process in November 2024 with a target completion date of July 2025. This process does three things:

- Describes the state of health of a local population,
- Enables the identification of the major risk factors of reduced health, and
- Enables the creation of actions needed to address these factors

While the Assessment has been a common element required every five years of Iowa local boards of health (called a Community Health Needs Assessment and Health Improvement Plan – CHNA & HIP), the Patient Protection and Affordable Care Act requires the process be completed by every nonprofit hospital every three years to continue to qualify for federal tax exemption.

Following a review of the population in Winneshiek County (IA) and Fillmore County (MN), WinnMed undertook a more in-depth approach to involving the community in identifying significant health needs. The main method to identify and prioritize health needs was the use of an online survey in March 2025, which was completed by 217 people.

The Community Health Needs Assessment identified five overall priority categories of concern:

- Alcohol and Illegal Drug Use/Abuse*
- Affordable, Quality Housing Options
- Affordable Health Insurance
- Access to primary and specialty care, and mental health services*
- Available childcare options

The areas of opportunity, according to survey respondents were:

- Physical activity and facilities/programs to support it*
- Availability of healthy foods and education to support choices*
- Older adult services, specifically transportation*

** Indicates WinnMed will address these needs in the Health Improvement Plan (Appendix B).*

The WinnMed Board of Trustees approved this assessment and plan July 2, 2025. The full report can be found on: <https://winnmed.org/community-health-assessment>

Section 1: Background – Past Community Health Assessment

The 2022 Community Health Assessment identified five overall priority categories of concern:

- Housing Options
- Mental Health Care
- Older Adult Care
- Alcohol and drug use
- Suicide

The five most prevalent diagnoses among respondents were:

- Vision problems
- Hypertension
- Sleep apnea
- Hearing problems
- Respiratory problems

The five highest areas of need for health care services, according to survey respondents were:

- Access to mental health care
- Shelter and services for victims of abuse, violence and assault
- Alcohol and drug abuse prevention
- Family planning services
- Services for persons with disabilities

Section 2: Defining the Community Served

Population of Service Area

WinnMed is the primary provider for Winneshiek County (population 19,815) and southern Fillmore County (MN). It also draws patients from western Houston County (MN), eastern Howard County, western Allamakee County, and parts of Clayton, Fayette, and Chickasaw counties.

For the purposes of the Community Health Needs Assessment, Winneshiek and southern Fillmore counties were the primary focus. Howard County, Allamakee County, Chickasaw and Fayette counties have critical access hospitals in their communities. Fillmore and Houston County (MN) do not.

Demographics ²	Winneshiek County (IA)	Fillmore County (MN)	Comment - Comparison
Population	19,815	21,522	Compares to 3,207,004 IA and 5,737,915 MN
Persons age 65+	24.1%	22.6%	Compares to 18.6% Iowa and 17.8% Minnesota
Percent White persons, not Hispanic	94.0%	95.3%	Compares to 83.1% IA and 76.9% MN
Hispanic or Latino origin	3.2%	2.0%	Compares to 7.4% IA and 6.5% MN
Asian	1.1%	0.7%	Compares to 2.7% IA and 5.5% MN
Black or African American	0.8%	0.6%	Compares to 4.3% IA and 7.6% MN

Persons in poverty (2023) ¹	7.9%	9.6%	Compares to 11.3% IA and 9.3% MN
Median Household Income	\$80,900	\$69,200	Compares to \$71,700 IA and \$85,100 MN
Percent Rural	60.2%	100%	Compares to 36.8% IA and 28.1% MN

Health Characteristics

Health Characteristics ²	Winneshiek County (IA)	Fillmore County (MN)	National Benchmark (Top US Performers)
Adult Smoking	13%	16%	Compares to 16% IA and 13% MN
Adult Obesity	37%	37%	Compares to 38% IA and 34% MN
Physical Inactivity	21%	22%	Compares to 25% IA and 20% MN
Excessive Drinking (binge & heavy drinking)	27%	25%	Compares to 25% IA and 23% MN
Alcohol-impaired driving deaths	27%	43%	Compares to 26% IA and 31% MN
Poor or fair health	12%	15%	Compares to 16% IA and 14% MN
Frequent mental distress	15%	17%	Compares to 14% IA and 16% MN
Frequent physical distress	9%	12%	Compares to 10% IA and 10% MN
Population to Mental Health Providers (ratio)	350:1	2390:1	Compares to 470:1 IA and 280:1 MN
Uninsured Adults	5%	9%	Compares to 6% IA and 6% MN
Uninsured Children	3%	6%	Compares to 4% IA and 3% MN
Unemployment	3.2%	2.8%	Compares to 2.9% IA and 2.8% MN
Population to Primary care physicians (ratio)	990:1	3550:1	Compares to 1390:1 IA and 1130:1 MN
Population to Dentists (ratio)	1540:1	1780:1	Compares to 1410:1 IA and 1290:1 MN
Diabetes Prevalence	8%	9%	Compares to 10% IA and 9% MN
Mammography screening (Medicare ages 65-74)	62%	53%	Compares to 54% IA and 52% MN

¹ US Census Bureau QuickFacts: Persons in Poverty Percenter

² County Health Rankings 2025 <https://www.countyhealthrankings.org/health-data/compare-counties?compareCounties=19191%2C27045%2C19000%2C27000&year=2025>

Section 3: Assessing the Community's Health

Following a review of the population, past community health assessments and population health characteristics, WinnMed undertook a more in-depth approach to involving the community in identifying significant health needs through an online survey in March 2025, which was completed by 217 people. The survey was available through the WinnMed website (found on the homepage) and was available in both English and Spanish.

WinnMed communicated the purpose and availability of the survey through targeted email invitations, newspapers, online news, website, regional newsletter and the WinnMed Facebook page. Underserved populations were reached through targeted flyers with a direct QR code:

- Decorah Community Free Clinic
- Decorah Food Pantry
- Toys Go Round
- Depot Outlet
- WIC
- Full Circle Services
- Decorah Library
- NEICAC
- Calmar Food Pantry

WinnMed's administrative council and the Board Quality and Safety Committee reviewed the results of the survey and developed a set of improvement plans/actions. Others, including WinnMed's Management Committee, were consulted in refining the actions. The Board of Trustees approved the final conclusions.

Broad Interests of the Community

WinnMed patients and non-patients were invited to take the survey. Communication of the survey opportunities was reported at the Board meeting, posted online, and covered by area media. A link was placed on the www.WinnMed.org web site. Further characteristics of participants are noted as follows:

Geographic Distribution	Percent
Zip Codes - live	95.85% from Iowa * (65.9% from Decorah zip code) 2.76% from Minnesota 0.46% from Wisconsin 0.92% from Other
Zip Codes – work	82.03% work in Iowa 14.29% Retired 1.84% work in Wisconsin 0.92% work in Minnesota 0.92% work in Other (California & Texas)

Gender Identity			
Online survey participants	76.04% female	21.66% male	2.3% prefer not to answer

Additional Demographics		
Age group (survey)	6.45 % ages 18-24 4.61% ages 25-29 41.47% ages 30-49 22.58% ages 50-64 24.88% ages 65+	
Household Income (survey)	2.76% under \$10,000 12.9% \$10,000 to \$50k 16.59% \$50,000 to \$75k	

	17.97% \$75,000 to \$100k 13.82% \$100,000 to \$125K 8.29% \$125,000 to \$150 K 20.28% \$150,000 + 7.37% prefer not to answer
Educational Level	0.46% Less than high school 5.07% High School Diploma 16.13% Some College Courses 19.82% Two-year degree 27.19% Four-year degree 31.34% More than a four-year degree

Section 4: Prioritized Description of Significant Health Needs

The online survey asked questions related to the community, personal health, and demographic information.

The following areas were rated by participants:

- Healthy community (general)
- Safety concerns
- Health problems
- Social Issues
- Public Health & Environmental Hazards
- Health Information
- Healthy Behaviors (general, barriers, opportunities)
- Health Care Access & Utilization

If 50% of respondents identified a health need, that need/answer is in the results. In limited cases, answers less than 50% are included, and noted in a lighter font.

Assessment of Personal Health

Most people have health insurance and believe they have good or excellent physical and mental health.

88% of respondents believe they have good or excellent physical health
86% of respondents believe they have good or excellent mental health
96% of respondents obtain medical care through a medical provider office
99% of respondents have personal health coverage
60% of respondents say their spouse has health coverage

The Most Important Factors for a Healthy Community.

Good schools	191	88.02%
Good jobs and healthy economy	188	86.64%
Low crime/safe neighborhoods	186	85.71%
Easy access to health care	180	82.95%
Good place to raise children	174	80.18%
Clean environment/clean water	168	77.42%
Affordable housing	166	76.50%
Healthy food options (grocery/restaurants)	155	71.43%
Quality park and recreation opportunities	127	58.53%
Healthy behaviors and lifestyles	126	58.06%
Accessible walking/biking paths	120	55.30%
Strong family life	109	50.23%

**2 free text comments regarding housing needs.*

The Top Safety Concerns in Your Community.

Illegal drug use/abuse (marijuana, methamphetamine, cocaine, heroin, etc.)	142	65.44%
Alcohol abuse	137	63.13%
Domestic violence	103	47.47%

The Top Health Problems in Your Community.

Affordable housing	152	70.05%
Access to mental health services	138	63.59%
Mental Health: suicide, depression, anxiety, etc.	132	60.83%
Affordable health insurance	119	54.84%
Cancer	108	49.77%
Obesity	102	47.00%

The Top Social Issues in Your Community.

Lack of affordable housing	154	70.97%
Lack of child care options	119	54.84%
Alcohol over-use/abuse	112	51.61%
Illegal drug use and/or distribution	104	47.93%

The Top Public Health Concerns/Environmental Hazards in Your Community.

Nothing above 50%.

Transportation to health care services for rural community members	99	45.62%
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**1 free text comment on radon hazard and mitigation.*

The Top Issues Affecting Access/Utilization in your Community.

Availability of local mental health providers	147	67.74%
Appointment availability and/or hours for primary care visits	145	66.82%
High out-of-pocket costs for deductibles and services not covered by health insurance	139	64.06%
Access to specialists and specialty diagnostic services	112	51.61%

**7 free text comments wanting additional access to primary and specialty care.*

**4 free text comments regarding needs for elder/dependent adult/disability care.*

Healthy behaviors to improve or start.

Increase physical activity	131	60.37%
Decrease stress	88	40.55%

What prevents you from being healthier?

Lack of motivation or willpower	117	53.92%
Lack of time	104	47.93%

What would help you start or maintain a healthy lifestyle?

Nothing above 50%.

Affordable opportunities/programs/facilities to exercise	93	42.86%
Affordable healthy food and fresh produce	87	40.09%

**8 free text comments on the availability of a community recreation/fitness center.*

Where do you learn your health information?

Doctors/nurses	146	67.28%
Online: specific websites (WebMD, MayoClinic.org, etc.)	136	62.67%
Online: search engine results (Google, Yahoo, etc.)	131	60.37%

Where do you go for routine healthcare?

Doctors/nurses	146	67.28%
Online: specific websites (WebMD, MayoClinic.org, etc.)	136	62.67%
Online: search engine results (Google, Yahoo, etc.)	131	60.37%

Describe your physical health.

Excellent: 19.82%

Good: 68.2%

Fair: 11.06%

Poor: 0.92%

Describe your mental health.

Excellent: 23.96%

Good: 62.21%

Fair: 12.9%

Poor: 0.92%

See Appendix A for the complete results of the survey.

See Appendix B for the CHNA Health Improvement Plan.

Section 5: Adopting the Community Health Needs Assessment

Board of Trustees

The WinnMed Board of Trustees (seven volunteer board members, elected by the citizens of Winneshiek County) approved this plan July 2, 2025. We appreciate their guidance and input in the community health assessment process, as well as their dedication to both WinnMed and the community.

Section 6: Collaboration

Community Partners

We invited survey participation via email to WinnMed staff and providers, and elected leaders, programing leaders and school officials in:

- (Winneshiek County, IA) Decorah, Ridgeway, Spillville, Castalia, Fort Atkinson, Jackson Junction, Calmar and Ossian.
- (Fillmore County, MN) Canton and Mabel.
- (Houston County, MN) Spring Grove.
- (Allamakee County, IA) Postville

Additionally, survey invitations were sent to Winneshiek County churches.

The following media were invited to share information on the survey with the general public:

- Calmar Courier
- Cresco Times Plains Dealer
- Decorah Area Chamber of Commerce
- Decorah Leader
- Decorahnews.com
- Fillmore County Journal
- Ossian Bee
- Waukon Standard
- KCZQ Radio
- KVIK Radio

Other Programs/Locations posted a flyer with QR code to the survey:

- Decorah Community Free Clinic
- Decorah Food Pantry
- Toys Go Round
- Depot Outlet
- WIC
- Full Circle Services
- Decorah Library
- NEICAC
- Calmar Food Pantry

We appreciate the input on the survey from 217 people.

Section 7: Disseminating the CHNA Results

Availability of the CHNA

WinnMed will post its community health needs assessment at its website at WinnMed.org. A paper copy available for public inspection is also available without charge at WinnMed by making arrangements through Administration.

Appendix A: Complete Results

Q1: In the following list, what do you think are the most important factors for a healthy community? (Those factors which most improve the quality of life in a community.) Choose all that apply.	
Good schools	88.02%
Good jobs and healthy economy	86.64%
Low crime/safe neighborhoods	85.71%
Easy access to health care	82.95%
Good place to raise children	80.18%
Clean environment/clean water	77.42%
Affordable housing	76.50%
Healthy food options (grocery/restaurants)	71.43%
Quality park and recreation opportunities	58.53%
Healthy behaviors and lifestyles	58.06%
Accessible walking/biking paths	55.30%
Strong family life	50.23%
Low level of child abuse	45.62%
Religious or spiritual opportunities	40.55%
Excellent race/ethnic relations	37.79%
Low infant deaths	37.79%
Accessible public transportation options	36.41%
Low adult death and disease rates	35.02%
Arts and cultural events	33.64%
Other	5.07%

Q2: In the following list, what do you think are the top safety concerns in your community? Choose all that apply.	
Illegal drug use/abuse (marijuana, methamphetamine, cocaine, heroin, etc.)	65.44%
Alcohol abuse	63.13%
Domestic violence	47.47%
Bullying	44.70%
Scams/frauds	42.40%
Child abuse/neglect	38.71%
Misuse of prescription medication (opioids, pain killers, etc.)	27.65%
Motor vehicle crash injuries	23.96%
Tobacco use	19.82%
Rape/sexual assault	18.89%
Assaults/violent crimes	14.29%
Threat/harassment/terrorism	12.90%
Breaking and entering/burglary	11.06%
Human trafficking	11.06%
Firearm-related injuries	8.76%
Other	3.23%

Q3: In the following list, what do you think are the top health problems in your community? Choose all that apply.	
Affordable housing	70.05%
Access to mental health services	63.59%
Mental Health: suicide, depression, anxiety, etc.	60.83%
Affordable health insurance	54.84%
Cancer	49.77%
Obesity	47.00%
Childcare/day care availability	44.24%
Screen time – excessive use	41.47%
Alcohol use	35.48%
Substance use/abuse	34.56%
Aging problems (e.g. arthritis, hearing, vision loss, etc.)	27.19%
Access to health care	25.81%
Inadequate parenting skills or abuse and neglect of children	24.88%
Hypertension/High blood pressure	23.04%
Bullying	21.66%
Heart disease and stroke	21.20%
Diabetes	19.82%
Scams/fraud	19.35%
Chronic pain	18.43%
Dementia	18.43%
Access to healthy foods	16.13%
Transportation issues	15.21%
Tobacco use	12.44%
Social opportunities	11.06%
Physical activity opportunities	9.68%
Safe or supportive living environment	9.68%
Falls	9.22%
Dental problems	8.76%
Responsible sexual behavior	7.83%
Respiratory/lung disease	5.07%
Teenage pregnancy	5.07%
Other	3.69%
Sexually transmitted diseases	3.23%
Access to immunizations/vaccines	1.84%
Infectious diseases (TB, hepatitis)	0.46%
HIV/AIDS	0.00%

Q4: In the following list, what do you think are the top social issues facing your community? Choose all that apply.	
Lack of affordable housing	70.97%
Lack of childcare options	54.84%
Alcohol over-use/abuse	51.61%
Illegal drug use and/or distribution	47.93%
Lack of health insurance coverage	35.94%
Poor parenting skills	31.80%
Basic life skills (cooking, cleaning, budgeting, etc.)	30.88%
Poverty	26.73%
Domestic abuse	25.81%
Lack of transportation services	24.88%
Child abuse/neglect	22.12%
Racism	20.28%
Single parent families	17.97%
Sexual abuse	10.60%
Basic personal hygiene skills	8.76%
Unemployment	7.83%
Crime and violence	6.91%
Human trafficking	5.99%
Homelessness	5.53%
Illiteracy	4.15%
Other	4.15%
School drop-out rate	3.23%

Q5: In the following list, what do you think are the top public health and environmental hazards facing your community? Choose all that apply.	
Transportation to health care services for rural community members	45.62%
Children not getting immunizations against communicable diseases	38.25%
High radon levels in homes, which may cause lung cancer	38.25%
Education in the community regarding CPR and/or first aid	25.81%
Access to safe drinking water	21.66%
Need for disaster preparedness	20.28%
Emergency response times	16.13%
Outbreaks of infectious diseases	16.13%
Lack of education in licensed day care centers on first aid, accident prevention, and communicable disease	13.36%
Waste disposal for discarded prescription medications and/or sharps (e.g. needles)	7.83%
Sexually transmitted infections including HIV/AIDS	5.53%
Illnesses caused by improper food handling in restaurants	3.69%
Other	0.00%

Q6: In the following list, what do you think are the top issues affecting health care access and utilization in your community? Choose all that apply.	
Availability of local mental health providers	67.74%
Appointment availability and/or hours for primary care visits	66.82%
High out-of-pocket costs for deductibles and services not covered by health insurance	64.06%
Access to specialists and specialty diagnostic services	51.61%
Difficulty finding affordable health insurance coverage	46.54%
Skipping or delays in care because of cost	44.70%
Availability of dentists who accept Medicaid coverage	37.33%
Uninsured individuals (no insurance at all)	32.26%
Home health care	28.57%
Lack of options for skilled nursing and/or long term care	27.65%
Availability of drug/alcohol addiction counseling	20.28%
Language/cultural barriers	17.05%
Support for individuals with special needs	17.05%
Availability of complementary therapies (acupuncture, meditation, yoga, tai chi, etc.)	14.29%
Palliative (comfort) care	9.68%
Quality of overall local health care services	9.22%
Access to retail pharmacies	6.45%
Other	2.30%

Q7: How would you describe your physical health? (Choose one)	
Good	68.20%
Excellent	19.82%
Fair	11.06%
Poor	0.92%

Q8: How would you describe your mental health? (Choose one)	
Good	62.21%
Excellent	23.96%
Fair	12.90%
Poor	0.92%

Q9: Which healthy behaviors would you like to improve or start? (Choose two)	
Increase physical activity	60.37%
Decrease stress	40.55%
Eat more fruits and vegetables	33.64%
Drink more water	24.42%
Spirituality/meditation	9.22%
Routine physical/dental/vision exams	6.91%
Routine cancer screenings	4.15%

Quit smoking/tobacco use	2.76%
Reduce alcohol intake	2.30%
Other	2.30%
Vaccines	0.46%

Q10: What prevents you from being healthier? (Check all that apply)	
Lack of motivation or willpower	53.92%
Lack of time	47.93%
Costs of healthy foods	33.18%
Limited opportunities to exercise	20.74%
Fear of hidden health care costs	17.97%
Other priorities	16.59%
Other	8.76%
Lack of understanding of covered insurance benefits	7.37%
Availability of healthy foods	6.45%
Need more education about healthy choices	6.45%
Physical health is too poor	5.07%
Transportation to health services	4.15%
Stigma	3.69%
Literacy barriers	0.92%
Access to getting vaccines and medications	0.92%
Language barriers	0.00%

Q11: What would help you start or maintain a healthy lifestyle? (Check all that apply)	
Affordable opportunities/programs/facilities to exercise	42.86%
Affordable healthy food and fresh produce	40.09%
Employee wellness programs at place of employment	38.71%
Community education classes (healthy cooking, health topics, etc.)	25.35%
Community physical activity programs (water aerobics, volleyball/basketball league, etc.)	19.82%
Additional recreational paths, trails, sidewalks	17.97%
Other	17.97%
Transportation to local fitness classes or food markets	5.07%

Q12: Where do you get most of your information about health? (Check all that apply)	
Doctors/nurses	67.28%
Online: specific websites (WebMD, MayoClinic.org, etc.)	62.67%
Online: search engine results (Google, Yahoo, etc.)	60.37%
Online: social media (Facebook, Instagram, You Tube, etc.)	37.79%
Friends/family	31.80%
Pharmacies	17.05%
TV	15.67%

Newspapers	15.21%
Complementary health practitioner/healer	10.60%
Public health	10.14%
Magazines	8.29%
Radio	7.37%
Health fairs	3.69%
Other	3.69%
Community meetings	2.76%
School	2.30%
Church	1.84%

Where do you go for routine health care?	
Medical provider office	96.31%
Urgent care	9.68%
Complementary provider	4.61%
Emergency room	4.15%
I don't receive routine care	2.76%
Other	0.46%

Q14: Health Insurance Coverage: Please select all that apply.	
I am covered by health insurance (including Medicare and/or Medicaid coverage)	98.62%
My spouse is covered by health insurance (including Medicare and/or Medicaid coverage)	60.37%
My child(ren) is covered by health insurance (including Medicare and/or Medicaid coverage)	43.32%
There is no one in my family covered by health insurance	0.92%

Appendix B: WinnMed Community Health Needs Assessment Health Improvement Plan

The following topics were identified by survey respondents as community health needs and opportunities. The Health Improvement Plan outlines how WinnMed services and programming address these needs.

Community Health Need	WinnMed Actions
Alcohol and Illegal Drug Use/Abuse	<ul style="list-style-type: none">• Continued focus on Opioid stewardship• Screen for SDOH needs and provide resources for follow up• Offer 211.org resources• Track quality metrics regarding the checking of the Prescription Drug Monitoring Program (PDMP).• Provide expanded social work services to clinic patients• Support partner agencies in promoting community education events.• Continue to collaborate with Helping Services for Youth and Families and Quit Line Iowa in providing smoking cessation packets to WinnMed patients.• Offer a drug drop-off receptacle in the WinnMed Pharmacy• Flag medical record for Narcan prescription if patient is prescribed an opioid
Access to Primary and Specialty Care	<ul style="list-style-type: none">• Recent addition of full-time specialists in the following fields: OB-GYN, Allergy & Immunology, General Surgery, Dermatology, Urology, Rheumatology and Orthopedics & Sports Medicine.• Expanding Clinic, Surgery and OB spaces through a \$50 million expansion project (completion date January 2026)• Follow team-based care model to provide expanded access to primary care• Electronic self-scheduling available at college clinics and for mammography. Plans to expand to other areas/appointments• Clinical pharmacist available for patient care needs• Outreach clinics in Ossian, Mabel, Luther College and Upper Iowa University• Urgent Care available daily outside of clinic hours with plans to expand open hours and space.
Access to Mental Health Services	<ul style="list-style-type: none">• Continue IBH program to give patient quick access (within 7-14 days) to brief mental health services and assist with referrals when longer term treatment is needed.• Potential expanded IBH program to include Luther College students.• Provide group therapy to improve access and lower costs: chronic pain and insomnia.• Continue recruitment of a psychiatrist and an additional psychologist.• Continue to support local mental health/suicide awareness events in collaboration with other community agencies and regional mental health providers. (e.g., in 2025 the WinnMed Behavioral Health Department participated in the “Just One” suicide awareness community event on April 23 and the Business Leadership Network Community Forum on May 28).• Continue to conduct suicide screening for every patient, every visit and ensure appropriate follow up. And conduct regular depression and anxiety screening and provide patient educational information on depression, anxiety, stress and other topics• Continue to offer telepsychiatry through the Emergency Department.

	<ul style="list-style-type: none"> • Maintain the “Mental Health Resources in Northeast Iowa Region” • In collaboration with the Winneshiek County Sheriff’s Office, provide free gun locks to help secure firearms and reduce risk of suicide. • Continue collaborative work to promote the wellbeing and greater resilience of our providers (caring for our caregivers).
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Community Health Opportunity	WinnMed Actions
Physical activity and facilities / programs to support it	<ul style="list-style-type: none"> • Provide regular senior circuit wellness classes in Ossian and Calmar clinics. • Athletic Training contracts with area schools and Luther College
Availability of healthy foods and education to support choices	<ul style="list-style-type: none"> • WinnMed Nutrition Services provides nutritionally tailored or medically tailored meals (MTM) for a variety of community-based clients including: <ul style="list-style-type: none"> ○ mobile meal recipients (delivered), ○ frozen meal recipients (pick-up at facility) ○ local preschool • Senior nutrition program - monthly nutrition education classes at the Decorah Senior Center. WinnMed dietitians present info provided by Iowa State University extension • Farmers’ market coupon program (United Way grant funded annually for 34 years) • Individual and group nutrition education programs • Cardiac rehab group education • Medicare-covered Intensive Behavior Therapy for Weight Management
Older adult services, specifically transportation	<ul style="list-style-type: none"> • Screen for SDOH needs and provide f/u resources; 211.org resources • Offer full-service home health care (nursing and rehabilitation) and Hospice services. • Provide support to patients/community through the Senior Health Insurance Information Program (SHIIP) • Provide Chronic Care Management through clinic nursing staff for patients with two or more chronic conditions. • Provide Transitional Care Management to support unnecessary readmissions and ensure continuity of care post discharge. • Expand our team-based care programming in primary care to enhance population health management. • Offer dementia care services for patients and caregivers in the region. • Provide Skilled Care to the community for safe recovery from hospitalization or surgery. • Support partner agencies in promoting community education events. • Provide medical directorship to area nursing homes • Since 2023 and forward, ongoing participation in the Medicare Shared Savings program accountable care organization to enhance the data we receive on population health metrics for our Medicare patients.