Atascosa Health Center, Inc. (AHC) Community Health Needs Assessment (CHNA) 2014-2015

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History and Significance

AHC is a nonprofit, Federally Qualified Health Center (FQHC), with 6 rural clinics in Atascosa, Karnes, Live Oak, McMullen, and Wilson Counties. AHC services include: family medicine, cancer and prevention screenings, and oral and behavioral health care.
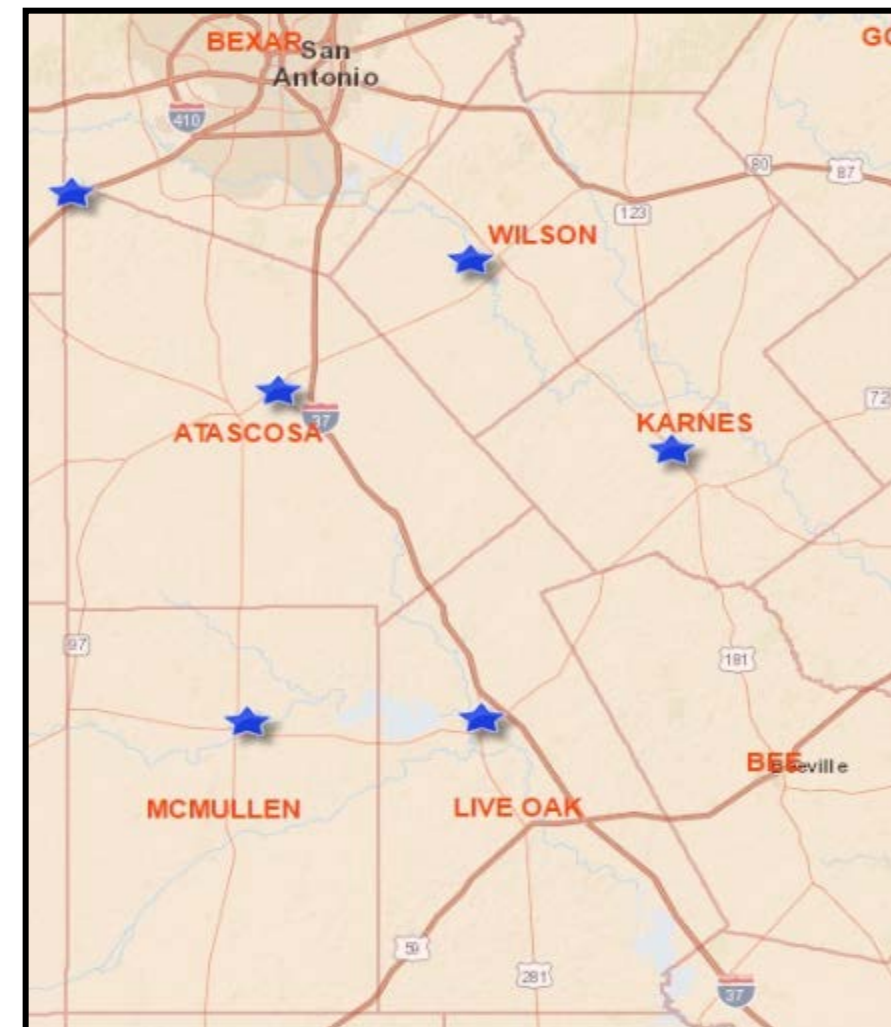
AHC accepts government-funded insurance and most private insurance, providing a sliding scale fee for uninsured or underinsured low-income families in the area surrounding our six clinics.

Community Health Needs Assessments (CHNAs) assist in understanding the overall health and well-being of a group of people with shared characteristics or residing in a demographic area. The AHC CHNA is the second partnership project between AHC and the University Of Texas School Of Public Health San Antonio Regional Campus (SPH-SARC) since 2013.

Methods

The AHC staff and SPH-SARC students and professors collected data using the following methods:

- Secondary data from such sources as the U.S. Census, TX Department of State Health Services, etc.

- Community stakeholder focus groups conducted in four counties, but including residents (n=40) from five counties served

- AHC patient interviews (n=96) conducted in the four primary care clinics and dental facilities open in 2014

- Community stakeholder key informant interviews (n=12)

Figure 1. AHC 5-County Service Area & Clinics

Table 1. Perceived Community Health Concerns for Respondents' Counties

Health Concern	N (%)
Diabetes	39 (21)
Cancer	27 (14)
Obesity	20 (11)
High Blood Pressure	14 (7)
Add Types of Services Offered	14 (7)
Substance Abuse	12 (6)
Respiratory Illness	9 (5)
Heart Disease	8 (4)
Insurance & Payment Issues	7 (4)
Mental Health	5 (3)
Health & Wellness	5 (3)
Other*	28 (15)

*Includes teen pregnancy, HIV, children's health, violence, strokes, high cholesterol, falls, etc.

Table 2. Health Conditions with Potential for Community Health Interventions from BRFSS participants (≥ 18 years of age) in the 5-county area reported in percent (%)[1]

	Male	Female	Total
At risk for overweight or obese (BMI ≥ 25)	73.8	63.4	67.7
Smoke every day or some days & have smoked ≥ 100 cigarettes in their lifetime	28.1	28.8	28.5
>2 drinks per day (man) or >1 drink per day (female) in the past 30 days-at risk for poor health outcomes	18.4	5.5	11.0
Have not participated in physical activities or exercise (other than work related)	34.5	32.3	33.2
Have not had, in past year, a seasonal flu vaccine	73.8	70.0	71.6
Have not had a pneumonia shot	*	71.9	72.4
Have had >5 days of poor mental health including stress, depression, & problems with emotions, within the last 30 days	10.5	20.7	16.5

*There were less than 50 males responding

Findings

- The 2014 population in the 5-county area totaled 121,978

- 3 counties are majority Hispanic (>51.0%) and one county is 9% African American

- 4 counties have household incomes below the TX median income ($52,576)

- The area exceeds the TX age adjusted rate (per 100,000) for the following causes of death: heart disease, accidents, cerebrovascular diseases, Alzheimer's disease, chronic liver disease and cirrhosis, influenza and pneumonia, and intentional self-harm

Conclusions

- Primary needs for programs and services identified by AHC stakeholders and patients :
  - Access to primary, specialty, and behavioral health care
  - More accessible prevention programs focused on smoking cessation, organized exercise and healthy cooking/nutrition
  - Strengthening collaborations and service coordination among existing safety net services and hospitals
  - Creating new partnerships with institutions such SPH-SARC, UTHSCSA, Am. Cancer Society, UHS Safe Kids Coalition, etc. could be beneficial to the AHC service area.

References

1. Puga E. Personal communication. Health Information and Resources Branch. Texas Department of State Health Services. Received by: Martin MK, 2015.

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