



Community Health Needs Assessment Report

Bryan Medical Center
Bryan East Campus
December, 2021

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Introduction

Community Health Needs Assessment

Bryan Medical Center, Bryan East Campus has prepared and submitted this Community Health Needs Assessment, fulfilling the requirements established by the Patient Protection and Affordable Care Act requiring that non-profit hospitals conduct community health needs assessments at least every three years. Several aspects of this health assessment represent a collaborative effort between Bryan Medical Center, the Lincoln-Lancaster County Health Department, and CHI St. Elizabeth, gathering input representing the broad interests of the community. Prioritized significant health needs were identified by subject matter experts at Bryan Health, based on findings from the collaborative assessment. A list of community health resources is provided. An evaluation of the impact of actions taken to address the significant health needs identified in the 2018 community health needs assessment is also provided.

Bryan Medical Center is an acute care hospital on two campuses and is part of Bryan Health, a non-profit, Nebraska owned health system. For the purposes of this report, the community served includes the city of Lincoln and Lancaster County, Nebraska.



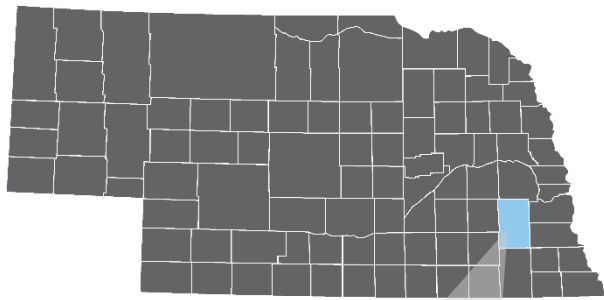
Community Served by Hospital

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Community Overview

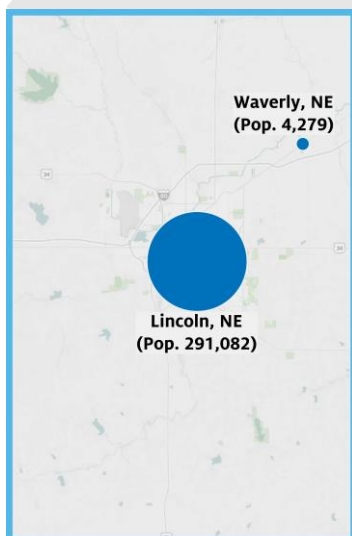
Who We Serve

For the purposes of this report, the community served by Bryan Medical Center is Lancaster County, Nebraska, within which is located in the city of Lincoln. Between July 1, 2019 and June 30, 2020, 67 percent of Bryan Medical Center’s inpatient discharges and 83 percent of its outpatient visits came from patients residing in Lancaster County.



General Population

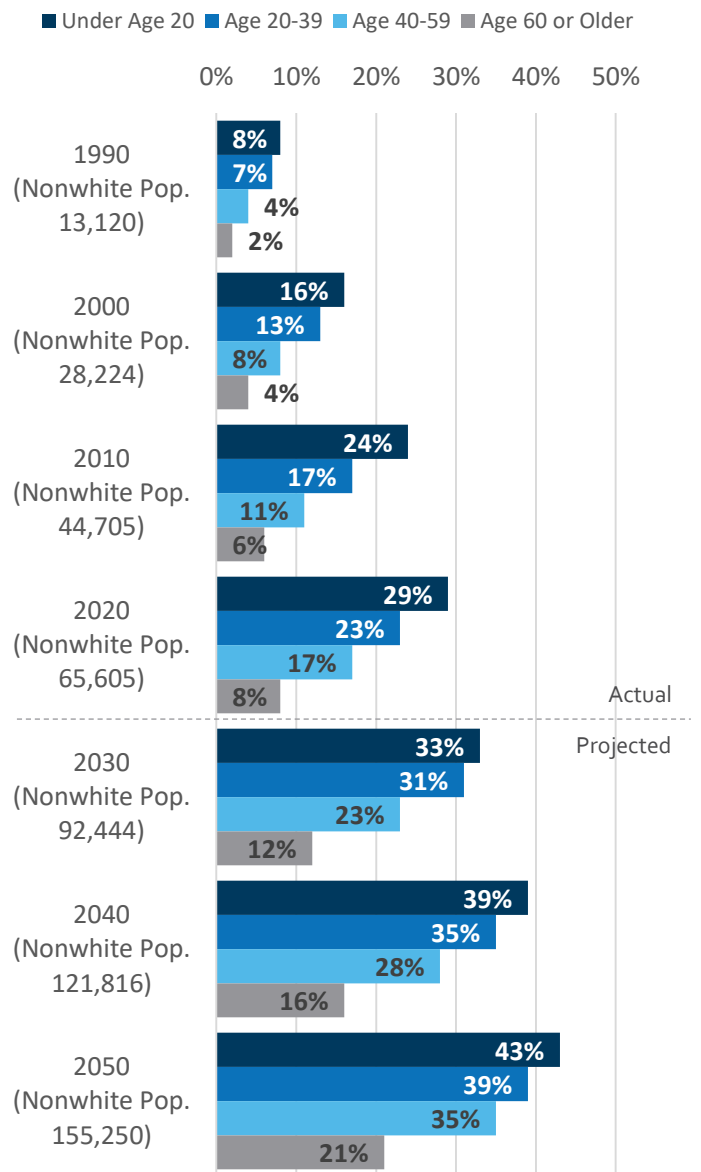
Lancaster County (2020 population 322,608) includes the city of Lincoln (2020 population 291,082) and the city of Waverly (2020 population 4,279). Lancaster County’s population grew from 285,407 in 2010 to 322,608 in 2020, an increase of 13 percent over the past decade.



Growing Diversity

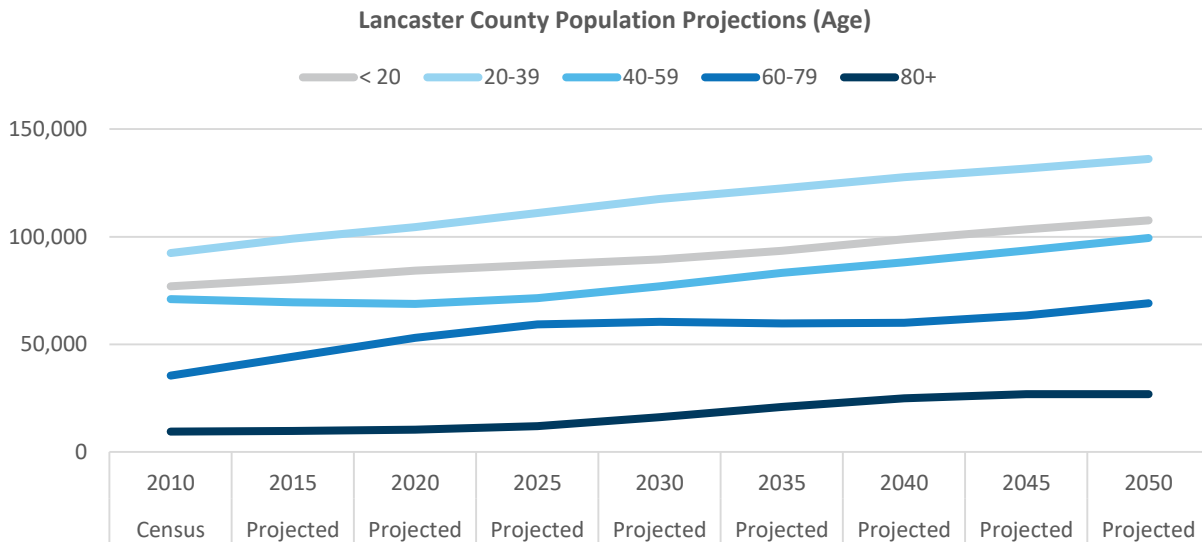
Lancaster County’s nonwhite population grew from 6 percent in 1990 to a projected 20 percent in 2020, and is projected to grow to 35 percent by 2050. This growth is led by population under 20 years in age.

Lancaster County Nonwhite Population: 1990 to 2050



Aging Population

Lancaster County’s population will grow among all age groups over the next several decades, with steady growth from populations younger than 40. Populations over 60 years old will grow as boomers and millennials age into these age groups.



Income and Unemployment

Lincoln/Lancaster County has a stable and diverse economy, with strong commercial development and among the lowest unemployment rates in the nation. In May 2020, Lincoln MSA’s unemployment rate was 2.2 percent, below the state unemployment rate of 2.6 percent and the national rate of 5.8 percent.

Lancaster County’s median household income, however, trailed behind the state and nation, at \$61,175.

2019 Unemployment Rate

2.2%

2.6%

5.8%



Lancaster



Nebraska



United States

\$61,175

\$63,229

\$65,712

2019 Median Household Income

Refugees and Immigrants

Lincoln, Nebraska has a history of welcoming immigrants and refugees over the past several decades. This history includes waves of refugee resettlement from Vietnam, Iraq, the ex-Yugoslavian countries, Sudan, and Myanmar. Lincoln is currently home to the largest Yazidi population in the United States.



Recognitions and Awards

Lincoln has ranked in the top 5 cities in Best Cities for Families, and Emerging Entrepreneurial Hubs in the U.S., and in the top 10 cities in Best Housing Markets for Families, Cities with the Highest Quality of Life, and Best Large Cities for Women in the Workforce.

Higher Education

Institution	Student Enrollment
University of Nebraska – Lincoln	More than 24,000 students
Nebraska Wesleyan University	Roughly 2,000 students
Union College	Roughly 700 students
Southeast Community College	More than 9,000 students
Bryan College of Health Sciences	790 students (Fall 2020)



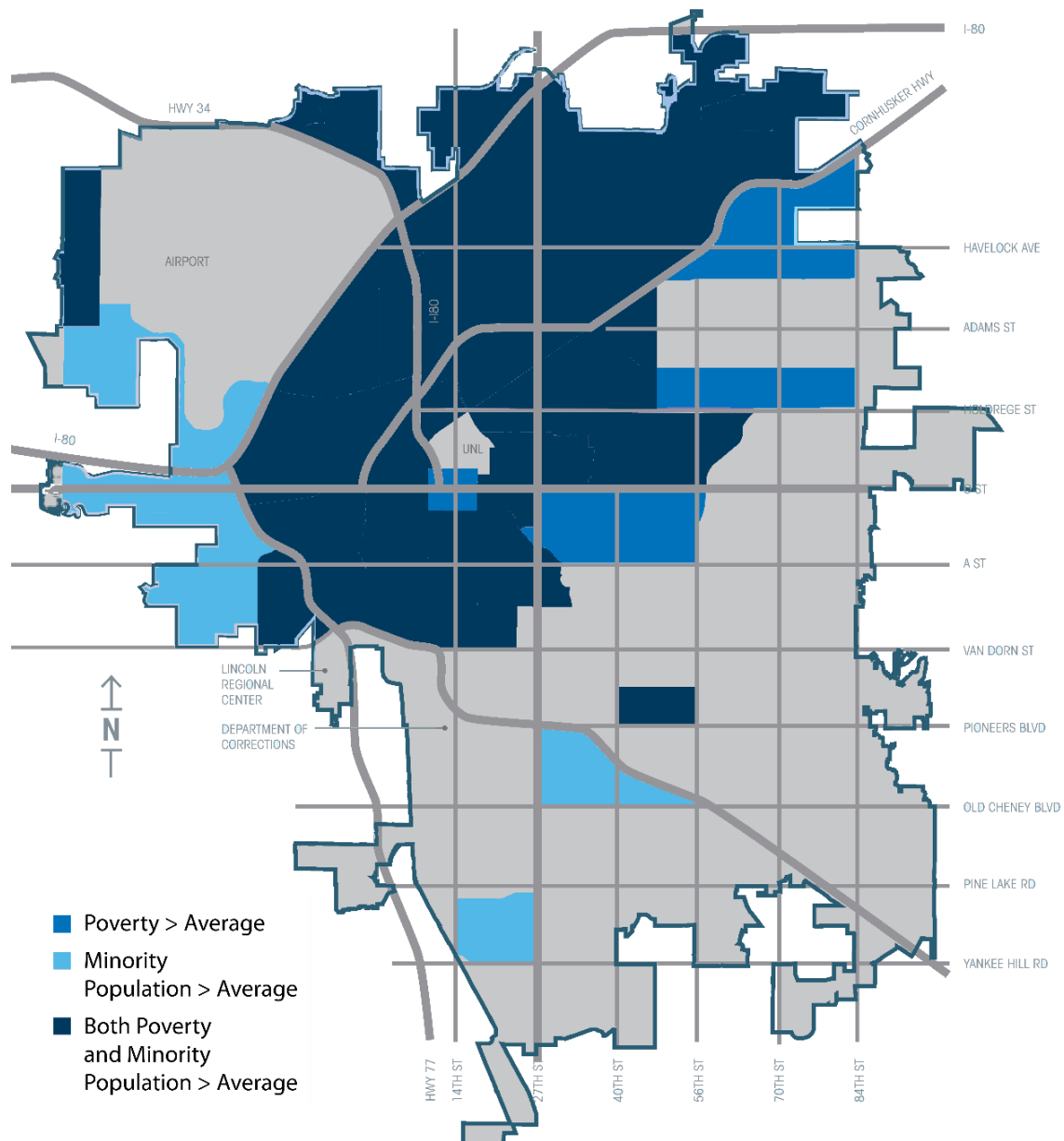
Nebraska State Capitol

The Nebraska State Capitol provides a stable source of both employment and impact, with approximately 900 people working in the capitol on a daily basis.

Demographics and Economics

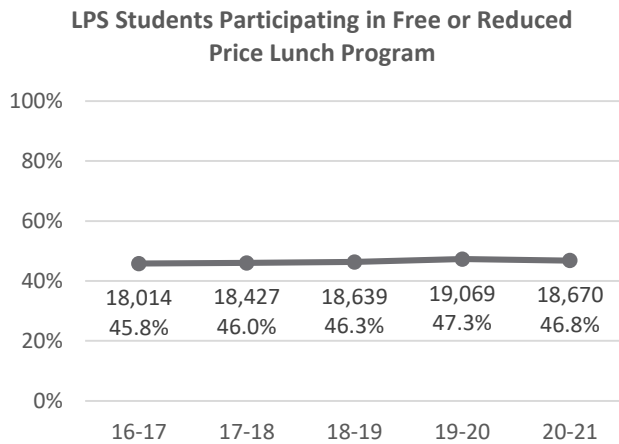
Race, Ethnicity and Poverty

Amid its growing economy and low unemployment, Lincoln's 2018 average poverty rate was 13.1 percent. A correlation has been shown between census tracts with higher poverty and census tracts containing a higher percentage of people who identify as a racial or ethnic minority. In 2018, 18.4 percent of Lincoln residents identified as such a minority. Below is a map depicting census tracts with higher than average poverty, higher than average minority populations, and both.



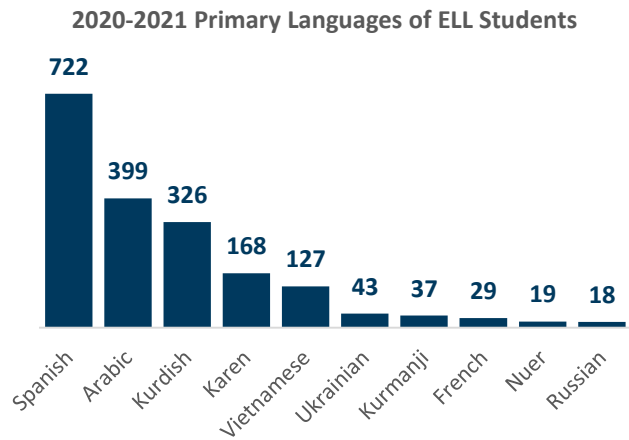
School: Free/Reduced Lunch

During the 2020-2021 school year, 46.8 percent of Lincoln Public School students participated in the free or reduced price lunch program. This percentage has remained steady over the past five school years.



School: Languages Spoken

In the 2020-2021 school year, Lincoln Public Schools taught more than 2,500 English Language Learner (ELL) students, with more than 60 primary languages.

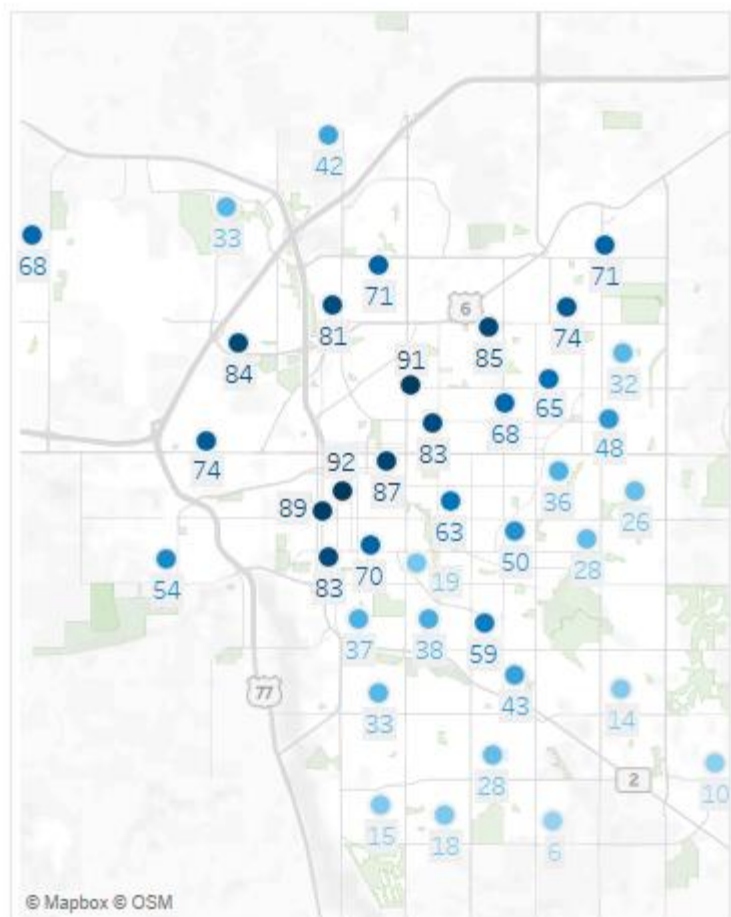


Free/Reduced Lunch Locations

Lincoln Public School families are eligible for free or reduced lunch if they receive SNAP, TANF, or FDPIR benefits, or if their income is within a specified percent of the federal poverty level.

Participation in the Lincoln Public Schools free and reduced lunch program is not consistent across all schools in the district. Participation ranges from a low of 5.5 percent of students (Wysong Elementary) to a high of 92.0 percent (McPhee Elementary).

The physical locations of the LPS schools with highest participation in the free or reduced price lunch program roughly coincide with census tracts containing both above-average poverty levels and above-average minority populations.

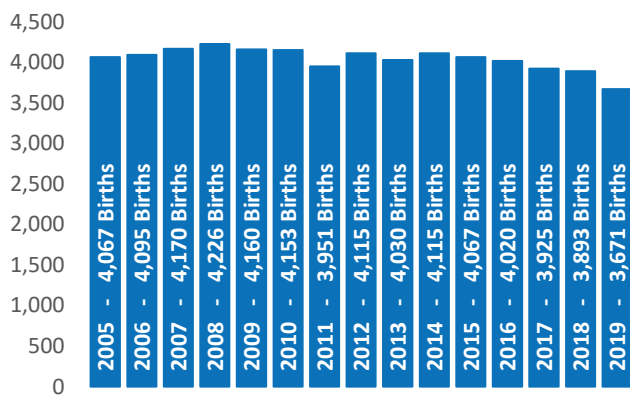


Vital Statistics

Lancaster County Births

Births in Lancaster County have tapered down over the past decade, from 4,153 births in 2010 to 3,671 births in 2019.

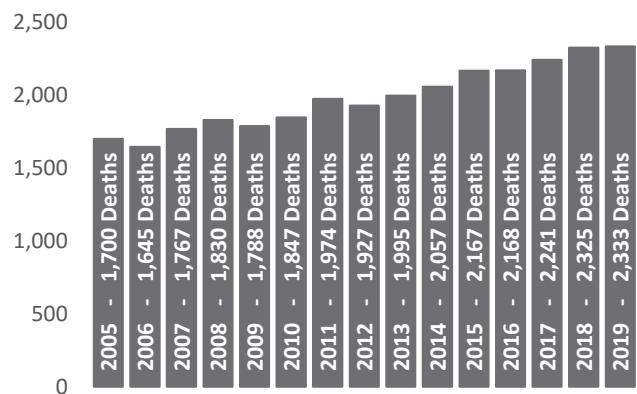
Lancaster County Births: 2005 - 2019



Lancaster County Deaths

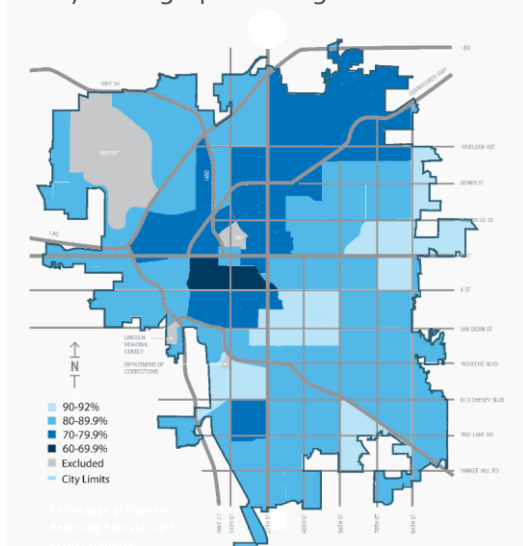
Lancaster County's deaths have grown along with its population, increasing to more than 2,300 in 2019.

Lancaster County Deaths: 2005 - 2019



Prenatal Care

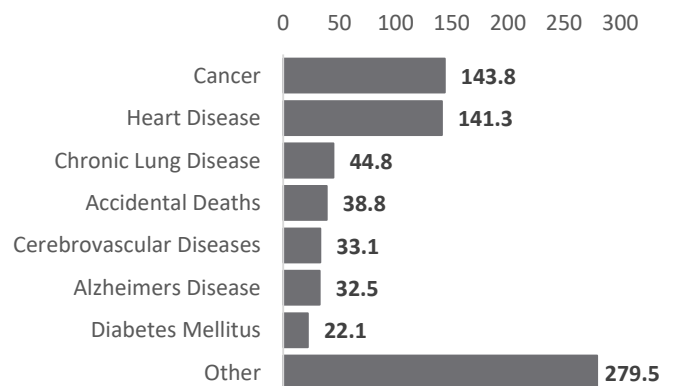
During the time period between 2015 and 2017, Lincoln had four census tracts where less than 70 percent of pregnant women received prenatal care within the first trimester. Census tracts where first trimester prenatal care is less than 80 percent coincide with census tracts where poverty and minority demographics are greater than average.



Causes of Death

In 2019, cancer and heart disease were the leading causes of death in Lancaster County by an overwhelming margin. Cancer outpaced heart disease, and has been Lancaster County's leading cause of death since at least 2005, a timespan of fifteen consecutive years.

Lancaster County Cause of Death Crude Rate per 100K Population

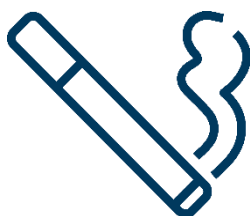


Behavioral Risk Factors

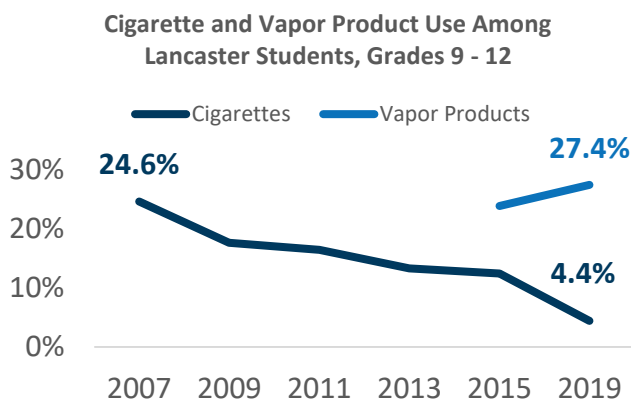
Smoking and Electronic Vapor Product

Lancaster County's 2019 Behavioral Risk Factor Surveillance System (BRFSS) survey reports that 13.3 percent of respondents age 18 and up claimed to be current smokers.

13.3% of 2018 BRFSS respondents age 18 and up claimed to be current smokers.



Lancaster's 2019 Youth Risk Behavioral Surveillance System (YRBSS) reports that 4.4 percent of respondents in grades 9 thru 12 smoked cigarettes in the past 30 days. However, 27.4 percent used electronic vapor product in the past 30 days.



Alcohol Consumption

According to the Lancaster County's 2019 BRFSS survey, 23.3 percent of respondents age 18 and up reported binge drinking. Likewise, Lancaster County's 2019 YRBSS states that 22.5 percent of student respondents between grades 9 thru 12 drank alcohol in the past 30 days.

23.3% of 2019 BRFSS respondents age 18 and up participated in binge drinking.



22.5% of 2019 YRBSS respondents grade 9 thru 12 drank alcohol in the past 30 days.

Overweight and Obesity

According to the 2019 Lancaster County Behavioral Risk Factor Surveillance System (BRFSS), 33 percent of survey respondents claimed to be overweight, and 32 percent claimed to be obese.

33.0% of 2019 BRFSS respondents claimed to be overweight.



32.0% of 2019 BRFSS respondents claimed to be obese.



Gathering Input from the Community

The Lincoln Community Health Survey

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The Lincoln Community Health Survey

A Collaborative Effort

The Lincoln Community Health Survey provides information and insight critical to Bryan Medical Center's community health needs assessment. This survey was planned, conducted, and analyzed as a joint effort between the Lincoln-Lancaster County Health Department, Bryan Health and CHI Health. While many people from all three entities contributed to this work, primary collaborators are listed below.

Entity	Name	Title
Lincoln-Lancaster County Health Department	Jesse Davy	Accreditation Coordinator
Lincoln-Lancaster County Health Department	Raju Kakarlapudi	Public Health Epidemiologist
Lincoln-Lancaster County Health Department	Tommy George	Public Health Epidemiologist
Lincoln-Lancaster County Health Department	Lata Nawal	Assistant Epidemiologist
Lincoln-Lancaster County Health Department	Christina Hitz	Public Health Education Supervisor
Bryan Health	Edgar Bumanis	Marketing and Communications Director
Bryan Health	Nathan Albright	Market Analyst/Planning Strategist
Bryan Health	Erika Prucha	Patient Financial Analyst
Bryan Health	Ashton Wyrick	Assistant Director for Government and Community Relations
CHI Health	George Wagaman	Planning & Innovation Strategist
CHI Health	Sarah Stanislav	Healthy Communities Coordinator

Survey Distribution

When planning the distribution of the Lincoln Community Health Survey, the Lincoln-Lancaster County Health Department mapped all households in Lancaster County. The survey was distributed to one in every seven households throughout the area.

Survey Oversampling

In addition to surveying one in seven households throughout Lancaster County, oversampling was performed with Lincoln's Cultural Centers Coalition, the Lincoln Homeless Coalition, and also the Nebraska Commission for the Blind Supported and the Federation for the Blind.

A Note About Apartments

One point of note on apartments: When a parcel had multiple buildings or apartments within it, one in seven units were sampled within the parcel. Unit identifiers could not be obtained for every multi-unit parcel, so a generic number was assigned (i.e. "Unit #1, Unit #2, etc."). A low response rate was obtained from apartment dwellers, and it is not clear whether this was a true, natural response or if it was partially or fully tied to this ambiguity in unit identification.



Survey Questions

The Lincoln Community Health Survey consisted of five questions: four open-ended write-in questions, and one multiple choice question. They are listed below. A digital copy of the actual survey can be found in the appendix.

1. **What was the last major health issue you or your family experienced?**

2. **What worries you most about your health or the health of your family?**

3. **The following are health concerns in the city of Lincoln and Lancaster County. In your experience, what are the top 3 health concerns?**
 - Alcohol, Drugs, and Tobacco Use
 - Diabetes
 - Mental Health (For Example Depression, Anxiety, Post-Traumatic Stress, Suicide)
 - Challenges getting Healthy and Affordable Food
 - Asthma
 - Heart Disease (For Example High Blood Pressure & Stroke)
 - Getting Around Town Safely (Driving, Walking, & Riding)
 - Getting Enough Exercise
 - Something Else (write in): _____
4. **What's something you do to be healthy?**

5. **What would make your neighborhood a healthier place for you or your family?**

Survey Response Options

The Lincoln Community Health Survey was mailed with a paper survey and business reply envelope enclosed. The survey invited people to complete the survey either online or by hand.

Geocoding and Privacy

Each survey has a unique identifier code, tied to the address to which it was delivered. This was used to geocode answers to specific areas within Lincoln and Lancaster County.

The Lincoln-Lancaster County Health Department took specific steps to ensure that this data could not be tied back to individual recipients, and noted on the survey that they did not want any personal information tied to the recipients.



Help with Languages

The back of the paper survey offered instructions for language help in seven languages, including Spanish, Arabic, Kurdish, Vietnamese and Russian.

In addition, instructions for completing the survey online were also included via pictures with minimal words.

Offer for Further Participation

The bottom of the survey also offers a chance for further participation in the needs assessment. A check box is provided, with the following wording:

Check this box if you would be willing to participate in a neighborhood discussion about health in your area



Survey Responses

The Lincoln Community Health Survey mailer was approved for distribution on September 22, 2020. 13,946 surveys were mailed to households. Of that distribution, 1,752 responses were received – a 12.6 percent response rate. Along with overall results, responses were weighted within their census tract.



13,946

surveys were sent out

1,752

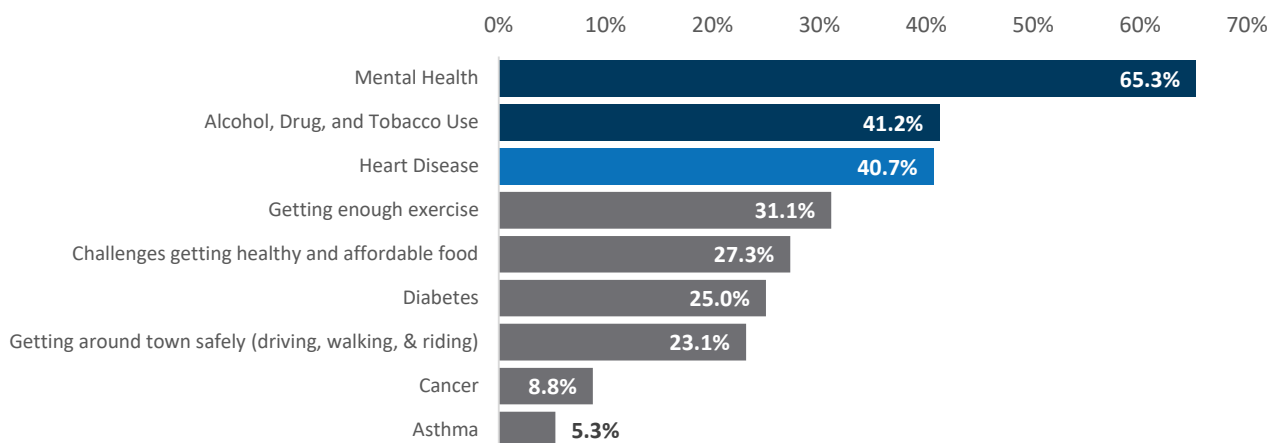
responses were returned



Question 3: Setting the Course

Bryan Health used the answers to Question 3 to identify emerging priorities within the responses. Question 3 was stated: “The following are health concerns in the city of Lincoln and Lancaster County. In your experience, what are the top 3 health concerns?” Below is a table showing what percentage of respondents chose a given health concern.

**Question 3: The following are health concerns in the city of Lincoln and Lancaster County.
In your experience what are the top 3 health concerns?**



A Call for Behavioral Health

Concerns relating to Behavioral Health (Mental Health and Alcohol, Drug, and Tobacco Use) were the top two concerns reported in the survey.

Mental Health was the dominant selection for question 3 on the survey, with 65.3 percent of respondents selecting it as one of the top three health concerns for Lincoln and Lancaster County. Alcohol, Drug, and Tobacco Use claimed second place, with 41.2 percent of respondents selecting it as one of the top three concerns.

Concern for Heart Disease

Heart Disease was the third most-selected top health concern for Lincoln and Lancaster County, being chosen by 40.7 percent of respondents. This places it just half a percent behind the second place “Alcohol, Drug, and Tobacco Use” option, and over 9 percent ahead of the fourth place “Getting enough exercise” option.

A Note About Cancer

While the Cancer option appears not to be often selected in the survey, it must be noted that the “Cancer” option was only displayed on the online version, not on the paper version. This mistake was identified after the paper survey was distributed.

Evidence still speaks to cancer being a strong concern to the Lincoln and Lancaster Community. In question 1 of the survey, a write-in question asking “What was the last major health issue you or your family experienced?”, cancer-related answers were the fourth-most common response, behind answers related to “Circulatory System,” “Infectious and Parasitic Diseases” (more than half of which specified COVID-19), and “Nothing.” Furthermore, as has been stated earlier, cancer has been Lancaster County’s leading cause of death for at least the last fifteen consecutive years.



Bryan Health conducted specific research into the impact of cancer in the area while it was planning the April Sampson Cancer Center. This research is included elsewhere in this document.

Question 1: Providing Depth

Question 1 has a different scope than question 3 – the respondent and his or her family, rather than Lincoln and Lancaster County. However, its write-in nature allows it to give further depth and illustration to the health needs of the community.

Write-in answers were categorized into agreed-upon groups and sub-groups by team members from the Lincoln-Lancaster County Health Department, Bryan Health and CHI Health.

Question 1: What was the last major health issue you or your family experienced?

Response Categories	Weighted Pct.
Circulatory System	13.3%
Infectious & Parasitic Disease	13.0%
Nothing	12.1%
Cancer/Neoplasms	9.9%
Musculoskeletal System	8.2%
Mental, Behavioral and Neurodevelopmental Disorders	7.0%
Injury, Poisoning & Certain Other Consequences of External Causes	5.9%

Question 2: Looking Ahead

Question 2 was another write-in focused on the respondents self and family, and sets the tone for present and future issues. It asks “What worries you most about your or your family’s health?”

Write-in answers were categorized into agreed-upon groups and sub-groups by team members from the Lincoln-Lancaster County Health Department, Bryan Health and CHI Health.

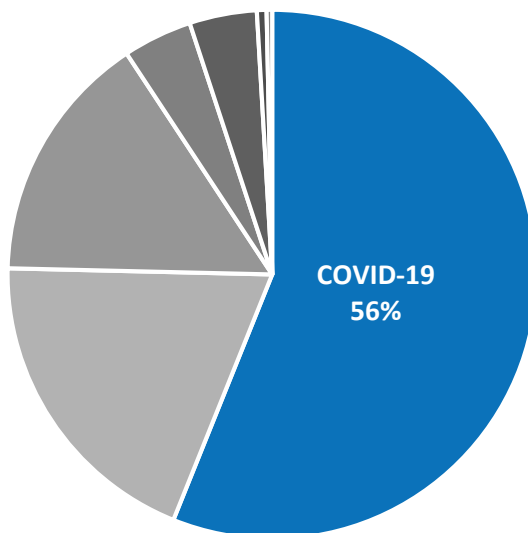
Question 2: What worries you most about your or your family’s health?

Response Categories	Weighted Pct.
Infectious Disease	29.1%
Health Care Access	17.4%
Nothing	11.1%
General Health & Well-being	9.5%
Other	9.1%
Behavioral/Mental Health	5.7%
Aging	5.5%

The Presence of COVID-19

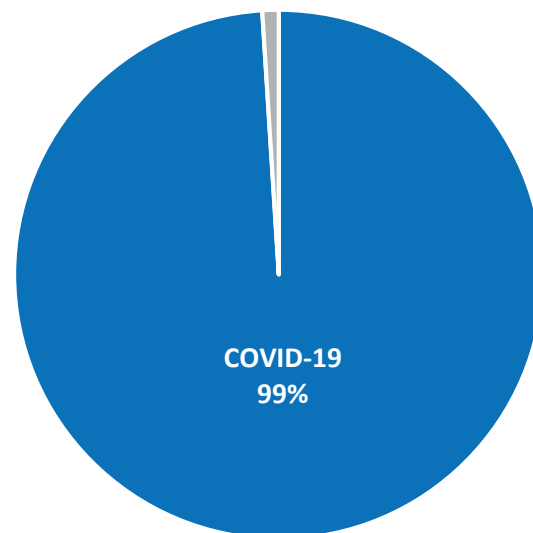
The Lincoln Community Health Survey was distributed in late September, 2020. At this time, Lincoln had been grappling with coronavirus for over six months, and was beginning its largest wave of COVID-19 cases that year. COVID-19 has proved to be a defining issue for Bryan Medical Center through 2020 and 2021, and it appears to be an issue that will require focus and engagement into the next year and beyond.

Question 1: What was the last major health issue you or your family experienced?
(Among “Infectious & Parasitic Disease” Responses)



13 percent of respondents reported that their last major health issue was categorized within the “Infectious & Parasitic Disease” category. Over half of these respondents specifically listed COVID-19 as their last major health issue.

Question 2: What worries you most about your or your family’s health?
(Among “Infectious Disease” Responses)



The dominant response for “What worries you most about your or your family’s health” was “Infectious Disease”, garnering 29.1% of responses. Of those responses, a full 99% specifically listed COVID-19 as their primary health worry.

Questions 4 and 5: Working Toward Improvement

Questions 4 and 5 are both focused on self and neighborhood improvement, rather than need identification.

Question 4 asked “What is something you do to be healthy?” The majority of responses (64.3 percent) wrote an answer pertaining to exercise. Almost half of the exercise answers (47.7 percent) mentioned walking.

Question 5 asked “What would make your neighborhood a healthier place for you or your family?” The response category with the highest volume was tied to Physical Activity Infrastructure (16.8 percent), and answers often mentioned trails, sidewalks and parks.



Continued and Upcoming Analysis

The Lincoln-Lancaster County Health Department has several planned stages of further development and enrichment of the Lincoln Community Health Survey. These subsequent stages have been delayed due to the effects of the COVID-19 pandemic, but work on all of them continues, and Bryan Health is proud to join in that work.

Mapping Survey Results

The Health Department's epidemiologist team is working to map survey results to their respective census tracts across Lancaster County. This information will allow the community to identify which specific neighborhoods are carrying the burden of a given health need. Not only will the community be able to focus its efforts in a specific location, it will also be able to more precisely measure the impact made by those efforts.



Community Conversations

The Health Department partnered with Colleen Svoboda, MPH from the University of Nebraska Medical Center to develop programming for a series of community conversations with survey respondents who indicated they would be willing to participate in further discussions about health in their area.



These community conversations will be hosted by a Technology of Participation Certified facilitator from the Health Department, and will gather roughly six to twelve members of the community. Five geographically-based sessions are scheduled – one for each quadrant of the area, and a fifth for the central area. Beyond that, additional conversations are scheduled for oversampled populations, including Lincoln's Cultural Centers Coalition, the Lincoln Homeless Coalition, and organizations representing Lancaster County's blind community.

The qualitative insights gained from these conversations will be used to give depth, color, and enrichment to the results of the survey.

Community Health Summit

Once the team has completed analysis of the quantitative and qualitative data gathered through the Lincoln Community Health Survey and its resulting community conversations, it will host a summit where it will present its findings to the community. Members of the community will be invited to attend, including representatives from community organizations, the police and fire departments, the public school districts, local businesses, local healthcare practices, and the community at large. The summit will reflect the collaborative effort from the health department, Bryan Health and CHI Health.

Additional Research on Cancer

A Vision for Coordinated Cancer Care

Bryan has long known there is an opportunity to improve the quality of cancer care in Lancaster County through improved coordination. With that knowledge, Bryan started exploring the idea of building a cancer center to provide seamless coordination of cancer care at a single site.

Lancaster's Cancer Burden

The cancer consulting team hired by Bryan built projection models for rates of new cancer diagnosis in the region. The team predicted a growing cancer incidence outlook, with over 1,700 new cases projected in Lancaster County in 2022.



Gathering Insights from Those Affected

Bryan leaders met on four occasions with focus groups comprising individuals from the region who have lived or are living with cancer. This group included people in various care circumstances: those who received care only in Lincoln; those who received care in Lincoln and at Nebraska Medicine; and those who received care in Lincoln and at an NCI Comprehensive Center (the nearest to eastern Nebraska is located in Iowa City, a nearly five-hour drive from Lincoln). The most common destinations for area cancer patients seeking opinions or care at an NCI Comprehensive Cancer Center are even further away – at the Mayo Clinic in Rochester, Minnesota and MD Anderson in Houston, Texas.

Qualitative findings revealed cancer patients rely upon their physician, experience and their own research when they decide where to receive care. This group articulated a deep understanding of the protocol-driven nature of cancer care. They were universally complimentary of the skill and experience of their physicians and quality of the care and outcomes experienced in Lincoln and elsewhere.

However, it was clear that they desired and strongly recommended that Bryan facilitate a better option than currently exists. They advised us to do all we can to remedy the disjointed care, and enhance the convenience and personalized care that was lacking when they left Lincoln for second opinions or additional care.



Learning from Others

In addition, local physicians and members of the Bryan team visited sites where new facilities and coordinated program structures were developed. These included the Ann Baringsher Cancer Center in Lancaster, PA; the Helen Graham Cancer Institute in Newark, DE; and the Avera Cancer Center in Sioux Falls, SD. The feedback gained in the site visits mirrored the insights and experiences shared by the Nebraskans in the focus groups.

3

Prioritized Health Needs

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Overview

Prioritized Significant Health Needs

Through the results of the Lincoln Community Health Survey as well as through other primary research and data available, Bryan has identified four significant health needs within Lincoln and Lancaster County that require prioritized focus over the next few years:

Behavioral Health

Cardiovascular Disease

Cancer Care

Effects of the COVID-19 Pandemic

This strategy of precisely-focused need priorities is a departure from Bryan's previous Community Health Needs Assessments, whose broad and encompassing need priorities created a more or less comprehensive landscape of health needs within Lancaster County. By tightening focus to a few specific needs, Bryan hopes to make tangible and strategic impacts on some of our community's most pressing needs.

These significant health needs were selected based on a combination of factors, including responses from the Lincoln Community Health Survey, analysis of community data sources such as Lancaster County's vital statistics, Bryan Health's own internal hospitalization data and other forms of research.

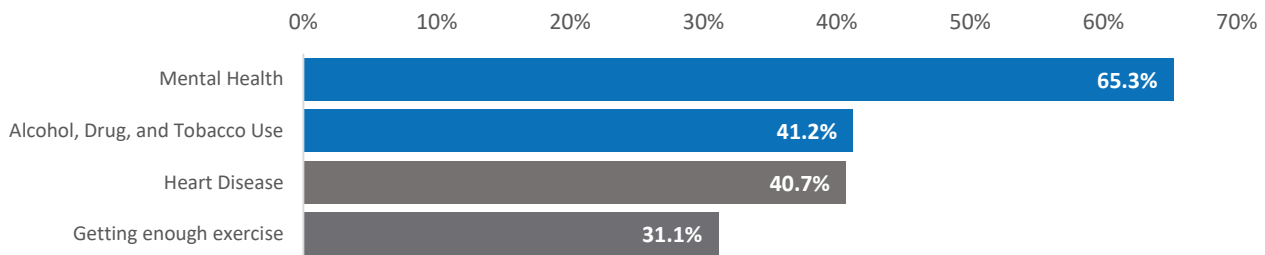
These selections do not imply that other health needs are not worthy of attention, or that efforts in other areas should be diverted to these. In fact, other areas of need might be reported as lower priority because of Bryan's and the community's current efforts to alleviate them. The selected need priorities appear to be the most pressing at the time of assessment due to a combination of prevalence, severity, community interest and the current level at which the need is being appropriately engaged.

Behavioral Health

A Dominant Need in the Community

Options representing behavioral health were the two most-selected answers for question three in the Lincoln Community Health Survey, which asked respondents to list their top three health concerns for Lincoln and Lancaster County. Mental Health was by far the most selected option, and Alcohol, Drug and Tobacco Use was the second-most selected. The identification of behavioral health as a strong and growing need within Lancaster County is borne out by statistical data from several sectors.

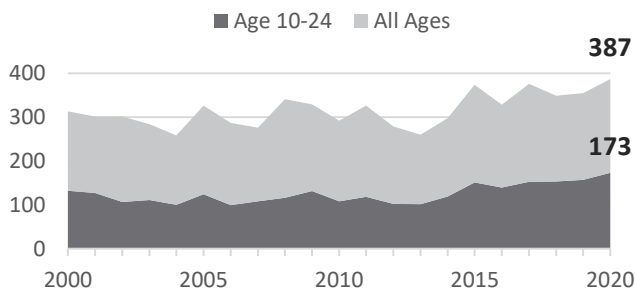
Question 3: The following are health concerns in the city of Lincoln and Lancaster County. In your experience what are the top 3 health concerns?



Attempted Suicides

Attempted suicides in Lincoln, Nebraska have risen to a twenty-year high, both among the 10-24 year old age group and among all ages in general.

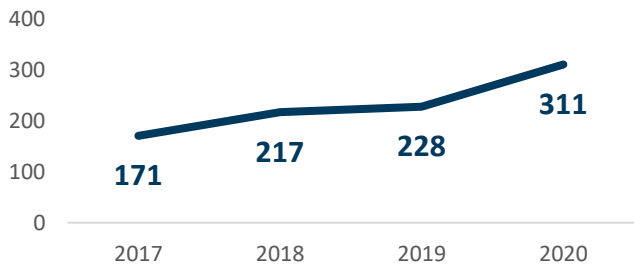
Attempted Suicide by Year, Lincoln, NE



Rising Domestic Assault

Reports of aggravated domestic assault in Lancaster County have risen over the past three years, including a substantial jump in 2020.

Aggravated Domestic Assaults Reported Lancaster County



Police Calls for Mental Health

Between January and May of 2021, the Lincoln Police Department responded to 1,698 mental health calls for service. These calls included more than 170 attempted suicides. More than 100 of the calls for service required emergency protective care.

1,698

Behavioral Health

Increase in Overdoses

76%

The Lincoln Police Department reported 133 non-fatal overdoses in 2020, a 76 percent increase over the 5-year average.

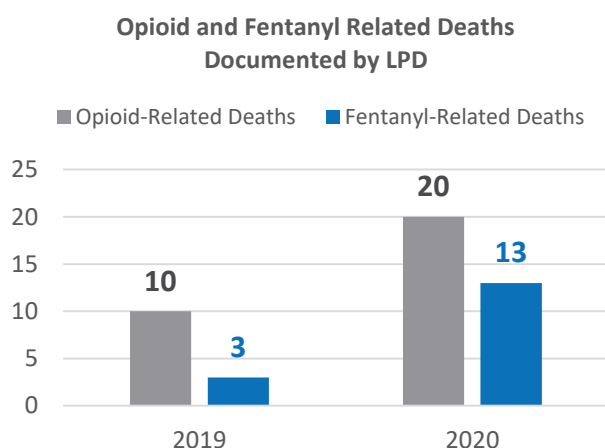
Heroin and Opioids

While Lancaster County represents roughly 16 percent of Nebraska's population, it contributed 35 percent of the state's 2019 heroin overdoses.

35%

Opioid-Related Deaths

Opioid-related deaths rose dramatically in 2020.



2021 Overdose Health Alert

On August 19, 2021, the Lincoln-Lancaster County Health Department issued a health alert regarding a spike in accidental drug overdoses caused by illegal drugs being mixed with fentanyl.



The Lincoln Police Department reported responding to 50 overdose cases within a period of 30 days. Upon investigation, at least 26 in the prior three weeks had been caused by this combination.

Medicaid Coverage Under Expansion in Nebraska

While Nebraska voters approved Medicaid expansion in 2018, enrollment in Medicaid expansion did not begin until August of 2020, with coverage starting in October.



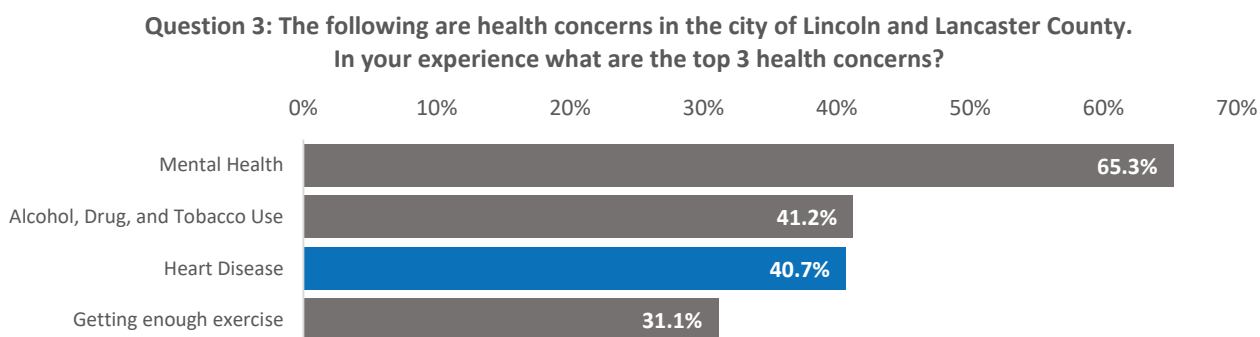
The state sought a waiver to implement a program different from what is allowed under federal law. The waiver would not have affected eligibility for physical and mental health care, as well as prescription drugs, but it did include a tiered benefit structure that required beneficiaries to meet work and healthy behavior requirements to access additional benefits, such as vision, dental, and over-the-counter medications. This waiver was approved in October 2020.

The state requested to withdraw its approved waiver on August 17, 2021, and CMS approved the withdrawal on September 2. The state announced that it plans to offer all expansion adults full benefits starting October 1, 2021.

Cardiovascular Disease

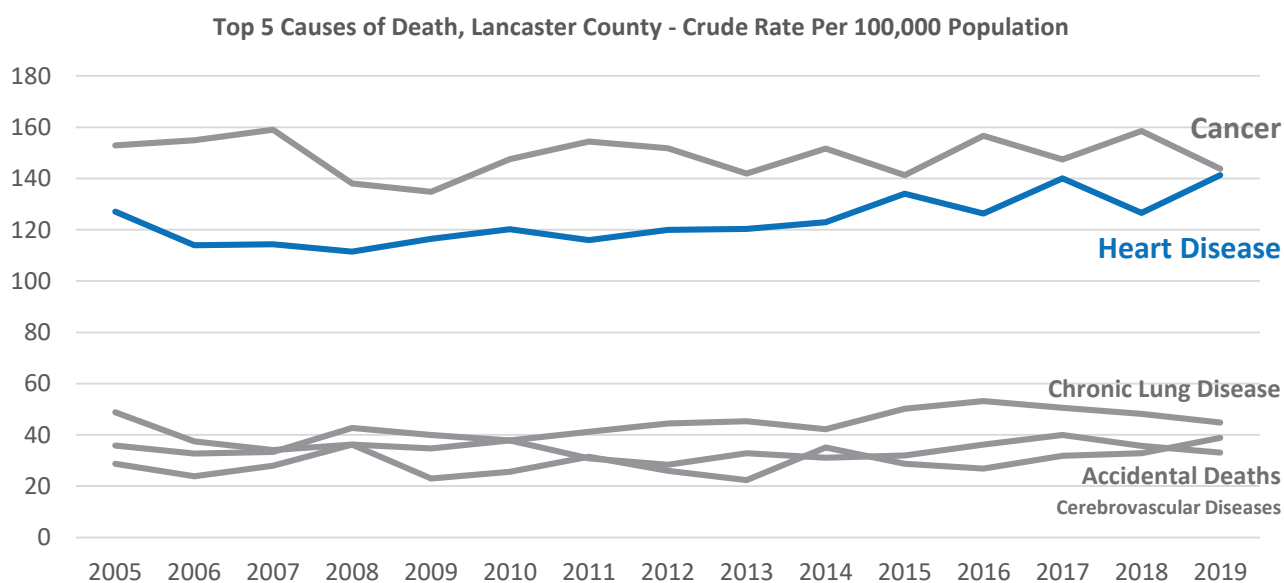
Recognizing a Chronic Issue

For question 3 on the Lincoln Community Health Survey, the next most selected option, after those related to behavioral health, was Heart Disease. In fact, it was just behind the second-most-selected option (Alcohol, Drug and Tobacco Use), and far ahead of the fourth-most-selected option (getting enough exercise). The prevalence of cardiovascular disease within Lincoln and Lancaster County gives credence to the community's concern for heart disease within the survey.



A Prominent Cause of Death in Lancaster County

Heart disease has been one of the two leading causes of death in Lancaster County at least as far back as 2005. It trails just behind cancer as the leading cause of death, and both are far ahead of all other causes of death in the county.

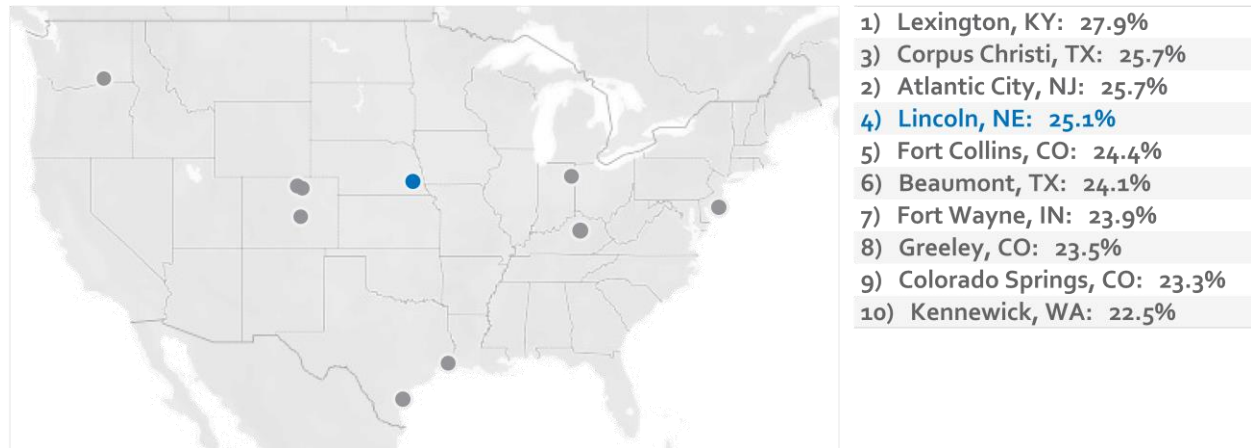


Cardiovascular Disease

A Troubling Increase in Cardiovascular Deaths

In 2020, the Wall Street Journal analyzed the CDC’s mortality data among people ages 45 – 64 during the years between 2010 and 2016. The analysis studied increases in cardiovascular-related deaths in that age group across the nation’s cities with populations greater than 100,000. The analysis cited Lincoln, Nebraska as having a 25.1% increase in that time period; ranking fourth nationally.

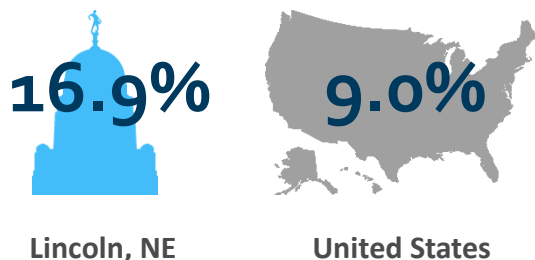
Deaths from Cardiovascular Disease for ages 45-64 in major metro areas
Change from 2010-2011 to 2015-2016 in the rate per 100,000 people



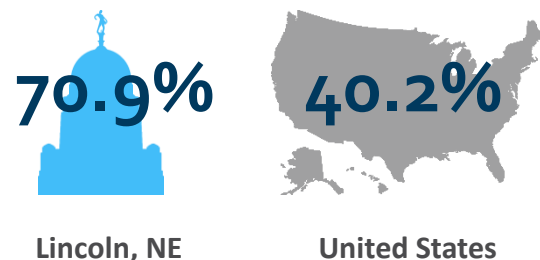
A Shining Response to Cardiac Arrest Cases

While cardiovascular disease is a major and growing health concern for Lincoln and Lancaster County, it must be noted that Lincoln’s care for cardiovascular patients is excellent. Lincoln Fire and Rescue recently reported that Lincoln’s survival rate for non-traumatic cardiac arrest cases is 16.9%, compared to the 9% national average

Survival Rate for non-traumatic Cardiac Arrest, 2020



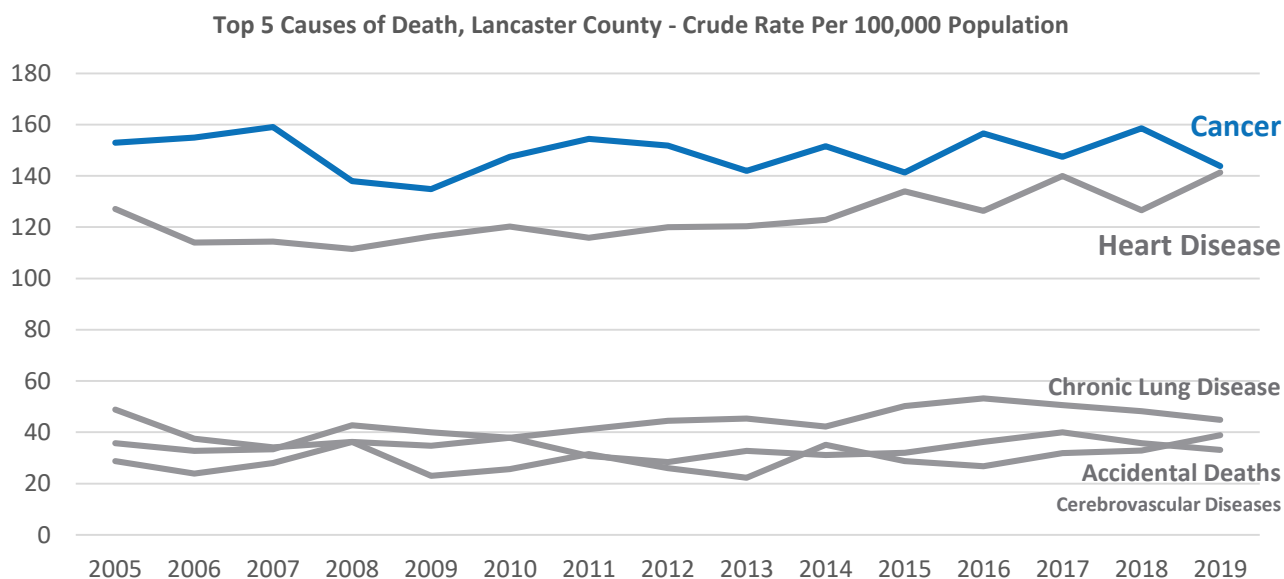
Rate at Which Civilian Bystanders Perform CPR Until Arrival of Paramedics, 2020



Cancer Care

Lancaster County's Leading Cause of Death

Cancer has held as Lancaster County's most prominent cause of death for more than a decade. The only other cause of death for the area is heart disease, which has yet to eclipse it.



A Note About the Lincoln Community Health Survey

While the Cancer option appears not to be often selected in the survey, it must be noted that the "Cancer" option was only displayed on the online version, not on the paper version. This mistake was identified after the paper survey was distributed. Evidence still speaks to cancer being a strong concern to the Lincoln and Lancaster Community. In question 1 of the survey, a write-in question asking "What was the last major health issue you or your family experienced?", cancer-related answers were the fourth-most common response, behind answers related to "Circulatory System", "Infectious and Parasitic Diseases" (more than half of which specified COVID-19), and "Nothing."

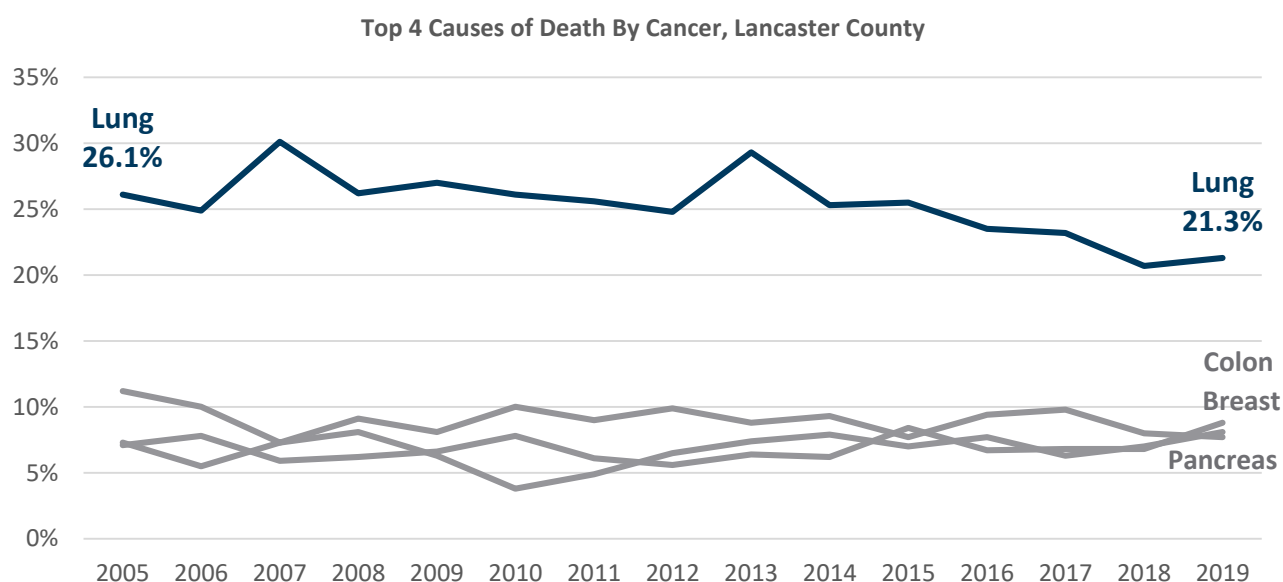
**Lincoln Community Health Survey Question 1:
What was the last major health issue you or your family experienced?**

Response Categories	Weighted Pct.
Circulatory System	13.3%
Infectious & Parasitic Disease	13.0%
Nothing	12.1%
Cancer/Neoplasms	9.9%

Cancer Care

Waning Influence of Lung Cancer

As far back as 2005, lung cancer has been the definitive leader among causes of death by cancer in Lancaster County. However, the percentage of cancer deaths caused by lung cancer has been decreasing during this time, and is likely to continue.



Gathering Insights from Residents Affected by Cancer

Bryan leaders met on four occasions with focus groups comprising individuals from the region who have lived or are living with cancer. Qualitative findings revealed cancer patients rely upon their physician, experience and their own research when they decide where to receive care. This group articulated a deep understanding of the protocol-driven nature of cancer care. They were universally complimentary of the skill and experience of their physicians and quality of the care and outcomes experienced in Lincoln and elsewhere.

However, it was clear that they desired and strongly recommended that Bryan facilitate a better option than currently exists. They advised us to do all we can to remedy the disjointed care, and enhance the convenience and personalized care that was lacking when they left Lincoln for second opinions or additional care.

Bryan Health conducted specific research into the impact of cancer in the area while it was planning the April Sampson Cancer Center. This research is included elsewhere in this document.



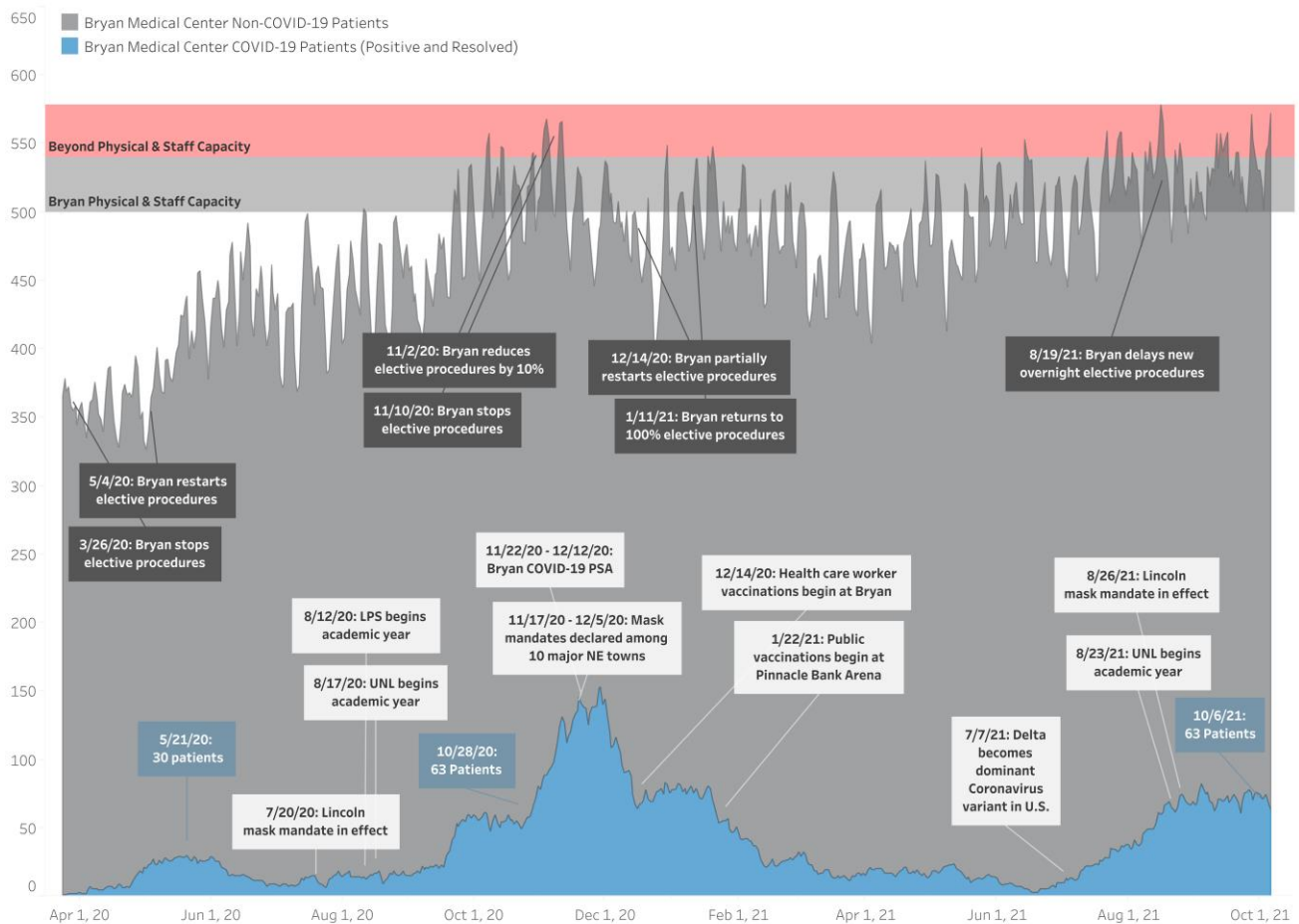
Effects of the COVID-19 Pandemic

A Multi-Wave Pandemic Requiring Prolonged Vigilance

Since residents of Lancaster County first started testing positive for COVID-19 in early 2020, the COVID-19 pandemic has had seismic effects on our community and across the world. Within Lincoln, businesses have been closed and reopened, remote learning has been employed in schools, mask mandates have been implemented, limitations on gathering sizes have been enforced, vaccination requirements among private businesses have been imposed and elective surgical procedures have been suspended or delayed multiple times.

At the time of composing this Community Health Needs Assessment, Lancaster County is several weeks into the Delta Variant wave of the COVID-19 pandemic. The strength of the Delta Variant wave illustrates the possibility of the COVID-19 pandemic as being an acute need all throughout this CHNA period, as the threat of possible future variants looms.

Bryan Medical Center COVID-19 Hospitalized Patient Trends

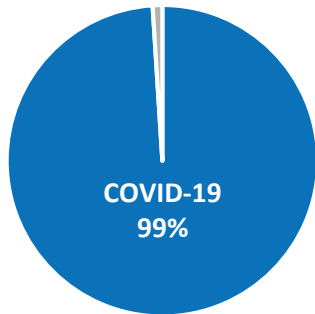


Effects of the COVID-19 Pandemic

Anxiety towards COVID-19

The Lincoln Community Health Survey was distributed in late September, 2020. The dominant response-category for question 2 (“What worries you most about your or your family’s health”) was “Infectious Disease”, garnering 29.1% of responses. Of those responses, a full 99% specifically listed COVID-19 as their primary health worry.

Question 2: What worries you most about your or your family’s health?
(Among “Infectious Disease” Responses)



Effects of Delayed Care

In an attempt to maintain capacity during periods of COVID-19 surge over the past year and a half, Bryan Health has employed strategies to stop, reduce, suspend or delay elective surgeries multiple times.

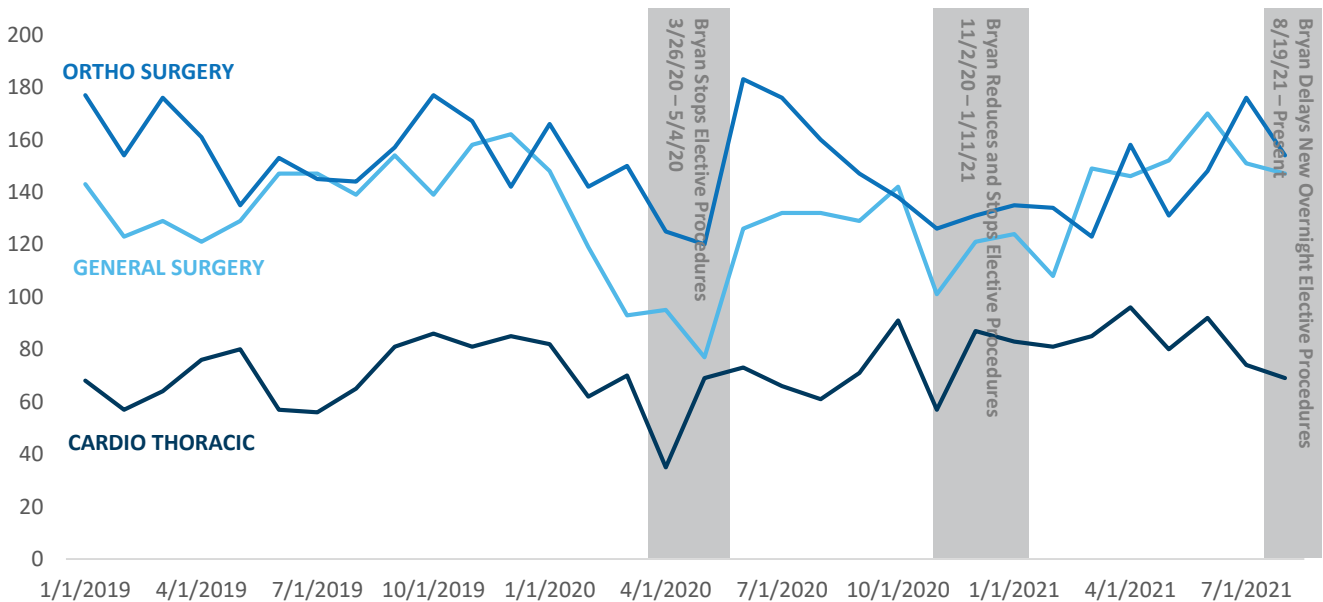
Nationally, as of September 2020:

36% Of adults reported delaying or forgoing health care due to worry about exposure to COVID-19, or because a provider limited services during the pandemic.

76% Of adults who delayed or forewent care had one or more chronic health conditions, such as diabetes, heart disease and cancer.

32% Of the adults reporting delayed or forgone care reported that doing so worsened their health conditions.

Bryan Medical Center Inpatient Surgery Case Volumes



4

Community Health Resources

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Overview

Community Health Resources

The community of Lincoln and Lancaster County, Nebraska has a wide range of personal health care providers, mental health providers, physician clinics, other health facilities and medical and dental providers that address the needs of the local population, as well as residents throughout the state and region. Some of the major providers and resources are listed in this section.

Acute Care Services



Non-profit, Nebraska owned health system with an acute care hospital on two campuses, ambulatory services and the Bryan Physician Network, consisting of primary care and specialty providers. Medical Center services include: cardiology, orthopedics, trauma, neuroscience, mental health, obstetrics, neonatal intensive care, rehabilitation and oncology. Bryan is the community's only provider of inpatient mental health services and substance use treatment.



CHI Health St. Elizabeth is a non-profit, faith-based care provider affiliated with Catholic Health Initiatives. With 260 licensed beds, CHI Health St. Elizabeth's services include: newborn and pediatric care, women's health, emergency medicine, orthopedics, neuroscience, oncology, cardiology, and burn and wound care. (Source: chihealth.com/st-elizabeth/about-us.html)



CHI Health Nebraska Heart provides cardiac care professionals and procedures with a 63-bed facility. CHI Health Nebraska Heart is affiliated with Catholic Health Initiatives. (Source: chihealth.com/nebraska-heart/locations/heart-hospital.html)



The Lincoln Regional Center is a 250 bed, Joint Commission-accredited state psychiatric hospital operated by the Nebraska Department of Health and Human Services. (Source: dhhs.ne.gov/behavioral_health/Pages/beh_rc_lrcserv.aspx)



Lincoln Surgical Hospital is a for-profit facility licensed for 21 beds, offering surgical services on an outpatient or inpatient basis. (Source: lincolnsurgery.com/about-lincoln-surgical-hospital/)



Madonna Rehabilitation Hospital is one of the nation's foremost facilities for medical rehabilitation and research, and specializes in traumatic brain injury, spinal cord injury and pediatric rehabilitation. (Source: madonna.org/about)



Pioneer Heart Institute provides cardiovascular services to Lancaster County and Southeast Nebraska. Board certified cardiologists help patients manage heart disease symptoms through lifestyle changes, medication and interventional procedures. (Source: pioneerheart.com/about)

Primary Care Services



Bluestem Health provides care for the community's medically underserved population as a federally qualified health center. (Source: bluestemlincoln.com/about-us/)



Clinic with a Heart has volunteer providers, nurses and administrators who offer primary care services for the uninsured and underinsured within the community. (Source: clinicwithaheart.org/who-we-are/)



Health 360 Clinic is a collaboration between Bluestem Health and Lutheran Family Services, and is supported by the Community Health Endowment to provide mental and physical health care services to the community's medically-underserved and uninsured populations. (Source: lfsneb.org/service/health360clinic/)



Lincoln Medical Education Partnership trains family medicine physicians in response to a growing need for primary care providers, and provides a full range of health care education and services. (Source: lmepp.com/about-us-1)



Lincoln Veterans Administration Medical Center provides primary care and behavioral health services on an outpatient basis. (Source: nebraska.va.gov/locations/Lincoln_CB_OC.asp)



The Nebraska Urban Indian Health Coalition provides primary health care services to insured and uninsured Native Americans as well as others living in the service area. (Source: nuihc.com/about-us/)



Urgent care clinics throughout Lincoln provide primary care services outside physicians' normal working hours. There currently are six urgent care clinics throughout Lincoln, and more within the outlying towns and communities of Lancaster County.



The University Health Center provides primary care services for students enrolled at the University of Nebraska-Lincoln on an outpatient basis. (Source: health.unl.edu/)

Behavioral Health Services



Blue Valley Behavioral Health is a private non-profit organization that provides outpatient behavioral health services in 12 offices throughout 16 mostly rural counties in southeast Nebraska.



The Bridge Behavioral Health is a professional, nationally-accredited treatment center, specializing in treating alcoholism and drug addiction. The Bridge provides medically-supervised detoxification, outpatient and residential treatment, and a variety of recovery support services.



Bryan Medical Center is the only acute care hospital in the Lincoln-Lancaster County area to provide behavioral health services, and is one of only a few acute care hospitals in the nation to support a dedicated mental health emergency department.



CenterPointe offers a broad continuum of care, including treatment, rehabilitation and housing, to individuals with mental health and substance use issues. CenterPointe's services are particularly focused on low-income and homeless individuals.



HopeSpoke provides Youth-In-Crisis suicide assessments, transitional counseling and residential services, as well as an extended day treatment program, outpatient services, and a variety of school programs.

The Lincoln Treatment Center

The Lincoln Treatment Center is fully licensed by the State of Nebraska to provide outpatient treatment of opioid addiction.



Offers varied community services, children's services and behavioral health services across Nebraska. These include child behavioral health care, adult behavioral health care, integrated care and more.



The Mental Health Association of Nebraska is a completely peer-operated, participant-driven organization that provides a variety of programs for individuals with mental health and/or substance use issues.



REGION V SYSTEMS

Develops and coordinates publicly funded behavioral health services within its service area. Performs comprehensive planning activities, integrates and coordinates the delivery of services, prepares and administers budgets, monitors the system's performance, and takes corrective action when necessary.



Since 1964, St. Monica's has provided recovery within a home-like environment to help empower women combating a variety of problems intertwined with substance abuse. St. Monica's trauma-informed and evidence-based practices address the root cause of addiction.

Resources, Support and Advocacy



Aging Partners is part of the national network of area agencies on aging, serving Lancaster, Butler, Fillmore, Polk, Saline, Saunders, Seward, and York counties. Aging Partners serves adults age 60 and older in the areas of being well, planning ahead, staying involved, and living at home. (Source: lincoln.ne.gov/city/Mayor/aging/index.htm)



CEDARS helps children and youth achieve safety, stability and enduring family relationships. CEDARS gives support to families in crisis and also provides emergency shelter and foster care placement for children and youth in need. (Source: cedarskids.org/who-we-help/who-we-help.html)



On-site and off-site distribution of food and household goods; social support through toy drives; back to school and teen clothing events; holiday events; furniture assistance; and disaster assistance. Adult education through tuition-free college associate's degrees; daily on-site English language courses; programming for ex-offenders from Nebraska correctional facilities that offers support and teaches job and life skills. (Source: www.cfpin.org/)



Supports and advocates for the health, safety and wellbeing of every child. Part of the Children's Hospital & Medical Center in Omaha. Strategic planning and implementation of community health priorities. Headquartered in Lincoln, NE and formerly operated as Teach a Kid to Fish. (Sources: childrenomaha.org/get-involved/advocacy-outreach/center-for-the-child-community/)



The Community Action Partnership of Lancaster and Saunders Counties is a non-profit, community-based organization that offers a variety of programs, including early childhood education, matched savings programs, and more, to the two counties' low-income populations. (Source: communityactionatwork.org/about/who_we_are/)



Enroll Nebraska is a service offered by Nebraska Appleseed to help Nebraskans sign up for health coverage. Nebraska Appleseed works to connect people in poverty to programs and resources that lead to true financial independence, as well as advocating and supporting improvements to state and national immigration policies and child welfare policies. (Sources: enroll-ne.org/; neappleseed.org/)



The Food Bank of Lincoln collects food from local processors, farms, distributors and supermarkets, along with other donors and locations. These donations are distributed to more than 60 non-profit programs across 16 Southeast Nebraska counties. (Source: lincolnfoodbank.org/pdf/Food_Bank_Brochure.pdf)



The HUB provides support and access to services for young people transitioning into adulthood who are disconnected from their family and the community. The HUB was created by the Transitional Service Network, a committee of representatives from 25 youth-serving organizations who identified a gap in service for young adults ages 16 to 24 who are experiencing barriers to becoming productive adults. (Source: hublincoln.org/about/history/)



Offers varied community services, children's services and behavioral health services across Nebraska. These include complete adoption services for both birth and adoptive parents; family search services; foster care programs; support for young parents; pregnancy and parenting counseling; refugee and immigrant case management; cultural orientation; legal services; employment and job readiness training; child behavioral health care; adult behavioral health care; integrated care; and more. (Source: lfsneb.org/)

Resources, Support and Advocacy



The Nebraska Safety Council provides leadership and resources to promote a safe and healthy environment in our workplace, on our roads, and in our homes and communities. The Council offers a variety of workplace safety and wellness programs to employers, as well as defensive driving and driver improvement programs, and awareness and education on home and community safety. (Source: [nesafetycouncil.org/index.php/about-us-home](https://www.nesafetycouncil.org/index.php/about-us-home))



The Partnership for a Healthy Lincoln is a non-profit organization dedicated to improving the health, wellness and fitness of Lincoln and Lancaster County residents. The Partnership works to improve wellness policies; conducts community-level research; and evaluates the success of local health initiatives. It also collaborates with local organizations on joint projects to increase fitness, decrease obesity and improve health. (Source: healthylincoln.org/aboutus)



The People's City Mission has served as the primary facility in Lincoln for people needing immediate emergency shelter. The People's City Mission offers a homeless shelter; a free clinic for dental, chiropractic and mental wellness services; and a help center that distributes goods to those in need at no charge. The People's City Mission is the largest homeless shelter per capita in the United States. (Source: pcmlincoln.org/about/where-we-work/)



Member partners from more than 40 public and private organizations focusing on six of the leading causes of unintentional injury to children age 14 and younger: child passenger safety; child pedestrian and bike safety; fire and burn prevention; water safety; home safety; and sports injury prevention. Goals are to increase knowledge on preventing unintentional injury of children, to modify environmental safety hazards, and to reduce child injuries by initiating and supporting policy development and law enforcement efforts. (Source: safekidslincoln.org/about/)



Voices for Children in Nebraska is the independent voice building pathways to opportunity for all children and families through research, policy and community engagement. Voices for Children is committed to ensuring that all Nebraska children continue to have a vital, trusted resource and voice in every classroom, courtroom, newsroom and legislative chamber in the state. (<https://voicesforchildren.com/about-us/>)

Ancillary Services



The Lancaster County Medical Society helps individuals in finding a physician, patients in finding free or low-cost prescription drugs, and uninsured patients in finding community resources to help meet health care needs. It also works with health care providers to provide specialty care as needed. (Source: lcmsne.org/about-lcms.html)

Lincoln ED Connections

Lincoln ED Connections is a program that helps connect individuals presenting with non-emergent needs in the emergency department with appropriate resources and support. Services provided include case management, narcotic monitoring and diversion services, medication assistance, service coordination, and medical equipment donation.

Other Community Assets

Community Health Endowment of Lincoln



The Community Health Endowment of Lincoln (CHE) is a municipal endowment dedicated to making Lincoln, Nebraska the healthiest community in the nation. To achieve this goal, the Community Health Endowment invests in health-related nonprofits and agencies; works to ensure a strong health care safety net and access to coordinated care and medical homes; and convenes the community around important health issues. Since its inception in 1999, the endowment has returned more than \$19 million to the community. The endowment was established following the sale of Lincoln General Hospital to Bryan Memorial Hospital (now Bryan Health). The sale created net revenues of approximately \$37 million to the city of Lincoln. (Source: chelincn.org/about-us/)

Population Health Organizations & Tools



Provides public health service, including a limited amount of primary care services, such as specialized clinic services, immunizations, dental care, women, infants and children, and home visitation. It also monitors air and water quality; regulates and issues permits; enforces city ordinances; responds to hazmat spills and other public health emergencies; inspects food establishments; and promotes a safe, healthy and livable community. (Source: lincoln.ne.gov/city/health/)

NEBRASKA

Good Life. Great Mission.

The Nebraska Department of Health and Human Services provides a range of services throughout the state, including ensuring the cleanliness and safety of drinking water; licensing and certifying health care professionals; assisting elderly and low-income individuals; providing safety to abused and/or neglected individuals; and more. Thousands of Nebraskans rely on the services of the department's seven 24-hour facilities. (Source: dhhs.ne.gov/Pages/default.aspx)



Department of Medicine
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Ranks neighborhoods by level of socioeconomic disadvantage, including factors from income, education, employment, and housing quality. Developed by Amy Kind, MD, PhD, and based on a measure created by the Health Resources & Service Administration. Current ADI (2018) uses the 2013 American Community Survey Five Year Estimates in its construction, and is limited based upon the limitations of that source data. The Neighborhood Atlas is housed on the University of Wisconsin's website. (Source: neighborhoodatlas.medicine.wisc.edu/)



Community Health Endowment of Lincoln

In 2015, the Community Health Endowment of Lincoln mapped factors such as poverty, obesity, access to health care, and other socioeconomic factors within Lincoln to investigate the links between socioeconomic disadvantage and health issues at a local level. The maps allowed for the focus of resources into areas of greatest need. These maps were updated in 2017, and many new factors were involved, including healthy food access, tobacco use, first-trimester prenatal care, dental care, and mental health calls. (Source: chelincoln.org/placematters/)



Evaluating the Impact of the 2018 Community Health Improvement Plan

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Overview

2018 Community Health Needs Assessment

In 2018, representatives from Bryan Medical Center participated with CHI Health St. Elizabeth and the Lincoln-Lancaster County Health Department to gather more than 70 members of the Lincoln-Lancaster County Mobilizing for Action through Planning and Partnership (MAPP) process to review and adjust the objectives and goals of the 2015 community health needs assessment. The significant health needs were evaluated on good faith in the latest research available at the time from the Lincoln-Lancaster County Health Department. These needs were:

Access to Care

Behavioral Health Care

Chronic Disease Prevention

Injury Prevention

The following section assesses the efforts and impact of actions Bryan Medical Center has taken in the past three years to address these significant health needs.

2018 Need: Access to Care



Logistical
Access to
Care

Epic Implementation: Bryan Health's largest and most foundational improvement in this area has been its further implementation of Epic as its Electronic Health Record (EHR) system. The all-encompassing nature of this system helps to ensure care coordination across the health system and among caregivers.



Logistical
Access to
Care

Bryan Health ezVisit: Bryan Health ezVisit was introduced in 2015, allowing patients to answer a series of questions through their computer or mobile device, and receive a diagnosis and treatment plan from one of Bryan Health ezVisit's board certified doctors within one hour, guaranteed. In 2020, ezVisit became an indispensable tool by which community members could be screened for COVID testing.



Logistical
Access to
Care

Bryan Telemedicine: Bryan Telemedicine works with medical partners in the region to provide a broad range of on-call consultations and services, including emergency department, inpatient, outpatient, mental health and specialty care. During the pandemic, Bryan Telemedicine facilitated provider exams for patients in isolation.



Logistical
Access to
Care

Website Resources and Functionality: Bryan has made many improvements to the organization's web presence, including a refreshed website, which includes detailed physician profiles with patient-provided star ratings and online appointment requests.

2018 Need: Access to Care



Logistical
Access to
Care

MyChart Functionality: The further implementation of Epic also has allowed Bryan Health to expand MyChart, a secure and convenient online portal for patient information, which allows patients to quickly and easily access health records and test results for themselves and their family, along with many other options.



Logistical
Access to
Care

Handicap-Accessible Transportation: Lincoln's Madonna Rehabilitation Hospital is the designated organization to provide handicap-accessible bus transportation for health care appointments within the community, and Bryan provides an annual contribution of \$25,000 for these services.



Logistical
Access to
Care

Podcasts: Bryan Health podcasts educate listeners on topics including childhood development, mental health, blood pressure guidelines, post-partum depression, cancer screenings, diabetes management and more.



Logistical
Access to
Care

Simulation Training: To help improve access to care across the state of Nebraska, Bryan Health has provided post-partum hemorrhage simulation training to OB doctors in 12 communities across Nebraska.



Education
and
Outreach

Journeys: Bryan Health publishes Journeys, a magazine which shares the stories of Bryan's achievements and patient experiences with the community. Journeys is free, and is mailed three times a year to more than 73,000 households in the community.



Education
and
Outreach

Boomerang: Bryan Health also publishes Boomerang, a family magazine mailed to over 2,000 households in Lincoln and Southeast Nebraska. This free magazine is designed to spark an interest in health care among families and youth.

2018 Need: Access to Care



Financial
Access to
Care

Community Health Centers and Emergency Care Resources: Bryan consistently supports Lincoln's community health centers, including Bluestem Health (formerly known as the People's Health Center), the Health 360 Clinic and Clinic with a Heart. Many Bryan employees and providers volunteer their time and talents at these locations. Bryan has also partnered with CHI Health St. Elizabeth to provide ED Connections, a program that works to connect individuals presenting in the emergency department with resources and support attuned to their needs.



Financial
Access to
Care

Free and Discounted Services: Bryan regularly gives millions of dollars in the form of free or discounted services to those who cannot pay, along with covering the unreimbursed costs of Medicare, Medicaid and other public programs. In 2020, Bryan entities provided free and discounted services to 8,431 patients, at a value of more than eighteen million dollars. Also throughout 2020, Bryan's unreimbursed cost of Medicaid, Medicare, and other public programs added to over eighty-five million dollars.



Financial
Access to
Care

Clothing Closet: Bryan hosts a donor-driven clothing closet for discharging patients in need of clothes. These may be trauma patients whose clothes are destroyed, homeless individuals who have no clothes or patients who have no family nearby to get them clothing. Bryan Health supplies roughly \$40,000 of free clothing per year through the closet.



Financial
Access to
Care

Health Insurance Subsidy: Internally, Bryan Health provides an additional subsidy for health insurance premiums to Bryan Health employees under a certain wage level.



Financial
Access to
Care

Physician Acceptance of Medicare and Medicaid: Bryan Physician Network's commitment to accepting Medicare and Medicaid patients into its practices expands the access of physician care in the community.

2018 Need: Access to Care



Support
and
Advocacy

Community Support and Advocacy: Bryan Medical Center annually provides more than \$200,000 in contributions to various health and community needs-related causes within Lancaster County, and Bryan Health's CEO has a permanent seat on the board of the Community Health Endowment, the designated organization in Lincoln to further the health and safety of the community.



Support
and
Advocacy

Recruitment of Physicians and Health Care Workers: Bryan Medical Center actively works to develop, recruit and maintain physician talent within Lincoln and Lancaster County, with the hope that all community members can have access to high-quality health care across an array of specialties. Beyond its direct recruitment strategies, Bryan also makes it a priority to serve as a training site through the Lincoln Medical Education Partnership, the University of Nebraska-Lincoln, the Bryan College of Health Sciences, Doane College and Southeast Community College.



Support
and
Advocacy

Bryan College of Health Sciences Support:

Bryan provides ongoing financial support for the Bryan College of Health Sciences. On average, about 50 percent of the Bryan COHS's graduating class stays to work at Bryan Medical Center.



Support
and
Advocacy

Screenings: Bryan Medical Center offers online, mobile and on-site screenings through its Early Detection Center, in order to identify individuals at high risk for certain conditions and ensure they get timely access to preventative care.



Support
and
Advocacy

Immunization Records:

Bryan Medical Center keeps track of employee immunizations, allowing them to document, track and manage necessary immunizations, based on the CDC and Immunization Action Coalition guidelines.



Support
and
Advocacy

Nurse Navigators: Bryan Medical Center employs a host of nurse navigators to support patients with various diagnoses including cancer care, respiratory care, orthopedic care and palliative care.

2018 Need: Behavioral Health Care



Behavioral Health Care

Behavioral Health Services: Bryan Medical Center is the only acute care hospital in the Lincoln-Lancaster County area to provide behavioral health services, and is one of only a few acute care hospitals in the nation to support a dedicated mental health emergency department. Bryan's mental health inpatient services include an adult psychiatric unit, a senior mental health unit, a youth mental health unit and an affective disorders unit. Bryan also offers distinct mental health partial hospitalization services to adult and youth clients.



Substance Use

Bryan Independence Center: The Bryan Independence Center is a state-of-the-art facility for those seeking inpatient or outpatient treatment for substance use. The Bryan Independence Center's inpatient services include three private rooms for individuals experiencing acute or potential withdrawal and requiring medical supervision to detoxify from alcohol or opiates safely. Bryan Independence Center's short term residential treatment services consist of highly structured treatment groups and activities lasting from morning through evening for up to 30 days. Intensive outpatient services are offered for morning, evening or full-day blocks. Specialized adult and adolescent outpatient groups also are offered.



Behavioral Health Care

Mental Health Emergency Department: Bryan's Mental Health emergency department includes five observation rooms, allowing specially trained mental health nurses or mental health social workers to assist the ED provider and make disposition decisions for mentally ill or substance-using adults. Beyond the Lancaster County area, Bryan also provides mental health emergency evaluations to selected acute care hospitals throughout the state via telehealth services. Bryan's mental health emergency department coordinates this care with 10 telehealth sites across Nebraska. Bryan's mental health emergency department performs roughly 500-600 mental health emergency evaluations per month.



Behavioral Health Care

Counseling and Support: The Bryan Mental Health Counseling Center provides individual and family therapy services as well as psychological evaluations and educational presentations to staff, patients, family members and the community. Bryan Medical Center also hosts voluntary Wellness Recovery Action Plan support groups facilitated by peer specialists, and the Peer Specialists are collaborating internally with our Acute Pain program and providing peer pain consults as part of a non-pharmacological approach to pain control.

2018 Need: Behavioral Health Care



Behavioral Health Care

Coordinated Care: Bryan actively works with other Lincoln providers, as well as organizations across the state, to address gaps and special needs in the population. It also supports organizations caring for the underserved, such as Health 360's Integrated Care Clinic, the Bridge Behavioral Health, and CenterPointe, as well as the Behavioral Health Education Center of Nebraska and Nebraska Department of Health and Human Services.



Behavioral Health Care

Bryan Heartland Psychiatry: Bryan Heartland Psychiatry is a highly skilled team of psychiatrists and mental health nurse practitioners experienced in all areas of mental health. The practice provides comprehensive evaluations to help diagnose and treat a variety of mental health problems for people ages 19 and older. Services include child and teen mental health, women's mental health, men's mental health, geriatric mental health, and outpatient medication management. Bryan Heartland Psychiatry is a member of Bryan Physician Network, and accepts all major insurance plans, including Medicare and Blue Cross.



Behavioral Health Care

Mental Illness Awareness Week: Bryan also draws awareness to mental health by hosting Mental Illness Awareness Week activities and Mental Health Month activities, coordinating community education and facilitating mental health awareness throughout the state. In 2020, Bryan's featured speaker was Collin Kartchner, whose live, interactive presentation focused on social media and how it impacts our youth. During the live community presentation, 1,037 individuals logged in and participated. An additional 680 Nebraska teachers showed this presentation to their students, averaging 30 students per teacher. And during the month after, another 5,300 individuals watched the recorded presentation. Bryan estimates a total of more than 26,000 individuals received this education directly.



Behavioral Health Care

Integrated Mental Health: Bryan Medical Center works to integrate mental health into its system of primary care by placing health psychologists and outpatient therapists in selected Bryan Physician Network outpatient physician offices.



Support and Advocacy

Mental Health Screenings: Bryan provides confidential online mental health screenings for depression, anxiety, post-traumatic stress disorder, alcohol abuse, adolescent depression and psychosis. In 2020, 3,995 online mental health screenings were completed.

2018 Need: Behavioral Health Care



Suicide Prevention

Nebraska State Suicide Prevention Coalition: Bryan's Counseling Center and Director of Behavioral Health co-chaired the Nebraska State Suicide Prevention Coalition for many years, and continues to sit on the executive board. Meetings for this state coalition are held at Bryan Medical Center each month. One major accomplishment of this coalition was the passing of bill LB 923, which requires annual one-hour training on suicide awareness and prevention for all school personnel in Nebraska. This same Bryan director is on the leadership team for the Lincoln/Lancaster County Suicide Prevention Coalition, which brought together stakeholders throughout the community to develop and achieve goals focused on youth suicide prevention.



Suicide Prevention

Local Outreach to Suicide Survivors: Bryan's Counseling Center and Director of Behavioral Health helped develop Nebraska's first Local Outreach to Suicide Survivors (LOSS) Team, which responds to and connects with families who have lost someone to suicide. Bryan Medical Center hosted the first two national LOSS Team conferences, which sparked the national LOSS conference model, and Bryan helped develop several LOSS Teams across Nebraska.



Suicide Prevention

Suicide Behavior Questionnaire-Revised (SBQ-R): Bryan took a key lead with Lincoln Public Schools to train its staff on the Suicide Behavior Questionnaire-Revised (SBQ-R) as Lincoln Public Schools implemented the SBQ-R in all Lincoln public schools. The SBQ-R not only helps prevent suicide in youth, but also provides a common language to psychologists, school staff, police officers and hospital staff who are working together to prevent youth suicide from occurring. Bryan also is providing suicide training to primary care providers and schedulers in Lincoln and across the state and distributing Primary Care Provider Suicide Prevention Toolkits to help them identify and appropriately refer patients who may be suicidal.



Suicide Prevention

My Companion: The Nebraska State Suicide Prevention Coalition is releasing an app called My Companion that aims to prevent youth suicide in Nebraska and help students cope with mental health issues. The application allows youth to communicate their feelings in a journal-like format on their phones, and it can create a support system and crisis system, including warning signs of possible suicide. The app is modeled from another in Utah, which has resulted in over 500 life-saving interventions in a nine-month period. The app will be available in fall 2020.

2018 Need: Behavioral Health Care



Substance
Use

Screenings and Evaluations: Bryan conducts substance use screenings and evaluations, along with intervention nurse consultations, where a specially trained nurse will respond to requests from physicians at any of Lincoln's five inpatient facilities, interviewing a client and recommending appropriate levels of care following the individual's medical stabilization.



Substance
Use

Support Groups and Workshops: Bryan also offers support groups and workshops for family members of clients working to overcome addictions, and Bryan's Community Outreach Liaison works with adolescents and college age individuals to help them refrain from patterns of substance use.



Substance
Use

Partnerships in the Community: The Bryan Independence Center also fosters partnerships with other organizations to provide greater care for those grappling with substance use. It partnered with Lincoln Public Schools and the School Community Intervention and Prevention (SCIP) program to create an early-intervention drug and alcohol class specifically designed for 13-14 year olds; it is expanding its intervention nurse consultations to critical access hospitals across the state through telehealth services; and it holds representation on the Nebraska Hospital Association's Opioid Steering Task Force.

2018 Need: Chronic Disease Prevention



Cancer
Care

April Sampson Cancer Center: Bryan Health is building a comprehensive community cancer center so that cancer patients in Lancaster County and across Southeast Nebraska will be able to receive a seamless continuum of cancer care close to their own homes. The April Sampson Cancer Center will provide protocol-driven, comprehensive care with a multidisciplinary, team approach. In addition, it will provide an array of patient-centered services, including genetic counseling, palliative care, nurse navigators, clinical trials, wig fitting and styling, breast prosthesis services and other cancer-sensitive apparel, occupational and physical therapy, social workers, spiritual care, nutritional counseling, financial counseling, and a specialty pharmacy.



Cancer
Care

Clinical Trials: Bryan Medical Center participates with the Nebraska Cancer Research Center (NCRC) in offering clinical trial opportunities locally to cancer patients. NCRC is a program of Lincoln Medical Education Partnership, a non-profit organization. Since 1984, more than 2,100 patients have been enrolled in National Cancer Institute-sponsored treatment and cancer control trials through NCRC and more than 250 individuals have participated in prevention trials. The Nebraska Cancer Research Center also partners with Nebraska Medicine to enroll patients into the lymphoma study group.



Cancer
Care

Cancer Committee: Bryan Medical Center sponsors a cancer committee of physicians, nurses, cancer registrars, administrators, social workers and community volunteers. The committee focuses on ensuring high quality and comprehensive cancer care through evaluation of patient outcomes and implementation of quality improvement measures.



Cancer
Care

Cancer Conferences: Bryan Medical Center hosts a weekly community-wide conference for all cancers, as well as a bi-monthly thoracic conference, consisting of multi-specialty professionals. Together, participants review newly diagnosed cancers and offer recommendations for further diagnostics and treatment.

2018 Need: Chronic Disease Prevention



Nurse Navigators: Bryan Medical Center currently employs nurse navigators and oncology social workers to support patients, with a focus on patients with lung, breast and colorectal cancers. All of these professionals provide education on diagnosis and treatment options; access to available resources and services; and emotional support.

Cancer
Care



Cancer Education and Outreach: Education on cancer prevention and screening, and other cancer topics are presented to service groups and organizations as part of Bryan Medical Center's community outreach. Bryan hosts educational classes on smoking cessation, radon prevention, the links between obesity and cancer, and caring for a loved one with cancer. Bryan also raises community awareness surrounding lung cancer with its Shine a Light on Lung Cancer event.

Cancer
Care



Support Groups: A number of support groups exist in Lancaster County, allowing those with cancer to come together for support and information. Bryan Health hosts some of these groups, while other organizations in the community host others.

Cancer
Care



Incidental Pulmonary Nodule Program: Bryan conducts weekly review and follow-up with providers and patients on scans that are done for other concerns, but where incidental nodules or masses are identified and further review is recommended.

Cancer
Care



Cancer Screening: Bryan Medical Center offers annual skin cancer screenings to the community as part of its outreach, and free, online lung cancer screening on the Bryan Health website. Bryan staff provide follow-up for screenings.

Cancer
Care



Cancer Recovery: Bryan Medical Center supports the LifeSpring Cancer Recovery Program, an exercise and education program designed to reduce cancer-related fatigue in patients.

Cancer
Care

2018 Need: Chronic Disease Prevention



Diabetes
Care

Diabetes Education: Bryan Diabetes Center offers Diabetes Self-Management Education in individual and group settings. Other diabetes educational opportunities provided to the community include basic chronic disease management tips, healthy cooking techniques, exercise options and problem-solving skills. Bryan holds an annual diabetes conference for staff and educators across the state. It offers classes and training sessions to keep participants abreast of current standards and best practices. Continuing Medical Education credits are provided.



Diabetes
Care

Heartland Health Alliance Diabetes Initiative: Bryan Health is working to provide diabetes self-management education and support throughout the region through its sponsorship of the Heartland Health Alliance Diabetes Initiative. In it, participating members can become accredited diabetes education programs through the American Diabetes Association (ADA) because of their affiliation with Bryan Health. This not only lends further credibility to the program, but it also allows members, many of which are critical access hospitals, the ability to provide diabetes education as a billable service.



Diabetes
Care

Diabetes Prevention: The Bryan Diabetes Center utilizes the National Diabetes Prevention Program, a one-year diabetes prevention program that cuts the risk of developing type 2 diabetes in half. Training sessions are primarily held at Bryan LifePointe.



Diabetes
Care

Employee Diabetes Management: The employee wellness program at Bryan Medical Center conducts a Diabetes Management Initiative that promotes a chronic disease management and prevention model.

2018 Need: Chronic Disease Prevention



Education
and
Outreach

Partnership for a Healthy Lincoln: Bryan Medical Center supports Lincoln Public Schools in promoting health and wellness to school age children. Bryan Medical Center also partners with and financially supports Partnership for a Healthy Lincoln, a local organization that works with schools to meet specific health and wellness metrics outlined in the Community Health Improvement Plan and other national programs. Partnership for a Healthy Lincoln provides programming, screenings and education to children and families. It also encourages physician groups to report screening rates for colon and breast cancers, in an effort to measure and manage Lincoln's screening rates.



Education
and
Outreach

Employee Wellness: Because it is one of the largest private employers in Lincoln, Bryan Health has given particular focus to chronic disease prevention among its employees. Employee wellness programming includes weight management, diabetes prevention and management, and smoking cessation. Employees also participate in various wellness initiatives and educational programs that result in an incentive that offsets the cost of health insurance premiums. Bryan has added medically driven care programming for those at high-risk for cardiac, diabetic, blood pressure and stress management issues. Bryan Employee Health and Wellness also collaborates with local companies to provide health education for their employees.



Education
and
Outreach

Bryan LifePointe: Bryan offers physical therapists, fitness experts and health coaches, along with a leading-edge facility to provide exercise and health programs, rehabilitation and physical therapy programs, nutrition and weight loss programs, wellness and safety programs, and a spa and medspa. Free seminars are given to the community on topics such as joint pain, restless leg syndrome, SI joint pain, yoga for cancer and heart health. Other offerings include women's and men's health symposiums and special classes for senior groups.



Education
and
Outreach

Farmer's Markets: Bryan Medical Center's executive chef, Nazim Khan, hosts a farmer's market booth with Bryan staff three times a year, providing healthy recipes, demonstrations and samples to the public.

2018 Need: Chronic Disease Prevention



Education
and
Outreach

Weight Management: Bryan Medical Center's LifeTracks weight management program is held at Bryan LifePointe, as is LifeFit, Bryan's medically based wellness program. The Bryan Bariatric Advantage program works with Bryan LifePointe to address the needs of individuals considering bariatric surgery as part of its comprehensive bariatric surgery program.



Education
and
Outreach

Indoor Triathlon: Each winter, Bryan Medical Center encourages the community to continue focusing on physical well being by hosting the Indoor Triathlon at Bryan LifePointe. To compete, participants run on a treadmill, bike on a stationary bike, and swim the lap pool. The event consistently draws more than 100 participants. (Canceled in 2021 due to the pandemic)



Education
and
Outreach

Sponsorships and Volunteering: Bryan Health makes a number of volunteer commitments to local health-related events, including Clinic with a Heart, the Lincoln Marathon and the Lincoln Halfsy half marathon. It also financially supports more than 50 events and organizations including Junior Achievement, Lincoln Literacy and Child Advocacy Center.



Education
and
Outreach

Boomerang: Bryan Health publishes Boomerang, a family magazine mailed to over 2,000 households in Lincoln and Southeast Nebraska. The magazine is designed to spark an interest in healthcare among families and youth.

2018 Need: Injury Prevention



Trauma Prevention

Trauma Center Programs: Bryan Medical Center shows a continued commitment to trauma care through its reverification by the American College of Surgeons as a Level 2 Trauma Center and participation in the Nebraska Statewide Trauma System. Bryan Trauma Center at Bryan Medical Center, Bryan West Campus continues to develop a trauma survivors network within the community to raise awareness as well as create a support system for those who have survived accidents and other traumas. Additionally, members of the trauma program hold positions on the Statewide Trauma Advisory Board.



Trauma Prevention

Stop the Bleed Training: Bryan Medical Center is a major advocate within Nebraska for Stop the Bleed. This national campaign encourages bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives. Bryan also collaborates with other Nebraska hospitals and trauma centers to help ensure their organizations and surrounding communities are trained. Bryan's Stop the Bleed efforts were highlighted in an American College of Surgeons report, commenting on the number of people touched by this initiative.



Violence Prevention

Human Trafficking Awareness and Education: This general course addresses topics such as what human trafficking is; the degree to which human trafficking exists in Nebraska; what to look for and what to do if you suspect human trafficking; and nearby organizations to contact when you witness or suspect human trafficking. Nebraska has several human trafficking initiatives, including signs in the women's restrooms at rest stops to text for help (so that they do not need to make a call). These texts automatically alert troopers near the area. Truck drivers also are getting training to identify and help with human trafficking.



Violence Prevention

Operation Tipping Point and Community Violence:

Bryan Trauma Center continues its involvement with Operation Tipping Point, which provides help for members of gangs and others involved in violence who seek alternatives in their lives.

2018 Need: Injury Prevention



Youth and
Elderly
Safety

Athletic Trainer Provision: Bryan Medical Center provides athletic training services at Lincoln youth football games, YMCA soccer tournaments, YMCA lacrosse tournaments, and Lancaster County youth softball tournaments. Bryan also subsidizes the athletic trainers at Waverly High School, Lincoln Christian High School, Lincoln Lutheran High School and Parkview Christian School. The schools pay a token amount for a service they might not otherwise be able to access. In addition, Bryan provides baseline concussion testing for Lincoln youth football.



Youth and
Elderly
Safety

Senior Center Balance Assessments: In addition to the many fall prevention education opportunities offered at Bryan Medical Center and Bryan LifePointe, a physical therapist at the medical center regularly visits area senior centers or senior living facilities with balance assessment equipment to provide additional awareness and education in the community. Bringing these assessments to the centers provides greater access and helps identify risk for falls within a specific at-risk population. Bryan also has a physical therapist on the Nebraska Older Adult Fall Coalition. This outreach activity was significantly impacted by the COVID-19 pandemic.



Youth and
Elderly
Safety

Bike Helmet Distribution: Bryan Medical Center offers a free bicycle helmet to anyone who comes into its emergency department with a bicycle related accident, trauma or otherwise. Bryan also distributes free bicycle helmets at many of its community events.



Youth and
Elderly
Safety

Car seat check-up events: Bryan offers free car seat check-up events in cooperation with Safe Kids Nebraska, allowing members of the community to have their car seats inspected by an expert, helping to provide any needed adjustments and/or car seat education. While Bryan plans to continue this outreach activity in the future, it was also significantly impacted by the COVID-19 pandemic.



Summary, Next Steps and Adoption/Approval

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Summary, Next Steps and Adoption

Summary: Assessment and Priorities

A description of the health assessment and its corresponding evaluations are addressed in chapter 2. Chapter 3 lists the identification of prioritized significant health needs for the coming three years. As a result of the assessment and identification of significant health needs, Bryan Medical Center is committing to focus implementation strategies on the following needs: Behavioral Health, Cardiovascular Disease, Cancer Care and the Effects of the COVID-19 Pandemic.

Next Steps

The significant health needs put forth in this assessment, along with their evaluated and adjusted objectives and goals, will be the basis of Bryan Medical Center's Community Health Improvement Plan. Furthermore, these needs, objectives, and goals will be assessed and reflected in Bryan Medical Center implementation strategy reports, which will identify resources currently committed to the priority community health needs, as well as additional resources needed to secure improved outcomes at the hospital and in the community.

Adoption/Approval

This community health needs assessment will be submitted to the Bryan Medical Center Board of Trustees for approval and adoption on Monday, November 22, 2021.



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Sources and Methodology

Chapter 1: Community Served by Hospital

Who We Serve

Who We Serve: Source: Nebraska Hospital Information Systems Inpatient and Outpatient Data, January 1, 2020 thru June 30, 2020. Note – hospital market data for the last half of 2020 is not yet available because of data integrity issues between the Nebraska Hospital Association and its former data vendor.

General Population

General Population: Source: United States Census Bureau 2020 Decennial Census. Data set DECENNIALPL2020.

Growing Diversity

Growing Diversity: Source: University of Nebraska – Omaha Center for Public Affairs Research. Lancaster County Nonwhite Population Projection, 1990 to 2050. Data compiled by David Drozd.

Aging Population

Aging Population: Source: University of Nebraska – Omaha Center for Public Affairs Research. Lancaster County Population Projection, 2010 to 2050. Data compiled by David Drozd.

Income and Unemployment

2019 Unemployment Rate: Source: United States Bureau of Labor Statistics, Economy at a Glance - United States (<https://www.bls.gov/eag/eag.us.htm>), Nebraska (<https://www.bls.gov/regions/midwest/nebraska.htm#eag>), and Lincoln MSA (https://www.bls.gov/regions/midwest/ne_lincoln_msa.htm)

2019 Median Household Income: Source: United States Census Bureau 2019 American Community Survey. Data Set ACSST1Y2019.

Refugees and Immigrants

Source: "U.S. Foreign Policy for the Middle Class: Perspectives from Nebraska." Salman Ahmed, editor. 5/21/2020, University of Nebraska – Lincoln and Carnegie Endowment for International Peace. (https://carnegieendowment.org/files/USFP_Nebraska_full_final.pdf)

Recognitions and Awards

Recognitions and Awards: Source: Lincoln Chamber of Commerce, Lincoln Partnership for Economic Development and University of Nebraska – Lincoln.

Higher Education

University of Nebraska Fall 2021 Enrollment. (<https://news.unl.edu/newsrooms/today/article/university-draws-more-first-generation-students-first-year-nebraskans/>)

Nebraska Wesleyan University 2020 Enrollment. (https://www.nebrwesleyan.edu/sites/default/files/inline-files/nwu_headcount_trends_11fa_to_20fa.pdf)

Union College Fall 2020 Enrollment. (<https://www.usnews.com/best-colleges/union-college-nebraska-2563#:~:text=Student%20Life%20at%20Union%20college,of%20students%20live%20off%20campus.>)

Southeast Community College Fall 2018 Enrollment. (<https://www.usnews.com/education/community-colleges/southeast-community-college-area-CC07954#:~:text=Southeast%20Community%20College%20Area%20is,is%2012%20Dto%20D1.>)

Bryan College of Health Sciences Fall 2020 Enrollment.

Nebraska State Capitol

Source: Nebraska State Capitol, Office of the Capitol Commission. (<https://capitol.nebraska.gov/about/office-of-the-capitol-commission/>)

Race, Ethnicity and Poverty

Race, Ethnicity and Poverty: Source: Place Matters Community Mapping Project. Community Health Endowment of Lincoln in Partnership with Lincoln-Lancaster County Health Department. Data Source: U.S. Census Bureau. Mapping Source: Lincoln-Lancaster County Health Department.

School: Free/Reduced Lunch

LPS Students Participating in Free or Reduced Price Lunch Program: Source: Lincoln Public Schools Annual Statistical Handbook, Student Section. (<https://docushare.lps.org/docushare/dsweb/Get/Document-2647736/2020%202021%20Student%20Section.pdf>)

Free/Reduced Lunch Locations

LPS Students Participating in Free or Reduced Price Lunch Program: Source: Lincoln Public Schools Annual Statistical Handbook, Student Section. (<https://docushare.lps.org/docushare/dsweb/Get/Document-2647736/2020%202021%20Student%20Section.pdf>)

School: Languages Spoken

LPS Students Participating in Free or Reduced Price Lunch Program: Source: Lincoln Public Schools Annual Statistical Handbook, Student Section. (<https://docushare.lps.org/docushare/dsweb/Get/Document-2647736/2020%202021%20Student%20Section.pdf>)

Lancaster County Births

Lancaster County Births: Source: Lincoln-Lancaster County Health Department, Lancaster County Vital Statistics. (<https://www.lincoln.ne.gov/City/Departments/Health-Department/Public-Health-Informatics-and-Planning/Data-and-Reports/Vital-Statistics>)

Prenatal Care

Prenatal Care: Source: Place Matters Community Mapping Project. Community Health Endowment of Lincoln in Partnership with Lincoln-Lancaster County Health Department. Data Source: U.S. Census Bureau. Mapping Source: Lincoln-Lancaster County Health Department.

Lancaster County Deaths

Lancaster County Deaths: Source: Lincoln-Lancaster County Health Department, Lancaster County Vital Statistics. (<https://www.lincoln.ne.gov/City/Departments/Health-Department/Public-Health-Informatics-and-Planning/Data-and-Reports/Vital-Statistics>)

Causes of Deaths

Causes of Death: Source: Lincoln-Lancaster County Health Department, Lancaster County Vital Statistics. (<https://www.lincoln.ne.gov/City/Departments/Health-Department/Public-Health-Informatics-and-Planning/Data-and-Reports/Vital-Statistics>)

Smoking and Electronic Vapor Product

Smoking and Electronic Vapor Product: Source: 2019 Lancaster County Behavioral Risk Factor Surveillance System (BRFSS).

Smoking and Electronic Vapor Product: Source: 2019 Lancaster Youth Risk Behavioral Surveillance System (YRBSS).

Alcohol Consumption

Alcohol Consumption: Source: 2019 Lancaster County Behavioral Risk Factor Surveillance System (BRFSS).

Alcohol Consumption: Source: 2019 Lancaster Youth Risk Behavioral Surveillance System (YRBSS).

Overweight and Obesity

Overweight and Obesity: Source: 2019 Lancaster County Behavioral Risk Factor Surveillance System (BRFSS).

Chapter 2: Gathering Input from the Community

A Collaborative Effort

Source: Lincoln Community Health Survey Team.

Survey Distribution

Source: Lincoln-Lancaster County Health Department.

Survey Oversampling

Source: Lincoln-Lancaster County Health Department.

A Note About Apartments

Source: Lincoln-Lancaster County Health Department.

Survey Questions

Source: Lincoln-Lancaster County Health Department.

Survey Response Options

Source: Lincoln-Lancaster County Health Department.

Geocoding and Privacy

Source: Lincoln-Lancaster County Health Department.

Help with Languages

Source: Lincoln-Lancaster County Health Department.

Offer for Further Participation

Source: Lincoln-Lancaster County Health Department.

Survey Responses

Source: Lincoln-Lancaster County Health Department.

Question 3: Setting the Course

Source: Bryan Health members of the Lincoln Community Health Survey Team.

A Call for Behavioral Health

Source: Bryan Health members of the Lincoln Community Health Survey Team.

Concern for Heart Disease

Source: Bryan Health members of the Lincoln Community Health Survey Team.

A Note About Cancer

Source: Lincoln-Lancaster County Health Department. Bryan Health members of the Lincoln Community Health Survey Team.

Question 1: Providing Depth

Source: Bryan Health members of the Lincoln Community Health Survey Team

Question 2: Looking Ahead

Source: Bryan Health members of the Lincoln Community Health Survey Team

The Presence of COVID-19

Source: Bryan Health members of the Lincoln Community Health Survey Team

Questions 4 and 5: Working Toward Improvement

Source: Bryan Health members of the Lincoln Community Health Survey Team

Continued and Upcoming Analysis

Source: Lincoln-Lancaster County Health Department. Bryan Health members of the Lincoln Community Health Survey Team

A Vision for Coordinated Cancer Care

Source: Bryan Health Subject Matter Experts.

Lancaster's Cancer Burden

Source: Bryan Health Subject Matter Experts and partnering cancer consulting team.

Gathering Insights from Those Affected

Source: Bryan Health Subject Matter Experts.

Learning from Others

Source: Bryan Health Subject Matter Experts.

Chapter 3: Prioritized Health Needs

Prioritized Significant Health Needs

Source: Bryan Health members of the Lincoln Community Health Survey Team

Health Need: Behavioral Health

A Dominant Need in the Community

Source: Bryan Health members of the Lincoln Community Health Survey Team

Attempted Suicides

Source: Bryan Health Subject Matter Experts and Lincoln Police Department.

Rising Domestic Assault

Source: Bryan Health Subject Matter Experts and Lincoln Police Department.

Police Calls for Mental Health

Source: Bryan Health Subject Matter Experts and Lincoln Police Department.

Increase in Overdoses

Source: "Health Department Issues Overdose Health Alert." 8/19/2021.
(<https://www.lincoln.ne.gov/News/2021/8/19a>)

Heroin and Opioids

Source: "Health Department Issues Overdose Health Alert." 8/19/2021.
(<https://www.lincoln.ne.gov/News/2021/8/19a>)

Opioid-Related Deaths

Source: "Health Department Issues Overdose Health Alert." 8/19/2021.
(<https://www.lincoln.ne.gov/News/2021/8/19a>)

2021 Overdose Health Alert

Source: "Health Department Issues Overdose Health Alert." 8/19/2021.
(<https://www.lincoln.ne.gov/News/2021/8/19a>)

Medicaid Coverage Under Expansion in Nebraska

Source: "Status of State Medicaid Expansion Decisions: Interactive Map." 9/8/2021. Kaiser Family Foundation. (<https://www.kff.org/medicaid/issue-brief/status-of-state-medicaid-expansion-decisions-interactive-map/>)

Health Need: Cardiovascular Disease

Recognizing a Chronic Issue

Source: Bryan Health members of the Lincoln Community Health Survey Team

A Prominent Cause of Death in Lancaster County

Source: Lincoln-Lancaster County Health Department, Lancaster County Vital Statistics. (<https://www.lincoln.ne.gov/City/Departments/Health-Department/Public-Health-Informatics-and-Planning/Data-and-Reports/Vital-Statistics>)

A Troubling Increase in Cardiovascular Deaths

Source: "Heart Disease Strikes Back Across the U.S., Even in Healthy Places." Betsy McKay and Paul Overberg, Authors. 1/14/2020. The Wall Street Journal. (<https://www.wsj.com/articles/heart-disease-strikes-back-across-the-u-s-even-in-healthy-places-11579015880>)

A Shining Response to Cardiac Arrest Cases

Source: "LFR Report Shows Lincoln's Success in Cardiac Arrest Emergencies." City of Lincoln. 7/16/2021.
(<https://www.lincoln.ne.gov/News/2021/7/16a>)

Health Need: Cancer Care

Lancaster County's Leading Cause of Death

Source: Lincoln-Lancaster County Health Department, Lancaster County Vital Statistics. (<https://www.lincoln.ne.gov/City/Departments/Health-Department/Public-Health-Informatics-and-Planning/Data-and-Reports/Vital-Statistics>)

A Note About the Lincoln Community Health Survey

Source: Bryan Health members of the Lincoln Community Health Survey Team

Waning Influence of Lung Cancer

Source: Lincoln-Lancaster County Health Department, Lancaster County Vital Statistics. (<https://www.lincoln.ne.gov/City/Departments/Health-Department/Public-Health-Informatics-and-Planning/Data-and-Reports/Vital-Statistics>)

Gathering Insights from Residents Affected by Cancer

Source: Bryan Health Subject Matter Experts and partnering cancer consulting team.

Health Need: Effects of the COVID-19 Pandemic

A Multi-Wave Pandemic Requiring Prolonged Vigilance

Source: Bryan Health Subject Matter Experts.

Anxiety Towards COVID-19

Source: Bryan Health members of the Lincoln Community Health Survey Team

Effects of Delayed Care

Source: "Delayed and Forgone Health Care for Nonelderly Adults during the COVID-19 Pandemic: Findings from the September 11-28 Coronavirus Tracking Survey." Dulce Gonzalez, Michael Karpman, Genevieve M. Kenney and Stephen Zuckerman, Authors. February, 2021. Urban Institute and Robert Wood Johnson Foundation. (https://www.urban.org/sites/default/files/publication/103651/delayed-and-forgone-health-care-for-nonelderly-adults-during-the-covid-19-pandemic_1.pdf)

Source: Bryan Health Subject Matter Experts.

Chapter 4: Community Health Resources

Acute Care Services

Source: Bryan Health Subject Matter Experts.

Primary Care Services

Source: Bryan Health Subject Matter Experts.

Behavioral Health Services

Source: Bryan Health Subject Matter Experts.

Resources, Support and Advocacy

Source: Bryan Health Subject Matter Experts.

Ancillary Services

Source: Bryan Health Subject Matter Experts.

Other Community Assets

Source: Bryan Health Subject Matter Experts.

Population Health Organizations & Tools

Source: Bryan Health Subject Matter Experts.

Chapter 5: Evaluating the Impact of the 2018 Community Health Improvement Plan

2018 Need: Access to Care

Source: Bryan Health Subject Matter Experts.

2018 Need: Behavioral Health Care

Source: Bryan Health Subject Matter Experts.

2018 Need: Chronic Disease Prevention

Source: Bryan Health Subject Matter Experts.

2018 Need: Injury Prevention

Source: Bryan Health Subject Matter Experts.

Chapter 6: Summary, Next Steps and Adoption/Approval

Summary: Assessment and Priorities

Source: Bryan Health Subject Matter Experts.

Next Steps

Source: Bryan Health Subject Matter Experts.

Adoption/Approval

Source: Bryan Health Subject Matter Experts.



Lincoln Lancaster County Health Department
3131 O Street, Lincoln, NE 68510



1-1
CURRENT RESIDENT
CURRENT ADDRESS
CURRENT CITY, ST ZIP



Lincoln Lancaster County Health Department
3131 O Street, Lincoln, NE 68510

Hello!

The survey below is a way to hear from you about how you experience the things that affect your health in the city of Lincoln. Even though some things may be similar, each person's experience of "health" is impacted by so many things.

On this survey, we **do not** want your name, age, or any other personal information, but we would really love to hear your story. Your story, and the story of others in your neighborhood will be added together to give a more accurate picture of how we can make a healthier community for everyone. Please complete the 5 questions below, tear off the survey at the line above, and return only the survey in the envelope. If you have any questions please call us at 402.441.8091.

To complete the survey online, or for language help, scan this code with your phone or go here online: <https://www.surveymonkey.com/r/LincolnCommunityHealthSurvey>

If you are completing the survey online, enter the following code: **14LA**

How Healthy is Our Community?

The City of Lincoln and Lancaster County are home to roughly 315,000 people, and each person's experience of "health" is impacted by so many things. Where you live, work, go to school, and play provide a personal "health fingerprint."



See instructions on the reverse side for how to use the bar code

1. What was the last major health issue you or your family experienced?

2. What worries you most about your health or the health of your family?

3. The following are health concerns in the city of Lincoln and Lancaster County. In your experience, what are the top 3 health concerns?

- Alcohol, Drugs, and Tobacco Use
- Diabetes
- Mental Health (For Example Depression, Anxiety, Post-Traumatic Stress, Suicide)
- Challenges Getting Healthy and Affordable Food
- Asthma
- Heart Disease (For Example High Blood Pressure & Stroke)
- Getting Around Town Safely (Driving, Walking, & Riding)
- Getting Enough Exercise
- Something Else (write in): _____

4. What's something you do to be healthy?

5. What would make your neighborhood a healthier place for you or your family?

Check this box if you would be willing to participate in a neighborhood discussion about health in your area

Please see the instructions on the reverse side for how to use the bar code to complete the survey online. If you have any questions or for further assistance, please contact us at 402-441-8091 or email us at healthsurvey@lincoln.ne.gov



Code: 14LA

For Language Help:

Para la encuesta en español

للمسح باللغة العربية

Ji bo lêkolînê di Kurdish

bamar hear hcattam aatwat

สำหรับการสำรวจภาษาไทย

Trợ giúp bằng Việt Nam

За помощью на русском языке



[https:// www.surveymonkey.com/r/
LincolnCommunityHealthSurvey](https://www.surveymonkey.com/r/LincolnCommunityHealthSurvey)

Code: 14LA

Phone: 402.441.8091

HealthSurvey@lincoln.ne.gov

WE WOULD LOVE TO HEAR YOUR STORY!

We DO NOT WANT your personal information.