
Lady 
of the Sea
General Hospital

COMMUNITY
HEALTH NEEDS
ASSESSMENT
2023



2023 Community Health Needs Assessment

Lady of the Sea's mission is to provide high quality healthcare in a personalized manner to those we serve. We strive to offer healthcare services locally that address the needs of our community, minimizing the need to travel. We focus on improving the health and wellness of our community and seek opportunities to expand services as needed. To support our efforts in achieving our mission, Lady of the Sea utilizes a Community Health Needs Assessment (CHNA) process to identify and address the key health issues for our community.

Purpose of CHNA

The purpose of conducting a Community Health Needs Assessment (CHNA) is to focus a hospital's time and resources on the most pressing health needs of the community. It allows for receiving input from various community members and healthcare experts to identify and address key health issues. Using strategic planning, the hospital will track progress on each identified healthcare need. Additionally, the CHNA meets the requirements from the IRS section 501(r)(3) enacted with the passage of the Affordable Care Act for tax-exempt hospitals.

Process of CHNA

In the Spring of 2023, Lady of the Sea conducted a CHNA survey of community members for their input on community healthcare needs. We reached out for input to a cross section of community stakeholders including business owners and employees in various industries, different age groups, and genders, healthcare providers and any interested consumers of health services, including those who don't use the services of Lady of the Sea. Specifically, persons with knowledge or expertise in public health, local health agencies, and patients experiencing chronic disease. In total, over 100 people participated in the survey.

The data collected was compiled and shared with Lady of the Sea's leadership, who worked to prioritize needs identified and areas of opportunity. Leadership then developed CHNA strategies to address the needs identified in the CHNA. General strategies are included in this document. Detailed strategies are separate from this document and will be addressed in the hospital's strategic plan. Lady of the Sea Hospital values and utilizes the information obtained from the CHNA to achieve our vision to become our community's primary provider of wellness, education, and health services.



About Lady of the Sea General Hospital

Lady of the Sea General Hospital (LOSGH) was a 25-bed critical access hospital serving the healthcare needs of the South Lafourche community prior to Hurricane Ida destruction causing the closing of the main hospital facility in August 2021, when the hospital became licensed as a -0- bed

facility. The hospital was founded as a hospital service district in 1953 and the first hospital was built in 1956. The most recent hospital facility was completed in 1978 and is located at 200 West 134th Place in Cut Off. On August 29, 2021, during Hurricane Ida, Lady of the Sea General Hospital facility experienced catastrophic damage especially to the roof, which allowed storm rain water to inundate all three floors of the facility over twelve hours as the storm passed through the community. On Monday, August 30th, the facility was deemed uninhabitable and was closed.

Over the 11 days following the storm, hospital administration and staff worked tirelessly to bring healthcare services back to the community. First to open, within three days of the storm was the Lady of the Sea Family Medical Clinic in Cut Off and the Community Pharmacy in the same building, as well as the Community Pharmacy located in the Rouses Supermarket in Larose. The Lady of the Sea Family Medical Clinic in Larose opened the following week. Next, on September 11th, ER hospital services returned in an undamaged building on the hospital campus, offering 10 ER patient beds and staffed with an ER Physician, nursing staff, hospital pharmacy, lab and radiology. Additional services have returned over the past two years, including home healthcare, expanded lab and radiology services, outpatient rehabilitation clinic, and renal dialysis clinic.

Currently, a temporary hospital facility has been built on campus and is scheduled to open in December of 2023 and will offer 10 Inpatient and 8 ER beds, Laboratory, Radiology including CT, and Cardiopulmonary services, and inpatient rehabilitative therapy. A permanent hospital facility is currently in the planning stages and expected to be completed in 2026.

The hospital is governed by a 5 member Board of Commissioners appointed by the Lafourche Parish Council. Accredited by DNV (Det Norske Veritas), Lady of the Sea has 228 employees, a 10 member medical staff, and 94 credentialed providers.

The hospital also provides multiple services to the area including home health, chronic renal dialysis, an outpatient rehabilitation clinic, two community pharmacies, and two rural health clinics. Our rural health clinics offer primary care and behavioral health services, including one that offers extended hours/weekend access. We also offer outreach screening and education opportunities for our community on health related topics and at community events.



Community Served

According to the Lafourche parish hospital service district description, Lady of the Sea General Hospital is bounded to the north by the intracoastal canal in Larose and continuing to Grand Isle, which is a barrier island off the coast of the Gulf of Mexico. The entire area covers approximately 47 drivable miles, and includes the following zip codes: Larose, 70373; Cut Off, 70345; Galliano, 70354; and Golden Meadow, 70357 (including delivery addresses in the towns of Leeville and Fourchon where there is no local postal service). Lady of the Sea serves community members outside of our service district, including Lockport and Grand Isle residents.

A review of inpatient and outpatient demographics indicates that 87% of patients receiving services at Lady of the Sea Hospital and 90% at our Clinics reside in these zip codes, including Grand Isle and Lockport. Geographically, the service district is located at the southern end of the parish and is considered rural. Two additional hospitals are located in the central and northern part of Lafourche.



Methodology

The CHNA process performed by Lady of the Sea included collection of qualitative and quantitative data. The assessment examined publically available quantitative data on the social and health status of the community and hospital service area to prioritize the health needs of the South Lafourche community and to identify publicly available resources, where available. In addition, staff members participated in focus groups within the parish for other community needs assessments from parish government and other non-profit organizations.

Participants in this health needs assessment includes a cross section of community members who represent the broad interests of the community served by Lady of the Sea, including individuals from various industries, ages, financial status, health status, public health professionals and consumers of health services. The total respondents numbered over 100. Additionally, input was obtained from staff, leadership, and medical staff in the organization.



Community Demographics and Health Status

Lady of the Sea General Hospital is located in the southern portion of Lafourche Parish. Limited data is available specifically for the southern portion of the parish. The majority of the data is for Lafourche Parish. According to data from the United States Census Bureau for 2022, our community population has decreased 5.5% with a loss of 1,200 residents. Overall, the estimate for the parish is at 2%. The loss of housing and the impact of Hurricane Ida in 2021 are the main reasons for the outward migration from the community.

Community Demographics			
	LOGSH Service Area	Lafourche Total	Louisiana
2022 population	20,667	95,870	4,657,757
% White, non-Hispanic	84.9%	79.6%	57.9%
% Hispanic	7.75%	4.7%	5.5%
% Black	2.5%	14.1%	31.2%
% Asian	1%	0.9%	1.7%
% American Indian	2.2%	3.1%	0.5%

	LOGSH Service Area	Lafourche Total	Louisiana
Median House Hold Income	-	\$58,747	\$43,571
% Population > 65	14%	16.9%	17.5%
Disability under age 65	-	12.4%	11.3%
Poverty Rate	-	15.7%	18.6%
Sources:			
<ul style="list-style-type: none"> • https://www.data.census.gov • https://www.countyhealthrankings.org • www.Statistica.com • www.censusreporter.org 			

A review of health status included information on length of life, quality of life, health behaviors, clinical care, social and economic factors, and physical environment. Lafourche Parish covers 1,067.8 square miles of land area and is ranked the 8th largest parish in Louisiana by total area. According to county health rankings, Lafourche Parish is ranked among the healthiest parishes in Louisiana (top percentile). In the table below, Lafourche Parish is ranked in comparison to other parishes in Louisiana. (Best is #1).

	Lafourche	Louisiana	US
Length of Life			
Overall rank	13/64		
— Premature death*	8,800	10,200	7,300
Quality of Life	Lafourche	Louisiana	USA
— Poor or fair health	19%	19%	12%
— Poor physical health days reported in past 30 days	4.0	4.0	3.0
— Poor mental health days reported in past 30 days	5.8	5.7	4.4
— Low birthweight	9%	11%	8%
Health Behaviors			
— Adult smoking	22%	19%	16%
— Adult obesity	39%	38%	32%
— Physical inactivity	32%	28%	22%
— Access to exercise opportunities	67%	76%	84%
— Excessive drinking	24%	22%	19%
— Alcohol-impaired driving deaths	32%	31%	27%
— Sexually transmitted infections*	532.7	709.8	481.3

	Lafourche	Louisiana	US
— Teen births (per female population ages 15-19)*	26	30	19
Clinical Care			
— Uninsured	11%	10%	10%
— Population to primary care ratio	1,950:1	1,430:1	1,310:1
— Population to dentist ratio	2,120:1	1,720:1	1,380:1
— Population to mental health provider ratio	540:1	310:1	340:1
— Preventable hospital stays	3,542	3,787	2,809
— Mammography screening	40%	37%	37%
— Flu vaccinations	50%	45%	51%
Social & Economic Factors			
— High school graduation	81%	86%	89%
— Unemployment	4.6%	5.5%	5.4%
— Children in poverty	21%	27%	17%
— Children in single parent households	23%	35%	25%
— Injury deaths*	86	96	76
Physical Environment			
— Air pollution	8.5 ug/m ³	8.6 ug/m ³	7.4 ug/m ³
— Severe housing problems	11%	16%	17%
Additional health issues not included in overall rank			
— Diabetes prevalence	12%	13%	9%
— Drug Overdose Deaths*	21	31	23
* rates per 100,000 population, age standardized			
Source: http://www.countyhealthrankings.org/explore-health-rankings/louisiana/lafourche?year=2023			



Assessing the Community's Health Needs

The main focus of this report is to identify the health needs of our community and create a plan of action to address these needs. We considered the input of various health experts in our community, surveyed community members for their thoughts and input, and used publicly available data to compare and support the key health needs identified.

The qualitative and quantitative data shows the scope and severity of the health need and the effectiveness of possible interventions. Consideration was given to the organization's available expertise, the expertise and resources of community organizations, services currently available and resources available.

The following health needs were identified as significant health needs:

1. Heart Disease / High Blood Pressure
2. Diabetes – care and prevention
3. Mental Health Care
4. Obesity
5. Drug Addiction

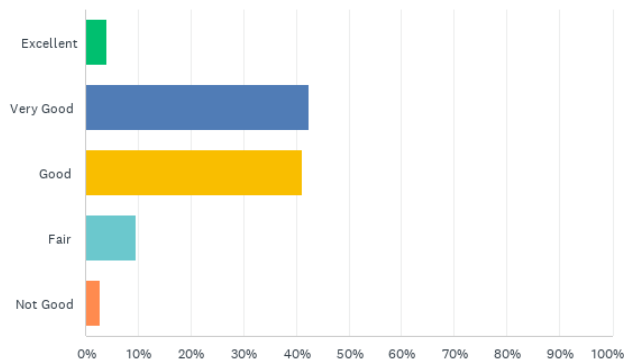


Community's Health Needs Survey Results

The Community Health Needs Assessment is centered around a 13 question written survey, with some questions providing multiple pre-filled responses, and others with open-ended responses. 5 of the questions provided demographic information on the participants. 8 questions provided responses on health needs and access to healthcare in the South Lafourche Community. Other respondents participated in one-on-one conversations, or small group discussions. Those respondent results are included in the significant health needs identified. The results from the written survey questionnaire are:

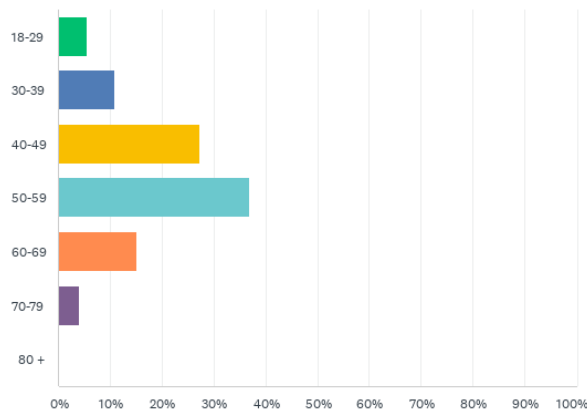
1. In general, how would you rate your health?

Q1 In general, how would you rate your health?



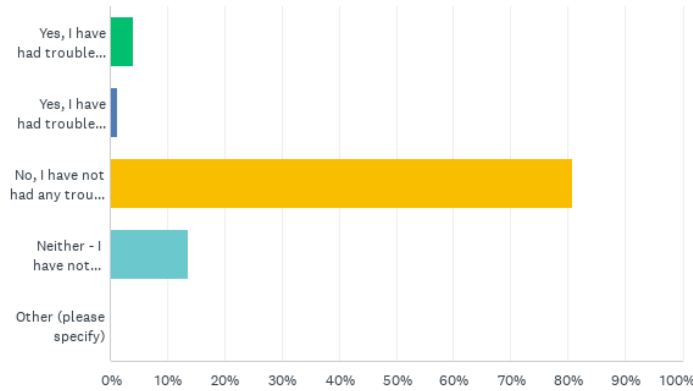
2. What is your age group?

Q2 What is your age group?



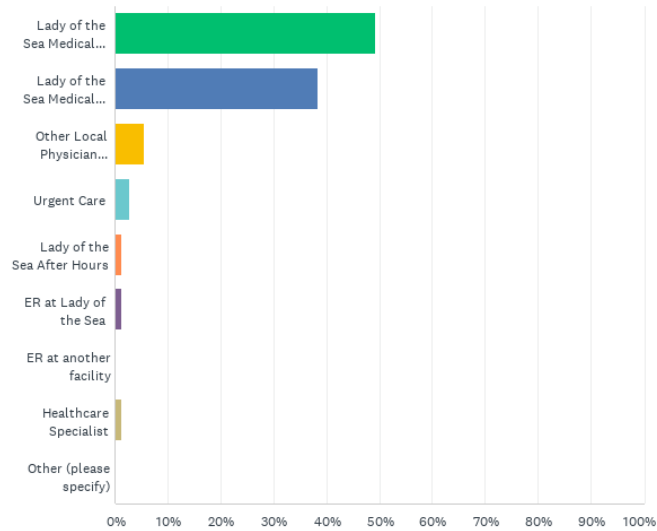
3. Over the past 6 months, have you had trouble getting or accessing necessary healthcare?

Q3 Over the past 6 months, have you had trouble getting or accessing necessary healthcare?



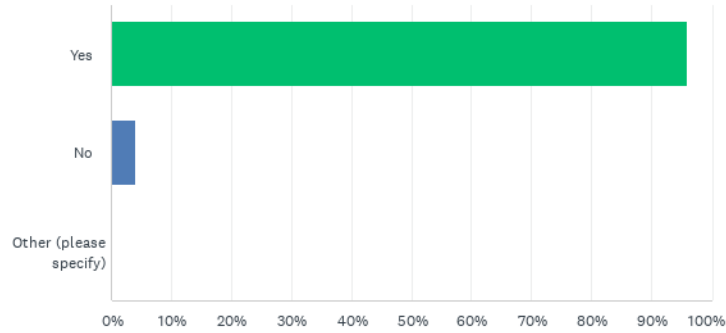
4. When in need of healthcare, where do you usually go when you have a health problem?

Q4 When in need of health care, where do you usually go when you have a health problem?



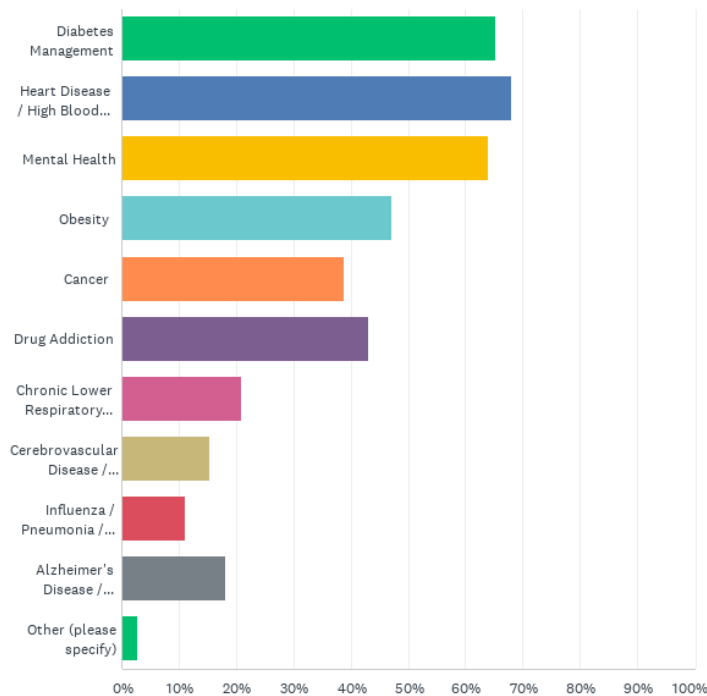
5. Do you have a Primary Care Practitioner (PCP) to help manage your healthcare needs and wellness?

Q5 Do you have a Primary Care Practioner (PCP) to help manage your healthcare needs and wellness?



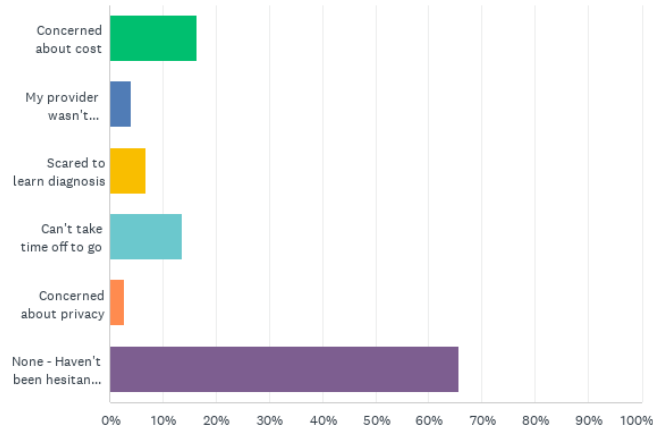
6. When considering the current health needs of your family, friends and our community in general, what would you identify as the top health priorities today (choose all that apply).

Q6 When considering the current health needs of your family, friends and our community in general, what would you identify as the top health priorities today (choose all that apply):



7. What are some reasons that you or your family have been hesitant in accessing healthcare in the last 6 months?

Q7 What are some reasons that you or your family have been hesitant in accessing healthcare in the last 6 months?



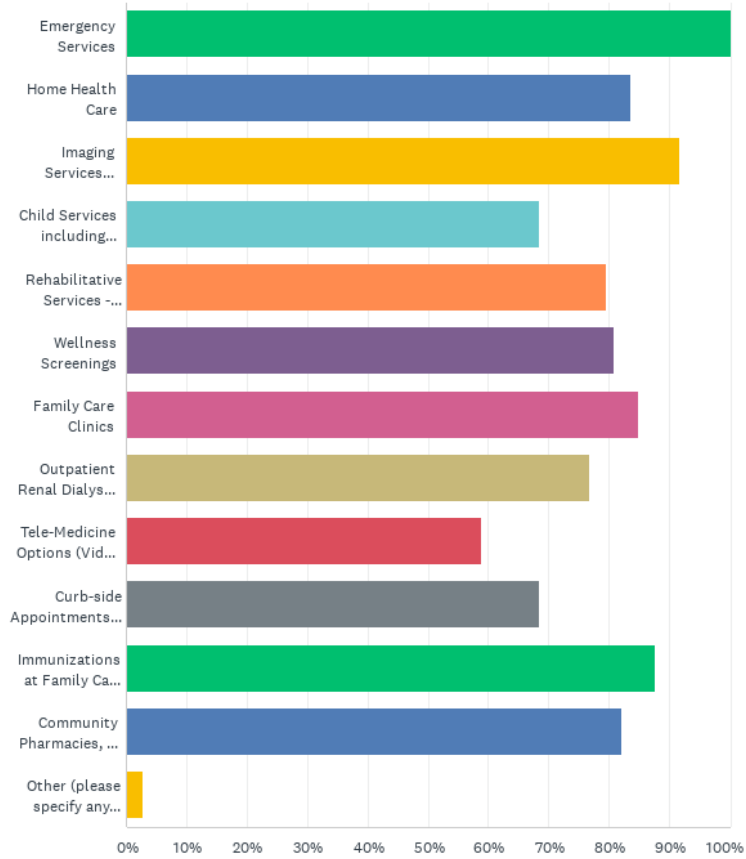
8. When considering our community as a whole, please identify what you think is the most important healthcare issue we are facing in 2023 (Open dialog box)

Responses: (number of mentions)

- Lack of Social Services (1)
- Day Treatment for Drug Abuse (7)
- Ride to healthcare / pharmacy (3)
- Elderly (1)
- Lack of insurance mental health benefits (1)
- Inflation on medication costs (2)
- Shortage of medications (1)
- No 24-hour pharmacy locally (1)
- Covid-19 (3)
- Mental Health Access to Care (13)
- Obesity (10)
- Return of full hospital services (8)
- Up to date technology / portal (1)
- High Blood Pressure – heart problems (6)
- Lack of specialists coming to South Lafourche (2)
- Lack of Providers (1)
- Dementia (2)
- Cancer (5)

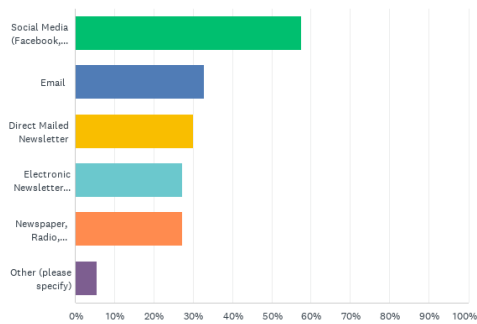
9. Please mark the service you are aware of being offered at Lady of the Sea. If you are unaware of a service, please leave it blank. Please check all that you are aware of.

Q9 Please mark the services you are aware of being offered at Lady of the Sea. If you are unaware of a service, please leave it blank. Please check all that you are aware of:



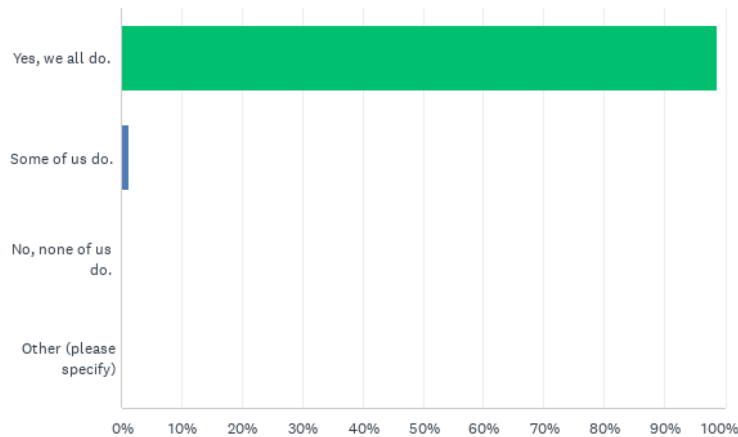
10. How do you prefer to access information about our services provided to our community?

Q10 How do you prefer to access information about our services provided to our community?



11. How many people currently live in your household?
73 respondents answered with a total of 241 people represented in the households participating.
12. How many children under the age of 18 live in your household?
Of the 73 respondents answering the question, 33 children represented in the survey.
13. Do all members of your household have Health Insurance coverage?

Q13 Do all members of your household have Health Insurance Coverage?



Community Health Needs Defined



Heart Disease and High Blood Pressure

According to the CDC (Centers for Disease Control and Prevention) heart disease continues to be the leading cause of death in Louisiana in 2022. Heart disease outranks cancer (2nd) and COVID-19 (3rd) in deaths in the state.¹

The Louisiana Department of Health reported in their 2022 Health Report Card presented to the Governor and Legislature of Louisiana, the leading cause of death in Lafourche Parish is heart disease. This has been the same result since the early 2000’s and continues 20 years later. In 2022, 105,529 Louisiana adults were newly diagnosed and newly treated for hypertension.²

Heart disease is listed as one of the primary chronic diseases in our country. Six in ten adults in the United States have a chronic disease and four in ten have two or more. Chronic diseases are broadly defined as conditions that last more than a year and require ongoing medical attention.

Chronic diseases are the leading causes of death and disability in the United States and include diseases such as diabetes, heart disease, and cancer.³

There are a number of risk behaviors that contribute to heart disease including tobacco use, poor nutrition, lack of physical activity, and excessive alcohol use. Risk behaviors such as poor nutrition and a lack of physical activity lead to the development of obesity and overweight, which puts individuals at increased risk for heart disease. As presented on page 5 of this CHNA, Lafourche Parish has a higher rate of adult smoking (22%), adult obesity (39%), and excessive drinking (24%) than the state average.⁴ These risk behaviors are part of the reason that heart disease continues to be the number 1 cause of death in Lafourche Parish, and the number 1 health need to address in our community.

Management of risk factors through education and practice can help reduce the likelihood for developing heart disease and hypertension. Healthy eating, regular exercise, avoiding tobacco and excessive alcohol use can also improve an individual's quality of life.

¹ Centers for Disease Control and Preventive: www.cdc.gov/nchs/pressroom/states/louisiana/louisiana.htm

² Louisiana Department of Health: www.ldh.la.gov/assets/oph/Center-PHI/2022_Health_Report_Card.phf

³ Centers for Disease Control and Preventive: www.cdc.gov/chronicdisease/about/index.htm

⁴ County Health Rankings: www.countyhealthrankings.org/explore-health-rankings/louisiana/lafourche?year=2023

Diabetes

The second highest health need identified in this assessment is diabetes care and prevention. Concern over the high incidence of diabetes, struggles to manage this chronic disease, and prevention were mentioned by respondents. Diabetes occurs when the body cannot produce enough insulin or cannot respond appropriately to insulin, resulting in elevated blood glucose levels and other metabolic abnormalities. Individuals with diabetes are at higher risk for blindness, kidney failure, heart disease, stroke, and loss of toes, feet or legs. The risk of early death for people with diabetes is 60% higher than for those without diabetes.⁵

Diabetes was listed as one of the health needs to address in our 2014, 2017, and 2020 CHNA's. As displayed in the chart below, a reduction of 5% in the incidence of diabetes in Lafourche Parish over the past 9 years shows great progress. Diabetes care and prevention remains a focus for our community health needs since the rate of diabetes in our parish is still above the national average.

Year	Lafourche Parish	State of Louisiana	USA
2014	17%	12.3%	9.3%
2017		12.9%	9.4%
2020	13%	13%	10.5%
2023	12%	13%	11.3%

Diabetes is a serious disease affecting 34.2 million Americans or 1 in every 10 people. It is estimated that 1 in 5 people don't even know they have diabetes.⁵ Lafourche Parish has an incidence of diabetes of 12%, which is only 1% less than the that of Louisiana. Factors contributing to developing diabetes include physical inactivity, which Lafourche Parish has an incidence of 32% compared to Louisiana's 28%. Other factors include obesity and smoking.⁶

Diabetes prevention is also a concern as 1 in 3 adults have prediabetes. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Of those individuals with prediabetes, more than 84% are unaware they have it. As with diabetes, being overweight and physically inactive are risk factors for prediabetes. Interventions in early recognition and prevention could prevent the onset of this chronic disease. Lifestyle changes can prevent or delay the onset of type 2 diabetes or other serious problems.⁷

⁵ CDC: Diabetes in the United States- A Snapshot: www.cdc.gov/diabetes

⁶ County Health Rankings: www.countyhealthrankings.org

⁷ CDC: About Prediabetes & Type 2 Diabetes: www.cdc.gov/diabetes/prevention/about-prediabetes.html



Mental Health

Community members providing input in the CHNA as well as healthcare providers consistently ranked mental health services as a key need in the community. Mental Health has been one of identified health needs in our previous two CHNA reports. Mental disorders affect people of all ages, socioeconomic backgrounds and all races. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.⁸

Many factors can affect mental health including genetics, environmental, and lifestyle. When demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. Dealing with the COVID-19 pandemic and the destruction in our community from Hurricane Ida in 2021 have added challenges that are stressful and overwhelming for individuals of our South Lafourche community.

Mental and physical health are equally important components of overall health. Mental illness, especially depression, can increase risk of physical health problems, particularly chronic conditions such as type 2 diabetes and heart disease. Lady of the Sea addressed the importance of integrating mental health and primary health services in treating the whole individual. When the 2017 CHNA was released, one federally qualified health center (FQHC) was open and providing mental health services in our community.

After that FQHC closed in 2019, Lady of the Sea added a licensed counselor and part-time Family Psychiatric and Mental Health Certified Nurse Practitioner to initiate behavioral health services in our clinics. In 2020, to address the growing community demand, a second licensed counselor was added to our second rural health clinic. In 2022, the psychiatric nurse practitioner became a full-time provider at our clinics, and a 3rd full-time licensed counselor was added to our clinic staff. With these additions to our services, there still remains a high demand for additional mental health providers.

Lafourche Parish has a high patient to provider ratio for mental health providers 540:1, compared to Louisiana, which is 310:1. Lafourche is designated as a Health Professional Shortage Area (HPSA) for mental health. Lafourche parish has a rate of 5.8 days reported as poor mental health days in the past 30 days, compared to 4.4 days on the national level.⁹ Suicide, often associated with symptoms of mental illness, is the 10th leading cause of death among 15-34 year olds. The County Health Rankings demonstrated that Lafourche has a higher incidence of suicide (16/100,000 population) than the rest of national rating (14/100,000 population).

Mental health needs were also listed in the 2017 and 2020 CHNA as one of the top 3 priorities and is present again. Although progress has been made, meeting the community's needs in this area has not been fully accomplished.

⁸ The Center for Disease Control: www.cdc.gov/mentalhealth/learn/index.htm

⁹ County Health Rankings: www.countyhealthrankings.org/explore-health-rankings/louisiana/lafourche?year=2023



Obesity

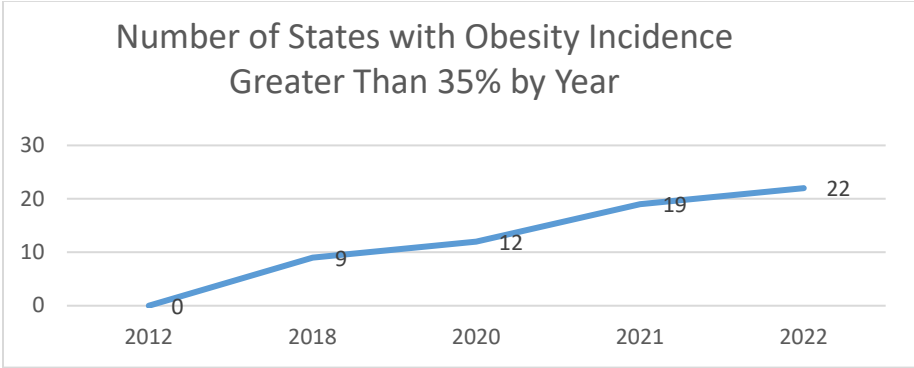
According to the CDC, obesity is a common, serious, and costly chronic disease. Obesity puts individuals at risk for other serious chronic diseases and increases the risk of severe illness from COVID-19. Louisiana is one of 12 states nationally with an adult obesity prevalence at or above 35 percent. This is an increase from 9 states in 2018.¹⁰

Weight that is higher than what is considered as a healthy weight for a given height is described as overweight or obesity. Body mass index (BMI) is used as a screening tool for overweight or obesity. A BMI < 25 is within normal range. A BMI 25 to < 30 is considered in the overweight range and 30 or higher falls in the obesity range.

Obesity is caused by a combination of factors including behavior and genetics. Behaviors can include physical activity, inactivity, dietary patterns, medication use, education and skills, and the food and physical environment. People who are obese, compared to those with a normal or healthy weight, are at increased risk for many serious diseases and health conditions, including the following:

- All-causes of death (mortality)
- High blood pressure (Hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning

Americans are exercising less and eating diets poor in nutritional value. This trend has led to more individuals becoming overweight or obese, as shown in the graph below.¹¹ Lafourche Parish has a prevalence of obesity at 39%. This rate is higher than Louisiana, which is 38%, ranking Louisiana as one of the 22 states with an obesity level above 35%. Additionally, contributing to this poor health factor is physical inactivity at 32% in the parish of Lafourche. This also ranks worse than the state rate of 28%.¹² Obesity and physical inactivity increase the risk of prediabetes, and ultimately diabetes.



Obesity is a concern mentioned by community members and providers. Since the closing of our hospital for Hurricane Ida in 2021, we do not have a Registered Dietitian on staff to provide counseling for our patients. We plan to offer wellness classes and other nutritional presentations through our outreach programs over the next three years. Assisting individuals with weight management can have significant results in the prevention and management of multiple chronic diseases such as diabetes, heart disease and cancer.

¹⁰ CDC: www.cdc.gov/obesity/data/obesity-and-covid-19.html

¹¹ CDC: www.cdc.gov/obesity/data/prevalence-maps

¹² County Health Rankings: www.countyhealthrankings.org/explore-health-rankings/louisiana/lafourche?year=2023



Drug Addiction

Drug abuse and addiction continues to affect our community as well as our state and nation. Addiction and drug abuse may be addressed in the availability of mental health services, but is affected by the lack of availability of facilities and programs specifically designed to address drug abuse and addiction separate from mental health.

Currently 4 providers at Lady of the Sea Medical Clinics have been trained and licensed in Suboxone Therapy for opioid addiction. Suboxone is a combination of two drugs - buprenorphine and naloxone - that work chemically to decrease the severity of withdrawal symptoms and reduce a patient's dependence on opioids in the long term, and the therapy is controlled by a licensed provider.

In June of 2023, Lafourche Parish Sheriff Craig Webre announced the launch of a project aimed at battling opioid addiction in Lafourche Parish called Project COPE. "COPE" is an acronym for "Comprehensive Overdose Prevention Effort." This effort, funded largely by a grant of over \$1 million from the U.S. Department of Justice, will promote civil rights and racial equality in the identification, response, treatment, and support of those impacted by illicit opioids, stimulants and other drugs in Lafourche Parish. The goal of *Project COPE* is to educate those whose lives are impacted by addiction in an effort to reduce overdose deaths and promote public safety, as well as support access to prevention, harm-reduction, treatment, and recovery services both in the community and the justice system. *Project COPE* will function under the direction of a steering committee comprised of representatives from the Lafourche Parish Sheriff's Office, the local court system, Lafourche Parish Government, the Lafourche Parish Coroner's Office, Lafourche Parish public and private schools, Nicholls State University, and agencies specializing in prevention, intervention and treatment.

The Lafourche Parish District Attorney continues to run a Drug Court program, which is for those who commit non-violent (non-distribution) drug offenses and who otherwise meet the established criteria. Participation in the Drug Court program offers an alternative to incarceration.

Even with the therapies and programs offered today, drug abuse and addiction continue to be a primary health concern for the South Lafourche Community. Addiction affects the health and mental well-being as well as taxes our healthcare resources.



Conclusion

Detailed strategies affecting the 5 identified health needs are separate from this document and will be addressed in the hospital's strategic plan. Lady of the Sea Hospital values and utilizes the information obtained from the CHNA to achieve our vision to become our community's primary provider of wellness, education, and health services.