



Community Memorial Hospital
UnityPoint Health



Community Health Needs Assessment **2025 - 2028**

Released January 2026

Table of Contents

I.	Introduction	2
	Summary of ACA	2
II.	Community Memorial Hospital History	3
	Our Mission	3
	Our Vision.....	3
	Our Values.....	3
III.	2022 Community Health Needs Assessment.....	5
IV.	Our Communities.....	7
	Service Area Description	7
V.	Approach & Process.....	10
VI.	Results.....	11
	Review of Primary Data:	11
	The following is a summary of the key results:	12
VII.	Priorities.....	20
VIII.	Strategy & Implementation	21
	Access to Healthcare.....	21
	Chronic Disease Management	21
	Community Education.....	22
	Access to Mental Health Services	23
VIII.	Appendix	24
	Appendix A – Individual Service Areas.....	24
	Appendix B – Healthcare Access in Entire Service Area	24
	Appendix C – Further Questions.....	24

I. Introduction

The Patient Protection and Affordable Care Act (ACA) of 2010 established new requirements for nonprofit hospitals recognized as 501(c)(3) organizations. In this provision, non-profit hospitals and health systems are required to conduct a community health needs assessment every three years in order to maintain their tax-exempt status. The assessment requires broad community input and public health expertise. Hospitals must address each of the needs identified in the community health needs assessment and develop an implementation strategy for those they plan to address and focus on. This is an effort to ensure hospital services are in line and consistent with the needs of its community. The needs assessment must be reported on the organization's Form 990 and the report must be made widely available to the public.

Community Memorial Hospital (CMH) conducted a community health needs assessment (CHNA) from January to March of 2025 to fulfill the requirement set forth in the ACA and to identify and address health needs of our area residents and communities.

Summary of ACA

The Patient Protection and Affordable Care Act (ACA), enacted by Congress in 2010, is legislation that aims to reform the U.S. health care system. The key provisions of the ACA focus on many issues revolving around cost, access, and quality. These key provisions will affect and impact all individuals and entities in the health care system. The ACA directly impacts providers and public health agencies and attempts to dramatically improve the nation's health through newly created processes and centers. The ACA establishes new rules, ideas, models, and centers aimed at increasing coverage and access, while, at the same time, lowering costs and improving quality. The changes and impact will be felt throughout the industry and across the nation.

II. Community Memorial Hospital History

Our Mission

Community Memorial Hospital's mission is to have the best care where and when you need it.

Our Vision

CMH's vision is to be the healthcare provider of choice for the citizens of Sumner and the surrounding communities.

Our Values

F – Foster Unity

O – Own the Moment

C – Champion Excellence

U – You matter

S – Seize Opportunities

Community Memorial Hospital (CMH) is located in Sumner, IA. CMH opened its doors on January 1, 1950 and continues to serve patients from several rural communities located in Bremer, Fayette, and Chickasaw counties. Originally, CMH was a 29-bed acute care facility originating from dreams of the community leaders who had a vision of a health center built solely on private contributions. In 1942, the citizens of Sumner began to feel the need for some kind of health care center. During this time, a local maternity nurse was still going into homes and caring for new mothers and babies when she was needed. In 1944, her home was turned into a maternity care center, which she operated. The community began fund raising to build a hospital and by May of 1947 enough money had been collected to formalize the plans. Work began in May of 1948 and the governing board was formed under the by-laws of the Community Club Charter. Since the opening, there were many expansions and building projects to continually improve and modernize the facility to provide quality care and meet the needs of the people of Sumner and surrounding areas.

In 2008, the CMH Board of Directors began investigating significant remodeling options. A Master Facility Plan was conducted the same year. In 2009, after reviewing and contemplating the plan, the Board of Directors voted unanimously to move forward with plans to build a new, replacement facility. On January 13, 2013, the new building was open for services. The demolition of the old facility and the parking and grounds were completed during the first half of 2013. CMH hosted a Ribbon Cutting Ceremony on September 8, 2013, to dedicate the new facility and mark the beginning a new chapter in healthcare for CMH and the patients we serve.

On January 1, 2000, CMH became proud partners with Allen Memorial Hospital and a member of the Iowa Health System Community Network. In April 2013, Iowa Health System was renamed to UnityPoint

Health and CMH continues to be a member. We are a participating hospital in Wellmark Blue Cross Blue Shield, United Healthcare, and are certified for participation in the Federal Insurance Act of 1965 (Medicare). CMH is licensed annually by the Iowa State Department of Health. As of January 1, 2013, Community Memorial Hospital became a 16-bed Critical Access Hospital. This designation improves governmental reimbursement while maintaining all hospital operations.

CMH has a professional and supportive staff of 100 employees who address many aspects of healthcare needs within the community. In 2025, CMH offered the following services:

Hospital Services:

- Cardiac Rehabilitation
- Cardiopulmonary
- Emergency Department
- Infusion Center
- Inpatient
- Laboratory
- Nutrition Therapy
- Occupational Therapy
- Senior Life Solutions
- Pain Clinic
- Physical Therapy
- Pulmonary Rehabilitation
- Radiology
- Sleep Lab
- Speech Therapy
- Surgery
- Gastroenterology

Clinic Services:

- Anticoagulation Therapy
- Cardiac Services
- Diabetic Education
- Ear, Nose, Throat Specialist/Audiology
- Behavioral Health
- Mental Health Counselor
- Family Practice Providers Clinic
- General Surgery
- Respiratory Services
- Wound Clinic

Visiting Specialty Services:

- Oncology
- Cardiology
- Nephrology
- Diabetes & Endocrinology
- Orthopedics
- Podiatry
- Urology

III. 2022 Community Health Needs Assessment

Key components of the CHNA include:

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

As part of the assessment in 2022 CMH and the Board of Directors chose to address four primary needs:

1. Access to Healthcare
2. Chronic Disease Management
3. Wellness Initiatives
4. Access to Mental Health Services

These initiatives were chosen for the following reasons: First, the above areas carried a large number of responses and weighted responses in our assessment. Secondly, CMH believed it had the capacity and capability to positively impact these areas for our communities. In addition, they fell within the scope of our mission, and each covers a broad spectrum and offer ongoing opportunities for improvements. The Board of Directors and CMH Administration remains committed to the success of quality local healthcare and a focus on these four areas helped make strides.

Access to Healthcare

Access to healthcare was addressed with continued focus on primary care access Monday through Friday 7-5 pm. We have continued to recruit additional services to be offered within our facility. In this recruitment process, we have been able to partner with a general surgery group to bring clinic and procedural work back to CMH on a weekly basis. In addition, orthopedic surgery coverage was re-established on a consistent basis. Additional Radiology service lines were implemented with Echocardiograms and additional days of MRI availability. Endocrinology specialty clinic was also added on a monthly basis to bring specialty care close to home.

Chronic Disease Management

Chronic disease management was addressed with continued education and screening for disease processes. Primary care providers focused heavily on preventative services for patients to ensure early detection of disease and early management. Specialty clinic for endocrinology was started and brings care close to home for patients with chronic endocrine conditions. Our

Occupational Health department offered preventative testing to businesses within our communities to assist with early detection and management of chronic diseases. We have created a robust utilization of our social media to education across the generations related to different chronic topics throughout the year. Community Memorial Hospital has quality indicators that focus on readmission rates to ensure chronic care management as an outpatient helps reduce costs for patients associated with admission to the hospital.

Wellness Initiatives

Wellness initiatives have been a focus with our laboratory team reaching out to several surrounding communities and businesses to perform testing at offsite locations to create a convenient option for all. The lab department has added additional daily wellness opportunities for testing where cost is prohibitive, or insurance coverage is minimal. Robust gastroenterology and general surgery coverage assists with preventative care related to colonoscopies. The radiology department has implemented initiatives throughout breast cancer awareness month to enhance awareness and support for community members. The Fredericksburg and Sumner clinics focus on annual wellness visits with patients to maintain wellness. Community Education has been a focus for CMH with Tai Chi classes for the older population, BLS for community members and babysitting classes for those desiring to care for the young population of our communities. CMH initiated a farmer's market in the community to enhance whole food opportunities for residents. CMH has created a robust social media presence with many wellness topics and recognition of awareness dates to promote education on respective diseases. All have a focus on recognizing symptoms and completing preventative care to remain well as we age in the community.

Access to Mental Health Services

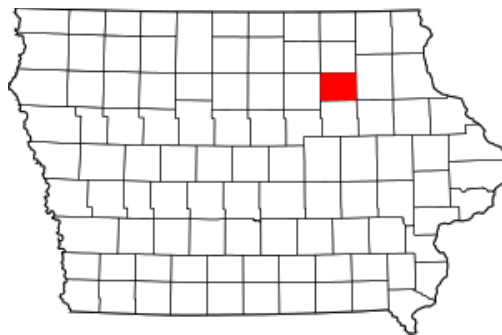
Access to Mental Health Services focus has brought significant strides to our community with the contracted service of Senior Life Solutions for our 65 and older population and the Behavioral Health Clinic within our facility staffed with a therapist and nurse practitioner for medication management. This has been an all-encompassing approach to create wellness with mental health at all ages. Continued support through emergency department visits with Telehealth Psychiatry ensures appropriate care transitions for the acute phase of mental health. The primary care providers continue to focus on screenings at all ages for mental health symptoms to ensure early interventions as necessary.

IV. Our Communities

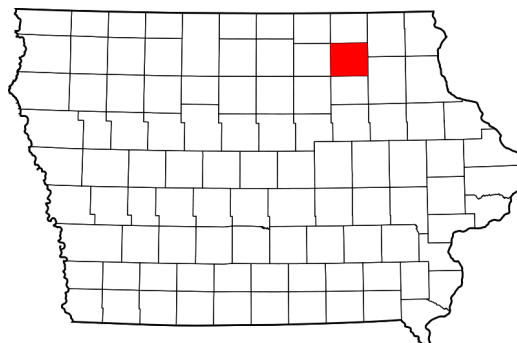
Service Area Description

Community Memorial Hospital is located in Sumner, IA. Sumner is a rural community located in Bremer County, Iowa with a population of 2,031. CMH's primary service area includes portions of Bremer, Chickasaw, and Fayette counties in Northeast Iowa. The population is primarily white/caucasian; the area is primarily rural; and the major industry is agriculture.

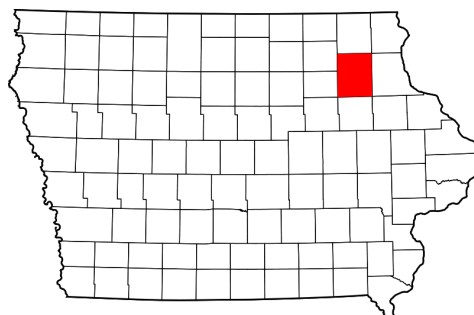
Bremer County is located in northeast Iowa with a population of 25,307 and borders Chickasaw, Fayette, Buchanan, Black Hawk, Butler, and Floyd counties. Bremer County covers 435.48 square miles and includes the following communities: Denver, Frederika, Janesville, Plainfield, Readlyn, Sumner, Tripoli, and Waverly.



Chickasaw County is located in northeast Iowa with a population of 11,658. Chickasaw County covers 504.38 square miles and includes the following communities: Alta Vista, Bassett, Fredericksburg, Ionia, Lawler, Nashua, New Hampton, North Washington, and Protivin.



Fayette County is located in northeast Iowa with a population of 19,210. Fayette County covers 730.81 square miles and includes the following communities: Arlington, Clermont, Elgin, Fayette, Fairbank, Hawkeye, Maynard, Oelwein, Randalia, St. Lucas, Stanley, Wadena, Waucoma, West Union, and Westgate.



People QuickFacts	Bremer County	Chickasaw County	Fayette County	Iowa
Population, July 1, 2023	25,307 (.90% increase)	11,658 (1.93% decrease)	19,210 (0.25% decrease)	3,241,488 (1.52% increase)
White alone, percent	93.2%	95.4%	92.7%	84.2%
Black or African American alone, percent	1.1%	0.7%	0.8%	4.0%
American Indian and Alaska Native alone, percent	0.1%	0.3%	0.6%	0.4%
Asian alone, percent	1.0%	0%	0.7%	2.4%
Native Hawaiian and Other Pacific Islander alone, some other race alone percent	1.2%	0.7%	0.2%	2.4%
Two or More Races, percent	3.4%	2.8%	4.9%	6.5%
Hispanic or Latino, percent	2.0%	4.0%	2.9%	7.3%
White alone, not Hispanic or Latino, percent	92.8%	93.4%	91.2%	82.4%
Geographic QuickFacts	Bremer County	Chickasaw County	Fayette County	Iowa
Land area in square mile, 2010	435.48	504.38	730.81	55,857.13
Persons per square mile,	55.7	23.5	26.7	54.5

(a) Includes persons reporting only one race; (b) Hispanics may be of any race, so also are included in applicable race categories; Z: Value greater than zero but less than half unit of measure shown Sources: <https://www.iowadatacenter.org/index.php/quick-facts/county-quick-facts> - July 2023 information.

Of importance since CMHs last CHNA (2022) population has dropped in two out of three counties we serve. Bremer County and Iowa as a state saw an increase in population. Demographics of ethnicity saw little change from 2022 to 2025. CMH will continue to monitor population decreases and factors leading to lower population trends within our service markets specifically as it relates to any specific healthcare shortages and if that is a contributing factor towards individuals/families leaving our service markets.

V. Approach & Process

In January 2025 CMH began work on a comprehensive CHNA in partnership with Bremer County Public Health Department, Care Initiatives Hospice, Waverly Health Center and Waverly-Shell Rock Area United Way. The committee met to identify key community partners to target, develop the CHNA survey and methodology, compile and interpret data accumulated through the survey and discuss top issues facing our communities. A 48 question survey was created and shared through several media outlets determined to garner best responses. The survey was open from the following timeframe of January 13, 2025 through March 31, 2025. The survey link was sent through facebook, email distribution, radio and publication in local newspapers. In addition CMH made concerted efforts to reach school officials within Sumner-Fredericksburg School District along with local business owners in Sumner.

VI. Results

Review of Primary Data:

440 people completed the survey with the following demographics:

- 27.08% are aged 55-64.
- 89.17% are female.
- 57.92% live in Bremer County, 5.83% live in Chickasaw County and 3.41% live in Fayette County
- 80.42% work in Bremer County, 2.5% work in Chickasaw County and 0.45% work in Fayette County.
- 97.5% are white or Caucasian.
- 90% have completed at least some higher education, of that percentage, 32.91% are college graduates, and another 20.42% have an advanced degree.
- 67% work in healthcare, 12% are retired.
- 92.5% receive annual health screenings by a primary care provider.
- 77.45% consider medical professionals, and health agencies trusted sources for health information.
- 27.92% answered YES when asked if “in the past three years there was a time when you or a member of your household thought you needed healthcare services but did NOT get or delayed getting them?”

Personal Health

- 65.42% rate their personal health as ‘healthy,’ 7.5% rate themselves as ‘very healthy,’ 5% as ‘unhealthy’ or ‘very unhealthy’

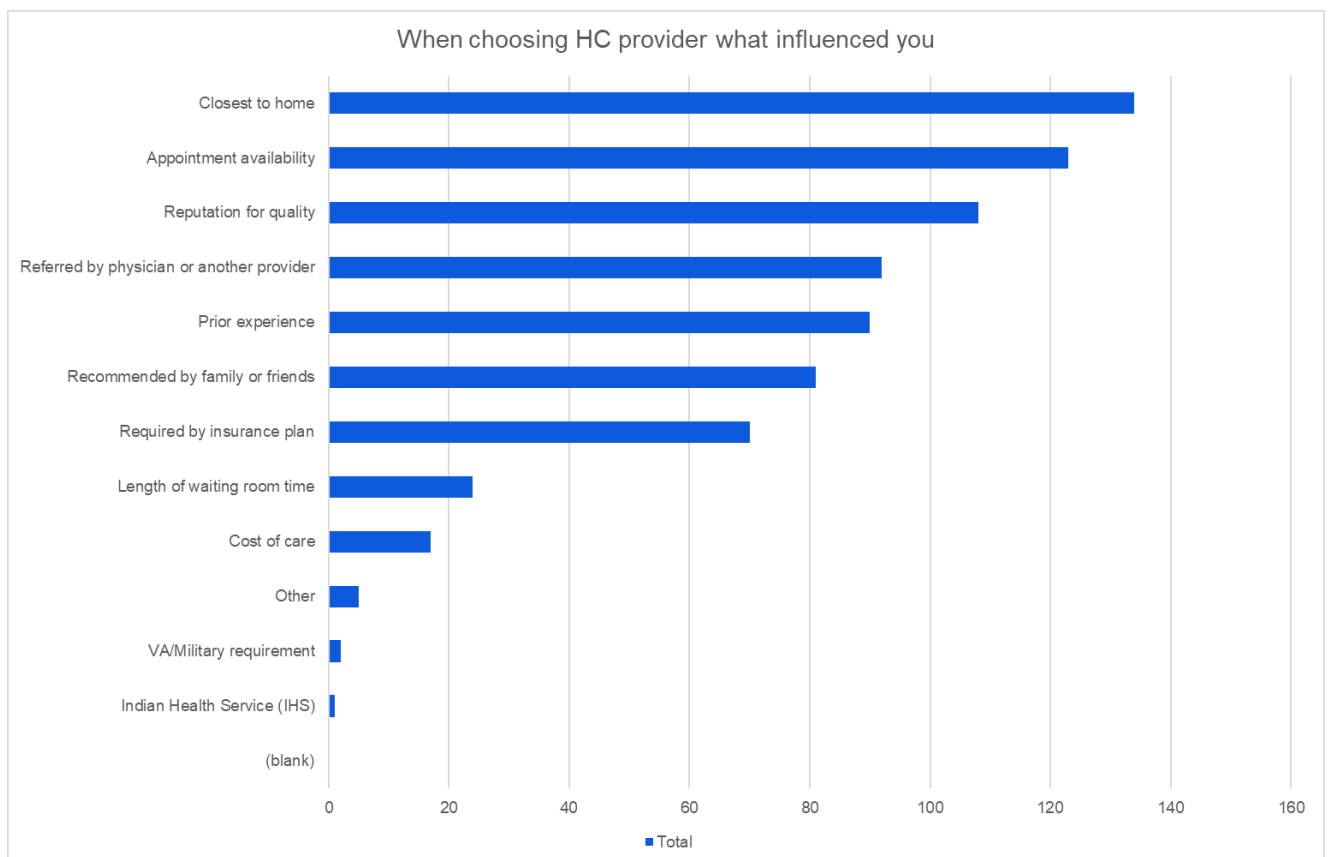
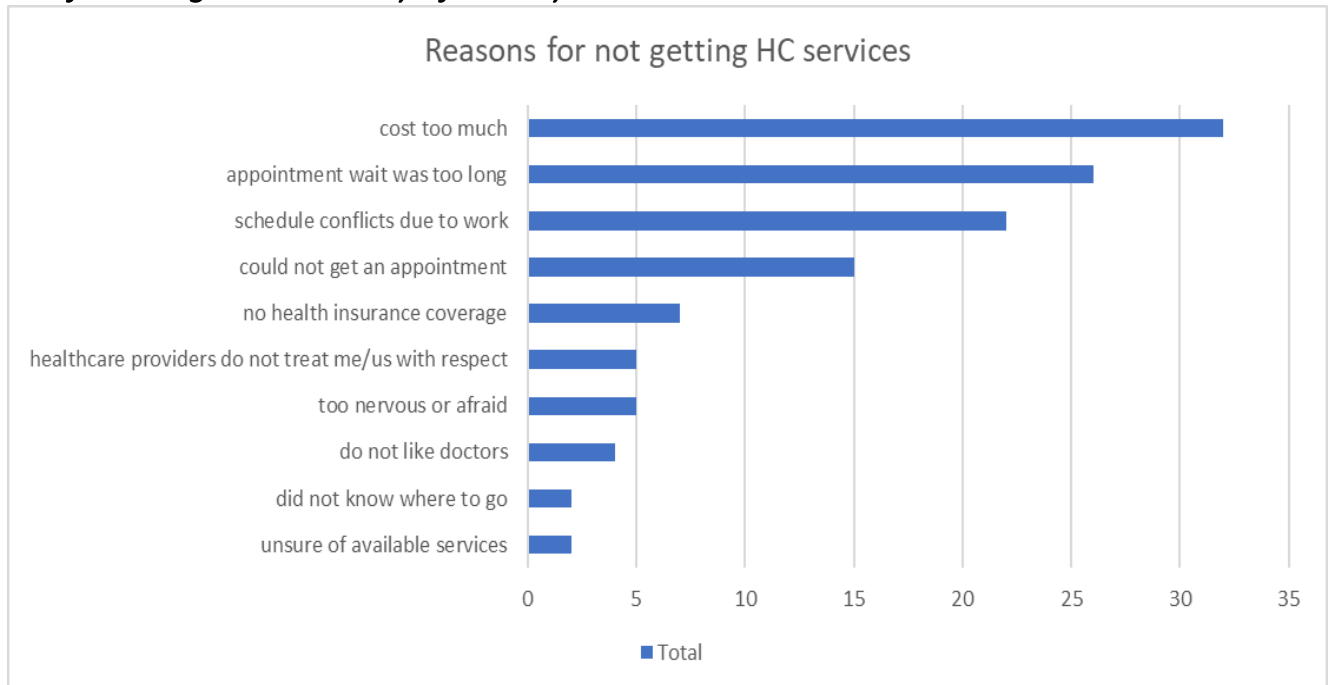
Mental Health

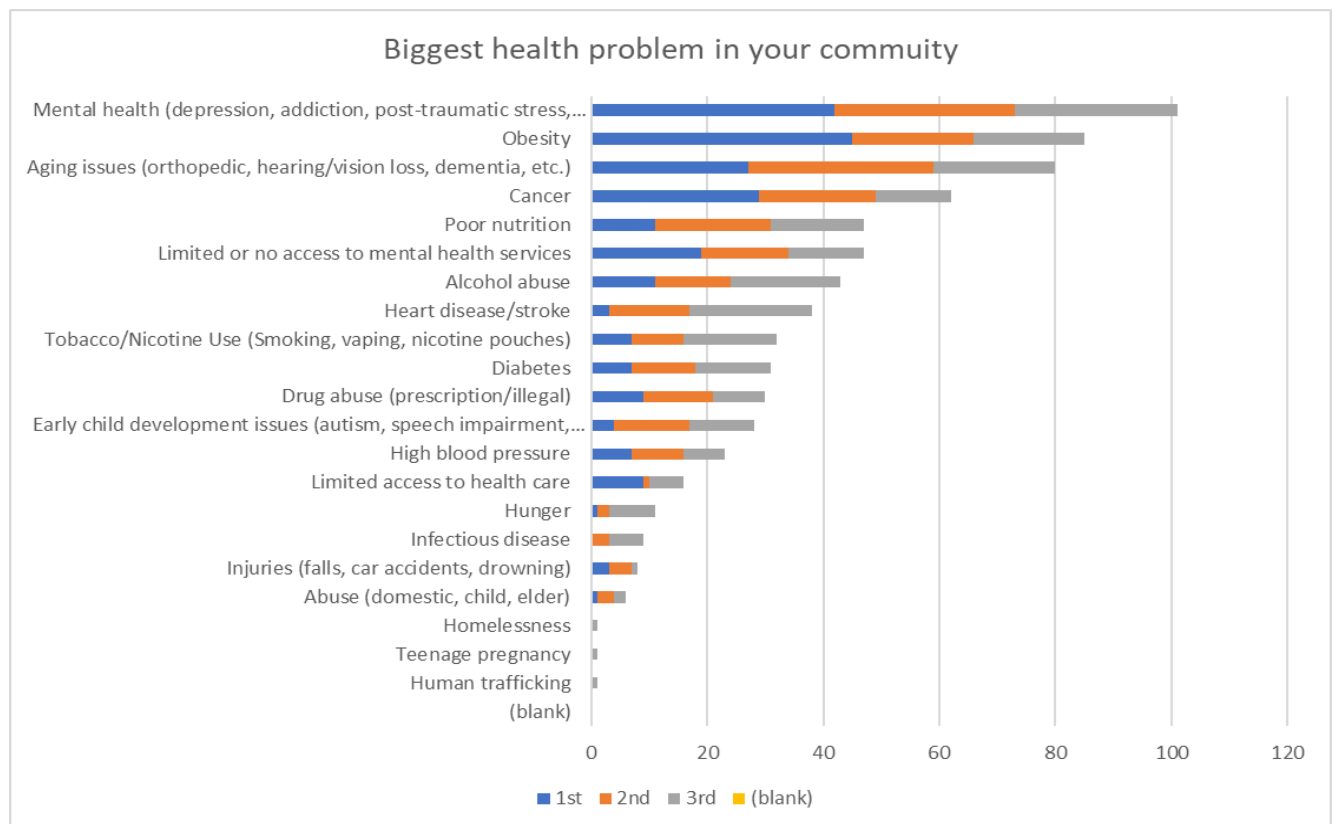
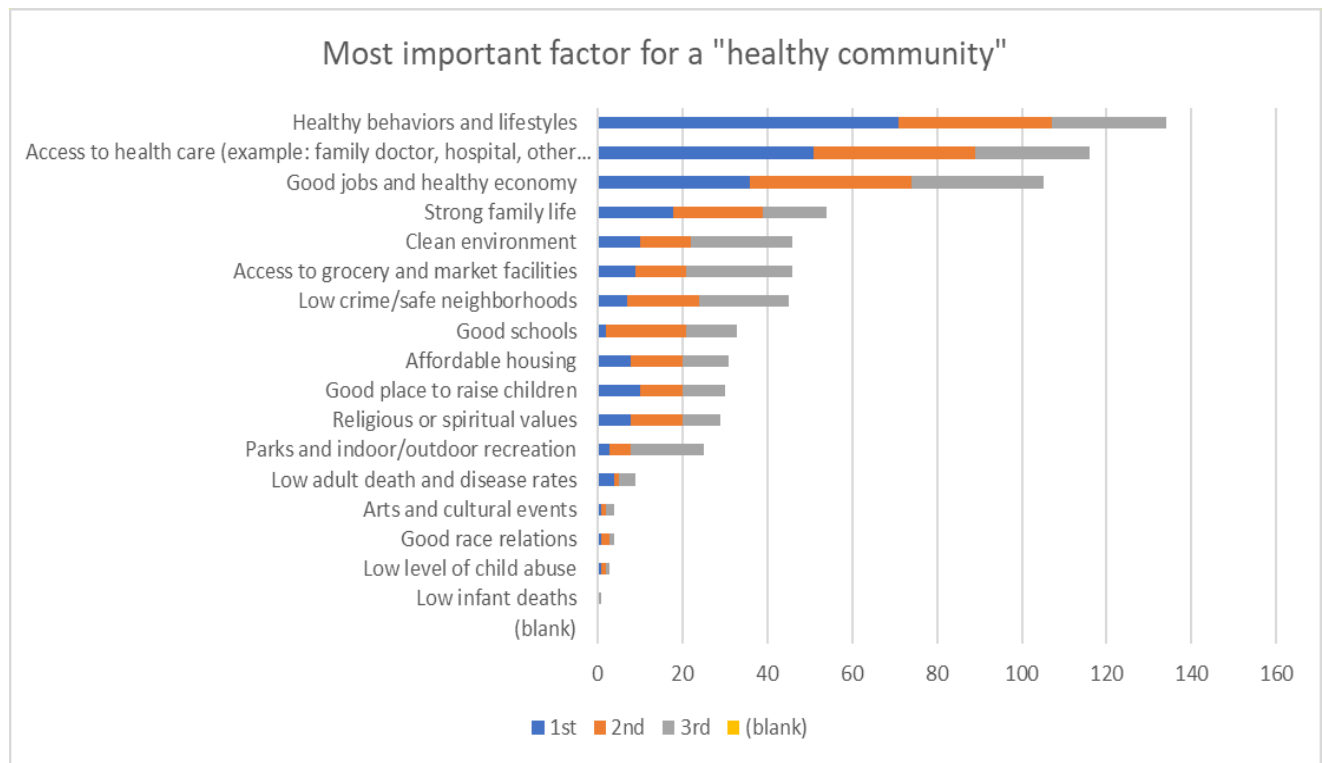
- 45.42% rate their mental health the past 12 months as ‘excellent’ or ‘very good’, and 2.08% as ‘poor’
- 21.67% rate that over the past 12 months compared to years past, their mental health has ‘somewhat declined’ or ‘significantly declined’, 24.17% as ‘somewhat improved’ or ‘significantly improved’, and 54.17% as ‘has stayed the same’.

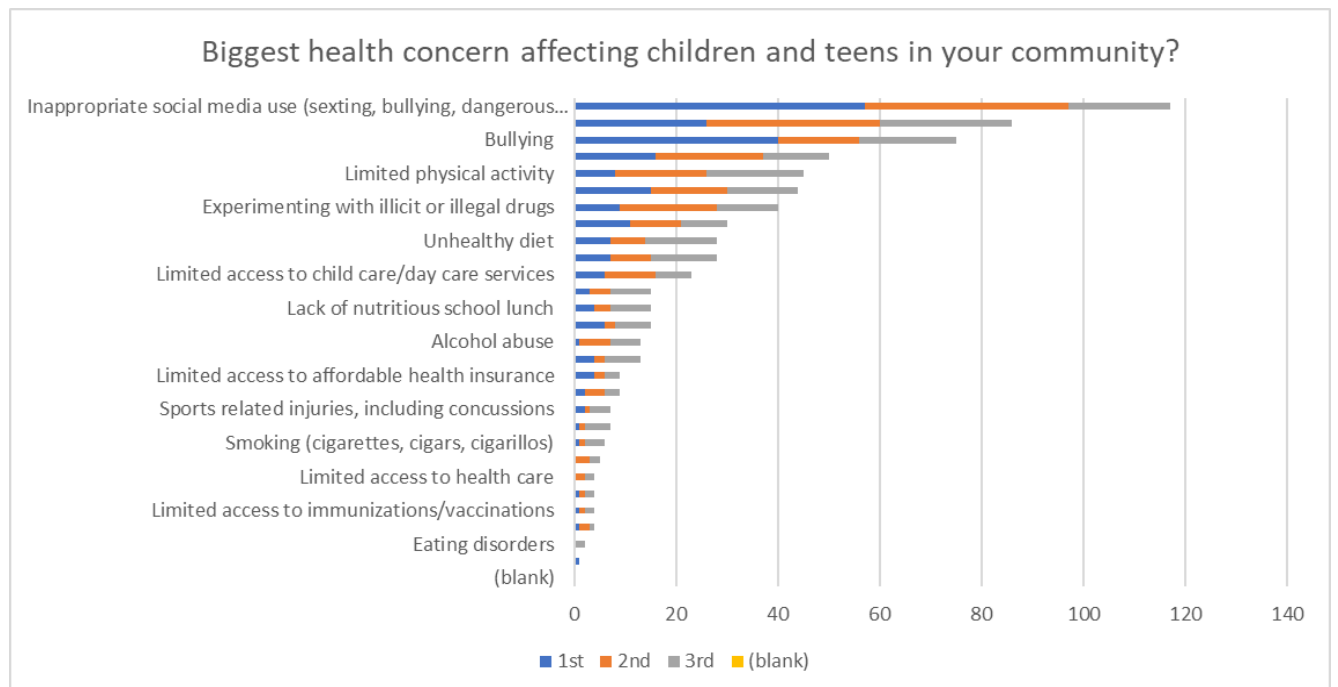
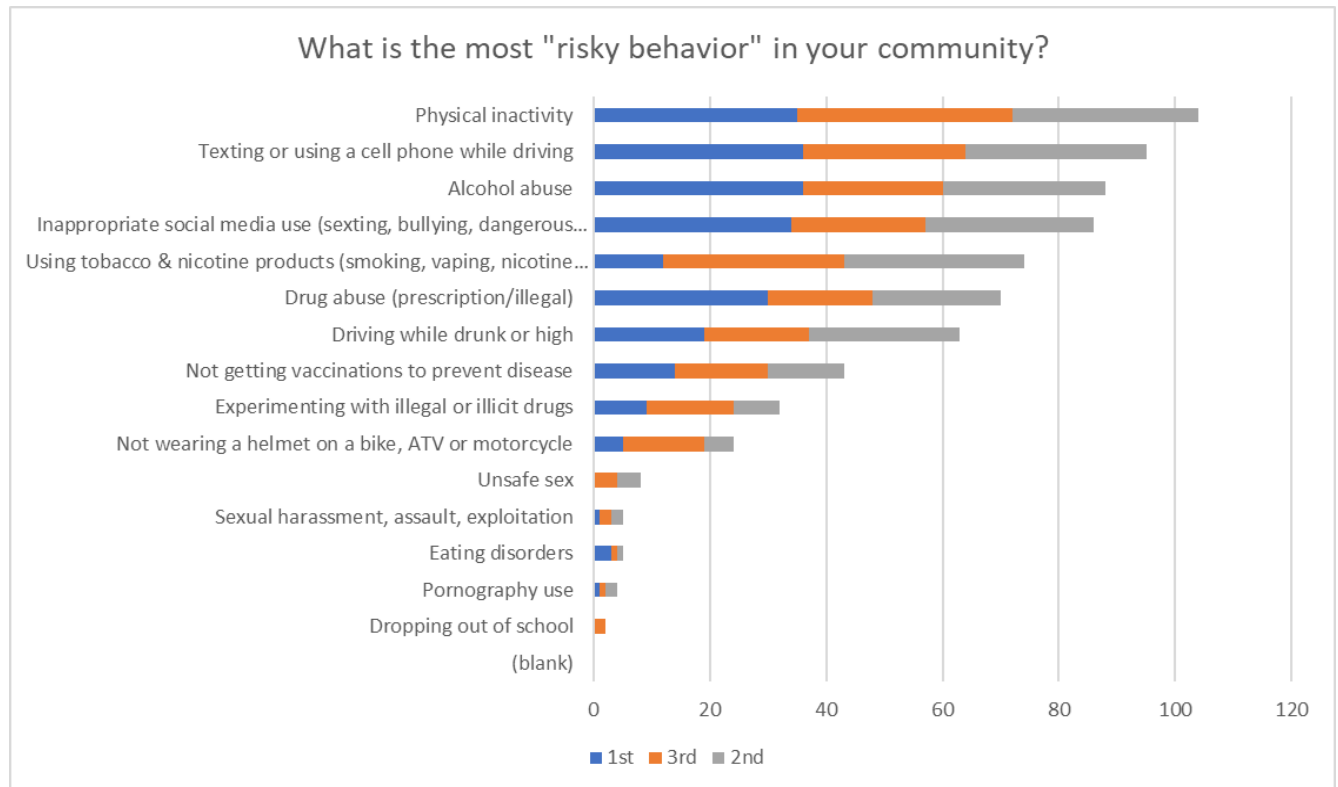
Community Health

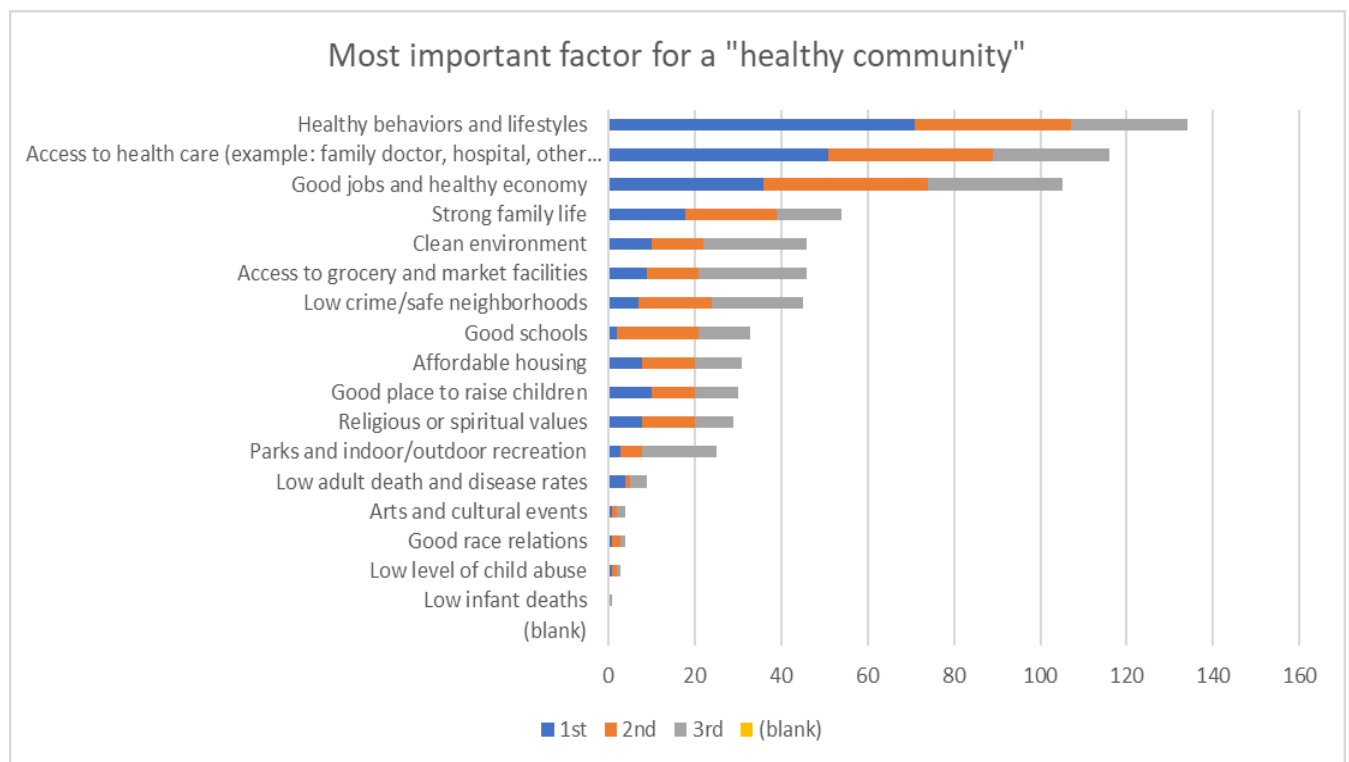
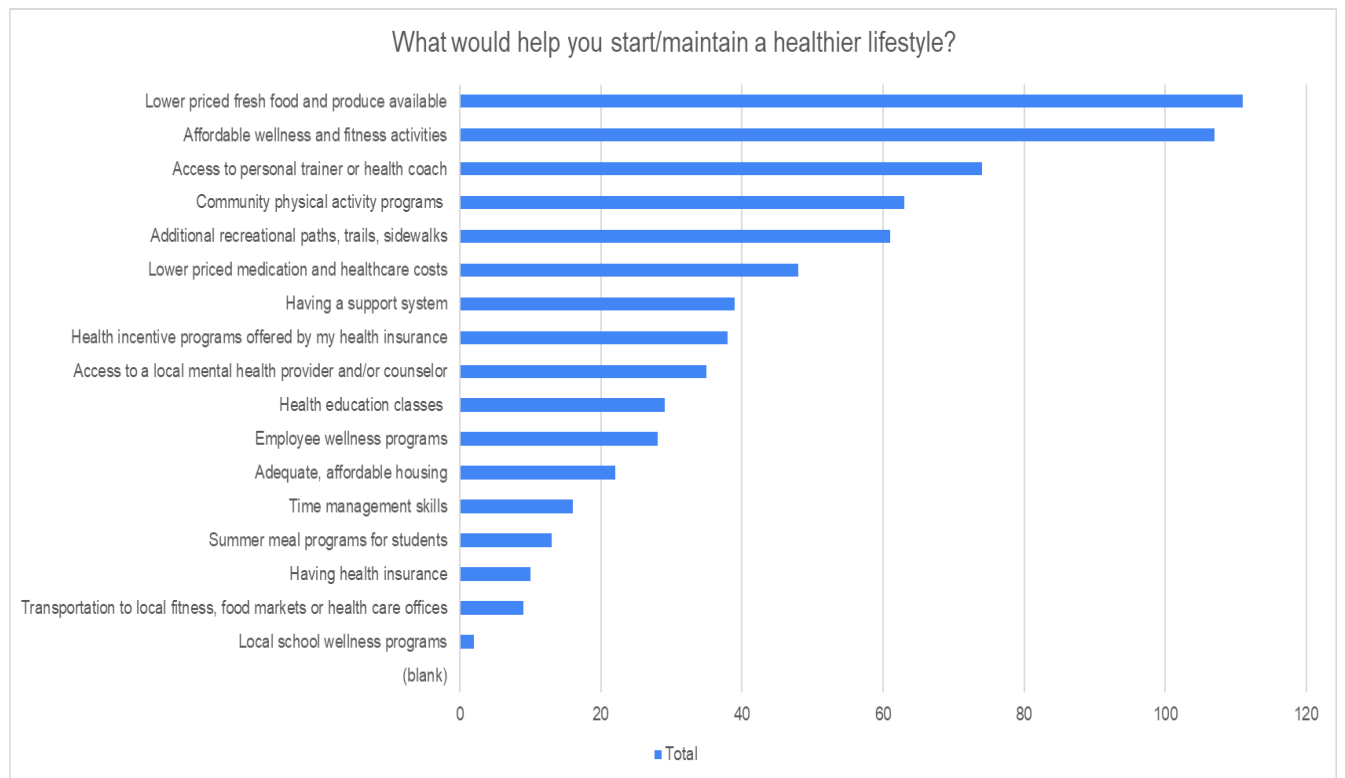
- 25% rate their community as ‘healthy,’ and 22.08% rate their community as ‘unhealthy’ or ‘very unhealthy’.

The following is a summary of the key results:





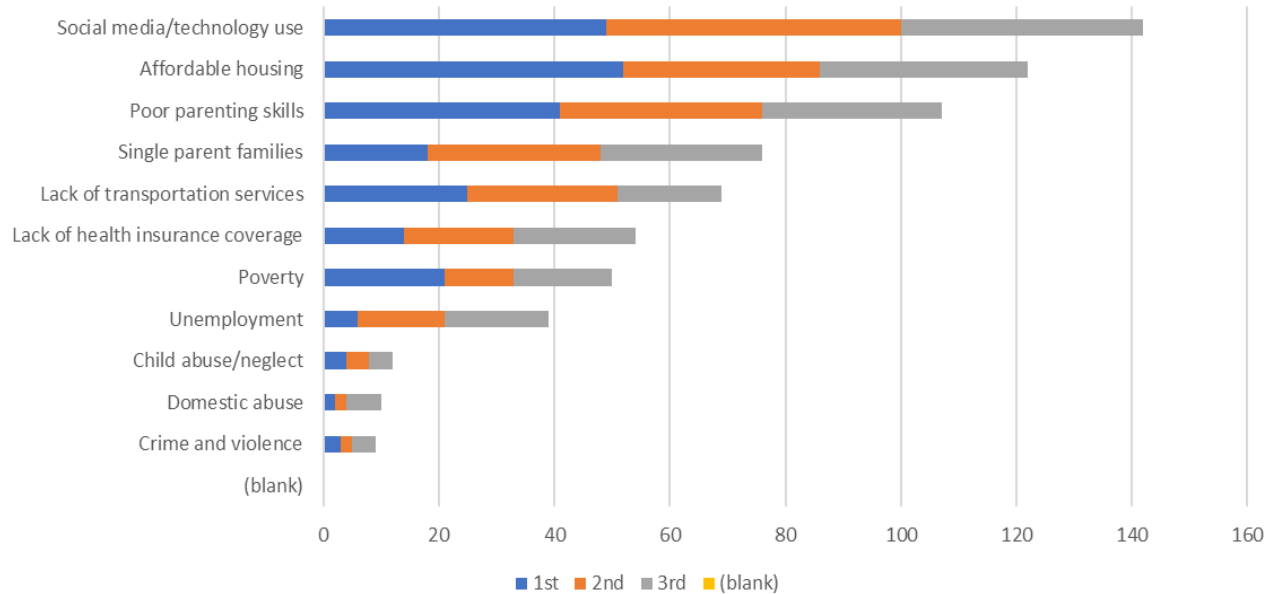


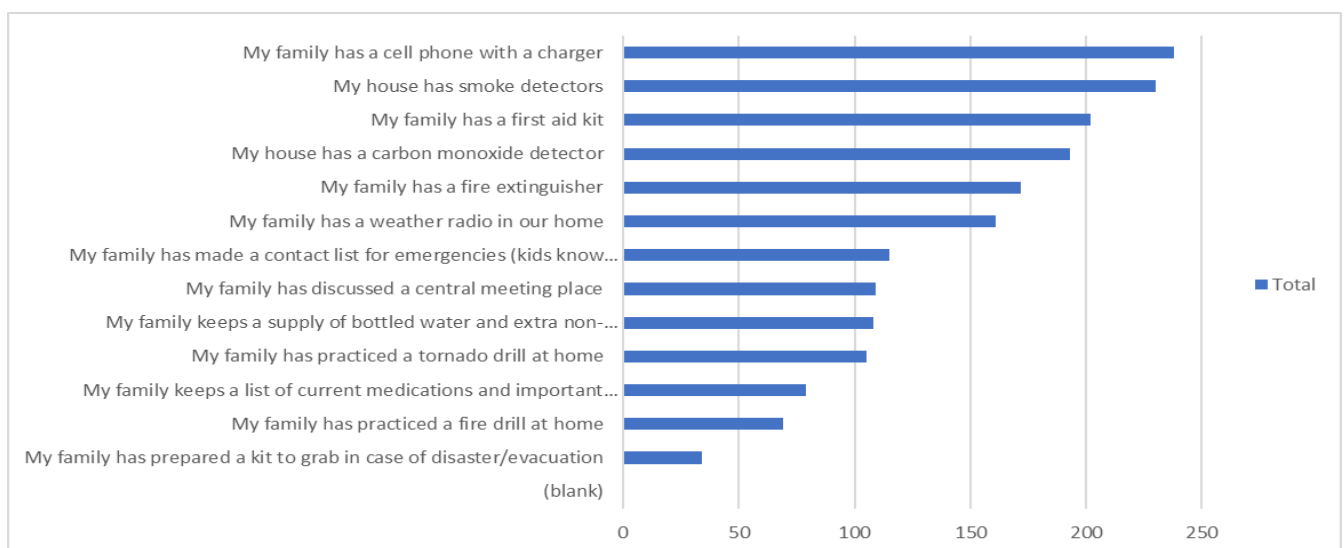
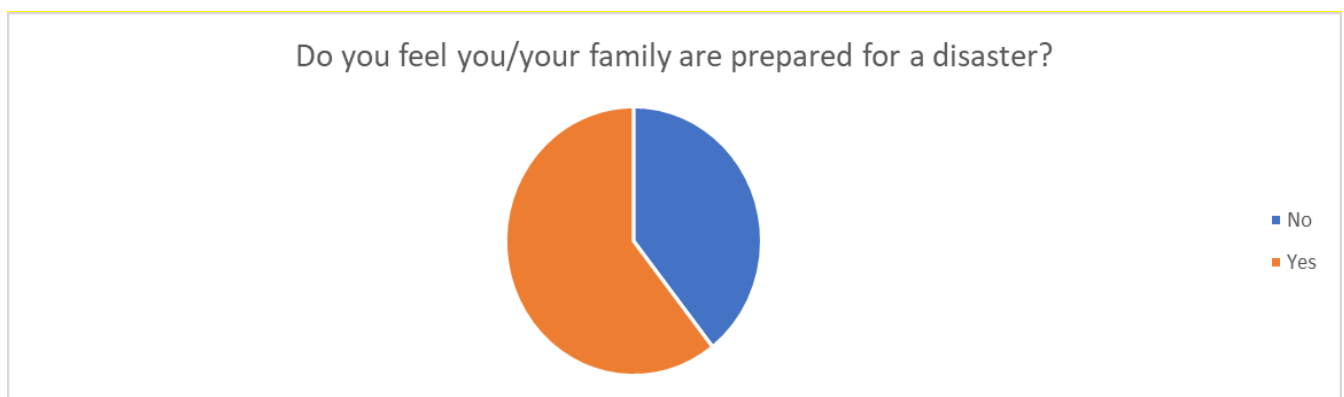
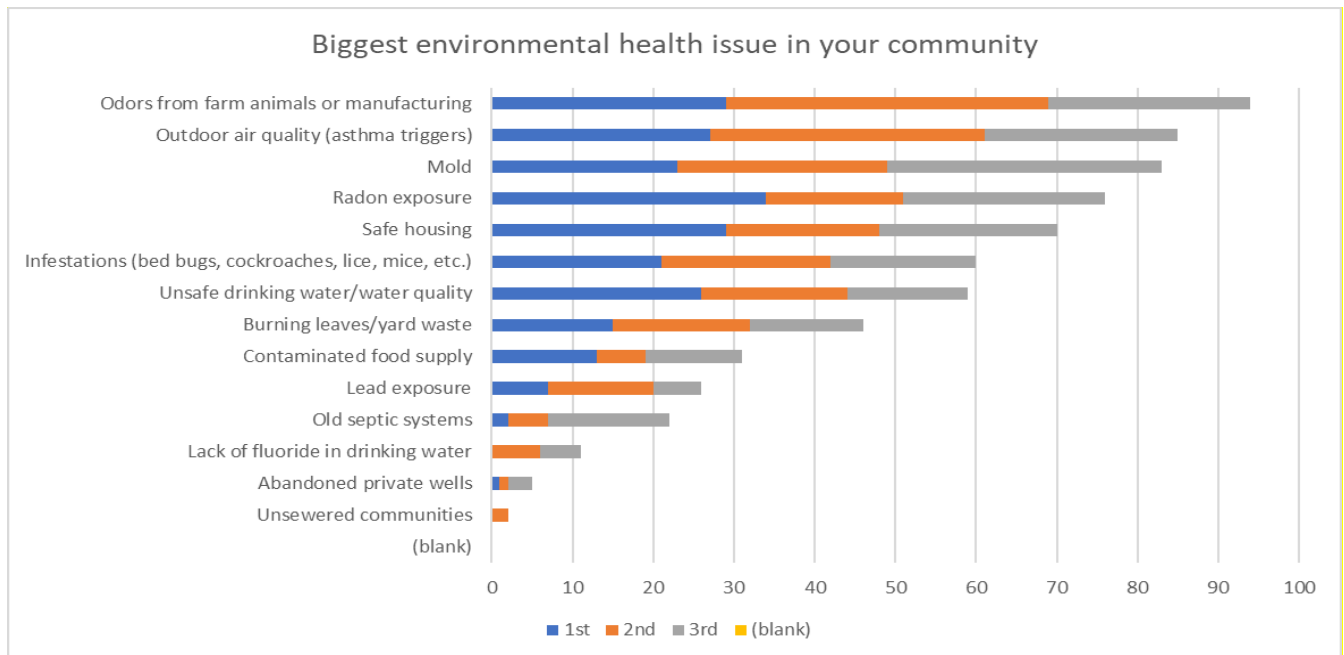


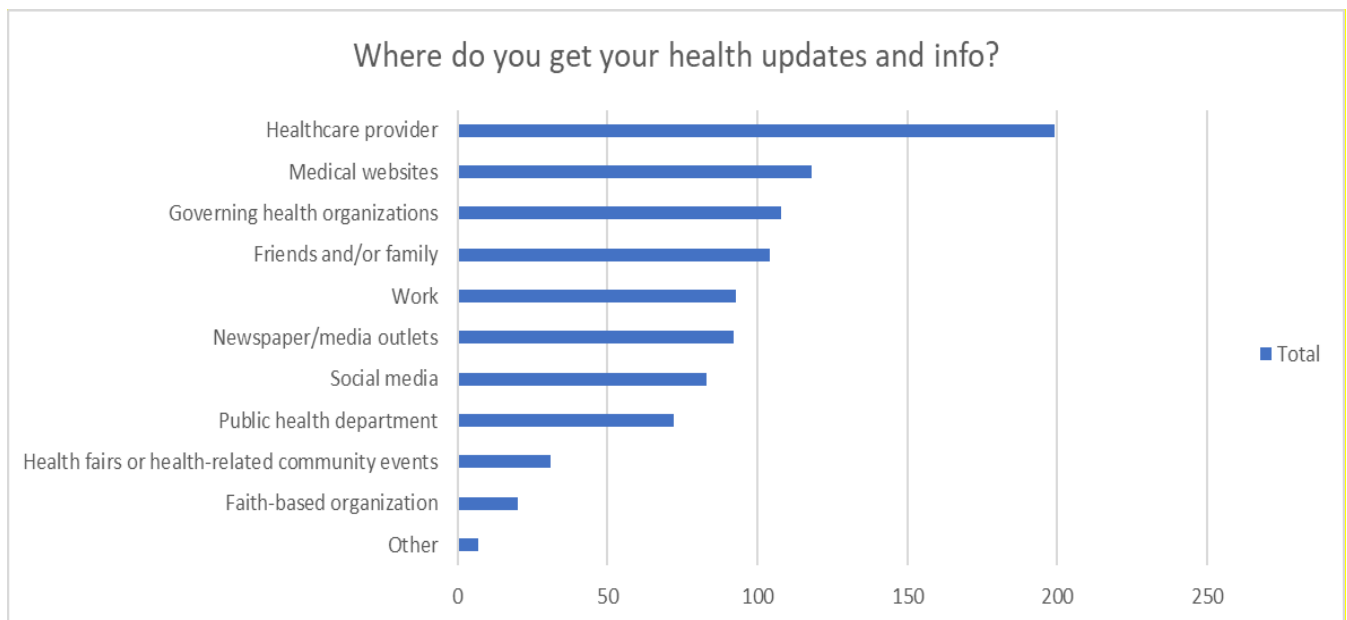
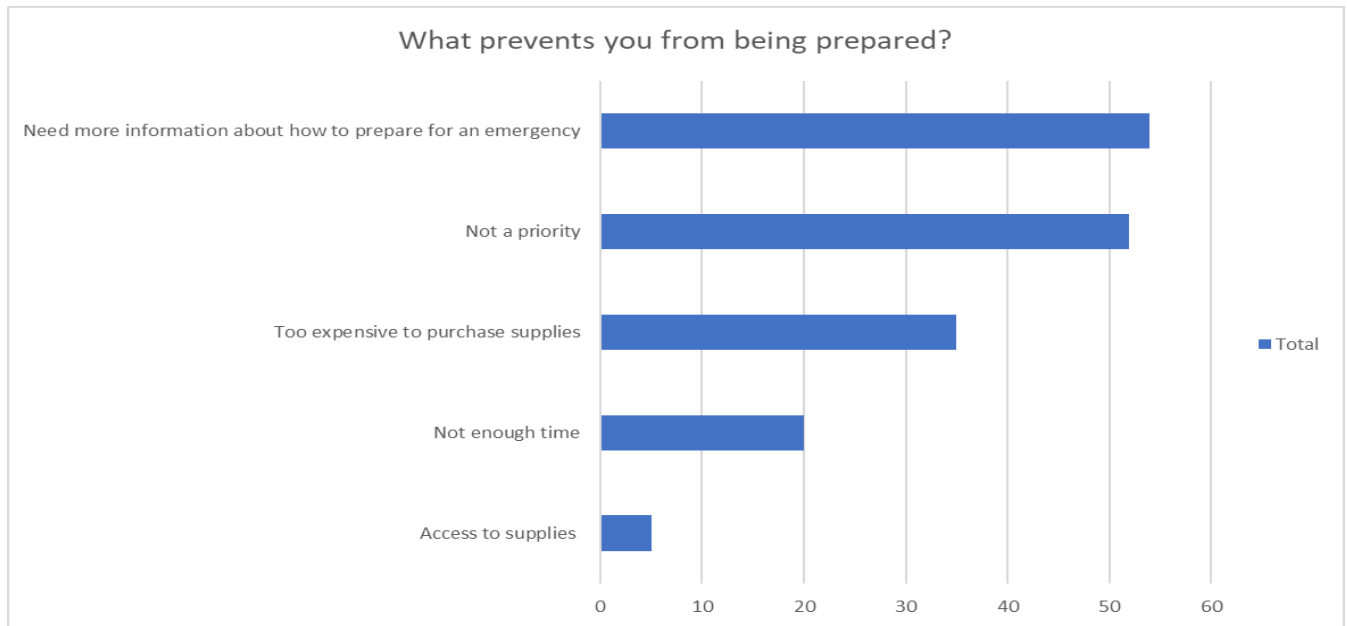
How would you rate the social environment?

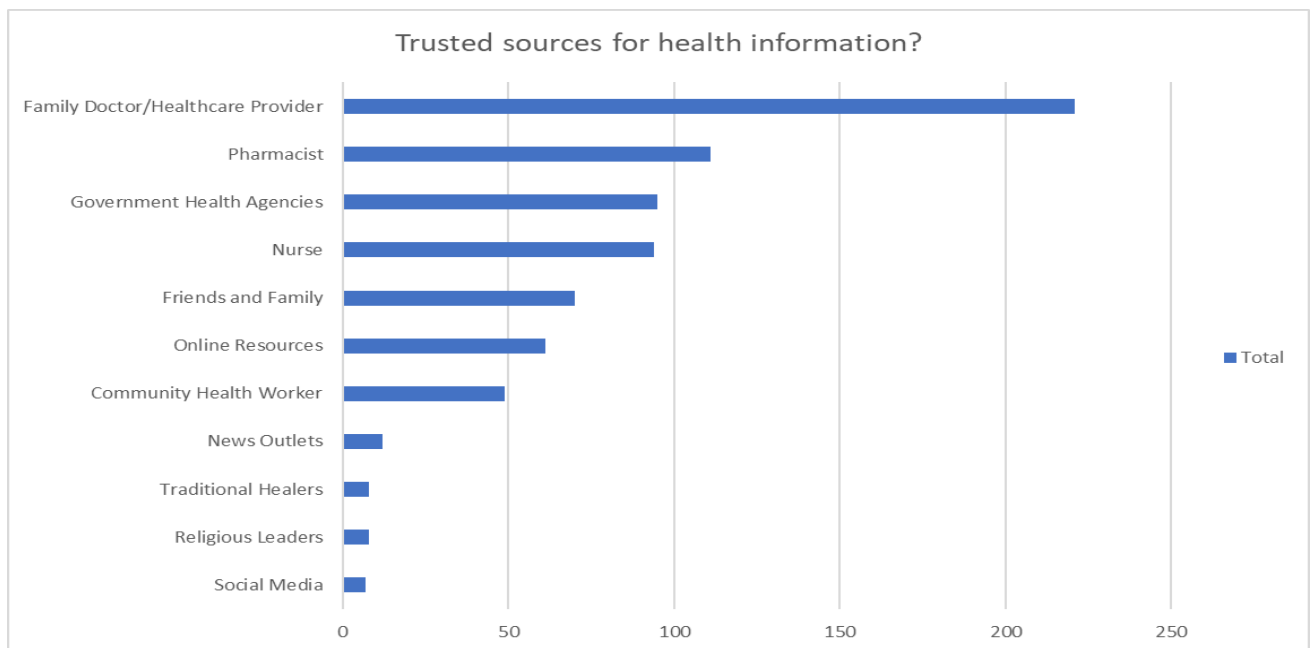
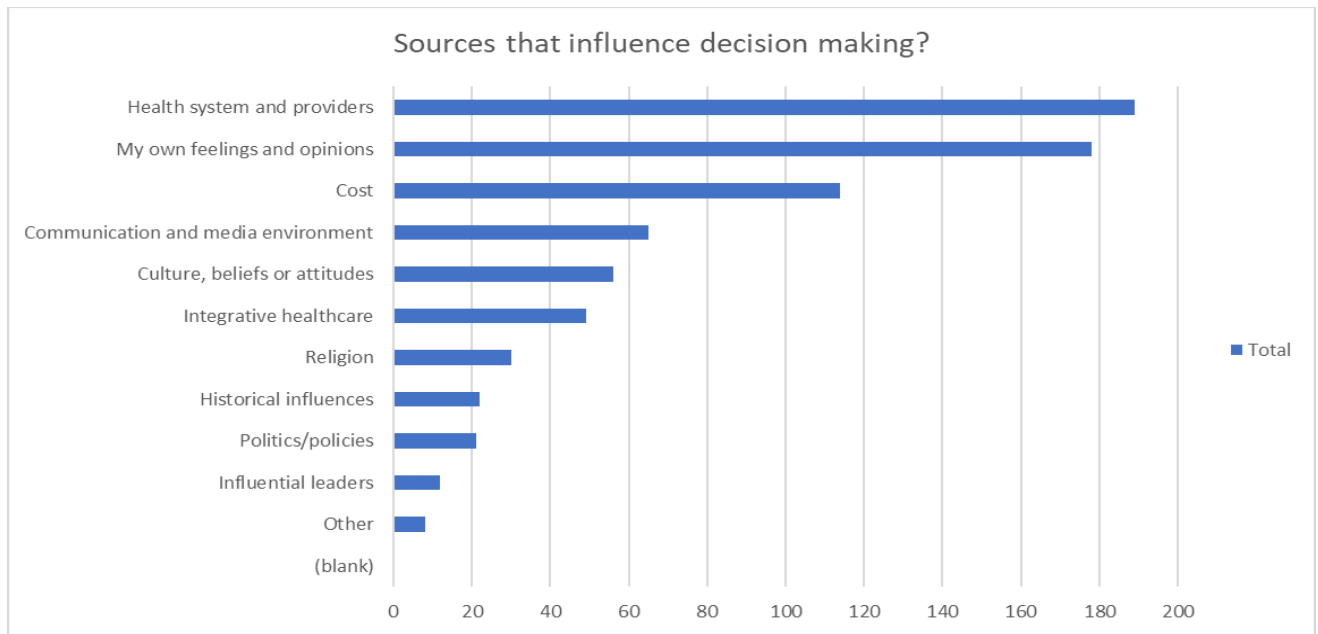


Biggest social issue in your community









VII. Priorities

As part of the assessment process, CMH is charged with adopting some of the needs identified, developing a strategy, and creating an implementation plan for each need chosen. The CMH Board of Directors met in December 2025 to review data from 2025 survey and accomplishments over the past 3 years in regard to the 2022 CHNA. Given data reported in 2025 and opportunities to better serve our communities the following health issues will be addressed.

1. Access to Healthcare
2. Chronic Disease Management
3. Community Education
4. Access to Mental Health Services

Of importance there are similar trends when comparing the 2022 to 2025 CHNA. In 2022 the following were addressed: access to healthcare, mental health, wellness and chronic disease management. 2025 initiatives have been chosen for a number of reasons. First, the above areas carried a large number of responses and weighted responses in our assessment. Secondly, CMH believes it has the capacity and capability to positively impact these areas for our communities. In addition, they fall within the scope of our mission, and each covers a broad spectrum and offer ongoing opportunities for improvements. The Board of Directors and CMH Administration is committed to the success of quality local healthcare and placing a focus on these four areas will help achieve this goal.

The other needs identified in this process will not formally be included in our strategy and implementation plan. As we move forward with this process and conduct future assessments, we will monitor our progress and re-assess the overall needs of the community we serve. Additionally, there are services, organizations, and businesses within the area that focus on these needs.

VIII. Strategy & Implementation

CMH's mission is to provide quality healthcare to the people of Sumner and to the surrounding areas, while coordinating other needed services. This is a driving factor in many of the decisions made in an effort to benefit the area residents we serve.

Access to Healthcare

Access to quality healthcare is an important part of the health and well-being of individuals. Within this identified need, CMH will strive to maintain the current services we do offer and recruit needed and new beneficial services.

This survey showed emphasis on cost of healthcare. We will continue to have prompt pay options and financial assistance for those in need. We are also dedicated to reviewing our charge master to ensure charges are consistent and accurate across the facility ensuring our patients have affordable care.

Additionally, we hope to recruit new visiting specialty clinics to provide services onsite. Bringing specialists to our patients is convenient for our patients in the fact that it saves them time and money, but most importantly, it provides patients access to care that they may not seek if not offered locally.

Chronic Disease Management

Chronic disease management and the ability to have help with lifestyle management to either prevent or provide quality of life for these patients was of large interest in the survey. Patient's notice the cost of noncompliance with chronic disease and want opportunities to manage these diseases affectively close to home.

Community Memorial Hospital will continue to offer and promote preventative services. Staff will continue to educate on preventative options and reporting done to help facilitate determination of patient population needing specific screening. Our state of the art electronic health record provides us reporting capabilities to decipher patients with particular diagnoses. This gives us the opportunity to help monitor these patients and provide quality through continuous contact with these patients. Community Memorial Hospital is committed to efforts of maintaining medical equipment and specialists that focus on chronic disease management for diabetic, heart, orthopedic, pain management and many more. Building relationships with current specialist groups and expanding to other provider groups will diversify the ability for our facility to have necessary chronic disease management across a wide array of specialties.

CMH offers screening tests at reduced pricing and call this "Wellness Testing." These tests can be done whenever the patient wants them completed and help identify conditions in earlier stages. CMH continues to enhance the wellness tests offered to ensure patients have as much access to care as

possible. A continuous review of tests offered to meet the community needs will continue to be completed.

CMH plans to combat chronic disease through prevention, proper education, and management. Routine and preventative measures and screenings allows disease to be caught sooner. Once diagnosed, education and management become important factors in helping the patient understand the disease and how to live with it. Physical activity, proper nutrition, eliminating tobacco use, and obtaining proper preventative screenings are common areas of focus. Staff will continue to monitor quality of life for patients with chronic disease such as diabetes, COPD, heart disease and hypertension and implement best practices to enhance compliance.

CMH will continue offering and promoting the services that offer preventative screenings, such as digital mammography and colonoscopies, and those that focus on the management of chronic diseases, such as cardiac and pulmonary rehab. CMH has a dedicated Diabetic Educator in the CMH Medical Clinic to help treat diabetic patients five days a week in conjunction with a certified dietician.

Community Education

Many various needs were addressed in the health needs assessment related to education. Overwhelming the survey showed that primary care provider and healthcare providers are the source of education of the majority of those that took the survey. CMH will continue to grow education around all areas of health from newborn to elder.

Childhood sedentary lifestyle with technology was of great concern to those surveyed. CMH will continue to grow education around a healthy balance of technology and activity through health highlights. This will be focused on at well child visits to encourage caregivers to help minimize screen time and enhance activity.

In addition, CMH will continue to play a lead role in the health and well-being of our community. CMH will again look to offer classes in smoking cessation, Matter of Balance and BLS certification. CMH will be able to focus on hosting health highlight events that place an emphasis on various health and wellness topics, such as heart and eye care and proper nutrition.

CMH is committed to partnering with area school districts to provide education related to nutrition, drug and alcohol abuse, social and emotional health and more. Providers participating in conventions and small group education will help drive additional education related to health for our future.

Community Memorial Hospital will continue to expand social media presence and provide topics of health education all through the year to coordinate with awareness topics. This will provide education that can be reviewed multiple times by community members and bring awareness to disease processes that may be minimally known and understood.

Access to Mental Health Services

Mental Health was overwhelmingly identified as an area of improvement in our needs assessment. This is not isolated to our specific area and is a commonly held concern, state and nationwide. CMH has worked diligently to provide mental health support in an outpatient sphere. Senior Life Solutions will continue to be available and grow for the Medicare population and an internal clinic for mental health and therapy will be cultivated with the goal for growth in the next 3 years. Mental health providers are in great demand and limited supply. CMH will continue to assess and care for mental health patients to the best of our ability and work with those facilities and providers that can provide the appropriate level of care.

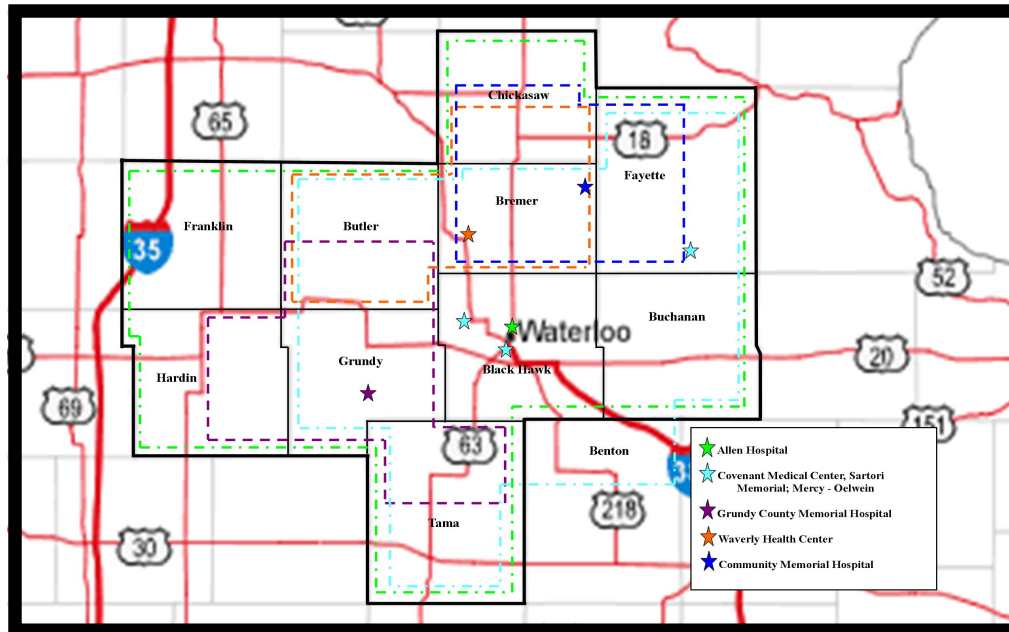
In an effort to care for these patients and extend our mental health assessment capabilities, CMH has invested in Telemedicine, specifically contracting with Integrated Telehealth Partners (ITP) to deliver Tele-Psychiatry through our Emergency Department. This contract allows patients at CMH to have Telemedicine visits with Psychiatrists not otherwise available in a small rural healthcare facility.

Internal training and supervisory support will continue to be utilized to maintain the best care for these services in the settings each patient presents.

VIII. Appendix

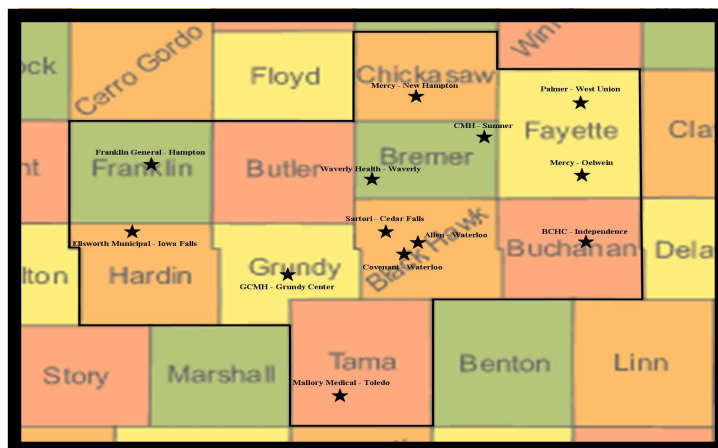
Appendix A – Individual Service Areas

This map highlights the entire 10 county service area, but also shows individual boundaries of each entities service area by color.



Appendix B – Healthcare Access in Entire Service Area

This map highlights the entire 10 county service area and includes all hospitals in the service area, not just those participating in the 2025 CHNA steering committee.



Appendix C – Further Questions

For further questions regarding the Community Memorial Hospital 2025-2028 Community Health Needs Assessment please contact: Dawn Everding, CMH Administrator at Hospital Main Phone: (563) 578-3275