



Community Health Needs Assessment

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DISCOVERY
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General Background of Llano

History

Llano County in Central Texas is the county seat and is approximately seventy-two miles from the Capital of Texas, Austin. It is bordered by San Saba County, Burnet County, Gillespie County and Mason County. It is in the 'Heart of Texas' meaning it is near the center of the state. It is named from the Llano River that runs through the city of Llano into the Colorado River. It is as the Deer Capital of Texas because in the winter months, deer can be seen around every corner. With its Red Top Jail, Enchanted Rock, the Llano River, delicious Bar-B-Q, beautiful bluebonnets and its rich history in Texas, Llano is a great retreat in the Hill Country.

Llano County history extends to the days before the Europeans and their descendants came to Texas. When the Spaniards settled the area, they soon discovered that the Tonkawa Indians were already hunting and gathering there. It is uncertain how long the Tonkawa Indians had been here as they were not completely settled when the Spaniards arrived. The Indians invited the Spaniards to stay and establish missions in the area and to help keep the Comanches away. But by the 1800's the Comanches invaded the region and drove the Tonkawa Indians out of the area. The Comanches claimed the area until the time of the 'Republic of Texas' ear when Texas settlers and Comanche Indians battled over the region including the skirmish at Enchanted Rock in 1841.

Like the Tonkawa Indians, the Comanches did not settle in the area and the Spanish missions served as military outpost along with the churches in the region. The first civilian towns were established by German immigrants. In 1847 a German leader named John O. Meusebach negotiated a treated with the Comanches to create five settlements in the Hill Country. Castell, on the western side of Llano County is the only settlement that remains today.

In 1856 the Texas legislature split Gillespie and Bexar Counties to form Llano County and by 1858, just two years later, over 1,000 people lived there. At this time, German immigrants occupied the western half of the county with Anglo-Americans occupying the eastern portion. Life continued with most of the residents earning a living through ranching in the south and farming in the north. By 1860 it is said that Llano County had over eighty-nine farms spreading over 59 thousand acres.

During the Civil War, Llano County's growth was slow if at all. The farmers were harassed by Indians who raided for horses but often killed civilians too. Residents of the area lived in constant fear until a

group of eight men led by Capt. James R. Moss defeated a group of Comanches, who had been stealing horses, on Packsaddle Mountain.

With a more peaceful frontier, Llano County shifted to boom years, with ranching and farming dominating the lifestyle of residents in the area. At this time, the late 19th century, people came to this part of the country to start a new life with Llano County population seven times what it was just 40 years before. It was during these boom years that the courthouse and jail were built, both of which are still standing today.

In 1892 Llano was incorporated, the Llano River was bridged, and the Austin and Northwestern Railroad opened a depot on the north side of town. Llano became a railhead and attempts were made to mine iron deposits in the area. During this boom period, many new businesses were constructed around the public square on the north side of the river. Among these was the Algona Hotel which became a focal point for the town's social life. In the early 1900's, granite became a factor in the economy with several granite sheds put into operation. While the population was increasing, the farming industry was declining, where people once farmed, they now shifted to granite mining. Because the county's mineral resources, apart from granite, did not exist like expected the boom period began to fade.

With the turn of the century farming, ranching and the granite industry remained the foundations of the town's economy. Llano County was hit hard by the depression and drought in the 1930's. The agricultural economy suffered the most with cotton production almost down to zero with overall cropland in the county declining more than 20 percent between 1930 and 1940. One industry that did not suffer was the granite industry, it retained its importance in the region, becoming a million-dollar industry by 1950. The building of dams and bridges on the Colorado River offered some relief during the depression and after as it provided temporary jobs for the time being. The Roy Inks Bridge, named after a former mayor, was built along with the Hamilton Dam and Buchanan and Inks Dam. By 1964 the town had a new hospital, a post office, a community center, schools, a rodeo, and a city park.

Though cattle ranching has remained the single most important element in Llano County agriculture economy, it is also one of the ten leading producers of hogs in Texas. Other industries are tourism and hunting with Llano County being the "Deer Capital of the World" for its outstanding deer hunting grounds and harvesting the greatest number of white tail deer annually than anywhere else in the country.

Today Llano County is a wonderful place for retirement with its lakes, beautiful landscape and laid-back ambiance. During the year the towns that make up the county host numerous events that include art festivals, chili cookoffs, wine tasting events, golf tournaments and now pickleball tournaments. Llano County's history has helped shape what the county is today.

The Hospital

During the recent years, the hospital in Llano was leased and operated through Baylor Scott and White Healthcare System, a large tertiary system based in Temple, Texas, with facilities in Temple, the Dallas/Fort Worth area, and many facilities throughout Central Texas. Toward the end of 2020 and upon expiration of the lease, Baylor Scott and White did not renew their lease with the hospital in Llano. The Llano hospital subsequently entered into a lease arrangement with and is now operated under the management of the Mid-Coast Healthcare System, based in the Coastal area of Texas. Llano was also able to transition its Medicare funding from a Prospectively Paid Hospital to a Critical Access Hospital for purposes of Medicare Reimbursement. With the popularity as a growing retirement community and projected increase in Medicare population, critical access status offers the hospital with the projected sustainability to serve the patients in Llano County and the surrounding communities for a long time into the future.

As mentioned above, Llano is also known for its many outside activities, among these including ranching, hunting, fishing, and boating. In addition to serving the primary care needs in the community, emergency care in Llano continues to be a critical need to the citizens living in and lodging in Llano County. The Community Health Needs Assessment highlights the importance of trust the community has in the hospital and the essential needs in serving all the patients presented to the emergency services department as well as the primary care units throughout the hospital.

Demographics

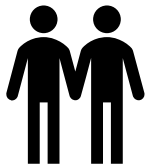
Llano, Texas Population 2022

3,343

Population by Race

Race	Population	Percentage
White:	2,927	83.7%
Other race:	94	2.69%
Asian:	0	0%
Two or more races:	335	9.60%
Black or African American:	210	0.57%
Native American	114	3.27%

Llano Median Age



37.3 Total



33.7 Male



41.5 Female

Llano Adults

There are 2,724 adults, (691 of whom are seniors) in Llano.

Llano Sex Ratio



Female 1,859 53.27%



Male 1,631 46.73%



Llano Household Types

Type	Count	Own	Rent
All Families	1,221	62.2%	37.8%
Male	90	28.9%	71.1%
Non-Family	412	52.2%	47.8%
Married	464	83.6%	16.4%
Female	255	51%	49%

62.2% Rate of Home Ownership

2.77 Average Household Size

3.39 Average Family Size



Education Attained

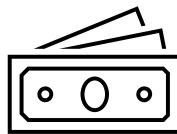
Type	Count	Percentage
Some College	556	22.67%
Less Than 9th Grade	287	11.70%
High School Graduate	884	36.04%
Graduate Degree	65	2.65%
Bachelor's Degree	243	9.91%
Associates Degree	209	8.54%
9th to 12th Grade	287	11.70%

Education by Race

Race	Total	High School	Bachelors
Hispanic	460	275	16
White	2,139	1,577	292
Other Race	70	40	0
2+ Races	253	91	0
Black	20	20	0
Native American	67	37	0

The highest rate of high school graduation is among black with a rate of 100.00%.

The highest rate of bachelor's degrees is among white people with a rate of 13.65%.



Earning by Education

Name	Average	Male	Female
Overall	\$30,585	\$38,618	\$22,708
Less Than 9th Grade	\$19,797	\$21,783	\$15,688
High School Graduate	\$28,203	\$32,235	\$20,785
Some College	\$32,620	\$41,250	\$31,125
Bachelors Degree	\$57,321	\$80,956	\$47,500
Graduate Degree	\$71,500	\$83,438	\$62,500

\$30,585	Average Earnings
\$38,618	Average Male
\$22,708	Average Female

Llano Poverty by Race

Name	Total	In Poverty	Poverty Rate
White	2,139	303	14.17%
Other	70	69	98.57%
Hispanic	460	173	37.61%
Multiple	253	88	34.78%

Income by Household Type

Name	Median	Mean
Households	\$45,036	\$60,896
Families	\$54,228	\$73,252
Married Families	\$83,000	-
Non-Families	\$22,024	\$33,832

Llano Marriage Rates

38.5 % Overall

41.3 % Males

36.0% Females



Place of Birth

94.95%	Born in Llano
118.54%	Native Born
4.73%	Foreign Born
3.32%	Non-Citizen
1.41%	Naturalized

118.54% of Llano residents were born in the United States, with 94.95% having been born in Texas. Only 3.32% of residents are not US citizens. Of those not born in the United States, the largest percentage are from Latin America.

Non-citizens include legal permanent residents (green card holders), international students, temporary workers, humanitarian migrants, and illegal immigrants.

Community Healthcare Needs

Introduction

The purpose of the Community Health Needs Assessment is to identify the needs in the specific community, regardless of the hospitals abilities to meet those needs. In order to identify these community needs, the consultants of DHCG conducted interviews and focus groups with members of the community who include Midcoast Medical Center staff, Hospital Board Members, and local members of the community. These individuals represented all socioeconomic levels, prominence in the community, a variety of ages, and races.

Specialization

Midcoast Medical Center currently offers primary care, emergency care, lab services, radiology, physical therapy, IV therapy, and swing bed. Based on the focus groups, all of the current specialties are well-received and utilized in the community. Our focus groups only had positive experiences to say about the current specialties. The physical therapy program was one that received a lot of praise in the community. The program, and the doctor leading it, are very important to the community, specifically the elderly population.

That being said, Midcoast Central is still missing services in the community and the population is travelling outside of the community to Fredericksburg and Austin to receive specialty care. Llano, and its surrounding communities, have a growing elderly population. For this reason, transportation to other communities is not easily accessible for Llano residents. The community is in need of multiple specialties to combat the transportation issue. From our focus group findings, the community does not have services to help patients receive transportation to other providers. If they do have services like this, it was not mentioned in our interviews.

Primary care

Midcoast Medical Center in Llano used to be operated under Baylor Scott and White, because of those past ties, many residents in the community travel to receive care in Kingsland for Baylor Scott and White specialty and primary care. Baylor Scott and White have an established presence in the community and are providing services to both the Llano and Kingsland population. According to our research, the Kingsland clinic only has physical therapy and family medicine available. This clinic has several providers, while Midcoast Central has only one primary care provider. For this reason, it seems to stand that Midcoast Central could expand their primary care presence.

Over 50% of students who attend Llano Schools are travelling from Kingsland. This is important because Midcoast Central has the opportunity to expand services for Llano residents, but also the students and families of those travelling from Kingsland. Seaton is currently sending over a “Care-a-Van” to Llano schools to help provide treatment such as immunizations, well visits, and primary care. This service is excellent for the population because Kingsland students do not have to travel outside of their school district to receive services. Midcoast may want to consider expanding their pediatric and primary care presence for Kingsland Students.

Women’s Health

Women’s health has little presence in Llano. Midcoast only has one family medicine provider and no women’s health providers. Midcoast also does not provide nonemergent OB services. The population is in need of women’s health options in the area. Some residents mentioned the addition of a mammogram machine would be helpful for annual visits. This would allow residents, specifically the older population, to receive care in the community and not have to travel outside of town.

Mental Health

Llano is not immune to the mental health crisis affecting communities in America. Many of the residents spoke on the challenges plaguing the community. Midcoast Central does not offer mental health services currently. The residents mentioned two groups who are the most vulnerable in regards to mental health: the elderly and adolescents. A mental health provider or telehealth could be a valuable resource for the community. Midcoast could also look into adding geriatric psychiatry services to the hospital.

Orthopedic

The residents in Llano spoke very highly of the physical therapy program. They believe adding orthopedic services could be a great addition to the current program. The older population would be the

target population for orthopedic services, as our focus groups showed that they were well-utilizing the physical therapy services.

Home Health

According to our focus groups, home health is a need in the community. Llano does currently have home health in the community, but they are understaffed and overused. The community is in need of more home health options for the aging population. The community is an aging population and would have the volume to support increased home health services.

Dermatology

Another specialty mentioned in our focus groups was dermatology. Both the younger and older generations would benefit from this addition to the hospital. Currently, residents are travelling out of the community to receive dermatology services.

Ophthalmology

The final specialty residents were interested in seeing added to the hospital was ophthalmology. Llano is not providing these services at this time and the community would benefit from its addition.

Transportation

Transportation in Llano is a critical need in the community. As aforementioned, the hospital is missing certain services and residents are currently travelling out of town to Fredericksburg and Austin for specialty services.

Seaton currently has a “Care-a-Van” program that provides services at various schools by travelling by van. This program has been well-received in the community. Residents feel like a similar hospital-run program could be beneficial to the community, as the current program is not a permanent fixture in the community. The vulnerable population in this scenario would be both the Llano and Kingsland population. Parents of children from Kingsland struggle to transport children to sick visits during school hours. The hospital could consider having services that help facilitate care during school hours so that parents do not have to travel from work in Kingsland.

Transportation is also an issue for the elderly community in Llano. Services like women’s health, dermatology and ophthalmology require residents to travel out of the community for care. The elderly in the community do not have adequate access to transportation to receive these services.

Recommendations

Buildings and Equipment

In order to meet the needs of the community, the hospital should work to make upgrades to their building and equipment.

Mammogram

One addition the hospital could acquire is a mammogram machine. This could be used by the current family medicine doctor to provide annual visits for the community. A mammogram would specifically help the aging population combat the transportation issue. Currently residents are travelling outside of the community for women's health appointments. A mammogram machine would help elevate some of the transportation issues for women's health services.

MRI and CT

Another addition the hospital could consider is are MRI and CT machines. Currently, residents are travelling out of the community to receive these services. This addition could alleviate some of the stress from the transportation issue.

Van

As mentioned previously, the "Care-a-Van" has been a great resource for Llano and Kingsland students. The hospital may consider adopting a similar program. One of Llano's biggest needs is a solution to their transportation issues, another van in the community could be useful. Llano could use a van to travel around the community to provide care, or use the van to help transport patients out of the community. It is important to note, that if the hospital acquired a similar program, they should expand the program to reach beyond schools. The van could help target the elderly population, who also struggle with transportation to and from appointments.

Marketing

The hospital needs to expand their presence in the community. Based on our findings, the community is not aware of all that the hospital has to offer. This expansion should include community outreach, website updates, social media, and marketing their services.

The community is in need of more outreach from the hospital. Outreach could include preventative screenings, health fairs, or partnering with schools to increase immunizations at the hospital. Outreach

will help the community connect more with the hospital and they will be more inclined to receive services there.

One update the hospital should make is to their website. Currently, their website is not easily accessible. When searching for the hospital, it points you to other services in the area. This can cause confusion in the community when searching for hospital information or attempting to make an appointment. Updating the website is essential for patients to find information on services available and could be causing confusion in the community.

The hospital all should consider expanding their social media presence. Some hospitals find great success using social media to keep the community involved. The hospital should look into keeping a more up to date presence on Facebook to help engage the community and keep them informed on current events of the hospital.

In all, the hospital should pay special attention to increasing their marketing. Currently, there may be confusion in the community about the services the hospital provides. As the hospital continues to make their presence known in Llano, the community will continue to engage more.

Staffing

Midcoast Central should continue to work on staffing the hospital to meet the needs of the community. Like many rural hospitals, it can be hard to retain and recruit staff to support the needs of the community. We recognize that many rural communities struggle to employ, and retain, specialty providers due to lower volume of patients compared to the cost associated with specialty providers. They hospital may consider employing visiting physicians or offering telehealth services to the community.

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