MEMORIAL HOSPITAL
COMMUNITY HEALTH NEEDS ASSESSMENT - 2013

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I. INTRODUCTION

Memorial Hospital in Fremont Ohio opened its doors in 1918. Built by citizens of Fremont and Sandusky County to ensure the community has a high-quality local hospital, Memorial Hospital remains community owned and committed to every patient’s right to the best possible care in a comfortable and caring environment. True to the mission, Memorial Hospital continually strives to improve the health and quality of life for the individuals in the communities it serves.

Memorial Hospital is a state-of-the-art medical center with over 150 physicians and nearly 500 employees. The hospital provides a comprehensive range of services, including the latest in surgical and diagnostic procedures as well as a completely new physical medicine facility which houses our occupational medicine program, HealthLink, and physical medicine services. As a not-for-profit hospital, all patients are treated regardless of their ability to pay.

Memorial Hospital conducted and adopted the current Community Health Needs Assessment (CHNA) in 2013. The 2009-2010 Sandusky County Community Health Needs Assessment is the result of the collaborative efforts of Health Partners, which began in 2001. Health Partners is made up of not only Memorial Hospital but also The Bellevue Hospital, Community Health Services, Firelands Counseling & Recovery Services, Fremont City Schools, Mental Health and Recovery Services Board, Sandusky County Board of DD, Sandusky County Family and Children First Council and WSOS. The goal of the partnership is to have a community that focuses on wellness, improving the general health status, increasing the access to services and addressing unmet needs. As a result of the 2009-2010 CHNA, Health Partners conducted a follow-up assessment specifically on youth ages 12 to 18 years old, the 2011 Sandusky County Youth Health Assessment.

Following the formal county assessment survey processes, multiple community organizations collaborated to develop a strategic plan for Sandusky County, with Memorial Hospital represented on these community strategic planning groups. A resource assessment was compiled as part of this process.

In conjunction with the Sandusky County strategic planning process, Memorial Hospital convened a CHNA committee to review this county plan and available health data, select and
prioritize key indicators for their defined community, identify resources and gaps in these areas, and develop implementation plans to address these health issues in the community over the next three years. Strategic plans were developed with feedback from key community stakeholders, to confirm these needs from a community perspective.

Memorial Hospital will specifically implement programs to address the following health needs, listed in order of priority:

- Obesity/hunger/wellness initiatives
- Cancer screenings – lung, breast, colorectal and prostate
- Mental health – depression/anxiety/suicide and binge drinking
- Risky behavior in youth – teen pregnancy and prescription drug misuse

The full Sandusky County CHNA and the approved action plan may be accessed at http://www.memorialhcs.org/who-we-are.

II. MEMORIAL HOSPITAL COMMUNITY SERVICE AREA

The definition of the primary community served by Memorial Hospital for this assessment is Sandusky County, Ohio, with approximately 81% of Memorial Hospital’s inpatients residing in Sandusky County. Sandusky County is located in the northwestern region of Ohio, with a total population estimated at 61,792. Memorial Hospital is one of two hospitals serving the county, with the Bellevue Hospital in Bellevue, Ohio serving the most eastern portion of the county. For purposes of this plan, the health statistics and factors for the primary county of Sandusky County were reviewed and used in completing this community health assessment.

Demographic review of Sandusky County, Ohio, shows that it is home to 60,944 residents. Nearly 74% of residents were adults 18 years of age or older, over 18% were youth ages 5-17 years, and 6.3% were children under the age of 5 years. The majority (91%) of the population are Caucasian. African American (2.8%), Hispanic (8.9%), Asian (.3%) and two or more races (2.6%) comprise the rest of the population. (Source: Census, 2010). The mean household income in Sandusky County (in 2010 inflation-adjusted dollars) is $47,277. Thirteen percent of all
Sandusky County residents had an income below the poverty level in 2010. (Source: Census, 2010) Fourteen percent of Sandusky County residents are uninsured.

Existing health care facilities and resources within the community that are available to respond to the health needs of the community include Bellevue Hospital, also located in Sandusky County, as well as many outpatient facilities, rehabilitation facilities and programs. Due to the presence of Bellevue Hospital in the county, as well as four other acute care hospitals within a 30 mile radius, Memorial Hospital focuses most if its community health efforts within the central Sandusky County/Fremont area.

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<tr>
<th>Table 1 - Hospitals Serving Service Area</th>
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<td>Memorial Hospital</td>
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<td>Bellevue Hospital</td>
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<td>Magruder Hospital</td>
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<td>Firelands Regional Medical Center</td>
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<td>ProMedica Fostoria Hospital</td>
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<td>Tiffin Mercy Hospital</td>
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Memorial Hospital also collaborates with other entities to address issues in our service area. Community organizations who participated in the health assessment and strategic planning process include, but are not limited to: American Cancer Society, Birchard Public Library, City of Fremont, City of Woodville, Community Health Services, Family & Children First Council, Firelands Counseling and Recovery Services, local physicians, local long-term care facilities, Sandusky County Educational Service Center, Sandusky County Help Me Grow, Sandusky County Board of DD, Sandusky County Juvenile Court, Sandusky County Park District, Sandusky County Emergency Medical Services, Mental Health and Recovery Services Board of Sandusky County, The Bellevue Hospital, Sandusky County Communities Foundation, Sandusky County Chamber of Commerce, Sandusky County Economic Development Corporation, Sandusky County Health Department, Fremont City Schools, Terra State Community College, Pathstone, United Way of Sandusky County, WSOS, and YMCA of Sandusky County.

III. COMMUNITY HEALTH NEEDS ASSESSMENTS

The Memorial Hospital process for identifying and prioritizing community health needs and services included:
• Sandusky County Health Needs Assessments
• Sandusky County Strategic Planning process, workgroups and final strategic plan
• Memorial Hospital’s CHNA process and targeted implementation plans

The health areas that were examined by the formal county needs assessment survey include, but are not limited to: health perceptions, health care coverage, health care access, cardiovascular health, cancer, diabetes, asthma, arthritis, weight control, tobacco use, alcohol use, substance abuse, women’s health, men’s health, mental health, preventive screenings and immunizations, sexual behavior, youth safety, youth violence, youth perceptions, oral health, early childhood (0-5 years) issues, middle childhood (6-11 years) issues, family functioning, neighborhood and community characteristics, and parental health.

**SANDUSKY COUNTY HEALTH NEEDS ASSESSMENT PROCESS**

Memorial Hospital utilized the data provided in the 2009-2010 Sandusky County Health Needs Assessment and the 2011 Sandusky County Youth Health Needs Assessment as the basis for their community health needs assessment action plan. To begin the formal county assessment process, Memorial Hospital partnered with other local agencies including: Sandusky County Health Department, The Bellevue Hospital, Community Health Services, Firelands Counseling & Recovery Services, Fremont City Schools, Mental Health and Recovery Services Board, Sandusky County Board of DD, Sandusky County Family and Children First Council and WSOS - this group of organizations is known as Health Partners. Health Partners then collaborated with the Hospital Council of Northwest Ohio Data Division and the University of Toledo Health and Human Services Department to conduct the formal county health assessment.

**Adult Survey**

Adults ages 19 and over living in Sandusky County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of 15-74 year olds living in Sandusky County. There were 44,244 persons between the ages of 15-74 living in Sandusky County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure
that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 381 responding adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Sandusky County was obtained from American Clearinghouse in Louisville, KY.

Prior to mailing the survey to adults, an advance letter was mailed to 900 adults in Sandusky County. This advance letter was personalized, printed on Sandusky County Health Partners stationery and was signed by David Pollick, Health Commissioner, Sandusky County Health Department. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Sandusky County Health Partners stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a $2 incentive. Approximately two weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent two weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate for the mailing was 62% (n=525). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

Adolescent Survey

The Project Coordinator met with all school district superintendents and obtained approval for the survey. Schools included: McPherson Middle School, Clyde High School, Atkinson Elementary School, Hayes Elementary School, Fremont Middle School, Fremont Ross High School, Lakota Junior High School, Lakota High School, Gibsonburg Middle School, Gibsonburg High School, and Woodmore High School.
Youth ages 12 to 18 living in Sandusky County were used as the sampling frame for the adolescent survey. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 356 responding adolescents was needed to ensure this level of confidence.

The Project Coordinator met with all school district superintendents and obtained approval for the survey. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 94% (n=438).

Individual responses were anonymous and confidential. Only group data were available. All data were analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report.

**Children 0-5 and 6-11 Surveys**

Children ages 0-11 residing in Sandusky County were used as the sampling frames for the surveys. Using U.S. Census Bureau data on the population of children ages 0-11, living in Sandusky County, it was determined that 4,867 children age 0-5 and 5,466 children ages 6-11 reside in Sandusky County. The investigators conducted a power analysis based on a post-hoc distribution of variation in responses (70/30 split) to determine what sample size was needed to ensure a 95% confidence level with corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error). Sample sizes of at least 303 responses for the 0-5 survey and 305 responses for the 6-11 survey were needed to ensure these levels of confidence. Because many of the items were identical between the 0-5 and 6-11 surveys, these items were combined to analyze data for children 0-11. In this case, the sample size required to generalize to children ages 0-11 was 313.
The random sample of mailing addresses of parents from Sandusky County was obtained from Hugo Dunhill Mailing Lists, Inc. in New Rochelle, NY. They select a pool of adults based off of a number of sources which includes, birth records, education records, direct response data, etc.

Prior to mailing the survey, an advance letter, a $2 bill and a pre-stamped, pre-addressed post card was mailed to 2000 individuals identified as being parents in Sandusky County in 2010. This advance letter was personalized, printed on Sandusky County Health Partners stationery and was signed by David Pollick, Health Commissioner, Sandusky County Health Department. The letter introduced the county health assessment project and informed the readers that they were randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected. If the parent wanted to participate, they were to send back the post card.

Following the advance letter and post card, a two-wave mailing procedure was implemented to maximize the number of surveys returned. The initial mailing included a personalized hand signed cover letter describing the purpose of the study; a 0-5 and a 6-11 questionnaire printed on colored paper; a self-addressed stamped return envelope; and a $2 incentive. Approximately three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, additional copies of the questionnaires on colored paper, and another reply envelope. Surveys returned as undeliverable were not replaced with another potential respondent. A total of 350 parents responded to the surveys for the 0-5 year olds and 458 parents responded to the survey for the 6-11 year olds. Based on the needed 303 surveys to achieve adequate power for the 0-5 group and 305 surveys to achieve power in the 6-11 group, the number of surveys returned was sufficient for a margin of error of 5%. Because much of the output combines identical items from the 0-5 and the 6-11 surveys, the number of returned surveys needed for power of the combined samples (n=10,333) was 313 and this was exceeded by having a combined 808 surveys.

Limitations

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Sandusky County adult assessment had a very high response rate (62%). However, if any important differences existed between the respondents and the non-respondents
regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Sandusky County). In other words, if the approximate one-third of those who were sent the survey would have answered the questions significantly differently than the two-thirds who did respond, the results of this assessment would under-represent or over-represent their perceptions and behaviors. If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Second, it is important to note that, although several questions were asked using the same wording as the Centers for Disease Control (CDC) questionnaires and the NSCH questionnaire, the adult and parent data collection method differed. CDC adult data and NSCH child data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.

Third, this was the first time that parents of children ages 0-11 were surveyed in Sandusky County. Being a new instrument, there may have been questions that would be worded differently or additional items that would be asked the next time this assessment is completed.

Fourth, this survey asked parents questions regarding their young children. Should enough parents feel compelled to respond in a socially desirable manner which is not consistent with reality, this would represent a threat to the internal validity of the results.

Finally, because the parent survey response rate was lower than is typically found in adult health assessments, any important differences that existed between the respondents and the non-respondents regarding the questions asked would represent a potential threat to the external validity of the results (the generalizability of the results to the population of Sandusky County children). In other words, if the non-respondents would have answered the questions significantly differently than the respondents, the results of this assessment would under-represent or over-represent their perceptions and behaviors. If there were little to no differences between respondents and non-respondents, then this would not be a limitation.
CONSULTING PERSONS AND ORGANIZATIONS

The process for consulting with persons representing the community’s interests and public health expertise began when local community agencies, known collectively as Health Partners, were invited to participate in the county wide health assessment process, including selecting questions for the surveys, providing local data, reviewing draft reports and planning the community event, release of the data and setting priorities. The needs of the population, especially those who are medically underserved and low-income populations with chronic disease needs were taken into account. This community health assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents within Sandusky County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

As evidenced by the list of participating organizations below, the hospital facility took into account input from persons who represent the community by participating with other organizations in Sandusky County who contracted with the Hospital Council of Northwest Ohio, a non-profit hospital association, located in Toledo, Ohio, to coordinate and manage the county health assessment and strategic planning process. The Hospital Council has been completing comprehensive health assessments since 1999. The Project Coordinator from the Hospital Council of NW Ohio holds a Master’s degree in Public Health and conducted a series of meetings with the planning committee from Lucas County.

Four survey instruments were designed and pilot tested for this study: one for adults, one for adolescents, one for parents of children ages 0-5, and one for parents of child ages 6-11. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the Behavioral Risk Factor Surveillance System (BRFSS). The majority of the survey items for the adolescent survey were derived from the Youth Risk Behavior Surveillance
System (YRBSS). The majority of the survey items for the parents of children 0-11 were derived from the National Survey of Children’s Health (NSCH).

The Project Coordinator from the Hospital Council of NW Ohio conducted meetings within Sandusky County with the planning committee from Sandusky County. During these meetings, banks of potential survey questions from the BRFSS, YRBSS, and NSCH surveys were reviewed and discussed. Based on input from the Sandusky County planning committee, the Project Coordinator composed drafts of surveys containing 114 items for the adult survey, 77 items for the adolescent survey, 76 items for the 0-5 survey, and 79 items for the 6-11 survey. The drafts were reviewed and approved by health education researchers at the University of Toledo.

**Memorial Hospital conducted the Needs Assessment with the following hospitals:**
- Bellevue Hospital

There were over 100 key leaders from the community that represented public health, law enforcement, schools, churches, local officials, social service agencies and other various community members in attendance at the public release of the community health needs assessment.

Following the event, community members were asked to participate in focus groups and priorities were chosen for Sandusky County to focus on. From these meetings, subgroups were formed to work on action plans to address the identified needs of the community. These groups will provide assessed resources in the community, identified gaps and conducted strategic planning, which will be updated on an on-going basis.

**SANDUSKY COUNTY STRATEGIC PLANNING PROCESS**

Led by a team from the Sandusky County Health Department, the goal of the Community Health Improvement Planning Process was to develop a community-wide plan of approach to measurably improving the health of Sandusky County residents. The community leaders who contributed to the development of this plan will be instrumental in its implementation. Working together, we will see our chosen health indicators significantly improve over the next three years.
Sandusky County has been involved in community health assessment since 1993 through a group known as Health Partners. Health Partners completed assessments in 2001, in 2005, youth in 2007, birth to 75 years of age in 2009-10 and youth again in 2011. These assessments are performed regularly as part of a Community Health Improvement Cycle (CHIC) and form a base of evidence and data which has been used to advantage by a number of organizations to improve the health of Sandusky County residents.

These assessments have allowed Sandusky County to identify priority areas of concern. A number of issues have been identified as important to the community and the constituent groups who use the health assessment. Issues that have surfaced over the years include the following: substance abuse, access to care, tobacco use, diabetes, cancer, mental health, school success, cardiovascular health, obesity, violence, minority health and sexual behavior. These are but some of the issues highlighted by the assessments. Working through community groups such as the Family and Children First Council and the Prevention Partnership, priority areas have emerged. During the spring of 2013, a process began to more formally articulate ways to address community issues as part of a Community Health Improvement Plan (CHIP) process.

Through a facilitated process involving a cross-section of the community, three main areas of concern emerged:

- Obesity/wellness
- Risky behavior among youth targeting prescription drug misuse
- Mental health

Work groups were formed around each priority area and were charged with the development of goals and strategies. Over the following two months, these workgroups met individually to identify key measures they felt would lead to improved outcomes for their respective priority area. An important piece that deserves note here is that the mental health workgroup made the decision to form a community coalition dedicated to mental health. Mental health is seen as an underserved area in Sandusky County.

Each priority area workgroup will continue to engage in this process in order to adapt, implement, and evaluate their work. In order to achieve the individual objectives, and ultimately,
reach the desired outcome, this CHIP must be treated as a living document, nurtured in a manner that will lead to maximum success. While the individual objectives will continually be revisited, the three priority areas will be re-evaluated in the context of new assessment data, which will occur approximately every three years.

**Community Health Improvement Cycle**

The community engaged in a facilitated planning process to conduct a needs assessment of the entire public health system and all engaged partners.

**Invitations to participate** were sent to nearly 100 members of the community: leaders of public and private agencies, hospitals and other healthcare providers, city schools, parks and recreation staff, economic development professionals, large employers, and more. All received a link to an online survey designed to assess initial community response to the Community Health Assessment data. Responses to that survey helped the facilitator determine how best to proceed with managing an open and inclusive process resulting in consensus decisions.

A series of six **community meetings** were held between April 11 and June 13, 2013. More than 40 people from across Sandusky County participated in one or more of the meetings, helping to analyze information, choose priorities, and develop strategies and action steps. Work groups organized around the priority health issues met between meetings to continue planning efforts. Each meeting had a unique agenda, designed to keep the process moving forward:

**Review Community Health Assessment.** The Community Health Improvement Cycle begins and ends with the Community Health Assessment (CHA), where baseline data is gathered and collective impact strategies are tested for efficacy. While many of the community contributors were familiar with the CHA, many were being exposed to the information for the first time. Also reviewed at the first meeting were the Sandusky County Family and Children First Council’s Shared Services Plan and the planning needs of the two nonprofit hospitals based in Sandusky County.

**Identify Priority Health Issues.** The community contributors identified three significant health issues after first choosing their criteria for deciding: a) supported by data, b)
significant problem, c) opportunity for collective impact, d) available resources, e) potential for community education, f) availability of evidence-based interventions, and g) the existence of a health inequity. The contributors worked first in small groups and then all together to come to consensus on the following three priority health issues: obesity/wellness, risky youth behaviors, and mental health.

**Define Objectives and Performance Measures.** Using Logic Models, work teams convened around each of the priority health issues set out to determine exactly what they wanted to accomplish in the next three years. By focusing on their desired outcomes, and explicitly stating how they will know in 2016 whether their efforts had any measurable impact on community health, the work teams were able to define realistic objectives within the context of lofty long-term goals.

**Choose Strategies.** Once clarity was achieved regarding objectives, the groups continued using the Logic Model to identify which strategies were most likely to lead to those outcomes. These discussions included an assessment of community strengths and available resources, as well as needed changes in order to successfully implement the chosen strategies.

**Plan Action Steps.** For a plan to be effectively implemented, it must include precise descriptions of the action steps to be taken – and by whom. Where no community contributor exists to carry out the activities, a strategy cannot be successful. The work teams employed worksheets to think through each strategy and identify the lead and partnering agencies, timelines, and sources of funding.

**Tie it all Together.** As the vital work of the community contributors’ neared completion, it was up to members of the health department staff to pull all of the information together into a draft Community Health Improvement Plan which was released to the contributors and reviewed together in one final group meeting. Input was taken for an additional few weeks until the health department staff was confident that the document represented the consensus views of the participating organizations.
Inclusive community-wide planning processes are regular occurrences in Sandusky County, where people seem to have a special ability to collaborate together using a wide variety of methods and techniques both formal and informal.

The Sandusky County Strategic Planning process and groups included input from persons who represent the community. Collaborating participants included:

- Health Commissioner, Sandusky County Health Department
- Director of Marketing, Bellevue Hospital
- Beyond Basics Health Coaching, LLC
- Beyond Basics Health Coaching, LLC
- Economic Development Director, City of Fremont
- Family Medical Association, NOMS
- County Commissioner, Sandusky County Health Department (PH)
- Recreation Superintendent, Fremont Community Recreation Center
- Benefits Coordinator, Liberty Center of Sandusky County
- Director of Home Health, Memorial Hospital
- Director, Sandusky County Family and Children First Council (PH)
- Director of Nursing, Sandusky County Health Department (PH)
- Director of Support Services, Sandusky County Health Department (PH)
- WIC Health Professional, Sandusky County Health Department (PH)
- Chief Executive Officer, Sandusky County YMCA
- Fitness Director, Sandusky County YMCA
- Deputy Director, Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties (PH)
- CEO, WSOS Community Action Commission
- Director, Sandusky County Department of Jobs and Family Services (PH)
- Assistant Director, Sandusky County Department of Jobs and Family Services
- Pediatric Service Chief, Memorial Hospital
- Director of Development and Marketing, Memorial Hospital
- Director, Hospice of Memorial Hospital
• Executive Director, Sandusky County Economic Development Corp.
• Executive Director, Campfire Buckeye Council
• Behavior Intervention Specialist, Project Attend, Fremont City Schools
• Director Health Education and Planning, Sandusky County Health Department (PH)
• Home Health Supervisor, Sandusky County Health Department (PH)
• First United Church of Christ, Fremont
• Mayor, City of Fremont
• Early Childhood Services Coordinator, WSOS Community Action Commission
• Services and Support Administrator, Sandusky County Board of Developmental Disabilities
• Human Resources Administrator, Whirlpool
• Services and Support Administrator, Sandusky County Board of Developmental Disabilities
• Fremont Ministerial Association
• Marketing Manager, Memorial Hospital
• Employee Assistance Program, Memorial Hospital
• Director, Firelands Counseling and Recovery Services
• Director of Environmental Health, Sandusky County Health Department (PH)
• Health Planning Coordinator, Sandusky County Health Department (PH)

A (PH) indicates the individual works in the Public Health field or teaches Public Health. Memorial Hospital was represented in the development of the community-wide community benefit plan for Sandusky County.

IV. SANDUSKY COUNTY COMMUNITY HEALTH NEEDS & PRIORITIES

Many identified health needs are addressed by physicians at the time of related patient visits. Key findings that were identified in the Sandusky County Health Needs Assessment include (*indicates Memorial Hospital has, or participates in, community outreach programs addressing these issues):

• Adult Marijuana Other Drugs
  o In 2009, 7% of Sandusky County adults had used marijuana during the past 6 months. 5% of adults had used medication not prescribed for them or took more
than prescribed to feel good or high and/or more active or alert during the past 6 months.

• Adult African American Health
  o 9% of African American adults were uninsured. 46% of African Americans were obese. 13% of African Americans were current smokers.

• Adult Alcohol*
  o In 2009, the health assessment indicated that 8% of Sandusky County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 38% of adults who drank had five or more drinks on one occasion (binge drinking) in the past month. Two percent of adults drove after perhaps too much to drink.

• Adult Sexual Behavior
  o In 2009, over two-thirds (68%) of Sandusky County adults had sexual intercourse. Three percent of adults had more than one partner.

• Adult Tobacco
  o In 2009, 19% of Sandusky County adults were current smokers and 24% were considered former smokers.

• Adult Weight Control*
  o The 2009 Health Assessment project identified that 69% of Sandusky County adults were overweight or obese for their height and weight.

• Arthritis*
  o According to the Sandusky County survey data, 34% of Sandusky County adults were diagnosed with arthritis.

• Asthma
  o According to the Sandusky County survey data, 12% of Sandusky County adults had been diagnosed with asthma.

• Diabetes*
  o In 2009, 14% of Sandusky County adults had been diagnosed with diabetes.

• Cancer*
  o Ohio Department of Health statistics indicate that from 2000-2008, a total of 1,278 Sandusky County residents died from cancer, the second leading cause of
death in the county. Sandusky County incidence of cancer cases include 62 cases of lung and bronchus, 51 cases of breast, 48 cases of colon and rectum, 36 cases of prostate, and 22 cases of uterine.

- **Cardiovascular***
  - The 2009 Sandusky County health assessment found that 4% of adults had a heart attack and 4% had a stroke at some time in their life. About one-third (34%) of Sandusky County adults have been diagnosed with high blood pressure and 27% have high blood cholesterol, two known risk factors for heart disease and stroke. Heart disease accounts for 23% of all deaths in Sandusky County, making it the leading cause of death.

- **Children's Health Functional Status***
  - In 2010, 70% of Sandusky County parents had taken their child ages 0-11 to the dentist in the past year. 11% of parents reported their child had an asthma attack in the past year. 6% of parents reported their child had ADD/ADHD. 86% of parents reported their child had exercised for 20 minutes on three or more days in the past week.

- **Children's Health Insurance Access Utilization***
  - In 2010, 8% of Sandusky County parents reported there was a time in the past year their 0-11 year old was not covered by health insurance. 16% of parents reported they received benefits from the WIC program and SNAP/food program. 34% of parents reported they had taken their child to the hospital emergency room in the past year. 77% of parents had taken their child to the doctor for a preventive care in the past year.

- **Family Functioning Neighborhood Community***
  - In 2010, Sandusky County parents reported their 0-11 year old child slept an average of 10.4 hours per night. 30% of parents reported they read to their child almost every day. 97% of parents reported their neighborhood was always or usually safe. 28% of parents reported someone smoked in their home. 5% of
parents reported an unlocked firearm and 3% reported a loaded firearm in their home.

• Health Care Access
  o The 2009 health assessment project identified that 59% of adults had visited a doctor for a routine visit within the past year. 3% of adults had been to the ER two or more times in the past year.

• Health Coverage
  o The 2009 health assessment data has identified that 14% of Sandusky County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under $25,000. In Sandusky County, 9.7% of residents live below the poverty level.

• Health Perceptions*
  o In 2009, almost half (49%) of the Sandusky County adults rated their health status as excellent or very good. Conversely, 12% of the adults increasing to 21% of those over the age of 65 described their health as fair or poor.

• Men's Health*
  o In 2009, over two-fifths of Sandusky County males (42%) had a Prostate-Specific Antigen (PSA) test during their lifetime. Over half (59%) had a digital rectal exam at some time. Major cardiovascular diseases (heart disease and stroke) accounted for 30% and cancers accounted for 23% of all male deaths in Sandusky County from 2006-2008. The health assessment determined that 5% of men had a heart attack, and 2% had a stroke at some time in their life. Over one-third (36%) of men had been diagnosed with high blood pressure, 27% had high blood cholesterol, and 18% were identified as smokers, which, along with obesity, are known risk factors for cardiovascular diseases. In Sandusky County, the leading cause of death (2006-2008) was heart disease, accounting for 24% of all deaths. The second leading cause was cancers with 23%.

• Mental Health*
  o In 2009, 2% of Sandusky County adults considered attempting suicide. 9% of adults felt so sad or helpless for two or more weeks in a row that they stopped doing some usual activities in the past year.
• Oral Health
  o The 2009 health assessment project has determined that less than two-thirds (62%) of Sandusky County adults had visited a dentist or dental clinic in the past year. Over two-thirds (69%) of Sandusky youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

• Parent Health*
  o In 2010, 13% of Sandusky County parents were uninsured. 11% of parents had driven after drinking alcohol. 33% of parents were overweight and 28% were obese. 17% of parents were sedentary. Parents missed work an average of 2.1 days per year due to their child being ill or injured.

• Preventive Medicine*
  o Over one-third (35%) of adults had a flu vaccine during the past 12 months and 13% had the H1N1 vaccine. 28% of adults over the age of 50 had received preventive testing for colon cancer in the past 2 years.

• Quality of Life*
  o About two-fifths (42%) of Sandusky County adults in 2009 reported they were limited in some way because of a major impairment of health problem. The health assessment identified that 37% of Sandusky County adults kept a firearm in or around their home. 20% of adults had a veteran living in their household.

• Women's Health*
  o In 2009, over one-third (36%) of women reported having a mammogram in the past year increasing to 56% of women ages 40 and over. Over half (52%) of Sandusky County women ages 19 and over have had a clinical breast exam and 48% have had a Pap smear to detect cancer of the cervix in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 29% and cancers accounted for 22% of all female deaths in Sandusky County from 2006-2008. The health assessment determined that 3% of women had a heart attack, and 5% had a stroke at some time in their life. About one-third (31%) had high blood pressure, 25% had high blood cholesterol, and 19% were identified as smokers, known risk factors for cardiovascular diseases. The leading causes of death (2006-2008) in
women were heart disease, which accounted for 23% of all deaths. Cancer was the second leading cause with 22% of all deaths.

- **Youth Alcohol***
  - In 2011, the health assessment results indicated that 46% of Sandusky County youth had drunk at least one drink of alcohol in their life, increasing to 75% of youth ages 17 years and older. 46% of those who drank took their first drink by the age of 12. About one-fourth (24%) of all Sandusky County youth had at least one drink in the past 30 days. Over half (55%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 4% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

- **Youth Marijuana Other Drugs***
  - In 2011, 13% of Sandusky County youth had used marijuana at least once in the past 30 days, increasing to 23% of high school youth. 12% of youth had misused prescription medication. During the past 12 months, 7% of Sandusky County youth had someone offer, sell, or give them an illegal drug on school property.

- **Youth Mental Health***
  - The 2011 health assessment results indicated that 12% of Sandusky County youth had made a plan to attempt suicide in the past year and 6% admitted attempting suicide in the past year.

- **Youth Perceptions***
  - In 2011, 42% of Sandusky County youth thought there was a great risk in harming themselves if they smoked cigarettes. 31% of youth thought that there was either no risk or a slight risk of using marijuana. Almost two-thirds (64%) of youth reported that their parents would strongly disapprove of them drinking alcohol.

- **Youth Safety***
  - In 2011, almost half (45%) of Sandusky County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 63% of youth drivers texted while driving and 67% talked on their cell phone while driving.

- **Youth Violence Issues***
In Sandusky County, 1% of the youth had carried a weapon on school property in the past month. 6% of youth had been threatened or injured by a weapon on school property. 51% of youth were bullied in the past year. 26% of youth had purposefully hurt themselves at some time in their life.

- **Youth Sexual Behavior and Teen Pregnancy Outcomes***
  - In 2011, over one-fourth (27%) of Sandusky County youth in grades 6-12 have had sexual intercourse, increasing to 47% of those in high school. 24% of youth had participated in oral sex and 6% had participated in anal sex. 22% of youth participated in sexting. Of those who were sexually active, 56% had multiple sexual partners.

- **Youth Tobacco Use***
  - The 2011 health assessment identified that 13% of Sandusky County youth (ages 12-18) were smokers increasing to 20% of those who were in high school. Overall, 9% of Sandusky County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 52% had tried to quit.

- **Youth Weight Status***
  - The 2011 Health Assessment identified that 14% of Sandusky County youth were obese and 12% were overweight, according to body mass index (BMI) by age. When asked how they would describe their weight, 28% of Sandusky County youth reported that they were slightly or very overweight. 73% of youth were exercising for 60 minutes or more on three or more days per week.

Each of the health needs identified in the county assessment and listed below is important, with most issues being addressed by the community as a whole, with Memorial Hospital being a key player. Key health issues identified in the Sandusky County Health Needs Assessment, and the organizations providing programming to improve these health issues include:

<table>
<thead>
<tr>
<th>Table 2</th>
<th>Health Issue (adult unless specified)</th>
<th>Organizations/Coalitions Addressing Needs (*indicates current or planned collaboration and support with Memorial Hospital)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Adult Marijuana Other Drugs</td>
<td>Firelands Counseling &amp; Recovery Services</td>
</tr>
<tr>
<td></td>
<td>Adult Alcohol</td>
<td>Memorial Hospital, Firelands Counseling &amp; Recovery Services</td>
</tr>
<tr>
<td></td>
<td>Adult Sexual Behavior</td>
<td>Sandusky County Health Department*</td>
</tr>
<tr>
<td>Topic</td>
<td>Organizations</td>
<td></td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| Adult Tobacco                       | American Lung Association  
                                        The Bellevue Hospital                                                       |
| Adult Weight Control                | Memorial Hospital  
                                        The Bellevue Hospital  
                                        Sandusky County Health Department  
                                        Fremont Community Recreation Center  
                                        YMCA of Fremont  
                                        Sandusky County Park District                                                    |
| African American Health             | Memorial Hospital*  
                                        WSOS  
                                        City of Fremont                                                             |
| Arthritis                           | Memorial Hospital  
                                        Fremont Community Recreation Center  
                                        YMCA of Sandusky County*  
                                        Arthritis Foundation                                                        |
| Asthma                               | American Lung Association                                                    |
| Diabetes                             | Memorial Hospital  
                                        The Bellevue Hospital  
                                        Juvenile Diabetes Research Foundation                                        |
| Cancer                               | Memorial Hospital  
                                        The Cleveland Clinic Cancer Center  
                                        The Bellevue Hospital  
                                        American Cancer Society  
                                        United Way of Sandusky County*  
                                        Susan G. Komen*  
                                        Susan G. Komen Foundation                                                    |
| Cardiovascular                       | American Heart Association  
                                        Memorial Hospital  
                                        The Bellevue Hospital  
                                        Fremont Community Recreation Center*  
                                        YMCA of Fremont*  
                                        Sandusky County Park District                                                 |
| Children's Health Functional Status | Memorial Hospital  
                                        The Bellevue Hospital  
                                        Community Health Services  
                                        Sandusky County Health Department*  
                                        Fremont Community Recreation Center  
                                        YMCA of Fremont*  
                                        Sandusky County Park District                                                 |
| Children's Health Insurance Access Utilization | Community Health Plan Alliance  
                                        Sandusky County Job and Family Services                                      |
<table>
<thead>
<tr>
<th>Family Functioning Neighborhood Community</th>
<th>WSOS Community Action</th>
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<tbody>
<tr>
<td>Health Care Access</td>
<td>Memorial Hospital</td>
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<tr>
<td></td>
<td>The Bellevue Hospital</td>
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<tr>
<td></td>
<td>Community Health Services</td>
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<tr>
<td></td>
<td>Sandusky County Health Department*</td>
</tr>
<tr>
<td>Health Coverage</td>
<td>Community Health Plan Alliance</td>
</tr>
<tr>
<td>Health Perceptions</td>
<td>Memorial Hospital</td>
</tr>
<tr>
<td></td>
<td>The Bellevue Hospital</td>
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<tr>
<td></td>
<td>Community Health Services</td>
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<tr>
<td></td>
<td>Fremont Community Recreation Center</td>
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<tr>
<td></td>
<td>YMCA of Fremont</td>
</tr>
<tr>
<td>Men's Health</td>
<td>The Bellevue Hospital</td>
</tr>
<tr>
<td></td>
<td>Fremont Community Recreation Center</td>
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<tr>
<td></td>
<td>Community Health Services</td>
</tr>
<tr>
<td></td>
<td>The Cleveland Clinic Cancer Center</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Memorial Hospital</td>
</tr>
<tr>
<td></td>
<td>Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties*</td>
</tr>
<tr>
<td></td>
<td>Northwest Ohio Alliance for Mental Illness (NAMI) *</td>
</tr>
<tr>
<td></td>
<td>Firelands Counseling &amp; Recovery Services</td>
</tr>
<tr>
<td>Oral Health</td>
<td>Community Health Services</td>
</tr>
<tr>
<td>Parent Health</td>
<td>Memorial Hospital</td>
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<tr>
<td></td>
<td>The Bellevue Hospital</td>
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<td></td>
<td>Community Health Services</td>
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<tr>
<td></td>
<td>Fremont Community Recreation Center</td>
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<tr>
<td></td>
<td>Family and Children First Council*</td>
</tr>
<tr>
<td></td>
<td>Sandusky County Health Department*</td>
</tr>
<tr>
<td></td>
<td>YMCA of Fremont*</td>
</tr>
<tr>
<td></td>
<td>Sandusky County Park District</td>
</tr>
<tr>
<td>Preventive Medicine</td>
<td>Memorial Hospital</td>
</tr>
<tr>
<td></td>
<td>The Bellevue Hospital</td>
</tr>
<tr>
<td></td>
<td>Community Health Services</td>
</tr>
<tr>
<td></td>
<td>Susan G. Komen Foundation</td>
</tr>
<tr>
<td></td>
<td>Susan G. Komen*</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>Memorial Hospital</td>
</tr>
<tr>
<td></td>
<td>The Bellevue Hospital</td>
</tr>
<tr>
<td></td>
<td>United Way of Sandusky County*</td>
</tr>
<tr>
<td></td>
<td>Fremont Community Recreation Center</td>
</tr>
<tr>
<td></td>
<td>WSOS Community Action</td>
</tr>
<tr>
<td></td>
<td>YMCA of Fremont</td>
</tr>
<tr>
<td></td>
<td>Sandusky County Park District</td>
</tr>
<tr>
<td>Women's Health</td>
<td>Memorial Hospital</td>
</tr>
<tr>
<td>Health Issue</td>
<td>Organizations</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Youth Alcohol</td>
<td>Memorial Hospital, Local School Districts, Family and Children First Council*, Sandusky County Health Department*</td>
</tr>
<tr>
<td>Youth Marijuana Other Drugs</td>
<td>Memorial Hospital, Local School Districts</td>
</tr>
<tr>
<td>Youth Mental Health</td>
<td>Memorial Hospital, Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties*, Northwest Ohio Alliance for Mental Illness (NAMI)*</td>
</tr>
<tr>
<td>Youth Perceptions</td>
<td>Memorial Hospital, Local School Districts, Family and Children First Council*, Sandusky County Health Department*</td>
</tr>
<tr>
<td>Youth Safety</td>
<td>Local School Districts, WSOS Community Action, Local Police Departments</td>
</tr>
<tr>
<td>Youth Violence Issues</td>
<td>Local School Districts, Local Police Departments, Soroptimist International of Fremont*</td>
</tr>
<tr>
<td>Youth Sexual Behavior and Teen Pregnancy Outcomes</td>
<td>Memorial Hospital, Family and Children First Council*, Sandusky County Health Department*</td>
</tr>
<tr>
<td>Youth Tobacco</td>
<td>Family and Children First Council*, Sandusky County Health Department*, Local School Districts</td>
</tr>
<tr>
<td>Youth Weight Status</td>
<td>Fremont Community Recreation Center*, YMCA of Fremont*, Memorial Hospital, Local School Districts*</td>
</tr>
</tbody>
</table>

An asterisk (*) above indicates Memorial Hospital participation with organizations addressing these health issues, that may include financial support. Note: other hospitals or organizations within the county may also have programs to specifically address some of these health issues that may not be known at the time of this publication.
SANDUSKY COUNTY – HEALTH ISSUES FOR UNINSURED, LOW INCOME AND AFRICAN AMERICANS

The 2009 health assessment data has identified that 14% of Sandusky County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under $25,000. In Sandusky County, 9.7% of residents live below the poverty level. (Source U.S. Census, 2007)

The 2009 health assessment data has identified that 14% of Sandusky County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under $25,000. In Sandusky County, 9.7% of residents live below the poverty level. (Source U.S. Census, 2007)

The 2009 BRFSS reports uninsured prevalence rates for Ohio (12%) and the U.S. (14%). Of those that had health insurance, 6% reported there was a time in the past year that they did not have health insurance or coverage. In the past year 14% of adults were without healthcare coverage, increasing to 26% of those under the age of 30 and 31% of those with incomes less than $25,000. Uninsured individuals have a 10-25% increased risk of premature mortality and, in 2006, 22,000 deaths in the U.S. were linked to the absence of health insurance (Dorr, The Urban Institute, 2008)

Sandusky County adults had the following insurance coverage: life insurance through self-pay (49%), life insurance through their employer (47%), disability insurance through their employer (26%), and disability insurance through self-pay (4%).

Sandusky County and Ohio Medicaid Statistics

<table>
<thead>
<tr>
<th></th>
<th>Sandusky County 2008</th>
<th>Ohio 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residents enrolled in Medicaid</td>
<td>8,517</td>
<td>1,789,934</td>
</tr>
<tr>
<td>Children enrolled in Medicaid</td>
<td>4,583</td>
<td>958,118</td>
</tr>
<tr>
<td>Annual Medicaid Expenditures</td>
<td>$63,075,802</td>
<td>$11,962,683,659</td>
</tr>
<tr>
<td>Average Annual Medicaid Cost/Eligible</td>
<td>$7,536</td>
<td>$6,770</td>
</tr>
</tbody>
</table>

*(Payments made directly to providers as well as capitation payments to HMOs)*
(Source: Ohio Job & Family Services, Sandusky County Profile, Published September 2009, [http://jfs.ohio.gov/County/cntypro/Sandusky.pdf](http://jfs.ohio.gov/County/cntypro/Sandusky.pdf))
<table>
<thead>
<tr>
<th></th>
<th>Low Income (&lt;$25,000)</th>
<th>Sandusky County 2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rate health as fair/poor</td>
<td>33%</td>
<td>12%</td>
</tr>
<tr>
<td>Uninsured</td>
<td>31%</td>
<td>14%</td>
</tr>
<tr>
<td>Two or more weeks in a row when felt depressed</td>
<td>N/A</td>
<td>9%</td>
</tr>
<tr>
<td>Current Smoker</td>
<td>26%</td>
<td>19%</td>
</tr>
<tr>
<td>Used marijuana in the past 6 months</td>
<td>11%</td>
<td>7%</td>
</tr>
<tr>
<td>Overweight by BMI</td>
<td>28%</td>
<td>35%</td>
</tr>
<tr>
<td>Obese by BMI</td>
<td>35%</td>
<td>34%</td>
</tr>
<tr>
<td>Eating 5+ fruits &amp; vegetables/day</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Diagnosed with High Blood Pressure</td>
<td>38%</td>
<td>34%</td>
</tr>
<tr>
<td>Diagnosed with High Blood Cholesterol</td>
<td>32%</td>
<td>27%</td>
</tr>
<tr>
<td>Diagnosed with Diabetes</td>
<td>20%</td>
<td>14%</td>
</tr>
<tr>
<td>Neighborhood not at all safe</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Looking for Food/Rent Assistance</td>
<td>29%</td>
<td>12%</td>
</tr>
<tr>
<td>Concerned about having enough food for their family</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Have 2 or more sexual partners</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>Diagnosed with Asthma</td>
<td>21%</td>
<td>12%</td>
</tr>
<tr>
<td>Diagnosed with Cancer</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Visited a dentist in the past year</td>
<td>37%</td>
<td>62%</td>
</tr>
<tr>
<td>Adults using a hospital emergency room as their usual place of health care</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>
Primary and chronic disease needs and other health issues of uninsured persons, low-income persons, and African American groups include: obesity, prevalence of heart attacks, high blood pressure, diabetes and lack of routine dental care were all prevalent issues among those Sandusky County African Americans.

At the time of this survey, 9% of African American adults were uninsured. 46% of African Americans were obese. 13% of African Americans were current smokers. In 2010, 9% of African American adults were without healthcare coverage, compared to 15% of Caucasians. 52% of African American adults rated their health as fair or poor, compared to 10% of Caucasians. 84% of African American adults had been to the doctor for a routine checkup, compared to 58% of Caucasians. 55% of African American adults had been to the dentist in the past year compared to 64% of Caucasians. 13% of African American adults had had a heart attack, compared to 4% of Caucasians. 68% of African American adults were diagnosed with high blood pressure and 32% with high blood cholesterol. 53% of African American women had a Pap smear, 42% had a clinical breast exam, and 40% had a mammogram in the past year. 51% of African American adults had been diagnosed with diabetes, compared to 12% of Caucasians. 4% of African American adults were depressed compared to 9% of Caucasians.

Over one-quarter (29%) of African American adults had at least one alcoholic drink in the past month compared to 57% of Caucasians. About one in eight (13%) African American adults were current smokers compared to 19% of Caucasians. 4% of African American adults used marijuana in the past 6 months, compared to 7% of Caucasians. 4% of adults used recreational drugs in the past 6 months compared to 6% of Caucasians. 6% of African American adults had more than one sexual partner compared to 3% of Caucasians. Almost half (46%) of African American adults were obese for their body mass index (BMI) and 38% were considered overweight. 32% of African American adults were sedentary compared to 28% of Caucasians. 26% of African American adults kept a firearm in or around their home compared to 38% of Caucasians.

Please use the data in this section with caution. Some of the African American data was collected by convenience sampling, due to low response rates from the mailing campaign. Additional surveys were administered at selected community venues. This data is not generalizable to the African American population (n=56).

The Community Health Improvement Committee concluded that key leadership in Sandusky County should be made aware of the links between economic stability and health status and that progress toward decreasing the rates of the leading chronic health conditions and persistent health disparities can be made by addressing the economic status of Sandusky County residents.

**SANDUSKY COUNTY – INFORMATION GAPS**

Using the information the health risk assessment, the Sandusky County Community Health Improvement Planning Committee identified key data points that were of concern. Using an online survey tool, local organizations had the opportunity to provide input into the health priorities of the community as well as identify potential gaps of service. Once the data was collected, the committee identified health priorities and subgroups were formed around obesity/wellness, risky
behavior in youth and mental health. Each subcommittee continued to discuss potential gaps in service while creating an action plan to address the health issues identified.

However, it should be noted that a gap includes measuring underrepresented minority groups verses just African Americans. With the next health risk assessment, we will be evaluating more ethnic groups to identify potential gaps.

V. MEMORIAL HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS

In conjunction with the strategic planning process, Memorial Hospital leadership convened a CHNA committee to thoroughly review the county assessment data, prioritize key health indicators specific to their demographic, identify available resources and gaps in resources, and develop implementation plans to address the specific needs of the population.

Prioritization of health needs in its community was accomplished by the Memorial Hospital CHNA committee that included: Memorial Hospital’s president, director of home health, director of hospice, director of the center for mental health and well-being, clinical dietician, pediatric infectious disease pediatrician, service chief for pediatrics, vice president for ancillary services, marketing manager, director of marketing and development, local family medicine practitioner, director of physical medicine, director of service and organizational excellence, director of occupational medicine, emergency department medical director, compliance officer, general counsel, controller, director of emergency department, director of volunteer services, and director of golden threads.

The Memorial Hospital CHNA committee developed the hospital CHNA, in conjunction with the Sandusky County Strategic Planning process, through the following steps.

- Review of existing Sandusky County primary and secondary data sources;
- Discussion and consensus of priority health issues for Memorial Hospital;
- Identification of current community resources which address the priority health issues;
- Definition of gaps in county-level services and programming;
- Researching effective programs, policies, and strategies to recommend for future implementations; and
- Identification of specific implementation actions steps for each of the next three years.
Key secondary health data considered for the hospital CHNA came from the Journal of the American Medical Association top leading causes of death in the United States, the actual causes of death in the United States and Ohio Department of Health Leading Causes of Death – Sandusky County.

<table>
<thead>
<tr>
<th>County</th>
<th>HEART DISEASE</th>
<th>CANCER</th>
<th>CHR. LOWER RESP DIS.</th>
<th>STROKE</th>
<th>UNINTENTIONAL INJURY (ACCIDENT)</th>
<th>ALZHEIMER'S DIS</th>
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<tbody>
<tr>
<td></td>
<td>NUMBER</td>
<td>RATE</td>
<td>NUMBER</td>
<td>RATE</td>
<td>NUMBER</td>
<td>RATE</td>
</tr>
<tr>
<td>OHIO</td>
<td>26,072</td>
<td>191.7</td>
<td>25,030</td>
<td>187.3</td>
<td>6,705</td>
<td>50.4</td>
</tr>
<tr>
<td>SANDUSKY</td>
<td>144</td>
<td>182.7</td>
<td>151</td>
<td>198.2</td>
<td>40</td>
<td>50.4</td>
</tr>
</tbody>
</table>

Although areas of the Sandusky County Strategic Plan were not identified as part of the Memorial Hospital plan, Memorial Hospital participates in many areas of the county plan, through various community health coalitions and initiatives, and Memorial Hospital focused on other areas of need, as discussed below.

V. MEMORIAL HOSPITAL COMMUNITY HEALTH NEEDS & PRIORITIES

As indicated in Table 2, Memorial Hospital is actively involved in many priority health areas identified through the community process. However, following a review and discussion of health data and the community priorities, as well as organizational and community programs to address these community priority areas, Memorial Hospital identified the following health priorities (in order of importance, ranked by consensus):

1. Obesity/Hunger Initiatives
   - 69% of Sandusky County adults are either overweight (35%) or obese (34%) by BMI; 78% of males are overweight or obese; 60% of females are overweight or obese
   - 51% of adults were trying to lose weight
   - 29% of the adults had not been participating in any physical activities or exercise in the past week
   - 36% of adults drank 100% fruit juices at least once per day in the past week; 38% had eaten vegetables such as a green salad, carrots and potatoes; 31% reported drinking at least one glass of milk
30% of Sandusky County youth are overweight & obese combined compared to only 23% in 2005; 17% of Sandusky County youth are obese; 13% of Sandusky County youth are overweight

Almost half 47% of all Sandusky County youth were trying to lose weight increasing to 52% of Sandusky County female youth compared to 42% of males

36% of youth had drank 100% fruit juices at least once per day in the past week; 42% had eaten vegetables such as green salad, carrots and potatoes; 53% drank at least once glass of milk

40% of youth spend 3 or more hours watching TV on an average day of the week compared to 32% for Ohio and 33% U.S

About one-third (34%) of Sandusky County adults have been diagnosed with high blood pressure which is a risk factor for heart disease and stroke

70% of adults had their blood pressure taken in the past 6 months and another 15% had it taken in the past year

14% of Sandusky County adults had been diagnosed with diabetes, increasing to 20% of those with incomes less than $25,000 and 30% of those over the age of 65; Ohio reports 11% and the US reports 9% in the same category

2. Mental Health – Depression/Anxiety, Suicide and Binge Drinking

21% of all adults are binge drinkers in Sandusky County, which is up 3% since last assessment

55% of youth who reported drinking within the last 30 days had at least one episode of binge drinking

2% of Sandusky County adults considered attempting suicide. 9% of adults felt so sad or helpless for two or more weeks in a row that they stopped doing some usual activities in the past year

One quarter (25%) of youth reported they felt sad or hopeless almost every day for two weeks or more in a row that stopped them from doing some usual activities

12% of Sandusky County youth reported they had made a plan to attempt suicide in the past year
In the past year 6% of youth had attempted suicide with 2% reporting more than one attempt

3. Risky Behavior in Youth

- 31% of Sandusky County youth have had sexual intercourse
- 65% of the youth in Sandusky County between in the grades 9th and 12th have had sexual intercourse
- 66% of the youth in Sandusky County who are less than 17 yrs. of age have had sexual intercourse
- 60% of youth in Sandusky County have had multiple sexual partners
- Less than 47% of youth who are sexually active are trying to prevent pregnancy
- 18% of sexually active youth use drugs and/or alcohol before they have sexual intercourse
- 19% of youth have abused prescription drugs to get high
- Sandusky County adults who misused medications report they obtained them from the following: a primary care physician (85%), an ER or urgent care doctor (12%), or a friend or family member (3%)

4. Cancer Screenings

- 18% of male adults are current smokers
- 19% of female adults in the county are current smokers
- 44% of Sandusky County women over the age of 40 are not getting routine mammograms
- 52% of Sandusky County females over the age of 18 reported having had a clinical breast examination in the past year and another 13% had an exam more than a year but less than two years ago
- 28% of Sandusky County adults ages 50 and over reported having been screened for colorectal cancers within the past 2 years and 44% had this screening in the past 5 years
- Almost half (49%) of Sandusky County males ages 50 and over had a PSA test in the past year

Memorial Hospital is directly addressing four of the top six leading causes of death in Sandusky County, including unintentional injury, heart disease, cancer, and stroke.
Mental health and risky behavior in youth were identified as key priorities, as well, due to the far reaching health impact and the relative need in the community. Mental health was also prioritized due to the incidence of mental health issues in the community, and the relative shortage of mental health services, with Memorial Hospital one of few mental health providers in Sandusky County.

Risky behavior in youth was identified as a health concern because on a state level, the Ohio Department of Health Office of Vital Stats has reported that unintentional drug poisoning has been the leading cause of accidental death in Ohio since 2007. It is the belief that if we can prevent youth from misusing prescription drugs and promote positive behavior, we have a better chance of decreasing the overall drug problem in Sandusky County long-term. In addition, with the increased focus on prescription drug misuse Memorial Hospital will inadvertently have an impact on unintentional injuries as they relate to drug poisoning. The CDC reports that 27,658 unintentional drug overdose deaths occurred in the United States and drug overdose deaths were second only to motor vehicle crash deaths among leading causes of unintentional injury death in 2007 in the United States. These statistics have increased roughly five-fold since 1990.

Memorial Hospital indirectly is addressing chronic lower respiratory disease by screening each patient for smoking. If the patient reports that they are a smoker, the hospital gives the patient educational information regarding the importance of not smoking and refers patients for tobacco cessation classes to the American Lung Association Lung Help Line at 1-800-586-4872. In addition, Memorial Hospital has employed Anas Balaa, M.D. who is board certified in pulmonary care, critical care and sleep medicine. Dr. Balaa works diligently through his practice to serve the needs of patients in the community with pulmonary disease. Bellevue Hospital, which is also located in Sandusky County, also provides smoking cessation classes.

Many local physicians address chronic lower respiratory tract disease and prevention education on unintentional injuries one-on-one with each patient during their visits, the following local agencies are also involved with these issues including Firelands Counseling & Recovery Services, Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties and Family and Children First Council.
The leading cause of death in the Sandusky County that is not being addressed specifically by Memorial Hospital is Alzheimer’s disease. However, Memorial Hospital is inadvertently addressing the issue through promoting health eating habits. The Alzheimer’s Association reports that there is emerging evidence that suggests that consuming a diet that benefits the heart, such as one that is low in saturated fats and rich in vegetables and vegetable-based oils, may be associated with reduced Alzheimer’s and dementia risk. In addition, the Memorial Hospital’s Center for Mental Health and Well-being also addressing the outpatient needs of families and patients who are dealing with memory problems. The Alzheimer’s Association hosts monthly support groups and various caregiver education series at Memorial Hospital. Local physicians are also addressing the issues on a daily basis and long-term care facilities are available for additional care for patients.

Memorial Hospital is represented and is participating in the execution of the community-wide community benefit plans by working with organizations and coalitions in our community who are addressing these issues.

VII. MEMORIAL HOSPITAL – NEEDS, GAPS AND RESOURCE ASSESSMENT

Memorial Hospital did not address all of the needs identified in the most recently conducted Sandusky County Health Needs Assessment as these areas either go beyond the scope of the hospital or are being addressed by, or with, other organizations in the community. To some extent, resource restrictions do not allow the hospital to address all of the needs identified through the health assessment, but most importantly to prevent duplication of efforts and inefficient use of resources as many of these issues are addressed by other community organizations and coalitions.

As part of the hospital-specific planning process, Memorial Hospital gathered data and received input from the following organizations to continue to assess the needs of the community and reduce gaps in service:

- Sandusky County Cancer Coalition
- American Cancer Society
- Community Health Improvement Planning
• 5-County Breast Health Collaborative – Patient Navigation Program for Breast Cancer
• United Way of Sandusky County/First Call for Help
• Local School Districts (Fremont, Clyde, Gibsonburg, Bishop Hoffman)
• Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties
• Northwest Ohio Alliance for Mental Illness (NAMI)
• WSOS Community Action
• Firelands Counseling & Recovery Services
• Sandusky County Health Department
• Family and Children First Council
• Fremont Police Department
• Sandusky County Juvenile Court
• Sandusky County Juvenile Detention Center
• Local physicians

In addition, the complete plan was shared with Memorial Hospital’s board of directors who are representative of the community, and feedback was obtained from them, as well.

Beginning on page 16 of this report, we have identified the community health needs and priorities as identified in the CHNA. As noted by the asterisk, Memorial Hospital has, or participates in, community outreach programs addressing these issues.

VIII. MEMORIAL HOSPITAL - IMPLEMENTATION STRATEGY SUMMARY

Following the finalization of the Sandusky County strategic plan, Memorial Hospital commenced with its CHNA strategic planning process, whereby it analyzed and discussed data, developed hospital-based implementation and action plans, including annual goals - taking into consideration the county strategic plan, as well as areas not addressed by the community plan or other community groups.
Memorial Hospital identified the following health priorities (in order of importance, ranked by consensus):

1. Obesity/Hunger Initiatives
2. Mental Health – Depression/Anxiety and Drug/Alcohol Use
3. Risky Behavior in Youth
4. Cancer Screenings – Lung, Breast, Colorectal, and Prostate

The Board of Directors of Memorial Hospital approved the CHNA plan and implementation strategy on August 6, 2013. The execution of the Memorial Hospital implementation action plans will be initiated, with quarterly updates of these plans provided to Memorial Hospital leadership, as well as the Memorial Hospital board of trustees.

**Annual inclusion of a community benefit section in operational plans** is reflected in the Community Benefit chapter of the Memorial Hospital strategic plan – which is approved by the board of trustees, and monitored and reported quarterly to hospital leadership.

As part of the annual strategic planning and budgeting process, the adoption of a budget for provision of services that address the needs identified in the needs assessment is included in the hospital budget and approved by the Memorial Hospital Board.

**IX. ACCESS TO MEMORIAL HOSPITAL CHNA AND OTHER RESOURCES**

Memorial Hospital community health needs assessment is action plan widely available in printable (pdf) form to the public on the hospital website at: [www.memorialhcs.org/health-assessment](http://www.memorialhcs.org/health-assessment).


Additional county health needs assessments may be found on the following website: Hospital Council of Northwest Ohio: [http://www.hcno.org/pdf/counties/](http://www.hcno.org/pdf/counties/)
For any questions related to the Memorial Hospital community assessment process and strategic plan, or to request a hard copy of the assessment, please email: chasity.oneill@memorialhcs.org.