DEFIANCE REGIONAL HOSPITAL

2019 Community Health Needs Assessment
Implementation Plan 2020-2022

Approved and Adopted by the ProMedica Defiance Regional Hospital Board of Trustees on November 12, 2019
PROMEDICA DEFiance REGIONAL HOSPITAL

2019 COMMUNITY HEALTH NEEDS ASSESSMENT
IMPLEMENTATION PLAN 2020-2022

EXECUTIVE SUMMARY

ProMedica Defiance Regional Hospital, a member of the health system ProMedica, is a committed healthcare resource in the northwest Ohio community, providing not only acute care and emergency services, but specialty medical and mental health services to patients, regardless of ability to pay. ProMedica’s Mission is to improve the health and well-being of communities we serve.

ProMedica Defiance Regional Hospital (Defiance Hospital) conducted and adopted this community health needs assessment (CHNA) in 2019 and will implement the associated three year, strategic plan in 2020. The hospital participated in the Defiance County Health Assessment (CHA) conducted in 2018. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment. In order to maintain complete objectivity throughout the county CHA survey process, the network engaged the expert services of the Hospital Council of Northwest Ohio to administer the survey and compile the results. One area of weakness was the relative age of available secondary and public health data. Following the formal county assessment survey process, DRMC staff joined POWER Defiance, comprised of multiple community organizations, to collaborate, develop and implement a community health improvement plan (CHIP) for Defiance County. A gap analysis and resource assessment was conducted as part of this process.

In 2019, Defiance Regional Hospital convened a CHNA committee to review the most recent Defiance County CHA and CHIP, taking into account gap and resource assessments. The committee then selected and prioritized key indicators for the defined community, identified resources and gaps in these areas, and developed an implementation plan to address these priority health needs in the community over the next three years, taking into account the needs of minority and underserved populations. The hospital received feedback on the CHNA and plan from the Defiance County Health District, to confirm these needs from a public health expert perspective.

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

1. Chronic Disease – Physical Activity and Nutrition
2. Injury Prevention – Infant Safe Sleep and Fall Prevention
ProMedica Defiance Regional Hospital will also collaborate with Power Defiance County to support its strategic initiatives. In addition, as part of the ProMedica health system, some community health programs are developed and implemented at the system level, with social determinants of health, healthy aging and infant mortality identified as system focal points. The full ProMedica Defiance Regional CHNA may be accessed at www.promedica.org/chna.

IMPLEMENTATION PLAN

The board of trustees of ProMedica Defiance Regional Hospital has determined that the following health needs (in priority order) identified in the CHNA should be addressed through the implementation strategy noted for each such need. Emphasis will be placed on serving underserved, low income and minority populations, in an effort to reduce current disparities.

1. Obesity

Specific Needs Identified in CHNA:

- The 2018 Defiance County Health Assessment identified that 40% (36%, 35%) of adults were obese based on BMI vs. 32% in Ohio and 30% in the U.S.
- 19% (18%, 15%) of youth were obese, according to BMI, vs 20% of 9th-12th graders in Defiance County and 15% in the U.S.

Key Objective – Physical Activity
- Implement a community-wide physical activity and nutrition campaign in collaboration with at least 4 Defiance County organizations by December 31, 2022.

Implementation Strategies – Physical Activity:
Year one through three (2020-2022):
1. Year 1 (2020): Organize an executive committee of POWER Defiance County and discuss ways to improve and promote physical activity opportunities. Determine goals of the committee. Complete a gap analysis of current physical activity offerings within the county and determine potential action steps focused on collaboration. Create branding for partnering organizations to share unified messaging regarding physical activity.
2. Year 2 (2021): Continue efforts from year 1. Update current physical activity guides and calendars. Maintain guides and develop a plan to update and sustain guides on a quarterly basis. Partner with local businesses, churches, and schools to support efforts (i.e. shared use agreements). Disseminate unified information and messaging throughout Defiance County.
3. Year 3 (2022): Continue efforts from years 1 and 2.

Outcome Measures:
- Physical inactivity: (adult) Percentage of adults reporting no leisure time physical activity
- Physical inactivity (youth): Percent of youth who did not participate in at least 60 minutes of physical activity on at least 1 day in the past seven days.
Key Objective – Nutrition
- Implement a food insecurity screening tool or model in at least two new locations by December 31, 2021.

Implementation Strategies - Nutrition

1. Year 1 (2020): Research the 2-item Food Insecurity (FI) Screening Tool, or a similar screening tool, and determine the feasibility of implementing a food insecurity screening to additional clinic sites or primary care offices. Educate healthcare organizations on food insecurity, its impact on health, and the importance of screening and referral. Expand awareness of food insecurity as part of routine medical visits on an individual and systems-based level.

2. Year 2 (2021): Continue efforts of year 1. Implement the screening model in two additional locations with accompanying evaluation measures. Educate participating locations on existing community resources such as WIC, SNAP, school nutrition programs, food pantries, and other resources.

3. Year 3 (2022): Increase the number of locations offering food insecurity screening and referrals and continue to educate participating locations on existing community resources.

Outcome Measures:
- Food insecurity: Percent of households that are food insecure

2. Injury Prevention

Key Objective – Safe Sleep
- By December 31, 2021, increase safe sleep education among Defiance County parents

Implementation Strategies – Safe Sleep
Year one through three (2020-2022):
1. Year 1 (2020): Continue to work with hospitals and other local organizations to integrate safe sleep practices into the community. Improve media campaigns for awareness and continue to provide safe sleep tools to hospitals and new families. Develop partnerships with local organizations to build referrals for those who are not receiving prenatal care.


3. Year 3 (2022): Continue efforts of years 1 and 2.

Outcome Measures:
- Child sleeping location: parents who put their child to sleep in a crib/bassinette without bumpers, blankets, or stuffed animals
- Child sleeping position: Parents who put their child to sleep on their back

Key Objective – Fall Prevention:
- Defiance County will increase referrals to the Matter of Balance Program
Implementation Strategies – Fall Prevention
Year one through three (2020-2022)
1. Year 1 (2020): Continue to implement the Matter of Balance Program within Defiance County. Determine need within specific geographic areas (i.e. Defiance City). Train additional “lay” volunteers to implement the Matter of Balance Program within Defiance County.
2. Year 2 (2021): Continue efforts of year 1. Partner with additional organizations to build referral avenues (i.e. EMS, paramedics, hospitals).
3. Year 3 (2022): Continue efforts of years 1 and 2.

Outcome Measures:
- Percent of adults who had fallen in the past 6 months

3. Cross Cutting Factor: Healthcare System Access

Specific Needs Identified in CHNA:
- In 2018, 12% of Defiance County adults were without health care coverage. The top reason adults gave for being without health care coverage was that they could not afford to pay the insurance premiums (44%)

Key Objective:
- Determine feasibility of a paramedicine and community health workers programs in Defiance County.

Implementation Strategies:
Years one through three (2020-2022):
1. Year 1 (2020): Research community paramedicine programs and community health workers and determine interest within Defiance County. Identify and assemble agencies interested in a paramedicine program and/or community health workers. Conduct a needs assessment and gap analysis. Research funding opportunities (hospitals, grants, insurance plans) and determine feasibility.
2. Year 2 (2021): Continue efforts of year 1. Research funding opportunities (hospitals, grants, insurance plans) and determine feasibility. Seek funding opportunities to market packets regarding safe sleep practices. Ensure consistent safe sleep education messaging.

Outcome Measures:
- Usual source of care: Adults who reported having a usual source of medical care,
OTHER NEEDS IDENTIFIED IN THE CHNA BUT NOT ADDRESSED IN THIS PLAN

ProMedica Defiance Regional Hospital will not address all of the needs identified in the most recently conducted Defiance County Health Needs Assessment as these areas either go beyond the scope of the hospital or may be addressed by, or with, other organizations in the community. To some extent limited resources do not allow hospitals 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 agencies and coalitions across Defiance County that are listed in the table below. In some areas of identified need, ProMedica takes a system approach to addressing community health needs, to most efficiently use resources and to prevent duplication of services. Many health issues are addressed by physicians at a related patient visit.

Each of the health needs identified in the county assessment and listed below is important, with most issues being addressed by programs and initiatives within ProMedica, its hospitals and/or other community partners of the hospital. Key health issues identified in the Defiance County Health Assessment, and the organizations providing programming to improve these health issues include:

<table>
<thead>
<tr>
<th>Health Issue (adult unless specified)</th>
<th>Organizations/Coalitions Addressing Needs</th>
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<tbody>
<tr>
<td>Health Care Access</td>
<td>United Way of Defiance County</td>
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<td>Northwestern Ohio Community Action Commission (NOCAC)</td>
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<td>Defiance County Senior Services</td>
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<td>Center for Child &amp; Family Advocacy</td>
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<td>Defiance County Health District</td>
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<td>Paramount Health Care</td>
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<td>Cardiovascular Health</td>
<td>ProMedica Defiance Regional Hospital</td>
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<td></td>
<td>American Heart Association</td>
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<td>Defiance County Health District</td>
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<td>Cancer</td>
<td>ProMedica Cancer Institute</td>
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<td></td>
<td>American Cancer Society</td>
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<td>Zonta Club of Defiance</td>
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<td>Diabetes</td>
<td>American Diabetes Association</td>
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<td></td>
<td>Defiance County Health District</td>
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<td>ProMedica Defiance Regional Hospital</td>
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<td>Arthritis</td>
<td>Arthritis Foundation</td>
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<td></td>
<td>Defiance Area YMCA</td>
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<td>Defiance County Health District</td>
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<td>ProMedica Defiance Regional Hospital</td>
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<td>Asthma</td>
<td>Defiance City Schools</td>
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<td>Defiance County Health District</td>
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<td>ProMedica Defiance Regional Hospital</td>
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<tr>
<td>Category</td>
<td>Organizations</td>
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| Obesity                   | Defiance Area YMCA  
                           | Defiance County Health District  
                           | ProMedica Defiance Regional Hospital |
| Tobacco Use               | American Cancer Society  
                           | American Lung Association  
                           | American Heart Association  
                           | Defiance County Health District  
                           | ProMedica Defiance Regional Hospital |
| Alcohol and Drug Use      | Defiance City Schools  
                           | Defiance City Police Department  
                           | Defiance County Health District  
                           | Four County ADAMhs Board |
| Women’s Health            | Zonta Club of Defiance  
                           | Defiance County Health District  
                           | Northwest Ohio Komen*  
                           | ProMedica Defiance Regional Hospital |
| Men’s Health              | Defiance County Health District |
| Preventive Medicine       | Zonta Club of Defiance  
                           | American Cancer Society  
                           | American Heart Association  
                           | Defiance County Health District  
                           | ProMedica Defiance Regional Hospital |
| Adult Sexual Behavior     | Community Pregnancy Centers, Center for Child & Family Advocacy  
                           | Four County Family Center  
                           | Defiance County Health District  
                           | ProMedica Defiance Regional Hospital |
| Adult Pregnancy           | Community Pregnancy Centers, Center for Child & Family Advocacy  
                           | Four County Family Center  
                           | Defiance County Health District  
                           | ProMedica Defiance Regional Hospital |
| Quality of Life           | Defiance City Council  
                           | Defiance City Police Department  
                           | Defiance Development and Visitor’s Bureau  
                           | Defiance County Commissioners |
| Social Issues             | Defiance City Council  
                           | Defiance City Police Department  
                           | Defiance Development and Visitor’s Bureau  
                           | Defiance County Commissioners  
                           | NOCAC |
| Mental Health             | Four County Family Center  
                           | Maumee Valley Guidance Center  
                           | Four County ADAMhs Board  
<pre><code>                       | ProMedica Defiance Regional Hospital |
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<p>| Oral Health               | Defiance County Health District |</p>
<table>
<thead>
<tr>
<th>Health Issue</th>
<th>Organizations</th>
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| Youth Weight                               | United Way of Defiance County  
Defiance City Schools                                                               |
| Youth Tobacco Use                          | Four County Family Center  
Family & Children First Council  
Defiance County Health District                                                       |
| Youth Alcohol and Drug Use                 | Four County Family Center  
Family & Children First Council  
Defiance County Health District                                                       |
| Youth Sexual Behavior                      | Ministerial Association, Youth for Christ  
Four County Family Center  
Family & Children First Council  
Defiance County Health District                                                       |
| Youth Mental Health                        | Center for Child & Family Advocacy  
Four County Family Center  
Family & Children First Council  
Defiance County Health District  
Four County ADAMhs Board  
Maumee Valley Guidance Center  
Defiance College                                                                        |
| Youth Safety and Violence                  | Center for Child & Family Advocacy  
Four County Family Center  
Family & Children First Council  
Defiance County Health District  
Maumee Valley Guidance Center                                                           |
| Parent Health                              | Help Me Grow, United Way of Defiance County  
Community Pregnancy Centers  
Four County Family Center  
Family & Children First Council  
Defiance County Health District  
ProMedica Defiance Regional Hospital (Help Me Grow)                                      |

ProMedica participates with many organizations addressing these health issues, that may include financial support, although may not be specific to ProMedica Defiance Regional Hospital. (Note: other hospitals or organizations may also have programs to specifically address some of these health issues that may not be known at the time of this publication.)

Defiance Community Health Partners, using the Defiance County Health Assessment, prioritized several health issues identified in the hospital Community Health Needs Assessment, determining that if these issues are addressed by multiple agencies and organizations over the next three years, they could promote healthier lifestyles and safer neighborhoods for all ages,
reduce chronic health diseases, and improve several socioeconomic determinants of health for Defiance County residents.

As previously stated, in some areas of identified need, ProMedica is already taking a system approach to addressing these community health needs, to most efficiently use resources and to prevent duplication of services, but in some areas of need ProMedica Defiance Regional Hospital is not engaged in programs outside of related visits to our hospitals or physician offices. The board of trustees approved this ProMedica Defiance Regional Hospital 2020-2022 CHNA Implementation Plan on November 12, 2019.