

PROMEDICA FOSTORIA COMMUNITY HOSPITAL
COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN 2013-2015



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EXECUTIVE SUMMARY

ProMedica Fostoria Community Hospital (PFCH), a member of ProMedica health system, is a committed healthcare resource in the northwest Ohio and southeast Michigan community, providing not only acute care and emergency services, but specialty medical and surgical services to patients, regardless of ability to pay. ProMedica's mission is to improve the health and well-being of the communities we serve.

ProMedica Fostoria Community Hospital conducted and adopted the current community health needs assessment (CHNA) in 2013. ProMedica Fostoria Community Hospital participated in the 2013 Seneca County Needs Assessment that included youth and adult data. Following the formal county assessment survey process, multiple community organizations collaborated to develop a prioritized strategic plan for Seneca County, with ProMedica Fostoria Community Hospital represented on these community strategic planning groups. A resource assessment was compiled as part of this process.

Following the Seneca County strategic planning process, ProMedica Fostoria Community 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.

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

- Obesity-/Hunger
- Cancer Screenings – Breast and Colorectal
- Cardiovascular Health – Heart Disease
- Preventive Health-/Pneumonia Vaccine

In addition, as part of ProMedica health system, some community health programs are developed and implemented at the system level, with obesity/hunger, preventive health, adult and youth substance abuse and mental health identified as the focal points for 2013. The hospital expanded the resource assessment developed at the county level to evaluate any gaps in services to address key health issues. The ProMedica Fostoria Community Hospital CHNA may be accessed at www.promedica.org/chna.

IMPLEMENTATION PLAN

The board of trustees of ProMedica Fostoria Community 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 providing these services to underserved and uninsured populations.

1. Obesity-Hunger Initiatives

A. Provide free nutrition education to elementary school children and adults in Fostoria, Ohio.

Specific Needs Identified in CHNA:

- 36% of Seneca County adults were obese based on BMI. The 2011 BRFSS indicates that 30% of Ohio and 28% of U.S. adults were obese by BMI.
- 20% of Seneca County Youth (9th – 12th grade) were obese based on BMI. The 2007 YRBSS indicates 15% in Ohio and the 2009 YRBSS indicates 13% for the U.S.

Implementation Strategies:

Year one (2013)

1. Offer Healthy Kids Conversation Map nutrition education program at Fostoria Public Schools for 2nd graders, as well as other community organizations.

Year two (2014)

1. Increase number of elementary age students receiving conversation map education.
2. Offer conversation map program to outlying schools.

Year three (2015)

1. Offer Healthy Eating in the Real World *conversation map* classes to adults at Fostoria Community Health Fair.

Outcomes Measured:

- Participants are able to verbalize three healthy behaviors
- Number of participants
- Evaluation of class by teacher or organizer

B. Collect donated non-perishable food items and deliver to area food agencies for redistribution.

Specific Needs Identified in CHNA:

- 15% of youth reported they went to bed hungry at least one day per week because they did not have enough food. 1% reported they went to bed hungry every night of the week.

Implementation Strategies:

1. Conduct biannual Come to the Table Food Drives.
2. Food donations to Fostoria Sharing Kitchen, annually.

Outcome Measure

- Pounds of food donated
- More than 50 food items donated

2. Cancer Screenings-Breast and Colorectal

A. Increase community awareness regarding the importance of specific cancer screenings.

Specific Needs Identified in CHNA

- Prostate cancer (15%), lung (14%) and breast (14%) cancer are the leading types of cancer diagnosed in Seneca County.
- About 15% of Seneca County adults had a colorectal cancer screening in the past 24 months.
- Approximately half of Seneca County women over age 40 are not getting routine clinical breast exams and mammograms.

Key Objectives:

- Increase awareness about the importance of colon cancer screenings.
- Increase awareness about the importance of breast exams.
- Increase awareness about mammograms over the age of 40.

Implementation Strategies:

1. Annually provide education and information regarding early detection of colon cancer at community events (Community Health Fair, Cancer Support Group, etc.).

Outcome Measures:

- Number of participants
- Number of educational events held

2. Annually provide education and resource information to all populations about breast care and screenings, including the underserved and underinsured.
 - a. Use approved and funded resources from Susan G. Komen to provide grant funded breast exams and mammograms to uninsured women.

Outcome Measures:

- Number of grant funded mammograms provided to uninsured women
- Monitor and identify the number of encounters with Susan G. Komen Breast Cancer Foundation events at PFCH

3. Cardiovascular disease-heart disease

A. Increase community awareness of cardiovascular disease

Specific Needs Identified in CHNA:

- Heart disease is the leading cause of death in Seneca County. High blood cholesterol is a risk factor for heart disease and stroke.

Implementation Strategies:

Year one

1. Annually educate the community about heart attack recognition and early action minimizing heart damage. This would include handouts/ flyers about heart disease at three community events. Community events include working with the Health Ministry program, CPR courses, ProMedica Facebook, and ProMedica Physician offices.
2. Annually provide community cholesterol screenings at three community events. Educational information will be provided at each event. Complete a follow up call with those clients that have a high blood cholesterol.

Outcome Measures:

- Number of screening/educational events
- Number of participants attending events
- Number of participants identified with high cholesterol that are contacted in follow-up calls

4. Preventive Health-Pneumonia Vaccine

A. Increase community awareness regarding the importance of pneumonia vaccine.

Specific Needs Identified in CHNA:

- 46% of adults age 65 and over had a pneumonia vaccination at some time in their life. The 2011 BRFSS indicates that 70% of Ohio and 70% of U.S. received the pneumonia vaccination.

Key Objectives:

- Increase awareness of pneumonia vaccine by providing educational material and screening of qualifying clients at community flu vaccine clinics.
- Continue to screen inpatients for the need of pneumonia vaccine.

Implementation Strategies:

Year one

1. Annually provide pneumonia vaccine to those qualifying inpatients that have not received it.

2. Annually increase awareness of the need for pneumonia vaccine by providing educational material and screening of qualified clients at community flu vaccine clinics.

Outcome Measures:

- Number of qualifying persons receiving a pneumonia vaccine

OTHER NEEDS IDENTIFIED IN THE CHNA BUT NOT ADDRESSED IN THIS PLAN

ProMedica Fostoria Community Hospital will not address all of the needs identified in the most recently conducted Seneca 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 Seneca 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 Seneca County Health Needs Assessment, and the organizations providing programming to improve these health issues include:

Health Issue (adult unless specified)	Organizations/Coalitions Addressing Needs (*indicates ProMedica collaboration and support)
Health Status	
Health Care Coverage	
Health Care Access	
Cardiovascular Health	American Heart Association* ProMedica Wellness ProMedica Heart and Vascular Institute
Cancer	American Cancer Association* ProMedica Cancer Institute
Diabetes	ProMedica Diabetes Centers
Arthritis	Arthritis Foundation
Asthma	American Lung Association*
Adult Weight Status	ProMedica Healthy Conversation Maps ProMedica Wellness Weight Watchers* Geary Family YMCA*
Tobacco Use	ProMedica Tobacco Treatment Centers

Alcohol and Drug Use	Firelands Counseling & Recovery Services
Women's Health	Susan G. Komen Foundation* ProMedica Cancer Institute
Men's Health	ProMedica Cancer Institute
Preventive Medicine	Seneca County Health Department ProMedica Wellness (flu clinics) ProMedica Cancer Institute ProMedica Heart & Vascular Institute Health Ministry Program*
Adult Sexual Behavior	Seneca County Health Department
Adult Pregnancy	
Quality of Life	Multiple agencies and programs address related issues ProMedica Advocacy Fund
Social Issues	
Mental Health	NAMI* Firelands Counseling & Recovery Services Mental Health & recovery Services Board of Seneca, Sandusky & Wyandot Counties
Oral Health	Seneca County Health Department
Youth Weight	ProMedica Healthy Conversation Maps Project Success Riley School*
Youth Tobacco Use	ProMedica Tobacco Treatment Programs
Youth Alcohol and Drug Use	Firelands Counseling & Recovery Services
Youth Sexual Behavior	Seneca County Health Department
Youth Mental Health	NAMI Firelands Counseling & Recovery Services Mental Health & recovery Services Board of Seneca, Sandusky & Wyandot Counties
Youth Safety/Violence	First Step, Tiffin, Ohio Seneca County Juvenile Court Firelands counseling and Recovery Services Local school districts
Parenting	Seneca Health Department

An asterisk (*) above indicates ProMedica participation with organizations addressing these health issues, that may include financial support, although may not be specific to ProMedica Fostoria Community 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.

The Seneca County Health Alliance, using the Seneca County Health Needs Assessment, prioritized several health issues identified in the 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 Seneca 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 and ProMedica Fostoria Community Hospital are not engaged in programs outside of related visits to our hospitals or physician offices. This ProMedica Fostoria Community Hospital implementation plan was approved by the board of trustees on August 26, 2013.