



# **COLDWATER REGIONAL HOSPITAL**

## **2019 COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN 2020-2022**

Approved and Adopted by the ProMedica Coldwater Hospital Board of Trustees  
November 12, 2019

## **PROMEDICA COLDWATER REGIONAL HOSPITAL**

### **2019 COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN (2020-2022)**

#### **EXECUTIVE SUMMARY**

ProMedica Coldwater Regional Hospital, a member of ProMedica health system, is a committed health care resource in Branch County, Michigan, providing acute care and emergency services, as well as outpatient cancer treatment and mental health care. As a not-for-profit hospital, all patients are treated regardless of their ability to pay. ProMedica's mission is to improve the health and well-being of the communities we serve.

ProMedica Coldwater Regional Hospital conducted and adopted this community health needs assessment (CHNA) in 2019 and will implement the associated three-year, strategic plan beginning in 2020. ProMedica Coldwater Regional Hospital participated in the Branch County Health Assessment (CHA) conducted in 2019, which was cross-sectional in nature and included a written survey of adults in Branch County. Active engagement of community members throughout the planning process 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.

ProMedica Coldwater Regional Hospital convened a CHNA committee to review the Branch County CHA and other 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, taking into account the needs of minority and underserved populations. The hospital received feedback on the CHNA implementation plan from staff from the Branch, Hillsdale, St. Joseph Community Health Agency to confirm these needs from a public health expert perspective.

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

1. Mental Health
2. Chronic Disease – Healthy Eating
3. Substance Abuse
4. Social Determinants of Health – Food Insecurity

In addition, as part of 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 Coldwater Regional Hospital CHNA may be accessed at <https://www.promedica.org/Pages/about-us/default.aspx>

## **IMPLEMENTATION PLAN**

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

### **1. Mental Health**

Key objective: Increase patient and family knowledge of community resources related to mental health needs

#### **Specific Needs Identified in CHNA:**

- In 2019, 4% of Branch County adults considered attempting suicide.
- Thirty percent (30%) of adults reported they or a family member were diagnosed with or treated for anxiety or emotional problems.

#### **Implementation Strategies:**

1. Provide related education to local providers
2. Provide Mental Health First Aid education to community organizations
3. Print and distribute county resource guide for mental health services to increase knowledge and access to related services.

#### **Outcome Measures:**

- Number of education sessions provided
- Number of Mental Health First Aid education sessions provided and total number of participants in attendance
- Number of resource guides distributed

### **2. Chronic Disease – Healthy Eating**

#### **Specific Needs Identified in CHNA:**

- About 8 out of 10 (79%) Branch County adults were overweight or obese based on Body Mass Index (BMI).
- Eighteen percent (18%) of adults did not participate in any physical activity in the past week, including 2% who were unable to exercise.
- 20% of Branch County 7<sup>th</sup> graders and 21% of 9<sup>th</sup> and 11<sup>th</sup> graders were obese, compared to 17% in Michigan and 15% in the U.S.

- 49% of 7th graders and 50% of 9th and 11th graders played video or computer games or use a computer, not for school work for 3 or more hours per day (on average school day), vs. 43% in Michigan and the U.S.

**Implementation Strategies:**

1. Investigate collaboration with MSU Extension for healthy cooking classes
2. Develop school clinic policies to improve BMI in adolescents
3. Develop school clinic programming to improve nutrition and exercise
4. Provide free diabetes education
5. Cross-cutting strategy: develop and distribute county resource guide to increase knowledge and access to related services

**Outcome Measures:**

- Number of educational sessions and total participants
- Number of school policies developed and implemented
- Number of school programs developed and implemented
- Number of county resource guides distributed in schools

**3. Substance Abuse**

**Specific Needs Identified in CHNA:**

- 6% 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 in the past six months, increasing to 13% for those under 30 years of age
- Twenty-three percent (23%) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.

**Implementation Strategies:**

1. Collaborate with community organizations to develop vaping education to provide to community and schools
2. Distribute Narcan kits in Emergency Department (ED)
3. Cross-cutting strategy – develop and distribute county resource guide for distribution to increase knowledge and access to related services

**Outcome Measures:**

- Number of educational sessions and total participants
- Number of Narcan kits distributed in the ED
- Number of county resource guides distributed in the ED

**4. Social Determinants of Health – Food Insecurity**

**Specific Needs Identified in CHNA:**

- Eight percent (8%) of adults had experienced more than one issue related to hunger or food insecurity in the past year.
- Eleven percent (11%) of Branch County adults had to choose between paying bills and buying food in the past year.

**Implementation Strategies:**

1. Implement inpatient screening and provision of food, and food resources, at discharge for patients screening at high risk for food insecurity
2. Provide food pantry for hospital employees in need of additional food for their families
3. Cross-cutting strategy – develop and distribute county resource guide for distribution to increase knowledge and access to related services

**Outcome Measures:**

- Number of inpatients provided food and food resources at discharge
- Number of hospital employees accessing employee food
- Number of resource guides distributed in hospital-based primary care offices

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

Through the Branch County community assessment process, the following areas were identified as not having specific programs identified in the community: work assistance for the unemployed, underage drinking, binge drinking, prescription drug use and misuse, youth carrying weapons, youth involved in physical fights, youth who purposefully hurt themselves, youth violence at school, youth violence in neighborhoods, youth marijuana use, delaying first sexual intercourse, prevention/intervention for violence in neighborhoods.

ProMedica Coldwater Regional Hospital will not address all of the needs identified in the most recently conducted Branch 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 Branch 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 Branch County

Health Assessment, and the organizations providing programming to improve these health issues include:

| <b>Health Issue<br/>(adult unless specified)</b> | <b>Organizations/Coalitions Addressing Needs<br/>(*indicates ProMedica collaboration and support )</b>                                  |
|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Health Status                                    | Branch, Hillsdale, St. Joseph Community Health Agency                                                                                   |
| Health Care Coverage                             | ProMedica Financial Counselor<br>Branch, Hillsdale, St. Joseph Community Health Agency<br>Community Outreach Services                   |
| Health Care Access                               | Presbyterian Church Free Clinic<br>ProMedica Coldwater Regional Hospital Primary Care<br>Provider Clinics                               |
| Cardiovascular Health                            | American Heart Association                                                                                                              |
| Cancer                                           | American Cancer Society<br>ProMedica Cancer Institute                                                                                   |
| Diabetes                                         | ProMedica Diabetes Centers<br>MSU Extension*                                                                                            |
| Arthritis                                        | Arthritis Foundation                                                                                                                    |
| Asthma                                           | American Lung Association                                                                                                               |
| Adult Weight Status                              | Weight Watchers                                                                                                                         |
| Tobacco Use                                      | Branch-Hillsdale Tobacco Reduction Action Coalition<br>(TRAC)                                                                           |
| Alcohol and Drug Use                             | AA & NA Coldwater<br>Damascus Road Ministries<br>Hope House - Jonesville                                                                |
| Women's Health                                   | Susan G. Komen Foundation<br>Southwest Michigan Breast and Cervical Cancer Control<br>Navigation Program*<br>ProMedica Cancer Institute |
| Men's Health                                     | ProMedica Cancer Institute                                                                                                              |
| Preventive Medicine                              | Branch, Hillsdale, St. Joseph Community Health Agency<br>ProMedica Cancer Institute<br>ProMedica Heart & Vascular Institute             |
| Adult Sexual Behavior                            | Branch, Hillsdale, St. Joseph Community Health Agency                                                                                   |
| Adult Pregnancy                                  | Branch, Hillsdale, St. Joseph Community Health Agency<br>Beginnings Care for Life Center                                                |
| Social Issues                                    | ProMedica Social Determinants of Health                                                                                                 |
| Mental Health                                    | ProMedica Outpatient Behavioral Health<br>Pines Behavioral Health Services                                                              |
| Oral Health                                      | MI Community Dental Centers                                                                                                             |
| Youth Weight                                     | ProMedica School Clinics<br>Branch, Hillsdale, St. Joseph Community Health Agency                                                       |
| Youth Tobacco Use                                | ProMedica School Clinics<br>Branch, Hillsdale, St. Joseph Community Health Agency                                                       |

|                            |                                                                                   |
|----------------------------|-----------------------------------------------------------------------------------|
| Youth Alcohol and Drug Use | ProMedica School Clinics                                                          |
| Youth Sexual Behavior      | ProMedica School Clinics<br>Branch, Hillsdale, St. Joseph Community Health Agency |
| Youth Mental Health        | ProMedica School Clinics                                                          |
| Youth Safety/Violence      | Branch County Juvenile Court<br>Local school districts<br>Starr Commonwealth      |
| Parenting                  | Great Start Collaborative                                                         |

An asterisk (\*) above indicates ProMedica participation with organizations addressing these health issues, that may include ProMedica financial support. 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 Branch County Community Health Partners using the Branch County Health Assessment and Community Health Improvement Plan, will meet to prioritize several health issues, 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 Branch County residents. ProMedica Coldwater Regional Hospital will participate and support county initiatives related to health care, when possible.

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 Coldwater Regional Hospital are not engaged in programs outside of related visits to our hospitals or physician offices. This ProMedica Coldwater Regional Hospital CHNA implementation plan was approved and adopted by the board of trustees on November 12, 2019.