



DEFIANCE REGIONAL HOSPITAL

2022 Community Health Needs Assessment
Implementation Plan 2023-2025

Approved and Adopted by the ProMedica Defiance Regional Hospital Board of Trustees on
November 8, 2022

PROMEDICA DEFIANCE REGIONAL HOSPITAL

EXECUTIVE SUMMARY

ProMedica Defiance Regional Hospital, a member of the health system ProMedica, is a committed healthcare resource in northwest Ohio, 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 Regional Hospital) conducted and adopted this community health needs assessment (CHNA) in 2022 and will implement the associated three-year, strategic plan in 2023-2025. The hospital participated in the Defiance County Health Improvement Planning (CHIP) conducted in 2021. 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, Defiance Regional Hospital staff joined with 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 2022, 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. Note: due to COVID the county collaborative, POWER Defiance, decided to skip the 2020/21 CHA process, so 2018 data will be used for this assessment and plan.

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

1. Chronic Conditions – Respiratory Health
2. Behavioral Health
3. Healthy Aging – Fall and Injury Prevention
4. Social Determinants of Health – Food Insecurity
5. Healthy Behaviors – Women and Infant Health

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. Chronic Conditions – Respiratory Health

Specific Needs Identified in CHNA:

- The 2021 Defiance County Health Assessment identified that, 19% of Defiance County adults were current smokers, and 21% were considered former smokers. Six percent (6%) of adults used vaping products in the past year. Over half (52%) of Defiance County adults did not know if e-cigarette vapor was harmful to themselves or others.
- Six percent (6%) of Defiance County youth were current smokers, increasing to 11% of those ages 17 and older. The average age of onset for smoking was 13.3 years old. Nine percent (9%) of youth used e-cigarettes in the past month.

Implementation Strategies:

1. Provide education and resources related to tobacco/vaping cessation.
2. Provide education and resources related to heart disease prevention.
3. Provide blood pressures to visitors and/or community, at least quarterly.

Outcome Measures:

- Number of educational and resource flyers related to tobacco/vaping cessation
- Number of views of tobacco/vaping cessation online videos on Defiance Hospital Facebook page
- Number of printed heart disease prevention education materials distributed
- Number of blood pressures provided, with related education

2. Behavioral Health

Specific Needs Identified in CHNA:

- The 2021 Defiance County Health Assessment identified that 2% of Defiance County adults considered attempting suicide. Eleven percent (11%) of adults felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities.
- Fourteen percent (14%) of Defiance County youth had seriously considered attempting suicide in the past year, and 7% attempted suicide in the past year. Two-fifths (40%) of Defiance County youth reported academic success caused them anxiety, stress, or

depression. More than one-fourth (27%) of youth had three or more adverse childhood experiences (ACEs).

Implementation Strategies:

1. Offer housing resources to Coping Center patients identified as having a need on social risk assessment.
2. Maintain MedSafe Blue Box station in Emergency Department for proper disposal of medications, by community members.
3. Provide education and resources related to Mental Health First Aid (MHFA).
4. Provide education and resources related to Trauma Informed Care (TIC) (Note: Trauma Informed Care addresses care for individuals having three or more adverse childhood experiences – ACEs.)

Outcome Measures:

- Number of housing resources provided to patients in Coping Center
- Number of times MedSafe Blue Box is full (of disposed medications) and disposed safely
- Number of printed educational materials distributed related to Mental Health First Aid
- Number of views of online Mental Health First Aid educational videos on hospital Facebook page
- Number of printed educational materials distributed related to Trauma Informed Care
- Number of views of online Trauma Informed Care educational videos on hospital Facebook page

3. Healthy Aging – Falls and Injury Prevention

Specific Needs Identified in CHNA:

- Among those ages 65 and older, there were an average of 6 deaths per year due to falls in Defiance County (from 2016 to 2020*).
- The three leading reasons for senior falls in 2020 were: Weakness (39%), Slips (32%), and Trips (29%).
- In 2020, Defiance County 911 Center received 446 fall calls and 118 lift assist calls related to a fall.

Implementation Strategies

1. Provide education and resources related to Home Fitness video education, including Tai Chi to improve balance

Outcome Measures:

- Number of educational resources distributed to improve balance
- Number of views of online Home Fitness Tai Chi video education on hospital Facebook page.

4. Social Determinants of Health – Food Insecurity

Specific Needs Identified in CHNA:

- 2018 Feeding America Data shows the overall food insecurity rate in Defiance County (overall) is 11.0%, and the food insecurity rate for children is 16.8%. The number of food insecure children in Defiance County is 1500, and the total number of food insecure people in Defiance County is 4,210. The annual food budget shortfall in Defiance County is 1,856,000

Implementation Strategies:

1. Complete inpatient SDOH screenings, and using improved process, offer Food at Discharge to patients who screen for food insecurity, including community food resource listing.
2. Distribute community food resource listing in hospital waiting areas and to other community agencies.

Outcome Measures:

- Number of inpatients screened as food insecure.
- Number of food insecure inpatients accepting and receiving food at discharge with community food resource listing.
- Number of community food resources listings distributed in hospital waiting areas and to other community agencies.

5. Healthy Behaviors – Women’s and Infant Health

Specific Needs Identified in CHNA:

- The 2018 Defiance County Health Assessment showed children who were born premature (more than 3 weeks before their due date) was 9% for children ages 0-5, and 7% for children 6-11.

Implementation Strategies

1. Provide safe sleep educational handouts to community groups, to include all ages of caregivers.
2. Provide no cost Maternal Health classes, including safe sleep education, open to the public.

Outcome Measures:

- Number of educational safe sleep handouts distributed in the community
- Number of participants in maternal health classes

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:

Health Issue (adult unless specified)	Organizations/Coalitions Addressing Needs
Health Care Access	Defiance County Hospitals Defiance County Health District Paramount Health Care
Cardiovascular Health	Defiance County Hospitals American Heart Association Defiance County Health District
Cancer	ProMedica Cancer Institute American Cancer Society
Diabetes	American Diabetes Association Defiance County Health District Defiance County Hospitals
Arthritis	Defiance County Hospitals
Asthma	Defiance County Health District Defiance County Hospitals
Obesity	Defiance Area YMCA Defiance County Health District Defiance County Hospitals Local Farmer's Markets
Tobacco Use	American Cancer Society American Lung Association American Heart Association Defiance County Health District Defiance County Drug Free Coalition Defiance County Hospitals
Alcohol and Drug Use	Defiance City Schools Defiance County Health District Defiance County Drug Free Coalition Four County ADAMhs Board
Women's Health	Zonta Club of Defiance

	Defiance County Health District Northwest Ohio Komen* Defiance County Hospitals
Men's Health	Defiance County Hospitals
Preventive Medicine	Zonta Club of Defiance Defiance County Health District American Cancer Society American Heart Association Defiance County Health District Defiance County Hospitals
Adult Sexual Behavior	Community Pregnancy Centers, Center for Child & Family Advocacy Four County Family Center Defiance County Health District Defiance County Hospitals
Adult Pregnancy	Community Pregnancy Centers/Center for Child & Family Advocacy Four County Family Center Defiance County Health District Defiance County Hospitals
Quality of Life	POWER Defiance Defiance City Council Defiance City Police Department Defiance Development and Visitor's Bureau Defiance County Commissioners NOCAC Defiance Family and Children First Council
Social Issues	Defiance City Council Defiance City Police Department Defiance Development and Visitor's Bureau Defiance County Commissioners NOCAC Defiance Family and Children First Council
Mental Health	Northwest Ohio ESC Four County ADAMhs Board Maumee Valley Guidance Center United Way Defiance County School Districts Defiance County Hospitals
Oral Health	Defiance County Health District Defiance City Schools
Youth Weight	Defiance County Schools Four County Family Center Family & Children First Council Defiance County Health District
Youth Tobacco Use	Family & Children First Council

	Defiance County Health District Defiance County Drug Free Coalition
Youth Alcohol and Drug Use	Four County Family Center Family & Children First Council Four County ADAMhs Board Defiance County Drug Free Coalition County School Districts
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 Mental Wellness Campaign Family & Children First Council Defiance County Health District Four County ADAMhs Board Maumee Valley Planning Organization A Renewed Mind Recovery Services of Northwest Ohio Suicide Prevention Coalition Defiance County Hospitals
Youth Safety and Violence	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.)

POWER Defiance County, 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. This ProMedica Defiance Regional Hospital 2023-2025 CHNA Implementation Plan was approved by the board of trustees on November 8, 2022.