



DEFIANCE REGIONAL HOSPITAL

2025 Community Health Needs Assessment
Implementation Plan 2026-2028

Approved and Adopted by the ProMedica Defiance Regional Hospital Board of Trustees
on November 12, 2025

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 2025 and will implement the associated three-year, strategic plan in 2026-2028. The hospital participated in the Defiance County Health Improvement Planning (CHIP) conducted in 2024. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment. To maintain complete objectivity throughout the county CHA survey process, the network engaged the expert services of Defiance College 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 were conducted as part of this process

In 2025, Defiance Regional Hospital convened a CHNA committee to review the most recent Defiance County CHA and CHIP, considering 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, considering 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 Conditions
2. Mental Health
3. Healthy Aging Across the Lifespan – Fall Prevention, and Women's/Infant Health
4. Food and Social Needs

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 <https://www.promedica.org/about-promedica/community>.

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

Specific Needs Identified in CHNA:

- Over 1 in 10 adult respondents reported having experienced a heart attack.
- Coronary heart disease increased from 7% in 2018 to 22% in 2024 among respondents.
- 11% (3%, 3%) of adults had a stroke.
- Blood pressure screening rates are high in Defiance County, with over 90% of adults having been checked in the past years.
- Cholesterol screening rates are at 78.5%, with nearly 1 in 5 adults (18.1%) not receiving a cholesterol check during the same period.
- The majority of respondents reported never having been diagnosed with cancer (63.8%). Among those who had, the most commonly reported types were prostate, breast, and skin cancer.
- Of those diagnosed with cancer, they reported the following types: other skin cancer (5%), breast (5.4%), prostate (5.8%), melanoma (1.5%), rectal (0.8%), colon (2.7%), Non-Hodgkin's lymphoma (1.5%), leukemia (0.8%).
- Diabetes has been diagnosed in 13% (9%, 12%) of adults.
- 14% (9%, 12%) of adults had been diagnosed with asthma
- 37.7% (40%, 36%) of adults were obese based on BMI.

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 pressure screening to visitors and community.
4. Partner with community organizations to provide nutrition education.
5. Provide blood pressures to visitors and/or community, at least quarterly.

Outcome Measures:

- Number of education session provided
- Number of participants in education sessions

- Number of resource flyers handed out
- Number of views of tobacco/vaping cessation online videos on Defiance Hospital Facebook page
- Number of blood pressure screenings provided

2. Mental Health

Specific Needs Identified in CHNA:

- Over one-third of adults (36.2%) experience depression at least monthly.
- 11.9% of adults experienced suicidal thoughts
- In the past 12 months, 12% of respondents reported seriously considering attempting suicide, and 5.8% indicated they had attempted suicide two or three times during that period.
- Suicidal thoughts increased dramatically, rising from 2% in 2012 to 11.9% in 2024—nearly a sixfold increase.

Implementation Strategies:

1. Provide education and resources related to Mental Health First Aid (MHFA).
2. 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.)
3. Maintain MedSafe Blue Box station in Emergency Department for proper disposal of medications, by community members.
4. Partner with PATH Center to provide mental health education.
5. Provide secondary trauma education.
6. Provide resources for housing, food, financial coaching.
7. Provide education for medication compliance.

Outcome Measures:

- Number of housing, food, financial coaching resources provided
- Number of times MedSafe Blue Box is full (of disposed medications) and disposed safely – count pounds
- Number of Mental Health First Aid education sessions provided
- Number of Trauma Informed Care education sessions
- Number of mental health education sessions provided with PATH Center
- Number of secondary trauma education sessions provided
- Number of medication compliance sessions provided

3. Healthy Aging Across the Lifespan– Fall Prevention and Women’s/Infant Health

Specific Needs Identified in CHNA:

- More than 4 in 10 adults have fallen in the past 6 months, with same-level falls and unexpected falls being the most common causes.
- Among those who did fall, the most common cause was a same-level fall, such as slipping, tripping, or stumbling (13.8%), followed by unexpected falls (11.2%), falls from ladders (6.5%), and stairs (5.4%). Less frequently reported were falls in the shower (2.3%) or in other ways or places (2.7%).

- When asked about helmet use across various activities, 9.9% reported "always" wearing a helmet while riding a bike.
- 82.9% of parents reported putting their child on their back to sleep.
- 21.4% of mothers had never breastfed their child(ren).
- 15.7% of mothers breastfed for 4-6 months.
- In 2024, prenatal care data in Defiance County indicated that 287 babies were born to mothers who received prenatal care in their first trimester, 57 received care during the second trimester, 19 during the third trimester.

Implementation Strategies

1. Partner with Legacy for walking trails
2. Provide fall prevention education at Legacy
3. Partner with Health Department for Fall Prevention events
4. Provide referrals to Matter of Balance
5. Provide bicycle helmet education
6. Provide safe sleep educational handouts to community groups, to include all ages of caregivers.
7. Provide no cost Maternal Health classes, including safe sleep education, open to the public.

Outcome Measures:

- Number of education sessions on fall prevention
- Number of participants in education sessions on fall prevention
- Number of Matter of Balance referrals given – number of completed referrals
- Number of bicycle helmet education sessions
- Number of participants in bicycle helmet education sessions
- Number of educational safe sleep handouts distributed in the community
- Number of participants in maternal health classes

4. Food and Social Needs

Specific Needs Identified in CHNA:

- Defiance County households in poverty- 10%.
- 0.8% of survey respondents stated that they were unable to pay rent, mortgage, or utility bills in the past 12 months.
- According to Feeding America in 2022 Defiance County food insecurity was 13.4%.

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.

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 2026-2028 CHNA Implementation Plan was approved by the board of trustees on November 12, 2025.

