



FOSTORIA COMMUNITY HOSPITAL

2022 COMMUNITY HEALTH NEEDS ASSESSMENT

**Approved and Adopted by the ProMedica Fostoria Hospital Board of Trustees on
November 7, 2022**

PROMEDICA FOSTORIA COMMUNITY HOSPITAL

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I. INTRODUCTION

ProMedica Fostoria Community Hospital (FCH), a member of ProMedica Health System, is a committed health care resource in northwest Ohio, providing acute care and emergency services, as well as outpatient cancer treatment and mental health care. ProMedica's mission is to improve the health and well-being of the communities we serve. As a not-for-profit hospital, all patients are treated regardless of their ability to pay.

ProMedica Fostoria Community Hospital conducted and adopted this community health needs assessment (CHNA) in 2022 and will implement the associated three-year strategic plan beginning in 2023. The hospital participated in the Seneca County Community Health Assessment (CHA) conducted in 2022, which was cross-sectional in nature and included a written survey of adults and youth within Seneca County. 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 (HCNO) to administer the survey and compile the results. Following the formal county health assessment survey process ProMedica Fostoria Community Hospital will join multiple community organizations to collaborate, develop and implement a prioritized, strategic community health improvement plan (CHIP) for Seneca County. Due to the timing of the new CHA, the county CHIP process will occur at a later date and Fostoria Hospital will participate in the development of the plan. A gap analysis and resource assessment will be compiled as part of this process.

ProMedica Fostoria Community Hospital convened a CHNA committee to review the Seneca 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 plan from the Seneca County General Health District, to confirm these needs from a public health expert perspective.

Building on the previous hospital CHNA, ProMedica Fostoria Community Hospital will specifically implement programs to address the following health needs, prioritized by ranking methodology, listed in order of priority:

1. Behavioral Health - Mental Health and Substance Abuse
2. Chronic Disease Prevention – Diabetes and Healthy Eating
3. Social Determinants of Health - Food Insecurity

ProMedica Fostoria Hospital will also collaborate with Seneca County Health Alliance to support its strategic initiatives. ProMedica community health programs and initiatives are

developed and implemented with Social Determinants of Health, healthy aging, infant mortality and Diversity, Equity and Inclusion as core strategic priorities addressing health disparities and inequities across the communities ProMedica serves.

The full ProMedica Fostoria Community Hospital CHNA may be accessed at

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

II. PROMEDICA FOSTORIA COMMUNITY HOSPITAL SERVICE AREA

The definition of the primary community served by ProMedica Fostoria Community Hospital for this assessment is Seneca County, in northwest Ohio. Data indicates that 81.07% of inpatients and 83.0% of Emergency patients reside in Seneca County. The hospital resides in the city of Fostoria, with a population of 13,053. ProMedica Fostoria Community Hospital is one of two hospitals located in Seneca County and one of five acute care hospitals serving the four-county area. ProMedica Fostoria Community Hospital provides acute emergency services and medical and surgical inpatient and outpatient services, as well as outpatient mental health and cancer services. For the purpose of this plan, the health statistics and factors for the primary county of Seneca County were reviewed and used in completing this community health assessment. (Note: For the remainder of this document, statistics in parentheses refer to data from previous health assessments, where available, to be used for comparison.)

Demographic review of Seneca County, Ohio, shows that it is home to 54,902 (55,207) residents. Overall, 18.9% (18%) of residents were over 65 years of age, 21.7% (21.9%) were under the age of 18, and 5.5% (5.4%) were under the age of 5. The majority, 93.7% (94%) of the population were White alone, 5.7% (5.3%) Hispanic, 2.7% (2.7%) African American, 0.8% Asian (0.8%), and 2.5% (2.2%) two or more races. The median household income in Seneca County is \$52,897 (\$49,153), and 20.4% (13.6%) of all Seneca County residents had an income below the poverty level (Source: www.census.gov/quickfacts, V2021). In 2022, 7% (9%) of Seneca County residents were uninsured according to the 2022 Seneca County Community Health Assessment.

Demographics for the secondary service area counties may be found at

<https://www.census.gov/quickfacts/fact/table/US/PST045221> , V2021). County

community health assessments for the contiguous counties may be found at: [Community Health Assessments - Hospital Council of Northwest Ohio](#)

Existing health care facilities and resource within the community that are available to respond to the health needs of the community are listed on Table 1 below, as well as many outpatient facilities, rehabilitation facilities and other programs that are not listed. Due to the presence of

other hospitals entities in each of the four counties, ProMedica Fostoria Community Hospital focuses most of its community health efforts in the greater Fostoria area, in Seneca County.

Table 1 - Hospitals Serving the Service Area (Four County Service Area)	
ProMedica Fostoria Community Hospital	Fostoria, OH (Hancock)
Mercy Hospital Tiffin	Tiffin, OH (Seneca)
Blanchard Valley Hospital	Findlay, OH (Hancock)
Wood County Hospital	Bowling Green, OH (Wood)
Memorial Hospital of Fremont	Fremont, OH (Sandusky)

ProMedica Fostoria Community Hospital also collaborates with other entities to address issues in our service area. Community organizations who participated in the health assessment and strategic planning process are listed on page 14-15.

III. IMPACT OF PREVIOUS COMMUNITY HEALTH NEEDS ASSESSMENT PLAN

The 2019 Community Health Needs Assessment for ProMedica Fostoria Community Hospital was posted online inviting feedback from the community, with no responses over the past three years. The CHNA identified several priorities for action during 2020-2022. Beginning in 2020, Fostoria Community Hospital implemented programs in Seneca County to address the following health needs, listed in order of priority, with the following impact demonstrated in 2020 and 2021 (Note: 2022 activities were not complete at the time of this publication and will not be included in this summary):

1. Healthy Priority: Mental Health and Addiction

Strategies: Update and distribute community resource listing of mental health and addiction services in the greater Fostoria community. Placing in hospital and Emergency Department waiting areas, and other community programs. Implement a social calling program for patients screening at high risk for social isolation. Collaborate with community organizations, including schools and the YMCA, to determine need for youth mental health programming in the community

Actions Taken:

- In 2020, 28 updated community resource listings were taken by patients and/or community members, from five major waiting areas throughout Fostoria Community Hospital and Total Rehab facilities.
- In 2020, 24 flyers with social call and other social connection information were taken by patients and/or community members, from five major waiting areas throughout Fostoria Community Hospital facilities.

- Staff attends and participates in all Seneca County Health Alliance (SCHA) meetings
- 91 updated community resource listings were taken by patients and/or community members, from five major waiting areas throughout Fostoria community hospital and total rehab facilities.
- In 2021, 124 flyers with social call and other social connection information were taken by patients and/or community members, from five major waiting areas throughout Fostoria Community Hospital facilities.
- In 2021, three depression education sessions were provided in the community serving 32 participants.
- Due to COVID restrictions no planning meetings took place in first two quarters of 2021. Met with YMCA in 3rd quarter to plan youth mental health programming in afterschool program beginning in 2022.

2. Health Priority: Chronic Disease

Strategies: Provide free diabetes seminars quarterly to provide basics of diabetes management - target patients with pre-diabetes and gestational diabetes, through promotion and physician offices. Support community Cooking Matters program to teach individuals healthy cooking per standard curriculum.

Actions Taken:

- Resource distribution of CDC diabetes education information began in September 2020. 12 diabetes education flyers were taken by patients and/or community members from five (5) waiting areas throughout ProMedica Fostoria Community Hospital and total rehab facility.
- “Cooking with the chef” interactive, virtual cooking program was offered November 2020, with 35 participants receiving meal ingredients prior to program. Pre-diabetes risk assessments were provided with meal kits that participants picked up at the hospital the day of the cooking demo. Kits also included all of the meal ingredients so that they could cook along with chef Hannah, providing enough to feed a family of four. A diabetic educator assisted chef Hannah during the cooking demo to provide diabetes education and answer questions. Event had approximately 45 total participants attending online (10 joined the class without signing up for groceries).
- Ten (10) cooking matters menus, with step-by-step healthy recipes, were taken by community members from local YMCA and Fostoria library; nine (9) cooking matters menus were taken from Fostoria Community Hospital front lobby waiting area. 114 diabetes educational flyers were taken by patients and/or community members from five (5) waiting areas throughout ProMedica Fostoria Community Hospital and total rehab facility.
- Hospital RD provided free diabetes education to 109 community members in 2021.

- Hospital distributed 125 cooking matters flyers with step-by-step recipe information to community members at the YMCA, Kaubisch Library, and waiting rooms at the hospital. Cooking matters classes offered by OSU Extensions were discontinued due to covid restrictions.
- Healthy cooking videos were provided on hospital waiting room TVs, showing once every two hours during office hours.

3. Health Priority: Social Determinants of Health – Food Insecurity

Strategies: Outpatient screening and referrals to food agencies to improve food access. Inpatient screening and provision of food and food resources, at discharge for patients screening at high risk for food insecurity. Provide food pantry for hospital employees in need of additional food for their families.

Actions Taken:

- In 2020, 22 county food agency resource listings were taken by patients and/or community members from five waiting areas at Fostoria Community Hospital and Total Rehab office.
- 28 inpatients who screened at risk for food insecurity were provided food at time of discharge in 2020.
- In 2020, information about employee food pantry was added to “News You Can Use” newsletter for hospital employees and flyers were displayed near time clocks to improve access to free food, when needed.
- In 2021, 525 outpatients were screened for food insecurity
- In 2021, 716 emergency department and observation patients were screened for food insecurity.
- In 2021, 130 inpatients screened positive for food insecurity; 15 inpatients were provided with food at discharge.
- In 2021, three (3) outpatients were referred to community food agencies for assistance.
- Sixteen (16) employees were referred to a partner food pantry, in 2021.
- 22 county food agency resource listings were taken by patients and/or community members from five waiting areas at Fostoria Community Hospital and Total Rehab office, in 2021.
- 15 inpatients who screened at risk for food insecurity were provided food at time of discharge in 2021.
- 16 employees accessed the hospital food pantry in 2021.

The information above reflects activities that were implemented to address 2019 CHNA hospital priority issues in 2020 and 2021; 2022 statistics were not available at the time of this document. Additional measures of impact should be reflected in future Seneca County Health Assessments.

The 2019 Community Health Needs Assessment for ProMedica Fostoria Community Hospital was posted online inviting feedback from the community, with no inquiries over the past three years.

IV. COMMUNITY HEALTH NEEDS ASSESSMENT

The ProMedica Fostoria Community Hospital process for identifying and prioritizing community health needs and services included:

- Review and discussion the Seneca County Health Assessment, including primary and secondary data, and the most recent county health improvement plan (CHIP), including gaps and resources
- Discussion, selection and prioritization of priority health needs to address over the next three years, using a ranking methodology to prioritize needs
- Identification of evidence-based programs to improve these health needs, when available
- Development of final hospital CHNA and three-year implementation plan to present to the hospital board for approval prior to posting online

The health areas that were examined by the formal county needs assessment survey include, but are not limited to: health care coverage, health care access and utilization, women's health, men's health, preventive medicine, oral health, health status perceptions, adult weight status, adult tobacco use, adult alcohol consumption, adult drug use, adult sexual behavior, adult mental health, cardiovascular health, cancer, diabetes, asthma, arthritis, quality of life, social determinants of health, environmental conditions and parenting. OHYES Youth health survey is the source of the youth data in this assessment (ages 12-18).

SENECA COUNTY HEALTH NEEDS ASSESSMENT PROCESS

ProMedica Fostoria Community Hospital utilized the data provided in the 2022 Seneca County Community Health Assessment as the basis for their community health needs assessment. To begin the formal county assessment process, the Hospital Council of Northwest Ohio Data Division, in conjunction with the University of Toledo Health and Human Services Department, conducted the formal county health assessment utilizing the following methodology (refer to pages 14-15 for a list of collaborating organizations).

PRIMARY DATA COLLECTION METHODS

DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults within Seneca County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

INSTRUMENT DEVELOPMENT

One survey instrument was designed for this study. As a first step in the design process, health education researchers from the University of Toledo and staff members from HCNO met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults. The investigators decided to derive most of the survey items from the BRFSS. This decision was based on being able to compare local data with state and national data.

The project coordinator from the Hospital Council of Northwest Ohio conducted a series of meetings with the Seneca County Health Alliance. During these meetings, HCNO and the Seneca County Health Alliance reviewed and discussed banks of potential survey questions. Based on input from the Seneca County Health Alliance, the project coordinator composed a draft survey containing 115 items. Institutional Review Board (IRB) approval is granted to HCNO from Advarra in Columbia, Maryland.

DATA ANALYSIS

Individual responses were anonymous. Only group data was available. All data was analyzed by health education researchers at the University of Toledo using Statistical Product and Service Solutions 28.0 (SPSS). Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Tuscarawas County, the adult data collected was weighted by age, gender, race, and income using Census data (Note: income data throughout the report represents annual household income). Multiple weightings were created based on this information to account for different types of analyses. For more information on how the adult weightings were created and applied, see Appendix III.

SAMPLING | Adult Survey

The sampling frame for the adult survey consisted of adults ages 19 and older living in Seneca County. There were 42,204 persons ages 19 and older living in Seneca County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 6% (i.e., we can be 95% sure that the

“true” population responses are within a 6% margin of error of the survey findings.) A sample size of at least 265 adults was needed to ensure this level of confidence.

The random sample of mailing addresses was obtained from Melissa Global Intelligence in Rancho Santa Margarita, California. Surveys were mailed in March 2022 and returned through June 2022.

PROCEDURE | Adult Survey

Prior to mailing the survey, an advance letter was mailed in February of 2022 to 2,000 adults in Seneca County. This advance letter was personalized, printed on Seneca County Health Alliance letterhead, and signed by Anne Goon, Health Commissioner, Seneca County General Health District. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

In March of 2022 (six weeks following the advance letter), a two-wave mailing procedure was implemented to maximize the survey return rate. The mailing included a personalized hand signed cover letter (on Seneca County Health Alliance letterhead) describing the purpose of the study, a questionnaire printed on white paper, a self-addressed stamped return envelope, and a \$2 incentive, which were included in a large colored envelope. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 18% (n=350 CI=± 5.22). This return rate and sample size means that the responses in the health assessment should be representative of the entire county. Note: “n” refers to the total sample size, “CI” refers to the confidence interval.

PROCEDURE | Adolescent (OHYES!) Survey

The Ohio Healthy Youth Environments Survey (OHYES!) is a youth health survey offered by the Ohio Department of Mental Health and Addiction Services, Ohio Department of Health, and Ohio Department of Education. OHYES! was administered to Seneca County youth in grades 7-12 in 2022. HCNO obtained this data through the Ohio Department of Health’s Ohio Public Health Data Warehouse, a self-service online tool where anyone can obtain the most recent public health data available about Ohio. The results of the survey reflect student responses from the middle schools and high schools that voluntarily participated during spring of 2022.

SPECIFIC POPULATIONS THAT EXPERIENCE DISPARITIES

Health disparities (including age, gender, and income-based disparities) can be identified throughout each section of the 2022 Seneca County Health Assessment. Income-based disparities are particularly prevalent in Seneca County. For example, those most likely to rate their general health as fair or poor were adults with annual household incomes under \$25,000 (27%)

compared to the general population (14%). Additionally, the prevalence of chronic conditions (e.g., diabetes, high blood pressure, high blood cholesterol, etc.), were higher among those with annual household incomes under \$25,000 compared to the general population.

As part of the community health improvement plan (CHIP) process, the Seneca County Health Alliance will identify specific populations that face disparities as part of the prioritization phase of the process.

INEQUITIES IN THE FACTORS THAT CONTRIBUTE TO HEALTH CHALLENGES (INCLUDING SOCIAL DETERMINANTS OF HEALTH):

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks (Source: Social Determinants of Health, Healthy People 2030). The Seneca County Health Alliance created an entire section within survey development to focus on SDOH specific questions. For example, the SDOH section includes information relating to housing, transportation, and food insecurity, which all contribute to health challenges among Seneca's County adults. For example, those with low household incomes (\$25K).

RESOURCES TO ADDRESS NEEDS

Numerous resources will be identified through the MAPP planning process, resulting in a comprehensive community health improvement plan (CHIP).

LIMITATIONS

As with all county health assessments, it is important to consider the findings with respect to all possible limitations. If any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Seneca County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Furthermore, while the survey was mailed to random households in Seneca County, those responding to the survey were more likely to be older. While weightings are applied during calculations to help account for this, it still presents a potential limitation (to the extent that the responses from these individuals are substantively different than the majority of Seneca County adult residents younger than 30). Therefore, the age ranges are broken down by 19 to 64 years old and 65 years and older.

Also, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data was collected using a set of questions from the total question bank, and adults were asked the questions over the telephone rather than as a mail survey.

Lastly, caution should be used when interpreting subgroup results, as the margin of error for any subgroup is higher than that of the overall survey.

SECONDARY DATA COLLECTION METHODS

HCNO collected secondary data, including county-level data, from multiple sources whenever possible. HCNO utilized sources such as the Behavioral Risk Factor Surveillance System (BRFSS), numerous CDC webpages, U.S. Census data, Healthy People 2030, and other national and local sources. All primary data in this report is from the 2022 Seneca County Health Assessment (CHA). All other data is cited accordingly.

CONSULTING PERSONS AND ORGANIZATIONS

The process for consulting with persons representing the community's interests and public health expertise began when Seneca County Health Alliance, local community agencies, and the Seneca County General Health District, were invited to participate in the county wide health assessment process, including choosing questions for the surveys, providing local data, reviewing draft reports and planning the community data release event. The Seneca County Health Alliance community healthy improvement plan committee will be convened to review data, set priorities, identify gaps in resources, and develop a new Seneca County strategic plan (to be complete in 2023). The needs of the population, especially those who are medically underserved, low income with chronic disease – with a relatively low percentage of minority populations present in Seneca County, focus was set on low income and underserved populations.

This community health assessment was cross-sectional in nature and included a written survey of adults and adolescents within Seneca County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

The hospital facility took into account input from persons who represent the community by participating with other organizations in Seneca County (pages 14-15) who contracted with the Hospital Council of Northwest Ohio, a non-profit hospital association, located in Toledo, Ohio, to coordinate and manage the county health assessment and strategic planning process. The Hospital Council has been completing comprehensive health assessments since 1999. The Project Coordinator from the Hospital Council of NW Ohio holds a master's degree in public health and conducted a series of meetings with the planning committee from Seneca County to conduct the county CHA and the future 2023-2025 county CHIP Plan.

During these meetings, banks of potential survey questions from the Behavioral Risk Factor Surveillance and Youth Risk Behavior Surveillance System (YRBSS) surveys were reviewed and discussed. The drafts were reviewed and approved by health education researchers at the

University of Toledo. In addition, ProMedica Fostoria Community Hospital received feedback on this CHNA and implementation plan from the Seneca County General Health District to confirm these needs from public health expert perspective.

The needs of the population, especially those who are medically underserved, low-income, minority populations, and populations with chronic disease needs were taken into account through the sample methodology that surveyed these populations. In addition, the organizations that serve these populations participated in the health assessment and community planning process, such as Seneca County General Health District.

ProMedica Fostoria Community Hospital conducted the Seneca County Health Assessment and planning process with the following hospitals:

- Mercy Tiffin Hospital

The results of the Seneca County Community Health Assessment were presented at a county data release event. There were key leaders from the community that represented public health, law enforcement, schools, local officials, social service agencies and other various community members in attendance at the public release of the community health needs assessment. Community participants were invited to join the community health improvement (CHIP) process to complete the strategic plan for the county.

SENECA COUNTY STRATEGIC PLANNING PROCESS

Following the community assessment data release, the Seneca County Health Alliance along with the Seneca County General Health District, local hospitals and key community leaders will participate in an organized process of community health improvement planning (CHIP) to create a 3-year plan to improve the health of residents of the county. (Note: At the time of this publication the 2022 Seneca County Community Health Assessment had been conducted, but the new community health improvement plan (CHIP) had not been developed.) The National Association of County and City Health Officials (NACCHO) strategic planning tool, Mobilizing for Action through Planning and Partnerships (MAPP) is used throughout this process.

The MAPP Framework includes six phases which are listed below:

- Organizing for success and partnership development
- Visioning
- Conducting the MAPP assessments
- Identifying strategic issues
- Formulating goals and strategies
- Taking action: planning, implementing, and evaluation

The MAPP process includes four assessments, Community Themes & Strengths, Forces of Change, the Local Public Health System Assessment and the Community Health Status Assessment. These four assessments were used by the Seneca County Strategic Planning Committee to prioritize specific health issues and population groups which are the foundation of this plan.

2020-22 priority health issues for Seneca County (note: the 2022 CHIP Strategic Plan was not completed at the time of this publication) are:

- Mental health and addiction (include depression, suicide, and substance abuse)
- Chronic disease (includes heart disease, diabetes, obesity, youth physical activity, youth fruit/vegetable consumption)
- Youth bullying
- Trauma

Seneca County's CHIP has strategies that will work toward addressing all priority areas include: 1) Awareness of Seneca County Transportation (SCAT) and 2) Integration of Mental Health and Physical Health.

The Seneca County CHA process included input from organizations and persons who represent the community. Collaborating organizations included:

Seneca County General Health District
Seneca County OSU Extension
Fostoria Community Hospital
Great Lakes Community Action Partnership
City of Fostoria Mayor
Family and Children First Council
Seneca County OSU Extension
Mercy Health-Tiffin
Seneca County Opportunity Center
Seneca County Juvenile Court
Seneca County Jon and Family Services
Firelands Counseling and Recovery Services (FCRS)
Mental Health Recovery Services Board of Seneca, Sandusky and Wyandot Counties
Seneca United Way
Tiffin City Schools
Fostoria Jr/Sr High School
Community Hospice Care by Stein
Fostoria City Schools
Seneca County Juvenile Court

Many of the above organizations have staff with expertise in public health. In addition, the county strategic planning process was facilitated by staff employed by the Hospital Council of Northwest Ohio who hold master's degree in public health. ProMedica Fostoria Community Hospital staff participated in the development of the county health assessment survey and CHIP plan for Seneca County. The Seneca County CHIP was written based on the conclusions and recommendations of all participating organizations.

V. SENECA COUNTY COMMUNITY HEALTH NEED PRIORITIES

Key findings were identified in the 2022 Seneca County Health Assessment include the following:

- Health Care Coverage
 - Seven percent (7%) of Seneca County adults were without health care coverage.
 - Those most likely to be uninsured were adults with an income level under \$25,000 (15%).
 - The main reason adults gave for being without health care coverage were because of cost/could not afford to pay the premiums (45%).
- Cardiovascular Health
 - Six percent (6%) of adults had survived a heart attack and 4% had survived a stroke at some time in their life.
 - Thirty eight percent (38%) of Seneca County adults had high blood pressure, 36% had high blood cholesterol, 39% were obese, and 15% were current smokers, four known risk factors for heart disease and stroke.
- Cancer
 - 15% of all adults had been diagnosed with cancer at some time in their lives.
 - 29% of adults had been screened for colorectal cancer in the past five years.
- Diabetes
 - Eleven percent (11%) Seneca County adults had ever been diagnosed with diabetes.
 - One percent (1%) of adults had only been diagnosed with diabetes during pregnancy.
- Arthritis
 - Thirty-one percent (31%) of Seneca County adults were told by a doctor or other health professional that they had some form of arthritis.
- Asthma
 - Fourteen percent (14%) of Seneca County adults had been told by a doctor, nurse, or other health professional that they had asthma.
- Adult Weight Status
 - Over three-fourths (77%) of Seneca County adults were overweight or obese based on body mass index (BMI).

- Seventeen percent (17%) of adults were not participating in any physical activity in the past week, including 4% who were unable to exercise.
- Tobacco Use
 - Fifteen percent (15%) of Seneca County adults were current smokers, and 21% were considered former smokers.
 - Nineteen percent (19%) of adults used e-cigarettes in the past year.
 - Nineteen percent (19%) of adults did not believe e-cigarette vapor was harmful to anyone.
- Alcohol and Drug Use
 - Fifty-eight percent (58%) of Seneca County adults had at least one alcoholic drink in the past month and would be considered current drinkers.
 - More than one-quarter (27%) 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.
 - Seven percent (7%) of Seneca County adults had used recreational marijuana or hashish during the past 6 months.
 - Seven percent (7%) 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 during the past six months.
- Women's Health
 - Over half (54%) of Seneca County women over the age of 40 reported having a mammogram in the past year.
 - Fifty eight percent (58%) of women had a clinical breast exam and 39% had a Pap smear to detect cancer of the cervix in the past year.
 - Seventy-five percent (75%) of Seneca County women were overweight or obese, 36% had high blood pressure, 28% had high blood cholesterol, and 16% were identified as current smokers, known risk factors for cardiovascular diseases.
- Men's Health
 - Almost half (47%) of Seneca County males over the age of 50 had a prostate-specific antigen (PSA) test in the past year.
 - Eighty percent (80%) of men were overweight or obese, 44% had been diagnosed with high blood cholesterol, 39% had high blood pressure, and 15% were identified as current smokers, known risk factors for cardiovascular diseases.
- Preventive Medicine
 - Sixty-seven percent (67%) of adults ages 65 and over had a pneumonia vaccination at some time in their life.
 - Over half (54%) of Seneca County adults had a flu vaccine during the past 12 months, increasing to 73% of adults ages 65 and over.
- Quality of Life
 - Forty-five percent (45%) of Seneca County adults reported they were limited by any impairment or health problem.

- The most limiting health problems were back or neck problems (40%); arthritis/rheumatism (38%); and weight (26%).
- Mental Health
 - Three percent (3%) of Seneca County adults considered attempting suicide in the past year.
 - Twenty-seven percent (27%) of adults reported they or family member were diagnosed with or treated for anxiety or emotional problems in the past year.
- Oral Health
 - Sixty-three percent (63%) of Seneca County adults had visited a dentist or dental clinic in the past year.
 - The top three reasons adults gave for not visiting a dentist or dental clinic in the past year were cost (20%); had no reason to go/had not thought of it (19%); and fear, nervousness, pain, dislike going (17%).
- Adult Sexual Behavior
 - Sixty-five percent (65%) of Seneca County adults had sexual intercourse in the past year.
 - Three percent (3%) of adults had more than one partner in the past year.
- Social Issues
 - Six percent (6%) of Seneca County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse).
 - Thirteen percent (13%) of Seneca County adults had four or more adverse childhood experiences (ACEs) in their lifetime.
 - Thirteen percent (13%) of adults had experienced at least one issue related to hunger/food insecurity in the past year.
- Parenting
 - Forty-one percent (41%) of Seneca County parents talked to their 12-to-17-year-old about dating and relationships in the past year.
 - Thirty-six percent (36%) of adults reported their entire family in their home at a meal together every day of the week.

Note: For Seneca County data below, youth are defined as grades 7-12

Youth Weight Status

- Twenty-four percent (24%) of Seneca County youth were obese, according to body mass index (BMI) by age.
- Thirteen percent (13%) of youth did not participate in at least 60 minutes of physical activity on any day in the past week.
- Youth Tobacco Use/Electronic Vapor Product Use
 - Three percent (3%) of Seneca County youth were current smokers.
 - Fourteen percent (14%) of youth were current electronic vapor product users, having vaped at some time in the past 30 days.

- Youth Alcohol and Drug Use
 - Twelve percent (12%) of youth had at least one drink of alcohol in the past 30 days, defining them as a current drinker.
 - During the past 30 days, 15% of all Seneca County youth had ridden in a car driven by someone who has been drinking alcohol.
 - Eight percent (8%) of Seneca County youth had used marijuana at least once in the past 30 days, increasing to 14% of those ages 17 and older.
 - Two percent (2%) of youth used prescription drugs not prescribed for them in the past month.
- Youth Sexual Behavior
 - Seventeen percent (17%) of all Seneca County youth ever had sexual intercourse, increasing to 60% of those ages 17 to 19 years old.
 - Among those who ever had sex, 67% of youth had sexual intercourse with one or more persons during the past 3 months.
- Youth Mental Health
 - Nineteen percent (19%) of youth had seriously considered attempting suicide in the past year, and 9% attempted suicide in the past 12 months.
 - Among all youth in Seneca County, 43% had ever visited a doctor, nurse, therapist, social worker, or counselor for a mental health problem.
- Youth Safety
 - Almost one-third (32%) of youth had three or more adverse childhood experiences (ACEs).
 - Nine percent (9%) of Seneca County youth drivers had texted while driving in the past 30 days.
- Youth Violence
 - Eighteen percent (18%) of youth had been involved in a physical fight, increasing to 24% of males.
 - Forty-three percent (43%) of youth had been bullied in the past year.

Note: Many identified health needs are addressed by physicians at the time of related patient visits.

The Seneca County Health Alliance, using the Seneca County Community Health Assessment, prioritized the following health issues as indicated in Table 2 below, 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 social determinants of health for Seneca County residents. In some areas of identified need, ProMedica is already taking a system approach to addressing some of these community health needs, to most efficiently use resources and to prevent duplication of services.

Table 2 – Seneca County Strategic Plan Priorities and Strategies	Lead Agencies
• Priority #1: Decrease Obesity	
• Smart Snacks in School Standards	• YMCA • Seneca County General Health District • Seneca County Juvenile and Probate Court
• Increase Opportunities for Students to Engage in Physical Activity & Decrease Sedentary Behavior	• Seneca Mentoring Youth Link (SMYL) • Seneca County School District Wellness Teams
• Implement OHA Healthy Hospitals Initiative	• Mercy Tiffin Hospital • ProMedica-Fostoria Community Hospital
• Increase Nutrition/Physical Education Materials Being Offered to Patients by Primary Care Providers	• Mercy Tiffin Hospital • ProMedica-Fostoria Community Hospital
• Wellness Community Guide & Calendar	• First Call for Help & numerous other local organizations
• Increase Fruit and Vegetable Availability for Emergency Food Programs and Clients	• Mercy Tiffin Hospital (food pantry volunteer) • OSU Extension Educator
Priority #2: Increase Preventive Health	
• County-Wide Vaccination Campaign	• ProMedica Fostoria Community Hospital • Mercy Tiffin Hospital • Seneca County General Health District & numerous other community organizations
• Create Consistent Men's and Women's Health Screening Recommendations	• ProMedica Fostoria Community Hospital • Mercy Tiffin Hospital • Seneca County General Health District & numerous other community organizations
• Increase Access to Dental Care	• Community Task Force, Pat DeMonte & numerous other community organizations
Priority #3: Decrease Adult & Youth Mental Health Issues	
• Increase Awareness of Available Mental Health Services	• Firelands Counseling and Recovery Services
• Increase Early Identification of Mental Health Needs Among Youth	• Mental Health and Recovery Services Board • Firelands Counseling and Recovery Services
• Increase the Number Primary Care Providers Screening for Depression During Office Visits	• Seneca County Suicide Prevention Coalition • Firelands Counseling and Recovery Services
• Increase Education of Primary Care Providers & Mental Health Professionals	• Firelands Counseling and Recovery Services • Mercy Tiffin Hospital • ProMedica Fostoria Community Hospital
Priority #4: Decrease Adult and Youth Substance Abuse	
• Increase the LifeSkills Training Curriculum in Seneca County	• Firelands Counseling and Recovery Services & CARSA
• Implement an Evidence-Based Parenting Program	• Seneca County Juvenile and Probate Court • Seneca County Family and Children First Council

	• Patchworks House
• Increase the Number of ER and Primary Care Physicians Screenings for Alcohol and Drug Abuse	• CARSA • Mercy Tiffin Hospital • ProMedica Fostoria Community Hospital
• Implement Responsible Beverage Service Trainings	• CARSA

ProMedica Fostoria Community Hospital's collaboration with organizations addressing these county health priority issues may also include financial support. ProMedica Fostoria Community Hospital, along with many social agencies, schools, faith-based organizations and law enforcement may also be addressing some of these issues that may not be specifically included in these collaborative priority actions.

SENECA COUNTY - HEALTH ISSUES FOR THE UNINSURED, LOW INCOME AND MINORITY GROUPS

Seneca County has a relatively low percentage of minority populations (5.8% non-Caucasian - see Section I for a breakdown of race/ethnicity in the county) and due to the small number of minority populations responding to the surveys this did not allow for specific generalizations. Continued focus will be placed on low income, uninsured and underinsured populations for planning purposes, to include the highest at-risk populations. Nine percent of Seneca County adults were uninsured, increasing to 15% of those with incomes less than \$25,000 and 17% of those under the age of 30.

Primary and chronic disease needs and other prevalent health issues of persons with income less than \$25,000 per year include: uninsured, did not have routine checkup, did not have some women's and men's health exams, health perceptions, are current smokers, drinks consumed per occasion, medication misuse in past six months, mental health, sad or hopeless almost every day for two or more weeks in a row, arthritis (only over 65 group had more), asthma (only under 30 group had more), diagnosed with diabetes (only over 65 group had more), and needed help meeting general daily needs in the past month.

Table 3 – Health Issue	Low Income (<\$25,000)	Seneca County 2018
Rate health as fair/poor	43%	14%
Uninsured	15%	9%
Reported feeling sad or hopeless for 2 or more weeks in a row	25%	11%
Current Smoker	25%	14%
Prescription medication misuse in past six months	16%	5%

Overweight by BMI	43%	39%
Obese by BMI	31%	39%
Needed help meeting general daily needs in past month	24%	7%
Diagnosed with High Blood Pressure	33%	34%
Diagnosed with Diabetes	17%	10%
Diagnosed with Asthma	18%	15%
Visited a dentist in the past year	33%	60%
Mammogram in past 2 years	24%	50%
Pap smear in past 3 years	29%	29%

The Seneca County Health Alliance concluded that key leadership in Seneca County should be made aware of these links between economic stability and health status and that progress toward decreasing the rates of the leading chronic health conditions and persistent health disparities can be made by addressing the economic status of Seneca County residents. ProMedica is taking a lead in our communities with programs focused on the social determinants of health, specifically focused on food access, job training, and housing.

SENECA COUNTY INFORMATION GAPS

Although the formal county assessment provided sufficient primary data, some secondary and public health data is relatively outdated (2013-2015) and therefore leaves gaps in measurement about key indicators during the time period. Through the formal MAPP process, gaps were identified in each CHIP initiative, and a resource assessment was developed.

The community needs assessment, historical referral data, and statewide databases provide a rich amount of information to determine the general state of the community. However, the data has limitations, including the age of public health data. Data is not available for all areas of health to evaluate the health needs of some minority and non-English speaking residents.

It should be noted that one gap includes statistical generalizations for minority populations due, in part, to the relatively low number of minority populations in the county and the low number of responses to the survey (n=17). Each action plan will consider the impact on low income and underserved populations. While local experts and experience supplement statistical data, underlying health beliefs that are at the core of individual health outcomes are thinly identified.

In 2019, the Seneca County Health Alliance presented and closely examined current resources available to Seneca county residents which address one or more of the adult and/or youth priorities. Over forty agencies and organizations were recognized. This included the type of service offered, the population served and how they are evaluated to measure effectiveness. The information was reviewed by the Alliance to determine possible gaps by specific population groups and/or geographic locations. It was determined that not all service providers were captured, since not all agencies attended the meetings held. In addition, community response was not optimal at the time of the 2019 CHIP process, with lack of consistency in participation. A new process is underway but the county health improvement plan will not be complete in time for use with this document.

VI. PROMEDICA FOSTORIA COMMUNITY HOSPITAL HEALTH NEEDS ASSESSMENT PROCESS

ProMedica Fostoria Community Hospital leadership convened a CHNA committee to thoroughly review the county assessment data and CHIP, select and prioritize key health indicators specific to the demographic, review available resources and gaps in resources and, develop implementation plans to address the specific needs of the population.

Prioritization of health needs in its community was accomplished by the ProMedica Fostoria Community Hospital CHNA committee that included staff from administration and various areas related to patient care. The ProMedica Fostoria Community Hospital CHNA committee developed the hospital CHNA, using the most recent Seneca County CHA data and CHIP plan, through the following steps:

- Review of existing Seneca County primary and secondary data sources
- Review of Seneca County CHIP Plan, including gaps and resources
- Discussion, selection and ranking of priority health issues for each hospital (separately), prioritized by ranking methodology
- Discussion of effective programs, policies, and strategies to recommend for implementation
- Identification of specific implementation action steps, and outcome measures, for the next three years (2023-2025)
- Board of Trustee review and approval of the joint CHNA and three-year plan

Along with state and U.S. Data comparisons, key secondary health data considered for the hospital CHNA included a review of leading causes of death:

Table 4 Seneca County Leading Causes of Death 2014-16	
1. Cancer	26% of all deaths
2. Heart Disease	22%
3. Chronic Lower Respiratory Diseases	7%
4. Accidents/Unintentional Injuries	6%
5. Stroke	6%
(Source: CDC Wonder 2014)	

Although some specific areas of the Seneca County CHIP were not identified as part of the ProMedica Fostoria Community Hospital plan, the hospital collaborates in many areas of the county plan through various health coalitions and initiatives, and ProMedica Fostoria Community Hospital focused on other areas of need discussed below. In addition, the hospital focuses on the greater Fostoria area, including northeastern Hancock County and southwestern Wood County areas adjacent to Seneca County, near Fostoria, that would have similar health needs, based on proximity, resources and culture.

VII. PROMEDICA FOSTORIA COMMUNITY HOSPITAL HEALTH NEEDS & PRIORITIES

As indicated in Table 2, ProMedica Fostoria Community Hospital is actively involved in many priority health areas identified through the community process. ProMedica hospitals also participate in the Ohio Breast and Cervical Cancer Program (BCCP) to provide no cost health care to adults that do not have public or private healthcare coverage, thereby increasing access to health care for this population. Following a review and discussion of health data and the county health priorities, as well as organizational and community programs to address these health priorities, ProMedica Fostoria Community Hospital identified the following priority health needs, listed in order of priority, and prioritized through ranking methodology:

1. Health Priority: Behavioral Health – Mental Health and Substance Abuse

- 3% of adults considered attempting suicide in the past year (no state or U.S. comparisons were available).

- <1% of adults attempted suicide in the past year (no state or U.S. comparisons were available).
- 13% of adults felt sad or hopeless almost every day for two weeks or more in a row
- 34% of adults rated mental health as not good on four or more days (in the past 30 days), compared to 29% for the state and 26% for the U.S.
- Nineteen percent (19%) of youth had seriously considered attempting suicide in the past year, and 9% attempted suicide in the past 12 months.
- Among all youth in Seneca County, 43% had ever visited a doctor, nurse, therapist, social worker, or counselor for a mental health problem, compared to 33% in the state and 37% the U.S. (2019)

2. Health Priority: Chronic Disease – Diabetes and Healthy Eating

- 38% of adults were overweight based on BMI compared to 34% in Ohio and 35% in the U.S.
- 39% of adults were obese based on BMI compared to 36% in Ohio and 32% in the U.S.
- 11% of adults had been diagnosed with pre-diabetes or borderline diabetes, compared to 2% in Ohio and 2% in the U.S.

3. Health Priority: Social Determinants of Health - Food Insecurity

- Thirteen percent (13%) of adults had experienced at least one issue related to hunger/food insecurity in the past year.

ProMedica Fostoria Community Hospital is participating in the execution of the community-wide community benefit plans by working with organization and coalitions in our community who are addressing prioritized health-related issues, as well as implementing hospital plans to support these initiatives. The Seneca County General Health District staff provided feedback about the hospital's CHNA and implementation plan, to confirm these needs from a public health expert perspective.

VIII. COMMUNITY UNMET NEEDS, GAPS AND RESOURCE ASSESSMENT

ProMedica Fostoria Community Hospital did not address all of the need identified in the most recently conducted Seneca County Health Needs Assessment as these areas either go beyond the scope of the hospital or are being addressed by, or with, other organization in the community. To some extent, resource restrictions do not allow the hospital 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 in collaboration with other community organizations and coalitions. Table 2 indicates many of the community wide

organizations and coalitions addressing the prioritized county strategic plan issues. ProMedica collaborates with many of these organizations and coalitions through representation and/or funding.

Although community organizations, schools and faith-based organizations may have internal programs that are not known widely, the following areas were identified as not having specific programs to address these issues in the larger community: underage drinking, binge drinking, youth carrying weapons, youth who purposefully hurt themselves, youth violence at school, youth violence in neighborhoods, youth marijuana use, and delaying first sexual intercourse. Due to the size of the community, it is difficult to inventory all resources and gaps, even with the input of multiple organization and individuals.

ProMedica Fostoria Community Hospital maintains awareness of the primary health issues identified for the county and demonstrate a willingness to partner as needed on these endeavors. While many of these issues are best handled by organizations specifically targeted to the problem area, the hospital participates with many of these coalitions through representation, funding, or a combination of both. Table 2 lists the community wide organizations and coalitions addressing the prioritized Seneca County strategic plan health needs.

IX. PROMEDICA FOSTORIA COMMUNITY HOSPITAL - IMPLEMENTATION STRATEGY SUMMARY

In 2022, using the 2022 Seneca County CHA, ProMedica Fostoria Community Hospital commenced with their CHNA strategic planning process, whereby they analyzed and discussed data, selected and prioritized community health needs for the hospital-based CHNA implementation plan, reviewed resources and gaps in resources, and developed hospital-based strategic action plans. They took into consideration the most recent Seneca County CHIP strategic plan, as well as the Ohio State Health Improvement Plan and Healthy People 2030. No community feedback was received on the previous CHNA posted on the ProMedica website. During this process, ProMedica Fostoria Community Hospital identified the following health priorities, listed in order of priority:

1. Behavioral Health - Mental Health and Substance Abuse
2. Chronic Disease – Diabetes and Healthy Eating
3. Social Determinants of Health - Food Insecurity

In addition to the above hospital specific strategies, ProMedica Fostoria Community Hospital will continue to collaborate with the Seneca County Health Alliance to support its strategic

initiatives surrounding those needs. As part of the related three-year plan, specific actions and measures will be implemented to maximize impact of these plans.

To maximize impact, ProMedica Fostoria Community Hospital will continue to collaborate with community organizations that share commitments to a healthier region. Collaborations include participation, in kind support, and coordinated interventions. The hospitals provide charitable funding for various community programs and help organize volunteers and fund raising for community charities.

The implementation plans for these priorities include specific programs and measurements that will report progress regularly to leadership and the Board of Directors. Following approval of the ProMedica Fostoria Community Hospital implementation strategy and plan by the hospital board of trustees, the execution of the ProMedica Fostoria Community Hospital implementation plan will be initiated, with updates of these plans provided to hospital leadership, as well as the ProMedica Fostoria Community Hospital Board of Trustees annually.

Following approval of ProMedica Fostoria Community Hospital's 2022 CHNA and implementation plan by the board of trustees, the execution of the implementation action plans will be initiated in 2023, with some programs already in place.

Annual inclusion of a community benefit section in operational plans is reflected in the ProMedica strategic that is approved by the board of trustees and monitored by hospital leadership. As part of the annual strategic planning and budgeting process, the adoption of a budget for provision of services that address the needs identified in this needs assessment is inherent in the hospital budget. The ProMedica Fostoria Community Hospital 2022 Community Health Needs Assessment and 2022-2025 Implementation Plan was adopted and approved by the ProMedica Fostoria Community Hospital Board of Trustees on November 7, 2022.

X. ACCESS TO PROMEDICA FOSTORIA COMMUNITY HOSPITAL CHNA AND OTHER RESOURCES

ProMedica Fostoria Community Hospital community health needs assessment is widely available in printable (pdf) form to the public on the hospital website:

<https://www.promedica.org/Pages/about-us/default.aspx>

The Seneca County Health Assessment and other county health needs assessment are available on the following website:

www.hcno.org/community-services/community-health-assessments/

To provide feedback or for any questions related to the ProMedica Fostoria Community Hospital community assessment process and strategic plan, or to request a free, printed copy of the assessment, please email: gaye.martin@promedica.org .