



MEMORIAL HOSPITAL

2022 COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN 2023-2025

**Approved and Adopted by the ProMedica Memorial Hospital Board of Trustees on
November 9, 2022**

PROMEDICA MEMORIAL HOSPITAL

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EXECUTIVE SUMMARY

ProMedica Memorial Hospital, in Fremont, Ohio, opened its doors in 1918. Built by citizens of Fremont and Sandusky County to ensure the community has a high-quality local hospital, Memorial Hospital became a member of ProMedica in 2014. ProMedica Memorial Hospital is a state-of-the-art medical center with over 200 physicians and nearly 400 employees. The hospital provides a comprehensive range of services, including the latest in surgical and diagnostic procedures, as well as a physical medicine facility which houses our occupational medicine program 360 Health and physical medicine services, and a new cancer treatment facility opened in 2016. 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 Memorial Hospital conducted and adopted this community health needs assessment (CHNA) in 2022, and will implement the associated three-year, strategic plan beginning in 2023. ProMedica Memorial Hospital staff participated in the most recent 2019/2020 Sandusky County community health assessment (CHA), which was cross-sectional in nature and included a written survey of adults, adolescents, and parents within Sandusky 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 to administer the survey and compile the results. Following the formal county health assessment processes, ProMedica Memorial Hospital staff joined multiple community organizations to collaborate, develop and implement a prioritized, strategic community health improvement plan (CHIP) for Sandusky County. A gap analysis and resource assessment were completed as part of this process.

ProMedica Memorial Hospital convened a CHNA committee to review the Sandusky County CHA and CHIP data, select and prioritize key indicators for their defined community, review resources and gaps in these areas, and develop strategic 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 Sandusky County Public Health to confirm these needs from a public health expert perspective. Building on the previous hospital CHNA, ProMedica Memorial Hospital will specifically implement programs to address the following health needs, listed in order of priority:

1. Health Behaviors – Related to Obesity
2. Chronic Disease – Women’s Health: Breast Cancer and Gynecological Cancer Screenings
3. Social Determinants of Health – Food Insecurity
4. Healthy Aging

As part of the ProMedica health system, many community health programs are developed and implemented at the corporate level, with social determinants of health, healthy aging, infant mortality and Diversity, Equity and Inclusion identified as priorities addressing health disparities and inequities across the communities ProMedica serves. The full ProMedica Memorial Hospital CHNA may be accessed at <https://www.promedica.org/about-promedica/>.

IMPLEMENTATION PLAN

The ProMedica Memorial Hospital Board of Directors has determined that the following health needs identified in the CHNA should be addressed through the implementation strategies noted for each need:

1. Health Priority: Healthy Behaviors – Related to Obesity

Key Objectives:

- Provide nutrition and exercise education to the community to assist with Obesity prevention.

Specific Needs Identified in Sandusky County CHNA:

- More than three-fourths (78%) of Sandusky County adults were overweight or obese based on body mass index (BMI).
- Over one-fifth (23%) of adults did not participate in any physical activity in the past week, including 1% who were unable to exercise
- In 2019, 41% of adults ate between 1-to-2 servings of fruits and/or vegetables per day. Thirty-seven percent (37%) ate 3-to-4 servings per day, and 19% ate 5 or more servings per day. Three percent (3%) of adults ate 0 servings of fruits and/or vegetables per day.

Implementation Strategies:

- Provide and distribute education and resources related to outdoor exercise to the community, to educate them on benefits of healthy outdoor activity.
- Provide and distribute education and resources related to indoor exercise to the community, to educate them on benefits of healthy indoor activity.
- Provide and distribute education and resources related to healthy cooking, including healthy cooking demonstration.

Outcome Measures:

1. Number of educational resources distributed related to outdoor exercise
2. Number of participants at outdoor exercise event(s)
3. Number of educational resources distributed related to indoor exercise
4. Number of participants at indoor exercise event(s)
5. Number of views of online home fitness video education on, and other online video education on hospital Facebook page
6. Number of participants in healthy cooking demonstration(s)

2. Chronic Disease – Women’s Health: Breast Cancer and Gynecological Cancer Screenings

Key Objectives:

- Provide education and resources on Breast Cancer and Gynecological Cancer to women in the community.

Specific Needs Identified in Sandusky County CHNA:

- Over half (68%) of women ages 40 and over had a mammogram in the past year, compared to 74% in Ohio and 72% in the U.S.
- Over half (59%) of women ages 40 and over had a clinical breast exam within the past year (this percent decreased since past surveys - no state and national comparisons available).
- Two-thirds (66%) of women ages 21-65 had a Pap smear in the past three years compared to 79% in Ohio and 80% in the U.S.

Implementation Strategies:

1. Provide education and resources related to Breast and Gynecological Cancer to the community.
2. Provide education and resources related to Breast and Gynecological cancer at community events.

Outcome Measures:

- Number of educational and resource Breast and Gynecological materials distributed in community
- Number of participants in Breast and Gynecological cancer education

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

Key objectives:

- Provide resources to help set up individuals for nutritional services/food assistance
- Provide food at discharge and community resources to inpatients screening positive for food insecurity

Specific Needs Identified in Sandusky County CHNA:

- Sandusky County adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (10%), food assistance was cut (6%), loss of income led to food insecurity issues (4%), worried food would run out (3%), went hungry/ate less to provide more food for their family (3%), and were hungry but did not eat because they did not have money for food (2%)
- In the past month, 15% of Sandusky County adults reported needing help meeting general daily needs such as food, clothes, shelter, or paying for utility bills.

Implementation Strategies:

1. Screen inpatients on admission for food insecurity and offer food at discharge with community food resource listings to inpatients who screen positive for food insecurity

Outcome Measures:

- Number of inpatient food insecurity screens completed
- Number of food at discharge bags with community food resource listings distributed to inpatients

4. Health Priority: Healthy Aging

Key Objectives:

- Provide Behavior Health improvement education opportunities to improve quality of life

Specific Needs Identified in the Sandusky County CHNA:

- 40% of adults were limited in some way because of physical, mental or emotional problems.

Implementation Strategies:

2. Provide education on Behavior Health improvement opportunities. Survey participants to determine intention to use education after the session.
3. Provide and distribute educational and resource materials on positive Behavioral Health improvement.
4. Provide and distribute educational and resource materials about Mental Health First Aid to the community.

Outcome Measures:

- Number of participants in Behavioral Health improvement education
- Percent of education session participants who intend to use education after the session
- Number of educational materials distributed on Behavioral Health improvement

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

ProMedica Memorial Hospital will not address all of the needs identified in the most recently conducted Sandusky 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 Sandusky County listed in the table below. 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 the community as a whole, with ProMedica Memorial Hospital being a key player. Key health issues identified in the Sandusky County Health Needs

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

Health Issue (adult unless specified)	Organizations/Coalitions Addressing Needs
Adult Marijuana Other Drugs	Firelands Counseling & Recovery Services
Adult Alcohol Abuse	ProMedica Memorial Hospital Firelands Counseling & Recovery Services
Adult Sexual Behavior	Sandusky County Public Health
Adult Tobacco	The Bellevue Hospital
Adult Weight Control	ProMedica Memorial Hospital The Bellevue Hospital Sandusky County Public Health Fremont Community Recreation Center YMCA of Fremont Sandusky County Park District
Arthritis	ProMedica Memorial Hospital Fremont Community Recreation Center YMCA of Sandusky County Arthritis Foundation
Asthma	American Lung Association
Diabetes	ProMedica Memorial Hospital The Bellevue Hospital Juvenile Diabetes Research Foundation
Cancer	ProMedica Memorial Hospital The Cleveland Clinic Cancer Center The Bellevue Hospital American Cancer Society United Way of Sandusky County Susan G. Komen Foundation
Cardiovascular	American Heart Association ProMedica Memorial Hospital The Bellevue Hospital Fremont Community Recreation Center YMCA of Fremont Sandusky County Park District

Children's Health Functional Status	ProMedica Memorial Hospital The Bellevue Hospital Community Health Services Sandusky County Public Health Fremont Community Recreation Center YMCA of Fremont Sandusky County Park District
Children's Health Insurance Access Utilization	Community Health Plan Alliance Sandusky County Job and Family Services
Family Functioning Neighborhood Community	GLCAP Community Action
Health Care Access	ProMedica Memorial Hospital The Bellevue Hospital Community Health Services Sandusky County Public Health
Health Coverage	Community Health Plan Alliance
Health Perceptions	ProMedica Memorial Hospital The Bellevue Hospital Community Health Services Fremont Community Recreation Center YMCA of Fremont
Mental Health	ProMedica Memorial Hospital Mental Health and Recovery Services Boards of Seneca, Sandusky and Wyandot Counties National Alliance for Mental Illness (NAMI) Firelands Counseling & Recovery Services
Oral Health	Community Health Services
Parent Health	ProMedica Memorial Hospital The Bellevue Hospital Community Health Services Fremont Community Recreation Center Family and Children First Council Sandusky County Public Health YMCA of Fremont Sandusky County Park District

Preventive Medicine	ProMedica Memorial Hospital The Bellevue Hospital Community Health Services Susan G. Komen Foundation
Quality of Life	ProMedica Memorial Hospital The Bellevue Hospital United Way of Sandusky County Fremont Community Recreation Center GLCAP Community Action YMCA of Fremont Sandusky County Park District
Women's Health	ProMedica Memorial Hospital The Bellevue Hospital Community Health Services The Cleveland Clinic Cancer Center Sandusky County Public Health Susan G. Komen Foundation
Youth Alcohol	ProMedica Memorial Hospital Local School Districts Family and Children First Council Sandusky County Public Health
Youth Marijuana Other Drugs	ProMedica Memorial Hospital Local School Districts
Youth Mental Health	ProMedica Memorial Hospital Mental Health and Recovery Services Boards of Seneca, Sandusky and Wyandot Counties National Alliance for Mental Illness (NAMI)
Youth Perceptions	ProMedica Memorial Hospital Local School Districts Family and Children First Council Sandusky County Public Health
Youth Safety	Local School Districts GLCAP Community Action Local Police Departments
Youth Violence Issues	Local School Districts

	Local Police Departments Soroptimist International of Fremont
Youth Sexual Behavior and Teen Pregnancy Outcomes	ProMedica Memorial Hospital Family and Children First Council Sandusky County Public Health
Youth Tobacco	Family and Children First Council Sandusky County Public Health Local School Districts
Youth Weight Status	Fremont Community Recreation Center YMCA of Fremont Memorial Hospital Local School Districts

ProMedica collaborates with many of the 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 Sandusky County Health Partners Community Health Improvement Planning (CHIP) Committee, using the Sandusky County Health Needs Assessment, prioritized 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 social determinants of health for Sandusky County residents.

This ProMedica Memorial Hospital Community Health Needs Assessment 2023-2025 Implementation Plan was approved by the board of trustees on November 9, 2022.