



PROMEDICA MONROE REGIONAL HOSPITAL

2019 COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN 2020-2022

Approved and Adopted by the ProMedica Monroe Regional
Hospital Board of Trustees on
November 4

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EXECUTIVE SUMMARY

ProMedica Monroe Regional Hospital, a member of ProMedica, is a committed healthcare resource in the southeast Michigan community, providing acute care and emergency services, as well as selected specialty medical and mental health services to patients. 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 Monroe Regional Hospital (PMRH) and the Monroe County Health Department joined to create the Building Healthy Communities Coalition of Monroe County. The hospital and health department were successful in jointly approaching the Monroe County Health Plan for funding to support a Monroe County 2018 health status assessment and complete the Mobilizing for Action through Planning and Partnerships (MAPP) process which developed a community health improvement plan for the county.

ProMedica Monroe Regional Hospital conducted and adopted this community health needs assessment (CHNA) in 2019 and will implement the associated three-year, strategic plan beginning in 2020. ProMedica Monroe Regional Hospital participated in the Monroe County Health Assessment (CHA) conducted in 2018. 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 health assessment survey, PMRH staff joined multiple community organizations through the Building Healthy Communities Coalition of Monroe County to collaborate, develop and implement a prioritized, strategic community health improvement plan (CHIP) for Monroe County. A gap analysis and resource assessment was conducted as part of this process.

In 2019, ProMedica Monroe Regional Hospital convened a CHNA committee to review the work of the Building Healthy Communities Coalition of Monroe County and the county health assessment and plan that included gap and resource assessments. The committee then selected and prioritized key indicators for their defined community, identified resources and gaps in these areas, and developed implementation plans 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 plan from the Monroe County Health Department, to confirm these needs from a public health expert perspective.

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

1. Chronic Disease Prevention
2. Social Determinants of Health – Food Insecurity

3. Mental Health
4. Obesity - Physical Activity
5. Tobacco/Vaping
6. Opioid Cessation

In addition, as part of ProMedica Health System, some community health programs are developed and implemented at the corporate level, with social determinants of health, healthy aging and infant mortality identified as system focal points. The full ProMedica Monroe Regional Hospital CHNA may be accessed at <https://www.promedica.org/pages/about-us/default.aspx> .

IMPLEMENTATION PLAN

The board of trustees of ProMedica Monroe Regional Hospital (“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:

1. Chronic Disease Prevention

Increase community education and screening related to cancer and stroke.

Specific Needs Identified in the CHNA:

- One percent (1%) of Monroe County adults reported they had survived a stroke, increasing to 3% of those over the age of 65 vs. 4% of Michigan and 3% of U.S. adults reported having had a stroke in 2016 (Source: 2016 BRFSS).
- Nearly one-third (32%) of adults had been diagnosed with high blood pressure. The 2015 BRFSS reports hypertension prevalence rates of 33% for Michigan and 31% for the U.S.
- The Monroe County age-adjusted stroke mortality rate from 2014 to 2016 was lower than the state rate and higher than the Healthy People 2020 target objective. 16% (12%) of adults had been diagnosed with cancer at some point in their lives, increasing to 37% of those over the age of 65
- In 2018, Fifty-four percent (54%) of Monroe County adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years. The CDC statistics indicate that colon cancer deaths accounted for 6% of all male and female cancer deaths from 2014-2016 in Monroe County (CDC Wonder, 2014-2016).

Key Objectives:

- Provide screening and prevention education

Implementation Strategies:

1. Hold 2 risk awareness and educational sessions each year that provide screenings, education and information that include but are not limited to Stroke, Cancer and other various topics and issues that are important to Monroe County families.

Outcome Measures:

- Number of community education sessions
- Number of participants
- Number of patients screened

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

Increase community awareness regarding the importance of specific cancer screenings.

Specific Needs Identified in the CHNA:

- Nearly one-in-eight (13%) adults had experienced at least one issue related to hunger/food insecurity in the past year. They experienced the following: had to choose between paying bills and buying food (10%), worried food might run out (6%), did not eat because they did not have enough money for food (5%), went hungry/ate less to provide more food for their family (5%), loss of income led to food insecurity issues (4%) and their food assistance was cut (3%).
- Nine percent (9%) of adults experienced more than one issue related to hunger/food insecurity in the past year.

Key Objectives:

- Educate community members about food resources in the community

Implementation Strategies:

1. Partner with community groups to increase access to food and deployment of food prescriptions
2. Develop Food reclamation program and assess/measure annually
3. Evaluate employee food insecurity need and deploy food.

Outcome Measures:

- Number of Prescriptions collected with community partner.
- Create food reclamation program year 1 and measure pounds of food reclaimed in following years.
- Monitor employee need with distribution of food bags annually.

3. **Mental Health**

Increase community education and screening to improve mental health

Specific Needs Identified in the CHNA:

- In the past year, 13% of Monroe County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities, increasing to 29% of those with incomes less than \$25,000.
- Five percent (5%) of Monroe County adults considered attempting suicide in the past year.
- One percent (1%) of adults reported attempting suicide in the past year.

- One-quarter (25%) of Monroe County youth felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
- Twenty percent (20%) of youth reported they had seriously considered attempting suicide at some time in their life.
- About one-in-ten (9%) youth made a plan about how they would attempt suicide in their lifetime.
- Five percent (5%) of youth reported they had ever tried to kill themselves.

Implementation Strategies

1. Hold screenings and educational sessions each year that provide screenings, education and information on various topics that include but are not limited to Anxiety, Depression, suicide awareness, suicide prevention, bullying and other issues that are important Monroe County families.
2. Continue to update community resource guide for Monroe County and provide link to community members annually.

Outcome Measures:

- Number of educational sessions, screenings, and participants
- Update Resource Guide annually and provide updated link to community members.

4. Obesity/Physical Activity

Improve the knowledge, attitudes and beliefs of residents of Monroe County related to physical activity.

Specific Needs Identified in the CHNA:

- In 2018, sixty-nine percent (69%) of Monroe County adults were either overweight (34%) or obese (35%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- In Monroe County, 57% of adults engaged in some type of physical activity or exercise for at least 30 minutes three or more days per week. Nearly one-third (32%) of adults exercised five or more days per week. About one-fifth (21%) of adults did not participate in any physical activity in the past week, including 4% who were unable to exercise.
- The CDC recommends that adults participate in moderate exercise for at least two hours and 30 minutes every week or vigorous exercise for at least one hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, the CDC also recommends muscle-strengthening activities that work all major muscle groups on two or more days per week (Source: CDC, Physical Activity Basics 2015).
- About one-in-eight (13%) middle school youth and 18% of high school youth were considered obese.
- Over half (56%) of youth participated in at least 60 minutes of physical activity on 5 or more days in the past week.

- Eighteen percent (18%) of youth watched 3 or more hours per day of TV on an average school day.
- Forty-six percent (46%) of youth played video or computer games or used a computer for something that is not school work for 3 or more hours per day on an average school day.

Key Objectives:

- Participate in collaborative efforts in Monroe County to promote healthy eating and exercise practices

Implementation Strategies:

1. Physical Training
 - a. Explore Opportunities and strategy for exercise voucher program with local fitness centers
 - b. Work with local providers on screening and exercise prescription program.
2. Nutrition Education
 - a. Work with ProMedica Wellness to provide nutritional wellness tips to be distributed to community

Outcome Measures:

- Number fitness centers collaborating
- Number of vouchers distributed and tracked through verbal commitment of providers and vouchers redeemed with collaborating fitness centers.
- Number of community members that went through a program
- Number of resources dispersed to community

5. Tobacco/Vaping Education

Educate community on negative health effects of tobacco and vaping and available cessation programs

Specific Needs Identified in CHNA:

- In 2018, 16% of Monroe County adults were current smokers, and 24% were considered former smokers.
- Six percent (6%) of adults used e-cigarettes or vape pens in the past year.
- Thirty-nine percent (39%) of adults did not know if e-cigarette vapor was harmful
- Seven percent (7%) of middle school youth had used an electronic vapor product in the past month, and 27% of high school youth had used an electronic vapor product in the past month.
- Seven percent (7%) of youth had tried cigarette smoking, even one or two puffs, before the age of 13. The average age of onset for smoking was 13.0 years old.

Key Objectives:

- Improve knowledge, attitudes and beliefs of residents of Monroe County related to tobacco use and vaping
- Increase awareness of cessation resources available to residents of Monroe County

Implementation Strategies:

1. Provide Tobacco/Vaping Cessation education to both adults and youth populations
2. Collaborate with community tobacco/vaping treatment programs in an effort to reduce community dependence
3. Provide tobacco cessation materials and staff education to community agencies.

Outcome Measures:

- Number of educational sessions, screenings, and participants
- Number of collaborative programs
- Number of materials deployed/ distributed related to Tobacco/Vaping Cessation

6. Opioid Cessation

Educate community on negative health effects of opioids and available cessation programs

Specific Needs Identified in CHNA:

- Monroe County adults thought the following drugs were most commonly used in Monroe County: marijuana (67%); alcohol (61%); heroin (58%); prescription medications that are used to get high (44%); cocaine (26%); methamphetamines (20%); LSD, mescaline, peyote, psilocybin, DMT or mushrooms (6%); Ecstasy, E, or GHB (5%); and inhalants such as glue, toluene, gasoline, or paint (4%).
- Three percent (3%) of Monroe County adults have used a program or service to help with an alcohol or drug problem for either themselves or a loved one. Reasons for not using such a program included the following: had not thought of it (2%), stigma of seeking alcohol and drug services (1%), did not know how to find a program (1%), wait time (1%), their insurance did not cover it (1%), they were wait-listed (1%), could not afford to go (1%), fear (1%), transportation

Key Objectives:

- Improve knowledge, attitudes and beliefs of residents of Monroe County related to opioids
- Increase awareness of opioid cessation resources available to residents of Monroe County

Implementation Strategies:

1. Develop Opioid Kit distribution program year one. Monitor use in following years
2. Education on opioids, trauma and other high risk behaviors

Outcome Measures:

- Develop and launch Opioid program year one and monitor use in years 2 and 3.
- Number of materials deployed/ distributed related to Opioids, Trauma, and other high-risk behaviors

Updates on all of these programs under the three priority areas will be provided quarterly to hospital leadership and the board of trustees.

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

ProMedica Monroe Regional Hospital will not address all of the needs identified in the most recently conducted Monroe 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 Monroe 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 Monroe County Health Needs Assessment, and the organizations providing programming to improve these health issues include:

Health Issue (adult unless specified)	Organizations/Coalitions Addressing Needs (* indicates ProMedica collaboration and support)
Health Care Access	ProMedica Monroe Family Medicine Residency Center Family Medical Center of Michigan Monroe County Health Department United Way of Monroe County*
Cardiovascular Health	ProMedica Monroe Regional Hospital Monroe County Health Department American Heart Association*
Cancer	ProMedica Monroe Regional Hospital American Cancer Society*
Diabetes	ProMedica Monroe Regional Hospital Monroe County Health Department
Arthritis	Area Agency on Aging Monroe Family YMCA
Asthma	ProMedica Monroe Regional Hospital American Heart Association*

Obesity	Building Healthy Communities Coalition* Monroe County Health Department Monroe Family YMCA* Monroe County Opportunity Program
Tobacco Use	ProMedica Monroe Regional Hospital
	American Cancer Society* Monroe County Substance Abuse Coalition*
Alcohol and Drug Use	Monroe County Substance Abuse Coalition* Salvation Army Harbor Light Monroe Community Mental Health Authority Catholic Charities of Southeast Michigan Alcoholics Anonymous* Narcotics Anonymous*
Marijuana and Other Drug Use	Monroe County Substance Abuse Coalition*
Women's Health	ProMedica Monroe Regional Hospital Monroe County Health Department Susan G. Komen Foundation*
Men's Health	ProMedica Monroe Regional Hospital Family Medical Center of Michigan Monroe County Health Department
Preventative Medicine	ProMedica Monroe Family Medicine Residency Center Family Medical Center of Michigan Monroe County Health Department United Way of Monroe County*
Adult Sexual Behavior	Monroe County Health Department
Quality of Life	Multiple agencies and programs address related issues City of Monroe Parks and Recreation County of Monroe Parks and Recreation Great Start Collaborative of Monroe County*
Social Issues	Family Counseling and Shelter Services Catholic Charities of Southeast Michigan Michigan Works! Michigan Department of Health and Human Services Great Start Collaborative of Monroe County* Child Advocacy Network of Monroe County*
Mental Health	ProMedica Monroe Outpatient Behavioral Health ProMedica Monroe Regional Hospital Monroe Community Mental Health Authority Catholic Charities of Southeast Michigan Family Counseling and Shelter Services
Oral Health	Family Medical Center of Michigan Monroe County Health Department
Parenting	Catholic Charities of Southeast Michigan Family Counseling and Shelter Services Monroe County Health Department Great Start Collaborative of Monroe County*

Safe Driving – Adult & Youth	Paul’s Quality Collision Great Start Collaborative of Monroe County* Michigan State Police MSU Extension Monroe County Substance Abuse Coalition*
	Catholic Charities of Southeast Michigan
Youth Weight	Building Healthy Communities Coalition* Monroe County Intermediate School District
Youth Tobacco Use	Monroe County Substance Abuse Coalition*
Youth Alcohol Consumption	Monroe County Substance Abuse Coalition*
Youth Marijuana and Drug Use	Monroe County Substance Abuse Coalition* Community Foundation of Monroe County
Youth Sexual Behavior	Monroe County School Districts Monroe County Health Department
Youth Mental Health	ProMedica Monroe Outpatient Behavioral Health Monroe Community Mental Health Authority
Youth Safety and Violence	Family Counseling and Shelter Services of Monroe County Monroe County Intermediate School District Child Advocacy Network of Monroe County*

An asterisk (*) above indicates ProMedica’s participation with organizations addressing these health issues, that may include financial support, although may not be specific to ProMedica Monroe 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.

The Building Healthy Communities Coalition of Monroe County Community Health Improvement Workgroup, using the Monroe County Health Needs Assessment, prioritized several health issues identified in the 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 Monroe County residents.

The ProMedica Monroe Regional Hospital CHNA and implementation plan was approved by the board of trustees on November 4.