



MONROE REGIONAL HOSPITAL

2025 COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN 2026-2028

Approved and Adopted by the ProMedica Monroe Regional
Hospital Board of Trustees
November 10, 2025

PROMEDICA MONROE REGIONAL HOSPITAL

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EXECUTIVE SUMMARY

ProMedica Monroe Hospital, a member of ProMedica, is a committed healthcare resource in southeast Michigan, 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) partnered with the Building Healthy Communities Coalition of Monroe County, which was created by the Monroe County Health Department as a platform of collaboration. The hospital provided funding for a Monroe County 2022 Community Health Assessment and completed 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 2025 and will implement the associated three-year, strategic plan beginning in 2026-2028. ProMedica Monroe Regional Hospital participated in the Monroe County Health Assessment (CHA) conducted in 2022-2023. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment. To maintain complete objectivity throughout the county CHA survey process, the network engaged the expert services of the Hospital Council of Northwest Ohio to administer the survey and compile the results. 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 were conducted as part of this process.

In 2025, 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, considering 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. Mental Health
2. Chronic Conditions
3. Food and Social Needs

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 Monroe Hospital CHNA may be accessed at <https://www.promedica.org/about-promedica/community>.

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. Health Priority: Mental Health

Specific Needs Identified in the CHNA:

- In the past year, 12% 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 19% 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.
- Almost half (48%) 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-four percent (24%) of youth reported they had seriously considered attempting suicide at some time in their life.
- Nineteen percent (19%) of youth made a plan about how they would attempt suicide in their lifetime.
- Eleven percent (11%) of youth reported they had ever tried to kill themselves.

Key Objectives: Improve the mental health of the targeted community.

Implementation Strategies:

1. Implement and sustain the Teen PEP program curriculum in School Clinic with Monroe High School to address bullying, teen dating violence, and healthy relationships.
2. Expand Teen PEP programming or other partnerships to implement bullying, teen dating violence, and healthy relationship education into other schools in Monroe County.
3. Provide education to Monroe Law Enforcement & First Responders on resources and patient linkages for patients seeking behavioral health services.
4. Continue the Hospital's community collaboration with the Monroe County Health Department and other external partners to establish resource linkages & partnerships to directly connect patients to mental & behavioral health services.
5. Continue to update & provide the Monroe County Mental Health Resource Guide for the community.

6. Provide community education regarding available resources, screenings and other related topics for behavioral & mental health and healthy aging.
7. Partner with CMH Urgent Care to provide education related to behavioral and mental health.
8. Continue to offer Medsafe disposal box in the hospital for the community to safely dispose of unused medications.

Outcome Measures:

- Number of students trained as leads (Teen PEP)
- Number of students trained by peers (Teen PEP)
- Number of schools engaged to expand Teen PEP
- Number of educational touchpoints with stakeholders (Law enforcement)
- Number of departments participating in education or training (Law enforcement)
- Number of meetings of the Building Healthy Communities Coalition
- Number of community resources distributed to stakeholders supporting patient linkages and access to services.
- Number of educational sessions (behavioral and mental health)
- Number of participants in educational sessions (behavioral and mental health)
- Pounds of medication disposed

2. Health Priority: Chronic Conditions

Specific Needs Identified in the CHNA:

- Over one-third (35%) of adults had been diagnosed with high blood pressure. The 2021 BRFSS reports hypertension prevalence rates of 35.3% for Michigan and 32.4% for the U.S.
- Three percent (3%) of Monroe County adults reported they had survived a stroke, increasing to 6% of those over the age of 65 vs. 3.8% of Michigan and 3% of U.S. adults reported having had a stroke in 2021 (Source: 2021 BRFSS).
- 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. 8% (16%) of adults had been diagnosed with cancer at some point in their lives, increasing to 25% of those over the age of 65
- In 2022, Fifty-seven percent (57%) 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 4% of all male and female cancer deaths from 2018-2020 in Monroe County (CDC Wonder, 2018-2020).

Implementation Strategies

1. Continue to distribute the Be Active Monroe flyer to encourage physical activity at local parks, trails and non-motorized pathways in Monroe County.
2. Distribute healthy eating & wellness newsletter from ProMedica Food Clinics to the community.
3. Continue to partner with the Health Odyssey to provide education on health-related topics and issues in the community.
4. Provide education sessions and screenings for chronic disease prevention

Outcome Measures:

- Number of physical activity flyers distributed
- Number of physical activity events
- Number of Nutrition Bites newsletters distributed to community members
- Number of Health Odyssey sessions
- Number of Health Odyssey participants
- Number of education sessions
- Number of education session participants
- Number of screenings

3. Healthy Priority: Food and Social Needs**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 (6%), worried food might run out (6%), went hungry/ate less to provide more food for their family (4%), loss of income led to food insecurity issues (4%), did not eat because they did not have enough money for food (3%), and their food assistance was cut (<1%).
- Six percent (6%) of adults experienced more than one issue related to hunger/food insecurity in the past year.

Key Objectives: Provide food, housing and transportation linkages to community members.

Implementation Strategies:

1. Continue meals at discharge initiative and referral to local services addressing food insecurity for patients and staff screening positive for food insecurity.
2. Secure partnerships with local organizations to provide patients with non-emergency transportation services.
3. Partner with housing, shelters and homelessness services to link patients to shelter & wrap around services promoting housing stability.

Outcome Measures:

- Number of patients receiving transportation
- Number of transportation partners
- Number of patients receiving food assistance
- Number of employees receiving food at discharge
- Number of referrals to local organizations addressing food security
- Number of patients receiving housing connections or resources

Updates on all 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 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 use resources most efficiently 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	ProMedica Monroe Regional Hospital ProMedica Physicians Group 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
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

ProMedica collaborates 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 social 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 10, 2025.