



**TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC &
SPINE, BAY PARK, AND ARROWHEAD BEHAVIORAL
HOSPITALS**

2025 JOINT COMMUNITY HEALTH NEEDS ASSESSMENT

Approved and Adopted by ProMedica Metro Hospitals' Board of Trustees
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PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, BAY PARK, AND ARROWHEAD BEHAVIORAL HOSPITALS

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I. INTRODUCTION

This 2025 Community Health Needs Assessment (CHNA) is a joint assessment between ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals, all member hospitals of ProMedica serving the primary service area of Lucas County, Ohio. ProMedica Toledo, Flower, and Bay Park hospitals are acute care hospitals with committed healthcare resources for the Toledo metropolitan area, and the larger area of northwest Ohio and southeast Michigan community, providing acute emergency services, medical and surgical inpatient care, and outpatient ambulatory services, as well as mental health services at Toledo and Flower Hospitals. ProMedica Wildwood Orthopedic & Spine Hospital provides surgical inpatient and outpatient care for orthopedic procedures. Arrowhead Behavioral Hospital provides treatment for mental health and substance abuse. ProMedica hospitals' mission is to improve the health and well-being of the communities we serve. As not-for-profit hospitals, all patients are treated regardless of their ability to pay.

ProMedica Toledo Hospital has served Lucas County and the surrounding Toledo metropolitan region for over one hundred years. These acute care hospitals are also teaching sites for students in medicine, nursing, and the allied health professions. In addition to inpatient and outpatient services, the acute care hospitals serve the surrounding community with both primary and specialty clinics, including safety net clinics that serve uninsured and underinsured residents of the Toledo metropolitan area. ProMedica Toledo Hospital is one of the region's largest employers with a focus on addressing the unmet needs of vulnerable populations across the communities it serves.

ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals conducted and adopted this joint community health needs assessment (CHNA) in 2025 and associated three-year, strategic plan to begin in 2026-2028. ProMedica staff participated in the 2022/2023 Lucas County Community Health Assessment (CHA) which was cross-sectional in nature and included collection and analysis of child, adolescent, and adult data. Active engagement of community members throughout the planning process is regarded as a crucial 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 process, ProMedica staff joined multiple community organizations to collaborate to develop a Community Health Improvement Plan (CHIP) for Lucas County. A resource assessment and gap analysis were completed as part of this process.

In 2025, ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park Hospitals, and Arrowhead Behavioral convened separate CHNA committees to review the most recent Lucas County CHA and CHIP, which included gap and resource assessments. Each committee then selected and prioritized key indicators for the defined community 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 hospitals received feedback on the CHNA plan from the Toledo Lucas County Health Department, to confirm these needs from a community health expert perspective.

ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals will specifically implement programs to address the following health needs, prioritized by ranking methodology, and listed in priority order, by hospital:

Toledo Hospital

1. Stroke
2. Heart Disease
3. Trauma Prevention
4. Food and Social Needs

Flower Hospital

1. Behavioral Health
2. Chronic Disease
3. Cancer
4. Food and Social Needs

Wildwood Orthopedic & Spine Hospital

1. Tobacco/Vaping Cessation
2. Nutrition/Physical Education
3. Food and Social Needs

Bay Park Hospital

1. Chronic Disease
2. Food and Social Needs
3. Trauma & Injury Prevention

Arrowhead Behavioral Health Hospital

1. Substance Abuse
2. Mental Health

ProMedica Health System community health programs and initiatives are developed and implemented with Chronic Disease Prevention, Behavioral Health and Access to Care, and Health Equity as core strategic components addressing health disparities and inequities across the communities ProMedica serves. Business units, such as hospitals, within ProMedica develop plans that are complimentary to each other with intent to reduce duplication, which is the driving force behind this joint CHNA. The ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park Hospitals and Arrowhead Behavioral Health's Joint CHNA and plan may be accessed online at <https://www.promedica.org/about-promedica/community>.

II. PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, BAY PARK, AND ARROWHEAD BEHAVIORAL HOSPITALS - COMMUNITY SERVICE AREA

The definition of the primary community served by ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals for this assessment is Lucas County, located in northwest Ohio with an estimated population of 425,484. Data indicates:

- Fifty-three percent of combined inpatients at Toledo and Wildwood Orthopedic & Spine Hospitals reside in Lucas County, with 80% of Toledo Hospital emergency department patients residing in Lucas County. (Note: Wildwood Hospital uses the same registration system as Toledo Hospital and does not have an emergency department)
- Sixty-eight percent of Flower Hospital's inpatients and 74% of its emergency department patients reside in Lucas County.
- Fifty-four percent of Bay Park Hospital's inpatients and 64% of its emergency department patients reside in Lucas County.
- Eighteen percent of Arrowhead Behavioral Hospital's inpatients reside in Lucas County.

The secondary service area that is served by the hospital includes the contiguous counties of Fulton, Ottawa and Wood located in the northwestern region of Ohio, with a total estimated population of 214,460 215,026 (Source: <https://www.census.gov/quickfacts/fact/table/woodcountyohio,ottawacountyohio,fultoncountyohio,US/PST045223>; and Lenawee and Monroe counties, located in the southeastern region of Michigan, with a total population of 252,565 (254,230) (U.S. Census, V2023).

For the purposes of this plan, health statistics and factors for Lucas County were reviewed and used in completing this community health needs assessment. (Note: Statistics in parentheses refer to data from previous health assessments, where available, to be used for comparison.)

These ProMedica hospitals along with six other acute care hospitals in Lucas County meet the needs of the greater Toledo metropolitan area, with Toledo Hospital also serving as a regional tertiary referral hospital to a 27-county area in northwest Ohio and southeast Michigan.

Demographic review of Lucas County, Ohio, shows that 425,484 (429,191) residents live in Lucas County, with 5.9% (6.1%) under the age of five, 22.6% (23.1%) under the age of eighteen, and 18.1% (17.1%) of residents ages sixty-five and over. Most of the population in Lucas County were White alone 73.1% (73.6%), with African American 20.7% (20.5%), Hispanic 8% (7.8%), Asian 1.8% (1.8%) and two or more races 3.9% (3.6%) comprising the rest of the population. The median household income in Lucas County was \$57,265 (\$49,946) with 17.9% (17.5%) of persons who had income below the poverty level. (Source:

<https://www.census.gov/quickfacts/,V2023>). In 2023, 6% (8%) of Lucas County residents were uninsured according to the 2022/2023 Lucas County Community Health Assessment.

Demographic review for the secondary service area counties may be found at <https://www.census.gov/quickfacts/>. County health assessments for the contiguous counties may be found on their respective county websites.

Existing health care facilities and resources within the community that are available to respond to the health needs are listed in Table 1 below, as well as many outpatient facilities, rehabilitation facilities and other related programs that are not listed. Due to the presence of other hospital entities in each of the contiguous five counties, ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals, focus most of their community health efforts within the greater Lucas County area - leaving the individual community efforts within the contiguous counties to the hospitals located in each county.

Table 1 - Hospitals Serving the Five County Service Area	
Fulton County Health Center	Wauseon, OH (Fulton)
ProMedica Charles & Virginia Hickman Hospital	Adrian, MI (Lenawee)
Arrowhead Behavioral Clinic	Maumee, OH (Lucas)
Mercy St. Anne's Hospital	Toledo, OH (Lucas)
Mercy St. Charles Hospital	Oregon, OH (Lucas)
Mercy St. Vincent/Nationwide Mercy Children's Hospital	Toledo, OH (Lucas)
Mercy Perrysburg Hospital	Perrysburg, OH (Wood)
ProMedica Bay Park Hospital	Oregon, OH (Lucas)
ProMedica Flower Hospital	Sylvania, OH (Lucas)
ProMedica Toledo Hospital	Toledo, OH (Lucas)
ProMedica Russel J. Ebeid Children's Hospital	Toledo, OH (Lucas)
ProMedica Wildwood Ortho & Spine Hospital	Toledo, OH (Lucas)
University of Toledo Medical Center	Toledo, OH (Lucas)
ProMedica Monroe Regional Hospital	Monroe, MI (Monroe)
Wood County Hospital	Bowling Green, OH (Wood)
Magruder Hospital	Port Clinton, OH (Ottawa)

The five ProMedica hospitals in this joint CHNA also collaborate 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 25.

III. IMPACT OF PREVIOUS COMMUNITY HEALTH NEEDS ASSESSMENT PLANS

The 2022 Joint Community Health Needs Assessment for ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals was posted online inviting feedback from the community, with no inquiries over the past three years.

Beginning in 2023, **ProMedica Toledo Hospital** implemented CHNA plans in greater Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated in 2023 and 2024 (Note: 2025 actions taken were not complete at the time of this publication and will not be included in this summary):

1. Health Priority: Behavioral Health – Mental Health

Strategies: Distribute mental health resource guides to the community to improve access to care. Provide and distribute mental health first aid education and resources to the community. Provide and distribute trauma informed care education and resources to the community.

Actions taken in 2023 and 2024:

- In 2023 and 2024, ProMedica Mental Health Resource Guides were updated and reposted to ProMedica’s website for digital download. Distribution of materials has shifted to digital and electronic means to ensure the most updated version of the guide is always available. Print copies are available upon request.
- In 2023, hospital staff provided mental health education to 90 community members in lieu of Mental Health First Aid programming being available in the community.
- In 2023, hospital staff attended 7 educational meetings offered by the Lucas County Trauma Informed Care Coalition of using a trauma informed lens with LGBTQ+ individuals who experience trauma, grief, disabilities, and anxiety.
- In 2024, 13 messages about behavioral health literacy were posted to the hospital Facebook page and its 9,700 followers.
- In 2024, in lieu of mental health first aid trainings available, the team provided mental health education and resources to ten community members.
- In 2024, one (1) message about trauma informed care was posted to the hospital Facebook page and its 9,700 followers.

2. Health Priority: Healthy Behaviors Related to Obesity

Strategies: Provide and distribute healthy cooking and nutrition education resources to the community. Provide and distribute physical activity and home fitness resources to the community.

Actions taken in 2023 and 2024:

- In 2023, 78 wellness classes were offered by the ProMedica Ebeid Center that covered topics of healthy eating and cooking demonstrations. 605 community members participated in wellness offerings.
- In 2023, a YouTube video titled “At Home Exercise Program, Beginners Home Workout”

was developed and posted. The video was viewed 109 times.

- 16 wellness classes were offered by the ProMedica Ebeid Center that covered topics including healthy eating, which complemented cooking classes that were offered.
- 184 community members participated in wellness classes offered by the ProMedica Ebeid Center in 2024.
- 698 community members participated in three physical activity programs at the Ebeid Center in 2024.
- 15 messages about physical activity were posted to the hospital's Facebook page and its 9,700 followers in 2024.

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

Strategies: Screen inpatients for food insecurity and offer food at discharge with a community food resource listing for patients who screen positive for food insecurity on admission.

Actions taken in 2023 and 2024:

- In 2023, 115 patients screened positive for food insecurity and received food at discharge.
- In 2023, 8566 patients received food from ProMedica Food Clinics.
- 104 patients screening positive for food insecurity in the inpatient setting received food at discharge in 2024.
- 7 patients received food from the toledo food clinics in 2024.
- 376 patients were referred to the financial opportunity center in 2024.

4. Health Priority: Trauma Prevention

Strategies: Educate Emergency Medical Service (EMS) providers through the region to improve quality of care at the scene of an emergency.

Actions taken in 2023 and 2024:

- In 2023, 263 medical service providers received education and training.
- In 2023, 235 community members received health education.
- 350 emergency medical service providers received education across ten trainings in 2024.
- Ten stop the bleed classes served 324 community members in 2024.
- 12 safe kids' events were held to offer water, fire, and bike safety that served 2564 kids.
- The trauma survivor event provided education and resources to 150 participants in 2024.
- The fall prevention day provided education and resources to 65 participants.
- The trauma survivor's day provided education and resources to 98 participants.

Based on their 2022 CHNA Implementation Plan, **ProMedica Flower Hospital** implemented CHNA plans in Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated (2025 activities were not complete at the time of this publication and

will not be included in this summary):

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

Strategies: Advocacy & capacity building: Flower staff will help lead planning and implementation of a bi-annual conference to help providers better serve patients receiving mental health treatment. Provide ten (10) no cost vouchers to bi-annual conference for non-profit agencies serving underserved populations. Participate in advocacy activities each year that support local, state, and/or national efforts to increase awareness and support for mental health and substance abuse issues. Programming: Maintain a family support group for families whose family members have a mental health diagnosis. Partner with community groups to create information and referral resources for families whose family members have a mental health diagnosis. Education: Provide and distribute mental health education and resources to the community. Provide Mental Health First Aid (MHFA) education and resources to the community. Provide and distribute Trauma Informed Care (TIC) education and resources to the community.

Actions taken in 2023 and 2024:

- 12 staff hours were contributed to the planning and implementation of the 2023 bi-annual conference. In 2023, 10 no cost vouchers were provided to agencies serving underserved populations to attend the bi-annual psychiatric conference.
- In 2023, 172 staff hours were contributed to advocacy efforts to improve awareness and support for mental health and substance abuse resources in our communities.
- A total of 1065 community members were supported by Mental Health Support Group sessions in collaboration with the National Alliance on Mental Health in 2023.
- In 2023 81 staff hours were contributed to the creation of resources and information listings.
- In 2023, 125 behavioral health resource guides were distributed to the community.
- 1142 educational materials and resources providing information about mental health were distributed to the community in 2023.
- In 2023, 16 messages providing mental health resources and/or education were posted to Flower Hospital's Facebook page.
- In 2023, ProMedica's educational YouTube video entitled "Finding Mental Health Help and Resources" was posted online and viewed 77 times.
- In 2023, to provide more trauma informed care to patients; Flower Hospital trained 107 employees on trauma informed care within the healthcare setting.
- In 2024, ProMedica Flower Hospital continued to fund a coordinator role in partnership with the national alliance on mental illness to provide behavioral health education and resources to the community.
- 6 staff hours were contributed to the planning and implementation of the bi-annual conference in 2024.
- The symposium was postponed in 2024 and will resume in 2025
- 119 staff hours were contributed to advocacy efforts to improve awareness and support for

mental health and substance abuse resources in our communities in 2024.

- 318 community members were supported by the mental health support group sessions in collaboration with the national alliance on mental illness in 2024.
- 108 staff hours were contributed to the creation of resources and information listings in 2024.
- 50 behavioral health resource guides were distributed to the community in 2024.
- 1062 community members received educational materials and resources providing information about mental health in 2024.
- 8 messages providing mental health resources and or education were posted to the hospital's Facebook page reaching its 2900 followers in 2024.
- ProMedica's YouTube page contains videos titled "finding mental health help and resources, destigmatizing mental health" and others that are shared on social media and distributed at community events in 2024.
- One (1) message about trauma informed care was posted to the hospital Facebook page reaching its 2900 followers.

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

Strategies: Screen all inpatients for food insecurity at admission and offer food insecure patients' food at discharge, including community food resource listings. Distribute education about Financial Opportunity Center TM programs to patients, employees, and others from the community.

Actions taken in 2023 and 2024:

- In 2023, 691 inpatients screened positive for food insecurity and received food at discharge.
- In 2023, 5 (Flower Hospital) employees experience food insecurity received food.
- 1,026 patients were referred to the Financial Opportunity Center TM to collaborate directly with a financial coach.
- 1067 inpatients screened positive for food insecurity and received food at discharge in 2024.
- 335 patients were referred to the financial opportunity center to collaborate directly with a financial coach in 2024.

3. Health Priority: Chronic Disease – Cancer, Hypertension, and Congestive Heart Failure

Strategies: Partner with barbershops and salons in underserved and minority communities to provide early cancer prevention education. Provide and distribute early cancer prevention education to underserved and minority communities. Provide blood pressure screenings and related education to community participants. Provide and distribute tobacco/vaping cessation education and resources to the community. Provide and distribute congestive heart failure (CHF) education and resources to the community.

Actions taken in 2023 and 2024:

- In 2023, 53 community members received education about early cancer prevention through partnerships with barbershops and salons. In 2023, 70 community members received early cancer prevention education in underserved portions of communities.
- In 2023, 80 participants received blood pressure screenings and education at community events the Flower Hospital team attended.
- In 2023, 80 community members received education about respiratory health at community events that the Flower Hospital team attended.
- In 2023, Flower Hospital staff provided heart health education at the Sylvania Expo.
- 598 community members received education about early cancer prevention through partnerships with barbershops and salons in 2024.
- 907 community members received early cancer prevention education in underserved portions of communities in 2024.
- 104 participants received blood pressure screenings and education at community events the hospital team attended in 2024.
- 597 community members received education about respiratory health at community events that the hospital team attended in 2024.
- 9 educational resources about heart health and congestive heart failure were distributed to Dashtop Barbershop in 2024.

Based on its 2022 CHNA Implementation Plan ProMedica **Wildwood Orthopedic & Spine Hospital** (WOSH) implemented CHNA programs in Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated (2025 activities were not complete at the time of this publication and will not be included in this summary):

1. Health Priority: Healthy Behaviors- Tobacco/Vaping Cessation

Strategies: Provide and distribute tobacco and vaping cessation education and resources to the community.

Actions taken in 2023 and 2024 (note: statistics for WOSH and Toledo Hospital are combined in one registration database):

- In 2023, 100 respiratory health education packets were distributed to patients and community members attending education sessions at the ProMedica Ebeid Center.
- In 2023, 150 tobacco cessation education packets were distributed to patients and community members attending education sessions at the ProMedica Ebeid Center.
- In 2024, 595 respiratory health education packets were distributed to patients and community members.
- In 2024, 11 messages about respiratory health were posted to the hospital Facebook page with 1,200 followers.

2. Health Priority: Healthy Behaviors- Nutrition and Physical Activity to Reduce Obesity

Strategies: Provide and distribute healthy eating, cooking, and nutrition education and resources to the community. Provide and distribute physical activity and home fitness education and resources to the community.

Actions taken in 2023 and 2024:

- In 2023, 37 cooking classes were offered by ProMedica Ebeid Center.
- In 2023, 309 community members participated in cooking classes offered by ProMedica Ebeid Center.
- In 2023, 47 community members were linked to YMCA Memberships.
- In 2023, 76 physical activity sessions were hosted for community at the ProMedica Ebeid Center
- In 2023, 1040 community members participated in physical activity sessions offered by ProMedica Ebeid Center.
- In 2024, 19 community members participated in a nutrition workshop offered by ProMedica ForeverFit.
- In 2024, 40 education materials regarding healthy eating and recipes were distributed to the community through market on the green, the Ebeid Center, and meals at discharge.
- In 2024, 26 messages about nutrition and healthy recipes were posted to the hospital Facebook page and its 1,200 followers.
- In 2024, 147 community members participated in cooking classes and activities.
- In 2024, 26 community members received early cancer prevention education and screening guidelines.
- In 2024, 1178 no cost physical activity workshops like foundations of fitness, yoga for cancer survivors, lunch and learns, free fall risk assessments, and meditation workshops were offered by ProMedica ForeverFit at no cost.
- In 2024, 2119 community members participated in ProMedica ForeverFit no cost workshops.

3. Health Priority: Social Determinants of Health – Food Insecurity and Financial Strain

Strategies: Screen inpatients for food insecurity and offer food at discharge, with a community food resource listing, to inpatients who screen positive for food insecurity. Educate employees, patients, and family on no-cost Financial Opportunity Center TM programs to improve financial well-being.

Actions Taken in 2023 and 2024:

- In 2023, 74 patients screening positive for food insecurity received food at discharge.
- In 2024, 9 patients were referred to the Financial Opportunity Center.
- In 2023, 337 community members were enrolled into financial coaching through ProMedica Financial Opportunity Center.
- 98 community members increased their net worth.
- One (1) patient screened positive for food insecurity received food at discharge in 2024.

- 37 patients were referred to the Financial Opportunity Center in 2024.

Based on its 2022 CHNA Implementation Plan, **ProMedica Bay Park Hospital** implemented programs in Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated (2025 activities were not complete at the time of this publication and will not be included in this summary):

1. Health Priority: Chronic Disease – COPD, Heart Disease, Stroke and Diabetes

Strategies: Provide and distribute tobacco and vaping cessation education and resources to the community. Provide free blood pressures and blood pressure education to the community. Provide and distribute diabetes education and resources to the community. Provide and distribute stroke education and resources to the community, including Spotlight on Stroke and Fast education.

Actions taken in 2023 and 2024:

- In 2023, 1200 community members received education about tobacco and vaping cessation at local events attended by Bay Park Hospital.
- Nine education messages about respiratory health were posted to Bay Park's Facebook page with 1,300 people following.
- In 2023, 900 community members received blood pressure screenings and education at local events attended by Bay Park Hospital.
- In 2023, 1200 community members received diabetes education at local events attended by Bay Park Hospital.
- 5 educational messages about diabetes management and prevention were posted to Hospital's Facebook page, followed by 1300 people.
- In 2023, 500 community members received Stroke and Be Fast resources at local community events attended by Hospital.
- 595 community members received education about tobacco and vaping cessation in 2024 at local events the hospital attended.
- 11 educational messages about respiratory health were posted to the hospital's Facebook page with 1,400 people following in 2024.
- 6 hours of blood pressure education and screenings were provided at the Oregon city health fair in September 2024.
- 4 hours of glucose screening and health education was provided at the be fast event in September 2024.
- In 2024, 3 educational messages about diabetes management and prevention were posted to the hospital's Facebook page with 1,400 people following.
- 115 community members received stroke and be fast resources in 2024 at local community events the hospital attended.

2. Health Priority: Social Determinants of Health – Food Insecurity and Financial Strain.

Strategies: Provide no-cost food clinic for food insecure patients referred by provider, at Bay Park location. Provide and distribute healthy recipes and nutrition education to patients at the Bay Park Food Clinic. Screen in patients for food insecurity and offer food at discharge, with community food resource listing, for patients who screen positive for food insecurity upon admission. Provide and distribute information regarding no-cost Financial Opportunity Center TM programs, to improve financial well-being.

Actions taken in 2023 and 2024:

- In 2023, 1205 Bay Park patients screening positive for food insecurity received food from the Bay Park Food Clinic.
- Six hundred recipes and nutrition education resources were provided to patients at the Bay Park Food Clinic.
- In 2023, 53 patients screening positive in the inpatient setting received food at discharge.
- In 2023, 198 Bay Park employees experience food insecurity received food.
- 523 educational materials were distributed to patients and community members about resources available at the ProMedica Financial Opportunity Center TM.
- 302 patients were referred to the Financial Opportunity Center TM to collaborate directly with a Financial Coach.
- 1777 patients screening positive for food insecurity received food from the bay park food clinic in 2024.
- In 2024, listings of local food pantries, healthy recipes, and nutrition education resources were provided to patients served by the bay park food clinic.
- 17 patients screening positive in the inpatient setting received food at discharge in 2024.
- 154 patients were referred to the Financial Opportunity Center to collaborate directly with a financial coach in 2024.

3. Health Priority: Trauma Prevention – Fall Prevention and Stop the Bleed.

Strategies: Provide and distribute fall prevention education and resources to the community. Provide and distribute home fitness education and resources to the community, including Tai Chi that improves balance. Provide Stop the Bleed education and resources to the community.

Actions taken in 2023 and 2024:

- In 2023, 900 community members received education about injury and fall prevention at local events Bay Park Hospital attended.
- 17 educational messages about physical activity, including Tai Chi, were posted to Hospital's Facebook page with 13000 people following.
- In 2023, 150 community members received Stop the Bleed education and training.
- 300 community members received education about injury and fall prevention in 2024 at local

events the hospital attended.

- In 2024, 12 educational messages about physical activity, including tai chi, were posted to the hospital's Facebook page with 1,400 people following.
- 250 community members received stop the bleed education and training in 2024.

Based on its 2022 CHNA Implementation Plan, **Arrowhead Behavioral Hospital** implemented programs in Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated (2025 activities were not complete at the time of this publication and will not be included in this summary):

1. Health Priority: Substance Abuse

Strategies: Free transportation for the outpatient services and inpatient discharges/admissions (when needed). Participate in community awareness/education activities, including relapse prevention, and Alcoholics Anonymous. Hold weekly alumni (adults discharged from Arrowhead Behavioral Health) support groups.

Actions taken in 2023 and 2024:

- In 2023, no cost transportation for outpatient services and inpatient discharges/admissions were provided to 480 individuals.
- 180 community members participated in activities providing education about chemical dependency, relapse prevention, and alcoholics anonymous.
- 120 community members participated in alumni support groups.
- No cost transportation for outpatient services and inpatient discharges/admissions were provided to 1300 individuals in 2024.
- 1252 community members participated in 156 activities providing education about chemical dependency, relapse prevention, and alcoholics anonymous in 2024.
- In 2024, 100 community members participated in alumni support groups.

2. Health Priority: Mental Health

Strategies: Participate in the community awareness/education activities to increase education and awareness to the community about mental health, suicide preventions, and mental health resources. Distribute Arrowhead Behavioral Health mental health resource guides to families and community to increase awareness of access to healthcare.

Actions taken in 2023 and 2024:

- In 2023, 273 community members received education about mental health resources and access.
- ProMedica and Arrowhead Behavioral Health met to refresh strategy and share updated resource guides to distribute in support of community members navigating local mental health

resources.

- In 2023, 10 mental health resource guides were distributed.
- 1000 community members received education about mental health resources and access in 2024.
- The Northwest Ohio Mental Health resource guide was updated in 2024 and posted on promedica.org for digital distribution. paper copies are available upon request.

The information above reflects activities that were implemented to address 2022 CHNA hospital priority issues in 2023 and 2024. 2025 statistics were not complete at the time of this document's update. Additional measure of impact should be reflected in future Lucas County health assessments. The 2022 Community Health Needs Assessment for these ProMedica hospitals was posted online inviting feedback from the community, with no inquiries over the past three years.

IV. COMMUNITY HEALTH NEEDS ASSESSMENT

The ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' process for identifying and prioritizing community health needs and services included:

- Review and discussion of the Lucas County health assessment (CHA) and county health improvement plan (CHIP), including primary and secondary data, gaps, and resources.
- Discussion, selection, and prioritization of priority health needs for ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, and Arrowhead Behavioral Hospitals' (in separate meetings) to address over the next three years, using ranking methodology to prioritize needs.
- Discussion of effective programs, policies, and/or strategies to recommend for implementation plan.
- Identification of evidence-based programs to improve these health needs, when available
- Development of joint hospital CHNA and three-year implementation plan to present to the hospital board(s) for approval prior to posting online.

The health areas that were examined by the formal county health assessment survey include, but are not limited to: health care coverage, health care access and utilization, preventive medicine, women's health, men's health, 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, arthritis, asthma, diabetes, quality of life, social determinants of health, environmental conditions, family and community characteristics, and parental health.

LUCAS COUNTY HEALTH NEEDS ASSESSMENT PROCESS

ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals utilized the data provided in the 2022/2023 Lucas County 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 25 for a full listing of collaborating organizations).

PRIMARY DATA COLLECTION METHODS

DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents of young children within Lucas County. In addition to the general survey mailing, the Healthy Lucas County Executive Committee determined it would be beneficial to oversample the African American and Latino populations. Sections and trend summary tables were created for both populations to identify disparities among the African American and Latino communities. From the beginning, community leaders and members 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 a crucial step in completing a valid needs assessment.

INSTRUMENT DEVELOPMENT

Three survey instruments were designed, and pilot tested for this study: one for adults, one for adolescents in grades 6-12, and one for parents of children ages 0-11. As a first step in the design process, health education researchers from The University of Toledo and staff members from The Hospital Council of Northwest Ohio (HCNO) met to discuss potential sources of valid and reliable survey items that would be appropriate to assess the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the BRFSS. Most survey items for the adolescent survey were derived from the YRBSS, and most of the survey items for the parents of children 0-11 were derived from the NSCH. 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 Healthy Lucas County's Executive Committee. During these meetings, HCNO and Healthy Lucas County's Executive Committee reviewed and discussed banks of potential survey questions from the BRFSS, YRBSS and NSCH surveys. Based on input from Healthy Lucas County's Executive Committee, the project coordinator composed drafts of surveys containing seventy-nine items for the adult survey, seventy-five items for the adolescent survey, and seventy-six items for the children's survey. The drafts were reviewed and approved by health education researchers at The University of Toledo.

SAMPLING | Adult Survey

It was decided by the Healthy Lucas County Executive Committee to work with HCNO on the creation and distribution of a Request for Proposal (RFP) soliciting services of an organizational/individual to serve as a subcontractor to conduct purposeful sampling. AG Sandbox in collaboration with BeAlive365, organizations located in Lucas County, were awarded the

contract. The purposeful sampling was completed under the guidance of HCNO staff and statistician – Dr. Joseph Dake, University of Toledo. It was determined by Dr. Dake that approximately 250 additional adult surveys were needed to address gaps (i.e., gender, age, race, and ZIP code) from the initial data collection.

The sampling frame for the adult survey consisted of adults ages nineteen and older living in Lucas County. Using the U.S. Census Bureau data, it was determined that approximately 325,123 adults ages nineteen and older resided in Lucas County at the time of survey collection in Spring of 2023. 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 267 adults was needed to ensure a 95% confidence level for the general population. Using the U.S. Census Bureau data, it was determined that approximately 63,956 African American adults 19 years and older resided in Lucas County at the time of survey collection in Spring of 2023. 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 266 African American adults was needed to ensure a 95% confidence level for the African American population.

Using the U.S. Census Bureau data, it was determined that approximately 20,209 Latino adults 19 years and older resided in Lucas County at the time of survey collection in Spring of 2023. 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 263 Latino adults was needed to ensure a 95% confidence level for the Latino population. The random sample of mailing addresses of adults from Lucas County was obtained from Melissa Data Corporation in Rancho Santa Margarita, California. Surveys were mailed in February 2023 and returned through August 2023.

SAMPLING | Adolescent Survey

The sampling frame for the adolescent survey consisted of youth in grades 6-12 in Lucas County public school districts. For more information on participating districts and schools, see Appendix IV. Using the U.S. Census Bureau data, it was determined that approximately 38,249 youth ages 12-18 years old live in Lucas County. A sample size of 265 adolescents was needed to ensure a 95% confidence interval with a corresponding 6% margin of error (i.e., we can be 95% sure that the “true” population responses are within a 6% margin of error of the survey findings). Students were randomly selected and surveyed in the schools in November and December 2022.

SAMPLING | 0-11 Survey

The sampling frame for the survey of children consisted of parents of children ages 0-11 in Lucas County. Using the U.S. Census Bureau data, it was determined that approximately 64,922 children ages 0-11 live in Lucas County at the time of survey collection in Spring of 2023. The investigators conducted a power analysis based on a post-hoc distribution of variation in responses (70/30 split) to determine what sample size was needed to ensure a 95% confidence level with corresponding confidence interval of 6% (i.e., we can be 95% sure that the “true” population responses are within a 6% margin of error). The sample size required to generalize to children ages 0-11 was 223. The random sample of mailing addresses of parents of children 0-11 was obtained from Melissa Data Corporation in Rancho Santa Margarita, California. Surveys were mailed in March 2023 and returned through April 2023.

PROCEDURE | Adult Survey

Prior to mailing the survey, the project coordinator mailed an advance letter to 6,000 adults in Lucas County: 2,000 to the general population, 2,000 to the African American population, and 2,000 to the Latino population. This advance letter was printed on Healthy Lucas County Executive Committee stationery and signed on behalf of the group by Executive Committee Chair Erika. D. White of CWA Local 4319 and NAACP 3204 and Executive Committee Vice Chair Beth Deakins of YMCA of Greater Toledo. The letter introduced the county health assessment project and informed readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected, and it encouraged the readers to complete and return the survey promptly if they were selected. Six weeks following the advance letter, a mailing procedure was implemented to maximize the survey return rate. The mailing included a personalized, hand signed cover letter (on Healthy Lucas County Executive Committee stationery) describing the purpose of the study, the questionnaire, a self-addressed stamped return envelope, and a \$2 incentive, which were all included in a large green envelope. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate for this general population survey was 16% resulting in 303 completed surveys. The number of responses exceeded the minimum needed to meet the power analysis. Separate surveys to population groups identified as likely to be African American and a separate group that were likely to be Latino had low response rates as well. In these cases, there were 175 surveys returned for the African American sampling group (9% response rate) and 170 surveys returned for the Latino sampling (9% response rate). It should be noted however that not all the respondents were indeed African American or Latino among those returning the surveys. For the African American sampling, 113 of 175 were indeed non-Hispanic African Americans. For the Latino survey, 101 of the 170 were Latino. All surveys from the mailed survey component of the mixed methods sampling were combined with the QR code process and the purposeful sampling (noted later) to create the full samples from which the report was generated.

It was decided by the Healthy Lucas County Executive Committee to include a QR code and web

address link on the adult paper surveys for residents to have the opportunity to take the survey either online via SurveyMonkey or paper-pencil. In addition to the respondents who completed the survey via paper-pencil, forty adults took the survey online via SurveyMonkey. Because it is not possible to assess how many people received the QR code, calculating a response rate for this portion of this mixed methods sampling was not able to be done. This is typical for internet-based sampling.

Following the first wave mailing, surveys were collected via paper-pencil and SurveyMonkey from February through May 2023. The data collected was sent to Dr. Dake for analysis of demographics to identify gender, age, and racial gaps within in the Lucas County ZIP codes. Dr. Dake provided a breakdown to AG Sandbox and BeAlive365 to help assist with purposeful sampling. Refer to Appendix IX, to review the guideline. AG Sandbox and BeAlive365 used the guideline as a starting point to help address the gaps for purposeful sampling. Between July 1st – July 31st, 2023, AG Sandbox and BeAlive365 addressed the importance of collecting data in underrepresented areas throughout Lucas County. Survey responses were collected via SurveyMonkey. To support data collection efforts, a \$10 gift card incentive was given to each adult who completed the survey. The total number of additional adult surveys collected during the purposeful sampling process was 185. This data was combined with the processes to generate the complete database from which the report was created.

PROCEDURE | Adolescent Survey

The survey was approved by all participating superintendents. Schools and grades were randomly selected. Each student in a particular grade had to have an equal chance of being in the class that was selected, such as a home room or health class. Classrooms were randomly chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate.

PROCEDURE | Children 0-5 and 6-11

Prior to mailing the survey to parents of children ages 0-11, the project team mailed an advance letter to 5,000 parents in Lucas County. This advance letter was printed on Healthy Lucas County Executive Committee stationery and signed on behalf of the group by Executive Committee Chair Erika. D. White of CWA Local 4319 and NAACP 3204 and Executive Committee Vice Chair Beth Deakins of YMCA of Greater Toledo. The letter introduced the county health assessment project and informed 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. Six weeks following the advance letter, a mailing procedure was implemented to maximize the survey return rate. The mailing included a personalized, hand-signed cover letter (on Healthy Lucas County Executive Committee stationery) describing the purpose of the study, a questionnaire, a self-addressed stamped return envelope, and a \$2 incentive. Surveys returned as undeliverable were not replaced with another

potential respondent. The response rate from mailed surveys for the child population was 4% resulting in 201 completed surveys.

It was decided by the Healthy Lucas County Executive Committee to include a QR code and web address link on the child paper surveys for parents to have the opportunity to take the survey either online via SurveyMonkey or paper and pencil. In addition to the respondents who completed the survey via paper-pencil, forty-three parents took the survey online via SurveyMonkey. Because it is not possible to assess how many people received the QR code, calculating a response rate for this portion of this mixed methods sampling was not able to be done. This is typical for internet-based sampling.

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 Lucas 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 diverse types of analyses. Additionally, due to variation in the sizes of the classes selected as well as to some districts which sampled additional general education classes, it was determined that applying a weighting during analyses would be important.

LIMITATIONS

As with all county health assessments, it is important to consider the findings with respect to all limitations. First, the Lucas County adult assessment had a high response rate for the general population. However, if any significant 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 Lucas County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation. It is important to note that, although several questions were asked using the same wording as the CDC questionnaires and the NSCH questionnaire, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than via mail survey. In a similar fashion to this county health assessment, the youth CDC survey was administered in schools and The NSCH child survey was administered via a mailed survey. Although the collection of self-reported data is a common method of research in the field of public health, which is utilized by the surveys administered by the CDC, it is also important to consider the possible limitations. There is the potential for respondents to answer dishonestly for their answers to be more socially acceptable, or respondents may not have the ability to accurately assess themselves. 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.

Based on the adult results on page 11, the margins of error for both African Americans and Latinos in Lucas County were higher than 6%. Even though a specialized mailing list was purchased to recruit African Americans and Latinos. To be 95% confident in our findings with a 6% margin of error, we would have needed 266 surveys to be returned from the African American population and 263 surveys from the Latino population. The total number of responses for the African American population were 242 resulting in a 6.3% margin of error. The total number of responses for the Latino population were 144 resulting in an 8.1% margin of error. Additionally, the CDC, 2020/2021 Behavioral Risk Factor Surveillance System (BRFSS) was the most recent state and national data available and is incorporated in the trend summary tables for comparison purposes.

The total number of school districts that participated in surveying in the 2022/2023 health assessment was only five, compared to seven school districts in 2019/2020. Springfield Local and Sylvania City opted out of participating this cycle, due to participation of OHYES! (Ohio Healthy Youth Environments Survey) surveying. Therefore, caution should be used when comparing results to previous years in the trend summary tables. Additionally, the CDC, 2021 Youth Risk Behavioral Surveillance System (YRBSS) was the most recent state and national data available and is incorporated in the trend summary tables for comparison purposes. Due to differences in questions asked, CDC 2021 YRBSS indicators are included for comparison to Ohio and U.S. data throughout for grades 9th -12th only. Only twenty-one respondents identified as “other” or “transgender.” This total was too low and not considered statistically significant to report out, therefore, sex/gender is only reported out as “male” and “female” throughout this section. Lastly, the 2022 sample size for Sexual Behavior section is smaller than the full sample. Two Lucas County school districts that participated in the assessment removed sexual behavior questions. Caution should be used when comparing results to previous years in the trend summary tables.

This survey asked parents questions regarding their young children. Should enough parents have felt compelled to give incorrect information about their child’s health for a favorable response, this would represent a threat to the internal validity of the results. Additionally, the child data did not include enough African American or Latino responses to break the data down into a child-specific minority trend summary table. Lastly, the 2021 National Survey of Children's Health (NSCH) was the most recent state and national data available and is incorporated in the trend summary tables for comparison purposes.

SECONDARY DATA COLLECTION METHODS |

HCNO collected secondary data, including county-level data, from multiple sources whenever possible. HCNO utilized sources such as the BRFSS, YRBSS, numerous CDC webpages, U.S. Census data, Healthy People 2030, Ohio Department of Health (ODH), etc. All primary data in this report is from 2022/2023 Lucas County Community Health Assessment (CHA). All other data is

cited accordingly. The Healthy Lucas County Executive Committee also provided secondary data that is incorporated throughout the report and cited accordingly. 2019 Ohio State Health Assessment (SHA) The 2019 Ohio State Health Assessment (SHA) provides data needed to inform health improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, online surveys completed by over three hundred stakeholders, and advisory and steering committee members who represented thirteen state agencies, including sectors beyond health. Like the 2019 Ohio SHA, the 2019/2020 Lucas County Community Health Assessment (CHA) examined a variety of metrics from various areas of health including, but not limited to, health behaviors, chronic disease, access to health care, and social determinants of health. Additionally, the CHA studied themes and perceptions from local public health stakeholders from a wide variety of sectors. Note: This symbol will be displayed in the trend summary when an indicator directly aligns with the 2019 Ohio SHA. The interconnectedness of Ohio's greatest health challenges, along with the overall consistency of health priorities identified in this assessment, indicates many opportunities for collaboration among a wide variety of partners at and between the state and local level, including physical and behavioral health organizations and sectors beyond health. It is Healthy Lucas County's hope that this CHA will serve as a foundation for such collaboration. To view the full 2019 Ohio State Health Assessment, please visit: <https://odh.ohio.gov/wps/portal/gov/odh/aboutus/sha-ship/>

CONSULTING PERSONS AND ORGANIZATIONS

The process for consulting with persons representing the community's interests and public health expertise began when local community agencies, including the Toledo Lucas County Health Department, 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 release, followed by the development of the Lucas County community health improvement plan (CHIP) to set priorities and action plans. The needs of the population, especially those who are medically underserved, low-income, minority populations and populations with chronic disease needs were considered through the sample methodology that surveyed these populations and over-sampled minority populations.

This community health assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents within Lucas 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 a crucial step in completing a valid needs assessment.

As evidenced by the list of participating organizations below (pages 25-26), the hospital facility took into account input from persons who represent the community by participating with other organizations in Lucas County 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 Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Lucas County. In addition, these five ProMedica hospitals received feedback on this CHNA plan from the Toledo Lucas County Health Department to confirm these needs from the community health expert perspective.

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

The needs of the population, especially those who are medically underserved, low-income, minority populations and populations with chronic disease needs were considered through the sample methodology that surveyed these populations and over-sampled minority populations. In addition, the organizations that serve these populations participated in the health assessment and community planning process, such as Toledo-Lucas County CareNet, Toledo-Lucas County Commission on Minority Health, United Way of Greater Toledo, etc.

ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals conducted the Lucas County Health Assessment with representatives from the following hospitals:

- Mercy Children’s Hospital
- Mercy St. Anne Hospital
- Mercy St. Charles Hospital
- Mercy St. Vincent Hospital
- ProMedica Ebeid Children’s Hospital
- University of Toledo Medical Center

The results of the Lucas County Health Assessment were presented at a county data release event via pre-recorded presentations, which were released on December 12, 2023. Participant feedback was obtained via an online link – via SurveyMonkey. The participant feedback results from those who viewed the presentations is included in the appendix of the full CHA report (Lucas County Appendix VIII found at www.hcno.org). Community participants were invited to join the community health improvement (CHIP) process to complete the strategic plan for the county.

LUCAS COUNTY STRATEGIC PLANNING PROCESS

Following the community assessment data release, the Healthy Lucas County Executive Committee contracted with the Hospital Council of Northwest Ohio (HCNO) to facilitate the community health improvement planning (CHIP) process. Key community leaders and decision makers were invited to participate in an organized planning process to improve the health of Lucas County residents.

The National Association of County and City Health Officials (NACCHO) strategic planning tool, Mobilizing for Action through Planning and Partnerships (MAPP) was 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 assessments were used by the Lucas County CHIP Committee to prioritize specific health issues and population groups which are the foundation of this plan.

The Lucas County Community Health Improvement Planning (CHIP) Committee met four times to complete this process. The CHIP report was officially released January 2025.

Priority health issues for Lucas County include:

- Mental Health and Addiction
- Chronic Disease
- Maternal & Infant Health
- Priority Factors: Community Conditions, Health Behaviors, and Access to Care with a focus on health equity

*Details of this CHIP may be found in Table 2.

The Lucas County CHA and CHIP processes included input from organizations and persons who represent the community. Collaborating organizations included:

Adelante
Advocates for Basic Legal Equality, Inc. (ABLE)
Area Office on Aging of Northwestern Ohio
Board of Lucas County Commissioners
City of Toledo
Connecting Kids to Meals
CWA Local 4319
Health Partners of Western Ohio
Hospital Council of Northwest Ohio
LISC Toledo
Live Well Greater Toledo
Lucas County Department of Job & Family Services
Lucas Metropolitan Housing Authority

McLaren St. Luke's
Mental Health & Recovery Services Board of Lucas County
NAACP #3204
Neighborhood Health Association
Toledo Fire & Rescue
Toledo/Lucas County CareNet
Toledo-Lucas County Health Department
Toledo Lucas County Homelessness Board
Toledo Public Schools
University of Toledo Medical Center
United Way of Greater Toledo
YMCA of Greater Toledo
YWCA of Northwest Ohio

Many of the above organizations have staff with expertise in public health, including the Toledo Lucas County Health Department. In addition, the county strategic planning process was facilitated by staff employed by the Hospital Council of Northwest Ohio, who hold a master's degree in public health. ProMedica hospitals were represented by ProMedica system staff in the county health assessment and the development of the community-wide community health improvement plan for Lucas County. The Lucas County Strategic Community Health Improvement Plan was written based on the conclusions and recommendations after completing the MAPP process.

V. LUCAS COUNTY COMMUNITY HEALTH NEEDS & PRIORITIES

Key findings that were identified in the Lucas County 2022/2023 Health Assessment include the items below.

Adult Health Statistics:

- Health Status and Coverage
 - In 2023, 6% of Lucas County adults were uninsured, including 22% of those under the age of 30 and 12% of African American adults.
 - The top reason adults reported for being without health care coverage was lost their job or changed jobs (18%) and cost (11%).
 - The following types of health care coverage were most used: employer (44%); Medicare (22%); Medicaid or medical assistance (12%).
- Health Care Access and Utilization
 - Three-fourths (75%) of Lucas County adults visited a doctor for a routine checkup in the past year, increasing to 92% of those ages 65 and older.
 - Eight percent (8%) of adults in Lucas County had visited a doctor for a routine checkup five or more years ago.
 - Adults with health care coverage were more likely to have visited a doctor for a routine checkup in the past year (77%), compared to 39% of those without health care coverage.

- Women's Health
 - Sixty-three percent (63%) of women had a mammogram at some time in their life, and 39% had this screening in the past year.
 - More than half (59%) of women ages 40 and older had a mammogram in the past year, and 73% had one in the past two years.
 - Eighty-four percent (84%) of Lucas County women had a clinical breast exam at some time in their life, and 49% had one within the past year. Nearly two-thirds (66%) of women ages 40 and older had a clinical breast exam in the past two years.
 - Seventy-nine percent (79%) of Lucas County women had a Pap smear at some time in their life, and 34% reported having had the exam in the past year. Fifty-four percent (54%) of Lucas County women between the ages of 21-65 years had a Pap smear in the past three years. Five percent (5%) of all women reported the screening was not recommended by their doctor.
- Men's Health
 - A prostate-specific antigen (PSA) test measures the level of PSA in the blood and is a common method utilized to screen for prostate cancer. More than one-third (35%) of males reported they had PSA test within the past two years, increasing to 60% of males over the age of 50.
- Adult Oral Health
 - In the past year, 63% of Lucas County adults had visited a dentist or dental clinic, decreasing to 48% of those with annual incomes less than \$25,000 and 42% of those under the age of 30.
 - Sixty-five percent (65%) of Lucas County adults with health insurance had been to the dentist in the past year, compared to 38% of those without health insurance.
 - Adults reported the following reasons for not visiting a dentist in the last year: cost (25%), fear, apprehension, nervousness, pain, and dislike going (24%), no reason to go/had not thought of it (20%).
- Health Status Perceptions
 - Forty-two percent (42%) of Lucas County adults rated their health as excellent or very good. Lucas County adults with higher annual incomes (48%) were most likely to rate their health as excellent or very good, compared to 29% of those with annual incomes less than \$25,000.
 - Sixteen percent (16%) of adults rated their health as fair or poor.
 - Lucas County adults were most likely to rate their health as fair or poor if they: Had been diagnosed with diabetes (40%), had an annual household income less than \$25,000 (29%), had high cholesterol (26%), had high blood pressure (25%)
 - Forty-two percent (42%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.
- Adult Weight Status
 - Three-fourths (75%) of Lucas County adults were either overweight (32%) or obese (43%) by body mass index (BMI), putting them at elevated risk for developing a variety of diseases.
 - Lucas County adults did the following to lose weight or keep from gaining weight in the past month: drank more water (39%); ate less food, fewer calories, or foods low in fat (38%); exercised (35%); ate a low-carb diet (15%); went without eating 24 or more hours (4%); took medications prescribed by a health professional (3%); took diet pills, powders or liquids without a doctor's advice (2%); used a weight loss program (2%); smoked cigarettes (2%); health coaching (2%); vomited after eating (1%); participated in a dietary or fitness programs prescribed by a health professional (1%); had bariatric surgery (1%); took laxatives (<1%); and

other (3%).

- Adult Tobacco Use
 - Twelve percent (12%) of Lucas County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).
 - Nearly one-quarter (24%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
 - Lucas County adult smokers were more likely to have annual incomes less than \$25,000 (20%), been ages 30-64 (14%)
 - Lucas County adults used the following tobacco products in the past year: cigarettes (14%); e-cigarette/vapes (9%); cigars (4%); chewing tobacco, snuff, or snus (3%); hookah (3%); little cigars (2%); cigarillos (2%); pipes (<1%); and dissolvable tobacco (<1%).
- Adult Alcohol Consumption
 - Sixty percent (60%) of Lucas County adults had at least one alcoholic drink in the past month.
 - Twenty-two percent (22%) of adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on one occasion in the last month and would be considered binge drinkers.
- Adult Drug Use
 - Nineteen percent (19%) of Lucas County adults reported using marijuana or cannabis in the past month.
 - Five percent (5%) of adults reported using marijuana or cannabis for medical reasons only in the past month.
 - Six percent (6%) of adults reported using marijuana or cannabis for recreational reasons only in the past month.
 - Eight percent (8%) of adults reported using marijuana or cannabis for both medical and recreational reasons in the past month.
- Adult Reproductive Health
 - Sixty-six percent (66%) of Lucas County adults had sexual intercourse in the past year.
 - Seven percent (7%) of adults reported they had intercourse with more than one partner in the past year, increasing to 18% of those ages 30 and younger.
 - Eleven percent (11%) of adults were not doing anything to prevent pregnancy.
 - Thirty percent (30%) Lucas County females had been pregnant in the past five years.
- Adult Mental Health
 - Nearly two-fifths (39%) of Lucas County adults rated their mental health as not good on four or more days in the previous month.
 - Lucas County adults reported their mental health as not good on an average of 5.9 days in the previous month.
 - Lucas County adults were most likely to rate their mental health as not good (on four or more days during the past month) if they: were under the age of 30 (65%), were female (47%), had an annual household income less than \$25,000 (46%).
- Cardiovascular Health
 - Three percent (3%) of adults reported they had ever been diagnosed with angina or coronary heart disease, increasing to 8% of those over the age of 65.
 - Three percent (3%) of adults reported they had a heart attack or myocardial infarction, increasing to 9% of those over the age of 65.
 - Three percent (3%) of adults reported they had a stroke, increasing to 6% of those over the age

of 65.

- Three percent (3%) of adults reported they had congestive heart failure, increasing to 6% of those over the age of 65.

- Cancer

- The Ohio Department of Health (ODH) indicates that, from 2018 to 2020, cancers caused 19% (2,887) of all (15,201) Lucas County resident deaths (Source: Ohio Public Health Data Warehouse 2018-2020).
- The American Cancer Society states that about 609,820 Americans are expected to die of cancer in 2023. Cancer is the second leading cause of death in the U.S., exceeded only by heart disease (Source: American Cancer Society, Facts & Figures 2023).
- ODH reports that lung and bronchus cancer (total deaths=344) was the leading cause of male cancer deaths from 2018 to 2020 in Lucas County. Colorectal cancer caused 143 male deaths and prostate cancer caused 141 male deaths during the same period (Source: Ohio Public Health Data Warehouse 2018-2020).
- ODH reports that lung and bronchus cancer was the leading cause of female cancer deaths (total deaths=355) in Lucas County from 2018 to 2020, followed by breast (total deaths=192) and colorectal cancer (total deaths=192) (Source: Ohio Public Health Data Warehouse 2018-2020).

- Arthritis

- Twenty-one percent (21%) of Lucas County adults had ever been diagnosed with arthritis, increasing to 41% of those older than the age of 65.
- More than one-fourth (28%) of adults with arthritis rated their health as fair or poor.
- Eighty-five percent (85%) of adults with arthritis were overweight or obese.

- Asthma

- In 2023, 12% of Lucas County adults had ever been diagnosed with asthma, increasing to 18% of those with annual incomes less than \$25,000.
- Thirty-one percent (31%) of adults with asthma rated their health as fair or poor.
- Nearly one-third (31%) of adults with asthma were either current or former smokers.

- Diabetes

- Fourteen percent (14%) of Lucas County adults were diagnosed with diabetes at some time in their lifetime, increasing to 25% of those older than the age of 65.
- Nearly two-fifths (39%) of adults with diabetes rated their health as fair or poor.
- Lucas County adults diagnosed with diabetes also had one or more of the following characteristics or conditions: overweight or obese (89%), high blood pressure (75%), high blood cholesterol (62%).

- Quality of Life

- More than half (51%) of Lucas County adults were limited in some way because of a physical, mental, or emotional problem, increasing to 66% of those with annual incomes less than \$25,000.
- Those who were limited in some way reported the following most limiting problems or impairments: back or neck problems (35%), arthritis/rheumatism (29%), stress, depression, anxiety, or emotional problems (28%), chronic pain (22%).

- Social Determinants of Health

- Fifteen percent (15%) of Lucas County adults reported needing help meeting general daily needs such as food, clothes, shelter, or paying for utilities in the past month, increasing to 32%

of those with income less than \$25,000.

- Adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (10%), worried food would run out (7%), went hungry/ate less to provide more food for their family (6%), food assistance was cut (5%), loss of income led to food insecurity issues (5%), and were hungry but did not eat because they did not have money for food (4%).
- Nineteen percent (19%) of Lucas County adults experienced one or more food insecurity issues.
- More than two-thirds (69%) of Lucas County adults owned their home, 22% rented their home, and 8% had some other arrangement.
- Environmental Conditions
 - Fourteen percent (14%) of Lucas County adults reported more than one environmental issue that threatened their or their family members' health in the past year.
 - 8% of Lucas County adults, or approximately 26,010 adults, reported that rodents and air quality threatened them or their family members' health in the past year.

Youth Trend Data:

- Youth Weight Status
 - One-fifth (20%) of Lucas County youth were classified as obese by BMI calculations. Sixteen percent (16%) of youth were classified as overweight. Sixty-one percent (61%) were normal weight, and 3% were underweight.
 - Twenty-seven percent (27%) of youth described themselves as being slightly or very overweight.
 - During the past month, youth went to bed hungry because there was not enough food in their home at the following frequencies: never (64%), rarely (19%), sometimes (11%), most of the time (5%), and always (1%).
 - Twenty-nine percent (29%) of youth ate five or more servings of fruits and/or vegetables per day, 30% of youth ate three to four servings, and 31% of youth ate one to two servings. Ten percent (10%) of youth ate zero servings of fruits and/or vegetables per day.
- Youth Tobacco Use
 - Ten percent (10%) of youth had ever tried cigarette smoking, even one or two puffs.
 - Nine percent (9%) of all Lucas County youth had tried cigarette smoking (even one or two puffs) before the age of 13.
 - More than half (52%) of those who had tried cigarette smoking did so at 10 years old or younger, and another 18% had done so by 12 years old. The average age of onset for smoking was 11 years old.
 - Two percent (2%) of Lucas County youth were current smokers, having smoked at some time in the past month.
 - Fourteen percent (14%) of youth used an electronic vapor product at least once in the past month.
 - During the past year, 44% of youth who used tobacco tried to quit using all tobacco products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products (vapes).
- Youth Alcohol Consumption
 - Twelve percent (12%) of Lucas County youth had at least one drink in the past month,

- increasing to 29% of those ages 17 and older.
 - Based on all youth surveyed, 7% had five or more alcoholic drinks on an occasion (for males) or four or more alcohol drinks in the last month (for female) and would be considered binge drinkers, increasing to 19% of those ages 17 and older. Of those who drank in the last month, 62% were defined as binge drinkers.
 - Of all youth, 15% consumed alcohol for the first time before the age of 13.
 - More than half (52%) of youth who reported drinking at some time in their life had their first drink at 12 years old or younger, 23% took their first drink between the ages of 13 and 14, and 51% started drinking between the ages of 15 and 18. The average age of onset was 12.5 years old.
- Youth Drug Use
 - Nine percent (9%) of Lucas County youth had used marijuana or hashish at least once in the past month, increasing to 19% of those ages 17 and older.
 - Seven percent (7%) of youth had tried marijuana for the first time before the age of 13, increasing to 9% of females.
 - Youth who misused prescription medications got them in the following ways: a parent gave it to them (67%), another family member gave it to them (26%), a friend gave it to them (15%), the Internet (11%), bought it from a friend (9%), took it from a friend or family member (9%), and bought it from someone else (2%).
- Family and Community Characteristics
 - Lucas County families reported their primary language spoken in their home was English (95%), Spanish (1%), Mandarin (<1%), Arabic (<1%) and another language (<1%).
 - One percent (1%) of parents reported their child went hungry most of the time in the past 30 days, increasing to 10% of those with annual incomes of less than \$25,000.
 - Parents reported their child got the following amounts of sleep on an average day/weeknight: eight hours or less (25%), nine hours (26%), ten hours (27%), eleven hours or more (22%).
- Parent Health
 - Sixty-seven percent (67%) of parents rated their physical health as excellent or very good, decreasing to 20% of parents with annual incomes of less than \$25,000. One-fourth (25%) rated their physical health as good, and 8% of parents had rated their physical health as fair or poor.
 - Fifty-three percent (53%) of parents rated their mental and emotional health as excellent or very good, decreasing to 15% of parents with annual incomes of less than \$25,000. Over one-third (34%) rated their mental and emotional health as good, and 13% of parents rated their mental and emotional health as fair or poor.

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

The Lucas County Community Health Improvement Planning (CHIP) Committee, using the Lucas County Health Needs 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 socioeconomic determinants of health for Lucas County residents. In some areas of identified need, ProMedica is already taking a system approach and collaborates with organizations to address some community health needs, to most efficiently

use resources and to prevent duplication of services.

Table 2 - Lucas County Community Health Improvement Plan (CHIP) – Selected Priorities	Facilitating Agency(s)
Priority 1: Mental Health and Addiction	
1. School-based social and emotional instruction	Toledo Public Schools
2. Mental health first aid	The University of Toledo Mental Health & Recovery Services Board of Lucas County
Priority 2: Chronic Disease	
1. Exercise prescriptions from health care providers	YMCA of Greater Toledo
2. Prediabetes screening and referral	YMCA of Greater Toledo
Priority 3: Maternal and Infant Health	
1. Early childhood home visiting programs and Toledo-Lucas County Getting to one*	Lucas County Home Visiting Advisory Council Toledo-Lucas County Getting to one
2. Care coordination and access to Well-Woman Care*	Northwest Ohio Pathways HUB
Priority Factor: Community Conditions	
1. Housing Choice Voucher Program	Lucas Metropolitan Housing Healthy Lucas County Executive Committee
2. The Toledo Black Agenda/Toledo Racial Equity & Inclusion Council (TREIC)	YWCA of Northwest Ohio Healthy Lucas County Executive Committee's Health Equity Task Force

ProMedica and its hospitals participate with community organizations to address many of these issues, which may also include financial support, which may not be specific to one ProMedica hospital. ProMedica hospitals 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. ProMedica is taking a lead in some of our communities with programs focused on the social determinants of health, specifically focused on food access, financial strain, job training, and housing.

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

In Lucas County, primary and chronic disease needs and other health issues of minority groups (African American and/or Latino) include: healthcare coverage, preventive medicine, some women's health screenings, men's health screenings, oral health, health status perceptions, adult weight status, adult tobacco use, adult alcohol consumption, adult mental health, diabetes, arthritis, asthma, cardiovascular disease, limited in some way, social determinants of health, and, environmental conditions.

In general, adults with an income less than \$25,000 per year measured worse in most areas of health. The percent of Lucas County adults with an annual household income under \$25,000 measured worse compared to other county groups in the areas of: uninsured, health perception fair/poor, women's health exams (specifically breast exams and pap smears), visiting a dentist in the past year, current smoker, adult alcohol consumption, asthma, arthritis (only 65 and over group had higher percent), cardiovascular disease, and, limited in some way. In many other areas this group was high compared to the county. Lucas County adults who were uninsured reported that the reason they were without health care coverage was they lost their job (18%), cost (11%), they became part time or temporary employee (7%), they became ineligible (8%).

The links between economic stability and health status is evident, and progress toward decreasing the rates of the leading chronic health conditions and persistent health disparities can be made by addressing the economic status of Lucas County residents, and the social determinants of health, a focus for ProMedica: <https://www.promedica.org/socialdeterminants/pages/default.aspx>)

Table 3 – Health Issue	Whites	Latinos	African Americans	Lucas County 2023
Rate health as fair/poor	13%	19%	19%	16%
Uninsured	4%	3%	12%	6%
Diagnosed with High Blood Pressure	37%	32%	41%	38%
Diagnosed with High Cholesterol	30%	22%	24%	27%
Diagnosed with Diabetes	12%	19%	13%	14%
Diagnosed with Arthritis	21%	15%	21%	21%
Diagnosed with Asthma	12%	14%	14%	12%
Obese by BMI	36%	50%	57%	43%
Current Smoker	12%	5%	14%	12%
Binge Drank in past month	25%	29%	31%	26%
Used Marijuana in the past 6 months	6%	4%	9%	6%
Misused prescription drugs in past 6 months	6%	9%	6%	6%
Have had a Mammogram in past two years (40 and over)	75%	82%	75%	73%
Have had a Pap Smear in the past three years	57%	63%	60%	54%
Had a PSA test within the past two years (men ages 40 and older)	46%	46%	60%	53%

Limited in some way because of physical, mental or emotional problem	50%	53%	50%	51%
Visited a dentist or dental clinic (within the past year)	68%	61%	57%	63%
Have considered attempting suicide	4%	9%	3%	4%

Lucas County African American adults measured worse when compared to Whites, Latinos and Lucas County adults as a whole in the following areas: rated their health as fair/poor, uninsured, high blood pressure, high cholesterol, diabetes, arthritis, asthma, smoking, misused prescription drugs, considered attempting suicide, and limited in some way because of physical, mental or emotional problem.

Lucas County Latino adults measured worse when compared to Whites, African Americans, and Lucas County adults in the following areas: obesity, binge drinking n past month, had a digital rectal exam, and had more than one sexual partner in past year.

ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals are part of ProMedica Health System that includes a regional health plan, Paramount, that also contributes to the understanding of core community needs and metrics. ProMedica, Paramount health plan, the State of Ohio, and ProMedica hospitals have made the provision of women's obstetric care for this population a priority. This includes both obstetrics, gynecology, and outreach with the Pathways HUB, which serves minority and indigent patients from primarily poorer parts of Toledo, Ohio, to address the issue of infant mortality through a systematic approach.

It has been determined that if key leadership in the county are made aware of the links between economic stability and health status. Most county groups feel progress toward decreasing the rates of the leading chronic health conditions and persistent health disparities can be made by addressing the economic status of residents. ProMedica is taking a lead in Lucas County, and other communities, with programs focused on the social determinants of health, specifically focused on food access, financial strain, job training, and housing.

LUCAS COUNTY - INFORMATION GAPS

The formal Lucas County health assessment, historical trend data and statewide databases provided sufficient primary data, although some secondary and public health data is outdated (2018-2020) and therefore leaves gaps in measurement about key indicators during the following time period.

Through the formal county process, gaps were identified for each CHIP initiative, and a resource assessment was developed, but it is impossible to know all programs and services provided in a county due to some programming being provided by private organizations, or not offered to the public, or unaffordable for low-income individuals.

Through the formal MAPP process, gaps were identified in each CHIP initiative, and a resource assessment was developed, although it is difficult to know all resources in a community. Data is not available for all areas of health to evaluate the health needs of some minority and non-English speaking residents.

While local experts and experience supplement statistical data, underlying health beliefs that are at the core of individual health outcomes are thinly identified.

VI. PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, BAY PARK, AND ARROWHEAD BEHAVIORAL HOSPITALS - COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS

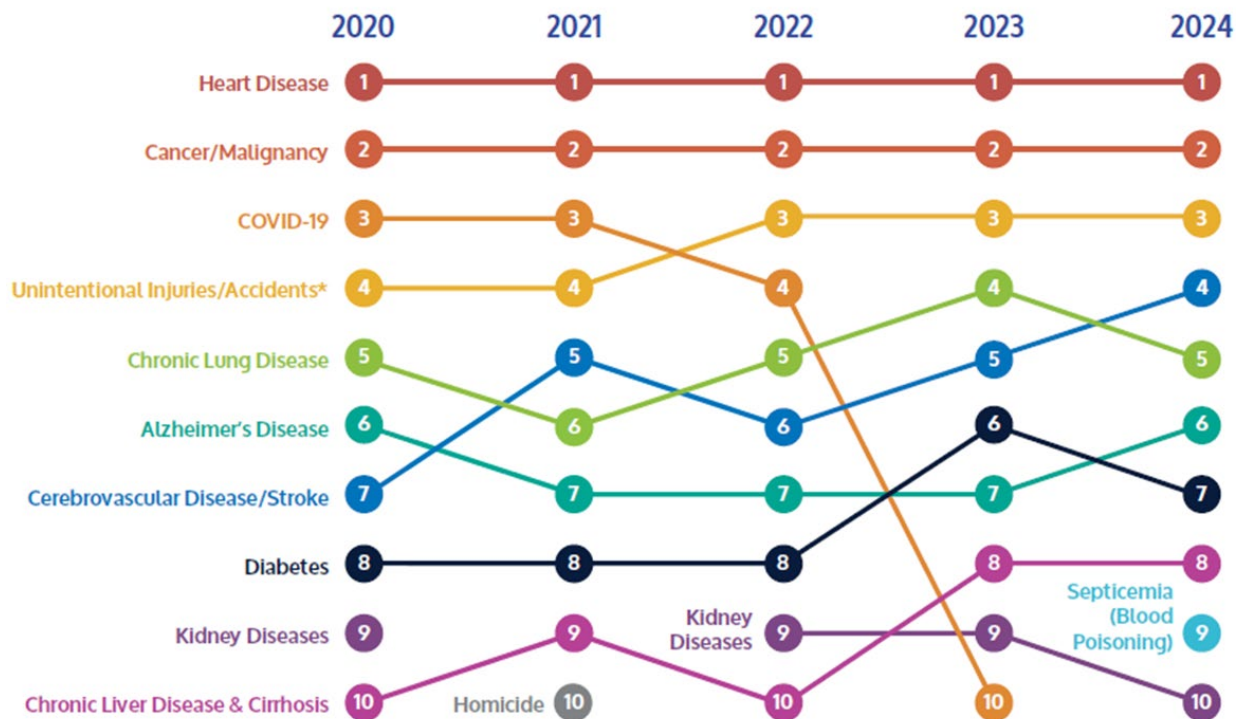
ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' leadership each convened CHNA committees to review the county assessment data and CHIP strategic plans, which included available gaps and resources, select and prioritize key health indicators, and develop implementation plans to address the specific needs of the population.

Prioritization of health needs was accomplished by the ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' CHNA committees that included staff from administration and various areas involved in patient care. These ProMedica hospitals' CHNA committees developed the hospitals' joint CHNA and plans, through the following steps:

- Review of existing Lucas County primary and secondary data sources
- Review of Lucas 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 (2026-2028)
- 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 include the leading causes of death:

Leading Causes of Death for Lucas County Residents



3

* Unintentional Injuries/Accidents includes opioid overdose deaths, motor vehicle deaths, and other accidental deaths.

Although some areas of the Lucas County CHIP strategic plan were not identified specifically as a priority in the ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' Joint CHNA implementation plans, the hospitals participate in many areas of the county plan, through various community health coalitions and initiatives, and these hospitals will focus on the priority areas of need discussed below.

VII. PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, BAY PARK, AND ARROWHEAD BEHAVIORAL HOSPITALS' HEALTH NEEDS & PRIORITIES

ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park Hospitals and Arrowhead Behavioral Health are actively involved in many priority health areas identified through the county health improvement plan, and acute care hospitals participate in the Ohio BCCP to provide no cost women's health screenings to adults that do not have coverage, thereby increasing access to health care for this population.

Following a review and discussion of health data and community priorities, as well as organizational and community programs to address these community needs, ProMedica Toledo,

Flower, Wildwood Orthopedic & Spine, Bay Park Hospitals, and Arrowhead Behavioral Health identified the following priority health needs, listed in order of priority, prioritized through ranking methodology, with supporting statistics from the 2022/2023 county CHA, as follows:

Toledo Hospital CHNA Implementation Plan Priorities

Toledo Hospital determined that the following health needs (in priority order) identified in the CHNA should be addressed in the 2026-2028 CHNA implementation plan, based on the supporting statistics provided below:

1. Health Priority: Stroke

- Three percent (3%) of adults reported they had a stroke, increasing to 6% of those over the age of 65.
- Stroke was the #4 leading cause of death in Lucas County in 2024.

2. Health Priority: Heart Disease

- Three percent (3%) of adults reported they had ever been diagnosed with angina or coronary heart disease, increasing to 8% of those over the age of 65.
- Three percent (3%) of adults reported they had a heart attack or myocardial infarction, increasing to 9% of those over the age of 65.
- Three percent (3%) of adults reported they had congestive heart failure, increasing to 6% of those over the age of 65.
- Heart Disease has been the leading cause of death in Lucas County for the last 5 years.

3. Health Priority: Trauma Prevention

- More than one-fourth (27%) of Lucas County adults had fallen in the past year, increasing to 37% of those sixty-five and older.
- Thirty percent (30%) of Lucas County African American adults had fallen in the past year, decreasing to 28% of those sixty-five and older.
- The third Leading Cause of Death in Lucas County is Accidents/Unintentional.
- More than one-third (34%) of Lucas County adults kept a firearm in or around their home. Four percent (4%) of adults reported that their firearms were unlocked and loaded.

4. Health Priority: Food and Social Needs

- Fifteen percent (15%) of Lucas County adults reported needing help meeting general daily needs such as food, clothes, shelter, or paying for utilities in the past month, increasing to 32% of those with income less than \$25,000.
- Adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (10%), worried food would run out (7%), went hungry/ate less to provide more food for their family (6%), food assistance was cut (5%), loss of income led to food insecurity issues (5%), and were hungry but did not eat because they did not have money for food (4%).
- Nineteen percent (19%) of Lucas County adults experienced one or more food insecurity issues.

Flower Hospital CHNA Implementation Plan Priorities

Flower Hospital determined that the following health needs (in priority order) identified in the CHNA should be addressed, based on the supporting statistics provided below:

1. Health Priority: Behavioral Health

- Fifteen percent (15%) of Lucas County adults had a period of two or more weeks in the past year when they felt so sad or hopeless nearly every day that they stopped doing usual activities, increasing to 20% of those with incomes less than \$25,000 and 25% of those under the age of 30.
- Four percent (4%) of Lucas County adults seriously considered attempting suicide in the past year.
- Two percent (2%) of adults reported actually attempting suicide in the past year.
- Lucas County adults reported they or someone in their household were diagnosed with or treated for the following mental health issues in the past year: anxiety or emotional problems (16%), depression (15%), anxiety disorder (panic attacks, phobia, obsessive-compulsive disorder) (11%).

2. Health Priority: Chronic Disease

- Three percent (3%) of adults reported they had ever been diagnosed with angina or coronary heart disease, increasing to 8% of those over the age of 65.
- Three percent (3%) of adults reported they had a heart attack or myocardial infarction, increasing to 9% of those over the age of 65.
- Three percent (3%) of adults reported they had a stroke, increasing to 6% of those over the age of 65.
- Three percent (3%) of adults reported they had congestive heart failure, increasing to 6% of those over the age of 65.
- Nearly two-fifths (38%) of adults had ever been diagnosed with high blood pressure.
- Ninety-six percent (96%) of adults had their blood pressure checked within the past five years.
- More than one-fourth (27%) of adults had ever been diagnosed with high blood cholesterol.
- More than three-quarters (83%) of adults had their blood cholesterol checked within the past five years.

3. Health Priority: Cancer

- The Ohio Department of Health (ODH) indicates that, from 2018 to 2020, cancers caused 19% (2,887) of all (15,201) Lucas County resident deaths (Source: Ohio Public Health Data Warehouse 2018-2020).
- The American Cancer Society states that about 609,820 Americans are expected to die of cancer in 2023. Cancer is the second leading cause of death in the U.S., exceeded only by heart disease (Source: American Cancer Society, Facts & Figures 2023).
- ODH reports that lung and bronchus cancer (total deaths=344) was the leading cause of male cancer deaths from 2018 to 2020 in Lucas County. Colorectal cancer caused 143 male deaths and

prostate cancer caused 141 male deaths during the same period (Source: Ohio Public Health Data Warehouse 2018-2020).

- ODH reports that lung and bronchus cancer was the leading cause of female cancer deaths (total deaths=355) in Lucas County from 2018 to 2020, followed by breast (total deaths=192) and colorectal cancer (total deaths=192) (Source: Ohio Public Health Data Warehouse 2018-2020).

4. Health Priority: Food and Social Needs

- Fifteen percent (15%) of Lucas County adults reported needing help meeting general daily needs such as food, clothes, shelter, or paying for utilities in the past month, increasing to 32% of those with income less than \$25,000.
- Adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (10%), worried food would run out (7%), went hungry/ate less to provide more food for their family (6%), food assistance was cut (5%), loss of income led to food insecurity issues (5%), and were hungry but did not eat because they did not have money for food (4%).
- Nineteen percent (19%) of Lucas County adults experienced one or more food insecurity issues.

Wildwood Orthopedic & Spine Hospital CHNA Implementation Plan Priorities

Wildwood Orthopedic & Spine Hospital determined that the following health needs (in priority order) identified in the CHNA should be addressed in the 2023-2025 CHNA implementation plan, based on the supporting statistics provided below:

1. Health Priority: Tobacco/Vaping Cessation

- Twelve percent (12%) of Lucas County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).
- Nearly one-quarter (24%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- Lucas County adult smokers were more likely to have: Annual incomes less than \$25,000 (20%), Been ages 30-64 (14%)
- Lucas County adults used the following tobacco products in the past year: cigarettes (14%); e-cigarette/vapes (9%); cigars (4%); chewing tobacco, snuff, or snus (3%); hookah (3%); little cigars (2%); cigarillos (2%); pipes (<1%); and dissolvable tobacco (<1%).
- Three-fifths (60%) of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- Nine percent (9%) of adults were current electronic vapor product users (those who indicated using an electronic vapor product in their lifetime and currently used it some or all days).
- Fourteen percent (14%) of adults indicated they were former electronic vapor product users.

2. Health Priority: Nutrition and Physical Activity to Reduce Obesity

- Three-fourths (75%) of Lucas County adults were either overweight (32%) or obese (43%) by body mass index (BMI), putting them at elevated risk for developing a variety of diseases.

- In Lucas County, 59% of adults engaged in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. One-third (33%) of adults exercised 5 or more days per week. Nineteen percent (19%) of adults did not participate in any physical activity in the past week, including 4% who were unable to exercise.
- Lucas County adults reported they used or visited the parks, bike trails, and walking paths in their community: very often (18%), somewhat often (27%), not very often (37%), and not at all (16%). Two percent (2%) reported there were no parks, bike trails, or walking paths available in their community.
- In 2023, 31% of adults ate 1 to 2 servings of fruits and/or vegetables per day, 43% ate 3 to 4 servings per day, and 22% ate 5 or more servings per day. Four percent (4%) of adults ate no servings of fruits and vegetables per day.
- Adults reported the following barriers in consuming fruits and vegetables: too expensive (15%), did not like the taste (5%), did not know how to prepare them (3%), no access (2%), transportation (2%), no variety (2%), distance to access (1%), stores did not take EBT (1%), and other reasons (4%). Seventy-two percent (72%) of adults reported no barriers in consuming fruits and vegetables.

3. Health Priority: Food and Social Needs

- Fifteen percent (15%) of Lucas County adults reported needing help meeting general daily needs such as food, clothes, shelter, or paying for utilities in the past month, increasing to 32% of those with income less than \$25,000.
- Adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (10%), worried food would run out (7%), went hungry/ate less to provide more food for their family (6%), food assistance was cut (5%), loss of income led to food insecurity issues (5%), and were hungry but did not eat because they did not have money for food (4%).
- Nineteen percent (19%) of Lucas County adults experienced one or more food insecurity issues.

Bay Park Hospital CHNA Implementation Plan Priorities

Bay Park Hospital determined that the following health needs (in priority order) identified in the CHNA should be addressed in the 2023-2025 CHNA implementation plan, based on the supporting statistics provided below:

1. Health Priority: Chronic Disease – COPD, Heart Disease, Stroke and Diabetes

- Three percent (3%) of adults reported they had ever been diagnosed with angina or coronary heart disease, increasing to 8% of those over the age of 65.
- Three percent (3%) of adults reported they had a heart attack or myocardial infarction, increasing to 9% of those over the age of 65.
- Three percent (3%) of adults reported they had a stroke, increasing to 6% of those over the age of 65.

- Three percent (3%) of adults reported they had congestive heart failure, increasing to 6% of those over the age of 65.
- Fourteen percent (14%) of Lucas County adults were diagnosed with diabetes at some time in their lifetime, increasing to 25% of those older than the age of 65.
- Nearly two-fifths (39%) of adults with diabetes rated their health as fair or poor.
- Lucas County adults diagnosed with diabetes also had one or more of the following characteristics or conditions: overweight or obese (89%), high blood pressure (75%), high blood cholesterol (62%).

2. Health Priority: Food and Social Needs

- Fifteen percent (15%) of Lucas County adults reported needing help meeting general daily needs such as food, clothes, shelter, or paying for utilities in the past month, increasing to 32% of those with income less than \$25,000.
- Adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (10%), worried food would run out (7%), went hungry/ate less to provide more food for their family (6%), food assistance was cut (5%), loss of income led to food insecurity issues (5%), and were hungry but did not eat because they did not have money for food (4%).
- Nineteen percent (19%) of Lucas County adults experienced one or more food insecurity issues.

3. Health Priority: Trauma Prevention

- More than one-fourth (27%) of Lucas County adults had fallen in the past year, increasing to 37% of those sixty-five and older.
- Thirty percent (30%) of Lucas County African American adults had fallen in the past year, decreasing to 28% of those sixty-five and older.
- The third Leading Cause of Death in Lucas County is Accidents/Unintentional.
- More than one-third (34%) of Lucas County adults kept a firearm in or around their home. Four percent (4%) of adults reported that their firearms were unlocked and loaded.

Arrowhead Behavioral Hospital CHNA Implementation Plan Priorities

The board of trustees of Arrowhead Behavioral Health has determined that the following health needs (in priority order) identified in the CHNA should be addressed in the 2023-2025 CHNA implementation plan, based on the supporting statistics provided below:

1. Health Priority: Substance Abuse

- Fifty-nine percent (59%) of Lucas County adults had at least one alcoholic drink in the past month, increasing to 68% of those under the age of 30.
- Of those who drank, adults consumed 5.4 drinks on average, increasing to 7.8 drinks for males.
- More than one-fourth (26%) of Lucas County adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on one occasion in the last month and would be considered binge drinkers. Of those who drank in the past month, 48% had at least one episode of binge drinking.

- Ten percent (10%) adults reported driving after having perhaps too much alcohol to drink in the past month, increasing to 13% of those under the age of 30.
- Nineteen percent (19%) of Lucas County adults reported using marijuana or cannabis in the past month.
- Two percent (2%) of Lucas County adults had used a program or service to help with an alcohol or drug problem for themselves or a loved one.

2. Health Priority: Mental Health

- Fifteen percent (15%) of Lucas County adults had a period of two or more weeks in the past year when they felt so sad or hopeless nearly every day that they stopped doing usual activities, increasing to 20% of those with incomes less than \$25,000 and 25% of those under the age of 30.
- Four percent (4%) of Lucas County adults seriously considered attempting suicide in the past year.
- Two percent (2%) of adults reported actually attempting suicide in the past year.
- Lucas County adults reported they or someone in their household were diagnosed with or treated for the following mental health issues in the past year: anxiety or emotional problems (16%), depression (15%), anxiety disorder (panic attacks, phobia, obsessive-compulsive disorder) (11%).

The above priorities not only address some leading causes of death in the county and align with initiatives prioritized in both the Ohio State Health Improvement Plan and Healthy People 2030.

As a ProMedica member hospital, ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals are represented in the execution of the community-wide community benefit plan by working with organizations and coalitions in the community who are addressing health-related issues identified in the county CHA (see Table 2). The Toledo Lucas County Health Department provided feedback for the hospitals' CHNA plans, to confirm these plans from a community health expert perspective.

VIII. COMMUNITY UNMET NEEDS, GAPS AND RESOURCE ASSESSMENT

ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park Hospitals, and Arrowhead Behavioral did not address all the needs identified in the most recently conducted Lucas County Community Health Assessment as these areas either go beyond the scope of the hospital or are being addressed by, or with, other organizations in the community. To some extent, resource restrictions do not allow the hospital to address all the needs identified through the county 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 organizations and coalitions. Table 2 lists some of the community organizations and coalitions addressing the prioritized county strategic plan issues. ProMedica hospitals address some of these issues and participates in other areas of health improvement with many of these organizations and coalitions through collaboration and/or funding.

Although community organizations, schools and faith-based organizations may have internal programs that are not widely known, the Lucas County CHIP process identified some areas of need that ProMedica and its hospitals have included in their planning. Due to the size of the greater Toledo community, it is difficult to inventory all resources and gaps, even with the input of multiple organizations and individuals.

ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park Hospitals, and Arrowhead Behavioral Health maintain awareness of the primary health issues identified for the county and demonstrate a willingness to partner, or provide supplemental programming, as needed for these issues, and many of these issues are best handled by organizations specifically addressing the health or social issue. ProMedica hospitals participate with many of these coalitions through representation, funding, or a combination of both.

IX. PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, AND ARROWHEAD BEHAVIORAL HOSPITALS - IMPLEMENTATION STRATEGY SUMMARY

In 2025, ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, and Arrowhead Behavioral Hospitals commenced with their CHNA strategic planning process, described in detail above, and developed three-year hospital-based implementation plans, taking into consideration the county CHA, as well as alignment with the Ohio State Health Assessment and Healthy People 2030. Through this process, ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, and Arrowhead Behavioral Hospitals identified the following health priorities, listed in order of priority:

Toledo Hospital

1. Stroke
2. Heart Disease
3. Trauma Prevention
4. Food and Social Needs

Flower Hospital

1. Behavioral Health
2. Chronic Disease
3. Cancer
4. Food and Social Needs

Wildwood Orthopedic & Spine Hospital

1. Tobacco/Vaping Cessation
2. Nutrition/Physical Education
3. Food and Social Needs

Bay Park Hospital

1. Chronic Disease

2. Food and Social Needs
3. Trauma & Injury Prevention

Arrowhead Behavioral Health

1. Substance Abuse
2. Mental Health

As part of the three-year plans, specific actions and measures will be implemented to evaluate the impact of these plans. Feedback to these priorities was provided by Toledo Lucas County Health Department. In addition to the above hospital specific strategies, the hospitals will continue to collaborate with Healthy Lucas County to support its CHIP priorities.

To maximize impact, ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park Hospitals, and Arrowhead Behavioral Health 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 also 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 be reported quarterly, and progress will be reported at least annually to hospital leadership and the board of trustees.

As stated above, these ProMedica hospitals will not address all the needs identified in the most recently conducted Lucas County Community Health Assessment as these areas either go beyond the scope of the hospitals or may be addressed by, or with, other organizations in the community. To some extent limited resources do not allow hospitals to address all 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 with, or by, other community agencies and coalitions across Lucas County. In addition, many health issues are addressed by physicians at a related patient visit.

Following approval of ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park Hospitals, and Arrowhead Behavioral Health 2025 CHNA and implementation plans by the respective hospitals' board of trustees, the execution of the three-year implementation action plans will be initiated in 2026, with some programs already in place.

Annual inclusion of a community benefit section in operational plans is reflected in the ProMedica strategic plan that is approved by the board of trustees and monitored by hospital leadership. Top hospital administrators are part of each hospital's CHNA planning and reporting cycles, and assure the plans are operationalized and reported to the board annually.

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 the needs assessment is inherent in the hospital budget and approved by the hospitals' board of trustees. The ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, and Bay Park hospitals' 2025 Community Health Needs Assessment and implementation plans were approved and adopted by the ProMedica Metro Board of Trustees on November 20, 2025.

X. ACCESS TO PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, BAY PARK, AND ARROWHEAD BEHAVIORAL HOSPITALS JOINT COMMUNITY RESOURCE ASSESSMENT AND OTHER RESOURCES

The ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park Hospitals, and Arrowhead Behavioral Health Joint Community Health Needs Assessment is widely available in printable (pdf) form to the public on the websites at: <https://www.promedica.org/about-promedica/community>.

The Lucas County Community Health Assessment and Community Health Improvement Plan as well as other regional county health assessments and plans, may be found on the Toledo Lucas County Health Department website: <https://lucascountyhealth.com/hlc/>.

To provide feedback or for any questions related to the ProMedica Toledo, Flower, Wildwood Orthopedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' Joint Community Health Needs Assessment and Plans, or to request a free, printed copy of this document, please email: april.snelling@promedica.org.