

MEMORIAL HOSPITAL

2016 COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN 2017-2019



Approved and Adopted on December 6, 2016

PROMEDICA MEMORIAL HOSPITAL

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EXECUTIVE SUMMARY

ProMedica Memorial Hospital in Fremont, Ohio opened its doors in 1918. Built by citizens of Fremont and Sandusky County to ensure the community has a high-quality local hospital, Memorial Hospital remains community owned and committed to every patient's right to the best possible care in a comfortable and caring environment. True to the mission, Memorial Hospital continually strives to improve the health and well-being of the individuals in the community it serves.

Today, Memorial Hospital is a state-of-the-art medical center with over 200 physicians and over 400 employees. We provide a comprehensive range of services, including the latest in surgical and diagnostic procedures and physical medicine services. As a not-for-profit hospital, we treat all patients regardless of their ability to pay.

Memorial Hospital conducted and adopted the current community health needs assessment (CHNA) in 2015. The most recent Sandusky County Community Health Needs Assessment is the result of the collaborative efforts of Sandusky County Health Partners, which began in 2001. Sandusky County Health Partners is made up of not only ProMedica Memorial Hospital but also The Bellevue Hospital, Community Health Services, Firelands Counseling & Recovery Services, Fremont City Schools, Mental Health and Recovery Services Board, Sandusky County Board of DD, Sandusky County Family and Children First Council, and WSOS. The goal of the partnership is to have a community that focuses on wellness, improving the general health status, increasing the access to services, and addressing unmet needs. ProMedica Memorial Hospital is a key partner in Health Partners and participates in many community events that are focused on health and wellness.

Following the formal county assessment survey processes, multiple community organizations collaborated to develop a strategic community health improvement plan (CHIP) for Sandusky County, with Memorial Hospital represented on these community strategic planning groups. A resource assessment was compiled as part of this process. In conjunction with the Sandusky County Health Partners, Memorial Hospital convened a CHNA committee to review the county CHIP plan and available health data, select and prioritize key indicators for their defined community, identify resources and gaps in these areas, and develop implementation plans to address these health issues in the community over the next three years. Strategic plans were developed with feedback from key community stakeholders to confirm these needs from a community perspective. Memorial Hospital will continue the work from the previous CHNA and specifically implement programs to address the following health needs, listed in order of priority:

- Cancer – access, education, and screening
- Risky Behavior in Youth – teen pregnancy and sexually transmitted diseases
- Obesity
- Mental Health – depression screenings and suicide

The 2016 Memorial Hospital CHNA may be accessed at <http://www.promedica.org/Pages/about-us/default.aspx>

IMPLEMENTATION PLAN

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

1. Cancer – increase access, education, and screening

Objective - improve access to treatment and provide early detection education to increase community awareness regarding the importance of specific cancer screenings.

Specific Needs Identified in Sandusky County CHNA:

- **Lung Cancer**
The Ohio Department of Health reports that lung cancer was the largest percent of cancer deaths (28%) in both males and females in Sandusky County from 2000-2008
- **Breast Cancer**
The Ohio Department of Health reports that breast cancer was the second leading cause of female cancer deaths (n=112) in Sandusky County
- **Colorectal Cancer**
In 2013, 66% of Sandusky County adults over the age of 50 reported having been screened for colorectal cancers at some time in their life
- **Prostate Cancer**
Prostate cancer caused 11% of all male cancer deaths from 2000-2008 in Sandusky County

Key Objectives:

- Improve access to cancer screening and treatment in the community
- Increase awareness regarding the importance of lung, breast, colorectal, and prostate screenings

Implementation Strategies:

1. Provide education and cancer resource materials on lung, breast, colorectal, and prostate cancer screenings.
2. Use approved and funded resources from Susan G. Komen to provide free breast exams and mammograms with an increase of 10 percent from previous year for underserved women.

Outcome Measures:

- Number of educational programs provided on the importance of cancer screenings
- Number of articles published regarding cancer screening benefits

2. Risky Behavior in Youth – reduce teen pregnancy and sexually transmitted disease

Objective: provide education about teen pregnancy and sexually transmitted infections

Specific Needs Identified in Sandusky County CHNA:

- 24% (21% previous CHNA) of Sandusky County youth (grades 6-12) have had sexual intercourse, increasing to 36% of youth grades 9-12
- 6% (15%) of the youth have had four or more sexual partners
- 8% of youth did not use any method to prevent pregnancy during last sexual intercourse

- 4% (13%) of youth had sexual intercourse before age 13

Key Objectives:

- Expand education on sexually transmitted infections and teen pregnancy.

Implementation Strategies:

1. Educate physicians on sexual activity/beliefs of Sandusky County youth
2. Provide educational materials for parents and healthcare providers to use in clinical/home setting to initiate discussions of risky sexual behavior in youth

Outcome Measures:

- Number of physicians attending related continuing medical education (CME)
- Number of physicians who provided educational materials (those not attending CME)
- Number of youth receiving educational material in emergency center

Collaborations:

- Fremont City Schools Purple Pride program

3. Obesity

Objective: provide healthy food options and exercise benefits to community members

Specific Needs Identified in Sandusky County CHNA:

- 35% (35% previous CHNA) of adults were obese based on BMI vs. 30% in Ohio and 28% in the U.S.
- 13% (14%) of 9th - 12th grade youth were obese, according to BMI vs. 15% in Ohio and 13% in the U.S.
- 79% (84%) of 9th - 12th grade youth ate 1 to 4 servings of fruits and vegetables per day vs. 85%* in Ohio and 78%* in the U.S.
- 43% (38%) of 9th - 12th grade youth were physically active at least 60 minutes a day on less than 5 days in the past week vs. 55% in Ohio and 51% in the U.S.
- 27% (41%) of 9th - 12th grade youth watched TV for 3 or more hours per day vs. 31% in Ohio and 32% in the U.S.

Key Objectives:

- Promote Sodexo Mindful nutritional choices for vending machines, cafeteria, and catering to improve access to healthy foods.
- Improve the health and wellness of the staff and community while at ProMedica Memorial Hospital.
- Provide exercise opportunities for the community.

Implementation Strategies:

1. Provide food choices meeting Sodexo Mindful nutritional standards in cafeteria, vending machines and catering (50% Vegetables and Fruits, 25% Wholesome Carbohydrates, 25% Lean Proteins, Minimum Healthy Fats)
2. Provide exercise opportunities 5 days per week to underprivileged children in Sandusky County during the summer school break by participating with the Fremont City Schools Purple Pride program.

Outcome Measures:

- Percentage of Sodexo Mindful offerings in cafeteria
- Percentage of Sodexo Mindful food offerings in vending machines
- Percentage of Sodexo Mindful food offerings in catering
- Number of children participating in the hospital sponsored exercise programs

Collaborations:

- Sodexo
- Fremont City Schools Purple Pride program

4. Mental Health – depression screenings and suicide prevention

Objective - increase mental health screening and detection of depression and suicidal ideation in Sandusky County

Specific Needs Identified in the Sandusky County CHNA:

- 6% (2%) of Sandusky County adults considered attempting suicide.
- 49% (51%) of 9th – 12th grade youth stated they were bullied in the past year
- 13% (11%) of 9th – 12th grade youth had made a plan to attempt suicide in the past year
- 8% (6%) attempted suicide in the past year vs. 9% in Ohio and 8% in the U.S.

Key Objectives:

- Continue staff involvement in National Depression Day screening events and suicide prevention coalition.
- Provide education focusing on depression and suicide.
- Educate healthcare workers about use of PHQ depression screening tools.

Implementation strategies:

1. Conduct two depression screening events in Sandusky County
2. Distribute resource materials related to depression and suicide to at least five community events
3. Recruit physician leader to promote use of PHQ screening tool in primary care through CME

Outcome measures:

- Number of depression screens provided
- Number of suicide prevention coalition events attended.
- Number of healthcare workers receiving education about PHQ depression screening
- Number of event where resource materials were provided
- Number of physicians trained in use of PHQ screening
- Distribute resource materials to at least five community events

Collaborations:

- Local School Districts (Fremont, Clyde, Gibsonburg, Bishop Hoffman)
- Mental Health and Recovery Services Boards of Seneca, Sandusky, and Wyandot Counties
- National Alliance for Mental Illness (NAMI)
- Wyandot, Sandusky, Ottawa, Seneca Community Action (WSOS)
- United Way/First Call for Help
- Firelands Counseling & Recovery Services

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

Through the Sandusky County Health Community Health Improvement Planning Committee, the following areas were identified as not having specific programs identified in the community: substance abuse, access to care, tobacco use, diabetes, cancer, mental health, school success, cardiovascular health, obesity, violence, minority health, and sexual behavior.

ProMedica Memorial Hospital will not address all of the needs identified in the most recently conducted Sandusky County Health Needs Assessment as these areas either go beyond the scope of the hospital or may be addressed by, or with, other organizations in the community. To some extent, limited resources do not allow hospitals to address all of the needs identified through the health assessment, but most importantly to prevent duplication of efforts and inefficient use of resources as many of these issues are addressed by other community agencies and coalitions across Sandusky County listed in the table below. Many health issues are addressed by physicians at a related patient visit.

Each of the health needs identified in the county assessment and listed below is important, with most issues being addressed by the community as a whole, with ProMedica Memorial Hospital being a key player. Key health issues identified in the Sandusky County Health Needs Assessment and the organizations providing programming to improve these health issues include:

Health Issue (adult unless specified)	Organizations/Coalitions Addressing Needs (*indicates current or planned collaboration and support with ProMedica Memorial Hospital)
Adult Marijuana Other Drugs	Firelands Counseling & Recovery Services
Adult Minority Health	
Adult Alcohol Abuse	ProMedica Memorial Hospital Firelands Counseling & Recovery Services
Adult Sexual Behavior	Sandusky County Health Department*
Adult Tobacco	The Bellevue Hospital
Adult Weight Control	ProMedica Memorial Hospital The Bellevue Hospital Sandusky County Health Department Fremont Community Recreation Center YMCA of Fremont Sandusky County Park District
Arthritis	ProMedica Memorial Hospital Fremont Community Recreation Center YMCA of Sandusky County* Arthritis Foundation
Asthma	American Lung Association
Diabetes	ProMedica Memorial Hospital The Bellevue Hospital Juvenile Diabetes Research Foundation

Cancer	ProMedica Memorial Hospital The Cleveland Clinic Cancer Center The Bellevue Hospital American Cancer Society United Way of Sandusky County* Susan G. Komen Foundation
Cardiovascular	American Heart Association ProMedica Memorial Hospital The Bellevue Hospital Fremont Community Recreation Center* YMCA of Fremont* Sandusky County Park District
Children's Health Functional Status	ProMedica Memorial Hospital The Bellevue Hospital Community Health Services Sandusky County Health Department* Fremont Community Recreation Center YMCA of Fremont* Sandusky County Park District
Children's Health Insurance Access Utilization	Community Health Plan Alliance Sandusky County Job and Family Services
Family Functioning Neighborhood Community	WSOS Community Action
Health Care Access	ProMedica Memorial Hospital The Bellevue Hospital Community Health Services Sandusky County Health Department*
Health Coverage	Community Health Plan Alliance
Health Perceptions	ProMedica Memorial Hospital The Bellevue Hospital Community Health Services Fremont Community Recreation Center YMCA of Fremont
Mental Health	ProMedica Memorial Hospital Mental Health and Recovery Services Boards of Seneca, Sandusky and Wyandot Counties* National Alliance for Mental Illness (NAMI) * Firelands Counseling & Recovery Services
Oral Health	Community Health Services

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

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

An asterisk (*) above indicates ProMedica Memorial Hospital's participation with organizations addressing these health issues which may include financial support. Note: other hospitals or organizations within the county may also have programs to specifically address some of these health issues that may not be known at the time of this publication.

The Sandusky County Health Community Health Improvement Planning (CHIP) Committee, using the Sandusky County Health Needs Assessment, prioritized several health issues, determining that if these issues are addressed by multiple agencies and organizations over the next three years, they could promote healthier lifestyles and safer neighborhoods for all ages, reduce chronic health diseases, and improve several socioeconomic determinants of health for Sandusky County residents.

This Memorial Hospital community health needs assessment implementation plan was approved by the board of trustees on December 6, 2016.