



ProHealth Rehabilitation Hospital of Wisconsin

Community Health Needs Assessment

June 2016





To our community

ProHealth Care has a long history of investing in community health programs and partnering with other organizations to identify and address the community's most urgent health needs. As part of its efforts, ProHealth periodically conducts a thorough community health needs assessment. We are pleased to share the results of our most recent assessment.

To develop the community health needs assessment, ProHealth Care collects and analyzes a wide variety of data on the health and well-being of the community. In addition, the organization interviews the leaders of nonprofit health and social services agencies, elected and appointed government officials, and other community leaders.

The community health needs assessment is used to identify factors that impact the health of area residents. Through this process, ProHealth Care leaders are able to determine which steps to take to deliver the greatest benefit for the community — and in particular how best to tackle some of the obstacles to health and wellness for the most vulnerable among us.

The assessment process is guided by the ProHealth Care Board's Community Benefit Committee, which consists of community representatives from throughout the ProHealth service area. Our committee both analyzes the information collected and helps formulate strategies to address community needs.

This community health needs assessment reflects ProHealth Care's commitment to its mission — to continuously improve the health of the community.

Sincerely,

Ralph Ramirez

Chair, ProHealth Care Community Benefit Committee

David Roelke, M.D.

Co-chair, ProHealth Care Community Benefit Committee

Community Health Needs Assessment for the ProHealth Rehabilitation Hospital of Wisconsin

A community health needs assessment is a disciplined approach to using data to identify issues that impact the health and well-being of local residents.

ProHealth Care began its assessment process with data collection, aggregation and analysis. A data compendium was developed and reviewed by the Community Benefit Committee of the ProHealth Care Board. Community feedback was obtained from ProHealth Care's Community Advocates groups. The Community Benefit Committee then used criteria-based voting to identify the most pressing problems in our community. An action plan was developed, targeting programs and resources where they are most needed and can be most effective.

The community health needs assessment helps provide a clear profile of the health of our community and how ProHealth Care is best able to partner with other organizations to address community needs.

The assessment and action plan are consistent with the requirements of the Patient Protection and Affordable Care Act, which calls for nonprofit hospitals to conduct community health needs assessments and develop strategies to address local needs.

The ProHealth Care Board of Directors has approved the action plans for each of our hospitals in order to address the community health needs identified by the CHNA.



PROHEALTH CARE COMMUNITY BENEFIT

Waukesha County is one of the most affluent counties in Wisconsin. Yet, many people in our community have unaddressed health care needs. People may not speak English as a first language. Others don't know how to access medical care. And many members of our community also worry about health care costs because they don't have insurance coverage or cannot pay out-of-pocket costs.

ProHealth Care's commitment to community benefit has led to many effective community partnerships. By working with other organizations, we avoid duplication of services and maximize resources. ProHealth has partnered with many area agencies — Waukesha Drug Free Communities, Thriving Waukesha County and Waukesha Housing Action Coalition among them — to support dozens of initiatives aimed at improving the health and well-being of our residents.

Along with our partners, we hold hundreds of health fairs and educational events each year. We also provide education and training in our hospitals and clinics to help educate the next generation of medical professionals.

Data compendium

To accurately assess the health needs of our community, ProHealth Care compiled data and information from a variety of sources. Our research included information from both experts and community members, including people whose perspectives often are under-represented.

- Community health survey: A telephone-based survey of 400 consumers was conducted by the Milwaukee Health Care Partnership (www.mkehcp.org), of which ProHealth Care is a member. The full report of this survey can be found at ProHealthCare.org
- In-person interviews with community leaders: More than 50 interviews were conducted with leaders of various non-profit organizations, schools, civic and business leaders (refer to appendix A for complete listing)
- Community feedback: Two interactive feedback sessions with hospital advocates (community members) were conducted. The advocates reviewed pertinent data and prioritized their top concerns for our community.
- Compilation of secondary data: Using a variety of sources, information was gathered that included:
 - Health statistics such as leading causes of illness, death and disability
 - Safety statistics such as crime rates
 - Socio-economic indicators such as average incomes, education levels, employment rates and housing.

ProHealth Rehabilitation Hospital of Wisconsin and its community

The ProHealth Rehabilitation Hospital of Wisconsin (PRHOW) is a state-of-the-art, 40-bed hospital that is the result of a partnership between ProHealth Care and Centerre Healthcare to meet the growing rehabilitation needs of the region. PRHOW provides acute inpatient and outpatient rehabilitation program serving patients with neurological, orthopedic, or medical conditions. The PRHOW community was defined as a ZIP-code based geographic area based on 80 percent of inpatient and outpatient activity. This area consists of Waukesha County.

Waukesha County is large (580 square miles) and diverse, incorporating urban, suburban and rural areas. Since 1950, the county's population has grown from 85,901 to more than 390,000, and the growth is continuing. The county's population is aging, with a median age of 43.1 years, which far surpasses state averages and is the highest median age among peer counties. The rate of retirement in Waukesha County is likely to surpass the rate of entry into the workforce between 2015 and 2020.

Median household income in the county is \$75,850, but a growing number of people live below the poverty level. The largest pocket of those living in poverty is in the City of Waukesha. The many high-income households in Waukesha County often gives a mistaken impression. Overlooked can be a growing population of low-income, non-English speaking, vulnerable and marginalized citizens who face significant barriers to accessing health care. The Waukesha County Medicaid population has nearly tripled in 10 years and now represents 8.33 percent of the population.

The charts that follow provide an overview of Waukesha County's demographics.

PROHEALTH CARE AT A GLANCE

An essential element of a healthy community is the availability of high quality health care services. At ProHealth Care, it is our responsibility and our privilege to provide health care for our neighbors.

The physicians and employees of ProHealth Care coordinate care across a broad spectrum of services and sites. Our health care system includes:

- 2 acute care hospitals
- A rehabilitation hospital
- The UW Cancer Center at ProHealth Care
- A free-standing emergency department
- ProHealth Medical Group, with 13 clinics and 7 urgent care sites
- 2 ambulatory surgery centers
- A wellness and fitness center
- Home care services
- Home hospice services and a residential hospice
- Regency Senior Communities
- Occupational health services





Population features

Waukesha County: July 1, 2014 Population

| Age group | Males | Females | Total | Percent change from 2010 |
|-----------|---------|---------|---------|--------------------------|
| 0 – 14 | 36,065 | 34,631 | 70,696 | -7% |
| 15 – 19 | 14,131 | 13,171 | 27,302 | 3% |
| 20 – 24 | 10,878 | 10,161 | 21,039 | 15% |
| 25 – 29 | 9,740 | 9,728 | 19,468 | -2% |
| 30 – 34 | 10,817 | 10,673 | 21,490 | 5% |
| 35 – 39 | 10,760 | 10,846 | 21,606 | -7% |
| 40 – 44 | 12,145 | 12,490 | 24,635 | -14% |
| 45 – 54 | 30,666 | 32,382 | 63,048 | -8% |
| 55 – 64 | 29,004 | 29,516 | 58,520 | 10% |
| 65 – 74 | 16,784 | 18,582 | 35,366 | 23% |
| 75 – 84 | 8,719 | 11,673 | 20,392 | 7% |
| 85+ | 3,554 | 6,820 | 10,374 | 31% |
| Total | 193,263 | 200,673 | 393,936 | 1% |

| Age group | Males | Females | Total | Percent change from 2010 |
|-----------|---------|---------|---------|--------------------------|
| 0 – 17 | 44,330 | 42,514 | 86,844 | -7% |
| 18-44 | 60,206 | 59,186 | 119,392 | 0% |
| 45-64 | 59,670 | 61,898 | 121,568 | 0% |
| 65+ | 29,057 | 37,075 | 66,132 | 19% |
| Total | 193,263 | 200,673 | 393,936 | 1% |

Source: Office of Health Informatics, Division of Public Health, Wisconsin Department of Health Services

Race – Based upon 2010 US Census

| | % of Population Waukesha County | % of Population East Troy 53120 | % of Population Watertown 53094 | % of Population Sullivan 53178 |
|--|---------------------------------|---------------------------------|---------------------------------|--------------------------------|
| Non-Hispanic White | 93.3 | 96.9 | 93.8 | 97.8 |
| Non-Hispanic Black | 1.3 | 0.4 | 1 | 0.3 |
| American Indian & Alaska Native | 0.3 | 0.4 | 0.3 | 0.3 |
| Asian | 2.7 | 0.5 | 0.8 | 0.3 |
| Other Race(s) | 1 | 0.7 | 2.8 | 0.4 |
| Hispanic | 4.1 | 2.6 | 7.1 | 2 |

Waukesha County Projected Growth in Diverse Populations, 2010 – 2020

| | 2010 Number | 2010 Percent | 2015 Number | 2015 Percent | 2020 Number | 2020 Percent |
|-------------------------------|-------------|--------------|-------------|--------------|-------------|--------------|
| Black alone | 4,914 | 1.30% | 5,957 | 1.50% | 7,262 | 1.80% |
| American Indian alone | 1,066 | 0.30% | 1,141 | 0.30% | 1,232 | 0.30% |
| Asian alone | 10,721 | 2.70% | 12,594 | 3.20% | 15,109 | 3.80% |
| Pacific Islander alone | 131 | 0.00% | 134 | 0.00% | 142 | 0.00% |
| Some other Race alone | 4,041 | 1.00% | 4,793 | 1.20% | 5,558 | 1.40% |
| Two or more Races | 5,055 | 1.30% | 6,226 | 1.60% | 7,560 | 1.90% |
| Hispanic origin | 16,123 | 4.10% | 19,078 | 4.80% | 22,696 | 5.60% |





Percentage of population at below poverty

| Report Area | Total Population | Population with Income at or Below 200% FPL | Percent Population with Income at or Below 200% FPL |
|---------------------|------------------|---|---|
| Waukesha County, WI | 385,993 | 57,482 | 14.89% |
| Wisconsin | 5,554,566 | 1,701,131 | 30.63% |
| United States | 303,692,064 | 103,964,464 | 34.23% |

Unemployment Rate

Since 2006, the unemployment rate in Waukesha County has ranged from 3.3 percent in October 2005 to 9.1 percent in February 2010. The April 2016 unemployment rate as reported by the Wisconsin Department of Workforce Development was 3.6 percent.

Hospitals located in Waukesha County

| Name | Type | Location | Affiliation |
|--|----------------|-----------------|--------------------------|
| Aurora Summit | General | Summit | Aurora Health Care |
| Community Memorial | General | Menomonee Falls | Froedtert |
| Elmbrook | General | Brookfield | Wheaton Franciscan |
| LifeCare | Extended Care | Waukesha | LifeCare |
| Oconomowoc Memorial | General | Oconomowoc | ProHealth Care |
| ProHealth Rehabilitation Hospital of Wisconsin | Rehabilitation | Waukesha | Kindred – ProHealth Care |
| Rogers Memorial Hospital | Mental Health | Oconomowoc | Rogers Memorial |
| Waukesha Memorial Hospital | General | Waukesha | ProHealth Care |
| Waukesha Mental Health | Mental Health | Waukesha | Governmental – county |

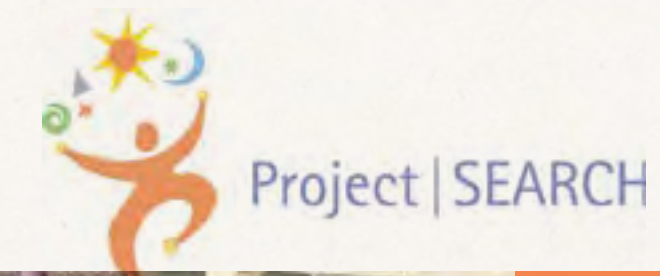
Prioritization of Needs Process

This community health needs assessment offers a snapshot of health care needs. The assessment validated much of what we already knew about our community while also highlighting health concerns that had not been identified in the past.

As part of the assessment process, statistics, including trended data, were presented to the nine-member ProHealth Care Community Benefit Committee. The committee, supported by ProHealth Care staff, studied the data and determined priorities for ProHealth Rehabilitation Hospital of Wisconsin using a two-step narrowing process. This process included a numeric prioritization scale.

Considerations included:

- The magnitude of impact on vulnerable populations.
- The impact on multiple health issues.
- The risk of morbidity and mortality.
- The magnitude of the issue.
- Alignment with Healthiest Wisconsin goals.
- ProHealth Care’s ability to impact the issue.



PROJECT SEARCH is a workforce development program for young adults with disabilities. Its goal is to help young people develop transferable skills and obtain employment. Interns are placed in ProHealth Care hospital departments, mentored by staff and taught soft skills by our partner, Easter Seals of Southeast Wisconsin.



Priority Needs of ProHealth Rehabilitation Hospital of Wisconsin

Two priority areas were identified as part of the assessment process:

| Priority Areas | Correlated Community Health Need |
|----------------------|---|
| Needs of the elderly | <ul style="list-style-type: none"> • Mental health issues including depression, dementia and Alzheimer’s disease • AODA issues (alcohol and other drugs) – adverse effects from polypharmacy • Prevalence of chronic conditions • Accidental injury • Social vulnerability and isolation • Obesity • Access: Scarcity of providers specializing in gerontology |
| Chronic Disease | Incidence of: <ul style="list-style-type: none"> • Cardiovascular disease • Cancer • Diabetes • Obesity • Alzheimer’s disease • Others |

Note: Strategies aimed at addressing a particular priority area often will also address needs in another priority area.

Implementation plan process

- The Community Benefit Committee reviewed prior implementation plans and results
- Teams were formed to research and select evidence-based strategies
- Partnerships were solicited
- Plans were reviewed and approved
- Leaders were charged with implementing plans and reporting progress

NEEDS OF THE ELDERLY

Compelling data

The number of senior citizens in our community is rapidly increasing.

Waukesha County population ages 65 and older, 2010 – 2025

| Year | 2010 | 2020 | 2025 | 2030 |
|------------|--------|--------|--------|---------|
| Population | 55,688 | 80,620 | 96,630 | 111,061 |

Source: Wisconsin Dept. of Administration and UW-Madison Applied Population Laboratory, 2015

The rate of injury and death due to falls is increasing

- The total age-adjusted unintentional injury death rate among adults 65 and older increased 15 percent from 2000 to 2013
- Falls are the leading cause of accidental death in individuals age 65 and older

The rate of certain chronic conditions is higher in the aged and is rising.

MEDICARE CHRONIC DISEASE DASHBOARD – WAUKESHA COUNTY MAY, 2014

| Condition – sorted by prevalence | Prevalence | Waukesha County rank (72 counties) |
|----------------------------------|------------|------------------------------------|
| Hypertension | 50.51% | 18 |
| Hyperlipedemia | 44.83% | 15 |
| Ischemic Heart Disease | 28.02% | 6 |
| Arthritis | 27.30% | 15 |
| Alzheimers Disease/Dementia | 10.77% | 2 |
| Atrial Fibrillation | 9.06% | 15 |
| Cancer | 8.38% | 7 |

Source: https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/Dashboard/Chronic-Conditions-County/CC_County_Dashboard.html



Obesity rate is higher in the aged

| | All adults | % Ages 18-54 | % Age 55+ |
|---------------------|------------|--------------|-----------|
| Overweight or obese | 67% | 64% | 73% |

Data from the 2014 Wisconsin Behavioral Risk Factors survey

- Polypharmacy and AODA issues are a growing concern. Polypharmacy is the concurrent use of multiple medications. It can be associated with prescription drugs and the use of too many or unnecessary medicines at dosages or frequencies higher than therapeutically necessary.
 - 44 percent of men and 57 percent of women older than 65 take five or more medications per week; about 12 percent of men and women take 10 or more medications per week.

Source: http://www.medscape.com/viewarticle/732131_1

Heavy drinking among adults in Wisconsin

| Year | Age 65+ |
|------|---------|
| 2010 | 3% |
| 2012 | 6% |

Our strategies

Objective One: Provide opportunities for senior citizens and their caregivers to enhance knowledge and coping skills by addressing psycho-social, physical and basic needs.

- Develop targeted programming for seniors that combines socialization, health screenings, healthy eating and education on a variety of topics vital to senior health and wellbeing.
- Expand offerings of free, evidence-based community education programs addressing needs associated with the aged.

Objective Two: Enhance education, understanding and credentialing for those providing care to the senior population

- Conduct professional education events aimed at elevating knowledge and adoption of best practices in health care for older adults.
- Expand NICHE certification program aimed at providing education to clinical nursing staff on issues related to the care of older adults.

CHRONIC DISEASES

According to the Center for Disease Control:

Chronic diseases and conditions, such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis, are among the most common, costly, and preventable of all health problems.

- As of 2012, about half of all adults, 117 million people had one or more chronic health conditions. One of four adults had two or more chronic health conditions.
- Seven of the top 10 causes of death in 2010 were chronic diseases. Two of these chronic diseases, heart disease and cancer together accounted for nearly 48% of all deaths.
- Obesity is a serious health concern. During 2009 – 2010, more than one-third of adults, or about 78 million people, were obese (defined as body mass index [BMI] ≥ 30 kg/m²). Nearly one of five youths aged 2 – 19 years was obese (BMI ≥ 95 th percentile).
- Arthritis is the most common cause of disability. Of the 53 million adults with a doctor diagnosis of arthritis, more than 22 million say they have trouble with their usual activities because of arthritis.
- Diabetes is the leading cause of kidney failure, lower-limb amputations other than those caused by injury, and new cases of blindness among adults.

Source: Community Commons

Compelling Data

Data from the 2015 Waukesha County consumer phone survey

| | 2009 | 2012 | 2015 |
|-------------------------------|------|------|------|
| High blood cholesterol | 24% | 25% | 26% |
| High blood pressure | 22% | 26% | 33% |

| | All Adults | % Ages 18 – 54 | % Age 55+ |
|---------------------|------------|----------------|-----------|
| Diabetes | 9% | 4% | 17% |
| Pre-diabetes | 8% | 5% | 13% |

| | Waukesha County, WI | Wisconsin | United States |
|--|---------------------|-----------|---------------|
| Percent Adults with Heart Disease | 4.7% | 3.9% | 4.4% |

| | Waukesha County, WI | Wisconsin | United States |
|----------------------------------|---------------------|-----------|---------------|
| Percent Adults Overweight | 39.1% | 36.5% | 35.8% |

The 2008 – 2012 cancer age-adjusted incidence rate in Waukesha County was 493.2 per 100,000 population, higher compared to the state at 447.7 per 100,000.



Our strategies

Objective One:
Provide alternative, no-cost education sessions for those suffering from diabetes or pre-diabetes

Diabetes Self-Management Program (English & Spanish)
An evidence-based multi-week workshop addressing positive lifestyle changes supporting those living with diabetes

Objective Two:
Enhance lifestyle choices for those diagnosed with chronic conditions

Living Well with Chronic Conditions (English & Spanish)
An evidence-based multi-week workshop addressing positive lifestyle changes supporting those living with chronic conditions.

Eating Healthy community classes
Offer "Eating Right for Health" and develop and present additional healthy cooking/dietary classes in the community

Objective Three:
Expand screening opportunities for chronic diseases

Incorporate free screening opportunities into Senior Breakfast Club
Include simple screenings (Blood Pressure, gait analysis as well as more complex screenings such as cholesterol, kidney function, etc.) into 'club' format.

ProHealth Community Fair (Offerings in English and Spanish)
A broad, community outreach event combining education and free health screenings

Community partners

The health needs in our community cannot be addressed by one organization alone. ProHealth Care is committed to partnering with agencies, organizations and institutions to effectively leverage limited resources, address unmet community health needs and improve the overall health of the community.

Partners in our effort to achieve desired CHNA outcomes are:

- Wisconsin Institute for Healthy Aging
- Waukesha County Health and Human Services
- Waukesha County Aging and Disability Resource Center
- Waukesha Drug Free Communities
- Nurses for Improving Care for Healthsystem Elders (NICHE)
- American Geriatric Society
- Hispanic Collaborative Network
- Addiction Resource Council
- Interfaith Senior Services
- National Alliance on Mental Illness
- Alzheimer's and Dementia Alliance of Wisconsin
- Waukesha Heroin Task Force



COMMUNITY EDUCATION PROGRAMS such as the evidence-based series Living Well with Chronic Conditions aim to build participants' confidence in their ability to manage their health and maintain active and fulfilling lives.



APPENDIX A: COMMUNITY ORGANIZATIONS/LEADERS INTERVIEWED FOR THIS ASSESSMENT

Agency

- Addiction Resource Council**
- Anthem Blue Cross Blue Shield**
- Catholic Charities**
- City of New Berlin Fire Department**
- City of New Berlin Police Department**
- Community Outreach Health Clinic**
- Delafield Chamber of Commerce**
- Family Services of Waukesha County**
- Food Pantry of East Troy**
- Food Pantry of Waukesha County**
- Hamilton School District**
- Hartland Chamber of Commerce**
- Hebron House**
- Hope Center**
- Hope Network**
- Jefferson County Public Health Department**
- Kettle Moraine School District**
- La Casa de Esperanza**
- Lake Area Free Clinic**
- Menomonee Falls Area Food Pantry**
- Menomonee Falls Chamber of Commerce**
- Mukwonago Area School District**
- Mukwonago Food Pantry**
- National Alliance on Mental Illness**
- New Berlin Food Pantry**
- Oconomowoc Area School District**

Municipality

- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- New Berlin
- New Berlin
- Menomonee Falls
- Delafield
- Waukesha, serving the entire county
- East Troy
- Waukesha, serving the entire county
- Sussex, Pewaukee, Lisbon and others
- Hartland
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Greater Milwaukee area
- Jefferson County
- Delafield, Dousman, Eagle, Genesee, Wales & others
- Waukesha, serving the entire county
- Oconomowoc, serving the entire county
- Northern Waukesha county
- Menomonee Falls
- Mukwonago and southern Waukesha county
- Mukwonago and southern Waukesha county
- Waukesha, serving the entire county
- New Berlin
- Oconomowoc and eastern Jefferson County

- ProHealth Care Assessment & Referral**
- ProHealth Care Emergency Services**
- ProHealth Care Hispanic Resource Center**
- ProHealth Care Outreach Nursing**
- Safe Babies Healthy Families**
- Salvation Army**
- Sixteenth Street Community Health Center Waukesha**
- St. Joseph Medical Clinic**
- School District of Menomonee Falls**
- School District of New Berlin**
- School District of Waukesha**
- Stillwaters Cancer Support Services**
- Sussex Outreach Services**
- United Way of Greater Milwaukee & Waukesha County**
- Village of Menomonee Falls Police & Fire**
- Walworth County Department of Public Health**
- Watertown Cares**
- Waukesha County Board Chair**
- Waukesha County Business Alliance**
- Waukesha County Community Dental Clinic**
- Waukesha County Department of Health & Human Services**
- Waukesha County Executive**
- Waukesha County Family Practice**
- Womens Center**
- YMCA at Pabst Farms**
- YMCA of Greater Waukesha County**

- Waukesha, serving the entire county
- Waukesha & Oconomowoc, serving the entire county
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Menomonee Falls
- New Berlin
- Waukesha
- Waukesha, serving the entire county
- Sussex
- Serving the entire county
- Menomonee Falls
- East Troy & northern Walworth County
- Watertown & eastern Jefferson County
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Waukesha, serving the entire County
- Waukesha, serving the entire county
- Waukesha, serving the entire county
- Oconomowoc area
- Waukesha, serving the entire county



PROHEALTH COMMUNITY FAIRS offer free screenings, health information, healthy cooking demonstrations and more. Our annual fair provides information and services to the underserved members of our community.

APPENDIX B

Key informant interviews – Analysis of concerns

An analysis of comments obtained during key informant interviews was performed by the Center for Urban Population Health. This analysis revealed the top five health issues for Waukesha County as: 1) mental health, 2) alcohol and drugs, 3) chronic disease, 4) access to health care, and 5) physical activity.

ProHealth Care Oconomowoc and Waukesha Memorial Hospitals are directly addressing mental health and AODA needs as a part of community health needs assessment implementation planning. Chronic diseases and physical activity issues are being addressed in part via our plans for the needs of the elderly. Additionally, the ProHealth Rehabilitation Hospital of Wisconsin has identified chronic disease as a priority.

ProHealth Care has no separate plan to address access to health care. Instead, ongoing activities integrate this work into daily practice as follows:

- ProHealth Care is the fiscal partner for the Sixteenth Street Community Health Center in Waukesha
- ProHealth provides clinical and support space free of charge to the Waukesha Community Dental Clinic and Waukesha County Family Practice
- ProHealth provides diagnostic testing at no charge to our community's two local free clinics.



HIGH SCHOOL HEALTH CARE EDUCATION allows ProHealth Care to invest in the future. We provide support for health education, CNA programming, scholarships and learning experiences, including unique anatomy lectures and pathology demonstrations.



APPENDIX C

Review of 2013 – 2015 CHNA implementation plan results

Our last community health needs assessment identified concerns which we addressed over the last three years. Our efforts resulted in a number of successful initiatives that we expect will improve health outcomes in our community. These efforts included:

| Identified need | Highlighted strategies | Results |
|---|---|---|
| Reduction of cardiovascular disease | <ul style="list-style-type: none"> • Expand smoking cessation offerings • Promote improved self-management of chronic conditions • Improve exposure to exercise options to youths living in poverty | <ul style="list-style-type: none"> • 128 individuals completed smoking cessation course • 310 individuals successfully completed six week long evidence-based program • Implemented summer-time exercise programs serving 108 disadvantaged youths |
| Reduction of cancer risk | <ul style="list-style-type: none"> • Improve healthy eating awareness via community classes and demonstrations • Promote walking and stair-climbing at our hospital facilities • Provide free, multi-week stress-reduction workshops | <ul style="list-style-type: none"> • 493 individuals participated in dietician-led community-based classes • Walking circuits of varying length and signage installed • Eight free, therapist-led workshops conducted |
| Support wellness through screening and prevention activities | <ul style="list-style-type: none"> • Implement large scale free community health fair, offering education, demonstrations and free screenings • Offer free health screens in the community • Implement screening for substance abuse in primary care | <ul style="list-style-type: none"> • ProHealth Community Fair conducted annually, drawing approximately 1000 individuals each year. Screenings included <ul style="list-style-type: none"> • Free lipid screens (140/yr) • Obesity screens (400+) • Bike helmet fittings and subsidized helmet sales (\$5) • Over 14,000 blood pressure screens • KEEP kidney screening for underserved population • PAD screening for 215 individuals • Researched, developed and implemented SBIRT model (screening, brief intervention and referral to treatment) |



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