

## Mary Rutan Hospital Action Plan 2012 Community Health Risk and Needs Assessment

**PURPOSE:** The overarching goal of Mary Rutan Hospital’s Action Plan is to respond to identified community health needs, increase access and improve health status, especially for the most vulnerable and underserved individuals and families in Logan County, and to be a leader and serve as an example to others in Logan County.

**PLAN GOAL:** The Board of Directors of Mary Rutan Hospital has determined that the health needs identified in the CHNA should be addressed through the implementation strategy noted. The plan was approved and adopted by MRH Board of Directors December 17, 2012.

Identified Health Risk and Needs	Strategies	Activities	Progress
<p><b>OBESITY</b> Over 63.9% of all respondents were identified overweight or obese</p> <ul style="list-style-type: none"> <li>● High blood pressure 48.9%</li> <li>● High cholesterol 45.5%</li> <li>● Diabetes 17.8%</li> <li>● Heart Disease 6.7%</li> </ul>	<p>Community-wide Awareness and Resource Campaign.</p> <p>Focused Community Health and Wellness Initiatives</p>	<ul style="list-style-type: none"> <li>● Provide information to raise awareness and promote resources available in Logan County through targeted media outlets with special attention to most at-risk census tracts.</li> <li>● Educational programming, Social Media and articles with health eating tips and recipes.</li> <li>● Work with Lo. Co. employers to promote physical activity among employees during the work day through corporate wellness programs.</li> </ul>	<ul style="list-style-type: none"> <li>● Healthy Habits Healthy You Campaign – Examiner, Radio, Shoppers Edge, Businesses, Social media, 01/2013, Monthly 2014, Monthly 2015</li> <li>● Targeted educational programs community wide and in at-risk areas 01/2013, Monthly 2014, Monthly 2015</li> <li>● Community Obesity Workgroup – collaborative partners with area organizations, businesses, Chamber, etc. 05/2013, 01/2014, 01/2015</li> <li>● Meeting with Honda, Belletech – 04/2014</li> <li>● Provide tips and resources to area businesses through Chamber &amp; YMCA newsletter, Logan County employees and other interested partners 2014 &amp; 2015</li> <li>● Direct mail postcard to all households in Logan County promoting all walking trails and bike paths in Logan County, 15,000+ people 2014.</li> </ul>
	<p>Promote living an active healthier lifestyle</p>	<ul style="list-style-type: none"> <li>● Implement Walk With A Doc Program.</li> <li>● Continue Power-Up 4 Fitness program (PUFF) with students and their parents.</li> <li>● Increase Participation in Logan County Farmers Market</li> <li>● Continue weekly MRH Farmers Market</li> <li>● Implement Gardening Program at Outreach Centers in at-risk areas.</li> <li>● Implement School Grant Program</li> <li>● Targeted Activities and education in at risk census tracts: churches, senior centers,</li> </ul>	<ul style="list-style-type: none"> <li>● Walk with a Doc, 01/2013</li> <li>● PUFF - 4<sup>th</sup> graders, 837 Fall 2013, 585 Fall 2014</li> <li>● Nutrition &amp; Active Lifestyle Education and screenings at Farmers’ Market – Summer 2013, 2014, 2015</li> <li>● MRH Mid-week Farmers’ Market – Summer 2013, 2014, 2015</li> <li>● Power of Produce – Youth Healthy Eating Campaign, Summer 2013, 2014, 2015 (provide funding to facilitate program)</li> <li>● Connections made through wellness workgroup facilitated by MRH – connected Farmers’ market and Outreach centers to successful implement healthy eating program, Summer 2014, 2015</li> </ul>

		outreach centers	<ul style="list-style-type: none"> <li>• Garden Program Outreach Center – MRH, Farmers’ market, OSU Extension, Outreach Center, Summer 2013, 2014, 2015</li> <li>• Foundation Community Health &amp; Wellness Program 05/2014. Grants awarded totaling \$50,000 to community partners focused on obesity, nutrition, healthier food choices, physical activity and drug abuse prevention; Bellefontaine City Schools, Bellefontaine Police Department, Benjamin Logan Elementary, Catholic Social Services, Green Hills Community, Consolidated Care, Hilliker YMCA, Family &amp; Youth Initiatives, Logan County Farmers’ Market, Recovery Zone, Union Station.</li> <li>• Through Wellness Workgroup offered free Logan County Family Fun Day at Camp Myeerah, 2/2015</li> <li>• Through Wellness Workgroup provided nutrition and fitness tips to every Elementary and Middle School student.</li> <li>• Offered free wellness fair with area business at Union Station providing multiple screenings and education to at-risk community 3/2015</li> </ul>
	Healthy People and Healthy Behaviors Community Team Participation	<ul style="list-style-type: none"> <li>• Continue partnership with Logan County Health District, MRH, YMCA – Obesity Work group</li> </ul>	<ul style="list-style-type: none"> <li>• Ongoing involvement – quarterly meetings HPHB Team – multiple sub committees meetings, 2013, 2014</li> </ul>
ACCESS TO HEALTH CARE	FQHC Investigation and possible creation in Logan County (based on financial feasibility and HRSA grant support)	<ul style="list-style-type: none"> <li>• Senior leadership to serve on governing board.</li> <li>• MRH employee serves as the leader in this effort – salary and benefits paid by MRH during the planning and implementation period.</li> <li>• Financial support during set-up period.</li> </ul>	<ul style="list-style-type: none"> <li>• Secured FQHC Grant 09/2013</li> <li>• Opening of MRH Indian Lake Medical Center 12/2013</li> <li>• Transition Mad River Family Practice &amp; MRH IL Practice to FQHC 04/2014.</li> <li>• Through this partnership we work together to link individuals without primary care providers to CHWPLC or MRH Internal Medicine or Pediatric clinics. To date, more than 700 individuals have been referred from the hospital’s ED to one of these providers, helping them better manage their health care.</li> <li>• Operational and Financial support FQHC – ongoing</li> <li>• Up to \$300,000 financial and in-kind services</li> <li>• Hospital CEO and Foundation COO serve on FQHC Governing Board 2013, 2014, 2015.</li> </ul>
	Physician Recruitment	<ul style="list-style-type: none"> <li>• Primary Care</li> <li>• OBGYN</li> <li>• Surgery</li> <li>• Pediatrics</li> </ul>	<ul style="list-style-type: none"> <li>• Primary Care - 1 physician, 1 CNP 2013</li> <li>• Pediatrics – 1 physician, 1 CNP in 2013, Nationwide Children’s Partnership 2014</li> <li>• OBGYN – 1 physician 4/2014, 2 additional physicians 7/2014</li> <li>• General Surgery – 1 physician 7/2014</li> <li>• Plastic/Reconstructive Surgery – 1 physician 10/2013</li> </ul>

			<ul style="list-style-type: none"> <li>• Neurologist – Telemedicine 10/2013 – on site physician Spring 2015</li> <li>• Orthopedic Specialty – 2 OSU physicians 2014, 1 new physician and physician assistant fall 2014, 1 new physician spring 2015</li> <li>• ENT – 1 physicians 12/2013, ½ physician ET – Sinus 3/2014</li> <li>• OSU Cardiology Partnership 2014</li> </ul>
	Medication Assistance Program	<ul style="list-style-type: none"> <li>• Review and restructure current medication assistance program.</li> <li>• Continue partnership with Mary Rutan Foundation, United Way of Logan County and area Pharmacies.</li> <li>• Pursue use of 340B program to maximize dollars available for program.</li> </ul>	<ul style="list-style-type: none"> <li>• Increase number of individuals provided short term and long term prescription assistance and types of medication – Summer 2013</li> <li>• Partnerships – 2013, 2014 &amp; ongoing</li> <li>• 340B program – retail pharmacy review in progress – 3/2014</li> <li>• MRH Retail Pharmacy planning 2014, opened spring 2015</li> </ul>
	Healthy People and Healthy Behaviors Community Team Participation	<ul style="list-style-type: none"> <li>• Continue partnership with Logan County Health District, MRH, Council on Aging and Heartland of Bellefontaine/IL – Access to Health Care work group</li> </ul>	Ongoing involvement – quarterly meeting HPHB team – multiple sub committees 2013, 2014
	Pursue possible implementation of Mobile Dental Service for residents of Logan County.	<ul style="list-style-type: none"> <li>• Review and investigate possible outreach services through Dental Center of Northwest Ohio.</li> <li>• Act as lead organization in efforts</li> </ul>	<ul style="list-style-type: none"> <li>• Tabled with Logan County FQHC – access and availability to community now offered through FQHC 4/2014. Partnered with FQHC and Health District to distribute dental supplies for dental clinics in at risk areas of community (IL, Union Station, Health District) 2014</li> </ul>
	Implementation of Urgent Care Hours Pediatric Practice	<ul style="list-style-type: none"> <li>• Review possible implementation of extended hours for urgent care services at MRH Pediatric Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Expanded hours – Fall 2013</li> <li>• Review in progress for possible opening of MRH Urgent Care Center – Winter 2013 – 5/2014 – convenience clinic slated to open by year end 2015.</li> <li>• Saturday hours at Pediatric office August 2015</li> </ul>
	Transportation	<ul style="list-style-type: none"> <li>• Continue transportation program with Tri County CIC.</li> <li>• Work with Tri County CIC through Logan County Family and Children First Council to encourage implementation of increased services in at risk areas</li> </ul>	<ul style="list-style-type: none"> <li>• One of the lead agencies in the formation of the Logan County Transportation committee 12/2013.</li> <li>• Working with LCTC transportation, plan and grant process since service discontinuation TriCounty CAC 3/2014</li> <li>• \$2,000 grant provided to Logan County Transportation Group 2014.</li> <li>• Providing transportation assistance \$ to in-need MRH clients 2013, 2014, ongoing.</li> <li>• Partnered with TLC to host training at MRH to area providers to assure that physician offices/clinics were aware or available transportation programs including reduced or free transportation to medical appointments.</li> <li>•</li> </ul>

WOMENS HEALTH	Free Mammogram Program for Uninsured or Underinsured	<ul style="list-style-type: none"> <li>• Pursue grant funding for community education and free mammogram program through Susan G. Komen Foundation</li> </ul>	<ul style="list-style-type: none"> <li>• Increase number of uninsured or underinsured women participating in first time/ baseline mammograms scheduled at MRH Imaging Center.</li> <li>• Secure Komen Grant Funding for uninsured, underinsured &amp; Amish clients 4/2013, Fall 2014</li> <li>• Community Awareness campaign – targeted postcard mailing, followed by media campaign print &amp; social media, summer 2014</li> <li>• Billboard and print materials 2014</li> <li>• Hair dresser campaign – awareness &amp; promotion, Fall 2013</li> <li>• Community Education sessions 2013, 2014</li> </ul>
	Pap Test Awareness	<ul style="list-style-type: none"> <li>• Community Awareness Program and targeted in at-risk areas identified.</li> </ul>	<ul style="list-style-type: none"> <li>• Program scheduled for fall 2015 in DeGraff area (identified at risk area)</li> </ul>
DRUG & ALCOHOL ABUSE	Healthy People and Healthy Behaviors Community Team Participation	<ul style="list-style-type: none"> <li>• Continue partnership with law enforcement, drug free youth coalition, area pharmacies and other community partners – Opiate Task Force</li> </ul>	Ongoing involvement – quarterly meeting HPHB team – multiple sub committees 2013, 2014
	Policy Change	<ul style="list-style-type: none"> <li>• Internal policy change in ED regarding dispensing of pain medications.</li> </ul>	Adopted in ED 1 <sup>st</sup> quarter 2013
	Professional Awareness Campaign	<ul style="list-style-type: none"> <li>• Awareness campaign with area physicians and dentists regarding opiate use in Logan County.</li> <li>• Encouraging reduction in amount of pain medications prescribed.</li> <li>• MRH medical staff invite area dentists to join them in reduction campaign.</li> </ul>	<ul style="list-style-type: none"> <li>• MRH physician / area dental campaign – reduction, awareness, educate and encourage use of OARRS system (Ohio Automated Rx Reporting System) Fall 2013</li> <li>• Letter campaign to those professionals that did not attend training, October 2013</li> </ul>
	Community Awareness Campaign	<ul style="list-style-type: none"> <li>• Work with Opiate Task Force Partners to create and implement a consistent Awareness Campaign with Logan County Statistics</li> </ul>	<ul style="list-style-type: none"> <li>• Implementation by year end 2013</li> <li>• Grant Secured 12/2013 for website design – target completion date 08/2014.</li> <li>• One of lead agencies for Community CORE 2014, 2015</li> <li>• Medical Director &amp; VP Community Relations chair Community CORE Medical Action Group to address Opiate and Heroin Abuse through the medical/treatment community – host and oversee monthly meetings 2014, 2015</li> </ul>
	Medication Take Back	<ul style="list-style-type: none"> <li>• Continue to partner with law enforcement to host 2 events annually.</li> <li>• Support Sheriff's Dept &amp; Police Dept for possible implementation of 24/7 medication drop box sites.</li> </ul>	<ul style="list-style-type: none"> <li>• Medication Take Back events 4/2103</li> <li>• Implementation &amp; financial support for 24/7 Take Back box at Sheriff's Office 7/2013</li> <li>• Medication Take Back Event 10/2013, 4/2014, 9/2014</li> <li>• Implementation &amp; financial support for Take Back Box in Russells Point at police department (at risk area of community)</li> </ul>

	Lo Co Drug Free Youth Coalition	<ul style="list-style-type: none"> <li>• MRH representation on governing board.</li> <li>• Support programs regarding awareness of underage drinking campaign.</li> </ul>	<ul style="list-style-type: none"> <li>• Participation in board for 2013, 2014</li> <li>• Restructure under Community CORE due to discontinuation of Federal funding in 2015 (active partner &amp; leader in CORE)</li> </ul>
MENTAL HEALTH	Healthy People and Healthy Behaviors Community Team Participation	<ul style="list-style-type: none"> <li>• Work with and support Community Mental Health Work Group to improve community awareness regarding mental illness, depression &amp; suicide.</li> </ul>	Ongoing involvement – quarterly meeting HPHB team – multiple sub committees 2013, 2014
	Community Education	<ul style="list-style-type: none"> <li>• Implementation of Education/Awareness/Resources in MRH Community Outreach programs in at-risk areas</li> </ul>	<ul style="list-style-type: none"> <li>• Hosted 1 event in each at-risk area in 2013 in partnership with area Mental health and Suicide Agencies – IL area, Heritage Court, Bellefontaine Low to moderate income groups, complete 2013</li> <li>• Design and creation of awareness materials campaign –in-kind services, Summer 2013</li> <li>• Suicide Prevention contributions \$750 – 2013, \$250 – 2014.</li> </ul>

Other Needs Identified in the CHNA But Not Addressed in this Plan

Two other topic areas were identified by the Community Health Risk and Needs Assessment Report and community review and priority setting: Unemployment and Transportation (Evening and Weekend).

While we will focus the majority of our efforts on the identified needs outlined in the table above that are obvious for Mary Rutan Hospital to address, we will support community efforts in these areas through participation with the Logan County Family and Children First Council and the Logan County Chamber of Commerce. These topics area are not addressed in Mary Rutan Hospital's Plan of Action due to limited resources and the need to allocate significant resources to the priority health needs identified above.