

2012

Logan County  
Community Health Risk and  
Needs Assessment  
PLAN OF ACTION

MARY RUTAN HOSPITAL



The Board of Directors of Mary Rutan Hospital have reviewed the findings of the Logan County Community Health Risk and Needs Assessment and approved a formal Action/Implementation Plan for the community health risks and needs identified in Logan County. ~ Approved December 2012



# Prospective – looking at the big picture

**Community Health Risk and Needs Assessment define opportunities for health care improvement, growth.**

These census-like studies help health care providers and health and human service organizations build stronger relationships with their communities, identify needs and dedicate funding and other resources toward programs that clearly benefit local residents.

## Participants

Mary Rutan Hospital along with several community and health and human service organizations formed a collaborative team to implement a survey focused on identifying and defining our local health issues and community concerns and needs. The team has been working together for more than a year to gather and analyze data, and provide direction for the full report. Sponsoring organizations include:

- Mary Rutan Hospital
- Logan County Health District
- Logan County Family & Children First Council
- United Way of Logan County
- Mental Health, Drug & Alcohol Services Board of Logan & Champaign Counties
- Logan County Commissioners
- Logan County Children Services
- Logan County Board of Developmental Disabilities
- Logan Metropolitan Housing Association
- Logan County Family Court
- Logan County Job & Family Services
- Logan County Sheriff's Department
- Bellefontaine City Police Department
- Tri-County Community Action
- The Ohio State University Extension Office of Logan County Council on Rural Services
- Logan County Educational Service Center
- Bellefontaine City Schools
- Indian Lake Local Schools
- Riverside Local Schools
- Ohio Hi-Point Career Center

*"This study is providing wonderful information about how to target programs that will help people lead healthier lives," said Tammy Allison, COO Mary Rutan Foundation/Community Relations. "There is a strong partnership in this effort between public and private organizations and people. This collaboration has helped us reach all sectors of the community. I believe this co-operation is one of Logan County's biggest strengths."*



## Project goals and objectives

- To initiate a formal and comprehensive community health assessment process that will allow for the identification of key health, safety and services issues, and a systematic review of those items in Logan County.
- To create an infrastructure that will permit ongoing updating and easy dissemination of available data, and enable a continued partnership.
- To create a health profile that will allow for prioritization of needs and resource allocation, informed decision making and collective action that will improve health outcomes.

# Who told us what?

## Data collection and review

Community health information was gathered using several methods:

- Over 10,800 Logan County households were surveyed to gather information about health-care, quality of life, wellness, environment, safety, parenting and social and demographics. Twenty percent of Logan County households (2,200) responded to the anonymous survey. Called a Behavioral Risk Factor Survey, these surveys are the only source of county specific estimates that quantify the prevalence of various behaviors, medical conditions, and preventive health care practices among Logan County adults.
- Community focus groups were held to discuss perceptions of needs, access to available health care programs and priorities.
- More than 35 health and human service providers and professionals from across the county came together for the purpose of this survey. These community partners included professionals in the areas of hospital administration, public health, health and wellness, health and human services, industry, counseling, education, children's development, aging, law enforcement and local government.

## Telling the story

### Implementation plans

Mary Rutan Hospital and each participating organization will utilize this information according to community needs and their own unique strengths. Efforts will be coordinated across the county to help ensure adequate availability of needed services and efforts to improve at risk findings. Four action groups have been formed and are working collaboratively to address these issues. Those groups include: Healthy People & Behaviors, Stable Families, Young People Succeeding and Safe & Supportive Neighborhoods.

### Sharing results with the community

#### **Mary Rutan Hospital Plan of Action**

The implementation strategy is a written plan that addresses each of the community health needs identified in the CHNA. The plan has been tailored to the hospital, taking into account our specific programs, resources and priorities. The workgroup included organizational leaders with the ability to make recommendations for staff and resources to be budgeted for their work toward improving the targeted health needs. The following pages are comprised of Mary Rutan Hospital's Plan of Action to address the areas of need and risk identified. This document was approved by the governing board in December of 2012.

#### **Feedback Mechanism**

Please contact [publicrelations@maryrutan.org](mailto:publicrelations@maryrutan.org) with feedback on the implementation strategy or if you do not have access to email you may mail your comments to Mary Rutan Hospital Community Relations Department 205 Palmer Avenue Bellefontaine, Ohio 43311.

## 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  | Measurement/ Outcomes   |
|---|--|---|---|
| <b>OBESITY</b><br>Over 63.9% of all respondents were identified overweight or obese <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> | Community-wide Awareness and Resource Campaign.<br><br>Focused Community Health and Wellness Initiatives | <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>   | Add question to 2015 CHNA regarding awareness and lifestyle changes to measure implementation of awareness campaign.<br><br>Decrease the % of Logan County residents who are overweight or obese. Measured through findings of the 2015 Community Health Risk and Needs Assessment. Measured through findings of the 2015 CHNA.                         |
|   | Promote living an active healthier lifestyle   | <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, outreach centers</li> </ul> | Increase the % of Lo Co residents engaging in weekly physical activity. Measured through findings of the 2015 CHNA.<br><br>Increase awareness of youth through PUFF program. Measured through semi - annual program assessment<br><br>Decrease the % of Logan County residents who are overweight or obese. Measured through findings of the 2015 CHNA. |
|   | 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>  | Goals established by community team   |

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| 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>             | 3 year implementation plan as established by FQHC governing board  |
|                       | Physician Recruitment  | <ul style="list-style-type: none"> <li>Primary Care</li> <li>OBGYN</li> <li>Surgery</li> <li>Pediatrics</li> </ul>   | Measured through medical staff recruitment/succession planning   |
|                       | 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> | <p>Increase the number of individuals provided short term and long term prescription assistance.</p> <p>Measured through findings of the 2015 CHNA</p>   |
|                       | 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>   | Goals established by community team  |
|                       | 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>  | <p>Pending</p> <ul style="list-style-type: none"> <li>Outcomes of findings of investigation</li> <li>Available Funding Sources</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>  | <p>Pending</p> <ul style="list-style-type: none"> <li>Outcomes of findings of investigation.</li> <li>Pediatric recruitment</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>                                       |  |
| 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>  | <p>Increase number of uninsured or underinsured women participating in first time/ baseline mammograms scheduled at MRH Imaging Center.</p> <p>Measured through findings of the 2015 CHNA.</p> |
|                       | Pap Test Awareness   | <ul style="list-style-type: none"> <li>Community Awareness Program and targeted in at-risk areas identified.</li> </ul>  | Measured through findings of the 2015 CHNA.  |
| 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>   | Goals established by community team  |
|                       | Policy Change  | <ul style="list-style-type: none"> <li>Internal policy change in ED regarding dispensing of pain medications.</li> </ul>   | Implementation and approval of policy  |
|                       | 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</li> </ul>  | <p>Completion of awareness campaign in 2013.</p> <p>Implementation of MRH</p>  |

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|                      |   | <ul style="list-style-type: none"> <li>medications prescribed.</li> <li>MRH medical staff invite area dentists to join them in reduction campaign.</li> </ul>  | physician/dental reduction campaign                 |
|                      | 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>  | Implementation by year end 2013                     |
|                      | 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> | Tracking of participation in Med Take Back events   |
|                      | 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>  | Participation in board for 2013, 2014 & 2015        |
| <b>MENTAL HEALTH</b> | 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>  | Goals established by community team                 |
|                      | 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>  | Host 1 event in each at-risk area beginning in 2013 |

**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.