

Parkview Huntington Hospital
Implementation Strategy Report 2017
SUMMARY VERSION

Health Priorities: OBESITY and ALCOHOL & SUBSTANCE ABUSE/ADDICTION

I. Parkview Health's Mission

- a. Parkview Health Mission Statement: As a community owned, not-for-profit organization, Parkview Health is dedicated to improving your health and inspiring your well-being.
- b. Parkview Health Vision- We will achieve our mission by:
 - i. Tailoring a personalized health journey to achieve your unique goals
 - ii. Demonstrating world-class teamwork as we partner with you along that journey
 - iii. Providing the excellence, innovation and value you seek in terms of convenience, compassion, service, cost and quality.

Within the walls of Parkview Huntington Hospital there is a strong emphasis on providing excellent care and excellent service to every patient, every day. Another integral part of the mission takes place outside our walls, in the community, and is accomplished through the community health improvement outreach programs which focus on improving access to healthcare and addressing identified community health needs especially serving vulnerable populations.

II. Community Served

- a. Residents of Huntington County, primarily underserved families, will be served through community health improvement programs that address the top identified health priorities.

III. Implementation Strategy Process

- a. Based on the community health needs assessment, our internal team along with external partner organizations plan to continue to build on health initiatives that have been developed over the past three years, 2014 through 2016, to address obesity, alcohol and substance abuse/addiction in Huntington County. Obesity will be a system-wide health priority for all Parkview hospital entities from 2017 through 2019.
- b. The implementation strategy report was reviewed, discussed and approved (adopted) first by Board Planning, a committee of the Parkview Huntington Hospital Board of Directors. The implementation strategy report based on the priorities set through the most recent community health needs assessment (CHNA) process was then presented and approved (adopted) by the full Parkview Hospital Board of Directors.

IV. Prioritized List of Significant Health Needs Identified in CHNA

- a. The Hanlon Method referred to as the Basic Priority Rating System (BPRS) is recommended by the Healthy Communities Institute and the National Association of

County and City Health Officials (NACCHO) for the purpose of prioritizing community health needs. This method takes into account the size and seriousness of the health issue and proven effectiveness of clinical interventions.

- b. Then staff applied the PEARL criteria of Propriety, Economics, Acceptability, Resources and Legality to local health issues in order to further prioritize identified needs. After this analysis and results from a community provider survey, it was determined that Obesity, Alcohol and Substance Abuse/Addiction will be addressed by Parkview Huntington's community health improvement.
- c. Note: Additional information about the prioritization process is located in the CHNA report pages 31 through 42.

V. Significant Health Needs to be Addressed include:

a. Actions to address obesity and anticipated impact of actions

- i. Obesity (having a body mass index greater than 30.0) affects all age groups and disproportionately affects people of different socioeconomic statuses and racial/ethnic groups. There are often many complications that can occur as a direct or indirect result of obesity. Obesity rates in Indiana are higher than the national average, with rates in most of northeast Indiana above the state average. In Indiana, childhood obesity has been identified as a "staggering" problem with 30 percent of children ages 10 to 17 years of age overweight. In collaboration with other community leaders, Parkview Huntington actions are to support the further development of healthy lifestyle choices among residents of Huntington County. The strategic goal of this initiative is to increase overall awareness of healthy lifestyle choices, increase the number of adults who report consuming fruits and vegetables on a daily basis, and increase the number of nutritional and activity based programs offered for families in our community. The anticipated impact is reduction of the obesity rate and in turn the chronic diseases that go hand in hand with obesity.

b. Internal resources the hospital plans to commit:

- i. Diabetes Support Group meets at Parkview Huntington Hospital and is coordinated by the Rehab and Wellness Department's diabetes nurse educator. Program topics focus on various aspects and side effects of diabetes to assist individuals to cope with the disease process and encourage healthy lifestyle habits, such as, healthy eating and exercise.
- ii. Chronic Pain Support Group meets at Parkview Huntington Hospital and is coordinated by a therapist within the Rehab and Wellness Department. Program topics focus on various aspects and side effects of chronic pain to assist individuals to cope with the condition and encourage healthy lifestyle habits such as healthy eating and exercise.
Healthy Steps Health Fair provided twice a year on our hospital's campus to provide the community with an opportunity to talk with Parkview professionals, including dietitians and exercise specialists free of charge, as well as, receive

reduced laboratory services that can be used as a tool to identify and track chronic disease that are often linked to obesity.

c. *Planned collaboration between hospital, other facilities or organizations:*

- i. Parkview Huntington Family YMCA provides individual and group opportunities for exercise and education to promote a healthy lifestyle for all ages. Leading the coalition's school fitness tracking project along with Huntington University is one of many coalition projects the YMCA is involved with.
- ii. Parkview Boys and Girls Club of Huntington County, Inc. offers various programs and clubs to families and children to teach the importance of a healthy lifestyle.
- iii. Youth Services Bureau of Huntington County offers various programs and clubs to families and children to teach the importance of a healthy lifestyle.
- iv. Huntington County Free Health Clinic provides one-on-one diabetes education through our Parkview Huntington Foundation
- v. Blessings in a Backpack increases nutritional intake of free-lunch elementary student recipients on weekends to decrease hunger and obesity and increase academic performance
- vi. Love Inc. of Huntington County Indiana – Because poverty and obesity have shown great correlation and Love Inc., through the coalition's work with Parkview and Purdue Extension, is working to provide healthier foods to their clients.
- vii. Purdue Extension of Huntington County collaborates to provide community Dining with Diabetes programs. As a part of the coalition, Purdue Extension helps lead school food rescue program, community garden, and gleaning initiatives to help local food pantries. Looking to increase the Supplemental Nutrition Assistance Program (SNAP) redemption at the Huntington farmer's market by starting Power of Produce program (POP).
- viii. Huntington House Healthy Habits - Parkview Huntington dietitian makes monthly visits to The Huntington House, a shelter that provides short-term, intermediate housing for homeless families, women and children in need. The dietitian helps residents with meal planning, basic nutrition concepts, and is a future resource for any medical nutritional needs.
- ix. Huntington County Health & Wellness Coalition - Parkview Huntington has designated time for the registered outpatient dietitian to chair the county coalition in which its mission, vision, and goals align with that of Parkview's. This employee leads coalition meetings every other month and the Food Resource Group subcommittee meetings monthly, as well as, attending the monthly mental health meetings and Active Living Group that meet every other month.

VI. Significant Health Needs to be Addressed include:

- a. *Actions to address alcohol & substance abuse and addiction and anticipated impact of actions*
 - i. In collaboration with other community leaders, Parkview Huntington's actions are to support the prevention and treatment of alcohol and substance abuse/addiction among residents of Huntington County. The strategic goal of this initiative is to increase overall awareness of this major issue, decrease the number of adults who report thinking of or using alcohol and drugs, and increase the number of prevention and treatment based programs offered in our community. The anticipated impact is improved physical, mental and financial well-being of our community.
- b. *Internal resources the hospital plans to commit:*
 - i. A Parkview cardiac rehab nurse has been trained and has implemented a six-week smoking cessation course, Freedom from Smoking®
 - ii. Senior leadership has organized community conversations to increase awareness of the alcohol and substance abuse/addiction issue in Huntington County.
- c. *Planned collaboration between hospital, other facilities or organizations:*
 - i. Huntington County Free Health Clinic encourage smoking cessation classes and offers cessation medicine
 - ii. Huntington House encourage smoking cessation and educational materials
 - iii. Place of Grace provides a transitional environment for residents who have a history of addiction, abuse and poverty.

VII. Significant Health Needs Not Addressed include:

- a. Diabetes, Cardiovascular Disease and Cancer – While Parkview Huntington Hospital did not select these chronic diseases as top health priorities, our intent is to help to prevent and reduce the presence of chronic conditions like the aforementioned diseases by addressing obesity through nutrition education, increased access to healthy foods, active living programs and education on other healthy lifestyle habits.
- b. Maternal/infant/child health prenatal care is offered from Parkview Huntington via the birth planning program. WIC, Kids Kampus also provide services.
- c. Healthcare access-cost and quality - We collaborate with Parkview Physicians Group to provide the medical coverage that is needed for our community. If an individual does not have a local physician, we provide them with a list of the local physicians and their contact numbers. As appropriate, we refer the patient to the Huntington County free clinic for care.
- d. Mental health - Parkview Huntington Health has representation at monthly System of Care meetings, and partners with the Bowen Center through the coalition. Huntington University also has their Lifespring Counseling Program.

- e. Chronic kidney disease - Major risk factors related to chronic kidney disease are diabetes, high blood pressure and age of 60 and older which again we are working to improve by decreasing obesity.
- f. Asthma-Pathfinder's Kids Kampus, a Parkview Huntington funded partner, provides Kids Clinic that addresses the needs of those with asthma.
- g. Aging - Parkview Huntington Hospital provides seniors in our community with discounts (such as in our fitness center) and other opportunities through our Parkview Senior Club. The Huntington County Council on Aging is one of our funded partners and is involved with the Health & Wellness Coalition. Parkview Huntington team members regularly present prior to monthly senior meetings.