

**Parkview Noble Hospital  
Implementation Strategies 2017**

**Health Priority: OBESITY**

**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 Health facilities 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** which includes description of the geographic areas and populations that will be addressed by the implementation strategy.

- a. Residents of Noble County, Ind., with a focus on underserved families will be served through community health improvement programs that address identified health priorities.

**III. Implementation Strategy Process** - Explanation of how the implementation strategy was developed including who advised or participated in the process. Also describe how the implementation strategy was adopted by the authorized body of the hospital.

- a. Based on the community health needs assessment (CHNA), our team plans to continue to build on health initiatives that have been developed over the past three years, 2014 through 2016, to address obesity in Noble County. Individuals that run the programs took into account input from program participants and other individuals that assist in administering the programs.
- b. With the help of Parkview staff and management, the CHNA was conducted by Indiana Partnership for Healthy Communities (a partnership between Indiana University Fairbanks School of Public Health and the Polis Center at IUPUI). Primary data collection and secondary data collection was collected through the Healthy Communities Institute platform of best practices. The program coordinators included partner community organizations, i.e., Cole Center YMCA, Common Grace, Drug Free Noble County, The Arc

of Noble County, Noble County Council on Aging, Life and Family Services, etc., local healthcare providers, Noble County Department of Health, as well as randomized telephone calls to local community members.

- c. The CHNA was reviewed, discussed and approved (adopted) first by the community health improvement committee, and then approved by Parkview Noble Hospital Board of Directors after the top three health priorities were presented.

**IV. Prioritized List of Significant Health Needs Identified in CHNA** – Describe the process and criteria used to identify priorities

- 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. Then we applied the PEARL criteria of Propriety, Economics, Acceptability, Resources and Legality to local health issues in order to further prioritize needs.

**V. Significant Health Needs to be Addressed include:**

- a. Actions to address obesity and anticipated impact of actions – Actions to address the issue of obesity center around and include the following programs: 1) *My Best Health* health behavior change program 2) Planting Healthy Seeds for 3<sup>rd</sup> and 4<sup>th</sup> graders 3) Cleaner Eating – educational food preparation program 4) Center for Healthy Living physical fitness classes 5) Activate Noble County Farm Stands 6) Diabetes Workshops and Support Groups 7) Cooking demonstrations 8) Emergency Food Bags
- b. Parkview Noble Hospital plans to commit resources and funding for the programs to address obesity.
- c. Parkview Noble Hospital plans to collaborate and establish relationships with school district administration and teachers, The Arc of Noble County, Cole Center YMCA, and McMillen Health to address obesity

**VI. Significant Health Needs Not Addressed include:**

- a. The health needs that were identified but not addressed:
  - i. Diabetes – Parkview Noble Hospital currently already has a diabetes educator on staff and free workshops and support groups offered to the community. The Cole Center YMCA also provides a Diabetes Prevention Program. Registered dietitians are on staff to provide consultations for those diagnosed with diabetes.
  - ii. Maternal/Infant/Child Health – A birth planner on staff teaches safe sleep classes for expecting parents and Life and Family Services already offers workshops and education for the underserved populations
  - iii. Cardiovascular Disease – The size of the health problem was lower in ranking than the three health needs identified

- iv. Cancer – The size of the health problem was lower in ranking than the three health needs identified
- v. Health Care Access – Cost and Quality – Parkview Noble Hospital currently offers medication assistance, charity care, financial assistance with hospital bills, and transportation for the underserved population to access health care
- vi. Mental Health – The Center for Healthy Living offers classes for stress reduction as well as a Healing Arts series. Parkview Behavioral Health is involved in the Noble County community with an urgent care clinic designed to briefly provide therapy for those with immediate mental health needs. The Northeastern Center is already in existence to provide both inpatient and outpatient mental health services in Noble County. New Hope Clubhouse is a self-help program for men and women recovering from mental illness which promotes recovery through work, relationships, and the opportunity to become part of the community
- vii. Asthma – This need ranked too low overall on the Hanlon scores by indicator and was not chosen
- viii. Aging– This need ranked too low overall on the Hanlon scores by indicator and was not chosen

**Purpose:** Parkview Noble Hospital will serve as community leader to create a culture of healthy living

**Goal:** Reduce obesity and the chronic diseases that develop as a result in Noble County

**Overview:** Parkview Noble Hospital will continue programs established from 2014 through 2016 as well as increase the amount of programs offered and participant attendance to address obesity in Noble County

**Overall Outcomes:**

- By December 31, 2019, maintain or decrease the obesity rates within targeted populations that are participating in the initiatives/programs addressing obesity
- By December 31, 2019, will improve biometrics and the healthy status of the community members in Noble County

**Overall Metrics**

**One-year Indicators:**

- By December 31, 2017, increase the number of adults who report access and consumption of fruits and vegetables on a daily basis as measured by amount of pounds sold and number of farm stands hosted.
- By December 31, 2017, 50 percent of the program participants in the health behavior change program (My Best Health) will decrease their BMI by at least 5 percent

- By December 31, 2017, 50 percent of the program participants in the health behavior change program (My Best Health) will eliminate barriers to success and improve their healthy behaviors as measured by a self-reporting question/answer

### **Two-year Indicator**

- By December 31, 2018, adults are eating healthier as evidenced by how well adults can implement what they learned through knowledge, attitude change, counseling, interviews, and surveys periodically after program completion

### **Parkview Noble Hospital's Strategies to Address Obesity**

Parkview is bolstering its efforts in areas deemed to be the highest impact for obesity prevention. These include the following: 1) Working to increase access to fresh, affordable and locally grown (when possible) food; 2) Increasing consumption of fresh produce; 3) Offering curriculum to elementary schools for physical activity and nutrition; 4) Preventive health and skill-building classes for families and individuals and; 5) Provider directed wellness resources including referrals to My Best Health – health behavior change program.

**My Best Health:** In collaboration with Cole Center YMCA, Parkview Noble provides a health behavior change program for those seeking support to make healthy behavior changes. The strategic goal of this initiative is to prevent, arrest and reverse chronic diseases, including obesity, while increasing healthy behaviors such as physical activity and healthy eating.

**Activate Noble County Farm Stand:** The Farm Stand exists to improve healthy behaviors by encouraging the consumption of more fruits and vegetables to improve overall health in Noble County community members. The Farm Stand helps address food insecurity issues in Noble County that are due to the two food deserts that lie within the County. The Farm Stand offers affordable fruits and vegetables to the underserved populations in local food deserts. Farm Stands are weekly mobile units that go directly into the food desert community. Parkview Noble has partnered with Activate Noble County to offer these mobile farm stands and expand the gardens which grow this food.

**Emergency Food Bags:** Emergency food bags exist as a partnership with Activate Noble County and the Kendallville Police Department to provide nutritious food to those experiencing a food emergency. Police officers can offer food bags 24/7 to those in need by calling the Parkview Noble House Supervisors. In the past, officers with the Kendallville Police Department have reached into their own pockets to provide fast food to families in need on calls. Emergency food bags offer police officers the option to provide those in need of assistance a food bag with sustainable, nutritious food. This also allows for follow up from the Parkview Noble Non-Clinical Patient Navigator to find resources for access to food in the future.

## **Health Priority: DRUG USE**

**Purpose:** Parkview Noble Hospital will serve as community leader to create a culture of healthy living

**Goal:** Reduce drug use and the chronic diseases that develop as a result in Noble County

**Overview:** Parkview Noble Hospital will continue programs established from 2014 through 2016 as well as increase the amount of programs offered and participant attendance to address drug use in Noble County

### **Overall Outcomes:**

- By December 31, 2019, increase the resources offered to those in the community about the harmful health effects of drug use.
- By December 31, 2019, students in drug education will understand the cost and health effects that are related to drug effects.

### **Overall Metrics**

#### **One-year Indicators:**

- By December 31, 2017, participants in drug education will have a higher knowledge on the cost related to drug use as measured by pre/post-tests.
- By December 31, 2017, participants in drug education will understand the health effects of drug use as measured by pre/post-tests.

#### **Two-year Indicator**

- By December 31, 2018, the education, health effects, and opportunity for discussion in the drug programs provided in the schools will reduce the percentage of drug use as measured by pre/post-tests.

## **Parkview Noble Hospital's Strategies to Address Drug Use**

Parkview is bolstering its efforts in areas deemed to be the highest impact for drug use. These include the following: 1) Provide education in the school systems for prevention of drug use 2) Provide lectures to the community about the effects of drug use, and 3) Provide a base of referrals to appropriate resources for those in need.

**Drug Education:** In collaboration with Drug Free Noble County, McMillen Health and Noble County school systems, Parkview Noble Hospital will provide education regarding drug use and develop an increased knowledge of the importance of drug use prevention and effects of drug use in Noble County. These educational events will incorporate interactive sessions appropriate for various age groups.

**Drug Free Noble County:** Drug Free Noble County works collaboratively with Parkview Noble Hospital and various other organizations in Noble County. Drug Free Noble County focuses on prevention of drug use by engaging youth in making healthy choices. They also focus on making sure there are treatment/recovery options available to every in the community that needs them. Drug Free Noble County also focuses on the use of alcohol, tobacco, and other drugs in the county. They also educate employers and staff regarding alcohol, tobacco and other drugs.

**McMillen Health:** McMillen Health offers many educational opportunities to Noble County school systems. ‘Drug Free: Way to Be!,’ ‘Stay Drug Free,’ ‘Decisions: It’s Up to You,’ ‘Informed Decisions,’ ‘Pharm Crisis,’ and ‘Straight Talk: Drugs,’ offer education to grades 4–12 on how the nervous system works. Students are shown the effects of alcohol, tobacco, marijuana, methamphetamine and inhalants have on their body using visuals and role-playing. Programs educate about the facts of these drugs. A major emphasis is on the effects these drugs have on the brain and body so youth will choose a drug-free life. Students are also taught that decisions they make today will impact their future.

### **Health Priority: TOBACCO USE**

**Purpose:** Parkview Noble Hospital will serve as community leader to create a culture of healthy living

**Goal:** Reduce tobacco use and the chronic diseases that develop as a result in Noble County

**Overview:** Parkview Noble Hospital will continue programs established from 2014 through 2016 as well as increase the amount of programs offered and participant attendance to address tobacco use in Noble County

### **Overall Outcomes:**

- By December 31, 2019, maintain or decrease the tobacco use rates within targeted populations that are participating in the initiatives/programs addressing tobacco use
- By December 31, 2019, will decrease the use of tobacco by the community members in Noble County

### **Overall Metrics**

#### **One-year Indicators:**

- By December 31, 2017, participants in tobacco education will have a higher knowledge on the marketing tactics used by tobacco companies and the cost related to tobacco use as measured by pre and post-tests.
- By December 31, 2017, participants in tobacco education will understand the health effects of tobacco products as measured by a post-test
- By December 31, 2017, 75 percent of participants in Freedom from Smoking will decrease their use of tobacco products or quit as measured by their reported use.