

**Parkview Wabash Hospital  
Implementation Strategy Report 2017  
SUMMARY VERSION**

**Health Priorities: Obesity and Maternal/Child Health**

**I. Parkview Health's Mission and Vision**

- 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 Wabash County, Ind., with a focus on underserved families will be served through community health improvement programs that address the top 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 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 and maternal/child care in Wabash County. Obesity will be a system-wide health priority for all hospital entities from 2017 through 2019.
- b. The implementation strategy report was reviewed, discussed and approved (adopted) first by the community health improvement committee, a committee of the Parkview Hospital Board of Directors. The implementation strategy report based on the priorities set through the most recent community health needs assessment process were then presented and approved (adopted) by the full Parkview Hospital Board of Directors.

**IV. Prioritized List of Significant Health Needs Identified in the 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.
- b. A committee of Parkview Wabash co-workers then met to review the top needs. Obesity was identified as a continued area of focus for all Parkview entities, which the committee supported. The committee also reviewed county health data related to Maternal/Child Health. With that information, along with the knowledge that the hospital will re-open obstetrics in the new facility, it was determined that Maternal/Child Health will also be addressed by community health improvement.
- c. The areas of Obesity and Maternal/Child Health were presented to and approved by the executive committee of the hospital's board.
- d. Note: Additional information about the prioritization process is located in CHNA report pages 32 through 43.

**V. Significant Health Needs (Obesity, Maternal/Child Health) to be Addressed include:**

- a. Actions taken to address obesity and the anticipated impact of actions taken to address obesity
- b. Resources the hospital plans to commit to the initiative

- c. Planned collaboration between the hospital and other facilities and organizations

## OVERVIEW OF THE OBESITY INITIATIVE

**Problem Statement:** 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.

**Purpose:** Parkview Wabash Hospital will serve as a community leader partnering with other key community organizations to promote a culture of healthy living and well-being.

**Goal:** The goal of this initiative is to reduce obesity and the chronic diseases that develop as a result in Wabash County.

**Actions:** Parkview Wabash Hospital will continue programs established from 2014 through 2016 to address obesity in Wabash County. Actions to address the issue of obesity center around programs that engage children and families and include the following programs: 1) Mid-week Farmers Market; 2) OJ Neighbours Elementary Fit Club; 3) Community-based Diabetes Education Program; and 4) Diabetes Classes.

### Mid-week Farmers Market

**Actions:** Parkview Wabash Hospital is located in a residential neighborhood that would be considered low-income. Since there are no grocery stores in close walking distance, the easiest access to food is from two convenience stores. The hospital hosted four mid-week Farmers Markets in the empty lot on the north end of its property. Six different vendors offer fresh produce.

**Anticipated Impact:** The anticipated impact of the mid-week market is to increase the access to and regular intake of fresh, local healthy foods by low income individuals in an underserved area of Wabash County and link opportunities for healthy eating and active living to better overall health and well-being of residents in our community.

**Committed Resources:** Location and staff time to coordinate.

**Planned Collaboration:** The hospital works closely with Wabash Marketplace, the organization that runs the Saturday Farmers Market. The mid-week market is promoted with all of their vendors and offered free of charge with their paid booth space on Saturdays.

### Community-based Diabetes Education Program

**Actions:** A registered dietitian provides educational and screening programs to individuals with pre-diabetes, diabetes or other nutrition-related disease such as obesity, heart disease and hypertension. Activities are in the form of accessible educational classes, one-on-one consultations, blood glucose check, and evidence-based educational materials.

**Anticipated Impact:** This program will increase awareness of pre-diabetes and diabetes, individual risk factors, as well as, improve access to programs and resources. This will assist clients in maximizing good health and to manage their diabetes or pre-diabetes with confidence. Early identification of pre-diabetes and educational support for those with diabetes to reduce the complications associated with Type 2 diabetes.

### Healthy Lifestyles Group

**Actions:** The free program was developed in partnership with 85 HOPE and Manchester University. The four-part series is led by Manchester University students under the guidance of Parkview Wabash Hospital's registered dietitian. It is open to anyone who has been diagnosed with diabetes, pre-diabetes, high blood pressure, and/or sleep apnea and will be held twice in 2017. Topics include overall body health, nutrition, exercise and diabetic medications.

Anticipated Impact: The program is open to the entire county and will be held twice in 2017 – once in Wabash and once in North Manchester. In 2016, the program attracted 12 participants.

Planned Collaboration: Manchester University, 85 HOPE, and Purdue Extension

#### **Active Living Workshop**

Actions: The hospital was a proud supporter of a grant written by the Purdue Extension to conduct an Active Living Workshop. Community leaders from a variety of sectors will come together to learn how to build an active living community for all ages and abilities. The day will include best practices and strategies for success, planning and building for active living, a walking audit of nearby infrastructure and the identification of active living goals for Wabash. The project will be ongoing throughout 2017.

Anticipated Impact: The Active Living Workshop will result in educating the community about a healthier, safer, more active lifestyle.

Committed Resources: Staff time

Planned Collaboration: The City of Wabash, Wabash County YMCA, and Purdue Extension.

#### **OJ Neighbours Fit Club**

Actions: OJ Neighbours is an elementary school located in Wabash. It serves kids in grades kindergarten through 4<sup>th</sup>. Parkview Wabash Hospital awarded OJ a grant to begin a fitness club, which is open to their 4<sup>th</sup> grade students. Students enrolled in the after-school program receive a healthy snack and 45 minutes of cross fit training two days per week. The program is taught by a certified trainer. Additionally, the program is offered to all faculty and staff up to four nights per week.

Anticipated Impact: OJ Neighbours Elementary has 68 percent of their students on free and reduced lunches. Of the 110 kids in the 4<sup>th</sup> grade, 46 kids signed up to participate in the fitness club and approximately 35 attend regularly. Of the 46 kids who signed up, approximately 75 percent participate in the free and reduced lunch program.

Planned Collaboration: Wabash City Schools, the YMCA and Be Well Wabash County are all partners in this program.

#### **YMCA Personal Coaching Scholarships for Low-income Families**

Actions: The Wabash County YMCA seeks to mitigate risk factors for obesity through one-on-one coaching to its low-income (scholarship) families. Participation in the coaching program will increase physical wellness and, in turn, obesity and the chronic diseases associated with obesity in the long-term. Participants will receive two individual coaching sessions per month and will track their blood pressure and BMI.

Anticipated Impact: The Y currently has more than 1300 members who receive assistance due to financial need. The goal is to reach up to 125 of those members with one-on-one coaching.

Committed Resources: \$5,375 in grant monies.

### **OVERVIEW OF THE MATERNAL/CHILD HEALTH INITIATIVE**

Problem Statement: In the recently released Birth Outcomes Indicators for the Northeast Indiana Region, Wabash County rated higher than state averages in several areas. In 2015, 22.5 percent of expectant mothers smoked as compared to 14.3 percent statewide. Additionally, 43.8 percent of expectant mothers are on Medicaid, 34.3 percent do not receive prenatal care in the first trimester and 26.9 percent are not breastfeeding. Each of these statistics are higher than other parts of the state.

Strategy Summary: Parkview Wabash Hospital closed its obstetrics unit in 2004. The unit will be reopened in the replacement facility in June 2018. Strategies include the following:

- Hiring a birth planner/lactation consultant in 2017 to begin programs for new and expectant moms in Wabash County
- Implementing programs designed to reduce risks and increase healthy behaviors among pregnant women
- Promoting the services of Catherine Reese, MD, and Shelley Boone, NP, to improve access to prenatal care

- Increasing efforts to raise awareness and build relationships with community partners

**Goal:** The goal of this initiative is to reduce infant mortality (deaths occurring before a baby's first birthday) through improved prenatal care, adherence to perinatal standards, and educational and supportive services for women, infants, and families.

#### **Safe Sleep Initiative**

**Actions:** The CDC calls Sudden Unexpected Infant Death (SUID) "the death of an infant less than one year of age that occurs suddenly and unexpectedly and whose cause of death is not immediately obvious before the investigation." SUID accounts for approximately 3,500 deaths in the United States annually. Following the safe sleep practices ABCs, putting baby to bed Alone, on her Back and in a Crib is an effective way to decrease the incidence of these deaths.

Beginning in late 2017, Parkview Wabash Hospital will hold quarterly Safe Sleep classes. The classes will be open to all community members and provide eligible caregivers with safe sleep instruction, Safe Sleep kids, and free Pack 'n Play Cribs® to insure every baby in our community has a safe place to sleep. The Safe Sleep Initiative supports NIH's Safe to Sleep campaign.

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**Anticipated Impact:** Educating caregivers on the safe sleep practices ABCs and providing free cribs to eligible families helps to ensure that all babies are sleeping Alone, on their Backs, and in a Crib, reducing the risk of SUID and decreasing the rate in infant mortality in the community.

#### **Free Pap Events**

**Actions:** Parkview Wabash Hospital partners with 85 HOPE, the county's free health clinic, to offer free pap exams to low-income, uninsured Wabash County women. The exams are held on two different evenings – one in Wabash and one in North Manchester.

**Anticipated Impact:** Providing evening appointment times, two convenient locations and free exams allows underserved women in Wabash County access to an important screening exam. Through this outreach effort, we promote better health and improve outcomes. In 2017, 25 local women participated and one was identified with an abnormality and referred to a GYN for an additional procedure.

**Committed Resources:** Parkview Wabash provides the location, staffing, and resources for classes.

**Planned Collaboration:** Parkview Wabash collaborates with 85 HOPE and Parkview Physicians Group (PPG) offices to accomplish this event.

#### **Group-based Parenting Programs**

**Actions:** Parkview Wabash Hospital will offer three different prenatal classes that help to prepare, encourage, and support families prior to the birth of a new baby. Classes include the following: Pet-Friendly Class, Grandparents Class, Breastfeeding Support Group and Dad's Boot Camp. All classes are free and open to the public. Group parenting classes are rated as scientifically supported by the County Health Rankings.

**Anticipated Impact:** Topics discussed during classes will increase caregiver knowledge and encourage families to adopt healthier behaviors.

**Committed Resources:** Parkview Wabash provides the location, staffing, and resources for classes.

**Planned Collaboration:** Parkview Wabash collaborates with external partners, such as physicians' offices, Healthier Moms and Babies, and Healthy Families for referrals to classes.

#### **Smoking Cessation**

**Actions:** Smoking is a risk factor associated with preterm birth, low birth weight and infant mortality. Parkview Wabash Hospital awarded a \$4,480 grant to the Wabash County Tobacco Free Coalition to provide this program to county women. Their main source of referrals come from the LIFE Center, a pregnancy center that focuses on low income women. If a pregnant woman reports that she smokes, she is encouraged to stop and given the opportunity to join the Tobacco Free Coalition's cessation program. The program offers incentives for each week the mother is in the program and attends meetings. One-on-one counseling is available, as is the Indiana Quit Line.

Anticipated Impact: Reducing the incidence of smoking among pregnant women reduces associated risks, such as pre-term birth and low birth weight, ultimately decreasing risks of infant mortality.

Committed Resources: \$4,480 in grant money for the program.

#### **Car Seat Safety**

Actions: According to Safe Kids Worldwide, “of those children ages 8 and under who died in vehicle crashes in 2014, 26 percent were not restrained by an age-appropriate device such as an infant seat, booster seat or seat belt.” Parkview Wabash Hospital chose the LIFE Center, the county’s crisis pregnancy center, as a partner to address this need. Enrolled parents complete the LIFE Center’s Earn While You Learn program. The program includes child safety education, worksheets and homework. Car seat education and enforcement campaigns are rated as scientifically supported by County Health Rankings.

Anticipated Impact: The Life Center’s program targets and underserved population. In 2016, 11 families successfully completed the program and earned car seats.

Committed Resources: \$1,739 in grant money for the program.

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

- a. The following health needs were identified, however, the hospital does not intend to address them for the following reasons:
  - i. Tobacco Use – The Wabash County Tobacco Free Coalition is the lead organization in Wabash County related to tobacco free efforts. The Coalition provides information on resources about local smoking cessation programs and advocates for no-smoking public policy. Parkview Wabash Hospital is represented on their board of directors and also funds their “Don’t Start Smoking” program for all 2<sup>nd</sup> and 5<sup>th</sup> graders in the county through a CHI grant. The hospital is also a tobacco free campus.
  - ii. Diabetes, Cardiovascular Disease and Cancer – While Parkview Wabash Hospital did not select these chronic diseases as top health priorities, our registered dietitian is also a certified diabetic educator. She works with patients on a one-on-one basis through physician referral and inpatient consults. Additionally, she partners with 85Hope and Manchester University to provide 3-4 programs per year on diabetes education and prevention.
  - iii. Drugs/Alcohol Abuse and Addiction – Although Parkview Wabash Hospital did not select this as a top priority, we do recognize it as an issue that needs attention. PWB President Marilyn Custer-Mitchell will convene a meeting of community stakeholders in June/July with the goal of sharing information and data on the current situation in Wabash County. The intended outcome is an ongoing task force that will form and focus efforts on the issue.
  - iv. Sexually Transmitted Diseases (STDs) – The Wabash County Health Department is the main resource in our county for individuals with these needs.
  - v. Chronic Kidney Disease – Parkview Wabash Hospital has done research over the years on the need for additional resources in this area. For instance, all three national companies who provide dialysis have conducted evaluations of the need within Wabash County and determined it was not beneficial to bring dialysis to Wabash County. There are companies that provide the service in the counties neighboring Wabash. Parkview Wabash Hospital met with the local public transit provider and they agreed to relax their “in-county” rule to transport residents in need of medical care in a neighboring county.
  - vi. Asthma – While asthma was not selected as a top health priority, 85 HOPE, the local free clinic, provides asthma education to its patients. The program includes education, information, and strategies for follow-up care that are both inexpensive and effective.
  - vii. Aging – Wabash County offers a vibrant and active senior center. The Dallas Winchester Senior Center offers meals Monday through Friday, prescription assistance, a food pantry, public transportation, social events, physical activities and connections to resources that benefit seniors in our community.
  - viii. Mental Health – Area residents have access to a number of resources in the community. The Bowen Center, Friends Counseling Center and Mental Health America of Wabash County each serve people of all ages. Parkview Wabash Hospital also partners with MHA of Wabash County to fund their mental health first aid courses.