

# COMMUNITY HEALTH IMPROVEMENT PLAN RECAP

2014-2016



UPPER VALLEY MEDICAL CENTER

## Upper Valley Medical Center and Premier Health: Committed to Improving Community Health

Upper Valley Medical Center (UVMC) is part of Premier Health, the largest health care system in Southwestern Ohio. UVMC is committed to improving the health of the communities it serves through a variety of prevention, health improvement and engagement programs. As part of its overall commitment to the community, Upper Valley Medical Center focuses on four areas of service:

- Investment in the community
- Prevention and wellness
- Commitment to the under-served
- Community engagement

Examples of Upper Valley Medical Center’s community health improvement programs include:

### Project SEARCH

Project SEARCH provides work experience and education for individuals with significant disabilities. It is administered on-site by Upper Valley Career Center. Participants are trained in a variety of jobs throughout the hospital, working in each area for 12 weeks at a time for the duration of the school year.

### Grants to Community-Based Organizations – UVMC Hospital Board Community Benefits Fund

The UVMC Community Benefits Fund has awarded grants annually since 2012 to key local programs that help service the health needs of the community.

Awards 2014 through 2016	Description
<b>Health Partners of Miami County</b>	Miami County’s Free Clinic; has received support annually since 2012.
<b>Miami County Dental Clinic</b>	The only dental service in Miami County to serve those living at or below the poverty line and those that are usually characterized as the “working poor;” has received support annually since 2012.
<b>Miami County Recovery Council</b>	The agency has received support to cover the costs of providing a Community Care Liaison for the UVMC emergency department (ED) patients with behavioral health diagnoses. The goal is to connect those patients with services in the community, thereby reducing the likelihood that they will return to the ED within 30 days. The agency has received funding since 2013.
<b>Samaritan Behavioral Health (SBHI)</b>	SBHI has received funding to establish a presence in Miami County at the Outpatient Care Center – North for adult and child counseling and psychiatric services. This program has been a huge success. Initial funding was to help get the program started with the thought that once volume reached a certain level, the program would be self-supporting. This program actually ramped up much faster than anticipated; SBHI needed less funding over the three-year period from 2014 through 2016 than was originally budgeted – SUCCESS. SBHI has received funding since 2013.

<b>Hospice of Miami County</b>	Hospice of Miami County received funding for electronic medical record software and hardware, plus additional needed equipment. Hospice of Miami County is the only non-profit hospice that serves the Miami County community. Has received funding annually since 2012
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<b>UVMC Foundation Funded</b>	<b>Description</b>
<b>Rachel’s Challenge</b>	<p>Uses student empowering strategies born from the tragedy of the Columbine High School shootings. The program is a series of projects and training designed to combat bullying and address feelings of isolation through the use of kindness and compassion in everyday dealings.</p> <ul style="list-style-type: none"> <li>• The UVMC Foundation began this five-year community health outreach project in the fall of 2014. This initiative was in response to a Health Needs Assessment in 2013 conducted by the Miami County Combined Health District.</li> <li>• UVMC Foundation provides significant funding for this project and also receives additional funding from several other benefactors to make this project a reality.</li> <li>• The programming for grades K-12 is offered to all nine public school districts and three faith-based schools in Miami County – well over 13,500 students, their teachers and administrators.</li> </ul>
<b>McGraw Cancer Awareness Symposiums</b>	<p>UVMC Foundation has offered an annual cancer awareness symposium free of charge to the community for 16 years. 11 years ago, the symposium became the Bill and Ruth McGraw Cancer Awareness Symposium with the generous annual support of the McGraw Family Fund at the Troy Foundation.</p> <p>Speakers from 2014 through 2016 have included:</p> <ul style="list-style-type: none"> <li>• 2014 – Dr. Tarek Sabagh and Dr. Shannon Kauffman of Premier Health. They spoke about new techniques for treatment of inoperable or hard to reach tumors.</li> <li>• 2015 – Dr. Robert Lustig – Author of <i>Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity and Disease</i>. Dr. Lustig is an internationally recognized pediatric neuro-endocrinologist from the University of California, San Francisco, where he is a professor of medicine and is in charge of the Obesity Program at the Benioff Children’s Hospital, affiliated with UCSF Medical Center and Medical School. Dr. Lustig is recognized as an authority on the metabolism of fructose and its significance to the obesity epidemic. It took over 18 months of work to secure Dr. Lustig as a speaker, and was well worth the effort.</li> </ul>

	<ul style="list-style-type: none"> <li>• 2016 – Connor O’Leary – winner of the Amazing Race All-Stars, professional cyclist and survivor of testicular cancer.</li> </ul>
<b>HealthWise Outdoor Fitness Center</b>	<p>To promote exercise and activity in Miami County, Upper Valley Medical Center partnered with the American Cancer Society and Edison Community College to host a HealthWise Outdoor Fitness Center on the Edison campus in Piqua, Ohio. The unique exercise fitness facility is free and open to the public.</p>

## Identified Priorities

In the Community Health Needs Assessment, researchers identified priority areas for community health improvement using a variety of criteria. The priorities that are included and excluded in the plan are outlined here. Priorities that are included in the plan are not listed in order of importance. Below are the initiatives and programs instituted in 2014 – 2016 to address health priorities.

## Priorities Addressed through Collaboration

All identified priorities are important elements of improving the health of our community. In some instances, priorities are already being targeted by collaborative groups of which Upper Valley Medical Center is a part. Additional strategies will not be developed independent of these efforts. Because of the importance of these community-wide efforts, the following identified priorities are not included in the Community Health Improvement Plan.

### *Maternal and Infant Priorities*

1. First trimester prenatal care
2. Teen pregnancy
3. Low birth weight
4. Tobacco use in pregnant women

### *Primary and Chronic Diseases*

1. Department alcohol and drug discharge diagnoses

### *Maternal and Infant Priorities Update*

Health Priority	Update
<b>First trimester prenatal care</b>	<p>The percentage of mothers not receiving first trimester prenatal care in Miami County has declined considerably from 2013 to 2016*, from 40.2% to 20.8%. (Based on data received from Ohio Department of Health birth certificate data collection for January 1, 2014 to July 28, 2016.)</p> <p>*2015 and 2016 data are preliminary figures.</p>
<b>Teen pregnancy</b>	<p>The birth rate for teenagers age 15 – 19 declined in Ohio to 25.1% for 2014. (National Vital Statistics Reports, December 23, 2015).</p> <p>Miami County's birth rate for teenagers age 14 – 19 is at 7.0%. (Based on data received from Ohio Department of Health birth certificate data collection for January 1, 2014 to July 28, 2016*).</p> <p>Miami County's birth rate for teenagers age 14 – 19 for 2014 was 7.2%. (Based on Ohio Department of Health birth certificate data for 2014.)</p> <p>*2015 and 2016 data are preliminary figures.</p>
<b>Low birth weight</b>	<p>The low birth weight rate for Miami County is 5.8%. (Based on data received from Ohio Department of Health birth certificate data collection for January 1, 2014 to July 28, 2016*).</p>

	<p>Miami County’s low birth weight rate for 2014 was 5.5% and for 2015* was 6.3%. This shows an increase of 0.8% since the previous year.</p> <p>Ohio’s rate for low birth weight in 2014 is 8.5% showing it is essentially unchanged from 2013.</p> <p>UVMC held a Baby Fair in April of 2015* and 2016*. The event was a collaboration with the Miami County Health Department, Edison Community College and other community entities. In 2015 we saw 150 participants, in 2016 we saw 85 participants. The event’s main focus was primarily on education about safe pregnancy, childbirth and infant care. It provided an opportunity for participants to meet and talk with physicians, nurses and childbirth educators to gain valuable information on infant and child safety, and to browse through community vendor booths featuring products and services related to baby and child care.</p> <p>*2015 and 2016 data are preliminary figures.</p>
<p><b>Tobacco use in pregnant women</b></p>	<p>The percentage of mothers in Miami County who smoked while pregnant has decreased from 22.5% in 2010 to 18.2% in 2016*. (Based on data received from Ohio Department of Health birth certificate data collection for January 1, 2014 to July 28, 2016.)</p> <p>Upper Valley Medical Center encourages smoking cessation. If mothers are not breastfeeding, a nicotine patch is offered. Smoking cessation information is available in Epic to be included in the after visit summary given to patients on discharge. The percentage of women who smoke during pregnancy has decreased in Miami County, but only by 4.3% since 2010. Smoking is still a concern, and UVMC continues to research the issue to identify potential resources.</p> <p>UVMC has seen an increase in the number of pregnant women who use marijuana. In 2014, 8.9% of pregnant women who delivered at UVMC used marijuana, which increased significantly in 2015 to 10.5%. This data is not captured on the birth certificate so there is no comparison with any state data. The issue with marijuana is that the long-term effects it may have on newborns are unknown.</p> <p>*2015 and 2016 data are preliminary figures.</p>

### ***Additional Efforts to Address Maternal and Infant Priorities***

Upper Valley Medical Center is involved in several state-wide initiatives addressing these issues. As part of these collaborations, UVMC will share the goals and objectives that are developed for program implementation and measurement.

Ohio Perinatal Quality Collaborative. Upper Valley Medical Center is a non-charter member of this organization as a maternity hospital. The mission of the collaborative is, “Through collaborative use of improvement science methods, reduce preterm births and improve outcomes of pre-term newborns in Ohio as quickly as possible.”

Projects of the collaborative include:

- 39 Weeks Delivery Charter Project – works to reduce elective, unnecessary scheduled births before 39 weeks gestational age. (Reduce infant mortality and low birth weight)
- 39 Weeks Dissemination and Birth Registry Accuracy Project – addresses inaccuracies in birth certificate data within the Quality Improvement framework.
- Obstetrics Antenatal Corticosteroids Project – focuses on increasing the use of antenatal corticosteroids to reduce mortality and morbidity among preterm infants. (Reduce infant mortality)
- Progesterone Project – intends to help raise awareness about the need for screening and intervention for progesterone; provide support to teams to implement screening, identification and treatment; develop the capacity and capability of skilled ultrasound technicians; and remove administrative barriers to the administration of progesterone. (Reduce infant mortality and low birth weight)

Ohio Hospital Association (OHA). OHA has developed a plan to reduce infant mortality (which also addresses low infant birth weight and first trimester care) in Ohio, which includes:

- Safe sleep (infant mortality)
- Eliminating elective deliveries before 39 weeks (infant mortality)
- Progesterone for high-risk mothers (infant mortality)
- Eliminating health disparities
- Safe spacing (infant mortality and low birth weight)
- Access to prenatal care (First trimester care, infant mortality and low birth weight)
- Promoting breast milk
- Addressing an increase in first trimester care, improving low birth weight and decreasing infant mortality

Upper Valley Medical Center is concerned about the data showing the use of tobacco among pregnant women, and is further researching the issue to identify potential resources.

**Primary and Chronic Diseases Update**

Health Priority	Update
<b>Department alcohol and drug discharge diagnoses</b>	<p>The percentage of mothers not receiving first trimester prenatal care in Miami County has declined considerably since 2013 from 40.2% to 20.8%. (Based on data received from Ohio Department of Health birth certificate data collection for January 1, 2014 to July 28, 2016*).</p> <p>*2015 and 2016 data are preliminary figures.</p> <p>Operation Street Smart Drug Education Program (OSSDEP) was held in May 2015, hosted by the UVMC Education Department and sponsored by the UVMC Foundation. The program was presented by the Franklin County Sheriff's Office. There were 100 attendees present at OSSDEP. The purpose of the program was to provide current information on drug trends, terminology, paraphernalia, concealment techniques and psychological effects for those who work closely with today's youth on a regular basis.</p>

**Additional Efforts in Addressing Primary and Chronic Diseases**

The Tri-County Board of Recovery and Mental Health Services serving Darke, Miami and Shelby counties coordinates alcohol and substance abuse services in Miami County. According to its 2014 – 2016 strategic plan, it intends to expand funding for programs that treat addictions; develop and implement a community behavioral health prevention plan; and establish a new behavioral health “one stop shop” model program in Miami County.

### Priorities Included in the Plan

Through the Community Health Needs Assessment, the identified priorities with an improvement plan Upper Valley Medical Center are:

#### **Primary and Chronic Diseases**

1. Hypertension – from 2004 to 2012, the rate of hospital inpatient hypertension discharge diagnoses increased from 96 to 130 per 1,000 adults.
2. Melanoma of the skin – the cancer rate has increased from 35.4 to 88.0 per 100,000 from 2000 to 2011.

### Key Health Priorities by Objective

#### Priority Area 1: Reduce the incidence of and complications from adult hypertension.

Blood pressure is how hard blood pushes against the walls of our arteries when our heart pumps blood. When someone has high blood pressure, which is also called hypertension, the increased pressure against the arteries causes damage.

Hypertension is called the silent killer because usually those who have it do not feel anything. High blood pressure increases risk for heart disease, stroke, heart failure, kidney disease and blindness.

The percentage of adults who have been told by a primary care provider that they have high blood pressure	
Ohio	31.7%
Miami County	38.3%

In many cases, hypertension can be prevented by maintaining a healthy weight, being active, eating healthy, not using tobacco and limiting alcohol. Most people who are diagnosed with high blood pressure can control it. Those who have high blood pressure should take the same steps that may prevent high blood pressure. If medication is needed, it is imperative to take it every day.

From 2004 to 2012, the rate of hospital inpatient hypertension discharge diagnoses increased from 96 to 130 per 1000 adults.

Because of the significant health threat posed by hypertension, a community-focused, population health improvement strategy would benefit the entire community.

#### Priority Area 1: Reduce the proportion of adults with hypertension.

##### Objective 1.1: Increase the proportion of adults with hypertension whose blood pressure is under control.

**Evidence-based Strategies:** Coordinate a hypertension education health communications campaign that will include free, community-based screenings and free online education.

##### Update:

UVMC Heart Month Health Fair is a free community event held each February from 2014 to 2016\*. There has been a consistent number of participants (125) each year. The event offered free

cholesterol, blood sugar and blood pressure screenings. The booths were run by clinicians and cardiology professionals who provided cardiac health counseling, nutritional counseling, additional health testing and other helpful health education.

The UVMC Stroke Risk Screening is a free community event held in May 2015\* and 2016\*. During the events, 65 people participated [each year] in total cholesterol screenings, HDL (good cholesterol) screenings, blood sugar screenings, and blood pressure screenings. The participants also received individual, specialized care by a health care professional who listened to the blood vessels in the neck, performed a stroke risk assessment and counseled those found to be at risk based on information obtained from their screenings and risk assessments.

From 2014 to 2016, throughout various locations in Miami County (YWCA and YMCA – Piqua, Edison Community College, Miami East Junior High School, Fort Piqua Plaza Banquet Center, Fletcher United Methodist Church and Eagles Event Hall), stroke screenings were given to an additional 345 participants. The screenings offered testing for blood sugar, cholesterol, HDL, and blood pressure.

\*2015-2016 data are preliminary figures.

**Evidence-based Strategies:** Promote lectures about high blood pressure prevention and control at area worksites, congregations, senior centers and other community-based venues.

**Update:** UVMC Heart Month Health Fair was held each February from 2014 to 2016\*. There was a consistent number of participants (125) each year the event was held. The event offered free cholesterol, blood sugar and blood pressure screenings; the booths were run by clinicians and cardiology professionals who provided cardiac health counseling, nutritional counseling, additional health testing and other helpful health education.

Lecture presentations about high blood pressure prevention and control were held at Edison Community College several times throughout the year.

**Evidence-based Strategies:** Provide an educational brochure targeted to those individuals who have high blood pressure, explaining the importance of medication adherence and a healthy lifestyle. Make collateral available through system websites, Facebook pages, employer and community events and other outlets to be identified. Include details on how to get more information by telephone and/or online.

**Update:** Premier Health has several marketing pieces that include information about high blood pressure, the management of high blood pressure and resources to assist in its management. The system also has information available online. Premier Health makes blood pressure experts available to discuss screening, prevention, treatment and management, in both public forums and the media.

## Outcome Indicators

**Short and Intermediate Term:** To include information at least once a year in existing hospital communications vehicles that highlights hypertension and how it can be prevented/treated successfully.

**Update:** Through various marketing materials (internal and external), UVMC disseminated educational information on health topics that corresponded with various health month initiatives, such as:

- February: Heart Month (Hypertension, Blood Pressure)
- May: Stroke Month
- October: Breast Cancer Awareness Month
- November: American Diabetes Month
- Etc...

**Long Term:** Increase the proportion of adults with hypertension whose blood pressure is under control.

**Update:** Efforts are ongoing to increase the proportion of adults with hypertension whose blood pressure is under control. This will continue to be our long term goal.

## Priority Area 1: Reduce the proportion of adults with hypertension.

**Objective 1.2:** Increase the proportion of adults who have had their blood pressure measured within the preceding two years and can state whether their blood pressure was normal or high.

**Evidence-based Strategies:** Upper Valley Medical Center will conduct blood pressure screenings on at least 250 individuals per year at area worksites, congregations, senior centers and other community-based venues.

**Update:** In 2014, the total number of people given blood pressure screenings at community-based venues was 1,584. The total number of people given blood sugar screenings at community-based venues in 2014 was 424. Goal exceeded.

In 2015\*, the total number of people given blood pressure screenings at community-based venues was 1,639, which is a 55-person increase over the previous year. The total number of people given blood sugar screenings at community-based venues in 2015\* was 355; which is a 69-person decrease since the previous year. Goal exceeded.

In 2016\*(June YTD), the total number of people given blood pressure screenings at community-based venues was 615, which is a 1,024 person decrease since the previous year. The total number of people

given blood sugar screenings at community-based venues in 2016\* was 169; which is a 186 person decrease since the previous year. Projected to exceed goal.

\*2015 and 2016 data are preliminary figures.

**Evidence-based Strategies:** Attempt telephone follow-up with 100% of individuals screened who have a stage 2 hypertension result, do not opt out of follow-up and have a working telephone.

**Update:** Follow ups are made with participants and then contact is made with their general physicians.

**Evidence-based Strategies:** We will successfully contact at least 45% of those eligible for follow-up.

**Update:** Follow ups are made with participants and then contact is made with their general physicians.

**Evidence-based Strategies:** If an individual does not have a primary care provider, we will offer to give him or her a referral for a physician that meets their needs.

**Update:** Primary care physician (PCP) referral lists were given to participants who did not have a PCP.

**Evidence-based Strategies:** If an individual has not seen their primary care provider for three or more years, we will educate them about the importance of seeing their physician regularly to maintain their status as a patient and encourage them to call their physician to become reestablished with the practice.

**Update:** Primary care physician (PCP) referral lists were given to participants who did not have a PCP.

**Evidence-based Strategies:** If an individual uses tobacco, we will educate them about local tobacco cessation services.

**Update:** In August 2015, the Mayo Clinic Nicotine Dependence Center came to Dayton, Ohio and held a tobacco treatment specialist training program, facilitated by Premier Community Health. As a result, Premier Health now has 26 Certified Tobacco Treatment Specialist (CTTS), staff members who can help individuals and patients at various Premier Health facilities quit tobacco. Dr. Michael Johnson, a plastic surgeon and physician champion, has helped promote the program to patients, physicians and other key leadership.

The group tobacco cessation classes hosted by Premier Community Health are free, five-weeks long and are designed to help individuals quit smoking. Our Certified Tobacco Treatment Specialists have the training needed to provide counseling and support to those who are ready to stop tobacco use.

## Outcome Indicators

**Short and Intermediate Term:** At least 250 unique individuals will receive a blood pressure screening each year in a variety of venues.

**Update:** From 2014 to 2016, we have served 3,838 people with blood pressure screenings in a variety of community-based venues, free of charge. Goal Exceeded.

**Short and Intermediate Term:** We will successfully contact at least 45% of those eligible for follow-up.

**Update:** Primary care physician (PCP) referral lists were given to participants who did not have a PCP.

**Long Term:** Increase the proportion of adults who have had their blood pressure measured within the preceding two years and can state whether their blood pressure was normal or high.

**Update:** Efforts to increase the proportion of adults with hypertension whose blood pressure is under control are ongoing and will continue to be our long term goal.

## Priority Area 2: Reduce melanoma incidence and mortality rates.

The Community Preventative Services Task Force recommends that programs to promote sun safety and increase preventive behaviors in a population should offer a community intervention using combinations of individual directed strategies, health communications, and environmental and policy changes across multiple settings. Studies used in formulating the recommendations included at least two of the above stated interventions.

Of the research-tested interventions listed at the National Cancer Institute, none targeted rural populations. However, the two settings that were recommended for intervention programs were outdoor occupational and outdoor recreational.

According to the United States Census Bureau, between 11 and 15 percent of Miami County residents work outdoors. This includes those who work in agriculture, forestry, fishing, hunting, mining, construction, utilities, recreation and waste management services.

From 2000 to 2011, melanoma in Miami County has increased from 35.4 to 88 per 100,000.

### Priority Area 2: Reduce melanoma incidence and mortality rates.

**Objective 2.1: Increase the proportion of persons who: a) participate in behaviors that reduce their exposure to harmful ultraviolet (UV) irradiation, and b) avoid sunburn. Use a multi-component, community-wide intervention that combines individual directed strategies and targeted media.**

**Evidence-based Strategies:** Conduct free, annual full-body skin screenings for the community.

**Update:** UVMC DermaScan is an annual full-body skin screening held for the community free of charge. This screening, which assesses skin for sun damage and potential corresponding propensity to develop skin cancer, was made accessible to Miami County citizens during the Miami County Senior Citizens Day and at company/school wellness fairs, etc.

UVMC Skin Cancer Screenings were held in April 2015 and 2016. These events were held free of charge and conducted in collaboration with Wright State Physicians Dermatology, Premier Health, Premier Community Health, American Academy of Dermatology and Eurerin. This and other events held throughout Miami County provided around 300 participants with skin screenings and education on how to spot skin changes that may indicate skin cancer, as well as tips on how to protect skin while enjoying outdoor activities.

**Evidence-based Strategies:** Promote availability of a skin safety presentation by request for employers and community-based groups.

**Update:** UVMC has made its resources available (staff, marketing materials, etc.) to both internal and external individuals who are seeking skin safety information provisions through various education opportunities, such as the Dermascan screening events and skin cancer screening events held throughout the year in multiple locations, free of charge. This has resulted in around 300 individuals receiving a skin screening.

Outcome Indicators
<b>Short and Intermediate Term:</b> Conduct at least 30 full-body screenings per year.
<b>Update:</b> From 2014 to 2016, UVMC has conducted around 182 full-body screenings using Dermascan. Goal exceeded.
<b>Short and Intermediate Term:</b> Conduct at least 1 sun safety lecture per year.
<b>Update:</b> From 2014 to 2016, UVMC has conducted multiple sun safety lectures at various locations around Miami County to a multitude of diverse audiences. Goal exceeded.
<b>Short and Intermediate Term:</b> Conduct at least 100 Dermascan awareness screenings.*
<b>Update:</b> From 2014 to 2016, UVMC has conducted 182 Dermascan awareness screenings. Goal exceeded.
<b>Long Term:</b> Increase the number of individuals in Miami County who report they use sun protective measures.
<b>Update:</b> Efforts to increase the number of individuals in Miami County who report they use sun protective measures are ongoing and will continue to be our long term goal.
<b>Long Term:</b> Decrease melanoma and other skin cancers in Miami County.
<b>Update:</b> Efforts to decrease melanoma and other skin cancers in Miami County are ongoing and will continue to be our long term goal.

\*There are two Dermascan units in Premier Health – one with UVMC and one with Premier Community Health. Units are no longer manufactured, so numbers may be revised if one or both of the units becomes unusable.

## Moving Forward

All Premier Health hospitals have a rich history of working with the communities they serve to improve the health of their citizens. With the data gleaned from this Community Health Needs Assessment, and having developed a Community Health Improvement Plan, our work continues.

Improving community health is a process of continuing to build traditional and nontraditional partnerships, assuring programs and strategies are evidence-based, building in feedback loops, conducting ongoing evaluation and measuring if what we are doing is having the intended result. We understand these are issues that cannot be solved by one hospital alone, but take the work of all interested stakeholders in the community. We know we need to develop detailed strategies for the identified targeted areas with in-depth work plans and responsible parties.

As the process progresses, we will continue to examine new strategies and opportunities. We will look for ways to expand beyond the programs noted here and reach more people with life-improving, and perhaps life-saving, education and services.