



2020-2022 Community Health Needs Assessment — Implementation Plan

Adopted by the Mercy Health Lorain Board of Trustees, October 2019

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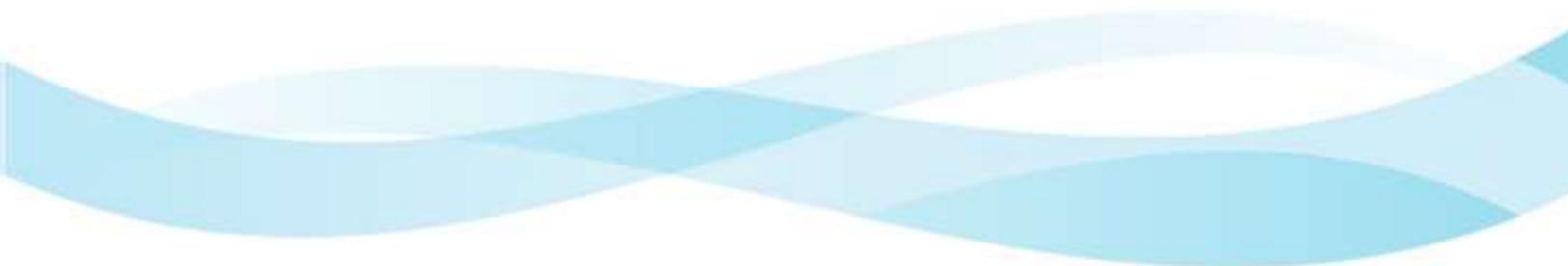
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Introduction

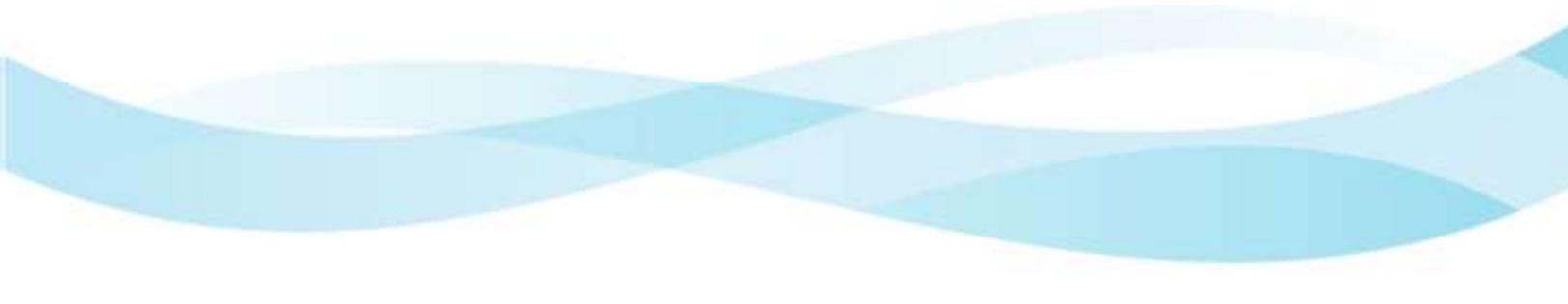
Mercy Health - Lorain Hospital (“Mercy” or “Hospital”) is a 338-bed, full service hospital providing inpatient, outpatient and ancillary health care services. Mercy Health, along with local health, education, social service, non-profit and governmental agencies participated in a Community Health Needs Assessment (“CHNA”) conducted for Lorain County and the surrounding areas. The detailed process, participants and results are available in Mercy’s Community Health Needs Assessment Report which is available at Mercy’s website: www.mercy.com

Mercy Health – Allen Hospital (“Mercy” or “Mercy Allen”) is a 25-bed, full service community hospital providing inpatient, outpatient ancillary healthcare services. Mercy along with local health, education, social service, nonprofit and governmental agencies, participating in a Community Health Needs Assessment (“CHNA”) conducted for Lorain County and surrounding areas. The detailed process, participants and results are available in Mercy’s Community Health Needs Assessment report which is available [mercy.com](http://www.mercy.com).

Mercy Health — Lorain Hospital and Mercy Health – Allen Hospital, while separately licensed, are affiliated facilities with a common parent that jointly meet the needs of Lorain County residents. The CHNA conducted by Mercy Health Lorain was done on a countywide basis, including input from organizations that serve residents of the entire county.

This Community Health Needs Implementation Plan (“Plan”) will address the significant community needs identified through the Community Health Needs Assessment survey process and community data. The Plan indicates which needs Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital will address and how, as well as which needs Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital won’t address and why. Mercy Health Lorain intends to take a regional approach to address its CHNA and the identified prioritized needs, and therefore the needs the hospitals intend to take and the strategies outlined in this Community Health Needs Implementation Plan are the same and combined into one plan document.

Beyond the programs and strategies outlined in this plan, Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital will address the health care needs of the community by continuing to operate in accordance with its mission to extend the healing ministry of Jesus by improving the health of its communities with emphasis on the poor and under-served. This includes providing care for all individuals regardless of their ability to pay.

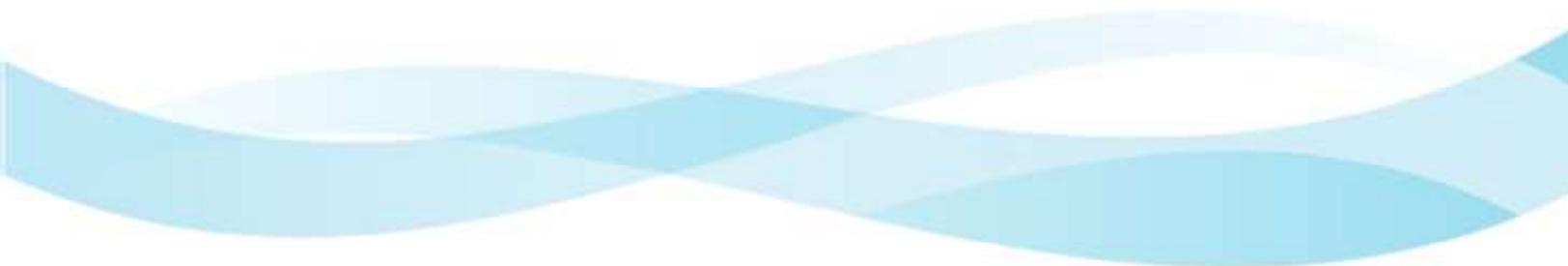


The strategies and tactics of this Implementation Plan will provide the foundation for addressing the community's significant needs between 2020 and 2022. However, Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital anticipate that some of the strategies, tactics and even the needs identified will evolve over that period. Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital plan a flexible approach to addressing the significant community needs that will allow for adaption to changes and collaboration with other community agencies.

COMMUNITY SERVED BY HOSPITAL

Mercy Health Lorain has defined its communities served as Lorain County, Ohio. Mercy Health chose this area as the community served for several reasons including that the primary and secondary service areas of both Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital lie nearly exclusively within Lorain county. Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital are separately licensed. They are affiliated facilities with a common parent that jointly meet the needs of all Lorain County residents. The Community Health Needs Assessment was done in collaboration with the Lorain County Public Health district with nearly 20 organizations providing input for the residents of the entire county.

According to the U.S. Census Bureau, Lorain County has over 309,461 residents, with 73% being adults over the age of 18, 22% of the population is between the ages of 5 and 18 and the remaining 5.6% under the age of 5. The majority of our population is Caucasian (77.9%), followed by Hispanics (10.2%), African Americans (9.0%), Asian (1.3%), two or more races (3.0%), American Indian (.4%) and Pacific Islander (0.1%). The median household income in 2017 dollars was \$54,987 while the per capita income was \$28,555 with 13.5% of our community living in poverty and 6.2% of the population under the age of 65 living without insurance. Within Lorain County, there are 118,594 household with on average 2.5 people living in each home.



MISSION

We extend the healing ministry of Jesus by improving the health of our communities with emphasis on people who are poor and under-served.

Mercy Health's Mission and culture are expressed through the organization's core values:

Compassion

Our commitment to serve with mercy and tenderness

Excellence

Our commitment to be the best in the quality of our services and the stewardship of our resources

Human Dignity

Our commitment to value the diversity of all persons and to be respectful and inclusive of everyone

Justice

Our commitment to act with integrity, honesty and truthfulness

Sacredness of Life

Our commitment to reverence all life and creation

Service

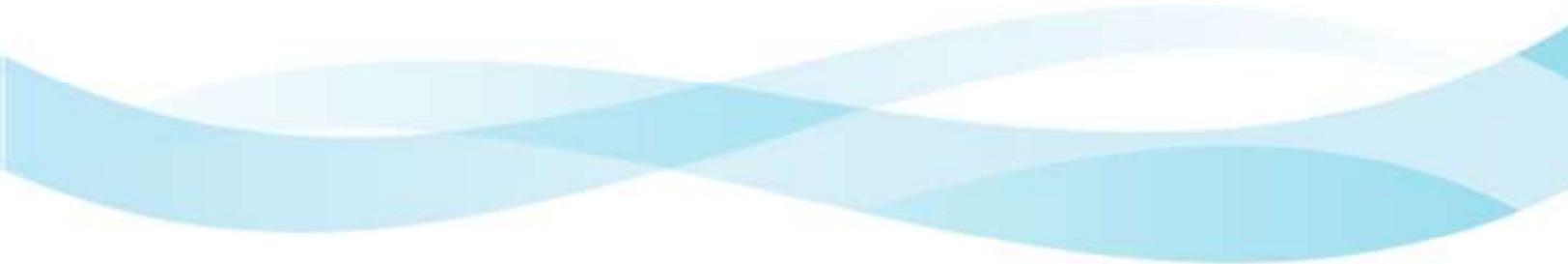
Our commitment to respond to those in need

Executive Summary

BACKGROUND AND PROCESS

The process of conducting the community health needs assessment, including how we identified and prioritized the significant needs, the data sources we consulted and the list of participants, is explained in detail in Mercy Health Lorain's CHNA report, which is available at mercy.com. An overview of the process is outlined below.

The Mercy Health Lorain Market worked collaboratively with the Lorain County Public Health in the development and the implementation of the Community Health Assessment for all of Lorain County. We participate and run a portion of the community health improvement plan (CHIP) which is a community-driven, long-term, systematic plan to address issues identified in a community health assessment (CHA) that was done for the county. The purpose of our Lorain County CHIP is to describe how hospitals, health departments, and other community stakeholders work collaboratively to improve the health of our county. A CHIP is designed to set priorities, direct the use of resources, and develop and implement projects, programs and policies. The CHIP is a comprehensive plan that includes all local health organizations in which a broad set of key stakeholders and partners are present.



The CHIP reflects this collaborative planning process that includes significant involvement by a variety of community sectors. This CHIP plan compliments and works in tandem to the Community Health Needs Assessment for the Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital.

Mercy Health Lorain utilizes the most recent Lorain County CHA, which includes a written survey of adults and an electronic survey of youth with Lorain County. The adult questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention (CDC) for their national and state Behavior Risk Factor Surveillance System (BRFSS). The youth survey was completed by Communities that Care (CTC) of Lorain County as required by the Drug Free Communities Support Program. This has allowed Lorain County to compare their CHA data to the national, state and local health trends.

Mercy Health Lorain Hospital and Lorain County Public Health contracted with the Hospital Council of Northwest Ohio (HCNO), a neutral, regional, and non-profit hospital association, to facilitate the CHNA, CHA and CHIP. Several community stakeholders participated in the process.

Identifying significant needs

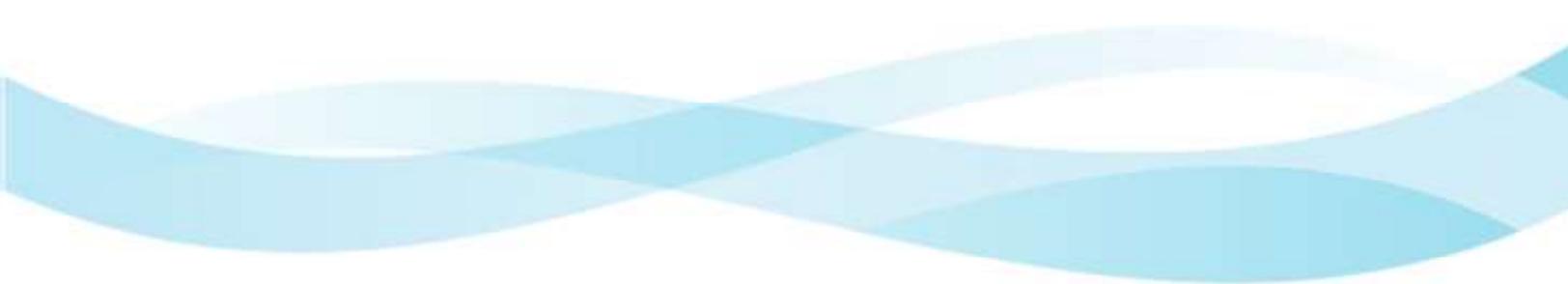
The CHIP was planned by various agencies and service-providers within Lorain County. From June to July 2019, the Lorain County Health Partners reviewed many primary and secondary data sources concerning the health and social challenges that Lorain County residents were facing. We determined priority issues which, if addressed, could improve future outcomes; determined gaps in current programming and policies; examined best practices and solutions; and determined specific strategies to address priority issues. The Lorain County CHIP Steering committee was comprised of the following groups:

Lorain County CHIP Steering Committee:

Mercy Health Lorain Hospital / Cleveland Clinic Avon Hospital / Lorain County Health and Dentistry / Lorain County Metroparks / Lorain County Public Health / Mental Health, Addiction and Recovery Services Board of Lorain County / Special Hospital of Lorain / University Hospital Elyria Medical Center

In addition, we engaged affiliate organizations which also provided feedback to both the county and our hospitals.

Organization Affiliates supporting the process with feedback:



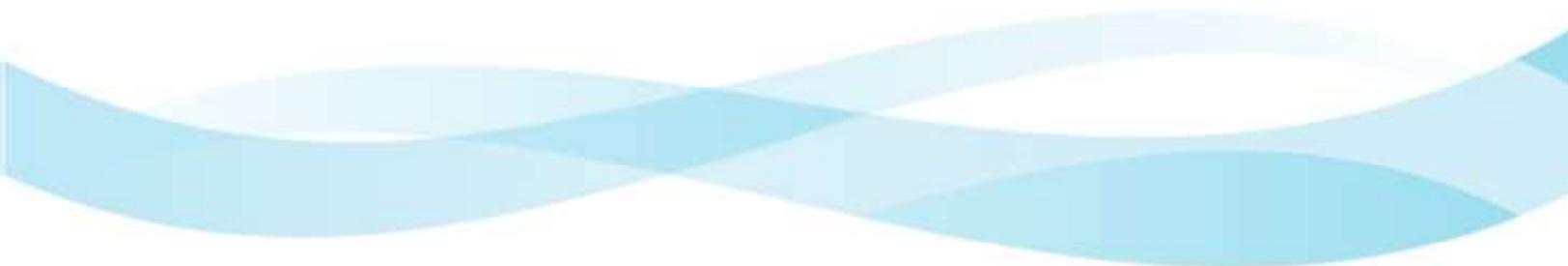
Amherst Exempted Village Schools / Community Foundation of Lorain County / El Centro de Servicios Sociales, Inc. / Firelands Counseling & Recovery Services / French Creek YMCA / Linking Employment, Abilities and Potential (LEAP) / Lorain County Board of Developmental Disabilities – Murray Ridge Center / Lorain County Drug Task Force / Lorain County Office on Aging / Silver Maple Recovery / The LCADA Way / The Nord Center / The North Family Foundation / Lorain County Urban League / United Way of Greater Lorain County

The Mercy Health Community Inclusion and Diversity Committee also met to review the survey data and provide recommendations of the pillars, strategies and metrics for the Mercy Health Lorain Plan. This committee is comprised of leaders throughout Lorain County that have served for the past 5 years on our hospital Diversity and Inclusion community. These leaders represent the voice of the community. Prior to coming to our planning meeting, all attendees were sent a survey to allow them to prioritize the needs from their perspective enabling us to have a detailed conversation on what the true needs of the community. Over fifty community members completed the survey monkey that allowed all to rank what they felt was the most important to them for men and women from a chronic disease perspective to their concerns on cancer. This data coupled with the group discussion allowed us to come to consensus on the Community Health Needs Assessment for the Mercy Health Lorain Hospital and the Mercy Health Allen Hospital.

Data from the most recent CHA was carefully considered and categorized into community priorities with accompanying strategies. This was done using the National Association of County and City Health Officials' (NACCHO) national framework, Mobilizing for Action through Planning and Partnership (MAPP). This established CHIP three-year plan which is coupled with the Mercy Health Lorain Hospital plan, with its priorities, strategies will all be implemented at the county-level with the hope to improve population health and create lasting and sustainable change.

The Lorain County Health Partners also engaged in a Community Themes and Strengths Assessment (CTSA) of the residents of Lorain County, and surveyed community members via a Quality of Life Survey distributed via SurveyMonkey. A Forces of Change Assessment was also completed.

As noted above, the Lorain County CHA utilized the MAPP Framework to combine the data and results from the four assessments (community themes and strengths, forces of change, local public health system assessment, and the community health status assessment). These four assessments were used by the Lorain County Health Partners to prioritize specific health issues and population groups to identify the prioritized health needs.



Therefore, the collective of the process by the county, the assessments, our internal committee, our community diversity committee enabled us to prioritize and develop a plan to address the significant community health needs for 2020 – 2022 for both Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital.

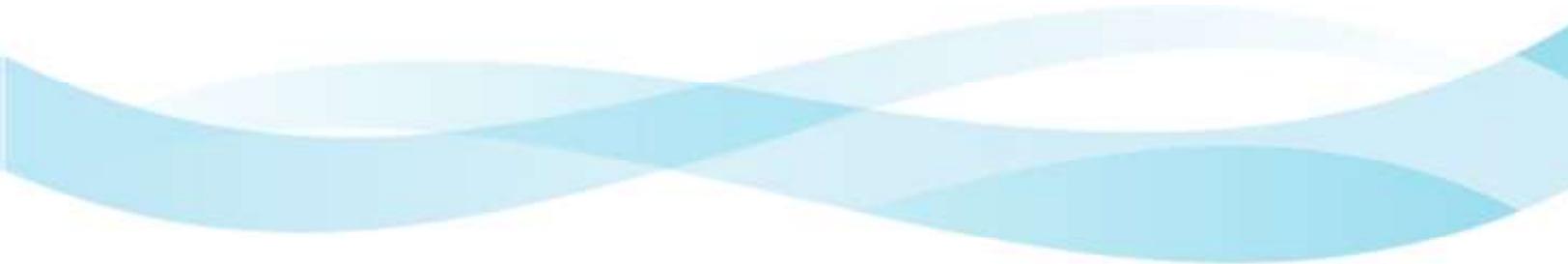
Implementation Plan

Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital is continuing to work with other county agencies and is committed to developing a county-wide Community Health Improvement Plan. While that plan is still being finalized, Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital are committed to addressing the health needs of the community through the strategies and tactics described in this Implementation Plan, which will be in alignment with the overall Community Health Improvement Plan.

PRIORITIZED SIGNIFICANT COMMUNITY HEALTH NEEDS

The table below lists the significant community needs that were identified through the CHNA and specifies which needs Mercy Health - Lorain Hospital and Mercy Health - Allen Hospital will address and those that we will not.

Prioritized significant community health need	Addressed by Lorain Hospital	Addressed by Allen Hospital
Chronic Disease (Obesity / Diabetes / Heart Disease)	Yes	Yes
Preventive Health (Prevention is imbedded within each priority need)	No	No
Cancer	Yes	Yes
Maternal and Child Health	Yes	Yes
Mental Health	Yes	Yes
Substance Abuse	Yes	Yes
Access to Care	Yes	Yes
Sexually Transmitted Disease - STD's	No	No
Social Determinants of Health	Yes	Yes



IMPLEMENTATION STRATEGIES TO ADDRESS SIGNIFICANT COMMUNITY HEALTH NEEDS

For almost 130 years, the Mercy Health - Lorain Hospital and Mercy Health – Allen Hospital have been caring for the healthcare needs of the community. Living in the light of our founders, the sisters of the Humility of Mary and complimented by our additional founders, the Sisters of Bon Secours and the Sisters of Mercy, we have established programs that extend the healing ministry of Jesus throughout all of Lorain County. In 2018, we provided over \$28 million dollars in charity care to the community.

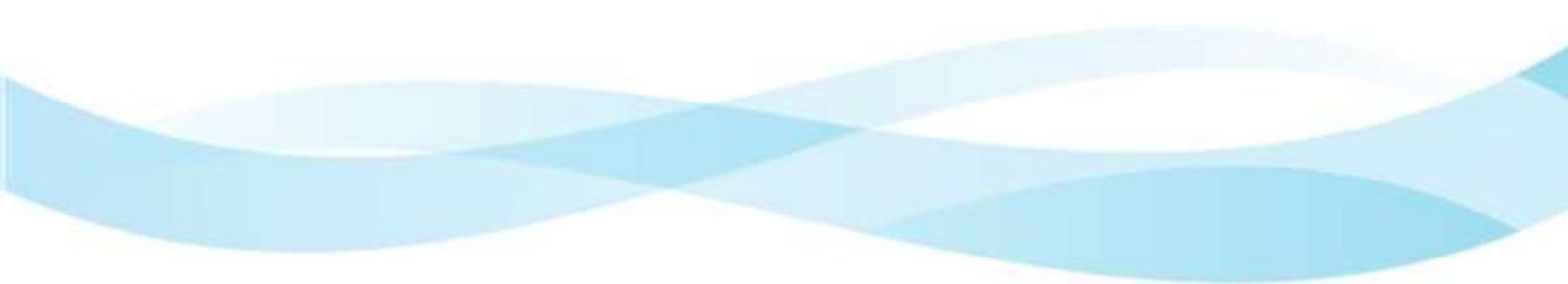
We have mission-based programs that are in place specifically reaching out to those that are in need. Our Mercy Health Thrift Shop run by our Volunteer Auxiliary is in downtown Lorain giving access to the homeless and the poor and underserved in Lorain with any profit gained coming directly back to our hospital to support our mission programs. Our Mercy Health Parish Nursing Program has been in place for 15 years in which we have a presence in 99 parishes and congregations within Lorain County. This program allows us to bring healthcare to the community in their places of faith allowing us to free healthcare screenings every weekend coupled with free exercise programs throughout the weeks. Our Mercy Health Family Outreach Program allows us to provide Community Health Workers to support the needs of pregnant women throughout Lorain County. We support these women through their pregnancy focusing on birth weights at or heavier than 5.8 pounds. These mothers and their infants are also supported through the first year of life in which we strive to ensure 100% of our infants receive their immunizations. All these mission-based programs are a phenomenal connector to the needs of our community. The survey results enable us to take and deepen the impact of our work in the community.

The compilation of our Community Health Needs Assessment demonstrates our use of the community data and structure complimented with the feedback of our community. We will focus on 7 out of 9 items that arose from the data and discussions. The two topics that will not specifically be covered: Sexually Transmitted Diseases will still be worked on with our OB/GYN's and with Lorain County Public Health while Preventative Health is actually a focal point in our 7 focus areas.

CHRONIC DISEASE (OBESITY / DIABETES / HEART DISEASE)

Description

As detailed in the hospital's Community Health Needs Assessment Report:



In Lorain County, when someone was diagnosed with diabetes, they also had one of the following chronic disease issues: 82% had high blood pressure; 79% were obese or overweight; 65% were diagnosed with high cholesterol.

In 2018, 85,475 Lorain County adults accounting for 70% of our population were either overweight (32%) or obese (38%) when measuring the body mass index. In Lorain County, our urban health is in need of attention as thirteen (13%) of Elyria and Lorain City adults did not have the health care coverage at all. More than one-third of these adults (34%) had high blood cholesterol; nine percent (9%) were classified as overweight or obese and 27% were current smokers. In our suburban locations, seven (7%) adults did not have insurance coverage with one fourth (29%) of adults having high blood pressure with thirteen percent (13%) being current smokers. Nearly two-fifths (38%) of Lorain County women were obese, 29% had high blood pressure, 29% had high cholesterol and 14% were current smokers with 12% being diagnosed with diabetes. Two-fifths (40%) of men in Lorain County were diagnosed with high blood pressure and high cholesterol, thirty-eight (38%) were diagnosed as being obese.

Lorain County adults that were diagnosed with high blood pressure or high cholesterol were more likely to be 65 years and older; 40% are male; 44% and live in an urban area

Goal

The Mercy Health Lorain Market will look at the main factors that impact Chronic Disease – Obesity, Diabetes and Heart disease by using diabetes and food education coupled with an exercise prescription program to bring awareness to the impact it has on the body.

Expected impact

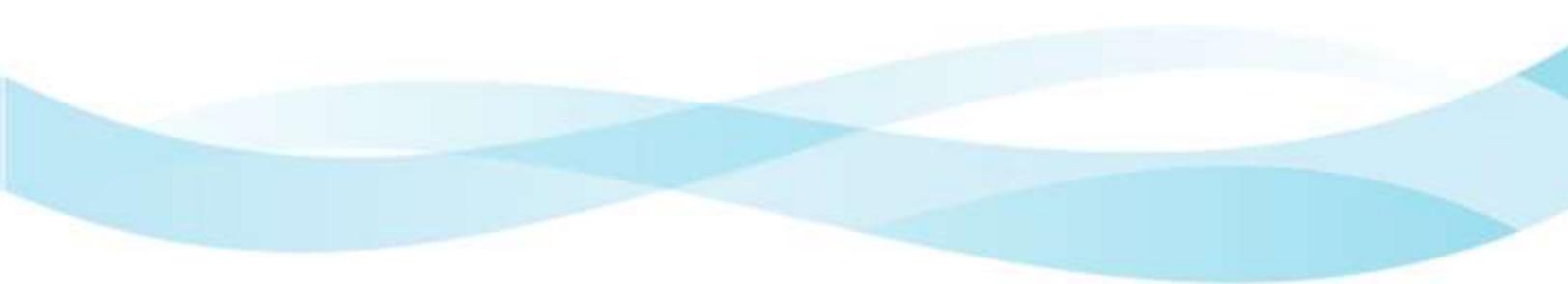
Improving the Chronic Health of Adults throughout Lorain County will enable us to impact the cardiovascular health component of our residents in which 38% of Lorain County Adults are obese; 34% have high blood pressure and 34% have high cholesterol, Therefore, a focus on diabetes control, exercise and nutrition can have a direct impact on the cardiovascular health of our community.

Targeted populations

Adults in Lorain County for more than 22% of adults with diabetes rated their health as fair or poor.

Strategies

Develop a men's Chronic Disease program that encompasses the key chronic disease components.



Implement an exercise prescription program connecting patients to free / low cost exercise options throughout the county.

Implement a food prescription program connecting patients to healthy food options throughout the county.

Strategic measures

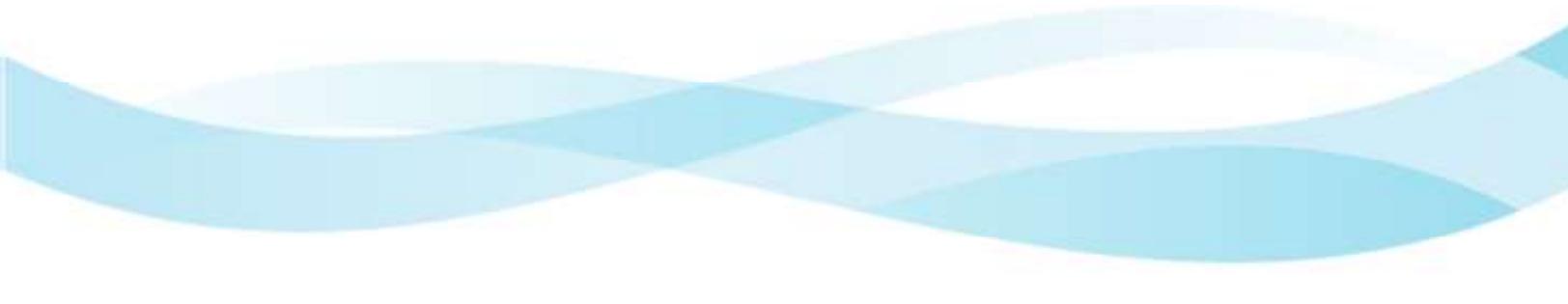
Our Men's Chronic Disease Program will be built from the ground up enable us to partner with key organizations to care for the needs of our community with an impact on 150 lives by the end of our three-year plan. An exercise prescription program will be implemented for patients that need to increase their physical fitness and will rely on the relationship with the primary care physician and the nurse practitioner. Finally, monitoring hunger of our patients will enable us to ensure they have access to food and when needed a prescription for food will be given along with connecting them with our key partners throughout the county to fill their need.

Community collaborations

- Community Health Improvement Plan

Community resources available

The existing healthcare facilities and other resources in the community that are available to meet the prioritized need include:

- **Lorain County Urban League** - the community resource for African Americans and all disadvantaged persons in our community to get empowered and connected to opportunities
 - **El-Centro** - The community center that connects the Hispanic and Latino population for all of Lorain County supporting education / health / youth / housing / food and nutrition
 - **Second Harvest Food Bank** – Facility that provides nutritious food options for families of all ages at various locations
 - **Lorain County Free Clinic** – Coordinates community resources for low-income and uninsured residents of Lorain County, providing comprehensive healthcare at minimal or no cost.
 - **Lorain County Public Health**- They create programs and services that allow and encourage the healthy choice to be the easy choice, operate in a sustainable fashion that reflects responsible stewardship, lead by example in the community, and manage our organization to effectively face current and future public health challenges. Main priorities for 2018 through 2022 are: Link to needed services / Expand coordinated education and prevention / Improve weight issues and obesity / Strengthen organizational efficiency and effectiveness
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- **Lorain County Health and Dentistry** – Federally funded community health center that serves the underserved in Lorain and surrounding communities by providing outpatient medical and dental services.
- **Lorain County Metro Parks** - The Lorain County Metropolitan Park District was created in 1957 by the Lorain County Probate Court, under the authority of Ohio's innovative, time-proven Park District Law of 1917. Beginning with the donation of Mill Hollow in 1958 by Dorothy Bacon DeMuth, and the gifts of the Burrell Family, Otto Schoepfle, John Caley, the City of Lorain, Buddy Miller, Eric Nord and others, the park district has steadily grown to over 9,000 acres.
- **Mercy Health Parish Nursing Program** – Fully grant funded program that provides free chronic disease health screening and exercise programs for the church and congregations throughout Lorain County

PREVENTATIVE HEALTH

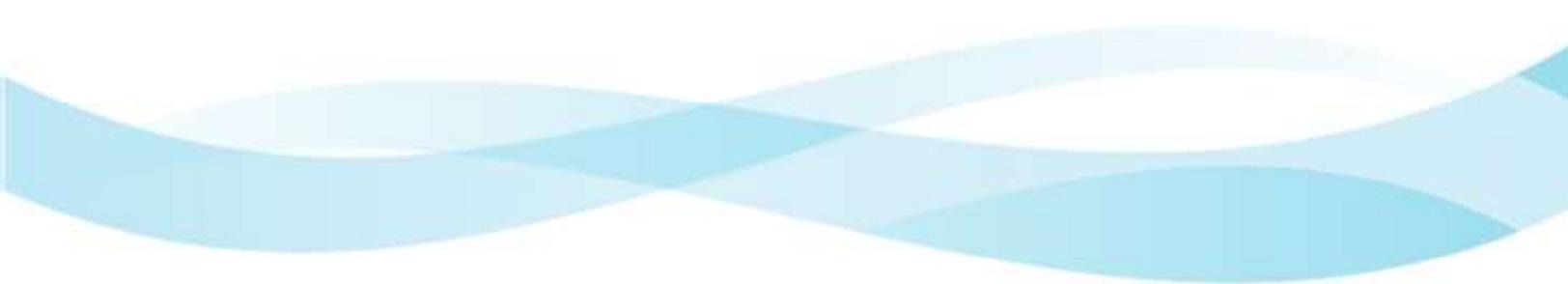
Description

As detailed in the hospital's Community Health Needs Assessment Report:

Lorain County adults indicated that their doctor or healthcare professional talked to them about the following: Immunizations (44%); weight control – diet and physical exercise (43%); family history (38%); safe use of prescription medication (27%); depression, anxiety or emotional problems (27%); tobacco use (16%); falls (15%); bone density (14%); injury prevention such as safety belt use; helmet use, or smoke detectors (14%); alcohol use (12%); safe use of opiate-based pain medication (11%); family planning (11%); sexually transmitted disease (STD's) (10%); self-testicular exams (7%); illicit drug abuse (6%); domestic violence (4%); substance abuse treatment options (3%) and firearm safety (2%). Lorain County adults have participated in the following preventative exams in the past two years: vision (72%); breast cancer (33%); hearing (25%); colorectal cancer (24%); skin cancer (20%); prostate cancer (19%); osteoporosis (9%) and memory screening (5%).

Goal

Mercy Health Lorain will not directly focus on Preventative Health as other organizations in Lorain County are specifically designed and better prepared to respond to this need through resources and experience. Mercy will support them as needed.



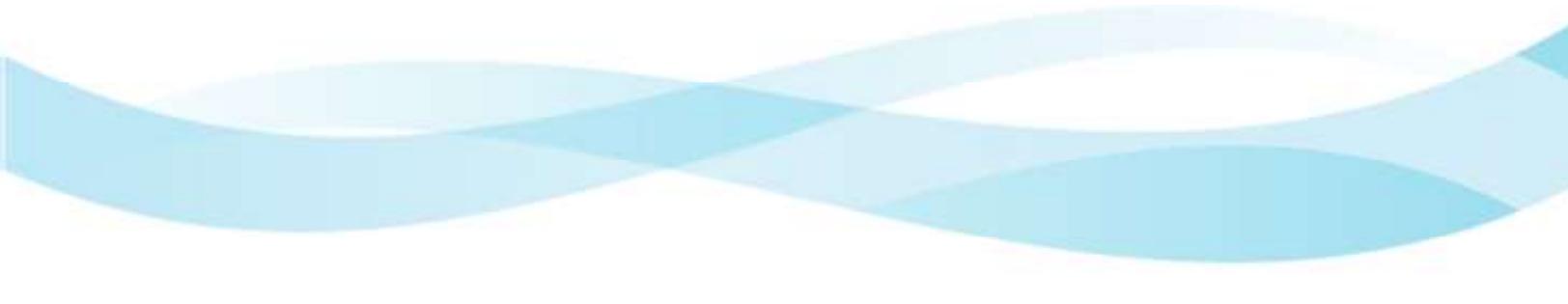
Mercy Health Lorain will ensure that a level of preventative health is included in each goal of Community Health Needs Assessment and Community Health Needs Implementation Plan. Mercy will continue collaboration efforts with the County to address this need.

Community collaborations

- Community Health Improvement Plan – Collaboration with the County

Community resources available

The existing healthcare facilities and other resources in the community that are available to meet the prioritized need include:

- **The Alcohol and Drug Addiction Services Board of Lorain County (ADAS)** – has now combined boards with the **Lorain County Board of Mental Health and is now the Mental Health Addiction and Recovery Board of Lorain County** – Government agency responsible for planning, evaluating, funding, and contracting for the delivery of publicly-financing alcohol and other drug-addiction, prevention and treatment services for the benefit of Lorain County residents.
 - **The LCADA Way** - Organization which cares for individuals and families struggling with drug and alcohol addiction
 - **Lorain County Free Clinic** – Coordinates community resources for low-income and uninsured residents of Lorain County, providing comprehensive healthcare at minimal or no cost.
 - **Lorain County Public Health**- They create programs and services that allow and encourage the healthy choice to be the easy choice, operate in a sustainable fashion that reflects responsible stewardship, lead by example in the community, and manage our organization to effectively face current and future public health challenges. Main priorities for 2018 through 2022 are: Link to needed services / Expand coordinated education and prevention / Improve weight issues and obesity / Strengthen organizational efficiency and effectiveness
 - **Lorain County Metro Parks** - The Lorain County Metropolitan Park District was created in 1957 by the Lorain County Probate Court, under the authority of Ohio's innovative, time-proven Park District Law of 1917. Beginning with the donation of Mill Hollow in 1958 by Dorothy Bacon DeMuth, and the gifts of the Burrell Family, Otto Schoepfle, John Caley, the City of Lorain, Buddy Miller, Eric Nord and others, the park district has steadily grown to over 9,000 acres.
 - **Lorain County Health and Dentistry** – Federally funded community health center that serves the underserved in Lorain and surrounding communities by providing outpatient medical and dental services.
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- **Lorain County Urban League** - the community resource for African Americans and all disadvantaged persons in our community to get empowered and connected to opportunities
- **El-Centro** - The community center that connects the Hispanic and Latino population for all of Lorain County supporting education / health / youth / housing / food and nutrition
- **Mercy Health Parish Nursing Program** – Fully grant funded program that provides free chronic disease health screening and exercise programs for the church and congregations throughout Lorain County

CANCER – MEN AND WOMEN

Description

As detailed in the hospital's Community Health Needs Assessment Report:

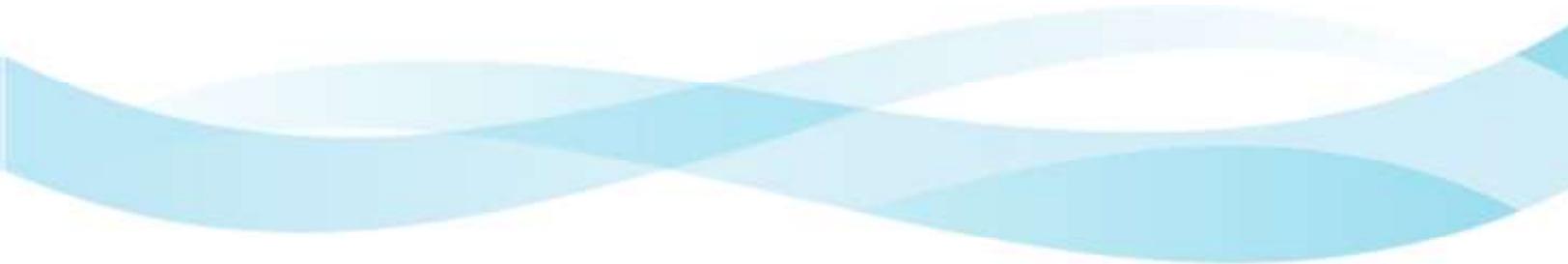
From 2015 to 2017, cancer caused 22% (2,066 of 9,429 total deaths) of all Lorain County resident deaths. Fifty-five percent (55%) of Lorain County females over the age of 40 had a mammogram in the past year. While 55% of women had their mammograms, only 24% of those women were from the urban community. Prostate cancer is the most common cancer among American men. More than half (51%) of Lorain County males had a prostate-specific antigen (PSA) test at some time in their life and 29% had on in the past year with 46% of men over the age of 50 that had a PSA test. Fifty-eight percent (58%) of men had a digital rectal exam in their lifetime within Lorain County. Cancer accounts for 23% of the deaths for men and 21% of the deaths for women in Lorain County. Fifteen (15%) of the cancer deaths were from breast cancer and lung / bronchus cancer with in Lorain County closely followed by thirteen percent (13%) prostate cancer and nine percent (9%) colon and rectal cancer.

Goal

Mercy Health Lorain Market will increase cancer awareness for men and women between the ages of 50-75 throughout Lorain County on the three top ranking cancers: Breast; Colon; and Prostate Cancer.

Expected impact

By increasing the awareness throughout Lorain County on these three types of cancers coupled with the screenings that can be done to ensure early detection, we will make an impact on the fact that cancers accounts for twenty-three percent (23%) of the deaths for



men and twenty-one percent (21%) of deaths for women by focusing on the three top cancers: Breast (15%); Prostate (13%) and Prostate (9%) Cancer.

Targeted populations

Men and women between the ages of 50-75.

Strategies

Over the three year period between 2020 and 2022, the Mercy Health Lorain Market will increase presence, awareness and screenings throughout Lorain County for those between the ages of 50 to 75 by fifteen percent (15%) as we continue the focus on: Mammograms with a continued highlight in our Southern portion of the County where our Mercy Health Allen Hospital resides while commending a focus on Colorectal cancer screenings for both men and women and finally increased education on prostate cancer for men.

Strategic measures

Each of the three strategies will be measured by increasing the total screenings by fifteen percent (15%) for Mammograms and Colorectal screenings while increasing the total number of men that receive education on prostate cancer by fifteen percent (15%).

Community collaborations

- Community Health Improvement Plan – Collaboration with the County

Community resources available

The existing healthcare facilities and other resources in the community that are available to meet the prioritized need include:

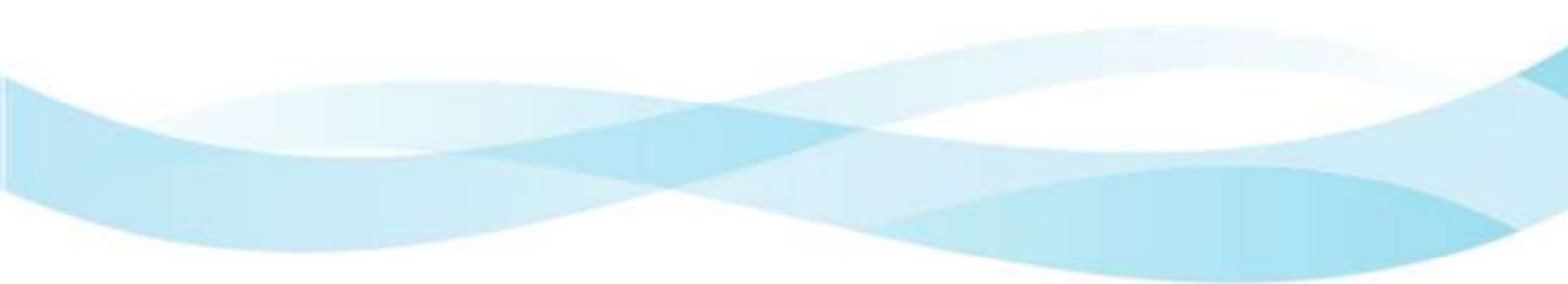
- **Mercy Health Cancer Center** – Cancer center located in Elyria that can provide both chemotherapy and radiation therapy care for patients within Lorain County.
- **Mercy Health Angels and Amiga's Program** – Grant funded program that provides free mammograms to the Hispanic / Latina and African American community

MATERNAL AND CHILD HEALTH

Description

As detailed in the hospital's Community Health Needs Assessment Report:

From 2014 to 2018 there was an average of 3,311 live births in Lorain County and of those 10.3% had a gestational period of less than 10.3% which was an increase from the previous year. Twenty-one percent (21%) of the births in Lorain County were a low birthweight of less than the national average of 5.8 pounds. Twenty-seven (27%) of Lorain County



women had been pregnant in the past five years in Lorain County. During their pregnancy, Lorain County women took a multi-vitamin with folic acid during pregnancy (63%); had a prenatal appointment in the first three months (61%) folic acid / prenatal vitamins (51%), took a multi-vitamin with folic acid pre-pregnancy (49%), had a dental exam (38%), took folic acid during pregnancy (38%), received WIC services (28%), folic acid pre-pregnancy (23%), experienced depression (9%), used marijuana (2%) consumed alcohol (2%) and smoked cigarettes or tobacco products (2%). Infant mortality occurred at a rate of 6.6 for every 1,000 live births for Lorain County which was less than the state number of 7.2.

Goal

Mercy Health Lorain Market will focus on Infant mortality by decreasing the number of preterm births in which the gestational period is less than 37 weeks.

Expected impact

Decrease the number of preterm births prior to 37 weeks.

Targeted populations

All females that become pregnant that qualify and participate in the Resource Mothers Program.

Strategies

Mercy Health Lorain Market will work throughout Lorain County to collaboratively connect with 10% more pregnant women in which the Mercy Health Resource Mothers Program can make an impact with at home visits impacting the overall gestational period so that it exceeds 37 weeks.

Strategic measures

Increase the number of women on the program by 10% over the three year period of the Community Health Needs Assessment.

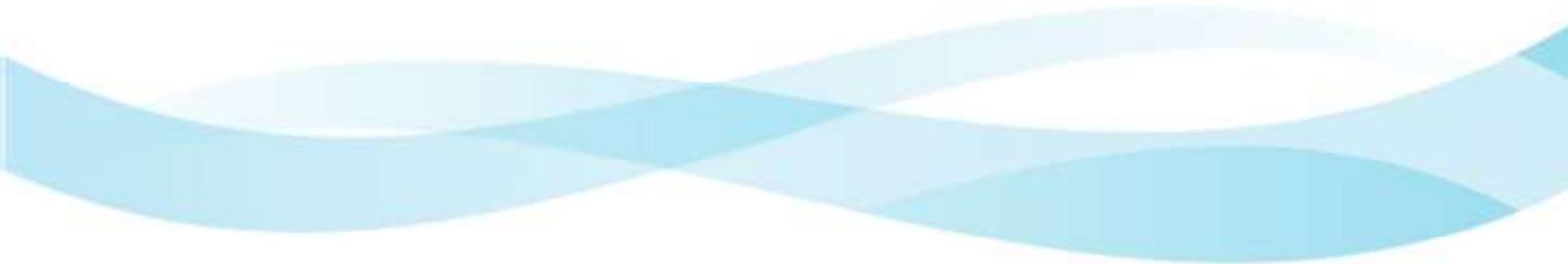
Community collaborations

- Community Health Improvement Plan – Collaboration with the County

Community resources available

The existing healthcare facilities and other resources in the community that are available to meet the prioritized need include:

- **Lorain County Health and Dentistry** – Federally funded community health center that serves the underserved in Lorain and surrounding communities by providing outpatient medical and dental services.



- **Mercy Health Resource Mothers** – Fully grant funded program in which Community Health Workers provide at home care for at-risk pregnant women in the community to ensure proper pre-natal and post-birth care
- **Cornerstone Among Women** – Assists low-income women with pregnancy issues
- **Lorain County Children and Families Council** – Promotes the well-being of children and families in Lorain County
- **Oberlin Kids** - We support the parents and families of children ages 0-5 and give them the resources necessary to support their child's development. The goal is to give each child birth to kindergarten who live in Oberlin the opportunity to be successful in school and in life, to support our children and families and make our community stronger.
- **Lorain County Public Health / WIC / SNAP**- They create programs and services that allow and encourage the healthy choice to be the easy choice, operate in a sustainable fashion that reflects responsible stewardship, lead by example in the community, and manage our organization to effectively face current and future public health challenges. Main priorities for 2018 through 2022 are: Link to needed services / Expand coordinated education and prevention / Improve weight issues and obesity / Strengthen organizational efficiency and effectiveness.

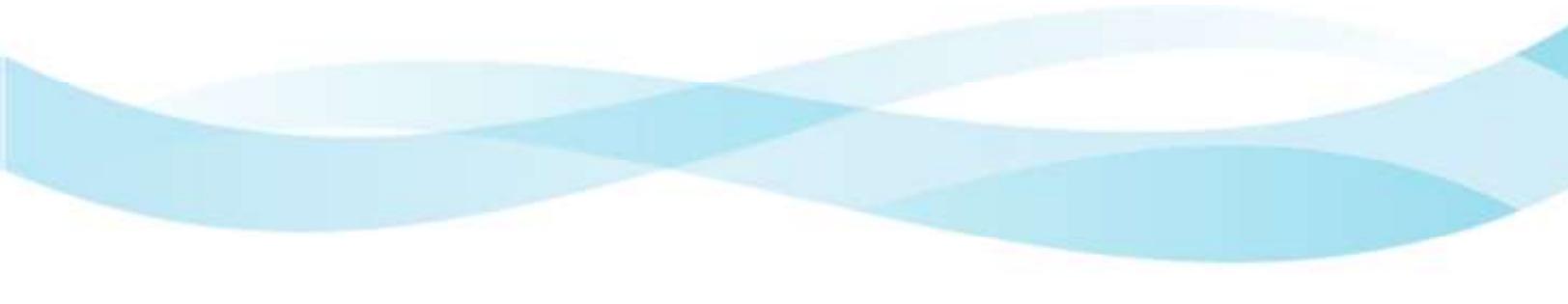
MENTAL HEALTH

Description

As detailed in the hospital's Community Health Needs Assessment Report:

In 2018, 4% of Lorain County adults considered attempting suicide. From 2013 to 2018 there were a total of 294 suicides with 38% of suicide deaths occurred between the ages of 45 and 64. The number of males that committed suicide was four times greater than that of a female in which out of the 294 suicides seventy-nine percent (79%) or 233 men committed suicide compared to 59 females during that time period.

Thirteen percent (13%) of Lorain County adults used a program or service for themselves or a loved one to help with depression, anxiety or emotional problems. Twenty-five percent (25%) of those under the age of 30 felt sad or depressed for two or more weeks in a row. For those in the county with an income less than \$25,000, sixteen percent (16%) felt sad or depressed for two or more weeks in a row. Within Lorain County, this percentage as a whole from 2011 to 2015 increased from 13% to 20% therefore showing a need in access for mental health care for the community.



Lorain County adults reported that they looked for programs for themselves or loved ones: depression, anxiety or mental health (25%); marital/family problems (5%); smoking cessation (4%); alcohol abuse (4%); drug abuse (3%) detoxification for opiates / heroin (2%). One in twenty hospital admissions were mental / behavioral health related as a primary diagnosis while a secondary diagnosis for hospitalization was commonly: nicotine dependence (21.1%); anxiety disorder (13.2%) and major depressive order episode (16.7%) totaling over half of hospitalized inpatients throughout Lorain County.

The Youth of Lorain County also struggle with mental health as one-fourth (25%) of sixth graders reported they felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. More than one-fourth (28%) of 12th grader youth reported they had seriously considered attempting suicide in the past 12 months. Those that took the survey between grades sixth through twelfth grade states that they experienced: depression; anxiety; stress; bullying; concerns of what others thought of them; thoughts of suicide; alcohol and drugs and finally aggression and violence.

Goal

The Mercy Health Lorain Market will increase the number of patients that access and utilize Mercy Health for care for their mental health.

Expected impact

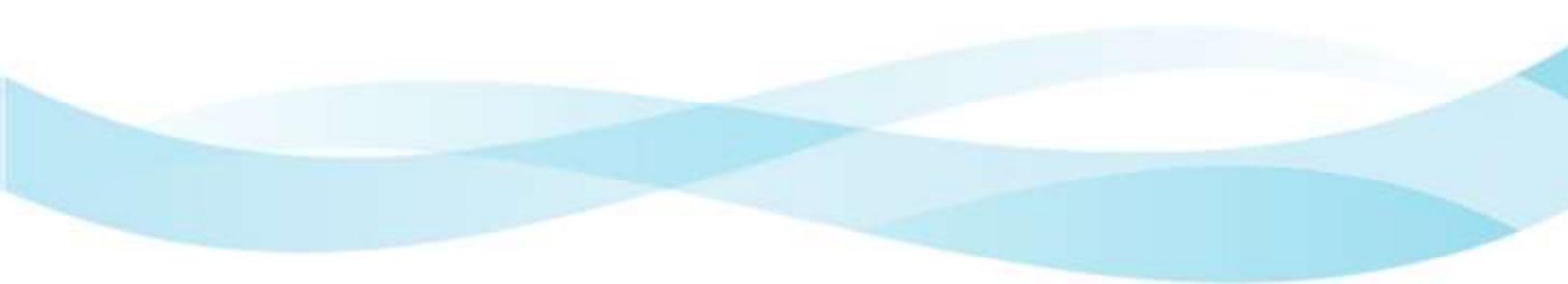
Mercy Health Lorain will collaborate with local high schools and colleges to increase the Mental Health workforce pipeline throughout the mental health industry which will be done in collaboration with the Community Health Improvement Plan. We will also see an increase in the utilization of Mercy Health behavioral health services throughout Lorain County by 2022 by 10%. We will increase the number of suicide awareness educational opportunities throughout the Parish Nursing connections as we work with the county resources.

Targeted populations

All age groups within Lorain County that are struggling with depression or mental health issues.

Strategies

To increase the Mental Health Worker pipeline in healthcare, Mercy Health will collaborate with Lorain County Community College (LCCC) and our local high Schools to raise awareness to careers in mental health. Our success will be measured by the number of students that choose the mental health career path at LCCC. In our growth of our



utilization of our mental health services in our Mercy Health Physicians Offices, we will market our Clinical Psychologists and measure a growth of 10% over 3 years. Finally, we will collaborate with our local schools, churches and congregations to provide suicide awareness programs to impact the suicide rate that we have seen in Lorain County.

Strategic measures

Mental Health Worker Pipeline: Total number of students that enroll into the mental health pipeline career options at Lorain County Community College and local colleges and universities.

Utilization of Mental Health Services: Measure number of visits to the Clinical Psychologists throughout the MHP 9 access points

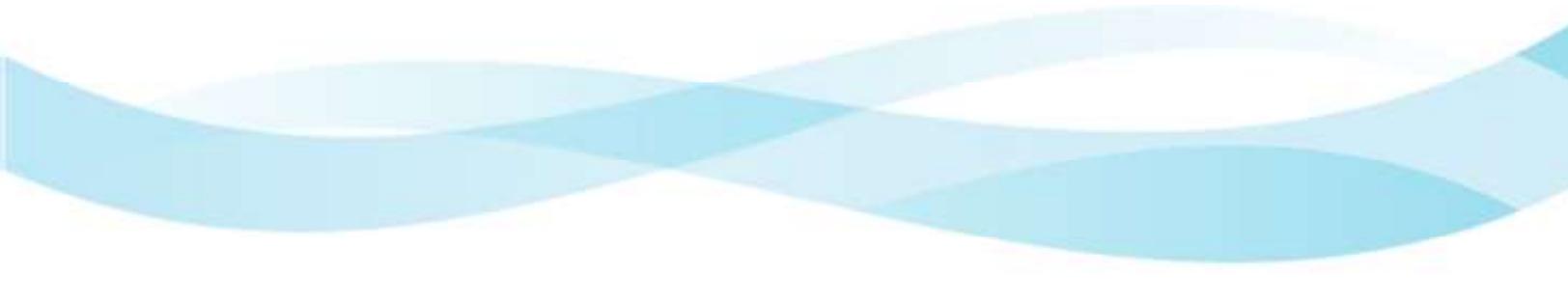
Suicide Awareness Programs: Total number of suicide awareness programs over the three years to increase by 8 in partnership with our school systems and Mercy Health Parish Nursing.

Community collaborations

- Community Health Improvement Plan – Collaboration with the County
- Lorain County Community College – Local Associate and Bachelor community college that provides healthcare educational degrees.

Community resources available

The existing healthcare facilities and other resources in the community that are available to meet the prioritized need include:

- **The Alcohol and Drug Addiction Services Board of Lorain County (ADAS)** – has now combined boards with the **Lorain County Board of Mental Health and is now the Mental Health Addiction and Recovery Board of Lorain County** – Government agency responsible for planning, evaluating, funding, and contracting for the delivery of publicly-financing alcohol and other drug-addiction, prevention and treatment services for the benefit of Lorain County residents.
 - **The LCADA Way** - Organization which cares for individuals and families struggling with drug and alcohol addiction
 - **The Nord Center** - a private, non-profit agency providing comprehensive behavioral and mental health services to children, adolescents and adults in the greater Lorain County area. Our services include outpatient counseling; sexual assault / rape crisis services; drug and alcohol addiction; dual diagnosis (substance abuse and mental illness); psychiatry and medication management; employment
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and vocational services; supportive housing as well as homelessness prevention. We also offer culturally specific services to bilingual and African American consumers.

- **Mercy Health Physicians** – 4 Clinical Psychologists that accept patients through a Primary care referral
- **Mercy Health Inpatient Psychiatric Unit** – 25 inpatient unit for admission
- **Lorain County Pride Initiative** – off-shoot of the Alcohol and Drug Addiction Services of Lorain County that provides resources to residents of the city of Lorain experiencing anxiety, depression and problematic substance abuse issues due to recent economic downturn.
- **Mercy Health Parish Nursing Program** – Fully grant funded program that provides free chronic disease health screening and exercise programs for the church and congregations throughout Lorain County
- **Pathways Counseling and Growth Center** – non-profit that provides mental health counseling services primarily to Medicaid and low-income residents
- **Local School Systems-** Oberlin City Schools; Lorain City Schools; Elyria City Schools; Vermilion City Schools; Amherst City Schools; Avon City Schools

SUBSTANCE ABUSE

Description

As detailed in the hospital's Community Health Needs Assessment Report:

In 2018, 10% of Lorain County adults had used recreational marijuana during the past 6 months with 13% of that number being males and 17% were under the age of 30. Eight percent (8%) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months. We continue to see prescription opiate related drug overdose and unintentional overdose deaths annually and therefore education and support is still needed in the community.

The 2018 Pride Survey Report indicated the 4% of Lorain County 8th grad youth and 8% of 12th grade youth had smoked cigarettes in the past month. Twenty-Three percent (23%) of 10th graders and Thirty-seven (37%) of 12th grade youth used an e-cigarette, vape pen or e-liquid rig in the last 30 days. When considering alcohol consumption, three (3%) of 6th grade youth were current drinkers having a drink in the last 30 days and seventeen percent (17%) of 8th graders had alcohol in the past year. When we consider youth use of illicit drugs, four percent (4%) of sixth graders and thirty-one (31%) of twelfth graders used marijuana or hashish while thirty-one (31%) in the past 30 days while six percent (6%) of 12th graders used prescription drugs in the past year.

Goal

Mercy Health Lorain Market will increase substance abuse education and connect addiction support to those in need throughout Lorain County.

Expected impact

Collaboration and education will enable us to support adults and students in the struggle with substance abuse.

Targeted populations

Middle School and High School Students

Adults and their families throughout the county struggling with addiction

Strategies

Mercy Health Lorain Market will enhance the Opioid / substance abuse awareness and education that we do for high school students throughout the county. We will also continue and grow our education for our patients at both Mercy Health Lorain Hospital and Mercy Health Allen Hospital on the Let's Get Real Program supporting any adult that is struggling with addiction.

Strategic measures

Opioid / Substance Abuse Awareness Education - Completion of 6 courses throughout the county by the end of the three year period.

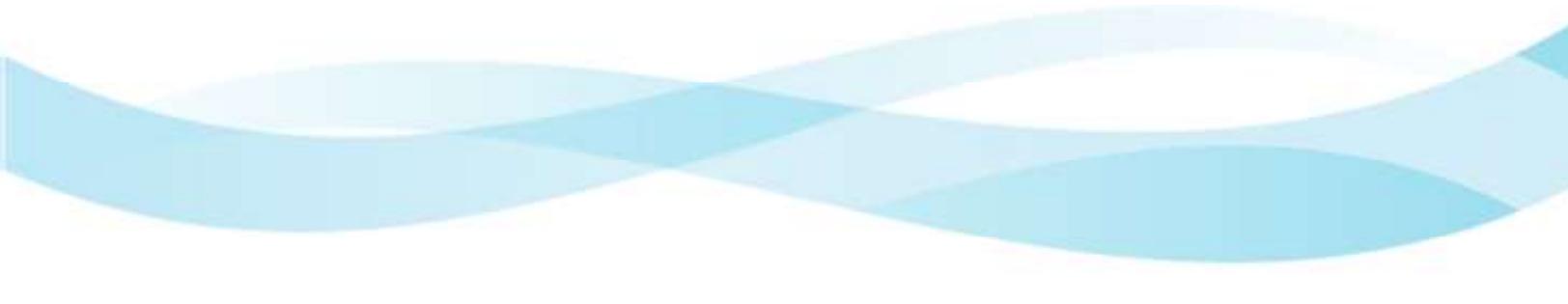
Let's Get Real Program – Total number of patients referred to the program

Community collaborations

- Community Health Improvement Plan – Collaboration with the County

Community resources available

The existing healthcare facilities and other resources in the community that are available to meet the prioritized need include:

- **The Urban Minority Alcoholism and Drug Abuse Outreach Program** – serves on of Ohio's largest Hispanic communities as well as large African American populations by ensuring they have affordable access to programs that treat alcohol, tobacco and drug abuse
 - **The Alcohol and Drug Addiction Services Board of Lorain County (ADAS)** – has now combined boards with the **Lorain County Board of Mental Health and is now the Mental Health Addiction and Recovery Board of Lorain County** – Government agency responsible for planning, evaluating, funding, and contracting
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for the delivery of publicly-financing alcohol and other drug-addiction, prevention and treatment services for the benefit of Lorain County residents.

- **The LCADA Way** - Organization which cares for individuals and families struggling with drug and alcohol addiction
- **The Nord Center** - a private, non-profit agency providing comprehensive behavioral and mental health services to children, adolescents and adults in the greater Lorain County area. Our services include outpatient counseling; sexual assault / rape crisis services; drug and alcohol addiction; dual diagnosis (substance abuse and mental illness); psychiatry and medication management; employment and vocational services; supportive housing as well as homelessness prevention. We also offer culturally specific services to bilingual and African American consumers.
- **Local School Systems**- Oberlin City Schools; Lorain City Schools; Elyria City Schools; Vermilion City Schools; Amherst City Schools; Avon City Schools
- **Mercy Health Parish Nursing Program** – Fully grant funded program that provides free chronic disease health screening and exercise programs for the church and congregations throughout Lorain County

ACCESS TO CARE

Description

As detailed in the hospital's Community Health Needs Assessment Report:

In 2018, 10% of Lorain County adults were without healthcare coverage totaling over 22,494. Many Lorain County adults continue to have issues with their healthcare insurance which can create their access to care barriers such as: cost (37%); opted out of certain coverage as they could not afford it (9%); could not understand their insurance plan (7%); working with their insurance company (6%); service not deemed medically necessary (6%); limited visits (5%); opted out of certain coverage because they did not need it (3%); provider no longer covered (3%); service no longer covered (3%); and pre-existing conditions (2%). The data on the uninsured tells us that part of the reason for poor access among the uninsured is that 50% do not have a regular place to go when they are sick or need medical advice. While access is an issue, seventy-one percent (71%) of Lorain County adults visited a doctor for a routine check up in the year with over fifty (50%) of the adults in Lorain County saying that they have one person that they consider their personal doctor or healthcare provider.

Goal

Mercy Health Lorain Market will increase the number of patients that choose a Primary Care Physician or Nurse Practitioner

Expected impact

By choosing a healthcare provider, Lorain County residents will have an individual that they consider their personal doctor, one that they can ask any questions or concerns they may have in relation to their health or mental status.

Targeted populations

All residents throughout Lorain County.

Strategies

The Mercy Health Lorain Market will educate our community on the benefits of selecting a Primary Care Physician to care for their health and mental needs through introduction talks and discussions through our relationships with the Mercy Health Parish Nursing Program.

Strategic measures

Total Number of patients scheduled with a primary care physician visit from our Emergency Departments at either the Mercy Health - Lorain Hospital or the Mercy Health - Allen Hospital.

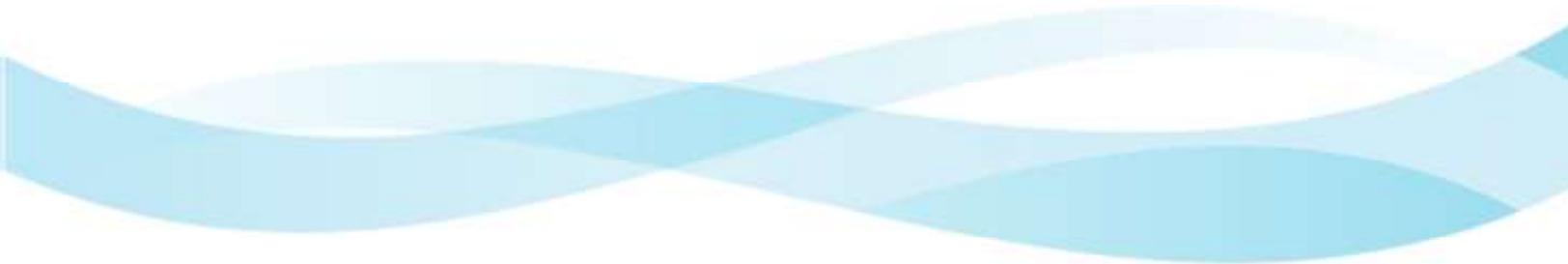
Community collaborations

- Community Health Improvement Plan – Collaboration with the County

Community resources available

The existing healthcare facilities and other resources in the community that are available to meet the prioritized need include:

- **Lorain County Free Clinic** – Coordinates community resources for low-income and uninsured residents of Lorain County, providing comprehensive healthcare at minimal or no cost.
- **Lorain County Public Health-** They create programs and services that allow and encourage the healthy choice to be the easy choice, operate in a sustainable fashion that reflects responsible stewardship, lead by example in the community, and manage our organization to effectively face current and future public health challenges. Main priorities for 2018 through 2022 are: Link to needed services / Expand coordinated education and prevention / Improve weight issues and obesity / Strengthen organizational efficiency and effectiveness



- **Lorain County Health and Dentistry** – Federally funded community health center that serves the underserved in Lorain and surrounding communities by providing outpatient medical and dental services.
- **Mercy Health Parish Nursing Program** – Fully grant funded program that provides free chronic disease health screening and exercise programs for the church and congregations throughout Lorain County
- **Mercy Health Physicians** – Key physicians to present on topics

SEXUALLY TRANSMITTED DISEASES - STD'S

Description

As detailed in the hospital's Community Health Needs Assessment Report:

In 2018, 69% of Lorain County adults had sexual intercourse. Seven percent (7%) of adults had more than one partner. Within Lorain County, there has been a significant rise in Chlamydia cases from 1,154 in 2015 to 1,492 in 2017 demonstrating a 22% increase in two years. There was also a substantial increase in the number of Gonorrhea from 268 reported cases in 2015 to 524 reported cases in 2017 demonstrating an increase by over 45%.

Goal

Mercy Health Lorain will not directly work on this community need as there are other organizations in Lorain County specifically designed and better prepared both through resources and experience to respond to this need. We will continue to work with our physicians such as Primary Physicians, Nurse Practitioners and OB/GYN's that will run into this test outcome more frequently ensuring they have the medicinal and support resources needed.

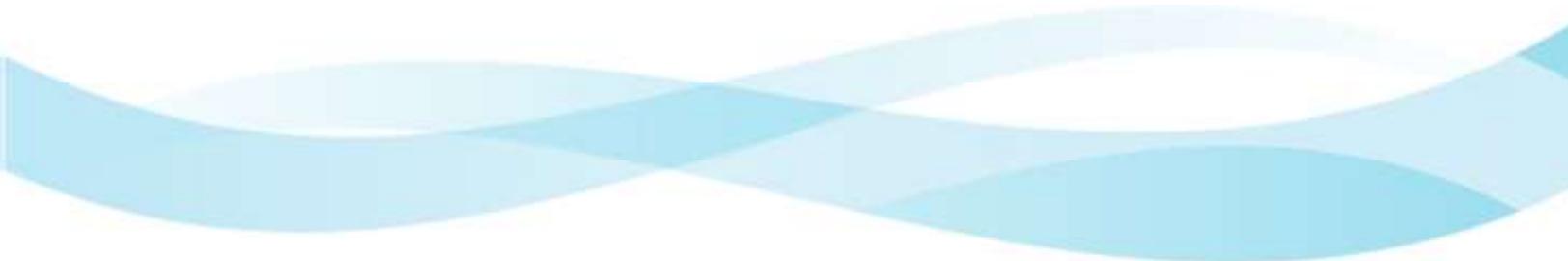
Community collaborations

- Community Health Improvement Plan – Collaboration with the County

Community resources available

The existing healthcare facilities and other resources in the community that are available to meet the prioritized need include:

- **Lorain County Free Clinic** – Coordinates community resources for low-income and uninsured residents of Lorain County, providing comprehensive healthcare at minimal or no cost.



- **Lorain County Public Health-** They create programs and services that allow and encourage the healthy choice to be the easy choice, operate in a sustainable fashion that reflects responsible stewardship, lead by example in the community, and manage our organization to effectively face current and future public health challenges. Main priorities for 2018 through 2022 are: Link to needed services / Expand coordinated education and prevention / Improve weight issues and obesity / Strengthen organizational efficiency and effectiveness
- **Mercy Health Infectious Disease Clinic** – Mercy Health department that specializes in infectious diseases throughout the county.
- **Lorain County Health and Dentistry** – Federally funded community health center that serves the underserved in Lorain and surrounding communities by providing outpatient medical and dental services.

SOCIAL DETERMINANTS OF HEALTH / HEALTH EQUITY

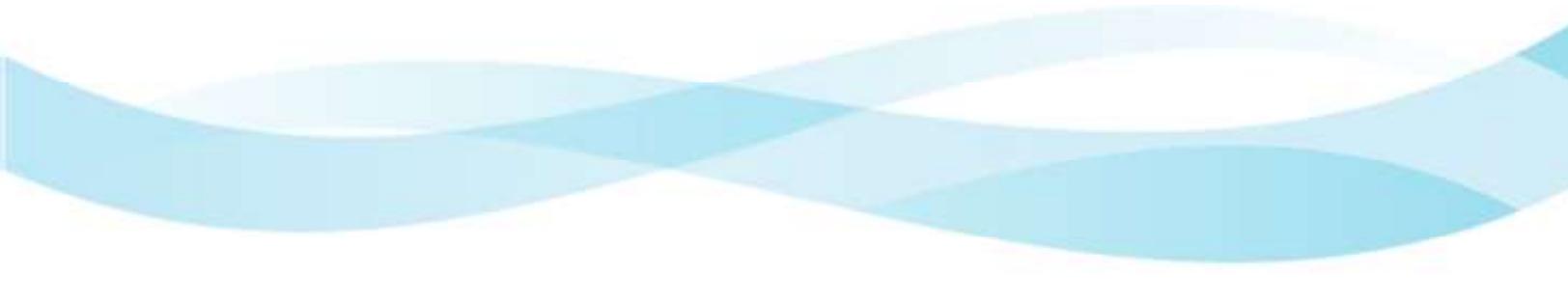
Description

As detailed in the hospital's Community Health Needs Assessment Report:

Healthy people 2020 developed five key determinants as a “place-based” organizing framework: Economic stability; education; social and community context; health and health care; and neighborhood and built environment. In Lorain County, adults received assistance for the following in the past year: Medicare (13%); food (12%); health care (12%); mental illness issues including depression (11%); dental care (7%); employment (6%); prescription assistance (8%) utilities (5%); rent/mortgage (4%); transportation (4%); legal aid services (3%); credit counseling (2%); diapers (2%); drug or alcohol addiction (2%); clothing (2%); unplanned pregnancy (1%) and gambling (<1%).

Nine percent of Lorain County adults experienced one or more types of food insecurities in the past year. Thirteen (13%) of all Lorain County residents were living in poverty and the unemployment rate was 5.5%. Nineteen (19%) of Lorain county adults experienced four or more different types of Adverse Childhood Experiences (ACE's) in their lifetime, increasing to 24% for those with incomes less than \$25,000.

Approximately 13.7% of Lorain County residents were below the poverty line during the survey cycle according to the 2013-2017 American Community Survey 5-year estimates. For this reason, the data that we attained was able to be broken down by income throughout the report demonstrating at times two levels: less than \$25,000 and greater



than \$25,000 in order to better understand the disparity. Healthcare disparities exist when you compare the rural – suburban and urban needs of the community.

Goal

Mercy Health Lorain Market will eliminate implicit bias towards patients and the community we serve in order to improve health equity (Social Determinants of Health).

Expected impact

All Associates of the Mercy Health Lorain Market will have an increased awareness of the implicit bias that can exist. All patients and community will benefit as we serve all equally and fairly with justice.

Targeted populations

All Associates of Mercy Health Lorain Market which then impact the community

Strategies

Mercy Health Lorain Market will implement cultural competency training for all new hires and all associates ensuring 100 percent completion by 2022. In collaboration with the Diversity and Inclusion team at the Mercy Health Home Office and the Lorain County Public Health Community Health Improvement Plan, policies and standards will be developed to ensure all are treated with justice. Finally, Over the three-year period, the Mercy Health Lorain Market will work in collaboration with the Lorain County Public Health in determining and improving health equity throughout Lorain County by assessing to ensure all needs are met.

Strategic measures

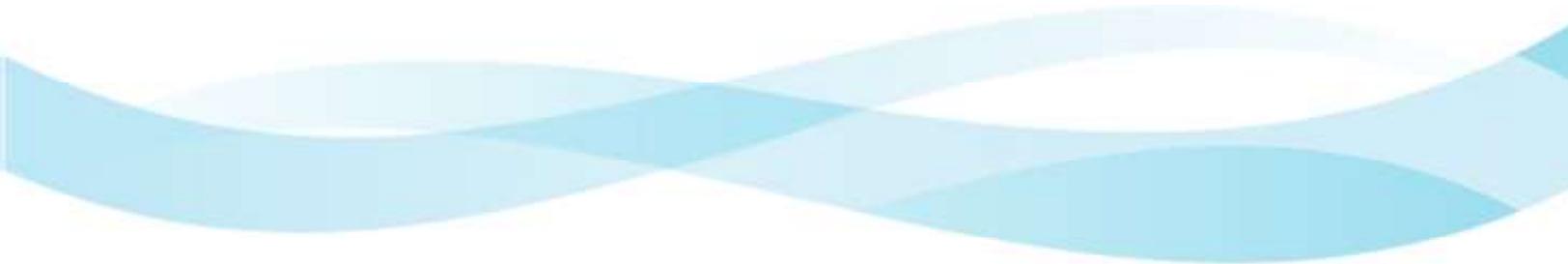
By the end of the three year plan, we will have an impact on Health Equity / Social Determinants of Health - One Hundred percent (100%) of associates will be trained along with the implementation to ensure all new hires will receive implicit bias training; County-wide policies and procedures will be implemented in regard to cultural competency and implicit bias and finally a community census (internally and externally) will be completed assessing if we meet the needs of cultural competency throughout Lorain County.

Community collaborations

- Community Health Improvement Plan – Collaboration with the County
- Approved trainer on Implicit bias and Cultural Competency

Community resources available

The existing healthcare facilities and other resources in the community that are available to meet the prioritized need include:



- Lorain County Public Health - They create programs and services that allow and encourage the healthy choice to be the easy choice, operate in a sustainable fashion that reflects responsible stewardship, lead by example in the community, and manage our organization to effectively face current and future public health challenges. Main priorities for 2018 through 2022 are: Link to needed services / Expand coordinated education and prevention / Improve weight issues and obesity / Strengthen organizational efficiency and effectiveness
- **Mercy Health Parish Nursing Program** – Fully grant funded program that provides free chronic disease health screening and exercise programs for the church and congregations throughout Lorain County

