



2020–2022 Community Health Needs Assessment — Implementation Plan

Adopted by the Market Parent Board of Trustees, December 2019

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Introduction

Mercy Health - Defiance Hospital ("Defiance Hospital") is a 23-bed, full-service hospital providing inpatient, outpatient and ancillary health care services. Defiance Hospital, along with local health, education, social service, non-profit and governmental agencies participated in a Community Health Needs Assessment ("CHNA") conducted for Defiance County and surrounding areas. The detailed process, participants and results are available in Defiance Hospital Community Health Needs Assessment Report which is available at mercy.com.

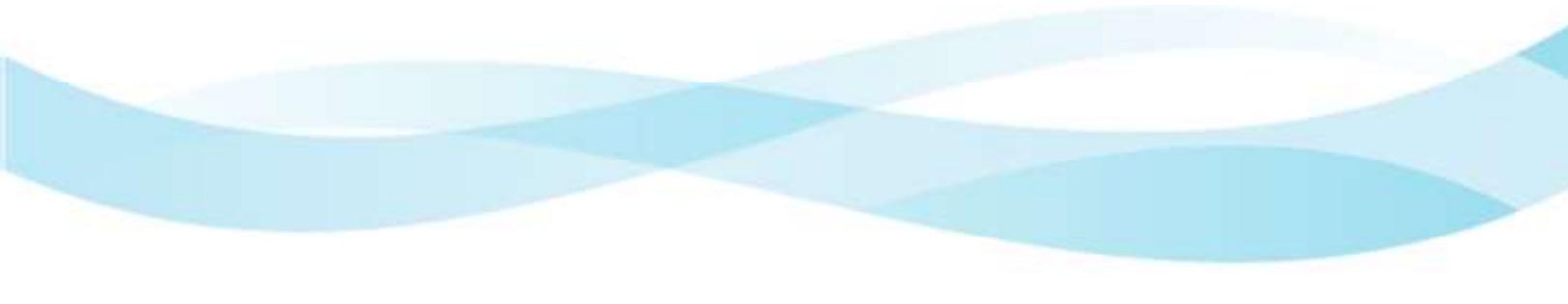
This Community Health Needs Assessment Implementation Plan will address the significant community needs identified through the CHNA. The Plan indicates which needs Defiance Hospital will address and how, as well as which needs Defiance Hospital won't address and why.

Beyond the programs and strategies outlined in this plan, Defiance 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, Defiance Hospital anticipates that some of the strategies, tactics and even the needs identified will evolve over that period. Defiance Hospital plans 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

For the purposes of the CHNA, Defiance Hospital used Defiance County in Ohio as the main service area. Defiance Hospital serves a broad geographic area encompassing Defiance County and surrounding counties in northwest Ohio. Patient data indicates that the primary service area of persons served at Defiance Hospital reside in Defiance County, based upon the county of residence of discharged inpatients. The population of the primary service area is approximately 39,000 and is older, poorer and has worse health statistics than state and national averages. The demographic area served by the primary service area includes the following ethnic and cultural groups: Caucasian (91.8%), Hispanic (9.4%), African American (1.8%), Asian (0.3%), Two or more races (1.8%), American-Indian



(0.3%), and some other race (4.5%). 11.4% of residents are in households below the federal poverty guidelines. 21.9% of Defiance Hospital residents are enrolled in Medicaid.

Defiance County covers 412 square miles. It is bordered to the north by Williams County, to the north and east by Henry County, to the south by Putnam and Paulding counties and to the west by Indiana. ZIP codes included in the community served by the hospital include 43512, 43526, 43549, 43519, 43530, 43556, 43520 and 43536.

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

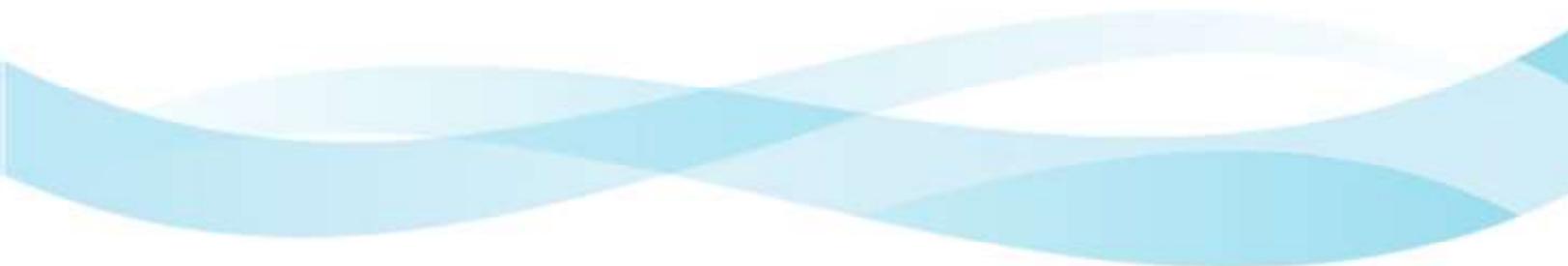
Our commitment to act with integrity, honesty and truthfulness

Sacredness of Life

Our commitment to reverence all life and creation

Service

Our commitment to respond to those in need



Executive Summary

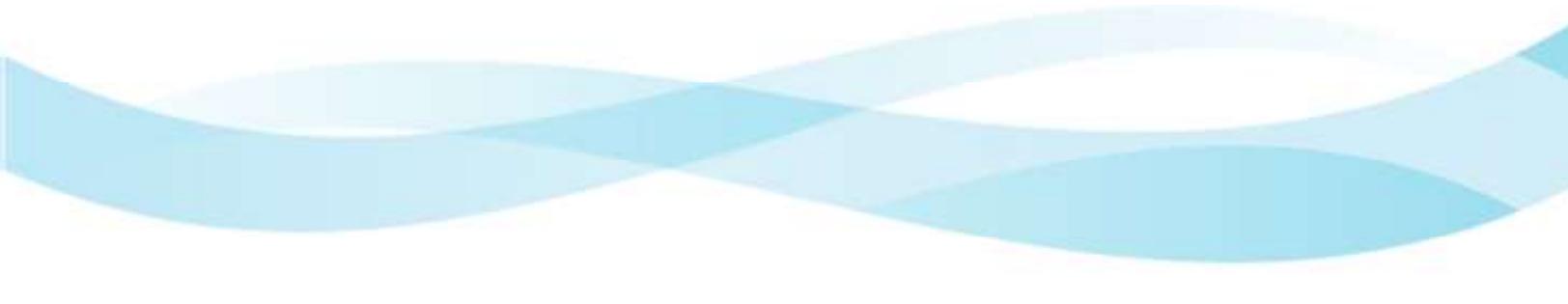
BACKGROUND AND PROCESS

Since 1997, Defiance County has conducted community health assessments (CHA) for the purpose of measuring and addressing health status. Defiance Hospital participated in a Community Health Needs Assessment (CHNA) process coordinated by POWER Defiance County Coalition. The CHNA was conducted by various social service, business and government organizations in Defiance County to collect data that reports the health and health behaviors of Defiance County residents. Data was collected for this assessment with the assistance of the Hospital Council of Northwest Ohio. Defiance Hospital is a member of and contributed financially to the POWER Defiance County Coalition in support of the 2015 Defiance County Community Health Status Assessment report.

The most recent Defiance County Health Assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents within Defiance County. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS) and the National Survey of Children's Health (NSCH) developed by the Child and Adolescent Health Measurement Initiative. This has allowed Defiance County to compare the data collected in their CHA to national, state and local health trends.

From the beginning phases of the CHA, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the project. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

The Defiance County CHA has been utilized as a vital tool for creating the Defiance County Community Health Improvement Plan (CHIP). The Public Health Accreditation Board (PHAB) defines a CHIP as "a long-term, systematic effort to address health problems on the basis of the results of assessment activities and the community health improvement process. This plan is used by health and other governmental education and human service agencies, in collaboration with community partners, to set priorities and coordinate and target resources. A CHIP is critical for developing policies and defining actions to target efforts that promote health. It should define the vision for the health of the community inclusively and should be done in a timely way."

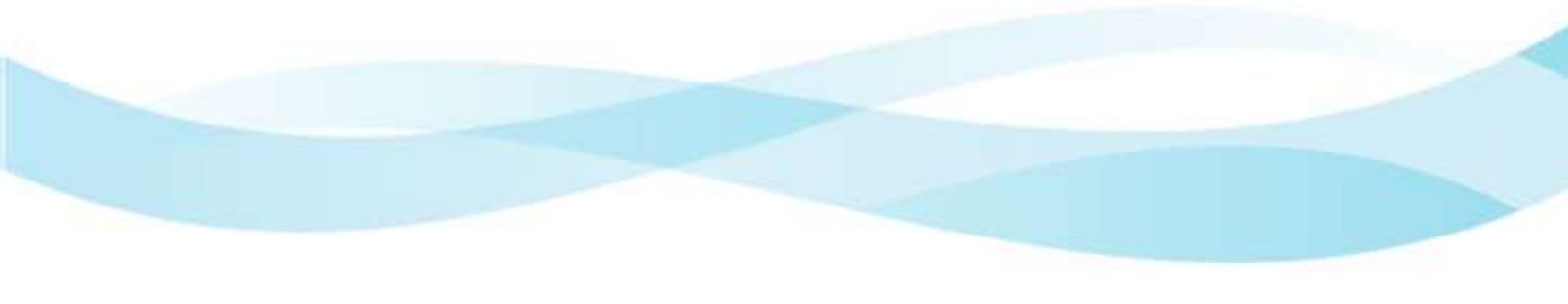


PARTNERS

The 2019-2021 Community Health Improvement Plan was drafted by agencies and service providers within Defiance County. During the past several months, the committee reviewed many sources of information concerning the health and social challenges Defiance County adults, youth and children may be facing. They determined priority issues which if addressed, could improve future outcomes, determined gaps in current programming and policies and examined best practices and solutions. The committee has recommended specific actions steps they hope many agencies and organizations will embrace to address the priority issues in the coming months and years. We would like to recognize these individuals and thank them for their devotion to this process and this body of work:

POWER Defiance County

City of Defiance
Community Memorial Hospital
CPC Women's Health Resource
Defiance Area Foundation
Defiance Area YMCA
Defiance City Schools
Defiance County Commissioners
Defiance County Drug Free Coalition
Defiance County Emergency Management Agency
Defiance County General Health District
Defiance County Juvenile Court
Defiance County Master Gardeners
Defiance County Ohio State University Extension Office
Defiance County Public Library System
Defiance Development and Visitors Bureau
Defiance County Family and Children First Council
Defiance Dream Center
Defiance 2100
Fairview School District
Four County ADAMhs Board
Four County Family Center
Hicksville Schools
Hicksville Village
Maumee Valley Guidance Center
Mercy Defiance Hospital and Clinic
Ministerial Association



Northeastern Local Schools
Northwestern Ohio Community Action Commission
ProMedica Defiance Regional Hospital
Recovery Services of Northwest Ohio
The Ridge Project
United Way of Defiance County

This strategic planning process was facilitated by the Director of Community Health Improvement, and a Graduate Assistant from the Hospital Council of Northwest Ohio.

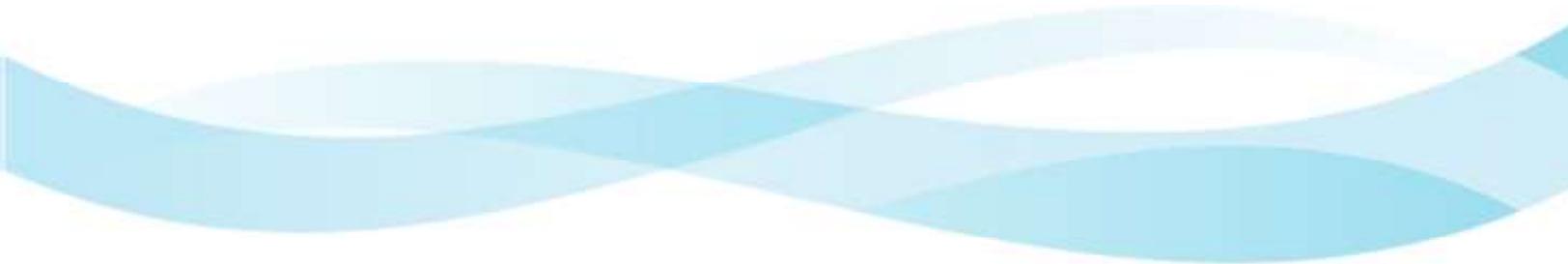
Identifying significant needs

To facilitate the Community Health Improvement Process, the Defiance County Health Department along with the local hospitals, invited key community leaders to participate in an organized process of strategic planning to improve the health of residents of the county. The National Association of City County Health Officer's (NACCHO) strategic planning tool, Mobilizing for Action through Planning and Partnerships (MAPP), was used throughout this process.

The MAPP Framework includes six phases which are listed below

- Organizing for success and partnership development
- Visioning
- Conducting the MAPP assessments
- Identifying strategic issues
- Formulating goals and strategies
- Taking action: planning, implementing, and evaluation

The MAPP process includes four assessments: Community Themes & Strengths, Forces of Change, the Local Public Health System Assessment and the Community Health Status Assessment. These four assessments were used by the POWER Defiance County to prioritize specific health issues and population groups which are the foundation of this plan.



Implementation Plan

Defiance 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, Defiance Hospital is 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 Defiance Hospital will address.

Prioritized significant community health need	Addressed by hospital
Mental Health and Addiction	Yes
Chronic Disease/Obesity	Yes
Injury Prevention	Yes

IMPLEMENTATION STRATEGIES TO ADDRESS SIGNIFICANT COMMUNITY HEALTH NEEDS

MENTAL HEALTH AND ADDICTION

Description

As detailed in Defiance Hospital's Community Health Needs Assessment Report:

In 2018, 2% of Defiance County adults considered attempting suicide. 11% of adults felt so sad or hopeless almost every day for two weeks or more that they stopped doing usual activities. 14% of Defiance County 6th-12th grade youth had seriously considered attempting suicide in the past year and 7% admitted attempting suicide in the past year. 19% of adults were current smokers, 4% had used marijuana in the last 6 months and 6% 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 last 6 months. 6% of youths were current smokers and 9% used e-cigarettes in the past month. 16% of youths had at least one drink of alcohol and 7% had used marijuana in the past 30 days, and 5% used medications not prescribed to them or took more than prescribed to get high at some time in their life.

Goal

Through proven and promising best practices, effective programs will be better able to help achieve the Healthy People 2020 Mental Health and Mental Disorders Objectives to improve mental health through prevention and ensure access to appropriate, quality mental health services. To increase community awareness of the problem of addiction and of the availability of effective treatment opportunities.

Expected impact

Reduction of the percentages of indicators depressed or suicidal adults and children from the indicators listed above. Reduction in the numbers of adults and children who are substance abusers.

Targeted populations

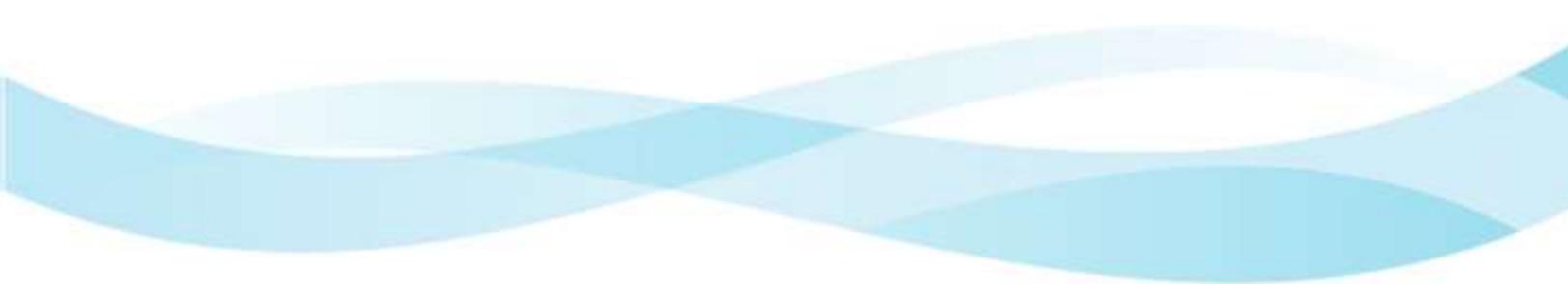
All adults and children displaying mental health and substance abuse indicators listed in Defiance County.

Strategies

The Defiance County Health Improvement Plan recommends the following action steps to work toward increasing mental health services and decreasing adult and youth substance abuse:

1. Increase awareness of available mental health services
2. Expand evidence-based programs targeting youth
3. Increase the number of primary care physicians who screen for depression during office visits
4. Provide Mental Health First Aid Training
5. Expand Integrated Care Efforts
6. Expand efforts of the Defiance County Drug Free Coalition
7. Implement Parent Project
8. Increase awareness of available programs
9. Increase the Number of Health Care Providers Screening for Alcohol and Drug Abuse
10. Provide Incredible Years Programming in Elementary Schools
11. Implement a Community Based Comprehensive Program to Reduce Alcohol Abuse

Defiance Hospital intends to implement the following strategies:



12. Provide one volunteer to the Four County L.O.S.S. (Local Outreach to Suicide Survivors), which provides a team of three volunteers who respond to a call from law enforcement to support family and friends at the time of a death by suicide.
13. Provide depression screenings with patients starting at age 12 and provide a warm hand-off when needed.
14. Provide a drop off box for drugs in our emergency department.
15. Participate in the Defiance County Drug Free Coalition, a 501(c)(3) organization
16. Remain active with the Four County ADAMhs Board in Defiance, Williams, Fulton, and Henry counties

Strategic measures

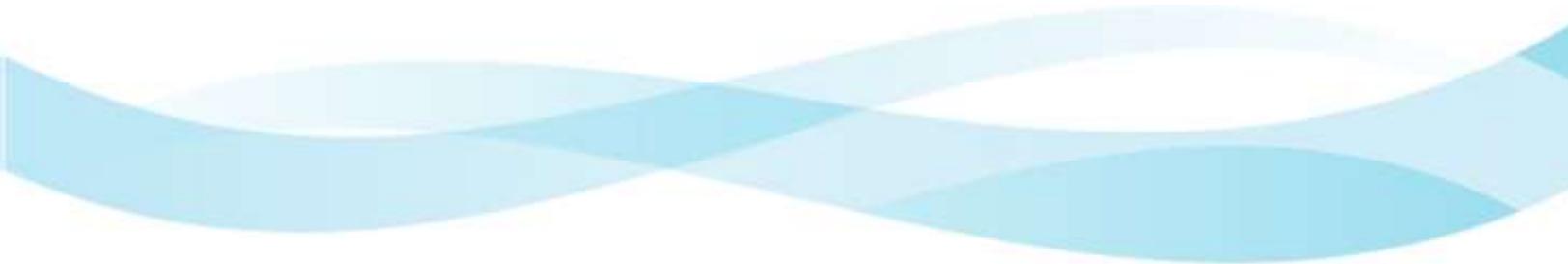
1. Track the number of volunteer hours provided through the Four County L.O.S.S. program
2. Track the number of call responses provided that include a Defiance Hospital volunteer

Defiance Hospital is working with POWER Defiance County Coalition to establish strategic measures in workgroups established or being established to address the above strategies.

Community collaborations and resources available

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

- POWER Defiance County Coalition
- Mercy Health — Defiance Hospital
- Four County Suicide Prevention Coalition
- Center for Child & Family Advocacy
- Maumee Valley Guidance Center
- Recovery Services of Northwest Ohio
- Juvenile Probation Court youth mentoring program
- YMCA
- Comprehensive Crisis Care suicide prevention hotline and crisis stabilization unit
- Church youth programs
- One-Step at a Time 5K
- Project Respect
- Four County Suicide Prevention



- Four County Recovery MVGS
- MVGC Integrated Care Project
- ADAHMs Board L.O.S.S. program
- Four County Family Center
- ProMedica Defiance Regional Hospital
- Students Against Destructive Decisions (SADD)
- Alcoholics Anonymous
- Community Pregnancy Center
- Al-Anon
- Narcotics Anonymous
- A Renewed Mind and Medicare
- Recovery Services of Northwest Ohio

CHRONIC DISEASE

Description

As detailed in Defiance Hospital's Community Health Needs Assessment Report:

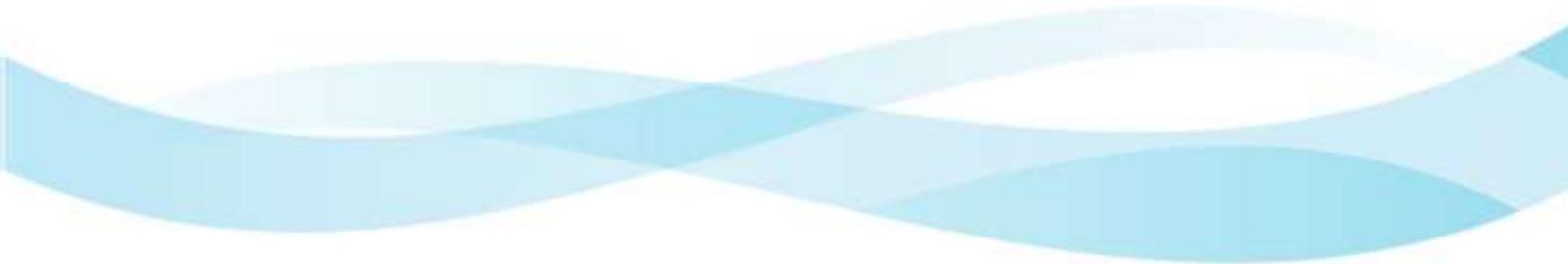
The 2018 Health Assessment identified five percent (5%) of adults had survived a heart attack and 3% had survived a stroke at some time in their life. Forty percent (40%) were obese, 36% had high blood pressure, 27% had high blood cholesterol, and 19% were current smokers, four known risk factors for heart disease and stroke. Almost three-fourths (72%) of Defiance County adults were either overweight (32%) or obese (40%) by Body Mass Index (BMI), putting them at elevated risk for developing a variety of diseases.

Nearly one-fifth (19%) of Defiance County youth were obese, according to Body Mass Index (BMI) by age.

Nearly one-third (32%) of youth described themselves as being either slightly or very overweight

Goal

Reduce the percentages of overweight or obese adults and children and reduce the percentage of heart disease in adults in Defiance County by implementing a community-wide physical activity and nutrition campaign in collaboration with at least 4 Defiance County organizations.



Expected impact

Reduction of the percentages of overweight or obese adults and children, and reduction in heart disease in Defiance County.

Targeted populations

All adults and children determined to be overweight or obese in Defiance County. All adults with heart disease in Defiance County.

Strategies

The Defiance County Health Improvement Plan recommends the following action steps to work toward decreasing adult, youth, and child obesity:

1. Implement OHA Health Hospitals Initiative
2. Distribute Wellness Community Guide & Calendar
3. Incorporate Families and Children into Community Physical Activities
4. Increase Businesses/Organizations Providing Wellness Programs & Insurance Incentive Programs to Their Employees
5. Build and Expand Community Gardens
6. Increase Nutrition/Physical Education Materials Being Offered to Patients by Primary Care Providers
7. Implement Complete Streets Policies
8. Implement Safe Routes to School

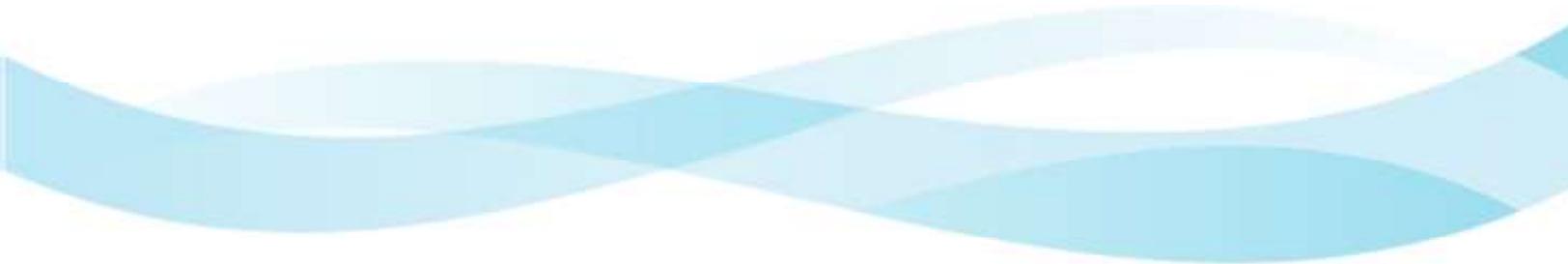
Defiance Hospital intends to implement the following strategies:

1. Maintain the walking path on property owned by Defiance County and adjacent to Mercy property.
2. Maintain improved vending with increased healthy choices that were installed at Defiance Hospital in late 2016.
3. Provide healthy choices at hospital meetings.

Strategic measures

1. Successfully continue the maintenance of the walking paths, improved vending with increased healthy choices, and offering healthy choices at hospital meetings.

Defiance Hospital is working with POWER Defiance County Coalition to establish strategic measures in workgroups established or being established to address the above strategies.

Community collaborations and resources available

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

- POWER Defiance County Coalition
- Mercy Health — Defiance Hospital
- Summer Playground Food & Fun program offered by the Northwestern Ohio Community Action Commission
- YMCA and AmeriCorp volunteers
- YMCA programs like In It to Thin It and Silver Sneakers
- Curves
- Willpower Fitness
- Community Memorial Hospital
- Defiance College
- Weight Watchers
- Taking Off Pounds Sensible (T.O.P.S.) program
- Brooke Garden's Back to Roots program
- American Cancer Society's Worksite Wellness Program and Relay Recess
- Child and Adult Care Food Programs (CACFP)
- Youth for Christ
- Backpack Buddy Program offered through United Way
- St. John's Church of Christ
- Defiance Senior Center
- Hicksville Fairgrounds Master Gardeners and Kircher's Gardening Class
- American Heart Association
- Community Pregnancy Center

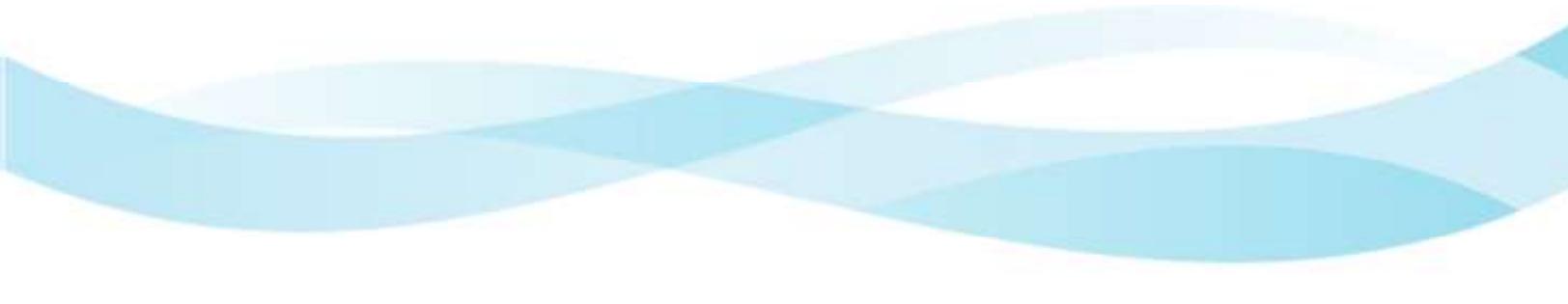
INCREASE INJURY PREVENTION

Description

As detailed in Defiance Hospital's Community Health Needs Assessment Report:

Adult Safety

Twenty percent (20%) of Defiance County adults had fallen in the past 6 months due to the following: same-level fall (slipping, tripping or stumbling) (40%), unexpected fall (28%), stairs (10%), ladders (5%), shower (2%), and some other way/place (11%).



Fifty-six percent (56%) of Defiance County adults had at least one alcoholic drink in the past month. One-quarter (25%) of Defiance County adults reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers. Twenty-eight percent (28%) of adults drove a vehicle or other equipment after consuming any alcoholic beverages.

Youth Safety

Sixteen percent (16%) of Defiance County youth had at least one drink of alcohol in the past 30 days, increasing to 40% of those over the age of 17. Forty-four percent (44%) of youth who reported drinking in the past 30 days had at least one episode of binge drinking. Three percent (3%) of all youth drivers had driven a car in the past month after they had been drinking alcohol.

Forty-three percent (43%) of Defiance County youth drivers had texted while driving in the past 30 days. Four percent (4%) of youth had played the choking game, also known as the pass-out game, space monkey, or dream game. Eighty-six percent (86%) of youth drivers reported always wearing a seatbelt when driving in a car.

Eighty-one percent (81%) of parents put their child to sleep on his/her back.

Goal

Reduce the number of falls in the adult population and increase the number of parents who put their child to sleep on his/her back.

Expected impact

Reduction of the percentages of indicators of injuries of adults and children from the indicators listed above.

Targeted populations

All adults and children displaying injury prevention indicators listed in Defiance County.

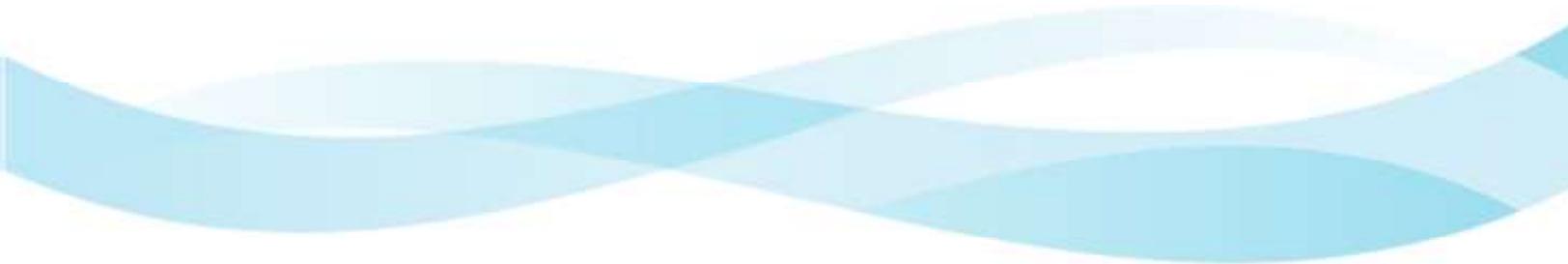
Strategies

The Defiance County Health Improvement Plan recommends the following action steps to work toward increasing adult, youth and child injury prevention:

1. Increase the use of safe sleep practices
2. Implement STEADI program
3. Implement Matter of Balance program

Defiance Hospital intends to implement the following strategies:

1. Participate in the POWER Defiance County Coalition



2. Implement Matter of Balance program
3. Increase the use of safe sleep practices

Strategic measures

1. Will track how many people complete Matter of Balance program.

Defiance Hospital is working with POWER Defiance County Coalition to establish strategic measures in workgroups established or being established to address the above strategies.

Community collaborations and resources available

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

- POWER Defiance County Coalition
- ProMedica Defiance Regional Hospital
- YMCA
- Community Pregnancy Center
- Mercy Health — Defiance Hospital
- Local sheriff's office

