

2016 Community Health Needs Assessment

Mercy Health – Tiffin Hospital, Tiffin, Ohio

Written comments regarding these needs should be directed to: www.mercy.com/global/about-us/contact-us.

Table of contents

INTRODUCTION

Community served by hospital

Information and data considered in identifying potential need

PROCESS AND METHODS

Process for Gathering and Analyzing Data/Information

1. External sources
2. Collaborating partners

Community Input

1. Use of community input
2. Organizations providing input

EXECUTIVE SUMMARY

Significant health needs

1. Mental health and suicide
2. Drug and alcohol use
3. Preventative health

Prioritized health needs

1. Mental health awareness
2. Preventative health

Resources available

PROGRESS ON 2013 CHNA

Introduction

COMMUNITY SERVED BY HOSPITAL

T.R. §1.501(r)-3(b)(1)(i) and (3)

Mercy Health - Tiffin Hospital serves a geographic area encompassing Seneca County including cities of Alvada, Attica, Bascom, Bettsville, Bloomville, Flat Rock, Fostoria, Green Springs, Kansas, Melmore, New Reigel, Old Fort, Republic and Tiffin. Patient data indicates that the primary service area of persons served at Tiffin Hospital reside in Seneca County, based upon the county of residence of discharged patients.

The demographic area served by the primary service area includes the following ethnic groups: Caucasian (94.6%) Black (2.6%) Hispanic (5%), Asian (0.8%), American Indian (0.3%) and some other race (1.8%). 17.5% of residents are in households below the federal poverty guidelines. 9.2% of persons under age 65 without health insurance.

Seneca County has a total area of 553 square miles, of which 551 square miles is land and 1.8 square miles 4.7 is water. Adjacent counties include Sandusky, Huron, Crawford, Wyandot, Hancock and Wood. Contiguous ZIP codes included in the community served by Tiffin Hospital include 44802, 44807, 44809, 44815, 44818, 44828, 44830, 44836, 4841, 44845, 44853, 44831, 44867, and 44883.

INFORMATION AND DATA CONSIDERED IN IDENTIFYING POTENTIAL NEED

T.R. §1.501(r)-3(b)(1)(ii) and (5)

Information and data sources: federal, state or local health or other departments or agencies; community input

Public health departments (T.R. §1.501(r)-3(b)(5)(i)(a))	Date of data/information
Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties	2016
Seneca County Health Department	2016

At-risk populations (T.R. §1.501(r)-3(b)(5)(i)(b))	Date of data/information
Seneca County Children and Family First Council	Not available

Process and methods

PROCESS FOR GATHERING AND ANALYZING DATA/INFORMATION

T.R. §1.501(r)-3(b)(6)(ii)

Process and methods to conduct the community health needs assessment:

T.R. §1.501(r)-3(b)(6)(ii)

Mercy Health – Tiffin Hospital is a key stakeholder and partner of the Seneca County Health Alliance, a collaborative strategic planning process involving many community agencies and coalitions from various sectors. The Seneca County Health Alliance developed a Community Health Needs Assessment (CHNA) for Seneca County to assess and identify the health needs of the community. The CHNA was conducted by various social service, business and government organizations in Seneca County to collect data that reports the health and health behaviors of Seneca County residents. Data was collected for this assessment with the assistance of the Hospital Council of Northwest Ohio.

The following survey process that occurred in the spring of 2016:

The community health needs assessment was cross-sectional in nature and included a written survey of adults and adolescents within Seneca County. Data was collected for this assessment with the assistance of the Hospital Council of Northwest Ohio Seneca County. County adults (19 years of age and older) and adolescents (ages 12 through 18) participated in a county-wide health assessment survey. 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 similar model has allowed a better comparison of data collected to national, state and local health trends.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Seneca County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Seneca County planning committee, the Project Coordinator composed drafts of surveys containing 112 items for the adult survey and 78 items for the adolescent survey. The drafts were reviewed and approved by health education researchers at the University of Toledo.

The Hospital Council of Northwest Ohio collected the data, guided the health assessment process, and integrated sources of primary and secondary data into a final report.

A random sample of mailing addresses for adults ages 19 and over was obtained from Allegra Marketing Services in Louisville, KY. Prior to mailing the survey to adults, a personalized advanced letter printed on Seneca County Health Department stationary was mailed to 1,200 adults in Seneca County. The letter was signed by Mircea Handru, Executive Director, and Robin Reaves, Deputy Director, Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. A three-wave mailing procedure was implemented to maximize the survey return rate. The adult survey was conducted January through March 2016.

In addition, adolescents were randomly selected from local schools. The survey was approved by all superintendents and schools and grades were randomly selected. Classrooms were chosen by the school principal. Passive permission slips were mailed home to their parents. The survey contained 76 questions and had a multiple choice response format.

There were 42,388 persons ages 19 and over, and 5,505 adolescents living in Seneca County. The response rate for adult surveys was 49%, resulting in 534 completed adult surveys; the response rate for adolescents was 94%, resulting in 372 completed adolescent surveys. This yielded a sufficient sample size to determine a 95% confidence level in the survey findings, and to ensure the responses were representative of the entire county.

Individual responses were anonymous and confidential. All data was analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in the report. To be representative of Defiance County, the adult data collected was weighted by age, gender, race and income using 2010 Census data. Multiple weightings were created based on this information to account for different types of analyses.

Information gaps and limitations may exist as with all county assessments. First, the Seneca County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Seneca County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation. Second, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the

adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment. Finally, our surveys suffer from all traditional limitations of cross-sectional study designs, i.e. reliance on self-reported behaviors, recall bias in participants and socially desirable responses, and the inability to establish cause and effect relationships.

External sources

- Seneca County Health Alliance – Draft 2016 Health Assessment Project

Collaborating partners

The hospital collaborated with the following organizations as part of the process of conducting the needs assessment:

- Firelands Counseling and Recovery Services
- Fostoria Community Schools
- Fostoria United Way
- Hospital Council of Northwest Ohio
- Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties
- ProMedica Fostoria Community Hospital
- Seneca County Children and Family First Council
- Seneca County Health Alliance
- Seneca County Health Department
- Tiffin City Schools
- Tiffin-Seneca United Way

Community input

T.R. §1.501@-3(b)(6)(iii)

No written comments were received on the previously completed CHNA.

From the beginning phases of the Seneca County CHNA, 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. Under the leadership of the Hospital Council of Northwest Ohio, the survey questions were drafted and reviewed in a series of meetings with the planning committee from Seneca County.

Local community agencies were invited to participate in the health assessment process, including choosing questions for the surveys, providing local data, reviewing draft reports and planning the community event, release of the data and setting priorities. The needs of the population, especially those who are medically underserved, low-income, minority populations and populations with chronic disease needs, were taken into account through the sample methodology that surveyed these populations and over-sampled minority populations. In addition, the organizations that serve these populations participated in the health assessment and community planning process, such as Seneca County School District, Seneca County Commission on Aging, Seneca County United Way.

The 2016-2019 Community Health Improvement Plan (CHIP) will be drafted and shared at a community meeting schedule in January 2017. The CHIP is drafted by agencies and service providers within Seneca County. The committee will review many sources of information concerning the health and social challenges of Seneca County adults, youth and children. They determine priority issues within the community, which if addressed could improve future outcomes, determine gaps in current in programming and policies and examined best practices and solutions.

Organizations providing input

Organization providing input	Nature and extent of input	Medically under-served, low-income or minority populations represented by organization
Community Hospice Care of Tiffin	Input with survey questions, discussion and identifying priorities	Medically underserved and low income
Firelands Counseling and Recovery Services	Input with survey questions, discussion and identifying priorities	Mental health and substance abuse
Fostoria Community Schools	Input into survey questions and discussion, for betterment of our community	Families and children

Fostoria United Way	Participated in the CHNA community discussion	Medically underserved, low Income and minority populations
Hospital Council of Northwest Ohio	Facilitated for CHNA for Seneca County	Community at large
Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties	Input into survey questions and discussion, for betterment of our community	Mental health and substance abuse
ProMedica Fostoria Community Hospital	Input with survey questions, discussion and identifying priorities	Medically underserved, low Income and minority populations
Seneca County Area Transportation	Participated in the CHNA community discussion	Medically underserved, low Income and minority populations
Seneca County Board of Developmental Disabilities	Input into survey questions and discussion, for betterment of our community	Persons with disabilities
Seneca County Children and Family First Council	Input into survey questions and discussion, for betterment of our community	Medically underserved and low income families and children
Seneca County Commission on Aging	Participated in the CHNA community discussion	Elderly
Seneca County General Health District	Input with survey questions, discussion and identifying priorities	Medically underserved and low income.
Seneca County Health Department	Input with survey questions, discussion and identifying priorities	Medically underserved, low Income and minority populations
Seneca County Department of Jobs and Family Services	Input into survey questions and discussion, for betterment of our community	Families and children
Tiffin City Schools	Input with survey questions and discussion	Families and children
Tiffin-Seneca United Way	Input with survey questions, discussion and identifying priorities	Medically underserved, low Income and minority populations

Executive summary: Significant health needs

T.R. §1.501(r)-3(b)(4)

MENTAL HEALTH AND SUICIDE

Capacity and adequacy of service levels

- In 2016, 6% of Seneca County adults had considered attempting suicide, and 3% of adults reported attempting suicide in the past year. 16% of Seneca County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities compared to 13% in 2009 and 2013.
- In 2016, 14% of Seneca County youth had considered attempting suicide and 7% actually attempted suicide in the past year.
- 27% of Seneca County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. The 2013 YRBS reported 26% for Ohio and 30% for the U.S.

Current service providers

- Providers at Tiffin Hospital are alert to problems and provide referrals when appropriate. Emergency room providers screen for mental health concerns.
- Counseling services are available through Firelands Counseling and Recovery Services along with various private practices. Firelands Counseling and Recovery Services also offers a LifeSkills program to various classes throughout Seneca County schools.
- First Call for Help, Inc. provides a suicide prevention hotline for teens and a crisis stabilization unit.
- Students Against Destructive Decisions (SADD) is available to middle and high school students within several school districts.
- Family Intervention Court available to court ordered families through the Seneca County Juvenile Court.
- Support groups are available through NAMI and other agencies.
- Patchwork House provides a supervised visiting program.
- Community Hospice Care provides bereavement counseling for ages 5 and up

DRUG AND ALCOHOL USE

Capacity and adequacy of service levels

- Per the 2016 Health Assessment results, 36% of Seneca County youth had drunk at least one drink of alcohol in their life. This rate increases to 65% of youth seventeen and older, compared to 63% for the U.S. in 2015. 11% of all Seneca County youth and 24% of those over the age of 17 had at least one drink in the past 30 days.
- 5% of Seneca County youth had used marijuana at least once in the past 30 days, increasing to 20% of those ages 17 and older. 4% of Seneca County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at some time in their lives.
- In 2016, 14% of Seneca County adults were considered frequent drinkers and 19% were considered binge drinkers. The 2014 BRFSS reported binge drinking rates of 18% for Ohio and 16% for the U.S.
- 4% of Seneca County adults had used marijuana and 8% of adults had used medication not prescribed for them or took more than prescribed during the past 6 months. In 2014, the statewide average per capita prescription dosage was 61.2 doses per person, compared to 62.0 doses per person in Seneca County.

Current service providers

- Tiffin Hospital provides a pain management program for adults with chronic pain. Providers at Tiffin Hospital also screen for alcohol use and make referrals when appropriate.
- Counseling services are available through Firelands Counseling and Recovery Services and various private practices. Firelands Counseling and Recovery Services offers a LifeSkills program and supports SADD to local school districts.
- Advocacy, education and parenting services are provided by Court Appointed Special Advocate (CASA).
- Alcoholics Anonymous is offered within the Tiffin and Fostoria communities.
- Oriana House, Inc. CROSSWAEH offers diversion programs and intensive outpatient programs and drug testing.

PREVENTATIVE HEALTH

Capacity and adequacy of service levels

- In 2016, nearly three-fourths (71%) of Seneca County adults over the age of 65 had a flu vaccine during the past 12 months.
- The 2016 Health Assessment results determined that 11% of Seneca County adults had been diagnosed with diabetes, and 7% of adults had been diagnosed with pre-diabetes. The 2014 BRFSS reports an Ohio prevalence of 12% and U.S. prevalence of 10%.

- Seneca County adults diagnosed with diabetes also had one or more of the following characteristics or conditions: 88% were overweight or obese, 72% had been diagnosed with high blood pressure, and 67% had been diagnosed with high blood cholesterol.
- Nearly 10% of the entire U.S. population has diabetes. Diabetes contributes to the death of 231,051 Americans annually.
- 67% of Seneca County adults had visited a dentist or dental clinic, compared to 65% of both Ohio adults and U.S. adults per the 2014 BRFSS. 70% of Seneca County youth saw a dentist for a check-up, exam, teeth cleaning, or other dental work within the last year, compared to 75% for Ohio per the 2013 YRBS.

Current service providers

- In 2014, Tiffin Hospital began providing the Complete Health Improvement Program, a 9 week free educational program, for patients for chronic diseases.
- Tiffin Hospital provides flu shots to all employees and provides other vaccinations free of charge to employees. Immunizations are also available at the Seneca County Health Department.
- Tiffin Hospital provides a community screening event 5 times per year at minimal cost, which includes lab testing to include PSA, dexta screening, blood pressure screening and provides other health related information. The hospital also provides mammograms at reduced cost or free of charge for those eligible.
- Blood pressure checks are available at various locations throughout the community by a variety of community agencies.
- A mobile dentistry program is provided through Tiffin City Schools for youth in grades K – 5 who are Medicaid eligible. Several local dentists accept Medicaid patients.
- Seneca County Jobs and Family Services provide healthcare screenings to migrant workers and their families.
- Community Hospice Care provides blood pressure screenings to seniors at Senior Centers.
- ProMedica Fostoria Community Hospital offers mammograms, cholesterol and blood sugar screenings, Derma-scan and skin cancer screening at various times throughout the year. This hospital also offers oral cancer screenings throughout the year.
- Local churches sponsor the Life Screening Group at various times throughout the year

Prioritization of health needs

Committee members of the Community Health Improvement Plan, organized by the Seneca County Health Alliance reviewed many sources of information concerning the health and social challenges of Seneca County adults, youth and children may be facing. They determined priority issues which if addressed could improve future outcomes, determine gaps in current in programming and policies and examined best practices and solutions.

To facilitate the Community Health Improvement Process, the Seneca County Health Alliance along with 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 Mobilizing for Action through Planning and Partnerships (MAPP), was used throughout this process. Beginning in March 2016, the Seneca County Health Alliance met five (5) times in March, May, July, September, and December 2016, and completed the following planning steps:

1. Initial Meeting – Review of process and timeline, finalize committee members, create or review vision
2. Choosing Priorities – Use of quantitative and qualitative data to prioritize target areas
3. Ranking Priorities – Ranking the health problems based on magnitude, seriousness of consequences, and feasibility of correcting
4. Resource Assessment – Determine existing programs, services, and activities in the community that address the priority target impact areas and look at the number of programs that address each outcome, geographic area served, prevention programs, and interventions
5. Forces of Change and Community Themes and Strengths – Open-ended questions for committee on community themes and strengths
6. Gap Analysis – Determine existing discrepancies between community needs and viable community resources to address local priorities; identify strengths, weaknesses, and evaluation strategies; and strategic action identification
7. Local Public Health Assessment – Review the Local Public Health System Assessment with committee
8. Best Practices – Review of best practices and proven strategies, evidence continuum, and feasibility continuum
9. Draft Plan – Review all steps taken, action step recommendations based on one or more of the following: enhancing existing efforts, implementing new programs or services, building infrastructure, implementing evidence based practices, and feasibility of implementation

The Seneca County Health Improvement Plan will be presented to the community on January 12, 2017. Any additional input received from the meeting will be taken into account when determining the implementation strategies to address those prioritized needs.

Tiffin Hospital leaders reviewed the findings from the community surveys and the 2016 Seneca County Health Assessment and the feedback from the CHIP committee members in comparison with their current service offerings. The hospital also considered the

incidence rates in which hospital patients are treated for mental health, substance abuse, and preventative health issues. Hospital leaders determined the areas in which they had the opportunity for the greatest impact.

Prioritized health needs

Based on all of the above information and processes, the prioritized health needs of the community served by the hospital are listed below.

MENTAL HEALTH AWARENESS

In 2016, 16% of Seneca County adults felt so sad or helpless almost every day for 2 weeks or more in a row that they stopped doing usual activities. 6% Seneca County adults considered attempting suicide in the past year. The emergency room at Mercy Health – Tiffin Hospital sees several patients diagnosed with depression, an anxiety disorder and alcohol and illicit drug use/overdoses. Overdose in Seneca County is at an all-time high epidemic.

PREVENTATIVE HEALTH

In 2016, 11% of Seneca County adults have been diagnosed with diabetes and 7% have been diagnosed with pre-diabetes. Seneca County adults with diabetes have also been diagnosed with one or more of the following: 88% were overweight, 70% have high blood pressure and 67% have high blood cholesterol. Nearly 10% of the entire U.S. population has diabetes. Diabetes contributes to the death of 231,051 Americans annually.

Resources available

The existing healthcare facilities and other resources within the community that are available to meet the prioritized needs are listed below for each need:

MENTAL HEALTH AWARENESS

Tiffin Hospital has a mental health/addiction screening tool in place and continues to work closely with Firelands Counseling and Recovery Services for staff training and education. Our goal is to introduce the SBIRT program in both our emergency room and Mercy Health primary care offices to better serve our patients mental health needs. At the present time, Tiffin Hospital's emergency room is a safe site for Firelands Counseling and Recovery Services where local law enforcement can bring individuals who need a Mental Health Evaluation for further placement or immediate treatment. Other resources available to address the mental health and suicide needs of the community include Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties, Firelands Counseling and Recovery Services, depression screening offered through Seneca County Suicide Prevention Coalition, ProMedica Fostoria Community Hospital and Mercy Health - Tiffin Hospital who has primary care providers performing screenings in the emergency room.

PREVENTATIVE HEALTH

At Mercy Health- Tiffin Hospital we have 2 full time dietitians who see both inpatients and manage an increase of patients in the diabetic / chronic disease clinic and also coordinate the Complete Health Improvement Program (CHIP), which is provided at no cost to participants due to the Mercy Health Outreach grant. CHIP participants are educated in a 9 week program by meeting once per week, takes place in a group setting and uses behavior change and self-discovery learning tools including stress management, sleep, self-worth, emotional wellbeing and happiness. The educational program is designed to prevent and reverse chronic disease. Referrals are obtained by physicians, diabetic clinic and patients. Other resources available to address the preventative health needs of the community include community health fairs, lab screenings, mammograms and PSA screenings at Mercy Health – Tiffin Hospital and community and lab screenings and senior health fair offered at ProMedica Fostoria Community Hospital, Mercy Health Tiffin Cancer Center, immunizations at Seneca County Health Department, Community Hospice Care, migrant health care screenings at Seneca County Job and Family Services, and the dentistry program offered by Tiffin City Schools.

Progress on Health Priorities Identified in the 2013 Health Needs Assessment

INCREASE PREVENTATIVE HEALTH

Initiative	Impact
Complete Health Improvement Program	Mercy Health began the Complete Health Improvement Program in 2014. Two nine week sessions are offered per year, and includes using behavior change and self-discovery learning tools to assist participants in making a multifaceted lifestyle change with a goal of reducing chronic disease. There were 8 participants in 2015 and 10 participants in 2016 who completed the program. Participants showed an improvement in weight management in youth and adults, blood pressure, cholesterol, fasting blood sugar, sleep, resilience and depression and BMI.
Mercy Medicine Assistance Program (MMAP)	The program helps provide patients with a temporary supply of medications and a consultation with social services and HELP representative to bridge medication assistance. In 2015, MMAP provided a total of \$7,773 in assistance and served 51 people.
Community outreach	Tiffin Hospital provides flu shots to all employees and provides other vaccinations free of charge to employees. Immunizations are also available at the Seneca County Health Department. Tiffin Hospital provides a community screening event 5 times per year at minimal cost, which includes lab testing to include PSA, dexa screening, blood pressure screening and provides other health related information. The hospital also provides mammograms at reduced cost or free of charge for those eligible.

DECREASE ADULT AND YOUTH OBESITY

Initiative	Impact
Speed and agility camps	The hospital sponsors a summer camp to help kids increase their own strength, agility and speed.
Complete Health Improvement Program	Mercy Health began the Complete Health Improvement Program in 2014. Two nine week sessions are offered per year, and includes using behavior change and self-discovery learning tools to assist participants in making a multifaceted lifestyle change with a goal of reducing chronic disease. There were 8 participants in 2015 and 10 participants in 2016 who completed the program. Participants showed an improvement in weight management in youth and adults, blood pressure, cholesterol, fasting blood sugar, sleep, resilience and depression and BMI.

DECREASE ADULT AND YOUTH MENTAL HEALTH ISSUES

Initiative	Impact
Education and training for emergency room staff	Firelands Counseling and Recovery of Seneca County has provided education and training for all emergency room staff on "Mental Health First Aid for Healthcare Workers" in 2015-2016. Firelands has also introduced a screening, brief intervention and referral to treatment model (SBIRT) physicians and ER hospital staff that Tiffin Hospital plans to implement in 2017.

DECREASE ADULT AND YOUTH SUBSTANCE ABUSE ISSUES

Initiative	Impact
Education and training for emergency room staff	Counseling services are available through Firelands Counseling and Recovery Services along with various private practices. Tiffin Hospital provides a safe site for afterhours counseling. Providers at Tiffin Hospital are alert to problems, ask about alcohol use, and provide referrals when appropriate.