



# Mercy Tiffin Hospital

## 2014-2016 Community Health Needs Assessment Implementation Plan

### IDENTIFYING INFORMATION

Hospital Name: Mercy Tiffin Hospital (MTH)

Primary Address: 45 St. Lawrence Drive, Tiffin, Ohio 44883

Implementation Strategy Tax Year: 2014

Tax Identification Number: 34-4431174

Chief Executive Officer: Lynn Detterman

Report Preparer: Sr. Dorothy Thum, RSM, Senior Vice President, Missions & Values Integration

Date Implementation Strategy Approved by the Board: **09-26-2013**

## Introduction

Mercy Tiffin Hospital (“MTH”, “Hospital”) is a general, acute care facility characterized by its family-centered care, community involvement and progressive ideas in healthcare. Mercy Tiffin has modern facilities, state-of-the-art equipment, highly skilled professional personnel, and a medical staff that offers primary care and a wide range of specialty services. All of these factors enable Mercy Tiffin Hospital to provide a high level of medical care. Mercy Tiffin Hospital was founded in 1913 by the Sisters of Mercy and is fully accredited by the Joint Commission on Accreditation of Healthcare Organizations. The Hospital is also certified by the United States Department of Health and Human Services and is registered by the State of Ohio. Every decision that MTH makes is centered on staying in accord with the Hospital Mission.

### HOSPITAL MISSION STATEMENT

MTH, a member of Catholic Health Partners, has the following Mission:

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

Mercy’s Mission and culture are expressed through the organizational 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

## **Prioritization of Health Needs**

MTH 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, developed a Community Health Needs Assessment (“CHNA”) conducted for Seneca County to assess and identify the Health Needs of the community. The detailed process, participants and results are available in MTH’s Community Health Needs Assessment Report which is available on Mercy’s website.

This Implementation Plan will specify solutions that MTH has chosen to implement that will help address the community needs identified by the CHNA, as well as which community needs MTH will not address and explanation as to why we will not address them.

The Seneca County Health Alliance needs assessment included but was not limited to: health status, health care coverage, health care access, cardiovascular health, cancer, diabetes, arthritis, asthma, adult and youth weight control, adult and youth tobacco use, adult and youth alcohol use, substance abuse, women’s health, men’s health, adult preventive and environmental health, adult and youth sexual behavior and pregnancy outcomes, quality of life, mental health, youth safety, youth violence, oral health and parenting. There were over 50 key leaders from the community that represented public health, law enforcement, schools, churches, local officials, social service agencies and other various community members in attendance at the public release of the community health needs assessment. At the event, participants participated in focus groups and priorities were chosen for Seneca County to focus on. Individual responses were anonymous and confidential. Only group data are available. All data were 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 this report. To be representative of Seneca County, the data collected was weighted by age, gender, race, and income using 2007 census estimates.

*The following 4 priorities have been identified by the Seneca County Health Alliance as the most pressing health issues for the Seneca County community:*

### **1. Decrease Adult and Youth Obesity**

Support the Smart Snacks in School standards policy; increase opportunities for students to engage in physical activity and decrease sedentary behavior; create a wellness community guide and calendar; and increase fruit and vegetable availability for emergency food programs and clients. Findings from assessment:

- 35% of Seneca County adults were overweight and 36% were obese. Both of these figures are considerably higher than the state and national averages. 31% of Seneca County youth in grades 6-12 are classified as overweight or obese.
- Only 6% of adults ate 5 or more servings of fruits and vegetables per day while 10% of youth ate 5 or more servings of fruits and vegetables per day.
- 50% of adults were engaging in physical activity for at least 30 minutes on 3 or more days per week. 28% of adults reported they did not participate in any physical activity in the past week.
- 65% of youth in grades 6-12 participated in at least 60 minutes of physical activity on 3 or more days in the past week. 16% of youth reported that they did not participate in at least 60 minutes of physical activity on any day in the past week.

### **2. Increase Preventative Health**

Support a county-wide vaccination campaign; create consistent men's and women's health screening recommendations; and increase access to dental care. Findings from assessment:

- More than two-fifths (44%) of Seneca County adults had a flu vaccine during the past 12 months.
- About one in seven (15%) of Seneca County adults had a colorectal cancer screening in the past 24 months, increasing to 29% of those ages 50 and over.
- More than half (51%) of women ages 40 and over had a mammogram in the past year and 68% had one in the past two years. The 2010 BRFSS reported that 75% of women 40 and over in the U.S. and 74% in Ohio, had a mammogram in the past two years.
- More than half (52%) of men ages 40 and over had a Prostate-Specific Antigen (PSA) in the past two years. The 2010 BRFSS reported that 53% of men 40 and over in the U.S. and 54% in Ohio, had a PSA test in the past two years.
- 59% of Seneca County adults had visited a dentist or dental clinic, decreasing to 42% of adults with annual household incomes less than \$25,000.

### **3. Decreasing Adult and Youth Mental Health Issues**

Increase awareness of available mental health services; increase early identification of mental health needs among youth; increase the number of primary care providers screening for depression during office visits; and increase education of primary care providers and mental health professionals. Findings from assessment:

- 4% of Seneca County youth had attempted suicide and 3% had made more than one attempt. The 2011 YRBS reported a suicide attempt prevalence rate of 8% for U.S. youth and a 9% rate for Ohio youth.

- About one-quarter (23%) of 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 (2011 YRBS reported 27% for Ohio and 29% for the U.S.).
- 13% 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, increasing to 25% of those under the age of 30.

#### **4. Decrease Adult and Youth Substance Abuse Issues**

Increase the LifeSkills Training Curriculum in Seneca County; implement an Evidence-Based Parenting Program; increase the number of ER and Primary Care Physicians screenings for alcohol and drug abuse; and implement responsible beverage service trainings. Findings from assessment:

- One-half (50%) of all Seneca County youth (ages 12 to 18) have had at least one drink of alcohol in their life, increasing to 75% of those ages 17 and older (2011 YRBS reports 71% for Ohio and 71% for the U.S.).
- One in fourteen (7%) 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, increasing to 19% of those over the age of 17.
- Nearly one in five (19%) of all Seneca County adults were considered binge drinkers. The 2011 BRFSS reported binge drinking rates of 20% for Ohio and 18% for the U.S.
- 4% of adults used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months, increasing to 7% of those over the age of 65.

## **Addressing the Prioritized Needs of Seneca County**

MTH's leadership has developed the following Implementation Plan within the context of the hospital's overall strategic plan, and the availability of finite resources. The Plan identifies specific activities and services that directly address Seneca County health priorities, and are intended to positively impact the communities it serves.

### **Decrease Adult and Youth Obesity**

#### **Implementation Activities:**

- MTH offers dietician services with a physician referral.
- MTH offers free health screenings to employees.
- MTH partners with Weight Watchers to make this program available to hospital employees.
- MTH conducts community health education and support groups, health fairs, and screenings for the community.
- MTH will partner with the Mercy Tiffin Hospital medical staff to provide patients with appropriate educational material regarding nutrition, fitness and weight control.
- Mercy Tiffin Hospital hosted an educational program by a Mercy Weight Loss Center Physician.

- MTH promotes healthy living across Seneca County via various media avenues including billboards, print, and airtime.

## **Increase Preventative Health**

### **Implementation Activities:**

- MTH provides flu shots to all employees and encourages their participation in this program.
- MTH provides other vaccinations free of charge to employees.
- MTH provides a community screening event 5 times/year at minimal cost. The event includes lab testing to include PSA, Dexa screening, BP screening and other health related information.
- MTH provides mammograms at reduced cost or free of charge for those eligible.

## **Decreasing Adult and Youth Mental Health Issues**

### **Implementation Activities:**

- Counseling services are available through Firelands Counseling and Recovery Services along with various private practices. Mercy Tiffin provides a Safe Site for afterhours counseling.
- Providers at Mercy Tiffin Hospital are alert to problems and provide referrals when appropriate.

## **Decrease Adult and Youth Substance Abuse Issues**

### **Implementation Activities:**

- MTH provides a pain management program for adults with chronic pain.
- Counseling services are available through Firelands Counseling and Recovery Services and various private practices – Mercy Tiffin Hospital provides a Safe Site for afterhours counseling.
- Mercy Tiffin Hospital nurses and providers are alert to problems, e.g., the Emergency Room staff asks about alcohol use and makes referrals when appropriate.

## **Implementation and Monitoring Responsibility**

Within MTH, the Senior Vice President of Missions & Values Integration and the appointed responsible parties will have primary responsibility for monitoring and tracking the Implementation Plan. An annual report will be published and provided to the Board of Directors and made available on Mercy's website. In the future, MTH will be providing annual updates to the Implementation Plan at the end of fiscal years 2014, 2015 and 2016. In 2016, it will update the Community Health Needs Assessment.