Mercy Health, formerly Catholic Health Partners, has been committed to the communities it serves for more than 150 years. This long-standing commitment has evolved intentionally, based on our communities’ most pressing health needs.

Every three years we evaluate those needs through a comprehensive Community Health Needs Assessment (CHNA) for each of our hospitals. The most recent assessments, completed by Mercy Health and community leaders, include quantitative and qualitative data that guide both our community benefit and strategic planning.

The following document is a detailed CHNA for Mercy Health — Defiance Hospital, a 23-bed medical/surgical hospital. Mercy Health — Defiance Hospital and its sister facility, Mercy Health — Defiance Clinic, serve Defiance and surrounding communities in the six-county area forming the northwest corner of Ohio. The hospital campus includes Fauster Surgery Center for inpatient and outpatient procedures, a 24-hour emergency center, and the Mercy Defiance Sleep Disorders Center.

Mercy Health has responded to community health needs as part of a five-year strategic plan that concludes in 2018. In recent years, Mercy Health has invested in building and renovating hospitals and ambulatory facilities to serve patients and communities in Ohio and Kentucky. Our ministry continues to invest in our CarePATH electronic health record to ensure seamless and integrated care, no matter the provider or the setting. We also operate health and fitness centers, hospice facilities, outpatient clinics and senior living facilities ... all to improve the health of our communities.

Mercy Health contributes about $1 million per day in community benefit services as we carry out our Mission of extending care to the poor and under-served.

Mercy Health — Defiance Hospital strives to meet the health needs of its community. Please read the document’s introduction below to better understand the health needs that have been identified.

Written comments regarding the health needs that have been identified in the current CHNA should be directed to https://www.mercy.com/global/about-us/contact-us.

Mercy Health has identified the greatest needs among each of our hospital’s communities. This ensures our resources for outreach, prevention, education and wellness are directed toward opportunities where the greatest impact can be realized.
# Table of contents

**INTRODUCTION** ............................................................................................................................3
  Community served by hospital ........................................................................................................3
  Information and data considered in identifying potential need .......................................................3

**PROCESS AND METHODS** ........................................................................................................4
  Process for Gathering and Analyzing Data/Information .................................................................4
    1. External sources ......................................................................................................................5
    2. Collaborating partners .........................................................................................................5
  Community Input ..........................................................................................................................5
    1. Use of community input .......................................................................................................5
    2. Organizations providing input ............................................................................................6

**EXECUTIVE SUMMARY** .............................................................................................................8
  Significant health needs ................................................................................................................8
    1. Decrease obesity ....................................................................................................................8
    2. Increase mental health services ............................................................................................8
    3. Decrease substance abuse ....................................................................................................8
    4. Increase injury prevention ....................................................................................................9
  Prioritized health needs .................................................................................................................10
    1. Decrease obesity ....................................................................................................................10
    2. Increase mental health services ............................................................................................10
    3. Decrease substance abuse ....................................................................................................10
    4. Increase injury prevention ....................................................................................................10
  Resources available .....................................................................................................................10

**PROGRESS ON 2013 CHNA** ......................................................................................................12
Introduction

COMMUNITY SERVED BY HOSPITAL
T.R. §1.501(r)-3(b)(1)(i) and (3)

Mercy Health — 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 Mercy Health — 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 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.

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

<table>
<thead>
<tr>
<th>Public health departments (T.R. §1.501(r)-3(b)(5)(i)(a))</th>
<th>Date of data/information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Defiance County General Health District</td>
<td>2015</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>At-risk populations (T.R. §1.501(r)-3(b)(5)(i)(b))</th>
<th>Date of data/information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Defiance County General Health District</td>
<td>2015</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Additional sources of input (T.R. §1.501(r)-3(b)(5)(ii))</th>
<th>Date of data/information</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015 Defiance County Community Health Status Assessment</td>
<td>2015</td>
</tr>
</tbody>
</table>
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)

Since 1997, Defiance County has conducted community health assessments (CHA) for the purposes of measuring and addressing health status. Mercy Health — 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. Mercy Health — 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 following survey process occurred between January 2015 and April 2015:

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. Defiance County adults (19 years of age and older), youth (ages 12 through 18) and children (ages 0–11) participated in a county-wide health assessment survey that occurred between January 2015 and April 2015. 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 Defiance County to compare the data collected in their CHA to national, state and local health trends.

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 and children ages 0–11 was obtained from Allegra Marketing Services in Louisville, KY. Prior to mailing the survey to adults and to the parents of 0–11 year olds, a personalized advanced letter printed on Live Smart Defiance County Health Partners stationary and signed by Kimberly Moss, Health Commissioner, Defiance County General Health District, was mailed to 1,200 adults and 1,700 parents of children in Defiance County. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey.

The surveys were mailed to 379 adults and the parents of 362 children. A three-wave mailing procedure was implemented to maximize the survey return rate. In addition, 349 adolescents were randomly selected from local schools. Passive permission slips were mailed home to their parents.

The response rate for adult surveys was 49%; the response rate for adolescents was 95%; and the response rate for children was 25%. 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, Defiance County adult assessments 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 Defiance 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 questionnaire and the NSCH questionnaire, the adult and parent data collection method differed. CDC adult data and NSCH child data were collected using a set of questions from the total question band and adults were asked the questions over the telephone rather than in a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment. Finally, this survey asked parents questions regarding their young children. Should enough parents feel compelled to respond in a socially desirable manner which is not consistent with reality, this would represent a threat to the internal validity of the results.

External sources
- POWER Defiance County Coalition — 2015 Defiance County Community Health Assessment Report

Collaborating partners
The hospital collaborated with the following organizations as part of the process of conducting the needs assessment:
- Hospital Council of Northwest Ohio
- POWER Defiance County Coalition

Community input
T.R. §1.501(r)-3(b)(6)(iii)
No written comments were received on the previously completed CHNA.

From the beginning phases of the Defiance County 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. 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 Defiance County.

The needs of the population, especially those who are medically under-served, low-income, minority populations and populations with chronic disease needs, were accounted for 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.

POWER Defiance County Coalition drafted the 2015 Defiance County Community Health Assessment Report. This report is the fifth community health assessment conducted by various social service, business and government organizations in Defiance County to capture data that reports the health and health behaviors of Defiance County residents.
### Organizations providing input

<table>
<thead>
<tr>
<th>Organization providing input</th>
<th>Nature and extent of input</th>
<th>Medically underserved, low-income or minority populations represented by organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayersville Local Schools</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Families, young adults and children</td>
</tr>
<tr>
<td>Central Local Schools</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Families, young adults and children</td>
</tr>
<tr>
<td>City of Defiance</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Community at large</td>
</tr>
<tr>
<td>Community Memorial Hospital</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Many populations</td>
</tr>
<tr>
<td>Defiance Area Foundation</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Community at large</td>
</tr>
<tr>
<td>Defiance YMCA</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Low-income, racial minorities, ethnic minorities, people with disabilities, children and families</td>
</tr>
<tr>
<td>Defiance City Schools</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Families, young adults and children</td>
</tr>
<tr>
<td>Defiance County Commissioners</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Many populations</td>
</tr>
<tr>
<td>Defiance County General Health District</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Medically under-served, low-income and at-risk populations</td>
</tr>
<tr>
<td>Defiance County Help Me Grow – Early Intervention</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Low-income, families, children, women and infants</td>
</tr>
<tr>
<td>Defiance County Ohio State University Extension Office</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Many populations</td>
</tr>
<tr>
<td>Defiance Development and Visitors Bureau</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Community at large</td>
</tr>
<tr>
<td>Organization providing input</td>
<td>Nature and extent of input</td>
<td>Medically underserved, low-income or minority populations represented by organization</td>
</tr>
<tr>
<td>-----------------------------------------------------------</td>
<td>------------------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Family and Children First Council</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Families and children</td>
</tr>
<tr>
<td>Four County Alcohol, Drug Addiction and Mental Health Services (ADAMhs) Board</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Substance abuse and mental illness</td>
</tr>
<tr>
<td>Four County Family Center</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Families and children</td>
</tr>
<tr>
<td>Hicksville Exempted Village Schools</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Families, young adults and children</td>
</tr>
<tr>
<td>Hicksville Village</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Community at large</td>
</tr>
<tr>
<td>Mercy Defiance Hospital</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Many populations</td>
</tr>
<tr>
<td>Ministerial Association</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Community at large</td>
</tr>
<tr>
<td>Northeastern Local Schools</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Families, young adults and children</td>
</tr>
<tr>
<td>Northwest Ohio Community Action</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Low-income</td>
</tr>
<tr>
<td>ProMedica Defiance Regional Hospital</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Many populations</td>
</tr>
<tr>
<td>Recovery Services of Northwest Ohio</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Substance abuse, mental illness and dual diagnosis disorders</td>
</tr>
<tr>
<td>United Way of Defiance County</td>
<td>Fully participated in the Defiance County community health assessment and improvement planning process</td>
<td>Medically under-served, low-income and at-risk populations</td>
</tr>
</tbody>
</table>
Executive summary

Significant health needs
T.R. §1.501(r)-3(b)(4)

DECREASE OBESITY

Capacity and adequacy of service levels
• More than two-thirds (70%) of Defiance County adults are either overweight (34%) or obese (36%) as measured by body mass index (BMI). This puts them at elevated risk for developing a variety of diseases.
• 18% of Defiance County youth were classified as obese and 16% were classified as overweight by BMI.
• 23% of children in Defiance County were classified as obese and 17% were classified as overweight by BMI.

Current service providers
Mercy Health — Defiance Hospital continues to partner with Defiance County to maintain walking trails. Other current service providers include Northwestern Ohio Community Action Commission, YMCA, Community Memorial Hospital, Defiance College, American Cancer Society, United Way, American Heart Association and Community Pregnancy Center. The community offers walking trails and paths, park programs, public and private fitness classes and programs, corporate and church fitness, weight loss and incentive programs, and community groups or clubs. There are also numerous nutrition programs, local schools open to the public, and mall walking opportunities.

INCREASE MENTAL HEALTH SERVICES

Capacity and adequacy of service levels
• 4% of Defiance County adults considered attempting suicide in 2015.
• 14% of adults in Defiance County reported having a period of two or more weeks in which they stopped doing usual activities due to feelings of worry, tension or anxiety nearly every day.

Current service providers
Mercy Health — Defiance Hospital physicians include depression screenings during office visits and provide mental health information at various pamphlet stations throughout the facility. The hospital also participates in the Local Outreach to Suicide Survivors (L.O.S.S.) program in the four-county area which includes Defiance County. Four County Family Center offers several programs and initiatives including Incredible Years, Safe Talk, mental health counseling, home-based therapy, the Yellow Ribbon campaign, suicide prevention awareness, mental health first aid, outpatient therapy and FAST programs. Other service providers include Four County Suicide Prevention Coalition, Center for Child & Family Advocacy, Maumee Valley Guidance Center, Recovery Services of Northwest Ohio, Juvenile Probation Court, YMCA, Comprehensive Crisis Care, Four County Suicide Prevention and Four County Recovery MVGS.

DECREASE SUBSTANCE ABUSE

Capacity and adequacy of service levels
• 49% of adults in Defiance County had at least one alcoholic drink in the past month. For adults under the age of 30, this rate was 64%.
• The 2013 BRFSS reported current drinker prevalence rates of 53% for Ohio and 55% for the nation.
• More than one-in-seven (15%) Defiance County adults were current smokers. The 2013 BRFSS reported current smoker prevalence rates of 23% for Ohio and 19% for the U.S.
• 4% of Defiance County adults had used marijuana in the past six months, increasing to 5% of those with incomes more than $25,000.
• 50% of all Defiance County youth ages 12–18 had at least one drink of alcohol in their life, increasing to 69% of those ages 17 and older. In 2013, YRBS reported this rate to be 66% for the nation.
• 23% of Defiance County youth had tried cigarette smoking. In 2013, YRBS reported 41% for the nation.
In 2015, 9% of Defiance County youth had used marijuana at least once in the past 30 days, increasing to 15% of high school youth. The 2013 YRBS found a prevalence of 21% for Ohio youth and a prevalence of 23% for youth across the nation.

Current service providers
Mercy Health — Defiance Hospital is a member of the Defiance Area Drug Free Coalition. Current service providers include Four County Family Center, MVGS, ProMedica Defiance Regional Hospital, Recovery Services of Northwest Ohio, Students Against Destructive Decisions (SADD), YMCA, Alcoholics Anonymous, Community Pregnancy Center, Al-Anon, Narcotics Anonymous, A Renewed Mind and Medicare.

INCREASE INJURY PREVENTION

Capacity and adequacy of service levels
• 14% of Defiance County adults had fallen in the past six months due slipping, tripping or stumbling; 2% had fallen on the stairs; less than 1% reported falling in the shower or from ladders; and 3% reported falling in or from some other way or place.
• 7% of Defiance County youth rarely or never wore a seatbelt when riding in a car driven by someone else. Only 54% reported they always wore a seatbelt.
• 61% of parents reported putting their infant to sleep on their back. 10% reported their infants were placed on their side, 10% said in bed with them or another person, 8% said on their stomach and 5% said various methods.

Current service providers
Mercy Health — Defiance Hospital conducts screening for fall prevention for at-risk patients and participates in POWER Defiance workgroups focused on injury prevention. Other current service providers include ProMedica Defiance Regional Hospital, YMCA, Community Pregnancy Center, Mercy Health — Defiance Hospital athletic trainers and the local sheriff’s office. Education programs include the Child Passenger Safety program, car seat safety and safe sleep education classes, first aid accidents and illness classes, sexting education, swimming classes, coaching education on safety issues and bike helmet safety.

Prioritization of health needs

The Defiance County CHA has been used 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 based on 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.”

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 as follows:
• 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.
Prioritized health needs

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

DECREASE OBESITY
The 2015 CHA identified that 70% of Defiance County adults were overweight or obese based on Body Mass Index (BMI). More than one-third (36%) of Defiance County adults, 18% of youth and 23% of children were classified as obese by BMI calculations. When asked how they would describe their weight, 32% of youth described their weight as slightly or very overweight.

INCREASE MENTAL HEALTH SERVICES
In 2015, 4% of Defiance County adults considered attempting suicide. 14% of adults had a period of two or more weeks when they felt so worried, tense or anxious nearly every day that they stopped doing usual activities. 15% of Defiance County 6th-12th grade youth had seriously considered attempting suicide in the past year and 5% admitted attempting suicide in the past year.

DECREASE SUBSTANCE ABUSE
In 2015, the CHA indicated that 10% of Defiance County adults were considered frequent drinkers, which is defined by the CDC as having a drink an average of three or more days per week. The 2015 CHA identified that 8% of Defiance County youth in grades 6-12 were smokers, increasing to 13% of those ages 17 and older.

INCREASE INJURY PREVENTION
Defiance County adults had fallen in the past six months due to the following: same-level fall (slipping, tripping or stumbling) (14%), stairs (2%), shower (<1%), ladders (<1%), and some other way/place (3%). 49% of parents reported their child always rode in a car seat/booster seat when a passenger in a car, decreasing to 29% of those children ages 6-11 years old.

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:

DECREASE OBESITY
Resources available to address the obesity needs of the community include: 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, Defiance College and St. John’s Church of Christ, Defiance Senior Center, Hicksville Fairgrounds Master Gardeners and Kircher’s Gardening Class, American Heart Association, and Community Pregnancy Center.

The community offers walking trails and paths, park programs, private fitness classes, corporate and church fitness, weight loss and incentive programs, and community groups or clubs. There are also numerous nutrition programs, local schools open to the public, and mall walking opportunities.

INCREASE MENTAL HEALTH SERVICES
Resources available to address the mental health needs of the community include: 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 and the ADAHMs Board L.O.S.S. program. Four County Family Center offers several programs and initiatives including Incredible
Years, Safe Talk, mental health counseling, home-based therapy, the Yellow Ribbon campaign, suicide prevention awareness, mental health first aid, outpatient therapy and FAST programs.

**DECREASE SUBSTANCE ABUSE**

Resources available to address the substance abuse needs of the community include: Mercy Health — Defiance Hospital, Four County Family Center, MVGS, ProMedica Defiance Regional Hospital, Students Against Destructive Decisions (SADD), YMCA, Alcoholics Anonymous, Community Pregnancy Center, Al-Anon, Narcotics Anonymous, A Renewed Mind and Medicare. Recovery Services of Northwest Ohio offers several programs focused on education, assessment, and outpatient counseling and treatment including Life Without Drugs, Too Good for Drugs, Adolescent Education, Community Education Group, Serenity Haven Services, Alcohol and Other Drug (AoD) Continuum of Care and medication-assisted treatment programs.

**INCREASE INJURY PREVENTION**

Resources available to address the injury prevention needs of the community include: ProMedica Defiance Regional Hospital, YMCA, Community Pregnancy Center, Mercy Health — Defiance Hospital athletic trainers and the local sheriff’s office. Education programs include the Child Passenger Safety program, car seat safety and safe sleep education classes, first aid accidents and illness classes, sexting education, swimming classes, coaching education on safety issues and bike helmet safety.
## DECREASE ADULT AND YOUTH OBESITY

<table>
<thead>
<tr>
<th>Initiatives</th>
<th>Evaluation of Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occupational health program</td>
<td>In cooperation with Workmed, the occupational health program at Mercy Defiance Clinic collected baseline data on businesses and organizations offering wellness and insurance incentive programs to employees. It also provided partnership opportunities when and where appropriate.</td>
</tr>
<tr>
<td>Mercy Health — Defiance Hospital walking trail</td>
<td>The hospital also increased awareness and opportunities for families and individuals to engage in healthful walking by creating a walking trail on the Mercy Health — Defiance Hospital property that is linked to the already established walking trail on the adjoining Defiance County East Property. The hospital increased awareness with notices in the local paper.</td>
</tr>
<tr>
<td>Community outreach, education and support</td>
<td>Mercy — Health Defiance Hospital developed information on the benefits of engaging employees in free or subsidized evidence-based programs. The hospital determined the best way to share this information with business leaders (e.g. via an electronic newsletter, a presentation for Defiance service clubs, a series of seminars with speakers, or through collaboration with other interested agencies such as Defiance College, Defiance YMCA or Chamber of Commerce. The hospital provided partnership opportunities where appropriate. Youth safety information boards or racks were developed at the hospital and clinic with information relevant to reducing obesity, suicide, bullying and alcohol abuse.</td>
</tr>
</tbody>
</table>

## DECREASE YOUTH DEPRESSION AND SUICIDE

<table>
<thead>
<tr>
<th>Initiatives</th>
<th>Evaluation of Impact</th>
</tr>
</thead>
</table>
| Increased awareness for providers   | The hospital focused on making evidence-based tools and their results readily available to hospital and clinic providers, increase awareness among Mercy — Health Defiance Hospital providers and staff at both the clinic and hospital of the incidence, risk factors and symptoms of teen depression and suicide, and the resources available for treatment.  
  • The tools include the PHQ-2, an initial two-question patient health questionnaire, and the PHQ-9, a follow-up nine-question patient health questionnaire for patients who meet the PHQ-2 threshold to evaluate further.  
  • Information was distributed via electronic and printed materials and presented at staff meetings. |
| Involvement in community initiatives | Mercy — Health Defiance Hospital was actively involved in the Four County L.O.S.S. teams.                                                                                                                                 |
| Community outreach, education and support | An informational brochure about local mental health services developed by county agencies was made available in the hospital and clinic for patients their families. Information was distributed via electronic and printed materials and presented at staff meetings. Youth safety information boards or racks were developed at the hospital and clinic with information relevant to reducing obesity, suicide, bullying and alcohol abuse. |
### DECREASE YOUTH BULLYING

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Evaluation of Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community outreach, education and support</td>
<td>Youth safety information boards or racks were developed at the hospital and clinic with information relevant to reducing obesity, suicide, bullying and alcohol abuse.</td>
</tr>
</tbody>
</table>

### DECREASE YOUTH ALCOHOL USE

<table>
<thead>
<tr>
<th>Initiatives</th>
<th>Evaluation of Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community outreach, education and support</td>
<td>Youth safety information boards or racks were developed at the hospital and clinic with information relevant to reducing obesity, suicide, bullying and alcohol abuse.</td>
</tr>
<tr>
<td>Defiance County Drug Free Coalition</td>
<td>Mercy Health — Defiance Hospital established membership in the Defiance County Drug Free Coalition, which promotes a lifestyle free from the abuse of alcohol and drugs.</td>
</tr>
<tr>
<td>Established a screening program</td>
<td>The hospital established a screening program for all patients ages 14 and above treated in its emergency room for alcohol abuse. The hospital provides appropriate information and referrals to those patients where alcohol abuse has been indicated.</td>
</tr>
</tbody>
</table>