Mercy Health’s long-standing commitment to the community covers more than 150 years. This commitment has expanded and evolved through considerable thought and care in considering our communities’ most pressing health needs. One avenue for examining these needs is through a periodic, comprehensive Community Health Needs Assessment (CHNA) for each Mercy hospital. The most recent assessments were completed by teams comprised of Mercy Health and community leaders. They include quantitative and qualitative data that guide both our community benefit and strategic planning.

The following document is a detailed CHNA for Mercy Health — Willard Hospital. Willard Hospital is dedicated to continuing the healing ministry of Jesus Christ. As part of the Mercy Health system, Willard has been steadfast in its mission of caring for the poor, the elderly and the vulnerable members of the community, and to improving the health of the many communities it serves.

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.

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.

Through our CHNA, Mercy Health has identified the greatest needs among each of our hospital’s communities. This enables us to ensure our resources are directed appropriately toward outreach, prevention, education and wellness 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. Mental health........................................................................................................................ 8
2. Substance abuse..................................................................................................................... 8
3. Personal wellness................................................................................................................... 9
Prioritized health needs ............................................................................................................... 11
1. Mental health........................................................................................................................ 11
2. Substance abuse..................................................................................................................... 11
3. Personal wellness................................................................................................................... 11
**Resources available** ................................................................................................................ 11

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

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

Mercy Health — Willard Hospital serves a geographic area encompassing Huron County and the cities of Greenwich, Monroeville, New London, North Fairfield Village, Norwalk, Plymouth, Wakeman and Willard. Based upon the county of residence of discharged inpatients, most patients reside in Huron County. This primary service area includes the following ethnic groups: 95.98% Caucasian, 0.97% African American, 0.18% Native American, 0.25% Asian, 0.01% Pacific Islander, 1.63% from other races and 0.99% from two or more races. 3.56% of the population was Hispanic or Latino of any race.

Huron County, Ohio has a total area of 495 square miles. It includes Zip codes 44811, 44826, 44837, 44847, 44850, 44851, 44855, 44857, 44865, 44888, 44889 and 44890. Surrounding counties are Sandusky to the northwest, Seneca to the west, Crawford to the southwest, Erie to the north, Richland to the south, Lorain to the east and Ashland to the southeast.

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>Huron County Public Health</td>
<td>2014</td>
</tr>
<tr>
<td>Huron County Mental Health and Addiction Services (MHAS) Board</td>
<td>2014</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>Firelands Counseling and Recovery Services</td>
<td>2014</td>
</tr>
<tr>
<td>Huron County Family and Children First Council</td>
<td>2014</td>
</tr>
<tr>
<td>Huron County schools (School districts of Bellevue, Monroeville, New London, Norwalk, South Central, Western Reserve and Willard; St. Paul High and Immaculate Conception)</td>
<td>2014</td>
</tr>
<tr>
<td>National Alliance of Mental Illness (NAMI) of Huron County</td>
<td>2014</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>Huron County Public Health’s 2014 Community Health Needs Assessment</td>
<td>2014</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)

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

The following survey process occurred in 2014:

The community health needs assessment was cross-sectional in nature and included a county-wide written survey of adults (19 years of age and older), adolescents (ages 12 through 18) and children (ages 0-11). The questions were modeled after survey instruments used by the Centers for Disease Control and Prevention (CDC) for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS), as well as those developed by the Child and Adolescent Health Measurement Initiative for the National Survey of Children’s Health (NSCH). 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 Northwest Ohio conducted a series of meetings with the planning committee from Huron County. During these meetings, banks of potential survey questions from the BRFSS, YRBSS and NSCH surveys were reviewed and discussed. Based on input from the Huron County planning committee, the project coordinator composed drafts of surveys containing 111 items for the adult survey (with an additional 30 question for parents of 0- to 11-year-olds) and 77 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 and children ages 0 to 11 was obtained from American Clearinghouse in Louisville, Ky. Prior to mailing the survey to adults, a personalized advanced letter was mailed to Huron County adults. It was printed on Huron County Health Partners letterhead and signed by: Tim Hollinger, health commissioner of Huron County Public Health; Ross Matlack, president and CEO of Fisher-Titus Medical Center; Michael Winthrop, president and CEO of The Bellevue Hospital; and Lynn Detterman, president and CEO of Mercy Health — Willard Hospital. The letter introduced the county health assessment project and informed readers that they might be randomly selected to receive the survey. The surveys were mailed to 1,000 adults and the parents of children ages 0 to 11. A three-wave mailing procedure was implemented to maximize the survey return rate.

In addition, adolescents were randomly selected from local schools. The survey was administered in February 2014 and was approved by all superintendents. Schools and grades were randomly selected. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents.

The response rate for adult/parent surveys was 39%, resulting in 741 completed adult surveys. Of those adult surveys, 260 were parents which completed the child’s section of the survey. The response rate for adolescents was 91%, resulting in 363 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 Huron County, the adult data collected was weighted by age, gender, race and income using 2010 U.S. 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 Huron 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. 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 was 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.

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**
- Centers for Disease Control and Prevention (CDC)
- Huron County Health Partners’ 2014 Huron County Health Assessment

**Collaborating partners**
The hospital collaborated with the following organizations as part of the process of conducting the needs assessment:
- Firelands Counseling and Recovery Services
- Fisher-Titus Medical Center
- Huron County Health Partners
- Hospital Council of Northwest Ohio
- Huron County Public Health
- Huron County Commissioners
- Huron County Mental Health and Addiction Services (MHAS) Board
- Huron County Schools (School districts of Bellevue, Monroeville, New London, Norwalk, South Central, Western Reserve and Willard; St. Paul High and Immaculate Conception)
- National Alliance of Mental Illness (NAMI) of Huron County
- The Bellevue Hospital
- University of Toledo

**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 Huron 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 Huron 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, planning the community event, releasing the data and setting priorities. The needs of the population, especially those who are medically underserved, low-income, minority or face a chronic disease, were taken into account through a 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, including the Huron County Public Health, Fisher-Titus Medical Center, Mercy Health — Willard Hospital, The Bellevue Hospital and Norwalk Area United Fund.

The 2014-2016 Community Health Improvement Plan was drafted by agencies and service providers with Huron County and was shared at a community meeting on Feb. 7, 2015. The committee reviewed many sources of information concerning the health and social challenges that Huron County adults, youth and children may be facing. They determined priority issues which, if addressed, could improve future outcomes, determined gaps in current in programming and policies and examined best practices and solutions.

### 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 or organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bellevue City School District</td>
<td>Participated in the 2014 Huron County Health Assessment</td>
<td>Children and youth</td>
</tr>
<tr>
<td>City of Norwalk</td>
<td>Input with survey questions and discussion</td>
<td>Community at-large</td>
</tr>
<tr>
<td>Community Action Commission of Erie, Huron and Richland Counties, Inc.</td>
<td>Input with survey questions and discussion</td>
<td>Under-served, low-income and minority populations</td>
</tr>
<tr>
<td>Firelands Counseling and Recovery Services</td>
<td>Input with survey questions, discussion and identifying priorities</td>
<td>Those with mental health and substance abuse issues</td>
</tr>
<tr>
<td>Fisher-Titus Medical Center</td>
<td>Input with survey questions and discussion</td>
<td>Many populations</td>
</tr>
<tr>
<td>Hospital Council of Northwest Ohio</td>
<td>Facilitated the CHNA for Huron County</td>
<td>Community at-large</td>
</tr>
<tr>
<td>Huron County Mental Health and Addiction Services (MHAS) Board</td>
<td>Input with survey questions and discussion</td>
<td>Those with mental health and substance abuse issues</td>
</tr>
<tr>
<td>Huron County Family and Children First Council</td>
<td>Input with survey questions and discussion</td>
<td>Families and children/youth</td>
</tr>
<tr>
<td>Huron County Public Health</td>
<td>Input with survey questions, discussion and identifying priorities</td>
<td>Community at-large</td>
</tr>
<tr>
<td>Monroeville Local Schools</td>
<td>Participated in the 2014 Huron County Health Assessment</td>
<td>Children and youth</td>
</tr>
<tr>
<td>National Alliance of Mental Illness (NAMI) of Huron County</td>
<td>Input with survey questions and discussion</td>
<td>Those with mental health issues</td>
</tr>
<tr>
<td>Parochial schools of Huron County</td>
<td>Participated in the 2014 Huron County Health Assessment</td>
<td>Children and youth</td>
</tr>
</tbody>
</table>
## 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>New London Local Schools</td>
<td>Participated in the 2014 Huron County Health Assessment</td>
<td>Children and youth</td>
</tr>
<tr>
<td>Norwalk City School District</td>
<td>Participated in the 2014 Huron County Health Assessment</td>
<td>Children and youth</td>
</tr>
<tr>
<td>Norwalk’s Ernsthauen Recreation Center</td>
<td>Input with survey questions and discussion</td>
<td>Community at-large</td>
</tr>
<tr>
<td>South Central Local Schools</td>
<td>Participated in the 2014 Huron County Health Assessment</td>
<td>Children and youth</td>
</tr>
<tr>
<td>The Bellevue Hospital</td>
<td>Input with survey questions and discussion</td>
<td>Many populations</td>
</tr>
<tr>
<td>Western Reserve Local Schools</td>
<td>Participated in the 2014 Huron County Health Assessment</td>
<td>Children and youth</td>
</tr>
<tr>
<td>Willard City Schools</td>
<td>Participated in the 2014 Huron County Health Assessment</td>
<td>Children and youth</td>
</tr>
</tbody>
</table>
Executive summary

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

MENTAL HEALTH

Capacity and adequacy of service levels
• In 2014, 3% of Huron County adults considered attempting suicide.
• According to the Substance Abuse and Mental Health Services Administration’s 2008-2009 National Survey on Drug Use and Health, 4% of U.S. adults reported having suicidal thoughts in the past year. 10% of 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. The 2013 YRBSS reported the rates were 26% for Ohio and 30% for the U.S..
• In 2014, over one-quarter (26%) 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. The 2013 YRBSS reported the rates were 26% for Ohio and 30% for the U.S..
• In 2014, the Health Assessment results indicated that 14% of Huron County 6th- through 12th-grade youth had seriously considered attempting suicide in the past year and 6% admitted actually attempting suicide in the past year.
• Huron County has a five-year grant to implement an evidence-based program called SBIRT to cover health and primary care in Huron County.
• Studies show that when SBIRT is implemented in a community health center, diagnosis rates and referrals of patients increase, however kept appointment rates stay the same. There is strong evidence that integrating behavioral health into primary care practice improves mental health, especially depression symptoms. Integrating care also increases patients’ adherence to treatment, improves their quality of life and increases satisfaction and engagement with healthcare providers.

Current service providers
Mercy Health hospitals provide clinical counselors, SBIRT trainers, physicians and practice managers to address mental health needs. The hospital also provides mental health education programs to physicians and employees. Providers at Willard Hospital are alert to mental health problems and provide referrals when appropriate. Other current service providers available to address the mental health needs of the community include Huron County Public Health, Firelands Counseling and Recovery Services of Huron County, Fisher-Titus Medical Center, Huron County Board of Health, Substance Abuse and Mental Health Services Administration and Medscape.

SUBSTANCE ABUSE

Capacity and adequacy of service levels
• In 2014, the Health Assessment indicated that 9% of Huron County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). One in six (16%) Huron County adults were considered binge drinkers (defined as consuming five or more drinks in one hour). The 2012 BRFSS reported binge drinking rates of 18% for Ohio and 17% for the U.S.
• In 2014, 4% of Huron County adults had used marijuana during the past six months.
• 9% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past six months.
• In 2014, the Health Assessment results indicated that 45% of Huron County youth in grades 6 through 12 and 73% of youth age 17 and older had drank at least one drink of alcohol in their life. 28% of those 6th- through 12th-graders who drank took their first drink at 12 years or younger.
• 17% of all Huron County 6th- through 12th-grade youth and 39% of those over age 17 had at least one drink in the past 30 days. More than half (51%) of the 6th- through 12th-grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 2% of all youth drivers had driven a car in the past month after they had been drinking alcohol.
In 2014, 8% of Huron County 6th- through 12th-grade youth had used marijuana at least once in the past 30 days, increasing to 22% of those ages 17 and older. 11% of youth used medications that were not prescribed for them or took more than prescribed to get high in the past 30 days, increasing to 21% of those over the age of 17.

Tobacco grants can fund prevention education.

Current service providers
Current service providers available to meet the substance abuse needs of the community include Firelands Counseling and Recovery Center, Family Life Counseling, Fisher-Titus Medical Center, The Bellevue Hospital, Norwalk City School District, Norwalk, Willard and Bellevue police departments, National Alliance on Mental Illness (NAMI) of Huron County, Huron County Family and Children First, Ohio Department of Health, Ohio Mental Health and Addiction Services and members of the community including parents, schools, teachers and stakeholders. LifeSkills Training is a program with 30 years of peer-reviewed scientific research. It is the top research-based substance abuse prevention program in the country. Studies show it results in an 87% reduction in tobacco use, 60% reduction in alcohol use, 75% reduction in marijuana use, 66% reduction of poly-drug use and 68% reduction in methamphetamine use. The duration of effects is up to 12 years.

PERSONAL WELLNESS

Capacity and adequacy of service levels

In 2014, about half (52%) of Huron County adults rated their health status as excellent or very good, compared to 50% of adults in Ohio and 52% of adults in the nation. Conversely, 14% of adults, increasing to 21% of those over the age of 65, described their health as fair or poor.

70% of Huron County adults were overweight or obese based on their body mass index (BMI). More than one-third (37%) of Huron County adults were obese and more than two-fifths (45%) were trying to lose weight. The 2012 BRFSS indicates that 30% of Ohio and 28% of U.S. adults were obese according to their BMI.

In 2014, 17% of Huron County youth were obese. When asked how they would describe their weight, 34% of Huron County youth reported that they were slightly or very overweight. 72% of youth were exercising for 60 minutes on three or more days per week. 91% of youth were involved in extracurricular activities.

In Huron County, 49% of adults were engaging in some type of physical activity or exercise for at least 30 minutes three or more days per week.

In 2014, 8% of adults and 15% of youth were eating five or more servings of fruits and vegetables per day. 87% of adults and 78% of youth were eating between one and four servings per day. The 2009 BRFSS reported that only 21% of Ohio adults and 23% nationwide were eating the recommended number of servings of fruits and vegetables.

Current service providers
Mercy Health — Willard Hospital offers programs to address the personal wellness needs of the community, including a dietitian, physicians, nursing staff and the Complete Health Improvement Program (CHIP). Additional current service providers include Fisher-Titus Medical Center, The Bellevue Hospital, City of Norwalk Parks and Recreation department (including the Friday Night Fun Night program), Huron County Public Health (including the Couch to 5K program), Safe Routes to School (SRTS) committee, Ohio Department of Transportation, Ohio Action for Healthy Kids’ Game On! program, Firelands Rails to Trails, Inc., New London-Greenwich Rail Trail, Inc., Bellevue City Parks and Willard City Schools. Parents and other community members are also involved in promoting personal wellness.
Prioritization of health needs

Over 50 key leaders — representing public health, law enforcement, schools, churches and government and social service agencies — and other community members attended the public release of the community health needs assessment. At the event, attendees participated in focus groups and priorities were chosen for Huron County to focus on. Participants were invited to join the strategic planning process through the data surveillance work group, resource assessment work group or the gap analysis and strategic planning work group.

Local community agencies were invited to participate in the health assessment process, including choosing questions for the surveys, providing local data, reviewing draft reports, planning the community event, releasing the data and setting priorities. The needs of the population, especially those who are medically underserved, low-income, a minority or facing chronic disease, were taken into account through a 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, including Huron County Public Health, Fisher-Titus Medical Center, Mercy Health — Willard Hospital, The Bellevue Hospital and Norwalk Area United Fund.

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

To facilitate the Community Health Improvement Process, Huron County Public Health and 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) process was used. Beginning in December 2013, Huron County Health Partners met six times, in December 2013 and January, April, July, September and November 2014, and completed the following planning steps:

1. Initial meeting: Reviewed process and timeline; finalized committee members; created or reviewed vision
2. Choosing priorities: Used quantitative and qualitative data to prioritize target areas
3. Ranking priorities: Ranked community health problems based on magnitude, seriousness of consequences and feasibility of correcting
4. Resource assessment: Determined existing programs, services and activities in the community that address the priority target impact areas and looked at the number of programs that address each outcome, the geographic area served and the prevention programs and interventions
5. Forces of change and community themes and strengths: Administered open-ended questions to committee on community themes and strengths
6. Gap analysis: Determined existing discrepancies between community needs and viable community resources to address local priorities; identified strengths, weaknesses and evaluation strategies; and identified strategic actions
7. Local public health assessment: Reviewed the local public health system assessment with committee
8. Best practices: Reviewed best practices, proven strategies, evidence continuum and feasibility continuum
9. Draft plan: Reviewed all steps taken and recommended actions based on one or more of the following: enhancing existing efforts, implementing new programs or services, building infrastructure, implementing evidence-based practices and the feasibility of implementation

The Huron County Health Improvement Plan was presented to the community on Feb. 7, 2015.
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
Mental health needs can be improved through prevention by ensuring access to appropriate quality mental health services. In 2015, 26% of youth and 10% of adults reported feeling sad or hopeless for two or more weeks in a row. 82% of adults with depression or anxiety reported looking for treatment and finding programs available. Similarly, 70% of adults with alcohol or drug abuse found programs in the community. Huron County has a five-year grant to implement an evidence-based program called SBIRT to cover health and primary care in Huron County.

SUBSTANCE ABUSE
An increase in substance abuse prevention and education and enforcement of laws is believed to reduce substance abuse in adults and youth. In 2015 11% of youth were misusing medications. The average age of first alcohol consumption was 13.5 years. 36% of adults binge-drank within the last month.

PERSONAL WELLNESS
Huron County has identified a need to promote health, reduce chronic disease and promote physical activity opportunities through environment, education and programming. Enhancing/expanding physical education classes as part of a multi-component school-based obesity prevention intervention has also been shown to increase physical activity and improve health. There is strong evidence that improving access to places for physical activity increases physical activity and improves physical fitness, and that design and land-use policies including mixed-use development increases physical activity. 70% of Huron County youth were physically active for at least 60 minutes for three or more days in the past week. 50% of Huron County adults rate their health status as excellent or very good. 33% of adults are considered overweight and 37% are considered obese based on BMI. To reduce chronic disease, the diets of Huron County residents need to be more nutritious. Huron County will seek to increase access to healthy vegetables. 8% of the population is eating five or more servings of vegetables a day. Huron County offers local food pantries, the Second Harvest Food Bank and local farmers markets.

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
Mercy Health hospitals offer resources to address the mental health needs of the community. This includes clinical counselors, SBIRT trainers, physicians and practice managers. The hospitals also provide mental health education programs to physicians and employees. Providers at Willard Hospital are alert to mental health problems and provide referrals when appropriate. The Huron County Mental Health and Addiction Services (MHAS) Board also offers mental health resources.

SUBSTANCE ABUSE
Resources available to address the substance abuse needs of the community include Mercy Health — Willard Hospital, Firelands Counseling and Recovery Center, Family Life Counseling, Fisher-Titus Medical Center, The Bellevue Hospital, Norwalk City School District and Norwalk, Willard and Bellevue police departments.

PERSONAL WELLNESS
Resources available to address the personal wellness needs of the community include Mercy Health — Willard Hospital, Huron County Public Health, Fisher-Titus Medical Center, The Bellevue Hospital, the Ohio State University Huron County Extension Office and Master Gardener Volunteer program, Second Harvest Food Bank, Norwalk City School District, Willard City Schools and American Heart Association.
Progress on Health Priorities Identified in the 2013 Health Needs Assessment

### REDUCE OBESITY BY IMPROVING NUTRITION & EXERCISE HABITS

<table>
<thead>
<tr>
<th>Initiatives</th>
<th>Evaluation of Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete Health Improvement Program</td>
<td>Mercy Health began the Complete Health Improvement Program in 2014. Two nine-week sessions are offered per year, and teach behavior changes and self-discovery learning tools to help participants make multifaceted lifestyle changes with the goal of reducing chronic disease.</td>
</tr>
<tr>
<td>Migrant Camp Outreach</td>
<td>The Migrant Camp Outreach program provides lab screenings and preventative health. Willard Hospital provides lab screenings at the migrant camps. This program is in its third year, and has served 350 people.</td>
</tr>
<tr>
<td>Game On program</td>
<td>The program began in 2014 and addresses the issue of childhood obesity. The students are taught healthy eating and exercise habits once a month for 30 minutes throughout the school year. The students are given a healthy snack at each session.</td>
</tr>
</tbody>
</table>

### IMPROVE MENTAL HEALTH SERVICES

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Evaluation of Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Collaboration and partnerships</td>
<td>Beginning in January 2016, Willard Hospital partnered with Firelands Counseling and Recovery Center to provide mental health services in clinic space at Willard Hospital. This partnership makes mental health services more accessible to our residents in the community. Firelands Counseling and Recovery Center also partnered to introduce a SBIRT treatment program at the Willard Hospital emergency department and Mercy primary care offices.</td>
</tr>
</tbody>
</table>

### REDUCE YOUTH RISKY BEHAVIOR

<table>
<thead>
<tr>
<th>Initiatives</th>
<th>Evaluation of Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Educational drug program</td>
<td>In 2015, Willard Hospital provided an educational drug program at Willard City Schools for all educators, parents and community members. It was presented by the Franklin County Sheriff’s department along with the Willard police department. 200 participants attended.</td>
</tr>
<tr>
<td>Collaboration and partnerships</td>
<td>Willard Hospital is in partnership with Willard City Schools’ mentoring program for at-risk 5th-graders. Volunteer mentors from the hospital and community agencies take 30 minutes per week to help their student with homework, provide support and good listening skills and build a healthy relationship. This program has been very successful in our community and is an excellent way to make a positive difference, keeping these students on the right path.</td>
</tr>
</tbody>
</table>