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# 2016 Community Health Needs Assessment

MERCY MEMORIAL HOSPITAL, URBANA, OHIO



A Catholic healthcare ministry serving Ohio and Kentucky



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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 Memorial Hospital. Mercy Memorial Hospital in Urbana has served the healthcare needs of the 36,000 residents of Champaign County for more than a half century. The hospital provides 24/7 emergency care and a broad range of inpatient and

outpatient services with skilled staff and state-of-the-art equipment. In addition, Mercy Health has invested more than \$300 million in an electronic health system, building integrated networks of care designed to improve the health of all communities.

Mercy Health contributes more than \$1 million per day in community benefit services as we carry out our long-standing mission of extending care to the poor and under-served. Mercy Memorial 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>.

**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.**

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# Introduction

## COMMUNITY SERVED BY HOSPITAL

T.R. §1.501(r)-3(b)(1)(i) and (3)

Mercy Memorial Hospital, a critical access hospital, is located in the city of Urbana. Mercy Memorial Hospital identified its “community served” as residents of ZIP code 43078 and contiguous ZIP code areas in Champaign County. These areas are represented by the following ZIP Codes: 43009, 45389, 43044, 43047, 43060, 43070, 43072, 43078, 43083, and 43084.

## 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

<b>Public health departments (T.R. §1.501(r)-3(b)(5)(i)(a))</b>	<b>Date of data/information</b>
Champaign Health District	March 2016

  

<b>At-risk populations (T.R. §1.501(r)-3(b)(5)(i)(b))</b>	<b>Date of data/information</b>
Champaign Family YMCA	March 2016
Champaign County Drug Free Youth Coalition	March 2016
North Lewisburg Mayor	March 2016
United Way	March 2016

# 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 Memorial Hospital participated in a regional Community Health Needs Assessment (CHNA) process coordinated by the Champaign County CHNA Stakeholder Group (“Stakeholder Group” or “Group”). The Stakeholder Group assembled a team which included the Champaign Health District, Champaign County YMCA, Champaign County Drug Free Youth Coalition and Mercy Memorial Hospital. In May 2015, a survey was developed by the group using a modified version of the Behavior Risk Factor Surveillance System (BRFSS) survey developed by the Centers for Disease Control and Prevention (CDC). The survey was mailed to every household in Champaign County with a return of 1,200. A sample size of 450 was used to evaluate the results.

Additionally, a Youth Risk Behavior Survey (YRBS) developed by the CDC was conducted in the spring of 2015. The YRBS is part of the CDC’s Youth Risk Behavior Surveillance System (YRBSS) which monitors certain types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults. It also measures the prevalence of priority health-related behaviors. The YRBS was distributed as a joint effort with the Champaign County Family and Children First Council (CCFCFC), which also was conducting the Search Institute Survey. Every other student received the YRBS and Search Institute Survey. Schools that participated included Triad High School, Triad Middle School, Urbana High School, Urbana Middle School, West Liberty High School and West Liberty Middle School.

The Community Health Assessment and Group Evaluation (CHANGE) tool developed by the CDC was conducted in the winter of 2015 into early 2016. The CHANGE tool evaluates the Community-At-Large Sector. This includes communitywide efforts that impact the social and built environments, such as improving food access, walkability or bikeability, tobacco use and exposure and personal safety. The CHANGE tool was conducted among several at-risk neighborhoods with the most health disparities. The questions asked were from a policy and environmental perspective. The focus was on four areas: South Urbana along Route 68; Central Urbana near the fairgrounds; the Terre Haute area; and North Lewisburg.

Champaign Health District provided data to identify local health needs, including 2014 hospital discharge data (ICD9 data grouped into different health topics), 2015 demographic data (pulled from Census API), 2015 market potential data, 2015 food access data, 2015 school data, birth data (2006-2015), death data (2000-2013), cancer data (1996-2015) and infectious disease data (2000-2015).

#### External sources

- Ohio Department of Education (ODE)
- Ohio Department of Health (ODH)
- Springfield Regional Medical Center
- U.S. Census American Community Survey (ACS)
- U.S. Department of Agriculture (USDA)

#### Collaborating partners

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

- Champaign County CHNA Stakeholder Group
- Champaign County Family and Children First Council (CCFCFC)
- Champaign Health District

## Community input

T.R. §1.501(r)-3(b)(6)(iii)

No written comments were received on the most recently completed CHNA.

In October 2015, Mercy Memorial Hospital and Springfield Regional Medical Center sponsored a Health Care Summit, inviting community leaders from Clark and Champaign counties to gather for a conversation. The purpose of the summit was to provide a venue for diverse community stakeholders to convene and discuss what is happening locally, why it is happening, and to construct a vision for the health of our community. The group identified the top five healthcare issues as: access to health care, lack of prevention services, drug addiction, rising healthcare costs and access to behavior healthcare.

Under the leadership of the Champaign County CHNA Stakeholder Group, input was obtained via community meetings, individual surveys and organization surveys. Several large community and task force meetings were held between March 2016 and June 2016 to identify needs and prioritize issues. There were more than 20 individual task force meetings throughout this time to focus on substance abuse, healthy births, nutrition, physical activity, smoking cessation, mental health and chronic diseases. Groups were invited that predominately serve the poor and most at-risk populations. The task forces provided input at the full group meeting on March 29, 2016. The survey results, minutes from the individual task force meetings and community health assessment report were posted on the Clark County Combined Health District (CCCHD) website in April 2016.

Between October 2015 and June 2016, the hospital utilized specific tools and performed the following activities: consultations with topic experts; design and feedback meetings with hospital representatives; brainstorming with individuals and agencies serving vulnerable populations; utilizing GIS mapping software and online databases; and talking with local and state health departments and the county coroner. The Mobilizing for Action through Planning and Partnerships (MAPP) process was also used to identify top priorities. The MAPP process is a community-driven strategic planning tool for improving community health. Facilitated

by public health leaders, this tool helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP is an interactive process that can improve the efficiency, effectiveness and ultimately the performance of local public health systems.

The Stakeholder Group compared secondary data to the information gathered via community meetings, individual surveys, organizational surveys and the Champaign Health District. The Stakeholder Group identified the most serious issues facing the community to be:

1. Young child wellness
2. Mental health
3. Healthy living
4. Substance abuse

Access to care is a critical component for each issue.

## Organizations providing input

Organization providing input	Nature and extent of input	Medically underserved, low-income or minority populations represented by organization
Champaign County Health Department (CCHD)	CHNA analysis and facilitator	Community at large
Community Health Foundation	CHNA community meetings	Community at large
Consolidated Care Inc. (CCI)	CHNA community meetings	Mental health; behavioral and addiction counseling for individuals in need
Champaign Residential Services, Inc. (CRSI)	CHNA community meetings	People with disabilities
Champaign County Family and Children First Council (CCFCFC)	CHNA community meetings	Community at large
Mental Health, Drug & Alcohol Services Board of Logan and Champaign Counties (MHDAS)	CHNA community meetings	Those with mental health issues
Mercy Well Child Pediatrics	CHNA community meetings	Children with behavioral health issues
Suicide Prevention Coalition of Logan and Champaign Counties	CHNA community meetings	Those with mental health issues
United Way of Clark, Champaign and Madison Counties	CHNA community meetings	Community at large
Urbana City Schools	CHNA community meetings and YRBSS	Low-income, racial and ethnic minorities; children
Champaign Family YMCA	CHNA community meetings	Community at large

# Executive summary

## Significant health needs

T.R. §1.501(r)-3(b)(4)

### YOUNG CHILD WELLNESS

Young child wellness is served when there are coordinated services to support a system of care that efficiently and effectively meets the needs of young children and their families. CCFFCFC works to improve child well-being in Champaign County by promoting healthy children, strong families and thriving communities.

#### Capacity and adequacy of service levels

- Mercy Memorial Hospital, through the Chronic Care Clinic, will help promote the well-being of youth in Champaign County.
- CCFFCFC works to improve child well-being in Champaign County by promoting healthy children, strong families and thriving communities.

#### Current service providers

Mercy Well Child Pediatrics provides holistic healthcare to children and families in Champaign County. Other service providers in the community include CCFFCFC.

### HEALTHY LIVING

Healthy living needs are served when the general health of the Champaign County population is statistically lower than the state and national averages.

#### Capacity and adequacy of service levels

- In Champaign County, 73.6% of adults were overweight or obese. 17.8% of the adult population has diabetes. This was statistically significantly higher than the state and nation.
- In Champaign County, 20.2% of the population had general health that was fair or poor. This was statistically significantly higher than the state and nation.

- Community resources are available to address these needs and spread awareness and education in support of a healthier lifestyle. Resources include city and county schools and CCFFCFC.
- The hospital will help increase access to healthy food options and community engagement regarding healthy eating.
- The hospital will help increase physical activity levels among at-risk youth and adults.

#### Current service providers

Mercy Memorial Hospital has both inpatient and outpatient services. The hospital also has a Chronic Care Clinic. Other service providers in the community include city and county schools and CCFFCFC.

### SUBSTANCE ABUSE

Substance abuse needs are served through treatment and prevention programs.

#### Capacity and adequacy of service levels

- Champaign County youth (middle and high school students) have statistically significantly higher drug use results (e.g., marijuana use under age 13) than the state and nation.
- Through the Community Mercy REACH outpatient drug, alcohol and tobacco resource center, Mercy Memorial Hospital helps in the prevention of alcohol and other drug use in Champaign County and increases community outreach and education regarding substance abuse.
- The Champaign County Drug Free Youth Coalition is a community-mobilizing coalition aimed at reducing youth substance abuse such as underage drinking and marijuana use.

#### Current service providers

Community Mercy REACH has licensed chemical dependency counselors specializing in outpatient treatment and intervention. Other service providers in the community include the Champaign County Drug Free Youth Coalition.

## MENTAL HEALTH

Mental health needs are served by providing coordinated care, education, support and programs that enable healthy behaviors.

### Capacity and adequacy of service levels

- In a recent mental health survey developed by MHDAS, mental health issues were deemed the largest problem among the community struggling with a particular issue.
- The Suicide Prevention Coalition of Logan and Champaign Counties and MHDAS work to decrease the number of suicides in Champaign County while promoting the importance of mental health awareness.
- Community resources are available to assist with the promotion of mental health and well-being of youth in Champaign County.

### Current service providers

Mercy Health has a crisis management team to assist with acute mental health issues inside the hospital. If further care is needed, patients are referred to community partners for treatment. Other service providers in the community include Mercy Well Child Pediatrics' telepsychiatry program and MHDAS.

## Prioritization of health needs

After reviewing data from the CHA, which included the Youth Risk Behavior Survey (YRBS), Behavior Risk Factor Surveillance System (BRFSS), the CHANGE Tool and other secondary data, the health priorities for Champaign County were identified based on concerning data points. Four priorities were selected: healthy living; substance abuse; mental health; and young child wellness. Once priorities were identified, each task force was asked to identify community assets and needs that supported each of the chosen priorities and specific initiatives.

The Stakeholder Group was comprised of representatives from Mercy Health, Champaign Family YMCA, CCFCC and the Champaign Health District.

The steering committee is comprised of representatives from the Champaign Health District. The purpose of the steering committee has been to oversee the process of developing the CHIP, to facilitate task force meetings and discussions and to act as a decision-making body. The steering committee is also responsible for periodic evaluations of the task forces to check progress. The task forces are comprised of community partners from across all sectors, including representatives from the health system, public health department, city and county schools, universities, city and county municipal offices, homeless shelters and foundations.

Once the data was presented at a large community meeting in January 2016, community partners were asked to choose which task force they felt best fit their knowledge and skill set. The task forces reviewed all of the data and discussed what initiatives may fit the need. They were asked to develop logic models with objectives, and created these for each initiative.

Utilizing data from the CHNA and the needs and assets list, the task forces created work plans for each of the four focus areas. The logic models will be used to direct the work of these task forces. Each model includes process objectives, a timeline and who is responsible for each step. There is a Mercy Health representative on each task force. Each goal will be completed within a three-year time frame.

After data had been collected and analyzed by the community, statistics which were deemed to be causing the most health disparities and affecting individual areas and populations the most were analyzed separately. These statistics were collected in a ranking system similar to the ranking methods utilized by the County Health Rankings. The rankings deemed "Concerning Statistics" were compiled using Census tract-level measures from the data sources already mentioned. These measures were standardized and combined using the scientifically informed scores (borrowed from the weighting system utilized in County Health Rankings).

Each data point in the assessment was compared to each other comparable data point in the state. First, the average rate (averaged for each year it is available) was ranked by county for that particular measure. If the county ranked in the worst quartile, this measure was analyzed further for consideration for a Concerning Statistic.

Each of these Concerning Statistics was grouped according to the County Health Rankings Ranking System by a topic, focus and measure. Overall topics included health outcomes and health factors. Topics included health outcomes, health behaviors, clinical care, social and economic environment and physical environment. After the topic area, focus and measure had been determined, area, age, and population were determined for each data point. Based on the topic, focus and measure variables, a score based on the weight as deemed by the ranking system from County Health Rankings was calculated. If the county had a Concerning Statistic in which they ranked in the worst quartile from the County Health Rankings, that data point would receive a bonus score of 10. The scores for the topic, focus, measure and bonus score were added to calculate an overall score. The higher the overall score, the worse the health for an area.

At the March 29, 2016 community meeting, each task force reported their findings. The 31 representatives of the seven task forces considered all the information provided and prioritized the health needs of the community.

## 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

In a recent mental health survey developed by MHDAS, mental health issues were deemed the largest problem among the community struggling with a particular issue. There is a need to reduce the stigma associated with mental health and to reduce the number of suicides in Champaign County.

### HEALTHY LIVING

The percentage of adults who are overweight or obese, and the percentage of the adult population living with diabetes, were identified as significantly higher than the state and nation. Additionally, the general health of the Champaign County population in which the indication was fair or poor was 20.2%, which was also significantly higher than the state and national levels. A need has been identified to improve the health literacy of residents to influence nutrition and physical activity choices, and to promote the health and well-being of employees, who will disseminate their knowledge to members of their household and beyond.

### SUBSTANCE ABUSE

From our health needs assessment, we show that Champaign County youth (middle and high school students) have statistically significantly higher drug use results (e.g., marijuana use under age 13) than state and national levels. Building a capacity of the Champaign County Drug Free Youth Coalition in its efforts to reduce substance abuse in the youth population and decreasing substance abuse within Champaign County have been identified as high-priority focus areas to address.

### YOUNG CHILD WELLNESS

Within our primary service area, there is a need for coordinated services to support a system of care that efficiently and effectively meets the needs of young children and their families.

## 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**

Resources available to address the mental health needs of the community include MHDAS.

### **HEALTHY LIVING**

Resources available to address the healthy living needs of the community include Mercy Memorial Hospital and Champaign Family YMCA.

### **SUBSTANCE ABUSE**

Resources available to address the substance abuse needs of the community include the Champaign County Drug Free Youth Coalition and MHDAS. MHDAS works with local community mental health and chemical dependency providers, law enforcement, court systems, schools and other community organizations to fund the programs that will provide the needed level of care.

### **YOUNG CHILD WELLNESS**

Resources available to address the young child wellness needs of the community include Mercy Well Child Pediatrics, CCFCFC and Help Me Grow.

# Progress on Health Priorities Identified in the 2013 Health Needs Assessment

## ADULT MENTAL HEALTH

Initiatives	Evaluation of Impact
Prevention screening tool	To support prevention, primary care physicians in the community were asked to use a brief screening tool for their patients at the patient’s regular visit for early identification of mental health support that patients may need.
Emergency department safe room	Mercy Memorial Hospital recognized the need to provide a safe room in the emergency department to support patients with mental health issues. The room is fully enclosed and specially designed to remove all potentially dangerous objects. There is a monitoring system that provides safety for the staff in the case of violent patients and also eliminates the need for a “sitter,” which upholds the dignity of the patient.

## NUTRITION AND EXERCISE

Initiatives	Evaluation of Impact
Health-conscious workplace	A health-conscious workplace has been created to promote wellness for employees and their families. This began with the employees completing “My Health Assessment.” This consisted of completing a blood draw, biometric health screening and online questionnaire, selecting a primary care physician (PCP) if they did not already have one and setting a health goal with their PCP.
Health Fitness Center	A fitness center was opened for employees at Mercy Memorial Hospital in 2015 to promote wellness. Employees are taking advantage of the fitness center, noting that it’s convenient to use before or after work, eliminates an extra stop at a community gym and eliminates the cost of a gym membership. The following employee wellness data is based on comparison of 2014 to 2015: <ul style="list-style-type: none"> <li>• 3% decrease in metabolic syndrome</li> <li>• 9% decrease in hypertension (16% to 7%)</li> <li>• 2% increase in ideal HDL (37% to 39%)</li> <li>• 5% increase in participation and points earned (44% to 49%)</li> </ul>

# Progress on Health Priorities Identified in the 2013 Health Needs Assessment

## CHRONIC DISEASE MANAGEMENT

Initiatives	Evaluation of Impact
Chronic Care Clinic	Mercy Memorial Hospital has developed a multidisciplinary team-based clinic to coach, counsel and treat residents of Champaign County who are affected by chronic diseases including diabetes, obesity, congestive heart failure, chronic obstructive pulmonary disease, arthritis and memory challenges. The Chronic Care Clinic at Mercy Memorial Hospital, opened in May 2015, provides post-discharge follow-up appointments for patients without a primary care physician, medication reconciliation and support in finding a medical home. The recent reduction in readmissions in 2015 has been attributed to the clinic.
Vivitrol program	A Vivitrol program began in May 2015 through the Chronic Care Clinic. This program offers medication assistance treatment (MAT) to all clients of the Community Mercy REACH outpatient drug, alcohol and tobacco resource center.

## PREVENTATIVE HEALTH EDUCATION

Initiative	Evaluation of Impact
Passport to Wellness	Mercy Memorial Hospital and community representatives have identified the need for a targeted and coordinated approach to preventive health education. Passport To Wellness provides monthly programs focused on healthy living for busy individuals. In addition, the national 5-2-1 Almost None program, which teaches kids about healthy eating, is promoted throughout the community.

## YOUTH SUBSTANCE ABUSE AND WELLNESS

Other community agencies are specifically designed and better prepared to address this health need. Mercy Memorial Hospital continues to support groups such as Mercy Well Child Pediatrics, the Champaign County Drug Free Youth Coalition, CCFCC and Triad Local Schools.