



2019 Community Health Needs Assessment

Mercy Health - Lourdes Hospital LLC

For more than 100 years, Mercy Health – Lourdes Hospital has delivered high-quality health care to our region. A century of experience with nationally recognized quality makes our physicians and associates our most valued asset.

In this same theme of providing healthcare to our region, every three years we seek community feedback as part of a comprehensive Community Health Needs Assessment (CHNA) process. The assessments include quantitative and qualitative data that guide both our community benefit and strategic planning.

The following document is the most recent CHNA for Mercy Health – Lourdes Hospital. The report details those needs in our community where opportunities exist for us to live our Mission of extending the compassionate ministry of Jesus by improving the health and well-being of our communities.

As part of Bon Secours Mercy Health, the fifth-largest Catholic health system in the U.S., we contribute nearly \$2 million per day in community benefit services as we carry out our Mission of extending care to the poor and underserved.

Mercy Health – Lourdes Hospital has identified the greatest needs in our community. This ensures our resources for outreach, prevention, education and wellness are directed toward opportunities where the greatest impact can be realized. 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-mercy-health>.

“For more than 100 years, Mercy Health – Lourdes Hospital has provided our region high-quality, compassionate and advanced care,” said Michael Yungmann, President, Mercy Health

- Kentucky. *"We have been able to provide this level of care by responding to the ever-changing needs of our community."*

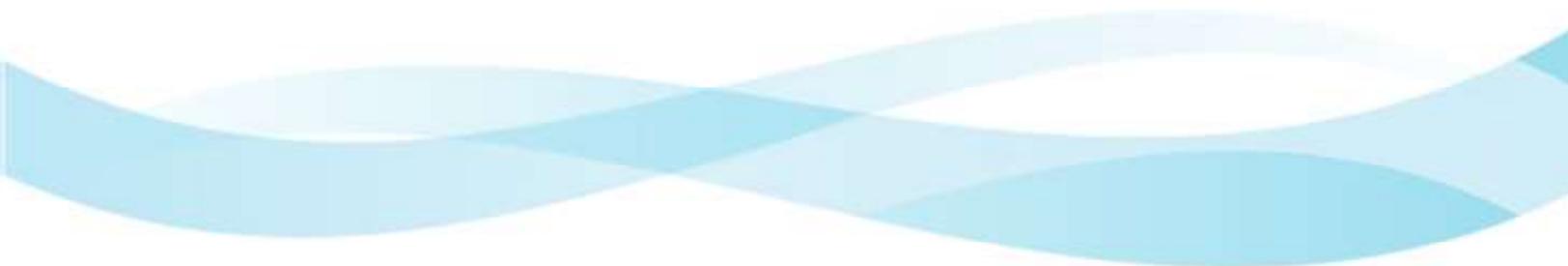


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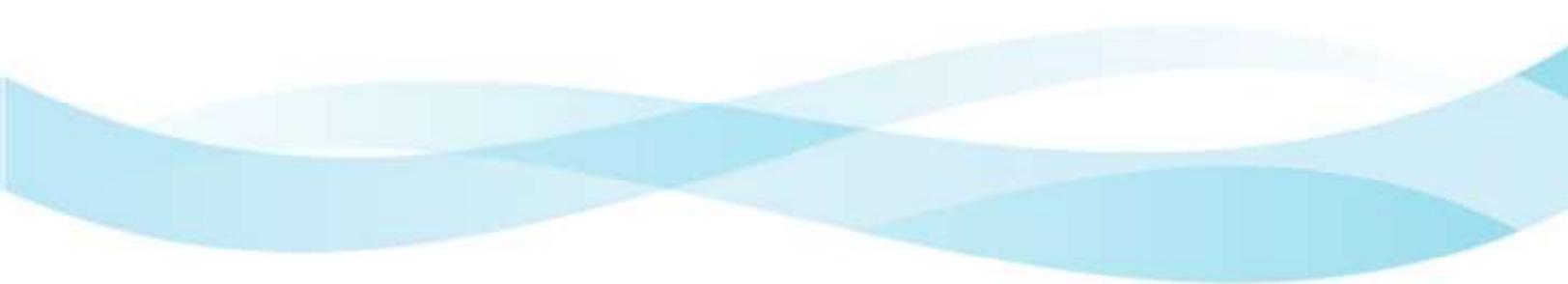
1. Access to Care
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1. Cancer Treatment
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PROGRESS ON 2016 CHNA



Introduction

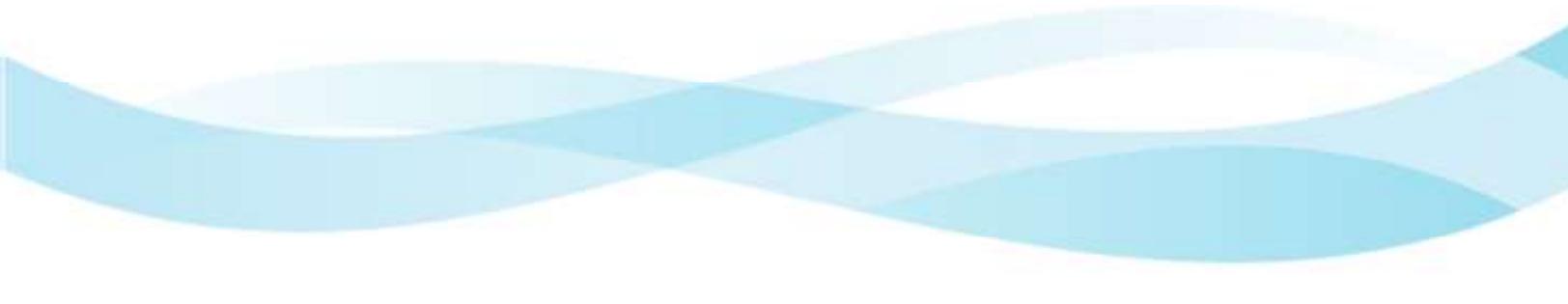
COMMUNITY SERVED BY HOSPITAL

T.R. §1.501(r)-3(b)(1)(i) and (3)

Mercy Health - Lourdes Hospital (Lourdes Hospital) in Paducah, Kentucky serves a population of more than 200,000 people in portions of at least three states. Approximately 89% of patients served reside within the Jackson Purchase Area of western Kentucky.

The “community” served by Lourdes Hospital was defined by reviewing the origin of the inpatient population. Lourdes Hospital admitted more than 11,500 patients in 2017. Based on the patient origin of inpatient discharges from January 1, 2017 to December 31, 2017, management has identified the Kentucky Counties of McCracken, Ballard, Graves and Marshall and the Illinois County of Massac as the defined CHNA Community (community). Patients from these counties represent 72% of inpatient discharges, with McCracken County having the highest percentage of discharges at 36.7%. On a combined basis, the CHNA Community has a population of 156,983 persons. The CHNA community was determined by geography and is inclusive of medically underserved, low-income, minority populations and people with limited English proficiency. All counties examined for this CHNA are medically underserved areas as designated by the Health Resources & Services Administration (HRSA).

A review of pertinent demographic and socioeconomic data for the five counties in Lourdes Hospital’s CHNA Community reflected no significant shift from a similar examination three years ago. Below is a summary of the community profile:

- The largest age group in the community’s population is between the ages of 35 and 54. This age group represents 25.9% of the population.
 - 18.8% of the population 65 years of age or older. This percentage is higher than state and national percentages.
 - The white non-Hispanic population makes up 88% of the population, with black non-Hispanic population accounting for 7%, Hispanic 3% and all others at 2%.
 - The percentage population with a disability residing in the community is higher than the national percentage with Massac County reporting over 20% of its population with a disability.
 - Average household income for the community ranges from \$53,296 to \$65,626.
 - 25,349 individuals in the community live in households with income below the Federal Poverty Level.
 - 58% of students (14,708 students) in the community are eligible for free/reduced price lunch.
 - 4,600 households in the community do not have a motor vehicle.
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- The percent uninsured population in the community is favorable to state and national percentages at 8.92%. 13,776 individuals are uninsured in the community.

INFORMATION AND DATA CONSIDERED IN IDENTIFYING POTENTIAL NEED

T.R. §1.501(r)-3(b)(1)(ii) and (5)

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

Public health departments (T.R. §1.501(r)-3(b)(5)(i)(a))	Date of data/information
Graves County Health Department	October 31, 2018
Marshall County Health Department	October 30, 2018
Purchase District Health Department	October 29, 2018 and October 30, 2018

At-risk populations (T.R. §1.501(r)-3(b)(5)(i)(b))	Date of data/information
Central Family Resource Center	October 30, 2018
Four Rivers Behavioral Health	October 30, 2018 and October 31, 2018
Fuller Center-Mayfield	October 31, 2018
Graves County Head Start	October 31, 2018
Hope Unlimited Family Care Center	October 29, 2018
Kentucky Care	November 8, 2018
Marshall County Hospital	October 30, 2018
Marshall County School District	October 30, 2018
Marshall County Senior Citizens Center	October 30, 2018
Mayfield and Graves County Family Resource Center	October 31, 2018
Mayfield Head Start	October 31, 2018
Mayfield Plaza Apartments	October 31, 2018
Mayfield-Graves County Senior Citizens, Inc.	October 31, 2018
Merryman House Domestic Crisis Center	October 31, 2018
Murray Head Start	October 30, 2018
Office of the Kentucky Health Benefit Exchange Assister Program	October 29, 2018
Regional Prevention Center	October 29, 2018 and October 30, 2018
St. Nicholas Healthcare Payment Assistance Program	October 29, 2018
Stilley House	October 30, 2018
United Way of Paducah-McCracken County	October 29, 2018 and October 30, 2018
WellCare	October 29, 2018

West Kentucky Allied Services	October 31, 2018
West KY Regional Prevention Center	October 30, 2018
Youth Service Center	October 30, 2018

Additional sources of input (T.R. §1.501(r)-3(b)(5)(ii))	Date of data/information
American Heart Association	October 29, 2018
Baptist Health	October 29, 2018
City of Benton	October 30, 2018
City of Paducah	October 29, 2018 and November 13, 2018
Crowdus Maintenance	November 7, 2018
Heartland Church	October 29, 2018
Kentucky Cancer Program	October 29, 2018
Lundberg Imaging	October 29, 2018
Marshall County 4-H	October 30, 2018
Marshall County EMS	October 30, 2018
Marshall County Extension Office - University of Kentucky	October 30, 2018
Marshall County Library	October 30, 2018
Mayfield-Graves Chamber of Commerce	October 31, 2018
McCracken County Public Library	October 29, 2018
McCracken County Sherriff	October 29, 2018
Mercy Health Lourdes Hospital	October 29, 2018 and November 6, 2018
Paducah Area Chamber of Commerce	October 29, 2018 and October 31, 2018
Purchase Area Development District	October 31, 2018
St. Thomas More Catholic Church	October 29, 2018
West KY Community Citizen	October 29, 2018
Workforce Development	October 29, 2018

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)

Information for this CHNA came from a variety of primary and secondary sources. Information and data was gathered by Crowe LLP (“Crowe”). Crowe is one of the largest public accounting, consulting, and technology firms in the United States. Hired by Lourdes Hospital, the firm also presented the final report to the hospital’s board of directors and explained the process and resources.

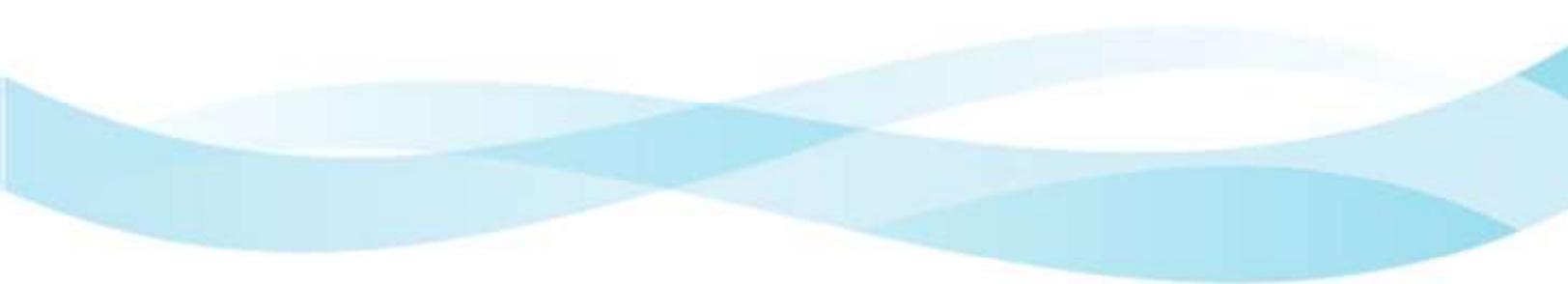
Lourdes Hospital obtained input from twenty-two stakeholders representing public health, local government officials, various nonprofit organizations, local churches through face-to-face meetings. In addition, three focus groups were conducted to obtain input from public health, social service agencies, local governmental agencies, public schools and libraries.

Secondary data was assessed including:

- Demographics (population, age, sex, race)
- Socioeconomic indicators (household income, poverty, unemployment, educational attainment)
- Health access indicators
- Community health status indicators (causes of death, chronic conditions, health behaviors, etc.)

One-on-one interviews were performed with leaders from 22 community organizations/agencies representing public health, local government officials, various nonprofit organizations, local churches and Lourdes Hospital. Interviews were conducted between October 29 and November 13, 2018. To ensure consistency in the topics covered a semi-structured interview guide was used. All interviews were conducted by Crowe. Feedback was gathered on pressing health care concerns, access challenges and identification of populations with serious unmet health care needs. Approaches to improve the community’s health were also solicited.

Three focus groups were conducted between October 29 and 31, 2018. To assure that medically underserved were included in this CHNA, focus group participants represented agencies serving persons who are homeless, disabled, victims of domestic violence,



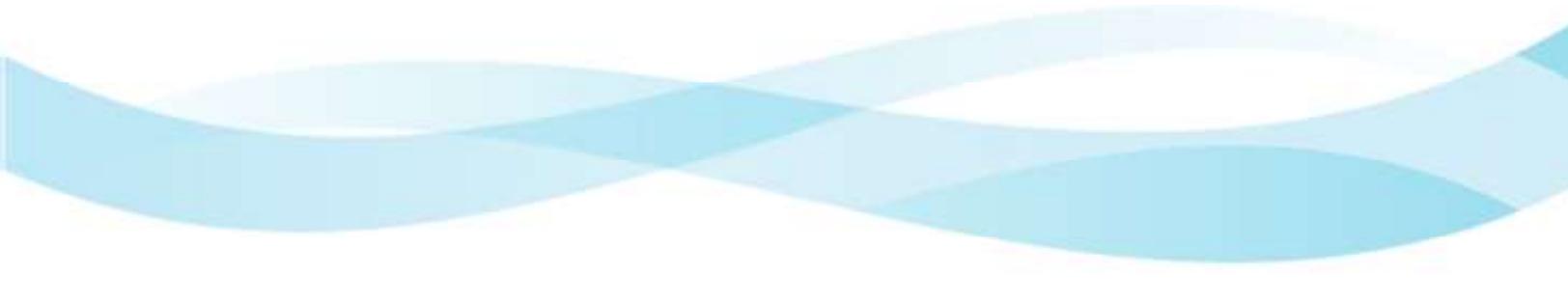
unemployed and/or persons with low-income. Focus groups were held in McCracken, Marshall and Graves Counties and 42 individuals participated in the focus group sessions.

Focus groups explored four areas to identify significant health needs of the community as well as potential ways to address identified needs. The areas included 1.) health and quality of life; 2.) barriers to improving community health; 3.) health disparities; and 4.) significant health issues. Each participant was also asked to provide their opinion as to the top three issues that Lourdes Hospital should focus its community benefit investments over the next 3-5 years.

Lastly, survey results from a 2018 Community Survey conducted by the Purchase District Health Department were reviewed and included in the CHNA. The survey consisted of 12 questions. Specifically, survey results for questions regarding important health issues facing the community and most serious risky behaviors in the community were reviewed.

Information gathered in the above steps was reviewed and analyzed to identify health issues in the community. Additional secondary data was reviewed for each identified health need and a summary of key findings for each identified health need was prepared.

External sources

- America's Health Rankings
 - Centers for Disease Control and Prevention, Behavioral Risk Surveillance System.
 - Centers for Disease Control and Prevention, Behavioral Risk Surveillance System, National Vital Statistics System
 - Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion
 - Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention
 - Centers for Medicare and Medicaid Services
 - Dartmouth College Institute for Health Policy & Clinical Practice, Dartmouth Atlas of Health Care
 - Foundation for a Healthy Kentucky
 - State Cancer Profiles
 - United States Census, American Community Survey
 - United States Department of Labor, Bureau of Labor Statistics
 - United States Census Bureau, County Business Patterns
 - United States Department of Agriculture, Food and Nutrition Services (USDA) United States Department of Agriculture, Economic Research Service, USDA-Food Access Research Atlas
 - United States Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File
 - United States Department of Health & Human Services, Health Indicators Warehouse
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- University of Wisconsin Population Health Institute 2018 County Health Rankings

Collaborating partners

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

- Crowe LLP

Community input

T.R. §1.501(r)-3(b)(6)(iii)

No written comments were received on the previously completed CHNA.

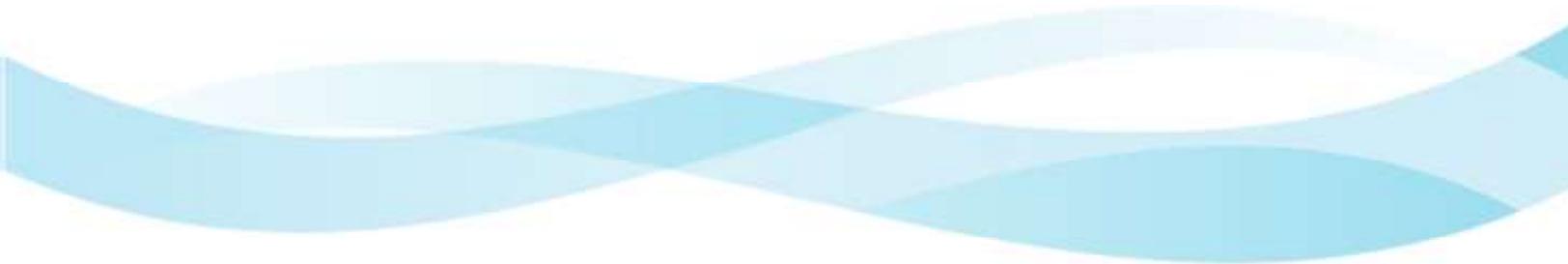
The CHNA relied heavily on input from key stakeholders that participated in one-on-one interviews and/or focus groups. Stakeholders identified significant health needs and resources available to address those needs.

Stakeholders who participated in one-on-one interviews identified serious health issues, financial and non-financial barriers to care, underserved populations and provided input for prioritizing health needs. Each participant provided unique insight into the health needs of the community. However, consistent themes emerged through the interview process and interview participants most frequently identified the following as the most critical health issues facing the community:

- Obesity
- Drug Addiction
- Smoking
- Mental Health

Interview participants were also asked to recommend the most important issue Lourdes Hospital should address over the next three to five years. Participants most frequently recommended that Lourdes Hospital should focus on drug abuse, obesity, addressing economic disparities and mental health.

After exploring topic areas including barriers to improving health, health disparities and health needs of the community, focus group participants were asked to identify those issues that were the most serious health issues facing the community. Interestingly, two of the three focus groups identified personal ownership of one's health as being the biggest issue. Participants noted cultural norms surrounding unhealthy behaviors and the need for additional health education and outreach as factors contributing to unhealthy living throughout the community. They expressed challenges with communicating and

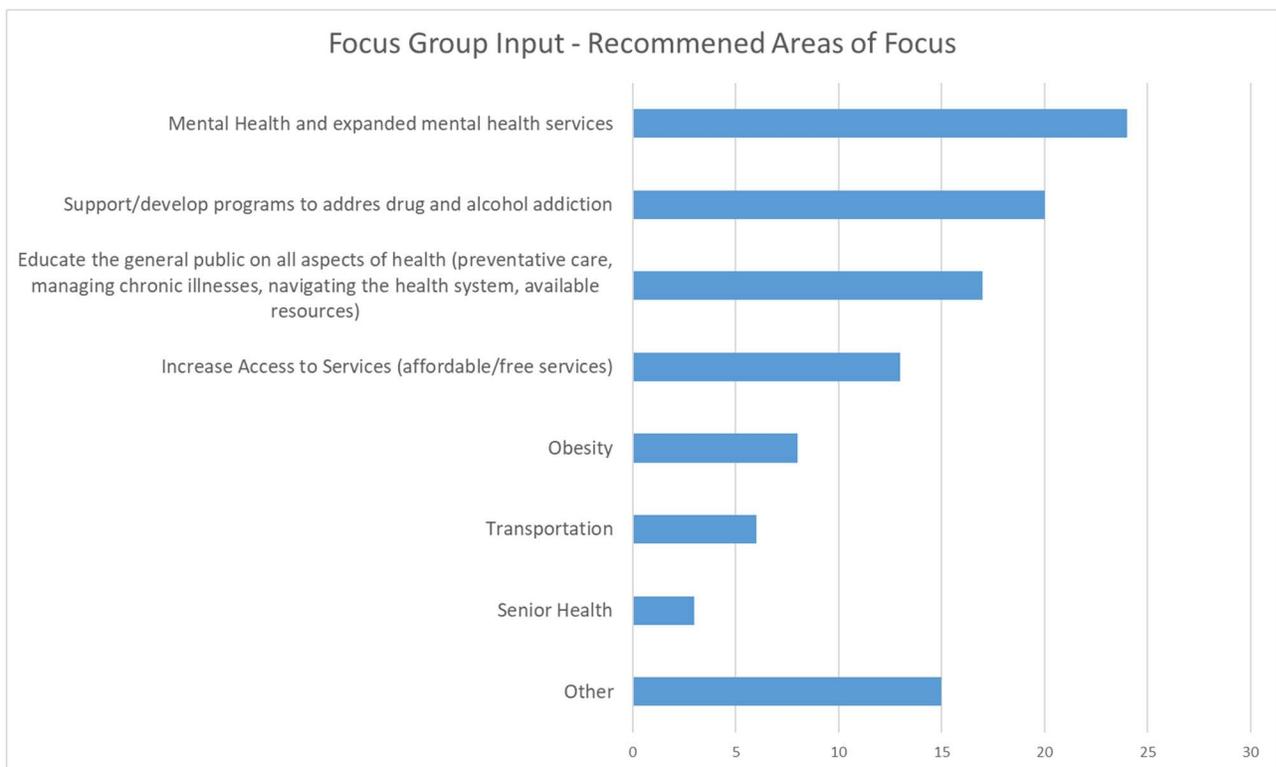


motivating the community to engage in preventative care and healthy behaviors, including utilization of available resources.

In addition, the following significant health issues were identified:

- Mental Health
- Substance Abuse
- Lack of awareness regarding existing resources and need for communication and education on all aspects of health
- Obesity
- Smoking
- Chronic Diseases

Each participant was also asked to provide their opinion as to the top three issues that Lourdes Hospital should focus its community benefit investments over the next 3-5 years. The chart below summarizes their recommendations.



A total of 559 individuals participated in the 2018 community survey conducted by the Purchase District Health Department. The survey asked respondents to identify the three

most important health issues facing the community. The top six choices in descending order for this question were:

1. Being overweight
2. Substance abuse
3. Mental Health problems
4. Child abuse/neglect
5. Cancer
6. Diabetes

Survey respondents also identified the most serious risky behaviors in the community. 477 of 568 respondents identified drug abuse the most serious risky behavior in the community. Other risky behaviors identified are listed below.

1. Drug abuse (477 responses)
2. Lack of physical activity (240 responses)
3. Poor diet (237 responses)
4. Tobacco use (214 responses)
5. Alcohol abuse (208 responses)

Organizations providing input

Organization providing input	Nature and extent of input	Medically under-served, low-income or minority populations represented by organization
American Heart Association	Participated in focus group discussions	Community at-large
Baptist Health	Participated in focus group discussions	Community at-large
Central Family Resource Center	Participated in focus group discussions	Families and Children
City of Benton	Participated in focus group discussions	Community at-large
City of Paducah	Participated in focus group discussions and one-on-one stakeholder interview	Community at-large
Crowdus Maintenance	Participated in one-on-one stakeholder interview	Community at-large
Four Rivers Behavioral Health	Participated in focus group discussions	Individuals with substance abuse issues, mental illness and families and children
Fuller Center-Mayfield	Participated in focus group discussions	Individuals with substance abuse issues

Graves County Head Start	Participated in focus group discussions	Low-income and families and children
Graves County Health Department	Participated in one-on-one stakeholder interview	Community at-large
Heartland Church	Participated in one-on-one stakeholder interview	Community at-large
Hope Unlimited Family Care Center	Participated in focus group discussions	Families and Children, Low-income
Kentucky Cancer Program	Participated in focus group discussions	Many populations
Kentucky Care	Participated in one-on-one stakeholder interview	Low-income, uninsured, homeless and families and children
Lundberg Imaging	Participated in focus group discussions	Community at-large
Marshall County 4-H	Participated in one-on-one stakeholder interview	Community at-large
Marshall County EMS	Participated in focus group discussions	Community at-large
Marshall County Extension Office - University of Kentucky	Participated in focus group discussions and one-on-one stakeholder interview	Community at-large
Marshall County Health Department	Participated in focus group discussions and one-on-one stakeholder interview	Community at-large
Marshall County Hospital	Participated in focus group discussions and one-on-one stakeholder interview	Community at-large
Marshall County Library	Participated in focus group discussions	Community at-large
Marshall County School District	Participated in focus group discussions	Community at-large
Marshall County Senior Citizens Center	Participated in one-on-one stakeholder interview	Senior citizens
Mayfield and Graves County Family Resource Center	Participated in focus group discussions	Families and Children
Mayfield Head Start	Participated in focus group discussions	Low-income and families and children
Mayfield Plaza Apartments	Participated in focus group discussions	Low-income
Mayfield-Graves Chamber of Commerce	Participated in focus group discussions	Community at-large

Mayfield-Graves County Senior Citizens, Inc.	Participated in focus group discussions	Senior citizens
McCracken County Public Library	Participated in focus group discussions	Community at-large
McCracken County Sherriff	Participated in one-on-one stakeholder interview	Community at-large
Mercy Health Lourdes Hospital	Participated in one-on-one stakeholder interview	Community at-large
Merryman House Domestic Crisis Center	Participated in one-on-one stakeholder interview	Individuals affected by domestic violence
Murray Head Start	Participated in one-on-one stakeholder interview	Low-income and families and children
Office of the Kentucky Health Benefit Exchange Assister Program	Participated in focus group discussions	Low-income, uninsured
Paducah Area Chamber of Commerce	Participated in focus group discussions and one-on-one stakeholder interview	Community at-large
Purchase Area Development District	Participated in focus group discussions	Community at-large
Purchase District Health Department	Participated in focus group discussions and one-on-one stakeholder interview	Community at-large
Regional Prevention Center	Participated in focus group discussions and one-on-one stakeholder interview	Community at-large
St. Nicholas Healthcare Payment Assistance Program	Participated in one-on-one stakeholder interview	Low-income working community members, uninsured
St. Thomas More Catholic Church	Participated in one-on-one stakeholder interview	Community at-large
Stilley House	Participated in focus group discussions	Senior citizens
United Way of Paducah-McCracken County	Participated in focus group discussions and one-on-one stakeholder interview	Low-income, uninsured, homeless and families and children
WellCare	Participated in focus group discussions	Low-income, Senior citizens
West Kentucky Allied Services	Participated in focus group discussions	Low-income
West KY Community Citizen	Participated in focus group discussions	Community at-large
West KY Regional Prevention Center	Participated in focus group discussions	Community at-large

Workforce Development	Participated in one-on-one stakeholder interview	Community at-large
Youth Service Center	Participated in focus group discussions	Families and Children

Executive summary: Significant health needs

T.R. §1.501(r)-3(b)(4)

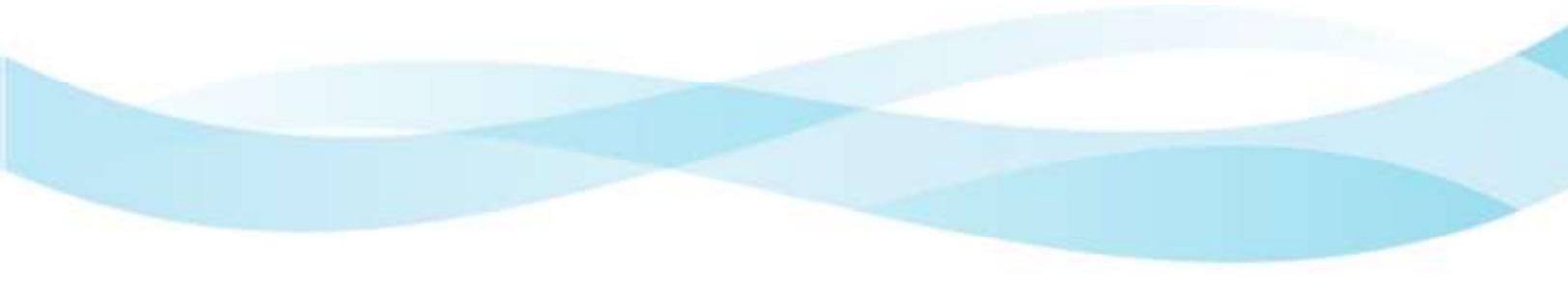
ACCESS TO CARE

Service area expanded Medicaid for the State of Kentucky has provided some increase access to more urban areas of Kentucky. Data findings suggests more people in rural Kentucky who do not seek medical treatment due to fear of costs and lack of insurance AND/ OR Access to pediatric and primary care is limited, especially in the surrounding rural counties throughout service area.

Capacity and adequacy of service levels

- In Mercy Health Paducah service area, nearly 14,000 persons are uninsured, our organization continues to try and increase the access to care for individuals in our served population without the normal financial ability to afford care. However, a high rate of poverty and uninsured persons continues to prevent access to care for many without or community
- According to the 2018 county health rankings from the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, the uninsured population for the counties in the CHNA Community range from 7% to 8%.
- In the CHNA Community, 16.5% of the general population (25,349 people) and 23.79% of children (8,065 children under the age of 18) live in poverty. The highest rates of poverty are in Graves and Massac Counties.
- All counties in the CHNA Community are Medically Underserved Areas as designated by the Health Resources & Services Administration (HRSA).

Current service providers

- Purchase Area Development District
 - Kentucky Care Office of the Kentucky Health Benefit Exchange Assister Program
 - West Kentucky Allied Services
 - United Way of Paducah
 - Baptist Health
 - Health Works
- 

CANCER

Kentucky has the highest number of age adjusted new cancer cases per year in the entire United States, with 194 cases in Kentucky and the service area of Mercy Health – Lourdes averaging 180 cases and the national rate of 156 cases per 100,000 population. And lung cancer places a particular burden on the Commonwealth with 61 cases in Kentucky and averaging 50 cases in the Mercy Health – Lourdes service area compared with 39 cases nationally per 100,000 population. And overall cancer mortality rates of 194 in Kentucky and averaging 180 in the Mercy Health – Paducah service area contrasted with 156 per 100,000 population showing issues with patients having access to appropriate cancer care locally. And Mercy Health – Lourdes needs the ability to provide full service seamless and quality cancer care services to build on its largest regional medical oncology program, superior surgical oncology services, and the largest area primary care network and it's large clinical integrated network of 11,300.

Capacity and adequacy of service levels

- Kentucky has the highest cancer death rate in the country (America's Health Rankings).
- In all recorded areas of Lourdes Hospital's CHNA Community, the cancer-related death rate is lower than the state as a whole.
- 26 % of residents in Lourdes CHNA Community are smokers. This rate has remained constant and is about the same as the state. The rate of smoking is highest in Ballard County where 36.7% of the residents smoke cigarettes.

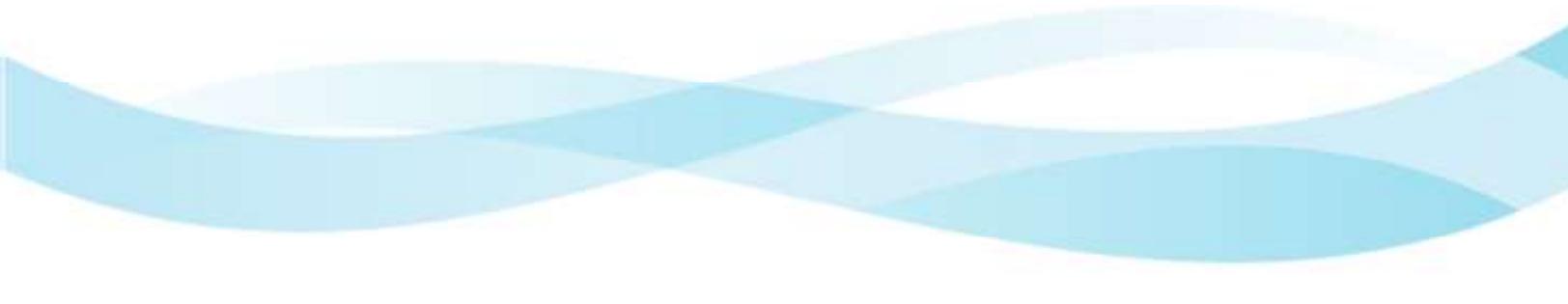
Current service providers

- Kentucky Cancer Program
- Lourdes Hospital
- Baptist Health Paducah
- Purchase District Health Department
- Kentucky Cancer Link
- Local, regional health committees and coalitions

CHRONIC DISEASES

Mercy Health invests in strategies and initiatives that encourage healthy behaviors. Our organization works with other community partners to strengthen resources available to address healthy behaviors.

Capacity and adequacy of service levels

- The CHNA Community has high incidence of diabetes among the adult population. Almost 10% of the adult population has diabetes (14,306 persons)..
 - Heart disease affects 4.9% of the adult population.
- 

- Over 33% of the adult population in the community has high blood pressure.
- Chronic diseases such as diabetes and heart disease disproportionately impact the population over 65 years of age.

Current service providers

- Lourdes Hospital Programs
- Baptist Health Paducah
- Kentucky Care
- Purchase District Health Department
- University of Kentucky
- School Districts

MENTAL HEALTH

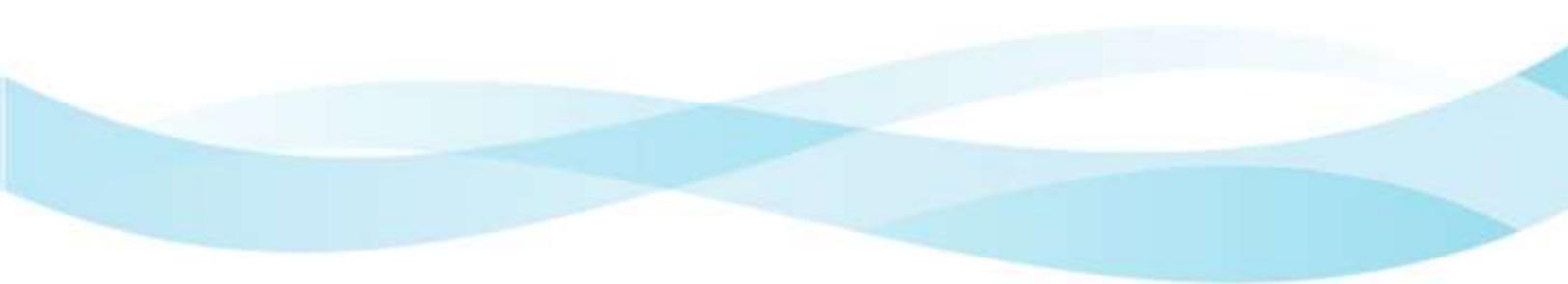
To help them receive the necessary care, there is a need to identify adult patients (18+ years) at risk for depression and alcohol or substance abuse. The Screening Brief Intervention and Referral to Treatment (SBIRT) program represents a population health-based approach that emphasizes prevention, early detection, education and treatment. Technicians in our emergency department utilize the protocol to identify at-risk patients and refer them to formal substance use and/or mental health treatment resources.

Capacity and adequacy of service levels

- Suicide is a major concern for the CHNA community. Mercy Health service area holds the highest suicide rating than any other region across the commonwealth and nation.
- Marshall County has the highest suicide rate in the CHNA Community, with a rate of 29.2 per 100,000 residents. The rate for the CHNA Community is 23.4 per 100,000 residents compared to 13 per 100,000 residents for the United States.
- According to the 2018 county health rankings from the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, the rate of mental health providers to population is 690:1 for McCracken County. For Ballard and Marshall Counties, the rate is 8,050:1 and 3,920:1 respectfully. The rate for Kentucky is 520:1 and top U.S. Performers is 330:1.
- Wait times for services can range from two weeks to 90 days, indicating that while services are available, they are overtaxed and not capable of meeting the vast community need.

Current service providers

- Lourdes Hospital offers an inpatient adult and geriatric behavioral health program. Additional providers include Four Rivers Behavioral Health, American Foundation for Suicide Prevention and the Purchase District Health Department.
- Four Rivers Behavioral Health
- Wheeler House
- Purchase Youth Village
- Emerald Therapy



- Compass Counseling
- The Zone

OBESITY

The prevalence of adult obesity increased by 17 percentage points (24% to 41%) in McCracken County while the state rate increased 5 percentage points (from 27% to 32%). A direct correlation exists between obesity and chronic illnesses, such as diabetes. There is a need to engage the community with exercise opportunities and educational programs that promote healthy living and its impact on chronic illness.

Capacity and adequacy of service levels

- 73,577 of the residents in the community live in food desert census tracts.
- According to the National Center for Chronic Disease Prevention and Health Promotion, obesity rates range from 28% in Massac County to 35.7% in Ballard County. The state of Kentucky has one of the highest obesity rates in the country and the rate is trending upward.
- Over 34,000 residents in the community report they are physically inactive. The rate for the CHNA Community (25.8%) is 50% higher than the national rate (21.8%).

Current service providers

- Lourdes Hospital Weight Management programs
- Local gym facilities
- Foundation for a Healthy Kentucky
- Mercy Health Physicians
- Baptist Health of Paducah
- local government
- Community education programs also are offered through local health departments, businesses, churches, schools and shelters.

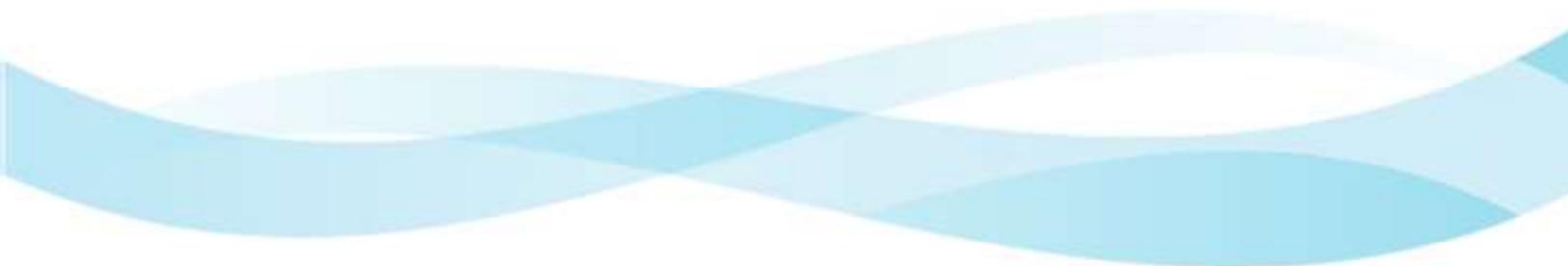
ORAL HEALTH/ACCESS TO DENTISTS

Ratio of population to dentists indicates a shortage of dentists for all counties except McCracken.

The rate of adults who report poor dental health (who have reported six or more of their permanent teeth have been removed) is significantly unfavorable to national rates.

Capacity and adequacy of service levels

- Almost 25% of the population (29,939 residents) self-report that six or more of their permanent teeth have been removed due to tooth decay, gum disease or infection.
- According to the 2018 county health rankings from the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, the rate of



dentists to population is for Ballard and Marshall Counties, the rate is 4,030:1 and 3,920:1 respectfully. The rate for top U.S. Performers is 1,280:1.

Current service providers

- University of Kentucky West Regional Clinic
- St. Nicholas Healthcare Payment Assistance Program
- West Kentucky Community Technical College
- University of Louisville

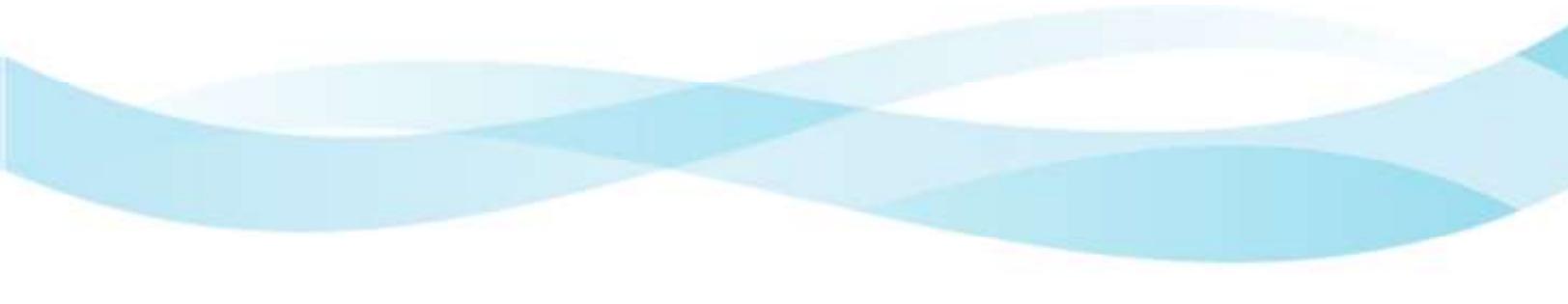
SUBSTANCE ABUSE

The epidemic of opioid abuse has become the major cause of accidental death in Southwest Ohio. Patients are more likely to enter rehabilitation following appropriate withdrawal in a monitored setting. An evidence-based opiate withdrawal protocol for patients admitted with medical illness could link them to internal and external medication-assisted therapy. This is key to success and lasting sobriety. Mercy Health partners with Brightview, which is an outpatient addiction medicine practice based on clinical best practices and outcomes measures.

Capacity and adequacy of service levels

- Mercy Health hospitals have Screening, Brief Intervention, and Referral to Treatment (SBIRT) technicians in our emergency departments to identify substance use problems and refer them to local resources.
- Over 10% of the population report that they drink excessively.
- According to Kentucky's Office of Drug Control and Policy 2016 Overdose Fatality Report the number of overdose deaths doubled between 2015 and 2016.
- Wait times for services can range from two weeks to 90 days. Timeliness of treatment in substance use is critical to respond to a person's motivation to seek help.
- Over 12,000 adults in the CHNA Community report drinking excessively.

Current service providers

- Four Rivers Behavioral Health
 - Paducah Lifeline Ministries
 - Fuller House
 - Purchase Youth Village
 - Centerpoint
 - Ladies Living Free
- 

Prioritization of health needs

Mercy Health Community Benefit Committee reviewed survey results, stakeholders focus groups, stakeholder one on one interview data, as well as key secondary health data. The committee considered existing local, state and national priorities and existing resources to determine the prioritized health needs of the community served by the hospital before a third party presented data finding to Mercy Health- Lourdes Hospital Board.

Following the identification of the prioritized needs, the committee then conducted an open discussion and voted on specific strategic initiatives for service area. Committee Members identified current resources and possible barriers to resources that residents may experience. After internal committee voted to bring selected initiatives to Hospital Board for feedback – Community Benefit Committee chose a third party to facilitate the process. Utilizing a neutral facilitator, Crowe Consultants, Crowe Facilitator presented data findings to Mercy Health – Lourdes Hospital Board on April 30, 2019.

During Mercy Health-Lourdes Board meeting, Hospital Board reviewed CHNA data findings through a variety of sources; Surveys, stakeholder focus group intel, stakeholder one on one interviews conduction by Crowe. Members were asked to categorize issues as high or low need in the community. They were also asked to determine the feasibility of Lourdes Hospital’s ability to make an impact on the issue through programs administered by Lourdes Hospital directly or through community partnerships. A review of existing community benefit and outreach programs was also conducted as part of this process and opportunities for increased community collaboration were explored. Based on the information gathered through this Community Health Needs Assessment and the prioritization process described above, Lourdes Hospital chose the needs below to address over the next CHIP cycle.

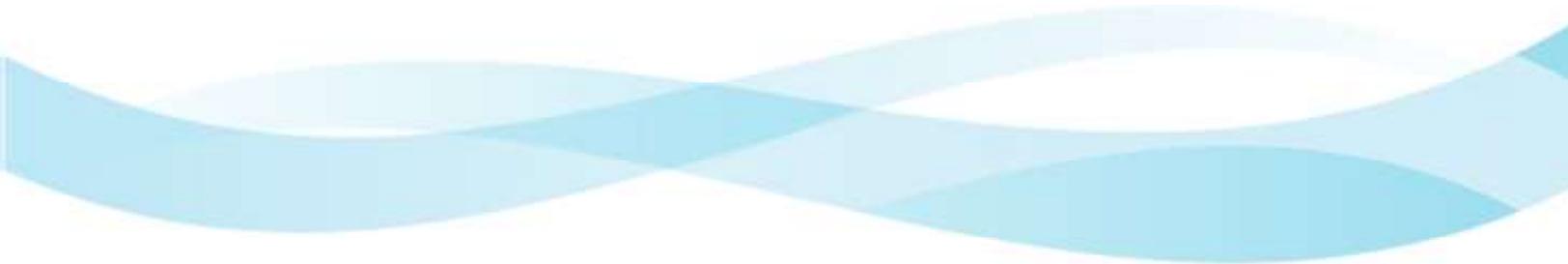
Prioritized health needs

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

CANCER

Incidence Rate for Cancer in Kentucky is significantly higher than national rates. Cancer was one of the top 3 issues on the survey.

- Kentucky has the highest number of age adjusted new cancer cases per year in the entire United States, with 194 cases in Kentucky and the service area of Mercy Health – Lourdes averaging 180 cases and the national rate of 156 cases per 100,000 population.



- Lung cancer places a particular burden on the Commonwealth with 61 cases in Kentucky and averaging 50 cases in the Mercy Health – Lourdes service area compared with 39 cases nationally per 100,000 population.
- Cancer mortality rates of 194 in Kentucky and averaging 180 in the Mercy Health – Paducah service area contrasted with 156 per 100,000 population showing issues with patients having access to appropriate cancer care locally.

MENTAL HEALTH

Ratio of population to Mental Health Providers indicates a shortage of providers for Marshall, Graves and Ballard Counties.

- Suicide rate for the CHNA community is nearly double national rates. Marshall County's rate is nearly triple the national rate.
- The death rate related to drug poisoning is significantly higher than national rates for McCracken and Marshall Counties.
- Stakeholders noted the lack of providers for mental health services
- There is a lack of awareness regarding available mental health services.
- Mental health is a big issue in the community.
- Quality mental health care is a significant unmet health need.
- Identified as significant health issue facing the community.
- Identified as the most significant health issue.
- Recommended area of focus by participants. Mental Health was one of the top 3 issues on the survey.

SUBSTANCE ABUSE DISORDER

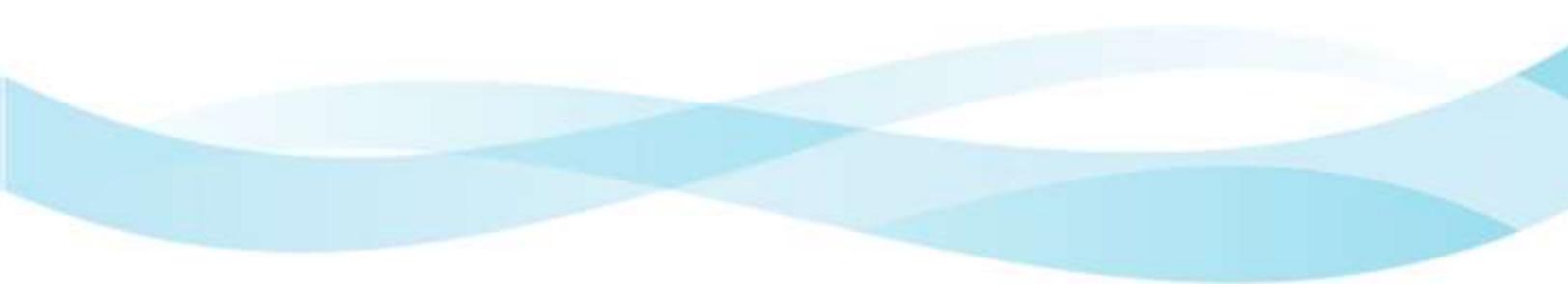
- Over 12,000 adults in the CHNA Community report drinking excessively.
- There is an increasing need for behavioral health in the community, which includes treatment for substance abuse.
- Identified as significant health issue facing the community.
- Identified as the 2nd most significant health issue.
- Drug abuse was the most serious risk behaviors on the survey.

CHRONIC ILLNESSES

- Over 14,000 adults have Diabetes
- High Blood Pressure Rates for the adult and Medicare populations are higher than national rates
- Mortality rates related to chronic diseases are significantly higher than national rates.
- Identified as significant health issue.

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:



CANCER

- Kentucky Cancer Program
- Cancer Link
- Baptist Health Paducah
- Mercy Health – Lourdes Hospital
- Regional Cancer Center
- Cancer Information Services
- Coping with Cancer Club
- American Cancer Society
- Paducah Cancer and Blood Center
- Leukemia & Lymphoma Society
- Hopeful Hearts
- Oncology Associates of West Kentucky
- Public Health Departments

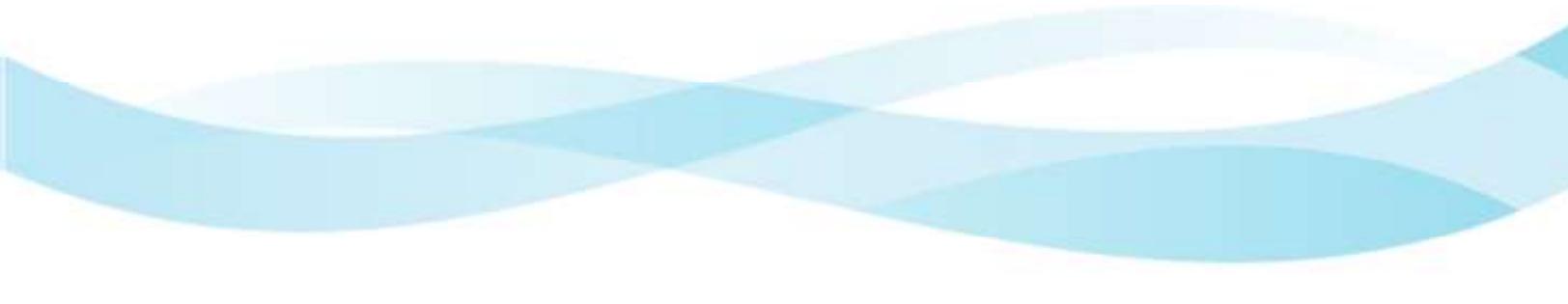
MENTAL HEALTH

- Four Rivers Behavioral Health
- Pathways Behavioral Health Services
- Mercy Behavioral Health Specialists
- Christian Counseling Center
- Purchase Youth Village
- Merryman House
- Lotus
- Emerald Therapy
- Community Alternatives of Kentucky
- Mountain Comprehensive Care
- Faith Based Organizations

SUBSTANCE USE DISORDER

- ASAP-Agency for Substance Abuse Policy/ Prevention
- Wm. H. Fuller Substance Abuse Treatment Center
- Fuller Center
- The Family Connection
- Centerpoint Recovery for Men
- Ladies Living Free

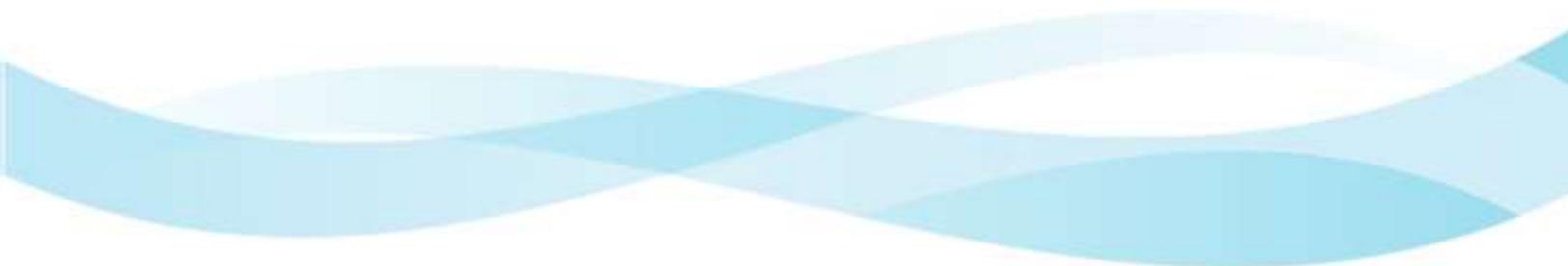
CHRONIC ILLNESSES

- Psychological Wellness Group, LLC
 - Diabetes Prevention Program
 - Purchase Area Diabetes Connection
 - Public Health Departments
 - Baptist Health
 - Jackson Purchase Medical
 - Mercy Health
 - Heart USA
 - Heartland Cares Foundation
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Progress on Health Priorities Identified in the 2016 Health Needs Assessment

CANCER

Program Name	Program Description	Program Outcomes
Community Education Program; Lung, Skin, Colon & Breast	Join efforts with health coalitions throughout our service area to impact our population offering free community wide screenings in collaboration with other health systems & health departments.	Screening Outcomes: <ul style="list-style-type: none"> • Skin Cancer – 345 Served • Colon Cancer – 1125 • Breast Cancer – 1213
Purchase Area Health Connection Coalition	The Purchase Area Health Connections coalition began in February 2014 with a grant from University of Kentucky’s Center Community and Economic Development Initiative received by the Purchase District Health Department. The coalition began to gather in 2014 and since then has diligently worked to address the social determinants of health in our area. PAHC has had various accomplishments and is constantly working on new initiatives as seen below.	Community Health Worker program served 433 potential Cancer patients in FOB/FIT Test Program.

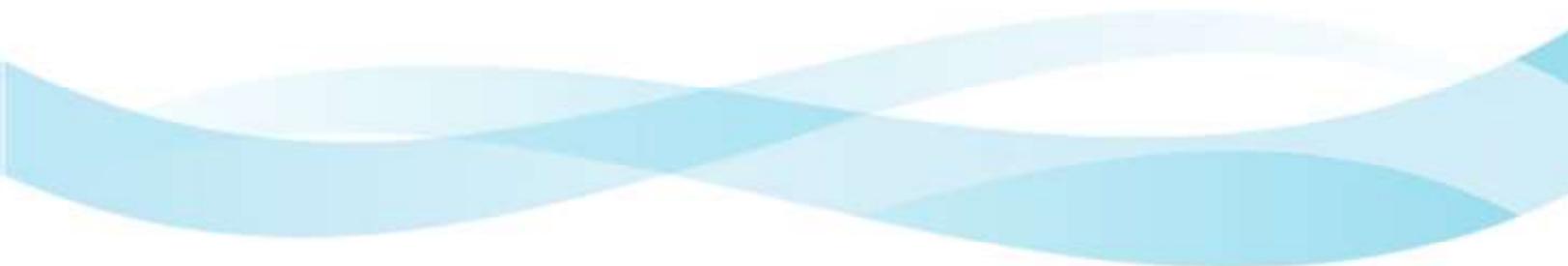


Free Community Smoking Cessation Classes	As part of Lourdes' commitment to fostering healthy communities, Lourdes is pleased to announce a free smoking cessation series, beginning in June, for those interested in quitting smoking. Explore partnerships to provide smoking cessation classes through Kentucky Cabinet for Health and Family Resources and provide Tobacco Prevention and Cessation Program to the community. Continue to partner with Kentucky Cancer Program to provide smoking cessation classes to service area-employers.	23 smoking cessation program graduates
Mobile Mammo Van	Improve convenience of mammography service by partnering with Kentucky Cancer Program to offer a Mobile Mammography Van that provides a traveling mammography service to area worksites.	Due to lack of state funding, MH screened 21 west Kentuckians in 2017. 2018-2019 state funding was eliminated.
Cancer Survivors Support Group	Assist in providing additional resources for anyone whose experienced cancer diagnosis. Mercy Health developed and created bi-monthly support group network.	<ul style="list-style-type: none"> • Work group meets monthly on Mercy Health Campus • 178 Served
Advocate and assist with planning for activities, legislation and other activist resources that improve cancer prevention throughout service area such as Tobacco Free Kentucky.	Strengthened ordinance continues the prohibition of smoking in enclosed public places and extends the prohibition to all places of employment, whether public or private. This ordinance also prohibits smoking in municipal and school-owned outdoor sports arenas and amphitheaters, public or private owned outdoor playgrounds, shelters, swimming pools, and spray-grounds, and municipally-owned outdoor public parks, playgrounds, trails, shelters, swimming pools, and spray-grounds. The outdoor area at Paxton Park Golf Course is an exception.	<ul style="list-style-type: none"> • Ordinance passed into law 2018 • Enacted in 2019 with local funding

	<p>The definition of smoking now includes the use of electronic or oral smoking devices. The definition of place of employment has been amended to be defined as an enclosed area under the control of a public or private employer, including, but not limited to, work areas, private offices, employee lounges, restrooms, conference rooms, meeting rooms, classrooms, employee cafeterias, hallways, common area, construction sites, and temporary offices.</p>	
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OBESITY & DIABETES

Program Name	Program Description	Program Outcome
<p>Walk with a Doc in collaboration with Pubic Health Department(s)</p>	<p>Establish Walk with a Doc event at local parks; give residents a chance to improve health and exercise with a physician. Collaborate with programs offered through community-based educational sessions (churches, wellness programs, community kitchens and school events) to offer free community-education programs on healthy eating and active living.</p>	<ul style="list-style-type: none"> • Served 236 active walkers
<p>Childhood Obesity Prevention Action Team Committee</p>	<p>Join efforts with Obesity Workshop Task Force(s) to impact population. Develop committee, plan BMI data program across service area elementary schools, develop and plan regional summit to discuss data findings, create a childhood obesity toolkit to disperse across service area</p>	<ul style="list-style-type: none"> • Captured 3600 elementary student BMI • Developed Childhood Obesity Prevention & Action Plan Tool Kit for every school district in Western KY • Developed COPAT Summit and served 123 attendees

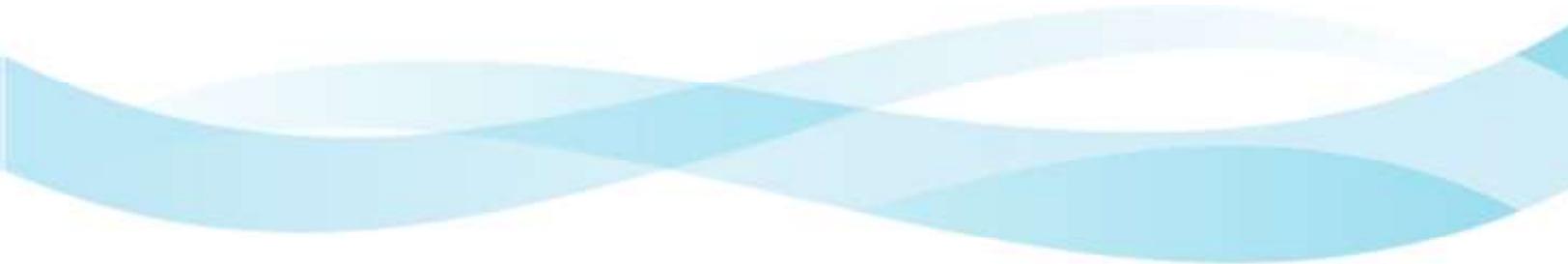


Paducah Rotary Health Park	Continue to provide funds and volunteer hours toward construction for the Foundation for a Healthy Kentucky for the multi-use health park.	<ul style="list-style-type: none"> • 50 Volunteers to assist in building park • \$30,000 Monetary donation
Iron Mom ½ Marathon Race	Increasing physical fitness activities across western Kentucky. Each year, near 900 runners come to Paducah KY to run Mercy Health Iron Mom ½ Marathon. Community event is in collaboration with Family Service Society non-profit agency.	<ul style="list-style-type: none"> • Served 2300
Project Pomona	A vacant lot where a grocery store once stood on Paducah's South Side is now home to Project Pomona, a local nonprofit aimed at decreasing food insecure households by starting orchards and donating the fresh fruit to food pantries.	<ul style="list-style-type: none"> • \$10,000 donation • 20 Volunteers to plant apple orchard & site clean up

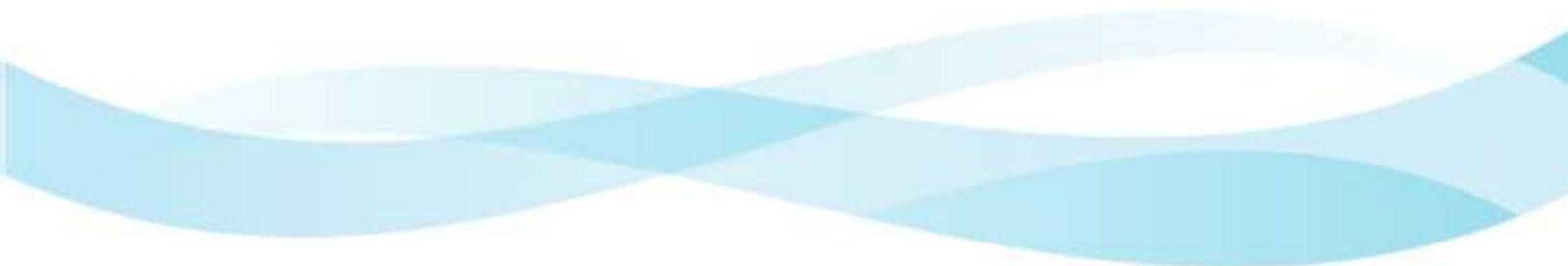
MENTAL HEALTH

Program Name	Program Description	Program Outcomes
West Kentucky Mental Health Work Group	Improve early intervention. Develop efforts with Mental Health Workshop Task Force(s) throughout our service area to impact the young population. Mercy Health developed work group committee in collaboration with Four Rivers Behavioral Health & American Foundation for Suicide Prevention. Work group originated in fall 2016. Since 2016 to current date, our work group has raised near 200,000 to combat the negative stigma associated with mental health,	<ul style="list-style-type: none"> • Developed by Mercy Health, 4RBH & AFSP • Question, Persuade & Refer (QPR) – 1500 community members, school personnel, and business leaders trained • SBIRT – partnering with KY MOM MTR. Trained 150 medical field professions. From employee training, over 10,000 patients screened in 2018. • Creation and Management of Survivors of Suicide Loss Support Group

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| | | <ul style="list-style-type: none">• Youth Mental Health First Aid –8-hour training
Community Training• Glow Walk –Graves Youth Council led event- Educated nearly 300 community stakeholders while also engaging youth in Graves/Mayfield.• Bridge signs – Partnered with the Highway Department of Transportation• AFSP, Out of the Darkness Paducah Walk<ul style="list-style-type: none">○ Raised over \$160,000 in three years.○ Educated nearly 3300 walk attendees○ Funds raised support WKY Work Group in community prevention/educational efforts throughout western Kentucky.• National Depression Screening Day -- provide community with free screening. Served 210• Suicide Prevention Youth Presenter to educate over 11000 students in Healthy Mental Coping Mechanisms.• International Survivors of Suicide Loss Day – 3rd Successful year |
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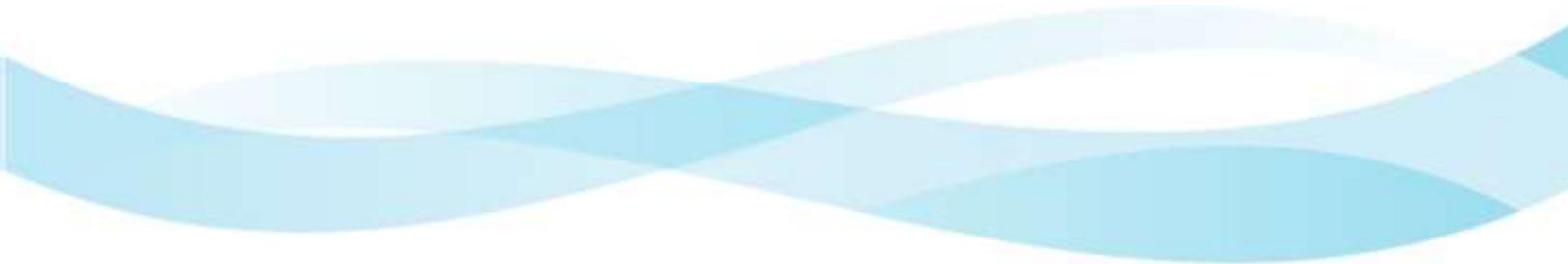


		<ul style="list-style-type: none"> • Suicide Prevention Packets (2500 folders) to resource folders for Law Enforcement during crisis call(s).
Camp Robin	Assist in providing treatment resources for adolescents with behavioral health issues in Western Kentucky through initiatives focused on coordination of care.	Served 785
Advocacy Day	Change and strengthen the broader system: policies, laws, culture In collaboration with our WKMHWG; we are planning our first 2020 Day at the Capitol in Frankfort, KY	First advocacy day is set for February 13 th , 2020 in Frankfort, KY
Survivors of Suicide Loss Support Group	Assist in providing additional resources for anyone whose experienced loss by suicide with development and creation to Western Kentucky's Mental Health Work Group.	<ul style="list-style-type: none"> • 3 years success • Served 382
"A Day of Healing" International Survivors of Suicide Loss Day	Change and strengthen the broader system: policies, laws, culture In collaboration with our WKMHWG; we are planning our first 2020 Day at the Capitol in Frankfort, KY	<ul style="list-style-type: none"> • 4 Years success • Served 315



SUBSTANCE ABUSE

Program Name	Program Description	Program Outcomes
Drug Alcohol Tobacco Don't Fit Conference	Drug Alcohol & Tobacco Don't Fit Conference— High School Students from 13 different High Schools across Lourdes Service Area in attendance. Conference was planned over a year and Lourdes provide funding to assist in youth presenter's fee. Substance Abuse presenter came into Paducah Market from Boston, MA to speak to our service area adolescents on substance abuse. This conference also had break out session that provided cyber bullying and social media, dangers of e-cigarettes and how to say no to drugs.	Served 360
Not My Kid	This forum has been organized to raise awareness on western Kentucky drug trends, combating opioid epidemic and healthy mental health coping mechanisms in our community. With a focus on adolescents and parents.	Served 75



Sources of Strength	A best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard, they have strengths to rely on.	Curriculum purchased by Regional Prevention Center and integrated into 3 school districts, serving 3600 students.
Overdose Prevention Trainings	Narcan Training; Opioid Epidemic overdose Outreach Program Trained over 305 first responders in "train the trainer" with collaboration from Kentucky Harm Reduction Coalition--Louisville KY.-- Mercy Health funds 50 Narcan kits to region annually.	<ul style="list-style-type: none"> • 4 training per year, provided by Mercy Health • 150 Narcan Kits Donation • Served 536
Agency of Substance Abuse Policy & Prevention & Kentucky Safety & Prevention Alignment Network PROGRAM(S)	Developed, Implemented & Maintained multiple regional and statewide substance use disorder prevention and/or crisis recovery programs with partnering agencies.	<ul style="list-style-type: none"> • KYMOMSMTTR Program on campus, served 240 • MH is an active partner and participant

