


Community Health Needs Assessment Implementation Plan 2013-2015



DECATUR MEMORIAL HOSPITAL



**Our Vision:
The greatest care delivered by
the best people**

OUR MISSION: Improve the health of the people of Central Illinois

OUR VALUES: Compassion – Agility – Respect – Excellence – Service

TARGET AREAS AND PRIORITY POPULATIONS

The community health needs assessment and subsequent implementation strategy has been developed to address key community health needs in both our primary market of Macon County, Illinois and secondary surrounding counties.

STRATEGY DEVELOPMENT

Upon completion of the community health needs assessment, results of the assessment were shared among the participants of the focus group, executive leaders at DMH, and other key contributors including department directors and Six Sigma Black Belts. The process of developing an implementation strategy was included in the hospital's annual strategic planning process to ensure alignment was established with the hospital's core objectives and resources allocated appropriately. The implementation strategy was shared with community members who participated in the assessment focus group and across hospital operations.

MAJOR HEALTH NEEDS & PRIORITIES

The assessment process included a combination of secondary data, including IPLAN, U.S. Census Data, reference to Healthy People 2020, among other sources. Valuable input from focus group participants provided primary data for the assessment. Major findings were identified as:

The top community strengths and values:

- ❖ Collaboration between community organizations
- ❖ Caring professionals
- ❖ Variety of resources
- ❖ Quality clinical care
- ❖ Resources provided by the Decatur Park District
- ❖ Resources provided by the Greater Decatur YMCA
- ❖ Resources provided by the Macon County Health Department
- ❖ Community Health Improvement Center (CHIC)
- ❖ Public transportation
- ❖ Strong local government
- ❖ Low cost of living
- ❖ Affordable wellness activities

The top community barriers and concerns:

- ❖ Patient motivation
- ❖ Awareness and education
- ❖ Lack of financial resources
- ❖ Duplication of programs
- ❖ Lack of county-wide referral program
- ❖ Lack of healthy dining options
- ❖ Poor quality of school lunches and concession stand items
- ❖ Aging population
- ❖ Teen pregnancy
- ❖ Obesity
- ❖ Lack of affordable medications
- ❖ Mental health
- ❖ Safety concerns (outdoor physical activity-parks, trails, etc.)

The top 3 health needs:

1. Youth and Adult Obesity, Including Obesity Related Diseases
2. Access to the Community Health Improvement Center (CHIC)

3. Youth Issues (teen pregnancy, addiction, lack of role models)

Major community health needs are documented in greater detail in the Decatur Memorial Hospital Community Health Needs Assessment 2013-2015 report, including statistical information to support the major concerns and health needs as identified by the focus group participants and hospital administration.

Priorities for addressing health needs were determined based on which needs would have the greatest impact on the community as a whole vs. specific patient services. The focus group participants were major contributors in determining the priorities of community health needs. The top three priorities include Youth and Adult Obesity, Including Obesity Related Diseases; Access to the Community Health Improvement Center (CHIC); and Youth Issues (teen pregnancy, addiction, lack of role models).

ADDRESSING COMMUNITY HEALTH NEEDS

The following strategies have been developed to address the major health needs of the community through the delivery of care at DMH, improving the continuum of care after discharge from the hospital, improving the health of DMH employees, improving the health of the community through major community employers, and partnering with community leaders and agencies to improve the health of people outside the walls of the hospital. DMH offers programming at significantly discounted rates.

Youth and Adult Obesity, Including Obesity Related Diseases

Decatur Memorial Hospital offers a wide variety of programs focused on preventing and minimizing youth and adult obesity, including programming to prevent and minimize obesity related diseases and illnesses.

Diabetes Education Program at the DMH Wellness Center

- The Diabetes Self-Management Education program offered by DMH is recognized by the American Diabetes Association and is taught by a Registered Dietitian and Registered Nurse CDE. The three part, 10 hour program educates people in the community about diabetes and teaches them life skill to better manage their chronic condition. The program is covered through Medicare and most insurance companies; financial assistance is available for those without insurance
- The Diabetes Graduate program is offered by DMH and has been developed to provide ongoing support and education on a yearly basis to those individuals that have completed the Diabetes Self-management Education program. Individuals receive up to 4 additional hours of education and reinforcement of diabetes concepts provided by a Registered Dietitian and Registered Nurse CDE. The program is covered through Medicare and most insurance companies; financial assistance is available for those without insurance
- Diabetes Support Group at the DMH Wellness Center is a free, monthly meeting is open to anyone in the community who needs help and support with diabetes.

Pre-Diabetes Education at the DMH Wellness Center

- This program consists of registered dietitians, exercise physiologists, personal trainers, registered nurse and health and wellness coaches who can educate people who have pre-diabetes how to prevent or delay the progression of type 2 diabetes through lifestyle changes and control of disease. The program is a 6 class series and costs \$60 for each participant.

Medical Nutrition Therapy at the DMH Wellness Center

- Registered Dietitians are available to provide individual nutrition assessments, determine nutritional needs and provide education to individuals with obesity and obesity related diseases. Each participant receives a personalized nutrition plan and a physician referral is required to bill insurance. Individuals may contact a dietitian for the service and the charge is \$120 per hour; financial assistance is available for those without insurance.

Health and Wellness Coaching at the DMH Wellness Center

- Certified Health and Wellness Coaches are available to work with individuals with high cholesterol, hypertension, heart disease, diabetes, pre-diabetes, obesity and morbid obesity. The program is a three-month, four session program includes a complete overview of current nutritional status and a coach guided approach to help individuals set up a wellness vision and goals to achieve a healthier lifestyle. Cost to individuals \$150 for the three-month program.

Weight Management Programs at the DMH Wellness Center

- DMH offers three different weight management programs that focus on medical monitoring and lifestyle modification. Programs feature medical monitoring by a physician and medical assistant, personal contact with registered dietitians, exercise physiologists, personal trainers and health and wellness coaches. Weekly education classes about nutrition, exercise and goal setting are provided to individuals in the weight management program. Costs vary to with each individual and a free orientation is provided to review financial component.

Exercise Facility at the DMH Wellness Center

- DMH offers training programs to meet individual needs. Qualified staff is available to assist individuals for and personal training program. The exercise facility includes a heated therapy pool and the following group exercise classes; water aerobics, yoga and zumba. The cost for the gym programs are as follows:
 - Basic gym membership, \$50/month in three-month increments
 - Personal training, \$35/hour or six sessions for \$180
 - Group exercise classes, \$50/ eight week session
 - BMR testing, \$50
 - Body Composition testing, \$30

DMH CrossFit Enhance

- CrossFit Enhance is a licensed affiliate of CrossFit, Inc. and is a part of the Decatur Memorial Hospital's Health and Wellness Department. Our focus is preparing athletes for general physical preparedness through functional movements and high intensity exercise. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience.

- Our services appeal to a wide range of individuals of all ages and our athletes perform the same routines whether they are children who are exercising for the very first time, elderly individuals with heart disease, or serious athletes looking for that competitive edge. We offer a wide variety of services such as our new member class, our daily workout class, our children's program, and various workshops throughout the year.
- Compared to other CrossFit affiliates nationwide, our facility is top notch in not only service, but in price. The cost for our new member's class is a \$100.00 one time fee, and the cost of our monthly membership for normal workout classes is \$50.00 as well. Our children's program is priced based upon the number of children you have participating in the program. The cost for one child is \$25.00, two children cost \$35.00, and three or more children cost \$45.00 per month.
- We track the progress of our 500+ adult athletes individually by using a scientific approach in physical testing, blood testing, body fat composition testing, and mental wellness screening. This service is offered to our new members who join our new member class, free of charge. We also offer the service to our current membership for a minimal fee of \$50.00.

DMH Sports Enhancement Center

- The DMH Sports Enhancement Center is a key branch in the Decatur Memorial Hospital Health and Wellness Department that provides physical training services to junior high, high school, and collegiate athletes in Decatur and the surrounding areas. Using the Athletic Republic training system, we will help improve your speed and power output through our scientific, periodized approach to training. Our program is customized for each athlete's sport, position, and individual strengths and weaknesses. In our six- to eight-week program, athletes will become stronger, faster, and more agile. Whether you are just beginning to learn a new sport, a professional or recreational athlete, the DMH Sports Enhancement Center and Athletic Republic sports training programs can help you achieve your athletic performance goals.
- Our services are one of a kind, and we are the only Athletic Republic licensed brand in the area. They are also extremely affordable. The investment for any athlete in one of our 7 week programs is \$199. Our program also offers visible, tangible, and measurable results through our pre-testing and post-testing evaluation. We run our athletes through a battery of tests such as the vertical jump, medicine ball throw, triple jump, broad jump, pro agility shuttle, and the 40 yard dash.

Diabetes Physician Recognition Program

- DMH currently has several physicians who have obtained recognition through the Diabetes Physician Recognition Program. The recognition requires physicians to track key indicators of diabetic patients, set goals, and follow-up with patients periodically to help patients better manage their diabetes.

DMH Prevention Plan

- The DMH Prevention plan is a tool for improving the health of DMH employees by providing them free blood work to monitor key health indicators and online tools for assessing their current health status, setting healthy goals, and tracking progress.

The Patient Centered Medical Home Model

- The patient centered Medical Home is an evidence based care delivery model in which a patient's care becomes continuous and proactive instead of episodic and reactive. The patient's primary care provider works with the patient to maintain and improve their health status by setting goals and tracking progress. DMH is currently working to roll out the Patient Centered Medical Home through major employers in the community and will continue to expand the program.

Community Health Improvement Center (CHIC) Clinic Limitations

Decatur Memorial Hospital acknowledges the limitations of the CHIC Clinic, and is working to improve operations and patient options at the DMH Emergency Care Center located on the hospital's main campus.

Youth Issues (teen pregnancy, addiction, lack of role models)

In addition to youth programming offered through the DMH Sports Enhancement Center and DMH CrossFit Enhance, Decatur area youth are encouraged to become active members of the DMH Junior Auxiliary.

Junior Auxiliary

- Anyone who is between the ages of fourteen and eighteen, attending school, and willing to provide quality care, compassion, and teamwork in all the services provided to the patients, visitors, and guests of the hospital. Part of being a member of the Junior Auxiliary, teen volunteers are exposed to potential career interests and are able to enhance marketable skills by refining personal interactive skills, which provide the confidence needed, to flourish in the arenas of higher education and today's business world.

School-Based Outreach Opportunities

- At the request of schools and other community organizations, DMH participates in a variety of job fairs and classroom presentations. DMH participates in job shadowing programs for college and career bound students.

Additional Community Services

DMH offers a variety of other community health education programs, ranging from cancer screenings to infant CPR classes. Additional information on programming offered through DMH can be found at www.dmhcares.org.

Community Cancer Screenings

- Early detection is important in the treatment and survival of cancer and DMH provides screenings to the community offered free of charge or for a nominal fee. A community calendar is made public on the DMH website, www.dmhcares.org, so the community can anticipate screening dates and times. Information is also put in the newspaper and posted around the hospital.

Cancer Care Center

- The Cancer Care Center of Decatur is a joint venture between Decatur Memorial Hospital and Cancer Care Specialists. The Cancer Care Center provides comprehensive cancer treatment to patients through diagnosis,

treatment, and recovery. The Cancer Care Center is continually expanding its services to provide new therapies and support for cancer patients

Support Groups

- DMH facilitates support groups for patients currently receiving treatment for cancer and survivors of cancer. Support groups connect cancer patients with others in the community and give patients and family a network of support and resources to aid in their recovery and the emotional and psychological ramifications of cancer.

Comprehensive Breast Program

- DMH is currently evaluating the development of a comprehensive breast program that will play a key role in women's breast health, early detection, and treatment of breast cancer.

Macon County Breastfeeding Task Force

- DMH is a participant in the Macon County Breastfeeding Task Force that focuses on educating the community on the benefits of breastfeeding to both mother and baby

Certified Lactation Counselors

- DMH currently has certified lactation counselors on staff to assist mothers in learning to breastfeed after delivery. Lactation counselors are also available to mothers after they leave the hospital should they have problems and need support once they are home.

Prenatal Education

- DMH provides free prenatal education to the community, covering topics about labor and delivery, postnatal care, breastfeeding and caring for a new baby, car seat installation and basic care for baby at home.

Education for dads, siblings, and grandparents

- DMH offers classes either free of charge or for a nominal fee to educate family members on their role in caring for a new baby in the family

Macon County SIDS Initiative

- DMH is a participant in the Macon County SIDS initiative, aiming to educate the community in ways to prevent Sudden Infant Death Syndrome.

Infant CPR Classes

- Classes are offered to moms and dads through the DMH Family Birth center to teach parents how to administer CPR should their baby stop breathing.