

OhioHealth O'Bleness Hospital
Community Health Needs Assessment

June 2016



OhioHealth O'Bleness Hospital

O'Bleness Hospital provides southeastern Ohio with excellence in healthcare services. Our medical staff includes specialists who offer a wide range of surgical procedures, treatment options and therapies. We have deep roots in the community and an even deeper commitment to meeting the needs of its diverse population.

Mark Seckinger, *President*

55 Hospital Drive
Athens, Ohio 45701

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Introduction

OhioHealth O'Bleness Hospital is a regional network of skilled, healthcare professionals, dedicated support staff, convenient and modern facilities, and advanced technology serving the southeastern Ohio community. Medical staff includes primary care and specialist physicians who offer a wide range of treatment options as well as therapies and surgical procedures. OhioHealth O'Bleness Hospital is deeply committed to meeting the health needs of diverse populations in Athens County and other southeastern Ohio communities by providing the resources and establishing connections to keep high quality and compassionate care local — as often as possible. OhioHealth O'Bleness Hospital is a member hospital of OhioHealth, a family of nationally recognized, not-for-profit, faith-based hospitals and healthcare organizations with Methodist roots. Serving central Ohio communities since 1891, all OhioHealth entities are connected by a shared mission “to improve the health of those we serve,” core values of compassion, excellence, stewardship and integrity, and a commitment to delivering high-quality, convenient and timely healthcare, regardless of ability to pay. OhioHealth is currently recognized as one of the top five large health systems in America by Truven Health Analytics and has been for five years in a row. It is also recognized by *FORTUNE* magazine as one of the “100 Best Companies to Work For” and has been for nine years in a row; 2007–2014 (92).

OhioHealth O'Bleness Hospital is a 132-bed general medical and surgical hospital located in 55 Hospital Drive, Athens, Athens County, Ohio 45701. In 2014, OhioHealth O'Bleness Hospital had 28,276 emergency department visits, 2,914 admissions, 390 inpatient surgeries, and 1,486 outpatient surgeries (125).

In 2014, OhioHealth O'Bleness Hospital received the HealthGrades® Patient Safety Excellence Award™, which recognizes the top 10 percent of hospitals in the United States for patient safety and signifies how well the hospital prevents injuries, infections and other patient safety events (41). OhioHealth O'Bleness Hospital Wound Care Center received the Robert Warriner, III, MD Center of Excellence Award and the Center of Distinction Award from Healogics, Inc. (42, 110). The award was based on the 96 percent patient satisfaction, wound healing rate of 93 percent, median wound healing time of 27 days and outlier rate of 11 percent achieved by OhioHealth O'Bleness Hospital Wound Care Center (110).

OhioHealth O'Bleness Hospital has always been significantly involved with improving the health of the Athens County residents and their families. Examples of community outreach activities include:

- a. **Pilot site for Health Recovery Services Maternal Opiate Medical Support (M.O.M.S.) project (68, 71)** — three-year project (Fiscal Year 2015 to Fiscal Year 2017) funded by the state of Ohio, which aims to reduce hospital length-of-stay for opiate-addicted mothers and their newborn babies. Expecting mothers will be offered counseling, medication-assisted treatment and case management. OhioHealth O'Bleness Hospital Athens Medical Associates Obstetrics and Gynecology is one of the four pilot sites in Athens County.
- b. **Partnership with Ohio Department of Health’s “Ohio Gestational Diabetes Mellitus Postpartum Care Learning Collaborative” (115)** — in Fiscal Year 2015, OhioHealth O'Bleness Hospital Athens Medical Associates Obstetrics and Gynecology participated in the statewide collaborative which aimed to increase the number of women with gestational diabetes mellitus who attend postpartum appointments and avail of education and screening for type-II diabetes mellitus.
- c. **Free Sports Physical Clinic and concussion testing (89, 96)** — in Fiscal Years 2014 and 2015, the Free Sports Physical Clinic were offered to middle school and high school students from school districts that partnered with OhioHealth to screen for and detect medical or physical conditions that may put the student at risk while playing sports. In Fiscal Year 2016, free concussion testing will also be offered.
- d. **Sole Sponsor of Athens Bike Rodeo (17)** — a bike safety event held in May 2015, which provided safety education for children, bike inspection for safety and free bike helmets. OhioHealth O'Bleness Hospital also provided free blood pressure screenings to children and their families as well as education on the importance of drinking water when biking or being physically active.
- e. **Sponsor of the Southern Ohio Copperheads Baseball (106)** — support of the college summer baseball league in Fiscal Years 2014 and 2015 enabled families to get together and offer children opportunities to participate in “hitting” and “pitching” clinics and learn about field safety.

The Patient Protection and Affordable Care Act of 2010 requires not-for-profit hospitals to conduct a community health needs assessment once every three years (51). From April to August 2015, OhioHealth O'Bleness Hospital collaborated with the Athens City-County Health Department and various community stakeholders in conducting the community health needs assessment. OhioHealth O'Bleness Hospital contracted with the following: (a) Ohio University Voinovich School of Leadership and Public Affairs for primary data collection, (b) OnPointe Strategic Insights, LLC for facilitation of community stakeholder meetings, and (c) Bricker & Eckler, LLP/Quality Management Consulting Group for legal advice related to the conduct and documentation of the community health needs assessment.

The community health needs assessment conducted by OhioHealth O'Bleness Hospital revealed five prioritized health needs as follows:

- a. Substance abuse
- b. Economic development
- c. Access to care — especially for seniors, children and working poor
- d. Chronic disease — especially for seniors, children and working poor
- e. Behavioral and mental health

The community stakeholders regarded that environmental factors affect each of the five significant health needs. Moreover, coordination and education have to be a component of these needs. OhioHealth O'Bleness Hospital, in collaboration with various community agencies, will be developing an implementation strategy to address these prioritized health needs. Impactful community benefit programs that address community health needs are a clear manifestation of the OhioHealth mission — “*to improve the health of those we serve.*”

A. Definition of Community Served and how Community was Determined

OhioHealth O'Bleness Hospital is located at 55 Hospital Drive, Athens, Ohio 45701, Athens County. The OhioHealth Nelsonville Medical and Emergency Services, located at 1950 Mount Saint Mary Drive, Nelsonville, Ohio 45764, Athens County, is an outpatient department of OhioHealth O'Bleness Hospital. In addition, OhioHealth O'Bleness Hospital operates two satellite facilities: (a) Castrop Center, located at 75 Hospital Drive, Athens, Ohio 45701, Athens County, providing diagnostic radiology and therapy services; and (b) Wound Care Center, located at 444 Union Street, Athens, Ohio 45701, Athens County, providing wound care.

The "community served" by OhioHealth O'Bleness Hospital is Athens County, Ohio. The communities reside in Zip codes 43728, 45701, 45710, 45711, 45716, 45717, 45719, 45723, 45732, 45735, 45739, 45740, 45742, 45761, 45764, 45766, 45776, 45777, 45778, 45780 and 45782 (60). Review of OhioHealth internal data has shown for Calendar Year 2014, 73.5 percent of all patients who were admitted to the hospital resided in Athens County at the time of admission. Similarly, 68.3 percent of all patients who had outpatient procedures resided in Athens County at the time when the procedure was done.

B. Process and Methods Used to Conduct the CHNA

B1. Data and Other Information Used in the Assessment

B1.1. Demographics of the community

Total population. In 2010, actual population was 64,757. In 2014, the estimated, total population was 64,713 **(70)**.

Race/Ethnicity. Among Athens County residents, 91.7 percent were White, 2.4 percent were African American, 3.2 percent were Asian, 1.7 percent were Hispanic (of any race), 0.2 percent were other races, 0.1 percent were Native American, zero percent were Pacific Islander and 2.4 percent were two or more races. Total minority represented 9.5 percent of the population **(70)**.

Age: Among Athens County residents, 4.1 percent were younger than 5 years of age, 11.5 percent were 5 to 17 years old, 31.7 percent were 18 to 24 years old, 21.4 percent were 25 to 44 years old, 20.8 percent were 45 to 64 years old and 10.5 percent were 65 years of age or older. Median age is 26.8 **(70)**.

Income: Median household income was \$33,823 and per capita income was \$29,955. Approximately 17.1 percent of families and 31.6 percent of individuals had income below the poverty level **(70)**.

Additional discussion of demographic characteristics in Athens County is available in **Appendix A**.

B2. Methods of collecting and analyzing data and information

B2.1. Primary data collection

OhioHealth O'Bleness Hospital contracted with Ohio University Voinovich School of Leadership and Public Affairs in collecting primary data from focus groups and Web-based surveys. Ohio University's report of methodology and findings from the primary data collection process is included in **Appendix A**. The participants in the focus group discussions and Web-based survey are summarized below.

B2.1.1. Focus group discussion with Athens Maternal and Child Health Coalition — held on April 16, 2015 at OhioHealth O'Bleness Hospital. The Athens Maternal and Child Health Coalition is a group of healthcare providers who work together in addressing the health needs of women and children. Thirteen coalition members attended from the following organizations: (a) Ohio University Heritage College of Osteopathic Medicine, (b) Hopewell Health Center-Athens, (c) OhioHealth O'Bleness Hospital Athens Medical Associates Obstetrics and Gynecology, (d) Integrated Services for Behavioral Health, (e) Athens City-County Health Department, (f) PATHWAYS (Southeast Ohio Community HUB), (g) Athens County Help Me Grow and (h) Health Recovery Services.

B2.1.2. Focus group discussion with Bridgebuilders — held on May 6, 2015, at Trimble High School located at 1 Tomcat Drive, Glouster, Ohio 45732. Bridgebuilders is a community organization in the Glouster area comprised of citizens, parents, local leaders and healthcare providers who would like to improve the health and wellness of Glouster, Trimble and Jacksonville communities in Athens County. Seven members participated, including (a) community residents, (b) teachers, (c) school board members, (d) representatives from Athens County Sheriff, (e) Glouster Police, (f) Big Brothers, Big Sisters of Athens County and (g) Ohio University Heritage College of Osteopathic Medicine.

B2.1.3. Focus group discussion with Heart Healthy Community Coalition of Athens County — held on May 14, 2015, at Athens City-County Health Department located at 278 West Union Street, Athens, Ohio 45701. The Heart Healthy Community Coalition of Athens County is a group of health professionals who address issues related to prevention and management of cardiovascular disease and associated chronic diseases. Nineteen members participated from (a) Athens-City County Health Department, (b) Community Food Initiatives, (c) Live Healthy Appalachia, (d) Hopewell Health Center-Athens, (e) Ohio University Heritage College of Osteopathic Medicine, (f) OhioHealth O'Bleness Hospital and (g) OhioHealth Home Care.

B2.1.4. Web-based survey — administered to the following: (a) Bridgebuilders members who were unable to attend the focus group discussion held on May 6, 2015 and (b) professionals from the Athens County Housing Coalition and behavioral health agencies in Athens County. The Athens County Housing Coalition is a group of professionals who address the need for affordable housing in Athens County. A total of 12 persons from Bridgebuilders and 12 housing and behavioral health professionals completed the Web-based surveys.

B2.2. Secondary Data Collection

OhioHealth O'Bleness Hospital in collaboration with Ohio University Voinovich School of Leadership and Public Affairs collected secondary data from the following sources: (a) Ohio Department of Health, (b) Ohio Department of Mental Health and Addiction Services, (c) Ohio Development Services Agency, (d) American Community Survey, (e) Centers for Disease Control and Prevention, (f) County Health Rankings, (g) Healthy People 2020, (h) The Annie E. Casey Foundation Kids Count Data Center, (i) U.S. Department of Health and Human Services, (j) U.S. Bureau of Labor Statistics and (k) U.S. Census Bureau. **Appendices A and B** summarize pertinent secondary data for each of the community health needs identified during the community stakeholder meetings.

No information gaps were identified that would impact the ability to assess the needs of the community.

B3. Parties with whom hospital collaborated or contracted for assistance

B3.1. Collaboration with Athens City-County Health Department

OhioHealth O'Bleness Hospital collaborated with Athens City-County Health Department, which was represented by James Gaskell, MD (health commissioner and medical director), Ruth Dudding, BS, CHES (health educator) and Charles Hammer, RS, MS (administrator).

Dr. James Gaskell received his medical degree from the University of Pittsburgh School of Medicine, specializing in pediatrics **(113)**. Dr. Gaskell taught in the clinical pediatrics program at Ohio University Heritage College of Osteopathic Medicine for 15 years **(113)**. Dr. Gaskell has been the health commissioner and medical director for Athens City-County Health Department since 1999 **(113)**. Dr. Gaskell has served on boards of Athens County Children's Services, Red Cross, Boy Scouts, OhioHealth O'Bleness Hospital, Athens High School Athletic Boosters, Little League, Opioid Coalition, Athens Foundation, Live Healthy Appalachia and Health Recovery Services **(113)**.

As part of her work as certified health education specialist at the Athens City-County Health Department, Ms. Ruth Dudding coordinates the Athens County "Creating Healthy Communities" program, the "Cardiovascular Health Program" **(14)**, board member of the Ohio University College of Health Sciences and Professions "Kids on Campus" program **(74)** and plays a significant role in the designation of the city of Athens as a "Bicycle Friendly Community" by the League of American Bicyclists **(22)**.

Mr. Charles Hammer is the administrator for the Athens City-County Health Department. He provides leadership in the health department's recent efforts to obtain national accreditation by the Public Health Accreditation Board (PHAB) **(53)**.

B3.2. Contract with Ohio University Voinovich School of Leadership and Public Affairs (85)

OhioHealth O'Bleness Hospital contracted with Ohio University Voinovich School of Leadership and Public Affairs during primary data collection process. Ohio University's team members include (a) Lesli Johnson, PhD, M.S.W. (associate professor and senior project and research manager), (b) Margaret Hutzler (senior project manager), Daniel Kloepfer (research associate) and Robin Stewart (senior project manager).

Dr. Lesli Johnson received a doctoral degree in clinical psychology from Ohio University and a Master's in Social Work from the University of Oklahoma. Dr. Johnson has significant clinical experience in mental health, health education and child welfare as well as teaching experience in research methods, public policy and program evaluation. Dr. Johnson also leads the Voinovich School of Leadership and Public Affairs' planning, evaluation, education and research team.

B3.3. Contract with OnPointe Strategic Insights, LLC

OhioHealth O'Bleness Hospital contracted Michelle Vander Stouw, principal of OnPointe, to facilitate the three community stakeholder meetings held at the hospital campus. The meetings led to the identification of priority health needs and issues affecting Athens County residents, especially those who were uninsured, low income and minorities. OnPointe is a private business that provides individual coaching, group facilitation, developing processes and accountability measures (97).

Ms. Vander Stouw has a bachelor of arts in economics, political science and east Asian studies from Denison University and a Master's in public health from The Ohio State University (97). She also worked as assistant vice president of planning and accountability at United Way of Central Ohio (97).

B3.4. Contract with Bricker & Eckler, LLP/Quality Management Consulting Group

Bricker & Eckler, LLP/Quality Management Consulting Group is located at 100 South Third Street, Columbus, Ohio 43215. Bricker & Eckler, LLP, represented by Chris Kenney and Jim Flynn, was contracted to review this community health needs assessment report. Jim Flynn is a partner with the Bricker & Eckler, LLP healthcare group where he has practiced for 25 years. His general healthcare practice focuses on health planning matters, certificate of need, non-profit and tax-exempt healthcare providers, and federal and state regulatory issues. Mr. Flynn has provided consultation to healthcare providers, including non-profit and tax-exempt healthcare providers as well as public hospitals on community health needs assessments. Chris Kenney is the director of regulatory services with the Quality Management Consulting Group of Bricker & Eckler, LLP. Ms. Kenney has more than 36 years of experience in healthcare planning and policy development, federal and state regulations, certificate of need regulations, and Medicare and Medicaid certification. She provides expert testimony on community needs and offers presentations and educational sessions regarding community health needs assessments.

C. Input from Persons who Represent the Broad Interests of the Community Served

OhioHealth O'Bleness Hospital collaborated with Athens City-County Health Department, Ohio University Voinovich School of Leadership and Public Affairs, and various community agencies in Athens County to obtain inputs from persons who represent the broad interests of Athens County. The organization name, representatives, populations served, specific inputs provided, timeframe of inputs, mission of organization, and examples of programs and services provided by the organization are summarized in **Appendix C**.

All required sources for community input were obtained for this CHNA.

No written comments on the prior community health needs assessment report were received.

D. Description of Significant Health Needs as Well as Process and Criteria of Identifying and Prioritizing Significant Health Needs

D1. Description of significant health needs

D1.1. Substance abuse — includes (a) opiate use, (b) illegal drug abuse, (c) risk for human immunodeficiency virus (HIV) and Hepatitis C, (d) lack of care coordination and public education on available resources, and (e) need for prevention and treatment.

D1.2. Economic development — includes (a) lack of jobs, (b) need for training of high school students (e.g., project “LEAD,” which enables high school students to obtain college credits for free so they can pursue vocational or technical careers such as nurse aide, radiology technician, etc.), (c) need for hospital leaders to actively discuss aspects of economic development with community stakeholders, and (d) Athens City Schools to increase number of children taking advantage of reduced lunches.

D1.3. Access to care, especially for seniors, children and working poor — includes situations faced by the working poor and underemployed persons. If their income reaches levels higher than a certain percent of the federal poverty level, they would lose (a) benefits from the state and federal government, (b) access to care for seniors (geriatric physicians, home care and financial literacy), (c) transportation, (d) lack of coordination of resources and public education on available resources, and (e) Internet access.

D1.4. Chronic diseases, especially for seniors, children and working poor — includes (a) need for residents to adopt lifestyle changes, (b) increasing number of children in Athens City Schools are being diagnosed with diabetes, (c) lack of care coordination of resources and public education on available resources, (d) lack of skills in preparing the fresh produce and lack of cooking skills, (e) lack of education of parents and guardians about healthy lifestyles, (f) influence of “Appalachian culture” in making food choices, (g) impact of mental health, (h) management of diabetes, hypertension and heart disease, and (i) heart attack and stroke among seniors.

D1.5. Behavioral and mental health — includes (a) school children showing behavioral issues, (b) lack of care coordination of resources and public education on available resources, (c) health coverage, and (d) potential use of schools as places to meet with children and families during care coordination and education.

The community stakeholders agreed that the environmental factors such as clean air, water, lead-free homes, safe housing and Internet access affects community health. Hence the community stakeholders voted unanimously that environment will serve as a “background” affecting each of the priority health needs. On the other hand, coordination and education will serve as a subcomponent of each of the five priority health needs.

D2. Process and criteria of identifying and prioritizing significant health needs

D2.1. Identification of community health needs

During the July 14, 2015 meeting, the community stakeholders were divided into small groups to identify and discuss community health needs as well as resources available in the community to address these needs and associated barriers. As a reference, each group was provided with copies of the Ohio University Voinovich School of Leadership and Public Affairs report of findings from the primary data collection process, demographics of Athens County and associated secondary data for the identified health needs (Appendix A). Based on the Ohio University report and experience with serving persons who are medically underserved, low income or from minority groups, the community stakeholders identified nine community health needs as follows: (a) access to care, (b) substance abuse (opioids), (c) mental and behavioral health, (d) chronic diseases, (e) seniors, (f) economic development, (g) lack of coordination and education, (h) environment and (i) pregnancy-related issues.

D2.2. Prioritization of health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool

During the August 6, 2015 meeting, the community stakeholders were divided into five groups with five members in each group to prioritize the community health needs using the NACCHO prioritization tool. Each health need was prioritized by three separate groups. Each group was asked to give a score of one, two or three, with one as “low priority” and three as “high priority” based on their knowledge and experience of the Athens County community. Briefly, the criteria included the following:

- a. **Size** — number of persons affected by the health need
- b. **Seriousness**— degree to which the problem causes death, disability or quality-of-life impairment
- c. **Trends** — improvement or worsening of the health problem over time
- d. **Equity** — level by which specific groups are affected by the health problem
- e. **Intervention** — multi-level strategies proven effective in addressing the health problem
- f. **Feasibility** — ability to address the problem given available resources
- g. **Value** — significance of the health need to the community
- h. **Consequences of inaction** — risks with worsening of the problem if not addressed early
- i. **Root cause/social determinant** — whether or not the health need is a root cause or social determinant of health that affects one or more health issues

D2.3. Identification of top five priority health needs through dot voting

During the August 18, 2015 meeting, the OnPointe representative, in collaboration with OhioHealth O'Bleness Hospital, presented the average prioritization scores for each health need. During the identification of the top five priority health needs, each attendee was given three votes to place in any of the nine health needs. The stakeholders agreed that coordination and education is an overarching need, hence, was not included in the health needs that were voted upon.

Health Need	Average Prioritization Scores (August 6, 2015)	Dot Voting (August 18, 2015)
Economic Development	3.00	10 (2 nd)
Access to Care	2.74	6 (3 rd)
Substance Abuse	2.63	12 (1 st)
Coordination and Education	2.56	Not included
Chronic Diseases	2.33	6 (3 rd)
Seniors	2.30	1
Environment	2.30	1
Behavioral Health/Mental Health	2.26	6 (3 rd)
Pregnancy Related Issues	2.04	0

For each of these needs, care coordination will be considered as “overarching,” hence, this would be a component of each need. Environment will serve as a “background” that affects these health needs.

The community stakeholders had a unanimous decision that substance abuse, economic development, access to care (especially for seniors, children and working poor), chronic diseases (especially for seniors, children and working poor), and behavioral and mental health are the top five priority health needs in Athens County.

E. Existing Healthcare Facilities and Resources Within the Community that are Available to Respond to the Health Needs of the Community

Need #1: Substance Abuse

A. Healthcare Facilities

A1. OhioHealth O'Bleness Hospital — provides patients with safety assessment, emergency care, hospital care, education and referral to community agencies. OhioHealth O'Bleness Hospital partners with Hopewell Health Center in providing on-site mental and behavioral health counseling. Substance abuse patients are referred to Hopewell Health Center, Health Recovery Services and other partner agencies of the Alcohol, Drug Addiction and Mental Health Services serving Athens, Hocking and Vinton counties (**317 Board**).

B. Community Resources

B1. Health Recovery Services, Inc. (40) — provides counseling and support services for children and adults needing alcohol, tobacco, drug treatment, mental health and gambling addiction services. Health Recovery Services, Inc. offers Athens outpatient programs, residential treatment programs and prevention services.

B2. 317 Board (1) — partners with Hopewell Health Centers, Health Recovery Services, My Sister's Place, Athens Mental Health, Inc., National Alliance on Mental Illness Athens Chapter, Athens Photographic Project, John W. Clem Recovery House and Integrated Services of Appalachian Ohio.

B3. Athens County Prosecutor (16) — offers the "Fresh Start" program, which addresses the needs of Athens citizens dealing with addiction. "Fresh Start" promotes and enhances successful community programs such as (a) day treatment programs in collaboration with Health Recovery Services and (b) scholarships for admission to John W. Clem Recovery House.

Need #2: Economic Development

A. Healthcare Facilities

A1. OhioHealth O'Bleness Hospital — currently employs 320 credentialed physicians, 38 employed physicians and more than 800 staff members while providing service and learning opportunities for 120 volunteers and 17 interns and residents. Apart from providing access to comprehensive healthcare services for Athens County residents, the economic impact OhioHealth O'Bleness Hospital has on the community includes employee salaries or wages, hospital purchases of goods and services from other local businesses, and spending power of employees and other workers who live in Athens County and buy goods and services from businesses throughout Athens County.

B. Community Resources

B1. Hocking, Athens, Perry Community Action (44) — offers Child Youth Programs, Early Head Start and Pregnancy Services, Head Start, Backpack Program, Summer Feeding Program, Free Car Seat Program, Emergency Assistance Services, Food and Nutrition Program, transportation assistance, housing assistance and other community services.

B2. Athens Area Chamber of Commerce — promotes activities and events initiated or hosted by local Athens County businesses as means of stimulating local economy (7).

B3. Nelsonville Area Chamber of Commerce — promotes and strengthens businesses in the Nelsonville area of Athens County, Ohio (62).

B4. Ohio University — generated \$104 million in state and local tax revenue from university activities in 2012. The university community volunteered 1.4 million hours, which is valued at \$25.4 million. Ohio University has 14,300 full-time and part-time employees (82).

B5. Hocking College — offers more than 50 associate degree programs to at least 4,500 students. Hocking College has a partnership with Tri-County Adult Career Center to expand development of the workforce for area businesses through technical training and continuing education (45).

Need #3: Access to Care (Especially For Seniors, Children And Working Poor)

A. Healthcare Facilities

A1. OhioHealth O'Bleness Hospital (90) — provides Athens County residents with access to high-quality healthcare in hospital and outpatient settings. The OhioHealth Nelsonville Medical and Emergency Services offers residents comprehensive outpatient services and access to community physicians. The hospital has long-term collaborations with the Ohio University Heritage College of Osteopathic Medicine, which provides a source of highly trained medical staff.

B. Community Resources

B1. Hocking, Athens, Perry Community Action (44) — offers child/youth services and access to transportation and the Ohio Benefit Bank, which enables access to SNAP Food Assistance, child care subsidies, energy assistance and other federal programs.

B2. United Seniors of Athens County (38) — assists at least 7,000 seniors related to obtaining healthcare, mobility, transportation, and opportunities for social interactions. Services include adult daycare, transportation assistance, health fairs, blood pressure screenings, access to a registered nurse, and information dissemination related to healthcare changes.

B3. The Athens Village (114) — provides seniors ages 60 or older with (a) home safety assessment, (b) handyman help, (c) information on transportation resources, (d) information on home health services, (e) technical assistance with problems associated with computers, Internet and/or smartphones, (f) opportunities for socialization, (g) information on vetted service providers, (h) advocacy on issues affecting senior citizens in Athens County and all throughout Ohio, and (i) telephone safety check during emergencies.

B4. Athens Public Transit (20, 59) — services seven routes daily busing people from Ohio University and Athens, Ohio. Examples of service stops and pick-ups include Athena Grand, Wal-Mart, Athens Community Center, Kroger, Staples and East State Street. In Athens County, Athens Public Transit partners with the Hocking Athens Perry Community Action (HAPCAP) and the city of Athens, Ohio.

B5. Hopewell Health Center Athens (1, 46) — provides counseling and mental health assistance to persons with severe mental disabilities, including information and referrals to community resources as well as crisis services. The Hopewell Health Center branches at McArthur and Pomeroy, Ohio provides dental services.

B6. KidDental.net (52) — a referral agency for pediatric dentists. KidDental.net serves Athens County, Ohio. Dentists in the network provide basic and advanced dental services for children (52).

B7. United Appeal for Athens County (Dial 2-1-1) (126) — provides residents with information of more than 300 local agencies in Athens County providing services related to healthcare, employment and income support, family support and parenting, food, clothing and other household items, legal services and budgeting, mental health and counseling, substance abuse, and municipal and community services.

B8. Athens City-County Health Department (65) — administers Ohio Department of Health school-based dental sealant program.

B9. Ohio University Heritage College of Osteopathic Medicine (75) — provides community-based programs through (a) The Diabetes Institute, (b) Ohio Musculoskeletal and Neurological Institute, (c) Tropical Disease Institute, (d) Centers for Osteopathic Research and Education (CORE), (e) Community Health Programs, (f) Rural and Underserved Programs, (g) Global Health Programs, (h) Area Health Education Center and (i) Appalachian Rural Health Institute.

Need #4: Chronic Diseases

A. Healthcare Facilities

A1. OhioHealth O'Bleness Hospital (90, 95) — offers cardiac and pulmonary rehabilitation, diabetes management, emergency services, family medicine, health and wellness programs that offer screening for cholesterol, glucose and blood pressure, and tobacco cessation classes.

A2. University Medical Associates Diabetes and Endocrine Center (127) — a medical practice of faculty from Ohio University Heritage College of Osteopathic Medicine that specializes in diabetes and endocrinology.

A3. Chillicothe VA Medical Center Athens Community-Based Outpatient Clinic (124) — provides (a) primary care services for Athens County veterans, (b) behavioral health services, (c) laboratory services, and (d) prescription processing.

B. Community Resources

B1. Athens City-County Health Department (11, 14) — provides (a) comprehensive health education programs such as the Cardiovascular Health Program and Tobacco Community Action Plan and (b) health education on healthy eating, physical activity and smoking cessation as part of “Creating Healthy Communities Coalition” and “Heart Healthy Community Coalition.”

B2. Live Healthy Appalachia (54, 56, 58) — programs include (a) Live Healthy Kids, (b) Athens County Cooks, (c) Pumpkin Hustle 5K/3K, (d) My First 5K Training, (e) Walk with a Doc and (f) Complete Health Improvement.

B3. Ohio University WellWorks (77, 86) — offers wellness services to Ohio University employees and community residents such as (a) fitness center, (b) group fitness, (c) HeartWorks, (d) massage, (e) nutrition education, (f) personal training, and (g) risk reduction through lifestyle changes, support group meetings, nutrition counseling, access to personal trainers and mind-body relaxation.

B4. Athens Community Center (30) — provides recreational and health promotion programs to Athens County residents. Amenities include (a) a cardio room, (b) gym, (c) full-length track for walking, jogging and sprinting, and (d) a weight room.

B5. “Hockhocking Adena Bikeway” at Ohio University (73) — offers residents a bike path along the banks of the Hocking River, which could also be used for walking, rollerblading and running.

B6. Southeastern Ohio Employer Worksite Wellness Council (57) — offers employers information about worksite wellness programs through seminars and community group discussions.

Need #5: Behavioral And Mental Health

A. Healthcare Facilities

A1. OhioHealth O'Bleness Hospital — provides patients with emergency care, hospital care, safety assessments, education and referrals to community agencies or inpatient psychiatric hospitals. OhioHealth O'Bleness Hospital partners with Hopewell Health Center to provide patients with behavioral and mental health counseling and education. The OhioHealth Nelsonville Medical and Emergency Services outpatient department in Nelsonville, Ohio will also include offices for Health Recovery Services, which will enable primary care and mental and behavioral health integration **(103)**.

B. Community Resources

B1. Health Recovery Services — provides counseling and support to patients with mental and behavioral health issues.

B2. 317 Board (1) — partners with various community agencies that provide mental and behavioral health services such as Health Recovery Services, Athens Mental Health, Inc., National Alliance on Mental Illness Athens Chapter and John W. Clem Recovery House.

B3. Ohio University Patton College of Education George E. Hill Center (81) — provides counseling services to community residents and Ohio University students, faculty and staff.

B4. Integrating Professionals for Appalachian Children (49) — provides programs for children and their families, including (a) consultation on early childhood mental health, (b) early identification and screening of behavioral and mental health problems in children, and (c) family navigator programs.

F. Evaluation of the Impact of Actions Taken by the Hospital to Address Significant Health Needs Identified in the 2013 Board-Approved CHNA

Appendix D summarizes the impact of community benefit programs of OhioHealth O'Bleness Hospital that addressed the priority health needs in the 2013 board-approved community health needs assessment and implementation strategy (**87, 88**).

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Appendix A

Ohio University Voinovich School of Leadership and Public Affairs Report of Findings from Primary Data Collection Conducted from April to June 2015 in Athens County, Ohio

OhioHealth O'Bleness Hospital Community Health Needs Assessment

July 2015

Prepared by

Ohio University's Voinovich School of Leadership and Public Affairs

Acknowledgements

Ohio University's Voinovich School of Leadership and Public Affairs prepared this report for the OhioHealth O'Bleness Hospital Athens County Community Health Needs Assessment. Dr. Lesli K. Johnson, LISW-S, provided guidance on the overall project through planning, focused discussion facilitation, survey development and analysis, report writing, and assisting with the data synthesis. Research associate Daniel Kloepfer, MPP., prepared the data synthesis and assisted with focused discussions and report writing. Senior project manager Robin Stewart and research associate Robert Gordon assisted with the facilitation of the focused discussions.

The Voinovich School wishes to thank staff at OhioHealth O'Bleness Hospital for their assistance and cooperation. The Voinovich School would also like to thank the focused discussion and survey participants who contributed their time and expertise to the project.

Introduction

In April 2015, Ohio University's Voinovich School of Leadership and Public Affairs contracted with OhioHealth O'Bleness Hospital to assist with a community health needs assessment for Athens County, Ohio. Specifically, the Voinovich School carried out focus discussions, a Web-based survey as well as secondary data collection and synthesis. The collected data show that many of the resources considered to be social determinants of health are lacking in Athens County.¹ There is a **lack of well-paying jobs, low educational attainment and generational poverty**. The **long term lack of economic prosperity** also affects funding at the community level as well as individual families. Lack of sufficient **transportation** continues to be a critical issue affecting access to healthcare (see Table 5 in the Appendix for a more complete listing of findings from the focused discussions and survey responses).

Research participants did note recent improvements in several areas, though. Improved prenatal care for high-risk mothers, increased integration of behavioral and physical health, a growing number of organization-wide bans on the use of tobacco products, health-promotion programming for both youth and adults, and efforts to increase transportation access are all underway in the county.

Data Collection

Four main questions guided data collection:

1. What are the most pressing current needs and issues in Athens County that we can impact with the right resources, expertise, will and support?
2. What are the most difficult, potentially impossible issues to impact in Athens County?
3. What are the new and emerging health threats and/or opportunities in Athens County?
4. What are our successes? Where have we made some impact in improving the health of our communities in Athens County?

To answer these questions, the Voinovich School conducted three focus discussions in the spring of 2015 with the following community organizations:

- Athens Maternal and Child Health Coalition — this group includes providers who work to address the needs of women's and children's health.

¹ Healthy People 2020, the World Health Organization and other US health initiatives including the National Partnership for Action to End Health Disparities and the National Prevention and Health Promotion Strategy all recognize the importance of addressing the social determinants of health. These include the environment, both natural and built, access to economic and educational opportunities, the social and community context and access to health care. Health People. (2015, July 6). Social Determinants of Health. Retrieved from <http://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health>

- Bridgebuilders — this group is a community organization in the Glouster area comprised of citizens, parents, providers and local leaders who are concerned about the health and wellness of the communities of Glouster, Trimble and Jacksonville.
- Heart Healthy Community Coalition of Athens County — the coalition is a network of health professionals dedicated to addressing issues affecting cardiac health and chronic disease prevention and management.

Additionally, the Voinovich School administered a Web-based survey guided by the same key questions to two other groups:

- Bridgebuilders members who were unable to attend the original focused discussion. Twelve members completed surveys.
- A group of professionals who work on housing and/or behavioral health issues in Athens County. Twelve people from this group completed surveys.

To add to these perspectives and to provide context, the Voinovich School worked with OhioHealth O’Bleness Hospital to collect relevant secondary data and demographic information. This data has been synthesized and combined with the focused discussions and survey results to produce this report.

[Overview of the report](#)

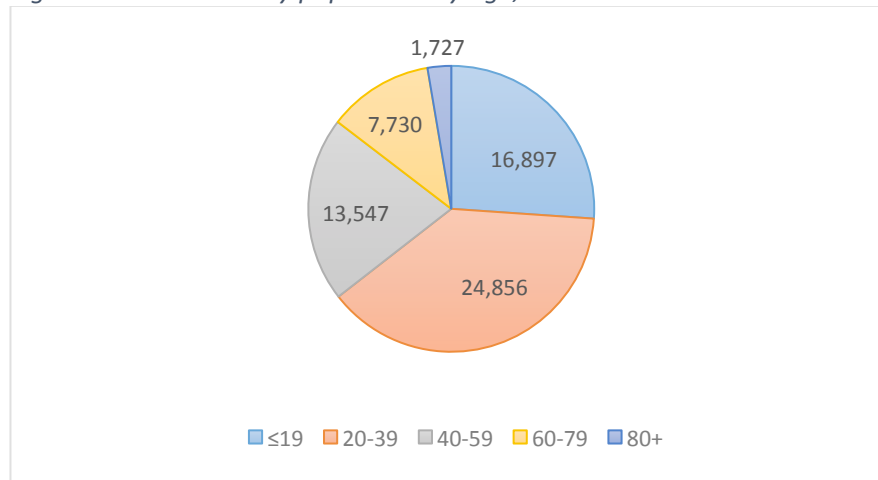
This report begins with a brief profile of Athens County. Following that, the report groups information collected through the survey, focused discussions and secondary data collection under the four categories that guided data collection: (1) The most difficult, potentially impossible issues to impact; (2) pressing current needs that can be impacted with the right resources; (3) emerging health-related issues and opportunities; and (4) areas in which efforts to positively impact health have been successful. It should be noted that research participants sometimes mentioned the same health need under multiple categories.

Athens County Profile

Population

In 2010, Athens County had a total population of 64,757.² In 2020, the population is projected to decrease to 64,700.³ The population is 91.8 percent Caucasian in Athens County and 82.7 percent in Ohio, 2.7 percent African American in Athens County and 12.2 in Ohio, 1.5 percent Hispanic in Athens County and 3.1 in Ohio, and four percent other in Athens County and two percent in Ohio.² In terms of age, 26 percent of the population in Athens County and 26.5 percent of Ohio is 19 years old or younger; 38.4 percent of Athens County and 25 percent of Ohio is 20 to 39 years old; 20.9 percent of Athens County and 28.5 percent of Ohio is 40 to 59 years old; 11.9 percent of Athens County and 15.8 percent of Ohio is 60 to 79 years old; and 2.6 percent of Athens County and 4.1 percent of Ohio is 80 years old or older.²

Figure 1. Athens County population by age, 2010 census data.²



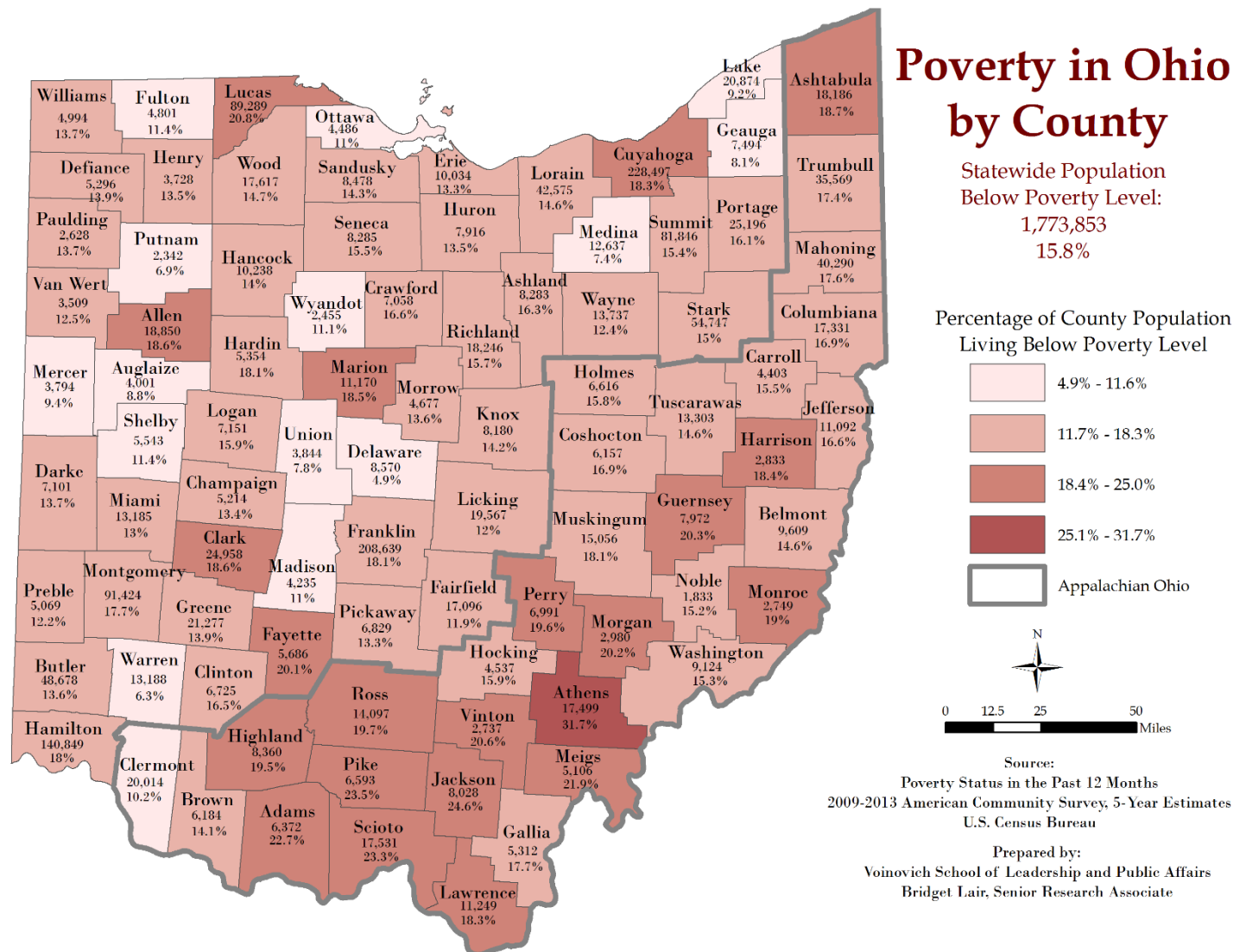
Income

Athens County is characterized by extensive poverty. As shown in Figure 2 below, the percent of Athens County residents living in poverty is twice that of the state average. What's more, is that through the focused discussions and survey responses, it was found that there is a lack of funding for health needs and this issue is perceived as a barrier to successfully addressing the health needs in Athens County.

² U.S. Census Bureau. (2010). American Fact Finder, Community Facts. Retrieved from http://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml

³ Ohio Development Services Agency. (2013, March 30). Population Projections by Age and Sex. Retrieved from <http://development.ohio.gov/files/research/P6006.pdf>

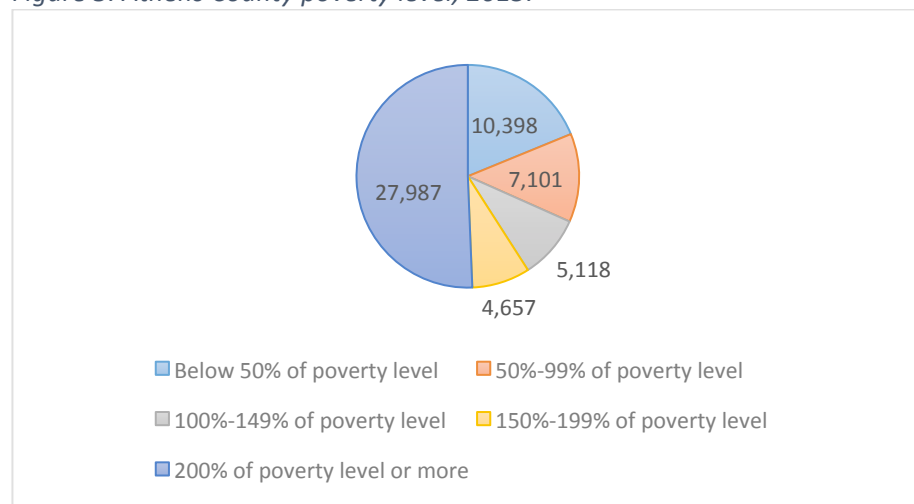
Figure 2. Poverty in Ohio by County.⁴



⁴ Ohio Development Services Agency. (2015, January). The Ohio Poverty Report. Retrieved from <http://www.development.ohio.gov/files/research/P7005.pdf>

According to the Ohio Development Services Agency, the median household income in 2014 was \$33,823.⁵ The ratio of income to poverty level for Athens County and Ohio residents is as follows: (a) 31.7 percent of population is below 100 percent of the poverty level whereas Ohio is at 15.8 percent, (b) 17.7 percent is 100 to 199 percent of poverty level whereas Ohio is at 18.3 percent, and (c) 50.6 percent is 200 percent of poverty level or more whereas Ohio is at 65.9 percent.⁴

Figure 3. Athens County poverty level, 2015.⁵



Note: The federal poverty line in 2015 is listed at \$24,250 for a family of four. One hundred percent of poverty level is equal to \$24,250 and 200% of poverty would be \$48,500.⁶

Health Risk Factors

In the areas of childhood obesity, food insecurity and unhealthy adults, rates in Athens County exceed the state average. The rate of adult obesity is only slightly lower than the state average. See Figure 4 below for details.

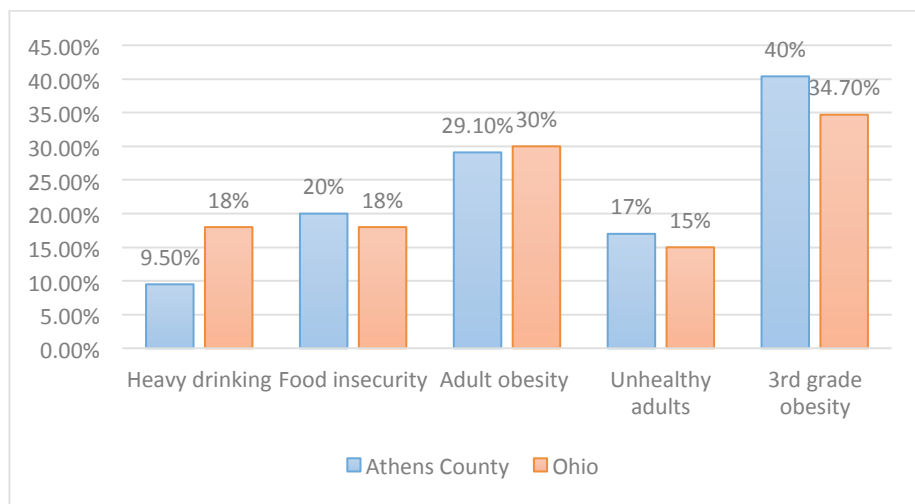
Figure 4. Health Risk Factors.^{7 8 9}

⁵ Ohio Development Services Agency. (2014). Ohio County Trends and Profiles. Retrieved from http://development.ohio.gov/reports/reports_countytrends_map.htm

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⁷ County Health Rankings (2015). Athens County snapshot. Retrieved June, 2015 from <http://www.countyhealthrankings.org/app/ohio/2015/rankings/athens/county/outcomes/overall/snapshot>

⁸ Ohio Department of Health. (n.d.). Public Health Assessment and Wellness. Retrieved from <http://ship.oh.networkofcare.org/ph/county-indicators.aspx>



Note: Heavy drinking is defined as percent of adults reporting binge or heavy drinking (2006-2012 data). Food insecurity is defined as percent of population who did not have access to a reliable source of food (2011 data). Adult obesity is defined as percent of adults who report BMI over 30 (2010 data). Unhealthy adults is defined as percent of adults who report fair or poor health (2006-2012 data). Third grade obesity (2010) is defined as percent of third graders who are overweight or obese.

Many Athens County rates of health-related behaviors compare unfavorably to rates for the state of Ohio. The unfavorable rates of health behavior categories include: (a) 30 percent smoke cigarettes compared to 21 percent of Ohioans; (b) Athens County scores a 5.7 out of 10 compared to 7.4 out of 10 for Ohioans on the Food Environment Index (an index of factors that contribute to a healthy food environment on a scale of zero to 10 where 10 is best); (c) 20 percent are considered food insecure compared to 18 percent of Ohioans; (d) 17 percent of adults report fair or poor health compared to 15 percent of Ohioans; (e) there are 58.6 unintentional injury-related age-adjusted deaths per 100,000 population compared to 41.1 for Ohio; and (f) 40.4 percent of third graders are considered overweight or obese compared to 34.7 percent in Ohio. The health factor behavior categories in which Athens County rates are better than Ohio include: (a) 9.5 percent of adults report binge or heavy drinking compared to 18 percent of Ohioans; (b) 29.1 percent of adults are obese compared to 30 percent of Ohioans; (c) 24 percent report a lack of physical exercise compared to 26 percent of Ohioans; and (d) an age-adjusted homicide rate per 100,000 population of 3.6 compared to 5.4 for Ohio.^{7 8 9}

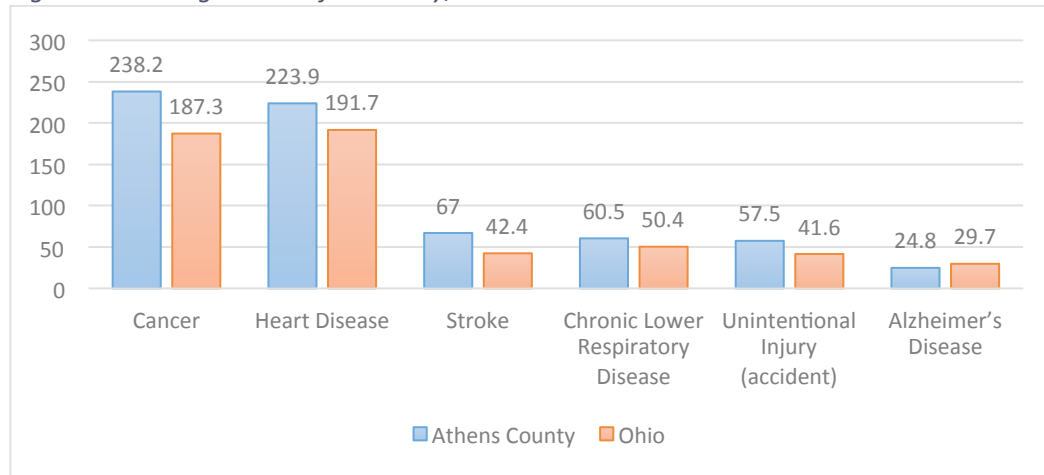
Leading Causes of Mortality

According to the Ohio Department of Health, the six leading causes of mortality in Athens County for the average age-adjusted rate per 100,000 population in 2010 are as follows: (1) Cancer at a rate of 238.2 per 100,000 population with 127 deaths whereas Ohio is at a rate of 187.3 per 100,000 population; (2) heart disease at a rate of 223.9 per 100,000 population with 120 deaths whereas Ohio is at a rate of 191.7 per 100,000 population; (3) stroke at a rate

⁹ Kids Count Data Center (2010). Third Graders Overweight and Obese. Retrieved from <http://datacenter.kidscount.org/data/Bar/7200-third-graders-overweight-and-obese?loc=37&loct=5#5/5182/false/133/any/14245>

of 67 per 100,000 population with 34 deaths whereas Ohio is at a rate of 42.4 per 100,000 population; (4) chronic lower respiratory disease at a rate of 60.5 per 100,000 population with 32 deaths whereas Ohio is at a rate of 50.4 per 100,000 population; (5) unintentional injury at a rate of 57.5 per 100,000 population with 30 deaths whereas Ohio is at a rate of 41.6 per 100,000 population; and (6) Alzheimer’s disease at a rate of 24.8 per 100,000 population with 13 deaths whereas Ohio is at a rate of 29.7 per 100,000 population.¹⁰ All of these rates, with exception of Alzheimer’s disease mortality, are higher in Athens County compared to the rates of Ohio.

Figure 5. Leading causes of mortality, 2010.¹⁰



Note: The data represents the age-adjusted rate per 100,000 population

Most Difficult Issues to Impact

Research participants were asked to identify especially difficult or intractable health-related issues facing Athens County. Responses included generational poverty, a lack of well-paying jobs, low levels of education, lack of transportation, a lack of access to healthcare, substance abuse, provider difficulty communicating with patients (and patients’ parents), and low levels of motivation to lead a healthy lifestyle and follow medical advice.

Poverty

As seen in the overview of Athens County, poverty is a significant issue facing the county. Moreover, this poverty is generational, which yields not only the immediate problems associated with limited resources (inability to afford healthcare, healthy food, etc.), but may also leave a generational legacy of low self-esteem, depression, mistrust of healthcare providers and other issues that negatively impact health. Research participants noted that parents who never received adequate healthcare themselves are often not facile at obtaining high-quality healthcare for their children. The poverty in the area stems in part from a lack of

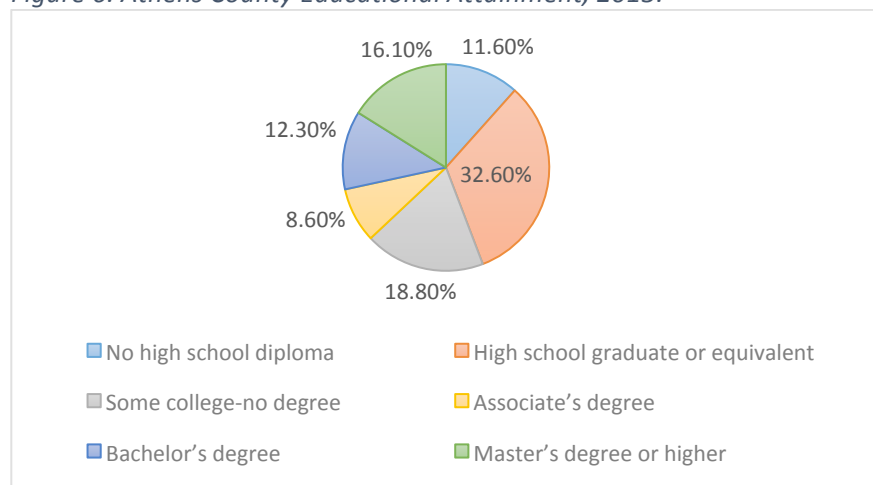
¹⁰ Ohio Department of Health (2010). Death-Data and Statistics. Retrieved from <http://www.odh.ohio.gov/healthStats/vitalstats/deathstat.aspx>

well-paying jobs, which is an underlying factor contributing several problems in the area, including depression and substance abuse.

Education

Another factor contributing to area poverty is lack of education on the part of many county residents. According to the Ohio Poverty Report,⁴ the skills and knowledge acquired with greater educational attainment tend to lead to steadier employment and better earnings. Poverty rates are highest among people without a high school diploma. In Athens County there is an area of concentrated high educational attainment around Ohio University, but populations in other areas are often characterized by much lower levels of educational attainment.

Figure 6. Athens County Educational Attainment, 2013.¹¹



Note: Rates are for those 25 years and older

The overall educational attainment levels of Athens County are somewhat similar to those of Ohio. The education levels are as follows: (a) 11.6 percent have no high school diploma whereas Ohio is at 11 percent; (b) 32.6 percent have a high school diploma or equivalent whereas Ohio is at 34.2 percent; (c) 18.8 percent have some college but no degree whereas Ohio is at 20.5 percent; (d) 8.6 percent have an Associate's degree whereas Ohio is at 8.2 percent; (e) 12.3 percent have a Bachelor's degree whereas Ohio is at 16.4 percent; and (f) 16.1 percent have a Master's degree or higher whereas Ohio is at 9.7 percent.¹¹

Given that nearly half (44.2 percent) of the adults over 25 have no further education beyond high school, it is not surprising that concerns about health literacy arose during data collection. Particularly, providers worry that some parents do not have the ability to understand the health needs of their children.

¹¹ US Census Bureau. (n.d.). Educational attainment distribution in Ohio in 2013. In Statista - The Statistics Portal. Retrieved from <http://www.statista.com/statistics/306993/educational-attainment-ohio/>

Transportation

Transportation was identified by research participants as another very difficult issue to impact. Focused discussion members and survey respondents indicated that county residents with low income have difficulty affording their own cars or paying for car insurance, gas, etc. Given the rural nature of the area and the shortage of public transportation options, not being able to afford a car can significantly hinder access to healthcare and healthy food.

Lack of providers

Research participants indicated that a shortage of healthcare resources in the area means that Athens County residents often have to travel to specialists in Columbus or other areas outside the county, which can be a significant obstacle to accessing healthcare. A look at the secondary data indicates that the physician to population ratio and the mental health provider to population ratio in Athens County are slightly higher than the state average. This may be due to a concentration of providers around the City of Athens. In Athens County there is a population to primary care physician ratio of 1,128:1 and a population to mental health provider ratio of 469:1. There were also 71 preventable hospital stays in Athens County (compared to 72 preventable hospital stays in Ohio) according to 2011 data. In comparison with Ohio rates, Athens County has a higher ratio of primary physicians and mental health providers while also having a lower number of preventable hospital stays.⁷ Table 1 below provides details.

Table 1. Population to physician ratio.⁷

Type of care	Athens County	Ohio
Primary care physicians (2012)	1,128:1	1,336:1
Mental health providers (2014)	469:1	716:1
Preventable hospital stays (2012)	71	72

The data regarding oral healthcare provision more strongly indicate a shortage of resources. Athens County has been designated a dental health professional shortage area by the Ohio Department of Health as of February 2015, which substantiates the concerns expressed about oral healthcare access in Athens County.¹² In Athens County there are 23.2 dentists per 100,000 residents whereas in Ohio overall, there are 53.3 dentists per 100,000 residents. The oral cancer incidence rates are also higher in Athens County compared to Ohio. The age-adjusted oral cancer incidence rate per 100,000 population for Athens County is 14.2 compared to 10 for Ohio.⁸ Secondary data also suggests that in Athens County young children are more likely to have untreated tooth decay compared to Ohio in general. The rate for third grade students with

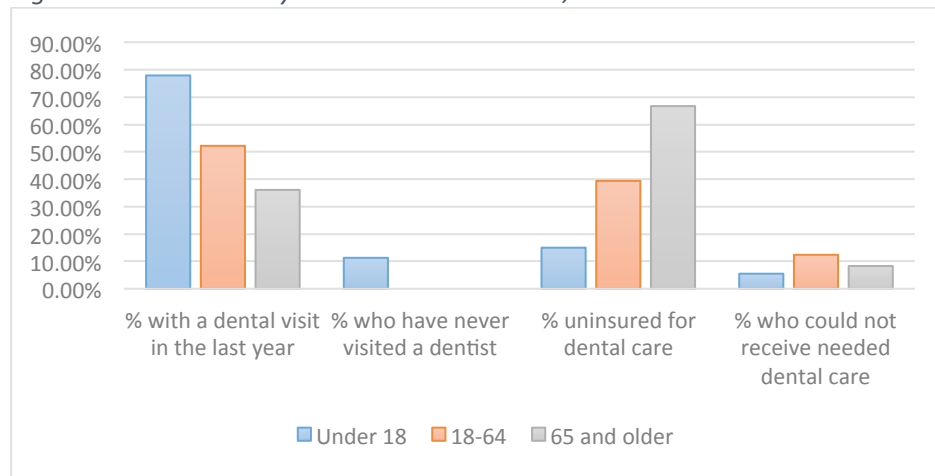
¹² Ohio Department of Health (2015). Dental Health Professional Shortage Areas in Ohio. Retrieved from <http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/ohs/oral%20health/HPSA%20weblis%202015.ashx>

untreated tooth decay in Athens County is 34.2 percent compared to 18.7 percent in Ohio.¹³ More information is provided in Table 2 and Figure 7 below.

Table 2. Oral Health.

Region	Dentists per 100,000 (2010) ⁸	Oral cancer incidence rate (age-adjusted per 100,000 population) (2005-2009) ⁸	Third grade students with untreated decay (2009-2010) ¹³
Athens County	23.2	14.2	32.4%
Ohio	53.3	10	18.7%

Figure 7. Athens County oral healthcare access, 2012.¹³



Note: There is no data for those who have never visited a dentist for age groups 18-64 and 65+.

Insurance

Another obstacle to accessing adequate healthcare is a lack of adequate healthcare coverage. The estimated payer mix according to 2013 data is as follows: (a) 11 percent uninsured in Athens County and 13 percent in Ohio; (b) 12 percent with Medicaid and 11 percent in Ohio; (c) 15 percent with Medicare and 21 percent in Ohio; and (d) 72 percent with private health insurance and 75 percent in Ohio (Note: The percentages do not add up to 100 as it is possible for individuals to have multiple types of insurance coverage).¹⁴ Roughly 67.7 percent of children in Athens County are enrolled in Medicaid or the State Children’s Health Insurance Program (SCHIP) while only 50.6 percent are enrolled in Ohio,¹⁵ and 5.2 percent of children have no

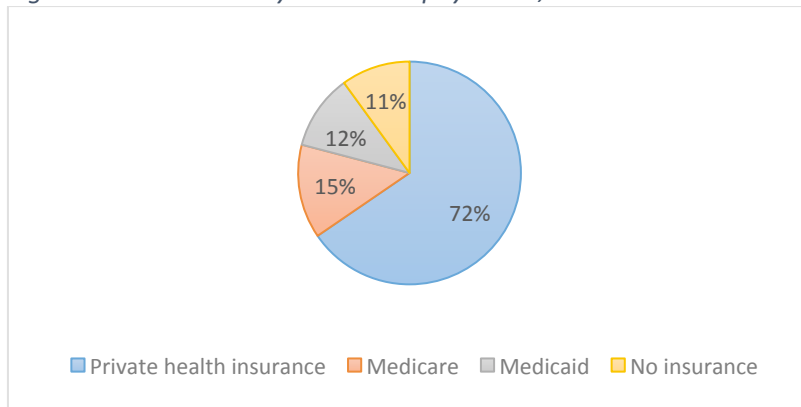
¹³ Ohio Department of Health (2012). Ohio Oral Health Surveillance System, 2012. Retrieved from <http://publicapps.odh.ohio.gov/oralhealth/ReportsDisplay.aspx?Report=BOHSReport&Format=pdf&CountyName=Athens&ReportVersion=2012>

¹⁴ American Community Survey. (2013). Athens County, Ohio Healthcare Data. Retrieved from <http://www.towncharts.com/Ohio/Healthcare/Athens-County-OH-Healthcare-data.html>

¹⁵ Kids Count Data Center. (2013). Children Enrolled in Public Health Care Programs. Retrieved from <http://datacenter.kidscount.org/data/tables/8145-children-enrolled-in-public-health-care-programs?loc=37&loct=5#detailed/5/5178-5265/false/36,868/any/15618>

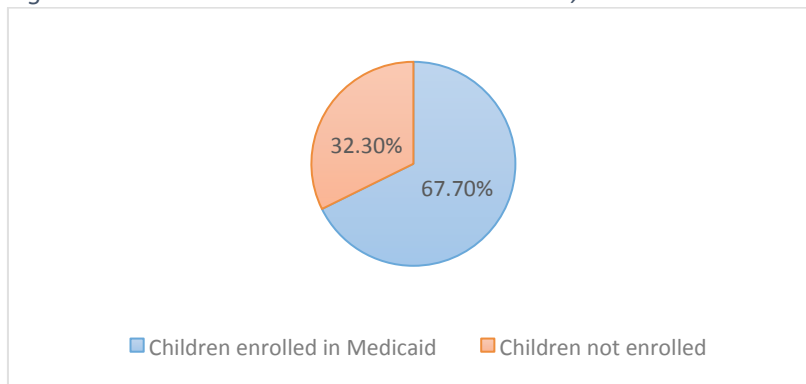
insurance.¹⁶ Figures 8 and 9 below provide more details. What is also seen through the qualitative data, is that even if residents are able to obtain health insurance, the deductible rates are much too costly and therefore residents are still going without care.

Figure 8. Athens County estimated payer mix, 2013. ¹⁴



Note: The percentages do not add up to 100 as it is possible for individuals to have multiple types of insurance coverage

Figure 9. Children enrolled in Medicaid or SCHIP, 2013. ¹⁵



Note: Percentage is calculated by dividing number of children under age of 18 enrolled in publicly funded healthcare by the child population (under the age of 18)

Communication with parents/patients

Research participants also identified poor communication between providers and patients as a particularly difficult problem facing the county. According to participants, this may stem from lower levels of education, lack of extensive experience with the healthcare system, and a lack of motivation to follow providers' advice and lead healthy lifestyles. On the part of providers, this difficulty may stem from a bias that patients with low incomes are not likely to understand or want to follow medical advice.

¹⁶ Ohio Department of Health. (2012). CFHS & RHWP Health Status Profile: Athens County, Ohio. Retrieved from <http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/cfhs/child%20and%20family%20health%20services/cfhs%20community%20health%20assessment/athenscounty.pdf>

Other more logistical communication problems were identified, including the frequent changing of phone numbers among patients, which makes it difficult for providers to follow up or confirm appointments.

Current Pressing Needs

In addition to identifying some of the more daunting health-related obstacles facing the county, research participants were also asked to identify the current pressing needs that might be successfully addressed given the appropriate resources, expertise, will and support.

In response, participants identified pregnancy-related issues, mental health, substance abuse (including tobacco and alcohol), transportation, access to care, childhood obesity and obesity-related diseases, disease prevention and education, and chronic disease management.

Pregnancy-related support

Research participants identified pregnancy-related issues as ones that could successfully be addressed if given the proper attention and resources. These include smoking during pregnancy, the need for maternal mental health support and teen pregnancy (or as one participant described it, “the easy acceptance of...pregnancies that limit life choices”).

Mental health resources

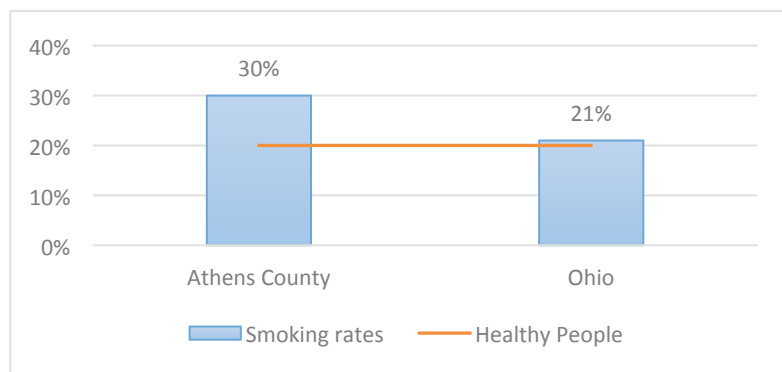
Mental health issues were also identified by many research participants as important issues that could successfully be addressed. In particular, participants highlighted the need to improve mental health services for children, including those without medical cards. Participants also signaled a need for more inpatient care and crisis resources.

Athens County does not compare favorably to the State of Ohio when it comes to mental health. The average number of reported mentally unhealthy days per month for those ages 18 and over is 5.2 for Athens County and 3.8 for Ohio.⁷

Drug and alcohol abuse

Drug addiction and substance abuse were once again listed by participants, this time as an area of concern that might successfully be addressed. This area of concern includes the rising illegal drug use, continued tobacco use (see Figure 10 below for more details) and continued alcoholism (see Figure 4 for more details). Participants indicated a need for more substance abuse counseling and the need to address the issue of multiple addictions.

Figure 10. Cigarette smoking rates, 2006-2012.⁷



Note: Percent of adult population that currently smokes every day or most days and has smoked 100 cigarettes in their lifetime. The Healthy People target line is included for reference.

Everyone appears to be aware of the dramatic increase of substance abuse, especially opiate use, within Athens County and the entire southeast Ohio region. There is heightened concern about infants born to opiate-addicted mothers as well as increases in Hepatitis C and other diseases related to intravenous drug use. Additionally, addiction has a negative impact on employment, financial stability and healthy parenting, and is related to increases in family violence and child abuse/neglect.

Relatedly, access to substance abuse treatment is a challenge, especially when inpatient treatment or intensive outpatient treatment is required. There is often a waiting list and there are limited providers.

When discussing the issue of drug use, some participants wanted to make clear that, while there have been some successful efforts to address this issue, there is a need to understand the root causes of this dramatic increase in drug use, and to make significant efforts to address the many complex factors such as poverty, mental illness, lack of education, etc., that contribute to the problem.

Transportation

Research participants reported that improving county-wide transportation would positively impact access to healthcare, healthy food and jobs. They noted that efforts to make improvements would require funding and community buy-in, but these are possible, as evidenced by recent expansion of the local bike path and recent efforts by Athens Transit.

Access to healthcare (physical health and oral health)

While the Affordable Care Act (ACA) and Medicaid Expansion has resulted in more people having access to health insurance,¹⁷ there is still confusion about the impact of ACA on access. While preventive services seem to be within reach for many who have previously been unable to access them, people who have had insurance through their workplace are seeing new restrictions and limitations on their benefits. A number of participants talked about the expense and limitations placed on various prescription medications. Some mentioned the expense of insulin and diabetic supplies as a challenge. Others noted the difficulty of obtaining behavioral healthcare unless the individual received Medicaid benefits.

In addition to insurance coverage, a number of other access issues were highlighted in the focused discussions. Oral healthcare, especially for people with Medicaid or without insurance, emerged as a critical issue among several participants. Others were concerned about the lack of local specialists. One participant mentioned that the only local oncologist/radiologist was

¹⁷ U.S. Department of Health and Human Services (2015). The Affordable Health Care Act is Working. Retrieved from <http://www.hhs.gov/healthcare/facts/factsheets/2014/10/affordable-care-act-is-working.html>

closing his practice. Access to behavioral health and addiction services was also noted as a crucial need, including inpatient care and psychiatric services.

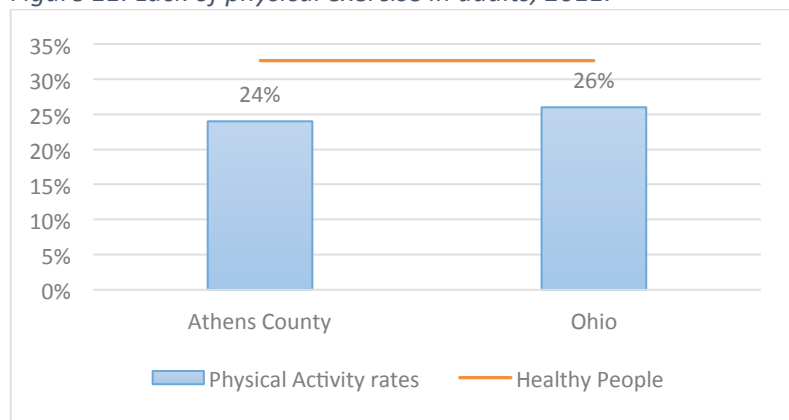
Childhood obesity and obesity-related diseases

Research participants expressed a great deal of concern about the rise of “adult” diseases among children in Athens County. These include diabetes, hypertension and high cholesterol. They attributed this increase to lifestyle factors such as being too sedentary and not having access to healthy foods. Increased rates of childhood obesity, along with the appearance of adult chronic diseases that are now being diagnosed in children have created anxiety about current trends.

Support for healthy lifestyles, chronic disease management, disease prevention and education

Study participants are worried about lifestyle choices, including unhealthy eating, lack of physical activity and use of tobacco, alcohol and other drugs, and the impact these choices have on chronic diseases such as cardiac and pulmonary diseases as well as diabetes. Some of the lifestyle choices are rooted in cultural practices related to diet and exercise, while others are connected to the built and natural environments in which people live. Figure 11 below provides one example of the way in which healthy lifestyle choices in Athens County lag behind the state.

Figure 11. Lack of physical exercise in adults, 2011. ⁷



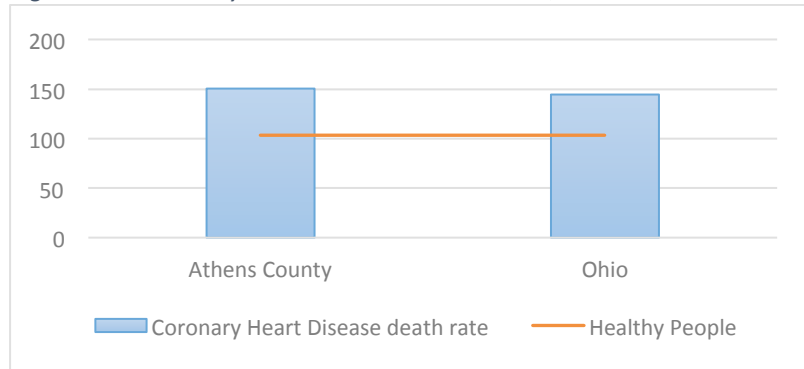
Note: Adults age 20 and over who report no leisure time physical activity

Related to this, research participants indicated a need to support Athens County residents with chronic diseases through improved access to specialists and support for the healthy lifestyle habits that reduce the impact of chronic diseases. They also noted that there are fewer screenings for health-related issues available from schools and the health department, signaling a need to step up disease prevention and education efforts.

Secondary data indicates the importance of addressing chronic diseases and shows that in most areas Athens County lags behind the state. For example, the age-adjusted death rates per 100,000 population due to coronary heart disease is higher in Athens County than the rates for

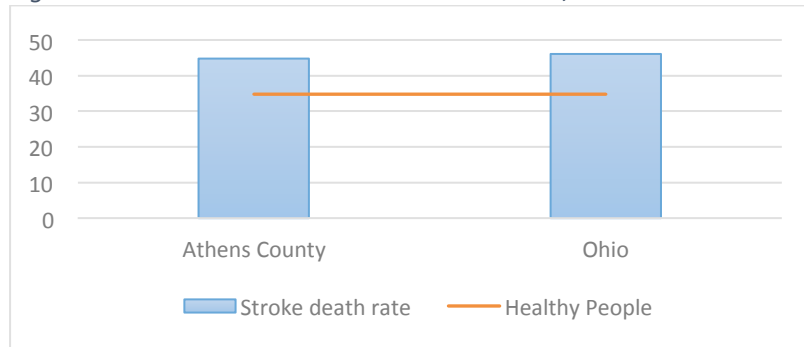
Ohio. In Athens County the age-adjusted death rate due to coronary heart disease is 150.5, whereas Ohio is 144.5.¹⁸ Both of these rates though are above the target level for the Healthy People 2020 which is 103.4. The rate due to cerebrovascular disease is 44.8 for Athens County whereas Ohio is 46.1.¹⁹ The cerebrovascular disease rates for both Athens County and Ohio are also both well above the target level for the Healthy People 2020, which is 34.8. Also, the percentage of adults with high blood pressure in Athens County is 19.6 percent and 28 percent for Ohio.⁷

Figure 12. Coronary heart disease death rates, 2005–2011.¹⁸



Note: The data represents the age-adjusted death rate per 100,000 population

Figure 13. Cerebrovascular disease death rates, 2005–2011.¹⁹



¹⁸ Centers for Disease Control and Prevention (2015). Coronary heart disease deaths. Retrieved from <http://www.cdc.gov/CommunityHealth/profile/currentprofile/OH/Athens/877>

¹⁹ Centers for Disease Control and Prevention. (2015). Cerebrovascular disease deaths. Retrieved from <http://www.cdc.gov/CommunityHealth/profile/currentprofile/OH/Athens/881>

Note: The data represents the age-adjusted death rate per 100,000 population

The leading respiratory-related causes of death are chronic lower respiratory disease as well as lung and bronchus cancer, which are both higher than the rates in Ohio. The age-adjusted death rates for these two causes for Athens County are 60.5 and 86.4 respectively whereas the rates for Ohio are 50.4 and 72.8 respectively.^{10 20}

Table 3. Respiratory disease, lung and bronchus cancer.

Region	Age-adjusted rate per 100,000 population	
	Chronic lower respiratory disease (2010)	Lung and bronchus cancer (2006–2010)
Athens County	60.5	86.4
Ohio	50.4	72.8

In Athens County the percentage of children diagnosed with asthma is 11.3 percent, which is 4.1 percentage points lower than that of Ohio at 15.4 percent. Also, the three year average annual rate of emergency room visits due to asthma per 10,000 is 28.1 compared to 52.9 for Ohio.⁸

The age-adjusted death rates per 100,000 population due to diabetes is lower than Ohio at 23.2 whereas Ohio stands at 26.1.⁸ Also, the percent of diabetic Medicare enrollees ages 65–75 that receive HbA1c monitoring is at 86 percent for Athens County and 84 percent for Ohio.⁷

Cancer prevention and education

Some focused discussion participants identified a current, pressing need for cancer prevention and education, citing a need for increased screenings and awareness.

In general, Athens County has a higher rate of cancer mortality when compared with Ohio. The average annual rate per 100,000 population for all sites and types of cancer is 222.8 for Athens County and 191.9 for Ohio. More specifically, the mortality rates of leading types of cancer are as follows: (a) colon and rectal cancer is 25.1 whereas Ohio is 18; (b) lung and bronchus cancer is 63.6 whereas Ohio is 57.1; (c) breast cancer for females is 20.6 whereas Ohio is 24.7; and (d) prostate cancer for males is 23.5 whereas Ohio is 23.6.²⁰

Table 4. Cancer mortality rates — average annual rate per 100,000 (2006–2010).²⁰

Region	All sites/types			Colon & Rectum			Lung & Bronchus			Breast	Prostate
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Female	Male
Athens County	277.3	183.8	222.8	28.1	22	25.1	84.9	46.8	63.6	20.6	23.5
Ohio	235.9	162.1	191.9	21.7	15.2	18	74.8	44.2	57.1	24.7	23.6

²⁰ Ohio Department of Health and the Ohio State University (2014). Cancer in Ohio. Retrieved June, 2015 from <http://www.healthy.ohio.gov/~media/HealthyOhio/ASSETS/Files/OCISS/Reports/Cancer%20in%20Ohio%202014.ashx>

The percentage of Athens County residents who have received certain cancer screenings is slightly above Ohio for the percent of women ages 18 and older who have had a Pap test in the last three years but below Ohio for the percent of women ages 50 and older who report a mammogram in the past two years and the percent of adults ages 50 and older who report ever having a colonoscopy. The percentages are as follows: (a) 82.6 percent of women 18 and older have had a Pap test compared to 79.3 percent in Ohio; (b) 73 percent of women 50 and older report a mammogram compared to 78.1 percent for Ohio; and (c) 55.3 percent of adults 50 and older report having a colonoscopy compared to 60 percent for Ohio.⁸

Emerging Issues and Opportunities

Emerging Issues

Many of the same issues that were identified in the first two categories (issues that are difficult/potentially impossible to address, and issues that are treatable given sufficient will and resources) were also identified as emerging issues for Athens County. These include obesity due to lifestyle factors, teen pregnancy, increasing opiate addiction, Type II diabetes and other “adult” diseases in children, and difficulty navigating healthcare coverage, especially among the middle class. Other issues identified as emerging issues that were *not* discussed under other categories include concerns about teens, the impact of social media and environmental concerns.

Teen concerns

Depression, teen pregnancy, teen parenting, suicidality, tobacco use and substance abuse are among the many concerns for teens in Athens County. Some of these concerns are not substantiated in the secondary data. For example, there are fewer births to teens between the ages of 15 and 19 in Athens County compared to the State of Ohio. In Athens County, there are 14.7 births to teens per 1,000 live births whereas in Ohio there are 33.5 per 1,000 live births.⁸

Social media and technology

Many participants expressed concern that increased use of new technology and social media are causing “relationship deprivation,” and that social media can have traumatizing effects on those who are the victims of cyberbullying.

Environmental concerns

Water quality and water safety also came to light as serious, potential, future threats to health. Toxic chemicals from fracking, runoff from agriculture and other threats to safe drinking water were noted by multiple participants.

Opportunities

Social media and technology

Technology was identified as a possible boon to health and healthcare access. Examples of how the healthcare landscape is changing include: (a) providers’ use of text messages to convey

health tips to expectant mothers, or to monitor health indicators using smart phones or personal monitoring device, and (b) patients access healthcare via the phone or the computer.

Success

Pregnancy support

Some of the most recent successes have occurred with expectant mothers who are addicted to drugs or who smoke. There are a number of initiatives to help high-risk women through a health pregnancy and a healthy birth. Many of these involve collaborations between local obstetricians, Pathways, Help Me Grow and Athens City-County Health Department. There are a variety of partnerships between physicians, drug treatment specialists and social service providers to offer comprehensive services to mothers and their babies.

Athens County rates fare very well regarding perinatal and early childhood health in comparison to Ohio. The infant mortality rate per 1,000 live births for Athens County is at 5.1 whereas for Ohio it is 7.7. The percentage of low-weight births is also lower in Athens County than in Ohio in general; 7.5 percent for Athens County and 8.6 percent for Ohio.⁸

Integration of primary and behavioral health

Another key effort to increase access to behavioral health services and encourage coordinated treatment efforts on the part of physicians and behavioral health and/or addiction specialists is the integration of behavioral health consultants (BHC) in physician practices. Several primary care and a few specialty practices, through support from the 317 Board and the Osteopathic Heritage Foundation of Nelsonville, are linking with behavioral health providers through the use of embedded BHCs.

Reduction in tobacco use

A longstanding effort within Athens County to reduce the use of tobacco has resulted in several organization-wide bans on the use of tobacco products. All school districts in the county have tobacco-free campuses and now Ohio University has joined their ranks. Many employers offer incentives to employees who agree to quit using tobacco.

Support for youth

There are many programs promoting health among youth in Athens County, including lifestyle programs, leadership programs in school, anti-bullying campaigns and an increase in school-based health clinics.

Increased access to care

The establishment of school health clinics and the establishment of mental health consultation in preschools has improved children's access to both physical and mental healthcare.

Transportation

Athens Transit (Athens bus system as well as Athens-on-Demand Transit) and the Hockhocking Bike Path are working to make a dent in the transportation gap within the county. More needs to be done, but the increase in accessible public transportation is a good start.

Lifestyle choices and chronic disease risk factors

Finally, there are several organizations involved in promoting healthy eating and active living. Efforts to increase access to locally grown, healthy foods for all members of the community have many supporters. Programs like the Complete Health Improvement Program, Diabetes Prevention Program and Cardiac Risk Reduction program increase the likelihood that people in Athens County will be aware of healthy lifestyle choices as well as make use of healthy food and nutrition.

New health policies, including new WIC standards, school food standards, moves to tobacco-free campuses and support for worksite wellness programs, are also helping to create a healthier Athens County.

Appendix A

The following table summarizes the health-related issues identified during the primary data collection process from the focused discussions and survey responses.

Summary of Responses to Guiding Research Questions

Category	Findings
The most difficult, potentially	<ul style="list-style-type: none">• Poverty and lack of well-paying jobs• Transportation (both to medical services and to stores with healthy foods)

<p>impossible issues to impact</p>	<ul style="list-style-type: none"> • Substance abuse/drug addictions, including alcoholism, tobacco use and narcotic use • Communication between providers and patients, including parents of patients (because of cultural and logistical issues) and resources for healthcare needs • Lack of education • Lack of patient motivation to improve health, follow medical advice • Providers’ perception that low-income patients do not want to improve health • Access to healthcare • Lack of oral healthcare resources and difficulty accessing existing resources • Communication between providers and patients, including parents of patients (because of cultural and logistical issues) 	
<p>Pressing current needs that can be impacted with the right resources, expertise, will and support</p>	<ul style="list-style-type: none"> • Pregnancy-related issues, including teen pregnancy, smoking during pregnancy and maternal mental health • Mental health issues • Substance abuse/drug addictions, including illegal drugs, tobacco and multiple addictions • Transportation • Access to healthcare, including oral health • Childhood obesity • Disease prevention and education • Chronic disease management 	
<p>The new and emerging health threats and/or opportunities</p>	<p style="text-align: center;"><u>Threats</u></p> <ul style="list-style-type: none"> • Obesity and chronic disease due to lifestyle factors • Teen pregnancy and teen parenting • Increasing opiate addiction and its impact on families, especially children • Use of vaping pens for drug use, especially among youth • Hepatitis C and other consequences of drug abuse • Type II diabetes and other “adult” diseases in children, including high blood pressure and elevated cholesterol • Environmental concerns, especially regarding protection of water supply • Difficulty navigating healthcare coverage, especially for middle class • The impact of social media, including relationship deprivation and cyberbullying • Depression/suicide/hopelessness among county residents 	<p style="text-align: center;"><u>Opportunities</u></p> <ul style="list-style-type: none"> • Use of technology to increase patients’ access to care • Use of technology to communicate more effectively with patients
<p>Successes</p>	<ul style="list-style-type: none"> • Establishment of school health clinic • Pregnancy support • Mental health consultation in preschools • Integration of behavioral and physical health • Leadership classes in schools 	

	<ul style="list-style-type: none">• Anti-bullying efforts in schools• Law-enforcement outreach to schools• Tobacco-free campuses (schools and medical facilities)• Local food initiatives and increased access to healthy foods• Support for healthy lifestyles, including increased opportunities for physical activity and health-related community programming• Improvements to transportation access• Health policies, including new WIC standards, school food standards, tobacco-free campuses and worksite wellness programs• Addressing blighted homes• Increased collaboration among service providers
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Appendix B

Summary of Data and Information Related to the Significant Health Needs Identified by Community Stakeholders in Athens County, Ohio

1. Access to Care

1.1. Access to transportation — lack of transportation access are barriers to obtaining healthcare, healthy food and jobs.

1.1.1. Primary data (Appendix A)

- + Athens County residents from low-income groups cannot afford their own cars, car insurance and/or gas.
- + There is a shortage of options for public transport in Athens County.
- + The current initiatives to improve transportation in Athens County include expansion of the bicycle path and routes serviced by Athens Public Transit.

1.1.2. Secondary data

- + Transportation options in Athens County include (59):
 - **Athens Public Transit** — services seven routes daily busing people from Ohio University and Athens, Ohio. Examples of service stops and pick-ups include Athena Grand, Wal-Mart, Athens Community Center, Kroger, Staples and East State Street.
 - **Ohio University Campus Area Transit Service** — day and night services within the university campus.
 - **Athens Green Cab** — services university and Athens, Ohio.
 - **Go Bus** — services Athens to Cincinnati, Cleveland, Columbus and Parkersburg.

1.2. Access to oral health

1.2.1. Primary data (Appendix A)

- + Oral healthcare, especially for Medicaid recipients or those without health insurance was identified as a critical issue. Persons reported that there is lack of oral healthcare resources and accessing these resources is difficult.

1.2.2. Secondary data

- + Athens County was designated as a dental health professional shortage area in January 2013 (66).
- + Based on the 2014 County Health Rankings, the ratio of population to dentist is 4,287:1 for Athens County compared to 1,789:1 for all of Ohio (35).

1.3. Cost relative to co-pays and deductibles

1.3.1. Primary data (Appendix A)

- + Even if residents are able to obtain health insurance, the deductibles are expensive and residents are not able to obtain care.

1.3.2. Secondary data

- + Ohioans on Medicaid are charged a co-payment for non-emergency services obtained in a hospital or emergency room, dental services, eye exams, eyeglasses, brand-name medicines and medicines that need prior authorization (67).
- + Co-payments are not charged for persons younger than 21 years of age, pregnant, living in a nursing home or an intermediate care facility for persons with mental disabilities, receiving emergency services in a hospital, clinic or office, receiving family planning services or hospice care, or in a managed care plan that does not charge co-payments (67).

- + High deductible health plans require policy holders to spend a certain amount of money before insurance coverage starts. These are more commonly called “consumer-directed health plans,” which may be attractive to employers and privately insured individuals because they offer lower premiums. It may be a way to reduce the use of non-essential healthcare services but may be financially catastrophic for the insured individual in case of an unexpected illness or hospitalization **(102)**.

1.4. Access to Information

1.4.1. Primary data (Appendix A)

- + Resources related to addressing social determinants of health are lacking in Athens County.
- + Focus group and survey participants reported a shortage of healthcare resources in Athens County and they often have to travel to Columbus, Ohio or outside Athens County to obtain healthcare.

1.4.2. Secondary data

- + No secondary data on access to information in Athens County was found.

2. Substance abuse

2.1. Addictions and increasing opiate use

2.1.1. Primary data (Appendix A)

- + Participants indicated a need for more substance abuse counseling and the need to address the issue of multiple addictions.
- + Addiction negatively impacts family-related issues such as job and financial stability as well as parenting, it also leads to increased incidences of family violence and child abuse and/or neglect.
- + Access to behavioral health and addiction services were identified as crucial needs as well as coordination of treatments between physicians and behaviorists or addiction specialists.
- + Participants indicated that substance abuse and drug addictions, including use of illegal drugs, tobacco and multiple addictions, are pressing needs that can be impacted given the right resources, expertise, will and support.
- + Participants indicated that opiate addiction and its negative impact on families and children are new and emerging issues in Athens County.

2.1.2. Secondary data

- + Eight persons died of drug overdose in Athens County in 2014 **(118)**.
- + Athens has an overdose rate of 19.1 per 100,000 people which is higher compared to the overdose rate of 16.2 per 100,000 for Cuyahoga County **(118)**.
- + Powdered cocaine is highly available in the Athens region and extremely easy to get. A gram of powdered cocaine sells for \$100. Crack cocaine remains highly available in the Athens region and extremely easy to get. A gram of crack cocaine sells for \$100 **(72)**.
- + Heroin is highly available in the Athens region and extremely easy to get. Black tar heroin is most available. A gram of heroin sells for \$100 to \$200 **(72)**.
- + Prescription opioids are highly available and extremely easy to get in the Athens region. Most popular opioids are Opana®, Roxicet®, Vicodin®, Dilaudid® and Percocet®. These drugs are usually obtained through prescriptions, from street dealers or from families and friends **(72)**.

2.2. Hepatitis C and Human Immunodeficiency Virus (HIV)

2.2.1. Primary data (Appendix A)

- + There is heightened concern about infants born to mothers with opiate addictions and an increase in incidences of Hepatitis C due to intravenous drug use.

2.2.2. Secondary data

- + In 2013, Athens County reported 90 persons with chronic Hepatitis C (10).
- + In 2012, there were 30 males and 13 females who had HIV in Athens County. Among these persons, 26 percent were African Americans (33).

3. Behavioral health

3.1. Impacts on the medical system

3.1.1. Primary data (Appendix A)

- + Obtaining behavioral healthcare is difficult unless the person receives Medicaid benefits.
- + Access to behavioral healthcare (inpatient and psychiatric services) was identified as a crucial need.
- + The integration of behavioral healthcare into primary care through incorporation of behavioral health consultants in physician practices may improve access to care.

3.1.2. Secondary data

- + During 2006–2012, Athens County residents had 5.2 poor mental health days compared to 3.8 poor mental health days (stress, depression and emotional problems) in all of Ohio (34, 35).
- + In 2013, there were 814:1 mental health providers in Athens County compared to 1,023:1 mental health providers throughout Ohio (34, 35).
- + There is a need for integration of behavioral health and primary care, either coordinated, co-located or fully integrated.
- + The Osteopathic Heritage Foundation of Nelsonville and the Alcohol, Drug Addiction and Mental Health Services Board serving Athens, Hocking and Vinton counties (317 Board) have partnered to enable integration of behavioral health and primary care in southeastern Ohio (98). Integration of behavioral health and primary care aims to (a) promote health of underserved populations with behavioral health issues, (b) ensure cost-effectiveness, and (c) reduce duplication of services. Some of the reasons for referrals include psycho-education, case management, bio-psychosocial impacts on symptoms, suicide assessment and/or homelessness.
- + Examples of partners are (98, 103):
 - Hopewell Health Centers — fully integrated
 - Integrated Services of Appalachia Ohio/University Medical Associates — co-located
 - Health Recovery Services/OhioHealth O’Bleness Hospital pain management associates — co-located
 - Woodland Centers, Inc./Holzer Medical Center — co-located

4. Chronic disease

4.1 Lifestyle and behaviors

4.1.1. Primary data (Appendix A)

- + Increase in diabetes, hypertension and high cholesterol were attributed to lifestyle-related factors such as being sedentary and lack of access to healthy foods.
- + Increased rates of childhood obesity and occurrence of hypertension in children may also be attributed to sedentary lifestyle. Participants reported that an emerging issue is obesity due to sedentary lifestyle.
- + Participants are mindful and aware that poor lifestyle choices, such as unhealthy eating, lack of physical activity and use of tobacco, alcohol or other drugs, could lead to cardiac and pulmonary diseases as well as diabetes.
- + Cultural practices related to diet, exercise and environment in the Appalachian region impact lifestyle choices.
- + Participants reported the need for programs that support healthy lifestyles while improving prevention and education efforts in the community.
- + Participants reported that there has been fewer health screenings offered in schools and at the Athens City-County Health Department.
- + More children are being diagnosed with diabetes, hypertension and high cholesterol. Participants noted that these diseases have only been seen in adults. Participants reported anxiety over these conditions as negative consequences of sedentary lifestyle and lack of access to healthy foods.

4.1.2. Secondary data

- + Twenty-four percent of adults in Athens County 20 years of age and older reported no leisure time physical activity compared to 26 percent in Ohio **(34, 35)**.
- + The age-adjusted death rate due to coronary heart disease was 150.5 per 100,000 in Athens County compared to 144.5 per 100,000 throughout Ohio **(23)**.
- + The age-adjusted death rate due to stroke was 44.8 per 100,000 population in Athens County compared to 46.1 per 100,000 population in Ohio **(24)**.
- + Approximately 10 percent of Athens County residents have diabetes whereas 11 percent of Ohio residents have diabetes **(34, 35)**.
- + During 2009–2011, the age-adjusted death rate due to diabetes was 23.2 per 100,000 compared to 26.1 per 100,000 across Ohio **(119)**.
- + Participants identified that various organization's health and wellness efforts will help the Athens County community to become aware of healthy lifestyle choices. Some examples include:
 - Live Healthy Appalachia's Complete Health Improvement Program
 - University Medical Associates Diabetes/Endocrine Center's Diabetes Prevention Program **(83)**
 - Ohio University WellWorks Risk Reduction Program **(86)**
 - Revised WIC (Women, Infants and Children) standards
 - Revised school districts' food standards
 - Tobacco-free campuses
 - Worksite wellness programs

4.2. Obesity as a chronic disease among children and adults

4.2.1. Primary data (Appendix A)

- + Participants identified the current pressing needs in Athens County include childhood obesity and obesity-related diseases.
- + Participants were concerned and anxious about the rise of diabetes, hypertension and high cholesterol among Athens County children. Participants recognized that these chronic diseases were “adult diseases.” Participants attributed that these diseases were due to sedentary lifestyle and lack of access to nutritious foods for the family.
- + Participants also identified the rising obesity rates associated with lifestyle choices as an emerging health issue for Athens County.

4.2.2. Secondary data

- + In 2010, adult obesity in Athens County was 33 percent compared to 30 percent throughout Ohio (34, 35).
- + In 2010, third-grade obesity rate (percent of third graders who are overweight or obese) in Athens County was 40.4 percent compared to 34.7 percent across Ohio (108).

4.3. Depression/hopelessness associated with chronic disease

4.3.1. Primary data (Appendix A)

- + Participants reported that depression, suicide and hopelessness are new and emerging threats to health status of Athens County residents.
- + Participants identified that teen depression is an emerging health issue.
- + The existence of poverty among multiple generations may have led to lingering self-esteem issues, depression and mistrust of the healthcare system.

4.3.2. Secondary data

- + Depression affects 25 percent of patients with diabetes and significantly affects management of the disease. The use of cognitive behavioral therapy and exercise in partnership with various community organizations through the ACTIVE (Appalachians Coming Together to Increase Vital Exercise) program showed promise in helping people manage their diabetes (36).
- + Athens County has a poverty rate of 31.7 percent, which is the highest poverty rate in Ohio. It is more than double the average poverty rate in Ohio (15.8 percent) (69).
- + In Athens County, there were 17,499 persons whose income was below 100 percent federal poverty level (70).

4.4. Chronic disease management

4.4.1. Primary data (Appendix A)

- + Participants identified that chronic disease management is one of the current pressing needs that might be addressed successfully given the appropriate resources, expertise, will and community support.
- + The Heart Healthy Community Coalition of Athens County is a network of health professionals that address issues affecting heart health, prevention of chronic diseases and disease management.
- + Participants reported that access to specialists and support for healthy lifestyle habits would reduce the impact of chronic diseases in Athens County.

4.4.2. Secondary data

- + **Prevalence of chronic diseases** — in Athens, Gallia, Hocking, Jackson, Lawrence, Meigs and Vinton counties (Ohio Region 10), 15 percent of the residents have chronic obstructive pulmonary disease, 16.9 percent have asthma, 36.2 percent have arthritis and 28.1 percent have multiple chronic diseases (47).

- + **Prevalence of poor lifestyle habits** — in Athens County and in neighboring counties belonging to Region 10, 21.3 percent of the residents are current smokers, 33.4 percent consume less than one serving of vegetables per day, 79 percent do not meet physical activity guidelines and 5.1 percent are heavy alcohol drinkers (47).
- + **Prevalence of chronic disease risk factors** — in Athens County and in neighboring counties belonging to Region 10, 35.4 percent are obese, 33.7 percent are hypertensive and 47.9 percent have high cholesterol (47).
- + **Complete Health Improvement Program** — after attending four to eight week interventions provided by the Complete Health Improvement Program (CHIP), 214 participants from the Appalachian region showed significant reductions in body mass index, blood pressure, fasting total cholesterol and low density lipoprotein and glucose (37). The pilot project is limited, however, since the participants were self-selected, able to afford the program or capable of obtaining funding, demonstrated readiness to change and take responsibility for diet and activity modifications. The program was conducted within a four- to eight-week period (37). Whether or not the CHIP program could be effective in promoting health outcomes of poor people and those who lack transportation and access to healthcare, on a long-term basis, still needs to be determined.

5. Mental health

5.1. Primary data (Appendix A)

- + Participants identified that lack of pregnancy-related mental health support is a current pressing need in Athens County.
- + Participants identified that mental health issues are an important issue that could be addressed successfully. Participants recommended improving mental health services for children, inpatient care and education on crisis resources.
- + Participants reported that Athens County successfully addressed through school health clinics and availability of mental health consultation in preschools.

5.2. Secondary data

- + In 2013, there were 814:1 mental health providers in Athens County compared to 1,023:1 mental health providers throughout Ohio (34, 35).
- + During 2006–2012, Athens County residents have 5.2 poor mental health days compared to 3.8 poor mental health days (stress, depression and emotional problems) among Ohioans during the past 30 days (34, 35).
- + The Athens-Hocking-Vinton Alcohol Drug Addiction and Mental Health Services Board (317 Board) conducts free Mental Health First Aid training in Athens County. OhioHealth O’Bleness Hospital team members are certified, mental health, first aid trainers. The mental health first aid course teaches participants how to identify manifestations of mental health problems, offers and provides initial assistance and helps obtain professional help (112).

6. Seniors

6.1. Aging in Athens

6.1.1. Primary data (Appendix A)

- + During primary data collection, the participants did not discuss the health needs associated with aging or among senior citizens in Athens County.
- + Aging in Athens County was discussed during the community stakeholder meetings.

6.1.2. Secondary data

- + 10.5 percent of Athens County residents are 65 years of age or older (**70**).
- + Number of persons 60 years of age or older residing in Athens County, Ohio (**122**):
 - **Age 60 to 64 years** — 2,919 persons in 2010; 3,289 persons estimated in 2013
 - **Age 65 to 69 years** — 2,087 persons in 2010; 2,472 persons estimated in 2013
 - **Age 70 to 74 years** — 1,574 persons in 2010; 1,726 persons estimated in 2013
 - **Age 75 to 79 years** — 1,150 persons in 2010; 1,237 persons estimated in 2013
 - **Age 80 to 84 years** — 881 persons in 2010; 818 persons estimated in 2013
 - **Age 85 years or older** — 846 persons in 2010; 849 persons estimated in 2013

7. Economic development

7.1. Primary data (Appendix A)

- + Participants reported that generational poverty has led to low self-esteem and lack of motivation to take care of one's health. Participants reported that parents who never received adequate healthcare for themselves are not as motivated to obtain or advocate for high-quality healthcare for their children.
- + Participants attributed poverty to the lack of well-paying jobs, which have caused depression and substance abuse.
- + Populations in other areas in Athens County apart from Ohio University are characterized by low levels of educational attainment.

7.2. Secondary data (39, 69, 120, 121, 123)

- + Athens County is the poorest county in Ohio
 - **Median household income (2009–2013)** — \$33,823 in Athens County; \$48,308 in Ohio; \$53,046 in U.S.
 - **Poverty rate (2009–2013)** — 31.7 percent in Athens County; 15.8 percent in Ohio; 15.4 percent in U.S.
 - **Unemployment (2015)** — six percent in Athens County; 4.5 percent in Ohio; five percent in U.S.
- + Educational status of persons 25 years of age or older residing in Athens County, Ohio:
 - **No high school diploma** — 10.6 percent in Athens County; 11.5 percent in Ohio.
 - **High school graduate** — 33.2 percent in Athens County; 34.7 percent in Ohio.
 - **Some college, no degree** — 17.9 percent in Athens County; 20.8 percent in Ohio.
 - **Associates degree** — 10.1 percent in Athens County; 7.8 percent in Ohio.
 - **Bachelor's degree** — 12.5 percent in Athens County; 15.8 percent in Ohio.
 - **Master's degree or higher** — 15.6 percent in Athens County (Ohio University is in Athens County); 9.3 percent in Ohio.

8. Coordination and Education

8.1. Communication and coordination of services between agencies

8.1.1. Primary data (Appendix A)

- + During primary data collection, the participants did not discuss the health needs associated with lack of communication and coordination of services between agencies in Athens County.
- + Lack of communication and coordination of services between agencies in Athens County was discussed during the community stakeholder meetings.

8.1.2. Secondary data/information

- + **Integrating Professionals for Appalachian Children (IPAC) (49, 50)** — an organization that facilitates comprehensive communication and coordination of services between agencies in Athens County. The 19 community agencies that participate in IPAC include: (a) Athens City School District, (b) Athens County Family and Children First Council, (c) Athens Meigs Educational Service Center, (d) The Appalachian Rural Health Institute, (e) Corporation for Ohio Appalachian Development, (f) The Dairy Barn Arts Center, (g) Hocking County Board of Developmental Disabilities, (h) Hopewell Health Centers, Inc., (i) Health Recovery Services, Inc., (j) Help Me Grow, (k) Gallia-Meigs Community Action Agency, (l) Ohio University College of Osteopathic Medicine, (m) Ohio University College of Osteopathic Medicine Community Health Programs, (n) Ohio University College of Health Sciences and Professions, (o) Ohio University Hearing, Speech and Language Clinic, (p) The Ohio University Psychology and Social Work Clinic, (q) The Ohio University Scripps College of Communication, (r) University Medical Associates and Pediatrics, and (s) Youth Experiencing Success in School Program.
- + IPAC's programs include the following:
 - Early childhood mental health consultations
 - Early identification and screening of children with special needs
 - Family Navigator Program
 - Interdisciplinary assessment team
 - Integration of primary care and behavioral health
 - Pathways Program
 - Strengthening families through the LAUNCH project
- + Athens City-County Health Department **(26)** — obtained funding from the Prevention and Public Health Fund of the Affordable Care Act to implement public health actions to prevent obesity, diabetes, heart disease and stroke. Interventions will include health system interventions and linking community programs to clinical services focused on managing high blood pressure and pre-diabetes.

8.2. Health promotion and education

8.2.1. Primary data (Appendix A)

- + Participants reported that there is a need to understand the root causes of substance abuse and address contributing factors such as poverty, mental illness and lack of education.
- + Participants were aware that lifestyle choices such as unhealthy eating, lack of physical activity and tobacco, alcohol or other drug use could lead to heart disease, respiratory disease and/or diabetes. Health promotion and education efforts have to focus on education and awareness on the influences of cultural practices as well as natural and built environments among Athens County residents.
- + Participants recommended that residents with chronic diseases need to have access to specialist care and empowerment to adopt healthy lifestyles in order to reduce complications from chronic diseases.
- + Participants reported the need to improve disease prevention and education efforts throughout Athens County.
- + Participants reported that there is a current, pressing need for cancer prevention and education in Athens County through screenings and awareness for various cancers.

8.2.2. Secondary data/information

8.2.2.1. Six leading causes of death in Athens County — Athens County deaths rates due to cancer, heart disease, stroke, chronic lower respiratory disease and unintentional injury were higher than the overall rates in Ohio and throughout the United States (**61, 63, 64**).

- + **Cancer death rates** — in 2010, cancer was the leading cause of death in Athens County (238.2 per 100,000), which was higher than the overall rates in Ohio (187.3 per 100,000) and throughout the United States (172.8 per 100,000).
 - During 2006–2010, the top four highest cancer mortality rates were due to cancer of the lung and bronchus (63.6 per 100,000), colon and rectum (25.1 per 100,000), prostate (23.5 per 100,000) and breast (20.6 per 100,000).
- + **Heart disease death rates** — in 2010, heart disease was the second leading cause of death in Athens County (223.9 per 100,000), which was higher than the overall rates in Ohio (191.7 per 100,000) and throughout the United States (179.1 per 100,000).
- + **Stroke death rates** — in 2010, stroke was the third leading cause of death in Athens County (67.0 per 100,000), which was higher than the overall rates in Ohio (42.4 per 100,000) and throughout the United States (39.1 per 100,000).
- + **Chronic lower respiratory disease death rates** — in 2010, chronic lower respiratory disease was the fourth leading cause of death in Athens County (60.5 per 100,000), which was higher than the overall rates in Ohio (50.4 per 100,000) and throughout the United States (42.2 per 100,000).
- + **Unintentional injury death rates** — in 2010, unintentional injury (accidents) was the fifth leading cause of death in Athens County (57.5 per 100,000), which was higher than the overall rates in Ohio (41.6 per 100,000) and throughout the United States (38.0 per 100,000).
- + **Alzheimer’s disease death rates** — in 2010, Alzheimer’s disease was the sixth leading cause of death in Athens County (24.8 per 100,000), which was higher than the overall rates in Ohio (29.7 per 100,000) and throughout the United States (25.1 per 100,000).

8.2.2.2. Health outcomes and health behaviors of Athens County residents (34, 35)

- + **Adult obesity rates** — 33 percent in Athens County compared to 30 percent in Ohio
- + **Adult smoking rates** — 30 percent in Athens County compared to 21 percent in Ohio
- + **Physical inactivity** — 28 percent in Athens County compared to 27 percent in Ohio
- + **Excessive drinking** — 10 percent in Athens County compared to 18 percent in Ohio
- + **Alcohol-impaired driving deaths** — 42 percent in Athens County compared to 36 percent in Ohio
- + **Limited access to healthy foods** — 14 percent in Athens County compared to six percent in Ohio
- + **Fast-food restaurants** — 68 percent of all restaurants in Athens County are fast-food establishments compared to 55 percent in Ohio
- + **Drug-poisoning deaths** — 14 per 100,000 in Athens County compared to 13 per 100,000 in Ohio
- + **Adults reporting fair or poor health** — 17 percent in Athens County compared to 15 percent in Ohio
- + **Average number of mentally unhealthy days per month** — 5.2 days in Athens County compared to 3.8 days in Ohio

9. Environment

9.1. Clean water

9.1.1. Primary data (Appendix A)

- + Participants reported that water quality and water safety in Athens County were potential threats to health of residents. Toxic chemicals from fracking and agriculture runoff threatens the safety of drinking water.
- + Participants reported the need to protect water supply in Athens County.

9.1.2. Secondary data

- + The Athens County Water and Sewage District is fully compliant with current Environmental Protection Agency standards (117).
- + Fracking compounds could contaminate drinking water in the event that fracking disposal wells leak or are damaged by an earthquake (5,107).
- + Regular inspection of disposal wells is needed. A total of 16 million gallons of fracking waste was dumped in Ohio in 2013. Athens County gets the most volume of fracking wastewater through injection wells (107).
- + Only the state of Ohio has the authority to regulate oil and gas activity in Ohio (6).

9.2. Clean air

9.2.1. Primary data (Appendix A)

- + Participants did not report environmental concerns related to clean air.

9.2.2. Secondary data

- + Three percent of Athens County residents live within 150 meters of a highway. In the U.S., approximately 1.5 percent of the population live near highways (27). There is causal relationship between exposure to traffic-related air pollution and asthma exacerbation, onset of childhood asthma, non-asthma respiratory symptoms, impaired lung function, all-cause mortality, cardiovascular morbidity and mortality.
- + According to the American Lung Association, Athens County has a grade of “pass” in annual particle pollution and a grade of “A” in the 24-hour particle pollution (4).

9.3. Housing

9.3.1. Primary data (Appendix A)

- + Participants did not report housing-related concerns.

9.3.2. Secondary data

- + Twenty-three percent of the Athens County population are experiencing severe housing problems compared to 15 percent in Ohio (34, 35).
- + The Athens Metropolitan Housing Authority assists low-income families, the elderly and the disabled with safe and affordable housing to improve the quality of their lives (19).

Appendix C

Summary of OhioHealth O’Bleness Hospital Community Health Needs Assessment Community Stakeholders

1. Alcohol, Drug Addiction and Mental Health Services (317 Board; Serving Athens, Hocking and Vinton Counties)

- + **Representative:** Diane Pfaff, community services manager
- + **Description of the medically underserved, low-income or minority populations represented by the organization:**
All residents of Athens County, especially those who are medically underserved, minorities, low-income individuals and those with chronic disease needs.
- + **Inputs:** (a) Identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them; (b) prioritization of community health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool; and (c) identification of top five priority health needs.
- + **Time frame of inputs:** July 14 to August 18, 2015
- + **Mission of organization:** “To ensure that the highest quality of alcohol and drug addiction services are available and easily accessed by all consumers at the local level within our three-county service area. These services will be enhanced and strengthened by our community systems that address transportation, housing, cultural diversity and employment issues along with clinical treatment.”
- + **Examples of programs and services (1):**
The 317 Board designs policies, evaluate programs, obtains funding and monitors services for persons who need alcohol, drug addiction or mental health services. It contracts with local agencies including:
 - **Hopewell Health Centers (formerly called Tri-County Mental Health and Counseling Services)** — provides counseling and mental health assistance to persons with severe mental disabilities as well as information and referrals to community resources and crisis services.
 - **Health Recovery Services** — provides counseling and support services for children and adults needing alcohol, tobacco or drug treatment, or mental health and gambling addiction services. Patients are provided counseling and advice to assist with tackling problems with family, parenting, school and workplace stress, court involvement and withdrawal symptoms. Patients receive a full continuum of care such as prevention education, Suboxone® treatment and intensive outpatient treatment. The Health Recovery Services also offers residential treatment programs for women and adolescents as well as referrals to hospital detoxification services.
 - **My Sister’s Place** — serves victims of domestic violence in Athens, Hocking and Vinton counties by providing (a) emergency food, clothes, shelter and healthcare, (b) referrals to community resources, (c) 24/7 toll-free crisis hotline, (d) legal advocacy, (e) case management, (f) individualized counseling, and (g) support groups.
 - **Athens Mental Health, Inc.** — operates “The Gathering Place” and “Home Away from Home,” which are community centers that serves mentally disabled adults residing in Athens and Hocking counties by providing a safe area for group discussion and opportunities to participate in social and recreational activities.
 - **National Alliance on Mental Illness Athens Chapter (NAMI Athens)** — provides support, advocacy and education for families and friends of persons diagnosed with schizophrenia, bipolar disorder and depression. NAMI Athens improves quality-of-life for persons with mental illness by (a) advocating for jobs and housing, (b) providing 12-week educational programs for families that focus on mental illness, treatment and coping skills, (c) offering monthly presentations open to the public about key programs as well as the latest research findings and treatments, and (d) availing access to support groups for families and friends.

- **Athens Photographic Project** — offers means of mental health recovery through the arts by providing a supportive classroom environment to enable self-expression, develop personal identity and build friendships.
- **John W. Clem Recovery House** — provides transitional housing to male adults recovering from abuse of drugs and/or alcohol.
- **Integrated Services of Appalachian Ohio** — offers services addressing behavioral health, access to affordable housing, development of job skills and therapeutic interventions to improve social, and behavioral well-being.

2. Athens City-County Health Department

- + **Representatives:** Ruth Dudding, health educator; Charles Hammer, administrator; James Gaskell, MD, health commissioner (All have knowledge of and expertise in public health.)
- + **Description of the medically underserved, low-income or minority populations represented by organization:** All residents of Athens County, especially those who are medically underserved, minorities, low-income individuals and those with chronic disease needs.
- + **Inputs:** (a) Planning for primary data collection led by Ohio University Voinovich School of Leadership and Public Affairs; (b) identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them; (c) prioritization of community health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool; and (d) identification of top five priority health needs.
- + **Time frame of inputs:** April 7 to August 18, 2015
- + **Mission of organization:** “To protect and promote the health and wellness of all Athens County residents through public health nursing, environmental health, health education and vital statistics programs and activities.”
- + **Examples of programs and services (10, 13):**
 - **Division of Environmental Health** — programs include inspection of food, sewage disposal, water systems, manufactured home parks, pools/spas, solid waste, parks/camps, tattoo parlors and investigation of animal bites as part of rabies control interventions.
 - **Division of Nursing** — programs include standard childhood immunization. Adult immunizations include vaccines for (a) hepatitis B, (b) hepatitis A, (c) adult MMR vaccine (measles, mumps and rubella), (d) varicella (chicken pox), (e) meningococcal disease caused by *Neisseria meningitidis* serogroups A, C, Y and W-135, (f) Tdap (tetanus, diphtheria and pertussis), (g) shingles (Zostavax), and (h) pneumonia (Pneumovax).
 - **Division of Health Education** — in collaboration with the Division of Nursing, activities include: (a) environmental strategies for health promotion and support with reinforcement of healthy behaviors; (b) community-wide support for lifestyle change in conjunction with diabetes, heart disease and stroke prevention efforts; (c) collaborate with health systems to improve quality-of-care for populations with the highest pre-diabetes and hypertension disparity rates; and (d) improve collaborative strategies between communities and health systems to support prevention efforts for heart disease, stroke and diabetes.
 - **Division of Public Health Preparedness** — implemented through the Public Health Infrastructure Program funded by the Ohio Department of Health, which addresses bioterrorism, terrorism and public health threats and emergencies.
 - **Vital Statistics** — provides birth and death data, related statistics and issues birth and death certificates.

3. Athens City School District

- + **Representative:** Thomas Gibbs, PhD, superintendent
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Students K–12.
- + **Inputs:** (a) Identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them; (b) prioritization of community health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool; and (c) identification of top five priority health needs.
- + **Time frame of inputs:** July 14 to August 18, 2015
- + **Mission of organization:** “Serve as a safe, educational center for lifelong learning. We are dedicated to developing the potential of each individual, encouraging community awareness and stressing the importance of academic excellence.”
- + **Examples of programs and services (8, 9):**
 - **Schools** — includes Athens High School, Athens Middle School, East Elementary, Morrison-Gordon Elementary School, The Plains Elementary, West Elementary and Athens City Schools Early Learning Center.
 - **J. Warren McClure Foundation** — provides the College Scholarship and Achievement Awards, the Educational Challenges Fund and the Opportunity Fund. The College Scholarship and Achievement Awards recognizes high school senior achievements. The Educational Challenges Fund supports student projects and extracurricular activities from first to twelfth grade. The Opportunity Fund assists high school seniors to obtain post high school training in technical, electronic, building and service industries.
 - **Access to school nurses** — school nurses provide direct care to students and staff, screenings and referrals, a healthy school environment, leadership for health policies and programs, and coordination of services. The school nurses also lead the Athens City School Health and Wellness Team.
 - **Athens City School Health and Wellness Team** — team led by school nurses and comprised of teachers, parents and representatives from the Athens City-County Health Department, COMCorps and AmericCorps.
 - **Educational Options** — Athens High School offers students education options such as: (a) College Credit Plus (CC+), where students can earn college credits at Ohio University or Hocking College while enrolled in high school; (b) independent study, which enables students to obtain course credits for independent projects; (c) correspondence courses, designed for enrichment or to meet graduation requirements; and (d) credit flexibility, which grants all students learning opportunities beyond traditional classroom teaching.
 - **Career/Tech Education** — provides career-based intervention for ninth to 12th graders. Students may enroll in Tri-County Career Center during 11th and 12th grade, where they receive intensive training for (a) auto body technology, (b) auto service technology, (c) building and property trades, (d) computer technology academy, (e) construction, (f) cosmetology, (g) criminal justice/law enforcement, (h) culinary arts, (i) diesel/agriculture technology, (j) early childhood education, (k) electrical technology, (l) fashion and marketing, (m) hospitality services, (n) medical professions, (o) nursing technology, (p) office professions, (q) power line technologies, (r) sports medicine, and (s) teaching.

4. Athens County Department of Job and Family Services

- + **Representative:** Arian Smedley, community relations coordinator
- + **Description of the medically underserved, low-income or minority populations represented by organization:**
All citizens of Athens County, especially those who are medically underserved, minorities, low-income individuals, the unemployed and disabled, and those with chronic disease needs.
- + **Input:** Identification of top five priority health needs.
- + **Time frame of input:** August 18, 2015
- + **Mission of organization:** “As the employees of the Athens County Department of Job and Family Services, we have been charged with the most serious and important responsibility in government — that of helping our fellow citizens who experience the despair of poverty, hunger, homelessness and ill health. We believe that our programs represent the conscience of society and that our strength lies in seeking a decent life for all.”
- + **Examples of programs and services (15):**
 - **Medicaid** — in Fiscal Year 2014, an average of 13,253 clients received Medicaid coverage per month. Recipients were low-income and/or medically vulnerable, which includes program adults who meet income guidelines, children, pregnant women, women with breast or cervical cancer, adults 65 years of age and older, persons with disabilities and persons in institutional care.
 - **Food Assistance Program** — in Fiscal Year 2014, an average of 11,481 clients received the Food Assistance Program per month, which was \$229. The Food Assistance Program is part of the Supplemental Nutrition Assistance Program (SNAP), commonly referred to as “food stamps.” It provides 75 percent of the family’s monthly food needs and depends on household size.
 - **Emergency Food Line** — in Fiscal Year 2014, a total of 4,991 food boxes/bags were distributed. The Emergency Food Line is responsible for screening persons for eligibility, gathering records and directing those in need to a local food distribution site (Athens County Food Pantry and St. Vincent de Paul Society).
 - **Ohio Works First** — in Fiscal year 2014, there was an average of 1,973 recipients per month. Ohio Works First is a cash assistance program for families with dependent children, provided for 36 months. The program stabilizes families experiencing hardships and eventually lead them to sustainable employment.
 - **Ohio Works Incentive Program (OWIP)** — in Fiscal Year 2014, OWIP paid a total of \$355,000 to 195 newly employed Athens residents who had previously received cash assistance. OWIP also funded transportation services so these persons could continue to get to work.
 - **Child Support Enforcement** — in Fiscal Year 2014, \$4.3 million of child support was collected for 5,156 children. Child Support Enforcement ensures that children are supported financially by both parents through services such as (i) location of non-custodial parents, (ii) establishment of paternity, (iii) support orders, (iv) collection of alimony, and (v) enforcement of child and medical support orders and alimony.
 - **County Medical Services** — in Fiscal Year 2014, 163 persons who were waiting for disability determination by Social Security Administration were provided with medical benefits.
 - **Homemaker Home Health Aide Program** — in Fiscal Year 2014, 145 visits were made to clients 60 years of age or older. These visits enabled elderly individuals to live independently in their own homes.
 - **Counseling from income maintenance and social program coordinators** — in Fiscal Year 2014, the coordinators assisted 361 persons obtain employment by providing transportation, education and job training.
 - **Transportation Services** — in Fiscal year 2014, the agency provided 31,358 individuals with one-way transportation to go to and from medical appointments and social service agencies. A total of 15,648 gas vouchers were given to enable persons to go to medical appointments within or outside Athens County.

- **Child Care Assistance** — in Fiscal Year 2014, the agency served 180 children and paid \$533,202 to 44 licensed, child care providers in Athens County. The monetary assistance is given to parents or guardians who are working or studying so they could pay for child care.
- **Disability Assistance** — in Fiscal Year 2014, the agency provided cash and/or medical assistance to 195 disabled persons.
- **Adult Protective Services** — in Fiscal year 2014, the agency managed 129 new cases of individuals 60 years of age or older who were being abused, neglected or exploited.
- **Healthchek** — in Fiscal Year 2014, the agency recorded 10,404 prevention and treatment visits from children up to age 21.

5. Community Food Initiatives

- + **Representative:** Mary Nally, executive director
- + **Description of the medically underserved, low-income or minority populations represented by organization:** All residents of Athens County and southeastern Ohio.
- + **Input:** Identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them.
- + **Time frame of input:** July 14, 2015
- + **Mission of organization:** “Community Food Initiatives (CFI) supports a local food system that ensures everyone has equal access to fresh, healthy food. We believe that by naming our assets — soil, seeds and an Appalachian heritage of food production and preservation — everyone in southeastern Ohio can become a part of the solutions that are strengthening our community.”
- + **Examples of programs and services (31, 32):**
 - **Community Garden Programs** — activities include: (i) managing six **Community Gardens** located in Nelsonville, Glouster, Chauncey, Hope Drive, Southside/Carriage Hill and Westside; (ii) **Garden and Culinary Workshop Series**, which empowers individuals and families to grow their own food, prepare healthy meals and preserve food through canning, freezing, dehydrating and fermentation; (iii) **Seed Sovereignty**, which promotes availability of ownership of seeds by partnering with the Southeastern Ohio Seed Savers in hosting Southeast Ohio Seed Savers Exchanges (lets community members buy, exchange or donate seeds and discuss seed saving techniques); (iv) **Community Orchards**, fruit and nut trees planted on public property so park visitors can partake in the harvest; and (v) **Seed Giveaways**, which enables giving free seeds and seedlings to the public to get people motivated to garden.
 - **School Garden Programs** — provides school children access to garden, opportunities to use the garden as a learning environment, and classroom resources, education and assistance on how to build, maintain and harvest gardens. School districts participating in the School Garden Program include Athens City, Nelsonville, Trimble, Federal-Hocking, Alexander and Vinton County. Participating community organizations include Hocking Valley Regional Community Residential Center, Athens County Children Services, Sycamore Run and Child Development Center.
 - **The YEAH Kids** — collaboration between the Athens Metropolitan Housing Authority and Community Food Initiatives (CFI) to provide access to healthy foods and gardening and kitchen education as well as opportunities for entrepreneurship for youth 12 to 18 years of old who are residing at Hope Drive Apartments. Each youth tracks his or her time involved with gardening, marketing and/or participating in the Donation Program. The youth become motivated in marketing ideas and determining what products or produce items are more marketable and become efficient with their production. In the winter, CFI collaborates with Athens County Children Services to provide mentorship, support and a creative environment for youth residing in Hope Drive Apartments so more persons could participate in the “Kid Power” program.

- **The Donation Station** — a model, local food solution to enable fresh produce in local pantries and enable farmers to donate their excess produce. The Donation Station is located at the Athens Farmers Market and Chesterhill Produce Auction. The Donation Station operates a harvest hotline, where staff and volunteers receive calls from farmers to pick up produce.
- **Discovery Kitchen** — offers healthy cooking classes to food pantry patrons and agency clients using freshly produced ingredients from local farms. Discovery Kitchen offers recipes, simple preparation procedures and tasty samples. In 2014, Discovery Kitchen was held at Salvation Army, The Gathering Place United Campus Ministry, Hocking, Athens, Perry Community Action (HAPCAP), Good Works' Timothy House and Athens Public Library.

6. Health Recovery Services, Inc.

- + **Representative:** Joe Gay, executive director
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all persons suffering from mental illness and/or alcohol, tobacco or drug addiction.
- + **Input:** Identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them.
- + **Time frame of input:** July 14, 2015
- + **Mission of organization:** “Committed to serving those affected with mental illness and alcohol, tobacco and drug addiction.”
- + **Examples of programs and services (40):**
 - **Athens outpatient** — serves persons who have behavioral issues that significantly impact functioning and those who need screening for Medication Assisted Treatment (Suboxone, Vivitrol and Methadone).
 - **Residential treatment programs** — includes Bassett House and Rural Women’s Recovery Program.
 - **Prevention services** — includes Division of Community Services, Drivers Intervention Program, Defensive Driving, Substance Abuse Assessment for Municipal Court Offenders, Drug-Free Workplace Technical Assistance Program and Teen Institute.

7. Hocking, Athens, Perry Community Action (HAPCAP)

- + **Representative:** Kelly Hatas, community services director
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Athens, Hocking and Perry counties.
- + **Inputs:** (a) Identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them; and (b) identification of top five priority health needs.
- + **Time frame of inputs:** July 14 to August 18, 2015
- + **Mission of organization:** “Mobilize resources to empower individuals and communities through advocacy and quality services that promote self-sufficiency and improved quality-of-life.”
- + **Examples of programs and services (44):**
 - **Child Youth Programs** — includes (a) Early Head Start and Pregnancy Services, (b) Head Start-Free Preschool Services, (c) Family Day Care, (d) Backpack Food Program, (e) Summer Feeding Program, (f) Summer Camp Program, (g) Hocking WIA Youth Program, and (h) Free Car Seat Program.

- + **Early Head Start and Pregnancy Services** — a home visitation program funded by the federal government, which serves income-eligible pregnant women and children 0 to 3 years old. The program provides early education, parent education, parent-child activities, health and mental health services for the pregnant woman and her children up to age 3, and child care services provided at home or in collaboration with local and community child-care providers. The Early Head Start and Pregnancy Services staff comprised of eight home visitors, partnership manager and health and nutrition coordinator, are able to serve 96 pregnant women and children per year.
- + **Head Start** — a federally funded program offered for free to children ages 3 to 5 from low-income families. HAPCAP is funded to provide Head Start services to 459 children in three ways: (a) **center-based**, where children attend 3.5 hours of curriculum four days a week during the school year (There are Head Start centers in Nelsonville and City of Athens. Children receive free health physical, dental, speech, hearing, language and vision assessments and follow-up treatments for identified medical or dental needs.); (b) **home-based program**, involves weekly, 90-minute visit, group socialization twice a month, access to community resources and free health, dental and development assessments (A home visitor will recommend ways of turning home into a classroom and education for parents as home teachers.); and (c) **family daycare**, which is implemented in partnership with local daycare providers to provide Head Start services in the provider’s home.
- + **Backpack Food Program** — provides children with nutritious and easy-to-prepare food to take home on weekends and holidays to ensure that children get their daily nourishment. To be eligible, children must qualify for free or reduced lunches at school.
- + **Summer Feeding Program** — a collaborative project between HAPCAP and The Southeastern Ohio Food Bank, where children are provided with nutritious meals and snacks to help families in need. The Summer Feeding Program is offered in various pantries, churches and shelters in Athens, Hocking, Gallia, Lawrence and Perry counties. There are no income requirements but the meal must be eaten on site. In 2015, the Summer Feeding Program was offered at various areas in Athens County such as Glouster Library, Chauncey Library, Nelsonville Library, Trimble Elementary School, Trimble High School, Torch Baptist Church, Athens Community Arts, Parks and Recreation, The Wells Library and Evergreen Estates.
- + **Free Car Seat Program** — made possible through collaboration with Ohio Buckles Buckeyes Program. Income eligible families receive free car seats and assistance with correct installation and use of child safety seats.
- + **Emergency Services** — includes (a) The Emergency Food Assistance Program (TEFAP), (b) Emergency Heating Assistance Program (HEAP) Winter Crisis Program, (c) Summer Cooling Crisis Program, (d) Percentage of Income Payment Plus (PIPP) Plan, (e) SafeLink — Free Cellphone Assistance, and (f) regular Home Energy Assistance Program.
 - **TEFAP** is a federal program that provides short-term food supply to low-income and vulnerable Americans (elderly, children, homeless and working families). TEFAP is administered through The Southeastern Ohio Food Bank.
 - The **HEAP Winter Crisis Program** and the **Summer Cooling Crisis Program** is a one-time assistance during the winter and summer, respectively.
 - The **PIPP Plan** assists families to provide extended payments to regulated gas and electric companies.
 - **SafeLink — Free Cellphone Assistance** enables income-eligible persons to stay connected with employers, families, healthcare providers and emergency responders.
 - The **regular Home Energy Assistance Program** is also a one-time benefit for income eligible families, even without a disconnect notice.
- + **Food and Nutrition Program** — includes (a) The Southeastern Ohio Food Bank, (b) The Senior Nutrition Central Kitchen, (c) The Commodity Supplemental Food Program (CSFP), (d) coordination of food pantries, and (e) Senior Nutrition Programs (Meals-on-Wheels, Congregate Meal Sites and Self-Pay Meals).

- The **Southeastern Ohio Food Bank** provides food to 70+ food pantries, meal sites and soup kitchens, serving the elderly, home-bound persons, poor children and other needy persons and families in southeastern Ohio.
 - The **Senior Nutrition Central Kitchen** is located within the Southeastern Ohio Food Bank and is used to prepare food for the Meals on Wheels program and meals for Head Start Children.
 - **The Commodity Supplemental Food Program** provides food boxes once a month to nutritionally at-risk, income-eligible persons 60 years of age or older.
- + **Transportation** — includes (a) Athens Mobility Management, (b) Intercity Bus Route, (c) Athens Public Transit, and (d) Athens on Demand Transit.
- The **Athens Mobility Management** coordinates transportation resources in Athens community. The program coordinates effective and efficient transportation resources for the elderly, disabled and low-income individuals.
 - The **Intercity Bus Route (“GoBus”)** provides intercity transportation twice a day from Athens to Columbus, Cincinnati and Marietta/Parkersburg for a \$10 one way plus tax.
 - HAPCAP manages the **Athens Public Transit**, which runs five routes Monday through Friday and four routes on Saturdays — meeting Americans with Disabilities Act standards. Average bus fare is \$1.00, but \$0.50 for the elderly or persons with disabilities.
 - **Athens on Demand Transit** is a door-to-door transportation service that serves elderly persons and individuals experiencing temporary mobility issues needing transportation to medical and/or social service appointments, the grocery store and more.
- + **Housing** — includes (a) housing development for low-income persons and families, elderly and disabled throughout southeastern Ohio, (b) Home Repair Program, (c) Home Rehabilitation Program, (d) home buyer assistance, (e) access to Fair Housing Consortium, (f) Home Weatherization Assistance Program, and (g) partnership with Habitat for Humanity.
- **Housing development** programs for low-income persons and families, elderly and disabled include Kimberly Meadows Apartments, Plains Plaza/Evergreen Estates, Alexander Yard, Amelia Place and Creekside Apartments.
 - The **Home Repair Program** serves homes that need less complicated repair needs for one or two health and safety items such as repairs of foundation, electric, plumbing, windows, roofs, furnaces, insulation and/or siding.
 - The **Home Rehabilitation Program** provides services to bring homes up to meet local and state codes to address the safety and health of the entire family. Services in the **Home Rehabilitation Program** include correction of structural problems/foundations, heating, furnace and water heaters replacement, upgrades to electrical systems, plumbing hazards replacements, reduction of lead-based paints, improvement of accessibility, and restore water and sewer safety.
- + **Community Services** — includes (a) Learn and Work Program, (b) David V. Stivison Appalachian Scholarship Fund, (c) Community Development Block Grant, (d) Consulting, Administrative and Information Technology Assistance to community organizations, and (e) assistance to organizations through environmental review.
- The **Learn and Work Program** is a collaboration between HAPCAP and Athens County Department of Job and Family Services, which lets participants learn new skills for short-term and long-term volunteer and employment.
 - The **David V. Stivison Appalachian Scholarship Fund** provides college scholarships to high school seniors from low-income families.
 - The **Community Development Block Grant** enables low to moderate income communities to upgrade infrastructure such as water, sewage, roads, streets, sidewalks, curbs and gutters, ADA accessibility, flood and drainage, parks and playgrounds, community centers, fire protection equipment and other facilities. HAPCAP also provides administrative and grant management services in addition to funding.

8. Integrated Services for Behavioral Health

- + **Representative:** Terri Gillespie, area manager
- + **Description of the medically underserved, low-income or minority populations represented by organization:**
Serves persons needing behavioral health services.
- + **Input:** Identification of top five priority health needs.
- + **Time frame of input:** August 18, 2015
- + **Mission of organization:** “We serve southeastern and central Ohio with a comprehensive array of behavioral health and other services, working with local partners to promote healthy people and strong communities.”
- + **Examples of programs and services (48):**
 - **Home-based supportive services** — face-to-face meetings at patients’ homes or through tele-health and provisions of supportive services based on “collaborative helping” framework.
 - **Psychiatry** — incorporation of psychiatric care services into primary care.
 - **Integrated clinical counseling** — assists persons with mental health and/or substance abuse issues by focusing on managing mental health, trauma and risky or addictive behaviors.
 - **Safe and affordable housing** — partners with the community to provide stable homes for persons with mental and behavioral issues.
 - **Employment** — assists persons suffering from mental and/or behavioral challenges become financially stable by providing employment-oriented services.

9. Live Healthy Appalachia

- + **Representative:** Sherri Oliver, executive director
- + **Description of the medically underserved, low-income or minority populations represented by organization:**
Serves residents of Athens County and the Appalachian regions.
- + **Inputs:** (a) Identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them; (b) prioritization of community health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool; and (c) identification of top five priority health needs.
- + **Time frame of inputs:** July 14 to August 18, 2015
- + **Mission of organization:** “To improve the health and well-being in the Appalachian regions through education, outreach and advocacy emphasizing nutrition and other lifestyle choices.”
- + **Examples of programs and services (54—58):**
 - Live Healthy Kids
 - Athens County Cooks!
 - Pumpkin Hustle 5K/3K
 - My First 5K Training
 - Walk With a Doc
 - Provider of Complete Health Improvement Program
 - Worksite Wellness Council

10. Ohio University

- + **Representatives:** Robert Gordon, research associate, Voinovich School of Leadership and Public Affairs; Lesli Johnson, associate professor, Voinovich School of Leadership and Public Affairs (with knowledge of and expertise in public health); Daniel Kloepfer, research associate; Robin Stewart, senior project manager, Voinovich School of Leadership and Public Affairs; Kathy Trace, director, Area Health Education Center, Community Health Programs, Heritage College of Osteopathic Medicine (with knowledge of and expertise in public health); Matt Rozier, College of Health Sciences and Professions, summer intern at OhioHealth O’Bleness Hospital
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Ohio, United States and the world.
- + **Inputs:** (a) Planning for primary data collection led by Ohio University Voinovich School of Leadership and Public Affairs; (b) collection of primary data through focus groups and Web-based surveys and writings of findings (**Appendix A**); (c) identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them; (d) prioritization of community health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool; and (e) identification of top five priority health needs.
- + **Time frame of inputs:** April 7 to August 18, 2015
- + **Mission of organization:** “Ohio University holds, at its central purpose, the intellectual and personal development of its students.”
- + **Examples of programs and services:**
 - **College of Health Sciences and Professions Community Engagement (78)** — provides service learning and volunteer opportunities for students and community research opportunities for faculty.
 - **College of Health Sciences and Professions School of Applied Health Sciences and Wellness community engagement and clinical services (78)** — outreach activities include: (a) athletic training through the “High School Outreach Program,” where graduate students enrolled in athletic training work under the supervision of a doctor to provide athletic care for the high school students; (b) “Nutrition Counseling Program,” which serves clients who are interested in losing weight, controlling blood sugar, decreasing heart disease risk through diet or improving overall food habits; (c) “Exercise Physiology Outreach,” where undergraduate students provide outreach through HeartWorks (a rehabilitation program at O’Bleness Hospital) and WellWorks (fitness and nutrition center at Ohio University); (d) Albert Schweitzer Fellows, which provides outreach to improve health and wellness of vulnerable persons through developing a corps of Leaders in Service; (e) Children’s Defense Fund, Ohio, which is an outreach to children and families in Appalachia to meet the needs of children from poor families and other minority groups (Ohio University, 2015a); (f) provides education, nutritional awareness and recreation to poor and academically at-risk children in the Appalachian regions; and (g) Washington-Morgan Community Action, which provides healthcare, delivered meals and education on food sustainability.
 - **Ohio University Diabetes Institute (75, 84)** — mission is “to provide diabetes-related education and community services to the Appalachian community.” Outreach activities include (a) diabetes clinics at no charge, (b) health screenings and community education, (c) provision of community resources for uninsured and low-income persons, (d) continuing education for healthcare professionals, and (e) coalition for diabetes educators.
 - **Community Health Programs (79)** — includes (a) Heritage Community Clinic, (b) Mobile Clinics, (c) community health screenings, (d) collaboration with COMCorps and AmeriCorps, (e) Childhood Obesity Prevention Program, and (f) Family Navigator.
 - + **The Heritage Community Clinic** is a free clinic for low-income adults in Athens, Hocking, Meigs, Morgan, Perry and Washington counties. Services include primary and specialty care, diabetes, dermatology, assistance in obtaining prescriptions and referrals to cardiologists, surgeons, orthopedic doctors, podiatrists and eye care specialists.

- + The **Mobile Health Clinic** is comprised of two, 40-foot mobile clinics which provides at least 170 clinics in churches, schools and community centers located in 17 counties, including Athens, Coshocton, Gallia, Hocking, Jackson, Lawrence, Meigs, Monroe, Morgan, Muskingum, Noble, Perry, Pike, Ross, Scioto, Vinton and Washington. These mobile clinics provide free medical clinics, breast cancer screenings, childhood immunizations, health screenings (blood pressure, glucose and cholesterol) for residents of southeast Ohio who are uninsured or underinsured, sports physicals and school bus driver physicals (Ohio University 2015c).
- + **Community health screenings** involve blood pressure, blood sugar and cholesterol checks at the Heritage Community Clinic and at the Mobile Health Clinics.
- + The **collaboration with COMCorps and AmeriCorps** involves COMCorps representatives to be based at the Ohio University College of Osteopathic Medicine Community Health Programs, which has a mission “to provide health education and access to healthcare and health screenings for children and families in Athens County.”
- + The **Childhood Obesity Program** involves collaboration with Athens County schools to use evidence-based programs that empower students to make healthy food choices and become physically active.
- + The **Family Navigator Program** screens children for developmental delays and risk factors for autism spectrum disorders, provides parent education about child development, parenting and diagnosis, and assists with navigation, referrals, follow-up and access to southeast Ohio Interdisciplinary Assessment Team Clinic staffed by local providers as well as development and autism specialists from Nationwide Children’s Hospital.

11. OhioHealth Community Health and Wellness

- + **Representatives:** Mary Ann G. Abiado, data management and evaluation specialist; Amber Hetteberg, administrative assistant; Orelle Jackson, system director of community health and wellness
- + **Description of the medically underserved, low-income or minority populations represented by organization:** All residents of Athens, Delaware, Franklin, Hardin, Marion and Richland counties, especially those who are medically underserved, minorities, low-income individuals and those with chronic disease needs.
- + **Inputs:** (a) Planning for primary data collection led by Ohio University Voinovich School of Leadership and Public Affairs; (b) secondary data collection; (c) co-facilitation of community stakeholder meetings held on July 14, August 6 and August 18, 2015; and (d) writing of summary of discussions during community stakeholder meetings.
- + **Time frame of inputs:** April 7 to August 18, 2015
- + **Mission of organization:** “To improve the health of those we serve.”
- + **Examples of programs and services (91):**
 - **Wellness on Wheels** — provides comprehensive prenatal and postpartum care as well as women’s healthcare to vulnerable women in central Ohio.
 - **ENGAGE Health and Wellness programs** — a comprehensive health education program that offers biometric screenings, individualized counseling with registered nurses, interactive health classes and group discussions, five- or six-week reassessments and an option to return for a six-month reassessment of biometrics, health risks, readiness to change and status of achieving personal health goals.
 - **Teen Options to Prevent Pregnancy** — an 18-month intervention that provides pregnant and parenting teens in Columbus, Ohio with telephone-based care coordination, motivational interviewing and access to family planning services.

12. OhioHealth Home Care (formerly Appalachian Community Visiting Nurses and Hospice)

- + **Representatives:** Cheryl Sharp, director; Teresa McKinley, nurse coordinator
- + **Description of the medically underserved, low-income or minority populations represented by organization:** All residents of Athens County and neighboring counties.
- + **Inputs:** (a) Identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them; (b) prioritization of community health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool; and (c) identification of top five priority health needs.
- + **Time frame of inputs:** July 14 to August 18, 2015
- + **Mission of organization:** “To improve the health of those we serve.”
- + **Examples of programs and services (93):**
 - **Home health and hospice services** — serves Athens County and southeastern Ohio region, including Carbon Hill, Haydenville, Logan, Murray City, Union Furnace, Chesterhill area, Corning, New Straitsville, Shawnee, Cheshire, New Plymouth, Athens, Albany, Amesville, Buchtel, Carbondale, Chauncey, Chester, Coolville, Cutler, Glouster and Burr Oak area, Guysville, Hockingport, Jacksonville, Langsville, Little Hocking, Long Bottom, Middleport, Millfield, Nelsonville, New Marshfield, Pomeroy, Racine, Reedsville, Rutland, Shade, Sharpsburg, Stewart, Syracuse, The Plains, Torch, Trimble and Tupper's Plains. Home health services include (a) nursing care, (b) intravenous therapy, (c) wound care therapy, (d) physical therapy, (e) occupational therapy, (f) lymphedema therapy, (g) speech therapy, (h) home health nutrition services and (i) social services.
 - **Hospice services** — include (a) coordination of client care, (b) teaching on medication administration and pain management, (c) end-of-life preparations, counseling and emotional support, (d) assistance with personal care and homemaking tasks, (e) pastoral care, (f) physical, speech, occupational and nutritional therapies, and (g) bereavement services 13 months after death of client.
 - **Speaking engagements and information outreach** — examples of topics presented during speaking engagements or information dissemination using social media include (a) connection between the brain and muscle weakness as well as physical function impairments with aging, (b) pain and suffering at end of life, (c) access to Ohio's HEAP Summer Crisis Program, (d) availability of preventive and screening benefits through Medicare Part B, and (e) information and resources for new caregivers.

13. OhioHealth O'Bleness Hospital

- + **Representatives:** Debra Adams, director of radiology; Pamela Born, physician office manager, Athens Medical Associates Obstetrics and Gynecology; Jane Broecker, medical director of women's health; Christina Deidesheimer, director of growth and business development; Tonya Huiss, physician practice administrator, Athens Medical Associates; Tara Gilts, director of development; Brittany Jarvis, manager of hospital clinics and pain management; Bridget Lombard, DO, resident, O'Bleness Family Medicine Residency; Candace Miller, vice president of operations; Debra Riley, unit manager of oncology; Mark Seckinger, president; Marsha Sloan-Helber, community health and wellness coordinator; Sandy Wood, chief nursing officer and vice president of patient care services
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all persons.
- + **Inputs:** (a) Planning for primary data collection led by Ohio University Voinovich School of Leadership and Public Affairs; (b) identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them; (c) prioritization of community health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool; and (d) identification of top five priority health needs.
- + **Time frame of inputs:** April 7 to August 18, 2015

+ **Mission of organization:** “To improve the health of those we serve.”

+ **Examples of programs and services:**

- **Inpatient and outpatient programs (95)** — include services for cancer, cardiac and pulmonary rehabilitation, diabetes management, ear, nose and throat, emergency, family medicine, health and wellness, heart and vascular, hospice and home health, internal medicine, laboratory, maternity care, orthopedics, outpatient, pain management, radiology, rehabilitation, sleep disorders, elderly care, urology and women’s health.
- **OhioHealth Nelsonville Medical and Emergency Services (94)** — outpatient department of OhioHealth O’Bleness Hospital, which includes (a) walk-in emergency care, (b) OhioHealth Stroke Network, (c) full-service laboratory, (d) outpatient clinics for family medicine, internal medicine, occupational therapy, orthopedics, physical therapy and sleep services, (e) radiology (computer tomography [CT], digital mammography, ultrasound, Magnetic Resonance Imaging [MRI], nuclear imaging and X-ray), and (f) specialty services (cardiology, hypertension and nephrology, neurology, orthopedics, physical medicine, podiatry and urology).
- **SeniorBEAT (101, 105)** — empowers seniors to “Be Educated and Active Together.” The program was founded by Peggy Irwin and Alice Hawthorne in 1976 and, to date, has more than 800 members throughout southeastern Ohio. SeniorBEAT is one of many O’Bleness Hospital community benefit programs. SeniorBEAT provides opportunities for physical fitness, learning and socialization for persons 60 years of age and older. Activities include (but not limited to) singing groups, walking groups, history group, reading club, chair volleyball teams, monthly meetings with presenters, lunch groups, Arthritis Foundation exercise program and cardiopulmonary resuscitation (CPR) classes.
- **Tobacco Cessation Program** — a free, six-week course that empowers tobacco users to quit smoking. Program emphasizes support groups, education and motivation to eliminate the barriers and challenges to stop using tobacco.
- **Blood Pressure Screening** — free blood pressure screenings provided to the public on the first Wednesday of each month.
- **OhioHealth O’Bleness Hospital Race for a Reason** — on April 25, 2015, the Fourth Annual “OhioHealth O’Bleness Hospital Race for a Reason” was held in partnership with Ohio University Sports Administration Program and Athletes in Action (43). The race is used by various charity organizations to raise money through racing competitions and promote community awareness, health and wellness, and socialization for members of the Athens community (43). The events include (a) Athletes in Action Triathlon (500-meter swim, 25K bike and 5K run) and Decathlon (5K run, 25K bike and 5K run), (b) 35th Ohio University Heritage College of Osteopathic Medicine 5K Run, (c) ROCKY Military Mud Run, and (d) AMVETS Diabetes 3K Walk (43). Specifically, the “Race for a Reason Healthy Moms and Babies Fund” focused on addressing financial, emotional and physical needs of women and their children in the southern Ohio region. The fund hopes to provide women and children items such as clothing, diapers, swaddling blankets, cribs, pack-n-plays, car seats/baby carriers and transportation assistance (100).

14. OnPointe

- + **Representative:** Michelle Vander Stouw, principal (with knowledge of and expertise in public health)
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all persons regardless of place of residence.
- + **Input:** Facilitation of community stakeholder meetings held on July 14, August 6 and August 18, 2015.
- + **Time frame of input:** July 14 to August 18, 2015
- + **Mission of organization:** “To guide people through the critical, decision-making processes, with the goal of achieving individual and organizational growth and development.”
- + **Examples of programs and services (97):**
 - **Planning and facilitation** — includes activities such as (a) engaging teams to collaborate and act as a group, (b) facilitating small and large group discussions, (c) obtaining inputs from focus groups and key informant interviews, (d) capturing key concepts as part of strategic decision making, (e) developing logic models and grant writing, and (f) coaching.
 - **Process engineering** — includes activities such as (a) strategic planning, (b) decision making, (c) developing processes and procedures, and (d) developing processes to achieve impact.
 - **Accountability** — includes activities such as (a) designing system accountability, (b) measuring objectives and change management, (c) designing logic models, (d) evaluating outcomes and impact, and (e) ensuring program accountability and process improvement.

15. Rural Action

- + **Representative:** Michelle Decker, chief executive officer
- + **Description of the medically underserved, low-income or minority populations represented by organization:** All residents of Athens, Meigs, Vinton, Washington, Hocking, Morgan, Perry, Tuscarawas, Stark and Carroll counties.
- + **Input:** Identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them.
- + **Time frame of input:** July 14, 2015
- + **Mission of organization:** “To foster social, economic and environmental justice in Appalachia Ohio.”
- + **Examples of programs and services (104):**
 - **Sustainable agriculture initiatives** — goal is to build and strengthen local food systems in Appalachia Ohio to enable sustainable agriculture. Rural Action assists farmers by providing tools to increase food production, with low risks and high profits for farmers. Rural Action collaborates with: (a) Chesterhill Produce Auction, which is a food hub for southeastern Ohio; (b) Ohio Foodshed, a free, online resource that contains directories of regional food producers and local businesses; (c) Healthy Food Access + Farm to Institution (“Country Fresh Stops”), an initiative to work with local entrepreneurs to determine the source and delivery of healthy produce to areas with little or no access to fresh fruits and vegetables; (d) Season Creation, a partnership with Green Edge Organic Gardens where Appalachia-Ohio farmers are educated on growing fresh produce throughout the year; and (e) Educational Programming and technical assistance, which includes topics such as “High Tunnels and Season Creation,” “Good Agricultural Practices and Food Safety,” “Farmers Market Support and Development,” “Local Food Sourcing for Businesses,” “Farm to Institution Collaboration,” “Food Business Development,” “Healthy Food Education,” “Educational Tools Development” and “Farm to School” models.
 - **Sustainable forestry initiatives** — promotes alternative income opportunities such as forest farming of ginseng, goldenseal and forest botanicals. Collaborative projects include (a) Appalachian Carbon Partnership, (b) exploration of non-timber forest products, and (c) The Green and Regionally Oriented (GRO) Wood Products Program.

- **Watershed restoration initiatives** — protects watersheds from agricultural pollution or damage from coal mining in order to improve water quality for local communities.
- **Zero Waste Plan** — promotes development of zero waste economy through conservation of natural resources, reuse, repair, recycle or compost. Rural Action provides general education about recycling, managing waste from homes and businesses, dumpsite clean-ups and implementation of the Athens-Hocking Zero Waste Plan. In partnership with Ohio University Voinovich School of Leadership and Public Affairs, Rural Action coordinates the Appalachia Ohio Zero Waste Initiative.
- **Energy committee initiatives** — activities include: (a) developing a pilot program for Park and Ride system; (b) U.S. Route 33 Biofuels Corridor, a program in partnership with Clean Fuels Ohio and Hocking College Energy Institute; and (c) energy use reduction in homes by changing people’s behaviors and building more energy-efficient homes or modifying existing homes.
- **Environmental education** — activities include (a) environmental education workshops and resources for teachers (Appalachian Green Teachers Project), (b) environmental education for school-aged children (Youth Environmental Stewardship), (c) environmental education for after-school programs, and (d) engaging community members to participate in local wildlife monitoring programs (e.g., Young Naturalists Club, Great Backyard Bird Count, Vernal Pool Monitoring at the Trimble Community Forest, Butterfly Transect at the Trimble Community Forest, Project BudBurst Monitoring, Fourth of July Butterfly Count, Firefly Watch and Christmas Bird Count).

16. The Athens Foundation

- + **Representative:** Susan Urano, executive director
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all Athens County residents.
- + **Inputs:** (a) Identification of community health needs and community resources available to meet those needs as well as barriers and challenges for addressing them; (b) prioritization of community health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool; and (c) identification of top five priority health needs.
- + **Time frame of inputs:** July 14 to August 18, 2015
- + **Mission of organization:** “The Athens Foundation enhances the quality-of-life for the people of our region through building endowments, awarding grants and providing leadership on key community issues now and for generations to come.”
- + **Examples of programs and services (109):**
 - Grants to non-profit organizations for programs related to health, social services, civic improvement and animal welfare are made available by charitable funds that meet community needs and enhance community well-being, including arts and culture, economic development, education, environment, health and human services, neighborhood revitalization, AIDS, aging and at-risk youth. Examples of projects funded by Athens Foundation include (a) “Youth Environmental Stewardship Project” by Rural Action, (b) “ADA-Compliant Drinking Fountain” by Friends of Stroud’s Run, (c) “Outdoor Classroom” by Alexander Schools, (d) “Summer Fun for Kids” by Havar, (e) “Advanced Crisis Intervention Team (CIT) Training” by Hopewell Health Center, (f) “Conflict Resolution for Youth in Northern Athens County” by Athens Area Mediation Service, (g) “School Gardens: Food Security Focused Education” by Community Food Initiatives, (h) “Birth Center Improvement Project” by OhioHealth O’Bleness Hospital, (i) “Local Food Connections: Expanding the Growing Season through Production to Feed the Hungry” by Southeastern Ohio Food Bank (HAPCAP), (j) “Promotion of Healthy Concessions for Athens County” by Spartan Athletic Club, (k) “Domestic Violence Intervention Program Curriculum and Books for Survivors” by My Sister’s Place, and (l) “Expanding Cooking Knowledge in Athens County” by Live Healthy Appalachia.
 - Collaboration with Athens County Children Services PB&J Project — provides peanut butter and jelly sandwiches to low-income children during the summer months.

Appendix D

Documentation of Program Impacts from the Community Health Needs Assessment and Implementation Strategy Adopted in 2013 by OhioHealth O’Bleness Hospital

Need #1: Improve awareness of and participation in wellness and preventive care services and programs.

1.1 Diabetes certification through The Joint Commission

During Fiscal Years 2014 and 2015, OhioHealth O’Bleness Hospital did not pursue the inpatient diabetes certification through The Joint Commission. The leadership team at O’Bleness Hospital, in collaboration with OhioHealth clinical leaders, are evaluating whether pursuing a diabetes certification in Fiscal Year 2016 is feasible. Additionally, community partners, including Ohio University (Diabetes Institute and University Medical Associates Diabetes and Endocrine Center), Live Healthy Appalachia, Community Food Initiatives and the Lifestyle Medicine Clinic provided by an OhioHealth Athens Medical Associate employed physician, are addressing both diabetes management and the impact of nutrition on chronic disease in Athens County. O’Bleness Hospital provides patient referrals to the aforementioned programs and clinics, also providing monetary and in-kind support to these groups in the implementation of diabetes-related community outreach programs.

1.1.1. Diabetes management for hospitalized patients

Physicians refer patients to the nurse educator and registered dietitian or diet technician for diabetes consults. The nurse educator educates patients about (a) diabetes as a chronic disease, (b) insulin injections, (c) glucose monitoring, (d) signs and symptoms of high and low blood sugar levels, and (e) how to manage diabetes. The dietitian or diet technician discuss meal planning and problem solving. During Fiscal Year 2015, the nurse educator was assigned to attend to administrative duties, hence, the dietitian (also a certified diabetes educator) provided diabetes education whereas the bedside nurse instructed the patients about insulin administration. Patients and their families were provided with health education materials from Truven Health Analytics such as (a) “What is type-II diabetes?”, (b) blood glucose monitoring, (c) injecting insulin, (d) plate method for meal planning, and (e) exchange lists for meal planning. Diabetes education materials from the Academy of Nutrition and Dietetics were taught and provided to patients.

- + **Diabetes consults for hospitalized patients** — 184 patients served in Fiscal Year 2015.
- + **Referrals to community resources** — patients were referred to (a) Ohio University Diabetes Institute Boot Camp, (b) University Medical Associates Diabetes Endocrine Care Center, and (c) Ohio University Heritage College Osteopathic Medicine Community Health Programs.

In order to keep abreast of community initiatives related to diabetes management or prevention, the hospital team (dietitian, certified diabetes educator and dietetic technician) participated in meetings and activities of the Diabetes Coalition hosted by The Diabetes Institute at Ohio University. The Diabetes Coalition meets quarterly to discuss future activities and provide continuing education credits to its members to improve knowledge on current research and best practices. The goal of the Diabetes Coalition is to reduce cost, suffering and premature death from complications of diabetes (80).

OhioHealth O’Bleness Hospital has been adopting effective glucose management among its hospitalized patients as means of improving clinical outcomes and cutting treatment costs (29). Apart from inpatient initiatives, O’Bleness Hospital also provides diabetes education and care coordination through a navigator program (29).

1.1.2. Participation in the Ohio Gestational Diabetes Postpartum Care Learning Collaborative

OhioHealth O’Bleness Hospital Athens Medical Associates Obstetrics and Gynecology has been a pilot site for the Ohio Gestational Diabetes Postpartum Care Learning Collaborative since Fiscal Year 2014. The Learning Collaborative is a Gestational Diabetes Mellitus (GDM) Quality Improvement Project funded by the Ohio Department of Health and administered by the Ohio Colleges of Medicine Government Resource Center (115, 116). The objective of the project is to increase the number of women who attend postpartum appointments, in order to increase education and screening for type-II diabetes mellitus (116). The project primarily serves high-risk women who were enrolled in Medicaid. As part of the Learning Collaborative, OhioHealth O’Bleness Hospital Athens Medical Associates Obstetrics and Gynecology were involved in the following activities:

- a. Formed a quality improvement team comprised of clinical and administrative staff
- b. Tested innovative toolkits as part of daily practice
- c. Participated in monthly “early adopter” calls to determine best practice for pregnant women with GDM
- d. Obtained support and coaching in implementing the quality improvement methods
- e. Shared data monthly and received data feedback on program successes

By participating in the Learning Collaborative, OhioHealth O’Bleness Hospital will continue providing education and support to pregnant women served through Fiscal Year 2016. The program’s impact related to diabetes management of pregnant and postpartum women are as follows:

- + Enhancement of education about the risk for diabetes in those who screened as “high risk” but tested negative — 586 prenatal patients were screened for diabetes risk factors from May 1, 2014 to April 30, 2015
- + More efficient clinical follow-through for the patients diagnosed — 283 out of the 586 patients screened were diagnosed with gestational diabetes mellitus
- + Comprehensive education for smoking cessation, breastfeeding, diet and exercise
- + Improvement in postpartum testing of high-risk patients
- + Based on preliminary findings from 12 pilot sites throughout Ohio, data obtained from January 1, 2014 to June 30, 2015 showed the following (115):
- + Increase in percent of women screened for gestational diabetes mellitus before 28-weeks gestation from 86.8 percent to 95.2 percent.
- + More than 50 percent of women were identified as “high risk” for gestational diabetes mellitus during the first prenatal appointment screening.
- + Pilot sites had 100 percent compliance in educating women who were at high risk of developing gestational diabetes mellitus or those who have been previously diagnosed. Prenatal care education related to healthy nutrition, recommended weight gain, importance of exercise and breastfeeding were provided by the clinical teams.

In Fiscal Year 2015, hospital utilization data showed that there were 104 women with diabetes who delivered their babies at OhioHealth O’Bleness Hospital. A total of 94 patients had gestational diabetes, five patients with type-I diabetes and five patients with type-II diabetes. By continuing participation in the Ohio Gestational Diabetes Postpartum Care Learning Collaborative, O’Bleness Hospital will provide high-quality diabetes care to these women during the “interconceptional period.”

1.1.3. The Diabetes Fellowship Program

OhioHealth O'Bleness Hospital collaborates with the Ohio University Heritage College of Osteopathic Medicine (OUHCOM) to provide the Diabetes Fellowship Program. The Diabetes Fellowship Program, founded in 2004, is a one-year program designed to prepare primary care physicians in diabetes management through extensive clinical training and research. It is the only Diabetes Fellowship Program at an osteopathic medical school. Diabetes fellows work beside endocrinologists, cardiologists, nephrologists, podiatrists, ophthalmologists and wound care specialists. An agreement was signed for July 1, 2011 through June 30, 2016 between OUHCOM and OhioHealth O'Bleness Hospital for OhioHealth to provide financial support of the fellowship. During Fiscal Year 2014, the activities included:

- + 283 outpatient visits focused on medication management, nutrition and general medical care.
- + Research: Steroid-induced hyperglycemia in the hospital and the effect of a novel insulin protocol. The abstract was presented at the American Diabetes Association 74th Scientific Sessions, San Francisco, California, June 13–17, 2014, quarterly participation in the Diabetes Coalition meetings and monthly attendance at Diabetes Research Seminars.
- + Service at Camp Hamwi, a camp for youth hosted by the Central Ohio Diabetes Association —physicians from OhioHealth O'Bleness Hospital monitored blood glucose levels of high school campers who have type-1 diabetes and determined appropriate insulin doses for injection. The physicians served a total of 140 to 150 third- and fourth-year high school students per year during Fiscal Years 2014 and 2015.

1.2. Tobacco Cessation Program

OhioHealth O'Bleness Hospital has implemented an evidence-based “Tobacco Cessation Program,” a free, six-week course that aims to educate and empower tobacco users to quit and stay quit. The hospital also participates in health fairs and community events, educating the community on the hazards of smoking and health benefits of quitting tobacco use. The program provides support groups, health education and empowerment to address the challenges in quitting tobacco use.

- + **Attendance in quarterly “Tobacco Cessation” classes** — served three persons in Fiscal Year 2014 and one person in Fiscal Year 2015. The class content was based from the American Cancer Society Freshstart[®] program (3). Participants were given the Freshstart Participant’s Guide (2). Participants were also provided with education materials such as “Secondhand Smoke and Health,” “Your Smoking Triggers,” “10 Important Facts for Parents About Smoking,” “E-Cigarettes: Eight Things You Should Know,” and “Third-Hand Smoke.”
- + **Number of hospitalized patients who were “current smokers”** — served an average of 85 patients per month during Fiscal Year 2014 and 89 patients per month during Fiscal Year 2015. In Fiscal Year 2015, there were 1,074 total hospitalized patients who were “current smokers.”
- + **Number of hospitalized patients who requested information about smoking cessation** — served four persons in Fiscal Year 2014 and six persons in Fiscal Year 2015. The patients were provided with education materials such as “Secondhand Smoke and Health,” “Your Smoking Triggers,” “10 Important Facts for Parents About Smoking,” “E-Cigarettes: Eight Things You Should Know,” and “Third-Hand Smoke.”
- + **Speaking engagements on “Tobacco Cessation” at Athens County Job and Family Services** — educated 25 persons in Fiscal Year 2014 on “Tobacco Cessation for the Workplace.”
- + **Participation in the Osteopathic Heritage Foundation Health Fair sponsored by OhioHealth O'Bleness Hospital and the Osteopathic Heritage Foundations** — provided smoking cessation information to 45 persons in Fiscal Year 2014.

During Fiscal Years 2014 and 2015, despite significant efforts to advertise smoking cessation classes to the Athens County community, a very small number of persons participated. Smoking cessation classes were offered quarterly during both fiscal years. During Fiscal Year 2016, OhioHealth O'Bleness Hospital will offer smoking cessation classes for participants of the Lung Cancer Screening Program as an intervention to increase participation. In order to recruit more participants, the cardiac and pulmonary rehabilitation teams will be referring patients to the smoking cessation classes.

1.3. Wellness programs

1.3.1. Health screenings

As part of its community health and wellness programs, OhioHealth O’Bleness Hospital provides several health screenings that are open to the community, either provided free of charge or at a significantly discounted rate. During Fiscal Years 2014 and 2015, examples of health screenings are as follows:

- + **Blood pressure screenings** — took blood pressure of 11 persons during the “Bike Rodeo” event held in Fiscal Year 2015. None of the persons screened had abnormal blood pressure readings.
- + **“Bike Rodeo” Event** — the “Bike Rodeo” event was hosted by OhioHealth O’Bleness Hospital in collaboration with the Ohio University Heritage College of Osteopathic Medicine, ComCorps and University Medical Associates on the O’Bleness Hospital campus. The Bike Rodeo event focused on providing opportunities for children to learn about bicycle safety and the importance of wearing bike helmets and sufficient water hydration. The event also offered bicycle inspections and repairs **(74)**.
 - A total of 70 youth helmets were distributed during the event. The Bike Rodeo was attended by 85 youth in the community and hosted on the hospital property. All attendees also received water bottles, band aids and hydration information. Children rode their bicycles on a bike safety course and the College of Medicine AmeriCorps Members provided information about bike safety.
- + **Diabetes Awareness Health Fair** — presented by University Medical Associates Diabetes Endocrine Care Center and Ohio University Diabetes Institute, with OhioHealth O’Bleness Hospital as leading sponsor. OhioHealth O’Bleness Hospital Athens Medical Associates provided information on women’s nutrition and gestational diabetes to 10 persons in Fiscal Year 2015.
- + **Cholesterol and blood screenings** — served 89 patients in Fiscal Year 2014 and 102 patients in Fiscal Year 2015.

1.3.2. Active participation in the Athens County Creating Healthy Communities Coalition

OhioHealth O’Bleness Hospital actively participates in the Athens County Creating Healthy Communities Coalition (18). O’Bleness Hospital representatives regularly update the leadership and management teams regarding the health and wellness initiatives put forward by the Coalition. Examples of activities of the Athens County Creating Healthy Communities Coalition to promote healthy eating, active living and tobacco-free living in Athens County include **(18)**:

- + Efforts to increase the number of healthy food options in retail stores and pool concessions
- + Promotion of “Healthy Beverage Campaign”
- + Collaborations and partnerships with local, early childhood centers in implementing policies related to improvement of menus and outdoor play
- + Collaborations and partnerships with the Athens City School District and Trimble Local School District to enable purchase of fruits, vegetables and whole grains from the Southeast Regional Food Bank
- + Collaborations and partnerships with the Athens City School District to adopt a shared use policy to enable the public to use school facilities for physical activity
- + Collaborations and partnerships with the Nelsonville, Athens and Trimble School Districts to revise and enhance their tobacco-free policies

1.3.3. Wellness programs for older adults through SeniorBEAT

In 1996, OhioHealth O’Bleness Hospital initiated SeniorBEAT (Be Educated and Active Together), a program that empowers adults 60 years of age and older from Athens County and neighboring areas with activities to become physically, mentally and socially active **(105)**. Currently, SeniorBEAT has at least 600 members throughout southeast Ohio. Examples of program activities include:

- a. **Book club** — participants gather on a monthly basis to review the book of the month. During Fiscal Year 2014, the book club met 10 times with an average attendance of seven seniors per meeting. During Fiscal Year 2015, the book club met 11 times with an average attendance of 10 seniors per meeting.

- b. **History group** — guest speakers discuss local and regional history as well as occasional field trips to historical sites. During Fiscal Year 2014, the history group met eight times with an average attendance of 16 seniors per meeting. During Fiscal Year 2015, the history group met nine times with an average attendance of 16 seniors per meeting.
- c. **SeniorBEAT Speakers Program** — seminars on hypertension, pain management, balance and health through music were provided by invited speakers from OhioHealth Heart and Vascular Physicians, Ohio University Heritage College of Osteopathic Medicine, Athens County Senior Center and Ohio University Music Therapy Program. During Fiscal Year 2014, 10 seminars were held and an average of 30 seniors per meeting attended the event. During Fiscal Year 2015, 11 seminars were held and an average of 25 seniors per meeting attended the event.
- d. **Singing group** — members gather monthly for informal sing-along sessions and twice a year visits to local assisted living facility to sing with residents as well as performance in SeniorBEAT meetings. During Fiscal Year 2014, six singing group meetings were held and an average of 14 seniors attended each meeting. During Fiscal Year 2015, 11 singing group meetings were held and an average of 14 seniors attended each meeting.
- e. **Lunch group** — seniors meet at various local restaurants throughout the year for lunch and socialization. During Fiscal Year 2014, the lunch group met 12 times and an average of 17 seniors participated per lunch event. During Fiscal Year 2015, the lunch group met 11 times and an average of 17 seniors participated per lunch event.
- f. **Chair volleyball group** — the chair volleyball group meets twice per week throughout the year and also participates in annual statewide tournaments. During Fiscal Years 2014 and 2015, the chair volleyball group met 100 times per year and an average of 11 seniors attended each meeting in that year.
- g. **SeniorBEAT Exercise Program** — the Exercise Program was led by volunteer exercise leaders who were trained by OhioHealth O’Bleness Hospital physical therapists. The objectives of the program were to encourage physical activity and socialization among seniors. The Exercise Program is held weekly at three locations, namely:
 - + **OhioHealth O’Bleness Hospital** — 50 exercise sessions held and attended by an average of 16 seniors per session during Fiscal Year 2014; 50 exercise sessions held and attended by an average of 13 seniors per session during Fiscal Year 2015.
 - + **Athens Community Center** — 50 exercise sessions held and attended by an average of nine seniors per session during Fiscal Year 2014; 50 exercise sessions attended by an average of eight seniors per session during Fiscal Year 2015.
 - + **The Plains United Methodist Church** — 50 exercise sessions held and attended by an average of nine seniors per session during Fiscal Year 2014; 50 exercise sessions held and attended by an average of seven seniors per session during Fiscal Year 2015.

Throughout the implementation of SeniorBEAT, OhioHealth O’Bleness Hospital partners with various community organizations such as Ohio University Heritage College of Osteopathic Medicine, Athens County Senior Center, Albany Senior Center, Athens Community Center and Athens Village to encourage additional membership and to promote awareness of the health benefits of participation in various SeniorBEAT activities. Members of SeniorBEAT regularly participate in community-wide events such as the Southeast Ohio History Day event (111) and the Athens Senior Safety Fair (99) held in Fiscal Year 2015. Sustainable community engagement initiatives aim to encourage additional membership and promote awareness of the health benefits of participation in various SeniorBEAT activities.

1.3.4. Welcome Home Baby Program

During Fiscal Year 2015, OhioHealth O’Bleness Hospital started offering the Welcome Home Baby Program as means of improving the health and well-being of babies and their families in Athens County. Women who delivered at O’Bleness Hospital were educated about the home-visiting program provided free of charge by the Athens City-County Health Department. Once the mother agrees to participate, a referral to the Athens City-County Health Department was made by a postpartum nurse for home visits. The parent’s information (residence, contact information, date of delivery and medical history — if authorized) was provided to the community health nurse at the health department for scheduling of visits or the mother may self-refer by contacting the Athens City-County Health Department directly.

- + During Fiscal Year 2015, 24 referrals had been made and 10 home visits completed.
- + The primary goal of the program is to reduce infant mortality. Secondary goals include increased access to primary care physicians and family planning for mothers with unintended pregnancies. This program also established a strong partnership between OhioHealth and the Athens City-County Health Department. During home visits, the health department nurse answered any questions the mother may have, weighs the baby and offers information about safety, healthy development and community resources/support as needed.

OhioHealth O’Bleness Hospital community partners implemented effective health and wellness programs for Athens County, including Ohio University Heritage College of Osteopathic Medicine, Athens City-County Health Department, Athens Creating Healthy Communities Coalition, the Ohio University Diabetes Institute, Community Food Initiatives and Live Healthy Appalachia.

1.4. Baby-Friendly Hospital Initiative

The Baby-Friendly Hospital Initiative was initiated by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF) (21). In the United States, Baby-Friendly USA, Inc. gives accreditation for the Baby-Friendly Hospital Initiative (Baby Friendly USA 2012). The initiative is based on the context that (a) human milk fed to the baby through breastfeeding is the natural way to nourish infants; (b) mothers and babies who breastfeed have better health outcomes and disease resistance; and (c) breastfeeding is an important mechanism for normal infant development (21). At OhioHealth O’Bleness Hospital, the activities for the Baby-Friendly Hospital Initiative started in May 2013. Designation of O’Bleness Hospital as a Baby-Friendly Hospital is anticipated in September 2016. Through various hospital efforts to educate the hospital team about the importance of breastfeeding, the 73 percent breastfeeding rate in Fiscal Year 2014 and 75 percent breastfeeding rate in Fiscal Year 2015 were 8.2 and 10.2 percent higher, respectively, compared to the average Ohio breastfeeding rates of 64.8 percent during Fiscal Years 2010–2013 (25).

- + **OhioHealth O’Bleness Hospital breastfeeding initiation rate** — 73 percent in Fiscal Year 2014 and 75 percent in Fiscal Year 2015. According to the Centers for Disease Control and Prevention Breastfeeding Report Card, the average breastfeeding initiation rate in Ohio was 70.1 percent (25).
- + **OhioHealth O’Bleness Hospital breastfeeding exclusivity rate** — 80 percent in Fiscal Year 2014 and 77 percent in Fiscal Year 2015. According to the Centers for Disease Control and Prevention Breastfeeding Report Card, the average breastfeeding exclusivity rate in Ohio was 35.5 percent at three months and 15 percent at six months (28).

During Fiscal Years 2014–2016, OhioHealth O’Bleness Hospital has implemented the following activities:

- + **Online breastfeeding training for nurses** — 25 nurses completed the training in Fiscal Year 2016.
- + **Clinical breastfeeding skills training for nurses** — 25 nurses completed the skills training in Fiscal Year 2016.
- + **Online breastfeeding training for physicians and obstetrics residents** — 16 physicians and residents completed the online training in Fiscal Year 2016.
- + **Clinical breastfeeding training for physicians and obstetrics residents** — five residents completed the skills training in Fiscal Year 2016.
- + **Monthly breastfeeding classes for the prenatal patient** — 40 parents and families participated in Fiscal Year 2014; 54 parents and families participated in Fiscal Year 2015.
- + **Breastfeeding class for the working mother** — 17 mothers participated in Fiscal Year 2014; 14 mothers participated in Fiscal Year 2015.
- + **Breastfeeding follow-up sessions after birth of baby** — 48 parents and families participated in Fiscal Year 2014; 22 parents and families participated in Fiscal Year 2015.

OhioHealth O’Bleness Hospital is also involved in several community-wide initiatives and partnerships related to increasing breastfeeding awareness in Athens County. These community involvement activities include:

- + **Athens Area Breastfeeding Advocacy Meeting** — a collaboration of breastfeeding professionals in Athens County to promote, protect and support breastfeeding in Athens County; educated 35 community stakeholders in Fiscal Year 2015 regarding O’Bleness Baby-Friendly Hospital Initiative.
- + **Breastfeeding Lecture, as part of the “Baby Bump” at the Albany Public Library** — discussed advantages of breastfeeding for mother and baby as well as availability of local breastfeeding resources; educated three persons in Fiscal Year 2015.
- + **Class on “Sore Nipples and Breasts” taught to Ohio University Heritage College of Osteopathic Medicine students and residents** — served 20 medical students and residents in Fiscal Year 2015.

During Fiscal Years 2014 and 2015, O’Bleness Hospital efforts to increase awareness on the importance of breastfeeding and going through the process of being designated as a Baby-Friendly Hospital resulted in the following:

- + Sustained education of parents and families during prenatal care visits and during breastfeeding classes about the practice change that focuses on the importance of breastfeeding for mothers and babies.
- + Nurses, physicians and residents are empowered to implement the practice change in their clinics and in the hospital.
- + Further increase in initiation and exclusivity of breastfeeding will positively impact the health of mothers and babies.

OhioHealth O’Bleness Hospital community collaborators for the Baby-Friendly Hospital Initiative include Athens Medical Associates Obstetrics and Gynecology, University Medical Associates Pediatrics, Athens Holzer Clinic, Athens County Women, Infants and Children (WIC), Athens La Leche League and Athens Area Breastfeeding Advocacy Group.

1.5. Community Food Initiatives (CFI) and other food-related outreach programs

1.5.1. OhioHealth O’Bleness Hospital has been actively involved with sponsoring activities led by Community Food Initiatives (CFI) (32).

In Fiscal Year 2015, OhioHealth O’Bleness Hospital made a \$10,000 donation to Community Food Initiatives (CFI) to support their health and wellness efforts in the region. The investment will provide a transportation vehicle to support community garden programs and the CFI Donation Station. The CFI Donation Station addresses Athens County’s most immediate food security issue — access to healthy, fresh foods for all. Food is distributed weekly to local food pantries and social service agencies. In Calendar Year 2014, 79,452 pounds of produce and local food products were distributed to food pantries and agencies in Athens and Morgan counties.

During Fiscal Years 2014 and 2015, Community Food Initiatives (CFI) implemented the following programs:

- a. **Community Garden Programs** — includes projects such as Community Gardens, Garden and Culinary Workshops, Community Orchards and Seed Sovereignty Projects.
- b. **Local Gardens** — includes gardens located in Nelsonville, Glouster, Chauncey, Hope Drive, and Southside/Carriage Hill as well as Eastside and Westside Community Gardens.
- c. **Garden and Culinary Workshop Series** — aims to motivate families to address food security by teaching skills to grow own food, prepare healthy meals and preserve food
- d. **Other programs such as Seed Sovereignty, Seed Giveaways and Community Orchards** — aims to educate the public about seed-saving techniques, availability of free seeds and access to fruits in public areas.

1.5.2. OhioHealth Home Care and Hospice (Athens) partnership with Community Food Initiatives’ “Healthy at Home Program”

OhioHealth Home Care and Hospice in Athens (formerly Appalachian Community Visiting Nurse Association, Hospice and Health Services) implemented the Healthy at Home Program in Fiscal Year 2015 in partnership with Community Food Initiatives (CFI). Fresh produce was distributed throughout Athens County. The project was supported by The Sisters Health Foundation, which invested \$4,000 in the project to provide a refrigerator for produce as well as insulated coolers for the safe transportation of perishable food items. Volunteers picked up

freshly-grown produce and locally-made dairy products (e.g., milk, cheese and yogurt), breads, milled flour and chips from CFI on Mondays. Since some clients are not accomplished cooks and/or do not have a working stove, Ohio University nutrition student volunteers created a database of recipes that are easy to prepare using a microwave.

- + OhioHealth Home Care and Hospice distributed more than 1,300 pounds of food from Community Food Initiatives in Calendar Year 2014.
- + Between January 28 and October 31, 2015, 25 families received a home-food delivery and 48 families received a fresh-food delivery. Approximately 108 pounds of food per month were distributed for the nine-month period.

1.5.3. OhioHealth sponsors programs and services provided by Live Healthy Appalachia (Live Healthy Appalachia, n.d.)

During Fiscal Years 2014 and 2015, examples of outreach activities provided by Live Healthy Appalachia include (55):

- a. **Free participation in the Complete Health Improvement Program (CHIP) class** — targeted for low-income residents from Nelsonville or Trimble and anyone who meets the income guidelines of at or below 150 percent of the federal poverty level. Findings from the CHIP Program showed that participants could get off medications, manage diabetes and/or other chronic diseases symptoms and lose weight.
- b. **Collaboration among parents and teachers on healthy eating for children** — salad bars in elementary schools, use of fresh produce in the school cafeterias, cooking classes, food tastings and sending home recipes for inexpensive but nutritious foods.
- c. **Live Healthy Appalachia Health Summit** — the community meeting included healthy living workshops, talks such as “Engaging Communities in Being Healthy,” “How to Forgive a Way to Improve Health,” “How to be a Food Revolutionary,” and a Live Healthy Appalachia Billboard Contest for fourth- to ninth-grade students.
- d. **Live Healthy Kids** — interactive educational curriculums that aim to teach 1,300 students from Athens, Meigs, Vinton and Washington counties basic nutrition and cooking skills.

1.5.4. Plains Elementary School Community Garden

During Fiscal Year 2015 OhioHealth O’Bleness Hospital enhanced and expanded a small community garden on The Plains Elementary School property in The Plains, Ohio. The garden is used as an educational, hands-on laboratory and a source of fresh produce in the spring and summer for students. More than 70 percent of children attending The Plains Elementary School qualify for the federal, free or reduced-price lunch program. Providing programs and resources that can address food insecurity are a priority in the community. The simple project met this need by providing gardening tools and a shed for a children’s garden in Athens County as well as fencing. The school nurse shared in an initial planning meeting that the garden was open to animals and attempts at installing a simple fence to protect the fruits and vegetables have been unsuccessful. She also kept the tools piled in a bin in the corner of a hallway in the building because space didn’t exist in the facility for the few tools they had. Over the course of many weeks an ad hoc committee researched and selected a high-quality shed that would store the garden tools safely and securely. Then, a fence was selected and the group committed to spending time after work (often well into the evening) installing the fence and shed. Bricks were laid by the group as a foundation for the shed. The old fencing was ripped up and the team worked to install a fence around the entire perimeter of the garden. Through teamwork, sweat, creativity and dedication, the garden evolved from a small plot of unkempt land with great potential into a place of respite and the home of future bountiful growth.

The Plains Elementary School garden is available to any teacher and an alternative recess schedule is organized in the spring. The school nurse coordinates with Community Food Initiatives and Rural Action’s Environmental Education Program to facilitate educational programs with students. The Plains Elementary School also partnered with Kids on Campus (76) in Fiscal Year 2015 for a winter gardening experience.

- + In Fiscal Year 2015, approximately 50 pounds of produce was distributed throughout the school. The garden, and the projects associated with the garden, served at least 500 children.
- + Approximately 50 students, parents or staff members took produce from the “community” basket and an additional 75 to 100 students ate or took home produce as part of a hands-on classroom activity in the garden.

1.5.5. Hocking Athens Perry Community Action Southeast Ohio Food Bank Partnership

OhioHealth O’Bleness Hospital staff planned and executed campus-wide fundraising and food-raising events that raised awareness about hunger and generated enough meals and monetary donations to provide more than 39,000 meals in the southeast Ohio region. The Southeastern Ohio Food Bank works with federal, state and local organizations and community members to provide food to at least 70 food pantries, soup kitchens and congregate meal sites throughout southeastern Ohio.

1.6. Influenza Vaccination Program

Since 2010, OhioHealth issued an Influenza Vaccine (“flu vaccine”) Policy for all member hospitals, including OhioHealth O’Bleness Hospital. O’Bleness Hospital became an OhioHealth member hospital in January 2014. The purpose of the policy is “to reduce the transmission of influenza viruses in the healthcare setting, while promoting the health and safety of patients, staff members and the community.” The policy requires that all OhioHealth staff members, volunteers, contract staff and students receive an annual influenza vaccine. OhioHealth provides influenza vaccines free of charge. Exemptions from receiving the influenza vaccine will be considered for medical, religious or spiritual reasons only.

- + **Flu vaccination during Fiscal Year 2014** — 733 staff members and volunteers at O’Bleness Hospital received a vaccination.
- + **Flu vaccination during Fiscal Year 2015** — 903 staff members and volunteers at O’Bleness Hospital received the flu vaccine.

During their visit at the hospital, patient families, loved ones and guests are informed about the importance of obtaining annual flu shots. The Athens City-County Health Department provides seasonal flu vaccines to children six months of age or older, adults and older adults, regardless of availability of health insurance **(12)**.

Community resources available to address the health need: “Improving awareness of and participation in wellness and preventive care services and programs”

Examples of community resources include Athens City-County Health Department, Ohio University Heritage College of Osteopathic Medicine, Live Healthy Appalachia and Athens Community Foundation.

Need #2: Improve access to primary and specialty care services.

2.1. OhioHealth O’Bleness Hospital Medical Staff Development Plan

As part of the Medical Staff Development Plan, OhioHealth O’Bleness Hospital offers comprehensive primary care (family and internal medicine) and specialty care at the following locations:

- a. **Primary Care Racine** — located at 207 Fifth Street, Racine, Ohio 45771. Primary Care Racine served 4,270 patients in Fiscal Year 2014 and 4,154 patients in Fiscal Year 2015. Primary Care Racine has been serving patients since October 2007.
- b. **The Residency Clinic at Columbus Circle** — located at 86 Columbus Circle, Athens, Ohio 45701. The Residency Clinic at Columbus Circle served 3,257 patients in Fiscal Year 2014 and 3,100 patients in Fiscal Year 2015. The Residency Clinic at Columbus Circle has been serving patients since January 2014.
- c. **(c)Primary Care Columbus Circle** — located at 86 Columbus Circle, Athens, Ohio 45701. Primary Care Columbus Circle served 2,429 patients in Fiscal Year 2014 and 4,197 patients in Fiscal Year 2015. Primary Care Columbus Circle has been serving patients since November 2013.
- d. **Athens Medical Associates Athens Primary Care** — located at 75 Hospital Drive, Athens, Ohio 45701. Athens Medical Associates Athens Primary Care served 15,723 patients in Fiscal Year 2014 and 23,400 patients in Fiscal Year 2015. Athens Medical Associates Athens Primary Care has been serving patients since July 2011.
- e. **Athens Medical Associates Pomeroy Primary Care** — located at 113 East Memorial Drive, Pomeroy, Ohio 45769. Athens Medical Associates Pomeroy Primary Care served 917 patients in Fiscal Year 2014 and 977 patients in Fiscal Year 2015. Athens Medical Associates Pomeroy Primary Care has been serving patients since November 2013. Athens Medical Associates Pomeroy Primary Care was closed on November 6, 2015.
- f. **Athens Medical Associates Glouster Primary Care** — located at 3 Monroe Street, Glouster, Ohio 45732. Athens Medical Associates Glouster Primary Care had 165 patient visits in Fiscal Year 2015.
- g. **Hunter Family Practice** — located at 207 Fifth Street, Racine, Ohio 45771. Hunter Family Practice had 4,270 patient visits in Fiscal Year 2014 and 4,154 patient visits in Fiscal Year 2015.
- h. **Athens Family Practice** — located at 101 South Shafer Street, Athens, Ohio 45701. Athens Family Practice had 15,723 patient visits in Fiscal Year 2014 and 23,400 patient visits in Fiscal Year 2015.
- i. **Retto’s Family Practice** — located at 86 Columbus Road, Athens, Ohio 45701. Retto’s Family Practice had 2,393 patient visits in Fiscal Year 2014 and 6,373 patient visits in Fiscal Year 2015.
- j. **Meigs Medical Clinic** — located at 13 East Memorial Drive, Suite A, Pomeroy, Ohio 45769. Meigs Medical Clinic had 917 patient visits in Fiscal Year 2014 and 977 patient visits in Fiscal Year 2015.
- k. **Nelsonville Medical and Emergency Services** — had 10,024 patient visits in Fiscal Year 2014 and 6,076 patient visits in Fiscal Year 2015.
- l. **Athens Medical Associates OB/GYN** — located at 75 Hospital Drive, Athens, Ohio 45701. Athens Medical Associates OB/GYN had 27,724 patient visits in Fiscal Year 2014 and 25,952 patient visits in Fiscal Year 2015.
- m. **Athens Medical Associates General Surgery** — located at 75 Hospital Drive, Athens, Ohio 45701. Athens Medical Associates General Surgery had 3,165 patient visits in Fiscal Year 2014 and 3,604 patient visits in Fiscal Year 2015.
- n. **Athens Medical Associates Urology** — located at 75 Hospital Drive, Athens, Ohio 45701. Athens Medical Associates Urology had 2,780 patient visits in Fiscal Year 2014 and 4,184 patient visits in Fiscal Year 2015.
- o. **Athens Medical Associates Sports Medicine** — located at 75 Hospital Drive, Athens, Ohio 45701. Athens Medical Associates had 3,161 patient visits in Fiscal Year 2014 and 6,803 patient visits in Fiscal Year 2015.

OhioHealth O'Bleness Hospital has an outpatient department located at the OhioHealth Nelsonville Medical and Emergency Services, located at 1950 St. Marys Drive, Nelsonville, Ohio 45764 (94). Currently, services include urgent care, OhioHealth Stroke Network, full-service laboratory, outpatient clinics for family medicine, internal medicine, occupational therapy, physical therapy and sleep services. The outpatient department also houses specialty clinics for cardiology, hypertension and nephrology, infectious diseases, neurology, orthopedics, physical medicine, podiatry and urology. The outpatient department also offers access to community physicians specializing in family medicine, endoscopy and internal medicine (94). The pool of medical staff was further enhanced to meet the evolving needs of the community and increase access to care by hiring specialists in urology, orthopedic surgery and sports medicine. A certified nurse practitioner was hired for Athens Primary Care to assist with care coordination and comprehensive education of patients.

In Fiscal Year 2014, Athens Medical Associates hired four additional primary care physicians. Two of the physicians were assigned to Athens Medical Associates Athens Primary Care and Primary Care Columbus Circle. In Fiscal Year 2015, Athens Medical Associates hired six additional primary care physicians. Among these six primary care physicians, four physicians were assigned to OhioHealth Nelsonville Medical and Emergency Services in Nelsonville, Ohio, one physician was assigned to Athens Medical Associates Glouster Primary Care and one physician was assigned to Athens Medical Associates Athens Primary Care. The addition of primary care providers in strategically located primary care clinics was targeted at improving access to care in these less populated and impoverished areas. Moreover, hiring of additional primary care physicians was designed to enhance continuity of care through patient referrals to specialty care physicians and community resources such as health recovery services for behavioral care.

Community resources available to address the health need: "Improve access to primary and specialty care services"

Examples of community resources that provide programs and services for improving access to healthcare services include Athens City-County Health Department, Ohio University Heritage College of Osteopathic Medicine and University Medical Associates.

