



# *OhioHealth Hardin Memorial Hospital* Community Health Needs Assessment

June 2019



## OhioHealth Hardin Memorial Hospital

The leading healthcare provider in Hardin County

OhioHealth Hardin Memorial Hospital is proud to serve the residents of Hardin County by delivering quality healthcare in a safe environment with exceptional customer service. Over the last several years, we have made considerable changes to our facility and technology to better meet the healthcare needs of our community members in and around Kenton, Ohio.

**Ron Snyder, Chief Operating Officer**

921 East Franklin Street

Kenton, Ohio 43326

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## Introduction

OhioHealth is a family of nationally recognized, not-for-profit, faith-based hospitals and healthcare organizations with Methodist roots (OhioHealth, 2015-2018a). Serving central Ohio communities since 1891, all OhioHealth entities are connected by a shared mission “to improve the health of those we serve.” With core values of compassion, excellence, stewardship and integrity, OhioHealth is committed to delivering quality, convenient, timely healthcare, regardless of ability to pay. OhioHealth is a family of 29,000 associates, physicians and volunteers, and a network of 12 hospitals, more than 50 ambulatory sites, hospice, home health, medical equipment and other health services spanning a 47-county area. OhioHealth hospitals include OhioHealth Riverside Methodist Hospital, OhioHealth Grant Medical Center, OhioHealth Doctors Hospital, OhioHealth Dublin Methodist Hospital, OhioHealth Rehabilitation Hospital, OhioHealth Grady Memorial Hospital, OhioHealth Marion General Hospital, OhioHealth Hardin Memorial Hospital, OhioHealth O’Bleness Hospital, OhioHealth Mansfield Hospital, OhioHealth Shelby Hospital and OhioHealth Grove City Methodist Hospital.

Truven Health Analytics has recognized OhioHealth as one of the top five large health systems in America in 2008, 2009, 2011, 2013, 2014 and 2015 (IBM Watson Health, n.d.). FORTUNE Magazine has recognized OhioHealth as one of the “100 Best Companies to Work For” for 12 years in a row: 2007-2018. OhioHealth was also recognized as one of FORTUNE Magazine’s “100 Best Workplaces for Women” and “100 Best Places to Work in Healthcare.”

Located in Kenton, Ohio, OhioHealth Hardin Memorial Hospital has served the healthcare needs of residents of Hardin County and surrounding communities for more than 60 years. Hardin Memorial Hospital was designated as a Critical Access Hospital (CAH) in December 2002. CAH is a designation given to eligible rural hospitals by the Centers for Medicare and Medicaid Services (CMS) as a means of improving access to healthcare in rural communities (Rural Health Information Hub, 2002-2018). Hardin Memorial Hospital has been accredited by The Joint Commission since 2011 (The Joint Commission, 2018). Hardin Memorial Hospital is located at 921 East Franklin Street, Kenton, Hardin County, Ohio 43326. Hardin Memorial Hospital is a 25-bed critical access hospital that provides acute and short-term skilled care, a full range of outpatient diagnostic and therapeutic services utilizing state-of-the-art technology, rehabilitation and physical therapy services, 24-hour emergency department, as well as numerous community programs and services. Hardin Memorial Hospital offers the convenience of a multi-specialty center with specialists in allergy, cardiology, dermatology, ear, nose and throat (ENT), general surgery, internal medicine, neurology, obstetrics/gynecology, orthopedics, speech and urology who are able to diagnose and treat patients locally (OhioHealth 2015-2018a). Hardin Memorial Hospital had 26 medical staff and 3 advanced practice providers. In Calendar Year 2017, Hardin Memorial Hospital had 552 inpatient admissions, 1,946 inpatient days, 29 inpatient surgeries, 12,070 emergency department visits, 412 observation patients, 33,156 outpatient visits and 292 outpatient surgeries.

Hardin Memorial Hospital has an outpatient facility, Hardin Wellness Center, a physical rehabilitation and wellness center that provides access to an aquatics program, physical therapy and sports medicine. The Hardin Wellness Center is located at 918 W. Franklin Street, Kenton, Ohio 43326 (OhioHealth 2015-2018b).

Hardin Memorial Hospital has always been an active partner in addressing community health needs in Hardin County, Ohio. Examples of Hardin Memorial Hospital’s community programs and services include: **Fun Activity Motivates Everyone (FAME)**, farmers markets, Hardin Hustle 5K, community-based health screenings and education, Heart Smart Day, Community Health Fair, and Health and Wellness Fair. Hardin Memorial Hospital is also a champion of ensuring community health and safety. Hardin Memorial Hospital collaborated with the Hardin County Prosecutor, Kenton-Hardin Health Department, Sheriff’s Office and Hardin County Coroner to implement Project DAWN (“Deaths Avoided with Naloxone”), which educates the community on how to administer naloxone in the event of an opioid overdose. Hardin Memorial Hospital provided cash donations to Southeast Hardin and Northwest Union Firefighters toward the purchase of basic and advanced life support equipment. Hardin Memorial Hospital has been an active collaborator in Hardin County’s Medication Disposal Day.

OhioHealth is dedicated to serving communities through its community benefit. In fiscal year 2018, OhioHealth provided a total of \$393.7 million of community benefit, comprised of \$90 million for charity care, \$240.4 million net cost of Medicaid programs, \$54.1 million net cost of medical education, \$1.9 million of subsidized health services, \$3.8 million toward community health services, \$3 million in cash and in-kind contributions and \$0.5 million for research.

The Patient Protection and Affordable Care Act of 2010 requires not-for-profit hospitals to conduct a community health needs assessment (CHNA) once every three years (Internal Revenue Service, 2018). OhioHealth Hardin Memorial Hospital collaborated with the Kenton-Hardin Health Department and various community stakeholders to identify significant community health needs in Hardin County and determine the priority health needs that will be addressed in the implementation strategy. During the prioritization meeting held on October 24, 2018, the 16 community stakeholders agreed that Hardin County needs to keep the three priority needs that were identified in the 2017-2020 Community Health Improvement Plan (Kenton-Hardin Health Department, 2017), namely:

- (1) Mental Health and Addiction
- (2) Chronic Disease
- (3) Access to Healthcare

OhioHealth Hardin Memorial Hospital has developed the 2020-2022 Implementation Strategy to meet community health needs in Hardin County in collaboration with the Kenton-Hardin Health Department and various community stakeholders to demonstrate its continuing commitment to play an active and effective role in the Hardin County community by fulfilling its mission “to improve the health of those we serve.” Moreover, Hardin Memorial Hospital’s Implementation Strategy will include actions and strategies that align with the Ohio 2017-2019 State Health Improvement Plan (Ohio Department of Health, 2017).

For information about OhioHealth Hardin Memorial’s CHNA process and for a copy of the reports, please visit <https://www.ohiohealth.com/locations/hospitals/hardin-memorial-hospital/about-us/community-health-needs-assessment/>. Please contact Shannon Ginther, JD, senior director, Community Health Partnership, (614) 544.4392 or email [Shannon.Ginther@ohiohealth.com](mailto:Shannon.Ginther@ohiohealth.com) to obtain hard copies of the CHNA reports at no charge. Written comments regarding this CHNA report and related implementation strategy can also be submitted to Shannon Ginther at [Shannon.Ginther@ohiohealth.com](mailto:Shannon.Ginther@ohiohealth.com).

## A. Definition of the Community Served by the Hospital Facility and How the Community Served Was Determined

### A1. Location of Hospital and ZIP Codes of Communities Served

OhioHealth Hardin Memorial Hospital is located at 921 East Franklin Street, Kenton, Ohio 43326 in Hardin County. The “community served” by Hardin Memorial Hospital is Hardin County, Ohio. The communities reside in zip codes 43310, 43326, 43332, 43340, 43345, 43346, 43347, 45810, 45812, 45835, 45836, 45841, 45843, 45850, 45859 and 45896 (Datasheer, L.L.C., 2018).

### A2. Percent of Patients from Hardin County, Ohio, Served

Review of OhioHealth internal data has shown that for Fiscal Year 2018, 91.8 percent of all patients who were admitted to the hospital resided in Hardin County at the time of admission. Similarly, 88.6 percent of all patients who had outpatient procedures resided in Hardin County at the time the procedure was done. Accordingly, Hardin County has been determined to be the community served by OhioHealth Hardin Memorial Hospital.

## B. Demographics of the Community

### B1. Total Population

In 2010, the total population of Hardin County was 32,058. In 2017, estimated population was 31,364 (Ohio Development Services Agency, n.d.).

### B2. Race/Ethnicity

In 2017, among Hardin County residents, 96.4 percent were white, 0.6 percent were African American, 0.8 percent were Asian, 1.5 percent were Hispanic (of any race), 0.3 percent were other races, 0.1 percent were Native American, 0 percent were Pacific Islander and 1.7 percent were two or more races (Ohio Development Services Agency, n.d.).

### B3. Age

In 2017, among Hardin County residents, 6.2 percent were younger than 5 years old, 17.0 percent were 5–17 years old, 15.8 percent were 18–24 years old, 21.7 percent were 25–44 years old, 24.6 percent were 45–64 years old, and 14.8 percent were 65 years or older. The median age was 35.8 years (Ohio Development Services Agency, n.d.).

### B4. Income

Median household income for 2017 was \$44,842 and per capita income was \$31,940. Approximately 11.7 percent of families and 15.7 percent of individuals had income below the poverty level (Ohio Development Services Agency, n.d.).

The Ohio Development Services Agency summarized other demographic characteristics of Hardin County residents in 2017 (Ohio Development Services Agency, n.d.).

## C. Existing Healthcare Facilities and Resources within the Community that are Available to Respond to the Community's Health Needs

### C1. Healthcare Facilities and Community Resources Addressing Mental Health and Addiction, including Adult and Youth Drug Use, Youth Depression and Suicide, Youth Driving Safety, Youth Sexual Behavior, Youth Bullying, Adult and Youth Alcohol Use, and Youth Tobacco Use

#### C1.1. OhioHealth

**C1.1.1. Behavioral and Mental Health Care** – OhioHealth provides inpatient and outpatient services for families suffering from mental or behavioral health problems. Within the inpatient divisions, patients have access to medication management, group therapy and activities, ECT, further consultation and education. Once the patient's crisis has been managed, he or she may be transferred to outpatient services and given access to transcranial magnetic therapy (TMS), partial hospitalization program (PHP), intensive outpatient program (IOP), Sexual Assault Response Network of Central Ohio (SARNCO), mindfulness programs, employee assistance program (EAP) and a choice of two aftercare programs. These outpatient services are aimed at providing support, education and symptom relief for patients with mental or behavioral health problems (OhioHealth, 2015-2018b).

**C1.1.2. Behavioral Health Family Support Group** – A specific support group provided by OhioHealth for families dealing with mental illnesses, participants share their hardships and are provided with support and helpful resources (OhioHealth, 2015-2018c).

**C1.1.3. Depression Support Group** – Another wellness class provided by OhioHealth for individuals struggling with depression, this session aims to educate participants and provide them the opportunity to share with others for support. This monthly support group is free of cost and held on Thursdays (OhioHealth, 2015-2018c).

**C1.2. Kenton Community Health Center** – Kenton Community Health Center uses screening, brief Intervention and referral to treatment (SBIRT) to deliver early intervention and treatment services for patients who are at risk for substance use disorders or have been diagnosed with substance abuse or dependency (Kenton Community Health Center, 2018). Patients addicted to opioids, narcotics or heroin receive medication-assisted treatment (MAT), a whole-person approach to treating substance use disorders. MAT provides patients with medication (Suboxone® or Vivitrol®), combined with counseling, behavioral therapies and support (Kenton Community Health Center 2018). The center's integrated behavioral health team uses a problem-solving technique with fast, limited and convenient visits.

**C1.3. Hardin County Prosecutor's Office** – The Hardin County Prosecutor's Office makes available pictures of convicted drug traffickers in Hardin County as a means of community awareness (Hardin County Prosecutor's Office, 2018). The Hardin County Court of Common Pleas, Juvenile Division and Hardin County Juvenile Court participated in a pilot project to manage opiate drug offenders in the community who obtain medication-assisted treatment (Hardin County Prosecutor's Office, 2018).

**C1.4. Family Resource Center of Northwest Ohio, Inc.** – The Family Resource Center of Northwest Ohio, Inc. has a branch in Hardin County that offers mental health and substance abuse services. Examples of mental health services include: diagnostic assessment, individual and group counseling, intensive, home-based treatment, problematic sexual behavior treatment, play therapy, crisis intervention, psychiatric services, and prevention and education programs. Examples of substance abuse services include: diagnostic assessment, individual counseling, case management, as well as prevention and education programs (Family Resource Center of Northwest Ohio, Inc. 2018).

- C1.5. Reclaiming Futures Hardin County** – Reclaiming Futures Hardin County partners with courts, treatment facilities and families to meet the substance abuse needs of Hardin County youth. Current programs offered through Reclaiming Futures include” screening, brief intervention and referral to treatment (SBIRT); “Behavioral Health RED” (BH-RED), and a Training and Technical Assistance Center (RF-TTAC). These programs aim to prevent youth from engaging in harmful alcohol or drug use and reducing the amount of youth in the juvenile justice system with behavioral health problems (Reclaiming Futures, 2002-2018).
- C1.6. Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties** – The Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties provides services to persons with mental health needs through contracts with We Care Regional Crisis Center, Family Resource Center, LIMA Urban Minority Alcoholism and Drug Abuse Outreach Programs of Ohio, Coleman Behavioral Health, Hardin County We Care Center, Specialized Alternatives for Families and Youth (SAFY), Partnership for Violence Free Families (PVFF), and National Alliance on Mental Illness (NAMI). The Hardin We Care Center offers the Family Resource Center, which offers mental health and substance abuse services to individuals and families to strengthen family life and promote personal growth. In addition, the Hardin We Care Center offers the Coleman Professional Services, which serves adults in crisis, those seeking support for emotional or behavioral problems, and individuals with severe or persistent mental illness or substance abuse issues (Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties, n.d.).
- C1.7. Partnership for Violence Free Families** – The Partnership for Violence Free Families offers programs to help prevent mental illnesses and substance abuse to support safe and healthy communities by spreading awareness and education. In partnership with the Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties, community support groups are open to everyone free of cost for: (a) grief and loss, (b) bipolar and depression, (c) gambling problems, (d) LGBT issues, and (e) youth sobriety. Programs focused on substance abuse and mental illness include: (a) Lifelines Suicide Prevention, (b) RRR Substance Abuse Prevention, (c) Mental Health First Aid, and (d) PAX at Home (Partnership for Violence Free Families, 2018).
- C1.8. Dream Center of Ohio** – The Dream Center of Ohio provides resources, opportunities and support to low-income and struggling persons and families to enable them to be self-sufficient (Dream Center, n.d.). Dream Center of Ohio assists with providing food, water, social support, clothing and transportation assistance to individuals in the community or in prison. Dream Center of Ohio is a Christian ministry that holds outreach activities such as: (a) medical care, provided free to the medically underserved or homeless, (b) meals, including pre-packaged lunches and weekend meals for children, (c) Kids Outreach, which encourages relationship-building for children to grow, (d) discipleship, which educates people about God through prayer, Bible study and community, (e) homeless outreach, to provide the homeless with a variety of resources and an invitation to learn more about God, and (f) Holiday Help and Celebrations, aimed at including our neighbors in major holiday celebrations (Dream Center, n.d.).
- C1.9. BKP Ambulance** – BKP Ambulance are first responders serving Hardin County. Former Ohio Governor John Kasich signed House Bill 170, which enables friends, family members, first responders, police officers, firefighters and paramedics to carry naloxone (Narcan<sup>®</sup>), administer such to an overdosing person, and call 911, even if the caller was using drugs, to prevent fear of repercussions from calling for help (Shaffer, 2014).
- C1.10. Hardin County Juvenile and Probate Court** – The Hardin County Juvenile and Probate Court partners with Lifeworks Community School and Reclaiming Futures of Hardin County to pilot medically assisted treatment for opiate addiction. The family treatment court has found zero relapses with the use of Vivitrol<sup>®</sup> for heroin addicts, zero recidivism and zero follow-up criminal offenses (Crownhart, 2015; Hardin County Juvenile Court, 2017).
- C1.11. Hardin County Sheriff’s Office** – The Hardin County Sheriff’s Office addresses substance abuse through a multiple prong approach that includes: a crime task force focused on drugs and serious crimes, street patrol, K9 team and drug recovery program, and drug abuse prevention through Drug Abuse Resistance Education (D.A.R.E.), a program that Hardin County schools are receptive to implementing. The Hardin County Sheriff’s Office also participates in the National Drug Take-Back Day to enable the community to dispose of unused prescription medications in a safe and environmentally friendly manner (Hardin County Sheriff’s Office, 2013; LimaOhio.com).

- C1.12. Coleman Professional Services** – Coleman Professional Services is an agency aimed at providing recovery and assistance services to individuals with mental and behavioral health concerns, such as crisis management needs, adult care needs, housing needs or employment concerns. Behavioral health services are available in nine Ohio counties: Hardin, Allen, Auglaize, Jefferson, Mahoning, Portage, Stark, Summit and Trumbull (Coleman Professional Services, n.d.).
- C1.12.1. Access Units (walk-in screening and Hopeline)** – Access units provide services aimed at preventing, reducing and assisting emergency crises among patients served. The three services include: (a) Screening, Brief Intervention and Referral to Treatment (SBIRT), (b) Hopeline, and (c) Crisis Text Line.
- C1.12.2. Alcohol and Other Drugs** – Coleman Professional Services provides assessments, case management, counseling, support groups and outpatient services for persons experiencing alcohol or substance issues. These services work to educate, treat and assist in physical and mental recovery for individuals with these behavioral problems. Examples of support groups include: (a) aftercare, used to assist patients after treatment, (b) alcohol and other drug awareness, providing education about substance abuse, (c) Moral Recognition Therapy®, used for criminal justice offenders, (d) relapse prevention, aimed at continuing recovery by providing prevention skills, (e) Stages of Change (1 and 2), a model to encourage change in those with substance abuse problems, (f) Steps, a 10-hour weekend program, and (g) Thinking for a Change, aimed at altering the thinking of substance abuse offenders.
- C1.12.3. Care Navigation and Changing Seasons** – These services connect individuals who are transferring from inpatient services to their recommended outpatient services. Changing Seasons is a drop-in center in Lima, Ohio, that provides support to individuals with extensive mental health illnesses.
- C1.12.4. Community Outreach and Employment** – This service connects law enforcement, first responders and a community’s minority populations to health services that can address their behavioral health needs. In addition, the Criminal Justice Authority works to provide employment for recently incarcerated individuals and connects them to services for drug-related problems. Fathers Accountable for Children’s Tomorrow (FACT) is another program, which assists fathers who pay child support with job training and job readiness and promotes family bonding. Finally, re-entry coordination works to reintegrate previously incarcerated individuals into the community.
- C1.12.5. Housing** – These services include: assisted living programs, adult care facilities, housing assistance program, permanent supportive housing, rental units and Shelter Plus Care. These programs assist mentally ill or homeless individuals obtain permanent housing, pay rent and receive health monitoring if necessary.
- C1.12.6. Mental Health Groups** – These therapy groups are designed to benefit those with mental health illnesses by enabling individuals to increase their wellness, manage behavioral issues, alter thinking patterns, and receive shared support for mental health illnesses. Examples include: anger management, batterers intervention, connections, dialectical behavior therapy, mindfulness, post hospital discharge, self-esteem, sexual offenders, Trauma Recovery and Empowerment Model (TREM), and women’s support.
- C1.12.7. Recovery Coaching and Peer Groups** – These services include: (a) Cliques, (b) Creative Recovery, (c) Wellness Management and Recovery (WMR), and (d) Wellness Recovery Action Plan (WRAP). The services available through these programs aim to provide individuals with the appropriate resources and support through peers, art expression, education and assistance creating a wellness plan.

- C1.12.8. Treatment Options** – A variety of treatment options are provided through Coleman Behavioral Health, including: (a) cognitive enhancement therapy, which aims to increase the mental capacities of persons with severe mental illness to encourage their involvement in social interactions, (b) crisis stabilization unit, which consists of 15 beds for emergency psychological care, (c) medication-assisted treatment, which provides pharmacological intervention to treat substance abuse, (d) medically managed withdrawal, which provides healthcare services to persons facing withdrawal symptoms from opioid dependence, and (e) intensive home-based services, a treatment option aimed at children with potential concerns of out-of-home placement.
- C1.13. Family Resource Center of Northwest Ohio, Inc.** – The Family Resource Center of Northwest Ohio aims to provide care to individuals and families in multicultural communities of northwest Ohio to promote personal growth and strengthen family life (Family Resource Center of Northwest Ohio, Inc., 2018).
- C1.13.1. Alcohol and Other Drugs** – Services include: assessments, case management, behavioral health programs, counseling and outpatient services. Each of these services is aimed at treating, diagnosing or educating persons with substance abuse problems.
- C1.13.2. Community Psychiatric Supportive Treatment (CPST)** – CPST helps to provide case management and skill building and directs patients to additional services.
- C1.13.3. Crisis Intervention** – These services are aimed at stabilizing patients who have been part of an emergency crisis.
- C1.13.4. Mental Health** – These services include: assessments, counseling and group meetings aimed at diagnosing, providing treatment options, achieving emotional wellness and managing behaviors. Mental health groups offered include: (a) Aggression Replacement Training®, which aims to alter aggressive behavior in youth, (b) problematic sexual behavior treatment, which is targeted at adolescent sex offenders, and (c) adventure therapy, which is used to manage emotions and behaviors through a variety of activities.
- C1.13.5. Navigation** – These services help connect persons with mental or behavioral health concerns to programs that will assist their needs. The two types of programs are: (a) juvenile court navigation, which serves youth in the court system, and (b) school navigation, which serves students.
- C1.13.6. Prevention Programs** – This “teen screen” service provides mental health and suicide risk screening to youth in middle school and high school.
- C1.13.7. Psychiatry** – Psychiatry helps persons with mental health disorders manage their medications.
- C1.14. Lima UMADAOP** – The Lima Urban Minority Alcoholism and Drug Abuse Outreach Program (UMDAOP) provides urban minorities with access to programs that assist with alcohol and drug abuse problems. Lima UMADAOP provides culturally appropriate prevention services to African Americans and Hispanic Americans residing in Hardin County and neighboring areas. Locations include Lima and Kenton, Ohio (Lima UMADAOP, 2015).
- C1.14.1. Alcohol and Other Drugs** – These services include: case management, counseling and intensive outpatient care, with opportunities for skill building, connection to additional services, education on changing behaviors and treatment.
- C1.14.2. Anger Management** – This service aims to provide tools for reducing emotional and psychological outbreaks related to anger.
- C1.14.3. Batterers Intervention** – This service helps domestic violence offenders take responsibility for their violence and provides alternative tools for handling conflict.
- C1.14.4. Circle For Re-Entry Ohio (CFRO)** – CFRO helps former prisoners adjust back into the community.

- C1.14.5. Education Programs** – These services include: (a) Driver Intervention Program, a 72-hour program that provides education on alcohol usage to DUI offenders, (b) Girls Education and Mentoring Services (GEMS), which serves to empower girls, (c) Male Academy (MATCH), which builds social skills and self-esteem in boys, and (d) Summer Enrichment (STEM), which teaches leadership skills.
- C1.14.6. Medication-Assisted Treatment** – This treatment technique uses medication intervention with substance abuse patients.
- C1.14.7. Prevention Programs** – These services include: (a) Aiming High, an alcohol, drug and violence prevention program, (b) Peacemaker Project, which acknowledges violence in schools, and (c) Start Talking, which promotes and supports discussion about drug and alcohol prevention in schools.
- C1.14.8. Recovery** – These services provide coaching and housing for persons with previous or current alcohol- or drug-related addictions to support their recovery. Housing programs include: (a) men’s recovery houses, (b) women’s houses, (c) scattered site housing, and (d) women and children recovery house.
- C1.15. Partnership for Violence Free Families** – Partnership for Violence Free Families provides awareness, education and prevention programs for persons in Lima and Kenton, Ohio (Partnership for Violence Free Families, n.d.).
- C1.15.1. Coalition Building** – These services aim to prevent substance abuse, as well as educate and bring awareness to suicide and its prevention. Programs include: (a) Hardin County Community Coalition to Prevent Youth Substance Use, and (b) suicide coalitions.
- C1.15.2. Postvention Outreach** – These services support survivors and provide resources to those at the scene of a suicide or drug overdose death, as well as help people recover from stress. Programs include: (a) Loss Team (Local Outreach to Suicide Survivors), (b) Doss Team (Drug Overdose Survivor Support), and (c) CISM (Critical Incident Stress Management).
- C1.15.3. Prevention Outreach** – These programs include: (a) marketing outreach, aimed to educate physicians, churches and agencies that provide services to those struggling with mental health illnesses, as well as alcohol and other drugs issues, and (b) Open Gate, which connects agencies to needed services.
- C1.15.4. Prevention Programs** – These services aim to prevent substance use, bullying, violence, gambling and a variety of services for educating and supporting mental health illnesses. Examples of programs offered include: (a) Olweus Bullying Prevention Program, (b) Refuse, Remove, Reasons, for substance prevention in schools, (c) ACT Raising Safe Kids, for parental violence prevention, (d) Wellness Initiative for Senior Education (WISE), for mental wellness, (e) mental health first aid, for teaching and responding to mental illness or substance abuse, (f) Lifelines, a suicide prevention program, (g) Stacked Deck, used to implement good behavior at home, and (h) support groups, providing support for certain life events. In addition, Gatekeepers Suicide Prevention is a youth-led program that promotes mental health wellness and resources for suicide prevention.
- C1.16. Specialized Alternatives for Families and Youth (SAFY) of Ohio** – SAFY aims to provide physical and emotional safety to individuals and improve family function through a variety of programs, such as: adoption and post-adoption services, therapeutic foster care, behavioral health services, family preservation and older youth services (SAFY of America, 2018).
- C1.16.1. Alcohol and Other Drugs** – These services include: assessments, case management and counseling, as well as resources for treatment and diagnosis, skill building, and teaching behavior change to persons with alcohol or drug abuse concerns.
- C1.16.2. Community Psychiatric Supportive Treatment** – This service provides case management, skill building, and connects persons to support programs.

- C1.16.3. Early Childhood Mental Health Consultation** – These services are provided in the day care and preschool classroom setting to maintain education placement.
- C1.16.4. Mental Health** – These services provide assessments, counseling and talk therapy groups for persons suffering from mental health concerns. Individuals may receive diagnosis and treatment options or counseling to increase emotional wellness.
- C1.16.5. Prevention Programs and Psychiatry** – This service provides coaching for good behaviors and provides medication for mental health illnesses.
- C1.16.6. School Navigation and Support Groups** – These programs connect individuals with consultative services and provide support for individuals dealing with certain life events.
- C1.16.7. Youth Drop-in Center** – The center is available to youth age 12–17, providing a safe space, skill building techniques, coaching, activities and meals.
- C1.17. We Care Regional Crisis Center** – The center provides a crisis hotline and information and referral for counseling, screening and crisis intervention, emergency diagnostic assessment, crisis stabilization unit, referral to psychiatric inpatient care, and follow-up care (Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties, n.d.).
- C1.18. Lutheran Social Services of Northwestern Ohio** – Lutheran Social Services of Northwestern Ohio provides counseling services on a sliding fee scale to individuals and families, counseling for victims of domestic violence, treatment for substance abuse, financial management, housing assistance, mental health therapy, intensive outpatient group, non-intensive outpatient group, Suboxone®-assisted therapy, trauma recovery, treatment for post-traumatic stress disorder, and therapy for military personnel and their families (Lutheran Social Services of Northwestern Ohio, n.d.).
- C1.19. Hardin County Family YMCA** – This local YMCA provides a variety of recreational activities for adults and youth to encourage proper health and well-being. Services are provided from 6 a.m. to 9 p.m. Monday through Thursday, from 8 a.m. to 5 p.m. on Saturdays, and from 1 p.m. to 5 p.m. on Sundays, during the months of November to March.

## **C2. Healthcare Facilities and Community Resources Addressing Chronic Diseases (Adult Cancer, Cardiovascular Disease and Diabetes; Adult and Youth Obesity) and Adult and Youth Access to Healthcare and Adult Oral Health**

### **C2.1. OhioHealth Hardin Memorial Hospital**

- C2.1.1. Obesity** – The OhioHealth Hardin Wellness Center, located at 918 W. Franklin St., Kenton, Ohio 43326, is a physical rehabilitation and wellness center that offers an aquatic program, physical therapy and injury clinic (OhioHealth, 2015-2018d). The aquatic program features a warm water therapy pool maintained at 90 degrees for patients with such diseases as arthritis and fibromyalgia. The physical therapy program promotes movement, strength, balance and stability. The injury clinic helps student athletes develop a treatment plan in coordination with the athlete and care provider (OhioHealth, 2015-2018d).
- C2.1.2. Diabetes** – A certified diabetes educator offers individualized or group-based diabetes self-management education (DSME). The following topics are discussed: (a) “What is diabetes?” (b) “Signs and Symptoms of Diabetes,” (c) “Biometrics (height, weight, blood pressure),” (d) “Goal-setting and Hemoglobin A1C,” (e) “Hyperglycemia and Hypoglycemia,” (f) “Nutrition, Carbohydrate Counting and Balanced Plate,” (g) “Importance of Physical Activity,” (h) “Sick-Day Management,” (i) “Importance of Self-Monitoring,” (j) “What to Plan and Bring when Traveling,” (k) “Foot Care and Foot Assessment,” (l) “Stress Management,” and (m) “Diabetes Complications.” Both individual and group-based DSME offer three-, nine- and 12-month post-program completion assessments (OhioHealth, 2015-2018e).

- C2.1.3. Heart and Vascular Disease** – OhioHealth offers patients with heart and vascular disease: (a) access to the latest treatments, including the latest minimally invasive techniques, (b) a patient-centered team that provides a personal, compassionate approach to helping patients understand their condition and works with them and their caregivers to develop a treatment plan, (c) best quality care locally with access to OhioHealth’s comprehensive treatment centers and (d) assurance of better health outcomes that exceed national benchmarks. OhioHealth Heart and Vascular Physicians Kenton is located at 75 Washington Blvd., Suite 104, Kenton, Ohio 43326 (OhioHealth, 2015-2018f).
- C2.1.4. Access to Care** – A certified critical access hospital in Ohio, OhioHealth Hardin Memorial Hospital provides acute care, with up to 25 acute or swing beds designated for essential medical services, preventive interventions and pain management. Critical access hospitals are demonstrated to improve access to quality health services in rural areas (Rural Health Information Hub, 2002-2018).
- C2.2. Kenton Community Health Center** – Kenton Community Health Center offers medical, dental, behavioral health, pharmacy services, substance abuse treatment and social services. A federally qualified health center, it is part of Health Partners of Western Ohio. The Kenton Community Health Center helps patients and their families understand ways of managing chronic diseases effectively and obtain health insurance and prescription medications (Kenton Community Health Center, 2018).
- C2.3. Kenton-Hardin Health Department** – Kenton-Hardin Health Department provides access to public health services that include (but are not limited to): (a) influenza vaccination and other immunizations, (b) collaborations with hospitals and laboratories to prevent disease transmission, (c) lead testing, (d) child safety seat program, (e) Help Me Grow home visiting program, (f) Cribs for Kids, (g) Community Baby Shower, (h) Hardin County Healthy Lifestyle Coalition, (i) Water First for Thirst, (j) Veggie U program for Hardin County schools, (k) well-child checks and physical exams, and (l) free blood pressure screening (Kenton-Hardin Health Department, 2017a).
- C2.4. Hardin County Family YMCA** – This local YMCA offers programs designed to address youth development, healthy living and social responsibility. Programs related to youth development include (but are not limited to): (a) fitness and exercise, (b) gymnastics, (c) Taekwondo, (d) soccer, (e) swimming, and (f) day camp. Programs related to healthy living for all ages include: yoga, Taekwondo, massage, Healthways SilverSneakers™, fitness classes, aquatics, and sports and recreation. As part of social responsibility, volunteerism is encouraged to inspire members to be actively involved in their own neighborhoods (Hardin County Family YMCA, 2018).
- C2.5. The Ohio State University Extension’s Supplemental Nutrition Assistance Education Program (SNAP-ED) in Hardin County** – Funded by the Food and Nutrition Service of the U.S. Department of Agriculture, SNAP-ED provides free education on nutrition and obesity to low-income individuals and families. The Ohio State University Extension Office partners with the Ohio Department of Job and Family Services in facilitating SNAP-ED in Hardin County. Examples of activities include: (a) “Color Me Healthy,” (b) “Discover My Plate,” (c) “Balance My Day,” (d) “NOURISH Curriculum,” and (e) “Cooking Matters” (The Ohio State University Extension, 2018).
- C2.6. Ohio Northern University (ONU) Raabe College of Pharmacy** – The ONU Raabe College of Pharmacy provides health and wellness resources and clinical and educational services to the Hardin County community. Educational resources and support include: (a) community outreach services, (b) Drug and Health Information Center Support Line, (c) tobacco cessation, (d) mobile health clinic, (e) aging and elder care, (f) education about over-the-counter medications and supplements, (g) diabetes education, (h) heart health, (i) education about chronic obstructive pulmonary disease (COPD) and asthma, (j) women’s health, (k) managing emotions and mental health needs, (l) healthy eating and managing weight, (m) patient referrals to primary care providers (Ohio Northern University, n.d.). The College of Pharmacy also provides screening services, such as blood glucose, hemoglobin A1C, immunizations, blood pressure, review of medications, cholesterol, bone density, prevention and wellness (Ohio Northern University, n.d.).
- C2.7. Hardin County Council on Aging, Inc.** – Services offered to Hardin County residents age 60 and older include: (a) Wilkinson McVitty Berlien Adult Day Center, (b) chore services (snow removal from walkways, lawn work, and simple home repairs and maintenance), (c) light housekeeping, (d) information and referrals (setting appointments with Legal Aid, HEAP, Medicare, meals and other

needs), (e) socialization, (f) physical activity, and (g) access to transportation (Hardin County Council on Aging, 2018).

- C2.8. Area Agency on Aging 3** – This agency also offers transportation services to help senior citizens access healthcare resources through public and private transportation, as well as cab and ambulette services. Public services include: (a) Go Bus and (b) GOHIO Commute. Private transportation services serving Hardin County include: (a) Goodwill Easter Seals, (b) Clymer Medical Transport and (c) Right Way Medical Transport (Area Agency on Aging 3, 2016). This agency offers the Healthy U program for preventing and managing chronic diseases, such as diabetes, arthritis, Parkinson’s disease and fibromyalgia (Area Agency on Aging 3, 2016).
- C2.9. Susan G. Komen Northwest Ohio** – Susan G. Komen Northwest Ohio provides breast health services to uninsured, underinsured populations in Hardin County and northwest Ohio and southeast Michigan. Examples include: (a) culturally competent outreach to promote breast self-awareness to communities, including Amish and Mennonite, (b) free or low-cost screenings, diagnostics and treatment, (c) healthcare provider education, (d) mobile mammography screenings, (e) patient education, (f) survivorship programs, (g) transportation assistance, and (h) support for treatment (Susan G. Komen Northwest Ohio, n.d.).

## D. How Data Was Obtained

- D1.1.** The definition of the community served by OhioHealth Hardin Memorial Hospital was based on the percentage of patients who reside in Hardin County during Fiscal Year 2018, according to the hospital's electronic medical records. See **Section A**.
- D1.2.** The demographic data of Hardin County population was obtained from the Ohio Development Services Agency (Ohio Development Services Agency, n.d.). See **Section B**.
- D1.3.** Pertinent health data was summarized from Ohio's 2016 Community Health Assessment (Ohio Department of Health, 2016). See **Appendix A**.
- D1.4.** Pertinent data and information were summarized from the following reports: (a) 2014 Hardin County Community Health Status Assessment (Community Health Assessment Advisory Committee, 2014), (b) 2017-2020 Hardin County Community Health Improvement Plan (Hardin County Community Health Coalition, 2017), (c) 2017 Annual Report of the Kenton-Hardin Health Department (Kenton-Hardin Health Department, 2017a), and (d) Hardin County Nutrition and Physical Activity 2017 Health Assessment (Kenton-Hardin Health Department, 2017b). See **Appendix B**.

No information gaps were identified that may have an impact on the ability to assess health needs during this community health needs assessment (CHNA) process.

## E. The Significant Health Needs of the Community

On October 24, 2018, OhioHealth Hardin Memorial Hospital convened 16 community stakeholders to review secondary data pertinent to community health needs in Hardin County, Ohio. All of the stakeholders agreed that the five community health needs that were identified in Hardin County in 2014 are still the needs in Hardin County at present. In 2014, the five health needs were substance abuse, chronic disease, access to care, health education and prevention, and behavioral and mental health. Moreover, the community stakeholders agreed that these five needs may be combined into three priority health needs, namely, mental health and addiction, chronic disease and access to healthcare. Moreover, the 16 community stakeholders approved unanimously that Hardin Memorial Hospital will address the same priority health needs that were identified by the Hardin County Community Health Coalition during the Hardin County 2017-2020 Community Health Improvement Plan (Hardin County Community Health Coalition, 2017).

Hence, the priority health needs that will be addressed by OhioHealth Hardin Memorial Hospital include:

1. **Mental Health and Addiction** – includes adult and youth drug use, and youth suicide
2. **Chronic Disease** – includes adult and youth obesity
3. **Access to Healthcare**

## F. Primary and Chronic Disease Needs, and Other Health Issues of Uninsured Persons, Low-income Persons and Minority Groups

The primary and chronic disease needs and other health issues of uninsured persons, low-income persons, and minority groups and latest data for each need are summarized in **Appendices A and B**.

# G. The Process for Identifying and Prioritizing Community Health Needs

## G1. Process and Criteria for Identifying and Prioritizing Significant Health Needs

As discussed in Section E, the 16 community stakeholders convened by OhioHealth Hardin Memorial Hospital on October 24, 2018 approved unanimously that the hospital will address the same priority health needs that were identified in the Hardin County 2017-2020 Community Health Improvement Plan (Hardin County Community Health Coalition, 2017). These include mental health and addiction, chronic disease and access to healthcare. Henceforth, the process and criteria for identifying and prioritizing significant health needs from the 2017-2020 Community Health Improvement Plan are discussed in this section.

During the development of the 2017-2020 Community Health Improvement Plan, the Hardin County Community Health Coalition identified health issues affecting adults, youth and children based on the 2014 Hardin County Community Health Assessment. The Hardin County Community Health Coalition identified that the most significant health issues or concerns affecting adults were as follows: (a) drug abuse – 9 votes, (b) weight status – 8 votes, (c) cardiovascular disease – 5 votes, (d) mental health – 5 votes, (e) oral health – 5 votes, (f) cancer – 5 votes, (g) access to healthcare – 5 votes, (h) diabetes – 4 votes and (i) alcohol – 2 votes. Refer to Appendix B2 for pertinent data for these adult health issues or concerns.

The Hardin County Community Health Coalition identified that the most significant health issues or concerns affecting youth were as follows: (a) alcohol – 9 votes, (b) bullying – 9 votes, (c) driving safety – 9 votes, (d) access to healthcare – 9 votes, (e) drug use – 8 votes, (f) weight status – 8 votes, (g) mental health – 7 votes, (h) tobacco – 5 votes, (i) sexual behavior – 5 votes. Refer to Appendix B2 for pertinent data for these youth health issues or concerns.

Similar health needs affecting adults and youth were then grouped together. From these groupings, the significant health needs of the Hardin County community were identified and prioritized using the criteria recommended by the Association of State and Territorial Health Officials (2018):

- (a) **Magnitude of the Health Problem** – amount of burden on the community based on: (i) financial losses, (ii) years of potential life lost, and (iii) worsening of the health problem.
- (b) **Seriousness of the Consequences of the Health Problem** – (i) benefits of correcting the problem, (ii) possibility to reduce the magnitude of other problems if the problem was corrected.
- (c) **Feasibility of Correcting the Problem** – (i) use of existing technology, knowledge and resources, and (ii) amount of resources needed in the interventions.

## G2. Ranking Scores and Identification of Three Priority Health Needs in Hardin County

The average ranking score for each community health need that was identified is as follows: (a) adult and youth drug use – 25.2, (b) adult and youth access to healthcare – 24.4, (c) adult and youth obesity – 24.1, (d) youth depression and suicide – 23.0, (e) youth driving safety – 20.6, (f) youth sexual behavior – 20.2, (g) youth bullying – 19.0, (h) youth alcohol use – 18.6, (i) youth tobacco use – 18.1 and (j) adult oral health – 17.4.

Based on the distribution of scores, the coalition members further agreed that the three significant health needs for Hardin County are: (1) mental health and addiction, (2) chronic disease, and (3) access to healthcare.

## H. The Process for Consulting with Persons Representing the Community's Interests and Input Provided

### H1. 2017-2020 Hardin County Community Health Implementation Plan (CHIP)

This project was led by the Kenton-Hardin Health Department in collaboration with the Hardin County Community Health Coalition members. OhioHealth Hardin Memorial Hospital is a member of the Hardin County Health Coalition. The Hospital Council of Northwest Ohio facilitated the process and wrote the Community Health Implementation Plan (CHIP) report. The community meetings were held from February to March 2017 (Hardin County Community Health Coalition, 2017).

The following community organizations participated in the development of the 2017-2020 Hardin County CHIP: (a) Ridgmont School District, (b) Hardin County Board of Developmental Disabilities, (c) Hancock Hardin Wyandot Putnam (HHWP) Community Action Commission, (d) Kenton-Hardin Health Department, (e) Partnership for Violence Free Families, (f) *Kenton Times*, (g) United Way of Hardin County, (h) American Red Cross, (i) Area Agency on Aging 3, (j) The Ohio State University Extension Office, (k) Ohio Northern University, (l) Hardin County Chamber Business Alliance, (m) Mental Health and Recovery Services, (n) OhioHealth Hardin Memorial Hospital, (o) Kenton-Hardin Health Department Board of Health, (p) United Way of Hardin County, (q) Kenton Dental Care and (r) various faith-based organizations.

### H2. Hardin County Nutrition and Physical Activity 2017 Health Assessment

This project was led by the Kenton-Hardin Health Department in collaboration with the Healthy Lifestyles Coalition of Hardin County. OhioHealth Hardin Memorial Hospital is a member of the Healthy Lifestyles Coalition of Hardin County. The Hospital Council of Northwest Ohio conducted the county-wide nutrition and physical activity health assessment survey during February to March 2017. The Hospital Council of Northwest Ohio also conducted data collection, guided the nutrition and physical activity health assessment process, and wrote the final report.

The following organizations participated in the Hardin County Nutrition and Physical Activity 2017 Health Assessment: (a) Coleman Professional Services, (b) Kenton City Council, (c) Hardin County Early Intervention, (d) Hardin County Educational Service Center, (e) Family Resource Center of Northwest Ohio, Inc., (f) Harco Industries, (g) Hardin County Chamber and Business Alliance, (h) Hardin County Commissioner, (i) Hardin County Commissioners, (j) International Paper, (k) Hardin County Job and Family Services, (l) Kenton Community Health Center, (m) Kenton-Hardin Health Department (including Board of Health and Women, Infants and Children), (n) Love, Inc. (Hardin County), (o) Mary Lou Johnson Hardin County District Library, (p) Hardin County Ministerial Association, (q) OhioHealth Hardin Memorial Hospital, (r) Ohio Northern University, (s) The Ohio State University Extension Office, (t) Partnership for Violence Free Families, (u) Quest Federal Credit Union, (v) local schools (including Ridgmont School, Simon Kenton School and Upper Scioto Valley School, Ada School, Hardin Northern Local School District), and (w) Hardin County Family YMCA.

### H3. Community Stakeholder Meeting to Identify Hardin County Priority Health Needs

This project was led by OhioHealth Hardin Memorial Hospital in collaboration with the Kenton-Hardin Health Department. The meeting of stakeholders was held on October 24, 2018. The following organizations participated in the prioritization meeting: (a) OhioHealth Hardin Memorial Hospital, (b) OhioHealth Marion General Hospital, (c) Kenton-Hardin Health Department (including Board of Health), (d) Coleman Professional Services, (e) Family Resource Center of Northwest Ohio, (f) Hardin County Sheriff's Office, (g) Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties, (h) Ohio Northern University, (i) Partnership for Violence Free Families and (j) Hardin County residents. To guide the discussion on identifying the priority health needs in Hardin County, the community stakeholders were provided summary data from the Hardin County Nutrition and Physical Activity 2017 Health Assessment (see Appendix B1) and the 2017-2020 Hardin County Community Health Implementation Plan (Kenton-Hardin Health Department, 2016).

All required sources for community input participated. No written comments on the prior Community Health Needs Assessment (CHNA) report and implementation strategy were received.

# I. The Impact of Any Actions Taken to Address the Significant Health Needs Identified in the Hospital Facility's 2016 Community Health Needs Assessment (CHNA)

**Appendix D** summarizes the impact of OhioHealth Hardin Memorial Hospital's community benefit programs that addressed the priority health needs in the 2016 board-approved Community Health Needs Assessment and related implementation strategy (OhioHealth 2015-2018; OhioHealth, 2016).

## J. Organizations Contracted to Assist with the Community Health Needs Assessment

### J1. Bricker & Eckler LLP/INCompliance Consulting (Chris Kenney, Jim Flynn)

Bricker & Eckler LLP, located at 100 South Third Street, Columbus, Ohio 43215, was contracted to review this community health needs assessment (CHNA) report. Jim Flynn is a partner with the Bricker & Eckler healthcare group, where he has practiced for 28 years. His general healthcare practice focuses on health planning matters, certificates of need, non-profit and tax-exempt healthcare providers, and federal and state regulatory issues. Mr. Flynn has provided CHNA consultation to healthcare providers, including non-profit and tax-exempt healthcare providers, as well as public hospitals. Chris Kenney is the director of regulatory services with INCompliance Consulting, an affiliate of Bricker & Eckler LLP. Ms. Kenney has more than 39 years of experience in healthcare planning and policy development, federal and state regulations, certificate-of-need regulations, and Medicare and Medicaid certification. She has been conducting CHNAs in compliance with federal rules since 2012, providing expert testimony on community needs and offering presentations and educational sessions regarding CHNAs.

### J2. Hospital Council of Northwest Ohio

The Hospital Council of Northwest Ohio is located at 3231 Central Park West Drive Suite 200, Toledo, Ohio 43617. The Hospital Council of Northwest Ohio, in partnership with the Kenton Hardin Health Department and the Hardin County Community Health Coalition, participated in facilitating the community meetings, data synthesis and writing the 2017-2020 Hardin County Community Health Implementation Plan (CHIP) report. Similarly, the Hospital Council of Northwest Ohio in partnership with the Kenton-Hardin Health Department and the Healthy Lifestyles Coalition of Hardin County, participated in conducting the surveys, data synthesis and writing the Hardin County Nutrition and Physical Activity 2017 Health Assessment.

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# Appendix A

## Summary of Data and Information from the Ohio 2016 State Health Assessment

1. **Ohio's rank on national scorecards** (Ohio Department of Health, n.d.)  
Various national scorecards, namely, America's Health Rankings, 2015 edition, Commonwealth State Scorecard, 2015 edition, Gallup-Healthways Wellbeing Index, 2014, and Health Policy Institute of Ohio 2014 Health Value Dashboard, indicated that Ohio is in the bottom quartile of U.S. states for health outcomes.
2. **Mental health and addiction** (Ohio Department of Health, n.d.)  
Opiate overdose deaths are an immediate threat to health of Ohioans. In 2014, 37 percent of admissions for addiction treatment was due to heroin and prescription opioids, relative to 7 percent in 2001. The death rate due to unintentional injuries (primarily from drug overdoses) increased by 30 percent from 2009 to 2014.
  - 2.1. Poor mental health days – 4.1 (Ohio); 3.7 (U.S.)
  - 2.2. Unmet need for mental health – 21.3 percent (Ohio); 20.3 percent (U.S.)
  - 2.3. Youth with depression who did not receive mental health services – 64 percent (Ohio); 64.1 percent (U.S.)
  - 2.4. Unmet need for illicit drug use treatment – 2.7 percent (Ohio); 2.4 percent (U.S.)
3. **Chronic disease** (Ohio Department of Health, n.d.)
  - 3.1. Heart disease and cancer were the two leading causes of death in Ohio in 2014.
  - 3.2. Heart disease prevalence – 4.8 percent (Ohio); 4.2 percent (U.S.)
  - 3.3. Cancer incidence – 174 per 100,000 population (Ohio); 168 per 100,000 population (U.S.)
  - 3.4. Adult obesity – 32.6 percent (Ohio); 29.6 percent (U.S.)
  - 3.5. Youth obesity – 13.0 percent (Ohio); 13.7 percent (U.S.)
  - 3.6. Hypertension prevalence – 33.5 percent (Ohio); 31.4 percent (U.S.)
  - 3.7. Adult diabetes – 11.7 percent (Ohio); 10.0 percent (U.S.)
  - 3.8. Adult asthma – 10.8 percent (Ohio); 8.9 percent (U.S.)
  - 3.9. Child asthma – 14.3 percent (Ohio); 14.0 percent (U.S.)
4. **Maternal and infant health** (Ohio Department of Health, n.d.)
  - 4.1. Infant mortality rate – 6.8 per 1,000 live births (Ohio); 6.0 per 1,000 live births (U.S.).
  - 4.2. Racial disparities in infant mortality rate – black infant mortality rate (14.3 per 1,000 live births); white infant mortality rate (5.3 per 1,000 live births); Hispanic infant mortality rate (6.2 per 1,000 live births). Black Ohioans were least likely to obtain prenatal care within the first trimester of pregnancy.
  - 4.3. Breastfeeding at six months – 42.1 percent (Ohio); 49.4 percent (U.S.)
  - 4.4. Two areas of progress in Ohio: (a) teen birth rate declined 15.8 percent from 2012 to 2014, (b) percentage of infants most often laid on their back to sleep ("safe sleep") – 76 percent (Ohio); 71.7 percent (U.S.)
  - 4.5. Preterm birth – 10.3 percent (Ohio); 9.6 percent (U.S.)
  - 4.6. Low birth weight – 8.5 percent (Ohio); 8.0 percent (U.S.)

- 5. Tobacco use and perceived risks** (Ohio Department of Health, n.d.)
  - 5.1.** Adult smoking – 21 percent (Ohio); 18.1 percent (U.S.)
  - 5.2.** Youth tobacco use – 28.4 percent (Ohio); 25.3 percent (U.S.)
  - 5.3.** Smoking during pregnancy – 16.3 percent (Ohio); 8.4 percent (U.S.)
  - 5.4.** Perceived risk of cigarettes – 64.7 percent (Ohio); 65.3 percent (U.S.)
- 6. Alcohol and other drug use and perceived risks** (Ohio Department of Health, n.d.)
  - 6.1.** Illicit drug use – 8.7 percent (Ohio); 9.8 percent (U.S.)
  - 6.2.** Excessive drinking – 19.1 percent (Ohio); 18.2 percent (U.S.)
  - 6.3.** Perceived risk of alcohol abuse – 37 percent (Ohio); 39.1 percent (U.S.)
  - 6.4.** Perceived risk of marijuana – 24.7 percent (Ohio); 23.5 percent (U.S.)
- 7. Healthy eating** (Ohio Department of Health, n.d.)
  - 7.1.** Fruit consumption – 41.7 percent (Ohio); 39.2 percent (U.S.)
  - 7.2.** Vegetable consumption – 26.3 percent (Ohio); 22.9 percent (U.S.)
- 8. Lack of physical activity** (Ohio Department of Health, n.d.)
  - 8.1.** Physical inactivity – 25 percent (Ohio); 23.7 percent (U.S.)
- 9. Lack of sleep** (Ohio Department of Health, n.d.)
  - 9.1.** Insufficient sleep – 37.1 percent (Ohio); 34.2 percent (U.S.)

# Appendix B

## Summary of Data and Information from the 2017 Hardin County Nutrition and Physical Activity Health Assessment and 2017-2020 Community Health Improvement Plan

### B1. Summary of Data and Information from the 2017 Hardin County Nutrition and Physical Activity Health Assessment

#### B1.1. Key Findings

- + **Body mass index (BMI)** – Seventy-five percent of Hardin County adults were either overweight or obese. Forty-seven percent of Hardin County adults were obese, compared to 30 percent in Ohio and 30 percent in U.S.
- + **Physical activity or exercise** – Sixty percent of Hardin County adults were physically active for at least 30 minutes for three or more days per week. Forty-five percent walked, while 15 percent used exercise videos, ran or jogged, swam, or participated in exercise classes. Ten percent of the adults did not exercise at all.
- + **Fruit and vegetable consumption** – Only four percent of Hardin County school-age children consumed five or more servings of fruits and vegetables per day. Ninety-two percent ate from one to four servings of fruits and vegetables per day. Two percent of children did not eat any fruits or vegetables.
- + **Availability of health risk assessments** – Twenty-three percent of Hardin County adults had access to health risk assessments through their employer or spouse's employer.
- + **Alcohol and other drugs** – Eighty-five percent of community leaders reported that alcohol and other drugs were major concerns in Hardin County.

#### B1.2. Status of Healthy Eating and Physical Activity among Hardin County Adults

- + **Body Mass Index** – (a) 28 percent of adults were overweight; and (b) 47 percent were obese. Obesity increases the risks of developing chronic diseases.
- + **Weight loss** – (a) 62 percent of adults were trying to lose weight; (b) 25 percent were trying to maintain their current weight; (c) 13 percent were not doing anything to lose weight.
- + **Interventions to lose weight** – Examples include (a) 65 percent drank more water; (b) 60 percent exercised; (c) 54 percent ate less food, less calories, or low fat foods; (d) 49 percent ate more fruits and vegetables; (e) 6 percent skipped meals; (f) 5 percent took diet pills, powders or liquids without a doctor's advice; (g) 3 percent smoked cigarettes; (h) 1 percent went without eating 24 or more hours.
- + **Consumption of fruits and vegetables** – (a) 55 percent of Hardin County adults ate one to two servings per day; (b) 32 percent ate three to four servings per day; (c) 7 percent ate more than five servings; and (d) five percent of adults did not eat fruits and vegetables.
- + **Water consumption** – (a) 10% of adults drank 10+ servings of water daily; (b) 23% drank seven to nine servings daily; (c) 33% drank four to six servings daily; (d) 28% drank one to three servings daily; and (e) six percent did not drink water.
- + **Sugar-sweetened beverages consumption** – (a) 17% of adults reported drinking soft drinks within the past week; (b) 42% did not drink any sugary drinks within the past week.
- + **Eating out or bringing take-out food** – 86% of Hardin County adults either ate in a restaurant or ordered take-out food at least once in the past week. Six percent of adults ate in a restaurant or ordered take-out food for five or more meals in the past week.

- + **Food choices** – Examples include (a) cost (69 percent); (b) taste/enjoyment (66 percent); (c) health value of food (57%); (d) family preference (54 percent); (e) ease of preparation (54 percent); (f) availability (47 percent); (g) familiarity (41 percent); (h) nutritious (39 percent); (i) caloric value (29 percent); (j) organic (12 percent); (k) contains artificial sweetener (10 percent); (l) not genetically-modified (9 percent); (m) gluten-free (7 percent); (n) sensitivity to food (6 percent); (o) advised by health care provider (5 percent); and (p) lactose-free (3 percent).
- + **Where fruits and vegetables were purchased** – (a) large grocery stores (87 percent); (b) grew own fruits and vegetables (37 percent); and (c) purchased from the Farmers Market (30 percent)
- + **Bottlenecks for consuming fruits and vegetables** – (a) too expensive (22 percent); (b) disliked the taste (6 percent); (c) difficult to prepare (6 percent); and (d) lack of access (4 percent).
- + **Food insecurity issues in the past 12 months** – (a) choice between buying food and paying bills; (b) lack of food supply; and (c) unable to feed own family
- + **Average physical activity or exercise for at least 30 minutes** – 60% of adults were physically active for at least 30 minutes for three or more days per week. Forty-five percent walked, while 15 percent used exercise videos, ran or jogged, swam, or participated in exercise classes. Ten percent of the adults did not exercise at all.
- + **Reasons for not exercising** – (a) lack of time (43 percent); (b) weather (31 percent); (c) lack of desire (27 percent), (d) very tired (30 percent); (e) pain or discomfort (23 percent); (f) unable to afford being a gym member (22 percent); (g) lack of child care; (h) no exercise partner (11 percent), (i) lack of sidewalks (9 percent).
- + **Activities while at work** – (a) sitting (39 percent); (b) walking (14 percent); (c) heavy labor or physical work (1 percent); others (20 percent).
- + **Sedentary activities** – (a) watching television (2.5 hours); (b) using cell phone (1.8 hours); (c) using the computer; and (d) playing video games (0.6 hours).

### **B1.3. Food Consumption and Physical Activity among Hardin County Children (Ages 0 to 5; Schoolchildren Grades K-12)**

- + **Fruit and vegetable consumption** – Only 10 percent of Hardin County children consumed the recommended five or more servings of fruit and vegetables per day. Eighty-five percent of children ate one to four servings of fruits and vegetables per day. Five percent of children did not eat any fruits or vegetables.
- + **Source of calcium** – Sixty-seven percent of children drank milk, lactose-free milk, juice with added calcium, and other beverage containing calcium at least once a day in the past week.
- + **Water consumption** – Only five percent of children drank five or more servings of water per day. Ninety-one percent of children drank one to four servings of water per day; and (c) five percent of children did not drink any water.
- + **Sweetened beverages consumption** – Five percent of children drank one or more regular soda pop, punch, Kool-Aid, and other fruit-flavored beverages per day in the past week. Seventy-one percent of children did not drink any soda pop or sweetened beverages in the past week.
- + **Breastfeeding** – Twenty-four percent of mothers breastfed their child for more than 12 months. Nineteen percent of mothers breastfed their child for seven to 12 months. Thirty-eight percent of mothers breastfed their child for up to six months. Nineteen percent of mothers never breastfed their child.
- + **Fruit and vegetable consumption** – Only four percent of school-age children consumed five or more servings of fruits and vegetables per day. Ninety-two percent ate from one to four servings of fruits and vegetables per day. Two percent of children did not eat any fruits or vegetables.

- + **Source of calcium** – Fifty-four percent of school-age children drank milk, or drinks with added calcium at least once a day during the past week.
- + **Water consumption** – Only two percent of school-age children drank the recommended 10 or more servings of water per day. Fifty-four percent drank four to nine servings of water per day. Forty-two percent drank one to three servings of water per day. Four percent of children did not drink water at all.
- + **Sweetened beverages consumption** – Seven percent of school-age children drank regular soda pop and other sweetened beverages in the past week. Forty-one percent of children did not drink soda pop or sweetened beverages in the past week.

#### **B1.4. Healthy School Environment**

- + **School-led promotion of nutrition and physical activity** – Examples of activities include (a) physical education (54 percent); (b) safe playground (49 percent); (c) breakfast in the classroom (33 percent); (d) healthy food choices in the cafeteria (30 percent); (e) bringing water bottles to school (23 percent); (f) summer food program (21 percent); (g) education on healthy eating habits (19 percent); and (h) Safe Routes to School.
- + **Parent support of school-led community improvement initiatives** – Examples of activities include (a) longer time for physical education and recess (67 percent); (b) Farm-to-School program (60 percent); (c) additional nutrition education (53 percent); (d) healthy fundraising options (49 percent); and (e) healthier items sold in school vending machine.
- + **Physical activity** – Thirteen percent of school-aged children were physically active for at least 60 minutes daily. Thirty-three percent of school-aged children were physically active for five or more days per week. Seventy-four percent of school-aged children were physically active for at least 60 minutes for three or more days per week. Seven percent of children had no physical activity on any day.
- + **Use of electronics** – (a) computer use outside of school (1.3 hours per day); (b) watching television (1.7 hours per day); (c) playing video games (1.8 hours per day); and (d) cell phone use (2.3 hours per day).
- + **School proximity** – (a) lives more than two miles from school (45 percent); (b) lives 1 to 2 miles (14 percent); and (c) lives 0 to 1 mile from school (41 percent).

#### **B1.5. Community Perspectives of the Physical Environment**

- + **Opportunities for walking and other physical activity** – (a) within two miles of a park or green area (73 percent); (b) grocery stores (45 percent); (c) recreation centers (37 percent).
- + **Safety** – Seventy-four percent of adults reported that their community is safe from crime.
- + **Community concerns and issues** – Examples include (a) drugs or alcohol (50 percent); (b) crime (25 percent); (c) sidewalks are not accessible (18 percent); (d) air and water quality (12 percent).

**B1.6. Roadways, Bike Trails, Parks and other Recreation Centers**

- + **Sidewalks** – Fifty-one percent of adults reported that there are no sidewalks where they live. Among the residents who have access to sidewalks, only 16 percent of residents had access to sidewalks that were connected to all the streets. Thirty-six percent of the residents reported that their sidewalks were in good or excellent condition.
- + **Bike trails** – Fifty-four percent of adults did not have access to bike trails in their community. Eighty-nine percent of the bike trails were in good or excellent condition. Thirteen percent of the bike trails have sufficient lighting.
- + **Parks** – Ninety-three percent of adults have access to parks in their community. Thirty-seven percent of the adults have access to three or more parks in their community. Fifty percent of the parks were accessible to people with disabilities. Seventy percent of the parks were in good or excellent condition. Eleven percent of adults reported that the parks in their communities were very safe.
- + **Other recreation areas** – Twenty-six percent had no access to recreation centers in their community.

**B1.7. Community Perspective of the Social Environment**

- + **Worksite wellness programs** – Twenty-three percent of adults had access to health risk assessments through their employer or spouse's employer. Examples include (a) health risk assessment (23 percent); (b) reduced insurance premiums for those participating in wellness programs (21 percent); (c) on-site health screenings (14 percent); (d) discounted or free gym membership (14 percent); and (e) discounted or free smoking cessation programs (9 percent).
- + **Employer initiatives** – Examples include (a) availability of sugar-free beverages (11 percent); (b) engage employees to walk during breaks (10 percent); (c) healthy food options in vending machines or cafeteria (15 percent).

**B1.8. Food Retail and Restaurants**

- + **Available grocery stores** – Examples of food retail environments include: (a) Large grocery chains (80 percent); (b) convenience stores (69 percent); (c) convenience stores (69 percent); (d) Farmer's Markets (44 percent); (e) locally-owned food stores (29 percent).
- + **Available restaurants** – Examples of restaurants include: (a) fast-food areas (82 percent); (b) local diners (61 percent); (c) dine-in/family-style restaurants (52 percent); (d) bakery/cafe shops (30 percent); and (e) food trucks (7 percent).

**B1.9. Community Wellness**

- + **Offerings of faith-based organizations** – Examples include: (a) food pantries (77 percent); (b) community meals (66 percent); (c) youth sports programs (16 percent); (d) wellness support groups (14 percent); (e) playground (13 percent); (f) health screenings (10 percent); and (g) education on nutrition and physical activity
- + **Offerings of local hospital and health center** – Examples include: (a) health risk assessments (35 percent); (b) nutrition counseling (25 percent); (c) weight counseling (20 percent); (d) access to a fitness facility (12 percent); and (e) health plan incentives for wellness program participation (seven percent).
- + **Offerings of local school districts** – Examples include: (a) publicly-accessible outdoor playground or indoor/outdoor track (66 percent); (b) health screenings (11 percent); and (c) school garden (5 percent)

**B1.10. Community Leaders Perspective of Built Environment**

- + **Safety** – Eighty-two percent of leaders reported that their community was safe from crime.
- + **Concerns** – Examples of concerns of leaders include: (a) drugs or alcohol (85 percent); (b) crime (33 percent); (c) bullying (26 percent); and (d) lack of accessible sidewalks (21 percent).
- + **Sidewalks** – Ninety-one percent of leaders reported that sidewalks were available in their communities. Fifty-five percent of the leaders reported that the sidewalks were either in good or fair condition.
- + **Bike Trails** – Forty-five percent of leaders reported that bike trails were available in their community. Seventy-nine percent of the bike trails were either in excellent or good condition. Seventy-nine percent of the leaders reported that the bike trails do not have sufficient lighting.

- + **Parks** – Ninety-four percent of the leaders reported that parks were available in their communities. Seventy-three percent of these parks were either in excellent or good condition. Forty-two percent of the leaders reported that the parks in their communities are accessible by people with disabilities. Ninety-two percent of leaders reported that the parks in their communities were safe.
- + **Other recreation areas** – Seventy-percent of the leaders reported that there were recreation centers available in their communities.

#### **B1.11. Community Leader Perspective of the Social Environment**

- + **Worksite wellness** – Examples of what leaders reported include: (a) health risk assessment (36 percent); (b) free or discounted membership to the gym (31 percent); (c) health screenings on site (22 percent); (d) reduced insurance premiums (19 percent); and (e) free or discounted insurance programs.
- + **Worksite wellness programs** – Examples include (a) availability of sugar-free beverages (23 percent); (b) opportunity to walk during breaks (14 percent); and (c) healthy food options in vending machines and cafeterias (22 percent).

#### **B1.12. Community Leader Perspective of Food Retail Stores, Restaurants and Community Wellness Programs**

- + When community leaders were asked about the type of grocery stores available in Hardin County, (a) 82 percent of leaders reported large grocery store chains, (b) 80 percent of leaders reported convenience stores; (c) 51 percent of leaders reported Farmer's Markets, (d) 20 percent reported locally-owned food stores and (e) 2 percent reported other kinds of food stores.
- + When community leaders were asked about the type of available restaurants in Hardin County, (a) 89 percent of leaders reported local diners; (b) 83 percent of leaders reported fast-food restaurants; (c) 63 percent of leaders reported dine-in/family-style restaurants; (d) 40 percent of leaders reported baked goods and coffee shops; (e) 6 percent of leaders reported food trucks; and (f) 3 percent of leaders reported other types of restaurants.
- + When community leaders were asked about the types of community wellness programs offered by faith-based organizations in Hardin County, a) 89 percent of leaders reported food pantries; (b) 80 percent reported community meals; (c) 31 percent reported youth sports programs; (d) 20 percent reported indoor/outdoor playgrounds; (e) 17 percent of leaders reported wellness support groups and programs; (f) 8 percent reported cooking demonstrations; (g) 8 percent reported health screenings; (h) 6 percent reported nutrition and physical activity education programs; and (i) 6 percent reported free walking/gym time.

## **B2. Summary of Data and Information from the 2017-2020 Hardin County Community Health Improvement Plan**

**B2.1. Drug abuse among Hardin County adults** – (a) six percent of adults used marijuana in the past six months; (b) nine percent of adults misused medications; and (c) eight adults died from drug overdose in 2016.

**B2.2. Drug abuse among Hardin County youth** – (a) 12 percent of youth used marijuana in the past 30 days; (b) five percent of youth have misused medications; and (c) 7 percent of youth reported that someone offered, sold or gave them an illegal drug on school property.

**B2.3. Mental health among Hardin County adults** – (a) 10 percent felt sad or hopeless every day for two or more weeks in a row; and (b) six percent seriously considered attempting suicide

**B2.4. Mental health among Hardin County youth** – (a) 21 percent felt sad or hopeless every day for two or more weeks in a row; (b) 12 percent seriously considered attempting suicide; and (c) 3 percent attempted suicide.

**B2.5. Alcohol use among Hardin County adults** – (a) 44 percent of adults were binge drinkers.

**B2.6. Alcohol use among Hardin County youth** – (a) 39 percent of youth ever tried alcohol; (b) 18 percent of youth currently drink alcohol.

**B2.7. Tobacco use among Hardin County youth** – (a) 10 percent of youth currently smoke cigarettes; (b) 9 percent of youth used e-cigarettes in the past year.

**B2.8. Bullying among Hardin County youth** – (a) 38 percent of youth bullied in the past year; (b) 29 percent of youth bullied on school property in the past year.

**B2.9. Driving safety among Hardin County youth** – (a) 46 percent of youth were texting while driving; (b) 50 percent of youth were talking on the phone while driving

**B2.10. Sexual behavior among youth** – (a) 31 percent of youth used a condom at last sexual intercourse; (b) 12 percent of youth used birth control pills at last sexual intercourse; (c) 12 percent of youth did not use a method to prevent pregnancy during last sexual intercourse; and (d) 27 percent of youth had four or more sexual partners.

**B2.11. Weight status among Hardin County adults** – (a) 35 percent of adults were obese; (b) 35 percent of adults were overweight; (c) 31 percent of adults exercised for at least 30 minutes on five or more days a week; and (d) four percent of adults ate five or more servings of fruits and vegetables per day.

**B2.12. Weight status among Hardin County youth** – (a) 15 percent of youth were obese; (b) 16 percent of youth were overweight; (c) 29 percent of youth exercised for at least 60 minutes every day of the week; (d) 11 percent of youth ate five or more servings of fruits and vegetables per day; and (e) 35 percent of youth drank sugary beverages at least once per day.

**B2.13. Cardiovascular disease among Hardin County adults** – (a) four percent of adults had angina or coronary heart disease; (b) five percent of adults survived a heart attack; (c) 1 percent of adults survived a stroke; (d) 28 percent had high blood pressure; and (e) 28 percent had high blood cholesterol

**B2.14. Diabetes among Hardin County adults** – (a) 13 percent of adults were diagnosed with diabetes; and (b) six percent were diagnosed with prediabetes.

**B2.15. Cancer among Hardin County adults** – (a) 12 percent of adults were ever diagnosed with cancer

**B2.16. Access to healthcare among adults** – (a) 13 percent of adults did not have health insurance; (b) 52 percent of adults visited a doctor for a routine medical check-up in the past year; (c) 12 percent of adults did not have a usual source of medical care due to cost; (d) 21 percent of adults did not get prescriptions filled in the past year; (e) 80 percent went outside of Hardin County for medical care; (f) 62 percent of adults had health care coverage that included mental health; and (g) 72 percent of adults had health care coverage that included dental care.

**B2.17. Access to healthcare among youth** – (a) 67 percent of youth visited a doctor for routine medical check-up in the past year.

# Appendix C

## Summary of Input from Persons who Represent the Broad Interests of the Community Served

### 1. Area Agency on Aging 3

- **Representative:** Erica Petrice, staff member (Has public health knowledge and skills)
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County.
- **Input:** (a) Participated in developing the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017
- **Website:** <https://www.aaa3.org/>
- **Mission of organization:** “To provide life-span resources that inspire, educate, and empower older adults, persons with disabilities and family caregivers.”
- **Examples of programs and services** (Modo Media, n.d.):
  - + Health & Wellness
  - + Home & Living
  - + Nutrition
  - + Transportation

### 2. American Red Cross

- **Representative:** Daryl Flowers (Has public health knowledge and skills)
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County.
- **Input:** (a) Participated in developing the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017
- **Website:** <https://www.redcross.org/>
- **Mission of organization:** “The American Red Cross prevents and alleviates human suffering in the ace of emergencies by mobilizing the power of the volunteers and the generosity of donors.”
- **Examples of programs and services** (The American National Red Cross, n.d.):
  - + Disaster Relief –Assists in providing shelters, emergency supplies and having health workers provide treatments and support.
  - + Lifesaving Blood – Blood donors help patients of all ages, accidents, burn victims, heart surgery and organ transplant patients, and those battling cancer.
  - + Training & Certification – Offers flexibility in delivering training to organizations.
  - + Military Families - helps members of the military, veterans and their families prepare for, cope with, and respond to, challenges of military service.
  - + International Services – helping to save lives around the world

### 3. Coleman Professional Services

- **Representative:** Melanie Woods (Has public health knowledge and skills)
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County with mental and behavioral health issues, regardless of ability to pay.
- **Input:** (a) Member of the Hardin County Healthy Lifestyles Coalition that commissioned the Hardin County Nutrition and Physical Activity 2017 Health Assessment; (b) Participated in the OhioHealth Hardin Memorial Hospital Community Health Needs Assessment Meeting.
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <http://www.colemanservices.org/>
- **Mission of organization:** “At Coleman, we foster recovery through such services as crisis stabilization, counseling, psychiatry and case management, build independence by helping clients who need adult day services, supportive residential services or permanent housing placement Change destinies by assisting clients to secure competitive, community employment that matches their abilities.”
- **Examples of programs and services** (Coleman Professional Services, n.d.)
  - + Behavioral health services – include addiction recovery, case management, psychiatric care, services for children and adolescents, crisis intervention and stabilization, diagnosis, group housing and

supportive living, counseling, jail liaison and diversion, support for pregnant women and transition services for youth.

- + Employer services – career and benefits counseling, job placement and coaching, career plans and evaluation, incentives for employers
- + Social services – guardianship, adult protective services, mediation and conflict management

#### 4. Family and Resource Center of Northwest Ohio, Inc.

- **Representative:** Jodi Knouff, director of clinical services (Has public health knowledge and skills)
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Allen, Auglaize, Hancock, Hardin, Logan, Sandusky, Seneca, Shelby Wood and Wyandot Counties, regardless of ability to pay.
- **Input:** (a) Member of the Hardin County Healthy Lifestyles Coalition that commissioned the Hardin County Nutrition and Physical Activity 2017 Health Assessment; (b) Participated in the OhioHealth Hardin Memorial Hospital Community Health Needs Assessment Meeting.
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <http://www.frcohio.com/services>
- **Mission of organization:** “To provide specialized behavioral health services to individuals, children and families in our multi-cultural communities in order to strengthen family life and promote personal growth.”
- **Examples of programs and services** (Family and Resource Center of Northwest Ohio, Inc., 2018)
  - + Mental health services – diagnosis, counseling, home-based treatments, treatment of problematic sexual behaviors, play therapy, crisis intervention, psychiatric and psychiatric support services and education and prevention programs such as “Parent Project Jr”, “The Incredible Years”, “Promoting First Relationships.”
  - + Substance abuse services – diagnosis, counseling, case management and education and prevention programs such as “Too Good for Drugs”, “Challenge” and “Word of Mouth.”

#### 5. Hardin County Board of Developmental Disabilities

- **Representative:** Andy Diller, services and support director
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County.
- **Input:** a) Member of the Hardin County Healthy Lifestyles Coalition that commissioned the Hardin County Nutrition and Physical Activity 2017 Health Assessment; (b) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan and (c) Participated in the OhioHealth Hardin Memorial Hospital Community Health Needs Assessment Meeting.
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <https://www.hardindd.org/>
- **Mission of organization:** “Ensure that availability of programs, services and supports that assist eligible individuals with developmental disabilities in choosing and achieving a life of increasing capability such that they can live, work and pay in the community, and to assist and support the families of these individuals in achieving the objective.”
- **Examples of programs and services** (Hardin County Board of Developmental Disabilities, 2015):
  - + Adult day programs – involves engaging activities for individuals with intellectual and developmental disabilities to reach their goals and enjoy their daily activities
  - + Community employment – creates successful employment experiences for working age adults with developmental disabilities.
  - + Health services – enrollees in this program receive health assessment upon enrollment and annually, first-aid for injuries, nursing care and care coordination
  - + Transportation – assist with medical and other appointments
  - + Family resources – respite care, adaptive equipment, summer programs, supplies, home modifications and ramps
  - + Housing – offers housing to people eligible for County Board of DD as they are available.

## 6. Hancock Hardin Wyandot Putnam (HHWP) Community Action Commission

- **Representative:** Angela Howard
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County.
- **Input:** (a) Member of the Hardin County Healthy Lifestyles Coalition that commissioned the Hardin County Nutrition and Physical Activity 2017 Health Assessment; (b) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017
- **Website:** <https://www.hhwpcac.org/>
- **Mission of organization:** “To reduce the conditions of poverty by providing comprehensive services to improve lives.”
- **Examples of programs and services** (HHWP Community Action Commission, n.d.):
  - + Emergency Services and Home Energy Assistance Program (HEAP) – helps eligible low-income Ohioans meet the high cost of home heating
  - + Hancock Area Transportation Services (HATS) – provides safe public transportation services and help residents maintain independence and meet their daily needs.
  - + Head Start – a free family focused preschool program for low to moderate income families with children three years of age through kindergarten, including children with special needs.
  - + Housing development – provides affordable housing services such as housing rehabilitation services, single-family homes, and low-rent apartments
  - + Individual Development Accounts (IDA) – promotes savings that could be used for continuing education, home purchase, and starting a business.
  - + Small business development – promotes creation of new jobs, community development, self-employment and self-sufficiency
  - + Ohio Benefit Bank – helps residents apply for benefits such as food stamps and medical benefits and file federal and state tax returns.
  - + Weatherization and energy conservation – reduces home energy use through minor repairs
  - + Women, Infants and Children (WIC) – a federal nutrition program funded by the United States Department of Agriculture that provides education on healthy eating, breastfeeding, referral to prenatal care and referral to community programs to support mothers and their children.

## 7. Hardin County Chamber and Business Alliance

- **Representative(s):** Jesse Purcell, Director Chamber and Tourism
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County.
- **Input:** (a) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017
- **Website:** <http://hardincountyoh.org/>
- **Mission of organization:** “To cultivate, promote and advocate for a prosperous business, educational and agricultural climate, strengthen the local economy, enhance strategic partnerships and improve the quality of life, making Hardin County a great place to live, work and prosper.”
- **Examples of programs and services** (Hardin County Chamber and Business Alliance, 2015a):
  - + Lunch & learn programs – provides members with continuing education from local and regional experts on various business and community-related topics
  - + Women L.E.A.D. – provides networking, collaboration, educational workshops, and guest speakers for current and prospective women members of the Hardin County Chamber & Business Alliance
  - + Hardin Leadership, Inc. – provides training and education on leadership and management skills
  - + Hardin County “Buy Local First” – to educate and encourage residents to avail of goods and services from Hardin County.

## 8. Hardin County Sheriff's Office

- **Representative(s):** Keith A. Everhart, sheriff
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County and other areas
- **Input:** (a) Participated in the OhioHealth Hardin Memorial Hospital Community Health Needs Assessment Meeting.
- **Timeframe of input:** October 2018
- **Website:** <http://co.hardin.oh.us/sheriff/index.php>
- **Mission of organization:** Serve as the chief law enforcement agency in Hardin County
- **Examples of programs and services** (Hardin County Sheriff's Office, n.d.)
  - + Concealed carry application submissions and web checks
  - + Law enforcement and full jurisdiction of villages, cities and townships
  - + Court security
  - + Transport of prisoners
  - + Service of civil and criminal papers
  - + Extradition of prisoners
  - + Jail operations

## 9. Kenton-Hardin Health Department

- **Representative(s):** Larry Oates, MD, board member; Arin Tracy, public health accreditation and emergency response coordinator and violence and injury prevention program manager; Ashlie Hall, staff; Cindy Keller, director of nursing (Has knowledge and skills in public health)
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County
- **Input:** (a) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan, and (b) Participated in the Hardin Memorial Hospital Community Health Needs Assessment meeting
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <https://www.facebook.com/Kenton-Hardin-Health-Department-115567358523550/>
- **Mission of organization:** "We, the Kenton-Hardin Health Department believe that it is our mission to develop and maintain an efficient system which will provide for the highest quality of public health service practicable, and to promote and protect, in varying degrees, the community's physical, mental, social, and environmental well-being."
- **Examples of programs and services** (Kenton-Hardin Health Department, 2017a):
  - + Family Bike Program
  - + Project DAWN
  - + Community Baby Shower
  - + Flu Shot Clinic

## 10. Kenton Times

- **Representative(s):** Dan Robinson, reporter
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County.
- **Input:** (a) Participated in developing the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <http://www.kentontimes.com/>
- **Mission of organization:** No mission statement available
- **Examples of programs and services** (Hardin County Publishing Company, 2018):
  - + Local, state, election and sports news
  - + Family-related announcements, obituaries, classified advertisements

**11. Mental Health & Recovery Services Board of Allen, Auglaize, and Hardin Counties**

- **Representative(s):** Kelly Monroe, associate director (Has knowledge and skills in public health)
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County, regardless of ability to pay
- **Input:** (a) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan; (b) Participated in the Hardin Memorial Hospital Community Health Needs Assessment
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <https://www.wecarepeople.org/>
- **Mission of organization:** “Providing hope, improving health, empowering individuals, creating healthy and safe communities”
- **Examples of programs and services** (Mental Health & Recovery Services Board of Allen, Auglaize, and Hardin Counties):
  - + Prevention and wellness programs
  - + Crisis and treatment services
  - + Recovery support, including housing, employment supports, and peer support

**12. OhioHealth Hardin Memorial Hospital**

- **Representative(s):** Deanna Carey, registered dietitian; Chris Davis, community and media relations manager; Lucinda Pfeifer; social worker; Kim Reisinger; manager, business development and employer services; Ron Snyder, chief operating officer
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County and other areas regardless of ability to pay
- **Input:** (a) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan, (b) Participated in the Hardin Memorial Hospital Community Health Needs Assessment meeting.
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <https://www.ohiohealth.com/locations/hospitals/hardin-memorial-hospital/>
- **Mission of organization:** “To improve the health of those we serve”
- **Examples of programs and services** (OhioHealth, 2015-2018a):
  - Diabetes and other chronic diseases
  - Emergency and trauma
  - Heart and vascular services and heart and pulmonary services
  - Imaging and radiology
  - Rehabilitation and therapy
  - Surgery
  - Coumadin clinic
  - Occupational health services
  - Social services

**13. OhioHealth Marion General Hospital**

- **Representative:** Shawn Kitchen, senior advisor, business development; Joy Bischoff, 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 people regardless of ability to pay
- **Input:** (a) Participated in the Hardin Memorial Hospital Community Health Needs Assessment meeting.
- **Timeframe of input:** October 2018
- **Website:** <https://www.ohiohealth.com/locations/hospitals/marion-general-hospital/>
- **Mission of organization:** “To improve the health of those we serve”
- **Examples of programs and services** (OhioHealth, 2015-2018h)
  - + Heart and vascular and stroke care
  - + Behavioral and mental health
  - + Cancer care
  - + Diabetes
  - + Emergency and trauma

**14. Ohio Northern University**

- **Representative(s):** Jamie Hunsicker; assistant professor of nursing; Amy Fanous, PharmD, project director for rural mobile health clinic and clinical assistant professor; Adellyn McPherson, rural mobile health clinic coordinator (Has knowledge and skills in public health)

- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County.
- **Input:** (a) Member of the Hardin County Healthy Lifestyles Coalition that commissioned the Hardin County Nutrition and Physical Activity 2017 Health Assessment; (b) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan
- Participated in developing the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <http://www.onu.edu/>
- **Mission of organization:** “To provide a high-quality learning environment that prepares students for success in their careers, service to their communities, the nation, and the world, and a lifetime of personal growth inspired by the higher values of truth, beauty, and goodness.”
- **Examples of programs and services** (Ohio Northern University, n.d.):
  - + ONU Healthwise Pharmacy – provides prevention and disease management services, including patient education and resources, medication therapy management, medication synchronization program, compliance packaging program
  - + ONU Healthwise Mobile Health Clinic – provides pharmacy consultations, medication management, health screenings
  - + Career planning, campus activities, sororities and fraternities, club sports, academics, theatrical events, music

#### 15. Partnership for Violence Free Families

- **Representative(s):** Casey Simon, Donna Dickman, Robin Oates
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Allen, Auglaize, and Hardin Counties, regardless of ability to pay
- **Input:** (a) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan, (b) Participated in the Hardin Memorial Hospital Community Health Needs Assessment
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <http://www.pvff.org/>
- **Mission of organization:** “Supporting safe and healthy communities through awareness, education and prevention”
- **Examples of programs and services** (Partnership for Violence Free Families, n.d.):
  - + Education, programs, and resources – address child abuse, bullying, elder abuse, alcohol and other drugs, gambling, mental illness, suicide, drug overdose deaths, critical incident stress management
  - + Support groups – partners with Mental Health and Recovery Services Board in free support groups for grief and loss, bipolar depression, problematic gambling, alcohol use, sexual orientation and gender identity

#### 16. Ridgemont School District

- **Representative:** Amy Bahr, school nurse (Has knowledge and skills in public health)
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves students and parents with school children residing in the Ridgemont Local School District of Hardin County
- **Input:** (a) Member of the Hardin County Healthy Lifestyles Coalition that commissioned the Hardin County Nutrition and Physical Activity 2017 Health Assessment; (b) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017; October 2018
- **Website:** <http://www.ridgemont.k12.oh.us/>
- **Mission of organization:** “In designing the future, Ridgemont Local Schools will create partnerships with our families and community which broaden minds to learn and serve through collaboration, innovation, and rigorous academics for life’s learning journey.”
- **Examples of programs and services** (Ridgemont Local School District, 2018):
  - + Education for kindergarten to 12<sup>th</sup> grade
  - + Sports
  - + Parent-teacher association meetings
  - + After school clubs and activities and service learning

#### 17. The Ohio State University Extension Office

- **Representative(s):** Jamie Dellifield, family and consumer sciences educator (Has knowledge and skills in public health)

- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County and other areas
- **Input:** (a) Member of the Hardin County Healthy Lifestyles Coalition that commissioned the Hardin County Nutrition and Physical Activity 2017 Health Assessment; (b) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017
- **Website:** <https://hardin.osu.edu/home>
- **Mission of organization:** “We create opportunities for people to explore how science-based knowledge can improve social, economic, and environmental conditions”
- **Examples of programs and services** (The Ohio State University, 2018):
  - 4-H youth development – non-formal education for youth ages 5 to 19 to learn various topics and develop their leadership, citizenship and gain life skills
  - Agriculture and natural resources – assist farmers and small agricultural ventures with individual and group-based instruction related to horticulture and crop production
  - Community development – foster partnerships among local businesses, community organizations, community leaders and local government officials
  - Family and consumer sciences – offers programs such as (but not limited to) “Dining with Diabetes”, workshops on preserving foods, “Life Healthy, Live Well Challenges”, “Healthy Finances” and “Healthy Relationships”
  - Master gardener volunteer program – provides continuing education to volunteers on plant science, soils, fertilizers, integrated pest management, fruits, vegetables, landscaping
  - Supplemental Nutrition Assistance Education Program (SNAP-Ed) – offers free nutrition education and obesity prevention program

#### 18. United Way of Hardin County

- **Representative(s):** Darlene Foreman, executive director; Merleen Barnes, president
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County
- **Input:** (a) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017
- **Website:** <https://www.unitedway.org/local/united-states/ohio/united-way-of-hardin-county>
- **Mission of organization:** “United Way improves lives by mobilizing the caring power of communities around the world to advance the common good.”
- **Examples of programs and services** (United Way, n.d.)
  - + Programs in partnership with American Red Cross, Big Brothers Big Sisters, Boy Scouts of Hardin County, Children’s Developmental Center, Community Health Professionals Hospice, Community S.O.U.P. Service, Dental Council, Dolly Parton’s Imagination Library, Girl Scouts of Western Ohio, Hardin County Council on Aging, Hardin County Family YMCA, Helping Hands Outreach, Kenton Little League, Love in the Name of Christ, Mobility Foundation, Neighborhood Center, New Hope Ministries, ReStore Community Center, Salvation Army and Table One.

**19. Faith-Based Organizations**

- **Representative(s):** Scott Johnson
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County
- **Input:** (a) Member of the Hardin County Community Health Coalition that developed the 2017-2020 Hardin County Community Health Improvement Plan
- **Timeframe of input:** February to March 2017
- **Website:** Not applicable
- **Mission of organization:** Not applicable
- **Examples of programs and services:** Not applicable

**20. Community Resident**

- **Representative(s):** Brenda Jennings (Has knowledge and skills in public health)
- **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County.
- **Input:** (b) Participated in the community health needs assessment meeting hosted by OhioHealth Hardin Memorial Hospital
- **Timeframe of input:** October 2018
- **Website:** None
- **Mission of organization:** Not applicable
- **Examples of programs and services:** Not applicable

# Appendix D

## Documentation of Program Impacts from the CHNA Adopted in 2016 by OhioHealth Hardin Memorial Hospital

### Need #1: Substance Abuse (SA)

#### **SA 1.1. Enhance Hardin Memorial collaborations with community stakeholders that address substance abuse prevention and treatment**

##### **FY 2017 and FY 2018**

***Partnerships with the Family Resource Center of Northwest Ohio, Inc.*** – The Family Resource Center of Northwest Ohio provides mental health and substance abuse services to residents of Hardin County and neighboring Ohio Counties (Family Resource Center of Northwest Ohio, Inc., 2018). Substance abuse services include (a) diagnostic assessment, (b) individual counseling, (c) case management, and (d) prevention and education programs. Examples of prevention and education programs include “Too Good for Drugs”, “Challenge”, Word of Mouth”, “Project H.A.P.P.Y.”, “Prime for Life (Alcohol 101 and 202), and “Tobacco Awareness Program”. A nurse leader from Hardin Memorial Hospital is a board member of the Family Resource Center of Northwest Ohio (Family Resource Center of Northwest Ohio, Inc., 2018). The nurse attended the Board meetings on July 20, 2017; August 24, 2017; December 21, 2017; February 15, 2018; April 19, 2018 and June 21, 2018. By serving as a board member, the Hardin Memorial nurse was able to learn new programs that address substance abuse and mental health. Successful programs in other counties served may be piloted in Hardin County. Board meetings were focused on enhancing community engagement and partnerships with Hardin County community organizations in addressing substance abuse. The board members discussed evidence-based programs that support children and families, such as (a) crisis intervention in schools and emergency department, (b) navigation and care coordination in schools and (c) juvenile court navigation.

***Partnerships with the Hardin County Community Health Coalition*** – The Hardin County Community Health Coalition developed the 2017-2020 Community Health Improvement Plan (CHIP). A nurse from Hardin Memorial Hospital participated in the Hardin County Community Health Coalition. During FY 2017, the Hardin Memorial nurse attended the Coalition meetings on February 9, 2017; March 2, 2017; March 23, 2017 and April 20, 2017. During FY 2018, the Hardin Memorial nurse leader attended the Coalition meetings on January 17, 2018, March 21, 2018, April 18, 2018; May 10, 2018 and May 14, 2018. During the Coalition meetings in FY 2018, members from various organizations reported their accomplishments related to the overall goals and objectives of the CHIP. The Coalition selected mental health and addiction and chronic disease as the two priority health needs from the State Health Improvement Plan (SHIP). The Coalition identified four strategies to address mental health and addiction, including: (a) increasing public awareness of suicide warning signs among youth, (b) implementing school-based parent education program “Let’s Talk”, (c) school-based alcohol/other drug prevention programs focused on youth, and (d) increasing awareness of prescription drug abuse and medication drop-off box locations among adults (Hardin County Community Health Coalition, 2017).

***Partnerships with the Marion Area Counseling Center (MACC)*** – On November 15, 2016, OhioHealth Hardin Memorial Hospital Emergency Department Committee invited the vice president of medical affairs from OhioHealth Marion General Hospital to talk about the utilization of “recovery coaches” who provides support and assistance to newly recovered substance abuse patients. Marion General Hospital has been collaborating with Marion Area Counseling Center (MACC) in this peer-to-peer support system to accelerate the recovery process. The “recovery coaches” have demonstrated being “clean” for two years and have been trained to support and guide other patients who were in early recovery phase (Karim, 2017). On April 4, 2017, the Hardin Memorial Hospital’s Recovery Court Coordinator met with Marion General’s vice president to further discuss the Recovery Coach pilot project in Marion County and how the project could be expanded to facilitate the availability of recovery coaches for Hardin Memorial Hospital’s patients. On June 23, 2017, Hardin Memorial Hospital’s nurse leader and Hardin Memorial Emergency Department team coordinated a follow-up meeting with Marion General’s vice president, Kenton-Hardin Health Department, Coleman Professional Services, Lima Urban Minority Alcoholism and Drug Abuse Outreach Program (UMADAOP) and Hardin County Recovery Court Coordinator. On June 28, 2017, Coleman Professional Services received funding to conduct a pilot project where recovery coaches/peer coaches will respond to Hardin Memorial’s Emergency Department when a patient expressed need to obtain help to stop using drugs. Hardin Memorial Hospital leaders approved of implementing the pilot project. On December 19, 2017, Coleman Professional Services behavioral services brought two of their

peer recovery coaches and educated Hardin Memorial staff on implementation and referral of patients needing peer recovery coach assistance. On December 20, 2017, the pilot program started.

**Collaborations with the Hardin County Common Pleas Court** – On November 21, 2016, two nurse leaders from Hardin Memorial Hospital met with the Hardin County Common Pleas team handling the certified drug recovery program to foster partnerships between Hardin Memorial and the court system. Among persons suffering from drug addiction, it has been shown that intensive treatment combined with strict personal accountability to the Court foster recovery from addiction. Apart from court oversight, Hardin County residents recovering from substance abuse are provided with (a) access to Kenton UMADAOP, (b) access to healthcare and medications from the Kenton Health Partners of Western Ohio, and (c) intensive outpatient services from Coleman Professional Services (Ohio Mental Health and Addiction Services, 2016). On March 29, 2017, a nurse leader met with a judge from the General Division of Hardin County Common Pleas Court regarding possible participation of a representative from Hardin Memorial Hospital in the Recovery Court Treatment Team. During FY 2018, the Hardin Memorial Hospital team developed strategies on how to support the drug recovery program as explained above. For example, the Hardin Memorial dietician is working with other treatment team members to determine how to incorporate nutrition classes for participants recovering from substance abuse.

**Partnerships with Coleman Professional Services** – Coleman Professional Services provide crisis management, mental and behavioral health, care of adults, and employment assistance (Coleman Professional Services, n.d.). Coleman Professional Services provides crisis intervention services to the Emergency Department patients of Hardin Memorial Hospital. The Hardin Memorial Hospital has been actively educating patients about Coleman’s behavioral health and other services and making referrals as needed. Hardin Memorial’s clinical teams meet regularly with Coleman’s mental health services team to learn about activities available for recovering addicts. In FY 2017 and FY 2018, 120 patients were referred to and served by Coleman Professional Services.

**SA 1.2. Screen all patients, including inpatient, outpatient and Emergency Department patients, for drug use and offer referrals to substance abuse treatment services**

**FY 2017 and FY 2018**

During drug screenings, the nurse asks each patient about illicit drug use and history of using alcohol and/or illicit drugs. If a patient reports drug use or history, the patient is asked about the type of drug and/or alcohol used, the amount, and frequency.

- Number of patients screened for substance abuse – 10,901 patient visits in FY 2017; 11,453 patient visits in FY 2018
- Number of patients who received Coleman Professional Services consults – 43 patients in FY 2017; 63 patients in FY 2018

Patients who were contacted by telephone to determine status of referrals indicated that they “felt better” and “cared for” after completing their consults with Coleman Professional Services.

**SA 1.3. Partner with Coleman Professional Services, which offers 24/7 treatment for mental health, to refer unintentional overdose patients that are first seen in the Emergency Department. In addition to Coleman Professional Services, referrals are made to We Care Regional Crisis Center, OhioHealth Marion General Hospital, St. Rita’s Medical Center, OhioHealth Riverside Methodist Hospital, and Pomegranate and Arrowhead Behavioral Health.**

**FY 2017 and FY 2018**

In FY 2017 and FY 2018, there were total of 12 patients seen in the Hardin Memorial Emergency Department and/or admitted at the hospital due to drug overdose. These patients were either transferred to other trauma hospitals in the area due to their critical condition or expired. None of these patients were referred to Coleman Professional Services, We Care Regional Crisis Center, OhioHealth Marion General Hospital, St. Rita’s Medical Center, OhioHealth Riverside Methodist Hospital, or Pomegranate and Arrowhead Behavioral Health.

**SA 1.4. Partner with Kenton City Police Department and Hardin County Sheriff's Office by providing outreach and training on how to administer naloxone (Narcan) to persons who have overdosed on heroin.**

**FY 2017 and FY 2018**

**Training of law enforcement officers** – Law enforcement officers were trained on the following: (a) use of naloxone is and its benefits, (b) how an opioid overdose occurs and how naloxone works to counteract drugs in the body. In addition, the following were discussed: (a) Ohio's Overdose Education and Naloxone Distribution Program, (b) Ohio State Board of Pharmacy Guidance Document for Law Enforcement and Naloxone, and (c) hands-on training using the naloxone nasal spray, Narcan®. This nasal spray is designed for home use is an FDA-approved nasal spray that is used to treat opioid overdose in an emergency setting. Narcan® can quickly restore normal breathing as a result of overdosing with heroin or prescription opioid (National Institute on Drug Abuse, 2018). Hardin Memorial Hospital also collaborated with the Kenton-Hardin Health Department to bring the naloxone training to the Forest and Ada Police Departments. On November 9, 2016, the Hardin Memorial Hospital emergency department medical director and nurse leader met with the Hardin County Sheriff to discuss the use of naloxone by law enforcement officers in the field. During FY 2017, Hardin Memorial Hospital trained 12 law enforcement officers from the Kenton City Police Department and 45 law enforcement officers from the Hardin County Sheriff's Office. During FY 2018, Hardin Memorial Hospital team met with the Police Departments and Sheriff's Office on retraining and continuing education for the law enforcement officers.

**Training of nurses and security officers from Ohio Northern University** – During FY 2017 (March 17, 2017 and March 29, 2017), a nurse leader from the Hardin Memorial Hospital Emergency Department in collaboration with the Kenton-Hardin Health Department provided Narcan® (naloxone) training to four nurses and ten security officers from Ohio Northern University. No additional persons were trained in FY 2018. The training discussed the following: (a) path of physiology behind an overdose and how Naloxone works, (b) signs and symptoms of an overdose, (c) administration of Naloxone, (d) when to give Naloxone, (e) rescue breathing, and (f) emergency response.

**Emergency Department Initiative to administer Narcan® (naloxone) to patients at discharge** – During FY 2017 (November 15, 2016), a pharmacist from Hardin Memorial Hospital presented at the Hardin Memorial Hospital Emergency Department Committee meeting about an emerging program endorsed by the State of Ohio Board of Pharmacy in which hospitals could provide Narcan® to patients upon their discharge from the Emergency Department. This program would allow any trained hospital staff, such as nurses or social workers, to provide Narcan® to at-risk individuals upon their discharge (State of Ohio Board of Pharmacy, 2016). This may be an effective tool for reducing fatal overdose as data suggests that a risk factors for deadly overdose include patients discharged from emergency departments following opioid intoxication or poisoning (Substance Abuse and Mental Health Services Administration, 2016). The protocol for the Emergency Department was finalized on November 30, 2016. Hardin Memorial Hospital Emergency Department was not one of the OhioHealth pilot sites for naloxone distribution.

**SA 1.5. Work with law enforcement and Ohio Northern University to safely dispose of medications such as promoting the use of permanent drug disposal boxes, community medication take-back events, etc.**

**FY 2017 and FY 2018**

Hardin Memorial Hospital co-sponsored a Medication Disposal Day in collaboration with Hardin County Sheriff's Office, North Central Ohio Solid Waste District, Forest Police Department, and Ohio Northern University College of Pharmacy. The event encouraged community members to dispose of unused and/or expired prescription and over-the-counter medications as well as medicated lotions and sunscreens. Safe medication disposal helps reduce prescription abuse as well as keep potentially harmful drugs from contaminating soil and water supply (Skinner, 2017). Community members dropped off unused or expired medications in the following locations: Ada, Kenton, and Forest, Ohio. During FY 2017 and FY 2018, the Medication Disposal Day were held on April 8, 2017 and April 28, 2018, respectively (Hardin County Chamber and Business Alliance, 2015b).

- Number of persons who dropped off medications – 187 persons in FY 2017; 220 persons in FY 2018
- Number of pounds of medications collected – 744 pounds of medications collected in FY 2017; 150 pounds of medications collected in FY 2018

Need #2: Chronic Disease (CD)

**CD 2.1.** Offer and facilitate the Diabetes Health Management Program and the Diabetes Support Group to provide current information on diabetes self-care, wellness promotion, self-motivation and how to prevent diabetes complications

**FY 2017 and FY 2018**

**Diabetes Self-Management Education (DSME)** – a group-based evidence-based program that was based from (a) “OhioHealth Solutions for Living Better with Diabetes: Managing your Diabetes One Step at a Time”, (b) The Academy of Nutrition and Dietetics Nutrition Care Manual, and (c) Novo Nordisk’s “Planning Healthy Meals”. Hardin Memorial Hospital’s DSME program is certified by the American Diabetes Association. The American Diabetes Association requires DSME programs to hold an annual Diabetes Advisory Board meeting among internal and external stakeholders to conduct a program review. The Hardin Memorial Hospital dietitian educated various community organizations about the availability of the DSME program in order to increase referral, completion, patient satisfaction, and improvement of hemoglobin A1C upon completion. Community partners include Ohio Northern University Pharmacy students and OhioHealth Hardin Wellness Center. During FY 2017 and FY 2018, total of 10 patients participated in the DSME program. Self-reported data showed that patients (a) continually monitored their food intake, (b) decreased medication dosage due to improved lifestyle and behavior change, and (c) achieved weight loss. Hardin Memorial Hospital holds an annual Diabetes Advisory Board meeting comprised of internal and external stakeholders to discuss curriculum, recruitment and referral process, implementation, and program evaluation.

**Diabetes Support Group** – The goal of the Diabetes Support Group is to provide easy to understand, useful information to help patients manage their diabetes. The Diabetes Support Group provides a venue to meet others who share similar concerns and experiences. By sharing experiences, participants can feel a sense of belonging to a community and become empowered to manage their own diabetes. During FY 2017 and FY 2018, the diabetes support group offered six sessions. On average, each support group session had five to six participants.

During FY 2017, the Diabetes Support Group topics and number of participants are summarized below:

- **“What is Diabetes?”** – participants were taught the differences between type 1 and type 2 diabetes and the different treatment types for both diseases. Handouts were provided. This session was held on September 14, 2016. Four persons participated in the support group.
- **“Avoiding the Blood Sugar Blues During the Holidays”** – participants were taught ways to enjoy the holiday feasts while still managing their blood sugars. Recipes, recipe substitutions and other handouts were provided. This session was held on November 9, 2016. Four persons participated in the support group.
- **“When the Flu Hits: Sick Day Management”** – participants were taught how to better manage their blood sugar during illness and when to consult their diabetes care team. Participants were also given “Make and Take Sick Day Diabetes Baskets” to take home and restock routinely. This session was held on January 11, 2017. Five persons participated in the support group.
- **“21 and Under Diabetes Support Group** – focused on teenagers and young adults. This session was cancelled due to lack of participation. The dietitian and the Community Relations manager continued engaging the school districts about the availability of this support group for teenagers and young adults.
- **“What’s for Dinner: Menu and Meal Planning”** – participants were taught how to create and organize grocery lists to help promote healthier eating and food preparations. The facilitator demonstrated cooking for lemon garlic chicken noodles and allowed participants to taste the food as well as receive recipes and weekly menu planners. This session was held on March 8, 2017. Fourteen persons participated in the support group.
- **“Check Your Feet: Foot Care for Diabetics”** – participants were taught the importance of (a) foot care with managing diabetes, (b) how to care for their feet and (c) different complications that could result from poorly controlled blood sugars. Handouts were provided. This session was held on May 10, 2017. Seven persons participated in the support group.

During FY 2018, the Diabetes Support Group topics and number of participants are summarized below:

- **“Get Moving: Exercise and Diabetes”** – participants were taught by a physical therapist and a certified yoga instructor about chair exercises to help improve overall health and fitness. This session was held on July 12, 2017. Twelve persons participated in the support group.
- **“Medication Instructions”** – participants were taught by an Ohio Northern University pharmacy student about medication safety and medications used in treatment of diabetes. Group discussion followed the presentation. The session was held on September 20, 2017. Six persons participated in the support group.
- **“It’s Just a Little Sugar: Avoiding the Complications of Diabetes”** – participants were provided with a presentation regarding potential complications of diabetes and ways to improve overall health and blood sugar numbers to avoid these complications. Six persons participated in the support group. The session was held on November 8, 2017. Six persons participated in the support group.
- **“Diabetes and Eye Health”** – participants listened to a presentation by Dr Todd Oates, a local optometrist from Hardin County, regarding eye health and diabetes. Group discussion followed the presentation. The session was held on January 10, 2018. Eight persons participated in the support group.
- **“National Nutrition Month: Go Further with Food”** – participants were provided with a cooking demonstration of a healthy meal entrée followed by taste testing. Discussions were had around meal planning and grocery shopping. The session was held on March 14, 2018. Twelve persons participated in the support group.
- **“Caring For Your Feet”** – participants listened to a presentation by Dr William Springer, a local podiatrist from Hardin County, regarding (a) how to care for your feet properly as a diabetic, (b) what to avoid to prevent foot problems, (c) when to see your doctor. Group discussion followed the presentation. The session was held on May 10, 2018. Eight persons participated in the support group.
- **“Group Picnic”** – participants were invited to participate in a picnic where each person will bring favorite side dish or appetizer with the recipe on how they made healthy improvements to the food. The picnic was held on June 13, 2018. No person attended the picnic.

**Outpatient Diabetes Counseling Sessions** – The dietitian provides up to three one-on-one visits with patients from the clinics. During FY 2017 and FY 2018, 40 and 47 patients, respectively attended the diabetes counseling sessions.

- **First dietitian visit** – The dietitian discussed the following: (a) “What is Diabetes?”, (b) “Signs and Symptoms of Diabetes”, (c) height, weight body mass index and blood pressure, (d) glucose level self-monitoring and goals for blood glucose and hemoglobin A1C, (e) “Hyperglycemia (high blood sugar) and hypoglycemia (low blood sugar) and what actions to take” and (f) Nutrition, carbohydrate counting and balanced plate.
- **Second dietitian visit** – The dietitian discussed the following: (a) patient questions from previous visit, (b) weight and blood pressure, (c) physical activity, (d) how to manage hypoglycemia (low blood sugar), (e) sick day management, (f) items to bring during travel, (g) foot care and assessment, and (g) stress management.
- **Third dietitian visit** – The dietitian discussed the following: (a) complications, risk for heart attack and stroke and awareness of signs and symptoms, (b) damage to peripheral nerves that cause weakness, numbness and pain, (c) kidney disease, (d) dental, skin and eye care, (e) ABC’s of diabetes (hemoglobin A1C, blood pressure and cholesterol).

**CD 2.2. Annually offer Dining with Diabetes, which provides education about healthy eating in partnership with The Ohio State University Extension Office.**

**FY 2017 and FY 2018**

During FY 2017, “Dining with Diabetes” was not held at Hardin Memorial Hospital. In FY 2018, The Ohio State University Extension Family and Consumer Sciences started offering the online course “Dining with Diabetes: Beyond the Kitchen”. The online program discusses making healthy choices when eating out, food shopping, and planning meals. The online module may be accessed at any time and completed at participant’s discretion. The online version includes videos, interactive presentations, fact sheets and resources, surveys to measure

learning, and access to websites (The Ohio State University, 2018). During FY 2018, five Hardin Memorial Hospital patients were referred to participate in the online “Dining with Diabetes.”

**CD 2.3. Present F.A.M.E. (Fun Activity Motivates Everyone) annually to spotlight healthy eating and physical activity options, targeting children ages 0 to 12.**

**FY 2017 and FY 2018**

Hardin Memorial Hospital, in collaboration with various community partners (Kenton City Schools, Simon Kenton Schools, and Kenton-Hardin Health Department), led the planning meetings on February 13, 2017; March 6, 2017; and April 24, 2017 for the F.A.M.E. event.

During FY 2017, F.A.M.E. was held on May 8, 2017 from 4:30-6:30 pm at the grounds of Kenton Elementary School. At least 250 persons participated in the health and wellness activities. The event aims to promote healthy lifestyles and overall wellness among children as well as their families. Participants are given information about maintaining good health nutritionally, physically, and mentally. The program features physical activities such as soccer and obstacle courses as well as food-based activities such as making healthy ice cream and distributing “Kids in the Kitchen” cookbooks. The curriculum also includes vision screenings as well as safety training. Hardin Memorial Hospital has several associates with whom they partner to offer this program. The event was free and open to family members of any age, although it was focused on those from infancy to eight years old. In addition to interactive activities, the program also features snacks, door prizes, and giveaways. Activities at the event included a pirate treasure hunt, fitness dice game, kid’s obstacle course, and fire safety. Hardin Memorial team also provided handwashing education to children who were at the event. Additional collaborators included The Turtle Lady with a display of turtles and the Columbus Zoo who hosted live animals for an hour.

During FY 2018, Hardin Memorial Hospital collaborated with the Kenton-Hardin Health Department and Women, Infants and Children (WIC) in conducting planning meetings on March 29, 2018 and April 4, 2018. The event was held on July 31, 2018 (FY 2019). The F.A.M.E. event was held inside the Hardin County Family YMCA due to inclement weather. Approximately 150 persons participated in the health and wellness activities. The health and wellness and educational activities include: (a) farmers market (Vanskoy Farms), (b) “medical mystery box” (BKP Ambulance District), (c) “Enviroscape” (Hardin Soil and Water Conservation District), (d) “kids fun run” (OhioHealth Hardin Wellness Center), (e) obstacle course (Kenton-Hardin Health Department and Hardin County Healthy Lifestyles Coalition), (f) “parachute” (Head Start Preschool/Hancock Hardin Wyandot Putnam (HHWP Community Action Commission), (g) importance of recycling (Keep Hardin County Beautiful), (h) fire truck tours (Kenton Fire Department), (i) show of K-9 dog (Kenton Police Department), (j) vision education (Kenton Vision Care), (k) drug and seatbelt safety (Ohio Highway Patrol) and (l) nutrition education and healthy eating (Ohio Northern University Healthwise).

**CD 2.4. Offer healthy food options daily in the hospital facility cafeteria.****FY 2017 and FY 2018**

During FY 2017 and 2018, Hardin Memorial Hospital's cafeteria offers a salad bar available every day as well as a healthy daily meal bundle on the steam table, which are under 500 calories. She also reports that fresh fruit is always available. In addition to this, recopies from the Virgin Pulse/OhioHealthy Zipongo app have been offered throughout January and have been promoted by all the nutrition staff. Virgin Pulse is a technology company that aims to promote good lifestyle habits in employees (Virgin Pulse, 2017). Zipongo is a digital nutrition service that uses biometrics and personal food preference to recommend meals. Their goal is to reduce chronic disease through healthy food choices (Zipongo, 2017). For all grab and go items, all nutritional information is on display although additional information is available upon request for other meal options. Several recipes found through Virgin Pulse will be kept in the menu rotation. Throughout the week, approximately 200 persons per day are served in the cafeteria during weekdays and 50 persons per day during weekends. Staff members and volunteers have chosen healthy meals to promote weight loss and monitor their caloric intake.

**CD 2.5. Host Farmers Markets during the growing season to increase access to fresh fruits and vegetables.****FY 2017 and FY 2018**

**Hardin Memorial Hospital Farmers Market** – is held from summer to early fall, in the hospital parking lot and features vendors that help local residents, patients, and visitors to the hospital access fresh produce in the area. In FY 2017 and FY 2018, Hardin Memorial Hospital Farmers Market hosted the Beachy Amish Farm to sell fresh fruits and vegetables and other baked products. During summer and fall 2017, the Farmers Market was available on the following dates: (a) July 2016 (13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>); (b) August 2016 (3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>); and (c) September 2016 (7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>); and (d) October 2016 (5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>). During summer and fall 2017, the Farmers Market was available on the following dates: (a) July 2017 (12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>), (b) August 2017 (2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>), (c) September 2017 (6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>), (d) October 2017 (4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>) and (e) November 2017 (1<sup>st</sup>, 8<sup>th</sup>). The information about the Farmers Market were advertised in the radio station WKTN and local newspaper Kenton Times.

- Number of participants in the Hardin Memorial Hospital Farmers Market – 650 persons in FY 2017; 700 persons in FY 2018

**Hardin Memorial Hospital community garden** – In FY 2018, the hospital team planted a community garden under the direction of the Shared Governance Committee. The plot was donated by a local physician and the plot is east of the Hardin Memorial Hospital parking lot. Information about the community garden was mailed to local senior apartment complexes and to Hardin County Council on Aging, Inc. Through an article in the Kenton Times, the Hardin County community was informed about the availability of the hospital community garden and how community residents can participate in the maintaining the garden and partake in the harvest.

- Number of participants in the Hardin Memorial Hospital community garden – approximately 10 families in FY 2018

**CD 2.6. Host the Hardin Hustle, a 5K fun run geared towards getting kids and families more physically active.****FY 2017 and FY 2018**

Hardin Memorial Hospital's Hardin Hustle is a community 5K run that also includes a "Kids Fun Run". This activity promotes physical activity for all age groups in the Hardin County community. In FY 2017, it was held on August 13, 2016. Hardin Hustle aims to promote physical and mental health while also providing an atmosphere for community socialization, supporting those who are interested in becoming physically active. The event also raises money to make a donation to a local charity. In FY 2017, total of \$500 was raised from the event and was donated to the Hardin County Family YMCA swimming lesson program. In FY 2017, total of 71 adults and youth participated in the Hardin Hustle event. Participants reported that they enjoyed the Hardin Hustle walk/run and fundraising event.

In FY 2018, Hardin Hustle was not implemented due to low participation in FY 2017. Hardin Memorial Hospital in collaboration with the committee members decided to explore other options to promote physical activity in Hardin County. In May 2018, Hardin Memorial Hospital partnered with the Hardin County Chamber and Business Alliance to initiate the walking program "Spring into Motion." The event was a six-week walking program held on

Tuesdays and Thursdays to promote physical activity and healthy lifestyles. Total of 25 persons participated in "Spring into Motion" during FY 2018.

**CD 2.7. Participate in the Healthy Lifestyles Coalition of Hardin County, which engages and educates community residents about healthy eating and physical activity, with the Kenton-Hardin Health Department.**

**FY 2017 and FY 2018**

Since July 2016, Hardin Memorial Hospital has actively participated in the Healthy Lifestyles Coalition of Hardin County, which is organized by The Ohio State University Extension Office at Hardin County. The Healthy Lifestyles Coalition's goal is to educate residents about healthy eating behavior and physical activity. Their focus includes education about sugar content in food, blood pressure checks for both adults and children, and awareness about fresh produce from local farms. The Healthy Lifestyles Coalition also participates in the Buggy Ride Bicycle Tour and the Hardin County Fair.

Hardin Memorial Hospital has three active members that participate in the Healthy Lifestyles Coalition of Hardin County. At least one of them represents the hospital during the monthly meetings. The hospital dietitian is a member of the program committee. The manager of employer services is active on the "Rails to Trails" and the substance abuse subcommittees. Hardin Memorial Hospital works closely with the coalition to hold the F.A.M.E. event and support them throughout the year. Hardin Memorial Hospital also actively participated in the community meetings to provide input in planning, conduct and synthesis of findings of the Hardin County Nutrition and Physical Activity 2017 Health Assessment (Kenton-Hardin health Department, 2017b).

The Coalition expects its members to actively participate in planning, implementing and promoting awareness of disease prevention activities in Hardin County (Healthy Lifestyles Coalition of Hardin County, 2017). The Coalition has a vision of inspiring, educating, and facilitating healthy lifestyle choices. Projects of the Coalition are focused on improving nutrition and physical activity among preschoolers and their families. During FY 2017, Hardin Memorial Hospital's community relations manager attended twelve meetings of the Hardin County Healthy Lifestyles Coalition. These meetings were held on the following dates: (a) July 20, 2016; (b) August 17, 2016; (c) September 21, 2016; (d) October 19, 2016; (e) November 16, 2016; (f) December 21, 2016; (g) January 18, 2017; (h) February 15, 2017; (i) March 15, 2017; (j) April 19, 2017; (k) May 17, 2017; and (l) June 21, 2017. Hardin Memorial Hospital supported the Coalition's vision through hospital-led activities such as (but not limited to) (a) Fun Activity Motivates Everyone (F.A.M.E.), (b) offering healthy food options in the cafeteria, (c) hosting Farmer's Markets, and (d) Hardin Hustle.

In FY 2017, the Healthy Lifestyles Coalition also hosted a presentation of the Partnership for Violence Free Families, in order to learn more about their resources, education opportunities and community programs that addresses substance abuse, child and elder abuse, bullying, dating violence, mental illness, and suicide (Partnership for Violence Free Families, n.d.). On October 27, 2016, the community relations manager from Hardin Memorial Hospital distributed apple slices at Halloween parades in Hardin County. Three hundred bags were purchased and given out in Kenton, Ohio (200 bags) and Forest, Ohio (100 bags). The children and their parents appreciated the healthy food option they received.

In support for the Healthy Lifestyles Coalition initiatives in FY 2018, Hardin Memorial Hospital bought and helped distribute apple slices at Halloween parades that was held on October 27, 2017 in Hardin County. Three hundred bags were purchased and distributed to children in Kenton, Ohio. Hardin Memorial Hospital also assisted the Healthy Lifestyles Coalition in informing the community about various health and wellness activities that are available in its Facebook page (Healthy Lifestyles Coalition of Hardin County, n.d.). Examples of health and wellness topics include: (a) Education on healthy recipes such as vegetable wraps and healthy snacking, (b) healthy guide for healthy summer break, (c) Project D.A.W.N. (Deaths Avoided with Naloxone) community education and naloxone kit distribution, (d) breastfeeding awareness, (e) awareness campaigns on the importance of immunizations, and availability of drive-thru flu shot clinics, immunization against shingles for 60+ and pneumonia for 65+, (f) services provided by Women, Infants and Children (WIC), (g) Hardin County Suicide Awareness and Prevention Walk, (h) "Community Baby Shower" event, (i) "Growing Up Wild," exploring nature with young children ages 3-7, (j) services provided by the Ohio Northern Healthwise Pharmacy, (k) "ACT Raising Safe Kids" program, which is a workshop for parents, caregivers and parents to learn about understanding children's behaviors, exposure of young children to violence, understanding and controlling parent's anger, understanding and helping angry children, children and social media, discipline and parenting and (l) drowsy driving.

**CD 2.8. Contribute to addressing food insecurity issues through providing financial support to a local food pantry.****FY 2017 and FY 2018**

Hardin Memorial Hospital participates in the Operation Feed campaign during FY 2017 and FY 2018. Operation Feed provides families struggling with hunger fresh, healthy foods (Mid-Ohio Foodbank, n.d.). Employees from Hardin Memorial Hospital organized fundraising projects such as sandwich and bake sales and a silent auction.

- **Donation to the Neighborhood Opportunity Center** – In October 2017, Hardin Memorial Hospital donated \$2,439.50 to the Neighborhood Opportunity Center as part of the Hardin Memorial Hospital Operation Feed campaign. Total of 9,600 to 10,800 persons per year benefit from the food pantries from the Neighborhood Opportunity Center.
- **Donation to the West Ohio Foodbank** – In June 2018, Hardin Memorial Hospital raised \$2,340.56 through the Operation Feed campaign. Hardin Memorial Hospital will address food insecurity in Hardin County through a sustainable partnership with the West Ohio Food Bank (West Ohio Food Bank, 2018). Annually, the West Ohio Food Bank provides 338,352 meals in Hardin County and 5,199,344 meals in its 11-county service area (Allen, Auglaize, Hancock, Hardin, Mercer, Paulding, Putnam, Seneca, Shelby, Van Wert and Wyandot Counties).

**CD 2.9. Host annual Heart Smart Day with free screenings for the community in February in honor of National Heart Month.****FY 2017 and FY 2018**

During FY 2017 and FY 2018, Hardin Memorial Hospital hosted the Annual “Heart Smart Day” event in February in honor of the National Heart Month. The “Heart Smart Day” was held from 10 AM to 12 PM on February 14, 2017 and February 20, 2018 during FY 2017 and 2018, respectively. The event was held at the Hardin County Council on Aging, 100 Memorial Avenue, Kenton, Ohio 43326. The aim of the “Heart Smart Day” is to provide the Hardin County community with access to free screenings such as blood pressure, blood glucose and cholesterol and opportunity to learn from the Hardin Memorial healthcare team about health, wellness and disease prevention. The hospital healthcare providers (including a cardiologist) provided education about health and wellness, cardiac rehabilitation, healthy eating, cholesterol and blood sugar screenings, height, weight and body mass index. Hardin Memorial Hospital collaborated with the Ohio Northern University College of Pharmacy and Hardin County Council on Aging in providing the health education and screenings and the venue. The Ohio Northern University Pharmacy students conducted medication review.

- **Number of persons who participated in at least one activity during the “Heart Smart Day”** – 54 persons in FY 2017; 25 persons in FY 2018

**CD 2.10. In collaboration with other partners, provide health screenings and/or education for community members as part of the Hardin County Fair, Hardin County Council on Aging Senior Days, Ohio Northern University Tobacco Cessation Program and The Ohio State University Extension Office.****FY 2017 and FY 2018**

**Health Screenings and Education at the Hardin County Fair** – Hardin Memorial Hospital’s participation in the Hardin County Fair was focused on: (a) health screenings for blood pressure, blood sugar and cholesterol, and (b) health education and awareness on the importance of eating variety of fruits and vegetables, healthy eating behaviors, promotion of healthy lifestyles. The Hardin County Fair was held on September 5 to 11, 2016 and September 5 to 10, 2017 during FY 2017 and FY 2018, respectively at the Hardin County Fairgrounds. Hardin Memorial Hospital also served as the sponsor of the Senior Citizen’s Day during the Hardin County Fair.

- **Number of persons who participated in at least one activity during the Hardin County Fair** – 1,600 persons in FY 2017; 1,131 persons in FY 2018
- **Number of blood pressure screenings during the Hardin County Fair** – 1,100 persons in FY 2017; 1,000 persons in FY 2018
- **Number of blood sugar and cholesterol screenings** – 40 persons in FY 2017; 31 persons in FY 2018
- **Number of persons referred to follow-up with family physician or go to the nearest Emergency Department** – 28 persons in FY 2017; 14 persons in FY 2018

**Health Education during the Hardin County Council on Aging Senior Days** – During FY 2017 and 2018, Hardin Memorial Hospital’s team of healthcare providers provided health education outreach during the Hardin County Council on Aging Senior Days event held on May 5, 2017 and May 4, 2018, respectively. During FY 2017, Hardin Memorial Hospital provided health education and brochures on falls prevention and balance. During FY 2017, Hardin Memorial Hospital provided health education on the importance of medication compliance, and health services available at the Hardin Wellness Center and inpatient cardiac rehabilitation.

- **Number of persons educated on falls prevention and balance** – 100 persons in FY 2017
- **Number of health screenings and education** – 45 persons had blood pressure screening in FY 2018; 36 persons had blood glucose screening in FY 2018
- **Number of persons referred to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 20 persons in FY 2018

**Health Screenings and Health Education as part of the Tobacco Cessation Program** – Hardin Memorial Hospital is committed to helping Hardin County residents stop using tobacco through its free, six-week Tobacco Cessation Program. The Tobacco Cessation Program teaches participants to learn a positive approach to becoming a non-tobacco user, strategies to recover from tobacco addiction, the barriers to tobacco cessation, the health benefits of choosing a tobacco-free lifestyle, nicotine-replacement options, motivational exercises and techniques for stress management. During FY 2017, five, six-week sessions of the Tobacco Cessation Program were held, and eight persons participated. Seven of the eight participants in FY 2017 quit using tobacco at the end of the session. During FY 2018, two, six-week sessions were held, and 24 persons participated. Fourteen persons of the 24 participants in FY 2018 quit using tobacco at the end of the session.

**CD 2.11. Provide free cholesterol, glucose and other screenings as well as provide health education materials to community members at Hardin Memorial’s Heart Smart Day, Community Health Fair, and OhioHealth Employer Services and skin cancer screenings.**

**FY 2017 and FY 2018**

**Hardin Memorial’s Heart Smart Day** – During FY 2017 and FY 2018, Hardin Memorial Hospital hosted the Annual “Heart Smart Day” event in February in honor of the National Heart Month. The “Heart Smart Day” was held from 10 AM to 12 PM on February 14, 2017 and February 20, 2018 during FY 2017 and 2018, respectively. The event was held at the Hardin County Council on Aging, 100 Memorial Avenue, Kenton, Ohio 43326. The aim of the “Heart Smart Day” is to provide the Hardin County community with access to free screenings such as blood pressure, blood glucose and cholesterol and opportunity to learn from the Hardin Memorial healthcare team about health, wellness and disease prevention. The hospital healthcare providers (including a cardiologist) provided education about health and wellness, cardiac rehabilitation, healthy eating, cholesterol and blood sugar screenings, height, weight and body mass index. Hardin Memorial Hospital collaborated with the Ohio Northern University College of Pharmacy and Hardin County Council on Aging in providing the health education and screenings and the venue. The Ohio Northern University Pharmacy students conducted medication review.

- **Number of persons who participated in at least one activity during the “Heart Smart Day”** – 54 persons in FY 2017; 25 persons in FY 2018

**Hardin Memorial’s Community Health Fair** – This event aims to provide opportunities for various nonprofit organizations and private companies to offer health education and free health screenings to residents of Hardin County and neighboring areas. Health education related to heart health, eye care, oral health, nutrition, exercise, falls prevention, cancer, domestic violence and other health issues. During FY 2017, the Community Health Fair was held on April 26, 2017 from 9 AM to 2 PM at the Hardin County Fairgrounds. Health screenings and education were provided during the FY 2017 Community Health Fair event. The Community Health Fair was not held in FY 2018 due to low participation in FY 2017. In lieu of the Community Health Fair, health screenings and education were provided at Hardin Memorial Hospital on May 17, 2018 in conjunction with the hospital open house for the outpatient surgery department. Hardin Memorial Hospital’s cardiac rehabilitation, tobacco cessation, oncology services, social services, dietitian and laboratory teams provided health screenings and education.

**Community Health Fair**

- **Number of persons who participated in at least one health activity** – 110 persons in FY 2017
- **Number of persons who were asked to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 5 persons in FY 2017

**Hospital Health Fair**

- **Number of persons who participated in at least one health activity** – 25 persons in FY 2018
- **Number of persons who were asked to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 3 persons in FY 2018

**Hardin Memorial's Health and Wellness Fair** – Health Hardin Memorial Hospital partnered with the Hardin County Chamber and Business Alliance in hosting the Health and Wellness Fair. During FY 2017 and FY 2018, the Health and Wellness Fair was held on October 20, 2016 and November 16, 2017, respectively, from 8 AM to 12 noon at the Hardin County Armory 128 N. Main St., Kenton, Ohio 43326. Health screenings (blood pressure, cholesterol and blood glucose) and health education and information brochures on eye, skin, hearing, nutrition, stress, fitness and finances were provided

- **Number of persons who participated in at least one activity during the Health and Wellness Fair** – 149 persons in FY 2017; 104 persons in FY 2018
- **Number of persons who were asked to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 41 persons in FY 2017; 16 persons in FY 2018

**Hardin Memorial's skin cancer screenings** – were not done in FY 2017 and FY 2018 due to lack of available physicians to do the screening tests.

**Need #3: Access to Care (AC)**

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**AC 3.1. Refer patients to Kenton Community Health Center if they do not have a primary care physician and need other services, including dental, mental, substance abuse and a pharmacy. The Kenton Community Health Center has a staff that educates patients on health insurance options, Medicaid, The Marketplace or commercial insurance plans. A sliding fee scale is offered to patients with an income less than 200 percent of the Federal Poverty Guidelines.**

**FY 2017 and FY 2018**

The Kenton Community Health Center is located in 111 West Espy Street, Kenton, Ohio 43326. It offers medical, pharmacy and dental services. The Kenton Community Health Center is a safety net dental clinic in Ohio (Ohio Department of Health, 2018). The Kenton Community Health Center serves patients age 18 and older needing primary care services. The Health Center treats alcohol and drug addiction, opioid or heroin specific addiction, mental health illness and drug or alcohol addiction (dual diagnosis). It offers outpatient care, medication-assisted treatment, counseling, pregnancy and postpartum care (The Emerald Jenny Foundation, 2018). During FY 2017 and FY 2018, Hardin Memorial Hospital's social worker referred 50 patients per year to the Kenton Community Health Center. The hospital social worker referred patients who are uninsured and/or have no primary care physician to Kenton Community Health Center.

**AC 3.2. Collaborate with Kenton Community Health Center in improving access to care through providing a laboratory technician.**

**FY 2017 and FY 2018**

In September 2016, the Kenton Community Health Center has discontinued the joint initiative whereby Hardin Memorial Hospital provides a laboratory technician to the Kenton Community Health Center to improve access to care. Hence, Hardin Memorial Hospital is not able to report outcomes for this action.

**AC 3.3. Expand specialty care services to better serve the needs of the community.**

**FY 2017 and FY 2018**

Hardin Memorial Hospital focused on providing specialty services to serve the Hardin County community. In FY 2017, Hardin Memorial Hospital offered the following specialty care services: (a) allergy, (b) cardiology, (c) dermatology, (d) ear, nose and throat, (e) general surgery, (f) internal medicine, (g) neurology, (h) obstetrics/gynecology, (i) orthopedics, (j) speech, (k) urology, (l) podiatry, (m) oncology, (n) breast health navigation and (o) occupational health. The breast health navigator provided patients with coordination of care assistance, education for patients and family members, appointment coordination, eliminated barriers to care by providing resources to community services, transportation assistance and emotional support.

- **Number of persons served by the breast health navigator** – 17 patients in FY 2017; 122 patients in FY 2018
- **Number of persons who availed of at least one of the specialty services** – 6,326 patients in FY 2017; 4,041 patients in FY 2018

**AC 3.4. Partner with Ohio Northern University in operating a multidisciplinary mobile clinic to improve access to care, health literacy and health outcomes, and to refer Hardin County residents to a medical home and acute medical care. The mobile health clinic will provide healthcare services weekly in churches, schools and other public facilities.**

**FY 2017 and FY 2018**

Hardin Memorial Hospital has strong partnerships with Ohio Northern University College of Pharmacy and College of Arts and Sciences. The Ohio Northern University HealthWise Mobile Health Clinic that is operated within the College of Pharmacy has improved access to care by bringing health care services directly to those in need in Hardin County (Ohio Northern University, n.d.). Mobile clinic events are held at various locations (churches, community buildings, businesses and schools) around Hardin County at least twice weekly, with convenient hours. This improved access to care has helped Hardin County address health disparities that are common in rural settings. The Healthwise Mobile Health Clinic offers preventative health services, health screenings, and education to Hardin County and neighboring areas.

- **Number of patients referred to Hardin Memorial Hospital for abnormal blood pressure and blood sugar** – 79 patients in FY 2017; 61 patients in FY 2018

**AC 3.5. Provide referral, linkage and follow-up to patients needing health insurance, transportation assistance, durable medical equipment and medications.**

**FY 2017 and FY 2018**

During FY 2017, Hardin Memorial Hospital's social worker strengthened hospital partnerships with the following local government agency and community organizations: (a) Hardin County Job and Family Services (175 W. Franklin St., Suite 150, Kenton, Ohio 43326), (b) Ohio Family and Children's First (175 W. Franklin St., Suite 150, Kenton, Ohio 43326), (c) Hardin County Council on Aging Senior Center, Coordinated Transportation Project, and Adult Day Care (100 Memorial Avenue, Kenton, Ohio 43326). The social worker also strengthened partnerships with post-acute care nursing facilities such as Kenton Nursing and Rehabilitation Center (117 Jacob Parrott Blvd, Kenton, Ohio 43326), Hardin Hills Health Center (1211 W. Lima St., Kenton, Ohio 43326), and Vancrest of Ada (600 West North Avenue, Ada, Ohio 45810). The social worker also learned about the services of homecare agencies such as Interim HealthCare® and Ada Visiting Nurses (4392 SR 235, Ada, Ohio 45810), Universal home care and hospice. In FY 2018, the Hardin Memorial Hospital social worker met with numerous community agencies to continue partnerships, (a) United Way of Hardin County, (b) Coleman Professional Services, (c) local skilled nursing facilities, (d) several home care agencies (Kindred at Home, Universal Homecare). The Hardin Memorial Hospital is a member of the Coordinated Transportation Committee, Hardin County Council on Aging Advisory Board, and the Diabetes Advisory Board. The social worker also attends the United Way Interagency Collaborative. Hardin Memorial Hospital partners with several organizations to address patient needs such as area post-acute nursing facilities and homecare agencies. Patient needs include continued treatment and rehabilitation, home care needs and durable medical equipment referrals, medication assistance, and transportation. Hardin Memorial Hospital continues to make referrals to Hardin County Job and Family Services as well as Adult Protective Services, Hardin County Children Services, and Adult Day Care.

- **Number of patient referrals to community organizations** – 250 referrals in FY 2017; 300 referrals in FY 2018

**AC 3.6. Provide health screenings (blood pressure, cholesterol, glucose, body mass index (BMI), skin cancer, etc.) and education at the Hardin County Fair, the Community Health Fair and local businesses to improve access to healthcare services.**

**Health Screenings and Education at the Hardin County Fair** – Hardin Memorial Hospital’s participation in the Hardin County Fair was focused on: (a) health screenings for blood pressure, blood sugar and cholesterol, and (b) health education and awareness on the importance of eating variety of fruits and vegetables, healthy eating behaviors, promotion of healthy lifestyles. The Hardin County Fair was held on September 5 to 11, 2016 and September 5 to 10, 2017 during FY 2017 and FY 2018, respectively at the Hardin County Fairgrounds. Hardin Memorial Hospital also served as the sponsor of the Senior Citizen’s Day during the Hardin County Fair.

- **Number of persons who participated in at least one activity during the Hardin County Fair** – 1,600 persons in FY 2017; 1,131 persons in FY 2018
- **Number of blood pressure screenings during the Hardin County Fair** – 1,100 persons in FY 2017; 1,000 persons in FY 2018
- **Number of blood sugar and cholesterol screenings** – 40 persons in FY 2017; 31 persons in FY 2018
- **Number of persons referred to follow-up with family physician or go to the nearest Emergency Department** – 28 persons in FY 2017; 14 persons in FY 2018

**Hardin Memorial’s Community Health Fair** – This event aims to provide opportunities for various nonprofit organizations and private companies to offer health education and free health screenings to residents of Hardin County and neighboring areas. Health education related to heart health, eye care, oral health, nutrition, exercise, falls prevention, cancer, domestic violence and other health issues. During FY 2017, the Community Health Fair was held on April 26, 2017 from 9 AM to 2 PM at the Hardin County Fairgrounds. Health screenings and education were provided during the FY 2017 Community Health Fair event. The Community Health Fair was not held in FY 2018 due to low participation in FY 2017. In lieu of the Community Health Fair, health screenings and education were provided at Hardin Memorial Hospital on May 17, 2018 in conjunction with the hospital open house for the outpatient surgery department. Hardin Memorial Hospital’s cardiac rehabilitation, tobacco cessation, oncology services, social services, dietitian and laboratory teams provided health screenings and education.

**Community Health Fair (FY 2017)**

- **Number of persons who participated in at least one health activity** – 110 persons in FY 2017
- **Number of persons who were asked to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 5 persons in FY 2017

**Hospital Health Fair (FY 2018)**

- **Number of persons who participated in at least one health activity** – 25 persons in FY 2018
- **Number of persons who were asked to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 3 persons in FY 2018

**Hardin Memorial’s Health and Wellness Fair** – Health Hardin Memorial Hospital partnered with the Hardin County Chamber and Business Alliance in hosting the Health and Wellness Fair. During FY 2017 and FY 2018, the Health and Wellness Fair was held on October 20, 2016 and November 16, 2017, respectively, from 8 AM to 12 noon at the Hardin County Armory 128 N. Main St., Kenton, Ohio 43326. Health screenings (blood pressure, cholesterol and blood glucose) and health education and information brochures on eye, skin, hearing, nutrition, stress, fitness and finances were provided.

- **Number of persons who participated in at least one activity during the Health and Wellness Fair** – 149 persons in FY 2017; 104 persons in FY 2018
- **Number of persons who were asked to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 41 persons in FY 2017; 16 persons in FY 2018

Need #4: Health Education and Prevention (HEP)**HEP 4.1. Offer and facilitate the Diabetes Health Management Program and the Diabetes Support Group to provide current information on diabetes self-care, wellness promotion, self-motivation and how to prevent diabetes complications****FY 2017 and FY 2018**

**Diabetes Self-Management Education (DSME)** – a group-based evidence-based program that was based from (a) “OhioHealth Solutions for Living Better with Diabetes: Managing your Diabetes One Step at a Time”, (b) The Academy of Nutrition and Dietetics Nutrition Care Manual, and (c) Novo Nordisk’s “Planning Healthy Meals”. Hardin Memorial Hospital’s DSME program is certified by the American Diabetes Association. The American Diabetes Association requires DSME programs to hold an annual Diabetes Advisory Board meeting among internal and external stakeholders to conduct a program review. The Hardin Memorial Hospital dietitian educated various community organizations about the availability of the DSME program in order to increase referral, completion, patient satisfaction, and improvement of hemoglobin A1C upon completion. Community partners include Ohio Northern University Pharmacy students and OhioHealth Hardin Wellness Center. During FY 2017 and FY 2018, total of 10 patients participated in the DSME program. Self-reported data showed that patients (a) continually monitored their food intake, (b) decreased medication dosage due to improved lifestyle and behavior change, and (c) achieved weight loss. Hardin Memorial Hospital holds an annual Diabetes Advisory Board meeting comprised of internal and external stakeholders to discuss curriculum, recruitment and referral process, implementation, and program evaluation.

**Diabetes Support Group** – The goal of the Diabetes Support Group is to provide easy to understand, useful information to help patients manage their diabetes. The Diabetes Support Group provides a venue to meet others who share similar concerns and experiences. By sharing experiences, participants can feel a sense of belonging to a community and become empowered to manage their own diabetes. During FY 2017 and FY 2018, the diabetes support group offered six sessions. On average, each support group session had five to six participants.

During FY 2017, the Diabetes Support Group topics and number of participants are summarized below:

- **“What is Diabetes?”** – participants were taught the differences between type 1 and type 2 diabetes and the different treatment types for both diseases. Handouts were provided. This session was held on September 14, 2016. Four persons participated in the support group.
- **“Avoiding the Blood Sugar Blues During the Holidays”** – participants were taught ways to enjoy the holiday feasts while still managing their blood sugars. Recipes, recipe substitutions and other handouts were provided. This session was held on November 9, 2016. Four persons participated in the support group.
- **“When the Flu Hits: Sick Day Management”** – participants were taught how to better manage their blood sugar during illness and when to consult their diabetes care team. Participants were also given “Make and Take Sick Day Diabetes Baskets” to take home and restock routinely. This session was held on January 11, 2017. Five persons participated in the support group.
- **“21 and Under Diabetes Support Group** – focused on teenagers and young adults. This session was cancelled due to lack of participation. The dietitian and the Community Relations manager continued engaging the school districts about the availability of this support group for teenagers and young adults.
- **“What’s for Dinner: Menu and Meal Planning”** – participants were taught how to create and organize grocery lists to help promote healthier eating and food preparations. The facilitator demonstrated cooking for lemon garlic chicken noodles and allowed participants to taste the food as well as receive recipes and weekly menu planners. This session was held on March 8, 2017. Fourteen persons participated in the support group.
- **“Check Your Feet: Foot Care for Diabetics”** – participants were taught the importance of (a) foot care with managing diabetes, (b) how to care for their feet and (c) different complications that could result

from poorly controlled blood sugars. Handouts were provided. This session was held on May 10, 2017. Seven persons participated in the support group.

During FY 2018, the Diabetes Support Group topics and number of participants are summarized below:

- **“Get Moving: Exercise and Diabetes”** – participants were taught by a physical therapist and a certified yoga instructor about chair exercises to help improve overall health and fitness. This session was held on July 12, 2017. Twelve persons participated in the support group.
- **“Medication Instructions”** – participants were taught by an Ohio Northern University pharmacy student about medication safety and medications used in treatment of diabetes. Group discussion followed the presentation. The session was held on September 20, 2017. Six persons participated in the support group.
- **“It’s Just a Little Sugar: Avoiding the Complications of Diabetes”** – participants were provided with a presentation regarding potential complications of diabetes and ways to improve overall health and blood sugar numbers to avoid these complications. Six persons participated in the support group. The session was held on November 8, 2017. Six persons participated in the support group.
- **“Diabetes and Eye Health”** – participants listened to a presentation by Dr. Todd Oates, a local optometrist from Hardin County, regarding eye health and diabetes. Group discussion followed the presentation. The session was held on January 10, 2018. Eight persons participated in the support group.
- **“National Nutrition Month: Go Further with Food”** – participants were provided with a cooking demonstration of a healthy meal entrée followed by taste testing. Discussions were had around meal planning and grocery shopping. The session was held on March 14, 2018. Twelve persons participated in the support group.
- **“Caring For Your Feet”** – participants listened to a presentation by Dr. William Springer, a local podiatrist from Hardin County, regarding (a) how to care for your feet properly as a diabetic, (b) what to avoid to prevent foot problems, (c) when to see your doctor. Group discussion followed the presentation. The session was held on May 10, 2018. Eight persons participated in the support group.
- **“Group Picnic”** – participants were invited to participate in a picnic where each person will bring favorite side dish or appetizer with the recipe on how they made healthy improvements to the food. The picnic was held on June 13, 2018. No person attended the picnic.

**Outpatient Diabetes Counseling Sessions** – The dietitian provides up to three one-on-one visits with patients from the clinics. During FY 2017 and FY 2018, 40 and 47 patients, respectively attended the diabetes counseling sessions.

- **First dietitian visit** – The dietitian discussed the following: (a) “What is Diabetes?”, (b) “Signs and Symptoms of Diabetes”, (c) height, weight body mass index and blood pressure, (d) glucose level self-monitoring and goals for blood glucose and hemoglobin A1C, (e) “Hyperglycemia (high blood sugar) and hypoglycemia (low blood sugar) and what actions to take” and (f) Nutrition, carbohydrate counting and balanced plate.
- **Second dietitian visit** – The dietitian discussed the following: (a) patient questions from previous visit, (b) weight and blood pressure, (c) physical activity, (d) how to manage hypoglycemia (low blood sugar), (e) sick day management, (e) items to bring during travel, (f) foot care and assessment, and (g) stress management.
- **Third dietitian visit** – The dietitian discussed the following: (a) complications, risk for heart attack and stroke and awareness of signs and symptoms, (b) damage to peripheral nerves that cause weakness, numbness and pain, (c) kidney disease, (d) dental, skin and eye care, (e) ABC’s of diabetes (hemoglobin A1C, blood pressure and cholesterol).

**HEP 4.2. Annually offer Dining with Diabetes, which provides education about healthy eating in partnership with The Ohio State University Extension Office.****FY 2017 and FY 2018**

During FY 2017, “Dining with Diabetes” was not held at Hardin Memorial Hospital. In FY 2018, The Ohio State University Extension Family and Consumer Sciences started offering the online course “Dining with Diabetes: Beyond the Kitchen”. The online program discusses making healthy choices when eating out, food shopping, and planning meals. The online module may be accessed at any time and completed at participant’s discretion. The online version includes videos, interactive presentations, fact sheets and resources, surveys to measure learning, and access to websites (The Ohio State University, 2018). During FY 2018, five Hardin Memorial Hospital patients were referred to participate in the online “Dining with Diabetes.”

**HEP 4.3. Present Fun Activity Motivates Everyone (F.A.M.E.) annually to educate about healthy eating and physical activity options****FY 2017 and FY 2018**

Hardin Memorial Hospital, in collaboration with various community partners (Kenton City Schools, Simon Kenton Schools, and Kenton-Hardin Health Department), led the planning meetings on February 13, 2017; March 6, 2017; and April 24, 2017 for the F.A.M.E. event.

During FY 2017, F.A.M.E. was held on May 8, 2017 from 4:30-6:30 pm at the grounds of Kenton Elementary School. At least 250 persons participated in the health and wellness activities. The event aims to promote healthy lifestyles and overall wellness among children as well as their families. Participants are given information about maintaining good health nutritionally, physically, and mentally. The program features physical activities such as soccer and obstacle courses as well as food-based activities such as making healthy ice cream and distributing “Kids in the Kitchen” cookbooks. The curriculum also includes vision screenings as well as safety training. Hardin Memorial Hospital has several associates with whom they partner to offer this program. The event was free and open to family members of any age, although it was focused on those from infancy to eight years old. In addition to interactive activities, the program also features snacks, door prizes, and giveaways. Activities at the event included a pirate treasure hunt, fitness dice game, kid’s obstacle course, and fire safety. Hardin Memorial team also provided handwashing education to children who were at the event. Additional collaborators included The Turtle Lady with a display of turtles and the Columbus Zoo who hosted live animals for an hour.

During FY 2018, Hardin Memorial Hospital collaborated with the Kenton-Hardin Health Department and Women, Infants and Children (WIC) in conducting planning meetings on March 29, 2018 and April 4, 2018. The event was held on July 31, 2018 (FY 2019). The F.A.M.E. event was held inside the Hardin County Family YMCA due to inclement weather. Approximately 150 persons participated in the health and wellness activities. The health and wellness and educational activities include: (a) farmers market (Vanskoy Farms), (b) “medical mystery box” (BKP Ambulance District), (c) “Enviroscape” (Hardin Soil and Water Conservation District), (d) “kids fun run” (OhioHealth Hardin Wellness Center), (e) obstacle course (Kenton-Hardin Health Department and Hardin County Healthy Lifestyles Coalition), (f) “parachute” (Head Start Preschool/Hancock Hardin Wyandot Putnam (HHWP Community Action Commission), (g) importance of recycling (Keep Hardin County Beautiful), (h) fire truck tours (Kenton Fire Department), (i) show of K-9 dog (Kenton Police Department), (j) vision education (Kenton Vision Care), (k) drug and seatbelt safety (Ohio Highway Patrol) and (l) nutrition education and healthy eating (Ohio Northern University Healthwise).

**HEP 4.4. Provide health education and prevention information to community members at Hardin Memorial’s Heart Smart Day, Community Health Fair, and OhioHealth Employer Services and skin cancer screenings.****FY 2017 and FY 2018**

**Hardin Memorial’s Heart Smart Day** – During FY 2017 and FY 2018, Hardin Memorial Hospital hosted the Annual “Heart Smart Day” event in February in honor of the National Heart Month. The “Heart Smart Day” was held from 10 AM to 12 PM on February 14, 2017 and February 20, 2018 during FY 2017 and 2018, respectively. The event was held at the Hardin County Council on Aging, 100 Memorial Avenue, Kenton, Ohio 43326. The aim of the “Heart Smart Day” is to provide the Hardin County community with access to free screenings such as blood pressure, blood glucose and cholesterol and opportunity to learn from the Hardin Memorial healthcare team about health, wellness and disease prevention. The hospital healthcare providers (including a cardiologist) provided education about health and wellness, cardiac rehabilitation, healthy eating, cholesterol and blood sugar screenings, height, weight and body mass index. Hardin Memorial Hospital collaborated with the Ohio Northern

University College of Pharmacy and Hardin County Council on Aging in providing the health education and screenings and the venue. The Ohio Northern University Pharmacy students conducted medication review.

- **Number of persons who participated in at least one activity during the “Heart Smart Day”** – 54 persons in FY 2017; 25 persons in FY 2018

**Hardin Memorial’s Community Health Fair** – This event aims to provide opportunities for various nonprofit organizations and private companies to offer health education and free health screenings to residents of Hardin County and neighboring areas. Health education was provided related to heart health, eye care, oral health, nutrition, exercise, falls prevention, cancer, domestic violence and other health issues. During FY 2017, the Community Health Fair was held on April 26, 2017 from 9 AM to 2 PM at the Hardin County Fairgrounds. Health screenings and education were provided during the FY 2017 Community Health Fair event. The Community Health Fair was not held in FY 2018 due to low participation in FY 2017. In lieu of the Community Health Fair, health screenings and education were provided at Hardin Memorial Hospital on May 17, 2018 in conjunction with the hospital open house for the outpatient surgery department. Hardin Memorial Hospital’s cardiac rehabilitation, tobacco cessation, oncology services, social services, dietitian and laboratory teams provided health screenings and education.

**Community Health Fair**

- **Number of persons who participated in at least one health activity** – 110 persons in FY 2017
- **Number of persons who were asked to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 5 persons in FY 2017

**Hospital Health Fair**

- **Number of persons who participated in at least one health activity** – 25 persons in FY 2018
- **Number of persons who were asked to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 3 persons in FY 2018

**Hardin Memorial’s Health and Wellness Fair** – Health Hardin Memorial Hospital partnered with the Hardin County Chamber and Business Alliance in hosting the Health and Wellness Fair. During FY 2017 and FY 2018, the Health and Wellness Fair was held on October 20, 2016 and November 16, 2017, respectively, from 8 AM to 12 noon at the Hardin County Armory 128 N. Main St., Kenton, Ohio 43326. Health screenings (blood pressure, cholesterol and blood glucose) and health education and information brochures on eye, skin, hearing, nutrition, stress, fitness and finances were provided

- **Number of persons who participated in at least one activity during the Health and Wellness Fair** – 149 persons in FY 2017; 104 persons in FY 2018
- **Number of persons who were asked to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 41 persons in FY 2017; 16 persons in FY 2018

**Hardin Memorial’s skin cancer screenings** – were not done in FY 2017 and FY 2018 due to lack of available physicians to do the screening tests.

**HEP 4.5. Participate in the Healthy Lifestyles Coalition of Hardin County with the Kenton-Hardin Health Department, which engages and educates community residents about healthy eating and physical activity.**

**FY 2017 and FY 2018**

Since July 2016, Hardin Memorial Hospital has actively participated in the Healthy Lifestyles Coalition of Hardin County, which is organized by The Ohio State University Extension Office at Hardin County. The Healthy Lifestyles Coalition’s goal is to educate residents about healthy eating behavior and physical activity. Their focus includes education about sugar content in food, blood pressure checks for both adults and children, and awareness about fresh produce from local farms. The Healthy Lifestyles Coalition also participates in the Buggy Ride Bicycle Tour and the Hardin County Fair.

Hardin Memorial Hospital has three active members that participate in the Healthy Lifestyles Coalition of Hardin County. At least one of them represents the hospital during the monthly meetings. The hospital dietitian is a member of the program committee. The manager of employer services is active on the “Rails to Trails” and the substance abuse subcommittees. Hardin Memorial Hospital works closely with the coalition to hold the F.A.M.E. event and support them throughout the year. Hardin Memorial Hospital also actively participated in the

community meetings to provide input in planning, conduct and synthesis of findings of the Hardin County Nutrition and Physical Activity 2017 Health Assessment (Kenton-Hardin health Department, 2017b).

The Coalition expects its members to actively participate in planning, implementing and promoting awareness of disease prevention activities in Hardin County (Healthy Lifestyles Coalition of Hardin County, 2017). The Coalition has a vision of inspiring, educating, and facilitating healthy lifestyle choices. Projects of the Coalition are focused on improving nutrition and physical activity among preschoolers and their families. During FY 2017, Hardin Memorial Hospital's community relations manager attended twelve meetings of the Hardin County Healthy Lifestyles Coalition. These meetings were held on the following dates: (a) July 20, 2016; (b) August 17, 2016; (c) September 21, 2016; (d) October 19, 2016; (e) November 16, 2016; (f) December 21, 2016; (g) January 18, 2017; (h) February 15, 2017; (i) March 15, 2017; (j) April 19, 2017; (k) May 17, 2017; and (l) June 21, 2017. Hardin Memorial Hospital supported the Coalition's vision through hospital-led activities such as (but not limited to) (a) Fun Activity Motivates Everyone (F.A.M.E.), (b) offering healthy food options in the cafeteria, (c) hosting Farmer's Markets, and (d) Hardin Hustle.

In FY 2017, the Healthy Lifestyles Coalition also hosted a presentation of the Partnership for Violence Free Families, in order to learn more about their resources, education opportunities and community programs that address substance abuse, child and elder abuse, bullying, dating violence, mental illness, and suicide (Partnership for Violence Free Families, n.d.). On October 27, 2016, the community relations manager from Hardin Memorial Hospital distributed apple slices at Halloween parades in Hardin County. Three hundred bags were purchased and given out in Kenton, Ohio (200 bags) and Forest, Ohio (100 bags). The children and their parents appreciated the healthy food option they received.

In support for the Healthy Lifestyles Coalition initiatives in FY 2018, Hardin Memorial Hospital bought and helped distribute apple slices at Halloween parades that was held on October 27, 2017 in Hardin County. Three hundred bags were purchased and distributed to children in Kenton, Ohio. Hardin Memorial Hospital also assisted the Healthy Lifestyles Coalition in informing the community about various health and wellness activities that are available in its Facebook page (Healthy Lifestyles Coalition of Hardin County, n.d.). Examples of health and wellness topics include: (a) Education on healthy recipes such as vegetable wraps and healthy snacking, (b) healthy guide for healthy summer break, (c) Project D.A.W.N. (Deaths Avoided with Naloxone) community education and naloxone kit distribution, (d) breastfeeding awareness, (e) awareness campaigns on the importance of immunizations, and availability of drive-thru flu shot clinics, immunization against shingles for 60+ and pneumonia for 65+, (f) services provided by Women, Infants and Children (WIC), (g) Hardin County Suicide Awareness and Prevention Walk, (h) "Community Baby Shower" event, (i) "Growing Up Wild," exploring nature with young children ages 3-7, (j) services provided by the Ohio Northern Healthwise Pharmacy, (k) "ACT Raising Safe Kids" program, which is a workshop for parents, caregivers and parents to learn about understanding children's behaviors, exposure of young children to violence, understanding and controlling parent's anger, understanding and helping angry children, children and social media, discipline and parenting and (l) drowsy driving.

**HEP 4.6. In collaboration with other partners, provide health education and prevention for community members as part of the Hardin County Fair, Hardin County Council on Aging Senior Days, Ohio Northern University Tobacco Cessation Program, The Ohio State University Extension Office and Hardin Memorial's F.A.M.E. Program.**

**FY 2017 and 2018**

**Health Screenings and Education at the Hardin County Fair** – Hardin Memorial Hospital's participation in the Hardin County Fair was focused on: (a) health screenings for blood pressure, blood sugar and cholesterol, and (b) health education and awareness on the importance of eating variety of fruits and vegetables, healthy eating behaviors, promotion of healthy lifestyles. The Hardin County Fair was held on September 5 to 11, 2016 and September 5 to 10, 2017 during FY 2017 and FY 2018, respectively at the Hardin County Fairgrounds. Hardin Memorial Hospital also served as the sponsor of the Senior Citizen's Day during the Hardin County Fair.

- **Number of persons who participated in at least one activity during the Hardin County Fair** – 1,600 persons in FY 2017; 1,131 persons in FY 2018
- **Number of blood pressure screenings during the Hardin County Fair** – 1,100 persons in FY 2017; 1,000 persons in FY 2018
- **Number of blood sugar and cholesterol screenings** – 40 persons in FY 2017; 31 persons in FY 2018

- **Number of persons referred to follow-up with family physician or go to the nearest Emergency Department** – 28 persons in FY 2017; 14 persons in FY 2018

**Health Education during the Hardin County Council on Aging Senior Days** – During FY 2017 and 2018, Hardin Memorial Hospital’s team of healthcare providers provided health education outreach during the Hardin County Council on Aging Senior Days event held on May 5, 2017 and May 4, 2018, respectively. During FY 2017, Hardin Memorial Hospital provided health education and brochures on falls prevention and balance. During FY 2017, Hardin Memorial Hospital provided health education on the importance of medication compliance, and health services available at the Hardin Wellness Center and inpatient cardiac rehabilitation.

- **Number of persons educated on falls prevention and balance** – 100 persons in FY 2017
- **Number of health screenings and education** – 45 persons had blood pressure screening in FY 2018; 36 persons had blood glucose screening in FY 2018
- **Number of persons referred to follow-up with family physician or go to the nearest Emergency Department due to abnormal screening results** – 20 persons in FY 2018

**Health Screenings and Health Education as part of the Tobacco Cessation Program** – Hardin Memorial Hospital is committed to helping Hardin County residents stop using tobacco through its free, six-week Tobacco Cessation Program. The Tobacco Cessation Program teaches participants to learn a positive approach to becoming a non-tobacco user, strategies to recover from tobacco addiction, the barriers to tobacco cessation, the health benefits of choosing a tobacco-free lifestyle, nicotine-replacement options, motivational exercises and techniques for stress management. During FY 2017, five, six-week sessions of the Tobacco Cessation Program were held, and eight persons participated. Seven of the eight participants in FY 2017 quit using tobacco at the end of the session. During FY 2018, two, six-week sessions were held, and 24 persons participated. Fourteen persons of the 24 participants in FY 2018 quit using tobacco at the end of the session.

**The Ohio State University Extension Office’s “Dining with Diabetes”**– During FY 2017, “Dining with Diabetes” was not held at Hardin Memorial Hospital. In FY 2018, The Ohio State University Extension Family and Consumer Sciences started offering the online course “Dining with Diabetes: Beyond the Kitchen”. The online program discusses making healthy choices when eating out, food shopping, and planning meals. The online module may be accessed at any time and completed at participant’s discretion. The online version includes videos, interactive presentations, fact sheets and resources, surveys to measure learning, and access to websites (The Ohio State University, 2018). During FY 2018, five Hardin Memorial Hospital patients were referred to participate in the online “Dining with Diabetes.”

**Hardin Memorial Hospital’s Fun Activity Motivates Everyone (F.A.M.E.)** – Hardin Memorial Hospital, in collaboration with various community partners (Kenton City Schools, Simon Kenton Schools, and Kenton-Hardin Health Department), led the planning meetings on February 13, 2017; March 6, 2017; and April 24, 2017 for the F.A.M.E. event.

During FY 2017, F.A.M.E. was held on May 8, 2017 from 4:30-6:30 pm at the grounds of Kenton Elementary School. At least 250 persons participated in the health and wellness activities. The event aims to promote healthy lifestyles and overall wellness among children as well as their families. Participants are given information about maintaining good health nutritionally, physically, and mentally. The program features physical activities such as soccer and obstacle courses as well as food-based activities such as making healthy ice cream and distributing “Kids in the Kitchen” cookbooks. The curriculum also includes vision screenings as well as safety training. Hardin Memorial Hospital has several associates with whom they partner to offer this program. The event was free and open to family members of any age, although it was focused on those from infancy to eight years old. In addition to interactive activities, the program also features snacks, door prizes, and giveaways. Activities at the event included a pirate treasure hunt, fitness dice game, kid’s obstacle course, and fire safety. Hardin Memorial team also provided handwashing education to children who were at the event. Additional collaborators included The Turtle Lady with a display of turtles and the Columbus Zoo who hosted live animals for an hour.

During FY 2018, Hardin Memorial Hospital collaborated with the Kenton-Hardin Health Department and Women, Infants and Children (WIC) in conducting planning meetings on March 29, 2018 and April 4, 2018. The event was held on July 31, 2018 (FY 2019). The F.A.M.E. event was held inside the Hardin County Family YMCA due to inclement weather. Approximately 150 persons participated in the health and wellness activities. The health and wellness and educational activities include: (a) farmers market (Vanskoy Farms), (b) “medical mystery box” (BKP Ambulance District), (c) “Enviroscape” (Hardin Soil and Water Conservation District), (d) “kids fun run” (OhioHealth Hardin Wellness Center), (e) obstacle course (Kenton-Hardin Health Department and Hardin County Healthy Lifestyles Coalition), (f) “parachute” (Head Start Preschool/Hancock Hardin Wyandot Putnam (HHWP

Community Action Commission), (g) importance of recycling (Keep Hardin County Beautiful), (h) fire truck tours (Kenton Fire Department), (h) show of K-9 dog (Kenton Police Department), (i) vision education (Kenton Vision Care), (j) drug and seatbelt safety (Ohio Highway Patrol) and (k) nutrition education and healthy eating (Ohio Northern University Healthwise).

**HEP 4.7. Provide a speakers bureau, which includes hospital staff (nurses, physicians, diabetes educators and imaging staff) presenting health education and promotion information at community organizations and schools.**

**FY 2017 and FY 2018**

**Hospital Participation in Career Fairs** – Hardin Memorial Hospital staff participated in three career fairs to promote interest in pursuing healthcare careers to the Hardin County community. The career fairs were held on February 28, 2017, April 13, 2017 and March 1, 2018, which was sponsored by the Hardin County Chamber and Business Alliance and Ohio Hi-Point Career Center, respectively. Approximately 100 persons attended these two career fairs.

**Speakership at Lion's Club meeting** – Hardin Memorial Hospital's chief operating officer spoke about "Hardin Memorial Hospital updates" at the Lion's Club meeting of retired state workers on November 15, 2017. Twenty persons attended this presentation

**Presentation at International Paper "Safety Days"** – Hardin Memorial Hospital's manager of employer services presented about "Wellness Education" and "Bloodborne Pathogens" to at least 600 employees at International Paper in September and October 2017.

**Speakership at The Ohio State University Lima Campus** – The laboratory supervisor at Hardin Memorial Hospital spoke about medical laboratory science and its associated careers to 20 college students from The Ohio State University Lima Campus. The presentation was held on November 27, 2017.

**Venue for public announcement of "Better You, Better Ohio" wellness program of the Ohio Bureau of Workers Compensation** – On January 29, 2018, Hardin Memorial Hospital hosted the Ohio Bureau of Workers Compensation (BWC) "Better You, Better Ohio", an online wellness program provided by the ActiveHealth company, which aims to help workers tackle health issues and promote health (Robinson, 2018). Workers suffering from depression are 25 percent more likely to submit a claim than people without depression (Robinson, 2018). People with diabetes are 17 percent more likely to file a claim compared to people without diabetes (Robinson, 2018). Businesses with up to 50 employees are eligible to participate in the online wellness program at no charge. The wellness program features, 25 percent more likely to file a BWC claim than those without heart disease. Workers who are depressed are 25 percent more likely to submit a claim.

**Presentation to Silver Sneakers at the Hardin County Family YMCA** – OhioHealth System Program Director of Neuroscience Services spoke about "Sleep Changes with Age" on October 17, 2017 at the Hardin County YMCA. Approximately 30 persons attended the presentation.

**HEP 4.8. Provide community health education public service announcements in the local newspapers – the Kenton Times and Ada Herald – and on the radio: WKTN 95.3.**

**FY 2017 and FY 2018**

Hardin Memorial Hospital made nine public service announcements in Kenton Times and WKTN 95.3 about free diabetes support groups offered at Hardin Memorial Hospital. The registered dietitian leads the support groups. The support group announcements were made on the following dates: (a) January 1, 2017, (b) March 8, 2017, (c) May 10, 2017, (d) July 12, 2017, (e) September 13, 2017, (f) November 8, 2017, (g) March 14, 2018, (h) May 9, 2018 and (i) June 13, 2018. The diabetes support groups that were held at Hardin Memorial Hospital focused on the following topics: (a) “Get Moving: Exercise and Diabetes”, (b) “Medication Instructions”; (c) “It’s Just a Little Sugar: Avoiding the Complications of Diabetes”; (d) “Diabetes and Eye Health”, (e) “National Nutrition Month: Go Further with Food”, (f) “Caring For Your Feet”, and (g) “Group Picnic”.

**HEP 4.9. Improve health literacy for patients seen in the Ohio Northern University mobile clinic.**

**FY 2017 and FY 2018**

The Ohio Northern University Healthwise Mobile Clinic’s aim is to provide free, preventative education on the health topics such as exercise, risky behaviors, smoking, nutrition, and medication compliance. This program is staffed by ONU students from multiple departments including pharmacy, exercise physiology, and nursing and are supervised by licensed faculty and staff from Ohio Northern University. The Healthwise Mobile Clinic provides community outreach activities throughout Hardin County. Patients are referred to Hardin Memorial Hospital for follow-up care on blood pressure management and blood sugar control. Hardin Memorial Hospital and Ohio Northern University are currently planning on collaborating in providing both primary care, preventative care, health screenings and education to Hardin County residents.

***Need #5: Behavioral and Mental Health (BMH)***

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**BMH 5.1. Partner with Coleman Professional Services, which offers 24/7 consultation for mental health, to refer patients that are first seen in the Emergency Department (ED) who need mental/behavioral follow-up to various community resources for treatment. In addition to Coleman, referrals are also made to We Care Regional Crisis Center, OhioHealth Marion General Hospital, St. Rita’s Medical Center, OhioHealth Riverside Methodist Hospital, and Pomegranate and Arrowhead Behavioral Health.**

**FY 2017 and FY 2018**

***Partnerships with Coleman Professional Services*** – Coleman Professional Services provide crisis management, mental and behavioral health, care of adults, and employment assistance (Coleman Professional Services, n.d.). Coleman Professional Services provides crisis intervention services to the Emergency Department patients of Hardin Memorial Hospital. The Hardin Memorial Hospital has been actively educating patients about Coleman’s behavioral health and other services and making referrals as needed. Hardin Memorial’s clinical teams meet regularly with Coleman’s mental health services team to learn about activities available for recovering addicts. In FY 2017 and FY 2018, 120 patients were referred to and served by Coleman Professional Services.

In FY 2017 and FY 2018, there were total of 12 patients seen in the Hardin Memorial Emergency Department and/or admitted at the hospital due to drug overdose. These patients were either transferred to other trauma hospitals in the area due to their critical condition or expired. None of these patients were referred to Coleman Professional Services, We Care Regional Crisis Center, OhioHealth Marion General Hospital, St. Rita’s Medical Center, OhioHealth Riverside Methodist Hospital, and Pomegranate or Arrowhead Behavioral Health.

**BMH 5.2. Screen all patients, including inpatient, outpatient and ED patients, for physical and emotional abuse as well as psychiatric history.**

**FY 2017 and FY 2018**

During drug screenings, the nurse asks each patient about illicit drug use and history of using alcohol and/or illicit drugs. If a patient reports drug use or history, the patient is asked about the type of drug and/or alcohol used, the amount, and frequency.

- Number of patients screened for substance abuse – 10,901 patient visits in FY 2017; 11,453 patient visits in FY 2018
- Number of patients who received Coleman Professional Services consults – 43 patients in FY 2017; 63 patients in FY 2018

Patients who were contacted by telephone to determine status of referrals indicated that they “felt better” and “cared for” after completing their consults with Coleman Professional Services.