



OhioHealth Hardin Memorial Hospital Community Health Needs Assessment

June 2016



OhioHealth Hardin Memorial Hospital

Hardin Memorial is proud to serve the residents of Hardin County 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.

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. Serving central Ohio communities since 1891, all OhioHealth entities are connected by a shared mission “to improve the health of those we serve,” core values of compassion, excellence, stewardship and integrity, and a commitment to delivering high-quality, convenient and timely healthcare — regardless of ability to pay. OhioHealth is currently recognized as one of the top five large health systems in America by Truven Health Analytics and has been for five years in a row. It is also recognized by *FORTUNE* magazine as one of the “100 Best Companies to Work For” and has been for nine years in a row; 2007–2014 (54). OhioHealth Hardin Memorial Hospital is located at 921 East Franklin Street, Kenton, Ohio 43326 in Hardin County.

OhioHealth Hardin Memorial Hospital is a 25-bed, critical access hospital — a designation awarded to select, rural hospitals, which receive cost-based reimbursement for services provided to Medicare patients (66). OhioHealth Hardin Memorial Hospital offers the Hardin County community cardiopulmonary services, a congestive heart failure clinic, short-term skilled nursing care, a Coumadin clinic, diabetes services, 24-hour emergency services, home health care, imaging and X-ray services, laboratory services, occupational health, rehabilitation, sleep disorders, social services, inpatient and outpatient surgery, and access to The Wellness Center (52). In 2015, a total of 14,593 patients visited the Emergency Department (ED), 901 patients were admitted while physicians performed 51 inpatient and 298 outpatient surgeries (67). In 2015, the Centers for Medicare and Medicaid Services awarded OhioHealth Hardin Memorial Hospital a five-star rating based on 11 publicly-reported measures in the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey. The five-star rating was awarded to about seven percent of United States hospitals. From 2011 to 2013, OhioHealth Hardin Memorial Hospital was awarded the Press Ganey Best Place to Practice® Award. In 2013, OhioHealth Hardin Memorial Hospital was accredited by The Joint Commission.

OhioHealth Hardin Memorial Hospital is significantly involved in community-building activities for Hardin County and has been recognized locally, regionally and nationally for its community involvement efforts. Examples include:

- a. **Expansion of Emergency Department (ED) (48, 52)** — expanded exam room capacity from seven to nine rooms to allow extra space for families and loved ones to be involved in patient care. Rooms may be used for treatments, expansion of the parking area, and provision of separate entrances for the ambulance and ambulatory patients. Advanced technology was installed at the bedside to allow staff to spend more time with patients.
- b. **Outreach programs (50)** — examples include participation in Community Health Fair, Hardin County Fair, Diabetes Health Fair, farmers markets, F.A.M.E. (Fun Activity Motivates Everyone), Hardin Hustle 5K Walk/Run, diabetes support groups, Heart Smart Day and Health Screening Days.

The Patient Protection and Affordable Care Act of 2010 requires not-for-profit hospitals to conduct community health needs assessment (CHNA) once every three years (23). OhioHealth Hardin Memorial Hospital collaborated with Kenton-Hardin Health Department and various community stakeholders to identify significant community health needs in Marion County and determine the priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.

The five priority health needs include:

- a. Substance abuse (includes opioid dependency and illicit drug use)
- b. Chronic diseases (includes obesity and diabetes)
- c. Access to care
- d. Health education and prevention
- e. Behavioral/mental health

OhioHealth Hardin Memorial Hospital will be developing its implementation strategy in collaboration with various community stakeholders to demonstrate our lingering commitment to play an active and effective role in the Hardin County community by fulfilling the OhioHealth mission, “to improve the health of those we serve.”

A. Definition of Community Served and how Community was Determined

OhioHealth Hardin Memorial Hospital is located at 921 East Franklin Street, Kenton, Ohio 43326 in Hardin County. The “community served” by OhioHealth 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 (31). Review of OhioHealth internal data has shown that for Calendar Year 2014, 93.1 percent of all patients who were admitted to the hospital resided in Hardin County at the time of admission. Similarly, 87.1 percent of all patients who had outpatient procedures resided in Hardin County at the time when the procedure was done.

B. Process and Methods Used to Conduct the CHNA

B1. Data and Other Information Used in the Assessment

B1.1. Demographics of the community

Total population. In 2010, actual population was 32,058. In 2014, estimated total population was 31,796 (44), which represents a 0.8 percent decline relative to 2010.

Race/Ethnicity. Among Hardin County residents, 96.3 percent were White, 0.9 percent were African American, 0.7 percent Asian, 1.4 percent were Hispanic (of any race), 0.2 percent other races, 0.4 percent Native American, zero percent Pacific Islander and 1.6 percent two or more races (44). Total minority represented 4.3 percent of the population (44).

Age: Among Hardin County residents, 6.2 percent were younger than 5 years old, 17.2 percent were 5 to 17 years old, 15.8 percent were 18 to 24 years old, 22.3 percent were 25 to 44 years old, 24.7 percent were 45 to 64 years old and 13.8 percent were 65 years or older. The median age was 35.1 (44).

Income: Median household income was \$40,415 and per capita income was \$31,330. Approximately 11.4 percent of families and 18.2 percent of individuals had income below the poverty level (44).

The 2014 Hardin County Community Health Status Assessment presents additional demographic characteristics of Hardin County residents (13).

B2. Methods of Collecting and Analyzing Data and Information

OhioHealth Hardin Memorial Hospital and OhioHealth Community Health and Wellness used the primary and secondary data available in the 2014 Hardin County Community Health Status Assessment (13). Basic demographic information such as total population, race/ethnicity, age and income were obtained from the Ohio Development Services Agency (44). OhioHealth Hardin Memorial Hospital also conducted three Hardin County community stakeholder meetings on July 7, July 21 and August 17, 2015. The community meetings were facilitated by OnPointe Strategic Insights, LLC (57) and OhioHealth.

The process of primary and secondary data collection and conduct of community stakeholder meetings are briefly described below:

B2.1. Primary data collection

The Kenton-Hardin Health Department collaborated with the Hardin County Community Assessment Advisory Committee, The Hospital Council of Northwest Ohio and University of Toledo in completing the 2014 Hardin County Community Health Status Assessment (13). The Hardin County Community Assessment Advisory Committee was comprised of the following: (a) Kenton-Hardin Health Department, (b) OhioHealth Hardin Memorial Hospital, (c) Hardin Hills Health and Rehabilitation, (d) City of Kenton, (e) Hardin County Commissioners, (f) North Central Ohio Chapter of the American Red Cross, (g) The Ohio State University Extension at Hardin County, (h) Mental Health Board of Allen, Auglaize and Hardin counties, and (i) United Way of Hardin County (13).

B2.2. Secondary data collection

The Hospital Council of Northwest Ohio and University of Toledo gathered secondary data from the United States Census Bureau, Ohio Department of Job and Family Services, Ohio Development Services Agency and other sources. A comprehensive list of secondary data sources are also available in the 2014 Hardin County Community Health Status Assessment (13).

No information gaps that would limit the ability to assess the community's health needs were identified though the community health needs assessment process.

B2.3. Community stakeholder meetings

To obtain community input, three community stakeholder meetings were hosted by OhioHealth Hardin Memorial Hospital on July 7, July 21 and August 17, 2015. On July 7, 2015, the community stakeholders identified health needs and available resources to address the needs as well as barriers and challenges for addressing the needs. On July 21, 2015, the community stakeholders were divided into four groups and were assigned to prioritize the health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool (35). On August 17, 2015, the community stakeholders identified the top five priority health needs which will serve as basis for the OhioHealth Hardin Memorial Hospital implementation strategy.

- a. **Access to care (including pain management, medication needs, women's health, laboratory work and preventive care).** The community stakeholders reported that the barriers and challenges for addressing these health needs were as follows: (a) lack of primary care providers; (b) large co-pays or deductibles; (c) lack of access to transportation; (d) knowledge deficits; (e) lack of connectivity of community resources; (f) lack of primary care providers for pain management; (g) seeing pain management specialists require multiple visits; (h) high cost of medications; (i) not enough obstetricians and gynecologists; (j) no labor and delivery department in hospital; and (k) cost of transportation.
- b. **Substance abuse (including opioid dependence, drug abuse and tobacco).** The barriers and challenges for addressing these health needs include: (a) lack of programs tackling opioid dependence; (b) high cost of treatments and other services; (c) limited healthcare providers; (d) knowledge deficits on available resources; (e) shortage of naloxone (Narcan®); and (f) lack of connectivity of community resources.
- c. **Health education and prevention (including knowledge deficit in health behaviors, falls prevention, preventive education, immunization, medication compliance and accessibility).** The community stakeholders reported that the barriers and challenges for addressing these health needs include (a) poor and inconsistent health education and (b) lack of connectivity of resources related to health behavior modifications. Effectiveness of fall prevention measures are hindered by lack of knowledge and connectivity of resources, increased number of elderly staying at home, and denial and inability to recognize risks of falling. There is lack of knowledge of available resources related to prevention and how to access these resources. Some people do not seek immunizations due to cost, lack of knowledge on the importance of immunization, location and perceived fear and/or pain of injections.
- d. **Behavioral/mental health (including eating disorders and alcohol use).** The barriers and challenges include: (a) lack of access to behavioral/mental health providers; (b) follow-up of referrals; (c) lack of transportation; and (d) lack of connectivity of resources.
- e. **Nutrition/obesity.** The community stakeholders reported that lack of connectivity of resources is the primary barrier to addressing nutrition and obesity. During the August 17, 2015 meeting, the community stakeholders discussed that nutrition and obesity are associated with chronic diseases. Hence, programs that would address chronic diseases, including diabetes, hypertension and other chronic diseases, could effectively impact nutrition and obesity.

Available data and information pertaining to these health needs are briefly discussed in **Appendix A**.

B3. Parties with whom hospital collaborated or contracted for assistance

OhioHealth Hardin Memorial Hospital contracted or partnered with the following organizations to assist with the process of community health needs assessment:

- a. **Bricker & Eckler, LLP/Quality Management Consulting Group (Chris Kenney, Jim Flynn)** — located at 100 South Third Street, Columbus, Ohio 43215. Bricker & Eckler, LLP was contracted to review this community health needs assessment report. Jim Flynn is a partner with the Bricker & Eckler, LLP healthcare group where he has practiced for 25 years. His general healthcare practice focuses on health planning matters, certificate of need, non-profit and tax-exempt healthcare providers as well as federal and state regulatory issues. Mr. Flynn has provided consultation to healthcare providers, including non-profit and tax-exempt healthcare providers and public hospitals, on community health needs assessments. Chris Kenney is the director of regulatory services with the Quality Management Consulting Group of Bricker & Eckler, LLP. Ms. Kenney has more than 36 years of experience in healthcare planning and policy development, federal and state regulations, certificate of need regulations, and Medicare and Medicaid certification. She provides expert testimony on community need and offers presentations and educational sessions regarding community health needs assessments.
- b. **OnPointe (Michelle Vander Stouw)** — was contracted to facilitate the three community meetings at OhioHealth Hardin Memorial Hospital that involves identifying significant health needs and issues affecting Hardin County residents, especially those who were uninsured, low income and minorities. Michelle Vander Stouw is the principal of OnPointe, a private business that provides individual coaching, group facilitation, developing processes and accountability measures (57). Ms. Vander Stouw has a bachelor's degree in economics, political science and east Asian studies from Denison University and a Master's in Public Health from The Ohio State University (57). She also worked as assistant vice president of planning and accountability at United Way of Central Ohio (57).

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

OhioHealth Hardin Memorial Hospital collaborated with Kenton-Hardin Health Department in obtaining inputs from persons who either work for organizations, government agencies or as community residents, and who represent the broad interests of Hardin County. The organization name, representatives, populations served, specific inputs provided and timeframe of inputs are summarized in **Appendix B**. The programs and services provided by these organizations to medically underserved, low-income or minority populations are also included in **Appendix B**.

Input from all required sources participated in the community health needs assessment process.

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

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

D1. Description of significant health needs

- a. **Substance abuse** — includes opioid dependency and illicit drug use
- b. **Chronic diseases** — includes obesity, diabetes, heart disease and stroke
- c. **Access to care** — availability of primary care providers, specialty physicians, orthopedic care, psychiatrists, behavioral/mental health providers, obstetricians and gynecologists, and birthing center
- d. **Health education and prevention** — includes lack of knowledge in healthy behaviors, falls prevention, preventive education, immunization, medication compliance and accessibility
- e. **Behavioral/mental health** — includes behavioral and mental health disorders, eating disorders, alcohol abuse, lack of behavioral and mental health providers, and lack of connectivity of resources

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

D2.1. Identification of significant health needs. During the July 7, 2015 meeting, the community stakeholders were divided into small groups to identify and discuss community health needs, resources available in the community to address these needs and associated barriers. Based on experience and available primary and secondary data (13), the community stakeholders identified 18 health needs as follows: (a) access to care, (b) behavioral health, (c) diabetes, (d) drug abuse, (e) fall prevention, (f) immunization, (g) ineffective medicine use and accessibility, (h) laboratory work and preventive care, (i) medication needs (insurance charges), (j) mental health (multiple levels), (k) nutrition, (l) obesity, (m) opioid dependence, (n) pain management, (o) poor health education on healthy behaviors, (p) preventive education, (q) tobacco, and (r) women's health. Based on community discussions held on July 7, 2015, OhioHealth in consultation with OnPointe Strategic Insights, LLC categorized the 18 original list of significant health needs into five categories of health needs: (a) access to care, (b) substance abuse, (c) health education and prevention, (d) behavioral/mental health, and (e) nutrition or obesity. It is noteworthy that the common barrier or challenge for effectively addressing the identified health needs was **lack of connectivity of resources available in Hardin County**. The community stakeholders approved of these categories during the July 21, 2015 meeting.

D2.2. Prioritization of significant health needs. During the July 21, 2015 meeting, the community stakeholders were divided into five groups and assigned to prioritize the health needs using the National Association of County and City Health Officials (NACCHO) prioritization tool (35). Each group was asked to give a score of one, two or three, with one as “low priority” and three as “high priority” based on their knowledge and experience of the stakeholders. The criteria included the following:

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

D2.3. Presentation of prioritization results and identification of top five priority health needs. During the August 17, 2015, OhioHealth presented the findings of prioritization of health needs from the July 21, 2015 meeting to the community stakeholders. In addition, OhioHealth Community Health and Wellness asked the stakeholders about the context on how the small groups discussed each need and then facilitated the use of dot voting to rank the top five priority health needs. Each stakeholder was given three votes to rank each need. Final ranking of health needs were as follows:

- a. Substance abuse — eight votes
- b. Chronic diseases — seven votes
- c. Access to care — six votes
- d. Health education and prevention — three votes
- e. Behavioral/mental health — two votes

Discussion among the community stakeholders revealed that “lack of connectivity of community resources” is a cross-cutting issue for these five priority health needs.

E. Resources Potentially Available to Address Significant Health Needs

Need #1: Substance Abuse

A. HEALTHCARE FACILITIES

- A1. **OhioHealth Hardin Memorial Hospital** — hosts the “Brown Bag and Medication Safety” series in collaboration with Ohio Northern University College of Pharmacy. Pharmacy students supervised by their professors, review medications, discuss side effects, potential interactions with over-the-counter (OTC) drugs, and herbs and supplements. Prescription and OTC drugs — next to marijuana and alcohol — are the third most commonly abused substances by Americans 14 years of age and older (38).
- A2. **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 (26). Patients addicted to opioids, narcotics or heroin receive Medication-Assisted Treatment (MAT), a whole-person approach to treating substance use disorders. MAT involves providing patients with medication (Suboxone® or Vivitrol®), combined with counseling, behavioral therapies and support (26).

B. COMMUNITY RESOURCES

- B1. **Hardin County Prosecutor’s Office** — makes available the pictures of convicted drug traffickers in Hardin County as means of community awareness (18). 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 obtain medication-assisted treatment (44, 45, 46).
- B2. **Family Resource Center of Northwest Ohio, Inc.** — has a branch in Hardin County which 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 (10). Examples of substance abuse services include diagnostic assessment, individual counseling, case management as well as prevention and education programs (10).
- B3. **Reclaiming Futures Hardin County or Hardin partnership to aid community teens** — partners with courts, treatment facilities and families to meet the substance abuse needs of Hardin County youth. Examples of community partners include Consolidated Care, Inc., defense attorneys, Hardin County Bar Association, Hardin County Commissioners, Kenton City Police Department and various community organizations dedicated to protecting youth from deleterious effects of alcohol and substance abuse (59).

- B4. Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties (32)** — 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.
- B5. Dream Center of Ohio (8)** — provides resources, opportunities and support to low-income and struggling persons and families to enable them to be self-sufficient. 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) Adopt-A-Block of Hardin County, which fosters partnerships with churches, government agencies, businesses and law enforcement to address the need in a specific community; (b) Project Prevention of Hardin County, which helps persons develop life skills and resilience to face obstacles and raise a family; (c) DC Kids, which empowers children to help others and be engaged in fun events; (d) DC Feed the Hungry of Hardin County, which distributes meat, fruits and vegetables to people in need; and (e) discipleship, mentoring and counseling, which includes a service for persons who are empowered to tackle substance abuse, anger, depression, emotional pain from abuse, addiction and other life challenges.
- B6. BKP Ambulance** — first responders serving Hardin County. Governor John Kasich signed House Bill 170, which enables friends, family members, first responders, police officers, firefighters and paramedics to carry naloxone (Narcan), administer such to an overdosing person and then call 9-1-1, even if the caller was using drugs to prevent fear of calling for help (60).
- B7. 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 Court has found zero relapses in use of Vivitrol for heroin addicts. There was zero recidivism and zero follow-up criminal offenses found in the family treatment court (6).
- B8. Hardin County Sheriff's Office** — addresses substance abuse through a multiple prong approach that includes a crime task force focusing 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.). Hardin County school districts are receptive of implementing D.A.R.E. in area schools (21).

Need #2: Chronic Diseases

A. HEALTHCARE FACILITIES

- A1. OhioHealth Hardin Memorial Hospital** — addresses heart and vascular disease, diabetes and obesity.
- a. **Obesity (55)** — the OhioHealth Hardin Memorial Hospital Wellness Center addresses obesity through wellness programs that empower individuals to sustain lifestyle and behavior change through balance in physical, spiritual, social, emotional and intellectual health. Examples of wellness programs include (a) Venture Program, (b) 90-Day Challenge Program, (c) 90-Day Challenge Plus Program, (d) Aquatics Program and (e) health prevention screenings. The Venture Program serves persons who are able to exercise independently. The 90-Day Challenge Program provides a lifestyle management care plan that will be developed by the participant and the healthcare provider based on the participant’s personal goals. Activities in the 90-Day Challenge Program include education about healthy eating, physical activity, stress management, metabolism and food labels. The 90-Day Challenge Plus Program includes an exercise plan in addition to the lifestyle management care plan. The Aquatics Program offers warm water therapy pool for participants with arthritis or joint pain. The Health Prevention Screenings program tests for body composition, bone density, arterial elasticity, metabolism analysis, skin damage analysis and total cholesterol.
 - b. **Diabetes** — a certified diabetes educator offers free diabetes services to the Hardin County community, including (a) developing diabetes self-management skills and (b) diabetic support groups. The support group discusses current information on diabetes self-care, wellness promotion, self-motivation and prevent diabetes complications (1, 2, 51). OhioHealth Hardin Memorial Hospital also participates in the Diabetes Health Fair in collaboration with Sanofi-Aventis.
 - c. **Heart and vascular disease (56)** — OhioHealth offers consultation services and diagnostics for heart and vascular patients (echocardiography, Holter and event monitoring and vascular imaging). Medical services are provided by an interventional cardiologist and a physician who is board-certified in internal medicine and cardiology.
- A2. Kenton Community Health Center** — offers services for various chronic conditions such as asthma, diabetes, heart disease, hypertension, hepatitis C and high cholesterol. The Kenton Community Health Center helps patients and their families understand ways of managing chronic diseases effectively (25).

B. COMMUNITY RESOURCES

- B1. Ohio Chronic Disease Collaborative** — partners include schools and universities, government sector, communities, businesses, worksites and public health (40).
- B2. Kenton-Hardin Health Department** — operates the Healthy Child Clinic, which provides nutrition services and health education (27, 28). The Kenton-Hardin Health Department, in collaboration with The Ohio State University Extension at Hardin County, leads the Healthy Lifestyles Coalition of Hardin County, which engages and educates community residents about healthy eating and physical activity (20).
- B3. Hardin County Family YMCA (16, 17)** — offers programs destined to address youth development, healthy living and social responsibility. Programs related to youth development include (a) fitness and exercise, (b) gymnastics, (c) Tae Kwon Do, (d) soccer, (e) swimming and (f) day camp. Programs related to healthy living for all ages include yoga classes, Tae Kwon Do, massage, Healthways SilverSneakers Program, fitness classes, aquatics, and sports and recreation. Hardin County Family YMCA receives funding from the Hardin County Community Foundation (12).

- B4. Dream Center of Ohio Project Prevention of Hardin County** — programs include “how to cook healthy meals and snacks,” “warn against the dangers of sugar and harmful foods in diets,” “importance of physical, outdoor play for children,” “healthy meal planning and grocery list creation, even on limited budget or food stamps,” “Cooking Class with Amy,” and “5K Walk Run for Hope and Release the Light” **(8)**.

- B5. The Ohio State University Extension Hardin County Supplemental Nutrition Assistance Education Program (SNAP-ED) (64, 65)** — funded by the Food and Nutrition Service of the United States Department of Agriculture to provide 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.

Need #3: Access to Care

A. HEALTHCARE FACILITIES

- A1. OhioHealth Hardin Memorial Hospital** — serves as one of 34 critical access hospitals in Ohio, which were created and supported through Ohio’s Medicare Rural Hospital Flexibility Program. Critical access hospitals are limited service hospitals that provide acute care with up to 25 acute or swing beds designated to provide essential medical services, preventive interventions and pain management. Certification as a critical access hospital also requires the following: (a) annual average length of stay is no more than 96 hours for acute inpatient care; (b) 24/7 emergency services; and (c) located in a rural area, at least a 35-mile drive from any other hospital. The Hardin Memorial designation enables reimbursement on a “reasonable cost basis” for Medicare patients who were admitted to the hospital or received care in an outpatient setting. With this designation, critical access hospitals improve access to quality health services in rural areas (41). The limited size of the hospital and short length of stay enables the hospital to focus on providing care for common conditions and outpatient care, and referring uncommon conditions to larger hospitals (66). As part of the Ohio Northern University’s Raabe College of Pharmacy grant from the Health Resources and Services Administration (HRSA), OhioHealth Hardin Memorial Hospital will be serving as a referral agency for health screenings, invasive diagnostics, and specialty and acute medical care (47).

OhioHealth Hardin Memorial Hospital contracts with MedAssist® to help patients find health coverage and find money to pay for healthcare bills. MedAssist® offers services such as Medicaid management, conversion of self-pay persons to county, state and federal assistance programs, disability claims processing and other services for uninsured persons (29).

- A2. Kenton Community Health Center** — the only federally qualified health center affiliated with Health Partners of Western Ohio (19). Healthcare services include asthma, behavioral health, chronic conditions, dental services, diabetes, diagnostic services, emergency services, family health, heart disease, hypertension, immunization, mental health, pain management, pharmacy, primary healthcare, social services and substance abuse (11). As part of Ohio Northern University Raabe College of Pharmacy grant from the Health Resources and Services Administration (HRSA), the Kenton Community Health Center will serve as a referral agency for primary medical home and child immunizations (47). Pharmacy services include (a) full service dispensing pharmacy and (b) clinical pharmacy. Eligible, uninsured patients are eligible for 340B Drug Pricing, saving 50 percent off regular drug store prescription prices. Pharmacists also meet individually with patients to manage medications (19). 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 income less than 200 percent of the Federal Poverty Guidelines medications (19).

B. COMMUNITY RESOURCES

- B1. Ohio Northern University (ONU) Raabe College of Pharmacy** — as part of the grant received from the Health Resources and Services Administration, ONU will be 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. Examples of prevention education include nutrition, exercise, smoking cessation and health risk reduction. Other interventions include reconciliation of medications for chronic conditions and behavioral health disorders, immunizations, health screenings and risk assessments (47). The mobile health van will provide healthcare services two to three times per week in churches, schools and public gathering areas (7).
- B2. Kenton-Hardin Health Department** — provides residents with a comprehensive list of community resources and physicians. Public health nursing services include HIV/AIDS screening, Help Me Grow Home Visit Program, Healthy Child Clinic, Dental Council, immunization clinics, Ohio Buckles Buckeyes car seat program, free mammograms and pap smears, and programs of the Bureau for Children with Medical Handicaps for children with special healthcare needs and their families.

- B3. Hardin County Council on Aging, Inc.** — services for Hardin County residents 60 years of age 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 **(14, 15)**.
- B4. Hardin County Society for Crippled Children and Adults** — group is hosted by the Kenton-Hardin Health Department. Philanthropic money is used to assist children and their families with visits to the doctor’s office, medical supplies, transportation, speech therapy and emergency food purchases **(27, 28)**. The Hardin County Society for Crippled Children and Adults funds the Dental Council, which provides dental services to Hardin County families.
- B5. Soroptimist International Kenton/Hardin County Ohio** — raises money for health and wellness programs such as the Hardin County Mammography Fund, “Smoke Detectors for New Mothers,” “Project Care and Comfort” and after-school tutoring **(34)**.
- B6. Susan G. Komen Northwest Ohio** — funds breast cancer prevention projects such as (a) University of Toledo Health Science Campus “From Gray to Pink,” which provides Hardin County residents with diagnosis, screening and patient assistance; (b) Hospital Council of Northwest Ohio “Yes MAMM!”, which provides patient assistance for breast cancer survivors; and (c) Center for Appalachia Research in Cancer Education “Project Hoffnung (Hope): The Amish and Mennonite Breast Health Program” **(63)**.

Need #4: Health Education and Prevention

A. HEALTHCARE FACILITIES

- A1. OhioHealth Hardin Memorial Hospital (53)** — as a member hospital of OhioHealth, the hospital has access to ENGAGE. ENGAGE is a health literacy program that includes: (a) ENGAGE Health and Wellness, a heart and vascular health awareness program that offers screenings, health education and health counseling about cardiovascular health risk factors and interventions for lifestyle change; and (b) ENGAGE Small Steps: Diabetes Management and Control, a program that encourages self-management skills through seven weeks of participant-driven, diabetic-focused education led by registered nurses, diabetic educators, registered dietitians and health coaches. ENGAGE Small Steps also features “Cooking Matters,” a six-week, hands-on cooking program that introduces healthy and inexpensive foods and gives participants free ingredients to practice cooking various healthy dishes at home. OhioHealth Hardin Memorial Hospital also offers diabetes support groups, which is led by a certified diabetes educator **(2)**. OhioHealth Hardin Memorial Hospital, in collaboration with OhioHealth Gerlach Center for Senior Health, also offers health education opportunities through seminars on awareness of various risk factors for falls. The OhioHealth Hardin Memorial Hospital Wellness Center offers variety of physical activity programs. OhioHealth Hardin Memorial Hospital hosts a community health fair once a year, which provides free health screenings, health education and opportunities to ask healthcare providers health-related questions **(1)**.
- A2. Kenton Community Health Center (25, 26)** — provides (a) wellness and preventive care, including immunizations, health screenings and well-child check-ups, (b) chiropractic services, and (c) comprehensive prenatal and postpartum care.
- A3. Chalmers P. Wylie VA Ambulatory Care Center (Columbus VA) Mobile Medical Unit** — has a mobile van that travels to Hardin County to give flu shots to veterans and encourage them to sign up for benefits **(70)**.

B. COMMUNITY RESOURCES

- B1. Area Agency on Aging** — offers Hardin County residents physical training classes such as Matter of Balance, Healthy U, Zumba®, Silver Sneakers, Tai Chi, Water Aerobics, Wii® video games, weight-bearing exercises, and yoga and stretching **(9)**.
- B2. City of Kenton** — provides environmental safety through water and sewage inspections, security through police and fire departments, and access to recreation and leisure activities through parks and recreation centers **(3)**.
- B3. Crossroads Crisis Center, Inc.** — examples of programs include (a) awareness and education for community members regarding domestic violence, (b) support groups, (c) emergency shelter, (d) 24/7 crisis hotline, (e) crisis intervention, (f) advocacy in court, (g) referral to appropriate community resources, (h) life skills development, and (i) financial management **(5)**.
- B4. Hardin County Council on Aging** — collaborates with Ohio Northern University American Society of Consultant Pharmacies in holding a fall prevention outreach during National Falls Prevention Day **(14, 15)**.
- B5. Hardin County Family YMCA** — offers (a) Silver Sneakers Yoga to increase flexibility, balance and mobility, manage stress and provide sound mental health; (b) Tae Kwon Do to develop self-confidence, discipline, well-being and fitness; (c) fitness classes; and (d) sports and recreation **(16, 17)**.

- B6. Healthy Lifestyle Coalition of Hardin County** — has a vision of inspiring, educating and facilitating healthy lifestyle choices among children and families. Examples of activities include: (a) online education on sugar content of foods, (b) outreach at the Hardin County Fair involving active play activities for children and blood pressure checks for children and adults, (c) public awareness about availability of donated fresh produce from local farms, and (d) Buggy Ride Bicycle Tour (20).
- B7. Kenton City Schools** — adopts a wellness policy that was developed by the health and wellness advisory council made up of teachers, parents, administrators and district school nurse. The policy focuses on nutrition, exercise and activities that promote student wellness. Nutrition education students, teachers and families are available on the school's website (24).
- B8. Kenton-Hardin Health Department** — provides central coordination for Hardin County Help Me Grow and oversees early intervention and home visiting services (42, 43). The Help Me Grow Home Visiting Program educates at-risk parents on the importance of early childhood development and a stable, stimulating home and community. Help Me Grow Early Intervention assesses and supports children ages 0 to 3 years old with disabilities and developmental delays. Children needing interventions are assigned a service coordinator who helps children and their families in the process of obtaining needed services such as (a) nutrition, (b) occupational therapy, (c) physical therapy, (d) psychological services, (e) speech-language pathology and audiology, (f) vision, (g) ongoing developmental screenings, (h) assistive technology, and (i) social work (42, 43).
- B9. Ohio Northern University Mobile Clinic (7)** — will provide free, preventive health education on nutrition, exercise, tobacco cessation, prevention of diseases and reduction of risky behaviors, medication adherence and compliance, and reconciliation of medications. The mobile clinic will be staffed by a multidisciplinary group of healthcare students, including pharmacy, nursing, exercise physiology and laboratory. These students will be supervised by licensed faculty and staff from the university.
- B10. Partnership for Violence Free Families (58)** — administers prevention programs, manages coalitions and organize support groups. Examples of prevention programs include (a) child abuse prevention through "ACT/Raising Safe Kids Parenting Program," (b) alleviation of mental health problems or crises through "Mental Health First Aid," (c) prevention of bullying through "Olweus Bullying Prevention Program," (d) prevention of dating violence through "Safe Dates," (e) alcohol and drug abuse prevention through "PAX at Home Program" and "Let's Talk," (f) suicide prevention through "Lifelines," (g) "Problem Gambling Prevention Program," and (h) prevention of elder abuse through "Neighborhood Elder Reach."
- B11. The Ohio State University Extension (64, 65)** — offers extension activities focused on teaching knowledge and skills while providing tools to make healthy choices, master safe food practices, eat healthy, maintain self-confidence and build good interpersonal relationships. Examples of programs include (a) "Healthy Lifestyles Coalition of Hardin County" for preschoolers and their families, (b) "Dining with Diabetes" course, (c) "Food Preservation Workshops," (d) "ServSafe," and (e) "Live Healthy, Live Well Challenges." Other outreach activities include: (a) learning and skill development for youth, (b) socialization for adults through arts and crafts ("Goo Crew"), (c) opportunities for homemakers through the Hardin County Homemakers' "Spring Achievement Day," (d) health and wellness promotion ("2015 Spring Live Healthy, Live Well Email Wellness Challenge"), and (e) cooking demonstrations and nutrition education for the family ("Simple Suppers").

Need #5: Behavioral/Mental Health

A. HEALTHCARE FACILITIES

- A1. OhioHealth Hardin Memorial Hospital** — follows the revised Clinical Institute Withdrawal Assessment for Alcohol scale (CIWA-Ar) in assessing patients experiencing alcohol withdrawal. In general, patients with behavioral or mental health issues are either stabilized, placed on suicide watch, or transferred to another healthcare facility. Depending on patient's place of residence, patients are referred to Coleman Professional Services and We Care Regional Crisis Center. Hospital staff also provides outreach to the Kenton Police Department and Hardin County Sheriff's Office on how to administer naloxone to persons who had heroin overdose.

- A2. Kenton Community Health Center (19)** — uses an integrated behavioral health approach where patients are supported to achieve physical and mental wellness. The healthcare team — comprised of licensed independent social workers, licensed professional counselors and those with doctorates in behavioral health — work collaboratively in (a) early identification of patient's problems, (b) early resolution of these problems and challenges, (c) prevention of additional problems, and (d) empowerment of patients to make healthy lifestyle and behavior choices. Patients with behavioral and mental health issues suffer from depression, anxiety, substance abuse, smoking and overeating.

B. COMMUNITY RESOURCES

- B1. Coleman Professional Services (4)** — offers 24/7 access to treatment for mental health and drug and alcohol abuse. Coleman Professional Services serves individuals who are in a crisis, needing emotional support, needing addiction services or those with a severe mental illness. The programs help individuals recover, build strength, and become resilient and independent.

- B2. We Care Regional Crisis Center (33)** — services include (a) crisis hotline for information and referral (1 (800) 567-HOPE), (b) crisis counseling, (c) screening and crisis intervention for children and teens, (d) emergency assessment, (e) access to care outside office hours, (f) stabilization unit for persons in crises, and (d) referral and follow up to inpatient psychiatric care.

- B3. Not by Choice Outreach (39)** — offers head covers, access to transportation, gas cards and various support services to persons undergoing cancer-related treatments

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

Appendix C summarizes the impact of community benefit programs that were part of the OhioHealth Hardin Memorial Hospital implementation strategy to address priority health needs that were identified in the 2013 board-approved community health needs assessment (49, 50).

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Appendix A

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

Data and information summarized below for the health needs identified by community stakeholders were based from the 2014 Hardin County Community Health Status Assessment (13).

Need #1: Access to care (including pain management, medication needs, women's health, laboratory work and preventive care)

- + **Doctor's visit.** 52 percent of Hardin County adults visited a doctor in the past year for a routine check-up.
 - Reasons for not obtaining medical care — 13 percent did not need a doctor; 12 percent couldn't afford it; six percent did not know where to go; four percent had no health insurance; four percent had a doctor move or one that was not available; two percent did not trust or believe doctors.
- + **Available healthcare services.** 80 percent of Hardin County adults went outside of Hardin County in the past year for healthcare services.
 - Reasons for seeking care outside Hardin County — 31 percent for primary care; 30 percent for specialty care; 25 percent for dental care; 19 percent for obstetrics and gynecology and access to neonatal intensive care unit; 13 percent for orthopedic care; nine percent for pediatric care; eight percent for cardiac care; five percent for mental health.
- + **Persons younger than age 65 with health insurance.** 78 percent ages 20–24 and ages 25–34; 85 percent ages 35–44; 88 percent ages 45–54; 92 percent ages 55–64.
- + **Interventions for improving access to care.** Hardin County residents reported possible interventions for improving access to care — more primary care providers (26 percent), additional health education (16 percent), add more specialists (eight percent), extended hours for outpatient clinics (14 percent), more options for senior housing (two percent), transportation assistance (two percent), home care services (four percent) and culturally-sensitive care (one percent).
- + **Dental care.** 53 percent visited a dentist or a dental clinic in the past year.
 - Reasons for not visiting a dentist or a dental clinic — no oral health problems (24 percent), cost-prohibitive (22 percent), fear, pain or dislike going (nine percent), did not have a dentist (three percent), could not find a dentist that accepts Medicaid (three percent) and could not get into a dentist (one percent).
 - Among youth, the length of time from last dental check-up, exam, teeth cleaning or other dental work — less than one year (71 percent), one to two years ago (10 percent), two or more years ago (five percent) and never (one percent).
- + **Access to prescription medications.** Approximately 21 percent of adults with health insurance did not get their prescription filled in the past year. Approximately 65 percent of persons without health insurance did not fill their prescriptions in the past year. The reasons for not being able to fill prescribed medications are as follows: Unable to afford out-of-pocket expenses (52 percent); did not think they needed the medicine (35 percent); co-pays were too high (25 percent); extended current prescription by taking less than what was prescribed (22 percent); no health insurance (21 percent); deductibles were too high (17 percent); high premium (15 percent); no generic drug available (11 percent); side effects (11 percent); opted out of prescription coverage (five percent).

- + **Women's health.** Approximately 43 percent of women from Hardin County that were 40 years of age or older had a mammogram in the past year. Among women 19 years of age and older, 55 percent had clinical breast exam and 50 percent had a Pap smear to detect cervical cancer. Approximately 22 percent of women had hypertension, 28 percent had high cholesterol, 34 percent were obese and 15 percent were smokers.
- + **Preventive care and health screenings.** Approximately 44 percent of adults 65 years of age or older obtained pneumonia vaccination and 45 percent of adults had an influenza immunization in the past year. Approximately 44 percent had a tetanus booster in the past 10 years, 21 percent had a pneumonia vaccine in their lifetime, 10 percent had the shingles vaccine in their lifetime, six percent had the pertussis vaccine and four percent had the human papilloma virus (HPV) vaccine in their lifetime. Approximately 39 percent of men had a prostate-specific antigen (PSA) test. Among Hardin County adults who had health screenings, 28 percent had high blood cholesterol, 28 percent had hypertension and 13 percent had elevated blood sugar. Approximately 72 percent of adults had their cholesterol checked within the past five years.

Need #2: Substance abuse (including opioid dependence, drug abuse and tobacco)

- + **Youth.** Approximately eight percent of youth from Hardin County used illegal drugs while driving and two percent misused prescription drugs in the past month. In the past month, approximately 12 percent of youth in 6th through 12th grade used marijuana. During their lifetime, five percent of youth misused prescription drugs, one percent used methamphetamines, two percent used cocaine, one percent used heroin, three percent used steroids and seven percent used inhalants. In the past year, seven percent of youth have been offered, sold or given an illegal drug on school property.
- + **Adults.** Approximately six percent of adults used marijuana, nine percent misused prescription medication to “feel good,” “become high” or “become more active or alert” during the past six months. Among adults who used marijuana or recreational drugs in the past six months, 46 percent of adults used drugs daily and 27 percent used drugs once a month. Approximately 27 percent of adults who misused medications daily and 41 percent misused medications once a month. The medications were obtained from either a family doctor (58 percent), free from a family member or friend (27 percent), bought from a family member or friend (12 percent), drug dealer (24 percent) or emergency or urgent care doctor (15 percent).
 - Young adults ages 18 to 25 are the biggest group of abusers of prescription drugs such as opioid pain relievers, drugs for attention deficit hyperactivity disorder (ADHD), and stimulants and anti-anxiety drugs. Through prescription drug abuse, young adults wanted to “get high,” relieve pain, help with focusing, problem solving, weight loss, feel better, become alert and/or to socialize with friends.
 - The scheduled pills seized by police officers have increased dramatically — a 101 percent increase in opiates, 103 percent increase in stimulants, 87 percent increase in antidepressants and 77 percent increase in hallucinogens.

Need #3: Health education and prevention (including lack of knowledge in health behaviors, fall prevention, preventive education, immunization, medication compliance and accessibility)

- + **Education needs.** Adults from Hardin County reported that education is needed for drug abuse (64 percent), abuse of prescription drugs (51 percent), eating healthy (41 percent), importance of focused driving (39 percent), negative impacts of bullying behaviors (37 percent), consequences of “driving under the influence” (DUI) (36 percent), adolescent pregnancy (35 percent), physical activity (32 percent), use of tobacco (29 percent), violence (27 percent), care for seniors (26 percent), suicide prevention (25 percent), prevention of homelessness (20 percent), prevention of chronic diseases (15 percent), risks of sexting (15 percent), use of seat belts or restraints (14 percent), cooking (14 percent), emergency preparedness (13 percent), bicycle safety (nine percent) and falls (seven percent).
- + **Source of education related to risky sexual behaviors.** Youth reported that they were taught about pregnancy prevention, sexually transmitted diseases, HIV/AIDS and birth control use: (a) in school (72 percent), (b) by parents (49 percent), (c) from a doctor (23 percent), (d) from friends (20 percent), (e) on the Internet (12 percent), (f) from siblings (10 percent), and (g) at church (six percent). Approximately 18 percent of youth reported that they were not taught at all about risky sexual behaviors.

Need #4: Behavioral/mental health (including eating disorders and alcohol use)

- + **Suicide and mental health.** Approximately six percent of Hardin County adults considered to attempt suicide. Among youth, approximately 12 percent of 6th through 12th grade students considered attempting suicide in the past year. Three percent of youth actually attempted suicide while one percent of youth experienced injuries, poisoning, overdose — all of which needed treatment by a healthcare provider.
- + **Sadness or hopelessness.** Approximately 21 percent of 6th through 12th grade students and 10 percent of adults felt sad or hopeless almost daily for at least two weeks.
- + **Poor mental health days.** In the past month, 27 percent of adults reported experiencing poor mental health days (4.2 days on average) in the past month. Poor mental health days or poor physical health caused adults to experience challenges with self-care, participating in recreational activities and work performance.
- + **Barriers to programs or services to help with depression, anxiety and other emotional issues.** Hardin County adults did not seek services to help with mental or behavioral health issues because of either stigma (eight percent), didn’t think about it (six percent), cost (eight percent) or did not know how to find a program (four percent). Approximately 64 percent of adults did not think mental health programs were necessary.

Need #5: Nutrition/obesity

- + **Obesity rates.** Among adults, approximately 35 percent were obese and 35 percent were overweight. Among youth, 15 percent were obese and 16 percent were overweight. Approximately 42 percent of Hardin County adults were trying to lose weight.
- + **Other cardiovascular disease risk factors.** Apart from high obesity rates, approximately 28 percent of Hardin County adults had hypertension, 28 percent had high cholesterol, five percent had a heart attack and one percent had a stroke.
- + **Nutritional status and habits of adults.** Approximately four percent of adults ate five or more servings of fruits and vegetables per day and 88 percent ate one to four servings of fruits and vegetables per day.
 - Food selection among adults were based on taste (63 percent), cost (54 percent), enjoyment (51 percent), availability (42 percent), ease of preparation (40 percent), nutritional content (38 percent), time (38 percent), familiarity (30 percent), spouse or children preference (38 percent) or calorie content (14 percent).
 - Adults ate in restaurants or bought take-out food about 2.7 times per week.
- + **Nutritional status and habits of youth.** Approximately 11 percent of youth ate five or more servings of fruits and vegetables per day and 78 percent ate one to four servings of fruits and vegetables per day.
 - Daily calcium sources include milk (83 percent), yogurt (36 percent), other dairy (48 percent), juice with calcium (9 percent), calcium supplements (six percent) and other calcium sources (10 percent).
 - Approximately 35 percent of youth consumed regular soda, punch, Kool-Aid, sports drinks, energy drinks or other fruit-flavored drinks at least once a day in the past week.
 - Approximately eight percent of youth reported that they went to bed hungry at least one day per week because of lack of family finances to buy food. About one percent of youth reported that they went to bed hungry every night.
- + **Diabetes.** Approximately 13 percent of Hardin County adults had been diagnosed with diabetes and six percent with prediabetes. Approximately 43 percent of adults with diabetes rated their health as fair or poor.
 - Adults diagnosed with diabetes were managing their disease through diabetes pills (73 percent), checking blood sugar (71 percent), checking hemoglobin A1C (54 percent), diet (52 percent), exercise (43 percent), insulin (31 percent) or classroom-based education (two percent). Approximately two percent of adults with diabetes were not doing anything for their disease.

Appendix B

Summary of Input from Persons Who Represent the Broad Interests of the Community Served

1. BKP Ambulance

- + **Representative:** Jason Johns, supervisor
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County.
- + **Input:** Identification of health needs and issues, community assets and resources, and barriers and challenges for addressing these health needs and issues.
- + **Time frame of input:** July 2015
- + **Mission of organization:** “To provide emergency medical services.”
- + **Examples of programs and services :**
 - Hosts continuing education lectures such as “Cardiac Emergencies” (30).
 - Participates in OhioHealth Hardin Memorial Hospital “Fun Activities Motivates Everyone (F.A.M.E.),” which is an education outreach to children and families.

2. Crossroads Crisis Center, Inc.

- + **Representative:** Jeane Lutterbein, education coordinator
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves persons who are victims of domestic violence.
- + **Inputs:** (a) Prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool; and (b) determination of top five priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Time frame of inputs:** July to August 2015
- + **Mission of organization:** “To enhance safety for survivors of domestic violence by providing shelter, education, advocacy and empowerment to individuals and communities.”
- + **Examples of programs and services (5):**
 - Community awareness and education regarding domestic violence
 - Facilitation of support groups
 - Emergency shelter
 - 24/7 crisis hotline
 - Crisis intervention
 - Court advocacy
 - Linkages and referral to community resources
 - Life skills development
 - Financial management

3. Hardin County Council on Aging, Inc.

- + **Representative:** Bette Bibler, executive director
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves Hardin County residents 60 years of age or older.
- + **Input:** Determination of top five priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Time frame of inputs:** August 2015
- + **Mission of organization:** “To improve the quality-of-life for those 60 years of age and older in Hardin County.”
- + **Examples of programs and services (14, 15):**
 - Wilkinson McVitty Berlien Adult Day Center
 - Assistance with household chores such as snow removal, lawn maintenance and minor house repairs.
 - Referrals and linkages to community resources such as Legal Aid appointments, Home Energy Assistance Program, Medicare-related issues and access to meals.
 - Education and awareness of services for seniors.
 - Access to transportation services.
 - Access to exercise center, luncheon cafe and other group activities.

4. Health Partners of Western Ohio

- + **Representative:** Toni Long, center director
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of western Ohio who needs healthcare services.
- + **Inputs:** (a) Identification of health needs and issues, community assets and resources, and barriers and challenges for addressing these health needs and issues; and (b) prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool.
- + **Time frame of inputs:** July 2015
- + **Mission of organization:** “To eliminate gaps in health outcomes for all members of our community by providing access to quality, affordable, preventive and primary healthcare.”
- + **Examples of programs and services (19):**
 - **Medical services** — focuses on wellness, prevention, sick care and management of chronic diseases.
 - **Pharmacy services** — offers full-service dispensing pharmacy and clinical pharmacy.
 - **Dental services** — provides treatments to fight infection, dental repair, dental hygiene and patient education.
 - **Substance abuse treatment** — uses evidence-based approach for screening, brief intervention, and referral to treatment in order to prevent use, abuse and dependence on prescription drugs, illegal drugs and alcohol.
 - **Integrated behavioral health** — focuses on problem-solving and support from social workers, clinical counselors and behaviorists.
 - **Social services and outreach** — provides referral and linkages for transportation and paying for utility bills, food, housing and other basic needs.

5. Hospital Council of Northwest Ohio

- + **Representative:** Brittney Ward, MPH, director of community health improvement (with knowledge of and expertise in public health)
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Represents member hospitals and health systems that serve persons regardless of ability to pay.
- + **Input:** Determination of top five priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Time frame of input:** August 2015
- + **Mission:** “Represents and advocates on behalf of its member hospitals and health systems and provides opportunities to collaborate to enhance health status of northwest Ohio residents.”
- + **Examples of programs and services (22):**
 - **Health improvement initiatives** — includes projects such as collaboration with Healthcare Heroes, “Collective Impact for Healthy Communities,” “Fostering Healthy Communities,” “Pathways Program,” OhioHealth Information Partnership, Northwest Ohio Regional Extension Center and “Healthy Lucas County.”
 - **Community health assessments and strategic planning** — provides data links, county health assessment reports, strategic plans, data evaluation, program management, special populations and youth health surveys.
 - **Disaster preparedness** — provides emergency bulletin, Northwest Ohio Health Response System and links to national, regional, and state resources
 - **Trauma registry** — maintains the Northwest Ohio Regional Trauma Registry

6. Kenton City Schools

- + **Representative:** Brenda Jennings, school nurse (with knowledge of and expertise in public health)
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves students and families residing in the Kenton City School District.
- + **Input:** Identification of health needs and issues, community assets and resources, and barriers and challenges for addressing these health needs and issues
- + **Time frame of input:** July to August 2015
- + **Mission of organization:** “In partnerships with students, parents and the community, Kenton City Schools will commit to cultivating curiosity, encouraging innovation and developing unique talents to inspire a spirit of service and life-long learning in a global society.”
- + **Examples of programs and services (24):**
 - Nutrition services’ initiatives on complementation of good nutrition and learning.
 - Wellness policy developed by the health and wellness advisory council that includes teachers, parents, administrators and a district nurse.
 - Kenton City Schools “Safe Routes to School” Travel Plan

7. Kenton Community Health Center

- + **Representative:** Katy Murphy, director
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves persons regardless of ability to pay.
- + **Inputs:** (a) Prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool; and (b) determination of top five priority health needs to be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Time frame of inputs:** July to August 2015
- + **Mission of organization:** “To eliminate gaps in health outcomes for all members of our community by providing access to quality, affordable, preventive and primary healthcare.”
- + **Examples of programs and services (25, 26):**
 - Medical services, including patient-centered medical home
 - Behavioral health services
 - Chronic disease management
 - Dental services
 - Substance abuse
 - Social work services

8. Kenton-Hardin Health Department

- + **Representatives:** Cindy Keller, RN, MSN, director of nursing (with knowledge of and expertise in public health) and Larry Oates, MD, member board of health (with knowledge of and expertise in public health)
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all residents of Hardin County, including uninsured persons, low-income persons and minority groups.
- + **Inputs:** (a) Prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool; and (b) determination of top five priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Time frame of inputs:** July to August 2015
- + **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. The Board of Health administration will work to promote an organization within which all are encouraged to work cooperatively to fulfill this mission. By working toward fulfillment of its mission, the health department is striving to enable every citizen the opportunity to realize health and longevity.”
- + **Examples of programs and services (27, 28):**
 - **Vital statistics** — certification of birth and death certificates as well as tracking leading causes of death.
 - **Immunizations clinics** — provides influenza and school-based vaccination throughout the community, including churches, schools, fire departments and public libraries.
 - **Disease monitoring** — data on incidence and prevalence are tracked in the Ohio Disease Reporting System.
 - **Help Me Grow Home Visiting Program** — serves as the healthcare provider and central contact and coordination for the Help Me Grow Home Visiting Program, which provides free home visits, parenting information and developmental screens.
 - **Dental Council** — funded by the United Way and Hardin County Crippled Children’s and Adults
 - **Hearing, vision and developmental screening** — nurses assist with schools for kindergarten screenings.
 - **Healthy Child Clinic** — provides well-child checks and physical examinations for persons zero to 21 years of age.
 - **Bureau for Children with Medical Handicaps** — serves children with special needs and their families.

9. Not by Choice Outreach

- + **Representative:** Marcia Retterer, founder and chief executive officer
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves persons with cancer and their loved ones.
- + **Inputs:** (a) Identification of health needs and issues, community assets and resources, and barriers and challenges for addressing these health needs and issues; (b) prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool; and (c) determination of top five priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Time frame of inputs:** July to August 2015
- + **Mission of organization:** “A free service offering head coverings, transportation, gas cards and other support services to those suffering from cancer-related treatments.”
- + **Examples of programs and services (39):**
 - Annual Ada Midget Football and Cheerleading Cancer Walk
 - Fundraising for persons with cancer such as “A Celebration of Life”

10. OhioHealth Community Health and Wellness

- + **Representatives:** Orelle Jackson, system director community health and wellness; Mary Ann G. Abiado, RN, data management and evaluation specialist; Amber Hetteberg, administrative assistant
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves persons needing comprehensive prenatal care and postpartum care and/or health and wellness education related to heart disease, diabetes and obesity.
- + **Inputs:** (a) Facilitation and coordination of community health needs assessment meetings and (b) writing meeting minutes.
- + **Timeframe of inputs:** July to August 2015
- + **Mission of organization:** “To improve the health of those we serve.”
- + **Examples of programs and services:**
 - Wellness on Wheels comprehensive prenatal care program
 - Health literacy programs
 - Teen Options to Prevent Pregnancy

11. OhioHealth Hardin Memorial Hospital

- + **Representatives:** Chris Davis, public relations director and volunteer coordinator; Stephen McCullough, member of board of trustees; Matt Jennings, chairman of board of trustees and chief executive officer of Quest Federal Credit Union; Wendy Rodenberger, chief nursing officer and vice president of patient care services; Kim Totten, administrative nurse manager, Emergency Department (ED)
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all persons regardless of ability to pay.
- + **Inputs:** (a) Identification of health needs and issues, community assets and resources, and barriers and challenges for addressing these health needs and issues; (b) prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool; and (c) determination of top five priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Timeframe of inputs:** July to August 2015
- + **Mission of organization:** “To improve the health of those we serve.”
- + **Examples of programs and services (52):**
 - **Programs addressing preventive health education (e.g., overweight, obesity, smoking, etc.) to reduce risk factors for diabetes, heart disease, stroke, certain cancers and chronic respiratory conditions** — Community Health Fair, Hardin County Fair, Diabetes Health Fair, farmers market, Fun Activity Motivates Everyone (F.A.M.E.) and Hardin Hustle 5K Walk/Run.
 - **Programs addressing lack of strategies and tools to manage and reconcile medications among people with chronic conditions or those in poor health** — “Brown Bag and Medication Safety” series and medication disposal community collaborations.
 - **Programs that help patients with chronic diseases navigate, coordinate and access healthcare services** — referral, linkages and follow-up of patients to community-based programs and diabetes support groups.
 - **Programs that address low participation rate and poor service coordination related to immunizations, vaccinations and health screenings for cholesterol, breast, cervical and colorectal cancer** — Heart Smart Day and health screening days.
 - **Fall and fracture prevention programs for the elderly** — community presentations and forums on fall and fracture prevention.
 - **Hospital services** — cardiopulmonary services, short-term, skilled care, Congestive Heart Failure Clinic, Coumadin Clinic, diabetes services, emergency services, home health care, laboratory services, occupational health, rehabilitation, sleep disorders, social services, surgery and The Hardin Wellness Center.

12. Ohio Northern University

- + **Representatives:** Steve Martin, dean, Raabe College of Pharmacy and Kami Fox, assistant professor of nursing and pediatric nurse practitioner, department of nursing
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all persons.
- + **Inputs:** (a) Identification of health needs and issues, community assets and resources, and barriers and challenges for addressing these health needs and issues; (b) prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool; and (c) determination of top five priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Timeframe of inputs:** July to August 2015
- + **Mission of organization:** “Influenced by a unique history and an enduring affiliation with the United Methodist Church, Ohio Northern University’s mission is 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. The University’s distinctive academic program includes mutually supporting liberal and professional education components that integrate practice with theory, complemented by excellent co-curricular offerings that enrich the Northern experience. To fulfill this mission, faculty and staff engage with students so they can learn to think critically, creatively and entrepreneurially, communicate effectively, gain practical experience, solve problems collaboratively, and act as ethical and responsible members of a global community.”
- + Examples of programs and services:
 - Ohio Northern University mobile unit van to increase Hardin County residents’ access to healthcare services (47).
 - Brown Bag Medication Lecture series in collaboration with OhioHealth Hardin Memorial Hospital (50).
 - Participation in Medication Disposal Day to increase awareness about prescription drug misuse (50).

13. OnPointe Strategic Insights, LLC

- + **Representative:** Michelle Vander Stouw, MPH, principal (with knowledge of and expertise in public health)
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all persons regardless of place of residence.
- + **Input:** Overall facilitation of community meetings held on July 7 and July 21, 2015.
- + **Timeframe of input:** July 2015
- + **Mission of organization:** “To guide people through the critical, decision-making processes, with the goal of achieving individual and organizational growth and development.”
- + **Examples of programs and services (57):**
 - **Planning and facilitation** — includes activities such as (i) engaging teams to collaborate and act as a group, (ii) facilitating small and large group discussions, (iii) obtaining inputs from focus groups and key informant interviews, (iv) capturing key concepts as part of strategic decision making, (v) developing logic model and grant writing, and (vi) coaching.
 - **(b) Process engineering** — includes activities such as (i) strategic planning, (ii) decision making, (iii) developing process and procedures, and (iv) developing processes to achieve impact.
 - **(c) Accountability** — includes activities such as (i) designing system accountability, (ii) measuring objectives and change management, (iii) designing logic models, (iv) outcomes and impact evaluation, and (v) ensuring program accountability and process improvement.

14. The Ohio State University Hardin County Extension Office

- + **Representative:** Vicki Phillips, family nutrition program assistant
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all persons residing in Hardin County.
- + **Inputs:** (a) Identification of health needs and issues, community assets and resources, and barriers and challenges for addressing these health needs and issues; (b) prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool; and (c) determination of top five priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Timeframe of inputs:** July to August 2015
- + **Mission of organization:** “Engaging people to strengthen their lives and communities through research-based educational programming.”
- + **Examples of programs and services (64, 65):**
 - **4-H Youth Development** — an informal, educational, youth development program for children ages 5 to 19, which focuses on active involvement and quality experiences that stimulate lifelong learning of values and skills, leadership, and communication and collaboration while increasing their knowledge in math, science and technology.
 - **Agriculture and natural resources** — help Hardin County residents and community leaders enhance and sustain environment and natural resources that balances economic advancement with environmental sustainability.
 - **Family and consumer sciences** — provides Hardin County residents knowledge, skills and tools to enable them to make healthy informed choices. The Family and Consumer Sciences educate and promote awareness on safe food practices, healthy nutrition (**Healthy People**) and financial management and better relationships. The **Healthy People** initiatives coordinate the activities for the “Healthy Lifestyles Coalition,” “Dining with Diabetes,” “Food Preservation Workshops,” “Servsafe” and “Live Healthy, Live Well Challenges.” The **Healthy Finances** initiatives and programs include “Homebuyer Education” and “Money Management (Money Matters; Real Money. Real World).” The **Healthy Relationships** program include “Goo Crew,” “Active Parenting Now” and “Successful Co-Parenting.”
 - **Master Gardener Volunteers** — provides horticulture training to Hardin County residents who, in turn, volunteer to assist the public in answering gardening questions, conducting plant clinics, gardening activities with children, seniors and persons with disabilities, beautifying the community and developing community or demonstration gardens. The Master Gardener Volunteers provide local programs such as “Children’s Day in the Friendship Gardens,” “An Evening Garden Affair,” which hosts the educational demonstration garden, and “Friendship Gardens of Hardin County.”
 - **Supplemental Nutrition Assistance Program (SNAP-Ed)** — a free, nutrition education and obesity prevention program that serves low income families funded by the Food Nutrition Service of the United States Department of Agriculture. In Ohio, The Ohio State University Extension partners with the Ohio Department of Job and Family Services in implementing SNAP-Ed, which aims to enable families and children to choose healthy foods and become physically active.

15. United Way of Hardin County, Ohio

- + **Representatives:** Darlene Foreman, executive director and Bonnie McBride, board president
- + **Description of the medically underserved, low-income or minority populations represented by organization:** Serves all Hardin County residents through programs and services provided by partner agencies.
- + **Inputs:** (a) Identification of health needs and issues, community assets and resources, and barriers and challenges for addressing these health needs and issues; (b) prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool; and (c) determination of top five priority health needs that will be addressed in the OhioHealth Hardin Memorial Hospital implementation strategy.
- + **Time frame of inputs:** July to August 2015
- + **Mission of organization:** “We are committed to improve Hardin County by mobilizing the caring power of our community.”
- + **Examples of programs and services (68):**
 - **Partnership with American Red Cross** — provides services for disaster, education and the armed forces.
 - **Partnership with Big Brothers, Big Sisters** — mentoring program for school children who need a role model and additional guidance.
 - **Partnership with Boy Scouts of Hardin County** — enables learning opportunities for young boys in Hardin County to develop themselves and their communities.
 - **Partnership with Children’s Developmental Center** — a preschool program that help children with disabilities.
 - **Partnership with Crossroads Crisis Center** — a crisis hotline which assists victims of domestic violence (partner, elder and child abuse) find shelter and community services.
 - **Partnership with Hardin County Dental Council** — provides emergency and restorative dental services to children and adults having financial difficulties.
 - **Partnership with Dolly Parton’s Imagination Library** — provides free books to young children, 0 to 5 years of age.
 - **Partnership with Girl Scouts of Western Ohio** — provides leadership opportunities for girls in Hardin County.
 - **Partnership with Habitat for Humanity of Hardin County** — provides affordable housing.
 - **Partnership with Hardin County Council on Aging** — provides services to seniors such as adult daycare, transportation, outreach, homemaker chores, nutrition, programs, information and referrals.
 - **Partnership with Hardin County Family YMCA** — provides youth programs and scholarships.
 - **Partnership with Hardin County Hospice** — provides care and comfort to terminally ill patients and their families.
 - **Partnership with Helping Hands Outreach** — provides emergency food, school supplies and holiday enrichment programs.
 - **Partnership with Kenton Little League** — encourages children to eat fresh fruit, drink water and reduce consumption of candy and soda.
 - **Partnership with Love in the Name of Christ** — refers persons to community agencies and helps persons become sustainable and motivated to serve others.
 - **Partnership with Neighborhood Center** — provide free food for families in need.
 - **Partnership with ReStore Community Center** — provide community meals and emergency food.
 - **Partnership with Salvation Army** — provides residents financial assistance to help families with paying their utility bills and prescriptions.

16. WKTN

- + **Representative:** Keith Gensheimer, owner
- + **Description of the medically underserved, low-income or minority populations represented by organization:**
Serves all persons.
- + **Input:** Prioritization of health needs and issues using the National Association of County and City Health Officials (NACCHO) tool
- + **Time frame of input:** July 2015
- + **Mission of organization:** Performs functions of a radio station
- + **Examples of programs and services (69):**
 - News, community events, weather, sports and agriculture-related events

Appendix C

Documentation of Program Impacts from the Community Health Needs Assessment and Implementation Strategy Adopted in 2013 by OhioHealth Hardin Memorial Hospital

Need #1: Preventive health education (e.g., overweight, obesity, smoking, etc.) to reduce risk factors for diabetes, heart disease, stroke, certain cancers and chronic respiratory conditions

A. Continue organizing and leading the Community Health Fair

In Fiscal Year 2014, 227 Hardin County residents attended the Community Health Fair. A total of 67 persons availed at least one health screening. Thirty-four persons screened had at least one abnormal finding. Hardin Memorial healthcare providers provided health education to these residents to reduce risks for various chronic conditions. Persons with abnormal screening results were advised to follow up with their primary care physician.

B. Continue participation at the Hardin County Fair

The OhioHealth Hardin Memorial Hospital clinical and administrative team were present during the Hardin County Fair in Fiscal Years 2014 and 2015. Hardin Memorial provided screenings for blood pressure, blood sugar, cholesterol, stroke risk, health education and individual counseling about the health risks of abnormal biometric values. Our impact on addressing the need for preventive health education through participation in the Hardin County Fair is summarized as follows:

- + **Number of persons who came to the OhioHealth Hardin Memorial Hospital booths/stations** — 1,600 in FY14 and 1,400 in FY15
- + **Number of persons who had at least one health screening done** — 1,416 in FY14 and 1,342 in FY15
- + **Number of persons who had at least one abnormal health screening result** — 907 in FY14 and 898 in FY15
- + **Number of persons who had face-to-face education on at least one health topic with an OhioHealth Hardin Memorial Hospital health professional** — 280 patients in FY14 and 850 patients in FY15
- + **Number of persons who were counseled by an OhioHealth Hardin Memorial Hospital certified diabetes educator** — 30 patients in FY14 and 23 patients in FY15

C. Continue collaboration with Sanofi-Aventis Pharmaceuticals in hosting the Diabetes Health Fair

The Diabetes Health Fair is held once every two years. The Diabetes Health Fair was not held in Fiscal Year 2014. In Fiscal Year 2015, OhioHealth Hardin Memorial Hospital collaborated with Sanofi-Aventis in hosting seminars entitled “Managing Diabetes: The Next Step” and “Diabetes and Complications of the Eye.” A total of 20 community residents attended both seminars during Fiscal Year 2015.

D. Continue holding the farmers markets at OhioHealth Hardin Memorial Hospital

In Fiscal Year 2014, at least 520 Hardin County residents came to farmers market held from spring to early fall in the OhioHealth Hardin Memorial Hospital parking lot. Vendors include Ber-Gust Farms, Pahl’s Produce, Bontragers Amish Family, Millers Amish Family, Gingerich Amish Family and Krish’s Farm. Ber-Gust Farms distributes newsletters that features a healthy recipe. In Fiscal Year 2015, at least 300 Hardin County residents came to the farmers market. Two Amish families (Millers Farms and Gingerich Farms) participated as vendors. Farmers markets held in the Hardin Memorial parking lot help local residents, patients and visitors have ready access to fresh produce.

E. Continue the Kilometer Kids Running Club

Kilometer Kids enables children and families to be aware of the importance of being physically active and participating in community activities. The Kilometer Kids lets children congregate at Hardin Central Elementary School and participate in the running events for about two hours after school. During Fiscal Year 2014, 85 school-aged children and three adults participated in Kilometer Kids Running Club. OhioHealth Hardin Memorial Hospital distributed medals to recognize children's determination to finish the race.

F. Continue funding and organizing the F.A.M.E. (Fun Activity Motivates Everyone) event

Activities featured in F.A.M.E. focus on promoting health and wellness among children and their families. Interactive activities were provided to help children learn about healthy lifestyles. Children and their families leave the event with information on promoting or maintaining good physical, nutritional and mental health. Examples of activities include soccer skills, obstacle courses, making healthy ice cream, distribution of "Kids in the Kitchen" cookbooks, vision screenings, safety and several, fun-filled physical activities. Each family was given a healthy recipe book. OhioHealth Hardin Memorial Hospital community partners are BKP Ambulance, First Methodist Preschool, Hardin County Child Support, Hardin County Sheriff's Office, Hardin Soil and Water Conservation District, Healthy Lifestyles Coalition, Help Me Grow, Kenton Hardin Health Department, Kenton Kiwanis, Kenton Vision Care, Partnership for Violence-Free families, Rhodes State College, United Way of Hardin County, Ohio Northern University, Hardin County Family YMCA and Keep Hardin County Beautiful.

- + **Number of children and families who attended various F.A.M.E. events** — 421 persons in FY14 and 324 persons in FY15
- + **Number of children and families who received at least one face-to-face health education about physical activity from a healthcare professional at OhioHealth Hardin Memorial Hospital** — 200 persons in FY14 and 126 persons in FY15

G. Hardin Hustle 5K Walk/Run

The Hardin Hustle 5K Walk/Run held in Fiscal Years 2014 and 2015 — sponsored by OhioHealth Hardin Memorial Hospital — provided opportunities for physical activity and a sense of community for Hardin County residents of all ages. The Hardin Hustle 5K Walk/Run also featured "Kids Fun Run." The activity provided social support for community members who were interested in becoming physically active and contributed towards a community donation to a local organization. This event promotes healthy bodies, minds and spirits as well as a collective motivation to exercise and improve socialization. A total of 102 residents participated in FY14 while 120 residents participated in FY15. Monies raised during the Fiscal Year 2014 event were donated to Hardin County Upward Basketball Program. Monies raised during the 2015 Hardin Hustle 5K Walk/Run were donated to Healthy Lifestyles Coalition's Healthy Lunchbox Program.

Resources available to address the health need

Examples of community organizations who are involved with providing preventive health education to Hardin County residents: (a) BKP Ambulance, (b) Community Health Professionals of Ada, (c) Hardin County Family YMCA, (d) Kenton Community Health Center, (e) Kenton-Hardin Health Department, (f) Kenton Vision Care, (g) Hardin County Sheriff's Department, (h) Area Agency on Aging 3, (i) Hardin County Council on Aging, (j) Hardin County Hospice, Kenton Nursing and Rehabilitation, (k) The Ohio State University Extension (OSUE) Family Nutrition Program, (l) Sanofi-Aventis Pharmaceuticals, (m) Kenton City Schools, (n) Advanced Dental Care, (o) American Red Cross, (p) Area Agency on Aging 3, (q) Kenton Dental Care, (r) Kenton Nursing and Rehabilitation, (s) Kenton Vision Care, (t) LAHEC, (u) Lifeline of Ohio, (v) United Way of Hardin County and (w) Not By Choice.

Need #2: Lack of strategies and tools to manage and reconcile medications among people with chronic conditions or those in poor health

A. Host the “Brown Bag and Medication Safety” series twice a year

During the “Brown Bag and Medication Safety” series, students and faculty members from the Ohio Northern University College of Pharmacy consulted with individuals from Hardin County regarding medication management. ONU representatives reviewed the medications attendees were taking, discussed any side effects and addressed potential interactions with over-the-counter drugs or herbs and supplements. During Fiscal Year 2014, four participants attended the “Brown Bag and Medication Safety” series. During Fiscal Year 2015, 10 participants attended the “Brown Bag and Medication Safety” series. The participants interacted with the Ohio Northern University pharmacy students and faculty members and verbalized that they will follow up with their primary care physician to learn more about their medication regimens.

B. Continue co-hosting the Medication Disposal Day

During Fiscal Year 2014, two Medication Disposal Day events were held during the fall and spring seasons. OhioHealth Hardin Memorial Hospital collaborators for the Medication Disposal Day included Hardin County Sheriff’s Office, North Central Ohio Solid Waste District and Ohio Northern University. Persons were given educational materials that focused on “Proper Disposal of Prescription Drugs.” Persons who dropped off their medications were appreciative of the program and are aware of the dangers of keeping unused medications in their homes.

- + **Weight of medications collected** — 168 pounds in FY14 and 147 pounds in FY15
- + **Total persons who dropped off unused or expired medications** — 236 persons in FY14 and 148 persons in FY15
- + **Number of persons who had a one-on-one consultation with Ohio Northern University pharmacy students about medication safety** — 75 persons in FY14; Ohio Northern University students were not present during the Fiscal Year 2015 Medication Disposal Day event.

Resources available to address the health need

Examples of community organizations in Hardin County that have programs or projects that address medication reconciliation and safety include (a) Ohio Northern University College of Pharmacy, (b) Hardin County Sheriff’s Office, (c) North Central Ohio Solid Waste District and (d) Hardin County Council on Aging.

Need #3: Lack of programs to help patients with chronic diseases navigate, coordinate and access healthcare services

A. Referral, linkage and follow-up of patients to community-based programs

All patients reached verbalized receptivity and interest to continue linking and following through with the community organization to assist them with their chronic illness. Majority of referrals were made to (a) home health agencies, such as Universal Home Health, OhioHealth Home Care and Ada Visiting Nurses Association (for patients to regain independence); (b) Hancock, Hardin, Wyandot and Putnam Community Action Commission (HHWP CAC) for assistance with prescriptions; (c) Area Agency on Aging 3 for access to Pre-Admission Screening System Providing Options and Resources Today (PASSPORT), to enable patients 60 years of age and older to receive long-term, personal care at home; and (d) Hardin County Council on Aging for transportation assistance.

- + Number of persons who have at least one chronic disease diagnosis and received assistance from the OhioHealth Hardin Memorial Hospital social work team in navigating, coordinating and accessing healthcare services through the referral, linkage and follow-up program — 83 patients in FY14 and 103 patients in FY15.
- + Number of patients who were contacted 48 to 72 hours after referral — 28 patients in FY15.
- + Number of persons who reported positive feedback about the referral process — 27 patients in FY14 and 58 patients in FY15.
- + Number of persons successfully contacted at six months after referral — five patients in FY14 and 12 patients in FY15.

B. Continue hosting the Diabetes Support Group

OhioHealth Hardin Memorial Hospital distributes fliers regarding the Diabetes Support Group in doctor's offices, on the Ohio Northern University campus, at CVS, K-Mart, Rite Aid and Kroger, and in other community gathering places throughout Hardin County to increase participation. Topics discussed during the Diabetes Support Groups include: (a) barriers and adherence to patient-specific, self-management plan, (b) diabetes care during natural disasters, emergencies and hazards, (c) use of aerobic and strengthening exercises for controlling blood glucose levels, (d) risks for coronary artery disease, heart failure and diabetic cardiomyopathy, (e) practical uses of carbohydrate counting, (f) understanding diabetes, healthy eating and the importance of physical activity, (g) medication adherence and compliance, and (h) reducing risk factors and complications. Examples of education materials distributed to support group attendees include diabetes self-management brochures, Medic Alert, handouts on motivation, use-of-pedometer instructions, recipe cards, diabetes magazines, diabetes cooking, 21 tips for dining out, calorie counting, understanding food labels and meal planning. The impacts of the Diabetes Support Group are as follows:

- + **Number of patients, families, friends or community residents who participated in the Diabetes Support Group** — 104 persons in FY14 and 75 persons in FY15.
- + **Number of patients, families, friends or community residents who had a one-on-one consultation with the certified diabetes educator** — 13 persons in FY14 and 11 persons in FY15.

Resources available to address the need

Examples of organizations in Hardin County that help patients navigate, coordinate and access healthcare services include home health agencies, Area Agency on Aging, Hardin County Council on Aging and HHWP CAC. The Ohio State University Extension's Family Nutrition Programs and Hardin County Family YMCA have excellent services that address healthy nutrition and physical activity.

Need #4: Low participation rate and poor service coordination related to immunizations, vaccinations and health screenings for cholesterol, breast, cervical and colorectal cancer

A. Continue hosting "Heart Smart Day" at the OhioHealth Hardin Memorial Hospital Cardiology Specialty Clinic

Through "Heart Smart Day," Hardin County residents had access to health screenings such as blood pressure, blood sugar and blood cholesterol, and had opportunities to meet with a multidisciplinary healthcare team to learn about wellness and disease prevention.

- + **Number of persons who came to the "Heart Smart Day" event** — 48 persons in FY14 and 52 persons in FY15.
- + **Number of persons who took advantage of at least one screening offered during the "Heart Smart Day" event** — 45 persons in FY14 and 48 persons in FY15.
- + **Number of persons who had an abnormal blood pressure reading** — 36 persons in FY14 and 39 persons in FY15.
- + **Number of persons who had an abnormal cholesterol screening** — 21 persons in FY14 and 23 persons in FY15.
- + **Number of persons who had abnormal blood sugar screening** — 10 persons in FY14 and 12 persons in FY15.

B. Continue hosting “Health Screening Days” led by OhioHealth Hardin Memorial Hospital community physicians

Participation of community physicians in health screening events has been shown to engage and motivate patients to adopt healthy lifestyle choices.

- + **Number of persons who came to the “Health Screening Days” event** — 62 persons in FY14 and 24 persons in FY15.
- + **Number of persons who took advantage of at least one screening offered during the “Health Screening Days” event** — 62 persons in FY14 and 24 persons in FY15.
- + **Number of persons who consulted with a physician or any available healthcare provider during the “Health Screening Days” event on at least one health topic** — 62 persons in FY14 and 24 persons in FY15.
- + **Number of persons who had abnormal blood pressure reading** — 37 persons in FY14 and 17 persons in FY15.
- + **Number of persons who were referred to their primary care physician or to a community organization due to at least one abnormal health screening result** — one person in FY14 and 17 persons in FY15.

Resources available to address the need

Examples of community agencies that address participation and coordination of immunizations and health screenings include (a) Kenton Hardin Health Department, (b) Area Agency on Aging 3 and (c) Hardin County Council on Aging.

Need #5: Prevention of falls and fractures among the elderly

A. Host community presentations and forums on fall and fracture prevention

During Fiscal Years 2014 and 2015, OhioHealth Hardin Memorial Hospital collaborated with OhioHealth John J. Gerlach Center for Senior Health at Riverside Methodist Hospital in Columbus, Ohio to conduct a seminar related to fall and fracture prevention among the elderly on October 19, 2015; at least 50 persons attended the seminar. The seminar focused on the following topics: (a) fall risks and (b) intrinsic, extrinsic and mediating factors in fall prevention. Examples of evidence-based materials used were “A Matter of Balance” (36, 37), “Stepping On” (36, 37), and “Steady U Ohio Confronting Ohio’s Epidemic of Falls Among Older Adults (61, 62).”

During Fiscal Years 2014 and 2015, OhioHealth Hardin Memorial Hospital nurses provided one-on-one consultation on fall prevention in the home and in the community during the Community Health Fair and in outreach events at the Senior Center. During these events, education on fall and fracture prevention was provided to 25 persons.

Resources available to address the need

The Area Agency on Aging 3 and Hardin County Council on Aging address fall and fracture prevention among the elderly. “A Matter of Balance” — a community program that enables residents to participate in group discussions and activities to improve problem solving, train in exercise and balance skills, improve activity and manage fear of falling — is offered in Area Agency on Aging 3, Goodwill Easter Seals Miami Valley, Heartland of Marysville and Mercy St. Vincent Medical Center (61, 62).

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