

Community Health Improvement Plan

INTEGRIS Grove Hospital

Community Health Improvement Plan Report FY 2016



INTEGRIS

Grove Hospital

Plan Overview

INTEGRIS' Community Health Improvement Plan (CHIP) was developed from results of a health needs assessment from each facility's community. Using a community-driven strategic planning tool for improving community health called Mobilizing for Action through Planning and Partnerships (MAPP), we collaborated with community partners. MAPP can improve the effectiveness and performance of local public health systems. INTEGRIS' mission *to improve the health of the people and the communities we serve* aligned strategically with the plan's goals and objectives. The priority health issues for the three year cycle were heart disease, obesity and mental health. The target was the underserved and minority populations in our service areas.

Goals were based on the public health data health according to adults who are obese, the number of "poor" mental health days per month, and the heart disease age-adjusted death rate. The table below shows Oklahoma's rates of heart disease, mental health and obesity according to the latest substantiated data available. Though we have a three to four year lag time in public health data, state data allows for broader and longer term consistency. The issues with the lag in time generally mean the programs we do now do not show up in the data for about three to four years. However, the action steps in the facility's plans were completed one hundred percent. Success was measured using individual programs goals, completed action steps, and using output numbers based on number of attendees and events.

The table below shows how the public health data has slightly improved in the priority issues we addressed in the plan.

Oklahoma Public Health Data

Priority Health Issue	1 st year of CHIP (2014) not final data	2 nd year of CHIP (2015) not final data	3rd year of CHIP (2016) not final data	Outcome (as of 2015)
Heart Disease death rate (per 100,000 peo-	242.1 deaths (2007) final	235.2 deaths (2010) final	To decrease or main- tain the rate	-6.9 deaths
Mental Health (number of Poor mental health days in the last 30 days)	4.5 days (2011)	4.2 days (2012)	To decrease or main- tain the rate	-0.3 days
Obesity rate (adults)	31.1% (2011)	32.2% (2012)	To decrease or main- tain the rate	+1.1%

INTEGRIS Grove Hospital had their own action steps tailored to fit the available resources and cultural needs of their specific community. System wide strategies were developed for uniformity and for improved data collection. The framework for developing the action steps were based on prevention, education and collaboration. It is important to remember, this was a community-driven health improvement plan.

INTEGRIS' efforts are only a piece of the overall evaluation on a community health improvement plan. The collaborations with local coalitions including other non-profits, public health and other stakeholders are the key to a unified force in creating a culture of health in Oklahoma.

Due to the lag time in public health data, we began programs that could be evaluated through pre and post testing. In year three, staff were trained in evidence based programs giving the department a wider scale, more uniform system to be able to collect more appropriate outcome measures. System wide evidence based programs will make data collection real time and more accurate to our specific programs. The table below represents Canadian County's public health data for the 3 year cycle showing substantiated data.

County	Year 1	Year 2	Year 3
Delaware-Grove	2008-2010	2010-11	2012-13
Heart Disease-deaths	176.2	263.6	234.9
Mental Health-days	24.1%	22.6%	-
Obesity	34.3%	32.1%	33.2%

*Heart Disease-Number of deaths per 100,000 people

*Obesity-Adults over 18 years of age, BRFSS, 2012 rates

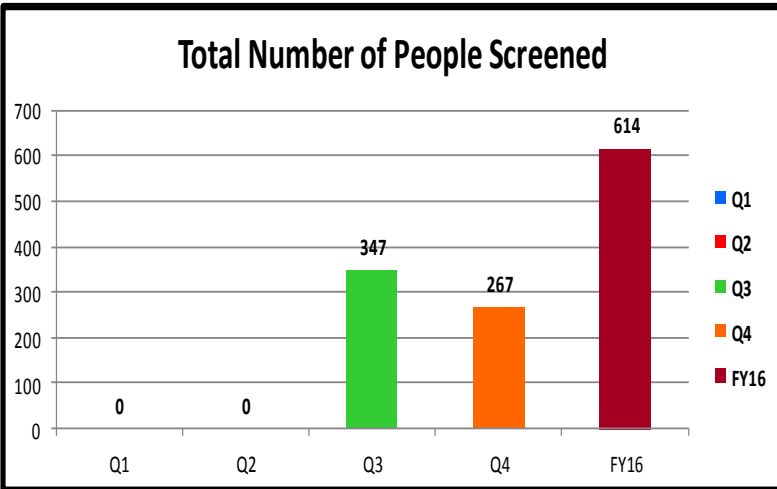
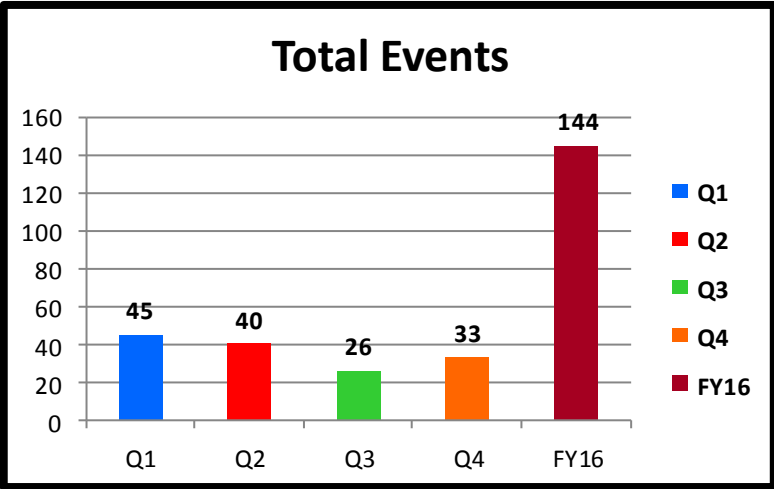
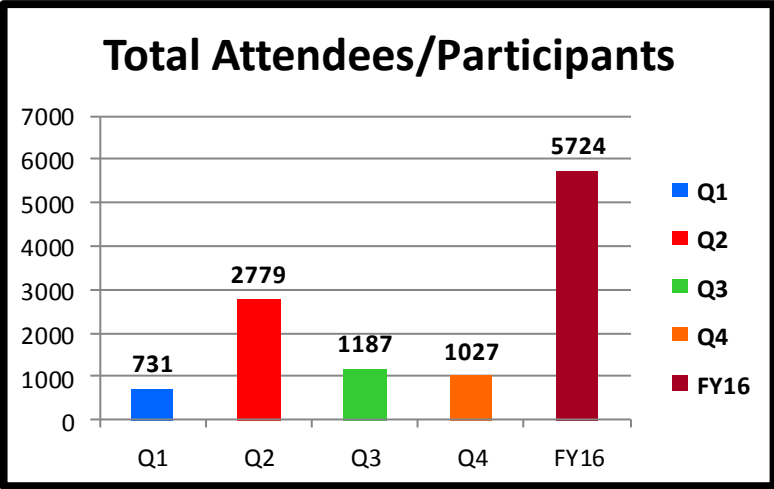
*Mental Health-percent of population who reported 4 or more poor mental health days per month, BRFSS, 2012

*2014 State of the State's Health Report, Oklahoma State Department of Health

COMMUNITY IMPACT

The decrease in total attendees for FY 16 is a result of implementing more programs as opposed to large events and health fairs. Therefore, while that number has decreased compared to FY 15, we are implementing more higher quality, evidence-based programs with specific measurable outcomes, such as Tools for Living with Chronic Conditions, Diabetes Education Empowerment Program and Changing Your Weights. Efforts are also being focused on collaboration with community partners to create positive health-related change at the environmental level by working on initiatives such as school and community gardens, farmers markets and policy development.

Total impact numbers are reported below and broken down into quarters. Examples of some highlighted programs are also attached.



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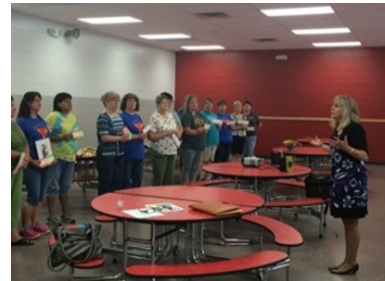
School Chef Workshop
 INTEGRIS Community Wellness
 Prevention/Education/Collaboration

In partnership with the Delaware and Ottawa County community coalitions and Cherokee Nation, INTEGRIS sponsored a training workshop for the school food service workers from all Delaware and Ottawa County schools. The training provided opportunities for the participants to learn about child nutrition and gain new knowledge and skills related to food service preparation and cooking. Participants also received interactive demonstrations from local chefs. The workshop satisfied new regulations regarding required continuing education for school personnel.

Long term goal: To decrease complications from diabetes, heart disease, obesity and other chronic conditions.

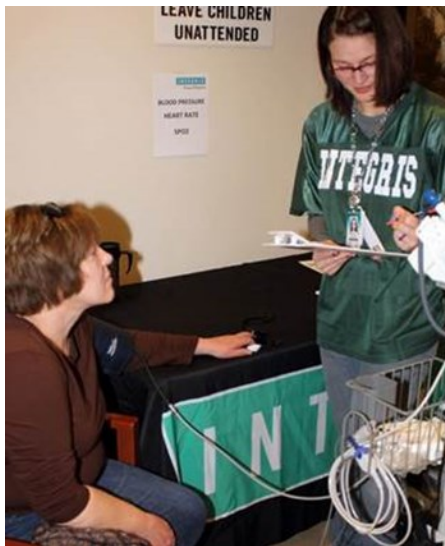
Short term goal: At least 90% of participants will “agree or strongly agree” that the workshop was helpful and they will be able to apply the skills learned.

Date	8/6/15
# of Participants	77
# of Evaluations	77
ZIP Code	74339, 74331, 74343, 74354, 74363, 74338, 74344, 74346, 74347, 74358, 74342, 74370, 74366
% of Participants who agreed the training was helpful	90%
% of Participants who will be able to apply the skills that were learned	89%
% of Participants who agreed the materials distributed were pertinent and useful	96%
% of Participants who agreed the presenters were knowledgeable about their subject matter	100%



SOUPER BOWL Saturday

2016 INTEGRIS Grove Souper Bowl Saturday provided an opportunity for community members to visit the INTEGRIS Grove Hospital campus, talk with physicians and staff, and learn about new equipment and services being offered. Free health screenings such as blood pressure, cholesterol, glucose and EKGs were available. The event featured health education and service information. Entertainment was provided by the Grove High School Jazz Band, a local ventriloquist, a magician and a demonstration by Cheers!, a cheerleading & gymnastics group. Attendees could also support the INTEGRIS Grove Hospital Auxiliary by purchasing a \$5 lunch including soup, dessert and a drink. Over 300 people attended the event. Multiple health screenings were performed including 71 EKG's, 63 bone density checks, 60 eye screenings, and 90 cholesterol and glucose screenings.



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Annual CHIP Report FY 2016