



- Heart Disease
- Mental Health
- Obesity

INTEGRIS
Grove Hospital

Community Health

Improvement Plan 2014

INTEGRIS Grove Hospital
Grove, Oklahoma

1001 E. 18th St. • Grove, OK 74344 • 918-786-2243

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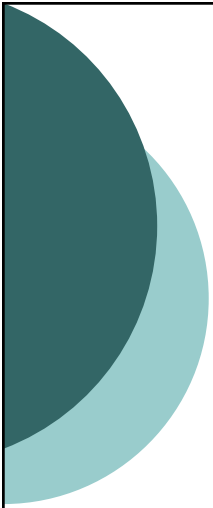
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Community Health Needs Assessment

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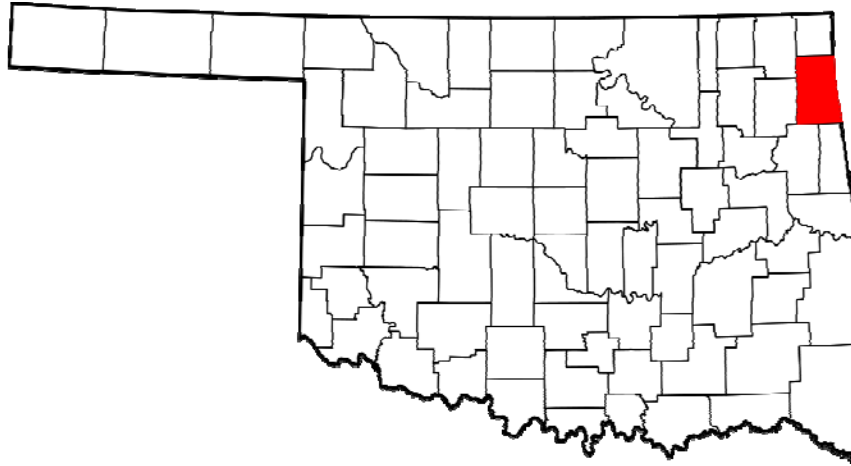
Community Partners

Participating in the Health Needs Assessment and the Health Implementation Plan

Contributions to this plan were made by members of the Delaware County Community Partnership and other community partners, including the following:

- Abundant Blessings Center
- Cherokee Nation—Sam Hider Health Clinic
- Christian Help Center
- Christian Medical Clinic
- Delaware County Associate District Judge
- Delaware County Bridges of Hope
- Delaware County Faith-based Community
- Delaware County Health Department
- Grand Lake Mental Health Center
- Grove Community Anti-drug Network
- Grove Public Schools
- INTEGRIS Grove Hospital
- Jay Community Anti-drug Network
- Northeast Oklahoma Community Action Agency
- Northeast Technology Center
- Office of Juvenile Affairs
- Oklahoma Commission on Children and Youth
- Oklahoma Health Care Authority
- Oklahoma State University Extension—Delaware County
- Oklahoma State Department of Health, Turning Point
- ROCMND Youth Services
- SoonerSUCCESS
- Tri-County Wraparound

Community Description



Delaware County is located in northeastern Oklahoma and is bordered on the east by both Missouri and Arkansas. Created at statehood in 1907, the county is named after an area settlement by the Delaware Tribe. While Jay is the county seat of government, Grove is the largest city within Delaware County. The county is comprised of 25 cities, towns and census-designated places, seven of which are incorporated.^[1]

Farming and agriculture were the economic drivers of Delaware County's economy until dams were built in and around the county between 1924 and 1952, creating three lakes: Lake Spavinaw, Grand Lake O' the Cherokees and Lake Eucha.^[1] These lakes have contributed greatly to the county through tourism and retirement dollars. Manufacturing, educational services, health care and retail trade are other significant industries within Delaware County.^[3]

At the time of the 2010 U.S. Census, the population of Delaware County was 47,487. According to Census estimates, 22.2% of the population is younger than 18 years of age and 21.3% is age 65 and older. Delaware County's ethnic diversity is made up of 68.0% White, 22.6% American Indian and Alaskan Native, 3.3% Hispanic or Latino origin, 1.2% Asian, 0.4% Black, and 0.1% Native Hawaiian and Pacific Islander. Persons reporting two or more races constituted 7.7% of the population.^[2]

Within this population, 2.2% of individuals were foreign-born, and 4.5% spoke a language other than English at home. Regarding individuals age 25+, 82.8% graduated from high school and 14.9% earned a bachelor's degree or higher. There were 4,411 veterans living in the county.^[2]

From 2007 to 2011, the homeownership rate in Delaware County was 77.2% with households numbering 16,070. There were 2.54 persons per household, and 85.5% of persons lived in the same house for one year or longer. The median value of owner-occupied housing units was \$96,800, and median household income was \$35,552. Persons living below poverty was 20.7%.^[2]

The county is mostly rural occupying 738.18 square miles, and as of 2010, there were an estimated 56.2 persons per square mile.^[2]



Community Description

Regarding access to health care services, Delaware County has a free community clinic available to residents including those from surrounding communities, and a strong tribal health network. Some tribal-sponsored programs are available to non-Native Americans, as well. Currently, no inpatient facilities exist within the county for mental health or substance abuse treatment.

INTEGRIS Grove Hospital, the sole hospital within the county, is a not-for-profit that serves residents in northeast Oklahoma as well as those of southwest Missouri and northwest Arkansas. Since its founding in 1963, INTEGRIS Grove has served the community with the highest standards of health care.

With the opening of a new \$56 million state-of-the-art facility in 2010, new advances in the delivery of patient care were brought to Delaware County. The new hospital is licensed for 58 private patient rooms and includes a medical surgical unit, emergency department, critical care unit, women's health center and surgery department. A full spectrum of ancillary services is also offered including radiology, respiratory therapy, home health, home medical equipment, physical therapy and a cardiac catheterization lab. Fully accredited by the Joint Commission, INTEGRIS Grove Hospital is one of the largest employers in Delaware County, employing nearly 400 and offering service opportunities for a compassionate force of numerous volunteers.

Our Vision: Most Trusted Name in Health Care.

Our Values: Love, Learn and Lead.

Our Mission: To improve the health of the people and communities we serve.



^[1] Stauber, R. *Oklahoma Historical Society's Encyclopedia of Oklahoma History and Culture*. "Delaware County." Retrieved March 18, 2013.

^[2] State & County Quick Facts. United States Census Bureau. "Delaware County, Oklahoma." Retrieved March 18, 2013.

^[3] American Fact Finder. United States Census Bureau. "Delaware County, Oklahoma." Retrieved March 18, 2013.



Methodology

The Delaware County Community Partnership was established in 1994 by a group of citizens committed to working together to reduce risk factors, improve quality of life and create opportunities for healthy development. Years later, the coalition has continued to grow, with multiple agencies and community stakeholders attending regular monthly meetings to identify and address the needs of Delaware County residents. The coalition partnered with INTEGRIS Health beginning in June of 2012 to assist with the development and administration of the Community Health Needs Assessment and the health improvement plan.

Information for the community needs assessment was gathered using multiple tools. Data collection included focus groups, community health surveys and existing local agency partner data, along with the State of the State Health Reports and Community County Profiles. County data was compared to other similar county data, state and national data; trends and targets were identified, as well. INTEGRIS Health's Healthy Communities Assessment website was utilized during the process. Designed to help measure community health, the information system can be used to promote transparency, best practice sharing, collaboration and civic engagement. This data collection tool was designed by Healthy Communities Institute and makes sharing data with the community quite easy. A link to the community assessment is available at <http://integrisok.com/grove-hospital-grove-ok>.

After compiling and analyzing the community surveys and focus groups, as well as the data from the additional aforementioned sources, the community partners were convened to share and prioritize results. The available data determined the following to be the top 10 priority issues for Delaware County: **Diabetes, Heart Disease, Infant Birth Weight, Obesity, Mental Health (Poor Mental Health Days and Suicide), Poor Physical Health Days, Sedentary Activity, Teen Birth Rate, Tobacco Use and Unintentional Injuries.** Actual and perceived needs within Delaware County were discussed and the group initially selected teen pregnancy prevention, physical activity, mental health and tobacco use as potential focus areas for the plan.

The needs assessments and proposed plans from each INTEGRIS Health facility were brought together in a series of meetings of the Community Benefit team, during which it was discovered that three health indicators—Heart Disease, Mental Health and Obesity—were significant issues in all of the service areas. The team suggested adopting these three focus areas for each facility would allow for a systemwide effort to more effectively combat these issues, as essential components such as resources, personnel, best practices, programs and evaluation methods could be shared among facilities. This would help ensure the implementation of consistent strategies and action steps throughout the INTEGRIS Health service areas.

When approached with this suggestion, the Delaware County coalition expressed its approval. As related factors were discussed, the committee acknowledged that because tobacco use is a risk factor for heart disease and sedentary activity a risk factor for obesity, that action steps related to cessation efforts could be included in those respective sections of the plan. In addition, because other programs and assets currently exist within the



Methodology

community to address teen pregnancy prevention, the coalition agreed to take the lead in this issue with committed support from INTEGRIS Grove Hospital and INTEGRIS Health.

After considering factors, such as the community assessment, assets and resources, barriers, stakeholder input and significant data, the coalition prioritized and selected the top three focus areas for this plan: **Heart Disease, Mental Health and Obesity.**

Determining Community Health Priorities

The top health priorities were prioritized based on data, community input, gaps in care and where the hospital could make the most impact. With each INTEGRIS Health facility focusing on the same top three health issues, a broader, statewide approach to implementation will be accomplished.





Prioritized Needs

The top health indicators for each INTEGRIS Health facility were determined using available data and community input. The coalition considered death rates, increasing trends and feedback from the community needs assessment to identify a list of top 10 issues in Delaware County. Once those top ten issues were selected, the coalition considered available resources and assets, gaps and barriers, and came to a consensus on four issues that, if improved, were believed would have the greatest impact on the overall health of its communities. Taking all data and input into consideration, and recognizing similar data and trends across each service area, the INTEGRIS Health team honed the list to three—Heart Disease, Mental Health and Obesity—to increase the ability of INTEGRIS Health to create change through unified efforts.

Target populations: High Risk, Minorities and Un/Underinsured

- 1. Heart Disease:** Nationally, coronary heart disease makes up the majority of heart disease deaths. In 2006, 425,425 Americans died of coronary heart disease. Heart disease is also very costly economically with projected costs in 2010 of \$316 billion on health care services, medications and lost productivity. The age-adjusted death rate due to coronary heart disease in Delaware County is 195.1/100,000, with the rate being higher among males (216.6) than females (169.5). In the community surveys, 61.7% of applicable respondents reported that they or someone in their household had high blood pressure, a significant risk factor for heart disease. Data revealed that other risk factors such as diabetes, sedentary behavior and tobacco use are also high in Delaware County. Considering these factors, in addition to the county rate being substantially higher than the Healthy People 2020 target of 100.8/100,000, heart disease was chosen as the top health issue.
- 2. Mental Health:** Available data and community input from surveys and focus groups identified a clear need for mental health services. In Delaware County, adults reported that in the past 30 days, an average of 4.4 of those days were spent in a state of poor mental health. Of the individuals responding to the related community survey questions, 25.5% reported that they or a member of their household were affected by stress or depression and 98% reported taking prescription medications for a behavioral health issue. Depression (74.8%) and substance abuse (77.2%) ranked as the two most commonly selected behavioral health concerns on the survey. In addition, the age-adjusted death rate due to suicide (positively correlated to poor mental health days) is 17.4/100,000, well above the Healthy People 2020 target of 10.2/100,000. In 2007, suicide was the eleventh leading cause of death in the United States, making it a major, preventable public health issue. There are currently no inpatient treatment facilities within Delaware County for either mental health or substance abuse issues, and the need for outpatient services is extremely high, especially for un/underinsured adults. A lack of mental health specialists and local services available for mental health emergencies, as well as providers' hesitation to write psychotropic prescriptions, exacerbates the issue.



Prioritized Needs

- 3. Obesity:** The percentage of obese adults is an indicator of the overall health and lifestyle of a community. Complications from being obese include such issues as, heart disease, diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems and osteoarthritis. Being obese also contributes to significant economic burden due to increased health care spending and lost productivity. According to those responding to related survey questions, 28.2% reported that they or a member of their family were obese, 92.2% said that obesity in adults is a problem within the county, and 83.0% indicated that childhood obesity is a concern. Though the obesity rate of 31% is within the top 50th percentile of Oklahoma counties, a poverty level of 20.7%, the grocery store density (0.07 stores per 1,000 population) and a high rate of sedentary adults (36.5%) caused obesity to be atop the committee's list of health issues affecting their county.
- 4. Sedentary Behavior:** The coalition was adamant about specifically addressing physical inactivity, believing that working to improve this one indicator could result in significant impacts on heart disease, diabetes, obesity and mental health issues. Within Delaware County 36.5% of adults are sedentary, which puts the county in the bottom quartile as compared to other counties within the state, and below the Healthy People 2020 goal of 32.6%. Of respondents answering the related survey question, 48.9% said that lack of exercise was one of the five most important health risks in their community. Upon discussing the data and related impact of obesity, however, the coalition broadened their scope to include working to improve sedentary behavior in the overall goal of decreasing/maintaining the obesity rate.
- 5. Tobacco Use:** At last report, more than a quarter of Delaware County adults smoke (25.1%), which is more than double the 12% Healthy People 2020 target. Data and community input indicated that this is a significant health issue within the county. Tobacco is the agent most responsible for avoidable illness and death in America today, bringing premature death to almost half a million Americans each year. Areas with a high smoking prevalence will also have greater exposure to second-hand smoke for non-smokers, which can cause or exacerbate a wide range of health effects. Of respondents to related questions on the community survey, 78.7% said that tobacco use among adults was a problem in Delaware County, and 89.5% believe that second-hand smoke is harmful to health. As such, it was important to the coalition that this issue be addressed. However, the group agreed that as tobacco use is a risk factor for heart disease, related action steps to address cessation efforts could be included in the overall goal to decrease/maintain age-adjusted death rates due to coronary heart disease. In addition, a strong presence exists within Oklahoma by the TSET (Tobacco Settlement Endowment Trust) Coalition. Statewide cessation efforts are in place through a hotline referral system. Calls to the Quitline are steady at an average of more than 30 calls per month from the county in 2012. Although tobacco use is an important issue, the hospital will support existing efforts and continue to refer the community and all admissions that use tobacco to the Quitline.



Prioritized Needs

- 6. Teen Birth Rate:** Teen births are of concern for the health outcomes of both the mother and child. Pregnancy and delivery can be harmful to teenagers' health, as well as social and educational development. Babies born to teen mothers are more likely to be born pre-term and/or low birth-weight. The most current data shows that the county's teen birth rate is 77.2 live births/1,000 females aged 15-19, ranking in the 25th to 50th percentile of other Oklahoma counties, with an increasing trend. This indicator was of high importance to the coalition and to the community at large, as suggested by responses given in focus groups and on the assessment surveys. Of those responding to the related questions, 47.1% said that teen pregnancy was one of the top five most important health risks in the community. Resources and programs are available within the county through coalition partners and other agencies, which are working to address teen pregnancy prevention. Also of note is the large disparity between the teen birth rate of American Indians (115.3) and Whites (57.2). The coalition is currently working to partner with local tribes to target the Native American population. INTEGRIS Grove Hospital and INTEGRIS Health have offered support to assist the coalition, with strong community partners taking the lead, in their continued efforts to combat this issue through education and awareness to positively impact responsible sexual behavior among teens.
- 7. Diabetes:** In 2007, diabetes was the seventh leading cause of death in the United States. In 2010, an estimated 25.8 million people or 8.3% of the population had diabetes. Diabetes disproportionately affects minorities and the elderly and its incidence is likely to increase as the minority populations grow and the U.S. becomes older. Diabetes can have harmful effects on most of the organ systems within the human body; it is a frequent cause of end-stage renal disease, non-traumatic lower extremity amputation, and a leading cause of blindness among working age adults. Persons with diabetes are also at increased risk of ischemic heart disease, neuropathy and stroke. In economic terms, the direct medical expenditure attributable to diabetes in 2007 was estimated to be \$116 billion. In Delaware County, 13.5% of adults have been diagnosed with diabetes, which ranks in the bottom (worst) quartile of U.S. counties. Of applicable responses on the community survey, 27.1% said that they or a member of their household are diabetic. INTEGRIS Grove Hospital is currently making efforts to address this issue, and increased education and awareness regarding diabetes will occur as heart disease and obesity related strategies and action steps in this plan are implemented.
- 8. Infant Birth Weight:** Delaware County is in the bottom quartile of other Oklahoma counties for this indicator, with 9.4% of babies in the county being born with low birth weight; the trend is continuing to rise. This is significant because babies born of low birth weight are often more likely than babies of normal weight to require specialized medical care. As adult smoking, teen birth rate and maternal alcohol consumption are all positively correlated to this indicator, it was determined that INTEGRIS Grove Hospital would continue to support current efforts to impact those issues through the



Prioritized Needs

coalition and other community partners. As previously mentioned, tobacco use will be targeted through this plan's implementation of strategies and action steps to reduce heart disease. The teen birth rate is a forefront issue for the coalition, which has partners with expertise and connections championing the cause. The coalition is also working with a partnering agency to educate and create awareness about the impacts of alcohol consumption by women during pregnancy.

- 9. Poor Physical Health Days:** People's assessment of their physical health, which includes physical illness and injury, is a good measure of recent health. In Delaware County, adults reported that their physical health was not good 5.1 out of 30 days, ranking the county in the bottom quartile of the U.S. Strategies and action steps that will be implemented through this plan to address mental health, heart disease (including tobacco cessation) and obesity (including improving knowledge and behaviors related to physical activity and nutrition) could also result in a positive change in the poor physical health days indicator.
- 10. Unintentional Injuries:** Unintentional injuries are a leading cause of death for Americans of all ages, regardless of gender, race or economic status. In 2007, unintentional injuries were the fifth leading cause of death in the U.S., resulting in 123,706 deaths that year alone. Major categories of unintentional injuries include motor vehicle collisions, poisonings and falls. In Delaware County, the age-adjusted death rate due to unintentional injuries is 68.2/100,000, more than double the Healthy People 2020 target of 36.0/100,000. Community partners such as the Oklahoma Highway Patrol, local law enforcement and the Oklahoma Poison Control Center are working to reduce unintentional injuries and related deaths within the county, and these efforts will continue to be supported by INTEGRIS Grove Hospital.



Assessment Summary

*Priorities addressed in the Implementation Plan are in RED

<u>Leading Health Issues</u>	<u>Measure</u>
Age-Adjusted Death Rate due to Coronary Heart Disease	195.1/100,000 (2008-2010)
Poor Mental Health Days	4.4 days (2005-2011)
Age-Adjusted Death Rate due to Suicide	17.4/100,000 (2008-2010)
Obesity	31% (2009)
Adults who are Sedentary	36.5% (2009)

Source: Healthy Communities Institute. (2013). INTEGRIS Grove Hospital, Delaware County [Data file].

Retrieved from <http://integrisok.com/healthy-communities/grove-hospital>


Assessment Summary

*Priorities addressed in the Implementation Plan are in RED

<u>Leading Health Issues</u>	<u>Measure</u>
Adults Who Smoke	25.1% (5005-2011)
Teen Birth Rate	77.2 Live Births/1,000 Females Aged 15-19 (2008)
Adults with Diabetes	13.5% (2009)
Babies with Low Birth Weight	9.4% (2008)
Poor Physical Health Days	4.7 days (2005-2011)
Age-Adjusted Death Rate due to Unintentional Injuries	68.2/100,000 (2008-2010)

Source: Healthy Communities Institute. (2013). INTEGRIS Grove Hospital, Delaware County [Data file].

Retrieved from <http://integrisok.com/healthy-communities/grove-hospital>



Implementation Plan 2014

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Plan Introduction

INTEGRIS Grove Hospital has developed a community health implementation plan designed to address Heart Disease, Obesity and Mental Health. These issues were chosen based on community health data and identifiable gaps in available care/services. It was also determined that emphasis on these three issues would ultimately have the greatest impact on the community's overall health.

The objective of the implementation plan is to measurably improve the health of the citizens of the community. The plan's target population includes the community as a whole and specific population segments including minorities and other underserved demographics.

The implementation plan includes components of education, prevention, disease management and treatment, and features collaboration with other agencies, services and care providers. It will be facilitated by the hospital, through the Department of Community Wellness with assistance from key staff members in various departments.

Target: The underserved and minorities

Responsible for Action Plan: Community Wellness and other hospital staff



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Issue: Heart Disease

Goal: To prevent heart disease and to improve outcomes and quality of life for adults with coronary heart disease by **decreasing/maintaining the Age Adjusted Death Rate due to coronary heart disease in Delaware County by FY 2016.**

Strategies: Prevention, Early Detection, Education and Collaboration

1. Collaborate with community partners to provide health resources and services targeting heart disease prevention.

Action Steps

- *Sponsor an annual Community Health event offering free screenings such as blood pressure, blood sugar and cholesterol. INTEGRIS and partnering agencies will offer health promotion and health education materials*
- *Support local running and/or walking events through advertising and encouraging the community to participate (A minimum of one event).*
- *Participate in partnering agencies' wellness fairs by offering health education material, promoting/providing screenings and referring to hospital's existing support groups (A minimum of two events).*
- *Participate in at least one health fair that targets minority populations, offering screenings and education on prevention and management.*
- *Provide community health education targeting high risk populations in heart disease prevention efforts such a **healthy eating habits** (smaller portions, more fruits and vegetables, leaner meats), **increasing physical activity** and **tobacco cessation**. Hospital will utilize evidence-based programs when possible (A minimum of eight nutrition/physical activity presentations and at least 50 referrals to the Oklahoma Tobacco Quitline).*
- *Promote and support evidence-based heart disease and related co-morbidities programs, services and treatment options within the hospital, the INTEGRIS Heart Hospital, INTEGRIS Health statewide and community resources.*
- *Encourage employees and their families to participate in the hospital's wellness program, offering incentives for improved health.*



Issue: Heart Disease

2. Share information about health topics regarding heart disease prevention and services.

Action Steps

- *Educate the community on heart disease programs and treatment options provided by the hospital, INTEGRIS Heart Hospital and INTEGRIS Health statewide.*
 - *Educate the community on cardiology services provided by INTEGRIS Health physicians locally and those available throughout INTEGRIS Health statewide.*
 - *Educate the community on the importance of physical activity for heart health, provide related evidence-based programs and promote exercise options within INTEGRIS and throughout the community.*
 - *Educate the community on heart disease utilizing INTEGRIS physicians, nurses, dieticians and other health professionals within the hospital and resources within the community.*
 - *Educate the community on the effects of smoking and heart disease utilizing the INTEGRIS Health Smoking Cessation program and services provided by the Oklahoma Tobacco Settlement programs.*
 - *Promote evidence-based heart healthy programs provided by INTEGRIS Health and other community resources.*
 - *Utilize INTEGRIS TeleHealth Network to connect with specialty physicians and clinical professionals, as needed.*
 - *Submit regular newspaper contributions promoting health and wellness including services promotion (A minimum of 10 articles).*
 - *Assist in the facilitation of a cardiac support group for individuals (A minimum of four group meetings).*
3. Support worksite wellness.

Action Steps

- *Encourage other agencies in the community to provide wellness programs through the Certified Healthy Programs initiatives (A minimum of one new agency, business, school, or restaurant will become Certified Healthy).*

Issue: Heart Disease

Potential Barriers

- Availability of inexpensive tobacco
- Availability of alcohol/liquor
- Cultural norms
- Grocery store density
- High incidence of diabetes
- High obesity rates
- Lack of availability of healthier nutritional options
- Poverty
- Sedentary lifestyles
- Tobacco policy (no local rights)
- Transportation

Available Community Resources/Potential Programs

- CATCH (Coordinated Approach to Child Health)
- Changing Your Weighs
- County health department
- Engaged community partners
- Farmers' markets
- Federal and county programs
- Free and private health screenings
- Free clinic
- Hospital
- Natural environment (lakes)
- Parks and walking trails
- Private and reduced cost fitness facilities
- Preventive health education programs
- Private Providers
- Tribal Health Clinic
- Tribal programs
- Walk This Way/Couch to 5K





Issue: Mental Health

Goal: To improve mental health wellness by **decreasing/maintaining the number of poor mental health days in Delaware County for FY 2016.**

Strategies: Prevention, Awareness and Collaboration

1. Increase awareness.

Action Steps

- *Promote healthy forms of stress reduction: avoiding substance use/alcohol, relaxation, physical activity, good coping skills, etc. (A minimum of three presentations, news articles and/or events).*
- *Provide mental health education and resources to the community (A minimum of two presentations or events).*
- *Promote developmental assets and bullying prevention (A minimum of two presentations/trainings regarding 40 Developmental Assets).*
- *Promote services offered within the community for all demographics (A minimum of one presentation).*
- *Submit regular newspaper contributions describing issues related to mental health such as services, community events and health education (A minimum of four articles).*
- *Facilitate a speakers bureau helping the community to locate presenters speaking on specific/desired mental and physical health topics (A minimum of four referrals).*
- *Promote mental health services and resources to providers, the community and referral sources including the suicide prevention hotline (Distribute a minimum of 100 hotline cards within high risk population).*
- *Incorporate stress reduction strategies and use of 2-1-1 service into chronic disease prevention efforts in media messages (Distribute 2-1-1 promotional cards at a minimum of one event).*
- *Encourage medical providers to screen for depression and anxiety at annual exams (A minimum of five providers).*
- *Educate the community on the importance of anger management and stress reduction, provide information on evidence-based programs*



Issue: Mental Health

and on options within INTEGRIS, INTEGRIS Mental Health and throughout the community.

- *Educate the community on options of mental health issues utilizing INTEGRIS physicians, nurses, dieticians and other health professionals within the hospital, INTEGRIS Mental Health and resources within the community.*

2. Educate and promote available mental health services.

Action Steps

- *Collaborate with partnering agencies, such as Grand Lake Mental Health Center, ROCMND (Rogers, Ottawa, Craig, Mayes, Nowata and Delaware) Youth Services and YouthCare, to promote mental health resources and services (A minimum of four meetings).*
- *Refer un-/underinsured to RX Oklahoma for free/reduced cost medications (Distribute a minimum of 100 brochures at health promotion events).*
- *Promote the online screening tool for depression and anxiety at a minimum of one wellness event.*
- *Promote evidence-based depression screening programs and treatment options provided by the hospital, INTEGRIS Mental Health and other community resources.*
- *Educate the community on suicide prevention programs and treatment options provided by the hospital, INTEGRIS Mental Health and other community resources.*
- *Utilize INTEGRIS TeleHealth Network to connect with specialty physicians and clinical professionals, as needed.*
- *Educate the community on alcohol/substance abuse and education programs provided by the hospital, INTEGRIS Mental Health, INTEGRIS physicians locally and those available throughout INTEGRIS Health statewide.*
- *Promote the free mental health screening and treatment options offered on the INTEGRIS Mental Health website, integrisOk.com/mentalhealth.*
- *Promote the free mental health podcasts available website, integrisOk.com/mentalhealth.*

Issue: Mental Health

Potential Barriers

- Access to care
- Cultural issues
- Expense of psychotropic drugs
- Lack of specialists
- Lack of support system
- Language issues
- Medical providers' hesitation to write psychotropic prescriptions
- No inpatient treatment centers
- Poverty
- Prescription drug abuse
- Self-medicating with alcohol/drugs
- Transportation

Available Community Resources/Potential Programs

- Engaged community partners
- Evidence-based bullying prevention programs
- Federal and county programs
- Free and reduced cost prescription drug programs
- Free community clinic
- Grant and state funded counseling services at free and reduced cost for children and families
- Hospital
- Private providers
- School-wide suicide prevention program (SOS Signs of Suicide)
- State supported mental health system
- Suicide prevention hotline
- Tribal Health System
- Tribal programs





Issue: Obesity

Goal: To promote good nutrition and increased physical activity, thereby improving general wellness by **decreasing/maintaining obesity rates in Delaware County by FY 2016.**

Strategies: Prevention, Education and Collaboration

1. Promote activities that encourage healthy lifestyles.

Action Steps

- *Participate in two community events that offer the following free screenings: blood pressure, blood sugar, body mass index and cholesterol*
- *Participate in at least one event that targets minority populations.*
- *Support implementation of the evidence-based program, CATCH (Coordinated Approach To Child Health) that targets improving children's nutrition and increasing their physical activity. (A 32-lesson curriculum).*
- *Provide educational information related to healthy nutrition, physical activity, obesity prevention and related available services (A minimum of three events).*
- *Partner with local agencies by supporting local runs/walks and encouraging community participation (Sponsor financially and provide educational materials and/or screenings).*
- *Promote and support evidence-based obesity and related co-morbidities programs, services and treatment options within the hospital, the INTEGRIS Bariatric program and community resources.*
- *Educate the community on obesity and diabetes programs and treatment options provided by the hospital and INTEGRIS Health statewide.*
- *Utilize INTEGRIS TeleHealth Network to connect with specialty physicians and clinical professionals, as needed.*
- *Educate the community on nutrition services and support groups provided by INTEGRIS, physicians locally and those available throughout INTEGRIS Health statewide.*

Issue: Obesity

2. Collaborate with others to promote good nutrition and physical activity.

Action Steps

- *Participate in the Delaware County Community Partnership by assisting with the coalition's strategic plans of health promotion through consultation, sponsorship, attendance and staffing at events (Attendance at a minimum of six meetings).*
- *Support development of community/school gardens and farmers' markets (A minimum of one newspaper article).*
- *Encourage schools, businesses, campuses and the community to become Certified Healthy (A minimum of one new school, agency, business, school, or restaurant will become Certified Healthy).*
- *Promote local resources that encourage and support increasing physical activity such as parks, trails, schools, and fitness facilities (A minimum of one newspaper article).*
- *Educate the community on the importance of physical activity for a healthy lifestyle and heart health, provide information on evidence-based programs and provide information on options within INTEGRIS and throughout the community.*
- *Educate the community on obesity, good nutrition, physical activity and behavior modifications utilizing INTEGRIS physicians, nurses, dieticians and other health professionals within the hospital and resources within the community.*



Issue: Obesity

Potential Barriers

- Availability, convenience and low cost of fast-foods and unhealthy nutritional options
- Busy lifestyles
- Cultural norms
- Excessive screen time and technology
- Expense and low availability of healthy nutritional options, especially fresh fruits and vegetables
- Lack of structured afterschool and recreational activities for youth that support good nutrition and physical activity
- Limited health and physical education in schools
- Poverty
- Safety concerns

Available Community Resources/Potential Programs

- Boys and Girls Club
- CATCH (Coordinated Approach to Child Health)
- Changing Your Weighs
- County health department
- Engaged community partners
- Farmers' markets
- Federal and county health promotion programs
- Hospital
- Local programs and events promoting nutrition and physical activity
- Natural environment (lakes)
- Nutrition counseling and education
- Tribal Health System
- Tribal programs





Future Plans

The Path Ahead

INTEGRIS Grove Hospital's service area was recently selected by INTEGRIS employees to receive the 2013 YOU&I Project. The hospital's surrounding communities will soon benefit from the LifeNet system, which allows EMS to send data from the field directly to care teams for rapid consult and decision support using their iPhones, providing patients the critical care needed within 90 minutes. This program will be renewed annually through donations from INTEGRIS employees for five years. Finding resources to sustain this program in future years will become a focus.

The Delaware County Community Partnership will soon initiate the MAPP (Mobilizing for Action through Planning and Partnerships) process, a cyclic progression toward community health improvement. Through their collaborative efforts, the partnership will begin the MAPP assessments in order to ultimately develop a community health improvement plan. This process, that begins anew every five years, will complement and support the efforts of INTEGRIS Grove Hospital and its requirements to assess and develop a continuous improvement plan for community benefit. Work by the partnership is also currently underway to make application to the Public Health Institute of Oklahoma to become a CHIO (Certified Health Improvement Organization). The coalition will continue to meet monthly to assess the county's changing needs, discuss plan progress/evaluation, and to explore and implement new, innovative programs for the community.

The coalition will explore issues that were not addressed in the top three focus areas included in this plan. Several factors may have contributed to a particular issue not being selected to be included in this health improvement plan: significant data did not support prioritizing it as a top-three issue; potential strategies were not relevant enough to health or hospital functions; lack of resources/manpower exist to implement action steps; environmental/infrastructure factors exist that are beyond the hospital and coalition's control; lack of supporting policy; a three year data lag; and free enterprise. Promising Practices and other evidence-based programs will be researched more thoroughly to address other identified issues after the initial plan is implemented.

Future Plans

All residents of the community are invited to attend and join the effort. To become more involved and be an active participant in the MAPP process or coalition activities, contact the following.

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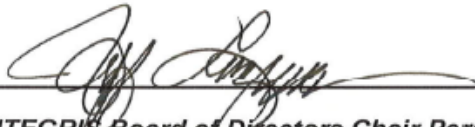
Plan Approval



INTEGRIS Grove Hospital President

5/24/13

Date



INTEGRIS Board of Directors Chair Person

5/24/13

Date



Oklahoma State Department of Health Turning Point

6/4/13


Date

INTEGRIS Grove Hospital Community Health Improvement Plan 2014

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Community Health Improvement Plan 2014

Delaware County Community Partnership

INTEGRIS Grove Hospital

Grove, Oklahoma

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