

Community Health Improvement Plan

Lakeside Women's Hospital

Community Health Improvement Plan Report FY 2016



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 people)	242.1 deaths (2007) final	235.2 deaths (2010) final	To decrease or maintain 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 maintain the rate	-0.3 days
Obesity rate (adults)	31.1% (2011)	32.2% (2012)	To decrease or maintain the rate	+1.1%

Lakeside Women's 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.

Lakeside's 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 Oklahoma County's public health data for the three year cycle showing substantiated data.

County	Year 1	Year 2	Year 3
Oklahoma County	2008-2010	2010-11	2012-13
Heart Disease-deaths	149.2	231.0	210.9
Mental Health-days	16.9%	25%	-
Obesity	29.7%	30.9%	32.1%

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

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

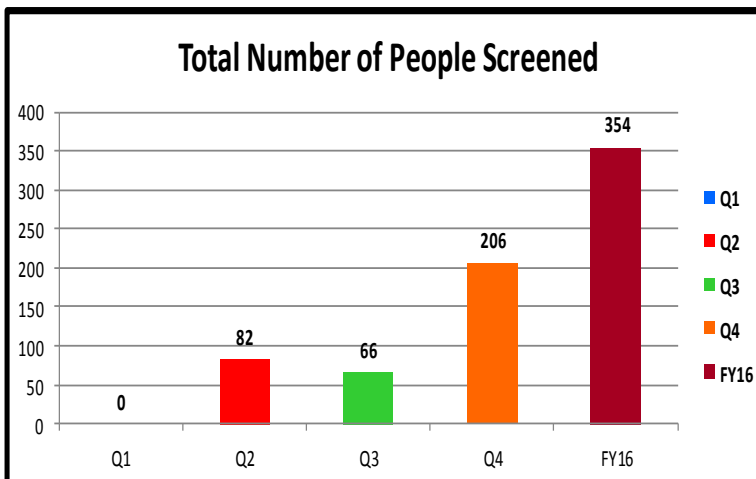
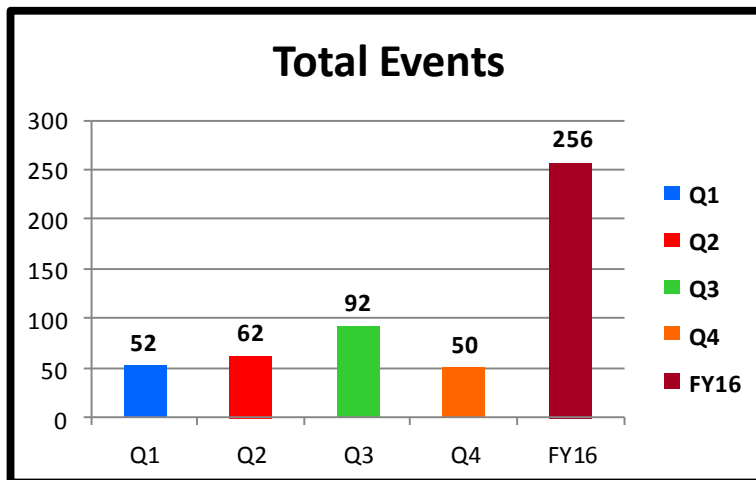
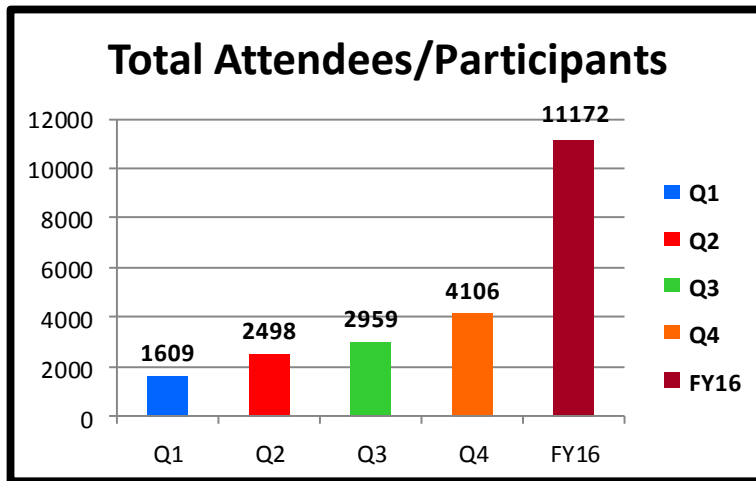
*Mental Health-percent of population who reported 4 or more poor mental health days per month, BRFSS, 2012

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

COMMUNITY IMPACT

Total impact numbers are reported below and broken down into quarters. Examples of some highlighted programs are also attached. Other programs include the INTEGRIS Community Clinic, Move for Life, ACES Cancer Support Group, Alzheimer's Support Group, Ask a Dietician, Memory: Use It or Lose It, Senior Fitness and the Healthy Heart Walker's Club.





Men's Health University

Men's Health University is a series of events that take place throughout the year to educate men in the Oklahoma City area about the benefits of receiving routine health care and screenings. The goal is turn the tide on trends that have led men in the area to live shorter, less healthy lives than women. Empowering men with information is an important first step to improving their overall health and longevity. Men will learn about health care issues in a supportive environment to better understand possible health concerns in their life. The African American Men's Health Summit and the INTEGRIS Men's Health University events offered a stroke assessment, blood pressure, cholesterol, glucose and cancer screenings.

FY 2014	FY 2015	FY 2016
<p>Men's Health University- Plaza Mayor at the Crossroads-73149</p> <p>Total attendees-600</p> <p>Blood Pressure results: 179 total Normal: 105 (59%) Abnormal: 74 (41%)</p> <p>Cholesterol results: 183 total Normal: 151 (83%) Abnormal: 32 (17%)</p> <p>Glucose results: 182 total Normal: 169 (93%) Abnormal: 13 (7%)</p>	<p>Men's Health University-Chevy Bricktown Event Center-73104</p> <p>Total attendees- 740</p> <p>Blood Pressure results: 134 total Normal: 36 (27%) Abnormal: 98 (73%)</p> <p>Cholesterol results: 134 total Normal: 100 (75%) Abnormal: 30 (23%) N/A: 4 (2%)</p> <p>Glucose results: 134 total Normal: 111 (83%) Abnormal: 20 (15%) N/A: 3 (2%)</p>	<p>Men's Health University-Chevy Bricktown Event Center-73104</p> <p>Total attendees: 400</p> <p>Blood Pressure results: 81 total Normal: 42 (52%) Abnormal: 39 (48%)</p> <p>Cholesterol results: 82 total Normal: 52 (63%) Abnormal: 30 (37%)</p> <p>Glucose results: 82 total Normal: 68 (83%) Abnormal: 14 (17%)</p>
<p>African American Men's Health Summit, Metro Technology-Springlake Campus-73111</p> <p>Total attendees: 450</p> <p>Blood Pressure results: 78 total Normal: 22 (28%) Abnormal: 56 (72%)</p> <p>Cholesterol results: 76 total Normal: 47 (62%) Abnormal: 29 (38%)</p> <p>Glucose results: 76 total Normal: 61 (80%) Abnormal: 15 (20%)</p>	<p>African American Men's Health Summit , Metro Technology-Springlake Campus-73111</p> <p>Total attendees: 500</p> <p>Blood Pressure results: 96 total Normal: 27 (28%) Abnormal: 69 (72%)</p> <p>Cholesterol results: 78 total Normal: 56 (72%) Abnormal: 22 (28%)</p> <p>Glucose results: 99 total Normal: 59 (60%) Abnormal: 40 (40%)</p>	<p>African American Men's Health Summit, Metro Technology-Springlake Campus-73111</p> <p>Total attendees: 400</p> <p>Blodd Pressure results: 95 total Normal: 50 (53%) Abnormal: 45 (47%)</p> <p>Cholesterol results: 95 total Normal: 78 (82%) Abnormal: 17 (18%)</p> <p>Glucose results: 95 total Normal: 79 (83%) Abnormal: 16 (17%)</p>



Challenge Yourself: Health & Fitness program 2015-16

The INTEGRIS' "Challenge Yourself: Health & Fitness" is focused on the prevention of obesity and hypertension while increasing access to care by providing health lectures, exercise classes, nutrition classes and demonstrations, and providing screenings and referral resources to at-risk Oklahoma City residents. Specifically, this program is aimed at Oklahoma's African American population who is at-risk not only for obesity and heart disease, but for many other chronic conditions. The lack of access to care remains a barrier to living a healthier lifestyle. The program focuses on four core tenets: nutrition, physical activity, mental health, and health screenings. Weekly sessions address health topics, including nutrition, mental health, healthy weight and active lifestyle. There is also an introduction to diverse exercise modalities such as walking, chair exercise, resistance bands and cardio calisthenics that motivate participants to stay active and make healthier choices.

Goal 1: At least 95% of program participants will report increased knowledge of how to eat a healthy balanced diet using the MyPlate method.

Goal 2: At least 75% of participants are living an active lifestyle and are engaging in physical activity five times per week.

Goal 3: At least 60% of participants state improved weight management and nutrition.

Location/ Date	# enrolled or complet- ed	Dominant ZIP Code	Race	700 men will receive adver- tising flyers promoting the program	40-50 African American men and women will receive health screen- ings three times during the six month class cycle. Screenings will include glucose, blood pressure, weight, waist circumference and
Frederick A. Douglass Mid- High School January – June 2016	1/5/16 en- rolled: 66 4/28/16 en- rolled: 85	Northeast OKC 73003, 73013, 73034, 73083, 73099, 73104, 73105, 73110, 73111, 73112, 73113, 73114, 73117, 73120, 73121, 73123, 73125, 73130, 73132, 73135, 73142, 73155, 73156, 73162	Black	-INTEGRIS Health Essentials: 33,859 -INTEGRIS Men's Fit Club: 260 -Bilal Fitness Social Media -Stanley Hupfeld Academy posts: 3	-61 participants received welcome packets with obesity pre- vention, nutrition, exercise, and mental health information during the Kickoff event on 1/5/2016. -Exercise classes are being held Tuesday and Thursday of every week for one hour. -Nutrition class is being held the second Thursday of every month -Wellness management class is be- ing held the fourth Thursday of every month



Annual CHIP Report FY 2016

