

# Community Health Improvement Plan INTEGRIS Northwest Specialty 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 <sup>st</sup> year of CHIP (2014) not final data	2 <sup>nd</sup> 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	<b>-6.9 deaths</b>
Mental Health (number of Poor mental health days in the last 30)	4.5 days (2011)	4.2 days (2012)	To decrease or maintain the rate	<b>-0.3 days</b>
Obesity rate (adults)	31.1% (2011)	32.2% (2012)	To decrease or main-	<b>+1.1%</b>

INTEGRIS Northwest Specialty 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 Garfield County's public health data for the 3 year cycle showing substantiated data.

County	Year 1	Year 2	Year 3
<b>Garfield-Enid</b>	2009	2010-11	2012-13
Heart Disease-deaths	145.2	234.8	206.1
Mental Health-days	22.1%	20.7%	-
Obesity	36.2%	30.5%	31.6%

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

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

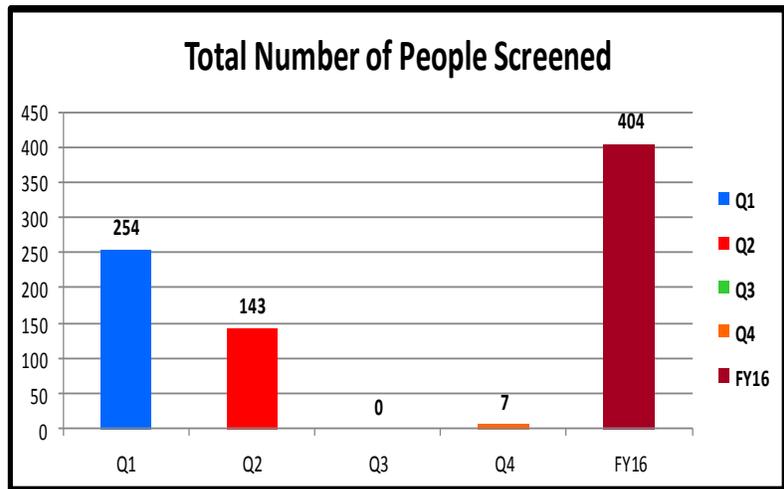
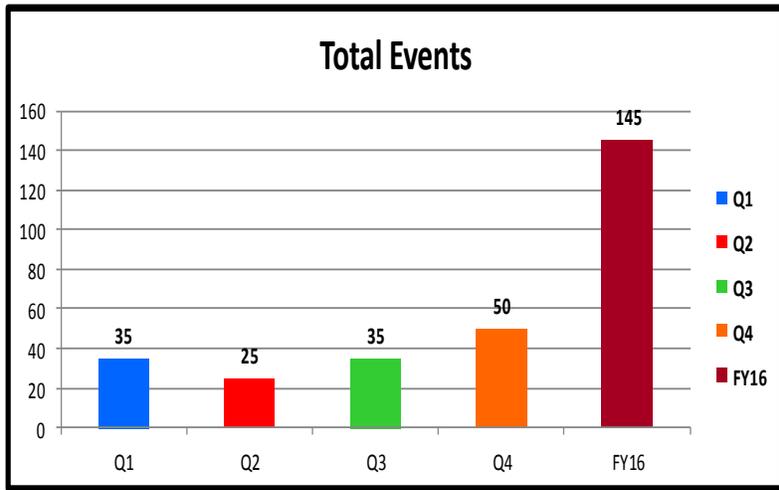
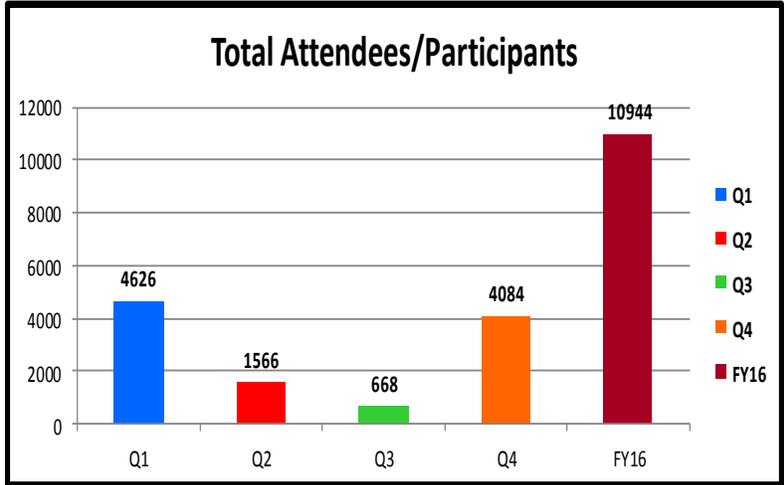
\*Mental Health-percent of population who reported 4 or more poor mental health days per month, BRFSS, 2012

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

## Community Impact

The decrease in output data for total events is a result of implementing more programs as opposed to large events and health fairs. The dramatic decrease in the number screened is attributed to two factors. The Lion's Club has a mobile screening unit that had volunteers do the screenings for the hospital at the community health fair. We also stopped supplying home health with CardioChek supplies for the community screenings they do. So, those numbers were not counted. Therefore, while the numbers have decreased, we are implementing higher quality programs with measurable outcomes.

Total impact numbers are reported below and include some of the highlighted programs in Enid.



## DEEP-Diabetes Empowerment Education Program

The DEEP (Diabetes Empowerment Education Program) is an evidence based program developed to provide the community with the tools to better manage their diabetes in order to reduce complications and lead healthier, longer lives based on principles of empowerment and adult education. The program was developed by the Midwest Latino Health Research, Training and Policy Center at the University of Illinois at Chicago in English and Spanish as a curriculum designed to engage community residents in self-management practices for the prevention and control of diabetes. The program is currently being implemented across the U.S., in Puerto Rico and Peru. DEEP curriculum educates participants on the priority indicators of heart disease prevention, nutrition and physical activity (obesity). Program curriculum also covers mental health issues including stress relief, depression and coping with diabetes.

### Target Health Indicator: Heart Disease, Obesity

**Goal:** Long term: **To decrease complications from diabetes.**      **Quarterly Goal:** **For at least 80% of participants to be medication compliant 7 days of the week at program completion.**

	2015	2016
<b>Location</b>	Enid, El Reno	Yukon, Mustang, El Reno, Enid, Oklahoma City
<b># Enrolled</b>	29	72
<b># of participants who completed the program</b>	20	57
<b>ZIP code</b>	73701, 73703, 73742, 73764, 73096, 73162, 73109, 73036, 73146	73703, 73701, 73064, 73099, 73132, 73127, 737119
Percent of participants who <b>increased fruit and vegetable Consumption</b> (days they ate 5 or more servings in the last week)	81%	74%
Percent of participants who <b>increased exercise</b> (how many days they exercise at least 30 minute in the last week)	68%	77%
Percent of participants who <b>increased monitoring their blood sugar</b> (how many days they test their blood sugar in the last week)	96%	94%
Percent of participants who <b>increased their medication compliancy</b> (how many days they took their medication as ordered in the last week)	92%	85%

Enid held 7 sessions of this 6 week program. Locations included Senior Life Network and the Southern Heights Community Center. The sessions had a total of 39 people complete the program since September of 2015.



**INTEGRIS**  
*Bass Baptist Pavilion*

### Kids in the Kitchen cooking class

Kids in the Kitchen is a program offered once a month to children 8-12 years. The program encourages kids to cook by teaching them to make simple, healthy meals. Participating kids prepare a healthy meal during class and then the parents are invited to eat the meal with their child. Kids share the recipe with the parents and talk about what they did in class. The idea is to encourage families to eat more meals at home. The program teaches nutrition and cooking in a fun, hands-on way. Kids learning about healthy food choices will be more likely to have better habits as an adult. This program is a collaborative effort of INTEGRIS, OSU Extension Center and multiple churches. The churches provide the kitchen space which helps us reach the underserved children and families we are targeting.

#### Target Health Indicator: Obesity

**Goal: At least 80% of kids will try to make better choices, eat healthier, and eat more fruits and vegetables. At least 90% of parents rate the class good or very good.**

**3 month goal: 60% of kids have made at least 3 meals since taking the class.**

Measure	FY 2016
Location	Abundant Life Center, University Place Christian Church, Zoe Bible Church, Willow View United Methodist Church, Bread of Life Center in Garber, First Missionary Baptist, OSU Extension Center, Central Christian Church, Progressive Baptist Church
# of children who participated	95
# of parents who participated	108
Race	Hispanic-7, African American- 13, Asian- 1, Caucasian- 74
% of children who will <b>try to eat healthier</b>	86%
% of children who will <b>eat more fruits and vegetables</b>	97%
% of parents who <b>rated the class “good” or “very good”</b>	100%
<b>3 month follow up:</b> % of children who have made at least 3 meals or snacks since taking the class	85%



# Annual CHIP Report FY 2016