

Community Health Improvement Plan

INTEGRIS Miami Hospital

Community Health Improvement Plan Report FY 2016



INTEGRIS

Miami 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 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%

INTEGRIS Miami 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
Canadian-Yukon	2008-2010	2010-11	2012-13
Heart Disease-deaths	176.2	278.6	259.6
Mental Health-days	23.8%	22.4%	-
Obesity	34.3%	31.3%	32.5%

*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

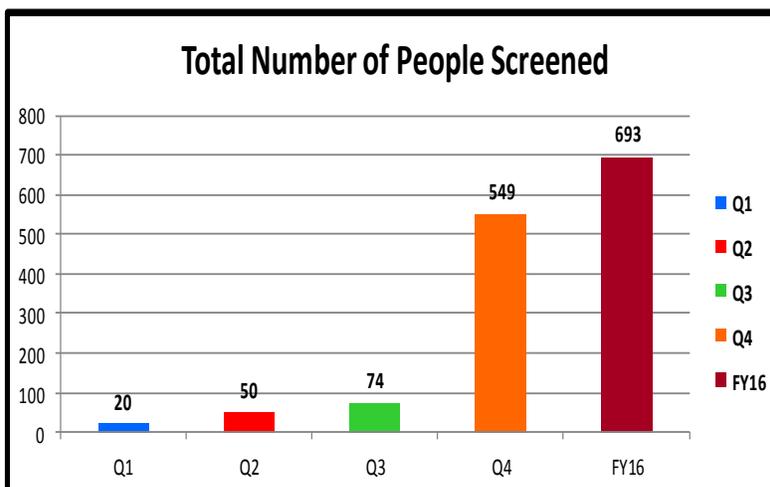
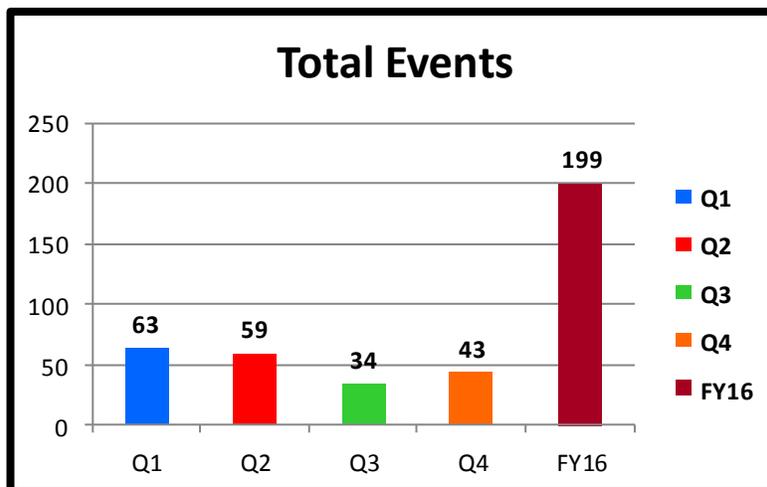
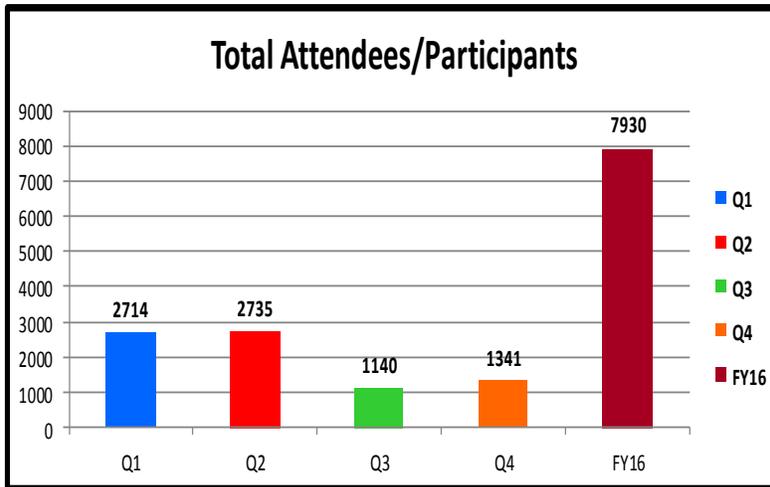
Community Impact

The decrease in output data for total events is a result of implementing more programs as opposed to large events and health fairs. Therefore, while the numbers have decreased, we are implementing higher quality, evidence-based programs with specific measurable outcomes including Tools for Living with Chronic Conditions, Diabetes Education Empowerment Program and Changing Your Weighs. 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.



Miami Hospital



Youth Cooking / Parent Education Program
Miami Public Library Health Literacy Project

Prevention/Education/Collaboration

In partnership with a grant through the Oklahoma Department of Libraries, a youth cooking and parent education program was implemented to help teach children and parents healthy lifestyle habits. With the assistance of Registered Dietitians from INTEGRIS and Northeastern Tribal Health System, participating families learned about health and parenting education concepts.

Participants also engaged in hands-on cooking classes and were encouraged to cook and eat together as a family. Parents also received quick crock-pot meal demonstrations. Those families attending 5 of 6 sessions were given a crock-pot, recipe book and a box of kitchen supplies to take home to increase the likelihood of continuing practice of what was learned.

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

Short term goal: To increase the percentage of youth participants who prepare a snack/meal three or more times during the week.

FY 2016	3/26/15, 3/2/16
# Enrolled	24
# who Completed the Program	13
Race	Caucasian-18 American Indian-6
ZIP Code	74354, 64801
% of Participants who prepare a snack by him/herself during the week 3 or more times	Pre-survey: 54% Post-survey: 77%
% of Participants who help prepare a meal at home during the week 3 or more times	Pre-survey: 58% Post-survey: 77%
% of Participants who are “somewhat confident” or more that they can prepare/cook a healthy snack or meal for self or family	Pre-survey: 83% Post-survey: 100%
% of Participants who enjoy preparing/cooking snacks or meals for self or family at a level of 4 or 5 on a 5-pt scale	Pre-survey: 75% Post-survey: 85%



Running WILD

IBHRC is a collaborative member of the Partners for Ottawa County, Inc. (POCI), the local community partnership which initiated the Running WILD program in summer 2014 in order to fill a gap for safe, structured, positive activities within the communities for junior high and high school students, especially students that are marginalized and at-risk—those most in need of such programs. The intention of reaching out to these at-risk youth was to let them know that there are members of their community who care about them, believe in their potential, and want to assist them in creating a healthy future for themselves. In addition, the program is designed to build work-ethic and self-efficacy, teach the importance of goal-setting and attainment, and encourage physical activity and development of healthy lifestyle habits.

The goal of the of the program is for youth ages 12-18 to participate in a 10-12 week running program that will pair each youth with a mentor who runs with them throughout the session. During the 12-week schedule, the 16 youth and 18 mentors participated in training runs, 3 local 5K runs, a ‘mud run,’ and the final 15K. The youth also participated in a pasta party held and the Finish Line Party to celebrate the successes of the season and completion of the program. The program encouraged increased physical activity and promotion of local community running and/or walking events, encouraged healthy forms of stress management, and promoted developmental assets and bullying prevention.

Outcome Measure/Output Data	FY 2014	FY 2015	FY 2016
Location/ Prominent ZIP Code	Miami 74354	Miami 74354	Miami 74354
# of Participating Youth	11	35	16
% of participants who rarely or never feel sad or lonely BEFORE the program	54%	67%	66%
% of participants who rarely or never feel sad or lonely AFTER the program	91%	78%	94%
% of participants who said he/she is ‘very hopeful’ things in his/her life will get better BEFORE the program	64%	70%	80%
% of participants who said he/she is ‘very hopeful’ things in his/her life will get better AFTER the program	91%	58%	81%
% of participants who said he/she is ‘very confident’ that goals he/she sets can be achieved BEFORE the program	55%	64%	67%
% of participants who said he/she is ‘very confident’ that goals he/she sets can be achieved AFTER the program	91%	76%	81%
% of participants who exercise 5 or more times per week BEFORE the program	18%	42%	40%
% of participants who exercise 5 or more times per week AFTER the program	55%	59%	56%



Annual CHIP Report FY 2016

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