



Heart Disease
Mental Health
Obesity

Community Health Improvement Plan 2014

Oklahoma Center for Orthopedic Multi-Specialty Surgery

South: 8100 S. Walker Ave., Building C, Oklahoma City, OK 73139, 405-602-6500

North: 5925 NW 139th St., Oklahoma City, OK 73142, 405-621-8800

Table of Contents

Community Health Needs Assessment

Community Partners.....	page 4
Community Description.....	page 5-6
Methodology.....	page 7-8
Prioritized Needs.....	page 9-10
Assessment Summary.....	page 11-12

Health Implementation Plan

Plan Introduction	
• Heart Disease.....	page 15-17
• Mental Health.....	page 18-20
• Obesity.....	page 21-23
Future Plans.....	page 24
Plan Approval.....	page 25



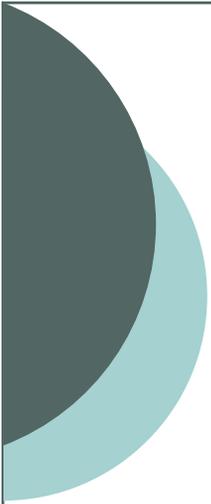
Community Health Needs Assessment

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Oklahoma Center for Orthopedic Multi-Specialty Surgery

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Community Partners

Participating in the Health Needs Assessment and the Health Implementation Plan

The following are the partners who served on the Wellness Score development team.

Oklahoma State Bureau Investigations

Oklahoma State Department of Health

Oklahoma County Medical Society

Oklahoma County Hospitals:

- Saint Anthony Hospital
- OU Medical Center
- INTEGRIS Baptist Medical Center
- INTEGRIS Southwest Medical Center
- Edmond Medical Center
- Deaconess Hospital
- Mercy Hospital
- Midwest City Hospital

Oklahoma Department of Mental Health
and Substance Abuse Services

Oklahoma Department of Transportation

Oklahoma Department of Human
Services

Association of Central Oklahoma
Governments

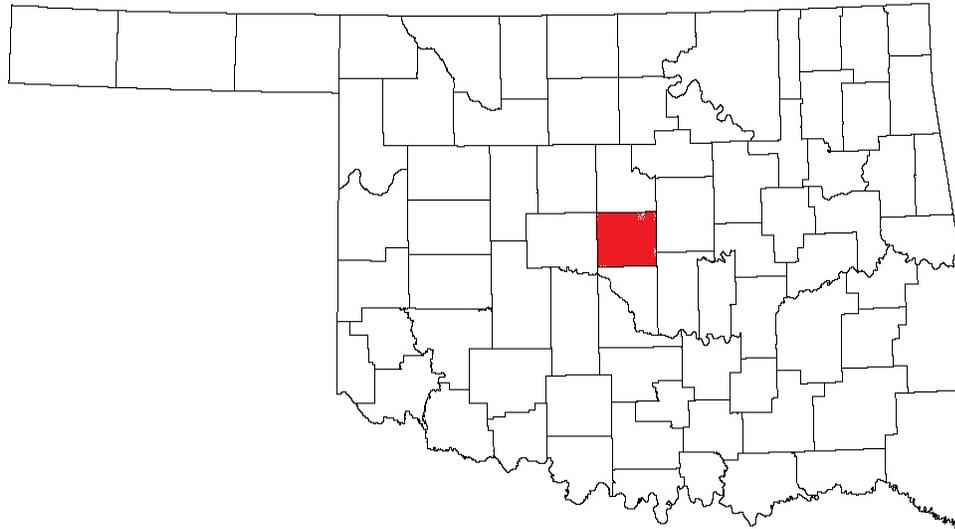
AT&T

United Way

Oklahoma City County Health
Department

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Community Description



Oklahoma County is located in the central part of Oklahoma. As of 2010, the population was 718,633. Oklahoma City is the county seat and largest city in the state. There are 20 cities and small towns located within the county.

Agriculture, energy, aviation, government, health care, manufacturing and industry all play major roles in the county's economic well-being. Tinker Air Force Base and the Mike Monroney Aeronautical Center are also a major employers of both soldiers and civilians.

According to the U.S. Census 2010, 25.6% of the population is younger than age 18 and 12.2% is age 65 and older. The ethnic makeup of Oklahoma County is 64.6% White, 15.4% Black, 3.5% American Indian and Alaskan Native, 3.0% Asian, 0.1% Pacific Islander, 15.1% Hispanic or Latino of any race.

The percentage of people living in the same house for one year or more was 78.5%. Foreign born persons were 11.9%. Language other than English spoken at home was 18.5%. High school graduates older than age 25 were 84.4%, bachelor's degree or higher older than age 25 were 27.9%. Veterans numbered 46,340. The homeownership rate was 60.6%. The median value of owner occupied housing units was \$129,300. Households numbered 224,986 with persons per household being 2.50 with the median household income being \$44,973. Persons living below poverty were 17.1%

The county occupies 718 square miles. As of 2010, there were 1,013 persons per square mile. Several hospitals, community clinics and a city-county health department are located in the county.

Oklahoma County has public transportation, taxi services, two public and several private airports, and paramedic-level ambulance service.

Source: U.S. Census, 2010

Community Description

Oklahoma Center for Orthopedic Multi-Specialty Surgery is affiliated with INTEGRIS Health. OCOM focuses on offering a high quality, service oriented environment for surgical procedures that is committed to excellence.

The OCOM hospital campus is located in south Oklahoma City and offers state-of-the-art equipment that allows surgeons to perform procedures in the specialty areas of General Surgery, Gastroenterology, Gynecology, Ophthalmology, Pain Management, Plastic Surgery, Podiatry and Spine. It also has a Physical Therapy department that focuses on providing a high quality of care for sports medicine and orthopedic issues, including an indoor pool.

OCOM north is located in northwest Oklahoma City and has the following specialties currently utilizing the center: Oral Surgery, Gynecology, Orthopedics, General Surgery, Ophthalmology, Podiatry, Pain Management, Plastics and Urology.

OCOM also has three imaging locations in Oklahoma City.



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.

Methodology

Representatives from INTEGRIS began the assessment process in June 2012 by attending the Wellness Now coalition monthly meetings. The four community assessments were completed including a county wide health improvement plan. The CHIP (County Health Improvement Plan) was derived from using the four assessments in the MAPP (Mobilizing for Action through Planning and Partnerships) process. The assessments included: Community Health Status Assessment, Forces of Change, Community Themes and Strengths, and the Local Public Health System Assessment. The coalition determined the focus areas by the following: community assets, community assessments, barriers, resources available, community input, provider input stakeholder input and significant/relevant data.

Information for the Community Needs Assessment was gathered using several tools. Five hundred and thirty-three (533) people responded to the INTEGRIS Oklahoma County Community Health Needs Assessment survey.

Agencies from the MAPP Coalition used methods to obtain data relevant for specific populations. Data collection included multiple focus groups, community health surveys, existing local agency partner data along with the State of the State Health Reports, Healthy Communities Institute and Community County Profiles. The data was analyzed and prioritized by the coalition. Information was gathered from the Healthy Communities Assessment included on INTEGRIS Health website. This site is designed to help measure community health. This information system is used to promote transparency, best practice sharing, collaboration and civic engagement. The link to the assessment is available at <http://integrisok.com/southwest-medical-center-oklahoma-city-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 results. 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 focuses 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.

The Wellness Now Community Needs Assessment determined the following to be top priority issues for Oklahoma County: **School Health, Obesity, Senior Health, Tobacco Use Prevention, Mental Health and Obstacles to Health.**



Methodology

When approached with this suggestion, the Wellness Now Coalition expressed its approval. The coalition acknowledged that as tobacco use is a risk factor for heart disease, that action steps related to cessation efforts could be included in that section of the plan. In addition, because other programs and assets currently exist within the community including designated coalition work groups to address school health, senior health and obstacles to health, the coalition agreed to take the lead in addressing this issue with committed support from INTEGRIS Baptist Medical Center and INTEGRIS Health.

After prioritizing the top issues from the needs assessments, community surveys and gaps, the hospital chose to focus on the following areas for the health improvement 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 issues for each facility were gathered using data and community input. The coalition chose the top issues based on death rates, increasing trends and community needs. Once the top issues were identified, the coalition voted on what they felt was the worst. Gaps and available resources were also taken into account. The hospital chose the top three due to the high rates, community input and gaps that were identified.

Target population: high risk, minorities, underinsured and uninsured.

1. **Heart Disease:** In Oklahoma County, the death rate for coronary heart disease is 196.4 for men compared to 114.0 for females. With increasing obesity rates and more fast food restaurants, heart disease is a major issue. 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. Of those surveyed, 60.4% had high blood pressure. Due to the long term increasing trend, heart disease was chosen as the top health issue.
2. **Mental Health:** Community input from surveys, focus groups and listening sessions identified the clear need for mental health services as the number two priority. The need for outpatient services for underinsured and uninsured adults is high. Of those responding to the related survey question, 92.3% of people say they take medication for behavioral health. The suicide death rate is 14.3 deaths per 100,000. Healthy People 2020 national target is to reduce the rate to 10.2.
3. **Obesity:** According to those surveyed, 32.8% identified themselves as obese. The county's high rate of 29.7% has been on a long term climbing trend. Complications from being obese include heart disease, diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems and osteoarthritis. Oklahoma County's fast food density is high and farmers' markets are low. Low income and low access to a grocery store are also issues. Increasing childhood obesity and numbers of overweight children are also climbing. The national rate for children that are obese is 14%. Obesity is a priority due to high rates, lack of sidewalks, less physical activity and low number of healthy options when eating out according to community input. Surveys showed that 70.7% of people reported that being overweight was one of the top five health risks in the community.
4. **School Health:** Student-to-Teacher ratios are high in Oklahoma County. There are 17.0 students per one teacher. This ratio gives an idea of the amount of individualized attention from teachers that is available to each student. Establishing healthy behaviors during childhood is easier and far more effective than trying to reverse unhealthy behaviors during adulthood. The Wellness Now workgroup called School Health is working toward ensuring a healthy future for the children of Oklahoma County.

Prioritized Needs

- 5. Senior Health:** Most seniors in Oklahoma live with two or more chronic conditions, and poor health contributes to premature and preventable deaths, higher health care costs and a lower quality of life. Most often, these conditions are affected by a lack of physical activity and poor nutrition. In Oklahoma County, this includes most of the top causes of death: cardiovascular disease, bronchitis and emphysema, diabetes, injury and suicide. The Wellness Now Coalition has taken this on as a priority and the hospital will support and assist this effort.
- 6. Tobacco Use Prevention:** 24.2% (2005-11) of adults smoke in Oklahoma County. The trend has taken a slight decrease. In 2010, 24.4% of adults smoked. The decrease is attributed to strong presence by the TSET (Tobacco Settlement Endowment Trust) Coalition. Statewide cessation efforts are in place through a hotline referral system. Although tobacco is an important issue, the hospital will support the existing coalition efforts and continue to refer the community and all admissions that use tobacco to the Quitline.
- 7. Obstacles To Health:** The Wellness Now Coalition workgroup called Our Obstacles to Health identified many issues such as housing, transportation, employment and access to services. This workgroup has set goals and is strategizing ways to combat these issues. Although these issues are related to health, the hospital chose to support and actively participate in the workgroup since they are not health issues.

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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	149.2 deaths/100,000 (2008-2010)
Mental Health: Suicide Death Rate	14.3 deaths/100,000 (2008-2010)
Obesity	29.7% (2009)
School Health: Student to Teacher Ratio	17.0 students/teacher

Source: Healthy Communities Institute. (2013). INTEGRIS Health, Oklahoma County [Data file]. Retrieved from integrisok.com/healthy-communities

Assessment Summary

*Priorities addressed in the Implementation Plan are in **RED**

<u>Leading Health Issues</u>	<u>Measure</u>
Senior Health: Self-Reported General Health Assessment: Poor or Fair	18.7% (2005-2011)
Tobacco: Adults who Smoke	24.2% (2005-2011)
Obstacles To Health: Premature Death	9150.4 years/100,000 (2008-2010)

Source: Healthy Communities Institute. (2013). INTEGRIS Health, Oklahoma County [Data file]. Retrieved from integrisok.com/healthy-communities

Implementation Plan 2014

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Plan Introduction

Oklahoma Center for Orthopedic Multi-Specialty Surgery has developed a community health implementation plan designed to address Heart Disease, Mental Health and Obesity. 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 Oklahoma County by FY 2016.**

Strategies: Prevention, Education, and Collaboration

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

Action Steps

- *Hospital will hold the various community health events offering free screenings such as blood pressure, blood sugar and cholesterol. Partnering agencies will offer health promotion and health education material. (A minimum of four events)*
- *Hospital will promote the Jim Thorpe Annual Courage Run, Susan G. Komen Run, OKC Memorial Marathon, Heart Run and Rowing Regatta events through advertising and encouraging the community to participate. Hospital will help sponsor the events financially. (A minimum of three events)*
- *Hospital will participate in partnering agency's wellness fairs by offering health education material, promoting/providing screenings and referring to hospital's existing support groups. (A minimum of three events)*
- *Participate in at least one health fair that targets Hispanics and African Americans offering screenings, education on prevention and management.*
- *Hospital will provide the community health education resources targeting heart disease prevention such a healthy eating habits (smaller portions, more fruits and vegetables, leaner meats), Ask a Dietician program, increasing physical activity, and tobacco cessation. (A minimum of 10 nutrition/physical activity presentations and at least 100 referrals to the Oklahoma Tobacco Helpline)*
- *Refer to INTEGRIS Community Clinic for evaluation and treatment. (A minimum of two lectures)*
- *Promote and support evidence-based heart disease and related co-morbidities programs, services and treatment options within the hospital, the INTEGRIS Heart Hospital 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

- *Hospital will continue to publish a monthly newsletter promoting health and wellness, "VivaINTEGRIS," including services promotion. (A minimum of six issues)*
- *Continue to provide a Stroke Recovery and Resources Support Group and Cardio-Metabolic Focus Group. (A minimum of 10 meetings)*
- *Educate the community on cardiology services provided by INTEGRIS Health physicians locally and those available throughout INTEGRIS Health statewide.*
- *Educate and engage the community on the importance of physical activity for heart health and promote evidence-based programs and provide information on 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 and engage 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.*

3. Support worksite wellness in the community.

Action Steps

- *Encourage other agencies in the community to provide wellness programs through the Certified Healthy Programs initiatives. (A minimum of one new agency will become Certified Healthy)*
- *Continue to promote Healthy Heart Walker's Club/Club de Caminantes and classes such as Nutrition for a Healthy Heart. (A minimum of six classes)*

Issue: Heart Disease

Potential Barriers

- cultural
- number of obese persons
- high number of fast food restaurants
- high incidence of diabetes
- lack of healthier nutritional options
- sedentary lifestyles
- lack of stricter tobacco policy
- poverty
- liquor store density

Available Community Resources/Potential Programs

Free and private health screening, preventive health education programs, counseling and various support groups, weight loss programs, private and reduced cost fitness facilities, frequent community events including physical activity, two area hospitals, free community clinic, farmers' market, federal and county programs, private providers, county health department, Changing Your Weighs



Issue: Mental Health

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

Strategies: Prevention, Education and Collaboration

1. Increase awareness.

Action Steps

- *Facilitate a speakers bureau helping the community to locate presenters specific to certain mental and physical health topics. (A minimum of two lectures)*
- *Encourage all medical providers to screen for depression and anxiety at annual exams. (A minimum of five providers)*
- *Continue to support anti-bullying and self esteem building classes/workshops as part of Gane Perdiendo Niños.(A minimum of six classes)*
- *Promote healthy forms of stress reduction: avoiding substance use/alcohol, relaxation, physical activity, good coping skills, etc. (A minimum of three presentations, newspaper articles and/or events)*
- *Educate the community on the importance of anger management and stress reduction, and promote evidence-based programs and provide information on options within INTEGRIS, INTEGRIS Mental Health and throughout the community.*
- *Provide information on treating mental health issues utilizing INTEGRIS physicians, nurses, dieticians and other health professionals within the hospital, INTEGRIS Mental Health and resources within the community.*

2. Explore access options to mental health services.

Action Steps

- *Promote use of the online mental health screenings (in English and Spanish) found at www.integrisk.com/mentalhealth webpage of the INTEGRIS website. A minimum of two community events)*
- *Promote QPR (Question, Persuade, Refer) training in Spanish in local high schools and as a service to the Hispanic community. (A minimum of one event)*
- *Collaborate with partnering agencies such as NAMI (National Alliance on Mental Illness) and OK State Department of Mental Health and Substance Abuse to access mental health resource needs and to implement services. (Attend a minimum of one meeting)*

Issue: Mental Health

- *Refer the uninsured/underinsured to RX Oklahoma for free/reduced cost medications. (Distribute a minimum of 100 brochures at health promotion events)*
- *Promote support groups including Grupo de Apoyo de Cáncer, Pérdida, Dolor y Recuperación, Luzca Bien, Siéntase Mejor.*
- *Provide emergency mental health evaluations for those arriving through the ER and make use of the Mobile Assessment team as needed and to make appropriate referrals. (A minimum of 10 events)*
- *Promote the free mental health podcasts available on the website, integrisk.com/mentalhealth.*

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Issue: Mental Health

Potential Barriers

- stigma
- language
- cultural
- very limited inpatient treatment center for under/uninsured
- psychotropic medications can be expensive
- medical providers not comfortable with writing prescriptions for psychotropics
- self medicating with substances such as drugs and alcohol
- lack of specialists
- lack of a support system
- transportation
- poverty

Available Community Resources/Potential Programs

Federal programs, nonprofit health clinics, free/reduced cost prescription drug programs, state supported mental health system, private providers, county health department, various hospitals, free community clinics, children and adult mental health facility, grant and state funded counseling services at free and/or reduced cost for children and families, suicide prevention hotline, evidence based suicide prevention program



Issue: Obesity

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

Strategies: Prevention, Education, and Collaboration

1. Promote activities that encourage healthy lifestyles.

Action Steps

- *Participate in at least two community events that offer at least one of the following free screenings: blood pressure, blood sugar, body mass index and cholesterol.*
- *Participate in at least one event that targets minority populations (Hispanics and African Americans).*
- *Support Gane Perdiendo Niños that targets improving children’s nutrition and increasing their physical activity. (A minimum of 10 events)*
- *Provide educational information related to healthy nutrition, physical activity through the Hispanic Initiative’s Gane Perdiendo and Zumba classes, obesity prevention and related available services. (A minimum of 12 events)*
- *Continue sponsoring the walking program Club de Caminantes and Heart Healthy Walkers Club.*
- *Continue to promote “Programa de Promotoras de Salud” to educate the community on hypertension, stroke and diabetes. (A minimum of six events)*
- *The hospital will coordinate community health lectures on obesity. (A minimum of two presentations)*
- *Support and promote evidence-based obesity and related co-morbidities programs, services and treatment options within the hospital, the INTEGRIS Bariatric program and community resources.*
- *Provide information on evidence-based obesity prevention and intervention treatment programs provided by INTEGRIS and other community resources.*
- *Educate the community on obesity and diabetes programs and treatment options provided by the hospital and INTEGRIS Health statewide.*
- *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 Oklahoma City and County Planning Wellness Now Coalition by assisting with the coalition's strategic plans of health promotion through consultation, sponsorship, attendance and staffing at events. (A minimum of six meetings)*
- *Support utilization of community and home gardens and farmers' markets. Encourage the community to increase fruit and vegetable consumption. (A minimum of one newspaper/newsletter articles)*
- *Continue to support various classes for the community such as Diabetes Focus Group, Understanding Diabetes, nutrition classes in Spanish, Ask a Dietician. (A minimum of 12 classes)*
- *Encourage the community to utilize the city's schools, trails and parks for increasing physical activity. (A minimum of two newspaper/newsletter articles)*
- *Encourage schools, campuses, businesses and the community to become Certified Healthy and be involved with the Certified Healthy initiatives. (A minimum of two new applicants to become Certified Healthy)*
- *Educate and engage the community on the importance of physical activity for a healthy lifestyle and heart health and promote 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

- busy lifestyles
- convenience of fast food
- lack of access to fresh fruits and vegetables
- cost of healthier options
- more unhealthy choices available
- lack of sidewalks to shopping, schools and work
- limited health selection in schools
- too much screen time
- technology
- safety concerns
- decreased physical activity in schools due to time restraints

Available Community Resources/Potential Programs

Free use of playgrounds after hours, CATCH programs, city parks, dog parks, nutritional counseling/education, county and federal health promotion programs, free walking and running clubs, local events promoting good nutrition and physical activity, area farmers' markets, Changing Your Weighs



Future Plans

What is Ahead

The MAPP (Mobilizing for Action through Planning and Partnerships) process is a cyclic progression toward community health improvement. Oklahoma Center for Orthopedic Multi-Specialty Surgery through their collaborative efforts with the coalition will continue to evaluate and revise the plan. With the completion of the health improvement plan, the participants will move through the Action Phase. This part of the cycle consists of planning, implementing and evaluating initiatives and interventions to reach measurable objectives.

Committee members and hospital representatives will join with new and established task forces that will focus on the priority health issues. Each task force will align their strategic plan with the county health improvement plan. The coalition will continue to meet regularly to assess the county's changing needs, discuss plan progress/evaluation, and to explore and implement new, innovative programs for the community.

Furthermore, the coalition will explore into the issues that were not addressed in the top three areas. The areas not addressed in the implementation plan did not have the significant data to place it in the top three and/or some potential strategies were not relevant enough to health. Other issues included lack of resources/manpower to implement the action steps, environmental/infrastructure issues beyond the hospital and coalition's control, lack of policy, and free enterprise. Promising Practices and other evidence based programs will also be researched more thoroughly for the areas after the initial plan is in progress and to be able to address the community's needs more effectively.

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Plan Approval



Oklahoma Center for Orthopedic Multi-Specialty Surgery

5/29/13

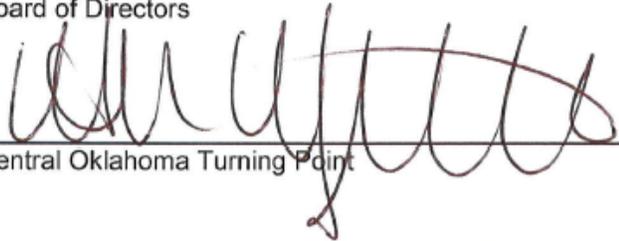
Date



Oklahoma Center for Orthopedic Multi-Specialty Surgery
Board of Directors

5-29-13

Date



Central Oklahoma Turning Point

6/18/13

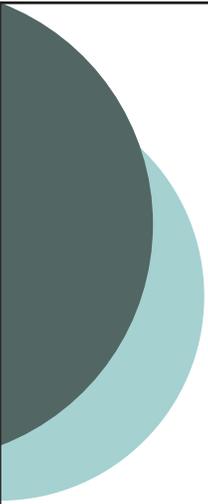
Date

Oklahoma Center for Orthopedic Multi-Specialty Surgery Community Health Improvement Plan 2014

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