

# Implementation Plan 2019

CHI Health Plainview – Plainview, NE





# CHI Health Plainview Implementation Strategy Plan

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## Introduction

This document outlines CHI Health Plainview’s Implementation Strategy Plan (ISP) to address our community’s health needs, as determined by the 2019 Community Health Needs Assessment (CHNA), adopted by the Board on May 10, 2019.

Details of CHI Health Plainview, including its history and services, can be found at: [www.chihealth.com/chna](http://www.chihealth.com/chna).

### Purpose and Goals of ISP

CHI Health and our local Hospitals make significant investments each year in our local community to ensure we meet our Mission of creating healthy communities. The ISP is a critical piece of this work to ensure we are appropriately and effectively working and partnering in our communities.

The goals of this ISP are to:

1. Identify strategies that will meaningfully impact the areas of high need identified in the CHNA that affect the health and quality of life of residents in the communities served by CHI Health.
2. Ensure that appropriate partnerships exist or are developed and that resources are leveraged to improve the health of the most vulnerable members of our community and to reduce existing health disparities.
3. Identify core measures to monitor the work and assure positive impact for residents of our communities.
4. Ensure compliance with section 501(r) of the Internal Revenue Code for not-for-profit hospitals under the requirements of the Affordable Care Act.

## Organization Mission

*“The Mission of Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.”*

CHI Health carries on the faith traditions of our founders: The Sisters of St. Francis of Perpetual Adoration, The Sisters of Mercy, the Immanuel Lutheran communities, the Jesuits of Creighton University, and the men and women who formed the Nebraska Heart Hospital. Each brought a distinct way of incorporating faith and spirituality with clinical care and all shared a calling and passion for serving those most in need in our community through compassionate care and excellence in medicine.

In 2012, Catholic Health Initiatives accepted full sponsorship of CHI Health. In 2019, Catholic Health Initiatives merged with Dignity Health to become Common Spirit health. CHI Health currently operates 14 hospitals, two stand-alone behavioral health facilities, a free standing emergency department, 179 employed physician practice locations and more than 11,000 employees in Nebraska and Western Iowa. We live out our mission through our core values:

*Reverence*

Profound respect and awe for all of creation, the foundation that shapes spirituality, our relationships with others and our journey to God.

*Integrity*

Moral wholeness, soundness, fidelity, trust, truthfulness in all we do.

*Compassion*

Solidarity with one another, capacity to enter into another's joy and sorrow.

*Excellence*

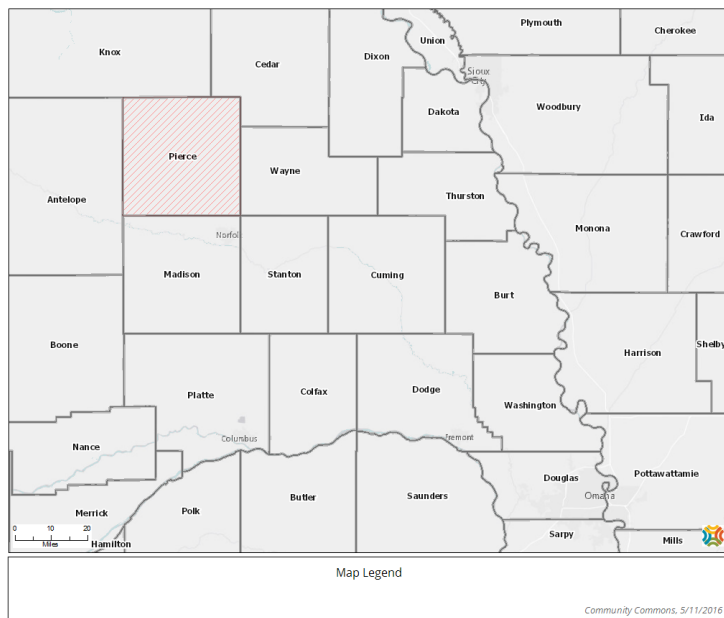
Preeminent performance, becoming the benchmark, putting forth our personal and professional best.

This mission calls us to create healthier communities and we know that the health of a community is impacted beyond the services provided within our wall. This is why we are compelled, beyond providing excellent health care, to work with neighbors, leaders and partner organizations to improve community health. The following implementation plan outlines our commitment to this mission and to our communities.

**Community Served by the Hospital**

CHI Health Plainview is located in Plainview, NE and largely serves the Pierce County area. Pierce County was identified as the community for this Implementation Strategy Plan, as it is the primary service area for CHI Health Plainview.

**Figure 1: CHI Health Plainview Service Area**



Plainview, NE is located 141 miles from Omaha, NE and 100.6 miles from Sioux City, IA. According to the most recent census estimates, Pierce County is 100% rural, encompasses 573 square miles and has 7,179 residents. The population density of Pierce County is estimated at 12.25 persons per square mile, making it about half as densely populated as the state of Nebraska, which is 26.9% rural, and has a population density of 24.49 persons per square mile. The majority of the residents in Pierce County (98.4%) are non-Hispanic, White, 1.6% identify as Hispanic or Latino, 0.22% are Black, and 0.32% are American Indian or Alaska Native.<sup>1</sup>

## Implementation Strategy Process

In order to select priority areas and design meaningful, measurable strategies, leadership from CHI Health Plainview reviewed the data and top health needs from the 2019 CHNA. For each top health need, the hospital took into consideration existing partnerships, available resources, the hospital's level of expertise, existing initiatives (or lack thereof), potential for impact, and the community's interest in the hospital engaging in that health area. In addition, the hospital considered potential other areas of need as defined by the IRS. As described in the IRS instructions for the Form 990, Schedule H for Hospitals, community need may be demonstrated through the following:

- A community needs assessment developed or accessed by the organization
- Documentation that demonstrated community need or a request from a public agency or community group was the basis for initiating or continuing the activity or program
- The involvement of unrelated, collaborative tax-exempt or government organizations as partners in the activity or programs

Throughout development of the plan, numerous internal and community partners were consulted to ensure the appropriate strategies were selected, the right partners were engaged, resources were leveraged through a partnership with the North Central District Health Department, and by aligning with the community health improvement plan and its current work.

To review the data that informed the development of CHI Health Plainview's implementation strategy plan, access the 2019 Community Health Needs Assessment at: <https://www.chihealth.com/chna>.

## Prioritized Health Needs

### Prioritization Process

To meaningfully engage a broad stakeholder group in prioritizing the top health needs for Pierce County, CHI Health Plainview participated in two processes. CHI Health Plainview hosted a focus group and facilitated discussion of top needs specific to Pierce County in partnership with NCDHD for community members and local hospital staff. CHI Health Plainview also participated in the (Mobilizing for Action Through Planning and Partnerships (MAPP) process facilitated by the North Central Health District, which derived health priorities relevant to all nine counties of the North Central Health District service area. The results of the tiered prioritization process are described below.

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<sup>1</sup> U.S. Census Bureau. American Community Survey 5- Year Estimates 2012-2016. Source geography: Tract. Accessed January 2019. Retrieved from: CARES Engagement Network. [https://engagementnetwork.org/assessment/chna\\_report/](https://engagementnetwork.org/assessment/chna_report/)



On January 16, 2019, the “Healthy Choices for Pierce County” coalition hosted a Community Health Needs Assessment data presentation facilitated by CHI Health. Members representing special populations- aging, low- income, low- education, racial/ ethnic minorities- were invited to participate. Participants and their sponsoring organization are listed in Table 1. The objectives of the meeting were to review community health data, engage in a facilitated discussion to validate the top health needs for Pierce County, and brainstorm potential strategies and partnerships to impact the top health needs over the next three- year implementation strategy plan (ISP), beginning July 1, 2019 and concluding June 30, 2022.

**Table 1. Stakeholders that participated in CHNA data presentation/ top health needs community voting hosted by Healthy Choices for Pierce County Coalition- January 2019**

Participant Name	Representing Organization
Bruce Yosten	Plainview Police Department
Dolores Steinkraus	CHI Plainview
Tyler Stracke	North Central District Health Department
Whitney Abbott	North Central District Health Department
Toni Arehars	Plainview Public Schools
Diane Blair	CHI Health Plainview
Greg Beckmann	CHI Health Plainview
Diane Selby	North Central District Health Department

NCDHD facilitated a focus group during the January 16, 2019 “Healthy Choices for Pierce County” convening to identify health barriers, strengths, needs and opportunities within the Pierce County Community. Themes included: wellness across the lifespan, such as nutrition and physical activities for youth, families and aging adults; substance abuse and mental health. A lack of resources to meet the needs of the aging and indigent population was discussed. The focus group themes are transcribed in Table 2 below.

After a facilitated discussion, each participant was asked to rank the top health need in Pierce County. The following health needs received the most votes:

1. Substance abuse\*
2. Nutrition, physical activity and weight

\*The group decided to adopt behavioral health to encompass mental health and substance abuse.

**Table 2. Pierce County Community Health Focus Group**

Questions	Recorded Themes
1. What are some positive things in your community that contribute to your health?	<ul style="list-style-type: none"> <li>• Physical activity opportunities</li> <li>• Programs for youth/ families like Jazzercise, etc.</li> </ul>
2. In your community, what gives you the greatest concern?	<ul style="list-style-type: none"> <li>• Drugs- particularly meth</li> <li>• human trafficking</li> <li>• Sexting</li> <li>• Poor parenting/ modeling bad behavior for youth</li> </ul>
3. What resources exist in your community to serve diverse populations?	<ul style="list-style-type: none"> <li>• Lack of resources for aging/ low socioeconomic status population</li> <li>• Backpack Program</li> </ul>

<p><b>4. Do you believe mental health is an unmet health need in Pierce County? What might be done to address mental health?</b></p>	<ul style="list-style-type: none"> <li>• Free and reduced price school meal program</li> <li>• Group agreed mental health is an unmet health need and some mentioned that services are available</li> <li>• Stigma may lead to underutilization</li> <li>• Barriers to therapy due to time and convenience?</li> <li>• 3 mental health counselors, no licensed (mental health) MD's in county</li> <li>• Telepsych challenges- in the past patients have experienced long wait times and malfunctioning equipment. The equipment was recently upgraded, but providers are reluctant to recommend/ refer</li> <li>• Opportunity: school based mental health services</li> <li>• Schools are implementing programs to increase staff capacity- QPR, Team Mates, etc.</li> <li>• Explore: could the ESU provide mental health services to students?</li> </ul>
<p><b>5. What can be done to improve the health of Pierce County residents?</b></p>	<ul style="list-style-type: none"> <li>• Community garden</li> <li>• Reflection: people don't cook as often because of busy lifestyles</li> <li>• Nutrition education/ cooking classes</li> <li>• Opportunity: park utilization</li> <li>• Drug prevention programming</li> <li>• Programs for the elderly/ dementia</li> <li>• Opportunity: community center: social programs for the aging population, walking programs, speaker series (aka lunch and learn) on specific health topics</li> </ul>
<p><b>6. What recreational facilities/ opportunities exist to keep residents active year round?</b></p>	<ul style="list-style-type: none"> <li>• Community center offers programs like jazzercise</li> <li>• Challenge: area schools do not have joint use agreements due to liability concerns, so their facilities may not be used outside of school hours/ summer</li> </ul>
<p><b>7. Where do you receive your health care?</b></p>	<ul style="list-style-type: none"> <li>• Since it's a smaller service area, most residents receive their care at CHI Health Plainview hospital, but some go to Norfolk</li> </ul>

**Prioritization Criteria**

On March 27, 2019, the NCDHD convened stakeholders from each of the nine counties within the NCHD to review data and prioritize Community Health Improvement Plan work. Community Health Needs were identified through data analysis according to the following strategic issues criteria:

- Represent a fundamental choice to be made at the highest levels of the community and local public health system-they focus on what will be done, who will be served, and by whom services will be provided
- Center around a tension or conflict to be resolved-could be related to past ways of doing things and future demands, current capacities, the role of the local health agency and roles of other community agencies, needs of the community and resources available
- Have no obvious best solution-if there is an obvious immediate solution to an issue, question why it has not been implemented before



- Must be something the local public health system can address-if an issue cannot be addressed by the local public health system, it may be strategic, but not at the community level

If these criteria were present, the indicator was identified as a need, or ‘strategic issue.’ Indicators were grouped and examined by topic area, which were further identified as community needs. Whitney Abbott from NCDHD facilitated the strategic priority selection process by giving the group the below aim statement for the exercise:

“Through the CHIP process, we aim to improve residents’ health, as it relates to X, Y, Z, and chronic care management.”

She then asked each individual to list five aspects of health that most need improvement in North Central Nebraska. Of those five, each individual chose their top three priorities and placed them in the middle of their respective table. Groups of four-six participants reviewed a master list of health priorities (12-18 topic areas) and selected their top six from the middle. The top six were then placed on the wall for the whole group to view. The whole group then placed all the priorities into groups and labeled each group with a name. Each person took two sticky notes and placed them on their top two priorities they wanted included in the CHIP. Below were the results:

1. **Mental Health**
2. **Lifespan Resources**
3. **Chronic Care Detection & Management**

Table 3 shows the top health needs identified by community stakeholders through the Healthy Choices for Pierce County Coalition on January 16, 2019 (listed in alphabetical order) and Community Health Improvement Plan priorities for the North Central Health District, as voted on by community stakeholders on March 27, 2019. Chronic care management and detection was defined as community nutrition and physical activity strategies to promote health and reduce the incidence of chronic disease, as well as screening and outreach to inform individuals of their health risk status. Within the mental health priority, suicide prevention and response strategies were discussed, as well as concurrent substance use issues.

Specific strategies for the priority, ‘resources across the lifespan,’ were undefined, but the consent definition was ‘ensuring adequate resources to meet NCHD residents’ health and wellness needs across the lifespan- from early childhood to the elderly population.’ The Community Health Improvement Plan (CHIP) work group decided after the March 2019 meeting to incorporate ‘Resources across the lifespan’ into the other two health priorities (mental health and chronic care detection & management). Rather than a standalone health priority, the CHIP will adopt a lifecourse approach to chronic care management & detection and mental health to ensure that appropriate strategies and activities are identified from preconception to senescence.

**Table 3. Priority Health Needs Identified in Pierce County to Improve Health**

<b>Priority Health Needs Identified for Pierce County</b>			
<b>Health Needs</b>	<b>Data &amp; Rationale</b>	<b>Sources</b>	<b>Hospital ISP Priority</b>
<b>Chronic Care Management and Detection</b>	Cancer is the second most common cause of death in the NCHD, accounting for 19.3% of all deaths. Cancer was ranked as the most serious health issue	<ul style="list-style-type: none"> <li>• CDC Diabetes Interactive Atlas, 2015</li> </ul>	Yes*

<p>(Encompasses cancer, diabetes, heart disease, obesity and stroke)</p>	<p>facing the NCHD community. 35% of Pierce County residents are at risk for developing diabetes due to obesity (BMI &gt;30). Seven out of ten (71.2%) NCHD adults are overweight or obese. Overweight and obesity ranked 2<sup>nd</sup> and Diabetes ranked 3<sup>rd</sup> highest in most serious health concerns in the NCHD community. Heart disease is the leading cause of death in the NCHD, accounting for 26.1% of all deaths between 2013-2017. Heart problems ranked 4<sup>th</sup> out of 15 as one of the most serious health issues facing the NCHD community. Stroke is the 6<sup>th</sup> leading cause of death in the NCHD.</p> <p><i>*NCHD CHIP priority</i></p>	<ul style="list-style-type: none"> <li>• Community Health Assessment Survey, NCDHD, 2018</li> <li>• Nebraska Vital Records, Nebraska Department of Health and Human Services, January 2019</li> <li>• Nebraska Behavioral Risk Factor Surveillance System, 2018</li> </ul>	
<p><b>Mental Health</b></p>	<p>In 2017, 10.8% of NCHD adults report ever having been told they have depression. Between 2013- 2017, the age-adjusted suicide death rate was 15.2 deaths per 100,000 population, compared to 12.9 deaths for the State of Nebraska.</p> <p><i>*NCHD CHIP Priority</i></p>	<ul style="list-style-type: none"> <li>• Nebraska Behavioral Risk Factor Surveillance System, 2017</li> <li>• Nebraska Vital Records, Nebraska Department of Health and Human Services, January 2019</li> </ul>	<p>Yes*</p>
<p><b>Nutrition, Physical Activity &amp; Weight</b></p>	<p>100% of Pierce County is categorized as food insecure. In 2015, 15.3% of NCD residents reported food insecurity during the past year.* In 2017, 33.9% of NCHD adults reported that they consumed fruits an average of less than one time per day during the past month. During the same time period, 1 in 7 NE high school students (14.7%) reported consuming fruits and vegetables five or more times per day during the past seven days.**</p> <p>In 2015, 28% of Pierce County adults reported no leisure time physical activity in the past month. ‘Not having enough exercise’ was ranked as the most important health behavior (76.6%) impacting the overall health of the community.</p>	<ul style="list-style-type: none"> <li>• USDA Economic Research Service, 2015</li> <li>• Nebraska Behavioral Risk Factor Surveillance System, 2015</li> <li>• Youth Risk Behavior Survey, 2017</li> <li>• CDC Diabetes Interactive Atlas, 2015</li> <li>• Community Health Assessment Survey, NCDHD, 2018</li> </ul>	<p>Yes*</p>

<b>Substance Abuse</b>	11.8% of NCHD adults currently smoke cigarettes, compared to 15.4% statewide. 8.8% of NCHD adults use smokeless tobacco, compared to 5.3% statewide. NCHD men are 19 times more likely to report smokeless tobacco use than women. 15.5% of Pierce County 12 <sup>th</sup> graders report smoking cigarettes and 13.6% report using e-cigarettes. In 2016, one in five (20%) Pierce County adults reported excessive drinking in the past month. 15.1% of NCHD 12 <sup>th</sup> graders reported binge drinking in the past month.	<ul style="list-style-type: none"> <li>• Behavioral Risk Factor Surveillance System, 2011- 2017</li> <li>• Nebraska Risk and Protective Factor Student Survey, 2016</li> <li>• Youth Risk Behavior Survey, 2017</li> </ul>	Yes*
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\*In order to meaningfully address the top health needs of Pierce County and align with existing community efforts such as the Community Health Improvement Plan, the top health needs- *Mental Health and Substance Abuse*- have been combined under a single priority health need category, *Behavioral Health* (consistent with the FY16- 19 ISP). CHI Health Plainview will address the priority health need *Nutrition, Physical Activity and Weight* through *Chronic Disease Prevention, Detection & Management*. Healthy eating and physical activity are lifestyle factors for the prevention and management of chronic diseases, such as: cancer, diabetes, heart disease and stroke. As such, work under the *Chronic Disease Prevention, Detection and Management* health priority will focus on nutrition and physical activity strategies that indirectly impact chronic disease.

CHI Health Plainview Hospital Implementation Strategy Plan Priorities FY 2020- FY2022:

1. Behavioral Health
2. Chronic Disease Prevention, Detection and Management

See the sections, *Significant Health Needs to be Addressed* and *Significant Health Needs Not Addressed* for additional information.

**Implementation Strategy Plan**

The following plan describes the strategies, scope, key activities and anticipated impact in each of the health need areas prioritized by the CHI Health Plainview over the next three year cycle spanning fiscal years 2020- 2022.

**Evaluation Plan**

For each health priority, the hospital will conduct an evaluation to demonstrate impact of the related strategies and activities. These plans will include specific data sources such as program records, hospital patient data, and/or community- level data such as the community health needs assessment (CHNA). Measures may include (but are not limited to): community indicators, partners, funding, and programmatic outcomes (via program records). Data will be reviewed by an internal interdisciplinary team at appropriate intervals (e.g., quarterly, bi-annually) but at least annually and will be reported on the annual Schedule H tax reporting as required by the Patient Protection and Affordable Care Act regulations.

## Hospital Role and Required Resources

Internal staff time will be leveraged in satisfaction of hospital plan deliverables. Key staff will be identified both at the system level and at specific hospitals, as appropriate.

## Significant Health Needs to be Addressed

Table 3. CHI Health Plainview Implementation Strategy Plan: FY2020- 2022

<b>Priority Health Need #1: Behavioral Health (includes Mental Health and Substance Abuse)</b>	
<b>Goal</b>	<b>Ensure equitable access to clinic and community- based behavioral health services in Pierce County</b>
<b>Strategy &amp; Scope</b>	<b>Support internal and external efforts to promote mental health services and reduce substance abuse through early intervention and education</b> by sustaining a behavioral health coalition to address behavioral health issues and connect service providers
<b>Timeframe</b>	FY2020-FY2022
<b>Community Indicators</b>	<p><b>CHNA 2016</b></p> <ul style="list-style-type: none"> <li>• 22.9% of Pierce County respondents reported heavy drinking</li> <li>• 12% of Pierce County residents reported having been depressed</li> <li>• 1.9 mentally unhealthy days reported in past 30 days for NCD</li> <li>• 8% of adults report more than 14 days or poor mental health per month in 2014 (County Health Rankings)</li> </ul>
	<p><b>CHNA 2019</b></p> <ul style="list-style-type: none"> <li>• 20% of Pierce County respondents reported excessive drinking (binge or heavy) (BRFSS, 2016)</li> <li>• 10.8% of NCD adults report ever having been told they have depression</li> <li>• 2.9 mentally unhealthy days reported in past 30 days for Pierce County (BRFSS, 2016)</li> </ul>
<b>Background</b>	<p><b>Rationale:</b></p> <ul style="list-style-type: none"> <li>• Mental health ranked 3<sup>rd</sup> among the top 10 health concerns in the NCHD. Substance abuse was ranked as the top health concern among key informants participating in the Healthy Choices for Pierce County Coalition.</li> </ul> <p><b>Contributing Factors:</b></p> <ul style="list-style-type: none"> <li>• Relatively high rate of suicide in Pierce County; awareness and access to appropriate mental health or substance abuse resources; coordination of services among service providers; mental health stigma</li> </ul> <p><b>National Alignment:</b> Healthy People 2020 objectives:</p> <ul style="list-style-type: none"> <li>• MHMD-2: Reduce suicide attempts by adolescents</li> <li>• SA-14: Reduce the proportion of persons engaging in binge drinking of alcoholic beverages (target for % of adults 18 years and older= 24.2%)</li> <li>• MHMD-11: Increase depression screening by primary care providers</li> </ul> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• ‘Mental wellness’ was selected as a Community Health Improvement Plan (CHIP) priority for the NCDHD.</li> </ul>

<b>Anticipated Impact</b>	<ul style="list-style-type: none"> <li>• Increase awareness of existing and potential resources among community stakeholders</li> <li>• Reduce mental health stigma and increase awareness of mental health services</li> <li>• Reduce number of mentally unhealthy days among Pierce County adults (County Health Rankings)</li> </ul>
<b>Partners</b>	<ul style="list-style-type: none"> <li>• North Central District Health Department</li> <li>• Pierce County parishes</li> <li>• Nursing home</li> <li>• Community Center</li> <li>• Plainview Community School</li> </ul>
<b>Key Activities</b>	<p>In collaboration with community partners, the following represent activities CHI Health Plainview will either <b>lead</b> as a hospital, <b>support</b> through dedicated funding and staff time or a combination thereof, as appropriate.</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Support and promote <b>school- based mental health programming</b> focused on prevention of substance abuse and suicide</li> <li>• Convene a <b>behavioral health coalition</b> that meets monthly and maintain active participation in local area substance abuse prevention coalitions</li> <li>• Identify emerging issues through the behavioral health coalition and <b>create a training plan</b> to increase community awareness <ul style="list-style-type: none"> <li>○ Host a training on identifying the signs of human trafficking for healthcare workers</li> </ul> </li> <li>• Expand use of <b>telehealth for behavioral health services</b></li> </ul>
<b>Related activities</b>	<p>The following activities represent complementary efforts in which CHI Health as a system or CHI Health Plainview as an individual hospital is addressing the identified health need through <b>financial support, in-kind staff contribution or a combination thereof.</b></p> <ul style="list-style-type: none"> <li>• CHI Health offers free “Life U” toolkits to local school districts that cover the following health topics: mental health, bullying and preventing substance use</li> </ul>
<b>Results (pending)</b>	

<b>Priority Health Need #2: Chronic Disease Prevention, Detection &amp; Management (includes Nutrition, Physical Activity &amp; Weight Status)</b>	
<b>Goal</b>	<b>Improve nutrition and physical activity habits across the lifespan to reduce chronic disease burden and increase awareness of the importance of preventive care</b>
<b>Strategy &amp; Scope</b>	<b>Expand access to healthy foods and recreational opportunities and increase awareness of risk factors for chronic disease</b> by aligning hospital efforts and financial support with Pierce County community partners.
<b>Timeframe</b>	FY2020-FY2022
<b>Community Indicators</b>	<b>CHNA 2016</b> <ul style="list-style-type: none"> <li>• 72% of North Central District adults are either overweight or obese (2014)</li> <li>• 32% of Pierce County population report being physically inactive</li> </ul>

	<ul style="list-style-type: none"> <li>• 82% of adults report inadequate fruit/vegetable consumption</li> <li>• 34% of population with adequate access to locations for physical activity in 2014</li> <li>• 11% of population lack adequate access to food in 2013</li> </ul>
	<p><b>CHNA 2019</b></p> <ul style="list-style-type: none"> <li>• 71.2% of North Central District adults are either overweight or obese (BRFSS, 2017)</li> <li>• 32.7% of North Central District adults report being physically inactive (BRFSS, 2017)</li> <li>• 28% of Pierce County adults report no leisure time physical activity (County Health Rankings, 2015)</li> <li>• 33.9 of North Central District adults report consuming less than one serving of fruit daily and 15.0% report consuming less than one serving of vegetables daily (BRFSS, 2017)</li> <li>• 65% of Pierce County population with adequate access to locations for physical activity in 2018</li> <li>• 15.3% of Pierce County residents report limited access to healthy foods in 2015 (BRFSS, 2017)</li> </ul>
<b>Background</b>	<p><b>Rationale:</b></p> <ul style="list-style-type: none"> <li>• “Not having enough exercise” was ranked as the most important health behavior impacting the NCHD, while ‘poor eating habits’ was ranked third out of 16.</li> <li>• Of the most serious health issues impacting the community, NCHD respondents cited cancer, overweight and obesity, and diabetes as the top three (listed in ranked order from one- three).</li> </ul> <p><b>Contributing Factors:</b></p> <ul style="list-style-type: none"> <li>• Low consumption of fruits and vegetables, low physical activity levels, rural nature of the area creates challenges related to the availability of high-paying jobs and access to healthy, affordable food</li> </ul> <p><b>National Alignment:</b></p> <ul style="list-style-type: none"> <li>• Healthy People 2020 objectives: <ul style="list-style-type: none"> <li>○ (NSW-14 and NSW-15.1): Increase the total contribution of fruits and vegetables to the diets of the population aged 2 years and older (respectively)</li> <li>○ (NSW-9): Reduce the proportion of adults who are obese</li> <li>○ (NSW-10): Reduce the proportion of children and adolescents who are obese</li> <li>○ (PA-1): Reduce the proportion of adults who engage in no leisure time physical activity</li> <li>○ (PA-3): Increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity and muscle strengthening activity</li> <li>○ (NSW-8): Increase in proportion of adults at a healthy weight</li> </ul> </li> </ul> <p><b>Additional Information:</b></p> <ul style="list-style-type: none"> <li>• Selected as a Community Health Improvement Plan (CHIP) priority for the NCDHD.</li> </ul>
<b>Anticipated Impact</b>	<ul style="list-style-type: none"> <li>• Increase in consumption of fresh fruits and vegetables</li> <li>• Increase in physical activity among Pierce County residents</li> </ul>



	<ul style="list-style-type: none"> <li>• Increase awareness about risk factors for chronic disease and the importance of preventive care</li> </ul>
<b>Partners</b>	<ul style="list-style-type: none"> <li>• North Central District Health Department</li> <li>• City of Plainview</li> <li>• Plainview Community School</li> <li>• Plainview Community Recreation Center</li> </ul>
<b>Key Activities</b>	In collaboration with community partners, the following represent activities CHI Health Plainview will either <b>lead</b> as a hospital, <b>support</b> through dedicated funding and staff time or a combination thereof, as appropriate.
	<b>Activities:</b>
	<ul style="list-style-type: none"> <li>• Sponsor a <b>cooking class</b> in Plainview</li> <li>• Install/maintain a <b>community garden</b> at CHI Health Plainview</li> <li>• Sponsor <b>community recreation center programming</b></li> <li>• Participate in the North Central District Health Department Community Health Improvement Plan and <b>identify opportunities to support community partners' chronic disease detection and management efforts</b></li> </ul>
<b>Related Activities</b>	<p>The following activities represent complementary efforts in which CHI Health as a system or CHI Health Plainview as an individual hospital is addressing the identified health need through <b>financial support, in-kind staff contribution or a combination thereof.</b></p> <ul style="list-style-type: none"> <li>• CHI Health Plainview offers 3D mammography services for reliable, early detection of breast cancer and improved cancer outcomes</li> <li>• CHI Health Plainview hosts an annual lab fair offering no and low cost skin cancer screening, blood pressure checks and glucose testing to support early detection of risk factors for chronic disease</li> </ul>
<b>Results (pending)</b>	

### Significant Health Needs Not Addressed

In acknowledging the range of priority health issues that emerged from the CHNA process, CHI Health Plainview prioritized the health issues above in order to most effectively focus resources and meaningfully impact the selected health issues. As described in the process above, the hospital took into consideration existing partnerships, available resources, the hospital's level of expertise, existing initiatives (or lack thereof), potential for impact, and the community's interest in the hospital engaging in that area in order to select the priorities. CHI Health Plainview selected the same top health needs as identified by the community and will address each of those needs as described in the section above.

### Authorization

The CHI Health Board of Directors approved and adopted this Implementation Plan on \_\_\_\_\_.

In addition, the plan was presented and reviewed by the CHI Health Plainview Community Board on June 5, 2019.

## Appendix

CHI Health Plainview's Community Health Needs Assessment Report can be found at [www.chihealth.com/chna](http://www.chihealth.com/chna) and a free copy may be obtained by contacting [kelly.nielsen@alegent.org](mailto:kelly.nielsen@alegent.org) or 402-343-4548.

