Community Health Needs Action Plan 2016-2018
Community Health Needs Action Plan

Executive Summary

As a community based hospital, Capital Region Medical Center has a long standing history of working with service agencies and health care partners to improve the health and wellness in the communities we serve. Through a collaboration with county health departments, community health centers, mental health agencies, law enforcement, community members, service organizations and health care providers, a Community Health Needs Assessment (CHNA) was conducted to determine strategies to improve the health of those living in Cole, Miller, Osage and Moniteau counties.

To develop the CHNA, community discussion groups, facilitated by a community health development specialist, were conducted to provide real time insight into the health challenges facing our communities. Coupled with the focus group, data from secondary sources was analyzed and prioritized to determine the areas of greatest need for the communities included in the study. One of the tools utilized for data analysis was the Missouri Department of Health and Senior Services, “Missouri Information for Community Assessment” (MICA) interactive system.

After collecting and analyzing the data, the top five areas of need emerged:

1. Heart Disease/Obesity prevention
2. Mental Health
3. Health Literacy
4. Substance Abuse
5. Dental Care

While the five areas of greatest need are indicated above, this does not discount other health and wellness concerns facing our communities. Based on the data, these are the areas of greatest need.

With the assessment completed the collaboration moved to a more in depth discussions to determine how to address the findings. Development of implementation strategies were completed with consideration of available resources, the need for policy change, reimbursement and feasibility, the group as a collaborative can impact.

All the supporting data used to generate the areas of greatest need can be found in the Community Health Needs Assessment at [www.crmc.org](http://www.crmc.org).
Priority #1

Heart Disease

The rate of obesity is continuing to climb, contributing to many health problems, most notably heart (cardiovascular) disease. A prominent need is increased public education regarding healthy weight and risk factors for heart disease, along with access to screenings and follow up care. Uncontrolled blood pressure, cholesterol and blood sugar levels as well as lifestyle behaviors; smoking, lack of exercise and sleep, increased stress and unhealthy food choices, greatly impact heart disease.

- Heart disease is the No. 1 killer of women, taking more lives than all forms of cancer combined.
- 1 out of every 3 deaths in America is from heart disease
- Nearly 70% of Americans are overweight or obese
- Nearly one in three (31.8%) U.S. children (23.9 million) ages 2 to 19 are overweight or obese.
- Being obese increases risk for heart disease, hypertension, and stroke. It can also induce diabetes. In some people, diabetes makes other risk factors much worse. The danger of heart attack is especially high for these people.

Ref: American Heart Association at www.heart.org

Heart disease is a leading cause of death in Missouri and in three of the four counties in our region; Cole, Miller and Osage. Heart disease is also the number one cause of inpatient hospitalizations and ER visits for both men and women in the region. Secondary data indicates that lifestyle behaviors such as smoking, high blood pressure, high cholesterol, uncontrolled blood sugar levels and obesity are prevalent in our region.

All four counties in our region have higher incidence of overweight populations than the state average of 34.5%, which is surpassed by Miller and Moniteau counties at rates of 33.5 and 32.9 respectively. Obesity was the top risk factor noted in the MICA “2015 Priorities” for Cole, Miller and Moniteau counties outranking high blood pressure, high cholesterol, no exercise, smoking and others.

- All four counties in the survey exceed the state average of 34.5% for overweight populations
- Heart Disease is the leading killer in three of four counties included in the study area.

www.crmc.org
Action Plan
Heart Disease

• Improve Body Mass Index (BMI) monitoring for patients in the high category

• Help improve our community’s access to fresh local foods

• Provide education to our communities on healthy living and chronic care disease management

• Through Capital Region Physicians increase the number of BMI assessments and give appropriate plan of care for our patients

• Develop age appropriate education for BMI & walking program

• Continue Partnership with Missouri Foundation for Health (MFH) on the Healthy Schools, Healthy Community grant to address childhood obesity in Eldon, Versailles and Jefferson City Public School Systems.

• Support of local Farmers’ Markets, Community Supported Agriculture, and community gardens

• Provide Community Education regarding importance of calling 911, signs and symptoms for stroke and heart attack

• Provide comprehensive employer based wellness solutions

• Chronic Disease Management and Diabetes Self-Management Courses and Speakers Bureaus

• Provide annual clinic outreach screenings and bi-monthly community screenings for the community
Priority #2
Mental Health

Mental illnesses are real disorders with real treatments, but too few people receive optimal care. Many people with these disorders refuse the treatments available, either because of social stigma regarding diagnosis and treatment, they deny their illness or because part of their illness precludes seeking care. These statistics help to tell the story:

- One in four adults experiences mental illness in a given year.
- Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year.
- Average person with mental health disorder waits 7 years before seeking treatment.
- Approximately 18.1 percent of American adults about 42 million people live with anxiety disorders
- About 9.2 million adults have co-occurring mental health and addiction disorders.
- Approximately 60 percent of adults, and almost one-half of youth ages 8 to 15 with a mental illness received no mental health services in the previous year.
- Adults living with serious mental illness die on average 25 years earlier than other Americans, largely due to treatable medical conditions.

Our Community
Mental Health Disorders were prominent discussions at each of our county community input sessions. Although our latest MICA data was only beginning to point to mental health as a priority, the reality is that our community social service providers, law enforcement, clergy and school systems all agree there is an immediate need for additional treatment services particularly for children. The input sessions revealed the need for: increased community education on types of Mental Health Disorders, evaluation and treatment services and the reduction of social stigma for those who need services.

- Mental Health Diagnosis was #3 for Inpatient Hospitalizations for Cole and Miller Counties and #5 for Osage.
- Missouri data, ranks Mental Health Disorders as #3 for inpatient hospitalization according to 2012 MICA data.

www.crmc.org
Action Plan
Mental Health

- Capital Region Medical Center has formed partnerships with local mental health providers to improve access to mental health services throughout the study area.
- Evaluate the opportunity for mental health assessments using technology for remote visits.
- Formed a Community Mental Health Strategic Planning Team including United Way of Mid-Missouri, SSM Health- St. Mary’s Hospital, Community Asset Builders and several behavioral health providers.
- Apply for MFH Special Projects funding for consultant and related cost of a 12-18 month strategic analysis.
- Coordinate Mental Health First Aid training in our communities.
- Evaluate post discharge case management for mental health patients in emergency department.
- Evaluate need potential partnership of case management services in emergency department.
- Evaluate Transportation Assistance for patients to medical appointments.
- Utilize technology to track and refer patients to appropriate mental wellness providers.
- Increase number of depression screenings completed by our primary care physicians.
- Increase provider capacity at Center for Mental Wellness.
- Develop and promotion of Patient Assistance Medication Program.
- Research model/best practice for educating community on stigma of mental wellness.
Priority #3

Health Literacy

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. According to www.health.gov, health literacy affects people’s ability to:

- Navigate the healthcare system, including filling out complex forms and locating providers and services
- Share personal information, such as health history, with providers
- Engage in self-care and chronic-disease management
- Understand mathematical concepts such as probability and risk

Only 12 percent of adults have proficient health literacy, according to the National Assessment of Adult Literacy. Low literacy has been linked to poor health outcomes such as higher rates of hospitalization and less frequent use of preventive services. Both of these outcomes are associated with higher healthcare costs.

Our Community:

The need to improve Health Literacy surfaced during the community input sessions. The populations represented in the CHNA align with groups most likely to have health literacy deficiencies. Education, language, culture, access to resources, and age are all factors that affect a person’s health literacy skills.

In our four county region, nearly 30% of our population is over the age of 55 and the cohort of 65+ is expected to grow by 25% in the next 3 years. 2014 Adult Education Level statistics show that 46.8% of residents in the region have only a high school degree or less. We average 21% of all children and 12% of all adults living in poverty. Our per capita household income and average household income are actually lower than the Missouri average in all but Cole County in our region. Missouri ranks 36 in the US for median household income.

- Populations most likely to have low health literacy include older adults, minorities, people with less than a high school degree or GED certificate, people with low income levels, non-native speakers of English, and people with compromised health status.

- Education, language, culture, access to resources, and age are all factors that affect health literacy
Improving health literacy improves the quality of life in our communities and can lower health care costs.

Through partnerships with local schools Capital Region Medical Center is making strides impacting the health literacy of future generations.

- Host, participate in and support community health fairs and events to share health information and resources with targeted populations in the community
- Provide childbirth, breastfeeding and sibling education classes through our obstetric services
- Provide community education on topics that reflect community health needs including tobacco cessation, cardiovascular disease, obesity, healthy eating, physical activity, mental health issues and awareness and dental health once per month.
- Coordinate & Provide community support groups for Stroke, Mended Heart, Dependency, Ostomy, Parkinson’s, Grieving, Bariatric
- Continue to provide New Dimensions Weight Loss Program through the Sam B Cook Healthplex
- Partner with Alzheimer Association to bring education to outlying communities
- Partner with Arthritis Foundation on the Show Me Better Health, Chronic Disease Management Course
- Obtain training for staff to be able to lead a Diabetes Self-Management Course and provide at least 2 communities
- Launch pilot Kids Shape 2.0 program that addresses childhood obesity
- Develop Faith Based- Parish Nurse Program pilot
- Collaborate with Capital Region Partners to obtain educator training and begin a Safe Sitters class
People abuse substances such as drugs, alcohol, and tobacco for varied and complicated reasons, but it is clear that our society pays a significant cost. The toll for this abuse can be seen in our hospitals and emergency departments through direct damage to health by substance abuse and its link to physical trauma. Jails and prisons see a strong connection between crime and drug dependence and abuse. Although the use of some drugs such as cocaine has declined, use of other drugs such as heroin and "club drugs" has increased.

**Our Community:**

During our community input sessions substance abuse was a top priority for our school officials and law enforcement. Their concerns included the fact that we had very limited access to detox, treatment or recovery programs for substance abuse. Community leaders reported high numbers of underage drinking, smoking, e-cigarettes, marijuana and heroin.

The fact that Missouri is the only state in the Union that does not have a prescription drug monitoring program has also impacted the amount of drug misuse in our communities, particularly opioids.

Smoking is a risk factor for many chronic diseases & conditions including heart disease, stroke, diabetes and cancer. Smoking is noted as one of the top 5 risk factors in our 4 county region.

Binge & Heavy Drinking as well as accidents related to Alcohol use are higher in most of our counties than they are for the State per the County Health Rankings report. [www.countyhealthrankings.org](http://www.countyhealthrankings.org).
Action Plan

Substance Abuse

- Offer and promote tobacco cessation education to the community
- Provide tobacco cessation education to inpatient population
- Offer Auriculotherapy every 8 weeks
- Explore additional smoking cessation programs to implement
- Educate medical staff, management team, clinic physicians & nurses on prescription drug abuse particularly opioids in patient population
- Implementation & Education of chronic pain medication contract at primary care level
- Established a pain clinic for chronic pain patients with alternative solutions for pain control in 2016
- Evaluation of Emergency Department policy regarding ordering of controlled substances
- Provide education about use of marijuana to schools and communities
- Work with local hospitals to align substance abuse policy and procedures for OB/newborn patients

*Capital Region Medical Center is working to provide access to substance abuse programs for cessation and education.*
Priority #5

Adult Dental Care

Cavities and gum disease are just the beginning when it comes to poor dental health. Research shows that poor dental health is actually tied to several chronic disease/conditions and some are deadly.

- People with periodontal disease are twice as likely to develop Heart Disease and Stroke.
- Tooth loss due to poor dental care is a risk factor for Dementia and early stage Alzheimer’s.
- Bacteria from periodontal disease can aggravate respiratory system, particularly pneumonia and COPD.
- 95% of adults with diabetes also have periodontal disease. Appears that diabetics have a higher risk of gum disease and people with periodontal disease have a hard time controlling blood sugar.
- Men with gum disease are 49% more likely to develop kidney cancer and 54% more likely to develop pancreatic cancer, and 30% more likely to develop blood cancers.
- Men with periodontal disease are 7 times more likely to experience erectile dysfunction.


Our Community

Adult dental issues are compounded in our community because of the lack of care providers to Medicaid patients as well as the number of people who do not have any type of dental insurance. Preventative dental care as it correlates to overall health and well-being has not been communicated well in our community. CRMC has an average of 65 people per month treated through our Emergency Department for a chief complaint of dental pain.

- Poor dental health leads or deteriorates many other health conditions.
- Many people turn to the Emergency Department seeking care for dental problems. By providing preventative services we can help reduce non-emergent visits to the ER.
Action Plan
Adult Dental Care

- Partner with the Community Health Center to serve Medicaid patients with a dental diagnosis
- Host Community Education on the link between oral health and overall health
- Evaluate current referral patterns and strategies for primary care physicians who have patients with dental diagnosis &/or poor dental hygiene
- Create educational handouts for primary care physicians to provide to patients regarding link between good oral health and overall health

By helping people connect oral health to overall health we can help them understand small steps can lead to big improvements in well-being.
Committed to our Communities

Capital Region Medical Center strives to address the needs of the communities we serve by staying abreast of the everchanging health care landscape. While Capital Region is poised to bridge the gaps to health care for so many, one organization can’t do it alone. Partnerships with a variety of service organizations are vital to creating a sustainable health care environment.

Capital Region, along with another local hospital, community health centers, county health departments, law enforcement agencies, mental health groups and service organizations have committed to work together to improve the health and wellness of the communities we serve. Through the Community Health Needs Assessment and Strategic Implementation strategy we can help achieve our goals to provide greater access to services, educate our populations and give hope for a healthier future.