



**TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC &  
SPINE AND ARROWHEAD BEHAVIORAL HOSPITALS**

**2019 JOINT COMMUNITY HEALTH NEEDS ASSESSMENT**

**IMPLEMENTATION PLAN 2020-2022**

Approved and Adopted by Arrowhead Behavioral Hospital Board of Trustees  
Before December 31<sup>st</sup>, 2019

Approved and Adopted by ProMedica Metro Hospital Board on  
November 14, 2019

# **PROMEDICA TOLEDO, WILDWOOD ORTHOPAEDIC & SPINE, AND ARROWHEAD BEHAVIORAL HOSPITALS**

## **2019 JOINT COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN – 2020-2022**

### **EXECUTIVE SUMMARY**

This 2019 Community Health Needs Assessment (CHNA) is a joint assessment between ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral Hospitals, all member hospitals of ProMedica Health System serving the primary service area of Lucas County, Ohio. Toledo, Flower and Wildwood Orthopaedic & Spine Hospitals are committed healthcare resources for the Toledo metropolitan area, and the larger area of northwest Ohio and southeast Michigan community, providing acute emergency services, medical and surgical inpatient care, and outpatient ambulatory services, as well as mental health services. As not-for-profit hospitals, all patients are treated regardless of their ability to pay. Arrowhead Behavioral Hospital provides treatment for mental health and substance abuse. ProMedica hospitals' mission is to improve the health and well-being of the communities we serve.

The Toledo Hospital has served Lucas County and the surrounding Toledo metropolitan region for over one hundred years. The acute care hospitals are also teaching sites for students in medicine, nursing, and the allied health professions. In addition to inpatient and outpatient services, the acute care hospitals serve the surrounding community with both primary and specialty clinics, including safety net clinics that serve uninsured and underinsured residents of the Toledo metropolitan area. Significantly, the ProMedica Toledo Hospital is the region's largest employer, and has a dedicated community reinvestment plan that has coincided with significant upgrades in highway infrastructure, redevelopment of vacant buildings, and renewal of older neighborhoods, and is a driver of employment and associated community stability, with a concentrated focus on the social determinants of health, as a system.

ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine Hospitals, and Arrowhead Behavioral Hospital jointly conducted and adopted this community health needs assessment (CHNA) in 2019 and will implement the associated three year, strategic plan beginning in 2020. ProMedica hospitals participated in the 2016/2017 Lucas County Community Health Assessment (CHA) which was cross-sectional in nature and included collection and analysis of child, adolescent and adult data. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment. One area of weakness of the CHNA was the relative age of available secondary and public health data. In order to maintain complete objectivity throughout the county CHA survey process, the network engaged the expert services of the Hospital Council of Northwest Ohio to administer the survey and compile the results. A resource assessment and gap analysis was completed as part of this

process. Following the formal county health assessment process, ProMedica staff joined multiple community organizations to collaborate to develop a Community Health Improvement Plan (CHIP) for Lucas County.

In 2019, ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral Hospitals convened CHNA committees to review the most recent Lucas County CHA and CHIP, taking into account the gap and resource assessments. The committee then selected and prioritized key indicators for their defined community, identified resources and gaps in these areas, and developed implementation plans to address these priority health needs in the community over the next three years, taking into account the needs of minority and underserved populations. The hospitals received feedback on the CHNA and plan from the Toledo Lucas County Health Department, to confirm these needs from a community health expert perspective.

ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral Hospitals will specifically implement programs to address the following health needs, prioritized by ranking methodology, and listed in priority order, by hospital:

#### **Toledo Hospital**

1. Trauma
2. Mental Health/Substance Abuse

#### **Flower Hospital**

1. Mental Health
2. Cancer

#### **Wildwood Orthopaedic & Spine Hospital**

1. Hunger
2. Obesity

#### **Arrowhead Behavioral Health**

1. Substance Abuse
2. Mental Health

In addition, as part of ProMedica Health System, some community health programs are developed and implemented at the system level, with social determinants of health, healthy aging and infant mortality identified as focal points for the system. Business units, such as hospitals, within ProMedica develop plans and implement programs that are complimentary to each other while trying to reduce duplication, which is the driving force behind this joint CHNA. The ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral Hospitals' joint CHNA may be accessed online at [www.promedica.org/chna](http://www.promedica.org/chna).

# **PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, AND ARROWHEAD BEHAVIORAL HEALTH HOSPITALS CHNA IMPLEMENTATION PLANS**

## **Toledo Hospital CHNA Implementation Plan**

Toledo Hospital has determined that the following health needs (in priority order) identified in the CHNA should be addressed through the implementation strategy noted for each such need:

### **1. Trauma Education**

#### **Specific Needs Identified in the CHNA:**

- One out of five falls causes a serious injury such as a broken bones or a head injury.
- More than one out of four older people fall each year.
- 23% (25%, 28%) of Lucas County 9th-12th grade youth had been in a physical fight in the past year vs. 20% in Ohio and 23% in the U.S.; 7% (7%) had been threatened or injured with a weapon on school property in the past year vs. 6% in the U.S.

#### **Implementation Strategies:**

1. Provide at least 4 free “Stop the Bleed” trainings and education to community organizations per year
2. Provide at least ten free continuing medical education sessions to local Emergency Medical Services providers per year

#### **Outcome Measures:**

- Number of educational sessions
  - Number of kits handed out
  - Number of participants
3. Assess individuals for fall prevention and provide connections to resources in the community

#### **Outcome Measures:**

- Number of individuals assessed and provided education about fall risk in the Emergency Department (ED)
- Number of referrals made to community resources
- Percentage of compliance of fall risks assessments in the ED

### **2. Mental Health/Substance Abuse**

#### **Specific Needs Identified in the CHNA:**

- 6% (10%, 8%) of adults misused prescription drugs in the past 6 months
- 18% (19%, 26%) of Lucas County 9th -12th grade youth used marijuana in the past month, vs. 21% for Ohio and 22% for the U.S.; 5% of youth had tried marijuana before the age of 13

- Five percent (5%) of youth used the following medications that were not prescribed to them or took more than prescribed to feel good or high: Ritalin, Adderall, Concerta, or other ADHD medications (3%); tranquilizers (2%); Codeine, Demerol, Morphine, Percodan or Dilaudid (2%); OxyContin (1%), steroids (1%); Vicodin (1%); Ultram (<1%); Fentanyl (<1%); and Suboxone or Methadone (<1%).
- Youth who misused prescription medications got them in the following ways: a parent gave it to them (41%), a friend gave it to them (28%), bought it from someone else (14%) took it from a friend or family member (9%), bought it from a friend (8%), another family member gave it to them (6%) and the Internet (4%).

**Implementation Strategies:**

1. Deployment of free Narcan kits to patients and families in the ED who are at risk for overdose

**Outcome Measures:**

- Number of kits distributed

2. Provide at least two free educational classes in the community on mock heroin overdose

**Outcome Measures:**

- Number of educational sessions
- Number of participants in each educational session

**Flower Hospital CHNA Implementation Plan**

Flower Hospital has determined that the following health needs (in priority order) identified in the CHNA should be addressed through the implementation strategy noted for each such need:

**1. Mental Health**

Key objective: Provide support for parents of children with a mental health diagnosis.

**Specific needs identified in the CHNA:**

- 14% (18%, 16%) of Lucas County 9th-12th grade youth had seriously considered attempting suicide in the past year vs. 14% in Ohio and 18% in the U.S.
- 8% (8%, 4%) of Lucas County 9th-12th grade youth had attempted suicide in the past year vs. 6% in Ohio and 9% in the U.S.
- 35% (38%, 43%) of Lucas County 9th-12th grade youth were bullied in the past year – no data was available for Ohio or the U.S.

**Implementation Strategies:**

1. Advocacy & Capacity Building
  - a. Sponsor a bi-annual conference to help providers better serve parents and families whose children have a mental health diagnosis.

- b. Join or create three advocacy activities each year that support local, state, or national efforts to help parents and families whose children have a mental health diagnosis

**Outcome Measures:**

- Number of conferences and participants
- Number of advocacy activities

2. Programming

- a. Maintain a family support group for parents and families whose children have a mental health diagnosis
- b. Partner with community groups to increase community organization's staffing that provides system and resource navigation support to parents and families whose children have a mental health diagnosis
- c. Partner with community groups to create information and referral resources for parents and families whose children have a mental health diagnosis

**Outcome Measures:**

- Number of family support group meetings and participants
- Number of hours of increased staffing (baseline 2019)
- Number of resources and type of support provided in creation of information & referral resources (free printing, social media/web support, etc.)

3. Education

1. Hold five educational sessions each year that provide education and information on various topics and issues that are important to parents and families whose children have a mental health diagnosis

**Outcome Measures:**

- Number of educational sessions and participants

2. Cancer

**Specific needs identified in the CHNA:**

- 13% (10%, 11%) of Lucas County adults were diagnosed with cancer at some point in their lives
- Cancer was the second leading cause of death in the county with lung cancer the leading cause of cancer deaths (Source: ODH Data Warehouse, 2013-2015)
- 18 % of Lucas County males had a digital rectal exam in the past year. Prostate Cancer accounted for 9% of all cancer deaths in Lucas County from 2011-2015.
- Breast Cancer accounted for 14% of all cancer diagnosis in Lucas County. 56% of women over the age of 40 had a mammogram in the past year. If detected early, the 5-year survival rate for breast cancer is 98%.

## **Implementation Strategies:**

### 1. Advocacy & Capacity Building

- a. Work with salons and barbershop owners to provide education and resources to increase health equity in the communities they serve.

#### **Outcome Measures:**

- Number of salons and barbershops participating
- Number of community participants

### 2. Programming

- a. Educate the community on early detection of breast and prostate cancer through at least two educational programs per year

#### **Outcome Measures:**

- Number of educational sessions
- Number of participants

### 3. Education

- a. Provide education on health topics to reduce the incidence of late term cancer diagnosis.

#### **Outcome Measures:**

- Number of educational sessions
- Number of participants
- Number of resource guides distributed
- Number of resource guides downloads/views

## **Wildwood Orthopaedic & Spine Hospital CHNA Implementation Plan**

Wildwood Orthopaedic & Spine Hospital has determined that the following health needs (in priority order) identified in the CHNA should be addressed through the implementation strategy noted for each such need:

### **1. Hunger**

Key objective: Lucas County community members believed the most important characteristics of a healthy community includes access to healthy foods. Hospitals can play a central role in screening and identifying patients at risk for food insecurity and connecting families with needed community resources. ProMedica Wildwood Orthopaedic and Spine Hospital will provide patients with opportunities to access healthy food at various access points in the patient care cycle, as well as provide community resource listings to increase access to food at various locations in the community.

**Specific needs identified in the CHNA:**

- In the past 30 days, 16% of adults were concerned about having enough food for themselves and their family, at the highest risk are those with incomes less than \$25,000.

**Implementation Strategies for 2020-2022**

1. Screen inpatients on admission for food insecurity, and provide food to take home at discharge if food insecurity is identified.
2. Screen outpatients in specific ProMedica primary care offices for food insecurity, and provide a referral to a ProMedica food pharmacy and/or provide a listing of food agencies to assist patients with food access.

**Outcome Measures:**

- The number of adult patients assisted at ProMedica food pharmacies.

**2. Obesity**

Key objective: Educate parents and families how to grocery shop and cook to improve the health of their family members through healthy cooking and physical activity, to increase healthy weight status.

**Specific needs identified in the CHNA:**

- In 2016, Four percent (4%) of adults ate 5 or more servings of fruits and vegetables per day; 24% ate 3 to 4 servings; 62% ate 1 to 2 servings; and 10% ate 0 servings of fruits and vegetables per day.
- One-fifth (20%) of adults did not participate in any physical activity in the past week, including 2% who were unable to exercise
- In 2017, almost three-fourths (74%) of Lucas County adults were either overweight (38%) or obese (36%) by Body Mass Index (BMI).

**Implementation Strategies for 2020-2022**

1. Provide free Cooking Matters programming to parents and families throughout the community. Cooking Matters is a 6-week healthy eating and cooking class for low-income families, which will be offered at the ProMedica Ebeid Institute's teaching kitchen.
2. Provide free Cooking Matters at the Store programming to parents and families. Cooking Matters at the Store is a one-time, educational grocery store tour teaching healthy eating on a budget.
3. Provide physical activity education as part of the programming at the Ebeid Institute for Population Health.

**Outcome Measures:**

- Number of educational sessions
- Number of participants in educational sessions

## **Arrowhead Behavioral Hospital CHNA Implementation Plan**

The Board of Trustees of Arrowhead Behavioral Health has determined that the following health needs (in priority order) identified in the CHNA should be addressed through the implementation strategy noted for each such need:

### **1. Substance Abuse**

Key objective: Increase free drug and alcohol screenings, education and resource information in the community.

#### **Specific Needs Identified in the CHNA:**

- Heroin/Opioid overdoses and deaths in Lucas County were reported as follows per media outlets, there are 3 overdoses per week in Lucas County.
- Lack of necessary detox services and inpatient detox beds.

#### **Implementation Strategies for 2020-2022:**

1. Free transportation for outpatient services and inpatient discharges/admissions (when needed).
2. Collaboration with Toledo-Lucas County Health Department to provide no cost Hepatitis A vaccinations to individuals in high risk populations.
3. Participate in community awareness/education activities, including;
  - Relapse Prevention
  - Alcoholics Anonymous
  - NAMI Family to Family

#### **Outcome Measures:**

- Number of participants screened
- Number of educational sessions
- Number of participants in each educational session

### **2. Mental Health**

Key objective: Increase mental health (depression, anxiety, stigma reduction) screenings, prevention education and resource information in community.

#### **Specific Needs Identified in the CHNA:**

- 2% (3%, 3%) of Lucas County adults considered attempting suicide in the past year
- 43% (47%) of Lucas County adults are limited in some way because of physical, mental or emotional problem

#### **Implementation Strategies:**

1. Participate in community awareness/education activities to increase education and awareness to the community about mental health and mental health resources.

2. Screening, education and workforce development offered to the community together with ProMedica Flower Hospital Psychiatric Services.

**Outcome Measures:**

- Number of participants screened
- Number of educational sessions
- Number of participants in educational sessions

**OTHER NEEDS IDENTIFIED IN THE PROMEDICA TOLEDO HOSPITAL, FLOWER HOSPITAL, WILDWOOD ORTHOPAEDIC & SPINE, AND ARROWHEAD BEHAVIORAL HEALTH HOSPITALS COMMUNITY HEALTH NEEDS ASSESSMENT BUT NOT ADDRESSED IN THIS PLAN**

The above hospitals will not address all of the needs identified in the most recently conducted Lucas County Health Needs Assessment as these areas either go beyond the scope of the hospital or may be addressed by, or with, other organizations in the community. To some extent limited resources do not allow hospitals to address all of the needs identified through the health assessment, but most importantly to prevent duplication of efforts and inefficient use of resources as many of these issues are addressed by other community agencies and coalitions across Lucas County that is listed in the table below. In some areas of identified need, the community takes a system approach to addressing community health needs, to most efficiently use resources and to prevent duplication of services. Many health issues are addressed by physicians at a related patient visit.

Each of the health needs identified in the county assessment and listed below is important, with most issues being addressed by programs and initiatives and/or other community partners. Key health issues identified in the Lucas County Health Needs Assessment, and the organizations providing programming to improve these health issues include:

<b>Health Issue (adult unless specified)</b>	<b>Organizations/Coalitions Addressing Needs</b>
Health Care Access	Toledo Lucas County Commission on Minority Health Toledo Lucas County CareNet
Cardiovascular Health	American Heart Association ProMedica Wellness ProMedica Heart and Vascular Institute
Cancer	American Cancer Association ProMedica Cancer Institute
Diabetes	Juvenile Diabetes Research Foundation ProMedica Diabetes Centers
Arthritis	Arthritis Foundation ProMedica Wildwood Orthopedic & Spine Hospital
Asthma	American Lung Association ProMedica Toledo Children’s Hospital

Obesity	ProMedica Wellness Live Well Toledo Toledo Lucas County Health Department – Healthy Youth and Families Coalition
Tobacco Use	ProMedica Tobacco Treatment Centers Lucas County Tobacco Coalition
Alcohol and Drug Use	Lucas County Mental Health and Recovery Services Board* Zepf Center* DART (Drug Abuse Response Team)* Lucas County Jail*
Women’s Health	Susan G. Komen Foundation ProMedica Cancer Institute
Men’s Health	ProMedica Cancer Institute
Preventive Medicine	Toledo Lucas County Health Department ProMedica Wellness (flu clinics) ProMedica Cancer Institute
Adult Sexual Behavior	Toledo Lucas County Health Department
Adult Pregnancy	Pathways*
Quality of Life	Multiple agencies and programs address related issues ProMedica Advocacy Fund
Social Issues	United Pastors for Social Empowerment ProMedica Teen Pep
Mental Health	ProMedica Flower Hospital ProMedica Toledo Hospital NAMI*
Oral Health	Toledo Lucas County Health Department Dental Center of Northwest Ohio* Toledo Lucas County CareNet
Minority Health	Toledo Lucas County Commission on Minority Health
Youth Weight	Live Well Toledo
Youth Tobacco Use	Substance Abuse Intervention League (SAIL) ProMedica Tobacco Treatment Centers Sylvania Community Action Team Lucas County Tobacco Coalition
Youth Alcohol and Drug Use	Substance Abuse Intervention League (SAIL) Sylvania Community Action Team (SCAT)
Youth Sexual Behavior	Youth Advocacy Alliance
Youth Mental Health	Foundation for Healthier Communities
Youth Safety and Violence	ProMedica Safe Kids of Greater Toledo ProMedica Teen PEP (dating) Toledo Police Department
Children’s Health Status	Toledo Lucas County Health Dept. ProMedica Toledo Children’s Hospital Mercy Children’s Hospital
Children’s Health Access	Toledo Lucas County Health Dept.

	Paramount Health Care
Early (Ages 0-5) Childhood Health	Healthy Lucas County Early Childhood Task Force Read for Literacy – Creating Young Readers*
Middle (Ages 6-11) Childhood Health	Partners in Education Live Well Toledo Dental Center of Northwest Ohio* Toledo Lucas County Health Department ProMedica Toledo Children’s Hospital Asthma Program
Family Functioning/Neighborhoods	Live Well Toledo
Parent Health	Live Well Toledo

An asterisk (\*) above indicates Toledo Hospital, Flower Hospital, Wildwood Orthopaedic & Spine, and/or Arrowhead Behavioral Health Hospitals’ participation with organizations addressing these health issues, that may include financial support. Note: other hospitals or organizations may also have programs to specifically address some of these health issues that may not be known at the time of this publication.

The Lucas County Health Strategic Planning Committee, using the 2016/17 Lucas County Health Needs Assessment and Community Health Improvement Plan (CHIP), prioritized several health issues identified in the Community Health Needs Assessment, determining that if these issues are addressed by multiple agencies and organizations over the next three years, they could promote healthier lifestyles and safer neighborhoods for all ages, reduce chronic health diseases, and improve several socioeconomic determinants of health for Lucas County residents. ProMedica hospitals in Lucas County adopted many of these priorities for the above implementation plans.

As previously stated, in some areas of identified need, the community is already taking a collaborative approach to addressing these community health needs, to most efficiently use resources and to prevent duplication of services, so in some areas of need Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral Hospitals are not engaged in programs outside of related visits to our hospitals or physician offices. This Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral Hospitals’ joint implementation plan was approved by the respective hospital board of trustees as stated below:

- Approved and Adopted by Arrowhead Behavioral Hospital – before December 31, 2019
- Approved and Adopted by ProMedica Metro Hospital Board of Trustees on November 14, 2019.