



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

**2022 JOINT COMMUNITY HEALTH NEEDS ASSESSMENT**

Approved and Adopted by ProMedica Metro Hospitals' Board of Trustees  
November 17, 2022

Approved and Adopted by Arrowhead Behavioral Hospital Board of Trustees  
November 28, 2022

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

**2022 JOINT COMMUNITY HEALTH NEEDS ASSESSMENT**

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## **I. INTRODUCTION**

This 2022 Community Health Needs Assessment (CHNA) is a joint assessment between ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals, all member hospitals of ProMedica serving the primary service area of Lucas County, Ohio. ProMedica Toledo, Flower and Bay Park hospitals are acute care hospitals with 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 at Toledo and Flower Hospitals. ProMedica Wildwood Orthopaedic & Spine Hospital provides surgical inpatient and outpatient care for orthopedic procedures. 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. As not-for-profit hospitals, all patients are treated regardless of their ability to pay.

ProMedica Toledo Hospital has served Lucas County and the surrounding Toledo metropolitan region for over one hundred years. These 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 one of the region's largest employer and ProMedica 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, Bay Park, and Arrowhead Behavioral Hospitals conducted and adopted this joint community health needs assessment (CHNA) in 2022 and associated three-year, strategic plan to begin in 2023-2025. ProMedica staff participated in the 2020/2021 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. 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. 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. A resource assessment and gap analysis were completed as part of this process.

In 2022, ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals convened separate CHNA committees to review the most recent Lucas

County CHA and CHIP, that included gap and resource assessments. Each committee then selected and prioritized key indicators for the defined community 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 plan from the Toledo Lucas County Health Department, to confirm these needs from a community health expert perspective.

ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, 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. Behavioral Health - Mental Health
2. Healthy Behaviors – Related to Obesity
3. Social Determinants of Health – Food Insecurity
4. Trauma Prevention

### **Flower Hospital**

1. Behavioral Health - Mental Health and Substance Abuse
2. Social Determinants of Health – Food Insecurity, Financial Strain and Social Isolation
3. Chronic Disease – Cancer, Hypertension and Congestive Heart Failure

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

1. Healthy Behaviors – Tobacco/Vaping Cessation
2. Healthy Behaviors – Nutrition and Physical Activity to Reduce Obesity
3. Social Determinants of Health - Food Insecurity and Financial Strain

### **Bay Park Hospital**

1. Chronic Disease – COPD, Heart Disease, Stroke and Diabetes
2. Social Determinants of Health – Food Insecurity and Financial Strain
3. Trauma Prevention – Fall Prevention and Stop the Bleed

### **Arrowhead Behavioral Health Hospital**

1. Substance Abuse
2. Mental Health

ProMedica Health System community health programs and initiatives are developed and implemented with Social Determinants of Health, healthy aging, infant mortality and Diversity, Equity and Inclusion as core strategic priorities addressing health disparities and inequities across the communities ProMedica serves. 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, Bay Park and Arrowhead Behavioral Hospitals' Joint CHNA and plan may be accessed online at <https://www.promedica.org/about-promedica/>.

## **II. PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, BAY PARK AND ARROWHEAD BEHAVIORAL HOSPITALS - COMMUNITY SERVICE AREA**

**The definition of the primary community** served by ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals for this assessment is Lucas County, located in northwest Ohio. Data indicates:

- 57.03% of combined inpatients at Toledo and Wildwood Orthopaedic & Spine Hospitals reside in Lucas County, with 81.34% of Toledo Hospital emergency department patients residing in Lucas County (Note: Wildwood Hospital uses the same registration system as Toledo Hospital and does not have an emergency department)
- 67.2% of Flower Hospital's inpatients and 73.88% of its emergency department patients reside in Lucas County
- 53.81% of Bay Park Hospital's inpatients and 62.06% of its emergency department patients reside in Lucas County
- 18% of Arrowhead Behavioral Hospital's inpatients reside in Lucas County

The secondary service area that is served by the hospital includes the contiguous counties of Fulton, Ottawa and Wood located in the northwestern region of Ohio, with a total estimated population of 215,026 (213,741) (Source: <https://www.census.gov/quickfacts/>, V2021; and Lenawee and Monroe counties, located in the southeastern region of Michigan, with a total population of 254,230 (248,705) (U.S.Census,V2021).

For the purposes of this plan, health statistics and factors for Lucas County were reviewed and used in completing this community health needs assessment. (Note: Statistics in parentheses refer to data from previous health assessments, where available, to be used for comparison.)

These ProMedica hospitals along with six other acute care hospitals in Lucas County meet the needs of the greater Toledo metropolitan area, with Toledo Hospital also serving as a regional tertiary referral hospital to a 27-county area in northwest Ohio and southeast Michigan.

**Demographic review** of Lucas County, Ohio, shows that 429,191 (429,899) residents live in Lucas County, with 6.1% (6.4%) under the age of five, 23.1% (22.9%) under the age of 18, and 17.1% (16.3%) of residents ages 65 and over. The majority of the population in Lucas County were White alone 73.6% (74.3%), with African American 20.5% (20.3%), Hispanic 7.8%

(7.3%), Asian 1.8% (1.8%) and two or more races 3.6% (3.2%) comprising the rest of the population. The median household income in Lucas County was \$49,946 (\$44,820) with 17.5% (17.9%) of persons who had income below the poverty level. (Source: <https://www.census.gov/quickfacts/,V2021>). In 2020, 8% (6%) of Lucas County residents were uninsured according to the 2019/2020 Lucas County Community Health Assessment.

Demographic review for the secondary service area counties may be found at [https://www.census.gov/quickfacts/, V2021](https://www.census.gov/quickfacts/,V2021)). County health assessments for the contiguous counties may be found at: <http://www.hcno.org/community-services/community-health-assessments/>

**Existing health care facilities and resources within the community** that are available to respond to the health needs are listed in Table 1 below, as well as many outpatient facilities, rehabilitation facilities and other related programs that are not listed. Due to the presence of other hospital entities in each of the contiguous five counties, ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals, focus most of their community health efforts within the greater Lucas County area - leaving the individual community efforts within the contiguous counties to the hospitals located in each county.

Table 1 - Hospitals Serving the Five County Service Area	
Fulton County Health Center	Wauseon, OH (Fulton)
ProMedica Charles & Virginia Hickman Hospital	Adrian, MI (Lenawee)
Arrowhead Behavioral Hospital	Maumee, OH (Lucas)
Mercy St. Anne’s Hospital	Toledo, OH (Lucas)
Mercy St. Charles Hospital	Oregon, OH (Lucas)
Mercy St. Vincent/Nationwide Mercy Children’s Hospital	Toledo, OH (Lucas)
Mercy Perrysburg Hospital	Perrysburg, OH (Wood)
ProMedica Bay Park Hospital	Oregon, OH (Lucas)
ProMedica Flower Hospital	Sylvania, OH (Lucas)
ProMedica Toledo Hospital	Toledo, OH (Lucas)
ProMedica Toledo Children’s Hospital	Toledo, OH (Lucas)
ProMedica Wildwood Ortho & Spine Hospital	Toledo, OH (Lucas)
St. Luke’s Hospital	Maumee, OH (Lucas)
University of Toledo Medical Center	Toledo, OH (Lucas)
ProMedica Monroe Hospital	Monroe, MI (Monroe)
Wood County Hospital	Bowling Green, OH (Wood)
Magruder Hospital	Port Clinton, OH (Ottawa)

The five ProMedica hospitals in this joint CHNA also collaborate with other entities to address issues in our service area. Community organizations who participated in the health assessment and strategic planning process are listed on page 24.

### **III. IMPACT OF PREVIOUS COMMUNITY HEALTH NEEDS ASSESSMENT PLANS**

The 2019 Joint Community Health Needs Assessment for ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals was posted online inviting feedback from the community, with no inquiries over the past three years.

Beginning in 2020, **ProMedica Toledo Hospital** implemented CHNA plans in greater Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated in 2020 and 2021 (Note: 2022 actions taken were not complete at the time of this publication and will not be included in this summary):

#### **1. Health Priority: Trauma Education**

**Strategies:** Provide at least four (4) free, “Stop the Bleed” trainings and education sessions to community organizations per year. Provide at least ten free continuing medical education sessions to local emergency medical services providers per year. Assess individuals for fall prevention and provide connections to resources in the community.

##### **Actions taken in 2020 and 2021:**

- In 2020, four (4) “Stop the Bleed” trainings sessions were conducted, with 15 kits distributed and 62 total participants.
- In 2020, 27 no cost continuing medical education sessions were provided to 404 local emergency medical services providers to improve medical care at the scene of injury.
- In 2020, 4,900 individuals were assessed for fall risk and provided education in the Toledo Hospital Emergency Department (ED).
- In 2021, 22 “Stop the Bleed” trainings sessions were conducted, with 15 kits distributed and 489 total participants.
- In 2021, 50 no cost continuing medical education sessions were provided to 526 local emergency medical services providers to improve medical care at the scene of injury or emergency.
- In 2021, 8,635 individuals were assessed for fall risk and provided education in the Toledo Hospital Emergency Department (ED). 27 referrals were made to community resources.

#### **2. Health Priority: Mental Health and Substance Abuse**

**Strategies:** Deployment of no cost Narcan kits to patients and families in the emergency department (ED) who are at risk for overdose. Provide at least two free educational classes in the community on mock heroin overdose.

##### **Actions taken in 2020 and 2021:**

- In 2020, working within an established protocol, 338 free Narcan kits were distributed to

patients/families in the ED who were at risk for overdose.

- In 2020, one (1) Mock Heroin Overdose education session was offered, with 25 total participants.
- In 2021, 875 no cost Narcan kits were distributed to patients/families in the ED who were at risk for overdose.
- In 2021, three Mock Heroin Overdose education sessions were offered, with two (2) sessions at Lourdes College and one (1) session at University of Toledo, with 88 total participants.

Based on their 2019 CHNA Implementation Plan, **ProMedica Flower Hospital** implemented CHNA plans in Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated (2022 activities were not complete at the time of this publication and will not be included in this summary):

### **1. Health Priority: Mental Health**

**Strategies:** Advocacy & capacity building: Sponsor a bi-annual conference to help providers better serve parents and families whose children have a mental health diagnosis. 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. Programming: Develop and maintain a family support group for parents and families whose children have a mental health diagnosis. 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. Partner with community groups to create information and referral resources for parents and families whose children have a mental health diagnosis. Education: 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.

#### **Actions taken in 2020 and 2021:**

- One (1) conference, the 24th Annual Psychiatric Symposium, was held in 2020 on and 128 participants attended.
- In 2020, ProMedica funded a part time family navigator in collaboration with the National Alliance for Mental Illness (NAMI) who worked 1040 hours (baseline 2019 – 0 hours).
- In 2020, Flower Hospital joined in, or created, 12 advocacy activities with the help of the ProMedica-funded NAMI family navigator employee, including the NAMI walk in which 60 employees participated and raised more than \$2000. These funds will go the NAMI Toledo chapter to help support the community initiative of mental health education and support for patients and families. The Flower Hospital director of inpatient psychiatry-maintained attendance at quarterly meetings for the Ohio Health Association Behavioral Health Care Workgroup to create information and referral resources for parents and families whose children have a mental health diagnosis.
- A total of 38 meetings/events were held and 311 participants were served throughout 2020, in

sessions facilitated by the ProMedica-funded, NAMI family navigator, to support parents and families whose children have a mental health diagnosis. In June 2020, as part of the above numbers, a family support group was held two Mondays with total of 22 participants, and in July a family support group was held each Monday, with total of 25 participants. Due to COVID 19, the family support group meetings were held sporadically at different venues (both in person and virtual) and did not have the same steady participants as originally intended.

- In 2020 and 2021, the director of Flower Hospital Psychiatry Department and the NAMI team updated the Northwest Ohio Mental Health Resource Guide. This resource guide is available free online for printing, social media/web support, etc. Available online: [https://www.promedica.org/public%20documents/medical-services/behavioral-health/nw\\_ohio\\_mental\\_health\\_resource.pdf](https://www.promedica.org/public%20documents/medical-services/behavioral-health/nw_ohio_mental_health_resource.pdf) and in print through ProMedica. These booklets are also distributed to the community at health fairs, etc.
- In 2020, a total of 50 mental health educational sessions were held, with 211 participants.
- One (1) conference was held in 2021, the Biannual Annual Psychiatric Symposium, with 129 participants. (Note: some participants paid to attend the conference for CEU's.)
- In 2021, the administrative director of Flower Psychiatric services, or their representative, attended various county or state mental health board and related meetings, for a total of 119 hours of advocacy work. Flower Hospital funded a part-time NAMI family navigator who participated in 28 mental health advocacy events, with 269 participants. Flower Hospital staff participated in the NAMI walk in which 62 employees participated and raised \$2,888. These funds will go NAMI Toledo chapter to help support the community initiative of mental health education and support for patients and families.
- In 2021, there were 308 participants in family mental health support group initiatives.
- In 2021, staff participated in Oregon City Fair and suicide prevention "Out of the Darkness" to serve 197 persons.
- In 2021, ProMedica-funded a part time family navigator in collaboration with the National Alliance for Mental Illness (NAMI) who worked 1040 hours.
- In 2021, a total of 50 mental health education sessions were held with over 200 participants.

## 2. Health Priority: Cancer

**Strategies:** Advocacy & capacity building: Work with salons and barbershop owners to provide education and resources to increase health equity in the communities they serve. Programming: Educate the community on early detection of breast and prostate cancer through at least two educational programs per year. Education: Provide education on health topics to reduce the incidence of late term cancer diagnosis.

### **Actions taken in 2020 and 2021:**

- First quarter 2020, 42 barbers, working out of six (6) barbershops, were trained in the use of

automated external defibrillator (AED) machines. Each participating shop received an AED machine which was installed in those shops.

- Second quarter of 2020, 40 barbers and stylists received no-touch forehead thermometers to monitor client's temperature at beginning of COVID pandemic. 500 personal hand-sanitizers were also distributed to clients in barbershops and salons along with 500 copies of American Cancer Society cancer screening guideline education.
- Third quarter of 2020, ProMedica provided a \$20,000 sponsorship for virtual Susan G. Komen Race for the Cure in northwest Ohio to raise awareness of screening for breast cancer. 3000 ProMedica-produced breast cancer education bookmarks were distributed through Susan G. Komen, to maintain breast cancer screening awareness. Flower hospital staff co-chaired Ohio Partners for Cancer Control prostate work group to create health equity in prostate cancer screening guidelines.
- Fourth quarter of 2020, 50 personal hand sanitizers attached to American Cancer Society screening guidelines and instructions for "early detection saves lives" were delivered to participating barbershops and salons.
- In 2020, 46 women attended the "Women's Sexual Health After Cancer" education program.
- A ProMedica certified tobacco treatment specialist provided tobacco prevention education to approximately 1545 middle and high school students in 2020.
- In 2020, 12 barbers attended a barbershop program on tobacco treatment options (Ohio Quit Line) and the importance of having a low dose lung CT to detect lung cancer early. The attending barbers were given the tobacco treatment/low dose lung CT information to dispense to their clients who are tobacco users. 50 pieces of program information were dispensed by the barbers to their clients.
- In 2020, four (4) salons received 200 women's wellness and education packages. Each kit contained one (1) each; reusable bag, stress ball, Emory board, hand sanitizer, lip balm, breast cancer education bookmark, colorectal cancer screening information and American Cancer Society "Taking Charge of Your Health" pamphlets.
- In 2020, total number of American Cancer Society cancer prevention resource guides distributed in both in educational sessions above were approximately 1,500.
- For 2020, the total number of community outreach initiatives (above) including number of educational materials handed out/participants: 4,682.
- In 2021, as part of V-Project (COVID vaccine) education materials with 1,200 thermometers and hand sanitizers were distributed to salon and barbershop customers to increase COVID vaccines and prevent spread of COVID in these minority and underserved populations.
- Staff participated in 31 advocacy and capacity building meetings in 2021.
- In 2021, nine (9) educational sessions were provided in the community to increase knowledge of early detection of cancer with a total of 1,179 participants.
- In 2021, eighteen (18) salon and barbershops participated in education sessions to educate their customers on cancer screening education. These shops were located in underserved, high minority zip codes.

- In 2021, 1,255 American Cancer Society cancer prevention resource guides were distributed by salons and barbershops to improve awareness and access to related resources.

Based on its 2019 CHNA Implementation Plan ProMedica **Wildwood Orthopaedic & Spine Hospital** (WOSH) implemented CHNA programs in Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated (2022 activities were not complete at the time of this publication and will not be included in this summary):

## 1. Health Priority: Hunger

**Strategies:** Screen inpatients on admission for food insecurity, and provide food to take home at discharge, if food insecurity is identified and patients want to accept food. Screen outpatients in specific ProMedica primary care offices for food insecurity and provide a referral to a ProMedica food pharmacy (clinic) and/or provide a listing of food agencies to assist patients with food access.

**Actions taken in 2020 and 2021** (note: statistics for WOSH and Toledo Hospital are combined in one registration database):

- In 2020, including Toledo Hospital, 553 inpatients screened positive for food insecurity, and 72 food at discharge boxes were provided. Patients have the option of declining the food at discharge box.
- In 2020, 1,103 unique households without children (2,053 adults/seniors) were served by the Center for Health Services and ProMedica Health and Wellness Center food clinics in 2020. Patients are referred by their ProMedica primary care provider and may visit the food clinics once a month for 2-3 days of healthy food. Staff from Wildwood Hospital volunteered at the food clinics.
- In 2021, including Toledo Hospital, 521 inpatients screened positive for food insecurity, and 89 food at discharge boxes with community food resource listings, were provided. Patients have the option of declining the food at discharge box.
- In 2021, 1,658 unique households without children were served by the Center for Health Services and ProMedica Health and Wellness Center food clinics in 2021. Patients are referred by their ProMedica primary care provider and may visit the food clinics once a month for 2-3 days of healthy food.

## 2. Health Priority: Obesity

**Strategies:** 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 Center's teaching kitchen. 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. Provide physical

activity education as part of the programming at the Ebeid Center.

**Actions taken in 2020 and 2021:**

- Through the Ebeid Neighborhood Promise, one Cooking Matters class was completed in 2020, with 10 participants at the Ebeid Center. (COVID eliminated many planned classes.)
- In 2020, in partnership with Toledo Public Schools, staff offered a Garden to Plate cooking class, which emphasized the importance of fresh and healthy vegetables and how to cook a healthy meal.
- Through the Ebeid Neighborhood Promise Program, one uptown Walk and Roll event was held with a total of 175 participants, to increase physical activity in the neighborhood.
- 600 educational flyers on physical activity were provided to Market on the Green for distribution to their customers.
- Through the Ebeid Center, online cooking videos were provided through the Market on the Green and the Ebeid Center Facebook groups, in lieu of in person programs in 2020.
- Through the Ebeid Neighborhood Promise, two (2) Cooking Matters class series were completed at the Ebeid Center in 2021, with 34 participants. The Ebeid Center is a partner program in urban Toledo.
- Fifty (50) Nutrition Bites, a healthy eating newsletter with fitness tips, were distributed monthly by the Market on the Green grocery store, located in urban Toledo, for a total of 600 distributed to store customers in 2021.
- In lieu of a grocery store tour that was previously offered, and not well participated in, virtual cooking classes were provided by the Registered Dietitian through the Ebeid Center, via the Ebeid Center Facebook page, with 1080 video views.
- Through the Ebeid Neighborhood Promise Program, one uptown Walk and Roll event was held with a total of 175 participants, in 2021, to increase physical activity in the neighborhood.
- 600 educational flyers on physical activity were sent to Market on the Green, in 2021, for distribution to their customers.

Based on its 2019 CHNA Implementation Plan, **ProMedica Bay Park Hospital** implemented programs in Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated (2022 activities were not complete at the time of this publication and will not be included in this summary):

**1. Health Priority: Mental Health**

**Strategies:**

Free education on community resources for substance abuse disorders was offered with a focus on populations in the following departments: Labor, Delivery Recovery and Post Partum (LDRP) and Emergency Department triage area. Promotion of safe places to dispose of expired or unfinished

drugs. provide Education on Bay Park Blue Box location. Participate as a Drug Take-Back Site with Lucas and Wood counties. Advocacy within the community – Bay Park Hospital employee participation on Lucas County Substance Abuse Coalition.

**Actions taken in 2020 and 2021:**

- To improve access to care, 1250 flyers were distributed containing community resources on substance abuse disorders in the Emergency Department, 850 flyers were distributed in the acute care areas, and 719 flyers were distributed in the Labor and Delivery areas.
- 380 downloads/views of substance abuse disorder education materials were reported.
- 815 of flyers were distributed for promotion of MedSafe Blue Box, to collect unused prescription medication for safe disposal.
- Creating online website to download/view promotional marketing for blue boxes, to be launched in 2021.
- Bay Park Blue Box (safe drug collection and disposal) was full and sent out for safe disposal four (4) times during 2020, with a 38 gallon capacity at an estimated 100 pounds when full.
- Two (2) Bay Park Hospital employee members attend the Lucas County Substance Abuse Coalition, when held in 2020.
- In 2021, to improve knowledge and access to care, in 4th quarter 2021 1,500 POSStCARDS containing community resources on substance abuse were sent home with patients on discharge from the emergency department.
- In 2021, 400 substance abuse resource handouts were distributed in the acute care areas and 218 copies were distributed in the labor and delivery areas.
- In 2021, 649 flyers were distributed for promotion of MedSafe Blue Boxes to collect unused prescription medication for safe disposal.
- Bay Park Blue Box (safe drug collection) was full and sent out for safe disposal four (4) times during 2021 with a 38 gallon capacity at an estimated 100 pounds when full.
- The meetings of the Lucas County Substance Abuse Coalition were cancelled due to COVID, in 2021. two (2) Bay Park Hospital employee are members of the coalition, in good standing.

**2. Health Priority: Obesity/Nutrition**

**Strategies:**

Free food clinic for patients referred by ProMedica provider with “food prescriptions” at the Bay Park location. Free education for patients and community members on strokes and nutrition. Hold at least two “Spotlight on Stroke” classes per year. Distribute healthy recipes and eating tips

**Actions taken in 2020 and 2021:**

- 336 patients and 190 employees were served at ProMedica Bay Park food clinic in 2020.
- In 2021, 200 individuals were served at ProMedica Bay Park food clinic in 2021.

### 3. Health Priority: Senior Health

#### Strategies:

Free education for patients and community members on senior health initiatives. Slips, Trips, and Falls education – at least two per year. Provide education on Blood Pressure Screenings, Social Isolation and Depression education, and Physical therapy chair exercises

#### Actions taken in 2020 and 2021:

- In 2020, at the Smile Pumpkin Drive-Thru, 62 people were provided with education on stroke prevention, osteoarthritis, fall prevention, healthy diet, blood control, and stroke risk assessments.
- In 2020, at the “Go Red” Luncheon (prior to COVID restrictions) approximately 200 people received stroke prevention education and stroke risk assessments.
- In 2020, at St. Timothy Church Harvest Party Drive-Thru, 58 people received stroke prevention education, healthy eating and Fall risk assessments
- In 2020, 25 flyers were distributed in the Emergency Department - working on an improved flyer and distribution for 2021.
- Due to COVID restrictions in person public education was not held in the first two quarters of 2021. Educational flyers were developed during this period for fall prevention, blood pressure and social isolation to provide continuous printed education to patients and visitors in main waiting areas of hospital.
- In 2021, 52 blood pressure screenings were provided to the community at the Oregon City School employee wellness days, along with 65 thermal vascular screenings, with interpretation provided to participants by a physician.
- In 2021, all patients in emergency department meeting STEADI criteria are provided with fall prevention education.
- In 2021, 40 physical therapy chair exercise educational flyers were distributed in waiting areas.

Based on its 2019 CHNA Implementation Plan, **Arrowhead Behavioral Hospital** implemented programs in Lucas County to address the following health needs, listed in order of priority, with the following impact demonstrated (2022 activities were not complete at the time of this publication and will not be included in this summary):

#### 1. Health Priority: Substance Abuse

**Strategies:** Free transportation for the outpatient services and inpatient discharges/admissions (when needed). Collaboration with Toledo-Lucas County Health Department to provide no cost Hepatitis A vaccinations to individuals in high-risk populations. Participate in community awareness/education activities, including relapse prevention, Alcoholics Anonymous and NAMI family to family.

#### Actions taken in 2020 and 2021:

- In 2020, no cost transportation for outpatient services and inpatient discharges/ admissions were provided, when needed.
- 36 relapse prevention sessions were held with 488 total participants.
- 12 Alcoholic Anonymous sessions were held with 360 participants.
- In 2021, no cost transportation for outpatient services and inpatient discharges/admissions were provided to 51 individuals.
- Due to COVID restrictions, collaboration with the Toledo-Lucas County Health Department did not take place in 2021.
- 5/21/21 staff participated in Angel Walk to provide education to approximately 500 attendees.
- 9/14/21 provided education to approximately 50 participants at Road to Recovery.
- 11/9/21 provided education to approximately 20 participants at Wood County Arc Town Hall.

## 2. Health Priority: Mental Health

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

### **Actions taken in 2020 and 2021:**

- Participated in ten (10) community awareness/education sessions in 2020, with approximately 300 participants.
- 2,716 individuals screened during onsite assessments to determine if Arrowhead Behavioral Hospital had programs to meet their individual needs.
- 7/8/21 participated in African American Leadership Initiative with NAMI with approximately 50 participants.
- 8/28/2021 participated in Walk the Word Ministry with NAMI with approximately 50 participants.
- 9/14/2021 participated with Road to Recovery with approximately 30 participants.
- 11/5/2021 participated in ProMedica Psychiatric Symposium with approximately 100 participants (This was counted by Flower Hospital in their 990, although Arrowhead had a separate education table).
- 11/9/2021 participated in Owens Community College Art with Impact with approximately 55 participants.
- 1/11/2021 participated in American Red Cross Veteran's Event with approximately 1,000 participants.

The information above reflects activities that were implemented to address 2019 CHNA hospital priority issues in 2020 and 2021 - 2022 statistics were not complete at the time of this document. Additional measure of impact should be reflected in future Lucas County health assessments. The 2019 Community Health Needs Assessment for these ProMedica hospitals was posted online inviting feedback from the community, with no inquiries over the past three years.

#### **IV. COMMUNITY HEALTH NEEDS ASSESSMENT**

The ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' **process for identifying and prioritizing community health needs and services** included:

- Review and discussion of the Lucas County health assessment (CHA) and county health improvement plan (CHIP), including primary and secondary data, gaps and resources
- Discussion, selection and prioritization of priority health needs for ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral Hospitals' (in separate meetings) to address over the next three years, using ranking methodology to prioritize needs
- Discussion of effective programs, policies and/or strategies to recommend for implementation plan
- Identification of evidence-based programs to improve these health needs, when available
- Development of joint hospital CHNA and three-year implementation plan to present to the hospital board(s) for approval prior to posting online.

The health areas that were examined by the formal county health assessment survey include, but are not limited to: health care coverage, health care access and utilization, preventive medicine, women's health, men's health, oral health, health status perceptions, adult weight status, adult tobacco use, adult alcohol consumption, adult drug use, adult sexual behavior, adult mental health, cardiovascular health, cancer, arthritis, asthma, diabetes, quality of life, social determinants of health, environmental conditions, family and community characteristics, and parental health.

#### **LUCAS COUNTY HEALTH NEEDS ASSESSMENT PROCESS**

ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals utilized the data provided in the 2019/2020 Lucas County Health Assessment as the basis for their community health needs assessment. To begin the formal county assessment process, the Hospital Council of Northwest Ohio Data Division, in conjunction with the University of Toledo Health and Human Services Department, conducted the formal county health assessment utilizing the following methodology (refer to pages 24 for a full listing of collaborating organizations).

#### **PRIMARY DATA COLLECTION METHODS**

##### **DESIGN**

This community health assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents of young children within Lucas County. In addition to the general survey mailing, the Healthy Lucas County Executive Committee determined it would be beneficial to oversample the African American and Latino populations. Sections and trend summary tables were created for both populations to identify disparities among the African American and Latino communities. From the beginning, community leaders and members were actively engaged in the

planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

## INSTRUMENT DEVELOPMENT

Three survey instruments were designed and pilot tested for this study: one for adults, one for adolescents in grades 6-12, and one for parents of children ages 0-11. As a first step in the design process, health education researchers from The University of Toledo and staff members from The Hospital Council of Northwest Ohio (HCNO) met to discuss potential sources of valid and reliable survey items that would be appropriate to assess the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the BRFSS. The majority of survey items for the adolescent survey were derived from the YRBSS, and most of the survey items for the parents of children 0-11 were derived from the NSCH. This decision was based on being able to compare local data with state and national data. The project coordinator from The Hospital Council of Northwest Ohio conducted a series of meetings with Healthy Lucas County's Executive Committee. During these meetings, HCNO and Healthy Lucas County's Executive Committee reviewed and discussed banks of potential survey questions from the BRFSS, YRBSS and NSCH surveys. Based on input from Healthy Lucas County's Executive Committee, the project coordinator composed drafts of surveys containing 115 items for the adult survey, 77 items for the adolescent survey, and 82 items for the children's survey. The drafts were reviewed and approved by health education researchers at The University of Toledo.

### SAMPLING | Adult Survey

The sampling frame for the adult survey consisted of adults ages 19 and older living in Lucas County. There were an estimated 326,715 people ages 19 and older living in Lucas County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error of the survey findings). A sample size of at least 384 adults was needed to ensure this level of confidence for the general population. The investigators also calculated the population of African American and Latino adults living in Lucas County. According to 2015 American Community Survey 5-year estimates, approximately 59,373 African American and 16,961 Latino adults 19 years and older were living in Lucas County. A sample size of at least 382 African American adults and 376 Latino adults were needed to ensure a 95% confidence level for each population. The random sample of mailing addresses of adults from Lucas County was obtained from Melissa Data Corporation in Rancho Santa Margarita, California. Surveys were mailed in early February 2020 and returned through mid-March 2020.

### SAMPLING | Adolescent Survey

The sampling frame for the adolescent survey consisted of youth in grades 6-12 in Lucas County

public school districts. For more information on participating districts and schools, see Appendix IV. The U.S. 2010 Census Bureau reported that approximately 43,198 of youth ages 12-18 years old live in Lucas County. A sample size of 382 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings). Students were randomly selected and surveyed in the schools in November and December 2019.

#### SAMPLING | 0-11 Survey

The sampling frame for the survey of children consisted of parents of children ages 0-11 in Lucas County. The U.S. 2010 Census Bureau determined that approximately 69,902 children ages 0-11 live in Lucas County. The investigators conducted a power analysis based on a post-hoc distribution of variation in responses (70/30 split) to determine what sample size was needed to ensure a 95% confidence level with corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error). The sample size required to generalize to children ages 0-11 was 382. The random sample of mailing addresses of parents of children 0-11 was obtained from Melissa Data Corporation in Rancho Santa Margarita, California. Surveys were mailed in early February 2020 and returned through mid-March 2020.

#### PROCEDURE | Adult Survey

Prior to mailing the survey, the project coordinator mailed an advance letter to 6,800 adults in Lucas County: 2,000 to the general population, 2,400 to the African American population, and 2,400 to the Latino population. This advance letter was printed on Healthy Lucas County Executive Committee stationery and signed on behalf of the group by Executive Committee Chair Sister Dorothy Thum of Mercy Health and Executive Committee Chair Erika. D. White of CWA Local 4319 and NAACP 3204. The letter introduced the county health assessment project and informed readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected, and it encouraged the readers to complete and return the survey promptly if they were selected. Three weeks following the advance letter, a mailing procedure was implemented to maximize the survey return rate. The mailing included a personalized, hand signed cover letter (on Healthy Lucas County Executive Committee stationery) describing the purpose of the study, the questionnaire, a self-addressed stamped return envelope, and a \$2 incentive, which were all included in a large green envelope. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate for the general population was 10% (n=698: CI=± 3.71). This return rate and sample size means that the responses in the health assessment should be representative of the entire county. There were a total of 146 African American respondents (n=146: CI= ± 8.1) and 114 Latino respondents (n=114: CI= ± 9.1). As a result, there is a greater margin of error when generalizing to the overall population of these specific two racial/ethnic groups. Caution should be taken when generalizing the results of this assessment to the African American and Latino communities. Note: “n” refers to the total sample size, “CI” refers to the confidence interval.

#### PROCEDURE | Adolescent Survey

The survey was approved by all participating superintendents. Schools and grades were randomly selected. Each student in a particular grade had to have an equal chance of being in the class that was selected, such as a home room or health class. Classrooms were randomly chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 91% (n=1,033; CI= $\pm$  3.01). This return rate and sample size means that the responses in the health assessment should be representative of the entire county. Note: “n” refers to the total sample size, “CI” refers to the confidence interval.

#### PROCEDURE | Children 0-5 and 6-11

Prior to mailing the survey to parents of children ages 0-11, the project team mailed an advance letter to 5,000 parents in Lucas County. This advance letter was printed on Healthy Lucas County Executive Committee stationery and signed on behalf of the group by Executive Committee Chair, Sister Dorothy Thum of Mercy Health and Executive Committee Chair Erika D. White of CWA Local 4319 and NAACP 3204. The letter introduced the county health assessment project and informed readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected. Three weeks following the advance letter, a mailing procedure was implemented to maximize the survey return rate. The mailing included a personalized, hand-signed cover letter (on Healthy Lucas County Executive Committee stationery) describing the purpose of the study, a questionnaire, a self-addressed stamped return envelope, and a \$2 incentive. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate was 6% (n=304; CI= $\pm$  5.61). Note: “n” refers to the total sample size, “CI” refers to the confidence interval.

#### DATA ANALYSIS

Individual responses were anonymous. Only group data was available. All data was analyzed by health education researchers at the University of Toledo using Statistical Product and Service Solutions 26.0 (SPSS). Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Lucas County, the adult data collected was weighted by age, gender, race, and income using Census data (Note: income data throughout the report represents annual household income). Multiple weightings were created based on this information to account for different types of analyses. Additionally, due to variation in the sizes of the classes selected as well as to some districts which sampled additional general education classes, it was determined that applying a weighting during analyses would be important. For more information on how the adult weightings were created and applied, see Appendix III (at hcno.org).

#### LIMITATIONS

As with all county health assessments, it is important to consider the findings with respect to all

possible limitations. First, the Lucas County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Lucas County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation. Second, the response rate for African Americans and Latinos in Lucas County was very low, even though a specialized mailing list was purchased to recruit African Americans and Latinos. To be 95% confident in our findings with a 5% margin of error, we would have needed 382 surveys to be returned from the African American population and 376 from the Latino population. Response rates for both populations were low, yielding only 146 African American responses and 114 Latino responses and resulting in margins of error of 8.1% and 9.1%, respectively. Additionally, the child data did not include enough African American or Latino responses to break the data down into a child-specific minority trend summary table. Furthermore, while the minority adult surveys were sent to random households in Lucas County, those responding to the survey were more likely to be older. While weightings were applied during calculations to help account for this, it still presents a potential limitation (to the extent that the responses from these individuals might be substantively different than the majority of Lucas County minority residents younger than 30). Therefore, those younger than 30 were not included in the African American or Latino graphs throughout the report. Additionally, the African American and Latino trend summary and comparison tables reflect 2018 state and national Behavioral Risk Factor Surveillance System (BRFSS) comparison data. 2019 comparison data was not yet available as of November 2020 via the Center for Disease Control and Prevention's (CDC) Web Enabled Analysis Tool (WEAT), which allows custom crosstabulation tables for health indicators to be viewed by race and ethnicity.

It is important to note that, although several questions were asked using the same wording as the CDC questionnaires and the NSCH questionnaire, the adult and parent data collection method differed. CDC adult data and NSCH child data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than via mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment. Lastly, this survey asked parents questions regarding their young children. Should enough parents have felt compelled to give incorrect information about their child's health for a favorable response, this would represent a threat to the internal validity of the results.

## SECONDARY DATA COLLECTION METHODS |

HCNO collected secondary data, including county-level data, from multiple sources whenever possible. HCNO utilized sources such as the Behavioral Risk Factor Surveillance System (BRFSS), numerous CDC webpages, U.S. Census data, Healthy People 2020, and other national and local sources. All primary data in this report is from the 2019/2020 Lucas County Community Health Assessment (CHA). All other data is cited accordingly. 2019 Ohio State Health Assessment (SHA) The 2019 Ohio State Health Assessment (SHA) provides data needed to inform health

improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, online surveys completed by over 300 stakeholders, and advisory and steering committee members who represented 13 state agencies, including sectors beyond health. Similar to the 2019 Ohio SHA, the 2019/2020 Lucas County Community Health Assessment (CHA) examined a variety of metrics from various areas of health including, but not limited to, health behaviors, chronic disease, access to health care, and social determinants of health. Additionally, the CHA studied themes and perceptions from local public health stakeholders from a wide variety of sectors. Note: This symbol will be displayed in the trend summary when an indicator directly aligns with the 2019 Ohio SHA. The interconnectedness of Ohio's greatest health challenges, along with the overall consistency of health priorities identified in this assessment, indicates many opportunities for collaboration among a wide variety of partners at and between the state and local level, including physical and behavioral health organizations and sectors beyond health. It is Healthy Lucas County's hope that this CHA will serve as a foundation for such collaboration. To view the full 2019 Ohio State Health Assessment, please visit: <https://odh.ohio.gov/wps/portal/gov/odh/aboutus/sha-ship/>

## **CONSULTING PERSONS AND ORGANIZATIONS**

**The process for consulting with persons representing the community's interests and public health expertise** began when local community agencies, including the Toledo Lucas County Health Department, were invited to participate in the county-wide health assessment process, including choosing questions for the surveys, providing local data, reviewing draft reports and planning the community release, followed by the development of the Lucas County community health improvement plan (CHIP) to set priorities and action plans. The needs of the population, especially those who are medically underserved, low-income, minority populations and populations with chronic disease needs were taken into account through the sample methodology that surveyed these populations and over-sampled minority populations.

This community health assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents within Lucas County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

As evidenced by the list of participating organizations below (pages 23-24), **the hospital facility took into account input from persons who represent the community** by participating with other organizations in Lucas County who contracted with the Hospital Council of Northwest Ohio, a non-profit hospital association, located in Toledo, Ohio, to coordinate and manage the county health assessment and strategic planning process. The Hospital Council has been completing comprehensive health assessments since 1999. The Project Coordinator from the

Hospital Council of NW Ohio holds a master's degree in public health and conducted a series of meetings with the planning committee from Lucas County. In addition, these five ProMedica hospitals received feedback on this CHNA plan from the Toledo Lucas County Health Department to confirm these needs from the community health expert perspective.

During these meetings, banks of potential survey questions from the Behavioral Risk Factor Surveillance and Youth Risk Behavior Surveillance surveys were reviewed and discussed. The drafts were reviewed and approved by health education researchers at the University of Toledo.

The needs of the population, especially those who are medically underserved, low-income, minority populations and populations with chronic disease needs were taken into account through the sample methodology that surveyed these populations and over-sampled minority populations. In addition, the organizations that serve these populations participated in the health assessment and community planning process, such as Toledo-Lucas County CareNet, Toledo-Lucas County Commission on Minority Health, United Way of Greater Toledo, etc.

**ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals conducted the Lucas County Health Assessment with representatives from the following hospitals:**

- Mercy Children's Hospital
- Mercy St. Anne Hospital
- Mercy St. Charles Hospital
- Mercy St. Vincent Hospital
- ProMedica Ebeid Children's Hospital
- St. Luke's Hospital
- University of Toledo Medical Center

The results of the Lucas County Health Assessment were presented at a county data release event via pre-recorded presentations, that were released on December 8, 2020. Participant feedback was obtained via an online link – via SurveyMonkey. The participant feedback results from those who viewed the presentations is included in the appendix of the full CHA report (Lucas County Appendix VIII found at [www.hcno.org](http://www.hcno.org)). Community participants were invited to join the community health improvement (CHIP) process to complete the strategic plan for the county.

## **LUCAS COUNTY STRATEGIC PLANNING PROCESS**

Following the community assessment data release, the Healthy Lucas County Executive Committee contracted with the Hospital Council of Northwest Ohio (HCNO) to facilitate the community health improvement planning (CHIP) process. Key community leaders and decision makers were invited to participate in an organized planning process to improve the health of Lucas County residents.

The National Association of County and City Health Officials (NACCHO) strategic planning tool, Mobilizing for Action through Planning and Partnerships (MAPP) was used throughout this process.

The MAPP Framework includes six phases which are listed below

- Organizing for success and partnership development
- Visioning
- Conducting the MAPP assessments
- Identifying strategic issues
- Formulating goals and strategies
- Taking action: planning, implementing, and evaluation

The MAPP process includes four assessments, Community Themes & Strengths, Forces of Change, the Local Public Health System Assessment and the Community Health Status Assessment. These assessments were used by the Lucas County CHIP Committee to prioritize specific health issues and population groups which are the foundation of this plan.

The Lucas County Community Health Improvement Planning (CHIP) Committee met four times, via Zoom to complete this process. The Healthy Lucas County Executive Committee met on June 8, 2021, and the CHIP report was officially released on November 9, 2021.

Priority health issues for Lucas County include:

- Mental Health and Addiction
- Chronic Disease
- Maternal & Infant Health
- Priority Factors: Community Conditions with a focus on health equity

\*Details of this CHIP may be found in Table 2.

The Lucas County CHA and CHIP processes included input from organizations and persons who represent the community. Collaborating organizations included:

Adelante  
Advocates for Basic Legal Equality, Inc. (ABLE)  
Area Office on Aging of Northwestern Ohio  
Board of Lucas County Commissioners  
City of Toledo  
Connecting Kids to Meals  
CWA Local 4319  
Health Partners of Western Ohio  
Hospital Council of Northwest Ohio  
LISC Toledo  
Live Well Greater Toledo  
Lucas County Department of Job & Family Services  
Lucas Metropolitan Housing Authority  
McLaren St. Luke's

Mental Health & Recovery Services Board of Lucas County  
NAACP #3204  
Neighborhood Health Association  
Toledo Fire & Rescue  
Toledo/Lucas County CareNet  
Toledo-Lucas County Health Department  
Toledo Lucas County Homelessness Board  
Toledo Public Schools  
University of Toledo Medical Center  
United Way of Greater Toledo  
YMCA of Greater Toledo  
YWCA of Northwest Ohio

Many of the above organizations have staff with expertise in public health, including the Toledo Lucas County Health Department. In addition, the county strategic planning process was facilitated by staff employed by the Hospital Council of Northwest Ohio, who hold a master's degree in public health. ProMedica hospitals were represented by ProMedica system staff in the county health assessment and the development of the community-wide community health improvement plan for Lucas County. The Lucas County Strategic Community Health Improvement Plan was written based on the conclusions and recommendations after completing the MAPP process.

## **V. LUCAS COUNTY COMMUNITY HEALTH NEEDS & PRIORITIES**

Key findings that were identified in the Lucas County 2019/2020 Health Assessment include the items below.

### **Adult Health Statistics:**

- Health Status and Coverage
  - 8% (6%) of Lucas County adults were uninsured vs. 8% in Ohio and 11% in the U.S.
  - Those most likely to be uninsured were adults under the age of 30 (20%) and those with annual income levels under \$25,000 (11%).
  - The top reason adults reported for being without health care coverage was cost (37%)
- Health Care Access and Utilization
  - Eleven percent (11%) of adults went outside of Lucas County for health care services in the past year.
  - Twenty percent (20%) of adults looked for a program to help with depression, anxiety, or some mental health problem.
- Preventive Medicine
  - More than half (57%) of Lucas County adults had a flu vaccine during the past year.
  - Nearly three-fourths (73%) of adults ages 65 and older had a pneumonia vaccination at some time in their life
- Women's Health

- In 2020, over half (58%) of Lucas County women older than the age of 40 reported having a mammogram in the past year.
- In the past year, 55% of Lucas County women had a clinical breast exam, and 35% had a Pap smear to detect cancer of the cervix.
- More than one-third (39%) were obese, 34% had high blood pressure, 27% had high blood cholesterol, and 16% were identified as current smokers, of which are all known risk factors for cardiovascular diseases.
- Men's Health
  - More than half (58%) of Lucas County men had a digital rectal exam in their lifetime, and 17% had one in the past year.
  - More than two-fifths (44%) of men had been diagnosed with high blood pressure, 27% had high blood cholesterol, and 14% were identified as smokers, which, along with obesity (36%), all of which are known risk factors for cardiovascular diseases.
- Adult Oral Health
  - Sixty-four percent (64%) of Lucas County adults visited a dentist or dental clinic in the past year.
  - One-fifth (20%) of adults did not see a dentist in the past year due to cost
- Health Status Perceptions
  - In 2020, 45% of Lucas County adults rated their health status as excellent or very good.
  - Conversely, 17% of adults described their health as fair or poor, increasing to 34% of those with annual incomes less than \$25,000.
- Adult Weight Status
  - Nearly three-fourths (72%) of Lucas County adults were overweight (34%) or obese (38%) based on body mass index (BMI).
  - One-fourth (25%) of adults did not participate in any physical activity in the past week, including 3% who were unable to exercise
- Adult Tobacco Use
  - In 2020, 15% of Lucas County adults were current smokers, and 25% were considered former smokers.
  - Four percent (4%) of adults used e-cigarettes or vapes in the past year.
  - Seventy-six percent (76%) of adults reported they would support an ordinance to ban smoking in a vehicle with a minor present.
- Adult Alcohol Consumption
  - Sixty percent (60%) of Lucas County adults had at least one alcoholic drink in the past month.
  - Twenty-two percent (22%) of adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on one occasion in the last month and would be considered binge drinkers.
- Adult Drug Use
  - In 2020, 16% of Lucas County adults reported they and/or an immediate family member or someone in their household used recreational marijuana during the past 6 months.
  - Eight percent (8%) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.
- Adult Sexual Behavior
  - Sixty-three percent (63%) of Lucas County adults had sexual intercourse in the past year.

- Seven percent (7%) of adults had more than one partner.
- Nine percent (9%) of Lucas County adults were forced to have any sort of unwanted sexual activity, increasing to 13% of females and 16% of those with annual incomes less than \$25,000
- Adult Mental Health
  - Five percent (5%) of Lucas County adults considered attempting suicide in the past year.
  - Twenty-four percent (24%) of adults had a period of two or more weeks when they felt sad or hopeless nearly every day that they stopped doing usual activities in the past year
- Cardiovascular Health
  - Four percent (4%) of adults had survived a heart attack and 3% had survived a stroke at some time in their life.
  - Thirty-nine percent (39%) had high blood pressure, 38% were obese, 27% had high blood cholesterol, and 15% were current smokers, which are four known risk factors for heart disease and stroke.
- Cancer
  - In 2020, 12% of Lucas County adults have been diagnosed with cancer at some time in their life.
  - The Ohio Department of Health (ODH) indicates that, from 2016 to 2018, cancers caused 21% (2,980) of all (14,042) Lucas County resident deaths
- Arthritis
  - Eighteen percent (18%) of Lucas County adults were diagnosed with arthritis.
- Asthma
  - In 2020, 13% of Lucas County adults were diagnosed with asthma.
- Diabetes
  - In 2020, 13% of Lucas County residents reported they were diagnosed with diabetes at some time in their lifetime.
  - More than one-third (37%) of adults with diabetes rated their health as fair or poor
- Quality of Life
  - In 2020, 37% of Lucas County adults were limited in some way because of a physical, mental, or emotional problem.
  - The most limiting health problems were back or neck problems (44%); arthritis/rheumatism (38%); stress, depression, anxiety and emotional problems (32%); chronic pain (25%); and sleep problems (22%).
- Social Determinants of Health
  - In 2020, 8% of Lucas County adults had to choose between paying bills and buying food.
  - Fifteen percent (15%) of adults experienced four or more adverse childhood experiences (ACEs) in their lifetime
- Environmental Conditions
  - Lucas County adults reported the following as the top four issues that threatened their health in the past year: bed bugs (8%), mold (8%), insects (7%), and rodents (6%).
  - Ten percent (10%) of adults reported they had a disaster plan in preparation of a disaster.

**Youth Trend Data:**

- Youth Weight Status
  - Nearly one-fifth (17%) of Lucas County youth were obese, according to body mass index

- (BMI) by age.
  - When asked how they would describe their weight, 29% of Lucas County youth reported that they were slightly or very overweight.
  - Eighteen percent (18%) youth did not participate in at least 60 minutes of physical activity on any day in the past week.
  - Twelve percent (12%) of youth reported they went to bed hungry at least one day per week because their family did not have enough money for food
- Youth Tobacco Use
  - Three percent (3%) of Lucas County youth were current smokers (having smoked at some time in the past month).
  - Twelve percent (12%) of youth used e-cigarettes/vapes in the past year.
  - Of youth who had used e-cigarettes/vapes in the past year, 56% put e-liquid or e-juice with nicotine in them.
- Youth Alcohol Consumption
  - In 2019, 12% of youth had at least one drink in the past month, defining them as a current drinker.
  - Of those who drank, 57% were defined as binge drinkers.
  - Fourteen percent (14%) of all Lucas County youth had ridden in a car driven by someone who had been drinking alcohol in the past month.
- Youth Drug Use
  - Twelve percent (12%) of Lucas County youth had used marijuana at least once in the past month.
  - Twelve percent (12%) of youth used Ritalin, Adderall, Concerta, or other ADHD medications not prescribed for them or took more than was prescribed to feel good or get high at some time in their lifetime.
  - In 2019, 74% of Lucas County youth thought there was a great risk in harming themselves if they used prescription drugs not prescribed to them.
  - Seventy-eight percent (78%) of youth reported their parents would disapprove of them smoking cigarettes
  - Sixty-nine percent (69%) of Lucas County youth reported their peers would disapprove of them smoking cigarettes, increasing to 73% of youth under the age of 13.
- Family and Community Characteristics
  - Five percent (5%) of parents reported someone in their household went to bed hungry at least one day per week because they did not have enough money for food.
  - Sixty-five percent (65%) of parents reported their neighborhood was always safe for their child to go out and play.
  - Seven percent (7%) of parents reported their child experienced two or more adverse childhood experiences (ACEs) in their lifetime
- Parent Health
  - In 2020, 61% of parents rated their health as excellent or very good, decreasing to 33% of parents with incomes less than \$25,000.
  - In the past year, 56% of parents missed work due to their child's illnesses or injuries.

Note: Many identified health needs are addressed by physicians at the time of related patient visits.

The Lucas County Community Health Improvement Planning (CHIP) Committee, using the Lucas County Health Needs Assessment, prioritized the following health issues, as indicated in Table 2 below, 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. In some areas of identified need, ProMedica is already taking a system approach and collaborates with organizations to address some community health needs, to most efficiently use resources and to prevent duplication of services.

<b>Table 2 - Lucas County Community Health Improvement Plan (CHIP) – Selected Priorities</b>	<b>Facilitating Agency(s)</b>
<b>Priority 1: Mental Health and Addiction</b>	
1. School-based social and emotional instruction	Toledo Public Schools
2. Mental health first aid	The University of Toledo Mental Health & Recovery Services Board of Lucas County
<b>Priority 2: Chronic Disease</b>	
1. Exercise prescriptions from health care providers	YMCA of Greater Toledo
2. Prediabetes screening and referral	YMCA of Greater Toledo
<b>Priority 3: Maternal and Infant Health</b>	
1. Early childhood home visiting programs and Toledo-Lucas County Getting to 1*	Lucas County Home Visiting Advisory Council Toledo-Lucas County Getting to 1
2. Care coordination and access to well-woman care*	Northwest Ohio Pathways HUB
<b>Priority Factor: Community Conditions</b>	
1. Housing Choice Voucher Program	Lucas Metropolitan Housing Healthy Lucas County Executive Committee
2. The Toledo Black Agenda/Toledo Racial Equity & Inclusion Council (TREIC)	YWCA of Northwest Ohio Healthy Lucas County Executive Committee’s Health Equity Task Force

ProMedica and its hospitals participate with community organizations to address many of these issues, that may also include financial support, that may not be specific to one ProMedica hospital. ProMedica hospitals along with many social agencies, schools, faith-based organizations, and law enforcement may also be addressing some of these issues that may not be specifically included in these collaborative priority actions. ProMedica is taking a lead in some of our communities with programs focused on the social determinants of health, specifically focused on food access, financial strain, job training, and housing.

**LUCAS COUNTY - HEALTH ISSUES FOR UNINSURED, LOW INCOME AND**

**MINORITY GROUPS**

In Lucas County, primary and chronic disease needs and other health issues of minority groups (African American and/or Latino) include: healthcare coverage, preventive medicine, some women’s health screenings, men’s health screenings, oral health, health status perceptions, adult weight status, adult tobacco use, adult alcohol consumption, adult mental health, diabetes, arthritis, asthma, cardiovascular disease, limited in some way, social determinants of health, and, environmental conditions. Specific Lucas County assessments were conducted for the Lucas County African American and Hispanic populations in 2020/2021.

In general, adults with an income less than \$25,000 per year measured worse in most areas of health. The percent of Lucas County adults with an annual household income under \$25,000 measured worse compared to other county groups in the areas of: uninsured, health perception fair/poor, women’s health exams (specifically breast exams and pap smears), visiting a dentist in the past year, current smoker, adult alcohol consumption, asthma, arthritis (only 65 and over group had higher percent), cardiovascular disease, and, limited in some way. In many other areas this group was high compared to the county. Lucas County adults who were uninsured reported that the reason they were without health care coverage was they lost their job (41%), cost (29%), they became part time or temporary employee (15%), they became ineligible (13%), or they did not think they needed it (11%).

The links between economic stability and health status is evident, and progress toward decreasing the rates of the leading chronic health conditions and persistent health disparities can be made by addressing the economic status of Lucas County residents, and the social determinants of health, a focus for ProMedica: <https://www.promedica.org/socialdeterminants/pages/default.aspx>)

<b>Table 3 – Health Issue</b>	<b>Whites</b>	<b>Latinos</b>	<b>African Americans</b>	<b>Lucas County 2020</b>
<b>Rate health as fair/poor</b>	13%	15%	25%	17%
<b>Uninsured</b>	5%	10%	11%	8%
<b>Diagnosed with High Blood Pressure</b>	34%	32%	55%	39%
<b>Diagnosed with High Cholesterol</b>	27%	21%	31%	27%
<b>Diagnosed with Diabetes</b>	11%	13%	15%	13%
<b>Diagnosed with Arthritis</b>	17%	11%	23%	18%
<b>Diagnosed with Asthma</b>	11%	13%	19%	13%
<b>Obese by BMI</b>	32%	51%	45%	38%
<b>Current Smoker</b>	16%	14%	21%	15%

<b>Binge Drank in past month</b>	26%	37%	20%	22%
<b>Used Marijuana in the past 6 months</b>	11%	7%	11%	7%
<b>Misused prescription drugs in past 6 months</b>	7%	6%	9%	8%
<b>Have had a Mammogram in past two years (40 and over)</b>	73%	94%	76%	76%
<b>Have had a Pap Smear in the past three years</b>	79%	89%	77%	77%
<b>Digital rectal exam in past year</b>	18%	5%	22%	17%
<b>Had more than one sexual partner in past year</b>	6%	10%	6%	7%
<b>Limited in some way</b>	32%	35%	45%	37%
<b>Visited a dentist in the past year</b>	71%	58%	44%	64%
<b>Have considered attempting suicide</b>	5%	4%	9%	5%

Lucas County African American adults measured worse when compared to Whites, Latinos and Lucas County adults as a whole in the following areas: rated their health as fair/poor, uninsured, high blood pressure, high cholesterol, diabetes, arthritis, asthma, smoking, misused prescription drugs, considered attempting suicide, and limited in some way because of physical, mental or emotional problem.

Lucas County Latino adults measured worse when compared to Whites, African Americans and Lucas County adults as a whole in the following areas: obesity, binge drinking n past month, had a digital rectal exam, and had more than one sexual partner in past year.

ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals are part of ProMedica Health System that includes a regional health plan, Paramount, that also contributes to the understanding of core community needs and metrics. ProMedica, Paramount health plan, the State of Ohio, and ProMedica hospitals have made the provision of women’s obstetric care for this population a priority. This includes both obstetrics, gynecology and outreach with the Pathways HUB, which serves minority and indigent patients from primarily poorer parts of Toledo, Ohio, to address the issue of infant mortality through a systematic approach.

It has been determined that if key leadership in the county are made aware of the links between economic stability and health status. Most county groups feel progress toward decreasing the rates of the leading chronic health conditions and persistent health disparities can be made by addressing the economic status of residents. ProMedica is taking a lead in Lucas County, and other communities, with programs focused on the social determinants of health, specifically focused on food access, financial strain, job training, and housing.

## **LUCAS COUNTY - INFORMATION GAPS**

The formal Lucas County health assessment, historical trend data and statewide databases provided sufficient primary data, although some secondary and public health data is relatively outdated (2018-2020) and therefore leaves gaps in measurement about key indicators during the following time period.

Through the formal county process, gaps were identified for each CHIP initiative, and a resource assessment was developed, but it is impossible to know all programs and services provided in a county due to some programming being provided by private organizations, or not offered to the public, or unaffordable for low-income individuals.

Through the formal MAPP process, gaps were identified in each CHIP initiative, and a resource assessment was developed, although it is difficult to know all resources in a community. Data is not available for all areas of health to evaluate the health needs of some minority and non-English speaking residents.

While local experts and experience supplement statistical data, underlying health beliefs that are at the core of individual health outcomes are thinly identified.

## **VI. PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, BAY PARK, AND ARROWHEAD BEHAVIORAL HOSPITALS - COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS**

ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' leadership each convened CHNA committees to review the county assessment data and CHIP strategic plans, that included available gaps and resources, select and prioritize key health indicators, and develop implementation plans to address the specific needs of the population.

**Prioritization of health needs in its community** was accomplished by the ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' CHNA committees that included staff from administration and various areas involved in patient care. These ProMedica hospitals' CHNA committees developed the hospitals' joint CHNA and plans, through the following steps:

- Review of existing Lucas County primary and secondary data sources
- Review of Lucas County CHIP Plan, including gaps and resources
- Discussion, selection and ranking of priority health issues for each hospital (separately), prioritized by ranking methodology
- Discussion of effective programs, policies, and strategies to recommend for implementation

- Identification of specific implementation action steps, and outcome measures, for the next three years (2023-2025)
- Board of Trustee review and approval of the joint CHNA and three-year plan

Along with state and U.S. data comparisons, key secondary health data considered for the hospital CHNA include the leading causes of death:

Table 4 Lucas County Leading Causes of Death 2018-2020	
	Rate
Heart Disease	278
Cancer	230.6
Chronic Lower Respiratory Diseases	72
Accidents/Unintentional Injuries	61.6
Alzheimer’s Disease	59.1
Cerebrovascular Disease	47.2
(Source: CDC Wonder, 2018-2020)	

Although some areas of the Lucas County CHIP strategic plan were not identified specifically as a priority in the ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals’ Joint CHNA implementation plans, the hospitals participate in many areas of the county plan, through various community health coalitions and initiatives, and these hospitals will focus on the priority areas of need discussed below.

**VII. PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, BAY PARK, AND ARROWHEAD BEHAVIORAL HOSPITALS’ HEALTH NEEDS & PRIORITIES**

ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine and Arrowhead Behavioral hospitals are actively involved in many priority health areas identified through the county health improvement plan, and acute care hospitals participate in the Ohio BCCP to provide no cost women’s health screenings to adults that do not have coverage, thereby increasing access to health care for this population.

Following a review and discussion of health data and community priorities, as well as organizational and community programs to address these community needs, ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals identified the following priority health needs, listed in order of priority, prioritized through ranking methodology, with supporting statistics from the 2019/2020 county CHA, as follows:

### **Toledo Hospital CHNA Implementation Plan Priorities**

Toledo Hospital determined that the following health needs (in priority order) identified in the CHNA should be addressed in the 2023-2025 CHNA implementation plan, based on the supporting statistics provided below:

#### **1. Health Priority: Behavioral Health - Mental Health**

- Rated mental health not good on four or more days – 34% Lucas County adults vs. 33% Latinos, and 43% for African Americans; increasing trend in Lucas County
- Average number of days mental health not good – 5.5 days Lucas vs. 4.9 Latinos, 6.1 African Americans; Lucas County has increasing trend, and is above state and national rates
- Limited in some way because of physical, mental or emotional problem – 37% Lucas vs. 35% Lat, 45% African Americans; Lucas County has twice state and national rates
- Considered attempting suicide in past year - has doubled from previous survey – 5% Lucas vs. 4% Latinos, and 9% African Americans

#### **2. Health Priority: Healthy Behaviors Related to Obesity**

- Nearly three-fourths (72%) of Lucas County adults were either overweight (34%) or obese (38%) by body mass index (BMI), putting them at elevated risk for developing a variety of diseases.
- More than half (51%) of adults were trying to lose weight, 29% were trying to maintain their current weight or keep from gaining weight, and 3% were trying to gain weight.
- Lucas County adults did the following to lose weight or keep from gaining weight in the past month: ate less food, fewer calories, or foods low in fat (46%); exercised (45%); drank more water (42%); ate a low-carb diet (16%); took diet pills, powders or liquids without a doctor's advice (3%); used a weight loss program (3%); smoked cigarettes (3%); went without eating 24 or more hours (2%); vomited after eating (2%); health coaching (2%); took prescribed medications (1%); took laxatives (1%); had bariatric surgery (3%)
- Lucas County adults spent an average of 3.0 hours watching TV, 2.1 hours on their cell phone, 1.4 hours on a PC/tablet, and 0.4 hours playing video games on an average day of the week.

#### **3. Health Priority: Social Determinants of Health - Food Insecurity**

- In 2020, 8% of Lucas County adults had to choose between paying bills and buying food.
- 7% of Lucas County adults, or approximately 22,870 adults experienced more than one food insecurity issue in the past year.
- Adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (8%), worried food would run out (5%), food assistance

was cut (4%), loss of income led to food insecurity issues (4%), went hungry/ate less to provide more food for their family (3%), and were hungry but did not eat because they did not have money for food (3%).

- Seven percent (7%) of adults experienced more than one food insecurity issue

#### **4. Health Priority: Trauma Prevention**

- More than one-fourth (27%) of Lucas County adults had fallen in the past year, increasing to 37% of those 65 and older.
- Thirty percent (30%) of Lucas County African American adults had fallen in the past year, decreasing to 28% of those 65 and older
- The third Leading Cause of Death in Lucas County is Accidents/Unintentional Injuries (7% - 9% for males); for African Americans 7% (8% for males) and 13% for Latinos (14% for males).
- 27% of all Lucas County adults had a firearm in or around the home, including 35% of males and 29% of those with annual incomes of \$25,000 or more.

### **Flower Hospital CHNA Implementation Plan Priorities**

Flower Hospital determined that the following health needs (in priority order) identified in the CHNA should be addressed, based on the supporting statistics provided below:

#### **1. Health Priority: Behavioral Health - Mental Health and Substance Abuse**

- Rated mental health not good on four or more days – 34% all Lucas County adults vs. 33% Latinos, and 43% for African Americans; increasing trend in Lucas County
- Average number of days mental health not good – 5.5 days Lucas vs. 4.9 Latinos, 6.1 African Americans; Lucas County has increasing trend, and is above state and national rates
- Limited in some way because of physical, mental or emotional problem – 37% Lucas vs. 35% Lat, 45% African Americans; Lucas County has twice state and national rates
- Considered attempting suicide in past year - has doubled from previous survey – 5% Lucas vs. 4% Latinos, and 9% African Americans

#### **2. Health Priority: Social Determinants of Health- Food Insecurity, Financial Strain and Social Isolation**

- In 2020, 8% of Lucas County adults had to choose between paying bills and buying food.
- 7% of Lucas County adults, or approximately 22,870 adults experienced more than one food insecurity issue in the past year.
- Adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (8%), worried food would run out (5%), food assistance was cut (4%), loss of income led to food insecurity issues (4%), went hungry/ate less to provide more food for their family (3%), and were hungry but did not eat because they did not have money for food (3%).
- Seven percent (7%) of adults experienced more than one food insecurity issue.

### **3. Health Priority: Chronic Disease – Cancer, Hypertension, Congestive Heart Failure**

- Adult females who had a pap smear in past 3 years – 77%, improving but below state and national rates.
- In 2020, just over half (58%) of Lucas County women older than the age of 40 reported having a mammogram in the past year. In the past year, 55% of Lucas County women had a clinical breast exam, and 35% had a Pap smear to detect cancer of the cervix
- More than half (58%) of Lucas County men had a digital rectal exam in their lifetime, and 17% had one in the past year. More than two-fifths (44%) of men had been diagnosed with high blood pressure.
- Adult males who had a digital rectal exam within the past year – 17%; trending down over past three surveys.
- Adults diagnosed with high blood pressure – 39% Lucas County vs. 32% Latinos, and 55% African Americans
- Had blood cholesterol checked in last five years – 81% Lucas vs. 82% Lat, 84% AA
- More than one-third (39%) were obese, 34% had high blood pressure, 27% had high blood cholesterol, and 16% were identified as current smokers, of which are all known risk factors for cardiovascular diseases.
- More than two-fifths (44%) of men had been diagnosed with high blood pressure, 27% had high blood cholesterol, and 14% were identified as smokers, which, along with obesity (36%), all of which are known risk factors for cardiovascular diseases.
- Congestive Heart Failure is one of the top 3 readmission diagnoses for Flower Hospital

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

Wildwood Orthopaedic & Spine Hospital determined that the following health needs (in priority order) identified in the CHNA should be addressed in the 2023-2025 CHNA implementation plan, based on the supporting statistics provided below:

#### **1. Health Priority: Healthy Behaviors – Tobacco/Vaping Cessation**

- 15% of adults are current smokers - 15% all Lucas County adults vs. 14% Latinos, 21% African Americans
- 56% of adult smokers tried to quit smoking in the last year

#### **2. Health Priority: Healthy Behaviors – Nutrition and Physical Activity to Reduce Obesity**

- Nearly three-fourths (72%) of Lucas County adults were overweight (34%) or obese (38%) based on body mass index (BMI).
- One-fourth (25%) of adults did not participate in any physical activity in the past week, including 3% who were unable to exercise

#### **3. Health Priority: Social Determinants of Health – Food Insecurity and Financial Strain**

- In 2020, 8% of Lucas County adults had to choose between paying bills and buying food.
- 7% of Lucas County adults, or approximately 22,870 adults experienced more than one food insecurity issue in the past year.

- Adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (8%), worried food would run out (5%), food assistance was cut (4%), loss of income led to food insecurity issues (4%), went hungry/ate less to provide more food for their family (3%), and were hungry but did not eat because they did not have money for food (3%).
- Seven percent (7%) of adults experienced more than one food insecurity issue

### **Bay Park Hospital CHNA Implementation Plan Priorities**

Bay Park Hospital determined that the following health needs (in priority order) identified in the CHNA should be addressed in the 2023-2025 CHNA implementation plan, based on the supporting statistics provided below:

#### **1. Health Priority: Chronic Disease – COPD, Heart Disease, Stroke and Diabetes**

- 15% of adults are current smokers - 15% Lucas vs. 14% Latinos, 21% African Americans; 56% of adult smokers tried to quit smoking in the last year
- 39% of adults were diagnosed with high blood pressure – 39% Lucas vs. 32% Latinos, 55% African Americans; African American rates are higher than Whites and Latinos in Diabetes, Arthritis, Asthma and Angina; Lucas County is above state and national rates for high blood pressure in adults
- 81% of adults had blood cholesterol checked in last five years – 81% Lucas vs. 82% Latinos, 84% African Americans; Lucas County is improving in this adult rate but is below state and national rates
- 13% of adults have diabetes, higher than state and national averages.

#### **2. Health Priority: Social Determinants of Health – Food Insecurity and Financial Strain**

- In 2020, 8% of Lucas County adults had to choose between paying bills and buying food.
- 7% of Lucas County adults, or approximately 22,870 adults experienced more than one food insecurity issue in the past year.
- Adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (8%), worried food would run out (5%), food assistance was cut (4%), loss of income led to food insecurity issues (4%), went hungry/ate less to provide more food for their family (3%), and were hungry but did not eat because they did not have money for food (3%).
- Seven percent (7%) of adults experienced more than one food insecurity issue

#### **3. Health Priority: Trauma Prevention – Fall Prevention and Stop the Bleed**

- 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.

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

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 in the 2023-2025 CHNA implementation plan, based on the supporting statistics provided below:

### **1. Health Priority: Substance Abuse**

- 7% of all Lucas County adults used marijuana in the past six months - 7% for Latinos and 11% for African-Americans.
- 8% of all Lucas County adults misused prescription drugs in the past six months - 6% for Latinos and 8% for African Americans.
- A<1% of all Lucas County Adults used heroin in the past six months - 0% for Latinos, and 1% for African Americans.
- 3% of all adults in Lucas County looked for a treatment program for drug abuse, and 56% of these adults did not find a specific program.
- 3% of all adults in Lucas County looked for a treatment program for detoxification for opiates/heroin, and 53% did not find a specific program.

### **2. Health Priority: Mental Health**

- Rated mental health not good on four or more days – 34% Lucas County adults vs. 33% Latinos, and 43% for African Americans; increasing trend in Lucas County
- Average number of days mental health not good – 5.5 days Lucas vs. 4.9 Latinos, 6.1 African Americans; Lucas County has increasing trend, and is above state and national rates
- Limited in some way because of physical, mental or emotional problem – 37% Lucas vs. 35% Latinos, 45% African Americans; Lucas County has twice state and national rates
- Considered attempting suicide in past year - has doubled from previous survey – 5% Lucas vs. 4% Latinos, and 9% African Americans

The above priorities not only address some leading causes of death in the county and also align with initiatives prioritized in both the Ohio State Health Improvement Plan and Healthy People 2030.

As a ProMedica member hospital, ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals are represented in the execution of the community-wide community benefit plan by working with organizations and coalitions in the community who are addressing health-related issues identified in the county CHA (see Table 2). The Toledo Lucas County Health Department provided feedback for the hospitals' CHNA plans, to confirm these plans from a community health expert perspective.

## **VIII. COMMUNITY UNMET NEEDS, GAPS AND RESOURCE ASSESSMENT**

ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals did not address all the needs identified in the most recently conducted Lucas County Community Health Assessment as these areas either go beyond the scope of the hospital or are

being addressed by, or with, other organizations in the community. To some extent, resource restrictions do not allow the hospital to address all of the needs identified through the county 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 organizations and coalitions. Table 2 lists some of the community organizations and coalitions addressing the prioritized county strategic plan issues. ProMedica hospitals addresses some of these issues and participates in other areas of health improvement with many of these organizations and coalitions through collaboration and/or funding.

Although community organizations, schools and faith-based organizations may have internal programs that are not widely known, the Lucas County CHIP process identified some areas of need that ProMedica and its hospitals have included in their planning. Due to the size of the greater Toledo community, it is difficult to inventory all resources and gaps, even with the input of multiple organizations and individuals.

ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals maintain awareness of the primary health issues identified for the county and demonstrate a willingness to partner, or provide supplemental programming, as needed for these issues, and many of these issues are best handled by organizations specifically addressing the health or social issue. ProMedica hospitals participate with many of these coalitions through representation, funding, or a combination of both.

## **IX. PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, AND ARROWHEAD BEHAVIORAL HOSPITALS - IMPLEMENTATION STRATEGY SUMMARY**

In 2022, ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral Hospitals commenced with their CHNA strategic planning process, described in detail above, and developed three-year hospital-based implementation plans, taking into consideration the county CHA, as well as alignment with the Ohio State Health Assessment and Healthy People 2030. Through this process, ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral Hospitals identified the following health priorities, listed in order of priority:

### **Toledo Hospital**

1. Behavioral Health - Mental Health
2. Healthy Behaviors Related to Obesity
3. Social Determinants of Health – Food Insecurity
4. Trauma Prevention

### **Flower Hospital**

1. Behavioral Health - Mental Health and Substance Abuse
2. Social Determinants of Health – Food Insecurity, Financial Strain and Social Isolation

3. Chronic Disease – Cancer, Hypertension, Congestive Heart Failure

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

1. Healthy Behaviors - Tobacco/Vaping Cessation
2. Healthy Behaviors – Nutrition and Physical Activity to Reduce Obesity
3. Social Determinants of Health- Food Insecurity and Financial Strain

#### **Bay Park Hospital**

1. Chronic Disease – COPD, Heart Disease, Stroke and Diabetes
2. Social Determinants of Health – Food Insecurity and Financial Strain
3. Trauma Prevention – Fall Prevention and Stop the Bleed

#### **Arrowhead Behavioral Health**

1. Substance Abuse
2. Mental Health

As part of the three-year plans, specific actions and measures will be implemented to evaluate the impact of these plans. Feedback to these priorities was provided by Toledo Lucas County Health Department. In addition to the above hospital specific strategies, the hospitals will continue to collaborate with Healthy Lucas County to support its CHIP priorities.

To maximize impact, ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral hospitals will continue to collaborate with community organizations that share commitments to a healthier region. Collaborations include participation, in kind support, and coordinated interventions. The hospitals also provide charitable funding for various community programs and help organize volunteers and fund raising for community charities.

The implementation plans for these priorities include specific programs and measurements that will be reported quarterly, and progress will be reported at least annually to hospital leadership and the board of trustees.

As stated above, these ProMedica hospitals will not address all the needs identified in the most recently conducted Lucas County Community Health Assessment as these areas either go beyond the scope of the hospitals or may be addressed by, or with, other organizations in the community. To some extent limited resources do not allow hospitals to address all 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 with, or by, other community agencies and coalitions across Lucas County. In addition, many health issues are addressed by physicians at a related patient visit.

Following approval of ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, and Arrowhead Behavioral hospitals' 2022 CHNA and implementation plans by the respective hospitals' board of

trustees, the execution of the three-year implementation action plans will be initiated in 2023, with some programs already in place.

Annual inclusion of a community benefit section in operational plans is reflected in the ProMedica strategic plan that is approved by the board of trustees and monitored by hospital leadership. Top hospital administrators are part of each hospital's CHNA planning and reporting cycles, and assure the plans are operationalized and reported to the board annually.

As part of the annual strategic planning and budgeting process, the adoption of a budget for provision of services that address the needs identified in the needs assessment is inherent in the hospital budget and approved by the hospitals' board of trustees. The ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine and Bay Park hospitals' 2022 Community Health Needs Assessment and implementation plans were approved and adopted by the ProMedica Metro Board of Trustees on November 17, 2022, and the Arrowhead Behavioral Hospital Board of Trustees on November 28, 2022

**X. ACCESS TO PROMEDICA TOLEDO, FLOWER, WILDWOOD ORTHOPAEDIC & SPINE, BAY PARK, AND ARROWHEAD BEHAVIORAL HOSPITALS JOINT COMMUNITY RESOURCE ASSESSMENT AND OTHER RESOURCES**

**The ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' Joint Community Health Needs Assessment is widely available in printable (pdf) form to the public on the websites at:**

<https://www.promedica.org/about-promedica/>

(for ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, and Bay Park hospitals)

[Community Health Needs | Arrowhead Behavioral](#) - (for Arrowhead Behavioral Hospital).

The Lucas County Community Health Assessment and Community Health Improvement Plan as well as other regional county health assessments and plans, may be found on the Hospital Council of Northwest Ohio website:

<http://www.hcno.org/community-services/community-health-assessments/>

To provide feedback or for any questions related to the ProMedica Toledo, Flower, Wildwood Orthopaedic & Spine, Bay Park, and Arrowhead Behavioral Hospitals' Joint Community Health Needs Assessment and Plans], or to request a free, printed copy of this document, please email:

[gayemartin@promedica.org](mailto:gayemartin@promedica.org).