



2013

Fairfield County Community Health Improvement Plan

Coordinated by the Fairfield County Health Partners: Fairfield Medical Center, Fairfield County Department of Health and Fairfield Community Health Center.



Fairfield
Medical Center



Fairfield
Medical Center

2013 Community Health Needs Assessment Fairfield Medical Center Top Areas of Health Concern

- 1st. Obesity
- 2nd. Mental Health
- 3rd. Substance Abuse
- 4th. Cancer
- 5th. Cardiovascular Disease
- 6th. Health Care Coverage/Access
- 7th. Quality of Life
- 8th. Bullying/Teens and Self Esteem
- 9th. Oral Health
- 10th. Preventative Health and Screenings



2013 Community Health Needs Assessment Fairfield Medical Center Top Areas of Health Concern

Potential Partners and Other Resources Available

1st. Obesity

- a. Nationwide Children's Hospital
- b. Lancaster City Schools
- c. Robert K. Fox Family YMCA
- d. The Ohio State University
- e. United Way of Fairfield County

2nd. Mental Health and Substance Abuse

- a. ADAMH Board of Fairfield County
- b. New Vision
- c. New Horizons
- d. Opiate Task Force
- e. The Recovery Center

3rd. Cancer

- a. Cancer Resource Center
- b. Komen Foundation
- c. American Cancer Society

4th. Cardiovascular Disease

- a. Olivedale Senior Center
- b. Heart Safe Businesses
- c. Lancaster City Schools

2013 Community Health Needs Assessment Priorities Not Addressed

Health Insurance Coverage/Access

Health Care Coverage/Access was listed as in the top priorities by voting (#6). Section 4. pg1-3.

This key concern was not selected due to the top three responses people listed as to why they didn't have health insurance coverage and the responses. The reasons listed are tied to individual choices and not outside influences. Section 4. pg1

Top 3 reasons uninsured adults gave for being without health care coverage were:

1. They lost their job or changed employers (42%)
2. They could not afford to pay the insurance premiums (37%)
3. Their spouse or parent lost their job or changed employers (18%)

Discussion and responses to the root causes lie in the arena of employment and cost of insurance without employment.

- Employment responsibility is on the individual.
- Governmental changes were in progress to require individuals to pay for health insurance.
- Fairfield Medical Center continues to care for anyone who presents with or without the ability to pay.

Therefore, this was not selected in 2013 as an initiative to pursue.

Quality of Life

In 2013, Quality of Life was listed in the top priorities by voting (#7). Section 19. pg1, 2.

The 2013 survey found 22% of Fairfield County adults (35% over the age of 65) were limited in some way because of physical, mental or emotional problems as compared to the State finding of 20%.

The most limiting problems or impairments were reported: Section 18. pg7

1. 43% back or neck problems
2. 41% arthritis/rheumatism
3. 32% lung/breathing problems
4. 15% stress, depression, anxiety, emotional problems

Discussion and responses to these 4 leading problems:

- The expected decline of the body from years of labor is expected in aging.
- Opportunity for exercise is available both personally and in community settings.
- Maintaining a healthy body weight will improve mobility and is obtained on an individual basis.
- Ensure proper nutrition is obtainable through dedication and is obtained on an individual basis.
- Fairfield Medical Center continues to care for crisis intervention on these symptoms.
- Additional sources of care with emotional problems, stress, depression, and anxiety are available within the community in both private counseling and group support.

Therefore, this was not selected in 2013 as an initiative to pursue.

Bullying/Teens and Self Esteem

In 2013, Bullying/Teens and Self Esteem was listed in the top priorities by voting (#8). Section 29. pg1-2.

The 2013 survey indicated 11% of Fairfield County youth had seriously considered attempting suicide in the past year and 7% admitted actually attempting suicide in the past year. Section 29. pg1

In 2013, 28% of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing their usual activities, increasing to 37% in females. This was reviewed with a State statistic of 27% in 2011 and 29% for the total United States in 2011. Section 29. pg1

Bullying types included: Section 31. pg1

- 37% were verbally bullied, teased, taunted, or called harmful names
- 26% were indirectly bullied, spread mean rumors or kept you out of groups
- 15% were cyber bullied, teased, taunted or threatened by email or text (this was 16% in US)
- 11% were physically bullied, hit, kicked, punched or stolen from
- 3% were sexually bullied, using photos to pressure or blackmail into intimacy

Discussion and responses to these: Section 31. pg3

- Comparison data across 2010 to 2013 Fairfield County results are very similar
- Comparison data of Fairfield County across the Ohio and United States were the same if not lower.
- Decision was that this is a cultural issue.

Resources for cultural change are beyond the scope of the group. Individually, all encourage kindness, but this was not chosen as an initiative. However, various community resources from agencies such as The Recover Center, Prevention Works, Safe Kids, and the ADAHM board are available should specific help be sought for further education and support.

Resources for Mental Health remain available through various community resources from agencies such as The Recover Center, ADAHM board, private counseling, faith based counseling, and can be received personally or in groups.

Therefore, this was not selected in 2013 as an initiative to pursue.

Oral Health

In 2013, Oral Health was listed in the top priorities by voting (#9). Section 22. pg1-2.

Oral Health findings for 2013 include: Section 22. pg1

- 67% of Fairfield County adults had visited a dental professional within the past year
- 75% of Fairfield County youth have visited a dental professional within the past year
- 33% of Fairfield County adults with annual income of less than \$25,000 have visited a dental professional within the past year.

Discussion and responses to these: Section 31. pg3

- Comparison data across Ohio, the United States and 2013 Fairfield County were nearly identical.



- Concern for the lack of fluoride in the major city of Lancaster water was discussed. 12-30-2012 article from Columbus Dispatch, by Ben Sutherly
- Review of the November 4, 2004 election, when voters defeated Issue 3 and decided against adding fluoride to the city water supply. This was the second time this health concern was placed on the ballot after its defeat in 1970.
- Resources to assist oral health include, but are not limited to regular dental professionals, fluorinated toothpaste and tables for ingestion.
- Measures are encouraged to provide dental clinics at Head Start and community health fairs whenever possible.
- If the community is not willing to vote for improved dental health with a low cost, painless process where they do not have to take action, then this initiative will not be chosen as a top priority.

Therefore, this was not selected in 2013 as an initiative to pursue.

Preventative Medicine & Health Screenings

In 2013, Preventative Medicine & Health Screenings was listed in the top priorities by voting (#10). Section 17. pg1-3.

Preventative Medicine & Health Screenings findings for 2013 include: Section 17. pg1

- 76% of Fairfield County adults ages 65 and over had a flu vaccine in the past 12 months.
- 55% of Fairfield County adults ages 65 and over had a pneumonia vaccine in the past 12 months
- 59% of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years

Discussion and responses to these: Section 17. pg1

- Comparison data across Ohio, the United States and 2013 Fairfield County show that Fairfield County improved by 7-15% points, for both flu vaccines and colonoscopies or sigmoidoscopy screenings.
- Comparison date of Fairfield County with Pneumonia vaccines were half the overall total for United States average and lower than Ohio.
- Discussion included the probability of more providers offering pneumonia vaccines in the future, insurance coverage to include pneumonia vaccines, and more widely shared educational materials on adult pneumonia vaccines would all drive these numbers higher in the coming years without the energy and resources of making this an initiative.

Therefore, this was not selected in 2013 as an initiative to pursue.

2013 – 2015 Fairfield Medical Center Community Health Needs Impact Report

Identified Health Need	Goals	Results
<p>Obesity FMC Ranking (#1)</p>	<p>Raise awareness of obesity related health issues and provide opportunities for lifestyle changes.</p>	<ul style="list-style-type: none"> • Complete Health Improvement Program weight loss classes offered 2013/2014. (93 students, 5 scholarships offered). • 2014 Corporate Outdoor Games at FMC. • 2014 Corporate Wellness Walking Competition. • Diabetic Self-Management Education Program. Monthly classes offered to all interested. Led by a FMC professionally trained clinician. • Dining with Diabetes. This ran in March 2014. In collaboration with OSU. • FMC Café labeled healthy choices with an apple. • Christy's Pizza (chain) labeled healthy choices with an apple and heart healthy choices with a heart. • Christy's Pizza (chain) developed a new pizza crust as a healthy choice • Develop a Comprehensive Bariatric Service line. • Community Sneaker Day. • Wellness Healthy Recipe Challenges with Contest. • 2014 Sports physicals were offered to students, free of charge: <ul style="list-style-type: none"> -262 students screened -2 schools participated • 2015 Sports physicals were offered to students, free of charge: <ul style="list-style-type: none"> -282 students screened -7 schools participated • 2016 Sports physicals were offered to students, free of charge: <ul style="list-style-type: none"> -360 students screened -13 schools participated • 2017 Sports physicals were offered to students, free of charge: <ul style="list-style-type: none"> -450 students were screened • FMC Monitor magazine featured articles on healthy weight management topics. This publication is mailed out to 70,000 households every three months. • FMC Health & Wellness Services provided education classes to 285 students in 2013; 350 students in 2014.



Identified Health Need	Goals	Results
Mental Health and Substance Abuse FMC Ranking (#2 & #3)	Raise awareness of addiction within our community, the impact it has on our society and provide resources to those in need.	<ul style="list-style-type: none">• FMC Monitor magazine featured articles on substance abuse in our community. This publication is mailed out to 70,000 households every three months.• A CRISIS Hotline was started through a partnership with FMC and New Horizons.• A Medical Stabilization Unit (MSU) was started to assist patients transitioning from addiction to detoxification. In 2014, the unit received 568 inquiries and 129 admissions. In 2015, the unit received 974 inquiries and 126 admissions.• In 2016, the Medical Stabilization Unit grew into the Substance Abuse Stabilization Unit (SASU). In 2016, the unit received 1,486 inquiries and 129 admissions. In 2017, the unit received 1,503 inquiries and 133 admissions.• The Opiate Taskforce, a collective community initiative, was formed to educate the community on recognizing the signs of drug addiction, sharing of testimonials from youth and adults impacted by addiction, and discussing methods for training and recovery.

Identified Health Need	Goals	Results
<p>Cancer FMC Ranking (#4)</p>	<p>Increase the number of cancer screenings taking place in our community and reduce the incidence of cancer.</p> <p>Raise awareness of cancer services provided locally.</p>	<ul style="list-style-type: none"> • FMC Monitor magazine featured articles on cancer topics. This publication is mailed out to 70,000 households every three months. • Saw a year over year increase in the number of lung cancer screenings. <ul style="list-style-type: none"> -2014: 50 screenings -2015: 138 screenings -2016: 512 screenings -2017: 582 screenings • Smoking Cessation classes were provided by FMC for the community. • Provided free screenings and education to the community during Healthfest. <ul style="list-style-type: none"> -2014: 662 people attended -2015: 1033 people attended -2016: 705 people attended -2017: 1169 people attended • Participated in an annual Shine the Light Vigil with Lilly and FairHope Hospice <ul style="list-style-type: none"> -2014: 70 people attended -2015: 45 people attended -2016: 20 people attended -2017: 45 people attended • Created a number of breast cancer awareness events; Bra Day: 75 participants, Breast Cancer Vigil: 60 participants, Paint it Pink: 35 participants, Bra CRAWL: 300 participants. • Saw a year over year increase in traffic to the cancer care pages of our website. <ul style="list-style-type: none"> -2014: 2,121 page views -2015: 7,939 page views -2016: 8,145 page views -2017: 8,664 page views



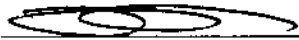
Identified Health Need	Goals	Results
Cardiovascular Disease FMC Ranking (#5)	To educate the community on the dangers associated with cardiovascular disease, what preventative steps can be incorporated and how to get help for those impacted with heart diseases.	<ul style="list-style-type: none">• Created the Heart Safe and HOPE programs. Both of which have since been adopted nationally as standard best practices.• FMC accredited 14 Heart Safe businesses and 19 Heart Safe Schools.• Quarterly risk factor and awareness education are provided at Olivedale Senior Center.• Quarterly community screenings and CPR/HOPE classes are offered.• FMC is sponsoring a community CPR day and a Heart & Lung Run.• FMC provides community smoking/tobacco cessation programs.• CPR/HOPE classes offered monthly for the community<ul style="list-style-type: none">-2013: 158 classes offered (3250 students)-2014: 299 classes offered (5847 students)-2015: 14 classes offered (833 students)• FMC is providing free blood pressure screenings at Healthfest.• FMC Monitor magazine featured articles on heart care topics. This publication is mailed out to 70,000 households every three months.• Saw a year over year increase in traffic to the heart care pages of our website.<ul style="list-style-type: none">-2014: 3,504 page views-2015: 4,655 page views-2016: 5,894 page views-2017: 7,743 page views

**Fairfield Medical Center
Board of Directors**

BOARD APPROVAL

2013 Community Health Improvement Plan Update

The undersigned, being the duly elected Secretary of the Fairfield Medical Center Board of Directors, does hereby certify that the aforementioned *2013 Community Health Improvement Plan Update* was properly reviewed, approved and adopted by the Board of Directors at its meeting in Lancaster, Ohio, on the 5th day of December, 2018.



Bradley Hedges, PhD, Secretary