



St. Luke's Hospital
Health, plus care.™

**COMMUNITY HEALTH NEEDS ASSESSMENT and
IMPLEMENTATION PLAN
2020 – 2022**

Approved at the St. Luke's Hospital Board of Directors' Meeting, December 17, 2019

ST. LUKE'S HOSPITAL

COMMUNITY HEALTH NEEDS ASSESSMENT and IMPLEMENTATION PLAN: 2020 - 2022

EXECUTIVE SUMMARY

St. Luke's Hospital is a committed healthcare resource in the northwest Ohio and southeast Michigan community, providing not only acute care and emergency services, but specialty medical and surgical health services to patients, regardless of ability to pay. St. Luke's mission is to provide exceptional care for its community, inspire hope and promote wellness.

St. Luke's Hospital conducted and adopted the current community health needs assessment (CHNA) plan in December 2019. St. Luke's Hospital participated in the 2016/ 2017 Lucas County Health Needs Assessment which included child, adolescent, and adult data. Following the formal county assessment survey process, multiple community organizations collaborated to develop a prioritized strategic plan for Lucas County, with St. Luke's Hospital represented on these community strategic planning groups. This referenced Lucas County Health Needs Assessment (CHNA) planning process, which used data from the CHNA, was entitled, "Healthy Lucas County."

Following the "Healthy Lucas County" process, St. Luke's Hospital convened an internal CHNA committee to review this county plan and available health data, select and prioritize key indicators for its defined community, identify resources and gaps in these areas, and develop implementation plans to address the identified health issues in the community over the next three years. Strategic plans were developed with feedback from key community stakeholders (primarily from hospital Board committees) and internal stakeholders to confirm these community health needs and plans.

St. Luke's Hospital will specifically implement programs to address the following health needs and priorities:

Cardiovascular Health/ Stroke;
Addiction/ Drugs (Opiates)/ Pain Management;
Age/ Geriatric-related Initiatives – Nutrition, Dementia, and/ or Fall Prevention;
Chronic Disease (Diabetes)/ Obesity/ Nutrition; and
Youth/ Student Issues

The hospital expanded the resource assessment developed at the county level to evaluate any gaps in services to address key health issues. St. Luke's Hospital's CHNA may be accessed at www.stlukeshospital.com.

IMPLEMENTATION PLAN

The board of directors of St. Luke's Hospital has determined that the following health needs identified in the CHNA should be addressed through the implementation strategy noted for each need. Emphasis will be placed on serving underserved, low income and minority populations in an effort to reduce current disparities.

1. Cardiovascular Health / Stroke

Specific Needs Identified in the Lucas County CHNA (2016/ 2017):

- Heart disease (26%) and stroke (6%) accounted for 32% of all Lucas County adult deaths from 2013 – 2015.
- In 2017, the prevalence of cardiovascular disease in Lucas County was as follows: 5% for heart attack, 3% for stroke, and 2% for angina/coronary heart disease.
- Hypertension, as a precursor to stroke, and stroke are identified as statistically significant occurrences in the Lucas County and Ohio populations. More than one-third (34%) of adults in Lucas County, in 2015, had been diagnosed with high blood pressure. The outcome of delayed treatment may result in life-long impairment or death.

Key Objective(s): Increase education and prevention regarding early stroke recognition within the community and enhance St. Luke's capabilities for treating stroke patients. Increase education and prevention of cardiovascular disease/ events.

Implementation Strategies:

Year one (2020):

1. Maintain "primary stroke center" accreditation status and "stroke alert" capabilities.
2. Maintain "chest pain" accreditation. Include "Early Heart Attack Care" (EHAC) education.
3. Maintain neuro-interventional service capabilities.
4. Conduct multiple blood pressure screenings at St. Luke's Hospital community events.
5. Educate the community about stroke recognition and early action minimizing brain damage, including "B.E. F.A.S.T." information. If possible, collaborate with local EMS providers to educate the community.
6. Conduct hands-only CPR training at two community events.
7. Host annual "Wear Red for Women" event, which raises the awareness of heart disease (and stroke) in women.

Year two (2021):

1. Maintain "primary stroke center" accreditation status and "stroke alert" capabilities.
2. Maintain "chest pain" accreditation. Include "Early Heart Attack Care" (EHAC) education.

3. Obtain “Early Heart Attack Care” (EHAC) accreditation.
4. Maintain neuro-interventional service capabilities.
5. Conduct multiple blood pressure screenings at St. Luke’s Hospital community events.
6. Educate the community about stroke recognition and early action minimizing brain damage, including “B.E. F.A.S.T.” information. If possible, collaborate with local EMS providers to educate the community.
7. Conduct hands-only CPR training at two community events.
8. Host annual “Wear Red for Women” event, which raises the awareness of heart disease (and stroke) in women.

Year three (2022):

1. Maintain “primary stroke center” accreditation and “stroke alert” capabilities.
2. Maintain “chest pain” accreditation. Include “Early Heart Attack Care” (EHAC) education.
3. Obtain “Early Heart Attack Care” (EHAC) accreditation.
4. Maintain neuro-interventional service capabilities.
5. Conduct multiple blood pressure screenings at St. Luke’s Hospital community events.
6. Educate the community about stroke recognition and early action minimizing brain damage, including “B.E. F.A.S.T.” information. If possible, collaborate with local EMS providers to educate the community.
7. Conduct hands-only CPR training at two community events.
8. Host annual “Wear Red for Women” event, which raises the awareness of heart disease (and stroke) in women.

Outcome Measures:

- Number of blood pressure screening events and participants.
- Number of hospitalized patients receiving education.
- Number of community educational sessions.
- Number of healthcare professionals receiving education.

2. Addiction/ Drugs (Opiates)/ Pain Management/ Nicotine Dependence

Specific Needs Identified in Lucas County CHNA:

- In 2017, 5% of Lucas County adults had taken prescription opiates on a regular basis for more than 2 weeks, 6% of Lucas County adults indicated they had misused prescription drugs in the past 6 months. (Young adults have been found to be the biggest abusers of prescription (Rx) opioid pain relievers, ADHD stimulants, and anti-anxiety drugs.)
- Reasons for abusing these drugs included “getting high,” relieving pain, studying better, dealing with problems, losing weight, feeling better, increasing alertness, and having a good time with friends.

- According to the Centers for Disease Control and Prevention, in 2016, an estimated 20.4% of U.S. adults had chronic pain.
- In 2017, 14% of Lucas County adults were current smokers. In 2017, 5% of Lucas County adults used electronic “e-” cigarettes. (41% and 36% of Lucas County adults believed that e-cigarette vapor was harmful to themselves and others, respectively.) In 2014, 12.6% of adults in the U.S. had tried e-cigarettes at least one time.
- In 2017, 8% of adults reported driving after believing they may have had too much to drink.

Key Objective: Increase community awareness and prevention regarding illicit drug and opiate use. Increase community awareness and prevention regarding tobacco, nicotine, and excessive alcohol use.

Implementation Strategies:

Year one (2020):

1. Provide a community education event regarding addiction, drugs, and pain management, including alternative therapies.
2. Conduct a “wholistic” health fair that includes education/ information about alternative therapies for pain management.
3. Provide a chemical dependency and/ or nicotine dependency specialist to local schools and community members, when needed.
4. Use St. Luke’s Hospital, and its campus, as a drug collection site for the purpose of proper drug disposal.
5. Provide addiction/ dependency educational materials to be distributed to patients and community members at various St. Luke’s Hospital events/ programs and St. Luke’s-affiliated (e.g., WellCare) offices.
6. Support area “substance-free” events and organizations, e.g., Substance Abuse Intervention League (SAIL), Prevention Education Network (PEN), and Sylvania Community Action Team (SCAT).

Year two (2021):

1. Provide a community education event regarding addiction, drugs, and pain management alternative therapies.
2. Conduct a “wholistic” health fair that includes education/ information about alternative therapies for pain management.
3. Provide a chemical dependency and/ or nicotine dependency specialist to local schools and community members, when needed.
4. Use St. Luke’s Hospital, and its campus, as a drug collection site for the purpose of proper drug disposal.
5. Provide addiction/ dependency educational materials to be distributed to patients and community members at various St. Luke’s Hospital programs/ events and St. Luke’s-affiliated (e.g., WellCare) offices.

6. Support area “substance-free” events and organizations, e.g., Substance Abuse Intervention League (SAIL), Prevention Education Network (PEN), and Sylvania Community Action Team (SCAT).

Year three (2022):

1. Provide a community education event regarding addiction, drugs, and pain management alternative therapies.
2. Conduct a “wholistic” health fair that includes education/ information about alternative therapies for pain management.
3. Provide a chemical dependency and/ or nicotine dependency specialist to local schools and community members, when needed.
4. Use St. Luke’s Hospital, and its campus, as a drug collection site for the purpose of proper drug disposal.
5. Provide addiction/ dependency educational materials to be distributed to patients and community members at various St. Luke’s Hospital programs/ events and St. Luke’s-affiliated (e.g., WellCare) offices.
6. Support area “substance-free” events and organizations, e.g., Substance Abuse Intervention League (SAIL), Prevention Education Network (PEN), and Sylvania Community Action Team (SCAT).

Outcome Measures:

- Number of educational sessions and events.
- Number of participants.

3. Age/ Geriatric-Related Initiatives – Nutrition, Dementia and/ or Fall Prevention

Specific Needs Identified in the Lucas County CHNA:

- In 2017, 22% of Lucas County adults were most likely to rate their health as fair or poor if they were 65 years of age or older, and 34% of Lucas County adults were likely to rate their physical health as not good if they were 65 years or older.
- In 2017, 76% of Lucas County adults, ages 65 years and older, were overweight or obese.
- In 2017, Lucas County adults with high blood cholesterol were likely to have been ages 65 years or older. (52%.)
- In 2017, 7% of Lucas County adults, ages 65% and older, indicated medication misuse.
- According to the 2011 Behavioral Risk Factor Surveillance System (BRFSS), only 21% of Ohio adults were eating the recommended number of servings of fruits and vegetables. In 2017, 14% of adults in Lucas County were concerned about having enough food for themselves and their family, increasing to 36% of those with incomes less than \$25,000.

- In 2017, 34% of Lucas County adults, ages 65 and over, indicated that they were physically limited in some way.
- Between 2013 and 2017, there were 45 deaths by suicide for people ages 65 and over, in Lucas County.
- Alzheimer’s disease was the eighth leading cause of death (2%) in Lucas County, in 2017.
- In 2017, 12% of Lucas County adults 65 and over, reported that they felt sad, blue or depressed for two or more weeks in a row in the past year.

Key Objective: Increase community and hospital staff awareness of nutritional, mental, and balance (fall prevention) challenges faced by an ever-increasing elderly population.

Implementation Strategies:

Year one (2020)

1. Provide an annual senior health fair that includes screenings, education, and community resources geared towards “seniors”/ geriatric population.
2. Provide nutritional, memory, medication education and/ or fall prevention education at the regularly scheduled St. Luke’s senior programs, such as “Lunch ‘n Learns and “Ask the Expert” sessions.
3. Collect donated non-perishable food items and distribute to local food pantries.
4. Continue offering blood pressure screenings at local senior centers.
5. Continue to promote St. Luke’s Senior Service Group and events that provide education and screenings to our senior population.

Year two (2021)

1. Provide an annual senior health fair that includes screenings, education, and community resources geared towards “seniors”/ geriatric population.
2. Provide nutritional, memory, medication education and/ or fall prevention education at the regularly scheduled St. Luke’s senior programs, such as “Lunch ‘n Learns and “Ask the Expert” sessions.
3. Collect donated non-perishable food items and distribute to local food pantries.
4. Continue offering blood pressure screenings at local senior centers.
5. Continue to promote St. Luke’s Senior Service Group and events that provide education and screenings to our senior population.

Year three (2022)

1. Provide an annual senior health fair that includes screenings, education, and community resources geared towards “seniors”/ geriatric population.

2. Provide nutritional, memory, medication education and/ or fall prevention education at the regularly scheduled St. Luke’s senior programs, such as “Lunch ‘n Learns and “Ask the Expert” sessions.
3. Collect donated non-perishable food items and distribute to local food pantries.
4. Continue offering blood pressure screenings at local senior centers.
5. Continue to promote St. Luke’s Senior Service Group and events that provide education and screenings to our senior population.

Outcomes Measured:

- Number of educational sessions
- Number of patients, family members and/ or hospital staff educated
- Number of screening events/ participants
- Screening outcomes and referrals

4. Chronic Disease (Diabetes)/ Obesity/ Nutrition

Specific Needs Identified in the Lucas County CHNA:

- In 2017, nearly half (49%) of Lucas County adults rated their health status as excellent or very good. Conversely, 14% of adults described their health as fair or poor.
- In 2017, 12% of Lucas County adults had been diagnosed with diabetes, increasing to 28% of those over the age of 65.
- In 2017, more than two-fifths (43%) of adults with diabetes rated their health as fair or poor.
- In 2017, Lucas County adults diagnosed with diabetes had one or more of the following characteristics or conditions: 92% were obese or overweight; 79% had been diagnosed with high blood pressure; 63% had been diagnosed with high blood cholesterol.
- In 2017, 74% of Lucas County adults were overweight or obese based on body mass index. (Over one-third were obese.)
- In Lucas County, in 2017, only 62% of adults engaged in some type of physical activity or exercise for at least 30 minutes for 3 or more days per week. (The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour, 15 minutes every week.)
- In 2017, Lucas County adults spent an average of 2.8 hours watching T.V., 2.4 hours on the computer, 2.1 hours on their cell phone, and 0.4 hours playing video games on an average day of the week.
- In 2017, only 4% of adults ate 5 or more servings of fruits and vegetables per day. 62% ate between 1 to 2 servings and 24% at 3 to 4 servings of fruits and vegetables per day. 10 % of adults ate 0 servings fruits and vegetables per day. (In 2013, 42% of Ohio adults consumed fruits less than one time daily, and 26% consumed vegetables less than one time daily [2013 BRFSS].)

Key Objective: Increase community awareness and prevention

Implementation Strategies:

Year one (2020)

1. Conduct a blood glucose (sugar) screening at a St. Luke's sponsored event.
2. Continue to provide patient education at the St. Luke's Diabetes Care Center.
3. Conduct a monthly support group for diabetic patients and family members.
4. Conduct healthy cooking demonstration classes at the St. Luke's Diabetes Care Center.
5. Collect donated non-perishable food items/personal care items and distribute to local food pantries.
6. Provide at least one chronic disease education program each year.

Year two (2021)

1. Conduct a blood glucose (sugar) screening at a St. Luke's sponsored event.
2. Continue to provide patient education at the St. Luke's Diabetes Care Center.
3. Conduct a monthly support group for diabetic patients and family members.
4. Conduct healthy cooking demonstration classes at the St. Luke's Diabetes Care Center.
5. Collect donated non-perishable food items/personal care items and distribute to local food pantries.
6. Provide at least one chronic disease education program each year.

Year three (2022)

1. Conduct a blood glucose (sugar) screening at a St. Luke's sponsored event.
2. Continue to provide patient education at the St. Luke's Diabetes Care Center.
3. Conduct a monthly support group for diabetic patients and family members.
4. Conduct healthy cooking demonstration classes at the St. Luke's Diabetes Care Center.
5. Collect donated non-perishable food items/personal care items and distribute to local food pantries.
6. Provide at least one chronic disease education program each year.

Outcomes Measured:

- Number of screening events.
- Number of participants screened.
- Number of patients educated.
- Number of educational sessions.
- Amount of food donated.

5. Youth/ Student Issues

Specific Needs Identified in the Lucas County CHNA:

- In 2017, 13% of Lucas County youth were classified as obese. 8% of youth went to bed hungry because their family did not have enough money for food. 16% of youth drank a can, bottle, or glass of soda 3 or more times per day.
- In 2017, 13% of youth did not participate in at least 60 minutes of physical activity per day. (The CDC recommends at least 60 minutes of physical activity per day.)
- In 2017, 3% of Lucas County youth were current smokers. 68% of youth identified as current smokers were also current drinkers (defined as having had a drink of alcohol in the past 30 days). 7% of Lucas County youth used e-cigarettes in the past year.
- 17% of Lucas County youth had at least one drink in the past 30 days.
- 29% of Lucas County youth have had sexual intercourse. (Of youth who were sexually active, 41% had done so by the age of 13.)
- 7% of Lucas County children (0 – 11) had an episode of asthma or an asthma attack during the past 12 months.
- 5% of Lucas County children did not receive all of their recommended vaccinations

Key Objective: Increase community awareness and prevention.

Implementation Strategies:

Year one (2020)

1. Host/ conduct the monthly Lucas County Health Department “Shots for Tots ‘n Teens.”
2. Provide educational materials to the community regarding the importance of vaccinations.
3. Participate and provide health education at the local Safety City/ Safety Town events for pre-kindergarten students, including the provision of bicycle helmets.
4. Actively participate and provide resources for the local “Connecting Kids to Meals” events and organization.
5. Conduct an annual local schools’ education forum on health-related topics such as drug dependency, vaping, tobacco use, family planning, and distracted driving.
6. Provide nicotine, chemical dependency and/ or support/ counseling services to area schools, when needed.

Year two (2021)

1. Host/ conduct the monthly Lucas County Health Department “Shots for Tots ‘n Teens.”
2. Provide educational materials to the community regarding the importance of vaccinations.
3. Participate and provide health education at the local Safety City/ Town events for pre-kindergarten students, including the provision of bicycle helmets.
4. Actively participate and provide resources for the local “Connecting Kids to Meals” events and organization.
5. Conduct an annual local schools’ education forum on health-related topics such as drug dependency, vaping, tobacco use, family planning, and distracted driving.
6. Provide nicotine, chemical dependency and/ or support/ counseling services to area schools, when needed.

Year three (2022)

1. Host/ conduct the monthly Lucas County Health Department “Shots for Tots ‘n Teens.”
2. Provide educational materials to the community regarding the importance of vaccinations.
3. Participate and provide health education at the local Safety City/ Town events for pre-kindergarten students, including the provision of bicycle helmets.
4. Actively participate and provide resources for the local “Connecting Kids to Meals” events and organization.
5. Conduct an annual local schools’ education forum on health-related topics such as drug dependency, vaping, tobacco use, family planning, and distracted driving.
6. Provide nicotine, chemical dependency and/ or support/ counseling services to area schools, when needed.

Outcomes Measured:

- Number of participants vaccinated.
- Number of participants screened.
- Number of participants educated.
- Number of educational sessions.

Updates on all of these programs under the five priority areas will be provided annually to hospital leadership and the board of directors.

OTHER NEEDS IDENTIFIED IN THE LUCAS COUNTY CHNA BUT NOT ADDRESSED IN THIS PLAN

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

Each of the health needs identified in the county assessment and listed below is important, with most issues being addressed by programs and initiatives by other health systems or community partners. Key health issues identified in the Lucas County Health Needs Assessment, and the

organizations (other than St. Luke’s) providing programming to improve these health issues include the following:

Health Issue (adult unless specified)	Organizations/Coalitions Addressing Needs
Health Care Access	Toledo Lucas County Commission on Minority Health Toledo Lucas County CareNet
Cardiovascular Health	American Heart Association ProMedica, Mercy, U.T.
Cancer	American Cancer Association ProMedica Cancer Institute, Mercy, U.T.
Diabetes	Juvenile Diabetes Research Foundation ProMedica, Mercy, U.T.
Arthritis	Arthritis Foundation
Asthma	American Lung Association
Obesity	ProMedica Health System, Mercy Live Well Toledo Toledo Lucas County Health Department – Healthy Youth and Families Coalition
Tobacco Use	Lucas County Tobacco Coalition
Alcohol and Drug Use	Lucas County Mental Health and Recovery Services Board
Women’s Health	Susan G. Komen Foundation ProMedica Cancer Institute, Mercy
Men’s Health	ProMedica Cancer Institute, Mercy
Preventive Medicine	Toledo Lucas County Health Department
Adult Sexual Behavior	Toledo Lucas County Health Department
Adult Pregnancy	Pathways
Quality of Life	Multiple agencies and programs address related issues
Social Issues	United Pastors for Social Empowerment
Mental Health	ProMedica Flower Hospital ProMedica Toledo Hospital Mercy, U.T. NAMI
Oral Health	Toledo Lucas County Health Department Dental Center of Northwest Ohio Toledo Lucas County CareNet
Minority Health	Toledo Lucas County Commission on Minority Health
Youth Weight	Live Well Toledo
Youth Alcohol and Drug Use	Substance Abuse Intervention League (SAIL)
Youth Sexual Behavior	Youth Advocacy Alliance
Youth Mental Health	Foundation for Healthier Communities
Youth Safety and Violence	Local Police Departments

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

St. Luke’s actively participates with many of these organizations addressing health issues, (that may include financial support), although may not be specific to St. Luke’s Hospital.

Note: Other hospitals or organizations may also have programs to specifically address some of these health issues that may not be known at the time of this publication.

The Lucas County Health Strategic Planning Committee (Health Lucas County), using the Lucas County Health Needs Assessment, prioritized several health issues identified in the Community Health Needs Assessment, determining that if these issues are addressed by multiple agencies and organizations over the next three years, they could promote healthier lifestyles and safer neighborhoods for all ages, reduce chronic health diseases, and improve several socioeconomic determinants of health for Lucas County residents.

As previously stated, in some areas of identified need, St. Luke’s Hospital is already taking a system approach to addressing these community health needs to most efficiently use resources and to prevent duplication of services, but in some areas of need, St. Luke’s Hospital is not engaged in programs outside of related visits to our hospital or physician offices. This St. Luke’s Hospital implementation plan and was approved by the St. Luke’s Hospital Board of Directors on December 17, 2019.