

**2015**

**Community  
Health Needs  
Assessment  
Implementation Plan**



## Lake Regional Health System 2015 Community Health Needs Assessment Implementation Plan

Lake Regional Health System sponsored the 2015 Community Health Needs assessment (CHNA) to identify health issues within the community, defined as ZIP codes within a 25 mile radius of the hospital, located entirely within Camden, Miller or Morgan County.

### Health Needs Prioritization

The Lake Regional Health System Community Health Needs Assessment survey report facilitated the hospital work group to identify and prioritize community health needs. The top community health priorities were:

- Service availability (access to primary and specialty care providers )
- Smoking and tobacco use
- Physical inactivity and obesity
- Mental health-depression

### Program Execution

Lake Regional Health System will execute the CHNA Implementation Plan during Fiscal Year 2016, as follows.

April 2016	Approval by Lake Regional Health Systems Board of Directors.
April 2016 - April 2017	<ul style="list-style-type: none"> <li>• Expansion plans continued as planned</li> <li>• Continue smoking cessation program initiated October 2015</li> <li>• Partner with local health department to increase access</li> <li>• Thrive Kids on schedule to collaborate with the YMCA for summer program</li> <li>• Collaborative planning with Camdenton, Versailles and Eldon public schools, LRHS Eldon Clinic for options to expand Thrive Kids within schools.</li> <li>• Planning for additional health-related programs with the school system to be defined and scheduled.</li> <li>• Mental Health Resource Guide and Matrix will be complete and available to clinicians, health care agencies and the public.</li> </ul>
March 2017	<ul style="list-style-type: none"> <li>• Community Health Needs Assessment Plan will be reviewed and modified, as needed. Semi-annual reviews will be scheduled to assess the success of the established goals.</li> <li>• Projects will be remapped to maximize success, as needed.</li> </ul>

### Community Benefit

The Lake Regional Health System Board of Directors, administration and Medical Executive Committee meets annually in March to review strategic goals for the organization. The community benefit plan is reviewed during this session.

**Other Health Concerns**

The following is a description of other health concerns identified and how they are being addressed by LRHS or the community.

Health Concern(s)	Resource(s)
<ul style="list-style-type: none"> <li>• Ability to pay for care</li> <li>• Health care being too expensive</li> <li>• Lack of health insurance</li> <li>• Prescription medication being too expensive</li> </ul>	Hospital resources, guest services, charity care, self-pay policy, counseling
<ul style="list-style-type: none"> <li>• Drug abuse - illegal substances</li> <li>• Drug abuse - prescription medications</li> <li>• Alcohol - dependency or abuse</li> </ul>	Hospital policies, detoxification/transfer to rehabilitation resources. Community resources available, education, social services
<ul style="list-style-type: none"> <li>• Lack of dental care</li> </ul>	Medical Missions for Christ has access to dental resources.
<ul style="list-style-type: none"> <li>• Transportation</li> </ul>	<ul style="list-style-type: none"> <li>• Healthcare USA</li> <li>• Missouri Care</li> <li>• Camden with a Heart</li> <li>• Morgan County Health Department</li> <li>• Care Van</li> <li>• OATS MidMo, (573) 449-3789</li> <li>• Lake Ozark Casual Cab</li> <li>• Eldon Cab</li> <li>• Medical cabs</li> <li>• SKT Cabs</li> <li>• Show-Me Medical</li> </ul>

**Health Issue #1: Smoking and Tobacco Use**

**Contributing factors to health issue:**

- Access to programs
- Identification

**Three year goal for improvement:**

- Decrease % of smokers or tobacco users reported
- Increase in number of cessation programs available

**Strategy to achieve goal:** Provide more smoking cessation programs

**Specific actions to achieve goals:**

- Promote LeslieCam Stop Smoking Center Program. Initiated LRHS November 2015; will offer ongoing programs. Contact: Jennifer Newman, Cardiac Rehab, 573-302-2282. (See specific information regarding sign up.)

- Partner with Camden County Public Health Department to offer smoking cessation programs to the public. Contact: Bee Dampier, CCPH
- Mo Tobacco Quitline

**Specific three-year process measure(s):**

- Assess smoking status of primary care patients
- Offer counseling and specific cessation program information.

**Specific three-year outcome measure(s):**

- Decreased % smoker status
- Increased % smokers counseled
- Increased opportunities for smoking cessation through programs.

**Health Issue #2: Physical Inactivity and obesity**

**Contributing factors to Health Issue:**

- Lack of education
- Lack of affordable venues for physical activity

**Three year goal for improvement:**

- Increased community participation/use of activity venues
- Decreased incidence of obesity in school-age children

**Strategy to achieve goal for Health Issue #3: LRHS Thrive Kids program, School Wellness Programs**

- Offer Thrive Kids to community populations. Contact: Billye Bennett, R.N. Initial program scheduled for summer 2016.
- Partner with Camdenton, Versailles and Eldon schools to promote physical activity programs and parent/child education.
  - Dr. Tim Hadfield, Superintendent Camdenton Public Schools
  - Dr. Brett Dupe, Superintendent School of the Osage
  - Mr. Matt Davis, Superintendent Eldon Public Schools
  - Ms. M. Herbert, Eldon Upper Elementary Schools
  - Ms. Laura Piercy, Versailles MFH Grant
  - Ms. M. Griswold, Liaison for Eldon Community Grant

**Specific Three year process measure(s)**

- Increase the number of opportunities to provide Thrive Kids.
- Increase the number of physical activity related opportunities
- Body Mass Index (BMI), more normal for population.
- Partner with Eldon Public Schools; initial event Mustang Wellness week
- 100 Mile Club at Versailles schools

**Specific Three year outcome measure(s):**

- BMI with physical assessment yearly
- Increase reported physical activity events. (activities, minutes participating)
- Noted effort to manage weight through counseling or participation in weight loss program.

**Health Issue #3: Mental Health-Depression**

**Contributing factors to Health Issue:**

- Underserved population
- Socio-economic issues

**Three year goal for improvement:** Increased referrals to mental health providers through local agencies

**Strategies to achieve goal:** Create a three-county mental health guide and matrix for clinician and patient use.

**Specific Partners:** Camden County Public Health and all resources included in the guide.

**Specific actions to achieve strategies:** Contact area mental health resources and solicit:

- Specific population the resources supports
- Specific process needed to access the resources
- Contact and application information

**Specific three-year process:**

- Track the number of patient referrals.
- Solicit (via survey) obstacles the patient may encounter in the process.

**Specific three-year outcome measure(s):**

- % increase referrals
- % of resource guide distribution