



**2019 Community Health Needs Assessment  
Implementation Plan**

# 2019 Community Health Needs Assessment Implementation Plan



Liberty Hospital identified and prioritized three healthcare issues to focus its strategic planning and resources based upon the data, reports, survey information, and patient population served.

The top three health issues identified for the implementation plan are Mental Health, Chronic Disease and Obesity.

## **Mental Health:**

In 2016 it was estimated that almost half a million adults in Missouri had experienced serious psychological distress in the past year. These individuals also were more likely to abuse or be dependent on alcohol or illicit drugs during the same time period. The Northland is no exception, as we see the impact of mental health issues and drug abuse on the community, and how the problem continues to grow. Liberty Hospital has partnered with Signature Psychiatric Hospital to address this health problem and as such uniquely positioned to make an impact on this serious issue.

- ▶ Nearly 90 percent (88.9%) of the survey respondents to the community health assessment survey living in the Liberty Hospital primary service areas rated mental health as the top health problem in the community.
- ▶ Data from exploreMOhealth data tracker reveals that depression disorder is a major health issue in Clay and Platte Counties, with 30% of the population in Platte County and 25% of the population in Clay County reporting incidents of clinical depression.
- ▶ Access to treatment is a growing problem in the Northland, and across the state, as resources are not expanding at the rate of need. The recent closing of Two Rivers Psychiatric Center located in the Kansas City metro adds to that burden.
- ▶ The cost of caring for persons with mental health issues is an economic burden on the state. Hospital charges in Missouri for patients admitted with mental health issues ranged from \$12,000 - \$31,000 per stay, which totaled half a billion dollars in 2014.
- ▶ Suicide rates in Clay and Platte counties exceed the rates in Missouri overall, and are higher than what was reported in the Liberty Hospital 2016 Community Health Needs Assessment.
- ▶ Substance abuse, Opioid abuse in particular, is the fastest growing drug problem across the U.S. and in Missouri.
- ▶ Data from the 2016 Missouri Student Survey of middle and high school students reveal that one in eight middle school students have seriously considered suicide in the past year; one in six high school students have considered suicide, as well as and one in five college student. Suicidal thoughts were highest among those students in the 8th and 9th grade.

## **Chronic Disease:**

Chronic diseases such as heart disease, stroke, cancer and diabetes, collectively claim the lives of seven out of every ten Missourians annually. While these diseases are the most deadly, they are also in many instances preventable. Lifestyle choices impact the onset and severity of chronic diseases, and often lead to their progression to disability or death.

- ▶ **Forty-five percent (45%)** of the survey respondents living in the Liberty Hospital zip code service area identified chronic diseases as a serious health problem in the Northland.
- ▶ The Clay County population suffers from diabetes, asthma, cancer and heart disease at higher rates than the state as a whole.
- ▶ Cancer remains the leading cause of death in Clay County with African Americans experiencing even higher cancer mortality rates.
- ▶ Mortality from diabetes has increased in the past four years in both Clay and Platte counties.
- ▶ Chronic disease remains a primary cause of hospitalization in the Northland.

## **Obesity:**

A significant number of the population served by Liberty Hospital ranked obesity as a top health problem.

- ▶ Obesity was identified as a major health problem by **38.7%** of the survey respondents.
- ▶ Missouri has the 17th highest rate of adult obesity in America at **32.5%**. In 2014 that rate was **23.9%**.
- ▶ In Clay County the obesity rate is **28.4%**, compared to Platte County which is **26%**.
- ▶ Proper diet including fruits and vegetables are part of healthy eating and reduce the propensity for obesity. Nearly **90%** of the adults in the Northland do not eat an adequate diet of fruits and vegetables daily.
- ▶ Physical activity and exercise are important components of a healthy lifestyle and reduces the propensity for an overweight population to become obese. In the Northland, however, **20% to 25%** of the adult population are not getting leisure-time physical activity or exercise.

Given the magnitude of the data contained in the 2019 Liberty Hospital Community Health Needs Assessment and the healthcare concerns of the Northland, Liberty Hospital has identified the following health initiatives for the Implementation Plan.

1 Focus on early identification and intervention of mental health issues in the Northland's school-age population. Focus resources and education on the youth population to prevent the need for more serious clinical mental health treatment and hospitalization.

2 Addressing those factors that lead to chronic illness in the school age and adolescent population, including lack of education, poor diet and lack of physical activity/exercise, to reduce the progression of the health condition to chronic disease state.

3 Provide education and resources to the Northland about the importance of a healthy lifestyle, activity, and healthy eating to minimize the risk of becoming overweight, and ultimately obese.

▶ While these health initiatives are ambitious given the numbers of persons impacted in the Northland or otherwise affected by these health concerns, the results of the data clearly lead Liberty Hospital to select these initiatives. An additional consideration is the interrelated nature of these health issues. In other words, if there is improvement in one of the three categories, then that will more than likely impact the other two. In addition, there are other organizations, i.e., schools, providers, public health departments, the Northland Health Alliance, among others whose focus is to improve the health of the Northland population. Liberty Hospital will partner with these organizations to insure resources and efforts are collaborative, not duplicative, so that we have a better opportunity to achieve these goals.



## INITIATIVE #1: MENTAL HEALTH

Liberty Hospital has formed a special subcommittee of professionals and experts in the mental health arena, primarily focused on the child/adolescence population, this group will define, plan and review implementation of the health initiative designed to address this problem, Given its partnership with Signature Psychiatric Hospitals, specifically it's outpatient clinic, it is uniquely positioned to address this health concern in the Northland.



### **Committee Chair:**

Peggy Ford, Director Risk Management/Compliance Officer,  
Liberty Hospital



### **Committee Members:**

<b>Name</b>	<b>Organization</b>	<b>Title</b>
Lisa St Aubyn	Signature Psychiatric Hospital	President/CEO
Kendra Callaway	Liberty Alliance for Youth	Prevention Program Director
Jessica Meisenheimer	Liberty Public Schools	Director of Special Programs
Angie Kreeger	Preferred Family Health	Adolescent Coordinator
Vicky Ward	Tri-County Mental Health	Manager of Prevention
Midori Carpenter	Liberty Hospital	Executive Director, Foundation
Diane Kipping	Liberty Hospital	Mgr Employee Health/Wellness



### **Primary Goal:**

To better understand the onset of mental health issues in our school-age population; and focus resources, education, and intervention programs to address the needs of these children early on in an effort to minimize progression of the childhood issues into acute/chronic mental health issues in adulthood.



### **Strategy:**

To work in collaboration with Liberty Alliance for Youth, the Liberty Public School system, Signature Psychiatric Hospital, Tri-County Mental Health, and Preferred Family Health to develop programs that are focused on the needs of the school-age/adolescent population dealing with mental disorders, stress, substance abuse, among other issues.

### **Objectives:**

- ▶ Identify the population in the Northland that is at high risk for developing mental health disorders, and learn about what, why, when and where these issues occur.
- ▶ Review current resources focused on this population and identify additional resources to assist in these efforts.
- ▶ Consider new programs to enhance what already in place, with specific focus on substance abuse (drugs, alcohol and vaping).
- ▶ Continue to provide education among the Northland population to increase awareness of this health issue and encourage early intervention to address it.
- ▶ Assist with grant requests and collaborate with others to acquire funding to enhance resources to address the number one health concern in our service area.

### **Measurement/Evaluation of Progress:**

- ▶ Establish a benchmark at the onset to determine the magnitude and severity of the problem as it is currently.
- ▶ Track attendance, numbers of children participating in prevention programs, and determine if there is an increase in participants.
- ▶ Use indirect and direct measure from mental health providers to determine if the focus of intervention and resources are in alignment with the goal, or need to be modified.
- ▶ Survey those participating in education and intervention programs focused on school-age/high school population to determine if programs are successful.
- ▶ Focus education on parents and child care providers to increase awareness, and track participation.
- ▶ Continue to evaluate effectiveness of strategies, progress of plan, and modify as needed to achieve goal.

# 2

## INITIATIVE #2: CHRONIC DISEASE PREVENTION

Liberty Hospital has formed a special subcommittee of professionals and experts that treat, care for, and provide education to the patient population that suffers from chronic diseases. This subcommittee is charged with defining, planning and reviewing the implementation of the health initiative to address the number two health problem of the Liberty Hospital service area, chronic disease. Liberty Hospital is the owner of Norterre. Norterre is a community comprised of three distinct facilities that focus on health and wellness, skilled nursing, memory care and assisted living which makes it well-positioned to address this health concern.

**Committee Chair:**

Peggy Ford, Director Risk Management/Compliance Officer,  
Liberty Hospital

**Committee Members:**

<b>Name</b>	<b>Organization</b>	<b>Title</b>
Michelle Tremain	Liberty Hospital Diabetes Education Center	Program Manager
Katie Burrage	Norterre/The Laurel	Administrator
Midori Carpenter	Liberty Hospital	Executive Director, Foundation
Diane Kipping	Liberty Hospital	Mgr Employee Health/Wellness
Dr. Susan Anderson	Liberty Hospital	Pain Management Physician
Brenda Lovelady	Liberty Hospital	Director Home Health/Hospice
Dennie Anderson	Liberty Hospital	Director Case Management

**Primary Goal:**

Provide education, resources and interventional programs for school-age and young-adult population to reduce the progression of chronic disease in adulthood.

**Strategy:**

In collaboration with Liberty Public School system, Norterre, area primary care physicians and other providers, develop education, training and programs to address the lifestyle choices for the youth population toward healthy eating, physical activities, exercise and overall wellness.

### **Objectives:**

- ▶ Identify the school-age population in the Northland that is at high risk for developing chronic diseases in adulthood due to lack of health lifestyle opportunities. For example, CHNA survey participants identified that many of the lower socioeconomic population did not have healthy eating options within walking distance, only fast foods.
- ▶ Review current resources provided in the Northland and in the school system regarding wellness, healthy eating, physical activity and identify additional resources to assist in these efforts.
- ▶ Consider new programs to enhance what is already in place, with specific focus on prevention of chronic disease.
- ▶ Continue to provide education in the Northland to increase awareness of the importance of this wellness issue and encourage early intervention to prevent progression into more serious diseases.
- ▶ Assist with grant requests at state and federal level in collaboration with other organizations to receive funding in order to enhance resources to address the number two health concern in the population Liberty Hospital serves.

### **Measurement/Evaluation of Progress:**

- ▶ Establish a benchmark at the onset to determine the magnitude and severity of the problem as it is currently.
- ▶ Track attendance, numbers of children participating in education/prevention programs, and determine if there is an increase in participants.
- ▶ Use indirect and direct measures from family practice providers to determine if the focus of intervention and resources are in alignment with the goal, or need to be modified.
- ▶ Survey those participating in education and awareness of the health issue in the child/adolescent population to determine if we have moved the needle in the right direction.
- ▶ Focus education on parents and childcare providers to increase awareness, and track participation.
- ▶ Ongoing evaluation of strategies to determine effectiveness and modify as needed to achieve goal.



# 3

## INITIATIVE #3: OBESITY PREVENTION/WELLNESS

Liberty Hospital has formed a special subcommittee of professionals and experts, especially in the child/adolescence population in order to define, plan and review implementation of the health initiative to address the obesity problem of the population served by Liberty Hospital. Given its ownership of Norterre, it is uniquely positioned to address this health concern in the Northland.

**Committee Chair:**

Diane Kipping, Manager Community/Employee Health/ Wellness, Liberty Hospital

**Committee Members:**

<b>Name</b>	<b>Organization</b>	<b>Title</b>
Ron Gochee	Norterre/The Aurora	Manager
Midori Carpenter	Liberty Hospital	Executive Director, Foundation
Peggy Ford	Liberty Hospital	Director Risk Mgt/ Compliance
Jessica Meisenheimer	Liberty Public Schools	Director of Special Programs

**Primary Goal:**

Provide education, resources and interventional programs for school-age and adolescent population, to prevent children from becoming overweight, and/or obese, due to poor lifestyle choices.

**Strategy:**

In collaboration with Liberty Public School system, the Aurora Health & Wellness Center, primary care physicians, and others, develop education, training and programs to address the lifestyle choices for the youth population toward healthy eating, physical activities, exercise and overall wellness.

### **Objectives:**

- ▶ Identify the school-age population in the Northland that is at high risk for becoming overweight or obese due to lack of wellness opportunities.
- ▶ Review current resources provided in the Northland and in the school system regarding wellness, healthy eating and physical activity, and identify additional resources to assist in these efforts.
- ▶ Utilize the Aurora Health & Wellness Center for its fitness and nutrition training, and identify areas where additional programs may be added for the school-age population.
- ▶ Consider new programs to enhance what is already in place, with specific focus on prevention of obesity.
- ▶ Continue to provide education in the Northland to increase awareness of the importance of wellness and prevention of obesity, and encourage early intervention to prevent progression into more serious chronic diseases.

### **Measurement/Evaluation of Progress:**

- ▶ Establish a benchmark at the onset to determine the magnitude and severity of the problem as it is currently.
- ▶ Track attendance, numbers of children participating in education/prevention programs, and determine if there is an increase in participants.
- ▶ Use indirect and direct measures from family practice providers/ fitness centers to determine if the focus of intervention and resources are in alignment with the goal, or need to be modified.
- ▶ Survey those participating in education and awareness of the health issue in the child/adolescent population to determine if we have moved the needle in the right direction.
- ▶ Focus education on parents and child care providers to increase awareness, and track those numbers.
- ▶ Continue to evaluate strategies and make changes as needed to achieve goal.