2023 Implementation Strategy
DeKalb Memorial Hospital, Inc.

PARKVIEW
HEALTH

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Introduction

Purpose

To grow and ensure the continued quality of Parkview Health's commitment to improving the health of our community, each of our licensed hospitals prepare a community health needs assessment (CHNA) and subsequent implementation strategy on a triennial basis. Using the knowledge gained from the 2022 CHNA results, this report will define Parkview DeKalb Hospitals community health implementation strategy for the 2023 – 2025 assessment cycle as federally required by the Affordable Care Act. In doing so, this report will define:

- The community served
- The community's top health needs
- The CHNA/implementation strategy process
- How the hospital is addressing community needs
- Identified needs not being addressed

The contents of this report were formed in compliance with the requirements set forth by the IRS for tax-exempt health systems and hospitals.

Mission and Vision

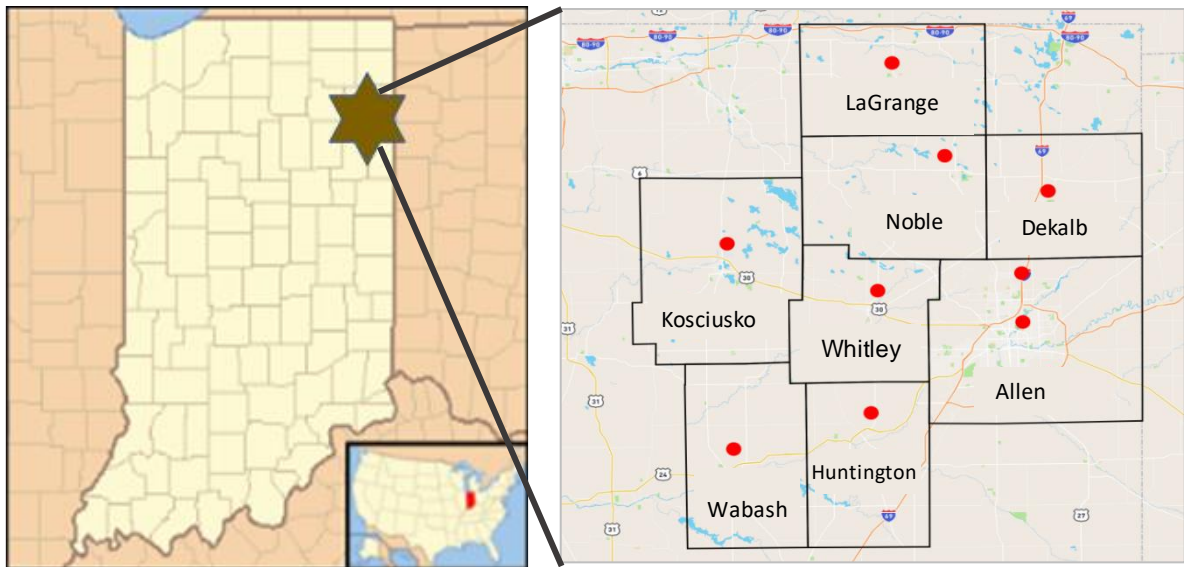| Parkview Health Mission & Vision |
|---|
| Parkview's mission is to improve the health of our community members and inspire them to take steps to improve their well-being. |
| Parkview puts their patients at the center of everything they do, as an individual, as an employer and as our community. |

Parkview DeKalb Hospital

DeKalb Memorial Hospital, Inc., is a not-for-profit, community-based hospital. DeKalb Memorial Hospital, Inc. consists of 57 beds in a 357,671 square foot facility which sits on a 33 Acre lot. DeKalb Memorial Hospital, Inc. has on average

DeKalb Memorial Hospital, Inc. is home to a medical, surgical, CCU, and Family Birthing services. We have a full-service, 24-hour emergency department including a safe room for patients who may be experiencing a behavioral health crisis. Other specialty services include: Endoscopic Services, General Surgery, Orthopedic Services, Pain Management Services, Podiatry Services, Obstetric &Gynecologic Services, Sleep Disorders Lab, ATU Clinic, Diagnostic Services, EMS, Outpatient Ambulatory Infusion Services, Parkview Physicians Group, physical, occupational and speech therapy for adult and pediatric needs; cardiac and pulmonary rehab, nutritional counseling, diabetes education and two retail pharmacy locations that include PharmaCare who provides free medication delivery. In

addition, the Physicians Specialty Clinic houses specialty physicians who travel to DeKalb Memorial Hospial, Inc.'s campus on scheduled weekday(s) to accommodate the needs of patients for consultation visits, follow-up visits and/or procedures for cardiology, colorectal, neurology, urology, nephrology, pain management, pulmonology, orthopedics, and obstetric & gynelogical services.

Figure 1. Counties with Parkview Hospitals

Community Served

According to the DeKalb County 2022 Community Health Needs Assessment, DeKalb County has a population of 43,193. The median household income is $58,415. 7.1% of Noble County residents do not have health insurance and 11% fall under the federal poverty line.

Summary of 2022 Community Health Needs Assessment

Parkview Health is pleased to share the 2022 Community Health Needs Assessment (CHNA) for DeKalb Memorial Hospital, Inc. doing business as Parkview Dekalb Hospital in Dekalb County. This report provides an overview of the approach taken to identify and prioritize significant health needs in DeKalb County, as federally required by the Affordable Care Act. The Health Services and Informatics Research (HSIR) group at Parkview's Mirro Center for Research and Innovation designed and conducted both primary and secondary data collection and analysis activities. Data collection was focused on the eight counties in northeast Indiana that comprise Parkview's primary service area and where a Parkview hospital is located, including: Allen, DeKalb, Huntington, Kosciusko, LaGrange, Noble, Wabash and Whitley.

The purpose of the CHNA report is to offer a comprehensive understanding of the health and social needs of DeKalb County to guide DeKalb Memorial Hospital, Inc. strategic community health improvement plan for addressing the identified needs (CDC - Assessment and Plans - Community Health Assessment - STLT Gateway, 2019). DeKalb Memorial Hospital, Inc. will use the findings in this

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report to identify and develop efforts to improve the health and quality of life for residents in Dekalb County.

Approach

The HSIR group assessed the overall health needs of the Parkview Health region, as well as the needs of each individual county. Community health needs of interest were based on past CHNAs and secondary data from the Healthy Communities Institute (HCI) database. The HSIR team used surveys to gather input from individual community members and healthcare and social service providers (i.e., physicians, nurses, social workers) to understand local health concerns, needs, and service availability.

Historically, we have found that Hispanic, Amish and people of Burma (Myanmar) populations have been an underrepresented voice in our CHNA surveys. Thus, the HSIR group used contacts familiar to these populations to distribute surveys and sent a mobile team of surveyors to target locations to ensure that we captured the community health concerns of these special populations.

Summary of Findings

The findings in this report are a result of the analysis of an extensive set of secondary data (over 200 indicators from national and state data sources) and primary data (422 surveys) collected from community members and healthcare/social service providers. Below are the top ten health concerns and health service needs as ranked by the Hanlon method and survey data, respectively.

DeKalb County's Top Ten Health Concerns*	
• Mental health	• Cancer
• Kidney disease	• Cardiovascular disease (stroke, coronary heart disease)
• Obesity	• Substance use/abuse (drugs, alcohol, tobacco)
• Chronic obstructive pulmonary disease	• Mothers not in early prenatal care
• Asthma	• Diabetes

  * After Hanlon method applied to secondary and primary data; merged categories of concerns are in parentheses

DeKalb County's Top Ten Health Service Needs*	
• Mental health services	• Access to primary care providers
• Substance use disorder services	• Senior services
• Access to healthy food	• Gun safety
• Access to recreational spaces	• Health insurance
• Access to birth control	• Childcare

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Prioritization Methodology

To organize and rank order significant health needs across the Parkview Health eight-county region, primary data from community and provider surveys and secondary data were combined using a modified Hanlon score. Each health indicator corresponded to a health concern from the survey, thus health domains from the survey were used to cluster health indicators.

For each health indicator, scores for percentage of the population affected (size), percentage of community respondents endorsing the corresponding health concern (seriousness), percentage of provider respondents endorsing the corresponding health concern (seriousness), trend in health indicator (seriousness), and existence of evidence-based interventions (effectiveness of intervention) were assigned.

According to the Hanlon scores, the top health concerns were mental health, obesity, and chronic disease

Prioritization Process

Parkview DeKalb Hospital will adopt the #1 health priority of mental health that was set for the Parkview Health region on August 22, 2022.

As a continuation of the prioritization process, Parkview DeKalb Hospital held a community meeting on September 26, 2022 to engage the 38 community members in the prioritization process. The data from the 2022 CHNA was presented to the group. The group of community stakeholders had thoughtful discussions around the data from the assessment, completed a prioritization grid) exercise where they looked at significance, severity, suitability, and Social Determinants of Health, and voted on what they thought should be the number 2 and 3 priorities for DeKalb County based on the Top 10 priorities identified in the CHNA.

The information from the CHNA and the community session were brought to the Community Health Improvement (CHI) Committee at Parkview DeKalb Hospital. The committee had in-depth discussion around the data and responses from the community session. Based on this discussion, the committee identified Mental Health, Substance Abuse and Obesity as the top 3 priorities in DeKalb County.

The Needs Assessment, community session data and CHI Committee recommendations were presented to the Parkview DeKalb Hospital board of directors on October 21, 2022. *The board of directors voted to adapt the above health priority recommendations at the board meeting.*

For more detail regarding prioritization methodology please see page 40 of Parkview Dekalb Hospitals CHNA:

https://www.parkview.com/media/file/2022%20Allen%20County%20CHNA.pdf

Implementation Strategy Process

Based on the 2022 CHNA results, our prioritization sessions and collaboration with our internal and external partners, our health initiatives have transitioned to the following:

- 2019-access to mental health/substance use disorder → 2022-mental health
- 2019-ALICE (Asset Limited Constrained Employed) population support → 2022-substance abuse
- 2019-support childhood development → 2022-obesity

In addressing each prioritized health issue identified above, Parkview Hospital created the following implementation strategy to define how they intend to address each identified. This process requires expertise from Community Health Improvement staff, program leads, community nurses and health workers and partner organizations. DeKalb Memorial Hospital's Community Health Improvement committee reviewed and adopted the implementation strategy on April 21, 2023.

Community Health Implementation Plan

Implementation strategies are illustrated below according to health priority.

Mental Health

Identified Health Need: Mental Health				
Goal: Increase awareness around Reduce stigma around Mental Health in Noble County				
Objective: Improve knowledge around mental health in 100% of program participants				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Preventative Education	• Number of participants • Pre/posttest increase in knowledge	• Education to school age K-12 students over healthy choices	• Increase knowledge around bullying, teen suicide, dating violence, social & emotional health • Students will learn and practice self-regulation strategies	• Harold W McMillen Center for Health Education

Identified Health Need: Mental Health				
Goal: Increase awareness around Reduce stigma around Mental Health in Noble County				
Objective: Improve knowledge around mental health in 100% of program participants				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Warm-A-Heart Community Outreach	• Number of people connected to resources in the community	• Provide connections and support to those accessing foodbank and meals	• Build community relationships and connections	Warm-A-Heart Community Outreach

Identified Health Need: Mental Health

Goal: Increase awareness around Reduce stigma around Mental Health in Noble County

Objective: Improve knowledge around mental health in 100% of program participants

Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
• Question Persuade Refer (QPR)	• Number of participants	• Provide free QPR training to the community.	• Participants will learn warning signs of suicide crisis and how to respond	• Parkview Behavioral Health Institute • Noble County Suicide Prevention • Parkview Noble Center for Healthy Living

Identified Health Need: Mental Health

Goal: Increase awareness around Reduce stigma around Mental Health in Noble County

Objective: Improve knowledge around mental health in 100% of program participants

Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
• DeKalb County Mental Health Collaborative	• Number of community health partners participating in collaborative • Number of opportunities created for dialogue & education	• Bring community partners together to discuss opportunities and strategies for DeKalb County around Mental Health • Identify opportunities for improvement and set county wide goals	• Improve access to mental health • Reduce trauma for someone in mental health crisis • Provide resources and education to law enforcement around individuals with mental health	• Parkview DeKalb Hospital (ER, EMS, Public Safety, Community Health) • County Commissioners • City officials • Local law enforcement • Parkview Behavioral Health/Park Center • Northeastern Center • Bowen Center • DeKalb County Judges • DeKalb County Courts • DeKalb County JRAC

Identified Health Need: Substance Use

Goal: Reduce stigma around substance use and utilization of substances/SUD/OUD in Noble County

Objective: Improve knowledge around substance use, SUD, & OUD in 100% of program participants .

Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
• Freedom from Smoking	• Number of participants • Number of participants who quit smoking or decrease use	• Provide free smoking cessation classes to the community	• Participants will quit smoking or decrease use	Parkview MyWell-Being Parkview Center for Healthy Living

Identified Health Need: Mental Health

Goal: Increase awareness around Reduce stigma around Mental Health in Noble County

Objective: Improve knowledge around mental health in 100% of program participants

Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
• Inspiration Ministries	• Number of graduates from 9-month recovery program • Number of participants housed in either recovery program or permanent supportive housing • Number of participants in treatment	• Provide housing for residents in recovery • Provide treatment programs and support	• SUD/OUD treatment & recovery • Permanent supporting housing after graduation • Reduced recidivism rates	

Identified Health Need: Mental Health				
Goal: Increase awareness around Reduce stigma around Mental Health in Noble County				
Objective: Improve knowledge around mental health in 100% of program participants				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• St. Martin's Healthcare	• Number of mental health screenings completed • Number of participants accessing tobacco cessation programs • Number of participants screened for anxiety & PTSD	• All patients offered screening and treatment for actue and chronic diseases including mental health and substance abuse • Tobacco education & cessation offered to every patient • Onsite behavioral health counseling offered	• 25% of those in smoking cessation classes follow through with classes • 10% smoking cessation class participants quit • Patients access behavioral healthcare	St. Martins

Identified Health Need: Mental Health				
Goal: Increase awareness around Reduce stigma around Mental Health in Noble County				
Objective: Improve knowledge around mental health in 100% of program participants				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Children's First Center	• Number of pediatric patients given access to Mental Health services • Number of pediatric patients receiving Mental Health Services for the first time	• Mental Health Services provided to pediatric patients in home	• Increase access to therapy and counseling services for pediatric patients	• Children's First Center

Substance Use

Identified Health Need: Substance Use				
Goal: Reduce stigma around substance use and utilization of substances/SUD/OUD in Noble County				
Objective: Improve knowledge around substance use, SUD, & OUD in 100% of program participants.				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Preventative Education	• Number of participants • Pre/posttest increase in knowledge	• Education to school age K-12 students over healthy choices	• Increase knowledge around healthy choices, vaping, tobacco, OUD, SUD, and prevention	Harold W McMillen Center for Health Education

Identified Health Need: Substance Use				
Goal: Reduce stigma around substance use and utilization of substances/SUD/OUD in Noble County				
Objective: Improve knowledge around substance use, SUD, & OUD in 100% of program participants .				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• St. Martin's Healthcare	• Number of mental health screenings completed • Number of participants accessing tobacco cessation programs • Number participants screened for anxiety & PTSD	• All patients offered screening and treatment for actue and chronic diseases including mental health and substance abuse • Tobacco education & cessation offered to every patient • Onsite behavioral health counseling offered	• 25% of those in smoking cessation classes follow through with classes • 10% smoking cessation class participants quit • Patients access behavioral healthcare	St. Martins

Identified Health Need: Substance Use				
Goal: Reduce stigma around substance use and utilization of substances/SUD/OUD in Noble County				
Objective: Improve knowledge around substance use, SUD, & OUD in 100% of program participants .				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Hearten House	• Number of residents receiving mental health assessments • Number of residents access mental health services & treatment	• Provide transportation for vital meetings such as court dates, probation appointments, mental health services, etc. • Provide safe home and vital life needs • Provide accountability, support & encouragement through a variety of classes.	• Participants have access to needed services for mental health and addiction • Participants maintain employment, recovery and gain rights back	Hearten House

Identified Health Need: Substance Use				
Goal: Reduce stigma around substance use and utilization of substances/SUD/OUD in Noble County				
Objective: Improve knowledge around substance use, SUD, & OUD in 100% of program participants .				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Peruse implementing an Intensive Outpatient Program (IOP) at Parkview DeKalb Hospital	• Number of individuals in the program • Number of individuals in recovery • Number individuals who continue to engage in mental health care resources	• Provide IOP services • Navigation and connection to community resources	• Increased access to behavioral healthcare options • Increased knowledge of community resources available • Improved health outcomes • Behavior change	• DeKalb Mental Health Collaborative • Local mental health providers • Parkview DeKalb Emergency Room

Identified Health Need: Substance Use				
Goal: Reduce stigma around substance use and utilization of substances/SUD/OUD in Noble County				
Objective: Improve knowledge around substance use, SUD, & OUD in 100% of program participants .				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Install Naloxbox in DeKalb County • Investigate naloxone certification through overdose lifeline	• Number of Narcan packages obtained from Naloxbox • Number individuals completing Naloxone certification • Number of overdose prevention trainings offered	• Narcan distribution • Education to co-workers and community	• Increased access to Naloxone • Reduced stigma • Behavior change • Reduction in overdoses	

Obesity

Identified Health Need: Obesity				
Goal: Decrease the number of individuals with BMI >29.9 and reduce chronic diseases that develop as a result in Noble County				
Objective: Increase knowledge and access to physical activity and balanced nutrition in 100% of program participants.				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Cooking demos	• Number of participants • Increase in knowledge of participants recorded by post class survey	• RDN teaches participants how to prepare nutritious meals while providing hands on opportunities	• Education on nutrition while interacting in the kitchen	Parkview Community Outreach Dieticians

Identified Health Need: Obesity				
Goal: Decrease the number of individuals with BMI >29.9 and reduce chronic diseases that develop as a result in Noble County				
Objective: Increase knowledge and access to physical activity and balanced nutrition in 100% of program participants.				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Judy A. Morrill Recreation Center (JAM Center)	• Number of participants accessing physical activity • Number of participants accessing overall wellness activities	• Provide access to wellness amenities • Provide variety of health and wellness programs	• Increase access to physical activity for all activity levels .	• JAM Center

Identified Health Need: Obesity				
Goal: Decrease the number of individuals with BMI >29.9 and reduce chronic diseases that develop as a result in Noble County				
Objective: Increase knowledge and access to physical activity and balanced nutrition in 100% of program participants.				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Bike Rodeo	• Number of participants accessing physical activity & safety education • Number participants receiving free helmet for safety while accessing physical activity	• Provide bike safety education to youth to promote physical activity • Provide free helmet to participants	• Increase access to physical activity	

Identified Health Need: Obesity				
Goal: Decrease the number of individuals with BMI >29.9 and reduce chronic diseases that develop as a result in Noble County				
Objective: Increase knowledge and access to physical activity and balanced nutrition in 100% of program participants.				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Warm-A-Heart Community Outreach	• Number of participants accessing healthy meals each week • Number of participants accessing food pantry each week	• Providing health meal weekly to those in need • Providing health conscious options for those in need to foodbank items	• Increase access to healthier options to those with low or no access to food.	• Warm-A-Heart

Identified Health Need: Obesity				
Goal: Decrease the number of individuals with BMI >29.9 and reduce chronic diseases that develop as a result in Noble County				
Objective: Increase knowledge and access to physical activity and balanced nutrition in 100% of program participants.				
Program	**Indicator**	**Interventions**	**Anticipated Impact**	**Internal/External Partners**
• Preventive Education	• Number of participants • Knowledge gain as measured by pre/post tests	• Education to school age K-12 students over nutrition and physical activity	• Increase knowledge around physical activity and nutrition in K-12 students	• McMillen Health

Significant Health Needs Not Addressed by the Implementation Strategy

Mothers not in prenatal care-while this was not a selected top priority, we do support Women's Care Center through our Community Health Improvement program to support their mission of supporting mothers and providing access to prenatal care.

Diabetes-While we did not select diabetes to be a top priority in DeKalb County, it is our intent to help reduce the prevalence of this chronic condition by our work to reduce obesity through nutrition education, access to healthy foods and access to active living.

COPD-This issue was not a priority for community members and therefore approach is unlikely to succeed and was not scored as high as identified priorities by community stakeholders.

Kidney disease-This issue was not a priority for community members and therefore approach is unlikely to succeed and was not scored as high as identified priorities by community stakeholders.

Asthma-This issue was not a priority for community members and therefore approach is unlikely to succeed and was not scored as high as identified priorities by community stakeholders.

Cancer-the need is not as likely to be resolved as other problems.

Cardiovascular disease-This issue was not a priority for community members and therefore approach is unlikely to succeed and was not scored as high as identified priorities by community stakeholders.

References

1. *CDC - Assessment and Plans—Community Health Assessment—STLT Gateway*. (2019, April 6). https://www.cdc.gov/publichealthgateway/cha/plan.html

For More Information

Parkview would like to extend gratitude towards its community partners for their collaboration with the 2022 CHNA and 2023 Implementation strategy process that addresses the health needs of DeKalb County. For additional information about DeKalb Memorial Hospital's 2022 CHNA or 2023 Implementation Plan, please contact us.

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Board Approval

Approved by the DeKalb Memorial Hospital's Board of Directors
21 April 2023