Health Priority: OBESITY

I. Parkview Health’s Mission and Vision
   a. Parkview Health Mission Statement: As a community owned, not-for-profit organization, Parkview Health is dedicated to improving your health and inspiring your well-being.
   b. Parkview Health Vision: We will achieve our mission by:
      i. Tailoring a personalized health journey to achieve your unique goals
      ii. Demonstrating world-class teamwork as we partner with you along that journey
      iii. Providing the excellence, innovation and value you seek in terms of convenience, compassion, service, cost and quality.

Within the walls of Parkview Health facilities there is a strong emphasis on providing excellent care and excellent service to every patient, every day. Another integral part of the mission takes place outside our walls, in the community, and is accomplished through the community health improvement outreach programs which focus on improving access to healthcare and addressing identified community health needs especially serving vulnerable populations.

Parkview Whitley Hospital has chosen two priority areas of focus, Obesity and Maternal/Child Health. The entire health system is focusing on Obesity initiatives and continues to navigate in uncharted waters to find what really works in this area. Although other areas of concern were identified, it is impossible to focus on all of them at once, financially or from a staffing perspective in a small community hospital. In choosing the above areas we felt that many of the other areas are wrapped around these two. For example, as obesity decreases it is likely that such things as Cardiovascular Disease, Diabetes and Cancer will be reduced as well. Additionally, by addressing maternal/child health such things as access to care, tobacco use, drug and alcohol abuse could be affected as well.

Community Served: Residents of Whitley and Kosciusko counties, will be served through community health improvement programs of Parkview Whitley Hospital. We strive to focus on the underserved in the communities we serve.

II. Implementation Strategy Process
   a. Plans were developed around the programs that we have been building over the past three years to address obesity in Whitley & Kosciusko counties and system wide.
   b. Indiana University Fairbanks School of Public Health and the Polis Center at IUPUI, Healthy Communities Institute database of best practices. CHI committee, program coordinators, community organizations, i.e., St. Joseph Community Health Foundation,
c. Reviewed, discussed and approved (adopted) first by the community health improvement committee — a committee of the Parkview Whitley Hospital Board of Directors that oversees the activities of the community health improvement program. Strategies were then presented and approved (adopted) by the Parkview Whitley Hospital Board of Directors.

III. **Prioritized List of Significant Health Needs Identified in CHNA**

a. Hanlon Method – size and seriousness of the health issue and proven effectiveness of clinical interventions. Then applied the PEARL criteria of Propriety, Economics, Acceptability, Resources and Legality.

b. PEARL Method

c. Voting Mechanism

IV. **Significant Health Needs to be Addressed:**

**Obesity**

**Problem Statement:** Obesity (having a body mass index greater than 30.0) affects all age groups and disproportionately affects people of different socioeconomic statuses and racial/ethnic groups. There are often many complications that can occur as a direct or indirect result of obesity.

Obesity rates in Indiana are higher than the national average, with rates in most of northeast Indiana above the state average. In Indiana, childhood obesity has been identified as a “staggering” problem with 30 percent of children ages 10 to 17 years of age overweight.

**Purpose:** Parkview Whitley Hospital will serve as a community leader partnering with other key community organizations to promote a culture of healthy living and well-being.

**Goal:** The goal of this initiative is to reduce obesity and the chronic diseases that develop as a result in Whitley and Kosciusko counties, while recognizing this will be a long-term effort that will take efforts over a period of years to make a substantial impact.

**Actions:** Parkview Whitley Hospital will continue to establish new and foster existing programs and relationships with other organizations. We aim at partnering with organizations that are working with children and or underserved populations. We also focus on opportunities for community members to monitor their health better with low-cost or no-cost educational and screening events.

**Anticipated Impact:** Parkview Whitley strives to increase awareness of the need to maintain a healthy weight, through diet and exercise, and understand the associated effects on overall health. Understanding the need is a prerequisite for addressing the problem.

**Committed Resources to the Obesity Initiative:** Parkview Whitley Hospital has committed financial resources, staff hours and physical space to further the initiatives mentioned below. Parkview Whitley Hospital sets aside up to 10 percent of its net income on an annual
basis as community health improvement funds. These funds support community health-related outreach programs.

**One Community:** One Community is a local not-for-profit that offers free lunches and fellowship, speakers and activities to South Whitley area seniors and shut-ins twice weekly.

**Actions:** Providing nutritious lunches with fresh fruits and vegetables helps the senior population maintain a healthy diet. The camaraderie that occurs is beneficial to the mental health of the local senior population.

**Anticipated Impact:** South Whitley is a rural community with one grocery store that has opened and closed numerous times in recent years. Access to fresh produce is minimal and costly to those on fixed incomes. Parkview Whitley has partnered with them to provide funding so they can afford to offer fresh fruits and vegetables with each meal served.

**Committed Resources:** Parkview Whitley dedicates funds from Community Health Improvement to the Lunch and Camaraderie program to increase the amount of fresh fruits and vegetables consumed by area seniors.

**Planned Collaboration:** Financial support for fresh produce as well as providing in-kind speakers on health-related topics. One Community also works with the South Whitley Public Library to offer programs for the seniors, and a local restaurant donates space for them to prepare the food for the lunches.

**Troy Center School Lunches** - Troy Center is a local alternative school. The students often come to school without breakfast and brought nothing for their lunch. A child that is hungry has difficulty learning. Providing balanced meals sets up these children for a brighter future physically and emotionally.

**Actions:** Parkview Whitley Hospital provides the school with lunches every day that the students attend school. Students earn the privilege of coming with a staff member to pick up the lunches at the hospital, teaching them additional responsibility.

**Anticipated Impact:** Students will have a balanced meal at least once per day, they will be better equipped to learn and understand the benefits of a good diet.

**Committed Resources:** Approximately $24,000 per school year

**Planned Collaboration:** A partnership with the Troy Center School gives us the opportunity to assist very high-risk children in being successful adults.

**Warsaw Little League:** The Warsaw (Kosciusko County) Little League was concerned about the lack of nutritional choices for teams after their games. Generally, they received a carbonated sugary beverage and a choice of candy. This dramatically reduces the benefit of the physical activity for the children.

**Actions:** Provide the players with a bottle of water and a nutritious snack after games.
Anticipated Impact: The organization is setting an example for the players that the physical activity needs to be combined with healthy food choices, thus the children learn to make better choices for themselves in other situations.

Committed Resources: $5,000 in 2017

Planned Collaboration: The Little League works with a local grocery store to purchase the water and snacks with the funding provided by Parkview Whitley Hospital.

Diabetes Education Classes are offered to anyone diagnosed with or at risk for developing diabetes. Sessions are offered free of charge nine times per year.

Actions: Teaching patients to manage or prevent diabetes altogether takes education and support. Participants can gain knowledge about healthy eating, monitoring their blood glucose levels and better manage their disease.

Anticipated Impact: Diabetic and pre-diabetic patients can maintain a healthier lifestyle by learning how to better manage blood sugar levels through diet and exercise.

Committed Resources: The Parkview Whitley diabetes educator and clinical dietician devote staff hours to this program, in both Whitley and Kosciusko counties.

Planned Collaboration: Departments within Parkview Whitley work together to offer a range of educational opportunities for inpatients, outpatients and the community at large.

Weight Loss Group: The Parkview Whitley Weight Loss Group is there to help anyone interested in weight management.

Actions: The group is led by the Parkview Whitley Hospital clinical dietician and meets every month. There are two opportunities to weigh in and an educational session each month. These sessions are all uniquely designed to help create a successful weight loss program for its participants.

Anticipated Impact: Helping individuals be successful in their weight loss journey, in a positive and healthy way.

Committed Resources: Parkview Whitley’s clinical dietician hours, hospital meeting space and digital scales.

Planned Collaboration: Parkview Whitley is committed to offer these no cost opportunities to the community to help battle obesity.
Check-up Days: For many years Parkview Whitley Hospital has held an annual health fair that offered discounted labs once per year. The majority of the attendees were interested in the discounted labs far more than the other information and materials that were being provided.

**Actions:** Rather than a large scale health fair we are offering quarterly “Check-up Days” that offer the discounted labs, bone density and biometric screening regularly throughout the year.

**Anticipated Impact:** The community will be able to more closely monitor their numbers and be more on top of their healthcare needs.

**Committed Resources:** Staff hours, space and supplies.

**Planned Collaboration:** The Parkview Center for Healthy Living assists with the planning and staffing of the events. We host the events alternately each quarter with the local YMCA in Whitley County, as it seems to pull from a bit of a different demographic of our community. The check-up days are offered quarterly in Whitley County and every other month in Kosciusko County at the Center for Healthy Living, located within the YMCA.

Farmers Market: The Whitley County Farmer’s Market started a program for children in 2016 at their weekly Saturday market. The POP (Power of Produce) program gives registered children a token with a $1 value to be used for fresh produce or a food-based plant each week. Children can save their tokens or use one at a time. The market also has presentations and activities for the children.

**Actions:** The POP program gets children excited about fresh fruits and vegetables, the value of gardening, and teaches them about managing money. They have opportunities to try different fruits and vegetables they may have never seen before.

**Anticipated Impact:** Children will learn to enjoy fresh produce and expand their horizons with healthy food choices.

**Committed Resources:** Financial support for the program and in-kind space for a Wednesday market on the hospital campus.

**Planned Collaboration:** Whitley County Farmer’s Market partners with Parkview Whitley to have the program available to local children. The market accepts SNAP food stamp benefits to aid the underserved populations in the county.

The Center: The Center is a non-profit, community-based, youth development organization benefiting Whitley County since 2005. They have after-school programs and meals for local teens. The Center captures many at-risk youth that often fall through the cracks.

**Actions:** The after-school snacks that are offered are often not a healthy alternative, due to cost.
**Anticipated Impact:** Youth will learn to enjoy fresh and healthier alternatives for snacks creating better eating habits.

**Committed Resources:** Financial support for the after-school snacks.

**Planned Collaboration:** Parkview Whitley works with The Center to support healthier eating for the youth that come to there.

**Diabetes Prevention Program:** The Parkview Warsaw YMCA offers the 12-month group-based program that consists of 16 one-hour, weekly sessions, followed by monthly sessions led by a trained lifestyle coach who facilitates a small group of people with similar goals. The group discusses topics such as healthy eating, increasing physical activity, reducing stress, problem solving and much more.

**Actions:** Stay motivated to maintain progress towards program goals with monthly maintenance sessions and gradually increase an individual’s physical activity to 150 minutes per week.

**Anticipated Impact:** Participants will lose 7 percent of their body weight by learning how to eat healthy and increasing physical activity. Eating smaller portions, reducing fat in your diet and discovering healthier food options has been proven to help prevent the onset of type 2 diabetes. Studies have repeatedly shown that moderate physical activity (walking, swimming, mowing the lawn) for as little as 30 minutes, five days a week can help improve blood pressure, raise good cholesterol and prevent blood flow problems. Losing Weight: It has been shown that reducing your body weight by even a small amount (as little as 7 percent) can offer tremendous benefits for people at risk for diabetes.

**Committed Resources:** The classes are conducted in the Parkview Warsaw Center for Healthy Living and the program is assisted by the staff from the center.

**Planned Collaboration:** Parkview Whitley and the YMCA in Warsaw work together to maintain this program.

**Significant Health Needs to be Addressed:**

**Maternal/Child Well-Being**

**Problem Statement:** Maternal, infant, and children’s health is a broad category that encompasses a variety of health indicators related to pregnancy, birth, and complications at the time of and immediately after birth. Early and regular prenatal care, smoking cessation and safe sleep habits are mechanisms for making Whitley and Kosciusko County babies healthier.
**Purpose:** Parkview Whitley Hospital will serve as a community leader partnering with other key community organizations to promote a culture of healthy decisions that promote the safety and well-being of infants and children before and after their birth.

**Goal:** The goal of this initiative is to reduce the number of pregnant women who smoke during pregnancy and to increase the number of mothers who received prenatal care in the first trimester of pregnancy.

**Actions:** Parkview Whitley Hospital will continue to establish new and foster existing programs and relationships with other organizations. We aim at partnering with organizations that are working with children and or underserved populations.

**Anticipated Impact:** Parkview Whitley strives to help parents make sound decisions for their babies and children. Increased awareness regarding smoking cessation, safe sleep, car seats and breastfeeding will assist parents with these decisions to make a healthier population in Whitley and Kosciusko counties.

**Committed Resources to the Obesity Initiative:** Parkview Whitley Hospital has committed financial resources, staff hours and physical space to further its selected initiatives. Parkview Whitley Hospital sets aside up to 10 percent of its net income on an annual basis as community health improvement funds. These funds support community health-related outreach programs.

**B.A.B.E. of Whitley County:** B.A.B.E provides incentives for pregnant women and families to consistently participate in partner programs and services that benefit the health and well-being of infants and young children. Coupons earned can be redeemed for diapers, wipes, pull-ups, clothing, cribs, high chairs, shampoo, sippy cups, socks, and several other infant/toddler related items.

**Actions:** Parkview Whitley provides funding to help with expenses for the programs that are so valuable to the residents of Whitley County that are enrolled in BABE.

**Anticipated Impact:** Families with small children reap rewards for making healthy choices for their children, including lifestyle choices, nutrition, prenatal care and so much more!

**Committed Resources:** Parkview Whitley gives financial assistance to the BABE program to further their mission in the community for a healthy start for the youngest citizens in the county.

**Planned Collaboration:** BABE of Whitley County works very closely with a multitude of non-profits in the county to refer them to physicians, to obtain needed assistance and give support to families expecting a child or with small children. This partnership threads through the entire community.

**The Lighthouse Homeless Shelter:** The Lighthouse is not the typical homeless shelter, they transform lives. Their programs focus on providing prevention, transition and restoration for
the homeless in Whitley County. The residents learn to care for their families physically and emotionally.

**Actions**: The Lighthouse staff work with their residents to learn cooking skills and develop healthy menus. They are educated on safe sleep practices for their children, proper discipline for their children and the need for medical care. Thus, their programs overlap not only obesity, but access to care and maternal/child well-being.

**Anticipated Impact**: Families will learn the skills necessary to become independent, productive members of the community.

**Committed Resources**: Financial support is provided through Community Health Improvement funds to further the mission of the Lighthouse Interfaith Mission Homeless Shelter.

**Planned Collaboration**: The Lighthouse team is currently working with Parkview Whitley to form a deeper collaboration and offer more services to the residents at the shelter. They partner with local churches, non-profits and community members to enhance the experience for all of the residents.

**Parkview Whitley Hospital**: Within the walls of Parkview Whitley we offer a number of programs to assist parents, prenatal classes, parenting classes and breastfeeding classes are offered at Parkview Whitley and Parkview Warsaw. We also offer the Mothers Milk and More (breastfeeding support group) at both locations. Physical space, program needs and staff time are provided by the hospital.

**V. Significant Health Needs Not Addressed Include**:

Parkview Whitley Hospital has chosen two priority areas of focus, Obesity and Maternal/Child Health. The entire health system is focusing on Obesity initiatives and continues to navigate in uncharted waters to find what really works in this area. Although other areas of concern were identified, it is impossible to focus on all of them at once, financially or from a staffing perspective, in a small community hospital. In choosing the above areas we felt that many of the other areas are wrapped around these two. For example, as obesity decreases it is likely that such things as Cardiovascular Disease, Diabetes and Cancer will be reduced as well. Additionally, by addressing maternal/child health, such things as access to care, tobacco use, and drug and alcohol abuse could be affected as well.

**Access to Care**: CANI utilizes space in one of the Parkview Whitley buildings in Whitley County; the space is provided in-kind in order to help them with their bottom line so that they can focus on providing resources to those in need.

**Access to Care**: Multi County Medical Outreach Clinic -- The free clinic operates in space that is provided to this non-profit organization to serve the under/uninsured residents of this area. Parkview Whitley Hospital provides free lab services to the patients that have an
order from the clinic. Parkview Whitley Hospital also has staff that work at the clinic on a regular basis.

**Tobacco Use:** This is being addressed in Kosciusko County by collaborating with and providing funding for the Tobacco Coalition to have programs in the schools and programs for expectant moms. Our goal is to be able to replicate similar programs in Whitley County.

**Diabetes:** While addressing obesity issues in our communities, we will most likely have an impact on diabetes and diabetes management. Although not a focus area, we have diabetes education in both counties and plan to continue these programs.

**Cancer:** A limited amount of funding has been distributed to Cancer Services in Allen County, as they serve many patients in Whitley County.

**Cardiovascular Disease:** With an emphasis on obesity we will be indirectly addressing cardiovascular disease. Maintaining a proper diet and regular exercise is certainly beneficial for cardiovascular health. Our quarterly check-up days help patients to monitor such things as cholesterol levels, blood pressure and others. Our rehab department has an excellent cardiac rehab program for patients and allows them to continue for as long as they like after graduation, for a small fee. This is an especially good opportunity for those who are unable to afford or are intimidated by local fitness centers.

**Drug and Alcohol Abuse and Addiction:** Although not a chosen priority, drug and alcohol abuse is certainly an area that we keep a watchful eye on, and we will continue to do so. If we see a significant shift in these issues, we will be on board with the community to address these needs.

**Mental Health:** Mental health is often tied to alcohol and drug abuse and we work with Parkview Behavioral Health to keep this pulse on the mental health of our community.

**Chronic Kidney Disease:** The indicators show this as an area of concern in Kosciusko County, but not in Whitley. It ranked 11th out of the 12 indicators. Thus, we are not prioritizing this at this time.

**Asthma:** The indicators show this as an area of concern in Kosciusko County, but not in Whitley. It ranked 12th out of the 12 indicators. Thus, we are not prioritizing this at this time.