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Parkview Health is a not-for-profit health system based in Fort Wayne, Ind. Parkview hospitals and physician offices serve communities throughout northeast Indiana, southern Michigan and northwest Ohio.

This publication reports activities occurring in 2015 and 2016. As Parkview Warsaw opened in the spring of 2016, data for this facility’s community health improvement efforts in 2016 are also included.
The future will be in the hands of today’s children. At Parkview, we embrace the opportunity to provide care and healing that boosts the physical strength and safety of our youth, inspires learning and achievement of personal dreams, nurtures their spirits and teaches them to value community.

We know that personal habits that most significantly impact health are developed in childhood and follow each of us through adulthood. The early years are key to building good habits and a commitment to lifelong well-being.

Developing a culture focused on health within our homes, our schools and our neighborhoods requires that we all do our part.

At Parkview, we’re looking out for infants and children within our region, working with our community partners to shape opportunities for each child to enjoy a healthy body, mind, spirit and community. In this way, we are keeping the promise strong that lives in each one of them.
Health priorities
in our region

Parkview’s commitment to the community can be traced back to 1878, when Fort Wayne City Hospital opened in a rental home with six patients in downtown Fort Wayne. This commitment continues today and is stronger than ever. With the development of Parkview Health, our Parkview family of hospitals expanded to include the northeast Indiana counties of Allen, Huntington, LaGrange, Noble, Wabash and Whitley, as well as Parkview Warsaw in Kosciusko County.

To fulfill this mission, we must understand these communities. Throughout our history, we have worked to identify the health needs of area residents, and often partnered with others, to positively meet these needs. As the largest not-for-profit healthcare system in northeast Indiana, we reinvest our resources in services and programs that directly affect the health and well-being of people of all ages. In this way, we invest in you.

Our hospitals return a percentage of their annual operating surplus to support local health initiatives through numerous grants and sponsorships.

Every three years, we conduct a Community Health Needs Assessment (CHNA) to identify the greatest health needs and develop ways to address those needs in a manner consistent with our mission, capabilities and resources.

A recent survey identified multiple health concerns. Next, these health issues were prioritized using a modified Hanlon Method, called the Basic Priority Rating System (BPRS). Each health concern was rated on the following criteria according to the Hanlon Method:

- Size of the health problem
- Seriousness of the health problem
- Effectiveness of potential interventions

This process produces a ranking of health concerns. The final step of the prioritization process takes into account the feasibility of intervention programming using a proven methodology.

Our current overarching health priority in all counties is related to reducing obesity by encouraging individuals to engage in healthy lifestyle habits. In addition to this priority, others are chosen that are specific to each county.

We believe that thoughtful use of resources and working with community partners will help us continue to fulfill our ongoing mission and make long-term improvements in health and quality of life.

Questions about the Community Health Needs Assessment, and our plans to improve community health, can be directed to:

Parkview Community Health Improvement Program
3622 New Vision Drive
Building A
Fort Wayne, IN 46845
(260) 266-2460
communityhealth@parkview.com

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<th>2017 Health Priorities by County</th>
<th>ALLEN</th>
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All Parkview hospitals share a central mission to improve the health and inspire the well-being of our communities.
Our partners advocate for community health and well-being
In addition to funding Parkview’s own programs and services, the Parkview Community Health Improvement Program supports other community-focused organizations. The following organizations have been selected as health partners to receive program support for specific initiatives that address the health needs of individuals and families in communities throughout northeast Indiana.

**ALLEN COUNTY**
A Hope Center  
Boys and Girls Club of Fort Wayne  
**Brightpoint (Covering Kids & Families)**  
Cancer Services of Northeast Indiana  
Community Transportation Network (CTN)  
Early Childhood Alliance (ECA)  
Fort Wayne Sexual Assault Treatment Center  
Live Healthy Hoosiers, Inc.  
Matthew 25 Health and Dental Clinic, Inc.  
Midwest Alliance for Health Education, Inc.  
NE Indiana Positive Resource Connection  
Neighborhood Health Clinics, Inc.  
Turnstone Center  
United Way of Allen County  
YMCA of Greater Fort Wayne

**LAGRANGE COUNTY**
Cancer Services of Northeast Indiana  
Cole Center Family YMCA  
LaGrange County Council on Aging  
LaGrange County Economic Development

**NOBLE COUNTY**
Cancer Services of Northeast Indiana  
Cole Center Family YMCA  
Common Grace/Food Pantries/Community Table  
Drug Free Noble County  
Life and Family Services (BABE and PEERS programs)  
Manchester University College of Pharmacy  
Noble County Council on Aging – Transportation  
Noble County ARC  
Noble House  
Noble Trails, Inc.

**HUNTINGTON COUNTY**
Blessings in a Backpack  
Cancer Services of Huntington County  
Cancer Services of Northeast Indiana  
Huntington City Fire  
Huntington County Council on Aging  
Huntington County Emergency Shelter  
Huntington County Free Health Clinic  
Huntington County Sheriff’s Department  
Huntington University  
Huntington University – Nursing Career Academy  
Kids Kampus  
Love, Inc. of Huntington County  
Parkview Boys & Girls Club of Huntington County  
Parkview YMCA  
United Way — Health & Wellness  
Youth Services

**WABASH COUNTY**
Cancer Services of Northeast Indiana  
Community Action of Northeast Indiana, Inc. (CANI)  
Economic Development Group of Wabash County  
LIFE Center  
Mental Health America of Wabash County  
Wabash City Schools  
Wabash County Tobacco Free Coalition  
Wabash County YMCA

**WHITLEY COUNTY**
B.A.B.E. Program of Whitley County  
Brightpoint (Covering Kids and Families)  
Cancer Services of Northeast Indiana  
Center for Whitley County Youth  
Junior Achievement serving Whitley County  
Lighthouse Interfaith Mission  
Whitley County Economic Development Corporation  
Wolf Lake Free Health Clinic
In November 2015, Parkview hosted EXPLORE, a social exploration event focused on the disparities in infant mortality and early prenatal care for African American expectant mothers in Fort Wayne. About 50 people gathered to learn about these important concerns from one another and to work on creative solutions.

Infant mortality is defined as the death of a baby before his or her first birthday. This loss of life is devastating to the child’s mother and other family members. There is a lesser-known negative impact on the community as well. When children fail to mature into adulthood, communities miss out on the skills and talents those individuals would contribute socially, culturally and economically.

In Indiana, the survival rate of white babies who reach one year of age is 2.5 times higher than African American babies. In 2014, more than two percent of African American babies died in their first year, while 0.5 percent of Caucasian babies died in their first year.

Infant mortality is a key indicator of the health status in communities worldwide, according to the World Health Organization. The reason? Healthy moms have healthy babies. Experts suggest that when moms do not have healthy babies, contributing factors often include:

- Poor access to services
- Lack of knowledge related to key health and safety practices
- Lack of family and community support

Parkview Community Health Improvement’s EXPLORE process brings together individuals and community leaders to learn the root causes of issues affecting our communities. At the grassroots level, EXPLORE develops better understanding and builds connections among individuals and organizations that can make a difference.

With the understanding gained through the EXPLORE process, Parkview is partnering with others to encourage women to become healthier and to adopt certain practices that will result in healthier babies. For expectant moms and those who plan to
become pregnant, Parkview providers discuss nutrition, maintaining a healthy weight and giving up smoking and alcohol.

In addition, Parkview community nurses continue to educate new parents about safe sleep practices. Nurses and leaders partner with SCAN (Stop Child Abuse and Neglect), which operates the Healthy Families of Allen County program — part of a nationally recognized home visitation program designed to work with overburdened families who are at-risk for negative childhood experiences. This collaboration resulted in the creation of a program to encourage breastfeeding and provide comprehensive and culturally appropriate lactation care and services. Parkview Community Nursing supports this effort by coordinating breastfeeding support groups in several Fort Wayne neighborhoods, providing one-on-one education and connecting moms to other resources as needed.

Solutions will not come quickly for such broad concerns as infant mortality and access to early prenatal care. However, EXPLORE has drawn together individuals and organizations who are passionate about these issues and are willing to make a difference.

**KNOW THE NUMBERS**

Infant mortality was higher in Allen County than the average for Indiana during 2014.

- Infant mortality in Allen County = 9.2% per 1,000 births
- Infant mortality in Indiana = 7.1% per 1,000 births

**KNOW YOUR A, B, Cs**

An infant should always sleep:

- ALONE
- On his or her BACK
- In a CRIB
Infant mortality
A video campaign to help save babies’ lives

The statistics tell a sad story. According to 2014 infant mortality data (the most current available), an African American baby born in Allen County is 2.5 times more likely to die before his or her first birthday than a Caucasian baby. A determined group of registered nurses is doing something about it.

In January 2017, the members of Chi Eta Phi sorority launched a public awareness and social media campaign on the topic of infant mortality.

“We’re all African American nurses in this sorority, and infant mortality is a problem that has been affecting our community,” said Carmen Moore, Manager of Community Nursing, Parkview Health, and a member of Chi Eta Phi. “We thought it would be really good for us to embrace this issue and get the word out.”

Funded by a Community Health Improvement grant from Parkview Health, the campaign features five 30-second videos offering simple tips for keeping babies healthy. Topics include the importance of:

- Early prenatal care
- Breastfeeding
- Safe sleep practices
- Smoking cessation
- Avoiding the temptation to shake a baby

According to Moore, the sorority chose to produce videos (rather than brochures) to better reach their young target audience in the 46806 zip code. “The video is something that can go out easily on Facebook, on Twitter, on blogs…” she noted. “It’s short and gets right to the point.”

A video can also help drive home the message. “A lot of people don’t remember what they read, but they remember what they see,” said Moore. “Just letting them know what a safe sleep environment looks like, what normal breastfeeding looks like — it’s those types of things that are so important.”

The videos have been shared on social media, posted on agency websites and blogs, and run as public service announcements on local television stations. They’re even being taken directly into homes by caseworkers from local health agencies that have asked to incorporate the videos into their home visits as a teaching tool.

In 10 months, the videos have been viewed by nearly 4,700 individuals. The video on breastfeeding ranks as most popular with nearly 3,000 views alone.

Based on the success of the campaign, the sorority has plans to produce another video on the importance of monitoring “kick counts” (baby’s fetal movements). The five debut videos can be found on the sorority’s YouTube channel, Chi Eta Phi Zeta Eta.
Mothers-to-be who do not receive prenatal care are three times more likely to give birth to a baby with a low birth weight, putting the child’s long-term health at risk. Worse yet, babies born without the benefit of prenatal care are five times more likely to not survive to 12 months of age.*

Overall, access to prenatal care is available and convenient in Whitley County. Without barriers such as geographic location and personal finances, we might think that expectant mothers would schedule regular prenatal visits with a health provider. However, this isn’t always the case. Prenatal care isn’t a priority for all moms, especially single mothers who may lack social support from family and friends, or who already have at least one child.

In contrast, appropriate prenatal care is a priority at Parkview Whitley Hospital, Columbia City. For this reason, Parkview Whitley’s Community Health Improvement (CHI) Committee has chosen to partner with B.A.B.E. (Beds and Britches, Etc.) of Whitley County for the past 10 years.

The mission of B.A.B.E. is to ensure that all children born within the county receive the best possible start in life. To accomplish this mission, B.A.B.E. provides quality incentives to parents who participate in preventive and prenatal care, including parenting, educational and nutrition classes to promote healthy pregnancy, birth outcomes and early childhood development.

When parents take part in activities that are identified to positively impact pregnancy, and the child’s health and well-being later, they receive a coupon for the B.A.B.E. Boutique. Coupons can be exchanged for new merchandise such as cribs, high chairs, diapers, clothing and a wide variety of other items for infants and toddlers. The B.A.B.E. program boosts prenatal participation and empowers parents to make positive changes for their children. CHI funding from Parkview Whitley Hospital is used by B.A.B.E. for operational support and inventory for the B.A.B.E. Boutique.

The needle has moved on newborn birth weight. In 1997, more than nine percent of the babies born in Whitley County displayed low birth weight. In comparison, low birth weight decreased to 8.8 percent among Whitley County babies born during 2015. Although birth weight is affected by many factors, the growing number of expectant and new moms getting prenatal care and participating in the B.A.B.E. program has certainly helped improve newborn birth weight in Whitley County. ■

*Source: IYI Kids Count Data Book
Planting Healthy Seeds is a curriculum for third and fourth grade classrooms. It was developed by Parkview’s Community Health Improvement Program and the Healthy Living Team, in partnership with Ball State University and local educators.

Covering 18 weeks, Planting Healthy Seeds contains nine weeks of lessons focused on nutrition followed by an equal period focused on physical activity. Lesson plans are designed to be flexible, allowing the classroom teacher or school administrator to adjust the curriculum for their schedule and well-being goals for their students. While the program is designed for third and fourth graders, lessons can easily be adjusted to appropriately introduce health content into other elementary grade levels.

The curriculum theme was inspired by Johnny Appleseed, namesake of the Fort Wayne TinCaps minor league baseball team. Where possible, lessons incorporate a baseball theme as a creative way to teach students about health concepts. Parkview Health believes that with the implementation of this curriculum, our community will see a positive impact on the children’s behaviors, as well as increased knowledge in health and well-being.

During the 2015 – 2016 school year, Planting Healthy Seeds was implemented in two counties in northeast Indiana: Allen and Noble counties. A total of 55 classrooms were introduced to the curriculum throughout five school systems. Throughout the 28 classrooms where educators reported the curriculum was implemented, 670 unique students were impacted. Of the students who completed the behavior surveys, 60 percent expressed positive behavior changes during the school year.

"Thank you so much for sharing the wonderful Healthy Seeds curriculum with Northwest Allen County," said Nicole Kirk, third grade teacher, Arcola Elementary, in writing to coordinator Kylee Bennett. "My students just finished the first nine lessons, and I have mailed the pre-/post-tests. The lessons were well planned and led to some engaging conversations. The children are now more conscientious about their snack choices and pay attention to the My Plate diagram outside the cafeteria.”

Through this program, Parkview is reinvesting resources — or “planting seeds” — to cultivate good health in our community. The curriculum includes lessons that will help lay a foundation on which students can build their knowledge of healthy choices. Healthful eating and active living habits are critical for kids’ health and academic success. These behaviors will also impact their health as they grow into adulthood. ■
Long-term lifestyle change requires diligence and, for many, support along the way. The My Best Health program provides professional support and resources to people who are ready to make those long-term healthy lifestyle changes. My Best Health is an intensive healthy lifestyle behavior-change program that originated within the Parkview Center for Healthy Living, located on the Parkview Noble Hospital campus. Started in 2014, the six-month sessions run continuously at the center, where participants have one-on-one monthly meetings with a registered nurse, health coach, personal trainer and registered dietitian. After completing the program, participants can elect to participate in the maintenance program for another six months or join their local Y for group fitness opportunities.

Kay Rappel, a program participant in 2015, still takes part in the maintenance program for ongoing accountability. “Joining the My Best Health program was the best gift I ever gave myself,” according to Rappel. “Accountability is key toward a successful journey in this program. I have learned a lot about my strengths and weakness and how to work through them. The program is not just about losing weight, as a lot of programs are, it is all about making lifestyle changes that can last a lifetime. We all have a toolbox full of tools, we just need to be taught how to use them!! This program does that!”

Other My Best Health participants have also shared positive outcomes, including weight loss, increased energy, improved cholesterol numbers, lowered blood pressure and feelings of a more positive outlook.

In Noble County, My Best Health served 43 individuals in 2015 and 37 individuals in 2016. For these years, combined, the program helped participants lose 415.8 total pounds and 490 total inches.

Parkview Noble Hospital’s Community Health Improvement program provides resources for My Best Health. This support enables people to participate in the program at an affordable out-of-pocket cost, while receiving health and wellness services worth many times more than the individual’s investment.

“My Best Health’s individualized support, coupled with the friends I have made, has changed my life forever.”
Defining good health is harder than it may seem. Healthy living is not simply characterized by the absence of disease, taking vitamins, going to the doctor when sick or having a gym membership. According to the World Health Organization, healthy living is a state of complete physical, mental and social well-being. In other words, healthy living is taking the essential steps or actions to achieve your best health.

As individuals, healthy living means that we take responsibility for making smart decisions and healthy choices for today and for the people we want to be in the future. The Parkview Centers for Healthy Living advocate for this expanded view of good health: a balance of mind, body, spirit and community. The centers are the place for community members to go for support and planning of their individual health journey.

The newest location opened within the Parkview Warsaw YMCA in late 2014. During 2016, the Center for Healthy Living in Warsaw hosted 141 programs and welcomed 1,584 participants from the Kosciusko County community. This reflects an increase from 2015 when the center hosted 48 programs for 382 total participants.

“We want to share our passion for well-being, as well as help members of our community be proactive in creating an enriching and healthier lifestyle,” said Melissa Baesching, community outreach coordinator, Healthy Living Team/ Parkview Center for Healthy Living, Parkview Warsaw YMCA location. “We will help those who participate in our programs achieve their best health.”

The Center for Healthy Living, Parkview Warsaw YMCA location, is a place where YMCA members and non-members come to participate in group exercise and for much more. Opportunities include:

- Small group education and support on living with diabetes, asthma, cancer and more
- One-on-one appointments with a nurse navigator
- Movement classes, such as yoga, tai chi and qi-gong
- Classes such as journaling and painting
- Check-up days and discounted screening opportunities
- Expert presentations featuring physicians and other providers

Sharing space with the Parkview Warsaw YMCA opens the door to new programming options. Recently, a yoga instructor and certified personal trainer from the YMCA taught a four-week beginners’ yoga class in the Parkview Center for Healthy Living. Participants were enthusiastic about the experience. One yogi shared this feedback: “…the yoga class was wonderful, relaxing and welcoming. It felt great! Thank you so much for offering this program to the community.”

The Parkview Centers for Healthy Living operate in four locations in Allen, Kosciusko and Noble counties. In cooperation with community partners, the center helps community members expand their definition of health and take thoughtful steps toward greater health.

*Source: IN Kids Count Data Book
Not everyone is enthralled with fitness. For many who would rather go to the dentist than go to the local gym, Parkview Wabash Hospital offers another option.

As the weather warmed in the spring of 2015, the hospital joined with one of its community partner organizations, Be Well Wabash County, to begin community walking parties. Members of the community gathered at Paradise Spring Riverwalk and were encouraged to walk as far as they could at a comfortable pace. Parkview Wabash Hospital co-workers and members of the Be Well committee staggered themselves out among participants so that no one had to walk alone.

“Our initial thought was simple. We wanted to get people moving,” said Kerri Mattern, manager, Community Health Improvement. “We felt like by making it a group activity and combining it with the festivities during Wabash First Fridays events, people would find walking less like exercise and more like fun.” The plan worked.

The initial walking party in June drew eight participants. As the summer progressed, so did the number of participants, eventually peaking at 30 people. “We were pleased to see the event grow,” said Marilyn Custer-Mitchell, president, Parkview Wabash Hospital. “We had several participants return each time, and they would encourage friends or family members to come with them. That’s exactly what we wanted to see happen.”

With an eye on developing the walking parties even further, changes were made for 2016. The events were held the third Saturday of each month in the morning as part of the weekly farmers market downtown. Participants walked for one hour and then joined Mary Schaeffer, a registered dietitian with Parkview Wabash, as she led the group on a tour of the market. Schaeffer discussed such topics as nutritional values, how to know when certain fruits and vegetables are ripe, as well as sharing favorite recipes.

Fitness, food and friendship are always a winning combination.
Obesity is not only a difficult disease to treat, it costs Americans billions of dollars each year in obesity-related medical care. That’s why Parkview has developed Simple Solutions, an early intervention program to help stop obesity before it starts.

“The data* show that during a child’s first 1,000 days, with good nutrition and good health habits, you’re really predicting that child’s future health — from the standpoint of immunity, growth, development, cognition…” said Kathy Wehrle, Community Outreach Dietitian for Parkview Health. “They’re even finding that a predisposition to chronic disease happens that early.”

Simple Solutions is an eight-session, healthy lifestyle curriculum for at-risk families and pregnant women. While the program focuses on healthy eating and physical activity, participants also learn the importance of mindfulness, limiting screen time and other well-being behaviors. Using a train-the-trainer model, Parkview administers the program through various agencies that provide in-home visits: Brightpoint (Early Head Start), Healthier Moms and Babies, Early Childhood Alliance, SCAN (Healthy Families) and Catholic Charities/Lutheran Social Services (ECHO).

“These agencies have home visitors going into the house anyway to work with clients,” said Wehrle. “This was just one more piece of curriculum that we could add to really help with their health.”

As part of each lesson, Parkview provides a short 5–7 minute video and an interactive workbook. Parkview also gives participants kitchen tools, such as measuring cups and spoons, knives and cutting mats to encourage healthy new habits after the lessons have ended. Physical activity tools for children may include jump ropes, hula-hoops, infant sensory balls and even baby mirrors to facilitate tummy time.

“I’ve heard it said that if we could dispense more lifestyle skills, we could prevent as much as 80 percent of chronic disease,” noted Wehrle. “When I used to work on the Parkview heart unit, I remember how it would take until someone had a heart attack or lost a leg to diabetes to get them to think about changing their eating. So it just makes you be on fire for reaching people earlier in the life cycle with supportive habits.”

Simple Solutions began serving 120 families in 2016 and has grown to more than 400 families in just one year. In 2016, 43 percent of participating Head Start and Early Head Start families reported a positive change in consumption of fruits and vegetables. In addition, 43 percent of families reported a reduction in their children’s screen time.

“We have to help our kids be productive and feel great,” said Wehrle. “We’re raising up the next generation, so we better start young!”

*Source: The First 1,000 Days: Nourishing America’s Future
When it comes to promoting good health, it’s critical to meet people where they are. This is the philosophy of the Parkview Huntington Family YMCA, according to Todd Latta, associate executive director. Because of the relationship with Parkview Huntington Hospital (PHH), the Huntington Y and other community organizations can reach more people where they play, work and live.

According to Parkview’s latest community health needs assessment, obesity is the No. 1 health priority in Huntington County and other counties throughout the region.

The Huntington Y may be best known for group exercise classes and sport-specific leagues such as the noon men’s basketball league, yoga, and other youth and adult programs hosted at its busy facility. Latta has witnessed widespread benefits from participation in fitness programs.

“Wellness is about finding activities that we enjoy. The best exercise is one that we can do consistently and safely. One example is the adults who meet to play basketball over the noon hour. They accomplished their goal for a quick workout, and they’ve also discovered valuable social time with their buddies that they simply don’t want to miss,” explained Latta.

Unfortunately, some residents are unable to participate, despite their motivation to do so. A 2016 survey of Huntington County residents revealed that personal resources prevented 64 percent of respondents from purchasing a YMCA membership and taking part in programs.

Parkview supports the YMCA as a resource for local families by offering scholarships through a Community Health Improvement (CHI) grant. During 2016, 1,194 scholarships allowed individuals and families to join in YMCA activities, and 1,199 scholarships increased participation the previous year. In all, membership has grown 11 percent during the past three years.

Parkview Huntington Hospital joins the Parkview Huntington Family YMCA as an active partner of the Huntington County Health & Wellness Coalition. In addition to Y scholarships, PHH’s CHI program provides financial support for coalition programs that impact the health status of local residents. Together the coalition of 15 community partners:

• Provides wellness programs for individuals and families
• Provides homegrown vegetables through the Community Garden and offers an incentive to residents who use food stamp dollars to purchase fresh produce at the farmers market
• Works with the Huntington County School Corporation to offer programs that impact the health and well-being of students of all ages

“I will continue to sing the praises of Parkview’s dedication and continued support. Without their partnership, it would be increasingly more difficult to impact the lifestyle and health status of our community,” added Latta. “We look forward to working together to reach more families in the future.”
BabiesLove mobile site targets infant mortality

To combat the high infant mortality rate in southeast Fort Wayne, two local health organizations have developed a unique solution. Healthier Moms and Babies and McMillen Health have teamed up to create BabiesLove.org, a mobile-friendly website that focuses on pregnant women in the 46806 zip code.

The site, initially funded by Parkview Health, offers short videos and resource referrals in a simple, easy-to-navigate format that users can access on their phone. By utilizing mobile technology (cellphones, tablets), the site appeals directly to today’s younger audience.

“That’s how young people want to receive information. It’s how they learn. It’s what they’re most comfortable with,” said Holli Seabury, CEO of McMillen Health, the health education agency that developed the site and all promotional materials. Healthier Moms and Babies provides prenatal services and resource referrals.

“Our goal is to get young women into the healthcare system, because we know if we can reach them early, they have a greater chance of having a successful pregnancy, a successful delivery, and a healthy baby,” said Seabury.

Launched in February 2017, the BabiesLove site features short videos (most under 20 seconds) that introduce pregnancy-related topics. These topics include: “Not sure you’re pregnant?” “Find a doctor,” “Need things for your baby?” and more. There’s even a help button that lets women connect directly with Healthier Moms and Babies for follow-up.

“We’re trying to link them with organizations around the city that can get them into prenatal care, get them into case management, and help them have a healthy pregnancy,” noted Seabury.

The number of referral organizations listed on the site was kept to a minimum to avoid overwhelming users with too many choices. “I know this goes against the grain of how we work in public health — usually we try to give people all the information that’s out there,” said Seabury. “But here, we don’t want women to wade through tons of information. We just want to point them in the right direction and help them get there.”

The approach is working. Response to the site has been extremely positive, with more than 1,500 individual users logging on since February.

“We’re proud of the way it’s turned out, and we give kudos to Parkview for funding it,” said Seabury. “A lot of funders would shy away from a project this innovative, but Parkview embraced it.”
Preparing kids
to face emergencies with confidence

Few of us are at our best during an emergency. Health and Safety Day Camp in LaGrange County shares practical safety information with kids in a fun and non-threatening environment.

Health and Safety Day Camp began going into the schools in 2013 when Parkview LaGrange County EMS — a department of Parkview LaGrange Hospital — partnered with the LaGrange County Sheriff’s Department to launch its first event for fourth grade students in LaGrange County’s public schools. Parkview LaGrange Hospital’s Community Health Improvement (CHI) program has provided funding since the event began, reaching more than 1,000 students in 2015 and 2016.

Paramedic Carol Malott, Parkview LaGrange County EMS, and Chief Deputy Tracy Harker, LaGrange County Sheriff’s Department, provide leadership and planning for the camp. Representatives from other LaGrange County organizations, including the LaGrange County Dispatch Center, the American Red Cross, the Department of Natural Resources and LaGrange County REMC, provide education during the day-long camp.

“This program gives us all a chance to meet, train and talk with kids about how to handle emergency situations — and do so when there isn’t an immediate emergency happening,” said Malott. “They get to know us as people, and it helps to remove the fear factor that comes into play in a live situation.”

During the Health and Safety Day Camp, students engage in hands-on training for a variety of safety and emergency situations, including:

- Making a 9-1-1 call
- Performing hands-only CPR
- Providing first aid

In addition, kids receive active training in how to handle hazards and recommended responses related to:

- Water safety
- Fire safety
- Electrical safety
- Bike and road safety
- Poison safety
- Internet safety

Through Share the Road, another Parkview LaGrange Hospital CHI-funded initiative, each student who attends Health and Safety Day Camp receives a free reflective safety vest and a backpack with educational material from participating agencies. In this way, the program shares education with local families for more impact and long-term benefit.
Teaching water safety to Wabash County youth

Swimming and summer are natural companions. Because of Parkview Wabash Hospital, more than 570 local elementary school students started their summer break this year better prepared to be in and around water.

Last year marked the third year that Parkview Wabash Hospital has teamed up with the Wabash County YMCA to teach students water safety. The year-round program introduces second, third and fourth graders in area schools to basic skills, including floating techniques and survival strokes—beginner’s swim strokes that can successfully help keep one’s head above water. During four weekly sessions, kids also practice rescue drills with flotation devices and putting on life jackets properly.

While Wabash County boasts plenty of access to natural swimming holes such as reservoirs, lakes and rivers, access to formal swimming instruction was somewhat limited until the YMCA opened. Previously, lessons were only available during summer months and at a cost to local families.

When the program began in 2016, less than half of the students could pass six progressive skill tests and many would not even go under water. After the first four-week session, 92 percent of the students demonstrated all six skills and 43 percent could use the “jump, push, turn, grab” technique for water safety and rescue swimming.

“The data speaks for itself,” according to Parkview Wabash Hospital President Marilyn Custer-Mitchell. “When you impact that number of children so dramatically, you know you have an excellent program and a great partnership.”
The number of homeless adults, children and teens in Fort Wayne is on the rise. For those living in crisis, taking care of their health is often not a priority. This population is more likely to seek medical attention at a local emergency room after health needs escalate, rather than at a physician’s office. The effect is often poor health outcomes and reduced quality of life.

Parkview has provided services to residents who are homeless since 2014 when a nurse from the Parkview Community Nursing Program began seeing clients during regular office hours at The Rescue Mission. Since then, a second nurse was added to expand services.

This partnership has allowed Parkview providers to engage with more than 3,400 clients at The Rescue Mission in 2016, and with more than 10,000 clients total since 2014. Of these individuals treated in 2016:

- 167 men were qualified and received financial assistance for prescription medications
- ER visits from medication non-compliance decreased to seven percent in 2016, compared to 20 percent in 2015
- 20 individuals received crisis intervention support in 2016, compared to 39 in 2015
- More than 600 were connected to a medical home or other community health resource in 2016

In addition, services were provided in 2016 to families at Vincent Village and Charis House.

The homeless population is often transient and not ready for change. In collaboration with social service agencies, Parkview nurses provide referrals or medical care, and education for improving their health and well-being.
In 2013, Parkview Health and the St. Joseph Community Health Foundation jointly funded a new program for several southeast Fort Wayne neighborhoods. These identified areas are considered food deserts, because of limited access to healthy foods.

By definition, food deserts are highly populated, lower-income areas in which residents typically have no supermarket or large grocery store within one mile of their homes. Lack of personal resources and distance to fresh food creates limited access to basic, nutritious food that is necessary for good health.

The Healthy Eating, Active Living (HEAL) program developed three areas of focus: urban gardens, farmers markets and Our HEALing Kitchen, an eight-week cooking curriculum that includes lessons on nutrition, food preparation and preservation. In Our HEALing Kitchen, participants learn to prepare nutritious meals using a combination of fresh produce grown in their neighborhood with healthy foods acquired from a local food bank and other low-cost food sources.

In 2016, HEAL markets served more than 1,200 customers, an increase of 200 from the previous year. “Before I started the HEAL program, I had no idea what asparagus was,” according to a 2016 program participant. “Then one day we had a class that taught us how to make asparagus soup. Not only did it taste great, but I learned about a new vegetable. I have already cooked it at home and my husband and children love it. I am really thankful for a program like this.” Stories shared by participants indicate that HEAL changed lives and brought unity to this Fort Wayne neighborhood.

Nearly 50 percent of American adults (117 million people) have one or more preventable, chronic diseases — many of which are related to poor quality eating patterns and inadequate physical activity. Many adults believe that eating more fresh vegetables and fruits has positive health outcomes. Yet nearly three-quarters of all Americans do not eat the recommended number of servings each day.*

*Rephrased from the US Dietary Guidelines 2015-2020
Improving the eating habits of low-income communities isn’t easy. Even when people have access to healthy produce and the vouchers to pay for it, for example, they may not know how to prepare it.

That’s the lesson Kathy Wehrle, Parkview’s Community Outreach Dietitian, learned working with HEAL (Healthy Eating, Active Living), a healthy foods program co-sponsored by Parkview Health and the St. Joseph Community Health Foundation.

“A lot of folks don’t even know what to do with vegetables,” said Wehrle, “how much they need, how to cook them, how to utilize them in their diet.” That’s why she helped develop Our HEALing Kitchen, an eight-lesson, hands-on curriculum that teaches people how to utilize fresh foods in their diet.

Our HEALing Kitchen is administered through HEAL mini-grants offered to nonprofits, church groups and agencies in food deserts (areas lacking access to a grocery) around Fort Wayne, including the 46806, 05, 16, 02 and 03 zip codes. The grants can be used to purchase the food needed for classes and to designate a class facilitator.

According to Wehrle, each class facilitator is a “trusted individual” from that organization — a grassroots leader that participants already know and respect, rather than an outsider. “There’s less of a feeling like you’re being taught by somebody who’s not in your circle,” she said.

Response to Our HEALing Kitchen has been positive, growing from just three sites in 2015 to 29 in 2016 to more than 40 sites today. According to Wehrle, the program reaches an estimated 500-600 people with hands-on training and healthy lifestyle tips.

Each facilitator receives a detailed facilitator guide to follow, and participants are given guides as well. “It’s a good way to disseminate information that is non-threatening and fun,” said Wehrle. “People are cooking together, sharing their stories and getting healthy, which is truly amazing.”

And lives are being transformed. “I used to always read how to cook healthy meals and it seemed so complicated,” according to a member of The HEALing Garden cooking classes. “But the HEAL program has taught me that it is not complicated at all and best of all it is healthy! This class has motivated me to start a weight loss journey!”
For more than a decade, Parkview has funded the Community Nursing program, which places Parkview nurses in strategic locations throughout northeast Indiana that represent the greatest health needs. Such community locations include public schools, social service agencies and common spaces in neighborhoods with significant numbers of low-income households. Staff and other resources are dedicated to contributing to the health of infants, children and teens, as well as providing support that reduces student absenteeism due to health concerns.

Three Parkview nurses provide services within the Family and Community Engagement Center that Fort Wayne Community Schools (FWCS) opened in June 2016. Collaboration with FWCS means that students experience improved access to vision and hearing screenings, receive immunizations and sports physicals on site and are referred to other providers, as needed.

In 2016, Parkview nurses provided care to 800 families, including:

- 604 students for vision screening
- 499 students for hearing screenings
- 394 students for immunizations
- 30 students to Neighborhood Health Clinic
- 100 students for assistance securing insurance
- 166 to other community resources

Parkview’s community nurses also worked with SCAN (Stop Child Abuse and Neglect) clients 24 hours each week. Working with vulnerable families supports their efforts to make healthy choices about nutrition and childhood immunizations, to access community resources and to establish a relationship with a primary care provider. During 2016, Parkview nurses completed 41 home visits and made 56 referrals for other healthcare services.

Parkview’s Safe Sleep Program provides new parents with practical tips that can help safeguard their newborns against Sudden Infant Death Syndrome (SIDS). In Allen County:

- 429 individuals in 2016 and 394 the previous year received a portable crib, providing an appropriate place for their infants to sleep
- 630 individuals were educated on safe sleep practices and where to find additional community resources in 2016, an increase from 618 in 2015

A Parkview nurse and certified lactation specialist worked with more than 700 new moms or pregnant women to learn breastfeeding techniques and coordinated nine monthly support groups where new moms could support one another.

In addition to youth-focused programs, Parkview Community Nursing personnel:

- Screened 562 individuals in 2016 and 535 in 2015 without health coverage or a primary care physician for hypertension, hyperlipidemia and diabetes
- Of those screened, nearly 28 percent displayed elevated blood pressure, 14 percent had high glucose and 16 percent had elevated cholesterol
- Onsite health counseling and referrals were provided by Parkview nurses

In addition, Community Nursing partners with others in the region to provide flu vaccinations and asthma education, counseling and mitigation supplies.

“Parkview’s community-based nurses are dedicated to taking services out into the community, reaching out to some individuals who may not access them otherwise,” said Carmen Moore, RN, manager, Community Nursing. “For some, this is the only way we can make a difference.”
Left undiagnosed and untreated, mental and behavioral conditions can have a significant impact on communities and even more so on individuals and their families. Industry projections indicate that one in four individuals in any given year will experience a diagnosable mental health condition, and nearly half of us will meet the criteria for a mental health diagnosis during our lifetime.

Typically, individuals go to a hospital emergency room or call the PBH HelpLine if they recognize that they can no longer cope with daily challenges. When appropriate, people are admitted to one of the inpatient programs at Parkview Behavioral Health (PBH). Those who do not need inpatient services are provided with resources or referrals to community-based programs. In the past, there was no system in place to allow PBH to monitor how many individuals were able to follow through with recommendations for referral or additional support.

Parkview Behavioral Health (PBH) provides mental and behavioral health services near the Parkview Hospital Randallia campus in north-central Fort Wayne. In 2015, PBH launched a patient care navigation program with its first care navigator to follow up with individuals who have accessed their services for help. The program has grown to three care navigators who in 2016 offered assistance to 3,200 individuals, an increase from 1,015 persons in 2015.

The care navigator role is part guide, advocate, educator and friend. Within 48 hours of initial contact, the care navigator makes follow-up phone calls to answer questions, provide encouragement and help individuals connect with a PBH outpatient program or community resource. If the client cannot be reached by phone on the first try, several more attempts are made. Finally, if the client cannot be reached by phone, a letter is sent to their home to offer support from the navigation team. Once contact is re-established with an individual, they may choose to engage in the care navigation program. More than 95 percent of clients enter into the navigation program, which sets up a schedule of additional follow-up phone calls at various points along their journey to mental health.

The PBH care navigation program has reduced the percentage of individuals who need inpatient care within thirty days of an initial consult. In 2016, the care navigators received 3,089 referrals for care. Of the patients who were referred, 77 percent attended a follow-up appointment with a mental health provider within seven days of their assessment by the navigator. On average, eight out of 10 patients who connected with a care navigator expressed appreciation for the education and support they received. Perhaps the most significant outcomes are in the lives of those we are able to serve, the barriers that have been overcome and the support that is felt as individuals and families walk the journey toward greater health and well-being.
Cancer prevention and outreach

Parkview Cancer Institute physicians and co-workers are dedicated to screening, education and prevention programs. When someone is diagnosed with cancer, determining the stage of cancer development is critical. Early detection means that treatment can start sooner, which can increase an individual’s chance of survival. Parkview’s education and prevention programs help people identify cancer risk factors and learn to decrease their risk of developing cancer.

The Parkview Cancer Institute shared early cancer detection and prevention strategies with employees at 48 business and community sites in 2016. These efforts, in addition to presentations at area schools, reached more than 5,100 individuals during 2016.

Mammography
In 2016, Francine’s Friends Mobile Mammography celebrated its 11th year and reached more than 38,000 women since its inception. The mobile screening coach operates as a partnership with Parkview Hospital and the Breast Diagnostic Center, which makes getting a mammogram quick, easy and convenient. The coach brings the service to women where they live, shop or work throughout northeast Indiana and, through Parkview Foundation funding, in northwest Ohio.

Francine’s Friends provides funding for women who are uninsured, underinsured or without the ability to pay for this important screening:

- 4,035 women were screened during 2016. Of this total, more than 1,100 women received financial assistance for services.
- 373 women were referred for further diagnostic evaluation in 2016, a decrease of referrals from 2015. Support from the Parkview Community Health Improvement Program and Parkview Foundation grants and fundraisers provided financial assistance to 466 women in 2016.

Skin Cancer Screenings
Each year, the Parkview Cancer Institute hosts skin cancer screening events in the community where individuals receive education and assessment of current risk for skin cancer. During 2016, 250 individuals were screened, and 118 of those were referred for further evaluation.

Oral Cancer Screenings
During the past year, the Parkview Cancer Institute hosted oral cancer screening events in collaboration with three Fort Wayne dentists. More than 135 people were screened in 2016, and three individuals were referred for further evaluation.

Prostate Cancer Screening
Each year, the Parkview Cancer Institute hosts a community event at which free PSA blood tests are provided to screen for prostate cancer. In 2016, the Parkview Cancer Institute screened 104 men, with 13 percent of those being referred for further evaluation.
Investing in Our Future Together

Parkview Health holds a unique position within our communities. As a not-for-profit health system, we are directed not by shareholders, but by a local governing board. We’re driven by the desire to make a difference. Our financial strength, coupled with our mission of caring, allows us to invest in community programs, new facilities and world-class technologies that might not otherwise come to our region.

Caring for others is what hospitals and health systems do. And at Parkview, caring comes in many forms. As part of our mission to build healthier communities, we go above and beyond providing traditional healthcare. That means investing in people. Growth in Parkview services has generated nearly 2,000 new jobs over the past two years. Ranking as the region’s largest employer, Parkview provides livelihoods for more than 11,000 individuals and families, who in turn spend money on goods and services locally. Caring also means putting our resources into things that are important to us and our communities — programs and services that strengthen the health and well-being of all.

Parkview’s commitment is demonstrated by financial support of our health partners. This support represents a portion of the community benefit figure shown below.

Further evidence of Parkview’s support in the region’s health and well-being is the uncompensated care and investment in facilities and technology. These figures are shown below. More than $13 million was invested in 2015 and $12 million was invested in 2016 for construction of a replacement hospital to better serve residents in Warsaw and surrounding Kosciusko County. In Allen County, $6.8 million was invested during 2015 and more than $14 million was invested during 2016 in Parkview Hospital Randallia to renovate Parkview’s legacy facility in near-central Fort Wayne. In addition, construction of the new Parkview Cancer Institute on the Parkview Regional Medical Center campus was supported with investment of more than $2 million in 2015 and more than $26 million in 2016.

Investment at a Glance

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<thead>
<tr>
<th></th>
<th>2015</th>
<th>2016</th>
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<tr>
<td>Community benefit</td>
<td>More than $18 million</td>
<td>Nearly $16 million</td>
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<tr>
<td>Uncompensated care*</td>
<td>More than $277 million</td>
<td>More than $344 million</td>
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<tr>
<td>Facilities and technology</td>
<td>Nearly $85 million</td>
<td>Nearly $110 million</td>
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<tr>
<td>Personnel and other purchased services costs</td>
<td>$848 million</td>
<td>$956 million</td>
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*Uncompensated care is defined as the charges written off for free services, including charity care, as well as the cost of services for self pay, Medicare and Medicaid patients in excess of reimbursement for these services.