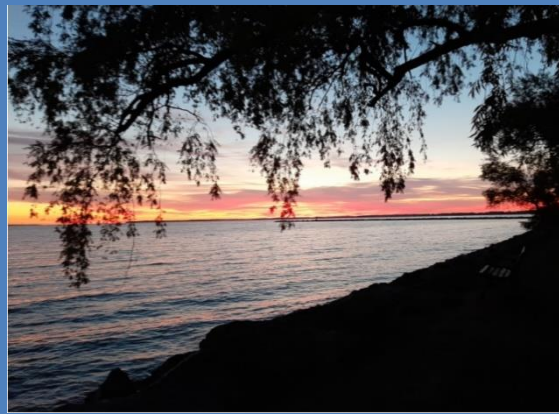


2020

Magruder Hospital Community Health Needs Assessment Implementation Strategy



Progress Notes: October 2021



Priority Topic: Mental Health and Addiction

Priority Topic: Mental Health and Addiction			
Strategy 1: Mental health education 🇨🇦			
Action Step	Person/ Agency Responsible	Timeline	Progress
<p>Year 1: Obtain baseline data on the number of mental health trainings and education available to Magruder Hospital clinicians and staff.</p> <p>Identify gaps in existing programs and determine training needs (ex: Crisis Intervention Training, Mental Health First Aid, Question Persuade and Refer [QPR], trauma informed care).</p> <p>Partner with community agencies, such as the Mental Health and Recovery Board to assist with training opportunities.</p>	Magruder Hospital	November 1, 2021	October 2021: In reviewing our annual education, there are generally no mental health offerings. We have reached out to two mental health providers in Ottawa County and they are both willing to provide whatever mental health education we care to have. We are currently developing a list of topics that would best serve our staff and patients.
<p>Year 2: Continue efforts of year 1.</p> <p>Market available trainings to hospital staff. Explore incentive options for participation.</p> <p>Increase number of mental health training and education available to Magruder staff by 25% from baseline.</p>		November 1, 2022	
<p>Year 3: Continue efforts of year 2.</p> <p>Increase number of mental health training and education available to Magruder staff by 50% from baseline.</p>		November 1, 2023	

Priority Topic: Mental Health and Addiction

Strategy 2: Increase safe disposal of prescription drugs

Action Step	Person/ Agency Responsible	Timeline	Progress
<p>Year 1: Gather baseline data on the number of local practitioners and pharmacies providing information on prescription drug abuse and collection locations.</p>	<p align="center">Magruder Hospital</p>	<p align="center">November 1, 2021</p>	<p>October 2021: In the Fall of 2020, we re-introduced the medication take back flyer for Ottawa County with the 7 locations where people can drop off meds. The flyers were hung in the hospital and in the physician offices, distributed to members of the Council of Health & Social Concerns, and printed in the Senior Resources County newsletter. The total weight of drug box collections throughout the County in October 2021 was 293.6 lbs. The weight from 2020 was 319.54 lbs. Discussion was had at the Drug Free Collaborative meeting in October 2021 that there are sometimes issues with the collection process and boxes at the various locations. They would like to see the county move toward the individual disposal bags such as the Deterra Drug Deactivation System. The mental health board, Magruder and other agencies will collaborate on acquiring the bags and contact Senior Resources, pharmacies and physician offices etc. to make those bags available.</p>
<p>Year 2: Increase the number of local practitioners and pharmacies providing information on prescription drug abuse and collection locations by 25%. Promote the use of dissolvable prescription bags (i.e., Deterra) and provide education regarding safe disposal.</p>		<p align="center">November 1, 2022</p>	
<p>Year 3: Continue efforts of years 1 and 2.</p>		<p align="center">November 1, 2023</p>	

Increase the number of local practitioners and pharmacies providing information on prescription drug abuse and collection locations by 50%.





Priority Topic: Mental Health and Addiction

Strategy 3: Support and enhance mentoring and socialization programs within Ottawa County

Action Step	Person/ Agency Responsible	Timeline	Progress
<p>Year 1: Work with local organizations to determine the baseline number of mentoring and socialization programs in Ottawa County.</p> <p>Work with local organizations to perform a gap analysis regarding current programming and the need/interest for additional programming.</p>	<p>Magruder Hospital</p> <p>Family Advocacy Center</p> <p>Local School Districts</p>	<p>November 1, 2021</p>	<p>October 2021: An informal survey of members of the Council of Health & Social Concerns revealed that there are youth initiatives aimed at mentoring and socialization through the Juvenile Court, Ticket to Success, 4H, Scouting, various mental health agency prevention programs and TNT Mentoring. These organizations are part of the health and social concerns group and regularly collaborate to develop youth initiatives as well as to promote them in the communities around Ottawa County.</p>
<p>Year 2: Research and determine feasibility of community initiatives to engage residents. For example:</p> <ul style="list-style-type: none"> • Compiling and promoting low cost activities within the county (ex: hospital sponsored youth engagement events) • MyHello (a loneliness intervention that increases social connectedness and reach people who are alone and facing stress and anxiety) • Mentoring programs (ex: Ottawa County Family Advocacy -TNT Mentoring Program to support one-to-one relationships between adult role models and youth facing personal, social, and academic challenges) <p>Support and/or enhance current or additional programming needs.</p>		<p>November 1, 2022</p>	
<p>Year 3: Continue efforts from years 1 and 2.</p>		<p>November 1, 2023</p>	

Priority Factor: Chronic Disease

Priority Topic: Chronic Disease			
Strategy 1: Implement healthy food initiatives  			
Action Step	Person/ Agency Responsible	Timeline	Progress
<p>Year 1: Obtain baseline data regarding which cities, towns, school districts, churches, and organizations currently have community gardens and/or farmers markets and which local food pantries have fresh produce available.</p> <p>Create and distribute a map of all available farmers markets, community gardens, and food pantries in Ottawa County. Update the map on an annual basis.</p> <p>Assist additional organizations in applying for grants to obtain funding for a community garden or farmers market.</p>	Magruder Hospital	November 1, 2021	<p>October 2021: In reaching out to a variety of agencies and schools etc., there are several community gardens that exist within a certain area or population (one at a church, one through the school). There is a community garden in Port Clinton where individuals can rent a plot of space to garden. The Family Advocacy Center started a new community garden on the west end of Port Clinton. Magruder staff helped in the development phase as well as with regular watering of the garden. The produce was shared with FAC clients and individuals in the neighborhood nearby. One of the food pantries in Ottawa County is eligible to get fruits and vegetables through the food bank, but the produce they receive is sporadic. The pay-it-forward restaurant in Port Clinton has an area out front accessible to anyone where individuals with gardens can bring in fruits and vegetables to share with those in need. Each year Ottawa County Senior Resources distributes farmers market coupons to seniors in Ottawa County. Through a grant by the Ottawa County Community Foundation, Magruder purchased \$1,000 in farmers market coupons from markets around Ottawa County and distributed them at 2 community wellness events in May and August 2021.</p>
<p>Year 2: Continue efforts of year 1.</p> <p>Work with local organizations to ensure food pantries offer fresh produce.</p>		November 1, 2022	

Continue to research and provide education regarding the use of SNAP/EBT (Electronic Benefit Transfer) at farmers' markets.			
Year 3: Continue efforts of years 1 and 2.		November 1, 2023	

Priority Topic: Chronic Disease

Strategy 2: Increase prediabetes screening and referral for treatment

Action Step	Person/ Agency Responsible	Timeline	Progress
<p>Year 1: Complete provider training and education to raise awareness of prediabetes screening, identification and referral to appropriate programming (i.e., Diabetes Program [DPP]) through dissemination of evidence based prediabetes screening using risk assessment tool (CDC or ADA)</p> <p>Obtain baseline data of Magruder employees and MMG patients to determine eligibility for the program to trial CDC DPP.</p> <p>Begin enrollment of pilot program.</p>	<p>Magruder Hospital</p>	<p>November 1, 2021</p>	<p>October 2021: The Magruder Nutrition Department has met with providers over the last year and a half to share pre-diabetes screening tools and to discuss the need for patient education to stop the progression to Type 2 Diabetes. They are also completing the steps necessary to become a National Diabetes Prevention Program provider. They are piloting the program with a small group of individuals who have completed the Pre-Diabetes Screening tool. This program helps those at risk for Type 2 Diabetes to participate in evidence-based lifestyle change programs to reduce their risk of Type 2 Diabetes.</p>
<p>Year 2: Continue efforts of year 1.</p> <p>Promote DPP (once lifestyle coaching training completed) in the community.</p> <p>Determine feasibility of virtual options for DPP sessions for community participants.</p> <p>Monitor Hospital DPP participants for 5% weight loss, 150 minutes physical activity weekly – via lifestyle interventions including healthy food choices and physical activity.</p>		<p>November 1, 2022</p>	
<p>Year 3: Continue efforts of years 1 and 2.</p> <p>Begin conducting DPP for community members.</p> <p>Measure post-program efficacy with a goal of 5-7% weight loss from baseline, 150 minutes per week of physical activity for program participants; at end of program using continual tracking of data required by CDC to show maintenance with lifestyle interventions, i.e., healthy food, increased physical activity and behavior changes.</p>		<p>November 1, 2023</p>	

Priority Topic: Chronic Disease

Strategy 3: Hypertension screening and follow up

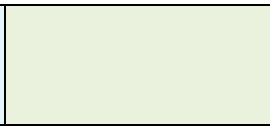
Action Step	Person/ Agency Responsible	Timeline	Progress
<p>Year 1: Administer hypertension screening at hospital and community health events and at MMG physician offices. Promote and market free/reduced cost screening events within the county (health fairs, hospital screening events etc.)</p> <p>Develop a campaign to encourage screening participants and MMG patients to Know Your Numbers (blood pressure, cholesterol, etc.) and the signs and symptoms of heart disease.</p> <p>Educate local providers about the Know Your Numbers campaign.</p>	<p align="center">Magruder Hospital</p>	<p align="center">November 1, 2021</p>	<p>October 2021: In April of 2021, Magruder re-started our monthly lab screening that had been suspended when COVID began. Each month 40+ individuals have their blood pressure and lab work checked (fasting blood sugar, lipid profile etc.). At the same time we began trialing a Know Your Numbers program where participants are asked if they would like to talk to a nurse about their results. Between 54% and 87% of those who said they wanted to talk with the nurse about their numbers did participate in those conversations with the nurse. However, on average, only one person per month is interested in additional follow up with a nurse about their numbers and overall health. The nurse has noted that most individuals who have the lab work done have a primary care provider. We would like to expand the lab screening and Know Your Numbers program to those in the community who may not have insurance and/or a primary care provider (seasonal employees, small business employees etc.).</p>
<p>Year 2: Continue efforts of year 1.</p> <p>Increase the number of participants in the Know Your Numbers campaign by 25% from year 1.</p> <p>Increase the number of supplemental offerings to participants (lab, pharmacy, diabetes prevention, find a physician, etc.).</p>		<p align="center">November 1, 2022</p>	
<p>Year 3: Continue efforts from years 1 and 2.</p> <p>Increase the number of participants in the Know Your Numbers campaign by 50% from year 1.</p>		<p align="center">November 1, 2023</p>	

Priority Topic: Chronic Disease


Strategy 4: Community-wide wellness campaign 

Action Step	Person/ Agency Responsible	Timeline	Progress
<p>Year 1: Collaborate with local organizations, for example, OSU Extension, to create a community-wide wellness campaign.</p> <p>Establish a campaign and identify strategies to implement unified wellness initiatives and messaging within the county (ex: nutrition, self-care, physical activity, etc.).</p> <p>Determine campaign goals, objectives, and strategies.</p>	<p>Magruder Hospital</p>	<p>November 1, 2021</p>	<p>October 2021: The Ohio State University Extension offers a free wellness challenge two times a year to anyone in Ottawa County. The challenges include simple steps individuals can take to help improve their physical fitness, healthy eating and stress management. The wellness challenge usually involves a simple pre- and post-test to determine any gain in knowledge and implementation of new healthy habits. We do not have access to the numbers and data at this time, but believe this challenge serves the community well and we would be happy to help expand the reach of the program in the future.</p>
<p>Year 2: Continue efforts from year 1.</p> <p>Implement campaign. Participants will increase physical activity or fruit/vegetable intake by 25% at end of campaign.</p>		<p>November 1, 2022</p>	
<p>Year 3: Continue efforts from years 1 and 2.</p> <p>Review campaign goals, objectives, and strategies.</p>		<p>November 1, 2023</p>	

Increase number of participants by 25%.
Participants will increase physical activity or
fruit/vegetable intake by 25% at end of campaign.



Priority Factor: Access to Care

Priority Factor: Access to Care			
Strategy 1: Health insurance enrollment outreach and support ✓ 			
Action Step	Person/ Agency Responsible	Timeline	Progress
<p>Year 1: Research resources available to assist consumers navigate the Health Insurance Marketplace and enroll uninsured residents.</p> <p>Determine outreach methods (i.e., social media campaigns, school-based efforts, community events, health care settings, etc.).</p> <p>Develop educational materials targeting those most likely to be uninsured. Include information regarding what is included in plans and the value of insurance.</p>	Magruder Hospital	November 1, 2021	<p>October 2021: At one point there was a Navigator that served Ottawa County residents in helping to navigate Marketplace and Medicaid education and enrollment, but there has not been one for a couple of years. In August 2021, the Toledo/Lucas County Care Net posted that they are looking for someone to fill that position again and they have recently hired someone. We will help share that information once the person has completed training.</p> <p>In the summer of 2021 we reached out to the vast majority of insurance companies in Ottawa County to see who offered Medicare Supplement and Advantage Plans as well as Marketplace plans. In August 2021 we met with the insurance agents who offer healthcare insurance to collaborate on how best to educate and help community members navigate healthcare insurance and pick plans that meet their needs. There is one agent who helps community members navigate marketplace insurance and several others who help with Medicare open enrollment. For over 5 years, Magruder has had OSHIP volunteers to help community members during open enrollment and when they are new to Medicare. They also provide education in the community to help people understand the basics of insurance. Magruder also has a staff person who is able to help individuals find a Magruder provider and can help make sure they find a provider who takes their insurance.</p>
<p>Year 2: Continue efforts from year 1.</p>		November 1, 2022	

Year 3: Continue efforts from years 1 and 2.

November 1,
2023

