COMMUNITY HEALTH NEEDS ASSESSMENT 2019

IMPLEMENTATION STRATEGY

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Ohio Valley

HOSPITAL

part of Heritage Valley Health System

BACKGROUND

Ohio Valley Hospital (OVH) is a 124-bed, not-for-profit hospital, with more than 250 physicians in 26 medical specialties and a full range of advanced diagnostic tools and treatments. First established in the 1890s as a place to treat railroad workers, OVH now features a wide range of medical and surgical services. Today, it is OVH's mission to provide programs and services that improve the quality of life for community members across its service area. The staff strives to provide caring, cost-effective and friendly health care, and views safety and quality as top priorities.

In the January of 2019, after receiving final regulatory approval, OVH and Heritage Valley Health System officially joined together. The two not-for-profit healthcare institutions share the common mission of bringing high-quality, cost effective healthcare to their now-combined communities. By unifying the organizations, the enlarged health system can expand their footprint to further meet the healthcare needs of the region. As OVH is now affiliated with Heritage Valley Health System, the next three years will include an examination of existing objectives under the shared implementation goals in order to further develop and continue current programs, as well as looking for areas to strengthen and combine future output.

MISSION
Deliver quality, personalized health care services to our patients and families in a caring manner, and to provide educational programs for future health care professionals.

VALUES
Quality, Integrity, Accountability, Innovation and Transparency

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SERVICE AREA AND COMMUNITY PARTNERS

Consistent with IRS guidelines regarding the hospital's Community Health Needs Assessment (CHNA), OVH defined its primary service area as the following eight zip codes in Allegheny County:

Zip Code	City		Zip Code	City
15071	Oakdale		15106	Carnegie
15108	Coraopolis		15126	Imperial
15136	McKees Rocks		15204	Corliss
15205	Crafton		15225	Neville Island

The following organizations are key partners of OVH in its community benefit efforts:
- American Diabetes Association
- Chartiers Mental Health Center
- Crafton Senior Living
- Focus on Renewal
- Kennedy Township
- Greater McKees Rocks Area Rotary
- McKees Rocks Community Development Corporation
- Robinson Farmer's Market
- South Western PA Partnership on Aging
- State Representative Valerie Gaydos
- State Senator Anita Kulik
- Sto-Rox Family Health Center
- Trinity Commercial Development, LLC
- West Allegheny School District
- The Willows
- YMCA of Greater Pittsburgh

CHNA PROCESS METHODOLOGY

In an effort to examine the health-related needs of the residents of the county-wide service area and to meet current IRS guidelines and requirements, the methodology employed both qualitative and quantitative data collection and analysis methods. The staff, Steering Committee members and consulting team made significant efforts to ensure that the entire primary service area, all socio-demographic groups and all potential needs, issues and underrepresented populations were considered in the assessment, to the extent possible given the resource constraints of the project. This was accomplished by identifying key stakeholders that represented various subgroups in the community. In addition, the process included public health input, through extensive use of PA Health Department and Centers for Disease Control data.

The secondary quantitative data collection process included demographic and socio-economic data obtained from Claritas-Pop-Facts Premier, 2019, Environics Analytics; disease incidence and prevalence data obtained from the Pennsylvania Departments of Health and Vital Statistics; Behavioral Risk Factor Surveillance Survey (BRFSS) data collected by the Centers for Disease Control and Prevention; American Community Survey and the Healthy People 2020 goals from HealthyPeople.gov. In addition, various health and health related data from the following sources were also utilized for the assessment: the Pennsylvania Department of Education, and the County Health Rankings (www.countyhealthrankings.org). Selected data was also included from the Allegheny County 2017 PA Youth Survey and the National Survey Results on Drug Abuse – 1975-2013. Selected Emergency Department and inpatient utilization data from the hospital was also included. Economic data was obtained through the U.S. Census Bureau. Data presented are the most recent published by the source at the time of the data collection. Primary data collection included 19 Key Informant Surveys, 40 Intercept Surveys, and five Stakeholder Interviews. Strategy Solutions, Inc., a research and consulting firm, performed the work of creating OVH's 2019 CHNA.

SELECTION OF THE COMMUNITY HEALTH PRIORITIES

On March 25, 2019, the OVH Steering Committee met to review the secondary data collected through the needs assessment process, the identified needs and issues present in the hospital's service territory and discussed what the hospital and other providers are currently offering the community. Meeting participants also discussed other potential needs that were not reflected in the data collected. A total of 42 possible needs and issues were identified, based on disparities in the data (differences in sub-populations, comparison to state, national or Healthy People 2020 goals, negative trends, or growing incidence). Four criteria, including accountable role, magnitude of the problem, impact on other health outcomes, and capacity (systems and resources to implement evidence-based solutions), were identified that the group would use to evaluate identified needs and issues.

Starting from a similar strong commitment to the community and having adjacent service areas, the merged organization will work on community health priorities with partner organizations in a complementary and synergistic way by building on the strengths and resources of each community. The areas of focus over the next three years include:

- Chronic Disease
  - Diabetes
  - Cardiovascular Disease
  - Respiratory Disease
- Mental Health
  - Substance Use Disorder
- Access to Quality Health Care
- Overweight/Obesity

STRATEGIES TO ADDRESS COMMUNITY HEALTH NEEDS

OVH's Implementation Strategy illustrates the hospital's specific programs and resources that will support ongoing efforts to address the identified community health priorities. This work will be supported by hospital and system-wide efforts and leadership from the executive team. The goal statements, related objectives, and an inventory of existing community assets and resources for each of the five priority areas are listed below.

Chronic Disease

Diabetes

Goal Statement: Reduce risk factors for diabetes and pre-diabetes and improve management of chronic disease through healthy lifestyle choices.

Objectives:
1. Host annual Diabetes Day on the OVH campus that includes speakers, vendors and screenings
2. Continue to offer the Living Well with Diabetes classes
3. Make available the Diabetes Support Group to OVH patients and community at large
4. Offer pre-diabetes classes in partnership with the YMCA of Greater Pittsburgh
5. Promote Wound Care through educational speakers at events and work with staff for referrals to Wound Care and Nutrition
6. Promote diabetes management through communication with Heritage Valley Marketing and Communications Department
7. Collaborate with Focus on Renewal on nutrition education for the community
8. Collaborate with the Emergency Department on researching best practice for diabetic materials to be handed out at hospital discharge
9. Incorporate diabetes education and OVH offerings into OVH's School of Nursing curriculum

Existing Community Assets and Resources:

- Ohio Valley Hospital
- YMCA of Greater Pittsburgh
- School of Nursing
- Focus on Renewal
- American Diabetes Association

Cardiovascular/Respiratory Health

Goal Statement: Reduce risk factors for cardiovascular and respiratory health issues through healthy lifestyle choices.

Objectives:
1. Increase awareness and participation in the hospital's Cardiac Rehabilitation Program, as well as increase the percentage of those completing the program
2. Increase awareness and participation in the hospital's Pulmonary Rehabilitation Program, as well as increase the percentage of those completing the program
3. Educate PCPs on cardiovascular and respiratory health programs offered by the hospital and the protocol for referrals to these programs

Existing Community Assets and Resources:
- Ohio Valley Hospital
- Local physicians
- American Heart Association
- American Lung Association

Mental Health/Substance Use Disorders

Goal Statement: Promote an increase in mental health and substance use disorder services to increase the percentage of residents who access services.

Objectives:
1. Continue to promote and offer Geropsych for residents over 55 and outpatient psych services for those residents over 25 to increase utilization
2. Research and create a follow-up protocol one week after discharge for a visit back to facility to ensure care is present and increase communication between hospital and facility
3. Continue community outreach and education on mental health through speaking engagements, health fairs, and sponsored programs
4. Collaborate with community providers regarding the mental health needs of the community served by OVH
5. Promote suicide prevention education for hospital staff and community
6. Partner with providers to educate the community on medication management and substance use disorder
7. Increase referrals to substance use disorder providers, especially for those patients presenting in the hospital's Emergency Department

Existing Community Assets and Resources:
- Ohio Valley Hospital
- Focus on Renewal
- Sto-Rox Family Health Center
- NAMI
- Chartiers Mental Health Center
- Staunton Clinic for Behavioral Health

Access to Quality Health Services

Goal Statement: Increase Education and Awareness of Services Provided by OVH to its Primary Service Area, as well as Improved Access to OVH Services.

Objectives:
1. Increase awareness of access to OVH medical campus through OVH's transportation van
2. Research what outside materials for health and resources are given/offered to patients upon discharge from the Emergency Department
3. Continue to participate in community health fairs by offering screenings and testing cards for participants to keep track of their readings from test to test
4. Investigate becoming a certified medical home
5. Continue working with community partners to promote health care initiatives
6. Continue to offer health information and speakers to residents of the Willows
7. Continue to expand education and programs to primary care providers related to health care and screenings

Existing Community Assets and Resources:

- Ohio Valley Hospital
- Community Organizations, i.e., McKees Rocks Area Rotary, YMCA of Greater Pittsburgh
- The Willows
- Local Physicians
- PAT
- Access

Overweight/Obesity

Goal Statement: To increase the percentage of OVH service area residents that are at a healthy weight through eating a healthy diet and regular physical activity.

Objectives:
1. Host OVH's annual 5K community race to promote physical activity
2. Increase the number of participants who participate in nutrition and healthy eating classes
3. Partner with Focus on Renewal and YMCA of Greater Pittsburgh to offer nutrition education and exercise classes
4. Continue funding the YMCA of Greater Pittsburgh after school nutrition program to area youth

Existing Community Assets and Resources:
- Ohio Valley Hospital
- Focus on Renewal
- YMCA of Greater Pittsburgh

RATIONALE FOR COMMUNITY HEALTH NEEDS NOT ADDRESSED

It is understood that in order to be the most effective and make the greatest impact, that not all community needs can be addressed at once. OVH will continue to provide excellent quality of care and chronic disease management programs to meet the wide array of health needs present among OVH's service area. To allocate resources in an effort to impact the most pressing needs, the five key priority areas listed above were identified.

In total, 42 key needs/themes were identified following the interpretation of the CHNA findings. Although OVH makes every effort to provide services to meet the needs of the community it serves, there are certain identified needs that the hospital is not equipped to address due to the fact that it is not a service line of the hospital. OVH is confident that other providers in the greater Pittsburgh area do provide services to address the needs that the hospital is unable to with the hospital referring patients to these services as applicable. The identified needs not being addressed by OVH include: cancer, transitional support services, asthma, allergies, language/cultural barriers, dental services, poverty, social isolation, human trafficking, housing/homelessness and sexually transmitted diseases.

APPROVAL FROM GOVERNING BODY

The OVH Board of Directors met on June 18, 2019 and the Heritage Valley Health System Board of Directors met on June 27, 2019 to review the findings of the CHNA and the recommended Implementation Strategy. The boards voted to approve the CHNA report and to adopt the Implementation Strategy as outlined and provide the necessary resources and support to carry out the initiatives therein.