



BACKGROUND

Heritage Valley Health System is a \$535 million integrated delivery network providing comprehensive health care for residents of Allegheny, Beaver, Butler and Lawrence counties, in Pennsylvania; eastern Ohio; and the panhandle of West Virginia. In partnership with 4,400 employees and more than 530 physicians, Heritage Valley offers a broad range of medical, surgical and diagnostic services at its three hospitals, Heritage Valley Sewickley, Heritage Valley Beaver and Ohio Valley Hospital; in more than 45 physician offices; and more than 21 community satellite facilities.

Mission

To improve the health and well-being of all people in the communities we serve

Vision

Heritage Valley Health System will be a leader among community health systems nationally. We will provide exceptional health services across a seamless delivery system, built upon collaborative relationships connecting physicians, employees, and the community. We will address both the prevention and treatment of disease throughout the continuum of life.

Values

Ethical Behavior
Responsibility
Collaboration
Compassion
Proficiency
Service Excellence

Strategic Imperatives

Quality, Safety and Customer Experience
Human Resources
Information Technology
Market Expansion and Community Health
Fiscal Responsibility



Geographic Area Defined for Purposes of the Community Health Needs Assessment Process

For purposes of the Community Health Needs Assessment, Heritage Valley focused on key social, economic and demographic characteristics of Heritage Valley's primary service area, which included Beaver County and the following municipalities located within Allegheny County:

- Aleppo Township
- Bell Acres Borough
- Coraopolis Borough
- Crescent Township
- Edgeworth Borough
- Findlay Township
- Glen Osborne Borough
- Glenfield Borough
- Haysville Borough
- Leet Township
- Leetsdale Borough
- Moon Township
- Neville Township
- North Fayette Township
- Oakdale Borough
- Sewickley Borough
- Sewickley Heights Borough
- Sewickley Hills Borough

While these communities have many positive socioeconomic and health status indicators, historical behavior and economic pressures have an impact on the health needs of the community and service providers.

Heritage Valley Beaver

Heritage Valley Sewickley is a 186-bed acute care hospital located in Sewickley, Pennsylvania. This facility offers inpatient acute care, emergency care, and an array of diagnostic, treatment, and rehabilitation services.

Heritage Valley Health System (Heritage Valley) led a comprehensive Community Health Needs Assessment (CHNA) to evaluate the health needs of individuals living in the hospital service area including Beaver County and the selected municipalities located within Allegheny County beginning in 2018. The purpose of the assessment was to gather information about local health needs and health behaviors. The assessment



Implementation Plan Heritage Valley Sewickley

examined a variety of indicators including health behaviors (exercise, tobacco use) and chronic health conditions (diabetes, heart disease).

The completion of the CHNA enabled Heritage Valley to take an in-depth look at its greater community. The findings from the assessment were utilized by Heritage Valley to prioritize public health issues and develop a community health implementation plan focused on meeting community needs. Heritage Valley is committed to *improving the health and well-being of all people in the communities we serve*. Healthy communities lead to lower health care costs, robust community partnerships, and an overall enhanced quality of life.

The following organizations are key partners of Heritage Valley in its community benefit endeavors.

COMMUNITY RESOURCES

- Beaver County Behavioral Health
- Beaver County Chamber of Commerce
- Beaver County Office on Aging
- Beaver County YMCA
- Community College of Beaver County
- Concordia/Concordia Visiting Nurses
- City of Beaver Falls
- Family Life Center, Inc.
- Franklin Centre of Beaver County
- Greater Pittsburgh Community Food Bank
- Heritage Valley Health System
- Homemaker - Home Health Aide Services
- Housing Authority of Beaver County
- Laughlin Center
- Lutheran SeniorLife
- Moon Township
- Penn State Extension
- Pittsburgh Airport Area Chamber of Commerce
- Robert Morris University
- Sewickley Valley YMCA
- Women's Center of Beaver County

CHNA PROCESS METHODOLOGY

The 2019 CHNA was conducted from June 2018 to May 2019 and used both primary and secondary study methods to compare health trends and disparities across the service area. Primary study methods were used to solicit input from health care consumers and key community stakeholders representing the broad interests of



Implementation Plan Heritage Valley Sewickley

the community. Secondary study methods were used to identify and analyze statistical demographic and health trends.

Specific CHNA study methods included:

- > An analysis of existing secondary data sources, including public health statistics, demographic and social measures, and health care utilization
- > A Key Informant Survey with 29 community leaders and representatives
- > A Community Member Survey with 2,541 residents across the 28-zip code service area
- > Focus Groups with 10 health and social service partner agencies to inform action planning and strategies to address community health priorities
- > A Community Partner Meeting with 21 individuals representing diverse community agencies to gather insight on priority health needs and determine opportunities for partnership on community health improvement efforts
- > Steering committee meetings with community agencies to develop planning for community health improvement activities

The 2019 CHNA built upon the health systems' previous CHNAs and subsequent Implementation Plans. The CHNA was conducted in a timeline to comply with IRS Tax Code 501(r) requirements to conduct a CHNA every three years as set forth by the Affordable Care Act (ACA). The findings will be used to guide community benefit initiatives for the hospitals and engage local partners to collectively address identified health needs.

SELECTION OF THE COMMUNITY HEALTH PRIORITIES

Prioritized Community Health Needs

In assessing the health needs of the community, HVHS solicited and received input from persons who represent the broad interests of residents served by each hospital. These individuals brought wide perspectives on community health needs, existing community resources available to meet those needs, and gaps in the current service delivery system. Through facilitated dialogue, the following health issues were prioritized as the most significant health needs for the service area:

- > Access to Care
- > Healthy Living
- > Chronic Disease Management (including diabetes, cardiovascular disease and pulmonary disease)



Implementation Plan

Heritage Valley Sewickley

- > Mental Health
- > Substance Use Disorder

Heritage Valley Health System and its partners agreed that HVHS was best positioned to lead efforts to address access to care and chronic disease management. Partners and HVHS determined that existing community agencies were already focused on behavioral health and healthy living. Heritage Valley Health System will continue to lend support to initiatives to address behavioral health and healthy living, while not taking a leadership role.

STRATEGIES TO ADDRESS COMMUNITY HEALTH NEEDS

Heritage Valley Beaver's Implementation Plan 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 system-wide efforts and leadership from the executive team and board of directors. The goal statements, and related objectives, an inventory of existing community assets and resources, for each of the five priority areas are listed below.

Access to Care

Goal: Increase access to affordable quality health care for service area residents

Objectives:

1. Continue to deploy/enhance Medical Neighborhoods
2. Participate in insurer-based initiatives to enhance primary care services and revise payment models
3. Utilize EMR to enhance collaborative relationships between primary care and specialists
4. Recruit and position appropriate numbers of primary care physicians and mid-level providers to meet the community need
5. Evaluate opportunities to use Ohio Valley Hospital transportation van

Existing Assets/Resources:

- Heritage Valley physician offices
- Heritage Valley Medical Neighborhoods
- Heritage Valley ConvenientCare

Healthy Living

To Increase the percentage of area residents that are at a healthy weight through eating a healthy diet and regular physical activity.

Objectives:

1. Inventory areas in the local area for walking
2. Build a culture of health by encouraging and promoting exercise through walking:
 - a. Walk with a Doc Programs



Implementation Plan

Heritage Valley Sewickley

- b. Promote awareness and use of Walking Trails (Coraopolis and Beaver Falls)
3. Promote healthy eating through:
 - a. Offering presentations regarding healthy eating
 - b. Continuing the Club 5210 Programs

Existing Assets/Resources:

- Moon Township Parks & Recreation

- Sewickley Valley YMCA
- Beaver County YMCA
- Heritage Valley Dieticians

Chronic Disease Management

Goal: Reduce risk factors, improve management of disease, reduce the burden, and improve the quality of life for area residents with chronic disease

Diabetes objectives:

1. Increase enrollments in diabetes self-management education classes
2. Offer Heritage Valley endocrinology services at various locations
3. Increase enrollment of persons at high risk for diabetes in prevention services (LifeSmart Program)
4. Increase enrollment in Medical Nutrition Counseling Services
5. Address improved quality of care through metrics established between physician offices and payors
6. Increase knowledge and awareness regarding the importance of physical activity for persons diagnosed with diabetes through our Walk With a Doc programs

Smoking Objectives:

1. Focus smoking prevention initiatives on pregnant women
2. Continue to offer the Freedom from Smoking Program at no cost, for individuals interested in quitting smoking.
3. Continue to refer patients to local programs and the PA Free Quit Line (1-800-Quit- Now)

Cardiovascular/Respiratory Objectives:

1. Increase the number of residents who participate in the pediatric asthma program
2. Link with Healthy Living Objectives, described in this plan
3. Reduce readmission rate within 30 days for these conditions utilizing an aggressive collaborative/integrated care paradigm
4. Continue community education campaign for stroke risk factors and warning signs for stroke

Existing Assets/Resources:

- Heritage Valley Health System
- Physicians

Mental Health

Goal: To enhance the appropriate use of mental health services and improve mental health status and outcomes for area residents



Implementation Plan Heritage Valley Sewickley

Objectives:

1. Complete suicide training and implement a suicide screening tool to be used in each agency to ensure providers are able to recognize the signs and effectively treat individuals who present in crisis
2. Develop a media campaign or a mechanism for addressing suicide prevention and advertising resources to the community (Beaver County Co-Occurring Committee will take the lead)
3. Implement Mental Health First Aid Training internally to staff (non-clinical) for provider agencies as well as community members, including, but not limited to: clergy, VA, schools, personal care home staff, nursing staff, and first responders

Existing Assets/Resources:

- Staunton Clinic
- Beaver County Opioid Coalition
- Heritage Valley Health System and Physicians
- Primary Health Network
- Mental Health Association
- ABC Associates

Substance Use Disorder

Goal: To take actions to decrease the number of deaths from opioids

Objectives:

1. Support activities of the Beaver County Opioid Coalition, especially the “warm hand-off” program where people presenting in the emergency department with an overdose have a session with a counselor who can make arrangements to get them into a treatment program
2. Start Suboxone (a drug that blocks opioid receptors so the body cannot experience the effects of the opioid) treatment in the emergency department
3. Develop a resource tool for Substance Use Services to ensure existing services are being utilized (Beaver County Co-Occurring Committee will take the lead)
4. Increase the number of providers that are trained and carry Narcan (a drug to reverse opioid overdose)
5. Explore ways to reduce the stigma of substance use disorder and facilitate re-entry into society

Existing Assets/Resources:

- Staunton Clinic
- Beaver County Opioid Coalition
- Heritage Valley Health System and Physicians
- Primary Health Network
- Mental Health Association
- ABC Associates

RATIONALE FOR COMMUNITY HEALTH NEEDS NOT ADDRESSED



Implementation Plan Heritage Valley Sewickley

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. Heritage Valley Health System will continue to provide excellent quality of care and chronic disease management programs to meet the wide array of health needs present among Heritage Valley's service area. To allocate resources in an effort to impact the most pressing needs, the five key priority areas listed above were identified.

Although Heritage Valley makes every effort to provide services to meet the needs of the community it serves, there are certain identified needs that the health system is not equipped to address due to the fact that it is not a service line of the health system. Heritage Valley 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.

APPROVAL FROM GOVERNING BODY

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 board voted to approve the CHNA report and to adopt the Implementation Plan as outlined and provide the necessary resources and support to carry out the initiatives therein.