

ACTION PLAN
FISCAL YEARS 2017-2019

HOSPITAL FACILITY: Kalkaska Memorial Health Center

CHNA SIGNIFICANT HEALTH NEED: *Overweight & Obesity

BRIEF DESCRIPTION OF NEED:

According to the 2013 Behavioral Risk Factor Surveillance System (BRFSS), the overweight population in the five county region (Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau) is at 38.1%, higher than both the Michigan average of 34.7% and the U.S. Median of 35.4%.

GOAL:

To help our community achieve and maintain a healthy weight.

OBJECTIVE:

By the end of FY19:

- We will collaborate with stakeholders in our community to support healthy weight education and programs and continue to promote within KMHC for our employees and patients.

ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THIS HEALTH NEED:

- Become an active participant in the Shape Up North Collaborative
- Seek opportunities to partner within the community to collectively make a difference in this area
- Promote the Fruit and Vegetable Prescription program
- Launch a “What Makes Me Healthy” campaign to encourage and inspire our community to be active and eat healthy
- Continue the KMHC employee wellness and reimbursement program
- Have the new KMHC Chronic Disease Manager become certified to teach Diabetes Prevention Program
- Continue to hold healthy weight and nutrition programming in both Kalkaska and Forest Area Schools
- Provide Community Free Education sessions with related wellness, nutrition, and exercise topics

ANTICIPATED IMPACT OF THE OUTLINED ACTIONS:

- KMHC Cafeteria will continue to offer affordable and wide variety of healthy food.
- Increase the numbers of collaborative partners working to reduce overweight/obesity
- Increased fruit and vegetable consumption
- Increase participation with and promote Shape Up North in Kalkaska County
- Enhanced programming available to KMHC employees to assist those who wish to improve their weight
- Increase number of people enrolled in the Fruit and Vegetable Prescription program
- Increase number of people enrolled in the Diabetes Prevention Program and
- Community participation in free education opportunities

EVALUATION METRICS:

- Minimum number of education sessions and active participants to be sponsored and held by KMHC.
- Student participation in Teen health in-school programming.
- Broader metrics include indicators collected by Community Health Solutions:
 - Adult fruit and vegetable consumption
 - Adults who are obese
 - Adults who are sedentary
 - Low-income preschool obesity
 - Teens who are obese
 - Teens who engage in regular physical activity

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:

- Shape Up North
- Munson Healthy Weight Center
- KMHC Chronic Disease Program

COLLABORATIVE PARTNERS:

Munson Healthcare, Priority Health, Blue Cross/Blue Shield, Health Departments, Rotary Charities & NorthSky Nonprofit Network, Kalkaska Kaliseum, Kalkaska Public Schools, Forest Area Schools. Venture North Funding and Development, Kalkaska/Forest Area Teen Health Center, Shape Up North, NMDI.

* Other Action Plans within this Implementation Strategy include goals relating to this significant need as well

**ACTION PLAN
FISCAL YEARS 2017-2019**

HOSPITAL FACILITY: Kalkaska Memorial Health Center

CHNA SIGNIFICANT HEALTH NEED: *Diabetes

BRIEF DESCRIPTION OF NEED:

The rates of diabetes in northern Michigan are higher than the rest of the state and the nation, which is confirmed by the available data. In comparison to the 2013 state average for adults with diabetes of 10.6% and national estimates of 9.3%, the regional diabetes median value for 2013 is higher than both at 12.9%.

GOAL:

To reduce the prevalence of diabetes and improve the care of people with diabetes.

OBJECTIVE:

By the end of FY19:

- We will provide evidence-based patient education and a comprehensive clinic based setting targeting those at risk for developing type 2 diabetes through expansion of the KMHC Chronic Disease Program throughout the KMHC service area.

ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THIS HEALTH NEED:

- Have the KMHC Chronic Disease Manager become certified to teach Diabetes Prevention Program (DPP)
- Open the KMHC Diabetes Clinic and corresponding education programs in 2017
- Market the clinic and education programs to PCP's in the KMHC service area
- Collaborate with regional and community agencies to coordinate diabetes care
- Recruit patients for both the clinic and education programs
- Become an active participant and partner with NMDI
- Continue the KMHC Diabetes Support Group

ANTICIPATED IMPACT OF THE OUTLINED ACTIONS:

- Expand and support the Diabetes Prevention Program (DPP) throughout the KMHC service area.
- Increased number of collaborative partners working to prevent diabetes and improve the care of people with diabetes
- Have a once a month comprehensive diabetes clinic for Kalkaska and surrounding areas and over a 3 year period increase frequency
- Reduce number of patients being seen in the Emergency Room for diabetes related illness
- Determine metrics that will be measured for success such as lowering A1C levels

EVALUATION METRICS:

- Commencement of KMHC Chronic Disease Program, beginning with the Diabetes Clinic
- Number of patients enrolled in KMHC diabetes clinic once in operation
- Number of group sessions offered in KMHC service area (ex: measure average attendance of program participants, average physical activity minutes of participants at six months, and average weight loss achieved by participants at six months)
- Broader metrics include indicators collected by Community Health Solutions:
 - Age-adjusted death rate due to diabetes
 - Adults with diabetes
 - Diabetes among the Medicare population
- Diabetes screening among the Medicare population

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:

- Northern Michigan Diabetes Initiative
- Munson Diabetes Education Program
- Munson Endocrinology
- KMHC Chronic Disease Program

COLLABORATIVE PARTNERS:

Priority Health, Michigan State University Extension, Health Department #10, Northwestern Michigan Chronic Disease Prevention Coalition Munson Healthcare, NMDI.

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ACTION PLAN
FISCAL YEARS 2017-2019

HOSPITAL FACILITY: Kalkaska Memorial Health Center

CHNA SIGNIFICANT HEALTH NEED: *Substance abuse/tobacco use

BRIEF DESCRIPTION OF NEED:

The proportion of the population the drinks excessively in the region ranges from 18.9% in Leelanau and 22.6% in Grand Traverse County. The proportion of teens who report drinking 5+ drinks in a single occasion tracks or exceeds State rate in Antrim, Grand Traverse, Kalkaska, and Leelanau. Benzie County data is not available. Antrim County and Leelanau County exceeds the State rate of deaths due to drug poisoning. Overall, there is an average of 112 deaths annually due to drug over dose in the region. The proportion of teens who used marijuana recently tracks or exceeds State rate in all counties. Adult smoking rates in Antrim and Kalkaska exceed State rate.

GOAL:

To improve access to behavioral health care services throughout our region.

OBJECTIVE:

By the end of FY19:

- We will investigate and create a corresponding plan to address and enhance behavioral health care services for KMHC
- We will investigate tele-psychiatry for patients as another option for psychiatric care.

ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THIS HEALTH NEED:

Work together with interested partners on the development and implementation of a plan to increase access to behavioral health services.

Combine Tele-health initiatives to increase access to behavioral health services

Have greater access to behavioral health services for KMHC Emergency Department

Continue to offer counseling and mental health services for adolescents through the Teen Health Center

Participate with Health Department Substance Abuse Coalition

ANTICIPATED IMPACT OF THE OUTLINED ACTIONS:

Improved ED and hospital throughput for patients identified with behavioral health issues.

Behavioral health service resources identified and available for ED providers.

Sustain year round, weekly availability of counseling available to Kalkaska and Forest Area students.

EVALUATION METRICS:

Identification and

enhancement of resources

ED and hospital throughput

ED and hospital recidivism

Broader metrics include indicators collected by Community Health Solutions:

- Adults who drink excessively
- Teens who binge drink
- Death rate due to drug poisoning
- Teens who use marijuana
- Adults who smoke

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:

KMHC Chronic Disease Program
Kalkaska/Forest Area Teen Health Center

COLLABORATIVE PARTNERS:

Northern Lakes Community Mental Health, Addiction Treatment Services, Health Department, Munson Healthcare, Catholic Human Services, Child and Family Services, Goodwill Enterprises, Kalkaska/Forest Area Teen Health Center, Northern Michigan Regional Entity, Substance Abuse Coalition of NW Michigan, Live Well Kalkaska Substance Abuse Coalition.

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**ACTION PLAN
FISCAL YEARS 2017-2019**

HOSPITAL FACILITY: Kalkaska Memorial Health Center

CHNA SIGNIFICANT HEALTH NEED: *Access to health services

BRIEF DESCRIPTION OF NEED:

The US Health Resources and Services Administration designates Health Provider Shortage Areas in Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau for primary care, mental health and/or dental health. The proportion of uninsured adults age 18 to 64 exceeds State rate (13%) in all counties in the five-county region, ranging from 15.3% in Grand Traverse County to 19.4% in Kalkaska County. Likewise, the proportion of uninsured children (age 0-17) exceeds State rate (4%) in all counties in the region, ranging from 4.4% in Grand Traverse County to 8.1% in Leelanau County.

GOAL:

To provide services that reach medically underserved areas and population groups throughout the MMC service area.

OBJECTIVE:

By the end of FY19:

- We will maintain and enhance existing programming that aims to increase ease of access to health services to those with geographical and financial barriers.

ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THIS HEALTH NEED:

- Strengthen telemedicine resources
- Physician recruitment for medically underserved areas/populations
- Provide HealthLink service to connect patients with services
- Provide financial assistance to qualifying patients
- Continue KMHC's Medication Assistance Program
- Provide charity medication donations
- Sliding fee scale in KMHC Rural Health Clinic
- Access to adolescent care regardless of ability to pay through KMHC Teen Clinic

ANTICIPATED IMPACT OF THES OUTLINED ACTIONS:

To reach individuals with geographical and financial barriers to accessing health services.

EVALUATION METRICS:

- Number of physicians recruited in needed specialties
- Number of HealthLink transactions
- Amount of financial assistance provided
- Amount provided through the KMHC Medication Assistance Program and other charity medication donations Broader metrics include indicators collected by Community Health Solutions:
- Adults with health insurance
- Children with health insurance
- Physician primary care provider rate
- Non-physician primary care provider rate

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:

Telemedicine
Kalkaska Medical
Associates
Munson specialty practices
HealthLink
Financial Assistance program
Medication Assistance
program
Teen Health Clinics

COLLABORATIVE PARTNERS:

Kalkaska/Forest Area Teen Health Center – DHD #10, Munson Healthcare.

* Other Action Plans within this Implementation Strategy include goals relating to this significant need as well

ACTION PLAN
FISCAL YEARS 2017-2019

HOSPITAL FACILITY: Kalkaska Memorial Health Center

CHNA SIGNIFICANT HEALTH NEED: *Mental health

BRIEF DESCRIPTION OF NEED:

10% Emergency Department (ED) visits at MMC are for behavioral health crisis and many others have a behavioral health component. Referrals for behavioral health are increasing as are volumes in every area of our behavioral health service line. At the same time, we have limited access to psychiatry in our region. The US Health Resources and Services Administration designates Health Professions Shortage Areas (HPSAs) for mental health in Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau counties.

GOAL:

To improve access to behavioral health care services throughout the region.

OBJECTIVE:

By the end of FY19:

- We will investigate and create a corresponding plan to address and enhance behavioral health care services for KMHC
- We will investigate tele-psychiatry for patients as another option for psychiatric care.

ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THIS HEALTH NEED:

Work together with interested partners on the development and implementation of a plan to increase access to behavioral health services.

Combine Tele-health initiatives to increase access to behavioral health services

Have greater access to behavioral health services for KMHC Emergency Department

Continue to offer counseling and mental health services for adolescents through the Teen Health Center

Participate with Health Department Substance Abuse Coalition

ANTICIPATED IMPACT OF THE OUTLINED ACTIONS:

Improved ED and hospital throughput for patients identified with behavioral health issues.

Behavioral health service resources identified and available for ED providers.

Sustain year round, weekly availability of counseling available to Kalkaska and Forest Area students.

EVALUATION METRICS:

Identification and enhancement of resources

ED and hospital throughput

ED and hospital recidivism

Broader metrics include indicators collected by Community Health Solutions:

- Age-Adjusted Death Rate due to Suicide
- Poor Mental Health Days
- Depression: Medicare Population
- Inadequate Social Support

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:

Munson Behavioral Health

KMHC Chronic Disease Program

COLLABORATIVE PARTNERS:

Northern Lakes Community Mental Health, Addiction Treatment Services, Catholic Human Services, Child and Family Services, Goodwill Enterprises, Kalkaska/Forest Area Teen Health Center, Pine Rest, Northern Michigan Health Coalition.

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**ACTION PLAN
FISCAL YEARS 2017-2019**

HOSPITAL FACILITY: Kalkaska Memorial Health Center

CHNA SIGNIFICANT HEALTH NEED: *Maternal, fetal and infant health

BRIEF DESCRIPTION OF NEED:

Low birth weight rates range from 4.3% in Antrim County to 9.6% in Leelanau County. Rates in Leelanau (9.6%) exceed Michigan low birth weight rate (8.4%). Infant mortality rates per 1,000 live births in the five-county region are 9.0 for Antrim, 7.4 for Benzie, 3.0 for Grand Traverse, 12.7 for Kalkaska, and 9.6 for Leelanau. For comparison, infant mortality rate in Michigan for white population is 6.9 per 1,000 live births. Preterm births range from 6.4% in Leelanau to 12.6% in Antrim with only Antrim exceeding the state rate of 12.3%. The proportion of women who smoked during pregnancy exceeds State (18.3%) in four of the five counties: Antrim—34.8%; Benzie—34.4%; Grand Traverse—23.5%; Kalkaska—36.3%; and Leelanau—13.4%.

GOAL:

To improve birth outcomes including preterm birth, low birth weight, and infant mortality rate.

OBJECTIVE:

By the end of FY19:

- We will provide resources relating to maternal smoking to area physicians.
- We will broaden knowledge of the fetal impact of maternal smoking among families.

ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THIS HEALTH NEED:

Provide education to families through home visits and other offerings through the Healthy Futures program
 Offer education to provider offices
 Provide tools for provider offices to utilize when working with smoking mothers
 Provide regular data updates on maternal smoking rates to provider offices
 Provide free community education programming
 Continue tobacco prevention programming in Kalkaska and Forest Area Schools via Teen Health Clinics

ANTICIPATED IMPACT OF THE OUTLINED ACTIONS:

Enhanced knowledge on maternal smoking throughout our region.

EVALUATION METRICS:

Number of provider offices provided with education and data
 Number of smoking mothers provided with education through the Healthy Futures program
 Broader metrics include indicators collected by Community Health Solutions:

- Babies with low birthrate
- Infant mortality rate
- Mothers who received early prenatal care
- Mothers who smoked during pregnancy
- Preterm births

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:

Healthy Futures
 Tobacco Free Families

COLLABORATIVE PARTNERS:

District Health Department #10, Munson Healthcare, Great Start Collaborative, Regional Perinatal Group

* Other Action Plans within this Implementation Strategy include goals relating to this significant need as well

ACTION PLAN
FISCAL YEARS 2017-2019

HOSPITAL FACILITY: Kalkaska Memorial Health Center

CHNA SIGNIFICANT HEALTH NEED: *Access to healthy foods

BRIEF DESCRIPTION OF NEED:

The Behavioral Risk Factor Surveillance System (BRFSS) reflects that the large majority of our region does not consume the recommended five or more fruits and vegetables daily (80.9%). Likewise, 73.8% do not meet physical activity guidelines. These two factors are known contributors to the development of chronic disease. Over a five year tracking time frame, diabetes, a comorbidity of obesity, increased from 12.4% to 14.2% (Northern Michigan Diabetes Initiative Community Diabetes Survey, 2007 and 2012).

GOAL:

To improve the affordability and utilization of healthy food in our KMHC service area that will reach our underserved population.

OBJECTIVE:

By the end of FY19:

- We will increase the fruit and vegetable consumption among participants through offering a Fruit and Vegetable Prescription for Healthy Eating Model.
- We will offer sessions open to all community members on how to use and cook fresh produce.

ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THIS HEALTH NEED:

Expand the Fruit and Vegetable Prescription for Healthy Eating Model to additional partners in the MMC service region (including Kalkaska).

ANTICIPATED IMPACT OF THE OUTLINED ACTIONS:

To increase fruit and vegetable consumption among community members with a focus on those with chronic illnesses.

EVALUATION METRICS:

- Change in fruit & vegetable consumption
- Change in self-reported health
- Change in self-reported motivation and self-efficacy
- Average participant education session attendance
- Average dollar spent at market per participant
- Total spent at the market
- Food insecurity status among participants
- Correlation between program attendance, fruit & vegetable consumption and self-reported health
- Broader Metrics include indicators collected by Community Health Solutions:
 - Food Insecurity Rate
 - Child Food Insecurity Rate
 - Adult Fruit and Vegetable Consumption

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:

- Shape Up North
- Fruit Vegetable Prescription Program
- Kalkaska Medical Associates
- KMHC Dieticians

COLLABORATIVE PARTNERS:

Farmer's Markets, District Health Department #10, Pediatrician offices, Kalkaska/Forest Area Teen Health Center, MSU extension

* Other Action Plans within this Implementation Strategy include goals relating to this significant need as well