

# Fulton County Health Center Implementation Plan

#### A LETTER FROM

### **Fulton County Health Center**

Fulton County Health Center (FCHC) strives to bring together people and organizations to improve community wellness. The community health needs assessment and implementation strategy process is one way we can live out our mission. In order to fulfill this mission, we must be intentional about understanding the health issues that impact residents and work together to create a healthy community.



A primary component of creating a healthy community is assessing and prioritizing needs for impact, and then addressing those needs. In 2022, Fulton County conducted a comprehensive community health needs assessment to identify priority health issues and evaluate the overall current health status of the health system's service area. In early 2023, these findings were then used to develop an implementation strategy to describe the response to the needs identified in the CHNA report.

The 2023 Fulton County Health Center Implementation Strategy report is the fourth of these reports released, all following a CHNA. We want to provide the best possible care for our residents, and we can use this report to guide us in our strategic planning and decision making concerning future programs, clinics, and health resources.

The Fulton County Health Center Implementation Strategy would not have been possible without the help of numerous organizations. It is vital that assessments such as this continue so that we can know where to direct our resources and use them in the most advantageous ways.

More importantly, the possibility of this report relies solely on the participation of individuals in our community who committed to participating in interviews and completing health need prioritization surveys. We are grateful for those individuals who are committed to the health of the community, as we are, and take the time to share their health concerns, needs, praises, and behaviors.

The work of public health is a community job that involves individual facets, including our community members, working together to be a thriving community of health and well-being at home, work, and play.

Sincerely,

Patti Finn

CEO



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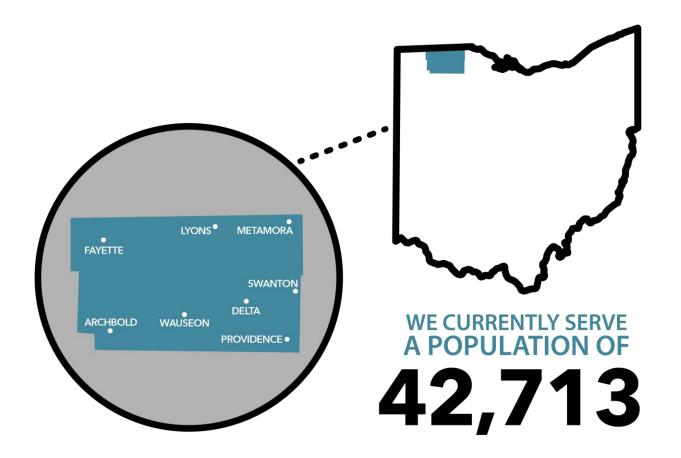
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# DEFINING THE FULTON COUNTY HEALTH CENTER SERVICE AREA



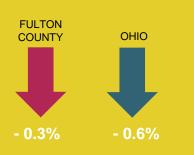
For the purposes of this report, Fulton County Health Center defines its' primary service area as being made up of Fulton County.



The CHNA and this resulting Implementation Strategy identify and address significant community health needs and help guide community benefit activities. This Implementation Strategy explains how FCHC plans to address the selected priority health needs identified by the CHNA.

# FULTON COUNTY AT-A-GLANCE

THE POPULATION OF FULTON COUNTY HEALTH CENTER'S SERVICE AREA HAS DECREASED, AS HAS OHIO'S POPULATION



YOUTH AGES 0-17 AND SENIORS 65+ MAKE UP 42.4% OF THE POPULATION IN THE FCHC

SERVICE AREA



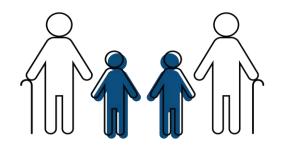
FULTON COUNTY HEALTH CENTER SERVICE AREA HAS

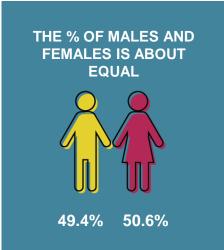
LOWER POVERTY RATES

THAN OHIO OVERALL



10% CHILDREN 7.3% SENIORS **10.4%** FEMALE







FULTON COUNTY SERVES 2,405 VETERANS

OR 5.7% OF THE POPULATION

THE SERVICE AREA HAS LESS MENTAL HEALTH CARE ACCESS THAN OHIO OVERALL:

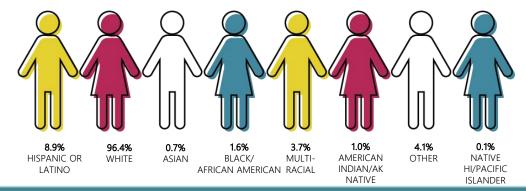
POPULATION TO MENTAL HEALTH PROVIDERS

FULTON COUNTY 730:1

> OHIO 350:1



A MAJORITY OF THE COUNTY'S RESIDENTS IDENTIFY AS WHITE





# PRIORITY HEALTH NEEDS FOR FULTON COUNTY HEALTH CENTER



### PHYSICAL ACTIVITY 18%OF ADULTS

REPORT NO PHYSICAL ACTIVITY IN PAST WEEK



### TOBACCO/NICOTINE USE 21% OF ADULTS

WERE CONSIDERED SMOKERS



### ROUTINE CHECKUP 68% OF ADULTS

HAD A ROUTINE CHECKUP WITH THEIR PROVIDER IN PAST YEAR





#### **DEPRESSION & SUICIDE**

ADULTS IN OUR REGION
REPORT
4.9 MENTALLY
UNHEALTHY DAYS
PER MONTH VS. 5.2
FOR OHIO

THE SERVICE AREA HAS
A HIGHER ADULT
SUICIDE RATE THAN
OHIO





#### **HEART DISEASE & DIABETES**

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN THE SERVICE AREA 10% OF ADULTS
HAVE DIABETES, WHICH IS
EQUAL TO THE OHIO RATE
(10%)



# WHAT IS AN IMPLEMENTATION STRATEGY?



An Implementation Strategy is part of a framework that is used to guide community benefit activities - policy, advocacy, and program-planning efforts. For hospitals, the Implementation Strategy describes their plan to respond to the needs identified through the previous CHNA process. The Implementation Strategy also fulfills a requirement mandated by the IRS in Section 1.501(r)(3). For health departments, the Improvement Plan (CHIP) fulfills the mandates of the Public Health Accreditation Board (PHAB).



# OVERVIEW OF THE PROCESS

In order to develop an Implementation Strategy, FCHC followed a process that included the following steps:

- STEP 1: Plan and prepare for the implementation strategy.
- STEP 2: Develop goals/objectives and identify indicators to address health needs.
- STEP 3: Consider approaches to address prioritized needs.
- **STEP 4: Select approaches.**
- STEP 5: Integrate implementation strategy with community and hospital plans.
- **STEP 6:** Develop a written implementation strategy.
- STEP 7: Adopt the implementation strategy.
- STEP 8: Update and sustain the implementation strategy.

Within each step of this process, the guidelines and requirements of both the state and federal governments are followed precisely and systematically.

#### Affordable Care Act (Federal) Requirements

Enacted on March 23, 2010, the Affordable Care Act (ACA) provided guidance at a national level for CHNAs for the first time. Federal requirements included in the ACA stipulate that hospital organizations under 501(c)(3) status must adhere to new 501(r) regulations, one of which is conducting a community health needs assessment every three years.

#### **Ohio Department of Health Requirements**

The Ohio Department of Health (ODH) is required by state law to provide guidance to hospitals and local health departments on community health needs assessments and implementation plans. In July 2016, HB 390 (ORC 3701.981) was enacted by Ohio in order to improve population health planning in the state by identifying health needs and priorities by conducting a CHNA and subsequently developing a CHIP to address those needs in the community.

### THE 2023 FULTON COUNTY HEALTH CENTER IMPLEMENTATION STRATEGY MEETS ALL OHIO DEPARTMENT OF HEALTH AND FEDERAL (IRS) REGULATIONS.



# PLAN AND PREPARE FOR THE IMPLEMENTATION STRATEGY



# IN THIS STEP, FULTON COUNTY HEALTH CENTER:

- DETERMINED WHO WOULD PARTICIPATE IN THE DEVELOPMENT OF THE IMPLEMENTATION STRATEGY
- ENGAGED BOARD AND EXECUTIVE LEADERSHIP
- REVIEWED COMMUNITY HEALTH NEEDS ASSESSMENT





# PLAN AND PREPARE FOR THE 2023 FULTON COUNTY HEALTH CENTER IMPLEMENTATION STRATEGY

Secondary and primary data were collected to complete the 2022 Fulton County Community Health Needs Assessment (CHNA) report. (Available at fultoncountyhealthcenter.org). Secondary data were collected from a variety of local, county and state sources to present community demographics, social determinants of health, health care access, birth characteristics, leading causes of death, chronic disease, health behaviors, mental health, substance use and misuse, and preventative practices. The analysis of secondary data yielded a preliminary list of significant health needs, which then informed primary data collection.

In August 2022, Fulton County Health Department staff collected primary data by conducting listening sessions, as additional health information from specific populations was desired. The populations identified are some of the most vulnerable: older adults, parents of children 0-11 years old, and Hispanic/Latino residents. Four listening sessions were conducted, some in person and some by zoom. There were between five to 14 participants per session.

The primary data collection process was designed to validate secondary data findings, identify additional community issues, solicit information on disparities among subpopulations, ascertain community assets potentially available to address needs and prioritize health needs.



While the community
health needs
assessment
considers the "who,
what, where and
why" of community
health needs, the
implementation
strategy addresses
the "how and when".





DEVELOP GOALS
AND OBJECTIVES
AND IDENTIFY
INDICATORS FOR
ADDRESSING
COMMUNITY
HEALTH NEEDS



# IN THIS STEP, FULTON COUNTY HEALTH CENTER:

- DEVELOPED GOALS FOR IMPLEMENTATION STRATEGY BASED ON THE FINDINGS FROM THE CHNA
- SELECTED INDICATORS TO ACHIEVE GOALS



### PRIORITY HEALTH NEEDS **GOALS, OBJECTIVES, AND INDICATORS**

FCHC desired to align with the priorities and indicators of the Ohio Department of Health (ODH). In order to do this, Fulton County used the following guidelines when prioritizing the health needs of their community.

First, FCHC used the same language as the state of Ohio when assessing the factors and health outcomes of their community in the 2022 Fulton County Community Health Needs Assessment.

Figure 1.2. SHIP framework

Equity

Health equity is achieved when all people in a community have access to affordable, inclusive and quality infrastructure

**Priorities** 

The SHIP identifies three priority factors and three priority health outcomes that affect the overall health and well-being of children, families and adults of all ages.

#### What shapes our health and well-being?

Many factors, including these 3 SHIP priority factors\*:

#### Community conditions

- Housing affordability and quality

#### **Health behaviors**

- Tobacco/nicotine use

#### Access to care

- Unmet need for mental health

#### How will we know if health is improving in Ohio?

The SHIP is designed to track and improve these 3 SHIP priority health outcomes:

#### Mental health and addiction

- Youth drug useDrug overdose deaths

#### Chronic disease

#### Maternal and infant health

#### All Ohioans achieve their full health potential

- Improved health status
- Reduced premature death

Ohio is a model of health, well-being and economic vitality

Vision

**Strateaies** 

The SHIP provides state and local partners with a menu of effective policies and programs to improve Ohio's performance on these priorities.



<sup>\*</sup> These factors are sometimes referred to as the social determinants of health or the social drivers of health

Next, with the data findings from the community health needs assessment process, FCHC used the following guidelines/worksheet to choose priority factors and priority health outcomes. Using the guidance from ODH's State Health Improvement Plan (SHIP) strengthened the ability to align with the state in order to strengthen the efforts to improve the health, well-being, and economic vitality of both the FCHC service area and the state of Ohio. (worksheet/guidelines continued to next page)

Figure 3. Alignment with priorities and indicators Identify at least one priority factor and at least one priority health outcome PRIORITY FACTORS PRIORITY HEALTH OUTCOMES Community Conditions (strongly recommended) Mental Health and Addiction Health Behaviors Chronic Disease Access to Care Maternal and Infant Health Select at least 1 indicator for each identified priority factor PRIORITY FACTORS **COMMUITY CONDITIONS** TOPIC INDICATOR NAME\* CC1. Affordable and Available Housing Units Housing affordability and quality CC2. Child Poverty Poverty CC3. Adult Poverty CC4. Chronice Absenteeism (K-12 students) K-12 student success CC5. Kindergarten Readiness CC6. Adverse Childhood Experiences (ACEs) Adverse childhood experiences CC7. Child Abuse and Neglect **HEALTH BEHAVIORS** INDICATOR NAME\* TOPIC HB1. Adult Smoking Tobacco/nicotine use HB2. Youth All-Tobacco/Nicotine Use HB3. Youth Fruit Consumption Nutrition HB4. Youth Vegetable Consumption HB5. Child Physical Activity Physical Activity HB6. Adult Physical Activity ACCESS TO CARE TOPIC INDICATOR NAME\* AC1, Uninsured Aduts Health Insurance Coverage AC2, Uninsured Children AC3. Primary Care Health Professional Shortage Areas Local Access to Healthcare Services AC4. Mental Health Professional Shortage Areas AC5. Youth Depression Treatment Unmet Need Unmet Need for Mental Health Care AC6. Adult Mental Health Care Unmet Need



### STEP (2) CONTINED Select at least 1 indicator for each identified priority factor

PRIORITY HEALTH OUTCOMES		
MENTAL HEALTH AND ADDICTION		
TOPIC	INDICATOR NAME*	
Depression	MHA1. Youth Depression	
	MHA2. Adult Depression	
Suicide Deaths	MHA3. Youth Suicide Deaths	
	MHA4. Adult Suicide Deaths	
Youth Drug Use	MHA5. Youth Alcohol Use	
	MHA6. Youth Marijuana Use	
Drug Overdose Deaths	MHA7. Unintentional drug overdose deaths	
CHRONIC DISEASE		
TOPIC	INDICATOR NAME*	
Heart Disease	CD1. Coronary Heat Disease	
	CD2. Premature Death - Heart Disease	
	CD3. Hypertension	
Diabetes	CD4. Diabetes	
Harmful Childhood Conditions	CD5. Child Asthma Morbidity	
	CD6. Child Lead Poisoning	
MATERNAL AND INFANT HEALTH		
TOPIC	INDICATOR NAME*	
Preterm Births	MIH1. Uninsured Aduts	
Infant Mortality	MIH2. Infant Mortality	
Maternal Morbidity/Mortality	MIH3. Severe Maternal Morbidity	

# ADDRESSING THE HEALTH NEEDS



The 2022 CHNA identified the following significant health needs from an extensive review of the primary and secondary data. From the significant health needs, FCHC chose health needs that considered the health system's capacity to address community needs, the strength of community partnerships, and those needs that correspond with the health system's priorities.

### THE THREE PRIORITY HEALTH NEEDS THAT WILL BE ADDRESSED IN THE 2023 IMPLEMENTATION STRATEGY ARE:

**Priority Area 1: CHRONIC DISEASE** 

- ✓ Improve Adult Nutrition & Physical Activity
- ✓ Reduce Heart Disease & Diabetes

**Priority Area 2: MENTAL HEALTH & ADDICTION** 

- ✓ Decrease Adult Tobacco/Nicotine Use
- ✓ Decrease Drug Overdoses

**Priority Area 3: ACCESS TO CARE** 

✓ Increase Local Access & Preventive Services



# STEPS 3 & 4 SELECT STRATEGIES & ACTION STEPS TO ADDRESS PRIORITIZED HEALTH NEEDS



## IN THESE STEPS, FULTON COUNTY HEALTH CENTER:

 SELECTED APPROACHES TO ADDRESS FULTON COUNTY HEALTH CENTER'S SERVICE AREA PRIORITIZED HEALTH NEEDS



### CHRONIC DISEASE

#### **IMPROVE ADULT NUTRITION & PHYSICAL ACTIVITY**



18% OF ADULTS REPORTED NO PHYSICAL ACTIVITY IN PAST WEEK. 8% OF ADULTS ATE 5 OR MORE SERVINGS OF FRUITS AND VEGETABLES PER DAY.





38% OF FULTON COUNTY ADULTS WERE OBESE.

STRATEGY 1: INCREASE FRUIT AND VEGETABLE CONSUMPTION BY ADULTS

STRATEGY 2: INCREASE PHYSICAL ACTIVITY OF AD<u>ULTS</u>

#### **ACTION STEPS:**

- ✓ INCREASE POINT-OF-PURCHASE PROMPTS FOR HEALTHY FOODS
- ✓ IMPLEMENT COMPETITIVE PRICING FOR HEALTHY FOODS
- ✓ EXPAND COMMUNITY FITNESS PROGRAMS
- ✓ IMPLEMENT WORKPLACE PHYSICAL ACTIVITY PROGRAMS AND POLICIES
- ✓ INITIATE A WEIGHT MANAGEMENT PROGRAM AT FULTON COUNTY HEALTH CENTER



#### DESIRED OUTCOMES AND OVERALL IMPACTS:

- ✓ INCREASE ADULT PHYSICAL ACTIVITY
- ✓ INCREASE ADULT FRUIT & VEGETABLE CONSUMPTION
- ✓ REDUCE ADULT OBESITY
- ✓ REDUCE CHRONIC DISEASES



PARTNERSHIPS/COLLABORATIONS: FULTON COUNTY HEALTH CENTER, FULTON COUNTY HEALTH DEPARTMENT



### CHRONIC DISEASE

#### REDUCE HEART DISEASE & DIABETES



33% OF ADULTS HAD BEEN
DIAGNOSED WIT HIGH BLOOD
PRESSURE.

10% OF ADULTS WERE DIAGNOSED WITH DIABETES.





30% OF ADULTS HAD BEEN DIAGNOSED WITH HIGH BLOOD CHOLESTEROL.

STRATEGY 3:
INCREASE
AWARENESS OF
HEART DISEASE &
DIABETES

STRATEGY 4:
INCREASE THE
NUMBER OF ADULTS
SCREENED

#### **ACTION STEPS:**

- ✓ PROVIDE SCREENINGS AT COMMUNITY EVENTS AND HEALTH FAIRS
- ✓ PROVIDE EMPLOYEE SCREENINGS AT WORKSITES
- ✓ IMPLEMENTTHE DIABETES PREVENTION PROGRAM
- ✓ PROVIDE DIABETES EDUCATION SUPPORT TO LOCAL PROVIDERS & COMMUNITY
- ✓ INCREASE MARKETING EFFORTS FOR DIABETES, OBESITY AND OTHER CHRONIC DISEASE PREVENTION AND TREATMENT



#### DESIRED OUTCOMES AND OVERALL IMPACTS:

- ✓ INCREASE ADULTS BEING SCREENED FOR HEART DISEASE AND DIABETES
- ✓ REDUCE HEART DISEASE, INCLUDING HYPERTENTION AND HIGH CHOLESTEROL
- ✓ REDUCE DIABETES, INCLUDING PRE-DIABETES



PARTNERSHIPS/COLLABORATIONS:
FULTON COUNTY HEALTH CENTER, FULTON COUNTY HEALTH DEPARTMENT



### MENTAL HEALTH & ADDICTION DECREASE ADULT TOBACCO/NICOTINE USE



21% OF FULTON COUNTY ADULTS WERE CURRENT SMOKERS. 49% OF SMOKERS HAD TRIED QUITTING FOR AT LEAST ONE DAY IN THE PAST YEAR.



2% OF ADULTS USED E-CIGARETTES OR OTHER ELECTRONIC VAPOR PRODUCTS IN THE PAST YEAR.

STRATEGY 1: IMPLEMENT POLICIES IN WORKSITES STRATEGY 2: INCREASE THE NUMBER OF ADULTS SCREENED & REFERRED



- ✓ INCREASE SCREENINGS IN PROVIDER OFFICES AND HOSPITAL
- ✓ INCREASE REFERRALS BY PROVIDERS TO OHIO QUIT LINE AND/OR CESSATION SPECIALISTS
- ✓ IMPLEMENT WORKSITE POLICIES SUCH AS NOT HIRING NICOTINE USERS AND/OR SURCHARGERS
- ✓ PROVIDE CESSATION SERVICES TO COMMUNITY AND EMPLOYEES



**DESIRED OUTCOMES AND OVERALL IMPACTS:** 

- ✓ DECREASE ADULT TOBACCO/NICOTINE USE
- ✓ DECREASE CARDIOVASCULAR DISEASE



PARTNERSHIPS/COLLABORATIONS:
FULTON COUNTY HEALTH CENTER, FULTON COUNTY HEALTH DEPARTMENT



### MENTAL HEALTH & ADDICTION DECREASE DRUG OVERDOSES



19% OF ADULTS TOOK THEIR UNUSED MEDICATIONS TO A MEDICATION COLLECTION PROGRAM AND 17% TOOK IT TO A DRUG TAKE BACK DAY.

5% OF ADULTS HAD USED MEDICATION NOT PRESCRIBED FOR THEM OR TOOK MORE THAN PRESCRIBED TO FEEL GOOD OR HIGH AND/OR MORE ACTIVE OR ALERT DURING THE PAST SIX MONTHS.



STRATEGY 3:
DECREASE
PRESCRIPTIONS
WRITTEN FOR OPIATES

STRATEGY 4:
INCREASE EFFORTS
TO DISPOSE OF
UNUSED OPIATES
PROPERLY



- ✓ INCREASE DOTERRA BAGS GIVEN WITH OPIATE PRESCRIPTIONS
- ✓ PRIORITIZE STRATEGIES FROM OHA OPIATE STEWARDSHIP COMMITTEE ASSESSMENT
- ✓ EXPAND EFFORTS FOR EMRTRIGGERS IN EXPANSE



**DESIRED OUTCOMES AND OVERALL IMPACTS:** 

✓ DECREASE DRUG OVERDOSES

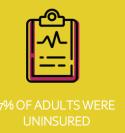


PARTNERSHIPS/COLLABORATIONS: FULTON COUNTY HEALTH CENTER, FULTON COUNTY HEALTH DEPARTMENT



### **ACCESS TO CARE**

#### **INCREASE LOCAL ACCESS AND PREVENTIVE SERVICES**



68% OF ADULTS REPORTED VISITING A DOCTOR FOR A ROUTINE CHECKUP IN THE PAST YEAR





66% OF ADULTS WENT
OUTSIDE OF THE COUNTY FOR
HEALTH CARE SERVICES



STRATEGY 1:
INCREASE NUMBER
OF ADULTS WHO
HAVE A ROUTINE
CHECKUP EACH
YEAR





#### **ACTION STEPS:**

- ✓ INCREASE USE OF TELEHEALTH IN PROVIDER AND SPECIALTY OFFICES
- ✓ CREATE A TRANSPORTATION NETWORK
- ✓ FXPAND FFFORTS OF FRFF CLINIC
- ✓ EXPAND INSURANCE ENROLLMENT ASSISTANCE



#### DESIRED OUTCOMES AND OVERALL IMPACTS:

- ✓ DECREASE UNINSURED ADULTS
- ✓ IMPROVE ACCESS TO HEALTH
- ✓ INCREASE LISE OF PREVENTIVE SERVICES
- ✓ REDUCE AVOIDABLE ER VISITS



PARTNERSHIPS/COLLABORATIONS:
FULTON COUNTY HEALTH CENTER. FULTON COUNTY HEALTH DEPARTMENT



STEPS 5-8
INTEGRATE,
DEVELOP, ADOPT,
AND SUSTAIN
IMPLEMENTATION
STRATEGY



# IN THIS STEP, FULTON COUNTY HEALTH CENTER WILL:

- INTEGRATE IMPLEMENTION STRATEGY WITH COMMUNITY AND HOSPITAL PLANS
- DEVELOP A WRITTEN IMPLEMENTATION STRATEGY
- ADOPT THE IMPLEMENTATION STRATEGY
- UPDATE AND SUSTAIN THE IMPLEMENTATION STRATEGY



## FULTON COUNTY HEALTH CENTER NEXT STEPS

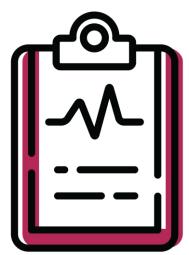


#### ADOPTION OF IMPLEMENTATION STRATEGY

The CHNA and this resulting Implementation Strategy identify and address significant community health needs and help guide community benefit activities. This Implementation Strategy explains how FCHC plans to address the selected priority health needs identified by the CHNA. This Implementation Strategy was adopted by the FCHC Board of Directors on April 24, 2023. This report is widely available to the public on the Fulton County Health Center's website at fultoncountyhealthcenter.org. Written comments on this report can be submitted to bward@fulhealth.org

#### **EVALUATION OF IMPACT**

FCHC will monitor and evaluate the programs and actions outlined above. FCHC anticipates the actions taken to address significant health needs will improve health knowledge, behaviors, and status, increase access to care, and overall help support good health. FCHC is committed to monitoring key indicators to assess impact. Our reporting process includes the collection and documentation of tracking measures, such as the number of people reached/served and collaborative efforts to address health needs. A review of the impact of the Fulton County Health Center's actions to address these significant health needs will be reported in the next scheduled CHNA.



#### ADDITIONAL HEALTH NEEDS NOT DIRECTLY ADDRESSED

Since FCHC cannot directly address all the health needs present in the community, we will concentrate our resources on those health needs where we can effectively impact our county given our areas of focus and expertise. Taking existing organization and community resources into consideration, FCHC will not directly address the remaining health needs identified in the CHNA including youth nutrition, physical activity, and substance use, as other partners already address these issues. In addition, FCHC will not directly address infant mortality, as our data does not support this health need. FCHC will continue to look for opportunities to address community needs where we can make a meaningful contribution. Community partnerships may support other initiatives that the hospital cannot independently lead in order to address the other health needs identified in the 2022 CHNA.







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