

Hutchinson Regional HealthCare System  
Reno County Health Department

# Reno County Community Health Improvement Plan

2013

CHIP





## *Community Health Improvement Plan Steering Committee*

<b>Name</b>	<b>Agency</b>	<b>Representing</b>
Alice Oldham	Hutchinson Clinic	Physicians/Nurses, Workplace Wellness
Bailey Stiggins	Chamber of Commerce	Chamber/Young Professionals
Darcy Basye	Reno County Health Department	Environmental Health
Dr. Deanna Marshall	Prairie Star Health Center	Federally Qualified Health Center
Gary Meagher	Reno County Administrator	Reno County Administration
Dr. Jack Wortman	Retired Physician	Delos V. Smith Senior Center
Jacqui Homewood	Healthy Reno County Coalition	Healthy Reno County Coalition
Jan Lance	Hutchinson Regional HealthCare System	CHA-CHIP Co-Facilitator/Non Profit Hospital
Janet Hamilton	Hutchinson Community Foundation	Community Foundation
Jeanette Marks	Reno County Health Dept Advisory Board	Rural Reno County
Jessica Hoskinson	Community Consultant	CHA-CHIP Co-Facilitator/Public Health
Julia Hulsey	Reno County Health Department	Reno County Health Department
Kim Moore	United Methodist Health Ministries Fund	Faith Community
Lisa French	Cheney Lake Watershed	Environment
Lisa Gleason	United Way of Reno County	United Way
Lowell Peachy	Mennonite Friendship Communities	Aging Services
Mona Broomfield	Prairie Star Health Care Center	Federally Qualified Health Care Center
Nancy Ciskey	Hutchinson Community College	Community College
Neita Christopherson	Reno County Health Department	Reno County Health Department
Pam Paulsen	K-State Research & Extension	Agriculture
Dr. Richard Archer	Horizons Mental Health	Mental Health
Sondra Borth	Communities That Care Coalition	Substance Abuse Prevention
Ted Nelson	Hutchinson Recreation Commission	Recreation
Dr. Tim Crater	Medical Consultants Coordinator	Physician/Hutchinson Clinic
Dr. Tom Smith	Practicing Physician	NAACP/Physician
Tona Turner	United Way of Reno County	United Way



## Community Health Improvement Plan (CHIP) Summary

The Community Health Assessment Steering Committee of Reno County is pleased to present the following Community Health Improvement Plan (CHIP) to county residents, community organizations and civic groups. A year and a half engagement in the strategic planning process has culminated in a Community Data Book and Community Health Improvement Plan being completed. Steering Committee members encompassed nearly 30 different organizations and individuals who represented a broad spectrum of the community and subscribed to a broad definition of health.

The Community Health Assessment data was both quantitative and qualitative. Input was gathered from residents through community forums, focus groups and over 2,000 respondents to an online and paper survey. Other assessments involved gathering data on the health status of the community and the workings of the local public health system as well as an assessment of forces likely to impact the health of the public in the near future.

### *A Strategic Plan for Reno County*

Upon completion of the Reno County Community Data Book in January 2013, the work began on the Community Health Improvement Plan. Members from all sectors of the community, including public health, health care, county residents, education, businesses, faith groups, law enforcement, social service agencies, philanthropic and community organizations were involved. The Steering Committee committed to meet monthly to begin the process of completing the CHIP starting in February 2013.

Two community meetings were scheduled March 15<sup>th</sup> and March 20<sup>th</sup> 2013. Steering Committee Members were requested to recruit additional participants who would reflect the county's diverse population. The forums were publicized through mailed invitations, press release, local newspaper, e-mail and personal invitations. Forty-six community members and key leader representatives from Reno County met at Hutchinson Regional Medical Center to build for the **first time**, a regional Community Health Improvement Plan for Reno County. This was a joint effort and a demonstration project supported by Hutchinson Regional HealthCare System and the Reno County Health Department. Working in small groups, regional community members discussed and prioritized issues and presented their reasoning to the group. Following the presentations, the participants voted for the top issues. Two follow up meetings with the Steering Committee members, one on April 12<sup>th</sup> and then again on April 25<sup>th</sup>, reviewed and finalized the priority issue selection. The resulting data was evaluated by the CHIP Committee, who elected to address two priorities:

*Healthy Behaviors*  
*Access to Health Care*

The identified 10 concerns from the Reno County Health Concerns Survey, 2012 were:

- Health care coverage
- Obesity
- Cancers
- Heart disease and strokes
- Dental Issues
- Aging population
- Child abuse
- Mental health
- Access to health care
- Diabetes

The next step in the process is an anticipated three to five year action plan during which the strategies deemed most promising will be implemented. Task will be composed of individuals and groups committed to improving the identified health issues and are being organized. Many task force members have been drawn from CHIP Committee organizations engaged in the process, and other community residents who will be encouraged to become involved.

Health care coverage is the second top concern resulting from the Reno County Health Concerns Survey, 2012. It revealed that 80% of the county population 18 years and older have some type of health care coverage including health insurance, prepaid plans such as HMO's, or governmental plans such as Medicare. Persons over 65 years of age in 2011 represented 17.2% of the population compared to 13.3% State wide.

Social determinants underlie many behaviors and the ability to have health care coverage impacts individual and community well-being. The percentage of coverage is high, therefore health care coverage was dismissed as a priority. The committee believed every effort to improve the community needs remain manageable and not a duplication of other efforts in the community or government. The eight other priorities will be addressed in Access to Health Care and Healthy Behaviors.

The Steering committee elected to align goals with Healthy People 2020 Objectives. The utilization of evidenced-based practices and strategies ensures that the residents of Reno County complete these goals.

These goals include:

- Promote quality of life, healthy development, and healthy behaviors across all life stages.
- Create social and physical environments that promote good health for all.
- Achieve health equity, eliminate disparities, and improve the health of all groups.

The goals and objectives relating to these issues, as well as suggested strategies, barriers and community resources comprise the health improvement plan.

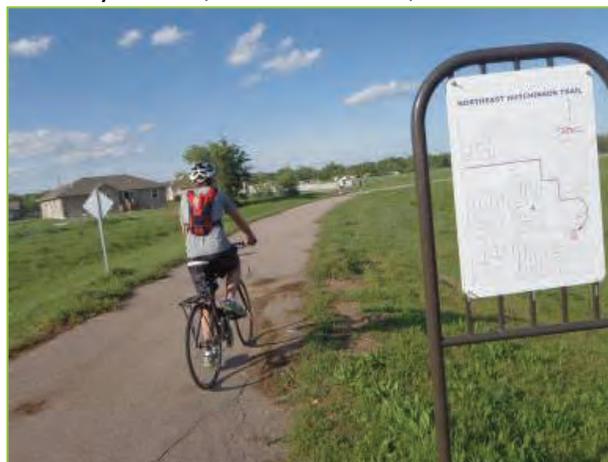
The CHIP process is an ambitious and bold effort at the community engagement level for a common good. No single organization has the depth of resources needed to raise community health to an optimal level or even to maintain it at its current level. The CHIP process is based on the idea that through collaboration and synergy two plus two will equal a great deal more than four. Another important feature of CHIP is that the plan arises out of the community, which then has a greater investment in its implementation.

Residents and community groups are encouraged to join the CHIP process as it enters the Action Phase. Local residents and community organizations through collaboration on priority health issues will demonstrate their deep commitment to improve Reno County becoming a healthier place to live and work.

## Priority # 1: *HEALTHY BEHAVIORS*

### Priorities, Goals, Activities, Indicators of Success

According to County Rankings, 21% of adults in Reno county smoke, 33% are obese, 23% are physically inactive, and 12% engage in binge drinking. Influenza and pneumonia were the 9<sup>th</sup> leading cause of death in Kansas in 2010 yet only 39% of adults 18 yrs and older received the flu shot in the last 12 months and only 32% received the pneumococcal vaccination (pneumonia shot). Pneumonia accounts for 16% of hospital admissions. Sexually transmitted diseases have shown to be on the rise in the state of Kansas and untreated can lead to serious long-term health consequences.



The current trend toward increased overweight and obesity is evident among children as well as adults, and increases the risk for chronic diseases. Good nutrition and adequate exercise are lifestyle habits that combat weight gain and can be fostered by a favorable environment, both socially and physically. Five strategies have been identified as methods to address healthy behaviors in Reno County. These strategies will work to encourage physical activity and promote healthy eating through community based efforts addressing sustainable change in built environment and policy change.



# Reno County Community Health Improvement Plan 2013

**Goal A: Improve health outcomes for people living in Reno County by implementing strategies that support policies, systems and environmental changes to increase healthy behaviors.**

**Strategy A1:** Partner with Healthy Eating Active Living-Reno County Coalition (HEAL-RC) to implement the Community Health Improvement Plan (CHIP).

Activity	Indicator of Success	Target Date	Partners
Steering Committee members of the CHA/CHIP process will join the HEAL-RC Coalition.	50% of Steering Committee will regularly attend HEAL-RC Coalition meetings.	December, 2014	CHA/CHIP Steering Committee HEAL-RC Coalition
Work with partners to implement goals and strategies of the CHIP.	Healthcare sector group will be developed as part of HEAL-RC	December, 2014	CHA/CHIP Steering Committee HEAL-RC Coalition
Reassess the needs and assets of the community to determine community health improvement strategies.	CDC CHANGE tool assessment will be completed and any additional assessment tools.	December 2016	CHA/CHIP Steering Committee HEAL-RC Coalition (Healthcare Sector)

**Strategy A2:** Encourage Reno County businesses to implement workplace wellness strategies that shift healthy behaviors into becoming the cultural norm.

Activity	Indicator of Success	Target Date	Partners
Identify and ask 30 businesses to participate in a workplace wellness initiative.	30 Reno County businesses are asked with 50% (15) participating in a workplace wellness initiative.	December, 2016	Area businesses HEAL-RC CHA/CHIP Steering Committee Hutchinson/Reno County Chamber of Commerce
Work with area businesses participating in the workplace wellness initiative.	15 businesses will continue their involvement in the workplace wellness initiative, with 50% implementation of one or more wellness policies within their business.	December, 2016	Area businesses HEAL-RC CHA/CHIP Steering Committee Hutchinson/Reno County Chamber of Commerce
Develop incentives to participate in health and wellness programs.	15 Reno county businesses will have incentives for their wellness program.	December, 2016	Area businesses HEAL-RC CHA/CHIP Steering Committee

**Strategy A3:** Work with Reno County communities to adopt strategies that promote healthy, active living.

Activity	Indicator of Success	Target Date	Partners
Create support from the public in Reno County to encourage local officials to adopt policies for supporting active living such as complete streets, city/county master bike plans, or Safe Routes to Schools initiatives.	Two additional communities will adopt public policies that develops built environment to promotes active living.	December, 2016	Local governments HEAL-RC CHA/CHIP Steering Committee Reno County Area Transit (RCAT) Recreation Commissions
Promote use of sidewalks as means of transportation and active living.	Policy change to promote building of side walks and trail systems.	December, 2016	Local governments, HEAL-RC

**Strategy A4:** Local healthcare systems will work to establish policy change that promotes healthy behaviors.



Activity	Indicator of Success	Target Date	Partners
Policy implemented at local health agencies such as healthy vending standards; cafeteria and patient menus that provide healthy food choices; food offerings for meetings, celebrations and other work related events.	Accepted standards of healthy food offerings developed.  Policy change to coincide with standards.	July, 2014  December, 2015	HRHS RCHD
Promote and support policies that provide access to healthy food options by championing for healthy food environment changes within the community.	Assist local businesses in adopting policies that support healthy food including healthy vending.	December 2016	HRHS RCHD HEAL-RC CHA/CHIP Local businesses

Strategy A5: Provide education, resources, and guidance regarding healthy behaviors to the community.

Activity	Indicator of Success	Target Date	Partners
Educate Reno County residents and institutions about healthy foods and healthy food preparation.	Yearly Community education opportunities.	December 2016	RCHD HRHS
Education to the public to promote healthy behaviors.	Monthly education on new healthy topics promoting healthy families i.e. smoking cessation, diabetes immunizations.	December, 2016	HRHS



## Priority # 2: *ACCESS TO HEALTHCARE*

Access to healthcare originally included the term “poverty”, but the committee struggled with the specifics in addressing poverty because of the barriers for the “working poor”. There is a greater chance of improving “access to care” for the working poor rather than changing the complexities of social economics. Therefore, the focus of the committee is specifically related to “access to care” issues. Many individuals find themselves forgoing needed preventive healthcare due to lack of health insurance or a financially acceptable alternative. This delay in healthcare attention will often result in a much more costly trip to the emergency department or potential hospitalization. It is critical that we aim for the earliest entry into a healthcare system at the least expensive point. Primary care is the backbone of preventive care, and a strong primary care workforce is essential to the health of our county.



# Reno County Community Health Improvement Plan 2013

**Goal B: Improve access to a seamless, coordinated system of quality healthcare for people living in Reno County.**

**Strategy B1:** Improve the public transportation system to increase the access to healthcare facilities in Reno County.

Activity	Indicator of Success	Target Date	Partners
Determine current RCAT schedules of stops at local healthcare facilities.  Work with partners to determine need for public transportation to the healthcare facilities.	RCAT will increase frequency of stops at healthcare facilities by 20%.	December, 2017	RCAT PrairieStar Health Center RCHD HRHS Hutchinson Clinic

**Strategy B2:** Increase providers and consumer's knowledge of healthcare transportation services available in Reno County.

Activity	Indicator of Success	Target Date	Partners
Identify all providers of transportation services to healthcare facilities, their fees, routes, and availability.  Work with partners to design information packet to be used by staff of medical providers to inform patients of available transportation to their medical appointments.	Healthcare facilities will provide information on medical transportation to their patients when scheduling appointments.  Patient "no show" rate will decrease by 5%.	December, 2016	RCAT Salt City Shuttle PrairieStar Health Center RCHD HRHS Hutchinson Clinic Area dentists

**Strategy B3:** Increase the number of methods to serve non-emergent medical and dental needs.

Activity	Indicator of Success	Target Date	Partners
Survey hours of operation for all healthcare facilities in Reno County.  Collaborate with partners to identify strategies to expand hours of operation.	Expand hours at existing facilities by 10% including evenings and weekends.	December, 2016	PrairieStar Health Center RCHD HRHS Hutchinson Clinic Area dentists

**Strategy B4:** Evaluate the 24/7 medical resource and referral services and make recommendations in Reno County.

Activity	Indicator of Success	Target Date	Partners
Discuss with partners, the feasibility of a 24/7 medical resource and referral service system. (e.g. Nurse Triage phone/computer service, Medical Navigator Service )	Number of non-emergent visits to Emergency Room decreases by 10% from 2013 levels.	December, 2017	PrairieStar Health Center RCHD HRHS Hutchinson Clinic Area dentists First Call for Help United Way (211)
Determine current number of non-emergent patients presenting to ER during hours that other medical facilities are open.	20% of people surveyed in Reno County will express satisfaction with medical referral and resource services in Reno County.	December, 2017	PrairieStar Health Center RCHD HRHS Hutchinson Clinic Area dentists First Call for Help United Way (211)
Determine most effective and efficient medical resource and referral system for Reno County including a social and electronic media component.  Insure that the medical resource and referral system is appropriate for multi-cultural individuals living in Reno County.	One or more Healthcare providers will have a referral system in place.	December, 2017	PrairieStar Health Center RCHD HRHS Hutchinson Clinic Area dentists First Call for Help United Way (211)

By definition the CHIP process is a cyclical progression toward community health improvement. Participants will move into the Action Phase with the completion of the Community Health Improvement Plan. This part of the cycle consists of planning, implementing and evaluating initiatives, and interventions to reach measurable objectives. Members of the CHIP committee have already joined forces to focus on each of the two priority health issues. The next step will be to bring more community members “to the table” who will help complete the improvement plan. Evaluation will remain foremost so that progress toward goals can be quantified.

The level of achievement will result from the commitment of community partners. All residents and community and civic organizations are invited to join the effort.

# Community Resources and Contributors

The Community Health Improvement Plan was developed through the generous support of CHIP Committee member organizations that contributed their time, talent and other resources. Sincere appreciation is expressed to the individuals who served as members of the CHIP Committee for their personal commitment to a healthier Reno County and for their invaluable insight and expertise in carrying out the health assessments, identifying priority issues, and suggesting strategies for reaching goals. Thanks are also extended to the two co-sponsoring organizations and the nine members of the CHIP Core Group, the leadership body overseeing the entire process.

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<b>Adzianna Souba</b>	<b>Reno County Volunteer</b>
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<b>Cindy Proett</b>	<b>KDHE</b>
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<b>Meredith Hulsey</b>	<b>St. Teresa Catholic Church</b>
<b>Michael Woods</b>	<b>Kansas Children Service League</b>
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<b>Sharon Hixson</b>	<b>SEEK</b>
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<b>Tony Finlay</b>	<b>Hutchinson Recreation Commission</b>
<b>Val LaClair</b>	<b>Dental Care</b>

# 10 Tips for *Better* Health

During the Action Phase of the Community Health Improvement process, CHIP committee member organizations will work together to select and implement strategies to improve the Health of all. Individuals as well as community groups are encouraged to take action. Following are 10 Tips that residents can employ for better health.

- 1. Engage in moderate exercise for at least 30 minutes most days of the week.*
- 2. Eat five to nine servings of fruits and vegetables a day.*
- 3. Maintain or achieve desirable weight.*
- 4. Strive for open communication with your children. They will be better able to resist substance use and abuse.*
- 5. Quit smoking and talk with your children about the dangers of smoking.*
- 6. Limit alcohol use to no more than one drink a day for women or two drinks a day for men.*
- 7. Recognize that mental illness can happen to anyone and can be treated.*
- 8. Reduce unhealthy stress and recognize symptoms of depression.*
- 9. Find and use credible sources of health information.*
- 10. Call your local health department for possible sources of affordable preventive healthcare.*



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