



COMMUNITY HEALTH NEEDS ASSESSMENT

IMPLEMENTATION STRATEGY

2013

Introduction

In 2011, Overlake Hospital Medical Center (Overlake) conducted a Community Health Needs Assessment (CHNA) to comply with federal regulations guiding tax-exempt hospitals. The Community Health Needs Assessment incorporated existing demographic and health data for the communities served by the hospital. It included collection and analysis of input from persons who represent the broad interests of the community served by the hospital, including those with special knowledge of public health.

The health needs were identified from issues supported by primary and secondary data sources gathered for the Community Health Needs Assessment. The needs were indicated by stakeholder interviews, focus groups, and secondary data sources. The needs were confirmed by more than one indicator or data source (i.e., the health need was suggested by more than one source of secondary or primary data). In addition, the health needs were based on the size of the problem (relative portion of population afflicted by the problem); or the seriousness of the problem (impact at individual, family, and community levels). The identified health needs are:

- Access to care
- Cancer
- Cardiovascular disease
- Dental care
- Diabetes
- Homelessness
- Mental health
- Overweight/obesity
- Preventive care (immunizations, screenings)

Priority Health Needs

These health needs were prioritized through a structured process using defined criteria. Overlake convened a meeting of hospital leaders to review and prioritize the identified health needs. The group reviewed the health needs identified from the Community Health Needs Assessment primary and secondary data. The following criteria were used to prioritize the health needs:

- Size of the problem – the relative portion of population afflicted by the problem.
- Existing infrastructure – hospital has programs, systems, staff and support resources in place to address the issue.
- Ongoing investment - existing resources are committed to the issue. Staff time and financial resources for this issue are counted as part of our community benefit effort.

- Focus area – hospital has acknowledged competencies and expertise to address the issue and the issue fits with the organizational mission.

Application of the criteria resulted in the following prioritization of the health needs:

1. Access to care
2. Cardiovascular disease
3. Cancer
4. Preventive Care
5. Diabetes
6. Mental health
7. Overweight and obesity
8. Homelessness
9. Dental care

Addressing the Health Needs

Overlake Hospital Medical Center will address the following health needs through a commitment of community benefit programs and resources.

- Access to care
- Cardiovascular disease
- Cancer
- Preventive care
- Diabetes
- Mental health
- Overweight and obesity
- Homelessness

Access to Care

With a vision to provide exceptional quality and compassionate care to every life we touch, Overlake Medical Center is committed to improving health care access. The hospital has a financial assistance policy that supports access to hospital care for uninsured and underinsured patients who do not have the resources to pay for their care. And the hospital offers assistance to enroll low-income patients in government-sponsored programs for health care coverage.

With the launch of the WA Health Benefit Exchange, Overlake staff will participate in enrollment training to better assist individuals needing information on health insurance coverage options.

The anticipated impact of these actions will be to:

- Increase the number of eligible individuals enrolled in government-sponsored and/or subsidized health care coverage programs.
- Increase availability and access to needed primary care and specialty medical care services.

Cardiovascular Disease

We will address cardiovascular disease through prevention and awareness education that includes:

- Offer a variety of classes on cardiovascular disease, which are open to the public, to include:
 - Women and Heart, cardiac screening services and seminar
 - Heart healthy diet
 - Keeping your heart strong
 - Know your numbers (cardiovascular health statistics)
- Partner with the American Heart Association to sponsor the annual heart walk.

The anticipated impact of these actions will be to:

- Increase the identification and treatment of heart disease and stroke.
- Increase public awareness of cardiovascular disease prevention.
- Increase individuals' compliance with preventive heart and stroke care recommendations.

Cancer

To address the identified health need of cancer our focus on cancer will be on prevention, treatment and support. Overlake will commit the following programs and resources to address this health need:

- Provide annual skin cancer screenings free to the community.
- Offer cancer related support groups open to the community and offered free of charge to patients and caregivers through a partnership with Gilda's Club of Seattle.

- Partner with the American Cancer Society for free community based programs.
- Partner with the American Cancer Society as an enrollment site for their Cancer Prevention Study (CPS-3).
- Sponsor the American Cancer Society’s annual Making Strides Against Breast Cancer walk.
- Provide a variety of classes open to community members:
 - Nutrition during treatment
 - Cancer Survivorship Conference
- Host mammogram parties to encourage women to get screenings with their friends.

The anticipated impact of these actions will be to:

- Increase the identification and treatment of cancer.
- Increase public awareness of cancer prevention.
- Increase individuals’ compliance with preventive cancer care recommendations.

Preventive Care

Overlake will commit the following programs and resources to address this health need:

- Offer comprehensive vaccines in all of our community based primary care clinics.
- Offer community health screening opportunities and employer-based screening opportunities to include but not limited to:
 - Cholesterol
 - Glucose
 - Body Mass Index
 - Blood Pressure
 - Bone Density
 - Balance
 - Stroke Risk
 - Carotid Ultrasound
 - Skin Cancer
- Offer community and employer based health talks on a variety of topics including:
 - Know Your Numbers
 - Aging Through the Decades
 - Nutrition and Physical Activity
 - Breast Health - Breast Cancer Genetics

- Heart Health
- Men's Health / Women's Health
- Menopause and Mid Life Health
- Stress Management and Work - Life Balance
- How to Use Primary Care
- Healthy Eating Programming and Demonstrations

The anticipated impact of these actions will be to:

- Increase individuals' compliance with preventive care recommendations.

Diabetes

Overlake will commit the following programs and resources to address this health need:

- Provide an ongoing three-part series of health education classes to learn practical skills to manage diabetes. This is available to the public.
- Offer classes for people with diabetes to learn to manage their blood sugar and risks for type 2 diabetes.

The anticipated impact of these actions will be to:

- Increase the identification and treatment of diabetes.
- Increase individuals' compliance with preventive diabetes recommendations.

Mental Health

Overlake will commit the following programs and resources to address this health need:

- The Overlake Specialty School is an academic, year-round school serving the special needs of students in elementary through high school. The mission of Overlake Specialty School is to provide a caring educational community where students develop healthy relationships and intrinsic values. Overlake Specialty School utilizes a holistic, strength-based approach for positive behavior change that facilitates student reintegration to their home communities. The Specialty School is a unique program coordinated with school districts, community service providers, families and others to meet the special needs of students in grades one through 12. The school has seven classrooms designed to support students with specialized needs:
 - Elementary School classroom serving students aged 8-12.
 - Middle School classroom serving students aged 11-14.
 - Junior High classroom serving students aged 13-16.
 - High School classrooms serving students aged 15-21. Two classrooms provide services for high school students with emotional and

behavioral support needs, one provides services for students who additionally benefit from a focus on functional life skills.

- Autism classroom - designed to meet the needs of students aged 8-13 with moderate autism.

The school is a Non-Public Agency approved through the Office of the Superintendent of Public Instruction. This credential allows our program to contract directly with public schools to provide services necessary to meet the individual needs of each student. Overlake Specialty School is committed to active partnerships with school districts, serving as an optional placement for districts when they have exhausted their resources for students who are behaviorally and emotionally challenged.

- Present lunch and learn talks to local employers on the topic of work life balance. The content will be developed by our Medical Director of Psychiatry.
- Offer a community education seminar “When It’s More Than Feeling Sad – Major Depressive Disorder.”

The anticipated impact of these actions will be to:

- Improve positive behaviors in a learning environment for students who are behaviorally and emotionally challenged.
- Increase awareness and treatment of mental health issues.

Overweight and Obesity

Overlake will commit the following programs and resources to address this health need:

- Present community health education classes and support groups:
 - Hypnosis for Weight Loss
 - Weight Loss Surgery Seminars
 - Weight Loss Surgery Support Group

The anticipated impact of these actions will be to:

- Increase knowledge about healthy food choices.
- Improve healthy eating behaviors.

Homelessness

Overlake will address the issues of homelessness by working with cities, counties, school districts, advocates and community based organizations on the Eastside Human Services Forum. Overlake Medical Center participates in the Eastside Human Services Forum as a member of the Board and as a community partner. The Eastside Human Services Forum is a collaborative effort that focuses on issues of homelessness, shelters and rapid re-housing.

The anticipated impact of these actions will be to:

- Increase awareness of the issue of homelessness and address the causes.
- Support an advocacy agenda that addresses issues of homelessness (i.e. affordable housing).

Evaluation Plan

Overlake will monitor and evaluate the programs and activities outlined above. We will track the implementation of the activities and document the anticipated impact. Our reporting process will include the collection and documentation of tracking measures, such as the number of number of people reached/served, changes in health behaviors, and collaborative efforts to address health needs.

Other Health Needs

Overlake Hospital Medical Center has chosen not to actively address the remaining health need of dental care as identified in the CHNA. Taking existing hospital and community resources into consideration, Overlake will concentrate on those health needs that we can most effectively address given our areas of focus and expertise. Therefore, the hospital's charitable resources will be placed on the selected priority health needs.

The Board of Directors of Overlake Hospital Medical Center met and approved this Implementation Strategy on November 12, 2013.

Attested to by:

Signature _____

Chair, Board of Directors

Date: _____