

Implementation Strategy

King's Daughters' Health

2019 Community Health Needs Assessment (CHNA) Evaluation

In 2019, King's Daughters' Health (KDH) conducted a CHNA and created an implementation strategy plan based on the findings of the CHNA. This implementation strategy was developed to guide activities for three consecutive years following the most recent CHNA. An update to this strategy plan is provided at the end of each calendar year (2020, 2021, and 2022).

Priority Areas (top 7 included)

1. Substance Abuse
2. Mental Health
3. Tobacco Use
4. Nutrition, Physical Activity, Weight
5. Diabetes
6. Heart Disease & Stroke
7. Cancer

Priority Area 1 - Substance Abuse

2019-2022, year 3 update

Strategy	Outcome	Additional Information
<p>KDH will take a lead role for the Healthy Communities Initiative (HCI) Substance Abuse team.</p>	<p>KDH employs a paid HCI Coordinator who oversees the HCI Substance Abuse team, scheduling meetings and speakers.</p>	<p>In 2020, KDH had 12 employees who received minutes from the HCI Substance Abuse team meetings. Half of these individuals actively attend meetings and bring information back to their work place.</p> <p>Two KDH employees, a Pediatrician and a Pediatric social worker provided a presentation at a Substance Abuse team meeting in 2021.</p> <p>Multiple KDH staff served on the Substance Abuse team in 2022.</p>
<p>KDH will have staff representatives actively serving on the following county substance abuse coalitions:</p> <p>JCJTaP – Jefferson County Justice Treatment and Prevention Coalition</p> <p>Switzerland County Awareness Network and/or similar drug coalition</p> <p><i>This team disbanded and is no longer a coalition as of 2021.</i></p>	<p>KDH has 3 employees who actively serve on the JCJTaP coalition. In 2020, meetings were held via Zoom. The coalition rejoined in-person meetings in 2021. In addition, the HCI Coordinator remains the Secretary for the coalition.</p>	<p>In 2021, a grant was from the coalition was used to purchase anti-drug materials to share with area youth. Items were distributed at a special youth event and distributed by the Junior High School Resource Officer.</p> <p>A similar grant in 2022 was obtained through JCJTaP to purchase substance abuse related materials.</p> <p>The HCI Coordinator and three KDH</p>

Strategy	Outcome	Additional Information
<p>KDH will create and maintain an education and community resource/referral bulletin board for the hospital Emergency Room.</p>	<p>A substance abuse resource bulletin board was placed in the Emergency Room lobby in April 2020. In 2021, an additional resource board with substance abuse literature was placed in the KDH Convenient Care Center lobby.</p>	<p>employees worked with a new state initiative to create a Regional Prevention System. A local Client Consultation Board (CCB) was formed in Jefferson County in 2021. Staff members continued to serve on this board in 2022.</p> <p>Both resource boards include tobacco cessation information and local resources for AA/NA meetings.</p> <p>Bulletin boards were updated during the 2022 year with current resources.</p>

Priority Area 2 – Mental Health
2019-2022, year 3 update

Strategy	Outcome	Additional Information
<p>KDH will take a lead role for the Healthy Communities Initiative Mental</p>	<p>KDH employs a paid Coordinator who oversees the HCI program. The HCI Coordinator</p>	<p>In 2021, a Jefferson County Residential Treatment facility subcommittee was appointed by the Justice Reinvestment</p>

Strategy	Outcome	Additional Information
<p>Health/Zero Suicide team.</p>	<p>participates in the IN Suicide Prevention Coalition. The HCI Mental Health team did not meet in calendar years 2020-2022, but a subcommittee was formed to begin working on the ACE initiative.</p>	<p>Advisory Council. The group is investigating the feasibility of developing an in-patient facility along with other ideas to address mental health issues in the county. The HCI Coordinator serves as a member of this subcommittee.</p> <p>In 2022, specific recognition was given for Mental Health and Suicide Awareness Months. In addition, gun locks for suicide and accidental death prevention were given out at various community events. A booth with information was available at the Out of the Darkness awareness event and new posters were created and distributed for a new suicide prevention and crisis hotline.</p>
<p>KDH staff will help lead HCI's effort to become a Trauma Informed Community.</p>	<p>Working with the local Community Foundation, KDH/HCI applied for and received a planning grant to begin work to become a Trauma Informed Community. These efforts focus on the ACE Initiative (Adverse Childhood</p>	<p>In 2020, following the initial planning, a grant was received to fund a comprehensive ACEs plan which will be called Resilient Jefferson County. A steering committee formed in late 2020 to move forward with this plan.</p> <p>The HCI coordinator became a certified</p>

Strategy	Outcome	Additional Information
	<p>Experiences). KDH hosted two workshops in 2020 for community leaders to begin planning. Work continued in 2021 and 2022 on the ACEs initiative. The HCI Coordinator and two additional KDH staff members serve on the ACEs Steering Committee.</p>	<p>ACE Interface Master trainer to provide ACEs training for local groups.</p> <p>The KDH Foundation obtained a grant from the local Community Foundation to conduct an ACEs survey in Jefferson County, which will help determine additional programming needs. KDH supported by advertising the survey and making copies available at various facilities.</p> <p>In 2021, Leadership staff at KDH viewed the documentary Resilience: The Biology of Stress & the Science of Hope. In 2022, this film was shown in both Jefferson County public libraries for community viewing.</p> <p>IN 2022, an ACE-specific training was offered to staff at a local not-for-profit and for the county 4-H leaders.</p>
<p>Screening tools will be utilized at KDH. This includes the use of:</p>	<p>The PHQ-9 depression screening tool was utilized in 2020-2022 in KDH outpatient provider offices.</p> <p>The KDH Emergency Room</p>	<p>In 2020 58% of patients age 12 and older received the PHQ-9 screening tool in the outpatient provider offices.</p> <p>This number increased to 69.94% in 2021.</p>

Strategy	Outcome	Additional Information
<p>in the outpatient physician offices.</p> <p>Every Emergency Room patient receives a suicidal screening tool to assess for suicidal risk.</p>	<p>began use of the C-SSRS depression assessment tool for all patients (except infant/toddlers) to help make appropriate mental health referrals. This tool continues to date.</p>	<p>In 2022, 60.62% of patients age 12 and older received this screening tool.</p> <p><i>Note that in 2022, Norton King’s Daughters’ Hospital was the victim of a cyber attack. The hospital went for many months without computer capabilities, which had an impact on tracking for routine screens.</i></p>

Priority Area 3 – Tobacco Use

2019-2022, year 3 update

Strategy	Outcome	Additional Information
<p>Tobacco awareness education, including prevention and cessation focused information provided to youth of Jefferson County.</p>	<p>Completed the Standardized Tobacco Assessment for Retail Settings (STARS) survey again in 2020 and 2021 at all 39 tobacco retailers in Jefferson County. In 2022, 29 tobacco retailers were surveyed.</p> <p>Youth tobacco cessation resources were given to Jefferson County</p>	<p>STARS survey data is utilized to present point-of-sale information and how tobacco products are marketed to youth.</p> <p>In 2020, secondhand smoke education was given out to families at a local “Movie in the Park” event.</p> <p>In 2022, youth tobacco cessation resources and policies were shared with area school systems.</p>

Strategy	Outcome	Additional Information
<p>Tobacco awareness education and cessation resources provided to expecting mothers in Jefferson County.</p>	<p>middle and high school counselors.</p>	
	<p>Provided secondhand-smoke education at Jefferson County 4-H fair in years 2020-2022.</p>	
	<p>Efforts are made with the local WIC program to help refer clients to the Indiana Tobacco Quitline. Expecting mothers, from the KDH OB/GYN outpatient department who state they are tobacco users, are also referred to the tobacco Quitline.</p>	<p>In 2020, 44 OB/GYN patients were referred to the Quitline. 2021 Quitline referral data and Baby & Me Tobacco Free program data was lost when KDH experienced a computer shut-down in early 2022. The number of referrals for these programs could not be recovered.</p>
	<p>KDH helped to enroll mothers in the Baby & Me Tobacco Free program.</p>	<p>The Indiana State Department of Health stopped funding the Baby & Me Tobacco Free program in 2021. The Tobacco Coordinator was able to obtain a separate grant to continue a tobacco cessation program for new moms.</p>
	<p>The KDH Tobacco Coordinator worked with the Perinatal Educator to provide cessation literature to tobacco using expecting mothers during their OB Prep visit prior to delivery.</p>	<p>In addition, in 2022, OVO Head Start employees received training for the Breathe program, which teaches parents the importance of a smoke-free environment.</p>

Strategy	Outcome	Additional Information
<p>Measure and work to increase referrals to the Indiana state Tobacco Quitline.</p>	<p>The number of Tobacco Quitline referrals made by KDH providers for calendar year 2020 was 1,032. This number was not available in 2021, due to the hospital's computer shut down/data lost. Quitline referral data was obtained for July-December in calendar year 2022. There were 114 referrals during this time frame.</p>	<p>Monthly referral reports were sent to all KDH physicians and nurses with Quitline data.</p> <p>Fax referrals to the Quitline from the KDH Cancer Treatment Center were also routine from 2020-2022.</p> <p>In 2022, tobacco resource kits with Quitline referral information were provided to a local factory during the Great American Smokeout campaign.</p>

Priority Area 4 – Nutrition, Physical Activity, Weight

2019-2022, year 3 update

Strategy	Outcome	Additional Information
<p>KDH will take a lead role for the Healthy Communities Initiative Healthy Lifestyles team.</p> <p>This team includes work focusing on</p>	<p>The KDH Wellness Coordinator serves as the Healthy Lifestyles team chair. In addition, the Tobacco Coordinator is actively involved on this team.</p>	<p>2021 Healthy Lifestyle accomplishments included;</p> <ul style="list-style-type: none"> - Working with the local Farmer's Market on healthy recipes. - Holding five community walking events incorporating

Strategy	Outcome	Additional Information
<p>disease prevention, healthy nutrition, physical activity, obesity, and tobacco.</p>		<p>cigarette butt & litter clean-up.</p> <ul style="list-style-type: none"> - Hosting a community walking Scavenger Hunt. <p>In 2022, the team hosted a large community health fair.</p> <ul style="list-style-type: none"> - A month-long walking campaign was held. - The annual Healthy Youth Tailgate Party event was held with over 150 youth and guardians in attendance. A total of 19 different agencies and 50 volunteers offered activities and health resources.
<p>Target area youth with programming aimed at increasing physical activity and teaching healthy nutrition habits at a young age.</p>	<p>The KDH Wellness Coordinator taught the Fit Kids program in Jefferson County 5th grade classrooms. This 4-lesson education program targets childhood obesity by teaching age-appropriate health, nutrition, and exercise lessons and offers take home challenges for students & families.</p> <p>A booth with health information was offered by the Healthy Lifestyles team at a Movie in</p>	<p>2019-2020 school year, a total of 3 schools/6 classrooms and 151 students and teachers received the Fit Kids program.</p> <p>2020-2021 school year, 14 different classrooms/284 students were reached. An additional 5 classrooms (86 students) received take-home Fit Kids program material.</p> <p>For the 2021-2022 school year, the Fit Kids program was offered in 4 school systems, reaching 168 students and teachers in 8 different classrooms.</p>

Strategy	Outcome	Additional Information
	<p>the Park event in 2020.</p> <p>A large Healthy Youth Tailgate party was held in 2021 and 2022 which served over 450 youth and guardians. Over 20 agencies offered interactive booths with activities and health information. The Wellness Coordinator chaired this event.</p> <p>Following a two-year break due to COVID, a successful fall Girls on the Run season was held in 2022. The 10-week, 20 lesson season served 51 girl with 17 coaches at 6 different schools.</p>	<p>In addition, the KDH Wellness Coordinator helped plan and promote the Park Hop for area youth in 2020 and 2021. This event promoted the value of physical activity and incentivized youth and their families to visit area parks and trails.</p> <p>In 2022, the Wellness Coordinator visited the area Boys and Girls Club to give a presentation about healthy nutrition to 100 summer program boys and girls.</p>
<p>KDH Wellness Department will host two community 5K Run/Walk events to encourage physical activity.</p>	<p>KDH hosted the annual Run the Falls community 5K Run/Walk each September.</p> <p>2020 - 179 total walkers and runners crossed the finish line.</p> <p>2021 – 137 total participants.</p> <p>2022 – 199 total participants</p>	<p>Due to COVID and the cancellation of the fall Girls on the Run season, the GOTR 5K event was not held.</p> <p>KDH provided in-kind support for a local 10K fitness event, which was chaired by the Wellness Coordinator in 2021 and 2022.</p> <p><i>The fall season 2022 Girls on the Run 5K will actually place in February 2023 due to</i></p>

Strategy	Outcome	Additional Information
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the late start of the season.

Priority Area 5 – Diabetes

2019-2022, year 3 update

Strategy	Outcome	Additional Information
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Employee a full time Diabetes Coordinator at KDH to provide services for both inpatients and outpatients.

KDH hired a full time Diabetes Coordinator in November 2019. She began providing services for inpatients and outpatients in 12/2020.

It was documented that the Diabetes Coordinator saw 250 patients in 2020 and 158 total patients in 2022. No data could be obtained for 2021.

Patients are referred to the Diabetes Educator when they have a new diagnosis, complications, a change in therapy, an A1c >9%, have gestational diabetes, or if a patient requests diabetes education. The educator also performs Continuous Glucose Monitoring studies on patients.

Provide Diabetic consults through Population Health program, working to decrease A1c rates and increase referrals.

The Diabetes Educator, who works in the KDH Quality department, works directly with the Population Health nursing staff.

Average A1c rate:
 2019 - 33.53%.
 2020 – 27.7%
 2021 – 24.23%
 2022 – 28.5%
 (lower rates indicate better quality)

Strategy	Outcome	Additional Information
<p>Provide community education and outreach focusing on the prevention of Diabetes, early detection, and management.</p>	<p>No community outreach activities were offered in 2020 due to COVID. In 2021, the Diabetes Educator provided education information to the community at the 4H fair. In addition, she spoke to a group of residents at a Senior Citizen living center.</p>	<p>In 2021, the Diabetes Coordinator started offering free pre-diabetes education to community members when referred by a physician. This education continued in 2022.</p>

Priority Area 6 – Heart Disease & Stroke
2019-2022, year 3 update

Strategy	Outcome	Additional Information
<p>Offer a structured Population Health program, which provides annual Wellness visits for at-risk individuals with a goal of increasing preventative testing.</p>	<p>Annual Wellness visits were provided to Medicare patients:</p> <p>2020 = 907 (no patients were seen for 3 months in 202 due to the Pandemic) 2021 – 903 visits 2022 - 667</p>	<p>In 2020 and 2021, 21 different screening tools were offered to patients. In 2021, it was documented that 672 tests or immunizations being ordered for patients during Wellness visits. In 2022, 528 tests or immunizations were ordered.</p>

Strategy	Outcome	Additional Information
<p>Provide community and/or corporate blood pressure checks at area health fairs and screens.</p>	<p>A Corporate health fair, including blood pressure and lipid checks was held for Jefferson County employees in 2021.</p> <p>Blood pressure checks were provided for Veteran’s and spouses at a Reaching Rural Veteran’s event in 2020, 2021, & 2022. Blood pressure checks were also offered at a large community health fair in 2022.</p>	<p>In 2020, 1,061 people were trained in CPR in AHA classes (combination of BLS, PALS, ACLS).</p> <p>KDH trained a total of 1,051 people in 2021 in AHA classes (combination of BLS, PALS, ACLS).</p> <p>In 2022, a total of 1,280 people were trained. “Friends & Family” CPR was also taught to attendees at a large community health fair.</p>
<p>Provide community education and outreach focusing on the prevention and warning signs for heart disease and stroke.</p>	<p>In 2020, Cardiovascular education was provided to the community through the To Your Health podcast. The Wellness Coordinator also had 3 community presentations related to heart disease risks and prevention in 2020.</p> <p>The Wellness Coordinator had 9 community presentations related to heart disease prevention in 2021. This number grew to 30 in 2022.</p>	<p>During the 2020 pandemic, social media “Shelter in Place” tips were shared with the community. Many of these focused on healthy lifestyles tips include heart disease prevention. Wellness opportunities were also made available to KDH staff, including participation in the Go Red for Women campaign through the American Heart Association.</p> <p>A new partnership was formed in 2021 with the Indiana Department of Corrections and River Valley Resources. The Wellness Coordinator</p>

Strategy	Outcome	Additional Information
		<p>began teaching a Heart Health class twice each month to local female offenders in the IDOC prison system.</p> <p>This partnership with IDOC continued in 2022. The Wellness Coordinator taught two classes on women and heart health every month throughout the year.</p>

Priority Area 7 – Cancer
2019-2022, year 3 update

Strategy	Outcome	Additional Information
<p>Offer a minimum of one cancer-specific screening event.</p>	<p>In 2020 and 2021, take-home Colo-rectal screening kits were distributed in the month of March through provider offices.</p> <p>In 2022, a free skin cancer screening event was held.</p>	<p>A total of 44 (2020) and 36 (2021) colo-rectal kits were successfully returned to the lab for processing. Patient follow-up was provided for all positive tests.</p> <p>65 people attended the skin cancer screen in 2022.</p>
<p>Offer a support group for cancer survivors.</p>	<p>One Women & Cancer support group was held at KDH in 2020 and 2021.</p>	<p>Attendance was impacted for support group meetings due to COVID concerns.</p>

Strategy	Outcome	Additional Information
<p>Provide community education and outreach focusing on the prevention of various forms of cancer.</p>	<p>Cancer prevention education was provided to the community at two county 4H Fairs, the Jefferson County Relay for Life event, the KDH To Your Health podcast, “Shelter in Place Health Tips” during the 2020 pandemic, and presentations offered by the Wellness Coordinator.</p>	<p>In addition, low level exercise classes were offered at no cost for cancer patients with funding provided by the KDH Foundation. These classes provide emotional and social support for cancer patients and survivors.</p> <p>KDH staff also received skin cancer prevention information and free sunscreen in 2021.</p> <p>In 2022</p>