

A Roadmap for Improving Community Health



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The critical difference™



Saint Alphonse

BOISE NAMPA ONTARIO BAKER CITY

Roadmaps to Health Model (County Health Rankings)



Assess Needs and Resources

- Community Needs Assessment
 - Federal requirements
 - Timing:
 - Every 3 years, with implementation strategy adopted by end of same taxable year the assessment was conducted
 - Approval:
 - Board adoption of assessment and implementation strategy
 - Steps:
 - Define the community
 - Assess health needs
 - Incorporate input from persons representing broad interests of the community (including public health)
 - Document in a written report adopted by board and made widely available to public
 - Collaboration
 - OK if partner hospitals define community to be the same and conduct a joint CNA process

Community Health Needs Assessment for 2014 - 2016

- Led by The United Way, with Utah Foundation
- Community partners included
 - Saint Alphonsus RMC
 - Saint Alphonsus Medical Center – Nampa
 - St. Luke's Health System
 - Delta Dental
 - Regence Blue Shield of Idaho
 - West Valley Medical Center
 - Idaho Association for the Education of Young Children
 - Wells Fargo
 - Gardner Company



Data Sources and Targets

Treasure Valley

Counties:

- *Ada, Canyon, Gem*

Cities:

- *Boise*
- *Meridian*
- *Nampa*
- *Eagle*
- *Caldwell*
- *Garden City*
- *Kuna*
- *Emmett*

Data Collection

- Community Conversations
- Focus Groups
- Surveys
- State and national sources of data and literature

Focus on What's Important

- **Setting Priorities**

- *Identify criteria you will use (hospital can determine)*

- Burden of need
 - Scope of need
 - Severity of need
 - Urgency of need
 - Estimated feasibility and effectiveness of possible interventions
 - Health disparities associated with need
 - Importance the community places on the need

Act on What's Important

- Develop Implementation Strategy
 - How hospital plans to meet significant health needs
 - Why hospital does not intend to address significant health need
 - Can collaborate on strategy but should have hospital-specific written plan
- Get Buy-In
- Allocate Resources
- Implement!



Major Health Categories and Goal

Overarching Goal: Co-create and support healthy environments with community partners to ensure:

Healthy infrastructure for an active community

Safety and assistance for those at risk

Health care access for all, especially those most vulnerable

Health Categories:

- Obesity: Nutrition, Physical Activity and Weight Status
- Harmful Substance Use Prevention
- Health Care Access

SARMC in Communion with Others

Model of Strategic Community Interventions

Who	How	Where
SARMC Community Partners Government CHE-Trinity Health	Advocacy: policy work, local & state advocacy Partnerships Promises (\$): Strategic community contributions Pilots: Create and implement programming	Community Hubs Examples: churches, schools, senior centers, statehouse, homeless centers, welfare services, Parks & Recreation, food banks, boys/girls clubs, YMCA Saint Alphonsus Medical Group medical homes FQHCs

Current Priorities & Responses

- Obesity: Nutrition, Physical Activity and Weight Status
 - Meet Me Monday
 - GoNoodle & FitnessGram
 - Health Mobilization Collaborative
- Harmful Substance Use
 - “Quit” programs
 - Allumbaugh House
 - Tobacco-free advocacy
- Health Care Access
 - Advocacy
 - Shift to medical home model
 - Support safety net for oral health
 - Focus on mental health

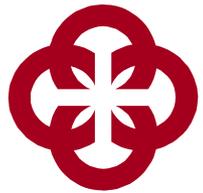
The Meet Me Monday “Movement” ...

- **Weekly, free family fitness walk/run**
 - Began June 11, 2012
 - Every Monday since then! (temp ranges from 8 to 108 degrees!)
 - Locations in Boise and Kuna; Nampa planned for Spring '15

- **Objectives:**
 - Improving health of body, mind and spirit
 - Getting people out to spend time with family and friends
 - Helping generate foot traffic and business downtown on what is typically a slow night of the week



Meet Me Monday Partners in Health



Saint Alphonus



1, 2, 3 Mile Routes



Incentives for Repeat Participation

- 8 times:
 - White t-shirt
- 16 times:
 - Red long sleeve t-shirt
- 50 times:
 - Cap
- 100 times:
 - Red/White baseball shirt



Encouraging Community Involvement & Workplace Wellness

- Incorporated Community Table, occasionally featuring local nonprofits
 - United Way, YMCA, MS Society, Idaho Food Bank, etc.
- Corporate Nights
 - Example: Idaho Statesman Night
 - Publisher Mike Jung brought his staff
 - Published a ¼ page ad in the Statesman to promote
- Recruited MMM teams for Barber to Boise, YMCA Christmas Run
 - Also provide moral support for MMM athletes training for 5/10Ks or marathons



A flyer for a 'Doc Walk' event. The top left shows a group of people in red shirts walking outdoors. The main text reads 'MEET ME MONDAY PRESENTS Doc Walk'. Below this are two small portraits of men in suits, identified as Dr. Michael Coughlin and Dr. Christopher Hirose. The text below the portraits says 'MICHAEL COUGHLIN, MD' and 'CHRISTOPHER HIROSE, MD' followed by 'COUGHLIN FOOT & ANKLE CLINIC'. There is a paragraph of text about foot health and another paragraph about seeing experts. At the bottom, it says 'Meet at PowerTOYS Boise Building, Northwest corner of 6th & Main, April 16, 2013' and 'Check-in 9:30-10:00 AM, Dr. Coughlin and Dr. Hirose will walk at 10:00 AM'. The website 'www.meetmemonday.org' is listed. The Saint Alphonius Sports Medicine logo is in the bottom right corner.

Successes

- 1,500 Participants Registered
 - Weekly Attendance Range
 - 26 (Christmas Eve) – 200+
 - Core Group of 60
- The Orth Family
 - Have perfect attendance
 - Brian has lost 80 pounds
- The Bogerts
 - “Adopted” 80 year old Annette
- Marc & Bobbi
 - Ride bikes from Micron and run every week
- The Ward Family
 - Bring the boy’s scout troop
- MMM Photos from all over the world



Evaluate Actions



The screenshot shows the website for the Catholic Health Association of the United States (CHA). The header includes the CHA logo and navigation links: Home, Focus Areas, For Members, Publications, Newsroom, Events, and Knowledge Center. The main banner features a photo of a woman and children, with the text 'Community Benefit' overlaid. Below the banner, a sidebar on the left lists categories: Community Benefit, Events, Printed Resources, Advocacy & Public Policy, Defining Community Benefit, What Counts, and What Counts Q&A. The main content area shows a breadcrumb trail: HOME > COMMUNITY BENEFIT > RESOURCES >. Below this is the title 'EVALUATING COMMUNITY BENEFIT PROGRAM RESOURCES' and a sub-section titled 'Tools (worksheets, templates and checklists)' with three bullet points: 'Program Planning Worksheet', 'Checklist for Planning Community Benefit Program Evaluation', and 'Evaluation Planning Worksheet'. Each bullet point includes a document icon.

CHA
Catholic Health Association
of the United States

Home Focus Areas For Members Publications Newsroom Events Knowledge Center

Community Benefit

HOME > COMMUNITY BENEFIT > RESOURCES >

EVALUATING COMMUN...

EVALUATING COMMUNITY BENEFIT PROGRAM RESOURCES

Tools (worksheets, templates and checklists)

- Program Planning Worksheet 
- Checklist for Planning Community Benefit Program Evaluation 
- Evaluation Planning Worksheet 

The Challenge of Measuring Impact

- Historically:
 - Community Benefit reported through CBISA (Community Benefit Inventory for Social Accountability)
 - Tracks investment of \$\$ and staff
 - Allows for alignment with Healthy People 2020 goals, limited ability to document outcomes
 - Provides info needed for IRS Form 990
- Going Forward:
 - Need more focus on true health impact rather than a formula of \$\$ invested and # of persons served
 - More challenging to track, but a necessity
 - Drives us to target specific defined populations and collect data on health status pre and post intervention

Key Takeaways

- Team up!
- Communicate, Communicate, Communicate
- Shift toward focus on policy, systems & environmental change
 - How do we make the healthy choice the easy choice?



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