



# Parkview Huntington Hospital **2020 Implementation Strategies**

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# Commitment to the Community

## Mission and Vision

As a community-owned, not-for-profit organization, Parkview Health is dedicated to improving your health and inspiring your well-being by:

- Tailoring a personalized health journey to achieve your unique goals
- Demonstrating world-class teamwork as we partner with you along that journey
- Providing the excellence, innovation and value you seek in terms of convenience, compassion, service, cost and quality

Within the four walls of Parkview Health facilities, there is an emphasis placed on providing “excellent care, every patient, every day.” Another integral part of the mission takes place outside the four walls, in the communities that we serve and is accomplished through the Community Health Improvement outreach programs which focus on improving access to healthcare and addressing identified community health needs especially serving vulnerable populations.

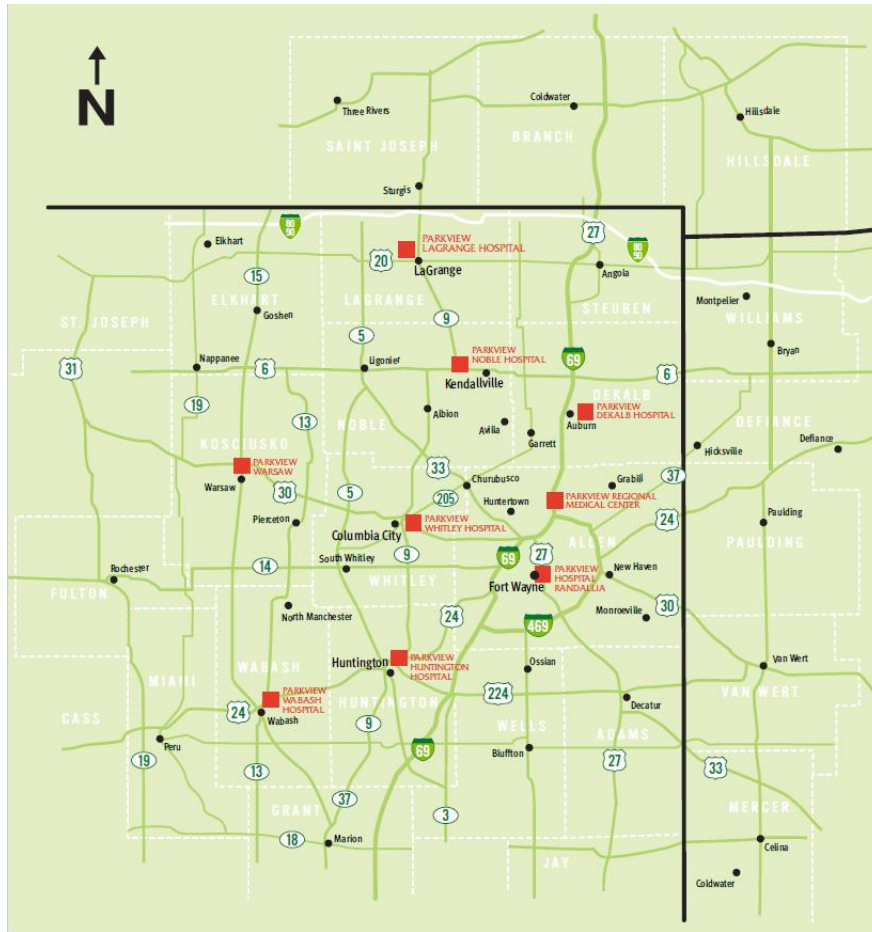


Figure 1: Parkview Health service area

## Introduction

Huntington Memorial Hospital, Inc. is a charitable, not-for-profit, community-owned hospital and consists of 36 beds located in the City of Huntington in Huntington County, Indiana.

Huntington Memorial Hospital, Inc. is home to medical, surgical, CCU, and Family Birthing services. We have a full-service, 24-hour emergency department including a “safe room” for patients who may be experiencing a behavioral health crisis. Other specialty services include: Sleep Disorders Lab, ATU Clinic, Diagnostic Services, EMS, Medication Infusion Unit, Parkview Physicians Group, Parkview Center for Wound Healing, Holly D. Sale Rehabilitation and Wellness Center: physical, occupational and speech therapy for adult and pediatric needs, sports medicine, manual therapy, lymphedema therapy, vestibular rehab, cardiac and pulmonary rehab, breast cancer pre-/post-treatment assessment, nutritional counseling, diabetes education, and fitness center, and Physicians Specialty Clinic: houses specialty physicians who travel to Huntington on scheduled weekday(s) to accommodate the needs of patients for consultation visits, follow-up visits and/or procedures for cardiology, colorectal, neurology, urology, nephrology, pain management and pulmonology.

## Community Served

According to the United States Census Bureau, Huntington County’s estimated total population is 36,520 and the poverty rate is 11.6% (2018).<sup>1</sup>

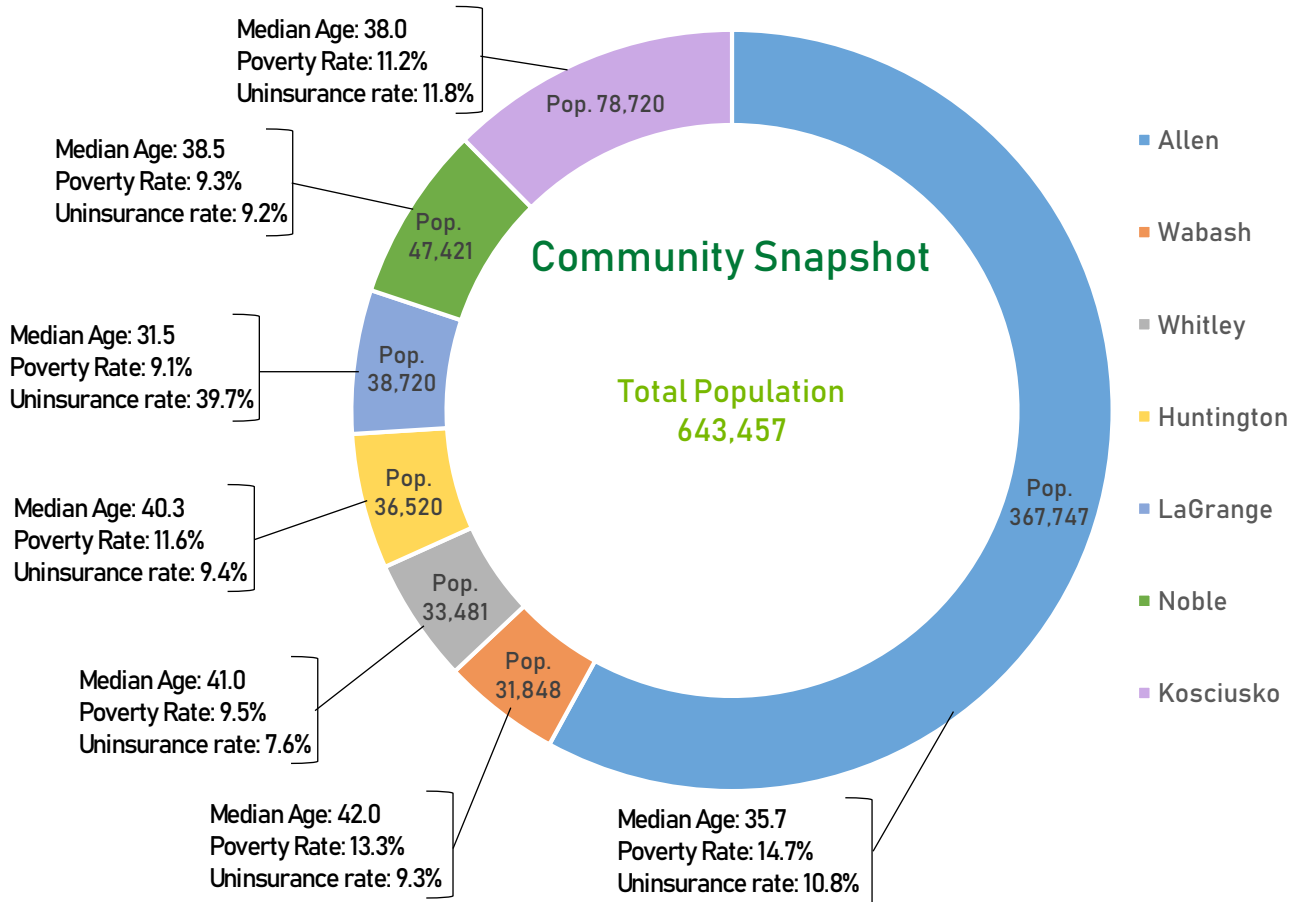


Figure 2

<sup>1</sup> “US Census Bureau (American Community Survey 2013-2017 Five-year Averages).” United States Census Bureau, July 1, 2018, <https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/2017/>

## Ranking of Community Health Needs

The 2019 top-ranking indicators for Huntington County are shown in **Table 1**. For Huntington County three of the top five health concerns – cardiovascular disease and diabetes and obesity – are etiologically and clinically related health issues. If we consider the top 10 health concerns in the region, one other related need is identified: drug and alcohol use and addiction. Mental health disorders are one of the risk factors for developing substance use disorder. These rankings are indicative of interrelated and interconnected health conditions, providing a broader picture of the health issue experienced by the community and rendering credence to the methodology adopted for this purpose. Comparing the 2016 and 2019 Community Health Needs Assessment (CHNA) rankings for the Parkview Region, we see that Cardiovascular Disease (Rank 6 to 1) and Aging (Rank 12 to 5) moved to the top five. Changes in the methodology for calculating “size of the health issue” and “effectiveness of intervention” may have contributed to this change.

| Health Need / Concern                          | Health Indicator                                    | 2019 Rank |            |           |          |       |        |         |           | 2016 Rank |
|--|---|-----------|------------|-----------|----------|-------|--------|---------|-----------|-----------|
|  |   | Allen     | Huntington | Kosciusko | LaGrange | Noble | Wabash | Whitley | Avg. Rank |           |
| <b>1. Cardiovascular Disease</b>               | Stroke Hospitalizations                             | 1         | 2          | 1         | 1        | 1     | 1      | 1       | 1.1       | <b>6</b>  |
|  | Heart Disease Hospitalizations                      | 1         | 1          | 1         | 1        | 1     | 1      | 3       | 1.3       |           |
| <b>2. Diabetes</b>                             | Adults 20+ ith Diabetes                             | 1         | 2          | 1         | 1        | 1     | 1      | 3       | 1.4       | <b>3</b>  |
| <b>3. Aging</b>                                | Alzheimer's Disease                                 | 5         | 4          | 4         | 1        | 4     | 4      | 3       | 3.6       | <b>12</b> |
| <b>4. Obesity</b>                              | Adults 20+ who are Obese                            | 5         | 6          | 6         | 1        | 4     | 4      | 3       | 4.1       | <b>2</b>  |
| <b>5. Drug &amp; Alcohol Use and Addiction</b> | Non-Fatal ED Visits due to Opioid Overdoses         | 1         | 4          | 4         | 12       | 10    | 4      | 11      | 6.6       | <b>5</b>  |
| 6. Mental Health                               | Percent of Population with Frequent Mental Distress | 7         | 7          | 7         | 10       | 6     | 7      | 7       | 7.3       | <b>10</b> |
| <b>Drug &amp; Alcohol Use and Addiction</b>    | Adults who Drink Excessively                        | 8         | 7          | 8         | 6        | 6     | 10     | 9       | 7.7       | <b>5</b>  |
| 7. Tobacco Use                                 | Adults who Smoke                                    | 8         | 7          | 12        | 8        | 8     | 8      | 7       | 8.3       | <b>1</b>  |
| <b>8. Maternal Child Health</b>                | Child Abuse and Neglect                             | 10        | 10         | 17        | 6        | 8     | 8      | 1       | 8.6       | <b>4</b>  |

Table 1: Top Ranking Indicators (2019 CHNA Page 51)<sup>2</sup>

<sup>2</sup> “2019 Community Health Needs Assessment Parkview Huntington Hospital, Huntington County,” Community Health Improvement (Local Health Needs), Parkview Health, December 2019, <https://www.parkview.com/community/community-health-improvement/local-health-needs>.

# CHNA/Implementation Strategy Process

Based on the 2019 CHNA results, our internal team along with external partner organizations decided to continue to build on health initiatives that have been developed and have evolved over the last six years related to obesity, alcohol and substance abuse/addiction in Huntington County. Adding a mental health priority, along with substance abuse, we feel will further strengthen our work in this area.

Work addressing the current health needs will be very similar to efforts in the past. Community Health Improvement staff, program leads, and partner organizations worked together to formulate the implementation strategy.

The implementation strategy report was reviewed, discussed and approved (adopted) first by Board Planning, a committee of the Huntington Memorial Hospital, Inc.'s Board of Directors. The implementation strategy report based on the priorities set through the most recent CHNA process was then presented and approved (adopted) by the full Parkview Hospital Board of Directors in May of 2020.

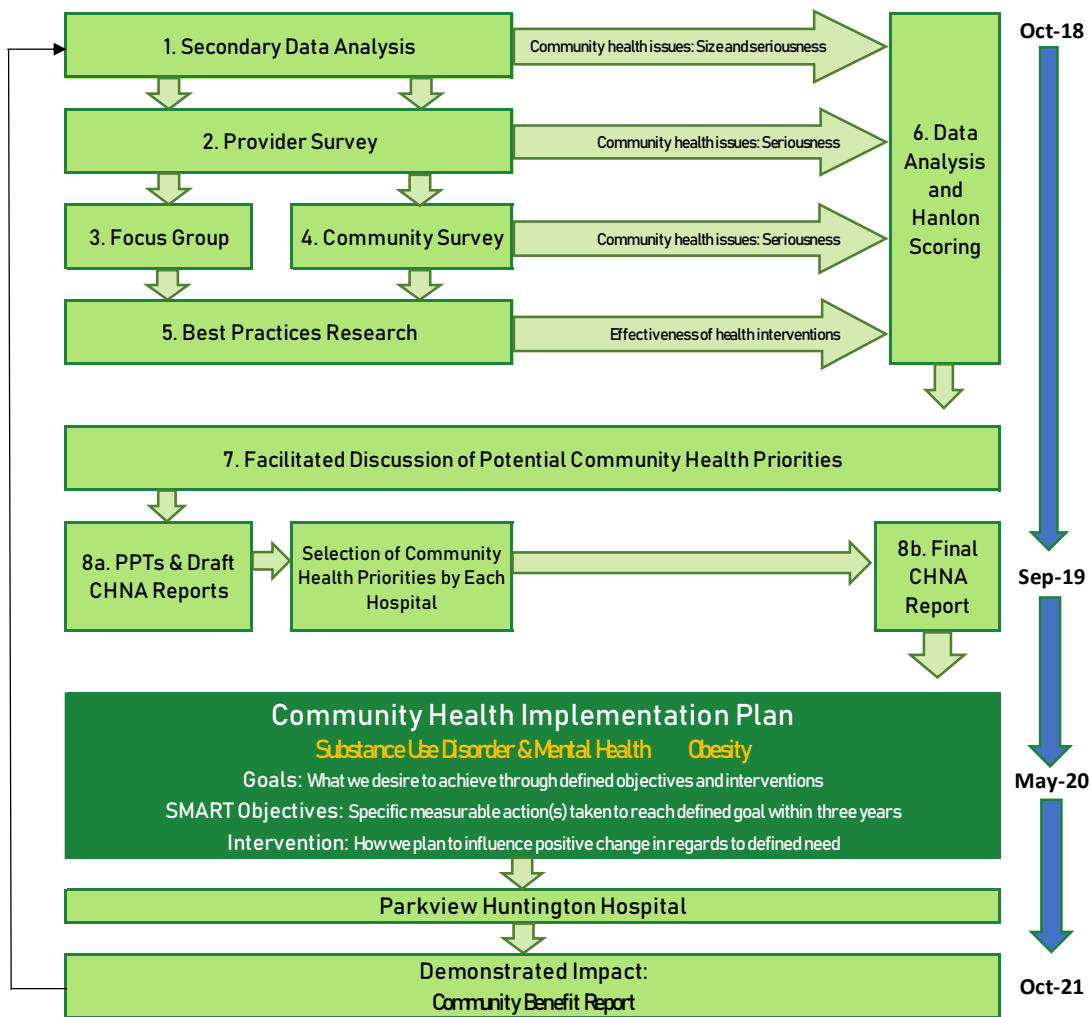


Figure 3: Key activities of the CHNA and implementation strategy development

## Prioritization Process

A modified Hanlon Method prioritized health concerns for Parkview Health hospital communities. This method, also known as the Basic Priority Rating System (BPRS) 2.0, is recommended by the National Association of County and City Health Officials (NACCHO) for prioritizing community health needs (Guide-to-Prioritization-Techniques.pdf, n.d.). Although complex to implement, it is useful when the desired outcome is an objectively selected list. Explicit identification of factors must be considered to set priorities which enables a transparent and replicable process. Priority scores are calculated based on the size of the health problem, seriousness of the health problem and the availability of effective health interventions.

The Indiana Partnership for Health Communities presented an overview of the Regional CHNA findings on July 16, 2019, to attendees representing the Parkview Health system. In total over 60 individuals participated in the prioritization process, including representatives from hospital service lines, community hospitals, healthcare providers/physicians, executive leadership team, community health and the board of directors. After a thorough review of the data and considerable discussion, the group used an electronic voting system to rank the various health needs identified in the CHNA. Ultimately, the group voted on Substance Use Disorder/Mental Health, as the shared health priority across the health system.

As a continuation of the prioritization process, Huntington Memorial Hospital, Inc.'s Board of Directors met on August 18, 2019, and discussed the results of the CHNA. After a thoughtful review of the data and extensive discussion, the board chose to continue to support the prior work related to obesity and substance abuse disorder in addition to adopting the shared health priority of mental health. Our priorities were shared and discussed with the Huntington County Health & Wellness Coalition on September 17, 2019. Members of this coalition provide a wide representation of our external partners who played an active role in the CHNA.



# Community Health Implementation Plan

## Implementation Plan for each Health Priority

Implementation strategies are illustrated below according to health priority. Each health priority is highlighted in a separate color.

### Substance Use Disorder/Mental Health

| Identified Health Need: Substance Use Disorder/ Mental Health   |   |   |  |   |
|---|---|---|--|---|
| Goal: Address substance abuse and break the stigma of mental health in Huntington County                                  |   |   |  |   |
| Objective: Improve knowledge and/or behavior related to substance abuse and mental health in 100% of program participants |   |   |  |   |
| Program   | Indicator   | Interventions   | Anticipated Impact   | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Bowen Jail Services</li> </ul>   | <ul style="list-style-type: none"> <li># of participants</li> </ul> | <ul style="list-style-type: none"> <li>Therapeutic treatment for those (youth and adults) who cannot afford to pay for treatment until they are connected to the necessary resources</li> </ul> | <ul style="list-style-type: none"> <li>Decrease likelihood of recidivism</li> <li>Increase chance of maintaining sobriety</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Bowen Center</li> <li>Huntington County Jail</li> </ul> |

| Identified Health Need: Substance Use Disorder/ Mental Health   |  |   |  |   |
|---|--|---|--|---|
| Goal: Address substance abuse and break the stigma of mental health in Huntington County                                  |  |   |  |   |
| Objective: Improve knowledge and/or behavior related to substance abuse and mental health in 100% of program participants |  |   |  |   |
| Program   | Indicator  | Interventions   | Anticipated Impact   | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Kids Kampus</li> </ul>   | <ul style="list-style-type: none"> <li># of families served</li> </ul> | <ul style="list-style-type: none"> <li>Families in poverty with children aged 0-3 are provided education through Early Head Start program. Part of the intake for this program is assessing drugs and/or alcohol use. Recovery goals and strategies are developed.</li> </ul> | <ul style="list-style-type: none"> <li>Trained staff will be able to recognize substance abuse and how to support families in their journey to recovery</li> </ul> | <ul style="list-style-type: none"> <li>Pathfinder Services</li> </ul> |

| Identified Health Need: Substance Use Disorder/ Mental Health   |   |   |   |   |
|---|---|---|---|---|
| Goal: Address substance abuse and break the stigma of mental health in Huntington County                                  |   |   |   |   |
| Objective: Improve knowledge and/or behavior related to substance abuse and mental health in 100% of program participants |   |   |   |   |
| Program   | Indicator   | Interventions   | Anticipated Impact  | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Preventive Health Education</li> </ul>   | <ul style="list-style-type: none"> <li># participants in grades K-12</li> </ul> | <ul style="list-style-type: none"> <li>Gain knowledge necessary to avoid peer pressure through refusal skills, learn the myths associated with opioids, discover how difficult even simple tasks can be when the nervous system is altered by a drug, and the effects these drugs have on the brain and body</li> <li>Gain the knowledge surrounding the hidden costs of smoking in a monetary sense, as well as the effects of smoking on physical health, and learn how unglamorous smoking really is.</li> </ul> | <ul style="list-style-type: none"> <li>Increase knowledge by 35%</li> </ul> | <ul style="list-style-type: none"> <li>McMillen Health</li> </ul> |

| Identified Health Need: Substance Use Disorder/ Mental Health   |  |  |   |  |
|---|--|--|---|--|
| Goal: Address substance abuse and break the stigma of mental health in Huntington County                                  |  |  |   |  |
| Objective: Improve knowledge and/or behavior related to substance abuse and mental health in 100% of program participants |  |  |   |  |
| Program   | Indicator  | Interventions  | Anticipated Impact  | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Positive Action</li> </ul>   | <ul style="list-style-type: none"> <li># of program participants (youth in grades K-12)</li> </ul> | <ul style="list-style-type: none"> <li>Youth will learn ways to increase their self-esteem during the 30-minute program offered twice a week for 16 weeks</li> </ul> | <ul style="list-style-type: none"> <li>Keeping youth from the negative pressure to use alcohol and drugs</li> </ul> | <ul style="list-style-type: none"> <li>Parkview Boys &amp; Girls Club</li> </ul> |

**Identified Health Need: Substance Use Disorder/ Mental Health**

**Goal: Address substance abuse and break the stigma of mental health in Huntington County**

**Objective: Improve knowledge and/or behavior related to substance abuse and mental health in 100% of program participants**

| Program  | Indicator   | Interventions   | Anticipated Impact  | Internal/External Partners  |
|--|---|---|---|---|
| <ul style="list-style-type: none"> <li>Co-Parenting for Successful Kids</li> </ul> | <ul style="list-style-type: none"> <li># of participants</li> </ul> | <ul style="list-style-type: none"> <li>Research-based education class designed to help families cope with divorce and custody</li> <li>Designed for separating, divorcing or non-married parents</li> </ul> | <ul style="list-style-type: none"> <li>Increased knowledge of how children are affected by divorce</li> <li>Increased knowledge on what can be done to help child(ren) adjust to divorce</li> <li>Increased knowledge on how to use "I" messages</li> <li>Increased knowledge on how to keep child(ren) "out of the middle" of conflict</li> <li>Positive behavior change concerning the above</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Purdue Extension</li> <li>Place of Grace</li> </ul> |

**Identified Health Need: Substance Use Disorder/ Mental Health**

**Goal: Address substance abuse and break the stigma of mental health in Huntington County**

**Objective: Improve knowledge and/or behavior related to substance abuse and mental health in 100% of program participants**

| Program  | Indicator  | Interventions  | Anticipated Impact  | Internal/External Partners   |
|--|--|--|---|--|
| <ul style="list-style-type: none"> <li>Guiding Good Choices</li> </ul> | <ul style="list-style-type: none"> <li># of parent participants with youth aged 9 to 14</li> </ul> | <ul style="list-style-type: none"> <li>Parents will learn ways to talk to their children effectively about drugs and alcohol during five sessions which are 2.5 hours in length</li> </ul> | <ul style="list-style-type: none"> <li>Surveys at the end of the program show impact on substance abuse, alcohol abuse, parenting behaviors and family interactions, delinquency, and depression</li> </ul> | <ul style="list-style-type: none"> <li>Parkview Boys &amp; Girls Club</li> </ul> |

**Identified Health Need: Substance Use Disorder/Mental Health**

**Goal: Address substance abuse and break the stigma of mental health in Huntington County**

**Objective: Improve knowledge and/or behavior related to substance abuse and mental health in 100% of program participants**

| Program  | Indicator  | Interventions  | Anticipated Impact  | Internal/External Partners                                       |
|--|--|--|---|--|
| <ul style="list-style-type: none"> <li>Place of Grace Residential Program</li> </ul> | <ul style="list-style-type: none"> <li># of women caught in the criminal justice system for reasons related to addictions, abuse, and poverty who enter the program</li> </ul> | <ul style="list-style-type: none"> <li>Each woman is linked with the appropriate community resource to assist with finding employment</li> <li>One-on-one connections with a sponsor and/or mentor, others in recovery, and volunteers who teach classes on various topics health and wellness topics</li> </ul> | <ul style="list-style-type: none"> <li>Residents gainfully employed prior to graduation</li> <li>Increased knowledge of community resources</li> <li>Increased self-esteem</li> </ul> | <ul style="list-style-type: none"> <li>Place of Grace</li> </ul> |

**Identified Health Need: Substance Use Disorder/Mental Health**

**Goal: Address substance abuse and break the stigma of mental health in Huntington County**

**Objective: Improve knowledge and/or behavior related to substance abuse and mental health in 100% of program participants**

| Program  | Indicator  | Interventions   | Anticipated Impact   | Internal/External Partners  |
|--|--|---|--|---|
| <ul style="list-style-type: none"> <li>Suicide Prevention</li> </ul> | <ul style="list-style-type: none"> <li># of both adult and youth participants</li> </ul> | <ul style="list-style-type: none"> <li>Adult suicide prevention (QPR) trainings</li> <li>7<sup>th</sup> grader Life Lines youth suicide prevention trainings</li> <li>High school student training through various courses and/or groups such as Freshman Mentors</li> <li>Trained staff available 24/7 to assist youth in times of crisis</li> </ul> | <ul style="list-style-type: none"> <li>Adults and youth will have increased knowledge of the risk factors, warning signs and appropriate action steps regarding suicide prevention</li> <li>Youth will be provided with immediate assistance during times of crisis</li> </ul> | <ul style="list-style-type: none"> <li>Youth Services Bureau</li> </ul> |

| Identified Health Need: Substance Use Disorder/ Mental Health   |   |  |   |   |
|---|---|--|---|---|
| Goal: Address substance abuse and break the stigma of mental health in Huntington County                                  |   |  |   |   |
| Objective: Improve knowledge and/or behavior related to substance abuse and mental health in 100% of program participants |   |  |   |   |
| Program   | Indicator   | Interventions  | Anticipated Impact  | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>• Sober Fest</li> </ul>  | <ul style="list-style-type: none"> <li>• # of participants</li> </ul> | <ul style="list-style-type: none"> <li>• One day event open to all Huntington County citizens in substance use recovery celebrating recovery including a walk, representatives from community resources, and family-friendly events</li> </ul> | <ul style="list-style-type: none"> <li>• Increased knowledge of community resources</li> <li>• Those in recovery will report that their recovery has been strengthened</li> </ul> | <ul style="list-style-type: none"> <li>• The Huntington County Health &amp; Wellness Coalition</li> <li>• Place of Grace</li> </ul> |
| Total Planned Resource Commitment for Need: \$58,925 Annually   |   |  |   |   |

## Obesity

| Identified Health Need: Obesity   |  |   |   |  |
|---|--|---|---|--|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |  |   |   |  |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |  |   |   |  |
| Program   | Indicator  | Interventions   | Anticipated Impact  | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>• Power Club</li> </ul>  | <ul style="list-style-type: none"> <li>• # middle school participants</li> </ul> | <ul style="list-style-type: none"> <li>• One hour of homework help and one hour of exercise two days each week after school</li> <li>• Cooking classes and other life skills also offered along with a weekly speaker to focus on social and mental health</li> </ul> | <ul style="list-style-type: none"> <li>• Increased knowledge with regards to fitness and nutrition</li> </ul> | <ul style="list-style-type: none"> <li>• The Huntington County Health &amp; Wellness Coalition</li> <li>• Parkview Huntington Family YMCA</li> <li>• YWCA of Northeast Indiana</li> <li>• Purdue Extension</li> <li>• Huntington County Community School Corporation</li> <li>• Youth Services Bureau</li> </ul> |

| Identified Health Need: Obesity   |  |   |  |  |
|---|--|---|--|--|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |  |   |  |  |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |  |   |  |  |
| Program   | Indicator  | Interventions   | Anticipated Impact   | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Blessings in a Backpack</li> </ul>                                   | <ul style="list-style-type: none"> <li># of program participants</li> <li>Teacher and guidance counselor effectiveness survey</li> </ul> | <ul style="list-style-type: none"> <li>Provide free weekend food to elementary students who receive free or reduced lunch from the school</li> <li>Financial support through volunteer led fundraisers, food drives, and community impact events</li> </ul> | <ul style="list-style-type: none"> <li>Decrease childhood hunger</li> <li>Improved academic performance, attendance, health, and overall behavior</li> <li>Increase community awareness</li> </ul> | <ul style="list-style-type: none"> <li>Community individuals and businesses</li> </ul> |

| Identified Health Need: Obesity   |  |   |  |  |
|---|--|---|--|--|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |  |   |  |  |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |  |   |  |  |
| Program   | Indicator  | Interventions   | Anticipated Impact   | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Healthy Habits</li> </ul>  | <ul style="list-style-type: none"> <li># of program participants (youth in grades K-12)</li> </ul> | <ul style="list-style-type: none"> <li>Throughout the school year and the summer will participate in MyPlate nutrition lessons</li> <li>Youth will eat breakfast before school</li> </ul> | <ul style="list-style-type: none"> <li>Will use MyPlate guidelines in planning snacks and meals</li> <li>Youth will be able to make 3 healthy snacks independently</li> <li>Improved academic performance, attendance, health, and overall behavior</li> </ul> | <ul style="list-style-type: none"> <li>Parkview Boys &amp; Girls Club</li> </ul> |

| Identified Health Need: Obesity   |  |  |   |  |
|---|--|--|---|--|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |  |  |   |  |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |  |  |   |  |
| Program   | Indicator  | Interventions  | Anticipated Impact  | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Daily Fitness</li> </ul>   | <ul style="list-style-type: none"> <li># of program participants (youth in grades K-12)</li> </ul> | <ul style="list-style-type: none"> <li>Dance Club offered 5 days per week, 25 weeks per year</li> <li>Running Club offered 5 days per week during the summer</li> <li>Bicycling Club offered one day per week during the summer</li> <li>Gym offered every hour</li> <li>Fitness classes offered 2 days per week for 50 weeks out of the year</li> </ul> | <ul style="list-style-type: none"> <li>Youth will be physically active for 60 minutes or more for at least 3 days per week</li> </ul> | <ul style="list-style-type: none"> <li>Parkview Boys &amp; Girls Club</li> </ul> |

| Identified Health Need: Obesity   |   |   |   |   |
|---|---|---|---|---|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |   |   |   |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |   |   |   |   |
| Program   | Indicator   | Interventions   | Anticipated Impact  | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Preventive Health Education</li> </ul>                               | <ul style="list-style-type: none"> <li># participants in grades K-12</li> </ul> | <ul style="list-style-type: none"> <li>Students will learn the truth regarding how television media persuades students to eat junk food; the harmful effects of fad diets, anorexia, bulimia, and obesity; they will also gain the knowledge to use basic food guidelines-reading food labels, understanding fitness facts and learning about preventive healthy choices</li> </ul> | <ul style="list-style-type: none"> <li>Increase knowledge by 35%</li> </ul> | <ul style="list-style-type: none"> <li>McMillen Health</li> </ul> |

| Identified Health Need: Obesity   |   |   |   |  |
|---|---|---|---|--|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |   |   |  |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |   |   |   |  |
| Program   | Indicator   | Interventions   | Anticipated Impact  | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Huntington Area Transportation (HAT)</li> </ul>                      | <ul style="list-style-type: none"> <li># of trips provided</li> </ul> | <ul style="list-style-type: none"> <li>Low cost fares including transportation to the New Life food ministry, grocery stores, and YMCA</li> </ul> | <ul style="list-style-type: none"> <li>Riders receive safe affordable, on-time transportation to and from their desired destinations which include those to obtain food and increase physical activity</li> </ul> | <ul style="list-style-type: none"> <li>Huntington County Council on Aging</li> </ul> |

| Identified Health Need: Obesity   |  |  |   |   |
|---|--|--|---|---|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |  |  |   |   |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |  |  |   |   |
| Program   | Indicator  | Interventions  | Anticipated Impact  | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Kids Kampus</li> </ul>   | <ul style="list-style-type: none"> <li># of families served</li> </ul> | <ul style="list-style-type: none"> <li>Newsletters including budget friendly nutrition and exercise information</li> <li>Parent wellness education kiosk</li> <li>Two group wellness sessions per year for parents</li> <li>Dietitian planned menus</li> <li>70 to 90 minutes of physical activity encouraged daily</li> </ul> | <ul style="list-style-type: none"> <li>Parents learn healthy habits and tips to pass down to their family</li> <li>Children learn to enjoy healthy snacks and meals, as well as, find enjoyment in daily physical activity</li> </ul> | <ul style="list-style-type: none"> <li>Pathfinder Services</li> </ul> |



| Identified Health Need: Obesity   |   |   |  |   |
|---|---|---|--|---|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |   |  |   |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |   |   |  |   |
| Program   | Indicator   | Interventions   | Anticipated Impact   | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Bowen Center Cooking Class</li> </ul>                                | <ul style="list-style-type: none"> <li># of participants</li> </ul> | <ul style="list-style-type: none"> <li>Participants at each class will gather ingredients, learn and make a new recipe, utilize hygiene techniques and teamwork, and receive a nutrition lesson</li> <li>Faith and Finances program will also be included that addresses good financial literacy in planning and budgeting</li> </ul> | <ul style="list-style-type: none"> <li>Increased intake of fiber</li> <li>Increased variety in diet</li> <li>Increased knowledge and improved behavior with regards to finances</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Love INC</li> <li>Bowen Center</li> </ul> |

| Identified Health Need: Obesity   |  |   |   |   |
|---|--|---|---|---|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |  |   |   |   |
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| Program   | Indicator  | Interventions   | Anticipated Impact  | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Walk Away</li> </ul>   | <ul style="list-style-type: none"> <li># of participants (high school students and staff)</li> </ul> | <ul style="list-style-type: none"> <li>Participants will walk at least one time per week and learn the benefits of exercising</li> <li>Informal group of students wanting to “walk away” from anxiety, depression, extra weight, school drama, and home drama.</li> </ul> | <ul style="list-style-type: none"> <li>Increased physical activity</li> <li>Decreased feelings of depression or anxiety</li> <li>Ability to identify at least one additional coping strategy</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Huntington County Community School Corporation</li> <li>Purdue Extension</li> </ul> |

| Identified Health Need: Obesity   |  |   |   |   |
|---|--|---|---|---|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |  |   |   |   |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |  |   |   |   |
| Program   | Indicator  | Interventions   | Anticipated Impact  | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Access to Wellness</li> </ul>  | <ul style="list-style-type: none"> <li>#of participants</li> </ul> | <ul style="list-style-type: none"> <li>Low-income adults will be provided a fitness membership</li> <li>Free participation in programs including nutrition</li> </ul> | <ul style="list-style-type: none"> <li>Increased physical activity</li> <li>Self-reported increase in healthy nutrition habits</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Parkview Huntington Family YMCA</li> <li>Warren Health and Fitness</li> </ul> |

| Identified Health Need: Obesity   |  |  |  |   |
|---|--|--|--|---|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |  |  |  |   |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |  |  |  |   |
| Program   | Indicator  | Interventions  | Anticipated Impact   | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>4<sup>th</sup> Grade My Life, My Choice</li> </ul>                   | <ul style="list-style-type: none"> <li>Every 4<sup>th</sup> grader in Huntington County</li> </ul> | <ul style="list-style-type: none"> <li>Present a nutrition and wellness lesson using the CATCH (Coordinated Approach to Child Health) and MyPlate curricula</li> </ul> | <ul style="list-style-type: none"> <li>Increased knowledge related to food groups, nutrition labels, fats, and exercise</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Purdue Extension</li> <li>Huntington County Community School Corporation</li> </ul> |

| Identified Health Need: Obesity   |   |  |   |  |
|---|---|--|---|--|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |  |   |  |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |   |  |   |  |
| Program   | Indicator   | Interventions  | Anticipated Impact  | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Grade Swimming</li> </ul>                           | <ul style="list-style-type: none"> <li>• All third-grade students in Huntington County</li> </ul> | <ul style="list-style-type: none"> <li>• Taught benefits of swimming as a lifelong fitness activity</li> <li>• Nutrition education provided</li> </ul> | <ul style="list-style-type: none"> <li>• Increased skill level</li> </ul> | <ul style="list-style-type: none"> <li>• The Huntington County Health &amp; Wellness Coalition</li> <li>• Parkview Huntington Family YMCA</li> <li>• Purdue Extension</li> <li>• Huntington County Community School Corporation</li> </ul> |

| Identified Health Need: Obesity   |   |  |  |   |
|---|---|--|--|---|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |  |  |   |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |   |  |  |   |
| Program   | Indicator   | Interventions  | Anticipated Impact   | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>• Forest School</li> </ul>   | <ul style="list-style-type: none"> <li>• # of participants</li> </ul> | <ul style="list-style-type: none"> <li>• Two sessions during school year, each lasting 2-3 hours taking place outside on school grounds in their natural area</li> <li>• Explore nature in all non-hazardous weather conditions</li> </ul> | <ul style="list-style-type: none"> <li>• Improved physical strength, flexibility, agility and gross motor skills</li> <li>• Increased stamina and endurance</li> <li>• Improved health by engaging all the senses</li> </ul> | <ul style="list-style-type: none"> <li>• The Huntington County Health &amp; Wellness Coalition</li> <li>• Indiana DNR</li> <li>• Huntington County Preschool</li> <li>• Huntington County Community School Corporation</li> </ul> |

| Identified Health Need: Obesity   |   |   |  |  |
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| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |   |  |  |
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| Program   | Indicator   | Interventions   | Anticipated Impact   | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Boost Camp</li> </ul>  | <ul style="list-style-type: none"> <li># of participants</li> </ul> | <ul style="list-style-type: none"> <li>Summer camp 3 days per week for 9 weeks providing an hour of fitness, nutrition, and drug/alcohol education</li> </ul> | <ul style="list-style-type: none"> <li>Increased physical fitness</li> <li>Increased knowledge of each wellness topic</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Parkview Huntington Family YMCA</li> <li>Parkview Huntington Boys and Girls Club</li> <li>Warren Health &amp; Fitness</li> </ul> |

| Identified Health Need: Obesity   |   |  |   |  |
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| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |  |   |  |
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| Program   | Indicator   | Interventions  | Anticipated Impact  | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Living Towers Tower Garden</li> </ul>                                | <ul style="list-style-type: none"> <li># of participants</li> </ul> | <ul style="list-style-type: none"> <li>Three garden towers are in each of the elementary school's academic wings and one at the preschool</li> <li>Students care for the gardens and can try new foods and share the with peers</li> </ul> | <ul style="list-style-type: none"> <li>Increased knowledge and intake of produce</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Flint Springs Elementary</li> <li>Kids Kampus</li> </ul> |

| Identified Health Need: Obesity   |   |   |  |   |
|---|---|---|--|---|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |   |  |   |
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| Program   | Indicator   | Interventions   | Anticipated Impact   | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Helping Hands Community Garden</li> </ul>                            | <ul style="list-style-type: none"> <li># of monthly visits</li> </ul> | <ul style="list-style-type: none"> <li>Nutrition information is provided at Community Garden Harvest sessions</li> <li>Participants tend the garden, learn how and when to pick produce, get the opportunity to taste a variety of produce, and take food items home</li> </ul> | <ul style="list-style-type: none"> <li>Increased consumption of fresh produce</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Purdue Extension</li> </ul> |

| Identified Health Need: Obesity   |   |   |   |  |
|---|---|---|---|--|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |   |   |  |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |   |   |   |  |
| Program   | Indicator   | Interventions   | Anticipated Impact  | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Year-Round Produce Option</li> </ul>                                 | <ul style="list-style-type: none"> <li># of participants</li> </ul> | <ul style="list-style-type: none"> <li>Provide canned fruit and vegetables to families who receive food from two local food pantries</li> </ul> | <ul style="list-style-type: none"> <li>Increased intake of produce</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Love INC</li> <li>Bread of Life Food Pantry</li> </ul> |

| Identified Health Need: Obesity   |   |   |  |   |
|---|---|---|--|---|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |   |  |   |
| Objective: Improve knowledge and behavior related to nutrition and activity in 100% of program participants |   |   |  |   |
| Program   | Indicator   | Interventions   | Anticipated Impact   | Internal/External Partners  |
| <ul style="list-style-type: none"> <li>Membership for All</li> </ul>  | <ul style="list-style-type: none"> <li>All middle school aged youth in Huntington County</li> </ul> | <ul style="list-style-type: none"> <li>YMCA membership offered to every middle school student in Huntington County</li> <li>Middle School Coordinator to oversee activities including intramural sports</li> <li>Sidewalk and crosswalk allowing access from one of the middle schools to the YMCA</li> </ul> | <ul style="list-style-type: none"> <li>Youth become more physically active resulting in improved health, lower obesity rates, and a lifelong appreciation for the benefits of physical activity and belonging</li> </ul> | <ul style="list-style-type: none"> <li>Parkview Huntington Family YMCA</li> </ul> |

| Identified Health Need: Obesity   |   |  |  |  |
|---|---|--|--|--|
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| Program   | Indicator   | Interventions  | Anticipated Impact   | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Cooking with Love</li> </ul>   | <ul style="list-style-type: none"> <li># of participants</li> </ul> | <ul style="list-style-type: none"> <li>Monthly nutrition class that targets families who regularly access the community's food pantry</li> </ul> | <ul style="list-style-type: none"> <li>Increase nutrition knowledge and culinary skills</li> </ul> | <ul style="list-style-type: none"> <li>Love In the Name of Christ</li> </ul> |

| Identified Health Need: Obesity   |   |  |  |  |
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| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |  |  |  |
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| Program   | Indicator   | Interventions  | Anticipated Impact   | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Dining with Diabetes</li> </ul>                                      | <ul style="list-style-type: none"> <li># of participants</li> </ul> | <ul style="list-style-type: none"> <li>4-week session series offered free of charge to those with diabetes or pre-diabetes and limited resources/low-income</li> </ul> | <ul style="list-style-type: none"> <li>Increased knowledge of relationship between nutrition and health</li> <li>Adoption of one or more practices to improve food choices and/or activity levels</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Purdue Extension</li> <li>Bread of Life Food Pantry</li> <li>Parkview Huntington Hospital</li> </ul> |

| Identified Health Need: Obesity   |   |  |   |  |
|---|---|--|---|--|
| Goal: Increase access to nutritious food and physical activity in Huntington County                         |   |  |   |  |
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| Program   | Indicator   | Interventions  | Anticipated Impact  | Internal/External Partners   |
| <ul style="list-style-type: none"> <li>Simple and Healthy</li> </ul>  | <ul style="list-style-type: none"> <li># of participants</li> </ul> | <ul style="list-style-type: none"> <li>Families are taught to cook easy to make, affordable, tasty, and nutritious meals together</li> </ul> | <ul style="list-style-type: none"> <li>Increased knowledge of food safety</li> <li>Increased knowledge and intake of healthy recipes</li> </ul> | <ul style="list-style-type: none"> <li>The Huntington County Health &amp; Wellness Coalition</li> <li>Purdue Extension</li> <li>Bowen Center</li> <li>Bread of Life Food Pantry</li> </ul> |
| Total Planned Resource Commitment for Need: \$141,350 Annually  |   |  |   |  |

## Significant Health Needs Not Addressed by the Implementation Strategy

Health needs identified and why the hospital does not intend to address these as part of the implementation strategy:

- Diabetes, Cardiovascular Disease and Cancer – While Huntington Memorial Hospital, Inc. did not select these chronic diseases as top health priorities, our intent is to help to prevent and reduce the presence of chronic conditions like the aforementioned diseases by addressing obesity through nutrition education, increased access to healthy foods, active living programs and education on other healthy lifestyle habits including mental health.
- Maternal/infant/child health prenatal care is offered from Parkview Huntington via the birth planning program. WIC, Kids Kampus also provide services.
- Healthcare access-cost and quality - We collaborate with Parkview Physicians Group to provide the medical coverage that is needed for our community. If an individual does not have a local physician, we provide them with a list of the local physicians and their contact numbers. As appropriate, we refer the patient to the Huntington County Matthew 25 satellite clinic for care.
- Chronic kidney disease - Major risk factors related to chronic kidney disease are diabetes, high blood pressure and age of 60 and older which again we are working to improve by decreasing obesity.
- Asthma-Pathfinder’s Kids Kampus, a Parkview Huntington funded partner, provides Kids Klinik that addresses the needs of those with asthma.
- Aging - Huntington Memorial Hospital, Inc. provides seniors in our community with discounts and other opportunities through our Parkview Senior Club. The Huntington County Council on Aging is one of our funded partners and is involved with the Health & Wellness Coalition.



## For More Information

For Additional information about our facility's Community Health Needs Assessment and Implementation Plan, contact:

**Megan Bobay**  
**Registered Dietitian Nutritionist**  
**Community Health Improvement**  
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**Sonya Foraker**  
**Manager of Finance**  
**Parkview Huntington Hospital**  
**sonya.foraker@parkview.com**

## Board Approval

Approved by Parkview Huntington Hospital Board of Directors May of 2020.

## References

“US Census Bureau (American Community Survey 2013-2017 Five-year Averages).” United States Census Bureau, July 1, 2018, <https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/2017/>.

“2019 Community Health Needs Assessment Parkview Huntington Hospital, Huntington County,” Community Health Improvement (Local Health Needs), Parkview Health, December 2019, <https://www.parkview.com/community/community-health-improvement/local-health-needs>.