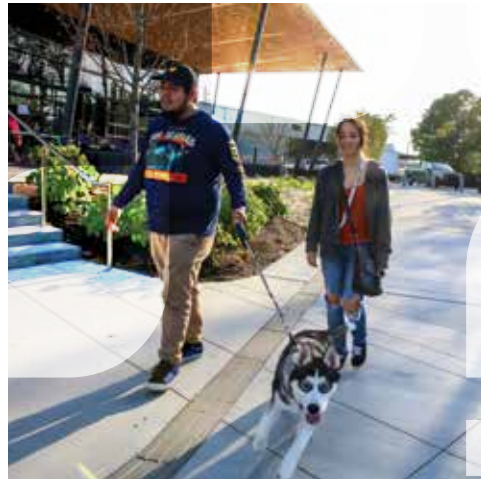


Making a healthy impact.



2020 Report to the Community



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A mission of caring

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

Parkview Health is a not-for-profit health system based in Fort Wayne, Ind. Parkview hospitals and physician offices serve communities throughout northeast Indiana, southern Michigan and northwest Ohio.

This publication reports activities occurring in 2017, 2018 and 2019.



Thoughts from a community partner



Inspired by the Gospel, Matthew 25 Health and Dental Clinic fills a critical need in the community, providing free medical, dental and vision services to uninsured, low-income residents of northeast Indiana and northwest Ohio.

Upon retiring nearly seven years ago, I felt it was my time to pay back all of the blessings that had been bestowed upon me and my family and accepted the CEO position at Matthew 25. When I dove into the operations here, I was overwhelmed by the generosity of this community. The support in terms of financial gifts and people volunteering their time is truly what makes this a wonderful blessing to our community.

The support that Matthew 25 has from Parkview is a relationship that jumped out to me from my very first days at the clinic. Many may think it is only financial support. But the relationship goes much deeper than that, and I thought it was worthwhile to note some of Parkview's most significant contributions:

- Providing laboratory and imaging services at no charge to our referred patients
- Largest single supporter of the capital campaign to build our patient education center
- IT support for our electronic medical records and voice dictation services
- Support from the executive group on projects taking place at the clinic
- Healthcare volunteers including physicians, nurses, dietitians, etc.
- Annual financial support that contributes to underwriting the day-to-day operations of the clinic
- Assisting with identifying a location for our clinic in Huntington

As noted above, there are certainly more items to mention, but my point is, without the Parkview relationship, Matthew 25's ability to serve the thousands of people who come here would be in jeopardy. We are truly fortunate to live in a community that offers the services of Matthew 25, but perhaps more fortunate to have an organization like Parkview that genuinely cares about this community and the people who live in it.

Mark Dixon

CEO

Matthew 25 Health and Dental Clinic, Inc. ■





Addressing the **health priorities** of our region

At Parkview, we are proud to be the resource that many of our community members turn to when they're sick. It's an honor to be there for patients and families when they're at their most vulnerable, and at each Parkview facility, our doctors and nurses focus on making you, the patient, feel better.

It is equally important that we spend time and resources focusing on community-level investments and interventions. We understand that the conditions our patients live and work in, also known as the social determinants of health, play a significant role in their ability to live healthy lives. Many individuals and families living across northeast Indiana do not have access to healthy, affordable food, live in substandard housing, or may not have a safe place to go outside to play and exercise. And at Parkview, we never forget that the health of our community is just as important as that of our patients.

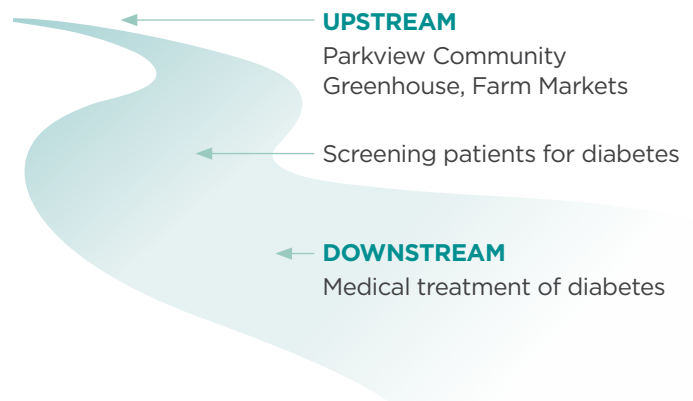
Large-scale, community changes can be accomplished in a number of ways, with the most common being monetary investments or through policies at the state or local government level. In the world of public health, we refer to these as "upstream" interventions. This type of intervention has the potential to prevent disease across an entire population, and Parkview is continually working to address the full spectrum of disease prevention and treatment. For example, when we consider the disease diabetes, we offer medications to treat the illness in those who are already sick, we screen

for diabetes in patients at risk of developing diabetes, and we provide access to healthy foods through the Parkview Community Greenhouse and Learning Kitchen to promote disease prevention for those living in the surrounding neighborhoods.

As the largest health system in the area, Parkview is continually searching for innovative ways to make positive changes in the health of our patients. Through both exceptional patient care and community outreach initiatives and investments, we aim to promote the well-being of all northeast Indiana residents and the communities they live in.



Sarah E. GiaQuinta, MD, MPH
Vice President, Community Health
Parkview Health



Working together for community health and well-being

OUR COMMUNITY PARTNERS

In addition to funding Parkview's health initiatives, the Parkview Community Health Improvement Program supports other community-focused organizations. The following organizations have been selected as health partners to receive program support for specific initiatives that address the health needs of individuals and families in communities throughout northeast Indiana.

ALLEN COUNTY

A Hope Center
A Mother's Hope
Allen County Non-Public Schools
Allen County Purdue Extension
Allen County Neighborhood Health Clinics WIC Indiana
Associated Churches of Fort Wayne and Allen County
Baker Youth Club
Blackhawk Christian School
Boys and Girls Club of Fort Wayne
Bridge of Grace
Brightpoint
Cancer Services of Northeast Indiana
Carriage House, The
City of Fort Wayne, Fort Wayne United
Coburn Corners Daycare
Community Harvest Food Bank of Northeast Indiana, Inc.
Community Transportation Network (CTN)
Early Childhood Alliance (ECA)
East Allen County Schools
Fort Wayne Community Schools
Fort Wayne Parks & Recreation
Fort Wayne Sexual Assault Treatment Center

Fort Wayne Urban League, HealthVisions of Fort Wayne
Girl Scouts of Northern Indiana-Michiana
Healthier Moms and Babies
Lakeland School Corporation
Lutheran Social Services of Indiana
Matthew 25 Health and Dental Clinic, Inc.
Mental Health America of Allen County, Inc.
Neighborhood Health Clinics, Inc.
Northeast Indiana Positive Resource Connection
Northwest Allen County Schools
Parkview Warsaw YMCA
Rescue Mission, The
Ronald McDonald Care Mobile
Salvation Army, The
Shepherd's House
St. Joseph Community Health Foundation
Stop Child Abuse and Neglect (SCAN), Inc.
Tobacco Free Allen County
Turnstone Center
Villages of Hanna
Vincent Village, Inc.
Warsaw Community Schools

Youth for Christ
YWCA Northeast Indiana

Partial list of community partners for the Healthy Eating Active Living Initiative (HEAL), a partnership with St. Joseph Community Health Foundation:

Big Brothers Big Sisters
Boys and Girls Club of Fort Wayne
Brightpoint
Come As You Are Community Church (CAYACC)
Fort Wayne Community Schools
Fort Wayne Housing Authority
Fort Wayne Parks and Recreation
Growth in Agriculture Through Education (GATE)
Joshua's Temple
King's Chapel Assembly
New Zion Tabernacle
Redemption House
Shepherd of the City
Trinity United Methodist
Vincent Village, Inc.

HUNTINGTON COUNTY

Blessings in a Backpack
Boys and Girls Club



Cancer Services of Huntington County
 Cancer Services of Northeast Indiana
 Harold W. McMillen Center
 for Education
 Huntington County Council on Aging
 Huntington County
 Emergency Shelter
 Love INC of Huntington County
 Pathfinder Services/Kids Kampus
 Place of Grace
 United Way — Huntington Co.
 Health & Wellness
 YMCA — Scholarships
 Youth Services — On Your Way Up
 Youth Services — Teen
 Suicide Prevention
 Youth For Christ USA, Inc.

LAGRANGE COUNTY

Brightpoint
 Cancer Services of Northeast Indiana
 Cole Center Family YMCA
 LaGrange County Council on Aging
 LaGrange County
 Economic Development

NOBLE COUNTY

Activate Noble County
 Cancer Services of Northeast Indiana
 Cole Center Family YMCA
 Common Grace Ministries, Inc.
 Drug Free Noble County
 Harold W. McMillen Center for
 Health Education, Inc.
 Healthier Moms and Babies
 Life and Family Services
 (BABE and PEERS programs)
 Noble County ARC
 Noble County Council on
 Aging — Transportation
 Noble County
 Economic Development
 Noble House Ministries
 Noble Trails, Inc.

WABASH COUNTY

Advantage Housing
 Blessings in a Backpack
 Cancer Services of Northeast Indiana
 Community Action of Northeast
 Indiana, Inc. (CANI)
 Grow Wabash County (formerly
 Economic Development Group
 of Wabash County)
 LIFE Center

Living Well in Wabash County
 Mental Health America
 Rock City Bike Club
 Wabash City Schools
 Wabash County Tobacco
 Free Coalition
 Wabash County YMCA
 Wabash Market Place

WHITLEY/KOSCIUSKO COUNTIES

B.A.B.E. Program of Whitley County
 Brightpoint (Covering Kids
 and Families)
 Cancer Services of Northeast Indiana
 Center for Whitley County Youth
 Healthy Community Coalition
 of Kosciusko County
 Junior Achievement serving
 Whitley County
 Kosciusko Community YMCA
 Mission 25
 Multi-County Medical
 Outreach Clinic
 One Community
 Whitley County Economic
 Development Corporation
 Whitley County Farmers Market



Real stories of recovery

Parkview Behavioral Health Institute's recovery coaches work in a variety of settings to address the opioid addiction crisis that has gripped our region and our state.

Helping a young mom

Melissa Hall, MSW, maternal recovery specialist, was working with a young pregnant woman after she accidentally overdosed on an opioid. The young woman had been treated in the Emergency Department (ED) and was referred to Melissa through one of the coaches in the ED. Melissa and the woman stayed in contact for about six weeks and then lost contact. Melissa continued to reach out but didn't hear anything back until the woman gave birth. Unfortunately, the woman had undergone an emergency C-section, and the baby had been transported to the Neonatal Intensive Care (NICU) for advanced care.

Melissa was contacted by a social worker at the hospital where the baby was born. Working with the social worker, Melissa developed a comprehensive plan of care for this young woman's recovery that would help the entire family successfully battle the disease of her substance use disorder.

Melissa was also able to get the young mom into the residential treatment program at Park Center. The staff members at Park Center were all highly supportive and

looked for innovative ways to help the young mother. Krista Swinford, program manager for residential addiction services, and her team went above and beyond to make sure this young mother could regularly visit her baby in the NICU during her stay in the residential program. The staff made numerous trips to the NICU so that mom could have the chance to bond with her baby. She was able to hold, feed and change her baby throughout her stay. The incredible support provided by all of the caregivers was truly life changing for this mother and her family.

This young woman has maintained contact with Melissa for several months and notes that this is the longest period of time she has been in recovery. Melissa is grateful for the opportunity to work with mothers who are working toward recovery from substance use disorder. She never gave up hope that this mom would find her path to well-being. In addition, the mom, now in full-time recovery, is about to regain custody of her son and is committed to establishing a healthy life for both of them. ■

More success stories

Frederica Rogers, BSW, recovery coach, had been working with a woman since July 2018, during which time the patient started medication-assisted treatment to support her recovery. Since then, the patient has graduated from college with her undergraduate degree in social work and is now working full time in a local social service agency. Additionally, she recently moved into her own apartment, is no longer on medication-assisted treatment, and is expecting a baby in a few months.

Frederica attests to the grateful stories she hears daily and to the wonder of how lives are changed through recovery. She recalled one patient who changed his number so individuals he associated with when using drugs could no longer contact him. He did, however,

share his new number with Frederica so she could still contact him to “hold him accountable for his actions and check in on him.”

Parkview has seen many people enter into recovery through this work. According to Elisabeth (Liz) Andrews-Murray, MSW/LSW, program manager, in just over a year and a half, the team has had more than 500 individuals enter into some level of treatment. Liz feels it’s important to recognize that people battling substance use often want to get better. They have a strong desire to live a richer and more robust life, but navigating the barriers to recovery can be challenging. Experience suggests that if those working through recovery receive help and support, their futures can be bright. ■





Cooking with Love

Parkview Huntington Hospital (PHH) and Love INC have cooked up a truly healthy partnership. Since 2017, they've teamed up to help people on very limited incomes stretch their food budgets while increasing their options for flavorful meals — all to help them establish a healthier lifestyle.

Their joint class, Cooking with Love, equips residents with basic cooking skills while encouraging them to try unfamiliar foods, or familiar foods prepared in new ways. The goal is to inspire participants to prepare healthier meals for themselves and their family members — an important step in fighting obesity and managing chronic health issues.

Love INC is a Huntington not-for-profit that provides a menu of programs serving the essential needs of low-income area residents, including a food pantry, thrift store, free telemedicine health clinic, pet food pantry and much more.

The Cooking with Love class is yet another offering that has drawn on Love INC's supportive relationships with local organizations to enrich its usefulness for participants. For instance, the class sessions often use items from the on-site food pantry, and underwriting from the Huntington County Medical Society provides class participants with free ingredients so they can try preparing the recipes at home. A different topic is highlighted each month, and groups including the Huntington City-Township Library, the Parkview Huntington YMCA and the Purdue Extension office

have joined PHH in providing guest speakers to educate participants on:

- Lowering sodium intake
- Walking and biking for exercise
- Vegetarian cooking
- Buying seasonal produce to stretch food dollars, and keeping it fresh longer
- Avoiding sugar
- Remaking comfort foods
- Picking the best cuts of meat for the money, and cooking them for better results
- Benefits of Tai Chi and yoga, and using a chair to perform poses

The program grew out of an inspiration in 2016. Love INC approached PHH and proposed converting office spaces at its facility into a teaching kitchen and multipurpose room where the organization could provide cooking classes and other educational opportunities to help combat obesity, a priority area that had been identified in Parkview's community health needs assessment (CHNA).

PHH's board was very interested and made Love INC an offer: Raise a portion of needed funds, and the hospital would provide Community Health Improvement (CHI) funding to match those dollars two-for-one. Love INC raised \$5,000, so with the additional \$10,000 match from PHH and donated labor from skilled volunteers, the organization was able to set up a well-equipped kitchen with a shared space for meetings. Two ovens



with gas stovetops, divided sinks, a refrigerator, a wall of storage cabinets and an oversized island offer plenty of functional space that now serves a variety of people seeking practical and affordable healthy living advice and instruction. Spanish language cooking classes are also available.

PHH's experts in nutrition and fitness have presented classes several times since the kitchen's opening in 2017. Megan Bobay, clinical dietitian, works regularly with Kelley Miller, Love INC's food pantry coordinator.

"Kelley has done an amazing job growing and nurturing the Cooking with Love program," says Bobay. "In addition, she has been a vital part of our local Food Resource Group, a subcommittee of Huntington's Health and Wellness Coalition. Through that group, Love INC receives funding for canned fruit and veggies in the winter months to help subsidize Love's food pantry offerings."

Interest in Cooking with Love started off strong from the beginning, with classes averaging 15 participants per session in 2018. Participation continued to grow in 2019, averaging 17 people per session. Pre- and post-testing for each of the nine classes taught in 2018 showed either stable or increased knowledge, understanding or intent to improve health 95 percent of the time.

"Having our kitchen has enabled us to bring together so many resources to give more choices to people whose choices have been severely limited by their

income and other circumstances," says Miller, who came to Love INC with a nursing background and a passion for community health.

Clients of Pathfinder Services, which provides comprehensive services for people coping with disabilities or economic challenges, have been among the class participants. In 2019, Pathfinder's Rebecca Dubuc provided the following glowing report on the impact of Cooking with Love classes:

"I wanted to reach out and let you know how much our clients have benefited from the cooking class this year," she said. "The group is always asking when the next class is, and they all really look forward to going. I am so proud of how much they have learned..."

Rebecca continued, "I am also impressed that they are willing to try and eat more of the recipes they cooked now than what they were willing to try in the beginning. They have learned a lot about healthier choices, and this program has given them practical experience in how to incorporate those choices in different recipes they love. They have also shared these recipes with their housemates and families, giving this program even further reach into the community. We are so very grateful for this opportunity for our clients! ■



Making a difference for women and children

One of the ways Parkview Women's and Children's Hospital gives back to the community is through the use of Community Health Workers (CHWs) who work with area families to improve their health and well-being.

During the third quarter of 2019, Parkview CHWs served 187 new, unduplicated clients and completed 556 home visits. During these visits, the nurses listened to women's concerns and worked with them to set healthy goals for themselves and their family. Altogether the CHWs empowered the women to achieve 397 individualized goals in such areas as health, education and nutrition.

One recent success story involved a CHW who knew about a local apartment complex that was a hotspot for families new to the area. The CHW introduced herself to the apartment staff and explained the services she could offer pregnant women and new moms. The staff was thrilled and knew of a recent arrival who was interested in connecting with resources.

Two weeks later, the CHW team received a call from "Vonda." Vonda and her children, ages 13, 7, 3 and 5 months, had just moved to Fort Wayne from Chicago. They had been couch-surfing and were glad to finally have stable housing. The CHW spoke over the phone with Vonda and learned that her baby had never seen a primary care provider and that she was eager to transfer her WIC (Women, Infants and Children) benefits from Illinois to Indiana.

The CHW then gathered information about insurance and care providers and even stopped by the local WIC office to get instructions on transferring WIC from another state. During her home visit with Vonda, the CHW encouraged her to set up a doctor's appointment for her baby. Vonda didn't have her own car and was nervous about taking her kids across town in an unfamiliar area. The CHW worked with Vonda to figure out the bus route and offered to ride with her to that first appointment. She knew she could call out points of interest and landmarks along the way.

The Parkview CHW discovered that, thankfully, the baby had a Pack 'n Play®. The other children, however, did not have beds. After that first meeting, the CHW began investigating where free or inexpensive beds could be obtained, and she made plans to tell Vonda at their next visit.

The key to a CHW's success is listening to the client and prioritizing what's important to her. After all, if a woman doesn't know how she's going to feed her children, she's not going to be able to concentrate on much else. When a CHW can address these basic needs, trust is built, and the woman is free to think about higher order needs, such as taking her baby to a well-child visit or signing up for health insurance. In this case, the tasks the CHW helped Vonda complete were personalized and practical, and all contributed to her family's improved health. ■

Taking **healthy steps** for southeast Fort Wayne

Everyone wants to be fit and healthy. But for some in our community, it's not always easy. That's because they live in Medically Underserved Areas — neighborhoods with too few primary care providers, high infant mortality, high poverty or a large elderly population. People living in these areas may also report limited access to safe, affordable places in which to exercise.

The southeast side of Fort Wayne is one such area. But since 2017, Parkview has been doing something about it. Through its Center for Healthy Living, Parkview offers a free fitness program at the Parkview Neighborhood Health Center (Southeast) on E. Paulding Road. The goal of the program is to improve participants' well-being through exercise and referrals to community resources.

The 45-minute, twice-weekly fitness sessions are led by a bilingual Parkview exercise specialist and assisted by a registered nurse and registered dietitian. Participants report not only an increase in mobility and balance, but also a renewed feeling of accountability, new friendships and an expanded support network.

The story of one longtime participant is a shining example. Emboldened by weekly exercise and a free diabetes workshop, the woman lost significant weight and began taking better care of herself. When another individual with diabetes joined the class, the two became friends. The best part of the story? When it was

clear the friend had diabetes, the first woman brought in sample groceries for her new friend to try at home.

For Michelle Bojrab-Wray, MS, RDN, CD, that kind of selfless sharing is a joy to witness. "It was very fulfilling as an educator to see your patient feel so comfortable managing her diabetes that she was able to offer support to another community member," she said.

In addition, program participants have sought out health education and access to resources, such as diabetes education, nutrition education, hands-on cooking classes and/or use of farm markets. It's also common to see participants lined up before and after class to ask health-related questions of the registered nurse or dietitian.

Since the fitness program began in 2017, Parkview has tracked over 1,335 check-ins for its free exercise classes. In 2019 alone, more than 440 check-ins were recorded, and 67% of participants attended more than once.

The program is even attracting participants from outside the 46806 zip code. One woman from the 46835 zip code drives all the way from Fort Wayne's north side to participate in the exercise classes. According to the woman, she is doing it not just for herself, but for the acquired friendships and camaraderie with others who attend. ■

Since the fitness program began in 2017, Parkview has tracked over 1,335 check-ins for its free exercise classes. In 2019 alone, more than 440 check-ins were recorded, and 67% of participants attended more than once.



Encouraging healthy habits to take root

Childhood obesity is a growing concern across the nation, where one in five children is now overweight, according to recent data. But the problem is especially troubling right here in northeast Indiana. Even though there are healthy-weight programs available in our region, most of them are not designed for children, making childhood obesity even harder to treat.

Obviously, engaging in healthy well-being habits can be challenging for anyone, but especially for children. Further, these habits have expanded beyond nutrition and physical activity to also include behaviors such as sleep, screen time and gratitude, making it difficult for many parents to know where to start.

Fortunately, Parkview is helping. The Youth Well-Being Team has created Taking Root, a unique program dedicated to helping elementary school children better understand healthy habits and how they can help them live their best life.

Taking Root is a health and well-being challenge program for elementary schools, currently targeting 4th and 5th grade classrooms. The program combines educational lessons from all facets of well-being with structured challenges designed for each semester of the school year.

Led by school wellness champions, the challenges give students hands-on experience with healthy habits, hopefully leading to lasting behavioral changes. In addition, with the involvement of wellness champions at the school level, the program has seen more staff members engaged not only in the children's well-being, but also in their own (several have lost weight, become more physically active and embraced their status as a role model).

Having the teachers participate in the challenge has also motivated the students. "When our teachers joined in, it made me try even harder," said one student. "It helped me because they were a good influence."

Over the past three school years, one of the biggest impacts of Taking Root has been the empowerment of students and educators to make positive, healthy choices and incorporate them into their everyday lives. There is a higher level of confidence and a greater understanding of the importance of taking care of oneself. The program has provided support to the students, teachers, staff, and in many cases, families, helping them connect the well-being dots, which is crucial to lasting change.

During the 2017-18 school year, approximately 2,000 unique students from 13 elementary buildings within Fort Wayne Community Schools participated in the wellness challenges. Overall, the children had an increase in aerobic capacity, as well as a positive change in their healthy habits over the course of the school year.

Washington Elementary School decided to participate in Taking Root for the first time during the fall of 2018. They accepted the challenge, but according to Principal DaNene Neff, they "had no idea" how it would change their outlook and school community.

Even though the program is tailored to 4th and 5th grade students, Washington chose to get their entire school involved. And it didn't stop there. They also had parents participate during some of the family night events, filling their school with real-world examples of lessons learned during the challenge themes of *Gratitude* and *Living Your Best Life*.

“As a result of the whole school participating, our school culture around health and wellness changed,” noted Principal Neff. Below are some of the healthy actions taken at Washington Elementary since the school began participating in Taking Root:

- Formed a Health and Wellness Committee
- Surveyed parents about what was important to them regarding well-being
- Made a commitment as a school that they would start working to become a health and wellness-minded school
- Every grade level selected a theme around a health and wellness topic that they would integrate into their curriculum for 2019-20
- Held their first health and wellness fair with approximately 150 people in attendance
- Instituted regular family nights focused on the topics identified as important to their families

Comments from the students have been extremely positive. One student who took part in the *Dozin' and Dreamin'* challenge had this to say: “I think this challenge helped me get more sleep and have more energy during the day. I also think that I was more active in the day, so that also helped me. I think it helped me focus in school better, so that when ISTEP comes, I am going to be ready.”

Another challenge, *How Far Can You Go?*, encouraged participants to take more steps. “I think it was cool to see how many steps I get in a day,” said a student. “Our teachers really supported us and helped us do our best.”

“I loved the step challenge,” said another student. “It got me motivated and some of my family got involved. I really liked it because it was during ISTEP week, so I wasn’t just sitting and taking tests. I LOVED IT!” 🍋



Breaking down barriers to food access and nutrition

To build a healthy region, communities need to join together to create social and physical environments that promote good health for all. That's why Parkview has joined forces with various community partners, looking into the unique barriers faced by our most vulnerable neighborhoods as they struggle with healthy lifestyles and health literacy. The result was the creation of the HEAL initiative in 2013-14.

Co-sponsored by St. Joseph Community Health Foundation, HEAL (Healthy Eating Active Living) offers an answer to the problems of food insecurity and lack of healthy food access in our region.

According to current data from Feeding America, some 48,900 Allen County residents (13.3%) are food insecure (lacking in access to food that supports a healthy lifestyle due to economic or social barriers). Of those individuals, 17.2% are children.

The HEAL initiative confronts this challenge with a variety of programs and services, including HEAL Farm Markets, community gardens, cooking demonstrations and lessons, and HEAL double matches on produce for those using SNAP, WIC or Senior vouchers.

HEAL Farm Markets have continued to be a vital part of area communities each summer and have grown exponentially. Parkview has seen a significant public response, especially from those using food incentives. In fact, HEAL markets have the highest WIC redemption rates in the state. To date, HEAL has recorded more than 6,000 farmer's market transactions with 92% of

its customer base using the food incentives provided. In 2018, HEAL patrons reported an 81% increase in their consumption of fruits and vegetables.

"Shopping at your market and getting double the voucher has made a big impact on my life," wrote Meredith Ashe, a senior on a fixed income. "There wasn't any money this month for fresh fruit and vegetables. Thanks to your program, I now have them."

But getting healthier food to at-risk communities is not enough. Parkview also offers a health literacy program to help people learn new ways to use the life-sustaining produce. Parkview's Our Healing Kitchen is a garden-to-table cooking and healthy living roadmap that's made available to a variety of non-profit agencies, churches and educational venues through mini-grants. HEAL trains trusted individuals in their communities to serve as facilitators for the healthy living curriculum.

To date, more than 50% of participants have increased their fruit and vegetable consumption in addition to learning a whole host of healthy living behaviors. Many have lowered their blood pressure, improved their diabetes and even started their kids on a healthy cooking journey.

Furthering Parkview's commitment to food access, food system advancement and health literacy, the new Parkview Community Greenhouse and Learning Kitchen opened its doors for classes and market goers in the Spring/Summer of 2019.

Situated on the Parkview Hospital Randallia campus, the 3,000-square-foot Parkview Community Greenhouse and Learning Kitchen gives area residents access to fresh produce and the information and skills they need to improve their nutrition and overall health. The location was specifically chosen because 46805 is one of five Fort Wayne zip codes considered a food desert.

The Community Greenhouse is the first of its kind in the area, providing hands-on gardening/growing classes and tours. The Learning Kitchen offers cooking demonstrations and hands-on activities designed to build the skills needed to select, grow and cook fresh food. All classes, tours and events are free to participants, but pre-registration is required.

The greenhouse is also one of the prime sites for the HEAL Farm Markets where locally grown produce is made available to the public. Markets are held mid-July through September from 4-6:30 p.m. on Thursdays at the Community Greenhouse and Learning Kitchen.

In the summer of 2019, Parkview was able to enhance the offerings of the Parkview farm market by including nutritious greens, herbs and sprouts grown at the greenhouse. More than 500 pounds of produce have been grown since the greenhouse began. Produce has also been donated to the Rescue Mission, Charis House, the Ronald McDonald House, as well as used in hands-on cooking classes in the Learning Kitchen.

In the Parkview Learning Kitchen, more than 40 skill-building classes have been held, reaching more than 300 individuals, free of charge. Hannah Bercot, RDN, dietitian educator, heads the culinary learning labs and blends hands-on fresh food preparation and skill-building with a focus on health. She also incorporates other whole health components into the classes, such as exercise and movement.

“During our sixth-grade field trip to the Parkview greenhouse, our students were able to experience first-hand the process of growing and preparing healthy foods,” noted Principal Bill Toller from Maple Creek Middle School. “Their learning was then extended as they worked with a dietitian to better understand how the nutrients inside their food can work together to complete a healthy diet.”

Also in 2019, the greenhouse’s HEAL Farm Markets participated in a new Community Health Improvement pilot program called Veggie Rx. Veggie Rx is a nutrition

prescription program in which those at highest risk for needing healthy food receive vouchers for produce. Anyone who screened positive for food insecurity, uncontrolled diabetes, hypertension or a high body mass index (BMI) receiving Medicaid could participate. Parkview Physicians Group (PPG) providers from a near-central Fort Wayne practice and several internal partners took part in the program over the summer, leading to a 70% increase in vegetable consumption and a 48% increase in fruit consumption by those who participated.

As part of Parkview’s commitment to advancing community health, Parkview was recently awarded a Farm to School Planning grant. Project Director Kylee Bennett believes the grant will spark new strategies for uplifting the health and fresh food education of area youth, along with improving the local economy as more schools seek to procure local, fresh-picked produce brimming with nutrition. Schools in the Northwest Allen County, East Allen County, Garrett Keyser Butler, Steuben County and Lakeland Community school systems are partnering in the grant.

The future is bright as Parkview seeks to revolutionize the community’s involvement in restoring and advancing health and well-being. Parkview remains dedicated to delivering novel strategies to combat childhood and adult obesity, lower chronic disease rates and educate people of all ages on how to grow, harvest and prepare fresh produce. ■



Community Nursing scores a win

African Americans have a higher prevalence of hypertension than any other racial or ethnic group, with 40% of men and women experiencing hypertension. This population also experiences higher rates of obesity and diabetes, and studies show that genetics may play a role. According to the CDC, a person's risk can increase based on age, race or ethnicity. External factors such as diet, exercise, alcohol, drugs and stress can also increase the risk of hypertension.

In addition, many African American communities lack access to healthcare and health insurance. Those who are uninsured or can't afford high co-payments for treatment may instead seek care in the Emergency Department (ED). Unfortunately, when they arrive at the ED, they are oftentimes already in a more advanced stage of hypertension, resulting in damage to other organs such as the kidneys.

When hypertension starts at an earlier age, there's an even higher risk of kidney disease, stroke or death. Early blood pressure screenings and education can be the key to curbing these risks. Knowledge is power in making positive lifestyle changes. That's why the Parkview Community Nursing staff began providing young men, ages 14 and above, with free blood pressure screenings and education in 2018.

Parkview Community Nursing has offered free health fairs in the underserved areas of Fort Wayne for years. But when staff realized that these young African American men were not attending the health fairs, they grew concerned about their health and decided

to go to them. The nurses decided to partner with the Renaissance YMCA in providing free blood pressure screenings along with one-on-one nurse consultations on Saturday nights prior to their basketball games.

The Renaissance YMCA Saturday Night Basketball & Blood Pressure program began its first series on April 14, 2018. The six-week program is free and voluntary. Blood pressure screenings are taken by Parkview Community Nursing staff on all young men aged 14 and above prior to playing basketball on Saturdays. Each individual then receives a consultation concerning his results, which are documented each week.

The staff stresses five main areas of education: hydration with water, decreasing salt intake, decreasing fatty foods and adding fruits and vegetables into their diets, increasing exercise and decreasing drinks high in sugar. Discussions about improving their lifestyles through improved diet, exercise, hydration, smoking cessation and reducing stress have been shown to have a positive impact on this population. Educational literature is available each week for participants to take home and share with their friends and family members. Community resources are also provided, along with referrals to physicians as needed and other access to medical care.

Many of the young men state that this program provides them with a safe, fun environment in which to spend their Saturday nights. According to program organizers, who proudly point to data collection outcomes, it's a highly successful outreach program. ■





Healthy summer lunches with a side of fun

Many people associate summer with memories from their own childhoods. Time slows down, days stretch out and kids are free to run in sprinklers, catch fireflies, ride bikes and have adventures with friends.

But sometimes, days can feel long and boring. To break up the monotony and build a sense of community, One Community, a local nonprofit, along with several volunteers and a local church came together in South Whitley six years ago to begin Kids Connect, a summer program for local children 18 years and under. Kids Connect offers a free hot lunch and an hour of fun activities for kids in a friendly, safe environment that's close to home.

Funded in part by Parkview Whitley Hospital's Community Health Improvement Program, Kids Connect provided a total of 881 hot, healthy lunches

to children in South Whitley during the summer of 2019. The program's social component also offered children the opportunity to get out of the house for an hour and get physically active with different types of games/educational opportunities/crafts, including some led by instructors from the Parkview Center for Healthy Living.

"We are so thankful to Parkview for helping us offer this ministry to area families," said One Community board member Lori Starkey. "The program gave parents peace of mind, knowing their child would receive a healthy, hot lunch every day in addition to participating in fun, engaging activities. Kids Connect is a great example of organizations and volunteers in the community rallying behind a cause and making a program such as this possible." ■

Treating food as medicine

The negative health effects of obesity and diabetes ranked among the most serious health concerns identified by Parkview's most recent Community Health Needs Assessment. In an effort to address these issues, Parkview LaGrange Hospital created a multidisciplinary task force comprised of clinicians from family medicine, nutrition services, pharmacy, lab and nursing. After nearly a year of research and planning, the task force launched the Food Pharmacy pilot program at Parkview LaGrange in early February 2018.

The Food Pharmacy pilot program focused on helping each patient experience measurable success by:

- Reducing the negative health effects of obesity and diabetes
- Using food as medicine
- Learning and practicing the skills needed to change their lifestyle
- Practicing careful and collaborative medication management

The 10 people who participated in the pilot program were required to meet certain inclusion criteria, including specific health measures and a willingness to make some lifestyle changes. They were also asked to sign a participant contract to abide by the program's standards. All patients were required to be referred by their primary care physician.

The Food Pharmacy pilot consisted of 18 sessions over a period of six months. The classes combined education

about diabetes, nutrition education, medication therapy management and cooking classes. Over half the classes involved hands-on meal preparation using recipes high in flavor and nutrients and low in carbohydrates and empty calories.

To lay the groundwork for measuring outcomes, lab tests were done at the beginning, midpoint and final class of the series. In addition, each class included a weigh-in and blood pressure check. Medication changes or interventions were made for patients as needed.

By the final session of the Food Pharmacy pilot program, weight loss, improved laboratory results — including an average aggregate lowering of A1C results — and reduction in blood pressures were just a few of the benefits the patients experienced.

The Food Pharmacy, now entering its third year, has continued to help members with obesity and diabetes begin a healthier lifestyle. Fueled by a more thorough understanding of their disease and armed with the knowledge and direct personal experience of treating food as medicine, each of the members in the first two Food Pharmacy classes now has the resources they need to continue to improve their health status.

"I can tell when my blood sugar spikes when I eat too much," said one class member. "I am checking my blood sugar all the time and have learned that I can actually lower my blood sugar when I eat healthy." ■

Food Pharmacy results from past two years

Parameters	2018 Baseline (average)	2018 Change at 6 months	2019 Baseline (average)	2019 Change at 6 months
Weight	253 lbs	-4.3 lbs	284 lbs	-6.1 lbs
Hgb A1C	9.5	-1.7	8.3	-1.6
HDL	39 mg/dL	+1 mg/dL	37 mg/dL	+1 mg/dL
LDL	108 mg/dL	-11 mg/dL	76 mg/dL	-5 mg/dL



Members of the Food Pharmacy Pilot Program display the dishes they prepared for a meal together. ▲



▲ Working an Activate Noble County (ANC) farm stand are supervisor Taylor Yoder and intern Macy Burtch, Parkview Noble Center for Healthy Living.

▲ One of the many vegetable gardens providing produce for the ANC farm stands.

Community gardens offer fresh options

Parkview Noble Community Health Improvement dollars are nourishing smart choices in Noble County with the addition of new community garden beds and the selling of produce from those beds at farm stands in various locations throughout the county. The project, begun in 2015, is run by Activate Noble County (ANC), a coalition founded by Parkview Noble Hospital and the Cole Family Center YMCA to help improve the health of Noble County residents.

ANC has supported various projects throughout the county since its inception more than 10 years ago. But the addition of the community garden beds has been the most recent. These new beds have the special task of helping provide healthy choices for residents of Noble County living in food deserts — areas where fresh, healthy and affordable produce is not typically available.

“The farm stand is intended to give people in our area healthier, affordable access to fresh produce,” said Taylor Yoder, supervisor of the Parkview Noble Center for Healthy Living and ANC chairperson. “There are many people in Noble County living in these food deserts and many more who are living with ‘food insecurity.’ The ANC farm stands are helping eliminate some of those issues during the summer months.”

“Parkview Noble is proud to partner with so many local organizations in Noble County to provide opportunities like the one described here with Activate Noble County,” said Gary Adkins, president of Parkview Noble Hospital. “There are many organizations that share

our vision of improving the health and well-being of our community. We value these partnerships and the opportunity that they provide us to make a difference for the residents of Noble County.”

In its first year, 18 garden beds were constructed, placing six beds each at three locations — Parkview Noble Center for Healthy Living, the Cole Center Family YMCA and the Kendallville Parks Department. The gardens at each location grew tomatoes, a variety of peppers, Brussels sprouts, broccoli, cauliflower, green beans, potatoes and several kinds of squash. That first year, the farm stand was set up at the Center for Healthy Living on the Parkview Noble Hospital campus and, on alternate weeks, at the Cole Center Family YMCA. Customers paid \$1 per pound of fresh produce.

In 2019, Parkview Noble Hospital’s Community Health Improvement program provided funding to ANC to add six more beds at the Center for Healthy Living and to take the farm stand on the road. Now in its fifth year, the farm stand program operates 22 vegetable beds and sells an average of 198 pounds of vegetables each season, still at \$1 per pound.

“Based on our research into food deserts and food insecurities in Noble County, we have adjusted the locations of the farm stands, targeting areas with a greater concentration of people who are impacted by these issues,” said Yoder. “We are pleased that the farm stands are reaching individuals and families who are living in food deserts in our community.” ■



Reaching out to fight diabetes

All too often, obesity and diabetes go hand in hand. When someone is obese (with a body mass index greater than 30.0), they have a dramatically increased risk of developing diabetes. But the good news is, both conditions are treatable and, in many cases, even preventable.

Parkview is doing its part to help. Since 2015, the Parkview Community Nursing program has gone out into the community, providing free educational programs on nutrition and diabetes. Parkview's community outreach dietitian gives lectures, sets up information tables, offers demonstrations and does hands-on cooking for people of all ages.

Parkview Community Nursing also partners with various agencies throughout Allen County to provide evidence-based programs for specific audiences. Partnerships include Matthew 25, Rescue Mission, Charis House, Villages of Hanna, Purdue Extension, Associated Churches, Fort Wayne Parks and Recreation, Boys and Girls Club, Community Harvest Food Bank, Parkview Diabetes Treatment Center, Parkview Community Greenhouse and Learning Kitchen, and Parkview Center for Healthy Living, among others.

One example of Community Nursing in action is the monthly wellness class for Charis House, a place for women and children facing homelessness. Normally, the outreach dietitian does on-site visits to Charis House, but in 2019, a special field trip was arranged to the Parkview Greenhouse and Learning Kitchen.

Eight Charis House women, a staff member, and a nursing student visited the Parkview Learning Kitchen for a hands-on cooking class where they made three salsas and three dippers using mostly greenhouse produce. They also learned how to make similar recipes at home on a budget and received valuable tips on nutrition. In addition to sampling the foods they had made, the women were able to tour the greenhouse and returned to Charis House with several grocery bags full of fresh produce.

To date, more than 740 people have been touched by the nutrition/diabetes outreach efforts of Parkview Community Nursing. Additionally, 100% of participants who filled out surveys were able to identify at least one new piece of information. ■

Helping moms go nicotine free



Quitting smoking is one of the healthiest steps a pregnant woman can take, leading to a reduction in pregnancy complications (low birth weight and premature birth) and death among infants. This is especially important in Allen County where certain zip codes have recorded some of the highest infant mortality rates in Indiana.

In 2018, Parkview was determined to make a difference. Buoyed by the success of its award-winning Safe Sleep program and popular breastfeeding groups, Parkview Community Nursing began asking what else could be done to lower infant mortality in the region. An answer came to Jan Moore, RRT-NPS, who found an evidence-based guide called “A Pregnant Woman’s Guide to Quit Smoking” from which she and her team were able to develop a comprehensive program for pregnant women and their families.

In January 2019, Nicotine Free for Baby & Me was introduced through Parkview Community Nursing. The unique program is designed to not only help women quit, but to keep them smoke free after the baby is born, thereby reducing the effects of secondhand smoke in the home and improving the health of any other children in the family.

Currently, there are 51 women enrolled in varying stages of the program, a higher number than Parkview anticipated for the first year. Women may be referred by their physician or obstetric/prenatal clinic, but referrals are not required to participate.

Through its Community Nursing program, Parkview provides a tobacco facilitator, someone who is specially trained in tobacco cessation and motivation, to work with the women as they’re trying to quit. According to Jan, most women who enroll in the program quit smoking after just 3-4 weekly meetings.

Once a woman quits and tests negative for tobacco (using a carbon monoxide monitor), she receives her first free diaper incentive. After the baby is born, each woman continues to be tested monthly. If she remains tobacco free, she continues to receive a monthly pack of diapers in whatever size she chooses, up until her baby’s first birthday. The diapers are sponsored through a partnership with the local African American Healthcare Alliance. In addition, participants receive monthly support, education and resources to help them stay smoke free.

Support partners or smokers who live with the pregnant woman can also enroll in the program and receive diaper incentives during the postpartum period, effectively doubling the amount of diapers earned by the household.

So far, all of the women who have quit smoking prior to delivery have had term deliveries with baby weights over 5.5 lbs. Although this represents a small number of women since the program is just underway, Jan considers it a success.

“Smoking during pregnancy increases the chances of a low birth weight baby or baby born prematurely,” she noted. “It’s also a success in that neither the baby nor any siblings are exposed to secondhand smoke, which increases their chances for upper respiratory infections, ear infections and even asthma.”

What feedback do participants have about the program? According to one woman who had been thinking about quitting, “Getting the incentive made it very attractive” and helped her stay tobacco free. She noted that using the carbon monoxide (CO) monitor kept her accountable to her “quit commitment.” ■

Biking for fitness and fun

When Parkview Wabash Hospital was looking for a way to encourage physical activity and wellness, they turned to a popular pastime: bicycling. In 2018, Parkview partnered with Liking for Biking, a free community program that gives people of all ages and fitness levels a chance to be active in a group setting.

The program, first organized by the Rock City Bike Club and Visit Wabash County in 2017, is a free group bicycle ride that runs for 18 Saturdays from May to September. Rides are one hour long and led by experienced riders. Bicyclists of all ages and ability levels are welcome to participate and can ride for as long as they want (or are able) during that hour.

During 2019, Parkview Wabash Hospital served as the start and finish for every ride and also provided free, optional health screenings (blood pressure, weight and body mass index (BMI)) at the beginning and end of the 18-week program, allowing interested participants to track their progress.

Liking for Biking averaged 25 riders per week in 2019, a 20% increase over the previous year. Of the 32 people who opted to receive free health screenings, five had a reduction in blood pressure and eight lost two or more pounds.

“I have noticed an increased confidence in the participants as they develop their cycling skills and create relationships with fellow community members who also seek an active, or more active, lifestyle,” said Christine Flohr, executive director of Visit Wabash County, who heads the program. “Liking for Biking has given many of the participants the confidence to bicycle on their own and utilize the numerous fitness options in Wabash County.”

She concluded, “Having healthcare professionals from the hospital conduct the screenings validates the importance of activity on lifestyle.” ■





Investing in our future together

Parkview Health holds a unique position within our communities. As a not-for-profit health system, we are directed not by shareholders, but by a local governing board. We're driven by the desire to make a difference. Our financial strength, coupled with our mission of caring, allows us to invest in community programs, new facilities and world-class technologies that might not otherwise come to our region.

Caring for our neighbors means putting our resources into things that are important to us and our communities — programs and services that strengthen the health and well-being of all. Parkview is also committed to support our health partners and their initiatives that impact community health. This support represents a portion of the community benefit figures shown below.

Further evidence of Parkview's support of the region's health and well-being is reflected in the uncompensated care provided, as well as our investment in facilities and technology. These figures are shown below. Parkview

provides services to all individuals and families, regardless of whether they have health insurance or the ability to fully pay for services they receive.

Caring for others is what hospitals and health systems do. And at Parkview, that caring comes in many forms. As part of our mission to build healthier communities, we go above and beyond providing traditional healthcare. That means investing in people. Growth in Parkview services has generated more than 2,000 new jobs in 2017 and 2018. Ranking as the region's largest employer, salaries for Parkview co-workers serve as the livelihoods for more than 13,000 individuals and families. The corresponding buying power for local goods and services is significant to our region's economy.

Parkview continues to advocate for the health and well-being of residents throughout our region. We care about you. That's why we're committed to providing quality care, easy access and a better patient experience today and for generations to come. ■

Investment at a glance	2017	2018
Community benefit	Nearly \$17.5 million	More than \$17.4 million
Uncompensated care*	More than \$397 million	Nearly \$442 million
Facilities and technology	Nearly \$187 million	More than \$154 million
Personnel and other purchased services	More than \$1 billion	More than \$1.18 billion
Annual Total	More than \$1.6 billion	More than \$1.7 billion

Co-workers at the end of 2019 — 13,015
 New jobs filled for 2017 — 973
 New jobs filled for 2018 — 1,037

*Uncompensated care is defined as the charges written for free services, including charity as well as the cost of services for self-pay, Medicare and Medicaid patients in excess of reimbursement for these services.

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