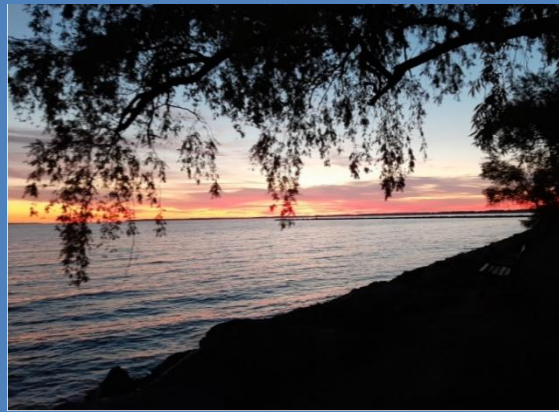


# 2020

## Magruder Hospital

# Community Health Needs Assessment Implementation Strategy



## Progress Notes: February 2023



## Historical Context

This document was originally released in November 2020 in collaboration with various community partners throughout Ottawa County. Many of these items listed as Magruder Hospital being the *Person/Agency Responsible* for the implementation. In October 2021, Ottawa County partnered with Mental Health and Recovery Services Board of Seneca, Sandusky, and Wyandot counties and became the fourth county to partner with the board. This new partnership allowed for strategic revision of the goals and strategic priorities within Ottawa County. Meetings were held on 1/4/2022, 2/11/2022, and 4/28/2022 with Magruder Hospital, Ottawa County Health Department, and Mental Health Recovery Services Board of Seneca, Ottawa, Sandusky & Wyandot Counties to discuss revisions to the Community Health Implementation Strategy (also referred to the Community Health Improvement Plan). A progress report was created indicating current status in May 2022 of these priorities and indicates the updated *Person/Agency Responsible*. The intent of this report is to indicate progress on a quarterly basis until a new plan is created using an updated Community Health Needs Assessment, which is tentatively scheduled to be release in 2023.

## Members of revision committee

Rachel Fall – Magruder Hospital

Julie Georgoff – Magruder Hospital

Nicole Williams – Mental Health Recovery Services Board

Jerry Bingham – Ottawa County Health Department

Katie Crowell – Ottawa County Health Department

Joshua Niese – Ottawa County Health Department

Michelle Veliz – Ottawa County Health Department

## Priority Topic: Mental Health and Addiction

### Priority Topic: Mental Health and Addiction

#### Strategy 1: Mental health education

Action Step	Person/ Agency Responsible	Timeline	Progress
<p><b>Year 1:</b> Obtain baseline data on the number of mental health trainings and education available to Magruder Hospital clinicians and staff.</p> <p>Identify gaps in existing programs and determine training needs (ex: Crisis Intervention Training,</p>	Magruder Hospital, Mental Health Recovery Services Board, Ottawa County Health Department	November 1, 2021	October 2021: In reviewing our annual education, there are generally no mental health offerings. We have reached out to two mental health providers in Ottawa County and they are both willing to provide whatever mental health education we care to have. We are currently developing a list of topics that would best

<p>Mental Health First Aid, Question Persuade and Refer [QPR], trauma informed care).</p> <p>Partner with community agencies, such as the Mental Health and Recovery Board and Ottawa County Health Department to assist with training opportunities.</p>			<p>serve our staff and patients.</p>
<p><b>Year 2:</b> Continue efforts of year 1.</p> <p>Market available trainings to hospital staff. Explore incentive options for participation.</p> <p>Increase number of mental health training and education available to Magruder staff by 25% from baseline.</p>		<p>November 1, 2022</p>	<p>May 2022: Due to the effects of the pandemic over the course of the last two years, it has become increasingly apparent that mental health education is necessary within the community. The next step in assessing the baseline information will be to broaden the survey of all community stakeholders as opposed to just Magruder Hospital services. This will be a goal for reporting in 2022 in order to establish a better baseline. Magruder Hospital offered a mental health training for staff in March 2022, and the Ottawa County Health Department has gone through grief therapy training and Mental Health awareness training in March and April 2022.</p> <p>October 2022: QPR, CIT, and Mental Health first aid are provided to a number of social service agencies throughout the county. Lunch-n-Learn type of trainings are currently being provided for Ottawa County employees for personal application.</p>
<p><b>Year 3:</b> Continue efforts of year 2.</p> <p>Increase number of mental health training and education available to Magruder staff by 50% from baseline.</p>		<p>November 1, 2023</p>	<p>February 2023: Year 2 efforts are continuing to be underway. A community video on mental health and suicide prevention was made available to the community through the efforts Magruder Hospital and Firelands Counseling. Bayshore Counseling is currently is the discussions for additional videos. A mental health awareness day is currently being planned for May 2023. This would be a community event designed to raise awareness.</p>

**Priority Topic: Mental Health and Addiction**

**Strategy 2: Increase safe disposal of prescription drugs**

Action Step	Person/ Agency Responsible	Timeline	Progress
<p><b>Year 1:</b> Gather baseline data on the number of local practitioners and pharmacies providing information on prescription drug abuse and collection locations.</p>	<p>Ottawa County Prevention Coalition</p>	<p>November 1, 2021</p>	<p>October 2021: In the Fall of 2020, we re-introduced the medication take back flyer for Ottawa County with the 7 locations where people can drop off meds. The flyers were hung in the hospital and in the physician offices, distributed to members of the Council of Health &amp; Social Concerns, and printed in the Senior Resources County newsletter. The total weight of drug box collections throughout the County in October 2021 was 293.6 lbs. The weight from 2020 was 319.54 lbs. Discussion was had at the Drug Free Collaborative meeting in October 2021 that there are sometimes issues with the collection process and boxes at the various locations. They would like to see the county move toward the individual disposal bags such as the Deterra Drug Deactivation System. The mental health board, Magruder and other agencies will collaborate on acquiring the bags and contact Senior Resources, pharmacies and physician offices etc. to make those bags available. Approximately 17 signs were put out throughout the county indicating the medication take back locations in Ottawa County</p> <p>2021 Overdose deaths: 6 overdose deaths</p>
<p><b>Year 2:</b> Increase the number of local practitioners and pharmacies providing information on prescription drug abuse and collection locations by 25%.  Promote the use of dissolvable prescription bags (i.e., Deterra) and provide education regarding safe</p>		<p>November 1, 2022</p>	<p>May 2022: Health Department is looking to purchase additional Deterra bags and distribute through the newly formed Ottawa County Prevention Coalition. A press release regarding Drug Takeback Day (April 30, 2022) was sent to the media promoting these activities to increase the awareness of drug collection and</p>


disposal.			proper disposal. The Ottawa County Health Department is in the process of establishing the Drug Overdose and Suicide Fatality Review Board according to the recently passed law in September 2021 and is looking to meet by the end of year. Currently, Magruder Retail Pharmacy has 46 Deterra bags. October 2022: A promotional video was created along with a press release for Drug Takeback Day (October 29, 2022). Magruder Retail Pharmacy has 29 Deterra bags left. On Drug Overdose Awareness Day, an additional 250 bags were purchased for future distribution throughout the county. The Ottawa County Health Department has partnered with the Coroner's Office to distribute Deterra bags do the families of recently deceased individuals to proper disposal of medication. Additional distribution will take place during future public events.
<p><b>Year 3:</b> Continue efforts of years 1 and 2.</p> <p>Increase the number of local practitioners and pharmacies providing information on prescription drug abuse and collection locations by 50%.</p>		November 1, 2023	February 2023: Year 2 efforts are continuing into year 3. Distribution of Narcan and Deterra bags are still underway.

Priority Topic: Mental Health and Addiction			
Strategy 3: Support and enhance mentoring and socialization programs within Ottawa County			
Action Step	Person/ Agency Responsible	Timeline	Progress
<p><b>Year 1:</b> Work with local organizations to determine the baseline number of mentoring and socialization programs in Ottawa County.</p> <p>Work with local organizations to perform a gap analysis regarding current programming and the need/interest for additional programming.</p>	Council of Health & Social Concerns	November 1, 2021	October 2021: An informal survey of members of the Council of Health & Social Concerns revealed that there are youth initiatives aimed at mentoring and socialization through the Juvenile Court, Ticket to Success, 4H, Scouting, various mental health agency prevention programs and TNT Mentoring. These organizations are part of the health and social


			<p>concerns group and regularly collaborate to develop youth initiatives as well as to promote them in the communities around Ottawa County.</p> <p>Beginning in 2021, Magruder staff, as part of the requirement for community involvement, providing volunteer hours in Ottawa County and many worked with organizations that serve the youth of Ottawa County.</p>
<p><b>Year 2:</b> Research and determine feasibility of community initiatives to engage residents. For example:</p> <ul style="list-style-type: none"> <li>• Compiling and promoting low cost activities within the county (ex: hospital sponsored youth engagement events)</li> <li>• MyHello (a loneliness intervention that increases social connectedness and reach people who are alone and facing stress and anxiety)</li> <li>• Mentoring programs (ex: Ottawa County Family Advocacy -TNT Mentoring Program to support one-to-one relationships between adult role models and youth facing personal, social, and academic challenges)</li> </ul> <p>Support and/or enhance current or additional programming needs.</p>		<p>November 1, 2022</p>	<p>May 2022: Recently a new 4H coordinator was hired by The OSU Extension office. Gaps are going to continue to be assessed in early 2022 to determine further initiatives that might be needed.</p> <p>October 2022: 4H is in almost every school district and reached 517 students this fall. In addition, 4H works with after-school programs and offered Science Saturdays at local libraries. SNAP-ED has been doing education programs at North Point Education Service Center and Bataan. Family Advocacy Center began their Konnections program to pair seniors with someone to check in on them and help them connect with resources.</p>
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p>		<p>November 1, 2023</p>	<p>February 2023: Family Advocacy, 4H, and OSU extension, and Juvenile Courts are all currently working towards the completion of these action items. 4H has reached all public schools in Ottawa County and is going to start working with a home school group as well. They provided 14 programs for 60 days and saw 767 unduplicated youth. ANAP Ed continues to do program for in-school and after-school programs.</p>



## Priority Factor: Chronic Disease


Priority Topic: Chronic Disease			
Strategy 1: Implement healthy food initiatives  ✓			
Action Step	Person/ Agency Responsible	Timeline	Progress
<p><b>Year 1:</b> Obtain baseline data regarding which cities, towns, school districts, churches, and organizations currently have <b>community gardens</b> and/or farmers markets and which local <b>food pantries</b> have fresh produce available.</p> <p>Create and distribute a map of all available farmers markets, community gardens, and food pantries in Ottawa County. Update the map on an annual basis.</p> <p>Assist additional organizations in applying for grants to obtain funding for a community garden or farmers market.</p>	Council of Health & Social Concerns	November 1, 2021	<p>October 2021: In reaching out to a variety of agencies and schools etc., there are several community gardens that exist within a certain area or population (one at a church, one through the school). There is a community garden in Port Clinton where individuals can rent a plot of space to garden. The Family Advocacy Center started a new community garden on the west end of Port Clinton. Magruder staff helped in the development phase as well as with regular watering of the garden. The produce was shared with FAC clients and individuals in the neighborhood nearby. One of the food pantries in Ottawa County is eligible to get fruits and vegetables through the food bank, but the produce they receive is sporadic. The pay-it-forward restaurant in Port Clinton has an area out front accessible to anyone where individuals with gardens can bring in fruits and vegetables to share with those in need. Each year Ottawa County Senior Resources distributes farmers market coupons to seniors in Ottawa County. Through a grant by the Ottawa County Community Foundation, Magruder purchased \$1,000 in farmers market coupons from markets around Ottawa County and distributed them at 2 community wellness events in May and August 2021.</p>
<p><b>Year 2:</b> Continue efforts of year 1.</p>		November 1, 2022	<p>May 2022: FAC community gardens are continuing to operate. Port Clinton City schools have created a</p>

<p>Work with local organizations to ensure food pantries offer fresh produce.</p> <p>Continue to research and provide education regarding the use of <b>SNAP/EBT (Electronic Benefit Transfer) at farmers' markets.</b></p>			<p>community garden in early 2022. The OSU Extension have continued their health eating education programs throughout the county for all ages. In researching the necessary requirements for SNAP/EBT at farmer's markets, it has been determined for Ottawa County that it is not feasible for implementation at this time.</p> <p>October 2022: Both Port Clinton City Schools and Family Advocacy's Community Gardens continue to operate at this time.</p>
<p><b>Year 3:</b> Continue efforts of years 1 and 2.</p>		<p>November 1, 2023</p>	<p>February 2023: Community gardens were considered very successful in 2022, with the efforts being planned to continue or even grow into 2023. SNAP Ed and PCHS Food Service received a grant to get a salad bar at Bataan Intermediate. SNAP Ed is also working with food pantry sites to do health food prep presentations. Also, a grant was awarded to do an indoor garden with North Pointe schools</p>

Priority Topic: Chronic Disease			
Strategy 2: Increase prediabetes screening and referral for treatment 			
Action Step	Person/ Agency Responsible	Timeline	Progress
<p><b>Year 1:</b> Complete provider training and education to raise awareness of prediabetes screening, identification and referral to appropriate programing (i.e., Diabetes Program [DPP]) through dissemination of evidence based prediabetes screening using risk assessment tool (CDC or ADA)</p> <p>Obtain baseline data of Magruder employees and MMG patients to determine eligibility for the program to trial CDC DPP.</p>	<p>Magruder Hospital/Ottawa County Health Department</p>	<p>November 1, 2021</p>	<p>October 2021: The Magruder Nutrition Department has met with providers over the last year and a half to share pre-diabetes screening tools and to discuss the need for patient education to stop the progression to Type 2 Diabetes. They are also completing the steps necessary to become a National Diabetes Prevention Program provider. They are piloting the program with a small group of individuals who have completed the Pre-Diabetes Screening tool. This program helps those at risk for Type 2 Diabetes to participate in evidence-based lifestyle change programs to reduce</p>




Begin enrollment of pilot program.			their risk of Type 2 Diabetes.
<p><b>Year 2:</b> Continue efforts of year 1.</p> <p>Promote DPP (once lifestyle coaching training completed) in the community.</p> <p>Determine feasibility of virtual options for DPP sessions for community participants.</p> <p>Monitor Hospital DPP participants for 5% weight loss, 150 minutes physical activity weekly – via lifestyle interventions including healthy food choices and physical activity.</p>		November 1, 2022	<p>May 2022: Health Department offers 60+ clinics and currently offers blood sugar testing. Many employers in our area offer incentivized practices of blood screening for insurance purposes.</p> <p>October 2022: Magruder has completed one round of a DPP and is starting another round this fall. Information is being sent out to all community partners. The OCHD is continuing to offer 7 60+ clinics in 6 different locations.</p>
<p><b>Year 3:</b> Continue efforts of years 1 and 2.</p> <p>Begin conducting DPP for community members.</p> <p>Measure post-program efficacy with a goal of 5-7% weight loss from baseline, 150 minutes per week of physical activity for program participants; at end of program using continual tracking of data required by CDC to show maintenance with lifestyle interventions, i.e., healthy food, increased physical activity and behavior changes.</p>		November 1, 2023	<p>February 2023: Year 2 efforts are still underway well into 2023. The DPP for community members have started and continue to show signs up progress.</p>

Priority Topic: Chronic Disease			
Strategy 3: Hypertension screening and follow up 			
Action Step	Person/ Agency Responsible	Timeline	Progress
<p><b>Year 1:</b> Administer hypertension screening at hospital and community health events and at MMG physician offices. Promote and market free/reduced cost screening events within the county (health fairs, hospital screening events etc.)</p>	<p>Magruder Hospital/Ottawa County Health Department</p>	<p>November 1, 2021</p>	<p>October 2021: In April of 2021, Magruder re-started our monthly lab screening that had been suspended when COVID began. Each month 40+ individuals have their blood pressure and lab work checked (fasting blood sugar, lipid profile etc.). At the same time we began trialing a Know Your Numbers program where</p>

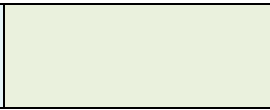
<p>Develop a campaign to encourage screening participants and MMG patients to Know Your Numbers (blood pressure, cholesterol, etc.) and the signs and symptoms of heart disease.</p> <p>Educate local providers about the Know Your Numbers campaign.</p>			<p>participants are asked if they would like to talk to a nurse about their results. Between 54% and 87% of those who said they wanted to talk with the nurse about their numbers did participate in those conversations with the nurse. However, on average, only one person per month is interested in additional follow up with a nurse about their numbers and overall health. The nurse has noted that most individuals who have the lab work done have a primary care provider. We would like to expand the lab screening and Know Your Numbers program to those in the community who may not have insurance and/or a primary care provider (seasonal employees, small business employees etc.).</p> <p>For June-December 2021 there were 89 total people who consented to the Know your Numbers education: 56 individuals went through the education. 9 people started the discussion but then declined the service, and 24 people did not respond to calls that were made.</p>
<p><b>Year 2:</b> Continue efforts of year 1.</p> <p>Increase the number of participants in the Know Your Numbers campaign by 25% from year 1.</p> <p>Increase the number of supplemental offerings to participants (lab, pharmacy, diabetes prevention, find a physician, etc.).</p>		<p>November 1, 2022</p>	<p>May 2022: Health Department offers 60+ clinics to monitor blood pressures and blood sugar of all those who attend. Magruder started a "Know your numbers" program to increase the awareness of individuals health indicators. Other various events provide opportunities for hypertension prevention.</p> <p>October 2022: The OCHD is continuing to offer 7 60+ clinics in 6 different locations. From January to September 2022, there were 42 individuals who were educated on their lab results in the "Know your numbers" program.</p>
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p> <p>Increase the number of participants in the Know Your Numbers campaign by 50% from year 1.</p>		<p>November 1, 2023</p>	<p>February 2023: The KYN Nurse continues to connect with patients each month to discuss their BP, blood sugar and cholesterol numbers, but her numbers are down as most participants have a primary care provider that they see.</p>

Priority Topic: Chronic Disease

Strategy 4: Community-wide wellness campaign 

Action Step	Person/ Agency Responsible	Timeline	Progress
<p><b>Year 1:</b> Collaborate with local organizations, for example, OSU Extension, to create a community-wide wellness campaign.</p> <p>Establish a campaign and identify strategies to implement unified wellness initiatives and messaging within the county (ex: nutrition, self-care, physical activity, etc.).</p> <p>Determine campaign goals, objectives, and strategies.</p>	<p>Council of Health &amp; Social Concerns</p>	<p>November 1, 2021</p>	<p>October 2021: The Ohio State University Extension offers a free wellness challenge two times a year to anyone in Ottawa County. The challenges include simple steps individuals can take to help improve their physical fitness, healthy eating and stress management. The wellness challenge usually involves a simple pre- and post-test to determine any gain in knowledge and implementation of new healthy habits. We do not have access to the numbers and data at this time, but believe this challenge serves the community well and we would be happy to help expand the reach of the program in the future.</p>
<p><b>Year 2:</b> Continue efforts from year 1.</p> <p>Implement campaign. Participants will increase physical activity or fruit/vegetable intake by 25% at end of campaign.</p>		<p>November 1, 2022</p>	<p>May 2022: Reached out to Katie from OSU Extension office to provide data and progress report. Katie indicated that this information is currently a statewide program and may take some time to pull specific county data. Will report additional progress next quarter.</p> <p>October 2022: This particular goal is currently being reviewed and feasibility will be assessed with the next Community Health Assessment slated for release in 2023.</p>
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p> <p>Review campaign goals, objectives, and strategies.</p> <p>Increase number of participants by 25%.</p> <p>Participants will increase physical activity or</p>		<p>November 1, 2023</p>	<p>February 2023: No further updates on a campaign can be provided at this time. Most of the efforts are currently on gathering data for the new Community Health Assessment and efforts for updated goals will be in the new Community Health Improvement Plan.</p>

fruit/vegetable intake by 25% at end of campaign.



## Priority Factor: Access to Care

Priority Factor: Access to Care			
Strategy 1: Health insurance enrollment outreach and support ✓ 🇺🇸			
Action Step	Person/ Agency Responsible	Timeline	Progress
<p><b>Year 1:</b> Research resources available to assist consumers navigate the Health Insurance Marketplace and enroll uninsured residents.</p> <p>Determine outreach methods (i.e., social media campaigns, school-based efforts, community events, health care settings, etc.).</p> <p>Develop educational materials targeting those most likely to be uninsured. Include information regarding what is included in plans and the value of insurance.</p>	Magruder Hospital	November 1, 2021	<p>October 2021: At one point there was a Navigator that served Ottawa County residents in helping to navigate Marketplace and Medicaid education and enrollment, but there has not been one for a couple of years. In August 2021, the Toledo/Lucas County Care Net posted that they are looking for someone to fill that position again and they have recently hired someone. We will help share that information once the person has completed training.</p> <p>In the summer of 2021 we reached out to the vast majority of insurance companies in Ottawa County to see who offered Medicare Supplement and Advantage Plans as well as Marketplace plans. In August 2021 we met with the insurance agents who offer healthcare insurance to collaborate on how best to educate and help community members navigate healthcare insurance and pick plans that meet their needs. There is one agent who helps community members navigate marketplace insurance and several others who help with Medicare open enrollment. For over 5 years, Magruder has had OSHIIP volunteers to help community members during open enrollment and when they are new to Medicare. They also provide education in the community to help people understand the basics of insurance. Magruder also</p>

			has a staff person who is able to help individuals find a Magruder provider and can help make sure they find a provider who takes their insurance.
<p><b>Year 2:</b> Continue efforts from year 1.</p>		<p>November 1, 2022</p>	<p>May 2022: In 2021 there were 5 public presentation about Medicare that were completed by Magruder Hospital (zoom, senior center, senior living, Kiwanis, etc.). Magruder Hospital also met with 63 people one on one to go over their Medicare plans and helped to compare plans for 2022 during open enrollment. In November, Lucas County CareNet hired a Navigator to help individuals look at Medicaid &amp; Marketplace Insurance options and flyers and social media posts were made in November 2021.</p> <p>October 2022: Open enrollment has just begun and Senior Resources is partnering with Magruder Hospital to do Medicare comparisons. Those seeking comparisons for marketplace insurance are referred to the navigator serving Ottawa County (Lucas County).</p>
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p>		<p>November 1, 2023</p>	<p>February 2023: Met with 48 individuals to help compare Medicare plans for 2023 – saving them \$33,126. Three community presentations were also conducted about Medicare reaching about 64 people.</p>





