



ELKHART[™]
GENERAL HOSPITAL

COMMUNITY OUTREACH

Community Health Needs Assessment
Implementation Strategies

2016 – 2018



2015 Executive Summary

Elkhart General Hospital (EGH) is a patient-first health care organization whose ongoing mission is to help create healthier communities throughout Michiana. EGH is a full-service 325-bed main hospital, with over 300 physicians representing more than 30 medical specialties.

Beacon Health System, established in 2012, serves as the parent company of Elkhart General Hospital, as well as Memorial Health & Lifestyle Center, HealthWorks! Kids' Museum, Memorial Children's Hospital, Beacon Medical Group, Memorial Hospital, Beacon Health Ventures and Community Health Alliance.

This report includes the following three sections:

- A brief description of the Elkhart County community served by the 2015 Community Health Needs Assessment (CHNA).
- An overview of the 2015 CHNA process conducted by Beacon Health System in Elkhart County.
- EGH's Implementation Strategies for sustaining and developing the appropriate community benefit programs that address each of the three prioritized needs in Elkhart County for 2016-2018.

DESCRIPTION OF COMMUNITY SERVED

Elkhart County, Indiana, was established in 1830, with the original county seat in Dunlap and was later moved to Goshen. Today Elkhart County has three growing cities, four towns, and 16 townships. Elkhart County is located in northern Indiana and borders the state of Michigan. The County is approximately 463.91 square miles in size. Elkhart County lies halfway between Chicago and Cleveland and is located near Interstate 80/90 and the Indiana Toll Road. Elkhart County's service providers have a history of actively forming partnerships in an effort to meet the health needs of its residents. Elkhart County takes pride in offering its residents a great place to live and continually striving to establish new businesses and provide an entrepreneurial atmosphere.

Elkhart County is EGH's primary service area. According to the 2014 US Census estimates, Elkhart County's population rose to 201,971. In 2014, the percentage of persons 65 years and older was estimated at 13.0%, and 7.5% were under five years of age. Census data show that 76.3% of Elkhart County residents are white persons not of Hispanic descent; 14.9% are Hispanic/Latino; and 6.1% are black. In 2014, 7,159 persons, or 7.6% of the total labor force, were unemployed. The median household income (2013) of Elkhart County residents was \$46,123. The percentage of children 0-17 years of age living in poverty was 20.3% in 2013.



OVERVIEW OF CHNA PRIORITY PROCESS

Community engagement and feedback were essential to the integrity and validity of the CHNA process. These key informants provided input on community health priorities, barriers to accessing care, the impact of social determinants of health and how to best address wellness in the community and underserved populations. Throughout the process, input was actively solicited and secured from three data sources:

- 1.** Community members at large (n=510) representing approximately 267,000 Elkhart County residents.
- 2.** Key informants (n=60) who hold a broad knowledge of the interests of Elkhart county, including public health, minority, cultural, and underserved populations; from the community members at large; and from the medical and health services fields.
- 3.** Community health stakeholders including members of the Elkhart General Hospital Board of Directors, Beacon Health System leaders, key Elkhart County medical providers, Elkhart County community funders, and Elkhart County schools personnel.

Based upon primary input from community stakeholders and secondary data, EGH created a list of the recommended health priorities. The secondary data profile depicts population and household statistics, education, and economic measures, morbidity and mortality rates, disease incidence rates, and other health statistics. The Elkhart County CHNA focuses on those populations within Elkhart County which have the highest unmet needs, specifically those persons who are low-income, uninsured, or underinsured.

COMMUNITY HEALTH NEEDS NOT BEING ADDRESSED AND RATIONALE

While mental health was identified as a community health need through the key informant survey and community member survey, the Elkhart County suicide rate is lower when compared to St. Joseph County, Indiana as a whole, and the nation.

Because of this, other community needs take precedent. Elkhart General Hospital does not intend to include diabetes in its Implementation Strategies due to limited resources to implement and effectively measure impact. Alzheimer's disease was found to a potential community health need; however the data may be misleading due to a recent change in reporting.

Further investigation is warranted to confirm the validity of this data point, so EGH does not intend to pursue Alzheimer's disease in its Implementation Strategies.

Finally, immunizations for school-aged children were identified as a health need due to the number of children being removed from school due to noncompliance with state-mandated immunization schedules. EGH does not intend to make immunization a priority because of the numerous community resources already addressing this need.

2015 CHNA PRIORITY NEEDS AND IMPLEMENTATION STRATEGIES

Each priority need is described in the following pages with its corresponding implementation strategies for addressing the need in 2016-2018.



1

Obesity

CURRENT PROGRAMMING

1. The Learning Garden provides hands-on education in the growing and harvesting of fruits and vegetables for restorative medicine.
2. EGH furnishes free community health screenings for BMI and body fat assessment, and telephonic phone coaching for obese patients.
3. New Directions offers free seminars educating about options for weight loss.
4. Dame Tu Mano Hispanic Latino Health Outreach provides information, resources and referrals on obesity, weight loss and nutrition for the Hispanic and Latino communities.
5. Elkhart General Hospital is actively involved in assisting the community to leverage the Indiana Regional Cities Initiative grant funds with local public funds and private investment for the regional redevelopment plan.

EGH IMPLEMENTATION STRATEGIES

- Continue the programs above.
- Elkhart General Hospital's involvement with the redevelopment of the Elkhart Youth and Community Center site includes filing for grant monies that will be available through the Indiana Regional Cities Initiative. Terms of grant award require the local community to leverage the state money with local public funds and private investment. Elkhart General Hospital is actively involved in assisting with the leveraged funds. The Market District Redevelopment Plan, will include establishment of a sports center and outdoor multiuse sports fields, and building a new community health facility/wellness center/natorium to replace the now closed Elkhart Youth and Community Center.

MEASUREMENT AND POTENTIAL IMPACT

Impact of redevelopment of the Elkhart Youth and Community Center is the resurgence in community-based fitness opportunities for Elkhart residents, including seniors, school-age, disabled, and low-income and minority populations, which is expected to ultimately manifest as reductions in obesity and overweight rates in Elkhart residents. Measurement will be defined upon favorable award of funding.

A health collaborative is being planned to address obesity rates in Elkhart County's Hispanic Latino population. This collaborative with multiple regional and state partners will encompass broad based education and motivational support to participants. The anticipated outcomes are a reduction in the percentage of body fat and corresponding reduction in body mass index in program participants, and self-reported increases in daily exercise and consumption of fruits and vegetables. This will be achieved by:

- Reducing the obesity rate of program participants
- Increasing the number of participants who reduce their body fat percentage
- Increasing exercise and healthy food consumption
- Increasing physical activity for cohort members



2

Access to Health Care Access to Health Coverage

NEED

Residents of Elkhart County are more likely to be uninsured (20.8%) when compared to St. Joseph County (14.5%), Indiana (14.2%), and the nation (14.8%). The ratio of primary care physicians, dentists, and mental health providers to residents is worse in Elkhart County than in St. Joseph County, all of Indiana, and the national benchmark. Access to health care and access to health coverage continue to be identified as community health priorities in Elkhart County.

CURRENT PROGRAMMING

1. Elkhart General Hospital and Indiana University Health Goshen Hospital provide Elkhart County residents with access to health care through their respective emergency rooms.
2. Heart City Health Center and Maple City Health Center, Federally Qualified Health Centers, provide primary care on a sliding fee scale.
3. The Center for Healing and Hope, an ecumenically-based walk-in health center, provides limited primary care access to health care for a small suggested donation.
4. Beacon Medical Group sees patients regardless of the patient's ability to pay and, as with EGH, follows the Beacon Health System charity care policy for writing off charges.
5. Low-income Elkhart County residents can secure needed prescription medications through EGH's Medications Assistance Program.
6. Indiana Navigators – the equivalent of federal Certified Application Counselors – are available to assist eligible Elkhart County residents in enrolling in health coverage programs.
7. Elkhart County residents can seek enrollment assistance through the Elkhart County Division of Family Resources and, for pregnancy-based Medicaid enrollments, the Elkhart County Health Department.

EGH IMPLEMENTATION STRATEGIES

- Continue providing outreach-based, free enrollment and advocacy services for low-income and/or eligible Elkhart County residents using the programs above.
- Sustain a contracted enrollment position through a collaboration with BrightPoint, providing a full-time equivalent dedicated to outreach and enrollment.
- Maintain heavily promoting enrollment services through robust outreach to target catchments of low-income individuals.

MEASUREMENT AND POTENTIAL IMPACT

The number of eligible and enrolled Elkhart County residents will increase. Measurement of progress toward achieving this outcome will be tracked through numbers of Elkhart County residents who are converted from eligible but uninsured to insured status. This will be achieved by:

- Increasing the percentage of enrollments for individuals who attend a Beacon enrollment session.
- Increasing the percentage of insured individuals with a primary care provider.
- Increasing the total number of individuals attending enrollment sessions and/or outreach events.
- Increasing the total number of individuals that utilize the medication assistance program.



3

Prenatal Care Coordination

NEED

Multiple health measures from the 2015 Elkhart County CHNA support the issue of prenatal care coordination as a community health priority. These measures include the reported rates of first trimester entry into prenatal care overall as well as first trimester entry into prenatal care for African American mothers; low birth weight infants; and smoking rates in pregnant women. Research has clearly shown a positive correlation between late entry into prenatal care and adverse birth outcomes.

CURRENT PROGRAMMING

1. For Women Only OB/GYN office provides prenatal care for mothers and babies, along with community prenatal providers River Oaks OB/GYN, Fairhaven OB/GYN, and Maple City Health Center.
2. The Women's Care Center and Reason Enough to Act assist mothers with pregnancy testing, education, counseling and support services for vulnerable pregnancies.

EGH IMPLEMENTATION STRATEGIES

- Continue providing prenatal care coordination services for at-risk mothers through a collaborative partnership with the Elkhart Health Department's (ECHD) Healthy Babies Program, Brightpoint, and OB/GYN providers.
- Fund up to \$150,000 per year for the continuation of ECHD prenatal care services in a more defined and streamlined community collaborative model.
- Prenatal risk assessment will refer uninsured pregnancies to EGH enrollment services, and refer vulnerable pregnancies to the Healthy Babies program for education, case management, resource referral, and advocacy.

MEASUREMENT AND PROJECTED IMPACT

The anticipated impact for Elkhart County pregnancies is a reduction in prenatal risk and a reduction in the number of eligible but uninsured pregnancies. This will be achieved by:

- Increasing the percent of mothers who receive prenatal care in the first trimester.
- Increasing the percent of mothers who stop smoking prior to delivery.
- Showing a decrease of infants born preterm (< 37 weeks gestational age).
- Decreasing the percent of infants born to mothers that weighed less than 2500 grams.
- Increasing the percent of mothers who are breastfeeding at hospital discharge during the fiscal year.
- Increasing the percent of mothers who practice safe sleep at time of post partum encounter.

Research has clearly shown a positive correlation between late entry into prenatal care and adverse birth outcomes.





ELKHART[™]
GENERAL HOSPITAL

COMMUNITY OUTREACH
5155 Verdant Drive | Elkhart, IN 46516
574.294.2621 x4961 | Fax **574.524.7500**
BeaconHealthSystem.org