



Saint Alphonsus Medical Center – Baker City Community Health Needs Assessment Implementation Strategy Fiscal years 2016-2018

Saint Alphonsus Medical Center – Baker City completed a comprehensive Community Health Needs Assessment (CHNA) that was adopted by the Saint Alphonsus Baker City Community Board in June 2016. SAMCBC performed the CHNA in adherence with certain federal requirements for not-for-profit hospitals set forth in the Affordable Care Act and by the Internal Revenue Service. The assessment took into account input from representatives of the community, community members, and various community organizations.

The complete CHNA report is available electronically at www.saintalphonsus.org/documents/Baker%20City/community_needs_assessment_2016.pdf, or printed copies are available at Saint Alphonsus Medical Center – Baker City.

Hospital Information and Mission Statement

Saint Alphonsus Medical Center – Baker City, based in Baker City, Oregon, is a faith-based, not-for-profit 25-bed hospital serving Baker County in Eastern Oregon. With 208 employees, Saint Alphonsus Medical Center – Baker City provides services primarily to residents of Baker County, with a population of approximately 16,000.

Mission

We, Saint Alphonsus and Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Health Needs of the Community

The CHNA conducted in 2016 identified five categories of significant health needs within the Baker County community. Those needs were then prioritized based on magnitude of persons affected, impact on quality of life, feasibility of reasonable impact, and the consequences of inaction. The five categories of significant health needs identified, in order of priority include:

Nutrition, Physical Activity & Weight Status	<ul style="list-style-type: none"> • Prevalence of obesity • Prevalence of diabetes • Low fruit and vegetable consumption
Priority #1	<ul style="list-style-type: none"> • Physical fitness opportunities • Food insecurity/food desert • Access to a healthy diet
Health Services	<ul style="list-style-type: none"> • Access to low-cost basic healthcare services • Living in a healthy environment
Priority #2	<ul style="list-style-type: none"> • Low screening rates for mammography and diabetes • Dental services for the low income population • High infant mortality • Teen birth rate
Basic Services	<ul style="list-style-type: none"> • Emergency food assistance • Housing
Priority #3	<ul style="list-style-type: none"> • Basic Healthcare services • Homelessness
Financial Stability	<ul style="list-style-type: none"> • A job with a high enough wage that allows the ability to pay for housing, food, healthcare, transportation and other necessary expenses
Priority #4	<ul style="list-style-type: none"> • Education or training about managing money, saving, and building financial stability • Affordable housing
Education	<ul style="list-style-type: none"> • Family/parental support • Highly trained teachers in the classroom
Priority #5	<ul style="list-style-type: none"> • Motivation to recognize the importance of education

Hospital Implementation Strategy

Saint Alphonse Medical Center – Baker City resources and overall alignment with the hospital’s mission, goals and strategic priorities were taken into consideration of the significant health needs identified through the most recent CHNA process.

Significant health needs to be addressed

Saint Alphonse Medical Center – Baker City will focus on developing and/or supporting initiatives and measure their effectiveness, to improve the following health needs:

- **Nutrition, Physical Activity and Weight Status** – Detailed need specific Implementation Strategy on page 4.

Significant health needs that will not be addressed

Saint Alphonsus Medical Center – Baker City acknowledges the wide range of priority health issues that emerged from the CHNA process, and determined that it could effectively focus on only those health needs which it deemed most pressing, under-addressed, and within its ability to influence. SAMCBC will not take action on the following health need:

- **Health Services** – The need for dental services in Baker County was greatly discussed during the CHNA process – especially for the Medicaid population. While SAMCBC cannot address this specific health need directly, SAMCBC does have a representative that sits on advisory councils that works to address this need as well as other health services needs within Baker County.
- **Basic Services** – Assistance with basic services such as emergency food assistance and housing are primarily in the purview of the Department of Human Services and Community Connections. While SAMCBC does not have services directly related to these needs, a SAMCBC representative does sit on different boards that focus on these areas of needs.
- **Financial Stability** – While SAMCBC cannot directly impact the financial stability of the community, we can focus efforts on assisting the community with obtaining insurance, development of career advancement programs and school assistance, and by providing above minimum wage job opportunities.
- **Education** – This priority area falls more within the purview of the Baker 5J School District. As discussed in the CHNA, Baker Technical Institute provides many new educational opportunities to build career skills for communities of rural Eastern Oregon.

This implementation strategy specifies community health needs that the Hospital has determined to meet in whole or in part and that are consistent with its mission. The Hospital reserves the right to amend this implementation strategy as circumstances warrant. For example, certain needs may become more pronounced and require enhancements to the described strategic initiatives. During the three years ending 2018, other organizations in the community may decide to address certain needs, indicating that the Hospital then should refocus its limited resources to best serve the community.

**CHNA IMPLEMENTATION STRATEGY
FISCAL YEARS 2016 – 2018**

HOSPITAL FACILITY:	Saint Alphonsus Medical Center – Baker City
---------------------------	---------------------------------------------

CHNA SIGNIFICANT HEALTH NEED:	Nutrition, Physical Activity & Weight Status
--------------------------------------	----------------------------------------------

CHNA REFERENCE PAGE:	20	PRIORITIZATION #:	1
-----------------------------	----	--------------------------	---

BRIEF DESCRIPTION OF NEED:

Nutrition, physical activity and weight status was the number one prioritized need from the current CHNA. This includes the prevalence of obesity, diabetes, physical fitness, etc. Diabetes is the 9th leading cause of death in Baker County. Obesity increases the risk for health conditions such as coronary heart disease, type 2 diabetes, cancer, etc. The obesity rate in Baker County is 26%.

GOAL:

Our goal is to improve the nutrition, physical activity and weight status in Baker County.

OBJECTIVE:

Our objective is to reduce the diabetic population and to increase physical activity of children in grades K-6.

ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:

- Saint Alphonsus Medical Center – Baker City will collaborate with St. Luke's Clinic and the YMCA to provide the Diabetes Prevention Program (DPP) to this community.
- Saint Alphonsus Medical Center – Baker City will work with the Baker 5J School District to implement GoNoodle within the grade schools.

ANTICIPATED IMPACT OF THESE ACTIONS:

- It is anticipated that the people who enter the DPP program as pre-diabetic will no longer be diagnosed as pre-diabetic.
- Increased physical activity among Baker County youth in grades K-6.

PLAN TO EVALUATE THE IMPACT:

- Track the number of pre-diabetic patients that are referred to the DPP program; track the number of people who engage in the program, and the number of people who complete the program. We will also track the number of people who are no longer diagnosed as pre-diabetic at the end of the year long program.

- Track utilization of GoNoodle by teachers within the Baker School District; track the number of physical activity breaks played by each teacher and the number of student minutes of physical activity per teacher. This will be done on an bi-annual basis.

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:

- Staff time – SAMCBC will provide a dietician to be trained as a Lifestyle Coach for the DPP program. This person will be responsible for leading the DPP program along with other Lifestyle Coaches provided by St. Luke's and YMCA.
- Staff time – SAMCBC will provide education to the medical providers regarding the program and process to make referrals.
- SAMCBC may provide space for the DPP meetings if/when needed
- SAMCBC will provide kick off events for individual schools.
- SAMCBC will provide GoNoodle support if/when needed.

COLLABORATIVE PARTNERS:

- Saint Alphonsus Medical Center – Baker City is collaborating with both Baker County YMCA and St. Luke's Clinic – Eastern Oregon Medical Associates to establish the Diabetes Prevention Program within Baker County.
- SAMCBC is collaborating with Baker School District 5J to implement GoNoodle within K-6 grade classrooms/schools.

Adoption of Implementation Strategy

On September 19, 2016, the Baker City Community Board for Saint Alphonsus Medical Center – Baker City, met to discuss the 2016-2018 Implementation Strategy for addressing the community health needs identified in the 2016 Community Health Needs Assessment. Upon review, the Board approved this Implementation Strategy and the related budget.

Ray Libboun President 9/20/16
 Name & Title Date