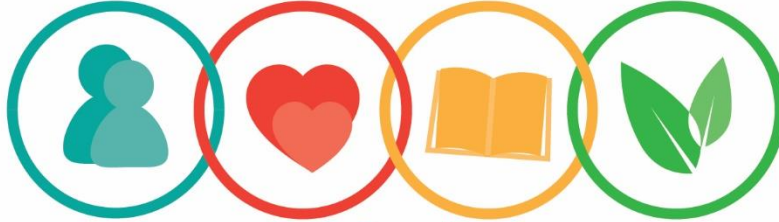


Community Health

Improvement



for a healthier, *Wise* Community



Partnership Health Knowledge Prosperity

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Executive Summary

Background

As a result of the Affordable Care Act, tax-exempt hospitals are required to assess the health needs of their communities and adopt implementation strategies to address the identified needs. Compliance with section 501(r) of the Internal Revenue Code (IRC) requires that a tax-exempt hospital facility conduct a Community Health Needs Assessment every three years and provide a publically offered plan for health improvement.

Wise Health System conducted Wise County's first Community Health Needs Assessment in 2014 where the identified needs developed into adopting the Texas 1115 Waiver, DSRIP¹ Projects. Seven projects were established to tackle the pending needs identified in the 2014 CHNA. Please reference the 2017 CHNA published at WiseHealthSystem.com/CHI for details.

In 2017, the positive impact of these projects were validated as many of the top needs identified in 2014 moved places and new health needs moved forward. The following health needs were identified based on the information collected and analyzed through the Community Health Needs Assessment conducted by Wise Health System. These needs have been prioritized based on information gathered through the Community Health Needs Assessment.

Identified Community Health Needs

1. Obesity
2. Primary Care Physicians
3. Lack of Mental Health Services
4. Uninsured / Lack of Access to Services (Cost)
5. Diseases of the Heart
6. Physical Inactivity
7. Diabetes
8. Poor Nutrition
9. Utilization of Emergency Room for Episodic Care
10. Lack of Health Education

¹ Delivery System Reform Incentive Payment System

Introduction

Wise County is approximately an hour Northwest of Dallas, Texas. Just west of Denton County and north of Tarrant and Parker counties. As of 2016, the United States Census Bureau – American Community Survey² estimated the total population of Wise County was 62,089. DHG Healthcare, a health care consulting firm, estimates the 2022 total population of Wise County to be 91,274. A potential growth of 47% from 2016 to 2022.

We see mixed results from the areas in County Health Rankings. Wise County made significant improvements in outcome rankings related to medical care. Healthy Behaviors, Clinical Care, and Quality of Life were all areas to show improvement in rankings, but the county dropped in rankings on Socioeconomic, Physical Environment, and Length of Life. It should be noted these only reflect our rankings compared to other counties in Texas.

	2014 Ranking	2017 Ranking	Ranking Change
Healthy Behaviors	188	87	+101
Clinical Care	120	72	+48
Quality of Life	35	17	+18
Socioeconomic	37	52	-15
Physical Environment	56	132	-76
Length of Life	82	100	-18

Significant efforts toward clinical care improvement jumped up in rank while exterior social determinants fell short and lowered in rank. We knew that Wise Health System had provided tremendous improvement in the clinical aspects of care however; physical health is only one piece contributing to the overall health of an individual. Thus, a Community Health Improvement model was adopted.

Community Health Improvement

Wise County is faced with an extraordinary opportunity for change. With growth coming from the east and south, we can transform the infrastructure of our county’s health for the imminent future. The 2018-2020 Community Health Improvement Plan is Wise County’s commitment to improvement for the health of current and future residents.

² <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>

Committees have been established to set goals, objectives and help develop this strategic plan in alignment with their overall needs. These committees will should include individuals and organizations from many different sectors of the community including developers, businesses, education, government, philanthropists, faith-based organizations, healthcare providers, public health, insurance and non-profits.

<p>How Can We All Participate in Community Health Improvement?</p> <ul style="list-style-type: none"> • Implement the CHI by joining the Wise CHI and participating in one or multiple committees 	
<p>How Can Local Government Participate?</p> <ul style="list-style-type: none"> • Incorporate CHI into strategic and future planning • Advocate for policies and resources that improve the health priorities 	<p>How Can Businesses and Employers Participate?</p> <ul style="list-style-type: none"> • Promote worksite wellness policies and resources that focus on the health priorities • Encourage employees to participate in a committee
<p>How Can Health Care Systems, Insurers, and Clinicians Participate?</p> <ul style="list-style-type: none"> • Work to increase insurance coverage and access to healthcare to Medicaid, low income, and uninsured individuals, especially for mental health 	<p>How Can Early Learning Centers, Schools, Colleges Participate?</p> <ul style="list-style-type: none"> • Share CHI plan with fellow educators • Equip educators with skills to promote and improve health
<p>How Can Community, Non-Profit, and Faith-Based Organizations Participate?</p> <ul style="list-style-type: none"> • Align health improvement efforts with the CHIP • Leverage additional resources by referencing the CHIP 	<p>How Can Individuals and Families Participate?</p> <ul style="list-style-type: none"> • Practice and Promote health behaviors in the community • Advocate for community health improvement in the places where you live, work, worship, play and learn

Committees for Community Health Improvement

Healthy Behaviors

Improve Wise County citizen’s healthy behaviors by reducing obesity through improved nutrition education and increasing physical activity through community activities.

Healthcare Resource Awareness

Provide greater awareness to healthcare and wellness opportunities to all citizens in the county.

Mental Health and Substance Abuse

Greater promotion and increased public awareness of existing mental health and substance abuse resources.

Community Health Improvement Partners

- Aerocare Home Medical
- Aetna Better Health
- Alcoholics & Narcotics Anonymous
- Angel's Home Healthcare
- Aviator Home Health
- Better Living for Texans – Texas A&M AgriLife Extension
- Bridgeport Economic Development Corporation
- Bridgeport Elementary School
- CASA of Wise and Jack Counties
- City of Decatur
- Cook Children's
- Decatur Church of Christ
- Decatur Economic Development Corporation
- Decatur Housing Authority
- Decatur Medical Lodge
- Decatur Public Library
- Encompass Health Rehabilitation Hospital
- Feeding Wise Kids
- First United Methodist Church of Decatur
- Future Health Systems
- Home Health Care of North Central Texas
- Hospice Plus
- Maximus – TX Star Plus & Health Steps
- Moncrief Cancer Institute
- Newark Public Library
- North Texas Area Health Education Center
- Stagecoach Rehabilitation
- Star Council
- TAPS –Texoma Area Paratransit System
- Texas A&M AgriLife Extension
- Texas Department of Family Protective Services - Wise County
- The Helen Farabee Centers
- The Hills Nursing and Rehabilitation
- United Way of Wise County
- University Behavioral Health
- Wise Alzheimer's Group
- Wise Coalition for Healthy Children
- Wise County
- Wise County 4-H
- Wise County Christian Counseling
- Wise County Meals on Wheels
- Wise County Messenger
- Wise Health System
- Wise Health System Auxiliary
- Wise Health Foundation
- Wise Hope

Healthy Behaviors

2017 County Health Rankings of 243 Counties
 Health Behaviors – 87 Social & Economic Factors – 52
 Clinical Care – 72 Physical Environment – 132

Healthy Behaviors Goal: Improve Wise County citizen’s healthy behaviors by reducing obesity through improved nutrition education and increasing physical activity through community activities.

- Needs Identified:
- (1) Obesity
 - (5) Diseases of the Heart
 - (6) Physical Inactivity
 - (7) Diabetes
 - (8) Poor Nutrition

2017 Community Health Needs Assessment Findings and Plan:

Obesity: The percentage of adults that report a BMI (Body Mass Index) of ≥ 30 in Wise County was 30% in 2017 and 28% in Texas. Wise County exceeded the HP2020 NWS-9 target of $< 30.5\%$. Our next goal would be to align with the Texas average.

- 1. Collaborate with local restaurants to promote healthier eating options on the menu; ‘Eat This!’

Diseases of the Heart: Healthy People 2020 established a target of 103.4 deaths per 100,000 however, over the last few years Texas has surpassed that target. 101.3 deaths per 100,000 in 2013, 98.7 deaths per 100,000 in 2014, and 96.9 deaths per 100,000 in 2015. In Wise County, we plan to reduce of coronary heart disease admits by 10%. Reducing total admits from 438 to 395.

- 1. Promote Heart Safe Community
- 2. Increase Primary Care and Cardiology Care awareness
- 3. Cardiac walk team in partnership with Care 360

Physical Inactivity: Wise County has seen a positive trend of less inactive adults over the last few years; 26% in 2015, 24% in 2016, and recently 21% in 2017. The 2017 Texas average was 23%. HP2020 set a goal of 32.6%, which Wise County has surpassed since 2011; the first County Health Ranking published data year. However, we are not providing adequate access to exercise opportunities. In 2017, Wise County fell short with only 39% of the population with adequate access to locations for physical activity while the Texas average was 84%. We aim to increase physical activity by adding one free community space within Wise County.

- 1. Engage cities and corporations to established walk policy for employees
- 2. Partner with The Wise County Messenger for community activities list
- 3. Offer free community exercise classes through local gyms

Diabetes: CountyHealthRankings.org identified in Wise County 85% of diabetic Medicare enrollees ages 65-75 receive HbA1c monitoring as of 2017. The Texas average was 84% and the

top performer was 91%. Through Wise Health System's Total Diabetes program, 548 patients were enrolled in the program and 384 of those patients have a Hemoglobin A1c less than 9% or in a controlled state. While reducing the current statistic of diabetic diagnosis may not be achievable, increasing diabetic monitoring by 5% will provide better quality of life for those diagnosed through and healthy diabetic living education through the Total Diabetes program. Of the enrolled patients in the program, 70% had controlled Hemoglobin A1c levels. By 2020, we plan to increase the level of diabetic patients with controlled Hemoglobin A1c levels by 20% within the Total Diabetes Program.

1. Total Diabetes Care in-services with community businesses
2. Promote healthy diabetic living education

Poor Nutrition: CountyHealthRankings.org identified 15% of people in Wise County lack adequate access to food due to poverty level or physical location accessibility. By 2020, we plan to increase the number of student enrolled in the Free and Reduced Lunch program by 5% as well as increase the number of student enrolled with Feeding Wise Kids, a non-profit weekend backpack program providing food for children over the weekend. Current enrollment is 238 and our goal is to increase the enrollment by 50%, 357.

1. Increase awareness of healthier food options for aging population through Meals on Wheels
2. Rebrand Decatur Mobile Food Pantry and Bridgeport Mobile Food Pantry to Wise County Food Pantry
3. Community outreach for health eating education

Healthy Behaviors Committee Partners

Leah Throckmorton, Wise Health System – Committee Chair

Casey Rauschuber, Wise Health System – Vice Chair

Amber Everett, Wise Health System

Amy Hermes, Wise Health System

Brenda Haile, Wise Health System

Chrissy Karrer, Texas A&M Agrilife Extension

Dawn Wilbert, Decatur Public Library

Holly Berry, Wise Health System

Jeff Huling, Future Health Systems

John Rankin, Feeding Wise Kids

Karen Wade, Texas A&M Agrilife Extension

Kimberly Dunlap, Wise Coalition for Healthy Children

Kyndal Klose, UT Dietitian/Nutrition Student

Lenee Bassham, Cook Children's

Martha Bock, Bridgeport Elementary School

Martin Woodruff, United Way of Wise County/ City of Decatur Mayor

Richard Sides, Alzheimer's Association

Sara Ratliff, Wise Health System

Susan Rector, Wise Health System

Tanya Davis, Texas A&M Agrilife Extension

Terri Hedrick, Home Health Care of North Central Texas

Will Klose, United Way of Wise County

Healthcare Resource Awareness Committee

2017 County Health Rankings of 243 Counties
 Health Behaviors – 87 Social & Economic Factors – 52
 Clinical Care – 72 Physical Environment – 132

Healthcare Resource Awareness Goal: Provide greater awareness to healthcare and wellness opportunities to all citizens in the county.

Needs Addressed: (4) Uninsured/ Lack of Access
 (9) Utilization of ED for Episodic Care
 (10) Lack of Health Education
 (12) Transportation

2017 Community Health Needs Assessment Findings and Plan:

Uninsured/ Lack of Access: Wise County has made great strides to continue decreasing the number of residents that are uninsured. At 25% in 2015, 23% in 2016 and 20% in 2017. Wise County did surpass the 2017 Texas average by 1%. Healthy People 2020 objective *AHS-1.1* set a goal of 0% uninsured, which was not met in 2017. By 2020, we plan to achieve 50% improvement in healthcare insurance coverage making our uninsured rate 11.5%.

“Access to healthcare for those located further west and northwest in the county. I think access is a barrier, but public transit isn’t something that has latched on here yet.”

1. Increase awareness of Wise Health System Charity Policy through faith based organizations, public officials and schools.
2. Increase awareness of Community Health Clinic

Utilization of ED for Episodic Care: Ambulatory Care for Sensitive Conditions

- o 2017 ED admissions for episodic care:
- o 2017 ED pediatric admissions for episodic care: 2530

Our current ED utilization for Episodic Care was 12,443 in 2017. High utilization of any emergency department is apparent all over the state of Texas. Some departments see as high as 50% of all their ED visits being non-urgent and avoidable. By 2020, our goal is to reduce the overall ED utilization for episodic care by 10%. Increasing awareness of facilities for non-urgent services and adding an extended hours urgent care/ clinic will help to improve this number.

1. Rebrand the Community Health Clinic to Wise Health and Wellness Clinic
2. Extend hours or offer urgent care services
3. Offer Telemedicine kiosk in public space
4. ‘Where to go?’ magnet for symptoms and services in Wise County

Lack of Health Education: The Wise County Health Fair has created a platform for community health organizations to educate and communicate services to community member in a centralized setting for the past 14 years. In the past few years, average attendance of vendors has been 75 and attendees average 350 people. We plan to increase awareness of this event and in turn increase attendance for both vendors and attendees alike by 20%.

1. Create and distribute list of resources as well as create a public website for county information
2. Utilize billboards to promote health and wellness education opportunities
3. Map out healthcare and wellness resources in Wise County

Transportation: Transportation is an issue for people and prevents them from seeking necessary and preventive care. In Wise County, we currently have TAPS, Texoma Area Paratransit System, which services six counties with affordable public transportation. In 2017, TAPS provided 2,856 trips from and to Wise County. My increasing awareness of this valuable service we plan to increase TAPS utilization by 20% - 3570 trips by 2020.

“Transportation is huge issue. We live in a rural county and sometimes healthcare is going to need to go to the people. Drug and alcohol abuse are contributing. Various areas of Wise Co. are very socioeconomically depressed and that comes with a level of hopelessness.”

1. Increase awareness and marketing of TAPS

Healthcare Resource Awareness Committee Partners

Patricia Peters, Decatur Public Library – Committee Chair

Debbie Bounds, Hospice Plus – Vice Chair

Amy Hermes, Wise Health System

Brian Bosworth, First United Methodist Church Decatur

Carla Garrett, Home Health Care of North Central Texas

Crystal Keiper, Wise Health System

Erica Pelton, Angels Care Home Health

Holly Berry, Wise Health System

Jeanine Eaton, Wise County Messenger

Karen Kemp, TAPS

Kim McGilvray, Decatur Housing Authority

Laura Tanner, Wise Health System

Leah Throckmorton, Wise Health System.

Linda Johnson, Wise Health System

Martin Woodruff, United Way of Wise County/ City of Decatur Mayor

Nicole Ferrell, Wise Health System

Roy Eaton, Wise County Messenger

Shawna Merchant, Wise Health System

Stacey Wilcox, Texas Department of Family Protective Services - Wise County

Mental Health and Substance Abuse

2017 County Health Rankings of 243 Counties
 Health Behaviors – 87 Social & Economic Factors – 52
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Mental Health Goal: Greater promotion and increased public awareness of existing mental health and substance abuse resources.

Needs Addressed: (3) Lack of Mental Health Services
 (11) Alcohol/ Drug Abuse
 (17) Adult Smoking
 Quality of Life

2017 Community Health Needs Assessment Findings and Plan:

Lack of Mental Health Services: 2017 data provided by CountyHealthRankings.org states Wise County is severely underserved by Mental Health Providers, 6,990 patients to one provider. The state average is currently 1,070:1. Wise County sits 84.69% above the Texas average. Health People 2020 does not have a goal for mental health providers. By 2020, we plan to increase usage of existing and available mental health resources and encourage Telemedicine Services for mental health and substance abuse services.

“Lack of resources for those with mental health issues and/or suffering from drug abuse. Lack of family support and community support. Lack of financial resources. Those that live in rural areas of the county far away from health resources.”

1. Encourage Wise Health System to recruit an additional mental health provider to Wise County
2. Expand mental health telemedicine services for mental health
3. Increase charity policy to engage more unfunded citizens

Alcohol/ Drug Abuse: The percentage of adults that drink excessively were a little higher in the county (19%) compared to the state (17%). The county met the HP 2020 SA-15 target of less than 25.4% of adults drinking excessively in the previous 30 days. However, alcohol related driving deaths, per 100,000, were much lower in the county (20%) than the state (30%) in 2017.

“Our County would absolutely benefit from a substance abuse/mental health facility.”

1. Provide education for schools
2. Increase detox beds in the hospital
3. Create adult advocacy program for individuals dealing with mental health and substance abuse

Adult Smoking: Wise County and the Texas average for adult smoking were parallel at 15% in 2017. The results of the CHNA survey show a slight decrease from 2013 to 2017 for those that ‘sometimes’ and ‘always’ smoke cigarettes. 12.08% in 2013 to 11.34% in 2017; a 6.13% decrease in cigarette use. The HP2020 TU-1.1 current target is <12.0%.

1. Increase youth education for tobacco use
2. Encourage county officials to push non-smoking in all areas of the county

Mental Health & Substance Abuse Committee Partners

Kelly Jones, Wise Health System – Committee Chair

J.D. Clark, Wise County Judge – Vice Chair

Beverly Ross, Wise County Christian Counseling

Cherissa McConnell, The Helen Farabee Centers

Dustin Seland, Alcoholics & Narcotics Anonymous

Emily Pivoda, Star Council

Gianna Harris, The Helen Farabee Centers

Janice Watkins, Wise Hope

Judy Lambert

Lane Akin, Wise County Sheriff

Linda Ortberg, Newark Public Library

Megan Adams, Wise Health System

Melanie Whittle, Wise Health System

Rick Ross, Decatur Church of Christ

Tamara Helton, Wise Health System

William Holt, Alcoholics & Narcotics Anonymous

Resources

<https://datausa.io/profile/geo/wise-county-tx/#health>

<http://environmental-health.healthgrove.com/l/2826/Wise-County-TX>