



Implementation Strategies (2020-2022)

For Needs Identified in the Methodist Fremont Health
2019 Community Health Needs Assessment

Methodist Fremont Health

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I. Introduction

For more than 80 years, Methodist Fremont Health (MFH), an affiliate of the Methodist Health System (MHS) has cared for families in the Fremont region. MFH is dedicated to superior service and a deep understanding of patient care, creating better care and better outcomes.

Mission Statement

Committed to improving the health of our communities by the way we care, educate and innovate.

Vision Statement

We will be the preferred integrated health system in the region.

Values in Our Workplace – Cultural Competence

At Methodist Fremont Health, all employees will behave in a way that is consistent with our core values. We intend to hold each other and ourselves mutually accountable for our actions. Demonstrating our values in the workplace means that we will respect a wide range of people both like and unlike ourselves. Our similarities and differences may include these characteristics: race, gender, class, native language, ethnic origin, physical ability, age, religion, sexual orientation, professional experience, personal preferences and work style. We value our diversity. These similarities and differences will be affirmed and respected as we serve all of our customers, patients, families and coworkers.

Core Values

Patient Centered

We are patient/customer-centered, patient/customer-driven. Our patients are our first priorities. We listen, understand their needs and strive to exceed their expectations.

Respect

We honor and respect the dignity of all. We say what we mean and mean what we say. We require fair, honest and ethical behavior in every activity and under all circumstances.

Excellence

We strive for excellence and push beyond. We strive for the highest standards and push beyond. We continuously improve performance through knowledge, experience, innovation and risk-taking.

Teamwork

We work as one. People are our most important resource. We demonstrate respect and concern for everyone, value each individual as an equal team member and support professional growth and autonomy.

Community Service

We are dedicated to serving our community. We strive to achieve a healthy balance between enhancing the welfare of our community and sustaining our economic growth.

II. Why We Care

From the day Methodist Fremont Health was chartered back in 1940, service and commitment to our community has been the top priority. Financial assistance, health education, and outreach to under-resourced populations – these and other community benefit activities have always been central to our mission. Our goal has always been to address and improve the overall health of the community.

Our community benefit programs are strategically focused to accomplish the following objectives:

- Improve access to health care services.
- Enhance the health of the community.
- Advance medical or health care knowledge.
- Relieve or reduce the burden on government or other community efforts.

III. 2019 Community Health Needs Assessment Summary

Methodist Fremont Health’s Community Health Needs Assessment (CHNA) is conducted by the Three Rivers Public Health Department, which represents Dodge, Washington and Saunders counties. The latest survey was completed in early fall, 2019. Schmeckle Research of Lincoln, NE conducted the research.

Methodology

From the CHNA, a Community Health Improvement Plan (CHIP) is developed for each county. The purpose of the CHIP is to identify how to strategically and collaboratively address community priority issues to improve the health and well-being of the community. The project was made possible through grant funding from the State of Nebraska Department of Health and Services, Division of Public Health, Community Health and Performance Management, and Region 6 Behavioral Health Care.

A broad array of sources provided qualitative data for the report, including the Behavioral Risk Factor Surveillance System, County Health Rankings, the Nebraska Crime Commission, Nebraska Department of Education, Nebraska Department of Health and Human Services, Nebraska Risk and Protective Factor Student Survey and the U.S. Census/American Community Survey. In addition, Methodist Fremont Health utilized data from Fremont/Dodge County’s Head Start Community Needs Assessment and the Fremont Family Coalition’s Community Well-Being Needs Assessment, conducted May, 2019 by Schmeckle Research.

In 2019, Three Rivers Public Health Department (3RPHD) added a MAPP (Mobilizing for Action through Planning and Partnerships) Steering committee to help guide the process which has not been utilized in the past. Methodist Fremont Health has representation on the MAPP Steering Committee. Another first for the 2019 CHNA was the addition of a Community Health Survey of 170 health related questions, administered to individuals who live or work within the 3RPHD area. The Community Health Survey provided information from residents as to the most important health issues to address.

IV. Identified Opportunities

The following are the areas of opportunity identified through this assessment.

- Chronic Lung Diseases
- Cancer
- Mental Health
- Women & Children
- Diabetes
- Nutrition, Physical Activity & Weight
- Injury & Violence
- Substance Abuse
- Sexually Transmitted Diseases

Access to Healthcare Services will be evaluated for each category

The full Community Health Needs Assessment along with this 2020-2022 Implementation Strategy and the Community Health Needs Assessment can be accessed through Methodist Health System's Community Benefits website: <https://www.bestcare.org/about/community-benefits/our-plan/>

V. Implementation Strategy

Findings from Three Rivers Public Health Department's Community Health Needs Assessment were initially reviewed by the MFH Community Health Action Team (CHAT) in November of 2019. Strategies, goals and methods of evaluation were developed to create the 2020-2022 Implementation Strategy for Needs Identified in the Community Health Needs Assessment for Methodist Fremont Health.

This strategy lists some of the local area community partners of which Methodist Fremont Health will collaborate on opportunities that would be consistent with their expertise. As our work progresses, we will identify and partner with new organizations and key individuals as necessary.

This document clearly identified opportunities where Methodist Fremont Health lacks internal competencies to make a meaningful impact. Methodist Fremont Health will continually monitor these opportunities and collaborate with community organizations that are addressing these needs and as funding and/or expertise are made available, Methodist Fremont Health will respond accordingly and continue to play a role as a *Partner in the Community* on these areas.

Strategy Execution and Anticipated Impact

Evaluation of impact will be measured by a subsequent CHNA, tentatively scheduled to be conducted in 2022. Impact will be compared to current results and influenced by the Healthy People 2020 guidelines and recommendations.

Opportunities are identified as:

- **Priority I** – MFH has significant expertise to improve these health needs in the community: “Leaders in the Community”
- **Priority II** – MFH has limited expertise to improve these health needs in the community, and will defer to other organizations but collaborate where and when appropriate: “Partners in the Community”
- **Priority III** – MFH has minimal expertise to improve these health needs in the community. MFH does not intend to specifically address these opportunities; MFH will participate with other community organizations currently addressing these opportunities: “Participants in the Community”

Based on the above, the Methodist Fremont Health Board of Trustees has determined that the following needs identified in the CHNA should be addressed through the implementation strategy and approved the 2019 CHNA and the 2020-2022 Implementation Strategy on August 24, 2020.

Priority I:

Chronic Lung Diseases

Cancer

Mental Health

Women & Children

Priority II:

Nutrition, Weight & Exercise

Diabetes

Priority III:

Injury & Violence

Substance Abuse

Sexually Transmitted Diseases

Identified as Priority I:

Identified as the opportunities which Methodist Fremont Health has significant expertise to help improve health rates in the community (A Leader in the Community).

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
<p>Chronic Lung Disease</p>	<p>The rate of COPD in the health district has steadily increased from 43.2 deaths per 100,000 (2007-2011) to 53.2 deaths (2013-2017); higher than state level; death rates in Dodge county have been consistently higher when compared to the state.</p>	<p>Participate with the American Lung Association</p> <p>Offer pulmonology and pulmonary rehabilitative services</p> <p>Offer Tobacco Cessation classes</p> <p>Provide Chronic disease management through MFH PCP clinics</p> <p>Incorporate high risk health coaches in Pulmonary Clinic to coordinate care, improve outcomes and prevent readmissions</p>	<p>Decrease the COPD Age-Adjusted Death Rate</p> <p>Comparison: Nebraska COPD deaths for Dodge County is 171</p>
<p>Cancer</p>	<p>The Health District had a slightly higher rate of deaths compared to the state.</p> <p>Leading causes of cancer mortality was lung, colon, breast and prostate.</p> <p>Nearly 71% reported being up to date on colon cancer screening in the health district; higher than state average</p>	<p>Methodist Fremont Health in collaboration with the Nebraska Cancer Specialists offer multidisciplinary care and an array of services for cancer patients, including a Cancer Committee and Tumor Board.</p> <p>Enhance and grow cancer screening and education programs offered to the community. Focus on early identification of lung, head & neck, colorectal, skin and breast cancer.</p> <p>Partner with local employers and community clinics to increase the number of women being screened for breast cancer.</p>	<p>Reduce the Cancer Age-Adjusted Death Rate</p> <p>Dodge County rate 194.9 per 100,000 (2013-2017)</p> <p>Comparison: Three Rivers Public Health District = 178.2; Nebraska = 157.4</p>

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
		<p>Partner with the American Cancer Society to recognize cancer survivorship.</p> <p>Grow the HPV vaccine/education initiative to increase HPV vaccine rates and awareness of its association to cancer.</p> <p>Provide screening recommendations for different types of cancers and behavioral risk education at community events and health fairs.</p> <p>Partner with the Methodist Estabrook Cancer Center to offer genetic testing and counseling to patients and community members.</p> <p>Partner with the Nebraska Coalition on Cancer, The American Cancer Society, Great Plains, and Great Plains Colon Cancer Task Force.</p>	
Mental Health	<p>31 suicides in Dodge County over 4 years; age adjusted rate of 15.3 per 100,000 compared to state 12.9</p> <p>18.1% of adults reported they have been told they have depression; 10.9% reported taking medication or receiving treatment for a mental health condition</p>	<p>Ensure Methodist Fremont Health expectant/new mothers are screened for postpartum and perinatal depression.</p> <p>Increase access to behavioral health services at Methodist Fremont Health by enhancing the relationship with community organizations.</p> <p>Educate Methodist Fremont Health staff and their families to available services through Best Care Employee Assistance Program, outpatient and inpatient services.</p>	<p>Reduce the suicide age-adjusted death rate in Dodge County; Dodge County accounted for 54% of the suicides in the Three Rivers Public Health District</p> <p>Comparison: 15.3 for Dodge County (2013-2017); Three Rivers – 13.3; Nebraska - 12.9</p>

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
		<p>Increase awareness in the community of available behavioral health resources and services at MFH and throughout the service area.</p> <p>Partner with stakeholders to implement a public awareness campaign educating the community about mental health as a medical condition.</p>	
Women & Children	<p>Unmarried moms, teen moms, birth defects, premature births; all higher than state average</p> <p>65.9% of births in health district received prenatal care beginning in first trimester, compared to state level of 72.9%</p> <p>Percentage of infants born to a woman receiving prenatal care has steadily decreased in the district; Dodge County has the lowest (55.1%) of infants born to a woman receiving prenatal care beginning in first trimester</p>	<p>Ensure Methodist Fremont Health expectant/new mothers are screened for postpartum and perinatal depression.</p> <p>Collaborate with large employers ensuring female staff have an annual mammogram, pap smear, and physical.</p> <p>Utilize OB nurse navigator for patient education and engagement to increase positive outcomes for mom and baby.</p>	<p>Increase the percentage of women 50-74 years of age who had a mammogram to screen for breast cancer in the last two years (target of 81.1% for Healthy People 2020); 78% of women age 50-74 in health district reported being up to date on breast cancer screening</p> <p>Nearly 79% reported being up to date on cervical cancer screening (age 21-65)</p>

Identified as Priority II:

Identified as the opportunities which Methodist Fremont Health has some expertise to help improve health rates in the community (A Partner in the Community).

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
Obesity (nutrition, weight, exercise)	<p>Obesity increased from 29.8% in 2011 to 34.9% in 2015</p> <p>27.3% of adults in health district reported having no leisure time devoted to physical activity in the past 30 days</p>	<p>Increase outreach by providing education on diet, nutrition, and exercise and weight management.</p> <p>Partner and promote with community partners on wellness resources, such as the Fremont Family YMCA, Hy-Vee, Three Rivers Public Health Department, etc.</p>	<p>Reduce the number of people with a BMI >30</p>
Diabetes	<p>9.8% of 3RPHD adults have been told by their doctor that they have diabetes</p>	<p>Increase access to care for diabetic patients through the Chronic Disease Management Program utilizing MPC patient centered sites.</p> <p>Provide information and resources available for diabetics through community outreach.</p> <p>Promote MFH’s Diabetes Self-Management Education opportunities to qualifying individuals.</p>	<p>9.8% of 3RPHD adults have been told by their doctor that they have diabetes</p> <p>Dodge County has a higher rate of diabetes-related deaths than the state and the health district</p>

Identified as Priority III: Risky Behaviors

Identified as the opportunities which Methodist Fremont Health has minimal expertise to help improve health rates in the community (A Participant in the Community).

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
Injury & Violence <i>(Includes motor vehicle accidents, falls, drug poisoning, fires, burns, drowning, suffocation, work-related accidents, and other similar types of unintentional injuries)</i>	Age adjusted 51.0 per 100,000 compared to state 37.5; Dodge County has the highest rates in the district	Educate the community on car seat safety. Participate on the Pediatric Abuse Head Trauma Task Force. Utilize OB nurse navigator in the clinic to screen for potential domestic violence. Educate the community on an exercise program focused on Parkinson’s disease and balance. Provide area elementary aged children the KLAS (Kids Learning Awareness & Safety) program, focused on children staying safe while alone at home.	Reduce the number of unintentional injury deaths for Dodge County Comparison: 44.6 for Three Rivers Health District and 37.5 for Nebraska
Substance Abuse	Alcohol, marijuana and vaping among 12 th graders increased; binge drinking and prescription drug misuse decreased Electronic vapor use has doubled from 2016 to 2018 among 10 th & 12 th graders	Provide area elementary aged children education via the KLAS and 3 rd Grade tour programs, focused on remaining tobacco free and home safety, respectively.	Reduce the adult age-adjusted tobacco related deaths for Dodge County; 146.6 in 2017 Comparison: 126.8 for Three Rivers Health District and 109.3 for Nebraska Decrease use of electronic vapor use among 10 th & 12 th graders; 25.6% and 40.5% for 10 th & 12 th graders in TRPHD Comparison: 24.7% and 37.3% for Nebraska

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
STD's	Increasing number and rate of Chlamydia and Gonorrhea cases in Dodge County; generally increasing across the health district and the state	Provide the HIV screening as part of the OB prenatal testing panel. Partner with Three Rivers Public Health Department to educate and promote healthy sexual behaviors.	Reduce the number and rate of Chlamydia and Gonorrhea cases per 100,000 for Dodge County

VI. Community Partners

A Time to Heal	American Cancer Society	American College of Surgeons	American Diabetes Association
American Heart Association	American Hospital Association	American Red Cross	Archbishop Bergan Catholic School
Blue Cross Blue Shield of NE	Cedar Bluffs Public School	City of Fremont	Clarkson College
Colorectal Cancer Task Force	Commission on Cancer	Community Health Charities	Department of Health & Human Services
Dodge County Extension Office	Dodge County 4-H	Dodge County Fair	Dodge County Head Start
Dodge County Sheriff's Department	Eastern Nebraska Office on Aging	Every Woman Matters	Fremont 4-H
Fremont Area Alzheimer's Collaboration	Fremont Area Chamber of Commerce	Fremont Breastfeeding Initiative	Fremont Community Foundation
Fremont Family Coalition	Fremont Family YMCA	Fremont Fire & Rescue	Fremont Ministerial Association
Fremont Moo	Fremont Police Department	Fremont Public Schools	Fremont Rotary Club
Good Neighbor Community Health Center	Greater Fremont Development Council	Great Plains Colon Cancer Task Force	Habitat for Humanity
Heartland Family Services	John C. Fremont Days	Keep Fremont Beautiful	Kiwanis Club of Fremont
Leadership Fremont	LifeHouse	LifeNet	LiveOn Nebraska
Logan View Public School	Lutheran Family Services	Lyons-Decatur Public School	MainStreet Fremont
Masonic-Eastern Star Home for Children	Mead Schools	Methodist College of Nursing	Metropolitan Community College, Fremont
Midland University	National Alliance for Mental Illness	National Safety Council, Nebraska	Nebraska Breastfeeding Coalition
Nebraska Cancer Specialists	Nebraska Community Blood Bank	Nebraska Department of Health and Human Services	Nebraska Health Network
Nebraska Hospital Association	Nebraska State Patrol	North Bend Public School	Omaha Metropolitan Healthcare Coalition (OMHCC)
Omaha Safety Council	Pathfinder Support Services	Project Fit	Rotary Club of Fremont
Salvation Army	Scribner-Snyder Public School	Sixpence Early Learning	The Bridge
Trinity Lutheran School	Three Rivers Public Health Department	Uniquely Yours Stability Support	University of Nebraska Medical – College of Medicine
United Health Care	United Way	Visiting Nurses Association	

VIII. Contact Information

Please submit any questions to:

<http://www.methodistcommunitybenefit.com/contact/>

or call 402-354-6767 for further information