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A LETTER FROM HENRY COMMUNITY HEALTH

To Our Patients and The Communities We Serve

Our 2019-2021 Community Health Needs Assessment was conducted to help us better understand the health care needs in the communities we serve. It also provides an opportunity to work with other local organizations who share our goals in improving health.

At Henry Community Health we are redefining our model of care to play a progressive role in helping to keep people healthy as well as caring for them when they are ill or injured. While the hospital will always serve as the cornerstone, the future is focused on caring for our communities in many different ways.

VISION: WHERE WE ARE HEADED.
Leading our communities to a healthier future.

MISSION: WHY WE ARE HERE.
Healing and health.

VALUES: HOW WE ACT.

Thank you for your continuing support.

Sincerely,

Paul F. Janssen
President and Chief Executive Officer
About Henry Community Health

Our Service Area

As a non-profit, independent community hospital and health system, Henry Community Health (HCH) primarily serves Henry County and western Wayne County with a primary care office in Cambridge City.

Patients also come from Delaware, Rush, Randolph, Fayette and other cities in Wayne County.
Facilities and Services

HCH is an owner and member of Suburban Health Organization collaborating with 10 Indiana hospitals working together to maintain their independence and to promote quality, efficiency and patient access in their communities.

Main Campus

The Main Campus includes the Hospital with a 24/7 Emergency Department, inpatient and outpatient surgery, intensive/critical care unit, progressive care unit and women and children’s unit. The Physician Office Center includes cardiology, ob/gyn, urology and general surgery physician practices. An Advanced Wound Center also is located on the main campus.
Forest Ridge Medical Pavilion

Forest Ridge Medical Pavilion on the south side of New Castle houses family and internal medicine, lab draw, orthopedics, retail pharmacy, sleep center, cardiopulmonary rehabilitation, anticoagulation clinic, rehabilitation services, wellness center, sports medicine performance enhancement and IU Health Ball Memorial Cancer Center.
Northfield Park Primary Care Campus

The Northfield Park Primary Care Campus located on the north side of New Castle includes family medicine, internal medicine, immediate care and pediatrics along with a retail pharmacy, lab draw, diabetes education and classrooms.

Employer Clinics

Employer clinics are located in Spiceland and New Castle and provide care for employees/dependents for seven companies.

Cambridge City and Muncie Offices

A primary care practice is located in Cambridge City and a Physical Medicine and Rehabilitation practice provides services in Muncie and New Castle.
Henry Community Health Medical Group

Physician practices encompass 15 specialties. In addition to physicians other providers include nurse practitioners, physician assistants and certified nurse anesthetists.

- Allergy/Immunology
- Anesthesiology
- Cardiology
- Family Medicine
- General Surgery
- Hospitalists (Adult and Pediatric)
- Infectious Disease
- Internal Medicine
- Obstetrics/Gynecology
- Orthopedic Surgery
- Physical Medicine & Rehabilitation
- Pain Management
- Pediatrics
- Radiology
- Wound Care

Local specialists who are not members of Henry Community Health Medical Group include:
- Dermatology
- ENT
- Medical and Radiation Oncology
- Nephrology
- Ophthalmology
- Pathology
- Podiatry
- Pulmonology
- Rheumatology
- Urology (full-time urologist on staff)
- Vascular Interventional Radiology
Outpatient Focus

The expanded outpatient focus provides care coordination, community paramedicine and an initial telehealth program which also includes a school-based pilot program with Eastwood Elementary School and the New Castle Community School Corporation. Safe Solutions home-based personal monitoring, home health and hospice services also are provided.

Mental Health/Drug Addiction

Recognizing mental health issues frequently inhibit patients’ ability to care for their own health, there are five mental health practitioners in our family/internal medicine and pediatrics practices with the intention of adding more in the future. A pain management clinic helps reduce the use of opioids and other narcotics.
COMMUNITY HEALTH NEEDS ASSESSMENT

Executive Summary

The Henry Community Health (HCH) 2019-2021 Community Health Needs Assessment (CHNA) focuses on Henry County and western Wayne County where a primary care office is located in Cambridge City. The goal is to assess health care needs in these communities and, working with community leaders, target opportunities where health status could be improved.

Healthcare today is about more than the care provided by physicians and hospitals. It is ever more focused on the Social Determinants of Healthcare (SDoH)—where you work, live and play. According to Purdue Healthcare Advisors and the Regenstrief Center for Healthcare Engineering, Clinical Care only represents 20% of the SDoH. Frequently these SDoH are interlinked and result in multiple health problems.

Their ranking of the factors associated with health include:

- 40% Socioeconomic Factors
- 30% Health Behaviors
- 20% Clinical Care
- 10% Physical Environment

While expert, quality clinical care has always been a priority, Henry Community Health contributes in multiple other ways to improving the SDoH our communities. The Henry County Hospital Foundation Gala provides support for Needy Meds, the InterlocalCAP Women’s Health Clinic, YMCA Diabetes Prevention Program and the Wilbur Wright Second Harvest Food Pantry. The system is a major sponsor for the local Greenways Trail System and sponsors area walks and mini-marathons. We also support area high school and community athletic programs for all ages, food banks, the pregnancy care center, domestic violence organizations, Special Olympics and senior citizen events.

The 2019-2021 priority areas were selected based on survey results, CHNA Advisory Committee recommendations, Henry Community Health resources and strategic goals.

**Henry County**
- Mental Health/Substance Abuse
- Transportation
- Vaping
- Food Insecurity
- Heart Disease/Physical Activity
- Cancer

**Western Wayne/Cambridge City/Hagerstown**
- Mental Health
- Primary Care and Specialty Care
- Health Insurance Access
- Smoking/Vaping
- Cancer Screenings
Community Description

Henry County
Henry County, Indiana had an estimated population of 48,476 in 2019. New Castle, where HCH is located, is the largest community followed by Middletown and Knightstown. The median household income is $48,900 with 48% of children eligible for free or reduced price lunch. There is a 94% high school graduation rate with 53% of residents having some college.

While unemployment has a low of 3.7%, it is estimated 18% of children live in poverty and 34% of children live in single-parent households. Nearly 94% of the county is white with 2.7% black or African American and 1.9% Hispanic.

It is estimated that 21% of adults smoke, 17% excessively drink and 36% of the adults are obese. There is an uninsured rate of 5% for children and 10% for adults.

Western Wayne/Cambridge City/Hagerstown
The community description for Western Wayne/Cambridge City and Hagerstown is difficult to pinpoint as available statistics are provided at the county level. Western Wayne is largely rural and includes Cambridge City (1863 population) and Hagerstown (1780 population). Richmond is the largest city with a population of just over 35,000 and Centerville (2,541 population) is the second largest community.

Wayne County median household income is $44,200 with 60% of children eligible for free or reduced price lunch. There is an 82% high school graduation rate with 58% of residents having some college. While unemployment has a low of 3.8%, it is estimated that 25% of children live in poverty and 41% of children live in single-parent households. Just over 88% of the county is white with 5% black or African American and nearly 3% Hispanic.

It is estimated that 21% of Wayne County adults smoke, 17% excessively drink and 31% of the adults are obese. There is an uninsured rate of 7% for children and 13% for adults.

Data Sources:
Robert Wood Johnson Indiana 2018 County Health Rankings
Wayne County FastFacts U.S. Census
Henry County Fast Facts U. S. Census

Steering Committee Advisory Members

Two CHNA Advisory Steering Committees were created to serve as advisors on the questions in the consumer and Key Provider Surveys and and make recommendations on action items based on the survey results.

The Henry County Steering Committee included representatives from the Henry County Health Department, Salvation Army, God’s Grain Bin Food Pantry, Interlocal CAP, Henry Community Health, Hope Initiative, YMCA and Henry Community Health.

The Western Wayne/Cambridge City/Hagerstown committee included representatives from MediCenter Pharmacy, Western Wayne Schools, Cambridge City Public Library, Hometown Media Group, Red Line Ambulance, Wayne County Community Health Clinic, a retired educator and Henry Community Health.
Methodology/Data Analysis

**Consumer Survey**

For survey purposes, Henry Community Health purchased email addresses for all Henry County zip codes and Western Wayne County zip codes for the towns of:

- Cambridge City
- Centerville
- Economy
- Greens Fork
- Pershing/East Germantown
- Williamsburg
- Hagerstown
- Dublin
- Fountain City
- Milton
- Webster

The surveys were conducted through Survey Monkey via an email link. To try to obtain a better representation from low income residents and those not having email, paper surveys were provided to the Henry County Health Department and Interlocal CAP. In Western Wayne County the local newspaper ran a number of news stories soliciting area residents to participate. The newspaper’s Facebook page also was used. Both promised a year’s free subscription as all participants were entered into a drawing.

Three reminders to complete the survey were sent prior to the due date to gather as many survey responses as possible. A total of 2,887 survey invitations were sent to residents in Henry County zip codes with 291 responses received. In Western Wayne County, 674 invitations were sent to complete the survey and 80 responses were received.

Compared to previous CHNA surveys, more emphasis was placed on asking questions to better understand how preventative services were being used and the need for and access to care for mental health, substance abuse and alcohol abuse. Consumers also were asked questions to better understand their overall health status, access to care, chronic conditions and basic demographic information.

**Key Provider Surveys**

For the purposes of this report Key Providers were identified as healthcare providers, community representatives who directly or indirectly work in health related areas, school and community leaders who have knowledge of community healthcare needs and organizations who directly or indirectly work with low-income and elderly residents. Names were contributed by Henry Community Health and members of the two CHNA Advisory Committees.

Separate surveys were used for Henry County and Western Wayne/Cambridge City/Hagerstown in order to determine if there were any differences in the concerns outlined by key providers in these communities. For Cambridge City/Hagerstown 68 surveys were sent with 17 completed. For Henry County in addition to Henry Community Health providers, 84 surveys were sent to community representatives with 66 completed by health care providers and community representatives.

Survey Monkey was used to facilitate survey answers from as wide a group as possible. The survey asked participants to rank health care needs identified by Healthy People 2020 with an additional question concerning teen vaping added. In addition open ended questions were asked about the health care needs of the elderly, people with chronic health conditions, low-income residents, children, adolescents and teens.
KEY FINDINGS

Consumer Surveys

The consumer surveys for both Henry and Western Wayne/Cambridge City/Hagerstown did not provide as much insight into the needs of the communities as information from the CHNA Steering Committees and the Key Provider surveys.

Over 72% of respondents stated they did not need professional help for mental health services while mental health services were ranked as one of the top concerns by Steering Committee members and Key Providers. Consumer responses also did not show the same concern for substance abuse disorders. The most likely answer to this disparity is that the majority of participants in the consumer survey represented a healthier and better insured population and did not reflect the communities as a whole.

The statistics below show the percentage of responses from the consumer survey. Henry County responses were primarily from New Castle residents and Western Wayne responses were primarily from Cambridge City and Hagerstown.

<table>
<thead>
<tr>
<th></th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Health Excellent/Very Good</td>
<td>37%</td>
<td>36%</td>
</tr>
<tr>
<td>Have a Primary Care Provider</td>
<td>84%</td>
<td>88%</td>
</tr>
<tr>
<td>Tested for High Blood Pressure/Diabetes</td>
<td>69%</td>
<td>78%</td>
</tr>
<tr>
<td>Treated for High Blood Pressure</td>
<td>78%</td>
<td>86%</td>
</tr>
</tbody>
</table>

**Overall Percentage of Respondents that had preventative screenings performed**
*(Excluding respondents stating procedure was not appropriate due to sex or age)*:

<table>
<thead>
<tr>
<th></th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mammogram 40+</td>
<td>68%</td>
<td>66%</td>
</tr>
<tr>
<td>Pap Smear</td>
<td>71%</td>
<td>61%</td>
</tr>
<tr>
<td>Colonoscopy/Stool Test (Cologuard) 50+</td>
<td>68%</td>
<td>71%</td>
</tr>
<tr>
<td>Prostate Exam</td>
<td>10%</td>
<td>11%</td>
</tr>
</tbody>
</table>
### Main Reason for not having preventative screenings:

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mammogram-Not Scheduled/Nervous/Not important</td>
<td>12%</td>
<td>22%</td>
</tr>
<tr>
<td>Pap Smear-Not recommended by Doctor/Confusion over changing guidelines</td>
<td>22%</td>
<td>28%</td>
</tr>
<tr>
<td>Colonoscopy-Not Scheduled/Nervous/Not Important</td>
<td>14%</td>
<td>15%</td>
</tr>
<tr>
<td>Prostate Exam- Not Scheduled/Nervous/Not Important</td>
<td>12%</td>
<td>24%</td>
</tr>
<tr>
<td>Tried to quit smoking</td>
<td>18%</td>
<td>10%</td>
</tr>
</tbody>
</table>

### Household Member Needed Treatment:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol Addiction</td>
<td>5%</td>
<td>0%</td>
</tr>
<tr>
<td>Substance Abuse (drugs)</td>
<td>8%</td>
<td>0%</td>
</tr>
<tr>
<td>Mental Health Counseling</td>
<td>23%</td>
<td>18%</td>
</tr>
<tr>
<td>Smoking Cessation Classes</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>Vaping Cessation</td>
<td>1%</td>
<td>0%</td>
</tr>
</tbody>
</table>

### Overall Mental Health Rating:

<table>
<thead>
<tr>
<th>Rating</th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>14%</td>
<td>10%</td>
</tr>
<tr>
<td>Very Good</td>
<td>26%</td>
<td>39%</td>
</tr>
<tr>
<td>Good</td>
<td>27%</td>
<td>25%</td>
</tr>
<tr>
<td>Fair</td>
<td>24%</td>
<td>18%</td>
</tr>
<tr>
<td>Poor</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>Don’t Know/Not Sure</td>
<td>1%</td>
<td>0%</td>
</tr>
</tbody>
</table>

### Unable to Access Care For:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis A</td>
<td>.40%</td>
<td>1%</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>Family Planning</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Sexually Transmitted Diseases (STD)</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>Smoking Cessation</td>
<td>1%</td>
<td>4%</td>
</tr>
<tr>
<td>Dementia/Alzheimer’s</td>
<td>2%</td>
<td>3%</td>
</tr>
</tbody>
</table>
### Respondents Gender:

<table>
<thead>
<tr>
<th>Gender</th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>8%</td>
<td>20%</td>
</tr>
<tr>
<td>Female</td>
<td>90%</td>
<td>79%</td>
</tr>
<tr>
<td>Prefer not to Answer</td>
<td>2%</td>
<td>1%</td>
</tr>
</tbody>
</table>

### Respondents Age:

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-21</td>
<td>3%</td>
<td>0%</td>
</tr>
<tr>
<td>21-29</td>
<td>12%</td>
<td>4%</td>
</tr>
<tr>
<td>30-40</td>
<td>19%</td>
<td>11%</td>
</tr>
<tr>
<td>40-50</td>
<td>17%</td>
<td>29%</td>
</tr>
<tr>
<td>50-64</td>
<td>32%</td>
<td>29%</td>
</tr>
<tr>
<td>65+</td>
<td>17%</td>
<td>27%</td>
</tr>
</tbody>
</table>

### Type of Health Insurance:

<table>
<thead>
<tr>
<th>Insurance Type</th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicare</td>
<td>22%</td>
<td>28%</td>
</tr>
<tr>
<td>Medicaid</td>
<td>6%</td>
<td>0%</td>
</tr>
<tr>
<td>Indiana HIP 2.0</td>
<td>15%</td>
<td>4%</td>
</tr>
<tr>
<td>Insurance through employer/union</td>
<td>44%</td>
<td>60%</td>
</tr>
<tr>
<td>Self-purchase health care</td>
<td>3%</td>
<td>0%</td>
</tr>
<tr>
<td>Obamacare/Marketplace</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>No Health Insurance</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Don’t Know/Not Sure</td>
<td>1%</td>
<td>0%</td>
</tr>
</tbody>
</table>
Key Provider Surveys

**Major Problems**

Substance abuse, addiction services and mental health services were consistently seen as the major problems.

<table>
<thead>
<tr>
<th>Issue</th>
<th>Henry County</th>
<th>Cambridge City/Hagerstown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addiction services children &amp; teens</td>
<td>67%</td>
<td>71%</td>
</tr>
<tr>
<td>Addiction services adults</td>
<td>76%</td>
<td>71%</td>
</tr>
<tr>
<td>Mental health children/teens</td>
<td>65%</td>
<td>82%</td>
</tr>
<tr>
<td>Mental health adults</td>
<td>64%</td>
<td>88%</td>
</tr>
<tr>
<td>Substance abuse</td>
<td>82%</td>
<td>94%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>56%</td>
<td>47%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>55%</td>
<td>59%</td>
</tr>
<tr>
<td>Vaping Teens</td>
<td>50%</td>
<td>53%</td>
</tr>
<tr>
<td>Tobacco Use Teens</td>
<td>47%</td>
<td>53%</td>
</tr>
<tr>
<td>Access to primary care health services</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td>Chronic Pain</td>
<td>35%</td>
<td>35%</td>
</tr>
<tr>
<td>Cancer</td>
<td>20%</td>
<td>35%</td>
</tr>
<tr>
<td>Family planning</td>
<td>20%</td>
<td>18%</td>
</tr>
<tr>
<td>Injury and Violence Prevention</td>
<td>9%</td>
<td>6%</td>
</tr>
<tr>
<td>Oral Health</td>
<td>14%</td>
<td>18%</td>
</tr>
<tr>
<td>Heart Disease and Stroke</td>
<td>29%</td>
<td>41%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>56%</td>
<td>47%</td>
</tr>
<tr>
<td>Respiratory Diseases</td>
<td>41%</td>
<td>35%</td>
</tr>
<tr>
<td>Sexually Transmitted Diseases</td>
<td>15%</td>
<td>12%</td>
</tr>
<tr>
<td>Transportation to medical appointments</td>
<td>27%</td>
<td>41%</td>
</tr>
</tbody>
</table>

*Substance abuse, mental health & mental health disorders, diabetes and physical activity also were major areas of concern in the 2016 CHNA.*
Henry County Areas of Concern

Most prevalent problems CHILDREN, ADOLESCENTS and TEENAGERS face with their health and in obtaining healthcare in Henry County.

Respondents consistently identified parents as a pivotal problem:
- Poor parenting
- Parents neglecting routine healthcare
- Parents personal substance abuse
- Parents low literacy
- Family neglect

Other problems identified include:
- Transportation for healthcare visits
- Access to mental health services
- Substance abuse education
- Lack of coping skills

Most prevalent problems Henry County RESIDENTS WITH MULTIPLE CHRONIC CONDITIONS face with their health and in obtaining healthcare.

- Affordability and limited resources to pay for care
- Transportation locally and to see out of town specialists
- Medication costs, understanding their medications
- Coordination of care for multiple chronic conditions
- Overwhelmed with how to deal with multiple health problems and understanding how to deal with them
- Access to mental health and substance abuse services
- Low level of health literacy
- Poor compliance with physician recommendations either due to inability to afford medications/other treatments, lack of motivation to change lifestyle, e.g. smoking cessation, weight loss, exercise

Most prevalent problems the ELDERLY in Henry County face with their health and in obtaining health care.

- Transportation locally and to see out of town specialists
- Understanding how important medications are and how to take them correctly
- Affordable medications so they don’t have to choose medicine or food or pay a bill
- Dependability and continuity of support system from their families
- Difficulty understanding health information and what they are told by their health care provider
- Knowing how to navigate the healthcare system
- Decline in ability and desire related to activities of daily living and simply managing a household even if it is an apartment
- Not always proficient with technology and this can be a downfall for them. With all the new and improved ways of doing things they may not understand the easiest and best way to connect. They might need a little more hand holding when it comes to their health and health care
- Understanding Medicare and Medicaid benefits and how to use them
Most prevalent problems LOW INCOME RESIDENTS in Henry County face with their health and in obtaining health care

- Every person/family that I work with is deemed low income thus this is the area that I have the most knowledge. These individuals typically struggle with my barriers that limit their ability to receive services, such as: education level, transportation, employment, child care, mental health, and housing. These basic life areas affect the person's ability to focus on their other needs such as affordable health care and overall health wellness. This is because they are in survival mode and unable to think about these other things that may not affect them every day
  - Transportation
  - Cost of medications and how to take them correctly
  - Cost of health care
  - Resources and desire to live a healthy lifestyle
  - Access to mental health services
  - Low literacy making it difficult to understand health problems and provider instructions
  - Low educational level regarding resources available in community and/or state
  - Poor food choices even when healthier food is available at local food pantries
  - Affording healthy foods and understanding how to cook healthier foods
  - Not having a family doctor but using ED as one
  - Low income residents do not have education or access to know where to go for healthcare besides the emergency department sometimes

Western Wayne/Cambridge City/Hagerstown Areas of Concern

Most prevalent problems CHILDREN, ADOLESCENTS and TEENAGERS face with their health and in obtaining healthcare in these communities.

- No health insurance and cost of care
- Parents lack transportation or are unwilling to take their children to appointments
- Lack of mental health care
- No local pediatricians
- No regular wellness appointments
- Lack of health education
- Drug/alcohol experimentation
- Sexual, physical or emotional abuse

Most prevalent problems RESIDENTS WITH MULTIPLE CHRONIC CONDITIONS in these communities face with their health and in obtaining healthcare.

- Transportation
- No local specialty care
- No local behavioral health care
- Lack of health insurance
- Ability to afford care and medications
- Long-term demands on family or support individuals
- Managing multiple medications
- Care coordination with multiple physicians
Most prevalent problems the ELDERLY in these communities face with their health and in obtaining health care.

- Transportation
- Inability to afford medications
- Keeping their medications straight
- Lack of local specialists
- Limited mobility and poor dietary choices
- Lack of affordable insurance after retiring and before becoming eligible for Medicare
- Lack of classes on health topics and no support groups for specific diseases

Most prevalent problems LOW INCOME RESIDENTS in these communities face with their health and in obtaining health care.

- Cost of care
- Transportation
- Marketplace insurance too expensive and make too much money to qualify for Medicaid or HIP
- Need for better health care for children
- Understanding which hospitals take their insurance plan so they don’t have to pay unaffordable out of network expenses
- Do not know where to apply or how to obtain Medicaid or HIP insurance for adults and children
- Understanding of how to follow instructions and documentation needed to keep HIP or other insurances
- Making regular wellness visits/appointments
- Motivation to follow through on healthy lifestyle management
2019-2021 PRIORITIES

Henry County

Mental Health/Substance Abuse
- Continue to evaluate the need to add additional mental health counseling and medication management providers in primary care/pediatric offices including the potential of telehealth services for mental health counseling and medication management
- Through the Opioid Stewardship Committee continue to develop plans and policies to appropriately reduce opioid prescriptions by employed providers, revise internal policies such as nursing assessments for surgical patients on opioids and educate patients on alternatives to opioids for pain control
- Implement the national Zero Suicide Initiative
- Participate in the Henry County Opioid Consortium

Transportation
- Explore ways to provide more local transportation access
- Explore ways to provide telehealth services to reduce the need for transportation particularly for care not available locally

Vaping
- Work with the Clean Air Initiative of Henry County to impact the community's awareness of the dangers of vaping and develop initiatives within the community and school system to combat vaping

Food Insecurity
- Develop a community garden through partnerships with area high school agriculture programs and food pantries on property owned by Henry Community Health
- Work with local food pantries to provide healthier food options
- Continue to support Wilbur Wright Elementary by providing volunteer and financial support to Second Harvest Food Bank to support a monthly food pantry and education on health, local community resources, healthy eating, healthy food preparation and “food” inspired edible crafting to engage children in healthy eating
- Support Second Harvest new initiatives to improve families Social Determinants of Health at Wilbur Wright, Parker, Eastwood and Knightstown elementary schools
Heart Disease/Physical Activity
- Actively support local businesses and organizations with events promoting walking, running, biking, martial arts, sports and other physical activities for adults and children
- Continue to promote Henry Community Health’s employee walking incentive program
- Provide educational programs to area businesses through Lunch & Learn initiative and employee health fairs
- Provide educational materials as part of the Employer Health Clinic initiative
- Continue to host annual Red Dress Women & Heart Disease event in February
- Promote and provide $49 HeartScans and gift certificate giveaways

Cancer
- Increase publicity about cancer survivorship support programs including Oncology Rehab, head and neck swallowing/ speech therapy and Breast Health Navigator services
- Continue to conduct advertising and publicity campaigns on the importance of cancer screenings
- Participate in Indiana Cancer Consortium Gold Standard Employer Program in conjunction with Henry County Health Department to provide employer tools to use with their employees to encourage cancer screenings and prevention
- Participate in Indiana Cancer Control Plan 2018-2020
  - Emphasis on screening and prevention
    - Breast, cervical and colorectal cancer screenings
  - Conduct public awareness campaigns to educate on radon and exposure related illnesses
Western Wayne/Cambridge City/Hagerstown

Mental Health
• Develop new service to provide mental health counseling at Cambridge City Family Health Partners

Primary Care & Specialty Care
• Work to add a primary care and an ob/gyn physician to see patients at Cambridge City Family Health Partners
• Determine if there are other specialty services that could be added on a part time basis either through local appointments or telehealth
• Work to add individual counseling sessions for Cambridge City Family Health Partners patients with diabetes with HCH Diabetes Educator

Health Insurance Access
• Increase awareness of available assistance to enroll in Marketplace (Obamacare), Medicaid, HIP 2.0, dual eligible low income Medicare/Medicaid and Covering Kids and Families
• Assist Wayne County Interlocal CAP in increasing awareness of their services
• Provide office space at Cambridge City Family Health Partners for Interlocal CAP Wayne County to meet with clients

Cancer Screenings
• Increase awareness of and screenings for colonoscopies, mammograms and cervical cancer
• Provide annual free breast and cervical cancer screenings for uninsured and underinsured women at Cambridge City Family Health Partners
• Provide public information about free mammogram screenings through the Mammogram Assistance Program in New Castle sponsored by ICAP and Henry Community Health
• Provide information about other financial assistance available for either free screenings or reduced cost
• Through advertising share information about the need for these screenings and how to obtain them

Smoking
• Decrease smoking and vaping use among adults, adolescents and teenagers
• Support local smoking and vaping initiatives as they are identified to determine appropriate level of support Henry Community Health can provide
REVIEW 2016 ACTION PLAN

Henry Community Health identified seven areas of concern:

**Primary Concerns**
- Diabetes
- Colorectal Cancer
- Mental Health
- Respiratory Disease

**Secondary Concerns**
- Cancer-Female Breast Cancer Death
- Cervical Cancer Screenings
- Advance Directives

This report outlines the program successes as well as areas where desired results were not achieved. As with any long-range planning, some goals and objectives changed during the three-year time frame based on new information or new opportunities that could better meet the goals.

**Diabetes**

A diabetes educator meets with hospitalized patients with diabetes and provides free one-on-one counseling to patients with diabetes and women with gestational diabetes. Group class schedules were changed to provide both morning and afternoon classes as well as evening classes and include presentations by registered dietitians and on wound care. A new support group was started although it is not well attended. Willingness to make lifestyle changes needed to improve their care continues to be a challenge for many patients.

The Advanced Wound Center does significant publicity warning about the dangers of wounds for patients with diabetes and when to seek medical care. Financial and clinical (we do pre and post labs for participants) support is provided to the YMCA for their prediabetes prevention program.

A1C Point of Care machines provide immediate results unlike a blood test which must be analyzed. They were added to primary care offices in New Castle and Cambridge City as well as the New Castle employer health clinic. This reduces cost for the patient helping to ensure better compliance with having the A1C done. Screenings for diabetes using an A1C Point of Care machine are done every February at Affairs of the Heart which attracts over 500 women. Women are given information about their results and what to do if their A1C is above the normal range. An A1C screening was started in 2017 for all employees participating in the health system’s Wellness At Work annual screenings. Employees with elevated A1C’s are told they need to see their healthcare provider. A1C screenings also are done at health fairs.

Healthy Eating classes and an active support group were held the first two years until the instructor returned to school to become a registered dietitian. While anyone could attend these classes, they also were of benefit to patients with prediabetes or diabetes.
Colorectal Cancer

Encouraging colorectal cancer screening continues to be a major initiative. Screenings can detect early colon cancer when it is most treatable and even prevent it by removing precancerous polyps. Each year spring, summer and fall advertising campaigns are conducted to increase the number of colorectal cancer screenings. The campaigns have taken on a more “fun” approach using short cartoon-like videos for “Remember the 70s? Have You Had A Colonoscopy”. Screening and diagnostic colonoscopies by our general surgeons increased from 764 in 2016 to 876 in 2018. With the introduction of Cologuard, screening numbers may decrease in the future although diagnostic colonoscopies could increase as Cologuard is expected to be used by people 50+ who did not want to have the traditional colonoscopy.

Mental Health

Successful treatment of mental health is essential to overall health care, particularly for chronic conditions and inappropriate Emergency Department visits. Two mental health counselors now see patients at New Castle Family and Internal Medicine offices and one provider sees patients in the pediatric office. Two new providers were added in 2019 to oversee medication prescribing and management in the pediatrics office and at New Castle Family & Internal Medicine replacing the medication management provider who had to resign due to family matters.

Respiratory Diseases

Increased care coordination and emphasis on flu and pneumonia shots led to decreases in COPD and pneumonia readmissions. In 2018 COPD readmission rates were .97% and Pneumonia readmissions were .56%. Smoking is a major contributor to respiratory disease and free smoking cessation classes are provided. In addition to targeting adults who smoke, women who are pregnant and smoke or women who are pregnant and have a smoker in their home are encouraged to attend the Baby Love program where an incentive is offered for them to complete the class by providing cases of disposable diapers at each class they attend.
**Female Breast Cancer Deaths**

Bi-annual free clinical breast exams are provided for uninsured and underinsured women in conjunction with Interlocal CAP (the area’s Interlocal Community Action Program) and IU Health Ball Cancer Center at Forest Ridge. The Mammogram Assistance Program provided by Interlocal CAP Women’s Health Clinic and Henry Community Health provides free screenings for uninsured and underinsured women.

Advertising encourages enrollment in the ACA Marketplace (Obamacare) and HIP 2.0 with the hope that insurance coverage will encourage more women to have a mammogram. Henry Community Health is exploring participating in the Indiana Breast & Cervical Cancer program which provides additional financial support for low-income women needing treatment for breast and cervical cancer. Significant publicity was done in 2018 about the addition of a 3D mammography screening. A breast health navigator helps women who need to have follow-up diagnostic mammograms and arranges appointments for further care if cancer is suspected. Mammograms performed at Henry Community Health increased in 2016 and 2017. They decreased slightly in 2018 most likely is related to appointment delays due to the need to recruit a new mammography tech and confusion over various guidelines of when women should begin mammograms and how often.

There is no current data from the Indiana Department of Health to indicate if Henry County has had a reduction in female breast cancer deaths.

**Cervical Cancer Screening**

Changes in guidelines of when women need cervical cancer screenings have created confusion and may be partially responsible for the drop in screenings as some women may feel they no longer need to make an appointment for an annual GYN exam. Lack of insurance or being underinsured also contributes to this problem. Advertising campaigns about Marketplace and HIP insurance and how to obtain the free services of a patient navigator are held each year to encourage insurance enrollment. Bi-annual free cervical cancer exams are held each year in conjunction with Interlocal Cap and the IU Ball Cancer Center. The Henry County Hospital Foundation annual gala each year provides support for the InterlocalCAP Women’s Health Clinic which provides free or low cost examinations. The Women’s Health Clinic helps to educate more women about their services by participating in the annual Affairs of the Heart and the Henry County Community Health Fair.

**Advance Directives**

The goal to have a community wide campaign to encourage advance directives and more family conversations related to end of life care among all age groups was not achieved due to staffing limitations. In 2018 in conjunction with National Healthcare Decisions Day, Henry Community Health Care Coordination and Hospice sponsored a community program where information and forms are provided about advance directives, living wills, healthcare representatives and how a family can get started having conversations about end of life care desires. We also provide programs for organizations and businesses on this topic and provide information at area community and employer health fairs.