



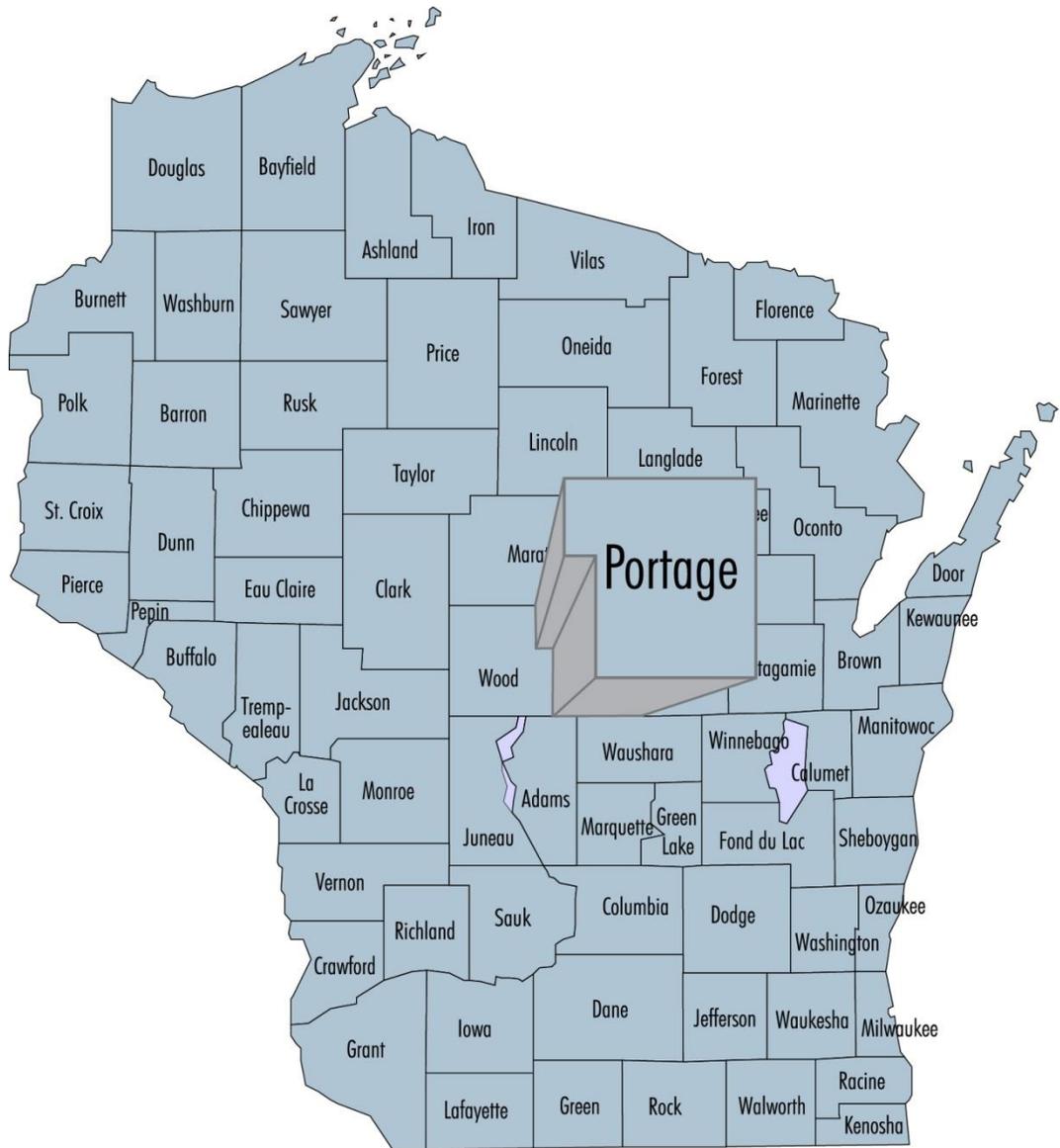
MINISTRY
Saint Michael's Hospital



COMMUNITY
HEALTH IMPLEMENTATION STRATEGY

2016-2019

Communities We Serve



900 Illinois Avenue, Stevens Point, Wisconsin 54481

Ministry Saint Michael's Hospital Community Health Improvement Implementation Strategy

Introduction

Ministry Saint Michael's Hospital (MSMH) is a community hospital located in Stevens Point, Portage County, Wisconsin. The community health needs assessment was conducted in 2015 and focused on the needs of individuals in Portage County.

MSMH is part of Ministry Health Care, which is an integrated healthcare delivery network serving more than 1.1 million person across Wisconsin and eastern Minnesota. Ministry generates nearly \$2.2 billion in operating revenue with 15 hospitals, 45 clinics, and more than 12,000 associates including 650 physicians and advance practice clinicians. In 2013, Ministry Health Care joined Ascension, the largest Catholic and not-for-profit healthcare system in the nation.

Our mission as a Catholic healthcare system is to further the healing ministry of Jesus by continually improving the health and well-being of all people, especially the poor, in the communities we serve.

Ministry Health Care has a rich and long tradition of addressing the health of the community. This flows directly from our Catholic identity. In addition to the community health improvement efforts guided by our CHNA process, we contribute to other needs through our broader community benefit program.

Overview of CHNA process

The Portage County community health needs assessment was led by MSMH, Portage County Health and Human Services and United Way of Portage County. This core group of representatives worked together to identify the data to be used, gathered the data and prepared it to be presented.

The primary source of our data was received from a survey mailed to 5,000 randomly selected Portage County residents. Additionally, surveys were received from targeted areas that serve the poor and vulnerable in Portage County. Secondary data sources were taken into consideration, including MSMH and Ministry Medical Group (MMG) patient data, US Census, Behavioral Risk Factor Surveillance System, County Health Rankings and other CDC data sources.

Prioritized Significant Health Needs

Based on input from the sponsoring organizations and from internal stakeholders, a consensus was reached on the health priorities for the next three years. Those priorities were:

- Oral Health
- Obesity

Needs That Will Not Be Addressed

The following needs will not be addressed:

- Alcohol and Drug Use and Misuse
- Vandalism
- Domestic Violence

MSMH will not be including these priorities in our implementation plan because other community organizations are addressing the needs and the hospital lacks the relative expertise to effectively address the needs. Other community organizations within our Portage County are better equipped to address these identified priorities. In addition, there are financial constraints to being able to effectively lead each of these priorities.

Implementation Strategy

ORAL HEALTH

Goal: Improve oral health in the community.

Long-term Performance Indicators:

- By December 31, 2021, increase the number of low income children ages 0-5 who have a dental home at Ministry Dental Center by 18 percent (from 294 to 359).
- By December 31, 2021, increase the number of low income children ages 6-18 receiving a re-care exam annually from 41 percent to 43 percent.
- By December 31, 2021, maintain 5,760 active patients seen from Portage County at Ministry Dental Center.
- By December 31, 2022, increase the percentage of persons on medical assistance in Portage County who were seen by a dentist from 28 percent to 35 percent.
- By December 31, 2022, maintain the percentage of medical assistance recipients in Portage County with no recent dental visit at 18 percent.

Strategy 1: Early Oral Health

Ministry Dental Center will increase the number of caregivers asking to have their young child seen for dental exams before the age of one. Demand for early oral health care will grow as the community is educated through programs that target families with young children and child care professionals. Referrals to the dental team from medical providers, such as primary care and pediatric care teams, will increase. Relationships between medical and dental providers will be strengthened.

Key Actions:

- Establish routine referral practices from medical providers by working collaboratively with Ministry Pediatrics and Family Practice Departments in the Stevens Point area
- Provide educational programs in the community, in particular, in tandem with programs that support young children and their families such as MSMH WIC (Women & Infant Center), Portage County Health and Human Services WIC (Women, Infants and Children Special Supplemental Nutrition Program) unit, pediatricians and other public health programs targeting young families.
- Advocate for private dental practices to accept the young child into their practice

Medium Term Performance Indicator:

- By December 31, 2018, increase the number of low income children ages 0-5 who have a dental home at Ministry Dental Center by 10 percent to 327 children.

Collaborative Partners:

- CAP Services, Inc.
- Head Start
- Portage County Health and Human Services (school nurses, Seal-a Smile, and home visiting nurses)
- Ascension Medical Group Stevens Point providers
- New mothers
- Pregnancy fair
- Pre-K teachers
- Portage County Library
- UW Extension Food Program
- Boys and Girls Club of Portage County

Resources:

- Ministry Dental Center office space
- Financial support for community dental coordinator
- Develop and print educational materials for distribution
- Preventative tools such as toothbrushes and dentifrices
- Dental hygienist and dental assistant time to provide dental care

Supporting Information:

- Target Population: Portage County children ages 0-5 from low-income families
- Health Equity Focus: This strategy will address access to dental care in Portage County for the low income and underserved.
- Policy/System/Environmental strategy: N/A
- Evidence Base: Evidence strongly indicates early dental intervention should occur in the first year of a child's life. Dental attendance before the age of two years is uncommon. (Source: *Early childhood caries: current evidence for aetiology and prevention*. Gussy MG¹, Waters EG, Walsh O, Kilpatrick NM.)

Strategy 2: Oral Health Care During Pregnancy

Ministry Dental Center will work with OBGYN and primary care providers to establish a referral system to dental providers when a pregnant woman is seen for their first pre-natal appointment. Through the referral system, dental providers will be notified of the health status of the pregnant patient. Dental and medical providers will collaborate on care plans as needed. Pregnant women will receive education on the importance of good oral health care during pregnancy.

Medium-term Performance Indicator:

- By June 30, 2019, dental education is part of standard protocol for first trimester OB care for Ministry Health Care-Stevens Point.

Collaborative Partners:

- Community dentists
- Primary care physicians and OBGYN providers

Resources:

- Community Dental Coordinator time
- Printing of referral pads

Supporting Information:

- Target Population: Pregnant women in Portage County
- Health Equity Focus: N/A
- Policy/System/Environmental strategy: System
- Evidence Base: Research continues to show that poor oral health during pregnancy can have an impact on the health outcomes of the mother and baby. (Source: [Promoting oral health during pregnancy: current evidence and implications for Australian midwives](#). George, A., Johnson, M., Blinkhorn, A., Ellis, S., Bhole, S., Ajwani, S. *Journal of Clinical Nursing*. 2010;19 (23-24):3324-33.)

Strategy 3: Children's Oral Health

Three approaches will be used to improve children's oral health:

- Develop a mapping of fluoride aquifers in Portage County to identify the levels of fluoride in rural water wells. Identifying fluoride deficient areas in Portage County will allow Portage County Health and Human Services to distribute fluoride tablets to families as indicated. The community will be educated on water fluoridation and the benefits of fluoride in drinking water.
- Ministry Dental Center will begin to provide preventative services, education and referrals for dental care at the Boys and Girls Club.
- Portage County Seal-a-Smile program will continue to provide sealants and referrals as needed.

Medium Term Performance Indicators:

- By December 31, 2018, 10 percent of Portage County households in Rosholt have a documented fluoride level test result.
- By December 31, 2019, increase the number of children receiving regular dental care at the Boys and Girls Club to 30.

Collaborative Partners:

- Portage County Health and Human Services
- Boys and Girls Club of Portage County

Resources:

- Ministry Dental Center will implement dental preventative care at the Boys and Girls Club. Resources will be utilized for a dental hygienist, dental assistant, materials utilized for dental care and adjunctive supplies such as toothbrush, floss and toothpaste.
- Portage County Health and Human Services (PCHHS) will distribute bottles for well water testing, as well as education materials on how to obtain well water samples. PCHHS will oversee the processing of the water samples and will report out the findings. PCHHS will distribute fluoride tablets as indicated.

Supporting Information:

- Target Population: Children 18 and under from low-income families
- Health Equity Focus: This strategy establishes a dental home for low income children.
- Policy/System/Environmental strategy: Having a map of fluoride levels is a system change; providers can use that information to counsel patients regarding fluoride supplement needs. Establishing a dental home for children at the Boys and Girls Club is also a system change.
- Evidence Base:
 - Water fluoridation was associated with an increased proportion of children without caries and a reduction in the number of teeth affected by caries. (Source: [Systematic review of water fluoridation](#). McDonagh MS, Whiting PF, Wilson PM, Sutton AJ, Chestnutt I, Cooper J, Misso K, Bradley M, Treasure E, Kleijnen J. *BMJ*. 2000;321(7265):855-9.)

- Sealing with resin based sealants is a recommended procedure to prevent caries of the occlusal surfaces of permanent molars. (Source: Ahovuo-Saloranta A, Hiiri A, Nordblad A, Worthington H, Mäkelä M.)

Strategy 4: Access to Oral Healthcare

Ministry Dental Center will provide dental care to low income families who are recipients of medical assistance benefits.

Medium-term Performance Indicator:

- By June 30, 2019, increase the percentage of adults in Portage County who are recipients of medical assistance who have been seen at Ministry Dental Center from 23 percent to 40 percent.

Collaborative Partners:

- CAP Services, Inc.
- Delta Dental of Wisconsin

Resources:

Ministry Dental Center is supported by MSMH to sustain its operations. Resources include but are not limited to:

- Associate time
- Facilities
- Oversight by MSMH leaders
- Operational materials/supplies

Supporting Information:

- Target Population: Low-income persons with medical assistance in Portage County
- Health Equity Focus: Ministry Dental Center is exclusively for low-income families. The Dental Center provides access to dental care for low-income families and there is no other safety net provider in Portage County.
- Policy/System/Environmental strategy: N/A
- Evidence Base: Giving your mouth the same attention you give the rest of your body can really pay off in the long run. (Source: Academy of General Dentistry, "Importance of Oral Health to Overall Health," 2012.)

OBESITY PREVENTION

Goal: Decrease obesity for adults and children in Portage County.

Long-term Performance Indicators:

- Reduce adult obesity in Portage County from 35 percent to 33 percent. (This data will be used from the WI County Health Rankings.)
- By June 30, 2021, increase breastfeeding duration rates by 15 percent in the area served by Saint Michael's Hospital. (This data will be collected through collaboration with the Pediatric Practice.)

Strategy 1: 5210 Program

MSMH will provide funding to the Stevens Point YMCA to continue and expand their 5210 programming within multiple school systems within Portage County. 5210 is an awareness/education program branded at the YMCA which reflects the daily guidelines recommended by the American Medical Association and the American Academy of Pediatrics to help reduce the obesity epidemic in youth. There is programming in place at eight elementary schools in Portage County which will reach approximately 200 elementary school age children each year. 5210 stands for:

- Five fruits and vegetables a day
- No more than two hours of screen time a day
- At least one hour of physical activity
- Zero sugar sweetened beverages

Medium-term Performance Indicators:

- By June 2019, increase the percentage of children in the program reporting eating five or more servings of fruits and vegetables from 20 percent to 30 percent.
- By June 2019, increase the percentage of children in the program reporting 60 minutes or more of activity from 60 percent to 70 percent.

Collaborative Partners:

- Stevens Point YMCA

Resources:

- Financial contribution to support the program

Supporting Information:

- Target Population: Elementary school children participating in the YMCA after school program.
- Health Equity Focus: N/A
- Policy/System/Environmental strategy: N/A
- Evidence Base: 5210 is a nationally recognized program that is also supported by Ministry Medical Group (MMG) Pediatrics. The 5210 approach is noted as an implementation resource for two evidence based obesity-reduction strategies in *What Works for Health*.

Strategy 2: Triple Play Program

MSMH will partner with the Portage County Boys and Girls Club to support their Triple Play program. Triple Play is a dynamic wellness program that demonstrates how eating right, keeping fit and forming positive relationships add up to a healthy lifestyle. The goal of the Triple Play program is to improve Club members' knowledge of healthy habits, increase the number of hours per day they participate in physical activities, and strengthen their ability to interact positively with others and engage in positive relationships.

Medium-term Performance Indicators:

- By June 2019, increase the number of children participating in Triple Play from 218 to 290.
- By June 2019, improve from 78 percent to 85 percent, the number of Triple Play participants who can successfully describe at least three strategies to improve their personal health and wellness.

Collaborative Partners:

- Portage County Boys and Girls Club

Resources:

- Financial contribution to support the programming

Supporting Information:

- Target Population: This program will reach at least 290 at risk youth ages 6-18.
- Health Equity Focus: Typically children who are in the Boys and Girls Club programs are more likely to be from families with lower incomes and more likely to be "at risk."
- Policy/System/Environmental strategy: N/A
- Evidence Base: *What Works for Health* indicates the following: "There is some evidence that increasing access to extracurricular sports, athletic activities, and active after school programs increases children's physical activity during leisure time, especially when offered as part of a multi-component physical activity promotion program (Verstraete 2007, Wolch 2011, Lubans 2008, Ara 2006, CFLRI-Cameron 2005, Beets 2013, CDC PRC-YMCA afterschool, Barr-Anderson 2014)."

Strategy 3: Prescriptions for Fresh Fruits and Vegetables

Stevens Point's MMG Pediatrics practice will give "prescriptions" for fresh fruits and vegetables to families of obese children who are at the 95th percentile or higher for BMI. This program will be patterned after the program which was successfully implemented by the Aspirus system.

Medium-term Performance Indicators:

- By June 2019, children participating in this program will lower their BMI scores by an average of two percentile points.
- By June 2019, 80 percent of the total number of prescriptions for fresh fruits and vegetables will be redeemed.

Collaborative Partners:

- Stevens Point MMG Pediatrics
- University of WI-Stevens Point
- Stevens Point Farmers Market

Resources:

- Financial contribution to support the programming

Supporting Information:

- Target Population: Children, and their families, seen by MMG Pediatrics, who have a BMI at the 95th percentile or higher.
- Health Equity Focus: N/A
- Policy/System/Environmental strategy: System
- Evidence Base: It is well established that eating more fresh fruits and vegetables will lead to a healthier lifestyle and decreased BMI values.

Strategy 4: Breastfeeding

MSMH will continue to pursue a national “Baby Friendly Hospital” designation from Baby Friendly USA. This designation is a multi-year project to improve overall breastfeeding rates (both initial and ongoing) and support to breastfeeding among families who are served here. The process includes policy development, staff training, prenatal and postpartum teaching plans, and linkages to community resources.

Medium Term Performance Indicators:

- By June 30, 2019, 95 percent of parents indicate that staff is providing them with accurate information about breastfeeding.
- By June 30, 2019, 95 percent of parents indicate that staff is helping them to be successful at breastfeeding.
- By June 30, 2019, 100 percent of staff feels confident in dealing with breastfeeding issues with patients/families.
- By June 30, 2019, 100 percent of staff gives accurate information about breastfeeding when questioned by patients/families.

Collaborative Partners:

- Portage County Breastfeeding Coalition
- Portage County Health and Human Services
- MMG Pediatric Practice
- MMG OB/GYN Practice
- UW Extension

Resources that MSHM will commit to achieve this strategy:

- HEAL (Health Eating Active Living) funding from the Ministry Fund
- Associate and leader time

Supporting Information:

- Target Population: All parents delivering a baby at MSMH.
- Health Equity Focus: N/A
- Policy/System/Environmental strategy: Policy and system change
- Evidence Base: From *What Works for Health* – Implementing components of the Baby Friendly Hospital Initiative, as a whole or individually, has been shown to increase breastfeeding rates. (Source: Dyson 2010, CDC-Breastfeeding 2013.) This includes practices in maternal care such as rooming in, staff training to support breastfeeding, and maternal education. (Source: CDC-Breastfeeding 2013.)

Strategy 5: Water Stations in Portage County School Systems

Water plays a positive role in a person's health. Area hospitals and several Portage County schools do not have water bottle filling stations which would allow improved access for students to easily fill a bottle that can increase their consumption of water as a preferred beverage of choice. According to the CDC, providing students with access to safe, free drinking water throughout the school day is one strategy schools can use to create an environment that supports health and learning.

Medium-term Performance Indicator:

- By June 30, 2018, participating schools will report an increase of 25 percent in their water consumption by students.

Collaborative Partners:

- Portage County School Districts

Resources:

- Financial contribution to support the programming

Supporting Information:

- Target Population: This program will reach youth ages 12 to 18.
- Health Equity Focus: N/A
- Policy/System/Environmental strategy: Environmental
- Evidence Base: There is evidence that frequent water consumption can have positive effects on eating and drinking decisions (Popkin 2005a, French 2001), improve physical health and body functions (Popkin 2010), and, potentially, reduce children's risk of being overweight (Muckelbauer 2009). Increasing water availability is also a suggested strategy to improve nutrition and cognitive function in children and adolescents (IOM-Government obesity prevention 2009, CDC-Water access). When water consumption replaces sugar sweetened

beverage consumption it is linked with reduced energy intake (Daniels 2010, Popkin 2010, Giles 2012). One study also suggests that water consumption increases more with clean, alternative water delivery systems such as filtered water or water cooler stations, than traditional water fountains (Patel 2012).

Next Steps

This implementation strategy outlines a three-year community health improvement process. Each year within this timeframe, MSMH will:

- Participate actively in local collaborations relating to obesity and oral health, such as Portage County Obesity Coalitions, and the Ministry Health Care Oral Health System Collaboration
- Create an annual implementation plan with specific action steps for that year
- Set and track annual performance indicators for each strategy
- Track progress toward medium-term performance indicators
- Report progress toward the performance indicators to the hospital board
- Share actions taken to address the needs with the community at large

Approval

This implementation strategy report was adopted by the hospital's board on May 24, 2016.