

Fiscal Years 2021 – 2023

Ascension St. Mary's Hospital Community Health Implementation Strategy

CHNA Conducted: FY 2020 (July 1, 2019 – June 30, 2020)



**Ascension
St. Mary's**

Ascension St. Mary's Hospital CHNA Implementation Strategy Plan Fiscal Years 2021 – 2023

NARRATIVE

OVERVIEW

Ascension St. Mary's Hospital, located in Saginaw, Michigan, is a faith-based healthcare organization dedicated to transformation through innovation across the continuum of care. As a member of Ascension, the U.S.'s largest not-for-profit health system and the world's largest Catholic health system, Ascension St. Mary's is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. Ascension St. Mary's has established itself as a technological pioneer and patient advocate throughout the state, and is a regional leader in advanced specialty care serving patients from 70+ counties primarily the mid, northern, and thumb regions of Michigan; over 60% of our patients come from outside Saginaw County. With 268-beds and over 20-specialty centers, Ascension St. Mary's is a verified Level II Trauma Center and certified Primary Stroke Center offering comprehensive services in the cardiac sciences, neurosciences, cancer care, orthopedics, emergency and trauma care.

As part of the Patient Protection and Affordable Care Act of 2010, all not-for-profit hospitals are required to conduct a community health needs assessment (CHNA) and adopt an implementation strategy every three years. The purpose of the CHNA is to understand the health needs and priorities of those who live and work in the communities served by Ascension St. Mary's, with the goal of addressing those needs through the development of an implementation strategy.

The 2020-2023 Saginaw County Community Health Assessment (CNA) was an initiative of *Alignment Saginaw's* Community Health Improvement Plan (CHIP) partners. *Alignment Saginaw* is a community collaborative with a mission of preparing and mobilizing around opportunities that impact key areas affecting Saginaw County's quality of life. From September 2019 through February 2020, members of the Saginaw County CHA/CHIP committee, including the two separate hospital systems, the Saginaw County Health Department, and a collection of multi-sector community stakeholders, worked to collect data necessary for the Saginaw County CHA. Information regarding Saginaw County's priority health needs, as well as their prioritization, are based upon information provided by residents using the four (4) *Mobilizing for Action through Planning and Partnerships* (MAPP) assessments: 1. community health status; 2. community themes and strength; 3. local public health system; and 4. forces of change. Each assessment captured a unique data set that was used to inform the final strategic issues process. In an attempt to acquire broad community input regarding the health needs of Saginaw County, individuals who live, work, and/or attend school in Saginaw County, including residents, health care consumers, community leaders, health care professionals, and multi-sector representatives, participated in meetings of CHIP's network of community partners, and/or responded to the *Share Your Story* Saginaw survey. More than 3,400 community members completed this survey which acted as a touchpoint for needs important to community members and captured information on social determinants of health in Saginaw County. These findings are also informed by a collection of over 300 metrics designed to measure health status and chronic disease priorities, social and economic factors impacting residents, and healthcare delivery system access and

utilization trends experienced in the County. Through these efforts, the joint 2020-2023 Saginaw County CHNA identified eight (8) priority health needs for the County which include:

- Obesity Related Chronic Disease
- Mental Health
- Transportation
- Violence & Neighborhood Safety
- Infant Mortality
- Lack Of Job Opportunities
- Drug & Alcohol Addiction
- Housing & Homelessness

Three (3) strategic issues were identified for Saginaw County through a community prioritization process. These strategic issues were prioritized based upon input gathered from the Saginaw County CHA assessments, the implications for long term health outcomes, the ability of local health care systems to have an impact on addressing the need, current priorities and programs, and the effectiveness of existing programs. The identified priorities for Saginaw County for 2020 - 2023 are:

- Obesity Related Chronic Disease
- Mental Health
- Infant Mortality

NEEDS THAT WILL BE ADDRESSED

Ascension St. Mary's Hospital Executive Leadership Team, in collaboration with the Ascension St. Mary's CHNA Steering Committee, assessed how the eight (8) 2020-2023 Saginaw County Community Health Assessment (CHA) prioritized needs aligned with both current and projected Ascension St. Mary's programs and initiatives to inform the prioritization of three (3) of these as primary areas of focus for the next three years:

- **Priority Area 1: Mental Health**

Rationale: Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: biological factors, such as genes or brain chemistry; life experiences, such as trauma or abuse; and family history of mental health problems. Addressing mental health issues includes not only providing services to those who need them but also addressing prevention education and providing tools to create a more trauma aware community. Mental health efforts should aim to provide wrap-around services for individuals, families and communities in order to address the ripple impact that they can have through communities.

Goal: Increase awareness and access to mental and behavioral health services within Saginaw County.

- [Strategy 1.1](#): Increase awareness of Adverse Childhood Experiences (ACEs) by providing trauma informed care education and training to community members at-large, including Ascension St. Mary's Hospital associates.
- [Strategy 1.2](#): Expand access to mental and behavioral health services for hospital-based patients through community and clinical linkages and tele-behavioral health.
- [Strategy 1.3](#): Expand access to mental health services in outpatient primary care provider offices by integrating behavioral health strategies.

- **Priority Area 2: Obesity Related Chronic Disease**

Rationale: Obesity is a common, serious and costly disease. Obesity related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer. While adult obesity rates in Saginaw County decreased 4% from the 2014-2016 BRFSS to the 2015-2017 BRFSS - more than 1 in 3 adults in Saginaw is still considered obese.

Goal: Improve health of individuals in Saginaw County by providing chronic disease prevention & management programs and healthy lifestyle education & resources.

- [Strategy 2.1](#): Improve health behaviors and outcomes of individuals at-risk of developing or who have Type 2 diabetes through Ascension St. Mary's Diabetes Education Center outpatient programs, Ascension Medical Group (AMG) Care Management, and MiHIA virtual Diabetes Prevention Program (DPP).
- [Strategy 2.2](#): Increase awareness & knowledge, and influence attitudes & beliefs about healthy lifestyle changes through Ascension St. Mary's Center of HOPE programs and community partnerships.

- **Priority Area 3: Violence & Neighborhood Safety**

Rationale: Violence can be experienced in a multitude of ways - from witnessing it to being a direct victim of it. Any level of exposure to violence has been linked to a variety of negative health outcomes from death from injuries sustained by violence to mental health distress and chronic pain conditions from injuries to a higher body mass index linked to living in an unsafe environment. Perceived and actual safety in our neighborhoods is important to the well-being of Saginaw residents. Feelings of insecurity can influence residents' behavior and change how they interact with others. Fear of crime may limit everyday mobility, outdoor activities and access to resources.

Goal: Prevent violence & injury and improve neighborhood safety in Saginaw County.

- [Strategy 3.1](#): Increase awareness and community involvement in SLive, a hospital-based, community-focused violence intervention initiative, through protocol, training, and education to community members at-large including Ascension St. Mary's Hospital associates.

NEEDS THAT WILL NOT BE ADDRESSED

Ascension St. Mary's will *not* directly address the following prioritized needs within its FY 2021-23 CHNA Implementation Strategies: Infant Mortality, Transportation, Lack Of Job Opportunities, Drug & Alcohol Addiction, or Housing & Homelessness. While critically important to overall community health, these specific priorities did not meet internally determined criteria that prioritized needs by either continuing or expanding current programs, services and initiatives to steward resources and achieve the greatest community impact. For the areas not chosen, there are other service providers in the community better resourced to address these priorities. Ascension St. Mary's will work collaboratively with these organizations as appropriate to ensure optimal service coordination and utilization.

ACTION PLAN FOR EACH PRIORITY AREA *(following pages)*

An implementation plan, or action plan, follows for each priority area, including the resources, proposed actions, planned collaboration, and anticipated impact of the actions.

ACTION PLAN

Prioritized Need #1: Mental Health

GOAL: Increase awareness and access to mental and behavioral health services within Saginaw County.

STRATEGY 1.1: Increase awareness of Adverse Childhood Experiences (ACEs) by providing trauma informed care education and training to community members at-large, including Ascension St. Mary's Hospital associates.

BACKGROUND INFORMATION:

- **Target Population:** Saginaw County residents, including Ascension St. Mary's Hospital associates
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Adverse Childhood Experiences (ACEs) is the term given to describe all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18. The landmark Kaiser ACE Study examined the relationships between these experiences during childhood and reduced health and well-being later in life. Results showed dramatic links between adverse childhood experiences and risky behavior, psychological issues, serious illness and the leading causes of death.
- **Strategy Source:** ACE / Resilience, Prevention Institute; Boston Children's Hospital; Brazelton Touchpoints Center; Building Communities of Resilience, George Washington University Milken School of Public Health; Harvard University

RESOURCES:

- Ascension St. Mary's Hospital (ASM)
- Ascension St. Mary's Hospital Center of HOPE (COH)
- Ascension St. Mary's Physician-Hospital Organization (PHO)
- Ascension Medical Group (AMG)

COLLABORATION:

- Michigan Health Improvement Alliance (MiHIA), including THRIVE initiative

ACTIONS:

1. By November 30, 2020, identify an Ascension St. Mary's associate to maintain representation with MiHIA and THRIVE as a linkage to the region-wide ACEs focus.
2. By March 31, 2021, coordinate with Ascension St. Mary's mental health implementation strategy champions to collaboratively identify community behavioral and mental health referral partners.
3. By March 31, 2021, identify the patient population to be screened.

4. By June 30, 2021 identify two (2) Ascension Medical Group (AMG) outpatient primary care provider offices to pilot implementation of ACEs screening.
5. By June 30, 2021, identify community partners to assist with trauma informed care and ACEs training.
6. By September 30, 2021, educate and train AMG physicians, clinical partners, etc. in outpatient PCP offices as community subject matter experts/partners on ACEs.
7. By December 31, 2021, launch ACEs screening pilot in two (2) AMG outpatient primary care provider offices.
8. By December 31, 2021, provide trauma informed care / ACEs education and resources for community at-large.
9. Through Sept 30, 2022, complete quarterly evaluation of ACEs screening pilot.
10. By September 30, 2022, identify three (3) additional AMG outpatient primary care provider offices to implement ACEs screening; educate and train additional AMG physicians, clinical partners, etc. as community subject matter experts/partners on ACEs.
11. By December 31, 2022, expand ACEs screening pilot in three (3) additional AMG outpatient primary care provider offices.
12. Through June 30, 2023, complete quarterly evaluation of ACEs screening in all AMG outpatient primary care provider offices.

ANTICIPATED IMPACT (Long-Term Objectives for Prioritized Need #1):

- I. By September 30, 2022, a minimum of 50 community members at-large, including Ascension St. Mary's associates will have completed trauma informed care and ACEs training measured by training records.
- II. By December 31, 2022, five (5) Ascension Medical Group (AMG) outpatient primary care provider offices will have piloted the ACEs Screening as measured by EHR records.

ALIGNMENT with Local, State & National Priorities (Long-Term Outcomes for Prioritized Need #1)

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	"HEALTHY PEOPLE 2020" (or OTHER NATIONAL PLAN):
I, II	<p>Saginaw County CHIP - Mental Health priority, with goal to promote affordable, accessible resources for mental health through theme of increase focus on trauma informed approaches across Saginaw County and partner</p>	<p>Michigan ACE Initiative - raising awareness about Adverse Childhood Experiences and developing trauma-informed, healing organizations and communities across the state. https://www.miace.org/</p>	<p>Healthy People 2020 - Social Determinants of Health Goal; Create social and physical environments that promote good health for all https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health</p>

with organizations to increase knowledge of trauma informed best practices.

MiHIA - regional ACEs strategy to build resilient and connected families, safe and supportive environments, flourishing children, and overall improved population health.

<https://mihia.org/programs/advise-childhood-experiences/>

STRATEGY 1.2: Expand access to mental and behavioral health services for hospital-based patients through community and clinical linkages and tele-behavioral health.

BACKGROUND INFORMATION:

- **Target Population:** Saginaw County residents, with emphasis on patients served by Ascension St. Mary's Hospital Emergency Department
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: biological factors, such as genes or brain chemistry; life experiences, such as trauma or abuse; and family history of mental health problems. Societal experiences such as the COVID-19 pandemic is also a shared community stress likely to contribute to mental health problems. Addressing mental health issues includes not only providing services to those who need them but also addressing prevention education and providing tools to create a more trauma aware community. Mental health efforts should aim to provide wrap-around services for individuals, families and communities in order to address the ripple impact that they can have through communities.
- **Strategy Source:** United States Department of Health and Human Services (HHS), MentalHealth.gov, Centers for Disease Control and Prevention; MedlinePlus and National Institutes of Health; National Institute of Mental Health (NIMH); Substance Abuse and Mental Health Services Administration (SAMHSA); Youth.gov

RESOURCES:

- Ascension St. Mary's Hospital (ASM)
- Ascension St. Mary's Hospital Emergency Department (ED)

COLLABORATION:

- Central Michigan University Health (CMU-H)
- Central Michigan University Psychiatry Department (CMU-PS)
- Great Lakes Bay Health Centers (GLBHC)
- Saginaw County Community Mental Health Authority (SCCMHA)

ACTIONS:

1. By December 31, 2020, identify representation on the Saginaw County CHIP Mental Health Committee as a linkage to the community-wide mental health focus.

2. By March 31, 2021, coordinate with Ascension St. Mary's mental health implementation strategy champions to collaboratively identify community behavioral and mental health referral partners.
3. By June 30, 2021, identify a central repository to store community services and resources available to patients with behavioral and mental health needs; communicate and train practitioners & ED staff.
4. By December 31, 2021, develop a protocol for a process to connect patients to out-patient resources, including tele-behavioral health, for patients with behavioral and mental health needs.
5. By March 31, 2022, implement protocol within Ascension St. Mary's Hospital Emergency Department (ED).
6. By June 30, 2022, evaluate ED implementation of protocol.
7. By June 30, 2023, add local psychiatric practitioners available for consultation and out-patient referral when needed.

ANTICIPATED IMPACT (Long-Term Objectives for Prioritized Need #2):

- I. By June 30, 2021, a central repository to store community services and resources available to patients with behavioral and mental health needs will be operational in Ascension St. Mary's Hospital Emergency Department as measured by hospital and ED discharge instructions.
- II. By June 30, 2023, a community referral protocol will be implemented in Ascension St. Mary's Hospital Emergency Department to better connect patients with mental and behavioral health needs to out-patient community resources (including tele-behavioral health) as measured by hospital and ED discharge instructions.

ALIGNMENT with Local, State & National Priorities (Long-Term Outcomes for Prioritized Need #2)

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	"HEALTHY PEOPLE 2020" (or OTHER NATIONAL PLAN):
I, II	<p>Saginaw County CHIP - Mental Health priority, with goal to promote affordable, accessible resources for mental health through themes of increased focus on trauma informed approaches across Saginaw County and partner with organizations to increase knowledge of trauma informed best practices.</p>		<p>Healthy People 2020 - Mental Health and Mental Disorders: MHMD-9. Increase the proportion of adults with mental health disorders who receive treatment</p>

STRATEGY 1.3: Expand access to mental health services in outpatient primary care provider offices by integrating behavioral health strategies.

BACKGROUND INFORMATION:

- **Target Population:** Saginaw County residents, specifically patients served by Ascension Medical Group (AMG) outpatient primary care provider offices
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: biological factors, such as genes or brain chemistry; life experiences, such as trauma or abuse; and family history of mental health problems. Addressing mental health issues includes not only providing services to those who need them but also addressing prevention education and providing tools to create a more trauma aware community. Mental health efforts should aim to provide wrap-around services for individuals, families and communities in order to address the ripple impact that they can have through communities.
- **Strategy Source:** United States Department of Health and Human Services (HHS), MentalHealth.gov, Centers for Disease Control and Prevention; MedlinePlus and National Institutes of Health; National Institute of Mental Health (NIMH); Substance Abuse and Mental Health Services Administration (SAMHSA); Youth.gov

RESOURCES:

- Ascension St. Mary's Hospital (**ASM**)
- Ascension Medical Group (**AMG**), including Integrated Behavioral Health Task Force (**TF**)
- Ascension St. Mary's Physician-Hospital Organization (**PHO**)

COLLABORATION:

- Community Partners TBD

ACTIONS:

1. By December 31, 2020, establish an Integrated Behavioral Health Task Force (TF) formed to provide oversight of planning, implementation, resources, and sustainability; conduct regular meetings.
2. By March 31, 2021, identify behavioral health integration strategies for pilot implementation.

3. By June 30, 2021, identify two (2) Ascension Medical Group (AMG) outpatient primary care provider offices to pilot implement behavioral health strategies.
4. By September 30, 2021, educate and train AMG physicians, clinical partners, etc.; launch pilot in two (2) AMG outpatient primary care provider offices.
5. Through September 30, 2022, complete quarterly evaluation of behavioral health strategies pilot.
6. By September 2022, identify three (3) additional AMG outpatient primary care provider offices to expand behavioral health strategies implementation; educate and train AMG physicians, clinical partners, etc.
7. By June 30, 2023, behavioral health strategies implementation expanded to five (5) total practices.

ANTICIPATED IMPACT (Long-Term Objectives for Prioritized Need #1):

- I. By June 30, 2022, two (2) integrated behavioral health strategies have been developed and ready to be piloted as measured by Ascension Medical Group (AMG) records.
- II. By June 30, 2023, 50% of AMG outpatient primary care practices in Saginaw County are offering integrated behavioral health strategies to patients as measured by Ascension Medical Group (AMG) records.

ALIGNMENT with Local, State & National Priorities (Long-Term Outcomes for Prioritized Need #1)

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	"HEALTHY PEOPLE 2020" (or OTHER NATIONAL PLAN):
I, II	<p>Saginaw County CHIP - Mental Health priority, with goal to promote affordable, accessible resources for mental health through themes of increased focus on trauma informed approaches across Saginaw County and partner with organizations to increase knowledge of trauma informed best practices.</p>		<p>Ascension - National behavioral health strategy, with focus on Prevention and Identification, Access and Treatment, and Coordination and Integration</p> <p>Substance Abuse and Mental Health Services Administration (SAMHSA) - Behavioral Health Treatments and Services; https://www.samhsa.gov/find-help/treatment</p>

ACTION PLAN

Prioritized Need #2: Obesity Related Chronic Disease

GOAL: Improve health of individuals in Saginaw County by providing chronic disease prevention & management programs and healthy lifestyle education & resources.

STRATEGY 2.1: Improve health behaviors and outcomes of individuals at-risk of developing or who have Type 2 diabetes through Ascension St. Mary's Diabetes Education Center outpatient programs, Ascension Medical Group (AMG) Care Management, and MiHIA virtual Diabetes Prevention Program (DPP).

BACKGROUND INFORMATION:

- **Target Population:** Primarily adults & seniors in Saginaw County, with emphasis on Ascension St. Mary's Hospital patients
- **Describe if/how the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Obesity is a common, serious and costly disease. Obesity related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer. While adult obesity rates in Saginaw County decreased 4% from the 2014-2016 BRFSS to the 2015-2017 BRFSS - more than 1 in 3 adults in Saginaw is still considered obese. Obese persons with diabetes or metabolic syndrome have been shown to have a lower health-related quality of life. It is important for the diabetes care and education specialist to address obesity as a comorbidity of diabetes through self-management and behavior change. Tools such as the AADE7 Self-Care Behaviors can be beneficial in helping persons diagnosed with diabetes to manage weight. Furthermore, the prevention or delay of diabetes can be achieved through the adoption and maintenance of healthy lifestyle behaviors.
- **Strategy source (note if strategy is evidence-based and if it addresses policy, system or environmental change):** Association of Diabetes Care & Education Specialists, Diabetes Self-Management Training; Centers for disease Control (CDC), National Diabetes Prevention Program

RESOURCES:

- Ascension St. Mary's Hospital (ASM)
- Ascension St. Mary's Diabetes Education Center (DEC), including Diabetes Self-Management Training (DSMT) Out-Patient Program and Medical Nutrition Therapy (MNT) Out-Patient Program
- Ascension St. Mary's PHO (PHO)
- Ascension Medical Group (AMG), including regional diabetes and prediabetes initiative task force (TF)

COLLABORATION:

- Michigan Health Improvement Alliance (MiHIA)
- Canary Health (CH)
- Great Lakes Bay Health Centers (GLBHC)

ACTIONS:

1. Continue to submit for annual Diabetes Education Accreditation Program status to the Association of Diabetes Care & Education Specialists (ADCES) and State of Michigan.
2. By December 31, 2020, establish a regional diabetes and prediabetes initiative task force to provide oversight of planning, implementation, resources, and sustainability; conduct regular meetings.
3. By December 31, 2020, implement a consultation protocol for DSMT patients who have completed the program to obtain updated A1c, set goals, etc.
4. By December 31, 2020, identify an Associate point of contact for virtual DPP programming at Ascension St. Mary's.
5. By January 31, 2021, identify priority populations to focus initial referral efforts.
6. By January 31, 2021, meet with MiHIA and Canary Health to learn more about the virtual Diabetes Prevention Program.
7. By February 28, 2021, meet with regional DPP and virtual DPP providers to learn more about program implementation barriers and successes.
8. By February 28, 2021, develop and implement pre-diabetic and diabetic patient referral protocol.
9. By March 31, 2021, deliver education to staff at AMG Primary Care Provider offices, to increase knowledge of virtual DPP, how to refer patients; provide toolkits to providers; conduct on-going training annually.
10. By June 30, 2021, deliver education to AMG outpatient office providers and staff, including AMG Care Managers, to increase knowledge of DEC services and programs; provide brochures to AMG outpatient offices for placement in patient-accessible spaces.
11. By June 30, 2021, evaluate virtual DPP referrals and completion rate; conduct on-going evaluation annually.
12. By September 30, 2021, identify three (3) outpatient offices with predominantly African American patient populations, and launch pilots to focus DSMT referrals and program participation.
13. By December 31, 2021, assess and evaluate DSMT referrals and program participation within three (3) outpatient pilot offices.
14. By March 31, 2022, expand pilot to focus DSMT referrals and program participation to three (3) additional outpatient offices with predominantly African American patient populations.

- 15. By June 30, 2023, develop and implement an alert protocol within EHR to notify providers when pre-diabetic/diabetic patients are eligible to be referred to pre-diabetic and/or diabetic programming.
- 16. By June 30, 2023, continue to develop and/or strengthen the relationship with Great Lakes Bay Health Centers with emphasis on diabetic-support program referrals.

ANTICIPATED IMPACT (Long-Term Objectives for Prioritized Need #2):

- I. By September 30, 2021, 35% of patients who complete a DSMT program obtain a post-program A1c as measured by Ascension St. Mary's Diabetes Education Center records.
- II. By October 31, 2022, 70% of patients who complete a DSMT program achieve a minimum of 1% decrease from pre- to post-program A1c as measured by Ascension St. Mary's Diabetes Education Center records.
- III. By March 31, 2023, increased the completion rate of African American's patients within the DSMT by 5% as measured by Ascension St. Mary's Diabetes Education Center records.
- IV. By June 30, 2023, a minimum of 25 individuals will have completed the virtual Diabetes Prevention Program as measured by program records.

ALIGNMENT with Local, State & National Priorities (Long-Term Outcomes for Prioritized Need #2)

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	"HEALTHY PEOPLE 2020" (or OTHER NATIONAL PLAN):
I, II, III	<p>Saginaw County CHIP 2020-2023: Create a community which provides access, opportunities, and encouragement for healthy lifestyles.</p>	<p>Michigan Diabetes Prevention Network 2018-2020: Prediabetes Awareness, which included increasing awareness among all sectors; https://midiabetesprevention.org/documents/Diabetes-Prevention-Action-Plan-Extension-2018-2020.pdf</p>	<p>Healthy People 2020: D-5Improve glycemic control among persons with diabetes; https://www.healthypeople.gov/2020/topics-objectives/topic/diabetes/objectives</p>
IV	<p>MiHIA: Reduce the adult (20 years and older) obesity rates (BMI>=30) in the MiHIA region to 33% by December 31, 2021; https://mihia.org/programs/rch/na/</p>	<p>Michigan Diabetes Prevention Network 2018-2020: Prediabetes Awareness, which included increasing awareness among all sectors; https://midiabetesprevention.org/documents/Diabetes-Prevention-Action-Plan-Extension-2018-2020.pdf</p>	<p>Healthy People 2020: D-1 Reduce the annual number of new cases of diagnosed diabetes in the population; https://www.healthypeople.gov/2020/topics-objectives/topic/diabetes/objectives</p>

STRATEGY 2.2: Increase awareness & knowledge, and influence attitudes & beliefs about healthy lifestyle changes through Ascension St. Mary's Center of HOPE programs and community partnerships.

BACKGROUND INFORMATION:

- **Target Population:** Primarily adults & seniors in Saginaw County, with emphasis on Ascension St. Mary's Hospital patients
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Obesity related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer. While adult obesity rates in Saginaw County decreased 4% from the 2014-2016 BRFSS to the 2015-2017 BRFSS - more than 1 in 3 adults in Saginaw is still considered obese. Ascension St. Mary's Hospital Center of HOPE in Saginaw, Michigan, delivers primary care, therapies and testing close to home. The care teams at Ascension St. Mary's Hospital Center of HOPE (COH) provide quick and convenient care for unexpected, non-life threatening, minor illnesses and injuries and help promote family health at any age. COH offers free programs to increase awareness and improve economic stability, education, and neighborhood and built environments. Cooking Matters offers multi-session courses for parents, adults, childcare professionals and families. Each lesson is taught by a team of facilitators with expertise in cooking and nutrition and covers meal preparation, grocery shopping, food budgeting and nutrition. The Garden of HOPE program provides food grown in the gardens which will be shared among those who help tend the gardens, be used for health programs and cooking programs for kids at the Center of HOPE this summer, and provided to the East Side Soup Kitchen.
- **Strategy Source:** Evidence-based programs will be used to promote healthy eating SNAP-Ed and EFNEP Cooking Matters program by MSUE, and physical activity Enhance Fitness program by YMCA.

RESOURCES:

- Ascension St. Mary's Hospital (**ASM**)
- Ascension St. Mary's Center of HOPE (**COH**), including Garden of HOPE Committee
- Ascension Medical Group (**AMG**)

COLLABORATION:

- Mount Olive Missionary Baptist Church (**MOMBC**)
- Michigan State University - Extension Office (**MSUE**)
- YMCA of Saginaw (**YMCA**)
- Child & Family Services (**CFS**)

ACTIONS:

1. Maintain representation on the Saginaw County CHIP Obesity Committee as a linkage to the community-wide obesity related chronic disease focus.

2. Continue to distribute monthly electronic newsletters to Saginaw County adults served by COH.
3. By November 30, 2020, identify points of contact for AMG outpatient offices and COH staff.
4. By January 31, 2021, identify key stakeholders to form a Garden of HOPE committee which will assess barriers, resources needed, and develop protocols.
5. By April 30, 2021, establish protocols related to Garden of HOPE plot adoption, planting, maintenance, care, and harvest.
6. By May 31, 2021, secure Garden of HOPE resources identified via the assessment, which may include garden structures, tools, funding, etc.
7. By June 30, 2021, host Garden of HOPE “opening day” to clean up, prepare plots, etc. for the growing season.
8. By September 30, 2021, deliver education to AMG outpatient office providers and staff to increase knowledge of Center of HOPE services and programs; provide COH brochures to AMG outpatient offices for placement in patient-accessible spaces.
9. By September 30, 2021, distribute electronic newsletter to AMG outpatient offices supervisors; continue on-going monthly distribution.
10. By October 31, 2021, host Garden of HOPE “closing day” to clean up, prepare plots, etc. for the winter season.
11. By December 31, 2021, integrate AMG outpatient office patient emails into COH distribution list.
12. By June 30, 2022, host Garden of HOPE “opening day” to clean up, prepare plots, plant seeds, etc. for the growing season.
13. By August 31, 2022, integrate Garden of HOPE into Cooking Matters programming.
14. By October 31, 2022, host Garden of HOPE “closing day” to clean up, prepare plots, etc. for the winter season.
15. By June 30, 2023, continue to develop and/or strengthen the relationship with Saginaw YMCA, with emphasis on fitness programming access / awareness /etc.
16. By June 30, 2023, continue to develop and/or strengthen the relationship with Child & Family Services, with emphasis on fitness programming access / awareness /etc.
17. By June 30, 2023, establish community relationships at least 5 new local organizations to increase community and social awareness.

ANTICIPATED IMPACT (Long-Term Objectives for Prioritized Need #2):

- I. By June 30, 2023, participation in Center of HOPE programs and classes will increase by 45% as measured by Ascension St. Mary's Center of HOPE records.
- II. By June 30, 2023, 90% of Garden of HOPE participants will be able to correctly identify at least three health benefits of consuming fruits, vegetables and physical activity engagement as measured by Food & Physical Activity Questionnaire.

ALIGNMENT with Local, State & National Priorities (Long-Term Outcomes for Prioritized Need #2)

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	"HEALTHY PEOPLE 2020" (or OTHER NATIONAL PLAN):
I	<p>Saginaw County CHIP 2020-2023: Create a community which provides access, opportunities, and encouragement for healthy lifestyles.</p>	<p>The Michigan Nutrition, Physical Activity, and Obesity (NPAO) Program: Prevent and control obesity and other chronic diseases through healthful eating and physical activity. https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2959-499099--,00.html</p>	<p>Healthy People 2020: NWS-11.5 (Developmental): Prevent inappropriate weight gain in adults aged 20 years and older https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status/objectives#4968</p>
II	<p>Saginaw County CHIP 2020-2023: Highlights the need for examination of inequities within food and resource access within Saginaw County.</p>	<p>Michigan Health & Wellness: Making Michigan a Healthier Place to Live: Help Michigan's citizens and their communities achieve better health through physical activity, healthy eating... https://www.michigan.gov/healthymichigan/0,4675,7-216-33088-103708--,00.html</p>	<p>Healthy People 2020: NWS-8: Increase the proportion of adults who are at a healthy weight https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status/objectives</p>

ACTION PLAN

Prioritized Need #3: Violence & Neighborhood Safety

GOAL: Prevent violence & injury and improve neighborhood safety in Saginaw County.

STRATEGY 3.1: Increase awareness and community involvement in SLive, a hospital-based, community-focused violence intervention initiative, through protocol, training, and education to community members at-large including Ascension St. Mary's Hospital associates.

BACKGROUND INFORMATION:

- **Target Population:** Saginaw County residents
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Violence can be experienced in a multitude of ways - from witnessing it to being a direct victim of it. Any level of exposure to violence has been linked to a variety of negative health outcomes from death from injuries sustained by violence to mental health distress and chronic pain conditions from injuries to a higher body mass index linked to living in an unsafe environment. Perceived and actual safety in our neighborhoods is important to the well-being of Saginaw residents. Feelings of insecurity can influence residents' behavior and change how they interact with others. Fear of crime may limit everyday mobility, outdoor activities and access to resources.
- **Strategy Source:** CDC, Healthy People, 2020; Detroit Life is Valuable Every Day (DLive)

RESOURCES:

- Ascension St. Mary's Hospital (ASM)
- Ascension St. Mary's Hospital Spiritual Care (SC)
- Ascension St. Mary's Hospital Emergency Department (ED)
- Ascension St. Mary's Hospital Trauma Program (TP)
- Ascension St. Mary's Hospital Center of HOPE (COH)

COLLABORATION:

- Saginaw Community Affairs Committee (CAC)
- Saginaw Police Department (PD)
- Saginaw County Community Mental Health Authority (SCCMHA)

ACTIONS:

1. Continue to maintain representation on the Saginaw Community Affairs Committee (CAC) as a linkage to the community-wide violence & neighborhood safety focus.
2. Continue to implement SLive.

3. Continue to develop and/or strengthen relationships with the key stakeholders and sectors at-large including but not limited to faith-based, law enforcement, local government, public health, mental health, social services, local foundations, neighborhood associations, etc..
4. Continue to observe International Day of Peace annually on September 21, a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace.
5. By March 31, 2021, develop and finalize Violence Intervention Protocol for contacting on-call chaplains to initiate patient and family evaluation for all victims of gang-related trauma.
6. By April 30, 2021, develop and finalize SLive program satisfaction survey.
7. By May 31, 2021, provide necessary initial Violence Intervention Protocol training to ED staff; conduct on-going training annually.
8. By May 31, 2021, place culturally-competent Violence Intervention Specialists in ED to make initial contact with patients and families to give them an opportunity to access information regarding SLIVE and are given multiple opportunities to opt-in.
9. By June 30, 2021, implement Violence Intervention Protocol within ED.
10. By September 30, 2021, provide an education session for the community of Saginaw, including Ascension St. Mary's associates, to increase the knowledge and underlying risk factors for interpersonal violence; conduct on-going education sessions annually.
11. By June 30, 2023, identify additional resources to ensure program sustainability.

ANTICIPATED IMPACT (Long-Term Objectives for Prioritized Need #3):

- I. By June 30, 2021, the Violence Intervention Protocol will become standard in care planning in Ascension St. Mary's Emergency Department as measured by SLive program records.
- II. By June 30, 2023, 75% of eligible patients and/or families will be referred to the SLive program as measured by SLive program records.
- III. By June 30, 2023, 10% of referred patients and/or families will enroll in the SLive program as measured by SLive program records.
- IV. By June 30, 2023, 50% of enrolled patients and/or families will complete the program satisfaction survey as measured by SLive program records.
- V. By June 30, 2023, community involvement in SLive will increase by 10% as measured by SLive meeting minutes.

ALIGNMENT with Local, State & National Priorities (Long-Term Outcomes for Prioritized Need #3)

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	“HEALTHY PEOPLE 2020” (or OTHER NATIONAL PLAN):
<p>I, II, III, IV, V</p>	<p>Saginaw Advocates & Leaders for Police and Community Trust (ALPACT) Committee - Examine issues affecting police and community relations to enhance the bonds of trust between law enforcement and the communities they serve.</p> <p>The Ezekiel Project - Address social justice issues and moves for systemic change within the Great Lakes Bay Region https://www.theezekielproject.com/</p>	<p>Detroit Life Is Valuable Everyday (DLIVE) - Eradicate the future morbidity and mortality predicted by the initial injury; Prevent retaliatory violence; Actively facilitate a pathway towards success and prosperity; Active community engagement http://detroitlive.org/</p> <p>Project Safe Neighborhoods - reduce gang- and group-related gun and violent crime in neighborhoods plagued by violence https://www.justice.gov/usao-edmi/programs/project-safe-neighborhoods</p>	<p>Healthy People 2020, IVP-29 - Reduce homicides https://www.healthypeople.gov/2020/topics-objectives/topic/injury-and-violence-prevention/objectives</p> <p>Health Alliance for Violence Intervention (HAVI) - multidisciplinary programs that combine the efforts of medical staff with trusted community-based partners to provide safety planning, services, and trauma-informed care to violently injured people, many of whom are boys and men of color https://www.thehavi.org/</p> <p>National Network for Hospital-Based Violence Intervention Programs (NNHVIP) - connect and support hospital-based, community-linked violence intervention and prevention programs and promote trauma-informed care for communities impacted by violence http://archive.nnhvip.org/</p>