

Community Health Needs Assessment

We are required by the Internal Revenue Service to conduct a Community Health Needs Assessment (CHNA) every three years. This assessment was completed jointly for each of the five Ascension Southeast Michigan operating hospitals, as allowed by current guidelines. The focus is the geographic service area for each facility, which is determined to be the counties where 80 percent of its patients reside. Ascension Southeast Michigan hospitals serve five counties in the southeast Michigan area which are Livingston, Macomb, Oakland, St. Clair, and Wayne Counties including the city of Detroit.

Community Health Needs Assessment Priorities

The FY 2019 CHNA was developed in collaboration with a variety of community stakeholders such as public health, physicians, nurses, finance, health planning, communications, behavioral health, and faith-based leaders. Data were collected from internal and external sources to identify health-specific trends. A community survey was completed by the public and key stakeholders about the needs and gaps in the hospital service areas. After review of the surveys and input from community stakeholders, the CHNA steering committee decided on the following priorities: **Obesity reduction and Diabetes Prevention, Mental Health/Substance Abuse Prevention and Improving Maternal/Infant Health.**

**To read our full CHNA report please visit <https://healthcare.ascension.org/CHNA>, select "Michigan", select "2019 Ascension St John CHNA Report".

Implementation Strategy

In addition to the CHNA, the federal tax law also requires the adoption of an Implementation Strategy that outlines plans to address some of the community health needs identified in the CHNA. This Implementation Strategy was prepared in order to comply with the federal laws and requirements, and describes Ascension Southeast Michigan Hospital's planned response to the needs identified through the fiscal year 2019 CHNA process.

Implementation Strategies FY 2020 - FY 2022

Prioritized Need #1: Obesity reduction and Diabetes prevention

GOAL 1: Increase access to weight reduction programs/services for individuals living with excess weight (overweight and obesity)

**Overweight and obesity definition: Weight that is higher than what is considered as a healthy weight for a given height is described as overweight or obese. Body Mass Index, or BMI, is used as a screening tool for overweight or obesity.¹*

STRATEGY: Utilize the Ascension SE MI Wellness centers to implement physical activities through exercise classes, creation of dedicated walk paths on hospital campuses for associates and the public, and partnerships with other fitness organizations to increase awareness, knowledge, and behaviors for preventing and reducing obesity.

¹ Centers for Disease Control and Prevention (CDC). (n.d.). Retrieved from <https://www.cdc.gov/obesity/adult/defining.html>.

GOAL 2: To identify pre-diabetic adults (age 18 years and older) and provide education, programs and services to delay the onset of type 2 diabetes.

STRATEGY: Implement the Center for Disease Control and Prevention Diabetes Prevention Program as a community wide education and evidence-based intervention that prevents and reduces the complications of diabetes in communities, including those that are diverse and underserved.

GOAL 3: Identify children living with obesity in the Tri-county area (Oakland, Macomb, and Wayne) through an Ascension SE MI school-based health center.

STRATEGY: Implement 5-2-1-0 as an age-appropriate community wide education and evidence-based intervention that improves awareness, knowledge and behaviors for preventing and reducing obesity in communities, including those that are in diverse and underserved communities.

Prioritized Need #2: Mental Health/Substance abuse prevention

GOAL 1: Increase access to mental health programs/services for children, youth, and adults.

STRATEGY: Increase access to mental health programs/services for children, youth, and adults, through the Ascension SE MI Community health school-based health centers and referrals to Eastwood clinics from the Ascension SE MI hospitals and physician offices.

GOAL 2: Decrease youth risk factors for suicide and depression

STRATEGY 1: Implement the Rapid Assessment for Adolescent Preventive Services (RAAPS) as a suicide risk screening and provide mental health education, counseling and referral for youth in partner schools.

STRATEGY 2: Implement Red Flags mental health education, counseling and referral for youth in partner schools.

Prioritized Need #3: Improving maternal and infant health

GOAL: Improve the health and well-being of pregnant women and infants

STRATEGY 1: Increase the utilization of the Maternal Infant Health Program (MIHP), which provides evidenced based services to improve awareness, knowledge and behaviors for preventing maternal mortality and infant mortality for communities, including vulnerable and at-risk communities.

STRATEGY 2: Increase access and participation to parenting classes for pregnant women and mothers with infants less than a year.

FY 2020 Implementation Strategies Outcomes



Obesity Reduction and Diabetes Prevention

Goal 1: Increase access to weight reduction programs/services for individuals living with excess weight (overweight and obesity).

Goal 2: Identify pre-diabetic adults (age 18 years and older) and provide education, programs and services to delay the onset of type 2 diabetes.

Goal 3: Identify children living with obesity in the tri-county area through an Ascension SE MI School-Based Health Center.

Outcomes

- Ascension SE Michigan Community Health Wellness Centers increased new member participation rate from 2.65% to 6.0%
- 5 cohorts with 81% retention rate, and a total of 799.4 lbs. weight loss
- 215 students enrolled in 5-2-1-0 program increased their knowledge of healthy eating and physical activity by 98%

SBHCs were closed in March/April due to COVID-19



Mental Health/ Substance Abuse Prevention

Goal 1: Increase access to mental health problems/services for children, youth and adults.

Goal 2: Decrease youth risk factors for suicide and depression.

Outcomes

- Expanded mental health services to 6 School-Based Health Centers (SBHC)
- 400+ students counseled for depression and/or suicide



Improving Maternal/Infant Health

Goal 1: Improve the health and well-being of pregnant women and infants.

Outcomes

- 69% of women seen by Ascension doctors and enrolled in MIHP achieved adequate prenatal care (7-13 prenatal care visits)
- 100% of women improved their knowledge of safe sleep practice education
- 100% of women improved their knowledge of the benefits of breastfeeding