

Community Health Needs Implementation Plan

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Vernon Memorial Healthcare



In order to address needs identified in the Community Health Needs Assessment (CHNA), Vernon Memorial Healthcare (VMH) will engage key community partners in implementing evidence-based strategies across our service area. Acknowledging the many organizations and resources in place to address the health needs of our communities, VMH has strategically reviewed both internal and external resources. This portion of the CHNA, the Implementation Plan, will explain how VMH will address health needs identified in the CHNA by continuing existing programs and services and by implementing new strategies. It will also explain why VMH cannot address all of the needs identified in the CHNA, and if applicable, how VMH will support other organizations in doing so.

The 2015 Compass Now report is an assessment of needs in the five county Great Rivers Region. Vernon Memorial Healthcare partnered with other area health care organizations, county health departments and United Way in the gathering of information via random household surveys, focus group discussions and an analysis of key socio-economic indicators. More than 1,900 people contributed to the results of the report. The implementation plan outlines the problems, strategies, activities, and outcomes for each of the three priority health needs identified in the CHNA.

Many of the strategies and activities outlined address risk factors associated with multiple health problems. For example, strategies to promote healthy eating and physical activity will affect obesity as well as heart disease. These strategies also might have a positive impact on mental health, as will strategies to reduce substance abuse.

The strategies and activities outlined here will be implemented in coordination with county health departments, local school districts and other local agencies and organizations.

Key Health Issues

- Chronic Disease and Contributing Factors
- Mental Health and/or Substance Abuse
- Oral Health



Vernon Memorial Healthcare
Implementation/Action Plan

HEALTH ISSUE/NEED	STRATEGY	ACTIONS
<p><i>Chronic Disease and Contributing Factors</i> Chronic diseases play a role in deaths in our community; they are also the primary cause of illness. Chronic diseases such as heart disease, hypertension, high cholesterol, cancers and lung diseases like asthma and Chronic Obstructive Pulmonary Disease (COPD) are all too common among our community members.</p>	<p>Leverage technology advancements to track and monitor chronic disease.</p>	<p>Vernon Memorial Healthcare is implementing EPIC as our electronic health record. EPIC has a robust Population Health Management module which will assist us in the monitoring process.</p>
	<p>Develop and/or increase access to programs that address and assist in managing these issues.</p>	<p>Vernon Memorial Healthcare has developed a program utilizing Lifestyle Health Coaches, who are highly trained, certified, expert facilitators of mindset and behavior change who will work with clients to help them find the willpower, confidence and self-discipline necessary to take back control of their lifestyle choices. We are able to help clients struggling with sedentary lifestyles, poor nutrition, tobacco use, chronic stress and other areas of concern.</p>
		<p>Cancer Exercise Program – Providing Strength and Hope Through Personalized Exercise – Based on a program created collaboratively by the American Cancer Society and the American College of Sports Medicine, Certified Cancer Exercise Trainers (CETs) design and administer fitness assessments and exercise programs specific to a person’s cancer diagnosis, treatment and current recovery status.</p>



HEALTH ISSUE/NEED	HEALTH ISSUE/NEED	HEALTH ISSUE/NEED
<p>Chronic Disease and Contributing Factors Chronic diseases play a role in deaths in our community; they are also the primary cause of illness. Chronic diseases such as heart disease, hypertension, high cholesterol, cancers and lung diseases like asthma and Chronic Obstructive Pulmonary Disease (COPD) are all too common among our community members.</p>	<p>Develop and/or increase access to programs that address and assist in managing these issues.</p>	<p>Aquatic Cardiac Rehabilitation- Orthopedic limitations that prevent participation in land-based therapy no longer have to be a limiting factor for people who could benefit from Cardiac Rehabilitation due to chronic stable angina or congestive heart failure (CHF), or following a heart attack, coronary artery bypass surgery, PTCA/Stent placement, valve replacement or repair, or heart or heart/lung transplantation.</p> <p>Diabetic Education Program offers patients a multi-disciplinary team (RN, RD, EP) to provide education and support on managing diabetes to improve overall health and prevent diabetes related complications.</p> <p>Care Coordination Program - VMH utilizes a RN – Social worker team to coordinate services/resources to assist patients in reaching their optimal health.</p>
<p>Mental Health and or Substance Abuse The National Institute of Mental health estimates 26.2% of Americans (ages 18 and older) suffer from a diagnosable mental illness in any given year. Additionally, mental disorders are the leading cause of disability in the U.S. for people ages 15 to 44. Mental illness has a significant impact on the workplace that often goes unrecognized. Mental illness causes more days of work loss and work impairment than chronic health conditions such as asthma, diabetes and heart disease.</p>	<p>Continue and build upon collaboration with area partners to provide access to service.</p> <p>Continue collaboration with area partners relating to community education programs that address substance abuse.</p>	<p>Vernon Memorial Healthcare in collaboration with Center Point Counseling, has hired a psychiatrist and a Licensed Clinical Social worker to improve access to mental health services in our region</p> <p>Vernon Memorial Healthcare will continue to partner with the Vernon County Partnership Council in implementing activities aimed at educating youth about the consequences of illegal drug use and reducing youth access. The Vernon County Partnership Council, exists to develop and support programming which addresses drug, alcohol and tobacco concerns related to youth risk behaviors.</p>
<p>Oral Health Oral Health is not only important for quality of life, but is related to the health of the rest of the body. Oral disease continues to be a key health concern for the state. According to the Wisconsin Family Health Survey, in 2015, 25.8% of Wisconsin residents in the Great Rivers Region did not receive a dental visit within the last twelve months.</p>	<p>Build upon collaboration with area partners to provide access to dental services.</p>	<p>Vernon Memorial Healthcare and Scenic Bluffs Community Health Center, Cashton WI have partnered together to provide new/additional access to dental services in Vernon and Crawford counties.</p>



Needs VMH Will Not Directly Address

Vernon Memorial Healthcare recognizes the importance of all needs that have been identified by the partners in the Community Health Needs Assessment. Vernon Memorial Healthcare is primarily focusing its energies on the healthcare related issues identified. VMH has not designed new strategies to address other areas of need directly, but is supportive of the community groups that are addressing those areas of need.