

St. Joseph's Hospital, Buckhannon, WV

# Upshur County 2016 Community Health Implementation Plan

Prepared by the WVU School of Public Health

Submitted: August 31, 2016

# Background

In Spring and Summer 2016, Saint Joseph's Hospital (SJH) conducted a Community Health Needs Assessment (CHNA) centered around community engagement and input. Data were collected from a variety of sources including secondary data about population health, an Upshur County-wide survey, community events and input from a community-based leadership team. Details of the process can be found within the CHNA report located at [http://www.stj.net/CHNA\\_2016.html](http://www.stj.net/CHNA_2016.html).

# Priorities

Based on the CHNA results, the leadership team chose two priority areas which they felt SJH could adequately target and address through an implementation plan. These areas were:

1. Access to Wellness Opportunities
2. Obesity/Diabetes

Additionally, it was a goal of the SJH Leadership Team to incorporate sensitivity to issues of limited transportation and poverty, especially children in poverty, into the overall CHNA. Complete details of the prioritization process and findings are available within the CHNA report at [http://www.stj.net/CHNA\\_2016.html](http://www.stj.net/CHNA_2016.html).

# Implementation Strategy

SJH has developed a plan to implement strategies around these priority areas for the next two years. This time period will allow the hospital to strategically address identified needs, evaluate processes and outcomes, and be prepared for the development of the next CHNA in 2019. Below are three interventions including a basic description, measurable goals, and key partners to implementation. Some interventions may target multiple priorities as demonstrated in the brief descriptions.

# Strategy 1: Walk with a Doc

Walk with a Doc is an international program to encourage people to participate in physical activity while providing education on the benefits of walking and other exercise. The program has been nationally recognized and is currently affiliated with the Journal of the American Medical Association. In depth information can be found at <http://walkwithadoc.org/>. In brief, the program consists of scheduled walking programs where individuals are able to walk with a physician. Prior to the walk, the physician makes a very brief presentation on a health and wellness topic (5-10 minutes).

**Priorities Targeted:** This strategy covers both priorities including Access to Wellness Opportunities and Diabetes/Obesity. SJH will take special care when scheduling to host walking activities in a place easily accessible by public or active transportation for those with transportation limitations. Additionally, the leadership team felt it was appropriate to find a variety of locations to conduct walking activities across the county, both indoors and outdoors.

Objective	Hold 18 walk with a doc sessions from January 2017 - December 2018.
Activities	<ul style="list-style-type: none"> <li>Formally register with <a href="http://www.walkwithadoc.org">www.walkwithadoc.org</a></li> <li>Recruit physicians for Walk with a Doc</li> <li>Set up indoor/outdoor locations and schedule sessions</li> <li>Advertise/communicate program</li> <li>Collect sign-up and participation information</li> </ul>
Planning Partners	Four partners will be considered when thinking about space and location needs: Upshur County Schools, WV Wesleyan, Wildlife Center, City of Buckhannon
Implementation Partners	Two partners were identified as potentially hosting events and having physicians who may want to actively participate in the program: Community Care, Health Department
Resources Needed	<ul style="list-style-type: none"> <li>Space</li> <li>Physicians</li> <li>Healthy lifestyle course materials</li> </ul>
Evaluation Activities	Evaluation processes will be based on the information provided by the Walk with a Doc program.
Point of Contact	Kathy White, Medical Staff Coordinator, 304-473-2066 <a href="mailto:kathy.white@stj.net">kathy.white@stj.net</a>

## Strategy 2: Diabetes Prevention

St. Joseph's hospital has the capacity and expertise to provide training and assistance to individuals with diabetes, pre-diabetes or at risk to develop other health conditions related to obesity. The leadership team has suggested a series of courses could be provided to the target audience to help coach lifestyle choices, follow-up on health measurement, and answer important questions related to physical activity, food, and prescriptions. In follow-up discussions, it was decided to utilize the Dining with Diabetes model developed by WVU Extension<sup>1</sup> which has been successfully implemented in the past successfully around the state. Previous iterations of Dining with Diabetes at SJH have resulted in more participants than capacity would allow and thus a wait list was established for individuals seeking this program. Committing to develop this program as a key implementation strategy over the next two years will directly target the diabetes and obesity priority area.

**Priorities Targeted:** This strategy covers the Diabetes/Obesity priority.

Objective	Hold at least two 5-week Dining with Diabetes courses from January 2017 - December 2018
Activities	<ul style="list-style-type: none"><li>• Contact WVU Extension</li><li>• Set up times/dates for class</li><li>• Identify participants from waiting list</li><li>• Recruit new participants</li><li>• Hold classes</li></ul>
Planning Partners	WVU Extension will help plan the program
Implementation Partners	WVU Extension will work with Sarah Rice at the hospital to implement the program
Resources	<ul style="list-style-type: none"><li>• Space</li></ul>
Evaluation Activities	SJH will utilize existing evaluation metrics developed by the Dining with Diabetes program.
Point of Contact	Sarah Rice, RDN, LD, Director of Food & Nutrition Services 304-473-2319 <a href="mailto:sarah.rice@stj.net">sarah.rice@stj.net</a>

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<sup>1</sup> <http://dwd.ext.wvu.edu/>

## Strategy 3: Community Education Series

SJH will conduct a series of educational classes related to lifestyle choices and activities, especially around the areas of physical activity and nutrition. These classes can be held on-site in the new training classroom at the hospital, which is accessible via public transportation.<sup>2</sup> Additionally, the lectures will be recorded and distributed (as appropriate) via Youtube to community centers, senior citizen centers, schools, libraries, and other relevant public locations. The link could also be shared with the general public for viewing from home. The leadership team suggested a few example topics including:

- How to exercise in your home
- How to grow a garden
- How to read nutrition labels and shop in a grocery store

**Priorities Targeted:** This strategy targets both priority areas: access to wellness opportunities and obesity/diabetes. Because the recording method would be available within homes and public locations for viewing, it does take into consideration transportation needs. The hospital will consider one or two classes a year that would specifically benefit low income children and their families and how to best allow access to viewing to these individuals.

Objective(s) (SMART)	Produce and distribute (in-person and online) 12 educational courses covering a variety of healthy lifestyle topics from January 2017-December 2018.
Activities	<ul style="list-style-type: none"> <li>• Identify course content</li> <li>• Identify and recruit speakers</li> <li>• Advertise/recruit in-person participants</li> <li>• Hold and record classes</li> <li>• Distribute recorded courses via online and local community</li> </ul>
Planning Partners	WVU Extension, Fishhawk Acres, Daily Grind, and Create Buckhannon will all have ideas related to topic areas.
Implementation Partners	Library, community groups, senior citizens group, Fishhawk Acres, Daily Grind, Stockert Youth Center, Create Buckhannon, WV Wesleyan Exercise Physiology, Community Care, Anytime Fitness will be key partners in making presentations and conducting classes.
Resources	<ul style="list-style-type: none"> <li>• Instructors</li> <li>• Space</li> </ul>

<sup>2</sup> <http://www.countryroadstransit.com/>

	<ul style="list-style-type: none"> <li>• Recording equipment</li> <li>• Online accounts</li> <li>• Course materials</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• Website hits/video views</li> <li>• Attendance sheets (# of attendees)</li> <li>• Satisfaction survey (1-pager online and in-person)</li> <li>• Pre-post surveys of each course (brief 3-question)</li> </ul>
Point of Contact	Susan Davis, MSN, BSN, RN, Director of Education 304-460-7972 <a href="mailto:susan.davis@stj.net">susan.davis@stj.net</a>

## Conclusion

SJH is prepared to make significant strides towards addressing the identified priority areas over the next two years. This implementation plan will serve as a roadmap to addressing these needs. Ongoing process and outcome evaluation will collect data related to the reach and impact of these strategies. The results will be included in the 2019 Community Health Needs Assessment.