Memorial Hospital of South Bend
Community Health Needs Assessment Executive Summary
The well-being of a community depends on the health of every individual.

Hospitals and Health Systems are moving from the ‘sick model’ to a health model; moving out of the hospital into the community with the goal of prevention, early intervention and keeping people healthier. It has been made clear by the federal government, the mandate set-forth in the Patient Protection and Affordable Care Act, will provide high scrutiny for community benefit investments provided by tax-exempt hospitals. The key actions for meeting the mandate rests upon a sound foundation for completing the Community Health Needs Assessment (including, developing a strategic plan with multiple partners to engage in activities that will clearly impact the health of the community. (See Appendix for methodology) The outcomes of these activities will be evaluated through credible measurement in demonstrating the quality of life of the community, based upon the crucial issues they collectively have identified.

Community Health Needs Assessment Priority Themes for St. Joseph County

With the continued commitment of partner organizations to improve the health status of our community, the Community Health Needs Assessment will direct us to the most pressing needs within the community, and ultimately to improve the well-being of the residents of St. Joseph County, Indiana. Employing surveys, focus groups, key informant interviews, and a community advisory board, the CHNA process has identified the following health indicators to be addressed:

- **Health Disparities:** Income, Education, Race, Age, Gender
- **Physical Health**
  - Chronic Disease
  - Childhood Obesity
  - Diabetes
  - Exercise, smoking, binge drinking
- **Mental Health**
- **Violence/Safety**
  - Street/Neighborhood Violence
  - Domestic/Relationship Violence
  - Child Abuse
- **Reproductive Health**
  - Infant Mortality
  - Teen Birth Rate
  - Sexually Transmitted Infections
- **Access to Health and Medical Care**
- **Economic Stability**
  - Unemployment
  - Uninsured/underinsured
  - Generational Poverty
  - Affordable, quality housing
- **Aging Population**
  - Health Care Availability
  - Safe Housing
  - Alzheimer’s Disease
- **Early Childhood Development**

The identified priorities will guide the activities and measures of well-being in our community. Coalitions are being formed to address many of these issues with multiple approaches and measurable activities. Memorial Hospital will play a role in these coalitions; the function may be one of leadership, a partner at the table, a resource provider with human capital, or funding support.

**Key issues which are currently being supported by Memorial’s Community Tithing Investments**

- **Health Disparities**: Income, Education, Race, Age, Gender
  - 100 Black Men of Greater South Bend - Minority Diversity Leadership Initiative, Men’s Barbershop Health
  - African American Literacy Councils: Charles Martin Youth Center, New Generations Christian Ministries
  - Sickle Cell Anemia
- **Physical Health**: Chronic Disease
  - Obesity – Coalition with the SJC Health Department, WIC, Memorial HealthWorks project
  - Diabetes Pilot
  - Community-based screens
  - BrainWorks
- **Reproductive Health**
  - Infant Mortality - Michiana Coalition: Elkhart General Hospital, IU Goshen Hospital, Memorial Hospital, Saint Joseph Regional Medical Center, St. Joseph and Elkhart County Health Departments
  - Prenatal Care Coordination
  - BABE, added education and infant development materials and classes in 2011
  - Teen Birth Rate - Baby Think it Over; Draw the Line, Hold the Line
- **Aging Population**
  - Health Care Availability – Bendix Family Physicians, Volunteer Provider Network
  - Safe Housing – Aging in Place, avoiding premature or unnecessary nursing home placement
  - Alzheimer’s Disease - BrainWorks: Memory skills, prevention acuities
- **Early Childhood Development**
  - BrainWorks
    - Talk with Baby
- FCC’s Brain Train
- Developmental Play Spaces – St. Margaret’s House, St. Joseph County Public Library, YWCA, Youth Services Bureau
  - HealthWorks! Kids Museum
  - Infant’s and Toddler’s Little Noggin’ Niche

- Access to Health and Medical Care
  - Southeast Neighborhood Center, Central Clinic (located at the Center for the Homeless), and Centennial Clinic on the Hospital Campus (opened October 2012)
  - Bendix Family Physicians

The framework for indicator selection is based on the Health and Human Services’ Healthy People Initiative. Healthy People 2020 established science-based objectives for improving the health of the nation. The initiative establishes benchmarks every ten years and tracks progress toward these achievable goals. This framework encourages collaboration across sectors and allows communities to track important health and quality of life indicators focusing on general health status, health-related quality of life and well-being, determinants of health and disparities.

**Projected priorities to be addressed with Community Partnerships, 2013-2016**

- Health Disparities
- Chronic Diseases, beginning with Diabetes
- Childhood Obesity; community-wide as a disease prevention model
  - Exercise, nutrition
- Infant Mortality – Racial disparities; and Fetal Alcohol Syndrome
- Mental Health programming for non-chronic psychiatric disease; also mood disorders, anxiety, depression, etc.
- Reproductive Health related to STIs and Teen Birth
- Family/Relationship and Neighborhood Violence

**Conclusion and Recommendations**

This is not a one-time effort. More-over the Memorial Hospital Board of Directors/Trustees, or its appointed committee with board and community representation, must approve the process and commitment to move the dashboard measures of the health indicators.

In the stated context, recommendations are:

1. Community Health Enhancement’s programming will align with the prioritized issues; programming will be evidence-based, and collaboration with community-wide teams will be the necessary components going forward in 2013.

2. Broad-based community education, screening, and outreach programming will align with and meet the requirement set-forth for definition of an approved community benefit investment, including HealthWorks!, Community-based Health Fairs, and the Health Discovery Center.
3. Community Health Enhancement will follow the lead of Memorial Hospital and support the Innovation Intent through investing resources toward population health. Building on Memorial’s strengths of being community-oriented, having deep ties in the community, and being recognized as a core hub by the community, our future promise is to: Reduce by 40% the number of preventable chronic disease cases in our community by 2021 and reduce treatment expenditures by 50% at the same time.

Appendix

Research Sampling and Methodology

- A random sample of 599 individuals who reside within St. Joseph County’s service area were interviewed by telephone to assess their health behaviors, preventative practices, and access to health care. Individuals were randomly selected for participation based on a statistically valid sampling frame developed by Holleran. The sampling frame represented 19 zip codes within St. Joseph County, Indiana.
- The zip codes were segmented as the Primary Service Area being identified as the South Bend/Mishawaka Metropolitan area, and Secondary Service Area as rural and small towns in St. Joseph County. The zip code representing Notre Dame was not sampled due to the density of out-of-county, non-permanent residents.
- Interviews were conducted by Holleran’s Tele-research Center between the dates of March 19, 2012 and May 4, 2012. Interviewers contacted respondents via land-line telephone numbers generated from a random call list. Each interview lasted approximately 12 - 15 minutes (depending on the criteria met) and was completely confidential. Only respondents who were at least 18 years of age and lived in a private residence were included.
- Data collected from the 599 respondents was aggregated and analyzed by Holleran between the dates of May 7 and June 22, 2012. Analysis was conducted using IBM SPSS Statistics.
- The frequency of responses for each survey question is reported. In addition, 2010 BRFSS results for Indiana and the United States were included to indicate how the health status of St. Joseph County compares on a state and national level. Statistically significant differences between service area responses and state and/or national responses are noted.
- The number of completed interviews yielded a response rate of 40.7%* with an error rate of +/- 4.1% at a 95% confidence level.

Additional Data Sources

- St. Joseph Health Department Annual Report
- United Way Community Needs Assessment
- Saint Joseph Regional Medical Center Community Needs Assessment
- Indiana and Memorial Cancer Registry
- University of Notre Dame Latino Studies Health Survey of the Community
- County Health Rankings and Roadmaps, University of Wisconsin, Madison
- Center for Disease Control and Prevention
- Healthy Communities Institute
- Community Focus Groups
- Key Informant Interviews
- Purdue Technical Assistance Program
- Association for Community Health Improvement