

**Gundersen Health System – Gundersen Lutheran Medical Center**  
**Community Health Implementation Plan**  
**1/1/2016-12/31/2018**



**\*Approved by the Board of Trustees/Board of Governors on March 28, 2016**

## Introduction:

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In 2010, the Patient Protection and Affordable Care Act (PPACA or the ACA) was passed. As part of this health care reform bill, not-for-profit hospitals are required to complete a Community Needs Assessment and a Community Health Implementation Plan that addresses the identified needs. Evidence of meeting these requirements is to be provided on a hospital's annual tax Form 990, Schedule H. The following document summarizes the regional Community Needs Assessment, and details Gundersen Lutheran's Community Health Implementation Plan for 2016-2018. This plan must be approved by the Gundersen Lutheran Board of Trustees.

The final report is divided into 4 sections with 12 key issues:

<u>Health</u> <ul style="list-style-type: none"><li>• <b>Chronic disease and contributing factors</b></li><li>• <b>Mental health and/or substance abuse</b></li><li>• <b>Oral health</b></li></ul>	<u>Education</u> <ul style="list-style-type: none"><li>• Academic Readiness and Success</li><li>• <b>Youth Resilience</b></li><li>• Workforce Readiness</li></ul>
<u>Income</u> <ul style="list-style-type: none"><li>• <b>Quality Housing</b></li><li>• Poverty</li><li>• Jobs with Adequate Income</li></ul>	<u>Community</u> <ul style="list-style-type: none"><li>• <b>Adverse Childhood Experiences (ACE)</b></li><li>• Violence</li><li>• Environment</li></ul>

The Gundersen Community Health Needs Assessment utilizes the COMPASS NOW collaborative assessment that includes 5 counties in our service area representing 77.6% of our hospital service patient population. The COMPASS Now assessment has been an ongoing community needs assessment in collaboration with the United Way and other community partners since 1995, with updates every three to five years. To expand the COMPASS Now assessment and represented population, we have also completed a community health assessment for the 19-county service area as a whole, utilizing tools generated by the Centers for Disease Control and Prevention Community Health Status Indicators-2015 CHSI 2015 and Community Commons. The five counties represented in COMPASS reflect 42% the overall population of our 19 county service region.

Reviewing the broader 19-county region needs revealed no significant differences for the top two concerns mental health and/or substance abuse (adult binge drinking, older and depression) and chronic disease and contributing factors (obesity, physical inactivity, smoking, diabetes, stroke, overall health status). The need that was identified in COMPASS not noted in our broader service region assessment is oral health and alternatively female pap tests are indicated as a need for the broader 19- county service region but not in COMPASS. Social factors and the physical environment are especially important because they represent the conditions in which people are born, work, and play. Neighborhoods with affordable healthy food, safe and accessible housing, and quality employment opportunities can positively

influence behaviors and help to create healthy lifestyles. The World Health Organization and others call the living conditions that can affect health and quality of life the “social determinants of health”.

Resources available to address these identified needs vary from community to community, and county to county. As a component of our implementation plan, a goal will be to identify resources across our service area. This work will involve our network of regional partners (hospital affiliates). Gundersen Lutheran Medical Center’s 2016-2018 Implementation Plan will consider the identified needs from COMPASS and the additional issue revealed from the greater 19-county assessment.

Our implementation plan, including goals and action steps, has been established for the three key issues determined in the health category and one key issue in each of the other categories (income, education and community.) The six remaining issues will be addressed by our community partners. Engagement with key partners will ultimately lead to community health improvement.

For questions or comments please contact:

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# Health

*Preventing disease and promoting healthy behaviors improves lives, lowers health care costs and improves quality of life*

*Over 85% of all health care spending in the U.S. is due to treating a chronic disease. One quarter of those with a chronic illness have daily activity limitations affecting quality of life. Over 80% of chronic illness could be prevented by addressing obesity, tobacco, and alcohol use. Additionally, poor mental and dental health greatly affects the quality of life.*

## Health Issue: Chronic Disease and Contributing Factors

Goal: To reduce the prevalence and burden of chronic disease in our community			
Action	Resource (program)	Partnerships	Measure of Impact
Increase awareness of behaviors and their impact on chronic disease by providing information and education on behaviors and risk factors (e.g., healthy eating, physical activity, tobacco use, obesity, hypertension, diabetes, cancer, and cholesterol)	Conduct a regional cancer needs assessment that addresses cancer screening and barriers to care	*Local county health departments *American Cancer Society *American Dermatological Society (and community partners through them) *Others to be determined	Implement a cancer screening and awareness community outreach plan
	Conduct resource assessment of internal and external assets	*To be determined	Resource inventory complete
	Offer Minutes in Motion	*Local media *Ho Chunk Nation *Business Community	Number of participants, minutes reported, other outcomes reported
	Offer "Know Your Numbers	*La Crosse County Health Department *Novo Nordisk Pharmaceuticals *La Crosse YMCA *Mayo Health System	Number screened, Assessment of who is screened (aim to reach underserved population)
	Continue or establish community partnerships and offer support related to chronic disease and prevention	*County health departments * Schools * Municipalities *La Crosse Medical Health Science Consortium *Pioneering Healthier Communities, *Healthy Living Collaborative, *La Crosse Area Health Initiative, *Other coalitions throughout the system	Active participation & goals achieved Financial contributions
	Offer Swing Into Shape and yoga exercise available on local cable channels and local access channel at no cost (available also for purchase)	*Local cable and access channels	Availability on local cable and access channels

	Provide opportunities for free blood pressure screening by community-located machines and community health screens	*Community organizations	Number of screens conducted
Reduce barriers to treatment for patients with financial constraints	Charity Care and other financial assistance	*Internal only	Monitor utilization of charity care for patients presenting for bariatric procedures, and select cancer treatment (tbd) or for financial adjustments made overall
Reduce childhood obesity	Develop pediatric obesity initiatives outlined in obesity strategic plan	*La Crosse YMCA *Schools	Initiatives implemented (including a pediatric obesity clinic in the Healthy Living Center at the La Crosse Y)
Improve health and well-being of our communities through strategic projects	Healthy Living Center – Y	*La Crosse YMCA	Number of visits per accounting unit (service) and/or number of participants
	Grocery store in Powell Poage Hamilton neighborhood in response to identified food desert	*City of La Crosse *Joint Development Corporation (JDC) *PPH Neighborhood Association *PPH neighbors *Select business partners	Successful build of a store

## Health Issue: Mental Health and/or Substance Abuse

Goal: To improve mental health and reduce substance abuse in our community			
Action	Resource (program)	Partnerships	Measure of Impact
To provide mental health education, information and crisis intervention in the 19-county service area	Continue to support 211	*United Way (funding for 211) *State of WI (funding for 211) *Change Direction *NAMI *Mental Health Coalition	Number of calls to 211 by topic
	*Gundersen National Child Protection and Training Center (NCPTC) *Positive Parenting Program (Triple P) training with parents, teachers and school staff on positive parenting, and resilience skills training *Trauma Informed Care Training	*Local school districts *The Parenting Place	Programs provided, people attending
	Conduct HeartMath education	*La Crosse Area Family Collaborative *Others (tbd)	Individuals trained
	Support mental health programming at the Y-Teen Center	*La Crosse YMCA *Kaitlin's Table	Active participation & goals achieved Financial contributions
Explore the feasibility of the community health worker concept to address mental health issues in the community	To be determined	To be determined	To be determined
To provide substance abuse information in the 19-county service area	Drug drop off boxes	*La Crosse County Heroin and *Other Illicit Drug Task Force	Pounds of medication removed
	Participation on community coalitions	*La Crosse County Heroin And Other Illicit Drug Task Force *Changing the Culture of Risky Drinking Behavior Coalition	Active participation & goals achieved

**Health Issue: Oral Health**

Goal: To improve dental health in our community			
Action	Resource (program)	Partnerships	Measure of Impact
Facilitate exploration of partnership for dental care for the underserved population in La Crosse, Monroe, Juneau and Vernon counties	To be determined	*Scenic Bluffs *St Clare Health Mission	To be determined
Study the impact of charity care coverage for dental/oral care	Internal exploration/research by Revenue Cycle Redesign staff	NA	To be determined
Provide fluoride treatment, education and free toothbrushes for disadvantaged children - MA pediatric patients	Outpatient services – Family Practice & Pediatrics	NA	# of patients reached

## Income

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*A high quality of life in a thriving community requires safe, satisfying jobs that offer wages that can provide adequate housing and a good standard of living*

### **Income Issue: Quality Housing:**

Goal: To improve the quality, affordability and availability of housing in our community			
Action	Resource (program)	Partnerships	Measure of Impact
Continue to support the neighborhood as outlined in the Joint Neighborhood Plan and actions of the Joint Development Corporation (JDC)	See neighborhood plan for details	*City of La Crosse * Joint Development Corporation (JDC) *Select business partners *La Crosse Promise	Completed projects

### **Income Issue: Poverty**

No specific goal identified. We actively engage with and encourage key partners and organizations to impact poverty ultimately leading to community health improvement. Any involvement is noted in our annual Community Benefit reporting process.

### **Income Issue: Jobs with Adequate Income**

No specific goal identified. We actively engage with and encourage key partners and organizations to impact jobs and livable wages ultimately leading to community health improvement. Any involvement is noted in our annual Community Benefit reporting process.



# Education

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*Education provides us a better understanding of the world around us; it is a key building block to a healthy community reaching its full potential.*

**Education Issue: Academic Readiness and Success: K-12 thru Post-Secondary Education**

No specific goal identified. We actively engage with and encourage key partners and organizations to impact academic readiness and success ultimately leading to community health improvement. Any involvement is noted in our annual Community Benefit reporting process.

**Education Issue: Youth Resilience**

Goal: To strengthen youth resilience			
Action	Resource (program)	Partnerships	Measure of Impact
To provide mental health education, information and crisis intervention in the 19-county service area	*Gundersen National Child Protection and Training Center (NCPTC) * Positive Parenting Program (Triple P) training with parents, teachers and school staff on positive parenting, and resilience skills training <i>(also in Mental Health goals)</i>	*Local school districts *The Parenting Place	Programs provided People attending

**Education Issue: Workforce Readiness**

No specific goal identified. We actively engage with and encourage key partners and organizations to impact workforce readiness ultimately leading to community health improvement. *Support will continue for the Health Science Academy, career education presentations, and other opportunities to mentor future healthcare workers.* Any involvement is noted in our annual Community Benefit reporting process.

## Community

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*A healthy natural environment, public safety, transportation, leisure, and support services contribute to strong community life.*

### Community Issue: Adverse Childhood Experiences (ACE)

Goal: To reduce the impact of adverse childhood experiences			
Action	Resource (program)	Partnerships	Measure of Impact
To provide mental health education, information and crisis intervention in the 19-county service area	*Gundersen National Child Protection and Training Center (NCPTC) *Positive Parenting Program (Triple P) training with parents, teachers and school staff on positive parenting, and resilience skills training *Trauma Informed Care <i>(also in Mental Health goals)</i>	*Local school districts *The Parenting Place	Programs provided People attending

### Community Issue: Violence

No specific goal identified. We actively engage with and encourage key partners and organizations to reduce violence ultimately leading to community health improvement. Any involvement is noted in our annual Community Benefit reporting process.

### Community Issue: Environment – Built and Natural

No specific goal identified. We actively engage with and encourage key partners and organizations to positively impact the environment ultimately leading to community health improvement. Any involvement is noted in our annual Community Benefit reporting process.