

Introductory Page

Witham Health Services gathered information and assistance with its Community Health Needs Assessment during 2021 and posted the report in May 2022. The 2021 Community Health Needs Assessment (2021 CHNA) can be located on the Hospital website's "Home Page" under "About Us – Learn More".

A Community Health Needs Assessment (CHNA) is a systematic, data driven approach to determining the health status, behaviors and needs of residents of a community.

Witham Health Services, in cooperation with other community organizations, conducted a report for the Boone County area in the fall of 2021. The purpose of this assessment is to identify major health problems, gaps in services and other factors which may contribute to less than optimal health status for residents of our community. The CHNA includes an appraisal of the community's issues, but it is much more than a health assessment alone. The CHNA emphasizes the community's health assets, that is, the people and the resources already available in the community. With this method, members of the community and decision-makers can see where the community is now (health status) and what the primary concerns of the community are (the issues).

Providing the safest, highest quality, cost-effective care possible to our patients is our primary mission at Witham Health Services. But we also believe our responsibility reaches beyond the patients who pass through our doors and understand that healthier communities are empowered communities. That is why Witham initiated conversations with a non-biased third party, Professional Research Consultants, Inc. (PRC) to conduct this assessment. PRC is a nationally-recognized healthcare consulting firm with extensive experience conducting Community Health Needs Assessments.

From the time we first opened our doors, we've always allocated a significant amount of our income to meeting the needs of the community. With the goal of a healthier community in mind, this report identifies opportunities to continue our commitment to the health of our community.

Executive Summary

Witham Health Services conducts a Community Health Needs Assessment to evaluate the health of the community, identify high priority health needs and develop strategies to address the health needs of the community. While the 2021 Community Health Needs Assessment was coordinated by Witham, the data collected was from a collaborative result of several community residents, representatives and organizations, including physicians, the Boone County Health Department, the Boone County Community Clinic, mental health organizations, non-profit leaders, educational institutions, the pastoral community and other community leaders.

Definition of Community Served

The Boone County study area is defined as each residential ZIP code comprising the county, including 46052, 46071, 46075, 46077 and 46147. This community definition was determined because a majority of Witham's patients originate from this area.

Demographics of the Community

Boone County has a population of 73,052 (2021). It is predominantly non-Hispanic white at 96.6% (2020). Our population that is age 65 and older is 14.2% (2020). Median household income is well above the state average at \$84,137 (2019); however 6.9% of our population remains below the poverty level.

Data collected from Indiana's Public Data Utility at www.stats.indiana.edu.

2021 – Community Health Needs Assessment Information for the “2021 Community Health Needs Assessment” (referred herein as “2021 CHNA”).

1.501(r)-3(b)(1)(ii)	<p><u>Assess the health needs of that community:</u> Identify significant health needs of the community, prioritize those health needs, and identify resources potentially available to address those health needs.</p>
Health Needs	The 2021 CHNA report includes a “Summary of Findings” on page 15-16 which list eleven (11) areas of opportunity or significant health needs in the community, but does not prioritize them. A written plan has been adopted by the governing body prioritizing the needs and identifies which ones will be addressed and which will not be addressed by the hospital. Page 167-169 of the 2021 CHNA report does provide resources available to help address the significant needs identified.
1.501(r)-3(b)(1)(iii)	<p><u>In assessing the health needs of the community, solicit and take input received from persons who represent the broad interest of the community, including those with special knowledge of or expertise in public health:</u> All of the following sources were solicited for input: public health department; medically underserved, low-income, and minority populations or those that represent the members of this group. There were no written comments on most recently conducted 2018 CHNA and implementation strategy.</p>
Time Period	<p>The 2021 CHNA data time periods were as follows:</p> <ul style="list-style-type: none"> • Online Open Link surveys were conducted from August 13 – October 31, 2021. • Telephone surveys were solicited from September 23 – October 14, 2021. • Key informants were surveyed online from September 29 – October 27, 2021.
Written Comments	No comments were received from the public regarding the 2018 Community Health Needs Assessment.
1.501(r)-3(b)(1)(iv)	<p><u>Document the CHNA in a written report that is adopted for the hospital facility by an authorized body of the hospital facility:</u> The report must be written and adopted (approved) by an authorized body of the hospital facility. The report must include: a definition of community served; description of process and methods used to conduct the CHNA; describe solicitation of input; description of prioritized significant health needs and process and criteria to identify the needs as significant; resources potentially available to address the needs; and evaluation of impact of any actions taken since the immediately preceding CHNA.</p>
CHNA Adoption	The 2021 CHNA reports were presented to the governing body in April 2022. The governing body approved the 2021 CHNA and Implementation Strategy at the April 27, 2022 Board of Trustees meeting.

Prioritization Process	<p>There are 17 health issues included in the community health needs assessment with 11 areas of opportunity determined. Community stakeholders were asked to rate the degree to which these health issues are a problem in their community. (pg. 30) The areas of opportunity included in the implementation strategy were determined by input and benchmark data provided by:</p> <ul style="list-style-type: none"> • 2021 Community Health Needs Assessment provided by Professional Research Consultants (PRC) • Key Informant Rankings of the 17 health issues (Page 30, 2021 CHNA Report) • Hospital Administration and Board of Trustees 				
	2021 17 Health Issues (listed alphabetically) 11 Areas of Opportunity (Bold and have *)	2021 Area of Opportunity Ranking	2021 Online Key Informant Ranking	Addressing	Not Addressing
	Access to Health Care Services *	11	17		Not addressing in the 2021-2024 Implementation Strategy Plan, #17 out of 17. Witham monitors this through patient satisfaction scores.
	Cancer *	7	10		Not addressing in the 2021-2024 Implementation Strategy plan, #10 out of 17.
	Coronavirus Disease/COVID-19	-	6		Not addressing in the 2021-2024 Implementation Strategy plan, #6 out of 17.
	Dementia/Alzheimer’s Disease * (Potentially Disabling Conditions)	6	9		Not addressing in the 2021-2024 Implementation Strategy plan, #9 out of 17.
	Diabetes *	4	4	See Implementation Strategy	

Prioritization Process (continued)	Disability & Chronic Pain	-	8		Not addressing in the 2021-2024 Implementation Strategy plan, #8 out of 17.
	Heart Disease and Stroke *	5	7	See Implementation Strategy	
	Infant Health & Family Planning	-	13		Not addressing in the 2021-2024 Implementation Strategy plan, #13 out of 17.
	Injury & Violence *	10	15		Not addressing in the 2021-2024 Implementation Strategy plan, #15 out of 17. Other Boone County agencies address this.
	Kidney Disease	-	16		Not addressing in the 2021-2024 Implementation Strategy plan, #16 out of 17.
	Mental Health *	1	1	See Implementation Strategy	
	Nutrition, Physical Activity & Weight *	3	3	See Implementation Strategy	
	Oral Health *	8	11		Not addressing in the 2021-2024 Implementation Strategy plan, #11 out of 17. Dentist in the community are more equipped to address this need.
	Respiratory Diseases *	9	12		Not addressing in the 2021-2024 Implementation Strategy plan, #12 out of 17.
	Sexual Health	-	14		Not addressing in the 2021-2024 Implementation Strategy plan, #14 out of 17.
	Substance Abuse*	2	2	See Implementation Strategy Plan	
	Tobacco Use	-	5		Not addressing in the 2021-2024 Implementation Strategy plan, #5 out of 17. Other Boone County agencies address this.

<p>2018 - 2021 Actions</p>	<p>Actions taken from the 2018 CHNA include the following:</p> <p>Access to Health Services: Appointment Availability, Ongoing Source of Medical Care, Routine Medical Care (Children)</p> <ul style="list-style-type: none"> i. Witham physician practices offer an appointment on patient’s first call Acute patients same day Non-acute patients within 3 days ii. Refer to Witham Convenient Care when needed appointment type not available within the needed time frame iii. Expanded appointment availability by increasing the number of primary care providers iv. Expanded Specialty appointment availability in Clinton County v. Expanded women’s health services by adding new breast surgeon vi. Expanded urology availability by adding in-house urologist vii. Expanded spine services with added appointment and treatment options <p>Cancer Deaths: Lung Cancer, Prostate Cancer, Female Breast Cancer</p> <ul style="list-style-type: none"> i. Provided cancer support education, classes and support groups to the community ii. Availability of screening options was impacted by Covid-19 pandemic iii. Supported Boone County Cancer Society and American Cancer Society community programs iv. Increased awareness of importance of screening mammograms which are covered at no additional charge to insured patients i. Provided \$49 screening mammograms v. Sent reminders (electronic or regular mail) for routine mammograms & colonoscopies vi. Promoted the Indiana QUIT line <p>Dementia Including Alzheimer’s Disease</p> <ul style="list-style-type: none"> i. Provided/promoted education to the community and caregivers regarding Alzheimer’s management and available resources ii. Provided Alzheimer Support Group classes to the community <p>Diabetes: Prevalence of Borderline/Pre-Diabetes</p> <ul style="list-style-type: none"> i. Offered community diabetic education classes ii. Educated community on the diabetic services offered at Witham Health Services
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**2018 - 2021
 Actions**
 (Continued)

- iii. MD's referred pre-diabetic pts for education regarding prediabetes management and prevention
- iv. Provided Rapid A1-C Screenings in office
- v. Added additional diabetes provider

Heart Disease Deaths and Stroke Deaths

- i. Provided state of the art medical intervention to save lives of acute cardiac distress
- ii. Provided \$49 Heart Scans
- iii. Provided Cath lab services
- iv. Added an Interventional Witham Cardiologist
- v. Added an additional Witham Cardiologist Nurse Practitioner
- vi. Continued to receive Cardiology Services through St. Vincent Medical Group
- vii. Provided Blood Pressure screenings at community outreach programs
- viii. Provided Educational materials

Mental Health – Symptoms of Chronic Depression and Suicide Deaths

- i. Provided Depression Screenings at Senior Expo - *limited due to Covid-19 pandemic*
- ii. Provided follow-up to those reporting depression symptoms on Health Risk Assessment
- iii. Hired an additional Witham Psychiatrist
- iv. Continued partnership with Integrative Wellness (mental health in the ED program, pediatric therapist)
- v. Partnered with community mental health organizations to improve identification and treatment of mental health issues that lead to suicide
- vi. Provided the required depression screening PHQ9 for any patient on pain medication (Do No Harm Law)
- vii. Provided depression management & education to community residents
- viii. Community interactions - *limited due to Covid-19 pandemic*

Nutrition, Physical Activity and Weight

- **Obesity Adults**

- i. Provided education regarding obesity
- ii. Promoted active lifestyles by offering Silver Sneakers, Rock Steady Boxing and Tai Chi for Health to community
- iii. Provided community health and wellness programs such as Cooking for Wellness

**2018 - 2021
 Actions**
 (Continued)

- **Childhood Obesity: Meeting Physical Activity Guidelines, Year-Round Recreational Opportunities for Youth, and Children’s Screen Time**
 - i. Physicians have parents and child complete physical activity questionnaire
 - ii. Provided Fitness Grams to area schools with results and recommendations to families, composite results to schools, education provided regularly to schools about good nutrition and fitness – *limited due to Covid-19 pandemic*
 - iii. Educated the community at events throughout the year about childhood obesity, Play 60, and limiting screen time – *limited due to Covid-19 pandemic*
 - iv. Promoted physical activities with sponsorships and promotional items given: Jump ropes, chalk, playing cards, balls, Frisbees – *limited due to Covid-19 pandemic*
 - v. Promoted 5K and relays in the community to encourage physical activity – *limited due to Covid-19 pandemic*
 - vi. Partnered with YMCA to promote activities
 - vii. Supported Healthy Coalition programs
- **Difficulty Accessing Fresh Produce**
 - i. Promoted Farmer’s Markets located in our community
 - ii. Promoted “Farm to Table” opportunities for purchasing fresh produce, vegetables and meats
- **Substance Abuse: Drug Induced Deaths, Seeking Help for Alcohol/Drug issues, Illicit Drug Use in Past Month**
 - i. Shared availability of local resources to the public at community events
 - ii. Expanded counseling services to improve access to needed services
 - iii. Expanded psychiatry services
 - iv. Partnered with local mental health agencies
 - v. Cooperated with law enforcement in provision of NARCAN for overdose persons.
 - vi. Continued to educate physicians, staff and community on the “Do no harm” law
 - vii. Provided Pain Clinics- Addiction Therapy, Interventional Pain management
 - viii. Provided Sub Oxone clinic
 - ix. Supported Boone County Substance Abuse Task Force
 - x. Continued medical management for substance abuse to include physician champion and other providers
 - xi. Continued to support collaborative approach with local agencies in regarding opioid rehab clinic(s).
 - xii. Supported education programs – *limited due to Covid-19 pandemic*

<p>2018 - 2021 Actions (Continued)</p>	<p>Tobacco Use; Current Smoker, Awareness of Indiana Quit Line</p> <ul style="list-style-type: none"> i. Educated the community on dangers of smoking ii. Educated the community on Quit Line iii. At Doctor visits: <ul style="list-style-type: none"> • Patient smoking status noted in medical chart • Patient is educated about harm of smoking • Referral made to Indiana Quit Line with patient consent iv. Physicians questioned parents about smokers in the house and initiated referrals v. Educated physicians on vaping and in turn they educated patients vi. “Baby and Me” Tobacco Free program - none in Boone County at this time but in surrounding counties
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Implementation Strategy

Below is the action plan to provide specific actions, planned resources, anticipated impact and planned collaboration to address the 5 top needs identified in the 2021 Community Health Needs Assessment (CHNA). The plan was reviewed and adopted by the governing body at the April 27, 2022 Witham Health Services Board of Trustees Meeting.

Helpful definitions: Age adjusted death rate = deaths per 100,000 population. The common convention is to adjust the data to common baseline age distribution.

Mental Health Objective: Respondents to report fewer depression symptoms, decrease suicide deaths and increase number of mental health providers in Boone County. 2021 #1 of 17 Areas 2018 #2 of 20 areas 2015 #4 of 14 areas						
Area of Opportunity: Symptoms of Chronic Depression				Implementation Strategy	Hospital Resources/ Community Partners	Evaluation Method
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
<ul style="list-style-type: none"> ▪ Boone County reports 28.5% display symptoms of Chronic Depression (2+ Years) as compared to US rate of 30.3%. ▪ There is a 1.4 % decrease of Boone County persons reporting symptoms of chronic depression from 2018 rate of 29.9%. ▪ No Healthy People 2030 benchmark. 				Offer Depression Screenings at Senior Expo and refer to InWell or appropriate providers. <hr/> HRA follow-up to those reporting depression symptoms (Continued) (Continued from page 10)	<ul style="list-style-type: none"> • Witham Providers • Witham Wellness • Aspire (Continued) (Cont. from page 10)	CHNA 2024
Respondents will report decreased depression symptoms.	Boone County to report ≤ 28.5% (2021 rate) as displaying symptoms of chronic depression (2+ Years).	Boone County to maintain report of < 28.5% as displaying symptoms of chronic depression.	None			

Area of Opportunity: Suicide Deaths					CHNA 2024
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030		
Decrease suicide deaths in Boone County.	Boone County to report age adjusted death rate for suicide to ≤ 15.5 which is the current IN rate.	Boone County to report age adjusted death rate of 14.0 which is the current US rate.	12.8		

Area of Opportunity: Diagnosed Depression				(Continued from page 11)	(Cont. from page 11)	CHNA 2024
<ul style="list-style-type: none"> ▪ Percent of Boone County that reported depression diagnosis is 25.6% which is higher than the IN rate of 21.0% and US rate of 20.6%. ▪ 2.5% increase of persons reporting depression diagnosis from 2018 rate of 23.1%. ▪ No Healthy People 2030 benchmark. 						
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
Respondents will report decreased depression symptoms.	Boone County to report ≤ 21.0% (IN rate) with depression diagnosis.	Boone County to maintain report of depression diagnosis < 21%.	None			

<p>Area of Opportunity: Mental Health Provider per 100,000</p> <ul style="list-style-type: none"> ▪ Boone County reports 113.5 mental health providers per 100,000 population which is lower than IN rate of 168.5 providers and US rate of 261.6 providers per 100,000 population. ▪ Boone County’s reported rate of mental health providers is lower than both the IN (55 less) and the US (148.1 less) providers per 100,000 population ▪ No Healthy People 2030 benchmark. 				(Continued from page 11)	(Cont. from page 11)	CHNA 2024
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
Increase number of mental health providers for Boone County.	Boone County to report more than 113.5 mental health providers per 100,000 population.	Boone County to report number of mental health providers similar to IN number of mental health providers per 100,000 population.	None			

Substance Abuse

Objective: To decrease illicit drug use and have fewer drug related deaths.

In 2021 #2 of 17 Areas In 2018 #1 of 20 Areas In 2015 #1 of 14 Areas

Area of Opportunity: Unintentional drug-related deaths

- Boone County’s age adjusted rate is 23.8 for unintentional drug related deaths which is lower than Indiana rate of 24.4 but higher than US rate of 18.8.
- Boone County reports an increase of 4.7 unintentional drug related deaths over 2018 rate of 19.1 and 2015 rate of 14.4.
- No Healthy People 2030 benchmark.

Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030	Implementation Strategy	Hospital Resources/ Community Partners	Evaluation Method
Fewer drug related deaths.	Boone County to report age adjusted death rate as ≤ 21.8.	Boone County to report rate ≤ US death rate of 18.8.	None	Continue to share the availability of local resources to the public. <hr/> Expand counseling services to improve access to needed services. <hr/> Continue Mental Health in ED program. <hr/> Cooperate with law enforcement in provision of NARCAN for overdose persons. (Continued)	<ul style="list-style-type: none"> • Physicians/Providers • Schools and School Resource Officers • Law Enforcement • Mental Health Agencies serving Boone County (Continued)	CHNA 2024

Area of Opportunity: Illicit Drug Use in Past Month				(Continued from page 14)	(Cont. from page 14)	CHNA 2024
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
<p>▪ Boone County’s reported rate for use of illicit drugs in past month is 3.2%.</p> <p>▪ Despite rankings below HP2030, Key Informants ranked #2 area of opportunity in 2021 and #1 in 2018. Rate ↓0.2% from 2018 report of 3.4%. However rate is 1.2% worse than US rate of 2.0%</p> <p>▪ The Healthy People 2030 benchmark is 12.0 % use of illicit drugs.</p>				<p>(Continued from page 14)</p> <p>Continue to educate physicians, staff and community on the “Do no harm” law.</p> <hr/> <p>Continue to provide Pain Clinics- Addiction Therapy, Interventional Pain management.</p> <hr/> <p>Continue to provide Sub Oxone clinic.</p> <hr/> <p>Support Boone County Substance Abuse Task Force to create and implement plan to improve scope of local services.</p> <hr/> <p>Support needed medical management for substance abuse.</p> <hr/> <p>Support transitional programs.</p> <hr/> <p>Explore collaborative approach with local agencies in development of opioid rehab clinic(s).</p> <hr/> <p>Partner with law enforcement and community agencies to educate public on impact of drinking</p> <hr/> <p>Educate public on addictive behaviors.</p> <hr/> <p>Support DARE, Teen Challenge and other substance abuse education programs available to school age children.</p>	<p>(Cont. from page 14)</p> <ul style="list-style-type: none"> • Boone County EMS • Witham Toxicology • Indiana State Medical Association • Boone County Substance Abuse Task Force • Boone County Health Department • Boone County Mentoring • Witham Physicians • Quick Response Team 	
Decrease Illicit drug use.	Boone County to report rate of illicit drug use in past month to be < 3.2%.(current rate).	Boone County to report rate of illicit drug use in past month to be ≤ 2.0% (US rate).	12.0% use of illicit drugs			

Nutrition, Physical Activity, & Weight
 Objective: To decrease the % of overweight adults in Boone County and increase number of fruit and vegetable servings consumed daily.
 To increase the number of respondents that report the community provides enough recreation for youth year round and meets physical activity guidelines.
 In 2021 #3 of 17 Areas In 2018 #4 of 20 Areas In 2015 #3 of 14 Areas

Area of Opportunity: Overweight (Adults) BMI >25.0				Implementation Strategy	Hospital Resources/ Community Partners	Evaluation Method
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
<ul style="list-style-type: none"> ▪ Boone County’s reported overweight rate is 66.4% which is lower than the IN rate of 69.1%, and higher than the US rate of 61.0%. ▪ Boone County has a 2.9% decrease in overweight adults from 2018 rate of 69.3 %. Indiana overweight rate has ↑1.9% and US overweight rate has ↓6.8% in the same time period. ▪ There is no Healthy People 2030 benchmark for Overweight Adults. 						
Decrease % of overweight adults in Boone County.	Boone County to decrease % of overweight adults to <66.4% (current rate).	Boone County to have < 61% adults considered overweight (US rate).	None	Education regarding harm of obesity. <hr/> Promote healthy lifestyles through outreach opportunities. <hr/> Promote active lifestyles by offering Silver Sneakers to community. (Continued)	<ul style="list-style-type: none"> • Physicians/Providers /Educators • Witham Wellness Center • Local Parks (Continued)	CHNA 2024

Area of Opportunity: Meeting Physical Activity Guidelines(Adults)				CHNA 2024
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030	
<p>Increase number of respondents that report meeting physical activity guidelines.</p>	<p>Boone County to report ≥ 23.7% meeting physical activity guidelines which is current rate.</p>	<p>Boone County to report % meeting physical activity guidelines to meet or exceed HP 2030 benchmark of 28.4%.</p>	<p>28.4%</p>	<p>(Continued from page 16)</p> <hr/> <p>Promote active lifestyle by offering Rock Steady Boxing.</p> <hr/> <p>Promote active lifestyles by offering Tai Chi for Health.</p> <hr/> <p>Offer healthy cooking classes to the community.</p> <hr/> <p>Offer Witham Walkers program.</p> <hr/> <p>Promote active lifestyles by supporting community 5K & relays.</p> <hr/> <p>Physicians have parents complete physical activity questionnaire for themselves and child for early awareness.</p> <hr/> <p>Provide Fitness Grams to area schools to help educate children so as they become adults they will be more physically active.</p> <hr/> <p>Educate the community at events throughout the year about importance of being active and limiting screen time.</p> <hr/> <p>Promote physical activities with sponsorships and promotional items given: Jump ropes, chalk, playing cards, balls, Frisbees.</p> <hr/> <p>Promote 5K and relays in the community to encourage physical activity.</p> <hr/> <p>Partner with YMCA to promote activities.</p> <hr/> <p>Support Healthy Coalition programs.</p> <hr/> <p>Offer free group exercise classes.</p> <hr/> <p>Provide safe free access walking trail around pond at Witham.</p>
<p>Boone County respondents reported a rate of 23.7% meeting physical activity guidelines which is better than Indiana rate of 21.1%, better than US rate of 21.4%, but worse than HP2030 rate of 28.4%.</p> <p>Boone County reports a similar rate of 23.7% as compared to 2018 rate of 23.8% individuals meeting the physical activity guidelines. The 2015 reported rate was 45.0%.</p> <p>The Healthy People 2030 benchmark is 28.4%.</p>				<p>(Cont. from page 16)</p> <ul style="list-style-type: none"> • Local Libraries • Purdue Extension • Healthy Coalition • Witham Family YMCA • Local Health and Fitness Events • Area based fitness activity centers • Caring Center • Meals on Wheels • Krames • Lebanon, Western Boone, Zionsville & Traders Point Schools • Boone County Boys and Girls Club • Boone County 4-H • Boone Co. Mentoring • Pearson Automotive Tennis • Friends of Boone County Trails • Heart of Lebanon

Area of Opportunity: Eat 5+ Servings of Fruit & Vegetables per Day				Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030								
<ul style="list-style-type: none"> ▪ Boone County has a reported rate of 27.2% that eat 5+ fruits and vegetable servings per day. This is ↓ 2.5% from 2018 rate of 29.7% and lower than the US rate of 32.7%. ▪ Boone County has reported a decrease in those reporting eating 5+ fruit & vegetable servings per day. ▪ There is no Healthy People 2030 benchmark. 															
								<p>(Continued from page 17)</p> <p>Support organizations in Boone County that promote nutrition and education programs if possible.</p> <hr/> <p>Support and help promote the local Farmer’s Markets that gives access to buying fresh produce when possible.</p> <hr/> <p>Support and help promote “Farm to Table” opportunities for purchasing fresh fruit & vegetables when possible.</p> <hr/> <p>Educate families on choosing fresh fruit and vegetables instead of processed foods (allocation of food dollars) and what food resources are available.</p> <hr/> <p>Partner with Purdue Extension for education programs</p> <hr/> <p>Offer healthy options in the Witham Café and Pavilion Perk.</p>							
								<p>(Cont. from page 17)</p> <ul style="list-style-type: none"> • Local farmers markets – gardens • Boone County Health Department • Shalom House • WIC • Love Inc. • Boone County Food Pantry Coalition • Boone County Resource Guide 							
<p>Increase daily consumption of fruit & vegetable servings.</p>				<p>Boone County to report a rate ≥ 27.2% (current rate) for those that eat 5+ servings of fruit and vegetables per day.</p>				<p>Boone County to report a rate of ≥ 32.7% which is the US rate.</p>				<p>None</p>			

Diabetes
Objective: To decrease diagnosis of borderline pre-diabetes.
In 2021 #4 of 17 Areas In 2018 #3 of 20 Areas In 2015 #5 of 14 Areas

Area of Opportunity: Borderline / pre-diabetes				Implementation Strategy	Hospital Resources/ Community Partners	Evaluation Method
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
<ul style="list-style-type: none"> ▪ Boone County has an 11.4% rate of pre-diabetes as compared to US rate of 9.7%. ▪ Boone County reports a ↑ 2.8% of pre-diabetes from the 2018 rate of 8.6%. ▪ There is no IN or Healthy People 2030 benchmark. 						
Decrease % of patients diagnosed with borderline pre-diabetes.	Boone County to report a rate of < 11.4% for pre-diabetes.	Boone County to maintain a rate of adults reporting pre-diabetes to ≤ 9.7% rate for US.	None			
				Refer pre-diabetic patients for education/programs regarding prediabetes management and prevention. <hr/> Continue Rapid A1-C Screenings in office. <hr/> Provide education on pre-diabetes, signs and symptoms. <hr/> Provide education on how to prevent pre-diabetes. <hr/> Provide education on how to reverse pre-diabetes.	<ul style="list-style-type: none"> • Witham Wellness • InWell • Physicians/Providers • Dieticians and Nurse Educators • Witham Family YMCA • Community Events 	CHNA 2024

Heart Disease and Stroke
Objective: To decrease death rate from heart disease in Boone County.
In 2021 #5 of 17 Areas In 2018 #6 of 20 Areas In 2015 #7 of 14 Areas

Area of Opportunity: Heart Disease Deaths				Implementation Strategy	Hospital Resources/ Community Partners	Evaluation Method
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
<ul style="list-style-type: none"> ▪ Boone County has an age adjusted death rate of 190.7 which is 9.8 higher than the IN rate of 180.9 and 27.3 higher than the US rate of 163.4 and 63.3 higher than the HP2030 rate of 127.4. ▪ The Healthy People 2030 benchmark is 127.4. 				Provide medical intervention to save lives of acute cardiac distress <hr/> Provide cath lab services <hr/> Provide education to community on heart disease and stroke <hr/> Provide heart scans <hr/> Improve medical management by increasing heart and stroke related programs. <hr/> (Continued)	<ul style="list-style-type: none"> • Physicians/Providers • Riggs Health Boone County • St. Vincent medical Group Cardiology • American Heart Association (Continued)	CHNA 2024
Decrease death rate for heart disease in Boone County.	Boone County to report an age adjusted death rate of ≤ 180.9 which is current IN rate.	Boone County to report decreased age adjusted death rate to ≤ the current US reported rate of 163.4.	127.4			

Area of Opportunity: % Told Have High Blood Pressure				(Continued from page 20) Provide cardiac rehab services. <hr/> Provide adult fitness program in rehab department. <hr/> Monitor blood pressure.	(Cont. from page 20) <ul style="list-style-type: none"> • Purdue Extension • Community Fitness Centers/ Organizations 	CHNA 2024
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
Decrease the percentage of people that have been told they have HBP.	Boone County to decrease percent of HBP patients to < 34.7% having been told they have HBP.	Boone County to report ≤ 27.7% (HP2030 target) of HBP patients.	27.7%			

Area of Opportunity: % Taking Action to Control High Blood Pressure <ul style="list-style-type: none"> ▪ Of the 34.7% reporting HPB, 92.4% have taken action to control HBP. ▪ This is higher (better) than the US benchmark of 84.2%. ▪ Boone County has improved ↑ 2.1% for those taking measures to control HBP. ▪ There are no IN or Healthy People 2030 benchmarks. 				(Continued from page 21)	(Cont. from page 21)	CHNA 2024
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
Increase percentage of people that have taken action to control HBP.	Boone County to report ≥ 92.4% (current Boone County benchmark) of HBP respondents taking action to control HBP.	Boone County to report > 92.4% of HBP population taking action to control HBP.	None			

Area of Opportunity: Stroke Deaths <ul style="list-style-type: none"> ▪ Boone County has an age adjusted death rate of 37.7 which is lower than IN rate of 40.3 but higher than US rate of 37.2 and HP2030 rate of 33.4. ▪ Boone County reports a ↓ of 11.1 in adjusted death rate from 48.1 in 2018 and a ↓15.6 from 2015 rate of 53.3. ▪ IN reports an ↑ of 0.2 from 40.1 in 2018. ▪ US reports an ↑ of 0.1 from 37.1 in 2018 reported rates. ▪ The Healthy People 2030 Benchmark is 33.4. 				(Continued from page 21)	(Cont. from page 21)	CHNA 2024
Overall Goal:	Short Term (1-3 years)	Long Term (4-7 years)	Healthy People 2030			
Decrease stroke death rate in Boone County.	Boone County to report an adjusted death rate of ≤ 37.7 which is current rate.	Boone County to report an adjusted death rate that is ≤37.2 which is current US rate.	33.4			



Adoption of Implementation Strategy

On April 27, 2022, the Board of Trustees of Witham Health Services met to discuss this plan for addressing the community health priorities identified through our Community Health Needs Assessment. Upon review, the Board of Trustees approved this implementation Strategy and the related budget items to undertake the measures to meet the health needs of the community.

Board of Trustees Signatures


John Brand


C. Archibald Hawkins

NOT PRESENT AT MEETING - 4/27/22
Jack Jones


Margaret McFrye


Nancy Morton

NOT PRESENT AT MEETING - 4/27/22
Beverly Newhart