

2022-2024

Community Health Needs Implementation Strategy



SSM Health St. Anthony Hospital - Shawnee

1102 West MacArthur Street, Shawnee, OK 74804

Message to our community

St. Anthony Hospital - Shawnee, a member of SSM Health, has delivered exceptional, compassionate care to Pottawatomie County for over 50 years. Inspired by our founding Franciscan Sisters of Mary and guided by our Mission – Through our exceptional health care services, we reveal the healing presence of God – we cherish the sacredness and dignity of each person as demonstrated through our Values of compassion, respect, excellence, stewardship, and community.

Our sustained community commitment can be seen through our collaborative partnerships with residents and organizations. We rely on these relationships to help us identify and develop plans to address high-priority community health needs. We are grateful for the opportunity to partner with the following organizations: the Avedis Foundation, Blue Zones of Pottawatomie County, the Cities of Asher, McCloud, Shawnee, Tecumseh, and Wanette, Community Market of Pottawatomie County, Community Renewal of Pottawatomie County, First United Bank – Tecumseh, Gateway to Prevention and Recovery, Pioneer Library System, Union Missionary Baptist Church, and many more.

Over the last 12 months, in collaboration with our community partners, we have conducted a community health needs assessment by gathering health-related information regarding Pottawatomie County from the Center for Applied Research and Engagement Systems (CARES), the Centers for Disease Control and Prevention (CDC), County Health Rankings, and the State of the State's Health Report (issued by the Oklahoma State Board of Health). We have also interviewed key leaders in the community, conducted community focus groups, and distributed a community survey to identify concerns about the health of the county and the number of area-based programs and organizations that exist to address current needs. These discussions identified needs that were prioritized based on the level of importance to community members and the hospital's ability to truly make an impact.

The priorities we will address over the next three years are:

- **Food Insecurity**
- **Behavioral Health**
- **Primary Care Access**

During this time, St. Anthony Hospital - Shawnee will continue to develop its community partnerships and deliver an exceptional experience through high-quality, accessible, and affordable care to all residents. Please visit our website at ssmhealth.com to learn more about how we will continue to make a difference in our community.

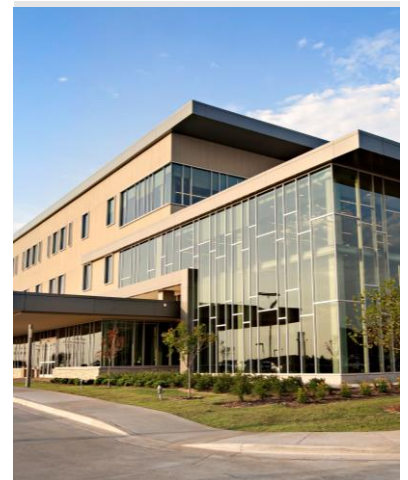
I welcome your thoughts on how we can collaborate to create a healthier Pottawatomie County.

Sincerely,

Angi Mohr

President

SSM Health St. Anthony Hospital - Shawnee

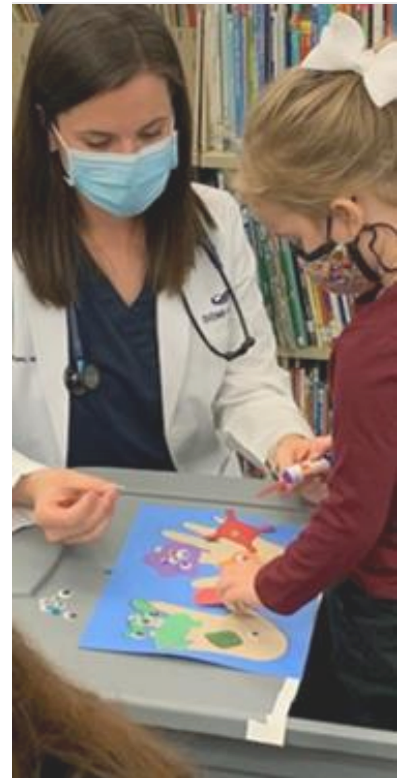


Executive summary

Background

In 2021 SSM Health St. Anthony Hospital - Shawnee completed its triennial Community Health Needs Assessment (CHNA). The CHNA provides an overview of the health needs and priorities associated with our service area. The goal of this report was to provide persons with a deeper understanding of the health needs in their community and to guide the hospital in its community benefit planning efforts and development of this implementation strategy to address identified needs.

The Affordable Care Act (ACA) requires 501(c)(3), tax-exempt hospitals to conduct a CHNA every three years and adopt a strategic implementation plan for addressing identified needs.



Priorities

As a result of the 2021 CHNA, St. Anthony Hospital - Shawnee determined three priorities for the 2022-2024 Community Health Needs Implementation Strategy:

- **Food Insecurity**
- **Behavioral Health**
- **Access to Primary Care**

Strategies

Food Insecurity: We will continue our work with community partners to find creative solutions to increase access to healthy food for our patients and other vulnerable members of the community.

Behavioral Health: We will begin the process of integrating behavioral health services into the primary care setting in SSM Health Medical Group. We will also collaborate with community partners to identify gaps in the behavioral health system in the county and strategically address the identified needs.

Access to Primary Care: We will partner with local government, public health, and nonprofit organizations to find creative solutions to increase access to primary care services for marginalized members of the community.

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About SSM Health and St. Anthony Hospital - Shawnee

SSM Health

SSM Health is a Catholic not-for-profit health system serving the comprehensive health needs of communities across the Midwest through a robust and fully integrated health care delivery system. Headquartered in St. Louis, SSM Health has care delivery sites in Missouri,

Illinois, Oklahoma, and Wisconsin. The health system includes 24 hospitals, more than 300 physician offices and other outpatient care sites, 10 post-acute facilities, comprehensive home care and hospice services, a pharmacy benefit company, an insurance company, a technology company and

an Accountable Care Organization.

With more than 10,000 providers and 40,000 employees in four states, SSM Health is one of the largest employers in every community it serves. An early adopter of the electronic health record (EHR), SSM Health is a national leader for the depth of its EHR integration.

Through our exceptional health care services, we reveal the healing presence of God.

St. Anthony Hospital - Shawnee

Highlight of services

We offer more than 7 medical specialty areas:

- Emergency Services
- Women's Health
- Surgical Services
- Cancer Care
- Pulmonology
- Cardiology
- Orthopedics

Community partnerships

We are proud to be part of community projects that work to improve health outcomes in the areas we serve:

- Community Market: Mobile Market
- Drug Drop Boxes & Take-Back Days
- Well-being District Designation
- Healthy Foods at YMCA Concessions

Community benefit

In 2019, St. Anthony Hospital - Shawnee provided \$4,720,125 in community benefit, comprised of \$4,197,621 in charity care and \$522,504 in community services.

Examples of our community benefit programs include:

- VeggieRx
- Food insecurity screenings
- Staff education on food insecurity
- Oklahoma Tobacco Quitline referrals
- Support for County Free Clinic

Additional affiliations and partnerships

- Pott. County Nonprofit Roundtable
- Shawnee Homelessness Taskforce
- United Way

Hospital at a glance

Admissions | **3,570**

Outpatient visits | **70,649**

ER visits | **37,039**

Births | **788**

Beds | **96**

Employees | **737**

Medical staff | **78**

Volunteers | **40+**

Charity care | **\$4,197,621**

Community partners and roles

We are grateful for our community partners who helped with survey distribution, community chats, and key informant interviews during the CHNA process:

- Avedis Foundation
- Blue Zones of Pottawatomie County
- City of Asher
- City of McLoud
- City of Shawnee
- City of Tecumseh
- City of Wanette
- Community Market of Pottawatomie County
- Community Renewal of Pottawatomie County
- First United Bank – Tecumseh
- Gateway to Prevention and Recovery
- Pioneer Library System
- Union Missionary Baptist Church

We look forward to working with these and other partners in the county to address the prioritized health needs in our 2022-2024 strategy.



Our progress since 2018

Our last community health needs assessment was conducted in 2018. Below are the health needs we identified, the strategies we implemented to address them, and the progress that has been made.

Priority 1: Chronic Disease Prevention and Management

In 2020 St. Anthony Hospital - Shawnee piloted its VeggieRx program to address the high prevalence of chronic diet-related diseases in the community. VeggieRx is a 12-week healthy eating and wellness program that doctors can “prescribe” for patients struggling with diet-related disease and/or food insecurity. These prescriptions are “filled” at partnering grocery stores during the 12-week program free of charge. An SSM Health dietician and physician provide classes about how nutrition can affect health and well-being while learning how to cook, identify, and shop for healthy foods that families will enjoy.

In 2020 and 2021, 225 community members participated in VeggieRx, including patients served by the Pottawatomie County Free Health Clinic. In 2020:

- 76% reported an average increase of 2 vegetable servings each day
- 74% reported their family’s food insecurity decreased
- 58% of patients lowered their BMI on average 2 points or more

Priority 2: Substance Abuse

Hospital leadership served as a key stakeholder on the Well-Being Coalition to facilitate completion of the four components of the “Well-Being District,” an area that includes St. Anthony Hospital - Shawnee and approximately one-third of the city. Well-Being District designation was accomplished in 2019, which included the implementation and ongoing enforcement of tobacco-specific criteria:

- Have and enforce a tobacco-free policy
- Eliminate sales of tobacco products in all grocery stores in the district
- All public parks in district posted as tobacco-free, including signage and an enforcement number

The hospital partners with the Oklahoma Hospital Association to provide electronic referrals to the Oklahoma Tobacco Quitline for inpatients identified as users of tobacco products. From 2019 to 2021, our ministry in Shawnee referred over 400 patients to the Quitline.

Our health ministry partnered with community organizations to offer opportunities for community members to safely store and dispose of medications. From 2019 to 2021, St. Anthony Hospital - Shawnee worked with Gateway to Prevention and Recovery to host drug takeback days and issued a \$10,000 grant to increase the number of medication drop boxes and lockboxes throughout the county.

Priority 3: Food Scarcity

In addition to establishing VeggieRx, St. Anthony Hospital - Shawnee partnered with Community Market of Pottawatomie County (CMPC) to support food-insecure community members:

- Issued a \$50,000 grant to CMPC to purchase a mini-semi and trailer for its new “Mobile Market”
- Reframed food insecurity as a health issue by educating 488 SSM employees about food scarcity in the county
- Hospital leaders provided more than 100 hours of community service at CMPC
- Case Management implemented food insecurity screenings for inpatients. In 2021 over 80% of patients were screened, and patients identified as food insecure were connected with appropriate resources

The health needs of our community

During the CHNA, primary/qualitative data was gathered from residents of Pottawatomie County through three methodologies:

- Community health survey
- Community chats/focus groups
- Key informant interviews

Each of these data collection tools was designed with our focus on health equity in mind. This was done to ensure that the voices of the most vulnerable members of the community and the voices of those who care for them were heard in the primary data collection process.

Primary data collection instruments were also designed to help identify assets in the community that are making a positive impact on the health of the community. This health asset data was used to help our community partners and the hospital's leadership team prioritize the health needs identified in the 2021 assessment. It was also used in the creation of this 2022-2024 Community Health Improvement Plan.



Prioritized Health Needs

Priority 1: Food Insecurity

15%

of the county continues to struggle with Food Insecurity, including 3,930 children.

(Regional Food Bank of Oklahoma)

Top reasons residents report struggling to access healthy food:

1. Too expensive
2. Fresh produce not available close to home
3. Transportation

Identified as a top concern throughout the primary data collection process.

Priority 2: Behavioral Health

26%

of survey respondents struggle to access mental health services.

Named consistently in primary data in connection to homelessness and social isolation throughout the county.

330:1 population to provider ratio in the county, compared to 240:1 for Oklahoma and 270:1 for the U.S. (County Health Rankings)

Priority 3: Primary Care Access

2,600:1

Population to PCP ratio in the county, compared to 1642:1 in OK & 1319:1 in the U.S. (2018, County Health Rankings)

Top barriers for poor and vulnerable:

- Fear of cost
- Lack of providers in south Shawnee and in southern half of the county
- Trust (esp. for homeless and racial minorities)

22% of survey respondents report their own health makes it difficult for them to work.

Community assets

During the CHNA, the hospital also collected data on the county's strengths and health assets – organizations, initiatives, resources, and collaborations that are making a difference in the health and wellbeing of Pottawatomie County. This data informs the prioritization process and development of the implementation strategy.

One of the strengths of Pottawatomie County is the number of nonprofit organizations that exists to care for vulnerable members of the community, especially in Shawnee. The primary data collected indicated a high level of community collaboration to address food insecurity, homelessness, and transportation. The following is a list of community organizations named during the needs assessment process as making a difference in the health of the community:

- **Absentee Shawnee Tribe**
- **Citizen Pottawatomie Nation**
- **Kickapoo Tribe**
- **Iowa Tribe**
- **Sac and Fox Tribe**
- **Avedis Foundation**
- **Blue Zones of Pottawatomie County**
- **Churches and other Faith Communities**
- **Community Market of Pottawatomie County** (incl. the Mobile Market)
- **Community Renewal of Pottawatomie County**
- **Georg Fischer Central Plastics** (health programs)
- **Gateway to Prevention and Recovery**
- **Legacy Parenting**
- **Oklahoma Baptist University**
- **PATCH** (promoting healthy foods in the school system)
- **Pioneer Library System** (many resources for vulnerable community members and programs for health education and promotion)
- **Pottawatomie County Free Health Clinic**
- **Red Rock Behavioral Health**
- **Salvation Army**

The hospital leadership team considered these community assets when selecting health priorities and developing the strategy for each priority area.

Strategic implementation plan

Using the data collected in the CHNA, the Community Health team worked with community partners and hospital leadership to identify the health priorities for the implementation strategy. This process included an evaluation of the assets and programs already present in the community, a determination of which needs SSM is best equipped to address, and the selection of evidence-based interventions that SSM can support to make a measurable impact in the chosen health priorities.



Priority 1

Food Insecurity



Priority 2

Behavioral Health



Priority 3

Primary Care



Priority 1: Food Insecurity

Background

Over 16% of Pottawatomie County residents are food insecure. In our 2021 CHNA survey, residents reported that the most significant challenge to accessing healthy foods was cost. Increasing access to healthy foods decreases the rate of chronic diseases and life expectancy.



Action plan

- Continue to ensure VeggieRx's long-term sustainability (see page 7 for a description of VeggieRx and program outcomes)
 - Create a VeggieRx guide that can be shared with community partners
 - Continue to promote VeggieRx amongst vulnerable community members
 - Continue quarterly cohorts with a minimum of 30 participants per cohort
- Work with with Hunger Free Oklahoma and community partners to establish 2-3 “Double Up Oklahoma” (DUO) sites in Pottawatomie County
 - The “Double Up” program allows SNAP beneficiaries to double the amount of produce they can purchase using their SNAP benefits at participating grocery stores, farmers’ markets, and other food vendors.
 - SSM Health’s support will include partnering with Hunger Free Oklahoma to secure grant support to sustain the DUO program for the first 2-3 years at participating food vendors.
- Establish a Food Pharmacy to serve hospital inpatients
 - The Food Pharmacy program is a partnership with Regional Food Bank of Oklahoma, where the hospital provides a food box with enough nonperishable food to prepare 16 meals for patients who are identified as food insecure.
 - The hospital’s Case Management team will conduct these food insecurity screenings, with a goal of offering a food box to 75% of patients who are identified as food insecure.
- Provide community-based organizations with financial support towards their work in addressing food insecurity in Pottawatomie County

Priority 1:

Food Insecurity

Community partners

- Blue Zones of Pottawatomie County
- Regional Food Bank of Oklahoma
- Hunger Free Oklahoma
- Homeland Grocery
- FireLake Discount Foods

Supporting resources

- SSM Health Medical Group
- Hospital Case Management Team
- SSM Health St. Anthony Foundation

Evidence-based interventions

- A study by Public Health Nutrition found that VeggieRx [improved the BMI](#) of participants.
- Programs such as Double Up increase the likelihood of healthier food choices by increasing [accessibility and affordability](#), according to the U.S. Department of Agriculture.
- Food Pharmacy programs help patients achieve and maintain a [healthy weight and live longer](#), as indicated by The United States Departments of Agriculture and Health and Human Services.

Health goals

- Decrease the percentage of adults that are food insecure in Pottawatomie County from the current rate of 15%
- Increase the consumption of fresh produce in Pottawatomie County
- Reduce the burden of disease associated with malnutrition in vulnerable Pottawatomie communities

Objectives with performance measures

- 60% of VeggieRx patients will lower their BMI on average by 2 points or more
- Additional baselines and performance measures to be identified in 2022



Priority 2: Behavioral Health



Background

Nearly 20% of adults in Oklahoma had a mental illness from 2013-2014, according to the Oklahoma State Department of Health. Unfortunately, the lack of mental health resources for low-income and uninsured persons in Pottawatomie County is a barrier to seeking life-changing treatment. Intervention and prevention are key steps in combating this multifaceted health indicator.

Action plan

- Integrate behavioral health into the primary care setting in SSM Health Medical Group practices, with a goal of behavioral health integration across 50% of adult primary care providers in Pottawatomie County by 2024
- Establish a community coalition to identify specific behavioral health needs in the county and address the barriers to meeting those needs
 - While behavioral health was identified as a general need in the community during the CHNA process, the hospital leadership team and community partners have determined that further work needs to be done to identify which specific types of behavioral health providers and services are needed.
 - This community coalition will identify which providers and services are currently available – both for the insured and the uninsured – and then develop a strategy to meet these specific needs. This strategy may include increasing access to specific kinds of providers through recruitment, partnership, and/or investment in telehealth.
- Provide community-based organizations with financial support towards their work in addressing behavioral health in Pottawatomie County.

Priority 2:

Behavioral Health

Community partners

- Avedis Foundation
- Blue Zones of Pottawatomie County
- Catholic Charities of the Archdiocese of Oklahoma City
- Gateway to Prevention and Recovery

Supporting resources

- SSM Health Medical Group

Evidence-based interventions

- Increasing access to appropriate [mental health services results](#) in productive activities, the ability to adapt to change, and increased overall well-being, as stated by the Office of Disease Prevention and Health Promotion.
- A study in the Permanente Journal indicates integrating mental health services into primary care setting translates to [improved behavioral health outcomes](#).

Health goals

- Improve the population to provider ratio for mental health providers in Pottawatomie County from the current ratio of 330:1
- Reduce the number of residents who report struggling to access mental health services
- Reduce the prevalence of “mental health not good for ≥ 14 days” in census tract 5002 (south Shawnee) from 24.7 per 100,000 (see page 17 of 2021 CHNA)
- Reduce the annual suicide rate in Pottawatomie County from 22 per 100,000 (see page 17 of 2021 CHNA).

Objective(s) with performance measures

- Baselines and performance measures to be identified in 2022



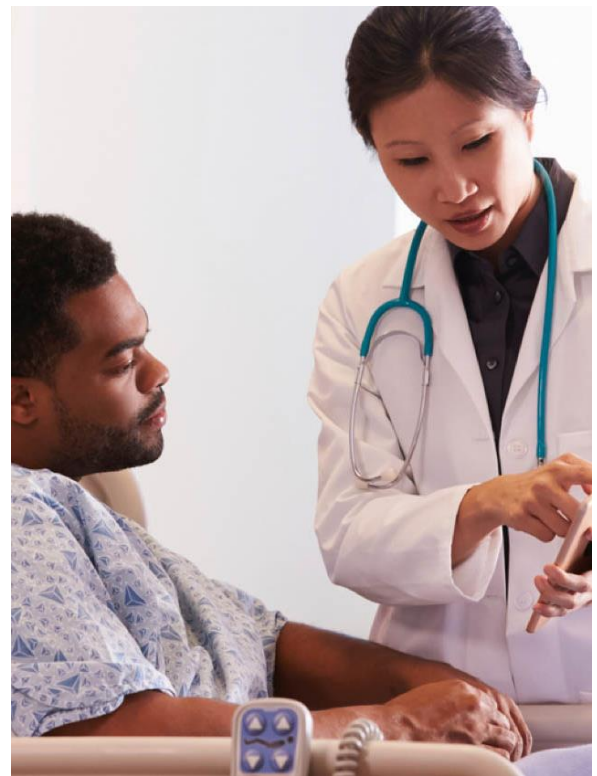
Priority 3: Primary Care Access

Background

In 2018, it was estimated that the population to primary care provider ratio in Pottawatomie County was 2,600:1. In the 2021 CHNA, county residents reported that vulnerable community members frequently delay necessary medical care because of the lack of primary care providers in their neighborhoods or towns. This leads to a high utilization of emergency services for preventable health challenges, decreased life expectancy, and poor overall health outcomes throughout the county.

Action plan

- Bring a new primary care provider (open to all payors) to the community, working with community partners to address the trust and transportation challenges that have historically prevented vulnerable populations in south Shawnee and southern Pottawatomie County from accessing primary care
- Provide in-kind services (such as lab and imaging) to support area clinics that offer primary care to the uninsured and underinsured
 - SSM Health already supports the Pottawatomie County Free Health Clinic and the clinic at Aydelotte Baptist Church.
 - SSM will continue to provide this support and identify additional opportunities to support these and other mission-aligned primary care clinics.
- Work with the City of Shawnee to identify areas of collaboration to support the health needs of people experiencing homelessness
- Provide community-based organizations with financial support towards their work in addressing primary care access in Pottawatomie County



Priority 3:

Primary Care Access

Community partners

- City of Shawnee
- Pottawatomie County Free Health Clinic
- Aydelotte Baptist Church

Supporting resources

- SSM Health Medical Group
- SSM Health outpatient services
- SSM Health St. Anthony Foundation

Evidence-based interventions

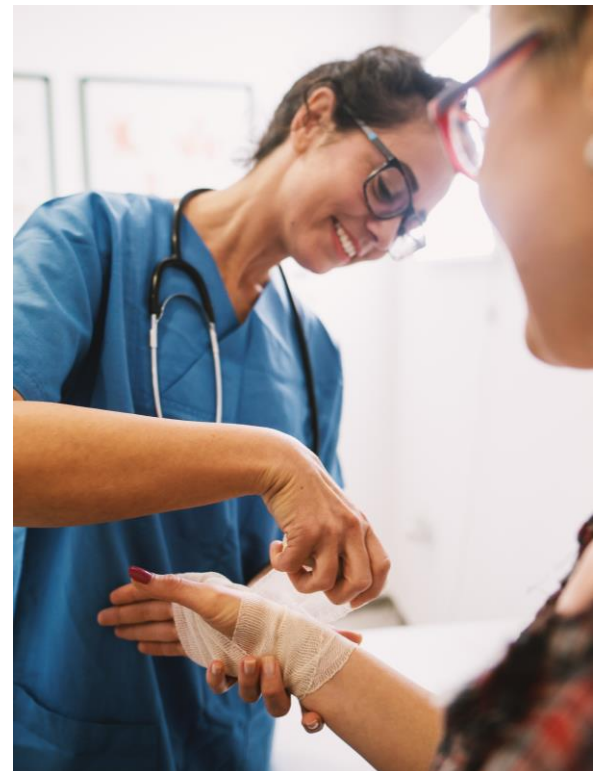
- Regular primary care visits [improve](#) population health and reduce health disparities, per the Office of Disease Prevention and Health Promotion.
- Free medical clinics have been shown by the UCF College of Medicine to [improve the health](#) of those who are underinsured and uninsured.

Health goals

- Decrease the adult prevalence rates for the diseases in which Pottawatomie County received a rating of “F” in the most recent State of the State Health Report:
 - Diabetes: 13.3%
 - High blood pressure (ever): 41.6%
 - High cholesterol: 38.8%
- Improve the population to provider ratio for primary care providers in Pottawatomie County from the current ratio of 2600:1

Objective(s) with performance measures

- Baselines and performance measures to be identified in 2022



Overarching priorities

Social determinants of health (SDoH)

The social determinants of health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. Examples of these factors include safe and affordable housing, access to quality education, public safety, availability of healthy foods, accessible health care services, and positive social support systems.

Research shows that the SDoH can be more important than healthcare or lifestyle choices in influencing health. For example, numerous studies suggest that SDoH accounts for between 30-55% of health outcomes. In addition, estimates show that the contribution of sectors outside health to community health outcomes exceeds the contribution from the healthcare sector. By applying what we know about SDoH, we can not only improve individual and community health but also advance health equity.

The primary data collection tools used in the CHNA were rooted in questions regarding SDoH. This health equity lens was used when prioritizing health needs and informed the development of this implementation strategy.

Health equity

Equity is defined as “the absence of avoidable or remediable differences among groups of people, whether those groups are defined socially, economically, demographically, or geographically” (World Health Organization, 2016). As a Catholic health ministry, we believe healthcare is a fundamental human right. Interventions to address health disparities need to be effective and sustainable, focused on empowering those experiencing inequities.

A characteristic common to groups that experience health inequities – such as poor and marginalized persons, racial and ethnic minorities, and women – is a lack of political, social, or economic power. Research indicates a strong relationship between self-reported racism and discrimination with negative mental health outcomes and negative health-related behaviors.

Research also indicates that chronic stress from experiencing discrimination, such as racism, throughout the lifespan can lead to negative health outcomes. Those outcomes are seen even after controlling for differences such as socioeconomic status and access to adequate healthcare. The effects can include:

- Higher blood pressure
- Lower immune function
- Lower rates of exercise and social support
- Higher rates of infant mortality

