



Sanford Health Network  
Community Health Needs Assessment  
Implementation Strategy  
2017-2019

**SANFORD**<sup>®</sup>  
HEALTH



Dear Community Members,

Sanford Worthington is pleased to present the 2016 Community Health Needs Assessment (CHNA) and Implementation Strategy. There is great intrinsic value in a community health needs assessment when it serves to validate, justify and defend not-for-profit status and create opportunity to identify and address community health issues.

During 2015 members of the community were asked to complete a non-generalizable survey to help identify unmet health needs. Analysis of the primary research data and secondary research was used to identify health concerns and needs in the community. Community partners and public health leaders assisted with the development of an asset map that lists resources and assets that are available to address each need. A gap analysis and prioritization exercise was also conducted to identify the most significant health needs, and to further address these needs through the implementation strategies that are included in this document.

Sanford Worthington has set strategy to address the following community health needs:

- Healthcare Access
- Physical and Mental Health

In this report you will find the implementation strategies for 2017-2019, information about what Sanford is doing to address the needs, assets and resources that are available in the community to address the needs, and a discussion on the impact from the 2013 implementation strategies.

At Sanford Worthington, patient care extends beyond our bricks and mortar. As a not-for-profit organization, ensuring that the benefits of health care reach the broad needs of communities is at the core of who we are. Through our work with communities, we can bring health and healing to the people who live and work across our communities. Together, we can fulfill this mission.

Sincerely,



Michael Hammer  
Chief Executive Officer  
Sanford Worthington Medical Center

## Sanford Worthington Medical Center Implementation Strategies

### **Priority 1: Healthcare Access**

Access to care includes the ability to gain entry into a health system or provider service. Access can include the availability of health care providers and a workforce available to address the needs. Limited access can challenge the ability to receive appropriate levels of care and may pave the way to the utilization of higher cost entry points into the system through the emergency room.

Sanford provides the Community Care Program and a financial assistance policy to address assistance to all who qualify for charity care. Sanford has prioritized health care access as a top priority and has set strategy to create awareness of the resources and financial assistance that is available through Sanford.

### **Priority 2: Physical Health/Mental Health**

Physical health is defined by the World Health Organization (WHO) as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health includes emotional, psychological, and social well-being. It affects how people think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health problems are common but people with mental health problems can get better and many recover completely.

Sanford has prioritized physical and mental health as a top priority and has set strategy to increase preventative health care including dietitian services and implementation of the advanced medical home model, reduction of mortality and morbidity from mental illness by identifying and providing early intervention through mental health services.

**Community Health Needs Assessment  
Implementation Strategy for Sanford Worthington Medical Center  
FY 2017-2019 Action Plan**

**Priority 1: Healthcare**

**Projected Impact:** Access is improved when community members understand the resources and financial assistance that is available through Sanford Health.

**Goal 1:** To increase public education on healthcare topics and available resources

Actions/Tactics	Measureable Outcomes	Dedicated Resources	Leadership	Note any community partnerships and collaborations - if applicable
Provide monthly newspaper article on health care topic	Complete full page article re: health care topic for <i>Daily Globe</i> (12 months)	Marketing, Providers	Holly Sieve, Greg Schell, Mike Hammer	Worthington <i>Daily Globe</i>
Implement triage call center at the local Sanford clinic	Triage call center is operational within Sanford Clinic	Clinic space, Triage staff	Greg Schell	

**Goal 2:** Collaboration with community entities to increase holistic care

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Mental Health referrals to YMCA for membership (as a part of care plan)	Sanford Health Coaches and BHTT to follow as part of care plan	Health Coaches	Mike Hammer	Working with YMCA leadership for referral process & to ensure affordable access
Sanford providers to make referrals for YMCA membership (subsidized options included)	Sanford Health Coaches to follow as part of care plan	Health Coaches	Mike Hammer	Collaboration with YMCA leadership

**Goal 3:** Collaboration with JBS employer to increase education relative to health care services and insurance

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Provide educational posters through JBS work areas. Topics to include: Use of Emergency Department, Primary Care, Proper use of Health Insurance, etc.	Health topics to be identified and presented on a monthly basis via posters in work area	Marketing	Mike Hammer, Greg Schell, Sarah Andersen	JBS
Implement a “Kiosk” location that provides healthcare information for employees (including having this information in multiple languages)	Health topics to be identified and presented on a monthly basis via posters in work area	IT	Mike Hammer, Greg Schell, Sarah Andersen	JBS

## **Priority 2: Physical Health**

**Projected Impact:** Preventative service utilization is increased when community members have greater understanding of emergency vs. preventive care and are aware of available health services provided by Sanford Health

**Goal 1:** To increase prompting and implementation of preventative health care

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Implement Health Planet program – which identifies and alerts patients when preventive health care procedures are due	Increase number of colonoscopies & mammograms	Health Coaches	Greg Schell	
Increase 1:1 goal setting and case management for plan of care through Sanford Clinic	Increase number of clients connected with Health Coaches	Health Coaches	Greg Schell, Clinical Supervisors	
Implement Advance Medical Home model of practice with behavioral health	Recruitment of BH TT FTE within the clinic	HR	Greg Schell	
Increase utilization of Sanford Health Cooperative (held on weekly basis)	Increase visits	Health Coaches	Jennifer Weg	

**Goal 2:** Increase early identification and access to mental health services

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Implement Advance Medical Home model	Hire full-time Behavioral Health Triage Therapist available at Sanford Clinic	Recruiting/HR	Greg Schell	

**Goal 3:** To increase knowledge and use of dietitian services

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Increase provider education of Registered Dietitian and services available to patients at SWMC	Implement referral process. Provide education to providers. Increase referrals, particularly with the pediatric population.	Clinical Dietitian	Michelle, Greg, Clinical Supervisors	
Marketing campaign promoting available services	Increase number of referrals	Marketing	Mike, Holly, Michelle	

**Goal 4:** Improve the availability for exercise and nutrition education across the community

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Provide Sanford <i>fit</i> to the local schools and child care providers <a href="http://www.Sanfordfit.org">www.Sanfordfit.org</a>	Sanford <i>fit</i> is available to all students and families in the area through classroom and <i>fit</i> website	Sanford <i>fit</i> leadership Classroom teachers	Sanford leaders	Local schools Child care leaders

## Community Health Needs Assessment Key Findings

The top assessed needs from the 2016 primary and secondary research include:

- Economics – affordable housing
- Transportation - availability of public transportation
- Environment – water quality
- Children and Youth – bullying, cost and availability of quality infant care, services for at-risk youth, cost and availability of quality child care, availability of activities for children and youth, teen pregnancy, availability of services for at-risk youth
- Aging – cost and availability of long term care and availability of memory care, resources for caregivers, and resources to help the elderly stay in their homes
- Safety –the presence of street drugs and alcohol in the community, domestic violence, the presence of drug dealers in the community, and child abuse and neglect
- Health Care Access – access to affordable health insurance, affordable dental insurance, affordable health care, affordable prescription drugs, affordable vision insurance, use of the emergency department for primary care, timely access to substance abuse providers
- Physical Health – cancer, chronic disease, obesity, poor nutrition and inactivity
- Mental Health – depression, stress, dementia and Alzheimer’s, substance use and abuse, other psychiatric diagnosis, underage drinking, and smoking and tobacco use
- Preventive Health – flu vaccines

### How Sanford is Addressing the Needs

Identified Concerns	How Sanford Worthington is Addressing the Needs
<b>Economics</b> <ul style="list-style-type: none"> <li>• Availability of affordable housing</li> </ul>	Share the results of the CHNA with City of Worthington, Worthington Housing Authority, and Worthington Regional Economic Development Counsel.  Sanford addresses this by serving on the economic development committee.
<b>Transportation</b> <ul style="list-style-type: none"> <li>• Availability of public transportation</li> </ul>	Share the results of the CHNA with City of Worthington and Nobles County Commissioners.
<b>Environment</b> <ul style="list-style-type: none"> <li>• Water quality</li> </ul>	Share the results with the City of Worthington and Nobles County Commissioners.
<b>Aging</b> <ul style="list-style-type: none"> <li>• Cost of long term care</li> <li>• Availability of memory care</li> <li>• Availability of long term care</li> <li>• Availability of resources for family/friends caring for and making decisions for elders</li> <li>• Availability of resources to help the elderly stay safe in their homes</li> </ul>	Share the results of the CHNA with community leaders; including Skilled Nursing, Assisted Living, and Senior Housing Facility leaders.  Sanford is a home health service provider.
<b>Children and Youth</b> <ul style="list-style-type: none"> <li>• Availability of quality infant care</li> <li>• Availability of quality childcare</li> <li>• Bullying</li> </ul>	Share the results of the CHNA with the City of Worthington, Southwest MN Opportunity Council Child Resource and Referral program, Nobles County Community Services, YMCA, and School District.

Identified Concerns	How Sanford Worthington is Addressing the Needs
<ul style="list-style-type: none"> <li>• Cost of quality child care</li> <li>• Cost of quality infant care</li> <li>• Availability of activities for children and youth</li> <li>• Teen pregnancy</li> <li>• Cost of activities for children and youth</li> <li>• Availability of services for at-risk youth</li> <li>• <i>Teen births</i></li> </ul>	
<p><b>Safety</b></p> <ul style="list-style-type: none"> <li>• Presence of street drugs, and alcohol in the community</li> <li>• Domestic violence</li> <li>• Presence of drug dealers in the community</li> <li>• Child abuse and neglect</li> <li>• <i>Violent crime</i></li> </ul>	<p>Sanford will address this by sharing the results with the City of Worthington, Nobles County Law Enforcement, and Nobles County Community Services.</p>
<p><b>Health care</b></p> <ul style="list-style-type: none"> <li>• Access to affordable health insurance</li> <li>• Cost of affordable dental insurance coverage</li> <li>• Access to affordable health care</li> <li>• Timely access to mental health providers</li> <li>• Cost of affordable vision insurance</li> <li>• Use of emergency room services for primary health care</li> <li>• Access to affordable prescription drugs</li> <li>• Timely access to substance abuse providers</li> <li>• <i>STDs</i></li> </ul>	<p>Sanford will address this need as one of the initiatives for FY 2017-2020.</p> <p>Sanford will share the results with the Southwest Mental Health Center.</p>
<p><b>Physical Health</b></p> <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Poor nutrition and eating habits (40% have 3 or more vegetables/d, 27.5% have 3 or more fruits/d)</li> <li>• Obesity (76.5% have BMI of overweight or obese)</li> <li>• Inactivity/lack of exercise (55% -moderate exercise 3 x/week 29% have vigorous activity 3x/week)</li> <li>• Chronic Disease ( hypertension, high cholesterol, arthritis, diabetes)</li> </ul>	<p>Sanford will address this need as one of the initiatives for FY 2017-2020.</p>
<p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>• Depression (23.4% report depression – 50% have 1 or more days/mos. when their mental health was not good)</li> <li>• Stress (23.4% report anxiety/stress)</li> <li>• Dementia and Alzheimer’s disease</li> <li>• Other psychiatric diagnosis</li> <li>• Drug use and abuse</li> <li>• Under age drug use and abuse</li> <li>• Alcohol use/abuse (22.6% report consuming 3 or more drinks/d, 29% have binge level drinking at least 1 x/mos.)</li> <li>• Underage drinking</li> <li>• Smoking and tobacco use</li> </ul>	<p>Sanford is addressing this through inpatient services by having 2 FTEs for social services to address mental health as they are in crisis in the hospital setting. Telehealth services for psychiatry are also utilized. Recruiting for 1 Behavioral Health Triage Therapist FTE for the clinic to provide assessments and treatment.</p> <p>Sanford also has representation on the Nobles County Mental Health Advisory Council and Adult &amp; Child Protection teams, working in collaboration with community entities to address mental health needs.</p>



Identified Concerns	How Sanford Worthington is Addressing the Needs
<p><b>Preventive Health</b></p> <ul style="list-style-type: none"> <li>• Flu shots (34.6% reported that children 6 months or older did not get a flu shot or flu mist each year</li> <li>• Immunizations (32% of respondents report having immunizations in the past year, and respondents report that 98% of their children are current on their immunizations)</li> <li>• 21.7% have not seen a health care provider in the past year - 30.9% have not seen a dentist in the past year</li> </ul>	<p>Sanford is addressing this need by offering flu vaccinations. Additionally, Sanford employees are required to have a flu shot to prevent to maintain a healthy workforce and to prevent spreading the flu to others.</p> <p>Will share results with Nobles County Public Health.</p>

## Sanford Worthington Medical Center 2016 CHNA Asset Map

Identified concern	Community resources that are available to address the need
Economics	<p>Worthington Housing Authority 507-376-3655</p> <p>USDA Rural Development 507-372-7783</p> <p>Nobles Co. Community Services (food stamps/food support) 507-295-5213</p> <p>Open Door Health Center (Federally qualified health clinic) 507-388-2120</p> <p>Catholic Charities 507-376-9757</p> <p>SW MN Opportunity Council (housing, emergency food &amp; shelter, weatherization) - 507-376-4195</p> <p>Food Pantries:</p> <ul style="list-style-type: none"> <li>• Worthington Christian Church Food Pantry 507-372-8633</li> <li>• Manna Food Pantry - 507-376-3138</li> </ul> <p>Subsidized Apartments:</p> <ul style="list-style-type: none"> <li>• Atrium High Rise - 507-376-3655</li> <li>• Buffalo Ridge Apts. 800-466-7722</li> <li>• Castlewood Apts. – 507-360-0599</li> <li>• Nobles Sq. Apts. – 507-372-2667</li> <li>• Sunshine Apts. – 507-372-4000</li> <li>• Viking Apts. – 507-360-0599</li> <li>• Willow Court Town Homes 507-360-0599</li> </ul>
Transportation	<p>SW MN Opportunity Council (Community Action Agency) 507-376-4195</p> <p>Public Safety Dept. – 507-376-5995</p> <p>Prairieland Transit system 507-376-4195</p> <p>Medivan – 507-372-5787</p> <p>Peoples Express – 800-450-0123</p> <p>Handi Van – 800-363-5451</p> <p>AmeriCare Mobility Van 800-963-7233</p> <p>Taxi Service – 507-372-4300</p>
Environment	City of Worthington Public Utilities Dept. - 507-372-8680

Identified concern	Community resources that are available to address the need
Aging population	<p><b>Clinics:</b></p> <ul style="list-style-type: none"> <li>• Sanford Worthington Clinic</li> <li>• 507-372-3800</li> <li>• Avera Worthington Clinic</li> <li>• 507-372-2921</li> <li>• Open Door Health Center (Federally Qualified Health Clinic) 507-388-2120</li> </ul> <p>Sanford Worthington Home Care 507-372-3139</p> <p><b>Hospices:</b></p> <ul style="list-style-type: none"> <li>• Sanford Worthington Hospice</li> <li>• 507-372-7770</li> <li>• Compassionate Care Hospice</li> <li>• 507-372-7003</li> </ul> <p>Sanford Home Medical Eqmt. 507-376-9699</p> <p><b>Respite Care:</b></p> <ul style="list-style-type: none"> <li>• RSVP Respite Care (relief for caregivers) – 507-295-5262</li> <li>• Sanford Worthington 507-372-2941</li> <li>• South Shore Care Center 507-376-3175</li> </ul> <p><b>LTC/Alzheimer’s Resources:</b></p> <ul style="list-style-type: none"> <li>• Crossroads Care Center 507-376-5312</li> <li>• South Shore Care Center 507-376-3175</li> <li>• Ecumen Meadows 507-372-7838</li> <li>• SW Mental Health Center 507-376-4141</li> </ul> <p><b>Housing with Services/Assisted Living</b></p> <ul style="list-style-type: none"> <li>• Golden Horizons 507-376-3111</li> <li>• Prairie House 507-372-4551</li> <li>• The Meadows 507-372-7838</li> </ul> <p><b>Adult Foster Care</b></p> <ul style="list-style-type: none"> <li>• Nobles Co. Community Services 507-295-5213</li> </ul> <p>Nobles Co. Community Service Agency – MN Choices assessment 507-295-5213</p> <p>Veterans Service Officer 507-295-5292</p> <p><b>Companionship:</b></p> <ul style="list-style-type: none"> <li>• RSVP Telephone Reassurance 507-295-5262</li> <li>• Senior Companion 507-337-0382</li> </ul> <p><b>Emergency Alert Systems:</b></p> <ul style="list-style-type: none"> <li>• Lifeline – 800-380-3111</li> </ul>

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> <li>• Life Aid – Sterling Drug Medical Alert Monitoring 507-372-7533</li> <li>• Main Street Messenger (Nobles Coop. Electric) - 507-372-7331</li> </ul> <p>Memory Loss Caregiver Support Group - 507-376-5312</p> <p>Worthington Senior Dining 507-376-6517</p> <p>Home Delivered Meals:</p> <ul style="list-style-type: none"> <li>• Meals on Wheels 507-372-3137</li> <li>• Worthington Senior Dining 507-376-6517</li> </ul>
Children and Youth	<p>Sanford WebMD Fit Kids</p> <p>Clinics:</p> <ul style="list-style-type: none"> <li>• Sanford Worthington Clinic</li> <li>• 507-372-3800</li> <li>• Avera Worthington Clinic</li> <li>• 507-372-2921</li> <li>• Open Door Health Center (Federally Qualified Health Clinic) 507-388-2120</li> </ul> <p>Child Care Centers:</p> <ul style="list-style-type: none"> <li>• Sunny Days! – 507-376-6313</li> <li>• We Care – 507-372-7676</li> <li>• Hi-Ho Nursery School-507-376-4861</li> <li>• Kids-R-It Child Care &amp; Preschool – 507-372-7999</li> <li>• Head Start – 507-376-4195</li> </ul> <p>Child Care Resource &amp; Referral 507-376-4195</p> <p>After School Activities:</p> <ul style="list-style-type: none"> <li>• EDGE after school/summer program – 507-372-2172</li> <li>• Area Learning Center-507-332-1322</li> <li>• School District sports activities 507-372-2172</li> </ul> <p>Nobles Co. Community Services 507-295-5213</p> <p>Southwest Crisis Center 507-376-4311</p> <p>SW Mental Health Center 507-376-4141</p>

Identified concern	Community resources that are available to address the need
<p><b>Safety</b></p>	<p>Nobles Co. Sheriff 507-372-2136</p> <p>Worthington Police Dept. 507-372-2136</p> <p>Drug Rehab – 866-720-3784</p> <p>Counseling Resources 507-372-4399</p> <p>SW Crisis Center PEACE Agency 507-376-4311</p> <p>Southern MN Regional Legal Resource Center 507-372-7368</p> <p>Nobles Co. Community Service Office 507-295-5213</p>
<p><b>Health Care</b></p>	<p>Sanford Worthington Clinic 507-372-3800</p> <p>Avera Worthington Clinic 507-372-2921</p> <p>Open Door Health Center (Federally Qualified Health Clinic) – 507-388-2120</p> <p>Sanford Community Care Program</p> <p>Financial assistance/counselors in business office – 507-372-2941</p> <p>MN Drug Card (mndrugcard.com)</p> <p>Counseling:</p> <ul style="list-style-type: none"> <li>• Counseling Resources 507-372-4399</li> <li>• Catholic charities 507-3376-9757</li> <li>• Prairie Rose Counseling Center 507-376-4732</li> <li>• Nobles County Community Services – MA Applications 507-295-5213</li> </ul>
<p><b>Physical Health</b></p>	<p>Clinics:</p> <ul style="list-style-type: none"> <li>• Sanford Worthington Clinic</li> <li>• 507-372-3800</li> <li>• Avera Worthington Clinic</li> <li>• 507-372-2921</li> <li>• Open Door Health Center (Federally Qualified Health Clinic) 507-388-2120</li> </ul> <p>Sanford Cancer Biology Research Center in SF</p>



Identified concern	Community resources that are available to address the need
	<p><b>Dietitians:</b></p> <ul style="list-style-type: none"> <li>• Sanford Worthington Dietitian 507-372-7354</li> <li>• Hy-Vee of Worthington 507-372-7354</li> </ul> <p>Roger Maris Cancer Center  Sanford Medical Home  RN Health Coach  American Cancer Society</p> <p>Better Choices/Better Health</p> <p>American Heart Association</p> <p>The Sanford Project – to cure Type 1 Diabetes in Denny Sanford’s lifetime</p> <p>Sanford WebMD Fit Kids</p> <p><b>Diabetes resources:</b></p> <ul style="list-style-type: none"> <li>• American Diabetes Association</li> <li>• Diabetes Support Group 507-372-2921</li> </ul> <p><b>Exercise Centers:</b></p> <ul style="list-style-type: none"> <li>• Anytime Fitness 507-295-7110</li> <li>• Prairie Rehab &amp; Fitness 507-372-2232</li> <li>• Worthington Area YWCA 507-376-6197</li> </ul> <p><b>Nutrition Education:</b></p> <ul style="list-style-type: none"> <li>• Extension Office 507-295-5313</li> <li>• WIC Program 507-295-5360</li> </ul> <p>Worthington Senior Dining  507-376-6517</p> <p>Weight Loss Surgery Support Group – 508-372-3329</p>
<p><b>Mental Health/  Behavioral Health  (Substance Abuse)</b></p>	<p>Sanford One Care</p> <p><b>Clinics:</b></p> <ul style="list-style-type: none"> <li>• Sanford Worthington Clinic</li> <li>• 507-372-3800</li> <li>• Avera Worthington Clinic</li> <li>• 507-372-2921</li> <li>• Open Door Health Center (Federally Qualified Health Clinic) 507-388-2120</li> </ul> <p>Nobles County Community Services (mental health needs) 507-295-5213</p> <p>Sanford Worthington Medical Health Center</p> <p>Drug Rehab – 866-720-3784</p>

Identified concern	Community resources that are available to address the need
	<p><b>Counseling:</b></p> <ul style="list-style-type: none"> <li>• Counseling Resources 507-372-4399</li> <li>• Catholic charities 507-3376-9757</li> <li>• Prairie Rose Counseling Center 507-376-4732</li> </ul> <p><b>LTC/Alzheimer’s Resources:</b></p> <ul style="list-style-type: none"> <li>• Crossroads Care Center 507-376-5312</li> <li>• South Shore Care Center 507-376-3175</li> <li>• Ecumen Meadows 507-372-7838</li> </ul>
Preventive Health	<p><b>Clinics:</b></p> <ul style="list-style-type: none"> <li>• Sanford Worthington Clinic</li> <li>• 507-372-3800</li> <li>• Avera Worthington Clinic</li> <li>• 507-372-2921</li> <li>• Open Door Health Center (Federally Qualified Health Clinic) - 507-388-2120</li> </ul> <p><b>Nobles Co. Community Service – immunizations, public health nurse - 507-295-5213</b></p> <p><b>Dentists:</b></p> <ul style="list-style-type: none"> <li>• Apple White Dentistry 507-372-7339</li> <li>• Stanley Haas, DDS 507-376-4939</li> <li>• Family Dentistry 507-376-9797</li> </ul>

## Demonstrating Impact

The 2013 community health needs assessment served as a catalyst to lift up obesity and mental health services as implementation strategies for the 2013-2016 timespan. The following strategies were implemented.

### **2013 Community Health Needs Assessment Sanford Worthington Implementation Strategy**

#### **Implementation Strategy: Youth - Obesity**

##### **Three Year Plan (July, 2013 – June, 2016)**

- Implement the Sanford enterprise implementation strategies to address obesity
- To establish a youth program (K-4) that will involve District 518, YMCA and local Sanford Worthington Clinic Pediatricians and staff.
- Action plans include focusing on kids with a BMI above a certain percentage.
- Program to include physical activity for the kids as well as an educational component for parents.
- Curriculum is currently being developed.
- Review of program will occur with changes implemented, if any, for school year 2013-2014.

#### **Implementation Strategy: Elderly**

##### **Three Year Plan (July, 2013 – June, 2016)**

- To review and define the socio-economic –health status of the current state of the elderly in the community and develop and implementation strategy in FY15 on need or needs identified.
- Actions include releasing summary of survey data to agencies that participated in the primary source community survey in first quarter, FY14.
- Identify agencies within the community and begin the assessment of elderly status. Agencies may include Nobles County Public Health, Nursing Homes, City of Worthington and Sanford. Others will be invited as identified.

#### **Implementation Strategy: New American/Immigrants**

##### **Three Year Plan (July, 2013 – June, 2016)**

- To increase SWMC and Sanford Worthington Clinic providers and staff awareness to the various cultures and nationalities currently in the SWMC market area as it affects the delivery of health care to these groups of community members.
- Actions include creating periodic education and competencies for all staff on the various cultures in the Worthington area in FY14. Focus will be given to those cultures with the largest population base in our market area.
- The 2013 strategies have served a broad reach across our community and region. The impact has been positive and the work will continue into the future through new or continued programming and services.

### Impact of the Strategy to Address Obesity in Adults, Elderly and Youth

Sanford Worthington Medical Center has developed a medical weight loss program inclusive of medical oversight, nutrition counseling, psychological counseling and exercise programming. The interdisciplinary program includes bariatric surgery for those who need surgical intervention.

An intensive behavioral management program with intense nutritional counseling was added to serve Medicare patients. Additionally, referrals to the Sanford clinical dietitians have increased since this implementation strategy began.

The Sanford Health *fit* initiative, a childhood obesity prevention initiative, continues to grow and mature as we work to refine the offerings and enable broad replication and meaningful use. Supported by the clinical experts of Sanford Health, *fit* educates, empowers and motivates families to live a healthy lifestyle through a comprehensive suite of resources for kids, parents, teachers and clinicians. *fit* is the only initiative focusing equally on the four key contributing factors to childhood obesity: Food (nutrition), Move (activity), Mood (behavioral health), and Recharge (sleep). Through *fit* we are actively working to promote healthy lifestyles in homes, schools, daycares, our clinical settings, and throughout the community by way of technology, engaging programs, and utilizing key role models in a child's life. In 2016 a new *fit* initiative will be available for 20,000 classroom teachers. The classroom curriculum has numerous modules that teachers can access and implement in part or comprehensively.

*Profile* by Sanford is a personalized retail weight loss program designed by Sanford Health physicians and scientists to be simple, effective and sustainable. With a certified *Profile* coach, personalized meal plans and smart technology to track progress, members see real results. Each weight loss plan is designed with a focus on nutrition, activity and lifestyle.

The enterprise obesity initiative addressed education for providers and education for patients and community members. The first annual Sanford obesity symposium was held in 2014. Over 400 health care professionals from the region and beyond registered for the 2014 and the 2015 symposiums. The purpose of the symposium is to enhance the knowledge and competence of participants by providing an update on the latest research associated with the prevention, treatment and management of obesity. The target audience includes primary care physicians, pediatricians and specialty care providers, advanced practice providers, licensed registered dietitians, nurses, and other interested health care professionals.

The symposium is an opportunity to provide prevention and treatment practice guidelines for the adult and pediatric population. The planning committee includes several published providers who are sought after nationally and internationally for their expertise.

Sanford is taking a comprehensive and multi-faceted approach to obesity prevention and treatment. The impact is demonstrated through the lives of our community members who have had positive outcomes because of our programs and services.

### Impact of Strategy to Address New Americans

Sanford Worthington continues to have conversations with providers and staff about cultural competency. There are many diverse cultures in the Worthington area and the providers and staff desire to serve the entire population in a culturally competent and compassionate manner.

The MARTTI (My Accessible Real Time Trusted Interpreter) service has been implemented to provide for ease of access to medical care. The real time interpreter capability creates a positive impact for all who need interpreter services.





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