

How to Thrive: Population Health Strategies to Improve Community Health And Wellness



DENNIS SHELBY, CHIEF EXECUTIVE OFFICER, WILSON MEDICAL CENTER
DOUG SPEAR, EXECUTIVE DIRECTOR, SHAWNEE MISSION HEALTH



THREE W'S

Welcome

Who

Where

DENNIS SHELBY, CHIEF EXECUTIVE OFFICER, WILSON MEDICAL CENTER

DOUG SPEAR, EXECUTIVE DIRECTOR, SHAWNEE MISSION HEALTH

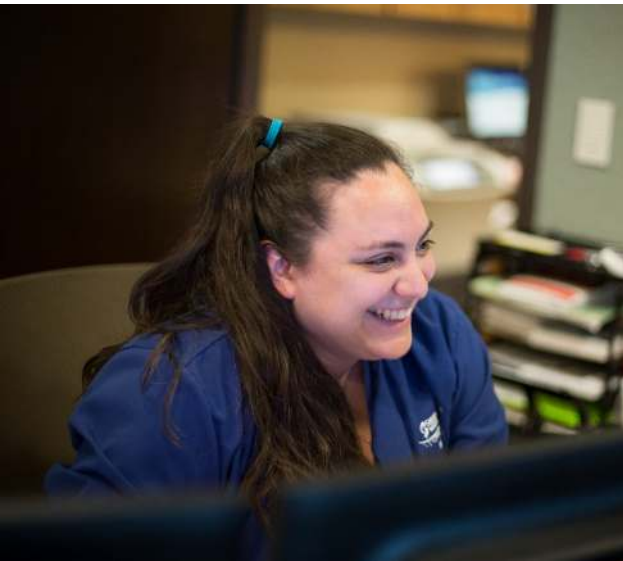
WILSON MEDICAL CENTER

- County, Critical Access Hospital (CAH)
- Located in Neodesha, Kansas - population 2,400
- Health System consisting of 3 Rural Health Clinics
- Serves Southeast Kansas

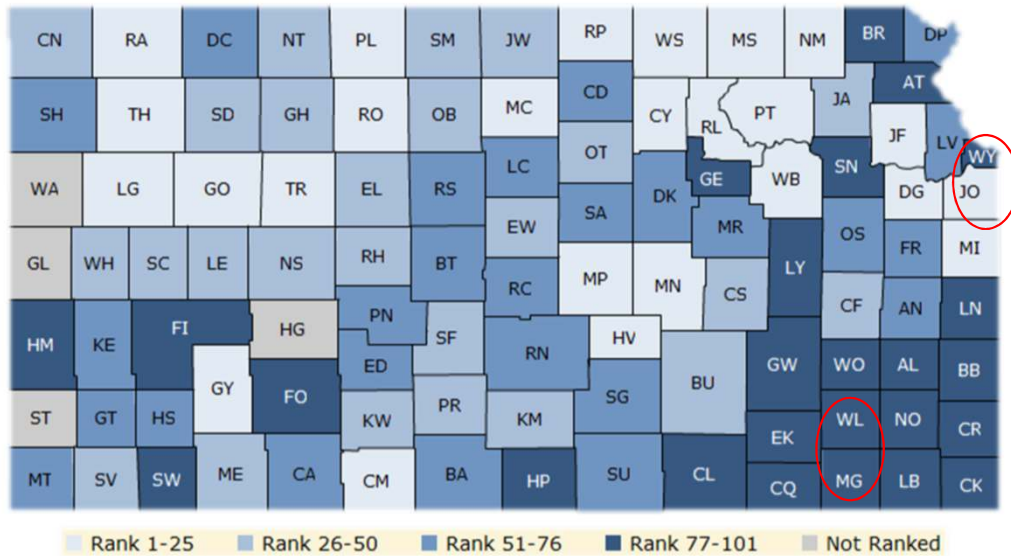


SHAWNEE MISSION HEALTH

- Three campus health system in suburban Kansas City
- Flagship hospital is Shawnee Mission Medical Center
- Faith-based, not-for-profit part of Adventist Health System



KANSAS COUNTY HEALTH RANKINGS



County	2013	2014	2015	2016	2017
Johnson	1	1	2	1	1
Wyandotte	99	96	94	101	102
Wilson	85	84	91	97	96
Montgomery	96	91	88	88	98

INTRO TO POPULATION HEALTH

- Risk-based contracts
- Clinically Integrated Networks
- Medical Home
- Disease management
- Preventing disease for high-risk individuals
- Community health and lifestyle programs
- Access issues
- Ties to CHNA
- Employer health
- ED utilization efforts
- Children and youth education
- Many more!

SIX APPROACHES TO POPULATION HEALTH

- Wilson Medical Center
 1. Community Health Needs Assessment (CHNA)
 2. Healthy Hospital Initiative
 3. Community Wellness

- Shawnee Mission Health
 1. Community Health Needs Assessment (CHNA)
 2. CREATION Health
 3. Living in Vitality

WMC COMMUNITY HEALTH NEEDS ASSESSMENT (CHNA)

County Health Rankings & Roadmaps
Building a Culture of Health, County by County
A Robert Wood Johnson Foundation program

WILSON COUNTY, KANSAS | Pop. 8,856

Health Outcome - Rank	2013	2014	2015	2016	2017	Kans.
Length of Life - Rank	65	64	61	67	66	67
Quality of Life - Rank	85	84	81	87	86	87
Health Factors - Rank	101	96	96	67	96	97
Social & Economic Factors - Rank	88	87	80	80	88	89



Kansas Action For Children

Kansas KIDS COUNT provides an annual snapshot of how children and families are doing statewide, as well as how they compare on a county-by-county basis. The indicators tracked in this fact sheet reflect the current condition of Kansas children and can be used by state and local leaders to craft policies and interventions that can help every child achieve their full potential.

For more Kansas data, visit kac.org/kidscount. To see how Kansas kids compare on a national level, visit datacenter.kidscount.org.

The KIDS COUNT partner in Wilson County is:
Wilson County Health Department
421 N. 7th Street
Fredonia, KS 66736
(620) 378-4455



DEMOGRAPHICS

	WILSON	PEERS	KANSAS
Median Household Income	\$41,461	\$60,324	\$63,802
Total Population of County (all ages)	8,723	231,485	2,907,289
Population of County under 18	23.4%	23.67%	24.69%
White	4.48%	11.98%	18.22%
Hispanic	1.20%	1.02%	4.37%
African American	5.32%	2.96%	6.06%
Two or more races	1.20%	1.06%	0.76%
American Indian or Alaskan Native	0.38%	0.63%	2.84%

COMMUNITY HEALTH NEEDS ASSESSMENT

- 2013 County Assessment - Joint effort – County Hospital, County Health Department, and Community Hospital
 - A. Partnered with a consultant
 - B. Used Community Health Data
 - C. Community Town Hall Meetings
 - D. Community Survey
- 2018 County Assessment in process

COMMUNITY HEALTH NEEDS ASSESSMENT

- Identified Priorities
 1. Promote health, wellness, and chronic disease prevention
 2. Improve communication and collaboration between health care providers, and community
 3. Sustain, expand, and improve public transportation
 4. Assess needs and foster solutions relating to housing

WILSON HEALTHY HOSPITAL INITIATIVE



WMC HEALTHY HOSPITAL INITIATIVE

- Signed Kansas Healthy Hospital Pledge
- Created a Wellness Committee
- Formal Dietary, Beverage and Catering Policy implemented
- Free Gym Membership to Employees – Discounted Rate to Family Members
- Healthy Kansas Hospitals Centers of Excellence Award



COMMUNITY WELLNESS



COMMUNITY WELLNESS INITIATIVE

- Hired a Manager of Community Health & Wellness
- Made Fitness Center 24/7
- Exercise Classes- Restorative Yoga
- Lunch-n-Learn Series
- After School Program



COMMUNITY WELLNESS INITIATIVE



- Walk with the Doc
- Community Policy Changes-Tobacco Free Recreation Areas

COMMUNITY WELLNESS INITIATIVE

- Chronic Disease Management
- Access to Care- Telemedicine
- Specialty Clinics
- Cancer Infusion Therapy Center



DETERMINING COMMUNITY HEALTH

COMMUNITY HEALTH NEEDS ASSESSMENT

- 2012 Survey
 - Used widely available community health data
 - Received input through a community town hall
- 2015 Survey
 - Used widely available community health data
 - Partnered with two area health departments
 - Door to door survey using CASPER methodology

CASPER METHODOLOGY

Training | CASPER | NCEH | x

Secure | <https://www.cdc.gov/nceh/hsb/disaster/casper/training.htm>

Apps | Bookmarks | Home

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

SEARCH

CDC A-Z INDEX ▾

Community Assessment for Public Health Emergency Response (CASPER)

Preparedness and Response for Public Health Disasters

- Community Assessment for Public Health Emergency Response (CASPER)
- Overview
- Interactive Map of CASPERs +
- Sampling Methodology
- Materials and Resources
- Training**
- Past CASPERs
- FAQs
- Links and Publications

[Preparedness and Response for Public Health Disasters](#) > [Community Assessment for Public Health Emergency Response \(CASPER\)](#)

Training

[f](#) [t](#) [+](#)

State-based Training

CDC's Health Studies Branch (HSB) provides consultation and technical assistance during a disaster response and disaster epidemiology training throughout the year. HSB provides [disaster epidemiology training](#) to state and local public health and emergency response staff by request. The purpose of the trainings is to 1) increase emergency response capacity, 2) improve disaster epidemiology skills, and 3) share lessons learned. If you are a state, regional, or local health department and would like to be considered for training, please consult with your leadership and then contact Amy Schnall (770-488-3422, ghu5@cdc.gov). You may also download a [Disaster Epidemiology Training Request form](#) [PDF - 458 KB].

Online E-Learning

CDC's Health Studies Branch is pleased to provide the [Community Assessment for Public Health Emergency Response \(CASPER\) Online Learning Tool \(WB2390\)](#).

The goal of the CASPER E-Learning is to supplement the CASPER toolkit by providing an overview of the CASPER methodology, its uses, and the local capabilities required to conduct a CASPER. Continuing Education (CE) credits are also available. You may [register for CE credits HERE](#). We hope that you find this e-learning tool useful; whether it is the first time you are exposed to CASPER or you are a seasoned veteran looking for a refresher.

File Formats Help:
How do I view different file formats (PDF, DOC, PPT, MPEG) on this site?

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COMMUNITY HEALTH PLAN STRATEGIES

- Mental health
 - Reduce opioid overdoses and deaths
 - Reduce suicide deaths
- Access to care
 - Collaborate with partners for access to health insurance
 - Support clinics for the underserved
 - Decrease the number of unnecessary ED visits

COMMUNITY HEALTH PLAN STRATEGIES

- Chronic disease risk reduction
 - Access to healthy food
- Poor pregnancy outcomes in Wyandotte County
 - Increase knowledge of prenatal care
 - Increase knowledge of providing a safe home environment

TAKING WELLNESS TO THE COMMUNITY

creation[®]

H E A L T H





C

CHOICE



R

REST



E

ENVIRONMENT



A

ACTIVITY



T

TRUST



I

INTERPERSONAL
RELATIONSHIPS



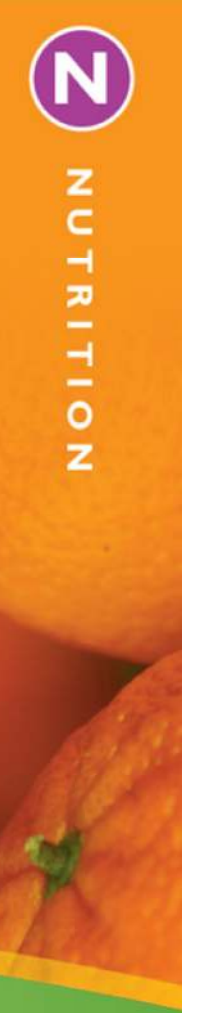
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OUTLOOK



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NUTRITION

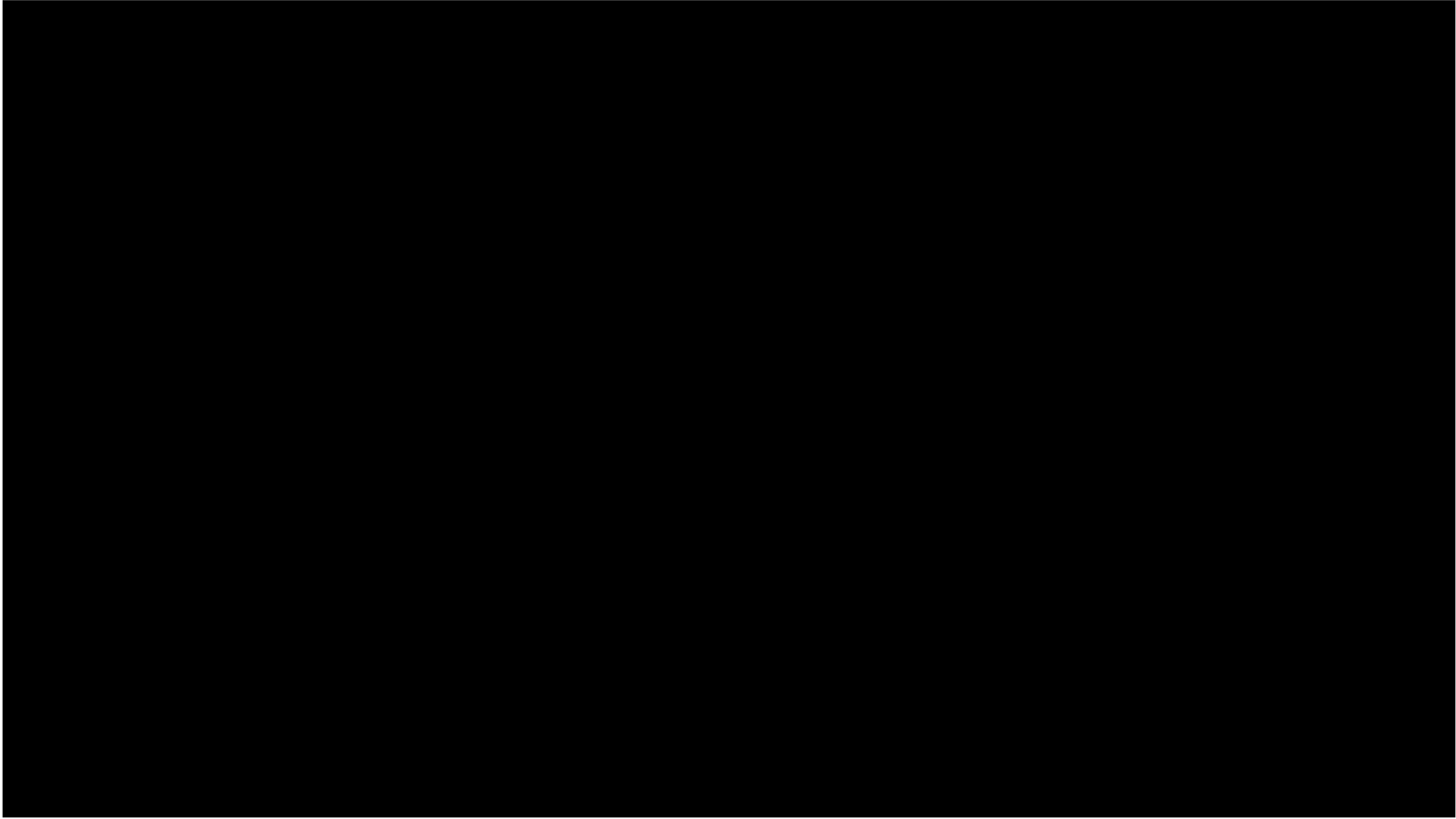




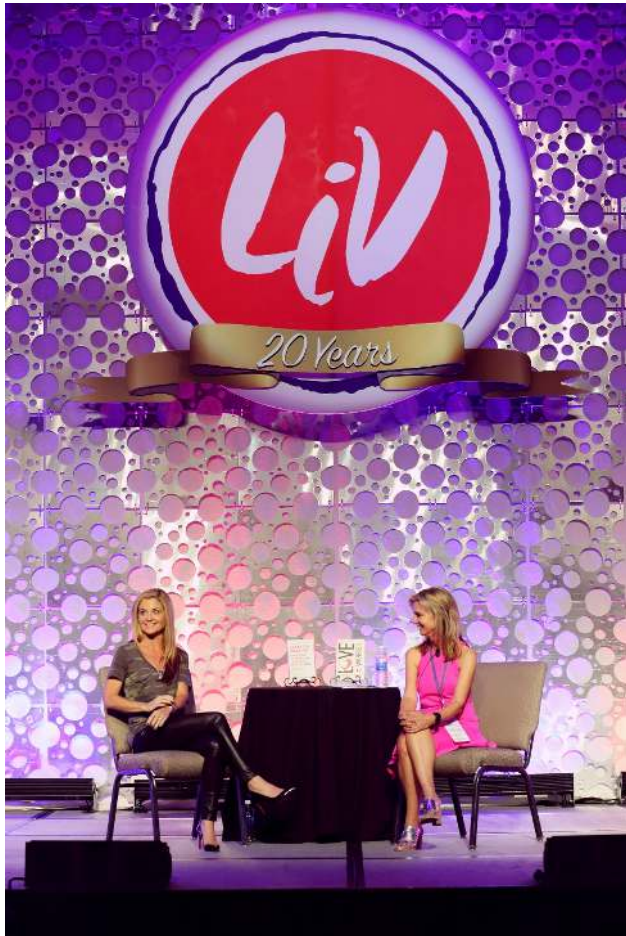
RESULTS

- Taught CREATION Health to leaders in 45 churches
- Directly reached more than 7,500 people
- A family transformed

LIVING IN VITALITY



MULTIFACETED WOMEN'S HEALTH PROGRAM



TAKE TIME TO LIV

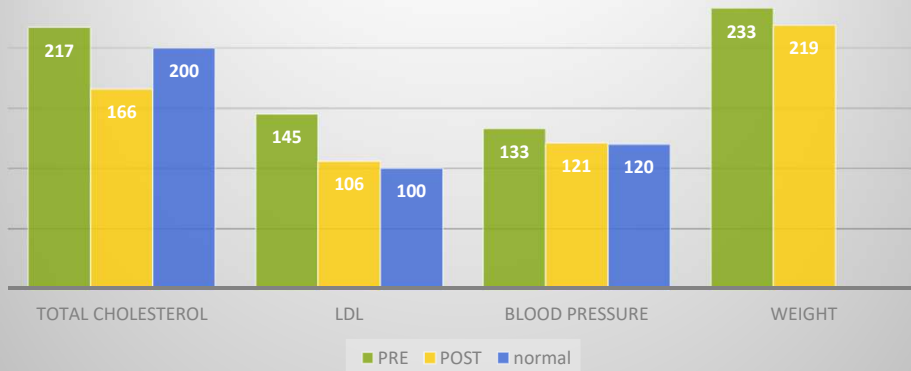
- Seven-month program designed to reduce cardiovascular disease
- Participants take part in the following activities:
 - Comprehensive biometrics at the beginning, middle and end of the program
 - One-on-one monthly consultation with a personal wellness coach
 - Seven-month fitness membership with six personal training session
 - Monthly dietitian counseling, a grocery store tour and cooking class
 - Multiple educational sessions on topics such as nutrition, stress, healthy relationships, exercise, heart health and more
 - Wellness tool kit



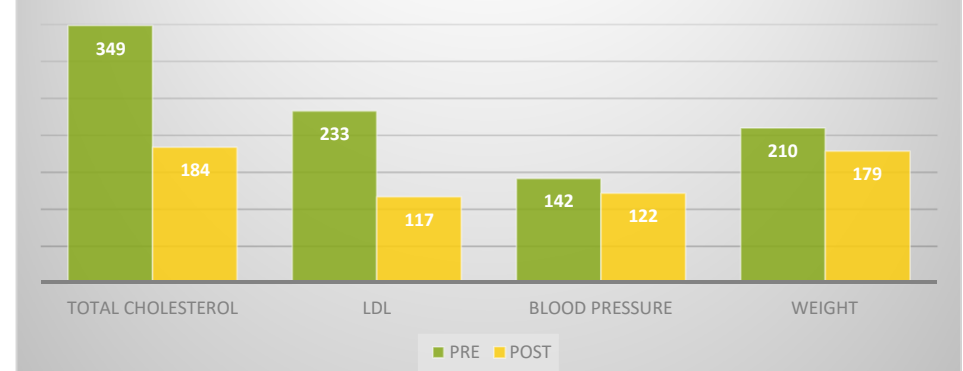


LIVING IN VITALITY RESULTS

Take Time to LIV 2017
Mean Results



Take Time to LIV 2017
Largest Individual Change



KEY TAKEAWAYS

KEY TAKEAWAYS

WILSON MEDICAL CENTER

- Accurate Assessment (CHNA)
- Develop Work Group Meetings-Monthly
- Be Role Model
- Focus on Key Issues / Implement

SHAWNEE MISSION HEALTH

- Connect with your community
- Create programming people actually want
- It's okay to start small

KEY TAKEAWAYS

**Need to Address Social
Determinants to Change the
Health of Our Community**

QUESTIONS?