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Community Health Improvement Plan Report May 1, 2017

The strategies that were scheduled for this year on our Community Health Improvement Plan that were accomplished are as follows:

Access to Care

We promoted our Diabetes Support Group and increased the number of participants by 2 which meet our goal of increasing by 10%.

Cancer

We have used radio, newspaper and social media to educate the community on the screenings available for cancer prevention. This was also done at the annual Health Fair.

Brodstone Employees donated \$1,033.00 to the Nuckolls County Cancer Stomp during FY 2016.

Brodstone donated to the golf tournament Rally for a Cure.

Nine Nuckolls County residents were referred to the Nuckolls County Cancer Stomp.

Mental Health

Through research on facilitates that can do drug and alcohol evaluations we have 6 additional practices that we can use as choices for patients. Social Services has developed a manual that lists the referral options for drug and alcohol treatment. Social Services also met with Valley Hope from Norton KS and O'Neill NE to make arrangements for a referral process to provide drug and alcohol treatment. One source developed an electronic form that may be completed and forwarded to their facility instead of meeting with the patient in person.

A written referral guide was developed for mental health provider options.

Depression screenings are done in the clinic as part of an annual physical. Measurable outcomes are now done by MIPS instead of PQRS.

Obesity

Brodstone promotes Overeaters Anonymous providing space for the weekly meetings. A schedule for the meeting is also printed in the newspaper monthly and listed on our website. Currently there are approximately three that attend the weekly meetings.

The first class of the diabetes prevention program called Smart Moves was completed in December. Twenty-five attended the class with a total of 443 pounds lost. A 2nd and 3rd class were started in January, 2017.

A walk/run was held in May with 150 participants.

The Firecracker Run was held in July. Brodstone makes a monetary donation to this event and a large number of employees help with the event and/or participate.

A walking challenge was held in May/June with 175 participants. This is a 6 week challenge and teams are formed at the hospital and from the community.

A Walking School Bus program was developed with adults organizing Walking Wednesdays from the City Park to the school. Participation is based on weather conditions with anywhere from 6 to 12 children walking to school. This is done for 6 weeks in the fall and 6 weeks in the spring.

The hospital has been working with a coalition to promote walking on a temporary path that was painted along the 6th street from the City Park to the School. Facebook posts, newspaper stories and the Walking School Bus have all helped to promote this path.

Brodstone has been working with the vending machine company to have healthier choices in the machines. Fruit is now available in the dining room throughout the day.

Brodstone staff donated 1,798 pounds of food to the Nuckolls County Food Pantry.

Signage has been installed in the dining room to encourage healthier eating.

Substance Abuse

Smoking Cessation classes are available on an as need basis. Three people attended classes in this fiscal year.

Periodic Facebook posts educate people on the proper disposal of narcotics and other medications. Information is also available at the Health Fair.