

North Country Hospital

Community Health Needs Assessment - Implementation Strategy December 2015

12/30/2015

Mission

The mission of North Country Hospital is to provide exceptional care that makes a difference in the lives of our patients and community.

Vision

We will be regarded as an exceptional community resource that has significantly improved the health of the community.

Values

- Quality patient care is our greatest commitment
- Employees are our greatest asset
- Excellent patient experience is our greatest accomplishment
- The health of the community is our greatest responsibility

Population Served and How Priorities Were Determined

As described in its Community Health Needs Assessment (CHNA) Report and as documented in Appendix A (Data Reviewed), North Country Hospital (NCH) serves the residents of Orleans and Northern Essex counties in Vermont which includes a population that is at greater economic risk when compared to the rest of Vermont. With this in mind, and as noted in the CHNA report, the NCH Advisory Team agreed on a set of criteria by which to prioritize health concerns that were identified during a comprehensive CHNA process. The criteria elements for prioritization are listed below and align with those recommended by the Catholic Health Association (CHA) as described in “Assessing & Addressing Community Health Needs” (CHA, 2015) and also meet 501(r) (3) regulations. The criteria utilized to identify the six key health concerns, each of which NCH has developed an implementation strategy to address, include:

- Magnitude of the problem or issue as defined by the number of people or by the percentage of population affected and/or significance based on circumstances present in our community
- Severity as defined by rate of morbidity or mortality, if applicable, and/or scope or urgency of the health need.
- Vulnerable population, identified examples of which include low socioeconomic, children, elderly, which are significant for the Newport Health Service Area.
- Opportunity to affect change which includes consideration of estimated feasibility and effectiveness of possible interventions, associated health disparities or importance to the community.

Overview of NCH’s Implementation Strategy

As detailed in the CHNA report, the NCH Advisory Team reviewed extensive data and feedback provided by community members from results of a community survey process as well as reviewed input from focus groups and identified six Key Health Concerns as the priorities for the NCH service area. This Implementation Strategy document describes how NCH plans to work with the community to address the Key Health Concerns. The tables on the following pages list the six Key Health Concerns and for each includes a brief overview of current strategies within the community, identifies collaborating resources, describes anticipated developments/plans for the next three years and identifies resources NCH plans to work with other community resources to address each health concern. This document also includes process or outcome measures which will be utilized to monitor results of the strategies implemented. Whenever possible, these measures are linked to goals in the Healthy Vermonters 2020 initiative and Vermont’s Health Improvement Plan for 2013-2017. In addition, the Implementation Strategy aligns with the Vermont Blueprint for Health and OneCareVermont initiatives. As a result, the CHNA Report and Implementation Strategy are critical components of the framework NCH plans to utilize to meet its Strategic Plan Goals for the Population and Community Health Domains.

Key to Abbreviations Used in the Implementation Strategy include:

ACO-Accountable Care Organization

ADAP - VT Dept. of Alcohol and Drug Abuse Prevention

BAART – Bay Area Addiction Research and Treatment

BP-Blueprint for Health, VT’s initiative to transform how primary care and comprehensive health services are delivered and paid for

CCT-Community Care Team-a component of BP which provides supportive resources to assist patients in NCQA-PCMH practices better manage chronic illness and/or improve their health

CHT-Community Health Team, a group of staff in the Newport HSA composed of representatives of many area organizations meeting monthly to share information and coordinate resources to meet the needs of area residents.

DVHA – Dept. of VT Health Access (Medicaid, Blueprint, Ladies First and others)

EC- Essex County

HSA –Health Service Area

HV 2020- Healthy Vermonters 2020

IPHC- Island Pond Health Center

MAT Medication Assisted Treatment: BP funded resources to assist physicians who prescribe suboxone to treat opioid addiction

NCH- North Country Hospital

NCQA PCMH – National Committee for Quality Assurance Patient Centered Medical Homes. The NC Primary Care Practices have achieved this recognition as do Island Pond Health Center and NC Pediatrics. NC OB/GYN Services is recognized by NCQA as Patient Centered Specialty Practice.

NEKCA-Northeast Kingdom Community Action

NEKLS - Northeast Kingdom Learning Services

NKHS- Northeast Kingdom Human Services

OC- Orleans County

PCP-primary care provider

RCPC/UCC- Regional Clinical Performance Committee/United Community Collaborative – quality improvement committee established to assist in improving the health of the community, established by a joint initiative among NCH, BP, and the ACOs.

RPP- Regional Prevention Partnership. Members of RCPC also are members of Newport CHT

RuralEdge- Agency providing affordable Housing in Orleans, Essex and Caledonia Counties

SAMHSA-Substance Abuse & Mental Health Services Administration

SBIRT- Screening, Brief, Interventions and Referrals to Treatment for substance abuse problems

VDH - VT Department of Health

WIC - Women, Infants, Children - VDH program which is a nutritional services and support program to parents of young children

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
Tobacco Use: Addiction Treatment	Tobacco Cessation Services: <ul style="list-style-type: none"> • One-on-one coaching at NCH primary care offices, NC OB/GYN, the pulmonary outpatient clinic, and/or childbirth classes • Group cessation services provided by NCH Community Health Dept. in a variety of locations, including: NKHS, HeadStart, IPHC, Jay Peak, etc. VT Blueprint reimburses group coaching only with strict definitions • Access to free NRT x 8 weeks (or more) through NCH/VDH • Access to VT Quit Partners: www.802Quits.org 	<ul style="list-style-type: none"> • NCH • NEKLS • NKHS • VDH • DVHA / BP. 	<ul style="list-style-type: none"> • Continue the Provider referral process to quit services via NCH Community Health Dept. & pulmonary clinic. Tobacco users also self-refer to NCH Community Health Dept. • Continue to encourage support for addiction treatment for current tobacco users • Expand information about tobacco cessation treatment resources on NCH's website • Reassess resource availability for tobacco cessation activities/education provided by other local agencies, dentists and non-NCH medical practices and encourage them to increase utilization of above resources 	<p>By 2019, reduce % of adults who smoke cigarettes to Heathy Vermonters (HV) 2020 goal of 12% from 20%*</p> <p>By 2019, increase % of adults who made a quit attempt to HV 2020 goal of 80% from baseline of 62%.*</p> <p>By 2019, reduce % of youth in grades 9-12 who smoke cigarettes to HV 2020 goal of 10% from baseline of 19% for Orleans Co*</p> <p>By 2019, increase the % of pregnant women who do not smoke during pregnancy to the HV2010 goal of 90% from current baseline of 79.5% (NCH birth data)</p> <p>*Newport Health District-2013-2014 BRFSS Data.</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
Tobacco Use: Addiction Treatment, continued			<ul style="list-style-type: none"> • Assess the need and encourage capacity to train key individuals to implement Bridges Out of Poverty, a community support program that helps communities move independently from poverty to self-sufficiency • NCH will designate a Lead staff person to coordinate NCH activities to partner with community resources and monitor progress in meeting CHNA Implementation Strategy goals related to tobacco prevention activities. 	These goals link to Healthy Vermonters 2020 Improvement Goal 1: Reduce the prevalence of chronic disease.

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Tobacco Use:</p> <p>Prevention</p>	<p>Reduce point-of-sale marketing and product placement and promote creation of smoke-free environments:</p> <ul style="list-style-type: none"> • ADAP/NEKLS/Health WorksONE have a Combined Community Grant with a tobacco prevention focus. This grant has initiated the Counter Balance campaign and has goals of limiting the advertising of tobacco products, decreasing the prevalence of tobacco outlet venues and encouraging the expansion of smoke free locations. • Some local elementary schools have tobacco prevention grants to provide activities in their after-school program. • Kinney Drugs in Barton and CVS in Derby have ceased selling tobacco products 	<ul style="list-style-type: none"> • ADAP • NCH • NEKLS • HealthWorksONE • Some local elementary schools 	<ul style="list-style-type: none"> • Continue grant funded prevention activities such as Counter Balance campaign. • By July 2016 all RuralEdge properties will become smoke-free. • Complete an inventory of all area businesses products who promote smoke-free environments for their employees. • Complete an inventory of businesses who limit the advertising of tobacco products or do not sell tobacco products. • Promote community awareness of smoke-free businesses by recognizing them on NCH's website. 	<p>Expand the number of Area businesses which promote a smoke free environment for their employees and population served from current baseline by 10% per year or by 30% in 2019.</p> <p>By 2019 increase the number of businesses who limit the advertising of tobacco products or do not sell tobacco products from current baseline by 10% per year or by 30% by 2019.</p> <p>*Newport Health District data-2013-14 BRFSS</p> <p>These goals link to Healthy Vermonters 2020 Improvement Goal 1: Reduce the prevalence of chronic disease.</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
Tobacco Use: Prevention, continued	<ul style="list-style-type: none"> • NCH has implemented a new program Low Dose CT Scan for Lung Cancer to encourage early identification of individuals at risk for lung cancer. NCH is only one of three facilities in Vermont to provide this service. • NCH OB/GYN continue to support and encourage women who are pregnant to become tobacco free 		<ul style="list-style-type: none"> • Expand use of Low Dose CT Scan for early identification of people who may be at risk of developing lung cancer • Expand information about area tobacco prevention activities on NCH's website. • NCH will designate a Lead staff person to coordinate NCH activities and to partner with community resources to monitor progress in meeting CHNA Implementation Strategy goals related to tobacco use prevention. 	

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Alcohol, Street Drugs and Prescription Drug Abuse: Addiction Treatment</p>	<p>Community based treatment services for drug/alcohol abuse is provided by:</p> <ul style="list-style-type: none"> • NKHS has a core team of licensed substance abuse treatment clinicians and serves as a spoke to support hub services for opiate dependence treatment • BAART provides substance abuse treatment by functioning as a hub for suboxone and methadone programs as well as provides spoke services for opiate dependence treatment. • Currently there is 1 NKHS and 1 BAART Psychiatrist and 1 local primary care physician certified to prescribe suboxone and receive BP Medication Assistance Treatment (MAT) resources. 	<ul style="list-style-type: none"> • NKHS • BAART Behavioral • Private counselors • NCH Primary Care • VDH • The Journey to Recovery Center • Orleans County Restorative Justice • NEKCA • NEKLS • Umbrella 	<ul style="list-style-type: none"> • NKHS, as a designated agency, is exploring raising Medicaid funding caps to expand capacity to meet increased community goals. • Continue to expand the support peer services provided by the Journey to Recovery Center. • BAART's Newport office is undergoing substantial renovations to increase capacity of counselors to provide opiate dependence treatment. • NCH will assess interest among NC Physicians to become certified as prescribers to provide opiate dependence treatment utilizing suboxone and receive resources provided by BP's MAT program. 	<p>By 2019, reduce % of youth ages 12-17 years who binge drink (had 5 or more drinks in a row in past 30 days) to Healthy Vermonters (HV) 2020 goal of 10% from baseline of 24% for Orleans County youth.**</p> <p>By 2019, reduce % of adults who binge drink to 10% from baseline of 16%**</p> <p>By 2019, reduce % of adult prescription drug misuse, from current Newport Health District baseline of 7% to 2%.**</p> <p>By 2019, increase % of pregnant women who do not use illicit drugs to HV 2020 goal of 100% from the baseline of 95% (VT state rate (2009) no county data available)**</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Alcohol, street drugs and prescription drug abuse: Addiction Treatment, continued</p>	<ul style="list-style-type: none"> • There are several private practitioners in the area who provide alcohol and substance abuse services. • NC Primary Care in both Newport and Barton Orleans receive Blueprint related funds to employ 1.5 FTE MSWs and 2.0 Chronic Care Coordinators embedded in those practices. NC Pediatrics also has a Master’s level counselor. The focus of these resources located in the medical practices is to provide triage, crisis-management, short term counseling and to coordinate referrals for services that can provide long term resources. • NEKCA’s Diversion & Youth Services provide referral, support and resources, as does NEKLS, Umbrella and OC Restorative Justice Center 		<ul style="list-style-type: none"> • NCH will continue BP funded CCT resources in NCQA PCMH practices to provide triage, crisis management and referrals to long term supports when needed • Assess the need and capacity to implement a SBIRT approach within NC Primary Care practices and Emergency Dept. and coordinated with the Newport area alcohol and substance abuse resources • Assess capacity for OB/GYN and Primary Care practices to promote 0 for 9 campaign to recommend abstinence. • Expand locations for used needle disposal resources 	<p>By 2019, increase % of pregnant women who drink no alcohol to HV 2020 goal of 100% from 88% VT state rate (2012) no county data available.**</p> <p>*Newport HD 2013-14 BRFSS data. **VT Youth Risk Behavior Survey 2013 data</p> <p>These goals link to Healthy Vermonters 2020 Improvement Goal 2: Reduce the prevalence of individuals with or at risk of substance abuse or mental illness.</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
Alcohol, street drugs and prescription drug abuse: Treatment, continued	<ul style="list-style-type: none"> • Journey to Recovery Center provides peer support programs 		<ul style="list-style-type: none"> • Expand information and increase community awareness about substance abuse treatment resources on the NCH website • Assess the need and encourage capacity to train key individuals to implement Bridges out of Poverty, a community support program that helps communities to move independently from poverty to self-sufficiency. • NCH will designate a Lead staff person to coordinate NCH activities to partner with community resources and monitor progress in meeting CHNA Implementation Strategy goals related to alcohol, street drugs and prescription drug abuse treatment services. 	

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Alcohol, street drug and prescription drug Abuse: Prevention</p>	<p>Substance abuse Prevention activities include:</p> <ul style="list-style-type: none"> • ADAP/NEKLS/ HealthWorksONE have a combined community grant with the goal to develop strategies to build capacity and strengths in the community to reduce alcohol & substance abuse such as reducing point of sale marketing and promoting substance free activities. • NEKLS has a grant which focuses on prevention of addiction by encouraging open container ordinances and limits of advertising alcohol products in store windows 	<ul style="list-style-type: none"> • NEKLS • VDH • The OC Restorative Justice Center • NKHS • NCH • NEKCA • Journey to Recovery Center 	<ul style="list-style-type: none"> • Continue all current efforts for prevention activities and expand as additional funding sources are identified. For example, in 2016, the Newport VDH office plans to implement a new capacity building grant, RPP (Regional Prevention Partnership) and will also hire a substance abuse prevention consultant. • Complete an inventory of all area organizations who promote substance free activities • Complete an inventory of businesses who limit the advertising of alcohol products in store windows or do not sell alcohol products. 	<p>The goals above, which will track progress in alcohol, street drug and prescription drug treatment initiatives, are also valuable in assessing the impact of prevention activities. There are two additional measures which will be monitored to assess success in prevention activities. They include:</p> <p>Expand the number of area businesses that promote substance free activities from current baseline by 10% per year or by 30% by 2019.</p> <p>Increase the number of businesses that limit the advertising of alcohol or do not sell alcohol products from current baseline by 10% per year or by 30% by 2019.</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Alcohol, street drug and prescription drug abuse: Prevention, continued</p>	<ul style="list-style-type: none"> • The Restorative Justice Center of Orleans Co and NCH have partnered in the “What’s in Your Medicine Cabinet” campaign to encourage people to return unused or expired prescription medications anonymously. • The Journey to Recovery Center opened in Newport in July 2015 and has quickly become an integral component to supporting people in sobriety. It provides peer to peer support and is open 40 hours/week. Additional area support groups include AA, NA, Al-Anon/Al-Ateen 		<ul style="list-style-type: none"> • NCH will designate a lead staff person to coordinate NCH’s activities to partner with community resources and monitor progress in meeting CHNA Implementation Strategy goals related to Alcohol, Street Drug and Prescription Drug abuse prevention activities. 	<p>These goals link to Healthy Vermonters 2020 Improvement Goal 2: Reduce the prevalence of individuals with or at risk of substance abuse or mental illness.</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Decreasing overweight/obesity by encouraging physical activities</p>	<ul style="list-style-type: none"> • NCH Wellness Center offers a variety of low cost options for physical activity. Several local businesses support employee participation at the Wellness Center as well as other wellness activities. • Several private gyms are available in Newport area (NCH pays partial membership for employees) • Local trail networks for walking, skiing, biking, snowshoeing, and hiking, such as Memphremagog Ski Touring, Northwoods Stewardship, and Craftsbury Outdoor Ctr. • Two ski resorts in area offer reduced prices to local schools and residents • Local town recreation programs such as Newport Parks & Recreation 	<ul style="list-style-type: none"> • NCH Wellness Center • NCH Community Health, Development and Community Relations Departments along with other Departments lead wellness initiatives such as Safe Routes to School and Flu Clinics • NC Primary Care Newport and Barton Orleans offices, NC Pediatrics, &NC OB/GYN • VDH • Local businesses supporting employee participation at the Wellness Center and other local gyms. • Memphremagog Ski Touring Foundation, • Northwoods Stewardship Center 	<ul style="list-style-type: none"> • Continue to increase community participation in the Wellness Center’s many programs • Expand employer supported wellness initiatives. • Wellness Councils for local school supervisory unions are being organized for the next grant cycle and will encourage 30 minutes of daily activity in addition to gym time for students • Encourage Walkability initiatives such as 5-2-1-0 program and those connecting Newport to Derby. Continue to work toward improved infrastructure supporting safe walking and /or bicycling activities. • Assess the need and encourage capacity to train key individuals 	<p>Increase the % of youth in grades 9-12 engaged in physical activity everyday (150 minutes a week) to the Healthy Vermonters 2020 goal of 30% from baseline of 22% for Orleans Co and 24% for Essex County</p> <p>Increase the % of adults that meet the physical activity guidelines (same as youth) to the HV 2020 goal of 65% from the baseline of 55%**</p> <p>By 2019, increase % of adults who use community resources for physical activity to 58% from 42%*</p> <p>* Newport Health District data **VT Youth Risk Behavior Survey 2013</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Decreasing Overweight/obesity by encouraging physical activities, continued</p>	<ul style="list-style-type: none"> • Coutts/Siskin Youth Camp (Derby) provides variety of activities • NCH and VDH have coordinated Safe Routes to School and other programs to increase physical activity among children and families • NCH coordinates a Regional Clinical Performance Committee/Unified Community Collaborative (RCPC/UCC) composed of leaders from a variety of organizations working together to improve the health of the community, including decreasing overweight/obesity among residents 	<ul style="list-style-type: none"> • Craftsbury Outdoor Center • Jay Peak and QBurke Mountains • State and town parks and beaches • Indoor pools-Jay Peak, Newport City Motel • Newport/Derby/other town recreation departments • Coutts/Siskin Youth Camp 	<p>to implement Bridges out of Poverty, a community support program that helps communities to move independently from poverty to self-sufficiency</p> <ul style="list-style-type: none"> • Increase information available on NCH website highlighting opportunities for physical activities. • NCH will designate a Lead staff person to coordinate NCH activities to partner with community resources and to monitor progress in meeting CHNA implementation Strategy goals related to reduction of overweight/obesity by encouraging physical activities and participation in wellness activities. 	<p>These goals link to Healthy Vermonter 2020 Improvement Goal 1: Reduce the prevalence of Chronic Disease.</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Decreasing Overweight/ Obesity by encouraging healthy eating</p>	<ul style="list-style-type: none"> • VDH’s WIC program locates a nutritionist two days/week at NC Pediatrics, a NCQA PCMH, for increased access for parents of young children. • The WIC nutritionist, VDH Health Outreach staff and NCH staff partner to encourage breast feeding among pregnant women, ensure breast pumps are available as well as hold regular area Breastfeeding Coalition meetings. This coalition hosts a breastfeeding tent at the Barton Fair. • VDH coordinates the Breastfeeding- Friendly Employer program which recently doubled the number of participants • WIC provides a \$30 voucher each summer month to encourage participation at local Farmers Markets 	<ul style="list-style-type: none"> • VDH – Newport Office • DVHA – Blueprint CHT members - Inform their respective clients of available services • NCH’s Wellness Center • Upper Kingdom Food Access community initiative • Green Mountain Farm to school program • Community Food Education Committee • Fresh Start Community Gardens • Local schools • Healthy Food Access coalition has provided training on food insecurity and hunger and on ways to identify and decrease both in our community 	<ul style="list-style-type: none"> • In 2016, VDH WIC will transition from home based delivery to expanded nutritional selections with local retail vendors. • Encourage more area businesses to achieve designation as Breastfeeding-Friendly Employers • Encourage & increase availability of affordable, healthier food and beverage choices in public venues • Increase activities that discourage consumption of sugar-sweetened beverages • Improve availability of mechanisms to purchase food from local farms • Expand support groups for people/family members with diabetes by NCH dieticians 	<p>By 2019, reduce the % of youth in grades 9-12 with BMI > 95 percentile for age to HV 2020 goal of 8% from baseline of 15% for Orleans County and 19% for Essex County.*</p> <p>By 2019, decrease the % of adults age 20 + who are obese to the HV 2020 goal of 20% from the baseline of 26% for Orleans Co & 21% for Essex Co*</p> <p>By 2019, increase % of women delivering a live birth who had a healthy weight before pregnancy to HV2020 goal of 65% from 41.6% (NCH data)</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Decreasing overweight/obesity by encouraging healthy eating, continued</p>	<ul style="list-style-type: none"> • Green Mountain Farm to School program partners with several area schools. • Upper Kingdom Food Access group is a grassroots community initiative with focus on Orleans and No. Essex counties and encourages healthy outcomes from better eating. • Fresh Start Community Garden program has expanded locations • Several local schools have gardens as well as monthly tasting events and harvest festivals • VT Fresh visits local food shelves to demonstrate how to cook fresh foods. • VDH staff has assisted school officials in writing district wide nutrition policies. • Hunger Free Vermont formed a NEK Council in December 2015 	<ul style="list-style-type: none"> • Green Mountain Farm to school • Upper Kingdom Food Access • Fresh Start Community Garden • Local schools • VT Fresh • VDH • NCH (Community Health Department, Wellness Center, CHT,RCPC/UCC, Dietician, Chronic Care Coordinators • Hunger Free Vermont • Northeast Kingdom Council on Aging 	<ul style="list-style-type: none"> • Expansion of public classes led by NCH dieticians on topics such as Eating Well When Dining Out, Planning Healthy meals at Home, Heart Healthy Eating, etc. • Increase information available on NCH’s website to provide more on nutritional related topics and local resources available to encourage health eating. • NCH’s Wellness Center Manager and Community Health Planner will continue to regularly submit articles to local newspaper, many of which focus on healthy eating and physical activity. Additionally, displays are set up on hospital campus and in the community. 	<p>These goals link to Healthy Vermonters 2020 Improvement Goal 1: Reduce the prevalence of chronic disease</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Decrease Overweight/ Obesity by encouraging healthy eating, continued</p>	<ul style="list-style-type: none"> • Council on Aging has a Nutrition Department which is active in meeting nutrition needs of the elders it serves • NCH's Community Health Dept. offers the Blueprint's Diabetes Prevention, Diabetes Self-Management and Chronic Disease Self-management Workshops which educate and assist participants in increasing physical activity and choosing healthy foods to lose weight. • NCH Wellness Center provides workshops and a newspaper column on health related topics. • NCH has 2 Full Time Registered Dietitians for nutritional counseling available at no cost in BP PCMH recognized practices, provides inpatient nutritional services and provide services to several local nursing homes 		<ul style="list-style-type: none"> • NCH will designate a Lead staff person to coordinate NCH activities to partner with community resources and monitor progress in meeting CHNA Implementation Strategy goals related to the reduction of overweight/obesity by encouraging healthy eating. 	

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Decrease overweight/obesity by encouraging healthy eating, continued</p>	<ul style="list-style-type: none"> • NCH has 2 Chronic Care Coordinators who assist NC PCPs in NCQA recognized patient center medical home. This includes support /instruction to patients and their caregivers who have nutritional needs, including diabetes. Cost supported by BP CHT insurer funds • NCH facilitates monthly CHT meetings as well as RCPC/UCC meetings composed of representatives of multiple agencies and organizations with goal of improving community health by sharing resources and knowledge of activities to increase their impact. • Weight Watchers and Overeaters Anonymous are both active programs in area 			

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
<p>Access to Dental and Oral Health Services</p>	<ul style="list-style-type: none"> NCH's service area has 5 established private dental practices who report they are at capacity and are finding successful recruitment of new dentists challenging. In 2015, NCH began partnering with Plainfield Health Center to bring the Ronald McDonald Dental Van to 1 local school. This service provides exams and dental care for children and pregnant women without a dental home. The closest FQHC Dental Services are located in Island Pond and Hardwick Vermont 	<ul style="list-style-type: none"> 5 Dental practices serving adults and one providing pediatric dentistry. VDH Some local schools have Tooth Tutors NCH Plainfield HC Ronald McDonald Dental Van 	<ul style="list-style-type: none"> Expand the Ronald McDonald Dental Van to additional communities to serve children and pregnant women without a dental home. NCH hopes to coordinate outreach to local dentists to assess resources and see if it would be helpful to assist/improve the current status and/or a FQHC dental program which Orleans County does not have. Support "Two is Too Late" campaign to initiate dental assessments by age 1 NCH will designate Lead staff person to partner with community resources and to monitor progress in meeting CHNA Implementation Strategy goals related to Dental and Oral Health Services. 	<p>By 2019, increase % of children ages 6-9 who use the dental care system to HV 2020 goal of 100% from 95% for all Vermont children(no VDH, Newport District specific data available)</p> <p>By 2019, increase % of adults who use the dental care system to the HV2020 goal of 85% from 68% for VDH, Newport District Office</p>

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<p>Access to Health Services</p>	<p>Regarding overall access to primary care services: NCH has successfully recruited new Primary Care Providers to replace several that recently retired from practice or re-located and are accepting new patients, including pediatrics.</p>	<ul style="list-style-type: none"> • NC Primary Care Newport • NC Primary Care Barton Orleans • NC Pediatrics and Adolescent Medicine • Island Pond Health Center • Four local independent provider practices 	<ul style="list-style-type: none"> • One local independent primary care provider in independent practice anticipates retiring in 2016 and will be transferring practice patients to other local providers. • NCH continues to recruit for a pediatrician • NCH will continue to provide information about all area primary care provider options to patients who receive care in the Emergency Department who have not yet established care with a local PCP • NCH is evaluating the need to establish an Urgent Care Center to work collaboratively with area PC practices. 	<p>By 2019, increase the % of people who have a usual primary care provider to the HV2020 goal of 100% from 89% for the VDH, Newport District.</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
Access to Health Services, continued			<ul style="list-style-type: none"> NCH will designate a Lead staff person to partner with community resources and monitor progress in meeting CHNA Implementation Strategy goals related to access health services. 	
Access to Mental Health and/or Substance abuse treatment services	<ul style="list-style-type: none"> NKHS provides both mental health and substance abuse services. They report currently there is no wait list for clients needing a mental health or a substance abuse clinician, but there is a wait list for psychiatry BAART provides substance abuse treatment for clients with opioid dependence by functioning as both a HUB and Spoke. 	<ul style="list-style-type: none"> NKHS BAART VDH Limited number of mental health and substance abuse treatment practitioners NCH Primary Care 	<ul style="list-style-type: none"> NKHS, as a designated agency, is exploring raising Medicaid Funding Caps to expand capacity to meet increased community needs. BAART's Newport office is undergoing substantial renovation and it plans to hire additional opioid treatment counselors 	<p>By 2019, reduce % of people age 12 + years who need and do not receive treatment for alcohol use to the HV 2020 goal of 5% from baseline of 7%.***</p> <p>Reduce the % of people age 12+ yrs. who need and do not receive treatment for illicit drug use treatment from 3% to 2%. ***</p> <p>Reduce suicide deaths among adults to the HV 2020 goal of 11.7 per 100,000 people from the baseline of 13 per 100,000 people***</p>

Key Health Concerns	Current Status/Strategies	Partners/Collaborators	Anticipated Plan/Upcoming Development (2016-2019)	Measures to Assess Progress
Access to Mental Health and/or substance abuse treatment, continued	<ul style="list-style-type: none"> • While services have significantly expanded, the burgeoning opiate crisis continues to create needs that outstrip service availability. • NCH Primary Care has contracted with NKHS to provide one day a week psychiatry services on site at NC Primary Care Newport. • There is a limited number of mental health and substance abuse counselors who have independent practices. Some have insurance restrictions that may impact access. 			<p>Reduce the percentage of suicide attempts that require medical attention among youth grades 9 through 12 to HV 2020 goal of 1.0% of current baseline of 1.6% ***</p> <p>***Healthy Vermonters 2020 statewide data</p>

North Country Hospital Board of Trustees approved this document at the January 7, 2016 meeting.