

# North Country Hospital

## Community Health Needs Assessment - Implementation Strategy

8/28/18

### **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 five Priority 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 five Priority 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 Priority Health Concerns. The tables on the following pages list the five Priority Health Concerns and for each includes a brief overview of current strategies within the community, identifies collaborating partners and resources, describes anticipated developments/plans for the next three years NCH anticipates in working with 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, Vermont’s Health Improvement Plan for 2013-2017. The Healthy People 2030 Initiative is currently in development at the federal level and expected to be finalized in 2019 which may impact measures used by NCH to assess implementation strategy progress. In addition, the Implementation Strategy aligns with the Vermont Blueprint for Health and OneCareVermont Accountable Care Organization (ACO) initiatives.

**Priority to Abbreviations used in the Implementation Strategy include:**

**ACO**-Accountable Care Organization

**ADAP** - VT Dept. of Health's Alcohol and Drug Abuse Programs

**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.

**NCSUVT**-North Country Supervisory Union

**NEKCA**-Northeast Kingdom Community Action

**NEKCOA**-Northeast Kingdom Council on Aging

**NEKLS** - Northeast Kingdom Learning Services

**NKHS**- Northeast Kingdom Human Services

**OC**- Orleans County

**OEVNA**-Orleans Essex VNA & Hospice

**OVX**- Our Voices Exposed- Youth led groups working to educate communities about the tobacco industry

**PCP**-primary care provider

**RPP**- Regional Prevention Partnership- A regional partnership working collectively to prevent youth and young adult substance use

**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

**UNEKCC**-Upper Northeast Kingdom Community Council, Committee established by a joint initiative among NCH, BP, ACO and community partners to assist in improving the health of the community.

**USDA**-United States Dept. of Agriculture

**VDH** - VT Department of Health

**VKAT** – Vermont Kids Against Tobacco- Youth led groups working to educate communities about the risks of tobacco use

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

Priority Health Concerns	Current Status/Strategies	Partners/ Collaborators	Anticipated Plan/Upcoming Development (1/1/2019 to 12/31/2021)	Measures to Assess Progress
<p><b>Supporting a tobacco free life style:</b></p>	<p><b>Tobacco Cessation Services:</b></p> <ul style="list-style-type: none"> <li>• One-on-one coaching at NCH primary care offices, NC OB/GYN, the pulmonary outpatient clinic, and/or childbirth classes</li> <li>• Group cessation services provided by NCH Community Health Dept. in a variety of locations, including: NKHS, BAART, IPHC. VT Blueprint reimburses group coaching only with strict definitions</li> <li>• Access to free NRT x 8 weeks (or more) through NCH/VDH</li> <li>• Access to VT Quit Partners: <a href="http://www.802Quits.org">www.802Quits.org</a></li> <li>• NCH became a tobacco free campus in November 2017</li> <li>• NCH employee health nurse refers new employees who want to quit tobacco to Community Health Dept.</li> <li>• NC OB/GYN Practice provides trimester education containing tobacco cessation</li> <li>• Expansion of Tobacco treatment specialist-2 people trained in 2017 and 1 in 2018</li> <li>• Clinical Hypnosis for tobacco</li> <li>• VKAT services</li> <li>• VDH/NEKLS/ have a Tobacco Grant with a tobacco prevention focus. This grant has initiated the Counter</li> </ul>	<p>NCH: Community Health Department, Primary Care &amp; Specialty practices</p> <p>NEKLS</p> <p>IPHC</p> <p>BAART</p> <p>NKHS</p> <p>VDH</p> <p>DVHA / BP.</p> <p>NEKCA</p>	<ul style="list-style-type: none"> <li>• Continue the provider referral process to quit services via NCH Community Health Dept. &amp; pulmonary clinic. Tobacco users also self-refer to NCH Community Health Dept.</li> <li>• Include information about tobacco cessation treatment resources as well as area tobacco prevention activities on NCH’s website</li> <li>• Promote community awareness of smoke free businesses by recognizing them on NCH’s website</li> <li>• 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</li> <li>• Develop a plan to address E-Cigarette use and measure(s) to monitor progress</li> <li>• Expansion of OVX/VKAT services</li> <li>• Continue grant funded prevention activities such as Counter Balance campaign.</li> <li>• Expand use of Low Dose CT Scan for early identification of people who may be at risk of developing lung cancer</li> <li>• Learn more about pilot program to incentivize pregnant women to quit smoking</li> </ul>	<p><b>By 2021, reduce % of adults who smoke cigarettes to Healthy Vermonters (HV) 2020 goal of 12% from 22%*</b></p> <p><b>By 2021, increase % of adults who made a quit attempt to HV 2020 goal of 80% from baseline of 62%.*</b></p> <p><b>By 2021, reduce % of youth in grades 9-12 who smoke cigarettes to HV 2020 goal of 10% from baseline of 12% for Orleans Co*</b></p> <p><b>By 2021, increase the % of pregnant women who do not smoke during pregnancy to the HV2020 goal of 90% from current baseline of 76% (NCH birth data)</b></p> <p>*Newport Health District-2015-2016 BRFSS Data.</p> <p><b>These goals link to Healthy Vermonters 2020 Improvement Goal 1: Reduce the prevalence of chronic disease and link to Vermont’s</b></p>

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<p><b>Supporting a Tobacco free life style:</b></p>	<p>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.</p> <ul style="list-style-type: none"> <li>• Some local elementary schools have tobacco prevention grants to provide activities in their after-school program.</li> <li>• Kinney Drugs in Barton and CVS in Derby have ceased selling tobacco products</li> <li>• 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.</li> <li>• NCH OB/GYN continue to support and encourage women who are pregnant to become tobacco free</li> <li>• Expansion of 3-4-50 activities promoted by VDH has occurred</li> </ul>		<ul style="list-style-type: none"> <li>• Encourage more local entities to sign up for 3-4-50 initiative</li> <li>• NCH will continue to 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 and cessation activities.</li> <li>• Provide a summary of implementation strategy activities at least annually to the NCH Board of Directors and leadership of the Upper Northeast Kingdom Community Council (UNEKCC).</li> </ul>	<p><b>All-Payer ACO model goal: Reduce the prevalence and morbidity of chronic disease</b></p> <p><b>Please note:</b> When the Newport Health Service area baseline is &gt;5% lower than the HV 2020/VDH goal, for any of the above measures, the local goal will be to improve by 2% each year.</p>

Priority Health Concerns	Current Status/Strategies	Partners/ Collaborators	Anticipated Plan/Upcoming Development (1/1/2019 to 12/31/2021)	Measures to Assess Progress
<p><b>Supporting a substance free life style and mental wellness:</b></p>	<p><b>Community based treatment services provided by:</b></p> <ul style="list-style-type: none"> <li>NKHS has a core team of licensed substance abuse treatment clinicians and serves as a spoke to support and in addition provide spoke services for opiate dependence treatment</li> <li>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.</li> <li>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. NC Primary Care in process of certification</li> <li>Embedded NKHS mental health clinicians with all local law enforcement</li> <li>There are several private practitioners in the area who provide alcohol and substance abuse services.</li> <li>NCH has located a prescription drug drop box disposal in its main lobby and distributes prepaid mail back envelopes to patients to return unused medication</li> <li>NC Primary Care in both Newport</li> </ul>	<p>NKHS</p> <p>BAART</p> <p>Private counselors</p> <p>NCH Primary Care</p> <p>VDH</p> <p>The Journey to Recovery Community Center (J2RCC)</p> <p>Orleans County Restorative Justice</p> <p>NEKCA</p> <p>NEKLS</p> <p>Umbrella</p> <p>The Wellness Center</p> <p>OEVNA</p>	<ul style="list-style-type: none"> <li>NKHS, as a designated agency, is exploring raising Medicaid funding caps to expand capacity to meet increased community goals.</li> <li>Supporting the implementation of long term substance use treatment for the Medicaid population</li> <li>Continue to expand the peer support services provided by the Journey to Recovery Center.</li> <li>Support J2RCC recovery coaches NCH's ED/Primary Care to improve linkages to treatment and recovery</li> <li>NC Physician(s) to become certified and prescribe and provide opiate dependence treatment utilizing Suboxone and receive resources provided by BP's MAT program.</li> <li>Continue BP funded CCT resources in NCQA PCMH practices to provide triage, crisis management and referrals to long term supports when needed</li> <li>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</li> <li>Expand information and increase community awareness about substance abuse treatment resources on the NCH</li> </ul>	<p><b>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 and link to Vermont's All-Payer ACO model goal: Reduce deaths due to suicide and drug overdose.</b></p> <p><b>By 2021, reduce % of youth ages 12-17 years who binge drink</b> (had 5 or more drinks in a row in past 30 days) to Healthy Vermonters (HV) 2020 goal of 10% from baseline of 18% for Orleans County youth**</p> <p><b>By 2021, reduce % of adults who binge drink</b> to 10% from baseline of 15% **</p> <p><b>By 2021, reduce % of adult prescription drug misuse,</b> from current Newport Health District baseline of 6% to 2%**</p> <p><b>By 2021, increase % of pregnant women who do not</b></p>

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<p><b>Supporting a substance free life style and mental wellness:</b></p>	<p>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 as a result of a contract between NKHS and NCH 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.</p> <ul style="list-style-type: none"> <li>• NEKCA’s Diversion &amp; Youth Services provide referral, support and resources, as do NEKLS, Umbrella and OC Restorative Justice Center</li> <li>• Journey to Recovery Center provides peer support programs through offering recovery coaching, therapeutic groups, writing groups, and wellness classes.</li> </ul> <p><b>Prevention activities include:</b></p> <ul style="list-style-type: none"> <li>• VDH/NEKLS are in year 3 of the RPP grant with the goal to implement strategies to build capacity and strengths in the community to reduce alcohol and substance use and misuse with the youth and young adult population.</li> <li>• NCH medication drop box open to</li> </ul>	<p>NEKCOA</p> <p>Northern Counties Health Care</p> <p>Indian Stream Health Center-Canaan office</p> <p>SAP’s in local schools</p> <p>Valley Vista (closest inpatient treatment)</p> <p>DCF</p> <p>LUND</p> <p>NEK Stand Strong</p> <p>NEK End Addiction</p> <p>Newport PD</p> <p>Dept. of Corrections</p>	<p>website</p> <ul style="list-style-type: none"> <li>• Explore social determinants of health and impact on mental wellness and substance use</li> <li>• Building Flourishing Communities: Adverse Childhood Events (ACEs) education and prevention</li> <li>• Continue all current efforts and expand funding as additional funding sources are identified.</li> <li>• Zero Suicide initiative</li> <li>• Maximize utilization of Seven Challenges treatment model</li> <li>• Increase availability such as WRAP and Alateen</li> <li>• Support the continued growth of PITR collaboration addressing community needs as it relates to the continuum of care including exploring treatment court</li> <li>• Supporting initiative of an Anti-stigma campaign</li> <li>• Supporting the expansion of the Orleans Dental Clinic to include an embedded mental health services</li> <li>• NCH will continue to 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 supporting a</li> </ul>	<p><b>use illicit drugs to HV 2020 goal of 100% from the baseline of 95% (VT state rate since no county data available)**</b></p> <p><b>By 2021, increase % of pregnant women who drink no alcohol to HV 2020 goal of 100% from 88% VT state rate (2012) no county data available.**</b></p> <p>*Newport HD 2015-16 BRFSS data. **VT Youth Risk Behavior Survey 2015 data</p> <p><b>By 2021, 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%.***</b></p> <p><b>Reduce the % of people age 12+ yrs. who need and do not receive treatment for illicit drug use treatment from 3% to 2%. ***</b></p>

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<p><b>Supporting a substance free life style and mental wellness:</b></p>	<p>the community</p> <ul style="list-style-type: none"> <li>• Sharps drop box open to the community</li> <li>• VT Cares hosts mobile needle exchange serving Newport area</li> <li>• Additional area support groups include AA, NA, Al-Anon</li> <li>• ACT supports mothers with opioid addictions</li> <li>• NCH implemented the WISHH (Women and Infants Staying Healthy in their Home Community) Program which enables opiate dependent mothers to receive prenatal care &amp; delivery at NCH instead of transferring to UVM as a high risk pregnancy</li> <li>• Prevention Intervention Treatment Recovery-PITR</li> <li>• RISC: Intervention part of PITR Resource Information Sharing Consortium</li> <li>• Suicide Prevention Efforts such as, U Matter Curriculum</li> <li>• Promote Youth Mental Health First Aid (sponsored by NEKLS/NKHS grants)</li> <li>• NEK Organizing: faith based youth substance use prevention</li> <li>• Rocking Horse-Mother's support group</li> </ul>		<p>substance free life style and mental wellness.</p> <ul style="list-style-type: none"> <li>• Provide a summary of implementation strategy activities at least annually to the NCH Board of Directors and leadership of UNEKCC.</li> </ul>	<p><b>Continue to reduce the goal of suicide deaths among adults</b> to maintain a level below the HV 2020 goal of 11.7 per 100,000. Currently the baseline is 9.9 per 100,000 people for OC and 10.4 per 100,000 for EC****</p> <p><b>Reduce the percentage of suicide attempts that require medical attention among youth grades 9 through 12</b> to HV 2020 goal of 1.0% of current baseline of 1.6%***  <b>***Healthy Vermonters 2020 statewide data</b></p> <p><b>Please note:</b> When the Newport Health Service area baseline is &gt;5% lower than the HV 2020/VDH goal, for any of the above measures, the local goal will be to improve by 2% each year.</p>

Priority Health Concerns	Current Status/Strategies	Partners/ Collaborators	Anticipated Plan/Upcoming Development (1/1/2019 to 12/31/2021)	Measures to Assess Progress
<p><b>Supporting healthy eating and physical activity:</b></p>	<ul style="list-style-type: none"> <li>• Church based support/counseling</li> <li>• NCH Healthcare Shares serving Barton, Newport and Island Pond</li> <li>• VDH’s WIC program locates a nutritionist two days/week at NC Pediatrics, a NCQA PCMH and Island Pond Health &amp; Dental Center, for increased access for parents of young children.</li> <li>• 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.</li> <li>• VDH coordinates the Breastfeeding-Friendly Employer program which recently doubled the number of participants</li> <li>• La Leche League supports breastfeeding mothers</li> <li>• WIC provides a \$30 voucher each summer month to encourage participation at local Farmers Markets</li> <li>• 3-4-50 Campaign coordinated by VDH</li> <li>• Green Mountain Farm to School program partners with several area</li> </ul>	<p>VDH – Newport Office</p> <p>DVHA – Blueprint CHT members - Inform their respective clients of available services</p> <p>Upper Kingdom Food Access community initiative</p> <p>Green Mountain Farm to school program</p> <p>Community Food Education Committee</p> <p>Fresh Start Community Gardens</p> <p>Local schools</p>	<ul style="list-style-type: none"> <li>• Maintain education that discourages consumption of sugar-sweetened beverages</li> <li>• Continue to improve availability of mechanisms to purchase food from local farms</li> <li>• Increase support from local organizations for the healthcare shares program</li> <li>• Expand support groups for people/family members with diabetes by NCH dieticians</li> <li>• 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.</li> <li>• Maintain information available on NCH’s website to provide more on nutritional related topics and local resources available to encourage healthy eating.</li> <li>• NCH’s Wellness Center director and Community Health Planner will continue to regularly submit articles to local newspaper, many of which focus on healthy eating and physical activity and public displays that support healthy eating and physical activity. Increase collaboration and data collection and nutrition education between food shelves</li> </ul>	<p><b>By 2021, reduce the % of youth in grades 9-12 with BMI &gt; 95 percentile for age to HV 2020 goal of 8% from baseline of 16% for Orleans County and 19% for Essex County.*</b></p> <p><b>By 2021, decrease the % of adults age 20 + who are obese to the HV 2020 goal of 20% from the baseline of 30% for Orleans Co &amp; 22% for Essex Co*</b></p> <p><b>By 2021, increase % of women delivering a live birth who had a healthy weight before pregnancy to HV2020 goal of 65% from 41.6% (NCH data)</b></p> <p><b>By 2021 decrease % of people who report food insecurity in Orleans &amp; Essex Counties goal is 10% from the baseline of 14.5% for Orleans Co and 14.6% for Essex Co</b></p> <p><b>These goals link to Healthy</b></p>

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<p><b>Supporting healthy eating and physical activity:</b></p>	<p>schools and also provides fruit and vegetable coupons</p> <ul style="list-style-type: none"> <li>Through the USDA some schools are able to offer CEP (Community Eligibility Program) which offers schools a free meal program of breakfast and lunch. To qualify a school must have at least 40% of the students “Directly Certified” which means they receive welfare benefits. 6 schools this year participate: Newport, Coventry, Charleston, Lowell, Troy and Holland.</li> <li>There is also a fresh fruit and vegetable program in the schools that comes from the USDA that the school can choose from. Most schools choose to have it for their snack daily. Charleston has two snacks daily.</li> <li>There is also a Supper program in the schools through the USDA which allows them to feed students dinner before going home.</li> </ul> <p><b>See Appendix B on page 12 for additional Current Status/Strategies &amp; Partners/Collaborators involved in supporting healthy eating and physical activities</b></p>	<p>Healthy Food Access coalition has provided training on food insecurity and hunger and on ways to identify and decrease both in our community</p> <p>NCH (Community Health Department, Wellness Center, CHT, Dieticians, Chronic Care Coordinators)</p> <p>Upper Kingdom Food Access</p> <p>Local schools VT Fresh</p> <p>NCSUVT</p> <p>USDA</p> <p>VDH</p>	<p>and healthcare and wellbeing</p> <ul style="list-style-type: none"> <li>Encourage more local entities to sign up for the 3-4-50 initiative</li> <li>Restore the WIC clinic in Barton</li> <li>Increase volunteerism to support existing programs that support healthy eating and physical activity.</li> <li>Increased awareness and promotion of regional trails and walking access</li> <li>NCH will continue to 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 supporting healthy eating and physical activities</li> <li>Provide a summary of implementation strategy activities at least annually to the NCH Board of Directors and leadership of UNEKCC.</li> </ul>	<p><b>Vermonters 2020 Improvement Goal 1: Reduce the prevalence of chronic disease and link to Vermont’s ACO All-Payer model goal: Reduce the prevalence and morbidity of chronic disease</b></p> <p><b>Please note:</b> When the Newport Health Service area baseline is &gt;5% lower than the HV 2020/VDH goal, for any of the above measures, the local goal will be to improve by 2% each year.</p>

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<p><b>Supporting access to medical and oral health resources:</b></p>	<ul style="list-style-type: none"> <li>In January 2017, Northern Counties Health Care &amp; NCH partnered to open a new dental center in Orleans VT, Orleans Dental Center</li> <li>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.</li> </ul>	<p>NCH including: NC Primary Care Newport</p> <p>Newport NC Primary Care Barton Orleans</p> <p>NC Pediatrics</p> <p>Northern Counties Health Care Including:</p> <p>Island Pond Health Center</p> <p>VDH</p> <p>Some local schools have Tooth Tutors</p>	<ul style="list-style-type: none"> <li>VDH, in partnerships with local schools and dental practices, supports community dental programs linking at risk youth to dental services at local providers</li> <li>Support “Two is Too Late” campaign to initiate dental assessments by age 1</li> <li>One local independent primary care provider in independent practice anticipates retiring in 2018 and will be transferring practice patients to other local providers.</li> <li>NCH continues to recruit for a pediatrician and an internal medicine physician</li> <li>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</li> <li>NCH is evaluating the need to establish an Urgent Care Center to work collaboratively with area PC practices.</li> <li>NCH will continue to designate a Lead staff person to partner with community resources and to monitor progress in meeting CHNA Implementation Strategy goals related</li> </ul>	<p><b>By 2021, increase % of children ages 6-9 who use the dental care system</b> to HV 2020 goal of 100% from 95% for all Vermont children(no VDH, Newport District specific data available)</p> <p><b>By 2021, increase % of adults who use the dental care system</b> to the HV2020 goal of 85% from 68% for VDH, Newport District Office</p> <p><b>By 2019, increase the % of people who have a usual primary care provider to the HV2020 goal of 100% from 91% for the VDH, Newport District. This goal links to Vermont’s All-Payer ACO model goal: Increase access to Primary Care</b></p> <p><b>Please note:</b> When the Newport Health Service area baseline is &gt;5% lower than the HV 2020/VDH goal, for any of the above measures, the local goal will be to improve by 2%</p>

Priority Health Concerns	Current Status/Strategies	Partners/ Collaborators	Anticipated Plan/Upcoming Development (1/1/2019 to 12/31/2021)	Measures to Assess Progress
Supporting access to medical and oral health resources:			<p>to medical and oral health services.</p> <ul style="list-style-type: none"> <li>• Provide a summary of implementation strategy activities at least annually to the NCH Board of Directors and leadership of UNEKCC.</li> </ul>	each year.
Supporting older Vermonters aging in place:	<p><b>Aging in place is defined as “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level”.</b></p> <p>NEKCOA:</p> <ul style="list-style-type: none"> <li>• Home delivered meals &amp; congregate meals</li> <li>• Health insurance counseling</li> <li>• Senior companions</li> <li>• Options counseling &amp; case management</li> <li>• NEKCOA Help line</li> <li>• Wellness Programs</li> <li>• Caregiver support programs</li> <li>• Legal Aid</li> <li>• Benefits Program application outreach</li> </ul> <p>NEKCA:</p> <ul style="list-style-type: none"> <li>• Food Shelf/Thrift shop</li> <li>• Benefits Program application outreach</li> <li>• Farmers Market Coupon</li> <li>• Fuel &amp; Electric assistance</li> </ul>	<p>NEK Council on Aging</p> <p>NEKCA</p> <p>NKHS</p> <p>OEVNA</p> <p>Wellness Center</p> <p>AARP</p> <p>NCH</p> <p>The Meeting Place/Northeast Kingdom Home Care</p> <p>Rural Edge/SASH</p> <p>VDH</p>	<ul style="list-style-type: none"> <li>• Older Vermonters internet safety classes (NEKLS)</li> <li>• Implementing a care coordination system that emphasizes aging in place</li> <li>• Assess community readiness for residential senior community living</li> <li>• Maximize knowledge of resources using 2-1-1 and NEKCOA</li> <li>• Establish 4 bed Hospice House to serve area residents</li> <li>• Expand senior wellness (Wellness Center)</li> <li>• Supporting the diversity of housing options</li> <li>• Process to assess food insecurity across multiple organizations</li> <li>• Expansion of adult family care homes: Choices for Care</li> <li>• Support the VT Attorney General’s Elder Protection Initiative</li> <li>• NCH will designate a lead staff person to partner with community resources and to monitor programs in meeting CHNA IS goals related to supporting access to medical and oral health</li> </ul>	<p><b>% of adults age 65 and older who visited a medical provider in the last year for routine care**</b> HV2020 goal of 100% from baseline of 92%</p> <p><b>Continue to reduce the fall related death rate and to maintain a level below the HV 2020 rate of 118.7 per 100,000 adults age 65 &amp; older. Currently the baseline for the NCH service area is 105.6 per 100,000 adults age 65 and older.</b></p> <p><b>44% of adults age 65 and older who receive annual influenza vaccine**</b> HV2020 goal of 90% from baseline of 64% for the NCH service area. <b>63.1% of adults age 65 and older who receive the pneumococcal vaccination **</b> HV2020 goal of 90% from</p>

Priority Health Concerns	Current Status/Strategies	Partners/ Collaborators	Anticipated Plan/Upcoming Development (1/1/2019 to 12/31/2021)	Measures to Assess Progress
Supporting older Vermonters aging in place:	See Appendix C on page 13 for additional Current Status/Strategies and Partners/Collaborators involved in supporting older Vermonters aging in place		<p>resources</p> <ul style="list-style-type: none"> <li>• Provide a summary of implementation strategy activities at least annually to the NCH Board of Directors and leadership of UNEKCC</li> </ul>	<p>baseline of 64% for NCH service area</p> <p><b>Please note:</b> When the Newport Health Service area baseline is &gt;5% lower than the HV 2020 goal, for any of the above measures, the local goal will be to improve by 2% each year.</p> <p>**Healthy Vermonters 2020</p>

## Appendix B

### Supporting healthy eating and physical activities:

#### Additional information Re: current status/strategies:

- Upper Kingdom Food Access group is an established 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 programs
- 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 Newport Church of God's Gardens
- Council on Aging has a Nutrition Department which is active in meeting nutrition needs of the elders it serves and provides nutrition education and private consultations.
- NCH's Community Health Dept. offers the Blueprint's Prevent Type 2 Diabetes, 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, on-line coaching and a newspaper column on health related topics. Supporting local businesses on-site wellness programs
- 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

- 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 composed of representatives of multiple agencies and organizations who share knowledge of resources and activities to increase their impact.
- Weight Watchers and Overeaters Anonymous are both active programs in the area
- USDA supplies the funds for The Lunchbox, the local food truck that supplies food for the Encore summer camp at Newport City Elementary School.
- Free summer meals programs – at least 15 sites, coordinated by Hunger Free VT

### Supporting healthy eating and physical activities:

#### Additional information Re: Partners/Collaborators:

- Hunger Free Vermont
- Green Mountain Farm to school food hub Farm Direct
- Northeast Kingdom Council on Aging/Meal Sites
- Cornucopia/
- Umbrella
- NEK
- Local Churches (food shelves, community meals, food deliveries)
- NEKCA
- SASH – Farm Share
- Newport Farmers Market & Economic Services (cash crop coupons and Farm to Family coupons)
- Walmart
- Newport Church of God's Gardens
- The 99 Gallery
- The Northern Forest Canoe Trail
- Green Mountain Club

## Appendix C

### Supporting older Vermonters aging in place

#### Additional information Re: Current Status/Strategies and Partners/Collaborators:

##### NKHS:

- ElderCare
- Psychiatry/Med management
- Therapy
- Housing resources
- Case Management
- Crisis Support

##### OEVNA:

- Long term care
- Case Management/PCA/Homemakers
- Nursing assessment
- Physical therapy assessment
- Safety evals
- MSW
- Hospice
- Medication management
- OT/ST
- Flu clinics
- Foot care clinics

##### WELLNESS CENTER:

- Smart Driver class
- Physical balance classes
- Senior work out programs
- Exercise classes
- Wellness program

##### NCH:

- Health Care shares
- Psychiatry

- In home OT before surgery
- Inpatient and medical practice care team
- Chronic disease self Management
- Tobacco cessation
- Self-care program
- Diabetes self -management
- Geriatric Services
- Nutrition Services
- Flu clinics

##### DAY CARE SERVICES

- The Meeting Place
- Newport Health Care

##### Rural Edge/SASH:

- In-home outreach and support services in a variety of locations

##### VDH:

- Ladies First

##### RCT In partnership with NEKCOA, NEKCA, NKHS & Adult Day:

- Transportation to medical appointments & shopping (elderly & disabled funding)
- Transportation for cancer treatment and dialysis

##### NEKLS:

- Basic computer
- Diploma

##### NETO/Efficiency VT:

- Home repair
- Furnace repair and tank replacement
- Energy efficiency

##### VA:

- Outreach clinics

- Housing resources
- Electric and heat assistance
- Transportation
- VDP-Choices for care
- Durable medical equipment

##### NC CAREER CENTER:

- LNA & PCA courses

##### LOCAL CHURCHES:

- Food shelves
- Emergency funds
- Food deliveries
- Food drives

##### CCV:

- 1 class a semester free of charge

##### SUNRISE MANOR:

- Senior Meals
- Transportation
- SASH

##### VT FOODBANK:

- 6 Food drop locations monthly in Orleans county

##### OneCareVermont ACO:

- Beginning to develop a care coordination system with community partners