

Community Health Needs Assessment: Progress Report and Summary of NCH Implementation Strategy activities completed 1/1/18 to 9/30/18 (NCH's new CHNA effective 10/1/18)

Key Health Concerns	2018 Activities
Access to Medical Care when needed	<ul style="list-style-type: none"> ✓ Combined total new patients admitted to NC Primary Care practices: 715 new patients: <ul style="list-style-type: none"> ➤ North Country Primary Care Newport: 506 New Patient Visits ➤ North Country Primary Care Barton Orleans: 209 New Patient visits ✓ NCH's Medical Home Community Care Team: <ul style="list-style-type: none"> ➤ Coordinated transportation (RCT) for 84 patients to attend medical appointments ➤ Assisted 26 people with placement at skilled Nursing Facility/Level III ➤ Sent 9 referrals to nursing services such as VNA, NEKHC ➤ Assisted 3 people with getting medical equipment ➤ Connected 28 patients to NEK Council on Aging ➤ Sent 2 referrals to Vermont Chronic Care Initiative (VCCI) ➤ Sent 4 referrals to SASH (housing/health support) ➤ Sent 19 referrals to state agencies (ESD, VocRehab, etc.)
Access to Mental Health Resources when needed	<ul style="list-style-type: none"> ✓ Medical Home Community Care Team helped: <ul style="list-style-type: none"> ➤ 60 patients access Mental Health counseling ➤ 110 patients connect with Kelley Hensley, DNP/Dr. Edelstein.
Alcohol, Street Drugs & Prescription Abuse: Addiction Treatment/Access to Substance Abuse Services when needed	<ul style="list-style-type: none"> ✓ The Medical Home Model Community Care Team at 2 NC Primary Care locations helped: <ul style="list-style-type: none"> ➤ 4 patients connect with inpatient addiction treatment ➤ 4 patients connect with community based drug abuse treatment ➤ 5 people connect with a Licensed Drug & Alcohol Counselor (LDAC)
Access to Dental Care and Oral Health when needed	<ul style="list-style-type: none"> ✓ Medical Home Community Care Team at NC Primary Care assisted 7 people with dental needs/dental clinic
Tobacco Use: Addiction Treatment	<ul style="list-style-type: none"> ✓ 1 on 1 counseling: Over 65 phone calls with individuals (65 provider referrals and/or self-referrals) for tobacco cessation ✓ The Medical Home Model Community Care Team referral 5 patients to Tobacco Cessation ✓ 2 Tobacco Cessation groups held with 6 completers. Class held at these locations: <ul style="list-style-type: none"> ➤ NKHS in March 3 clients participated ➤ BAART in April 3 clients participated

	<ul style="list-style-type: none"> ✓ The Wellness Center hosted classes of Hypnosis for Smoking
Tobacco Use: Prevention	<ul style="list-style-type: none"> ✓ Tobacco prevention activities presented at: <ul style="list-style-type: none"> ✦ Kids Wellness Day at the Wellness Center ✓ NCH became a Smoke Free Campus in 2017 ✓ NCH collaborated with 802Quits and NEKLS at Hope on the Slopes Event to promote smoking cessation
Alcohol, Street Drugs & Prescription Abuse: Prevention	<ul style="list-style-type: none"> ✓ RPP Grant: Drug Take Back Day-Moo92 interview
Overweight/Obesity: Encourage Physical Activity	<ul style="list-style-type: none"> ✓ 1192 Wellness Center classes held ✓ 7589 Wellness Center visits ✓ Weekly Healthy You column published in local newspaper ✓ Classes on Weight loss with Hypnosis ✓ Health Fair Expo at RDI in Newport ✓ Lunch n Learn at RDI in Newport ✓ Online Health Coaching weigh loss/nutrition program “I love me challenge” ✓ Health Fair held at NKHS ✓ Drums Alive classes for Charleston Elementary School ✓ Onsite fitness at The Meeting Place ✓ Fitness Classes for students held at: <ul style="list-style-type: none"> ✦ NCUJHS ✦ Barton Elementary School ✓ Breathing and Stretching techniques taught at the Better Breathers Support Group ✓ Worksite Wellness <ul style="list-style-type: none"> ✦ Tai Chi ✦ Self-Care workshops ✦ Workouts for employees ✦ Exercise Challenge ✦ Workstation workouts ✦ Healthy Baking Competition ✦ Cancer Ribbons ✓ Fundraiser for American Heart Assoc. ✓ Yoga for staff at Albany Head Start: 2 classes ✓ Zumba for staff at Albany Head Start: 1 class ✓ Kids Yoga & Karate: Afterschool Program <ul style="list-style-type: none"> ✦ Barton Elementary School ✦ Charleston Elementary School ✦ Coventry School ✓ The Wellness Center received their 6th award for Excellence in Workplace Wellness ✓ Offered 10 free community classes during the Centennial Celebration of Newport City ✓ Public Health Week: 5 exercise classes at State Office Building in Newport ✓ Zumba at Glover School Wellness Day: 3 hours ✓ Chair Workouts at NKHS ✓ NCUHS Career Fair ✓ Community National Bank Nutrition & Fitness Program ✓ Self-Care Workshop at Diabetes Prevention Group

	<ul style="list-style-type: none"> ✓ Spinning Training (Certification) participants from Canada, NH, NY & VT ✓ Zumba for kids at Barton School ✓ Mini-Relay day at Coventry Elementary School: fitness activities ✓ Zumba on the Green at the NEK Relay for Life ✓ Weekly Safe Routes to School Walk ✓ Kids Karate Camp ✓ Diabetes Prevention Program 14 registered started June 7th, weekly sessions for 16 weeks ✓ Prevent Type 2 Workshop, Nov/Dec, 8 participants and 8 completers ✓ Diabetes Self-Management workshop, 13 registered began Oct. 2nd, 2.5 hour weekly sessions for 6 weeks ✓ Diabetes Self-Management workshop, April/May, 12 participants and 12 completers ✓ Discussions held with all tobacco cessation clients (whether in classes or in individual counseling) regarding importance of choosing healthy foods and adding or continuing a regular pattern of physical activity.
<p>Overweight/Obesity: Encourage Healthy Eating</p>	<ul style="list-style-type: none"> ✓ Health Care Shares 2017 <ul style="list-style-type: none"> ○ Barton: 35 individuals (13 children <18 yrs. old) ○ Newport: 154 individuals (71 children < 18 yrs. old) ○ Total: 189 individuals (84 children) ○ Includes 53 continuously active participant families, 5 add-ons and 2 add-ons/withdrawals with a total of 60 participant families ✓ Wellness Center Nutrition Consults: 30 ✓ Nutrition Education & Counseling: provided to 309 patients by medical Home Model Community Care Team Dieticians at no cost to patients at these Blueprint for Health practices: NC Pediatrics, NCPC Newport, NCPC Barton Orleans and Island Pond Health Center. ✓ Nutrition Course for Jr. High at UCA: taught basic nutrition, food groups, label reading, etc. ✓ GMFTS Block Party ✓ Annual Kids Day at Wellness Center ✓ NCUHS Health Class Finals Panel-a panel for helping adjudicate health finals ✓ Diabetes Prevention Program 14 registered started June 7th, weekly sessions for 16 weeks ✓ Prevent Type 2 Workshop, Nov/Dec, 8 participants and 8 completers ✓ Diabetes Self-Management workshop, 13 registered began Oct. 2nd, 2.5 hour weekly sessions for 6 weeks ✓ Diabetes Self-Management workshop, April/May, 12 participants and 12 completers
<p>Community Health Needs: Other Related Activities</p>	<ul style="list-style-type: none"> ✓ Food Drive for the United Church of Newport Food Shelf ✓ Hypnosis for Stress & Anxiety: 7 classes ✓ AARP Smart Driver & Safety Class ✓ 2nd Annual ATV Safety Course-20 Students attended ✓ Education on Childhood injury prevention at Parent/Child Center meeting ✓ Animal Shelter Fundraiser (raised over \$470) ✓ Zumba fundraiser for American Heart Assoc. ✓ Matter of Balance Class at NEKCOA

Please note: in 2018 there were no changes to the Implementation Strategies developed by North Country Hospital in 2015 as part of the Community Health Needs Assessment (CHNA). The above is a description of Implementation Strategy activities initiated to improve each of the Key Health Concerns identified during the 2015 CHNA process. NCH's new CHNA was approved by its Board of Directors in September 2018 and effective 10/01/18.