

SRMC 2015-2017 Community Health Needs Implementation Plan-Update for Board of Directors

Specific Actions to Achieve Strategies	Partners	Expected Results	Trackable How?	Available Programs to support	New Proposed Programs to support	Due Date
Nutrition and weight status						
1) Assess local food supplies and recommend healthier options	Area food services, PPHD, City of Sidney, Dietitians	Improve communication and education for suppliers and community member	Marketing tools ordered and reordered			
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5	3/15/2016 SRMC partnering with Sonny's Super Foods for Grocery store tour conducted for community members with our Dietitian Marci Rosenberg = 3. 3/24/2016 2nd Grocery store tour done with Marci, SRMC Dietitian for community members = 2.					
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9	On 1/5/2017 DPP Group #6 (Post Core) completed their year long commitment with 7 participants losing a total of 111# or 9% of total their body weight.					
10	In May of 2017 DPP Group # 8 finished its 16 week program for community members with 7 members losing a total of 52.7#s or 7.5% per person average.					
11	On 7/11/2017 the Dietitian presented to the Prevent T2 post core class about Carbohydrates, the good and the bad = 4. In August of 2017 the DPP Group # 7 (Post Core) completed their year long commitment with 5 community participants having a total weight loss of 106.7#s or (8.4% weight loss). Their 2 goals are to lose 5-7% of total body weight and become more physically active.					
12						
2) Educate on how to make healthy food choices	School District, PPHD, Dietitians, Providers, Area food services, ESU	Increase in purchases of vegetables and fruits, decrease in sales of bad fast foods	survey results	DPP	Monthly Provider Nutrition Talks at Center	
1	2/25/2015 Holly Theile, Dietitian presented at Cabela's Corporate for Lunch and Learn, on the DASH diet = 5. 3/19/2015 Dr. Jennifer Brown's nutritional talk/presentation on "It Starts with Food" for community members = 47. 3/25/2015 Holly Theile, Dietitian presented to SMRC employees at Lunch and Learn on the DASH diet = 20.					
2	5/12/2015 Participated in Cabela's "mini" Health Fair with 2 Dietitians' displayed and discussed sugars and fats, the good and bad = 300+. 5/14/2015 Completed 16 week DPP for community members with (5) losing a total of 7.76% or 80.5 lbs. as part of the program's goal for weight loss. 5/21/2015 Dr. Jennifer Brown's nutritional talk/presentation on "Clean Eating" for community members = 37. 6/18/2015 Holly Thiele's community nutrition talk on "controlling your blood pressure with the DASH diet" = 12.					
3	7/16/2015 Stacy Evans, Dietitian presented the monthly nutritional talk at CCCC on "Intuitive Eating" for community members = 12. 7/20/15 Stacy Evans, Dietitian gave talk on "Endurance Nutrition" for the Dash for the Splash Triathlon training group = 8. On 8/20/2015 Dr. Jennifer Brown presented the monthly Community Nutrition Talk on "Juicing verses Smoothies" = 15. 9/17/2015 Tammie Brunkow LPN, Employee Health Nurse for SRMC presented the monthly community nutrition talk "All About Food, 25 Ingredients, 15 Meals." = 22.					
4	10/15/2015 Dietitian Marci Rosenberg presented the monthly Nutrition talk on All About Food "Healthy Meal Makeover Ideas" = 12. 10/31/2015 Kids Health Adventure at CCCC drew 140+ kids and their parents to this free event learning how to make a healthy snack "hands on" along with education on importance of healthy eating, and shared informational handouts on tips for parents to get their kids to make better choices in the foods they eat. 11/19/2015 Monthly Nutrition talk at CCCC by Dr. Jennifer Brown on Holiday Survival 101: Tips and Tricks for Eating Healthy Through the Holidays = 12. 12/17/2015 Dr. Jennifer Brown presented the monthly community Nutrition talk at CCCC on "Debunking the New Year's Resolutions" for community members = 11.					
5	2/9/2016 Dr. Jennifer Brown presented the monthly Nutrition Talk "All About Food" for community members as an open forum / discussion on high cholesterol and high blood pressure / heart healthy food choices etc....= 12. On 3/8/2016, Dr. Jennifer Brown presented the monthly Nutrition Talk on "Eat Your Heart Out" and present a clip on Fit to Fat to Fit and discussed the Bountiful Baskets Food Coop options available in our area = 19.					
6	4/8/2016 Marci Rosenberg, SRMC Dietitian spoke to the Women in Ag Conference on "Healthy Eating As We Age" = 35+. 4/12/2016 Dr. Jennifer Brown had the monthly Nutrition Talk focusing on "World Health Month" and how countries around the world eat in comparison to us in the USA, as far as choices and portion sizes etc....= 17. On 5/10/2016 Dr. Jennifer Brown presented the Month Nutrition Talk on Women's Health, through the years = 14. On 5/19/2016 Marci Rosenberg SRMC Dietitian spoke to the Leadership Cheyenne County group on "Spilling the Beans on Healthy Eating" here at SRMC = 9 participants. 5/26/2016 completed 16 week DPP (group # 6) for community members with 9 losing a total of 110 lbs. or 8.2 % as part of the program's goal for weight loss. On 6/14/2016 the monthly "All About Food" focused on Men's Health with Kyle Brown, PA presenting to the community with 11 participants.					
7	On 7/12/2016 Marci Rosenberg, MS,RDN,LMNT presented the Monthly Nutrition Talk to the Community on "How to use Food as Fuel for Your Body" = 8. On 7/13/2016 Marci also spoke to the Cross Country team (girls and boys) about the importance of hydration and nutrition to help them with their workout and performances = 60. On 9/13/2016 Dr. Jennifer Brown presented the month Nutrition Talk about "Nutrition in Our Later Years" = 12.					
8	On 10/12/2016 Dr. Jennifer Brown presented the monthly nutrition talk "All About Food/Nutrition and Drug Interactions" = 9. On 11/8/2016 Marci Rosenberg, Dietitian presented the monthly All About Food talk on "Diabetes" healthy eating = 4. On 12/13/2016 Marci Rosenberg presented the All About Food talk on Holiday eating and recipe modification = 5.					

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9	On 3/29/2017 Prevent T2 class (SRMC employees) was given a grocery store tour with healthier options done by the Dietitian, Marci Rosenberg = 6.					
10	On 4/4/2017 a grocery store tour was given for the community members of Prevent T2 class by Marci Rosenberg, Dietitian, to pick healthier options and raise awareness of the high sodium and high fat content in certain foods = 8. On 6/21/2017 the Dietitian presented to the Cool Kids Club an interactive nutrition presentation to two different age groups (K and 1st grade and 2nd through 6th grade) = 50+. On 6/23/2017 another nutrition presentation was done by the Dietary Staff at Osage Campus cafeteria on learning about farm to table and they also toured the cafeteria This was the Cool Kids Club again = 70+ in three separate groups.					
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12						
3)	Overweight and obese screening and referral process for adults and children	School District, PPHD, Dietitians, Providers, Area food services, ESU	Weight loss study	% of weight lost		
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4	10/31/2015 Kids Health Adventure held at the CCCC where SRMC provided free height,weight,BMI and blood pressure screenings on the kids, with a provider on site for questions from parents regarding their children and where they fell in to the growth chart. On 12/21/2015 the adult Diabetes Prevention Program (group # 4)completed the year long program with 5 participants losing an average of 9% of their body weight.					
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8	10/29/2016 Kids Health Adventure held at CCCC and SRMC provided free height,weight BMI and blood pressure screenings (BP's only on the kids >3 yrs.), with a provider on site to answer any questions from parents regarding their child and where they fell in to the growth chart = 60.					
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Physical activity						
1)	Partner with area businesses to track employee activity through wellness programs	Chamber, City, Schools, PPHD, Community Center	Increase in activity	Community center time tracked for those employers that use center and charts created by those businesses that do not	GFSF	
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2	5/14/2015 DPP (Group # 4)completed 16 week program for weight loss and becoming physically active with 5 members doing 7,753 minutes of exercise for the final 10 weeks of the program.					
3						
4	12/21/2015 DPP (Group # 5) completed 16 week program for weight loss and becoming more physically active with 8 members doing 12,766 minutes of exercise for the final 10 weeks of the program.					
5	March of 2016, SRMC partnering with the Panhandle Pubic Health District and other local businesses and organizations to support the Walkability/Bikeability project to "Activiate Sidney" with its current trails and future expansion of trails, by promoting a healthy and active lifestyle for all ages within our community. Encouraging other local businesses to support worksite wellness/walkability for their employees during their breaks. SRMC with their new campus hopes to map out trails for our employees to encourage "walk at work" during their breaks for a healthier lifestyle.					
6	On 5/26/2016 the DPP (Group # 6) completed the 16 week program for weight loss and becoming more physically active with 9 members doing 13,320 minutes of exercise for the final 10 weeks.					
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8	10/19/2016 Kyle Brown PA-C gave a lunch and learn presentation on Back Safety/Physical Acitivity to a group at Cabela's DC = 12.					
9						
10	In May of 2017 DPP Group # 8 finished its 16 week program for community members with 7 participants doing a total of 20,685 minutes of exercise. Their goal is to increase their physical activity to prevent Type 2 diabetes and lose 5-7% of their total body weight over a period of 12 months.					
11	In August of 2017 DPP group # 7 completed their year long program with 5 community participants doing 11,049 minutes of exercise. Their goal was to increase physical activity and lose 5%-7% of their total body weight.					
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2) Coordinate additional planning for outdoor activities and areas	Community Center, Schools, City	Complete bike path and determine other needs for safety and promotion of activity	Finished bike path			
1	2/9/2015 SRMC partnered with CCCC for a GFSF "Points Challenge" with 27 participants. 3/21/2015 SRMC partnered with CCCC for the annual GFSF Leprechaun Leap 5K and 10K run/walk = 160 participants.					
2	5/12/2015 Participated in Cabela's "mini" Health Fair with P.T./ O.T. discussing/registering participants up coming August Triathlon to be hosted by SRMC = 300+.					
3	8/1/2015 SRMC's Dash for the Splash Triathlon held for the community and surrounding area, with 144 participants (25 were kids)					
4	10/3/2015 SRMC partnered with Points West Bank for a 5/10 K Oktoberfest Run. Total participants = 98. 10/31/2015 Kids Health Adventure at the CCCC with approx 140 kids plus parents and caregivers participating in learning the importance of physical activity and healthy eating with such activities as "Bike for a Smoothie" or the blender bike, Tae Kwon Do had active participation on the kids on learning certain moves, Atena Health had the Wii Dance 2015 and had the kids dancing and moving and following along on the TV screen, as they participated in the dance moves shown.					
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7	On 8/6/2016 SRMC's Dash for the Splash Triathlon was held for the community and surrounding area with a total of 174 participants. (21 were kids)					
8	On 10/1/2016 SRMC held the Oktoberfest 5K run/walk and 10K run for the community for both adults and kids =101 Participants. On 12/29/2016 the National Diabetes Prevention Program (Group # 7) finished their 16 week class with 7 participants logging 7,255 minutes of exercise.					
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11	On 7/29/2017 SRMC held its Annual Dash for the Splash Triathlon for our community and surrounding area with 159 participants (33 were kids)					
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3) Create FREE youth indoor program for winter months	School, Community Center	Help to create awareness toward activity for youth and resources to access	Track useage			
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3	7/28/2015 Kids Outdoor Adventures Days (Lodgepole Valley Youth Camp) Kyle Brown, PA presented outdoors First Aid to the kids K-6th grade = 120. 8/1/2015 Dash for the Splash Kids Triathlon for community with 25 kids participating. (held in conjunction with the adults)					
4	10/3/2015 Oktoberfest "Kids Run" in conjunction with the adult run = 10 participants.					
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7	On 8/6/2016 SRMC's Dash for the Splash Triathlon was held for the community with 21 kids participating. (held in conjunction with the adults)					
8	10/1/2016 The Oktoberfest Run (Adults and kids) was both a 5 and 10 K, and had 20 kids participate.					
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11	On 7/29/2017 SRMC held its Annual Dash for the Splash Triathlon for our community and surrounding area with 159 participants (33 were kids)					
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Substance abuse						
1) Partner with law enforcement and mental health to assess level of drug use	Local law enforcement, Mental health, Region 1/Kids Plus	Determine what substances are misused the most to target prevention	Local and state arrest rates			
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4	10/31/2015 Kids Health Adventure at CCCC had the presence of our Cheyenne County Sheriff's Office with interactive and educational information for the kids on what to look for in drug awareness and its effects on the body.					
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2) Work with pharmacies to create drug interaction evaluation review program	Local pharmacist, SRMC pharmacist, Internist/Providers	Provide patients a more user friendly awareness system that alerts patients to potential dependency issues	Decrease in pharmaceutical use			
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4	10/31/2015 Kids Health Adventure held at the CCCC with SRMC Pharmacy staff participating with kids in an activity where the kids had to "guess" candy or pills on a large tag board. Another activity was shown by the Kids Plus Program on telling the difference in beverages that are alcohol or energy drinks which are "look a likes" and difficult to tell the difference at just a glance.					
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8	10/29/2016 at the Kids Health Adventure, SRMC Pharmacy staff participating with a kids activity where the kids had to "guess" candy or pills on a large tag board.					
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3) Get involved with area schools to support their drug prevention programs	School	Increase awareness for youth to prevent the start of poor choices	local and state arrest rates			
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12	October 20th 2017, SRMC Pharmacists educated children at the Pre- Health Fair Kids event on candy verses meds and the importance of getting their vaccinations to prevent illness and diseases.					
Hand hygiene						
1) Promote the awareness of proper hand hygiene and practices	Dir of Quality, Education Coordinator, PPHD					
1						
2	April of 2015 SRMC partnered with 9Health Fair to bring a 3 day Community blood screenings event that had a total of 755 participants. On the actual Health Fair day, we had another 160 participants get their blood drawn, and 300+ took advantage of the.					

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3	7/27/2015 Cool Kids/Kids Plus Program taught about germs and proper hand hygiene by Annie McCartney at the Kids outdoor adventure days at Lodgepole Valley Youth Camp (K-6th) = 120. 8/11/2015 Hand hygiene education done by Annie McCartney, RN for the Foster Grandparent Program = 9.					
4	10/31/2015 Kids Health Adventure event at CCCC covered the "defeat a germ" detector where the kids actively had to "shoot" the germs with a sponge dart gun onto a dart board and had to answer "germ" questions for a prize.					
5	On 2/23/2016, Annie McCartney RN, Infection Control nurse here at SRMC, discussed the importance of hand hygiene and covering those sneezes and coughs with flu season upon us, to the KSID listeners on Tuesday morning segment = 2000+ listeners.					
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8	On 10/29/2016 The 2nd Annual Kids Health Adventure was held at CCCC and Annie McCartney RN, Infection Control nurse at SRMC, demonstrated and had an activity for the kids and their parents on how germs are spread using glitter = 140.					
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12	We moved our approach away from hand hygiene to promote antimicrobial stewardship instead with full promotion and education to community.					
2)	Improve business focus for hand hygiene and food handling with education and quality guidelines.	Local businesses, School District, Chamber, Community Center				
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	Promotions/Events that support all CHNA					
1	January 2015 SRMC held an employee Blood Drive for the NE Donor Center with 40 employees donating their blood as the "gift of life."					
2	April of 2015 SRMC partnered with 9Health Fair to bring a 3 day Community blood screenings event that had a total of 755 participants. On the actual Health Fair day, we had another 160 participants get their blood drawn, and 300+ took advantage of the many FREE health screenings we offered on the Health Fair day. In June 2015, SRMC employees held another employee Blood Drive with 38 employees able to donate for this worthy cause to the NE Donor Center out of Scottsbluff.					
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5	January of 2016 SRMC employees hosted an employee Blood Drive with the NE Donor Center from Scottsbluff with 40 employees willing to donate their blood. March of 2016 SRMC partnered with 9Health Fair for our 3 day Community blood screenings event that had 708 participants having their blood drawn and their results sent directly to the individual participant.					
6	May 7, 2016 SRMC hosted the Community Blood Screenings here (partnering with 9 Health Fair) given that the Health Fair itself had to be canceled April 30th due to the weather. We had 157 community members take part in the blood screenings offered on Saturday. On 6/1/2016 SRMC hosted an employee Blood Drive for the West NE Donor Center with 44 employees donating their blood to "save a life." On June 14th Cabela's hosted a Blood Drive for their employees at their Corporate Office and SRMC assisted with this = 67. On 6/15/2016 SRMC participated in the annual Health Fair/Vendor Fair at Cabela's Corporate with approximately 400+ employees coming through. We had Pharmacy with info on vaccinations, Kyle Brown discussing the over use of antibiotics with tips, the Dietitian demo and discussing the amount of fat in certain meats/fish/poultry and game, Marketing discussing the CHNA initiatives and the DASH for the SPLASH coming up in August and Community Health offering blood pressure screenings to the participants. On 6/21/2016 Joe Tye, Author/Values Coach presented to our community members at the Sidney High School auditorium, a presentation called "Fear is a Reaction, Courage is a Decision" "Tough Times call for Tough Decisions." = 32.					

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7		On 8/10/2016 SRMC sponsored a FREE Concussion presentation and movie night with Dr. Brandon Brown and Kyle Brown, PA ,having a Q&A session following the event = 50 participants. On 8/11/2016 SRMC hosted a Back to School Blood Drive at the high school for teenagers and adults both with 43 units of blood collected by the Donor Center out of Scottsbluff. Then on 9/7/2016 SRMC hosted a Blood Drive for their own employees, collecting 33 units of blood for the Donor Center.				
8		On 10/1/2016 SRMC participated in the Octoberfest parade with employees promoting the upcoming All About Kids Health Adventure with employees dressed as Super Heroes and villains and handed out many treats and fun/useful give aways. On 10/29/2016 SRMC hosted the FREE All About Kids Health Adventure and the theme was around "Super Heroes, What is your Super power " with many fun and interactive and educational opportunities for kids and their parents to learn the importance of nutrition, exercise, germs and hand hygiene and more = 140. On 11/15/2016 SRMC hosted A Diabetes "mini" Health Fair for the community in recognition of National Diabetes Awareness Month in November, offering A1c and cholesterol checks, flu shots, opportunity to talk with a Dietitian and Pharmacist and blood pressure screenings = 40.				
9		On March 29 through March 31st of 2017, Community Blood draws were held in conjunction with 9 Health Fair and for the 3 days we had a total of 678 participants.				
10		On Saturday, April 1st 2017 we again offered the Community Blood draws in conjunction with 9 HF and had a total of 238 participants. With April being Autism Awareness Month, Saturday April 1st SRMC's Rehab Pediatric Team partnered with ESU and the school to host a walking event with a 150 participants to help raise money and awareness for Autism. On Tuesday April 18th, SRMC's Comm. Health assisted the Donor Center out of Scottsbluff in an Employee Blood Drive held at Cabela's, kicking off their Wellness Week with 51+ participants. On Wednesday April 19th, 2017 SRMC's Rehab,Comm. Health, Marketing and Dietitian "teamed up" and participated in the Cabela's Wellness Fair at Corporate Cabela's, with 300+ in attendance at this event. On June 15th, SRMC held an Employee Blood Drive with 44 employees participating and donating a unit of blood each to the Donor Center in Scottsbluff.				
11		July 29th, 2017 SRMC held it's 3rd Annual Dash for the Splash or TRIATHOLON for the community (adults and kids) with 159 total participants. On August 22nd SRMC held an Employee Blood Drive with 43 employees each donating a unit of blood to the Donor Center in Scottsbluff.				
12		On October 7th (Octoberfest) SRMC hosted a 5 K run/walk with 23 volunteers from SRMC helping with the event for 131 participants. On October 20th SRMC held a Pre-Health Fair FREE kids event for area school children and their teachers and had 350+ participating. The kids took part in interactive, educational health topics/ trying their skills, as well as touring the 50 foot MegaBody. On October 21st SRMC hosted the annual Family Health and Wellness Fair with 400+ attending this FREE event which included the Child ID program, Car Seat Safety, Drug Take Back program, HCF Foodfest, administered FREE flu shots to 190 kids and adults, the tour of the 50 foot MegaBody and numerous SRMC departments had interactive/educational booths for both kids and adults. • During the 4th quarter of 2017, SRMC's Antimicrobial Stewardship Program or Campaign was initiated. This is a program that promotes the appropriate use of antimicrobials (including antibiotics), improves patient outcomes, reduces microbial resistance and decreases the spread of infections caused by multidrug –resistant organisms. Education was provided to community members interested, at our annual October Health Fair. • Also during the 4th quarter, SRMC launched a new SidneyRMC app which features a symptom checker that can be downloaded for FREE. This feature will help guide someone whom is unsure if their symptoms or ailment, may require a visit to their provider or the Emergency Room. • On November 29th, 2017 SRMC hosted its 2nd Diabetes Health Fair in recognition of National Diabetes Awareness month. This was attended by 40+ community members and featured Lab draws, flu shots, blood pressure screenings and education and both a Registered Dietitian and a PharmD available for questions.				

Specific 3 year process measures for each strategy

- Ongoing meetings with appropriate partners
- Create assessment tools and strategies
- Increase community awareness through marketing efforts

- Design tools for education
- HRAs from businesses, area organizations and PPHD

- Specific 3 year outcome measures for strategies
- Panhandle BRFSS trend and County Health Rankings
- NDPP panhandle data