



Indiana University Health

IU Health Arnett Hospital

Nutrition and Active Living



Goal: Providing education and resources to our all ages who are at-risk for diabetes or obesity will help them lead a healthier lifestyle. Also, through A1C screenings, trying to catch those at risk or already diabetic but unaware. Our approach targets children, families, low income community members and individuals who are at-risk for diabetes.

Identified Need	Implementation Strategy	Anticipated Impact	Evaluation Plan
More community resources to promote nutrition and active living	<ul style="list-style-type: none"> • Community walking programs. 	<ul style="list-style-type: none"> • Increase physical activity • Reduce BMI 	<ul style="list-style-type: none"> • Increase physical activity through completion of their Walking Journal • Reduce BMI in at least 15% of participants
Need more nutrition and physical activity initiatives in schools	<ul style="list-style-type: none"> • Strong Schools – Glen Acres, Murdock, Oakland & Miller • GOAL (pending review and funding from Corporate Office) 	<ul style="list-style-type: none"> • Reduce BMI • Improve healthy school environment • Increase amount of physical activity for students and teachers 	<ul style="list-style-type: none"> • Decrease the BMI of 10% of participants (need to confirm). • Monitor steps through completion of walking journal.
Need community education regarding obesity prevention, nutrition and physical education	<ul style="list-style-type: none"> • Nutrition Education at Farmer's Markets (4H Fair or Farmer's Markets) • Health & Safety Fair • Medical Weight Loss Clinical Trial • Educational programs at local senior residences (Westminster & The Springs) 	<ul style="list-style-type: none"> • Increase knowledge and awareness about nutrition and active living to lower the obesity rate in Tippecanoe county. • Increase awareness of overall well-being and health for seniors, families and children. 	<ul style="list-style-type: none"> • Decrease elevated A1C of MWL participants. • Record # of screenings and Number of participants at <ul style="list-style-type: none"> ○ H&SF ○ Education programs ○ Clinic trials • Number of Arnett bucks given away for fresh produce (pending on funding)
Increase access to healthy fruits and vegetables in senior population	<ul style="list-style-type: none"> • Meals on Wheels 	<ul style="list-style-type: none"> • Provide healthy foods per dietary restrictions to 90 seniors on the Meals on Wheels Program 	<ul style="list-style-type: none"> • Number of participants for MOW program



Access to Healthcare

Goal: By physically and financially supporting our community, we'll increase healthcare access to low income or minority community members. Additional resources made available to patients will allow them to continue receiving required medication or healthcare services.

Identified Need	Implementation Strategy	Anticipated Impact	Evaluation Plan
Need additional low-cost healthcare options.	<ul style="list-style-type: none"> • IUH Arnett Financial Assistance • Financial Navigators • Prescription Discount cards • Low cost physicals for high school athletes • Car Safety Seat Checks • Support Groups (Cancer/Obesity/Breastfeeding/diabetes) • Family Practice Residency Program (open 2016/2017) 	<ul style="list-style-type: none"> • Provide financial assistance and information on prescription assistance to those in need. • Increase health knowledge of all attendees • Pharmacy is providing patient based medical appointments to review and help access prescribed medications. • Create safe environment for HS athletes • Ensure safety of child passengers • Provide a community for patients/family members to discuss health concerns • Serving the uninsured and underinsured 	<ul style="list-style-type: none"> •The number of patients who received charity care per year will be measured. •We will measure the number of patients who received charity care vs. the number of admitted patients to look for trends. •Record the number of patient based medical appointments. •Record number of physicals completed at HS •Record number of car seat safety checks •Record number of people participating in support groups •Measure the number of patients served.
Access to healthcare is especially limited in the NW region of the county	<ul style="list-style-type: none"> • Certified Patient Centered Medical home • Work with City Bus to obtain route to the hospital and new medical office building • Nurse Family Partnership (Goodwill) 	<ul style="list-style-type: none"> • Better outcomes with asthmatic and diabetic patients. Provide better and more coordinated care through CPCMH. • Providing our PSR's with additional information on transportation options for the area. • Our goal is to provide prenatal and postnatal care to the residents in the 	<ul style="list-style-type: none"> •Measure number of patients/patient outcomes (align metrics with Primary care) •Transportation for patients to hospital/MOB •Measure number of patients

Behavioral Health



Goal: Providing education and resources to all ages who have behavioral health issues helping them lead a healthier lifestyle. Our approach targets children, families, low income community members and individuals who may be suffering with behavioral health issues.

Identified Need	Implementation Strategy	Anticipated Impact	Evaluation Plan
Lack of mental health services in the West Central Region	SBIRT Training	<ul style="list-style-type: none"> Identify patients who need intervention for drug/alcohol abuse 	<ul style="list-style-type: none"> Number of referrals to treatment
Lack of mental health services in the West Central Region	MHA QPR Training / NAMI Training	<ul style="list-style-type: none"> Allow community members to know the warning signs of those in mental crisis. 	<ul style="list-style-type: none"> Number of participants going through training
Lack of mental health services in the West Central Region	Teen Texting Program (pending SW participation)	<ul style="list-style-type: none"> Awareness for high school kids/teachers on how to get help for crisis situations. 	<ul style="list-style-type: none"> Number of activations in schools Number of texts received
Lack of mental health services in the West Central Region	Tobacco Cessation / 1.800.QUIT NOW	<ul style="list-style-type: none"> Reduce number of smokers in the community 	<ul style="list-style-type: none"> Number of referrals to IUHA program Number of referrals to Quit Now
Lack of mental health services in the West Central Region	New Behavioral Health program in primary setting	<ul style="list-style-type: none"> Provide outpatient access to community members requiring behavioral health services Work in collaboration with Sycamore Springs, River Bend Hospital and NAMI to serve community members in need of inpatient behavioral health services. 	<ul style="list-style-type: none"> Number of patients treated



Chronic Disease Management

Goal: Providing education and resources to all ages who are at-risk or living with a chronic disease, learn to manage the disease and lead a healthier lifestyle. Through screenings we are trying to catch those at risk but unaware. Our approach targets children, families, low income community members and individuals who are at risk.

Identified Need	Implementation Strategy	Anticipated Impact	Evaluation Plan
Need more community events to provide health education.	<ul style="list-style-type: none"> Blood Pressure Cholesterol screenings Sleep Quiz Support Groups Diabetes Education 	<ul style="list-style-type: none"> Increase health knowledge of all attendees 	<ul style="list-style-type: none"> Measure the number of people served through health screenings and support groups. Measure the number of people found at risk Work to provide follow up with these patients to find a PCP Measure how many followed through on referral forms
Dementia Care	<ul style="list-style-type: none"> Aging Brain Program (grant expired in June. No cost to patients for care) Pending Review 	<ul style="list-style-type: none"> Provide support for patients/family members supporting those with dementia 	<ul style="list-style-type: none"> Number of enrolled patients

Notes



Program	Rationale
Day of Service	SW Program not identified yet.