About Indiana University Health

Indiana University Health (IU Health) is Indiana's most comprehensive health system. With hospitals, physician offices and allied services, IU Health provides access to a full range of specialty and primary care services for adults and children. A unique partnership with Indiana University School of Medicine—one of the nation's leading medical schools—gives patients access to groundbreaking research and innovative treatments to complement high-quality care.

Indiana’s largest and most comprehensive health system

With 16 hospitals across Indiana, we offer:
- Statewide options for highly skilled, compassionate physicians and advanced providers
- A coordinated, personalized approach that includes a wide range of services, from primary and preventive healthcare to end-of-life care
- More than 300 primary care and specialty care offices
- A growing network of urgent care clinics and other clinical support services
- Individual, commercial and Medicare health insurance through IU Health Plans
- Regional LifeLine bases providing care for the most critically ill and injured patients, with advanced air medical helicopters and mobile intensive care units

Mission, vision and values

IU Health’s mission is to improve the health of our patients and community through innovation, excellence in care, education, research and service. IU Health strives to be a preeminent leader in these areas, and our excellence is measured by objective evidence and established best practices.

IU Health has been on a path to understand what we needed to do to create a healthy culture for all, including how we serve our patients, how we do our work and how we treat each other. When it came to identifying the characteristics that united us, thousands of team members weighed in on the traits they felt were most important to delivering on our promise and achieving our vision.

Four values quickly rose to the top: Purpose, Excellence, Team and Compassion. Together, they became one of the foundational elements of our culture – The IU Health Way.

These values are the core to who we are and the work we do:

Purpose...we work to do good in the lives of all others
Excellence...we do our best at all times and in new ways
Compassion...we treat all people with respect, kindness and empathy
Team...we count on and care for each other

Cover Photo: Bikers on the B&O Trail in Hendricks County. IU Health West Hospital has been a long-term partner to the B&O Trail Association supporting the completion and expansion of the trail. Photo provided by B&O Trail Association.
For every patient treated through our innovative care, each new medical breakthrough pioneered at our bedside and every service project such as improving a local playground, Indiana University Health demonstrates our mission and values through our investment in our communities. As Indiana's largest and most comprehensive healthcare system, it is our responsibility, honor and priority to support community health improvements for Hoosiers.

It isn’t enough to simply fund projects within the communities we serve throughout Indiana; we cannot solve these problems alone. We work collaboratively with residents and multi-sector community partners to address their most pressing health needs. We listen to our neighbors to better understand the situations and barriers that impact healthy lives, such as poverty, unemployment and limitations to transportation, housing and education. This work is just as vital to community health as providing leading-edge medical care.

As we look toward the future, we are updating our strategic focus based on new insight from the 2018 Community Health Needs Assessment, which will guide each hospital’s evidence-based strategies through 2021. While our communities identified some ongoing health priorities, such as those for chronic diseases and tobacco use, Hoosiers also told us they want greater focus on behavioral health issues related to the opioid crisis and the social determinants of health.

IU Health is poised to make a significant impact on the lives of residents in our communities, and we are grateful to partner with you on this journey.

Dennis M. Murphy
President and CEO
Indiana University Health
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Hospital overview
Indiana University Health Arnett in Lafayette, Indiana, is a full-service, 191-bed hospital that includes an adjacent outpatient surgery center and medical office building serving the west central region of the state. With six technologically advanced surgical suites, IU Health Arnett can accommodate complex procedures such as open-heart surgery, neurosurgical procedures and minimally invasive, robotic-assisted surgery. IU Health Arnett is a Magnet-designated hospital recognized by the American Nurses Credentialing Center for demonstrating excellence in nursing services and high-quality clinical outcomes for patients.

Priority community health needs

Access to healthcare  Behavioral health/substance abuse  Nutrition and healthy weight  Pre-K-12th education  Chronic disease management

Community benefit
$7,498,225  Financial assistance
$21,246,840  Unreimbursable Medicaid
$3,833,483  Community health improvement services
$158,202  Community benefit operations
$914,003  Health professions education
$227,859  Research
$538,129  Financial and in-kind contributions

Other investments
$3,702  Community building activities
$16,158,868  Medicare
$8,510,959  Bad debt

Total community benefit
$34,416,741

Total community investment
$59,090,270

1 The amount of bad debt represents unpaid patient expenses reported at cost.
IU Health Arnett offers community outreach during annual Convoy of Hope

IU Health Arnett team members spent a day giving back at the 2018 Greater Lafayette Convoy of Hope community event that provides outreach to the community. IU Health Arnett team members collaborated with local churches, businesses, social and veterans service organizations and health service organizations to provide a day of free health and dental screenings, groceries, smoothies, haircuts, portraits, shoes and lunch. For the past three years, expanding access to healthcare has been a priority community health need at IU Health Arnett, and more than 1,500 neighbors came to the fairgrounds for the Convoy of Hope.

Melissa Dexter, IU Health Arnett community outreach program manager, teamed up with the Tippecanoe County Health Department to co-lead the Health Services area of the Convoy of Hope. Health Services provided guests with free physical and mental health screenings, dental screenings, vision screenings, healthy eating tips, free toothbrushes and toothpaste, among many other health-related services:

- IU Health Arnett trauma services coordinator Teresa Williams fitted and distributed 350 bike helmets to children.
- IU Health Arnett car seat safety technician Terri Jones fitted and distributed 40 booster seats to families with young children.
- IU Health Arnett Certified Child Life Specialist Olivia Rauschenbach led kids in making and decorating their own finger casts. Kids also dressed up as doctors and patients, capturing the moment in a photo booth.

Several students from the IU School of Medicine West Lafayette Campus and Purdue University College of Pharmacy provided free medical screenings at Convoy of Hope. IU Health Arnett purchased supplies for the students to complete hundreds of screenings, including body mass index, blood pressure and glucose screenings.

Spanish interpreters provided by Purdue University helped the guests navigate through the health stations with ease.

Months of planning and several successful partnerships made the day a great success for IU Health Arnett team members and their greater Lafayette neighbors.

Hospital statistics

- $7,498,225 Financial assistance
- 191 Beds
- 10,152 Surgeries
- 43,248 Emergency dept visits
- 1,567 Babies delivered
- 1,851 Team members
Hospital overview
Indiana University Health Ball is a preferred healthcare facility for residents of east central Indiana. The hospital was founded in 1929 as both a teaching hospital and regional referral center for Muncie, Indiana, and surrounding counties. IU Health Ball offers 45 medical specialties, including cancer care, cardiology, orthopedics and specialized services for women and children. The IU Health Ball Medical Education department is home to three residencies (family medicine, internal medicine and a transitional year) as well as a research department. More than 60 resident physicians are trained every year at IU Health Ball, and its Family Medicine and Internal Medicine clinics conduct more than 25,000 patient visits annually.

Priority community health needs

Access to healthcare  Behavioral health  Obesity prevention  Smoking and tobacco cessation  Infant health

Community benefit
- $8,243,390  Financial assistance
- $12,821,971  Unreimbursable Medicaid
- $2,434,609  Community health improvement services
- $70,671  Community benefit operations
- $11,316,346  Health professions education
- $1,410,707  Research
- $926,320  Financial and in-kind contributions

Other investments
- $860,860  Community building activities
- ($669,113)  Medicare¹
- $4,665,822  Bad debt²

Total community benefit
$37,224,014

Total community investment
$42,081,583

¹ The increase in excess Medicare is due to the impact of the lump sum offering to the pension plan participants.
² The amount of bad debt represents unpaid patient expenses reported at cost.
Foundation-supported Cardinal Zumba gets community moving

IU Health Ball has consistently identified obesity prevention as a priority community health need. Cardinal Zumba, a free community fitness and nutrition program, was launched with grant funding from the Ball Foundation, plus support from Ball State University, Purdue Extension of Delaware County, Harvest Christian Church and the Whitely Community Council. IU Health Ball’s Family Medicine Residency and Cardiopulmonary Rehabilitation Program regularly provide student instructors and physician education to participants in the program.

Twice a week, about 50 people participate regularly in Cardinal Zumba, hosted in the Harvest Christian Church gymnasium. More than 300 people have participated in the workout, including those living in the immediate neighborhood and surrounding area. The program initially targeted residents in this area of Muncie due to the obesity-related health issues reported in this community, a historically diverse neighborhood of low-to-middle income families.

Zumba offers many positive health benefits. Sometimes physically intense, Zumba dance moves promote flexibility in a full-body workout designed for all ages and abilities. “Our workouts are a lot of fun,” said participant Glenda Reynolds. “Our instructor switches them up a lot, so they aren’t repetitive, and we’re always challenged. It’s a really worthwhile program.”

Ball State University (BSU) College of Health faculty and students manage the program and track outcomes. For nearly a year, Cardinal Zumba has showed positive returns. “We are still working to boost program participation, but our regulars are seeing positive changes in weight loss, blood pressure and body composition,” said Dr. Shannon Powers, program director for the BSU College of Health. “The incentives for regular attendance, for sharing their experiences on social media and for bringing along family or friends boosts exercise adherence. The more we keep people involved with the program during their daily lives, the more likely they will implement better nutritional and physical activity behaviors.”

BSU students also provide childcare and activities for participants’ children during class. Participants have access to group nutrition consultations and individual nutrition counseling sessions. BSU health sciences students provide free consultations and personalized recommendations based on participant family needs, food preferences and wellness abilities. Since January, group nutrition education is available once a month, with food samples and recipes available to participants following each regular Zumba class.

“I’ve learned how to eat healthier food and make better choices,” said Kathy Brown, a 69-year-old participant. “My doctors have been ecstatic over how much my blood sugar has improved.”

Hospital Statistics

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Hospital overview
Indiana University Health Bedford Hospital is a critical access hospital with inpatient, outpatient and ambulatory care services, including a 24-hour emergency room and emergency medical services. Located in southern Indiana, IU Health Bedford Hospital is a modern healthcare facility approved by The Joint Commission. The hospital offers advanced technology and medical services in internal medicine, family practice, general surgery, orthopedics and gynecology.

Priority community health needs

- Mental health
- Substance abuse
- Obesity prevention
- Basic needs
- Chronic disease prevention

Community benefit
- $895,990 Financial assistance
- $3,282,936 Unreimbursable Medicaid
- $252,151 Community health improvement services
- $2,849 Community benefit operations
- $55,688 Health professions education
- $76,334 Subsidized health services
- $3,435 Financial and in-kind contributions

Other investments
- $1,714 Community building activities
- $142,301 Medicare
- $1,278,236 Bad debt¹

Total community benefit
$4,569,383

Total community investment
$5,991,634

¹ The amount of bad debt represents unpaid patient expenses reported at cost.
IU Health Bedford Hospital nurses educate local students on tobacco use

In the spring and fall of 2018, nurses from IU Health Bedford Hospital’s oncology department educated students from North Lawrence Community Schools on the damaging effects of tobacco use. Students from Bedford Middle School were shown how tobacco and similar products affect the body and cause multiple health issues, including cancer.

For some students, the discussion hit close to home, as many had parents and loved ones who smoke and use tobacco products regularly. Educating students at a young age can deter them from future tobacco use while helping them to advocate quitting to their loved ones.

Educating youth on anti-drug and tobacco habits is vital to their long-term health, education and overall success. These efforts strengthen comprehensive tobacco control efforts in Lawrence County and the state. In a 2018 Community Health Needs Assessment, tobacco use was identified as a top community need by 31% of respondents.

For the past three years, decreasing substance use, including tobacco use, has been a priority community health need at IU Health Bedford Hospital. Smoking is a risk factor for several chronic diseases, including heart disease and diabetes, and is the leading cause of preventable death.

IU Health Bedford Hospital nurses will continue this education in the coming years, incorporating additional support from the respiratory team to help educate on other respiratory effects of tobacco use.

Over the course of the year, 155 students in Lawrence County were educated on various tobacco products and their damaging, long-term effects.

Hospital Statistics

- **$3,425,237** Unreimbursable Medicaid/Medicare
- **25** Beds
- **96** Students training in health professions
- **$3,435** Cash and in-kind contributions
- **$252,151** Community health improvement services
- **291** Team members
**Hospital overview**

Indiana University Health Blackford, located in Hartford City in east central Indiana, has focused on promoting wellness and delivering exceptional critical-access care to the people of Blackford County. This facility offers a specialty clinic, outpatient surgical services and a paramedic-level ambulance service. At IU Health Blackford, patients and their loved ones experience superior care in a familiar, community atmosphere.

**Priority community health needs**

- Access to healthcare
- Behavioral health
- Obesity prevention
- Smoking and tobacco cessation
- Infant health

**Community benefit**

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**Other investments**

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<tr>
<td>$702,240</td>
<td>Bad debt²</td>
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**Total community benefit**

$3,231,130

**Total community investment**

$3,481,659

¹ As a critical access hospital, IU Health Blackford is reimbursed by Medicare at a rate of 101% of its allowable cost in order to ensure access to care in rural communities.

² The amount of bad debt represents unpaid patient expenses reported at cost.
Collaborative efforts in 2018 address obesity prevention, tobacco cessation in Blackford County

In Blackford County, more than a dozen community partners have come together to find ways to improve nutrition, increase physical activity and promote tobacco cessation within schools, businesses and government entities. These have been community-directed priority health needs identified by IU Health Blackford since 2016.

This group is connected by their membership to the Healthy Community Alliance of East Central Indiana (HCA), a health coalition led by IU Health’s East Central Region hospitals, including IU Health Blackford. The effort is designed to help organizations influence their audiences – employees, customers, students, parishioners, etc. – to be physically active, eat healthy foods and avoid tobacco products.

As part of the HCA Blackford County Workgroup, participants meet every other month at the Mayor’s office in Hartford City to plan and activate programs unique to each organization, often in partnership with each other. One such partnership was the IU Health Blackford Day of Service in 2018, which emerged from conversations with Jim Ferguson, a local community volunteer.

“The HCA workgroup process is truly helpful to those of us trying to improve the health of our community,” said Ferguson, a retired mechanical engineer. “In 2018, we were able to connect locally with IU Health Blackford and build a set of raised garden beds using their Day of Service volunteers. Now we have an additional source of fresh produce for folks who otherwise might not have access.”

The garden beds are located next to the Community and Family Services office, a social services entity (and HCA partner) which manages the use of the gardens and distributes fresh produce to their client base.

The HCA workgroup has also been brainstorming ways to help promote the use of the recently constructed two-mile Blackford Greenway. IU Health Blackford planned a fun run and walk on the new greenway as part of its annual health fair, and through HCA workgroup connections, the hospital found a unique way to beautify the trail through painted messages on paver stones. During the 2018 Day of Service, IU Health Blackford employees painted motivational phrases on dozens of paving stones, then planted them along the Blackford Greenway.

“I can’t tell you how many times our trail users have told me they appreciate those messages,” says Fred Hoffman, one of the founding organizers behind the trail’s construction. “We are constantly seeking new ways to attract people to the trail, and the messages are a definite draw.”

With the help of staff from the local Purdue University Extension, the HCA Blackford Workgroup also participated in the CHANGE Tool process (Community Health Assessment and Group Evaluation) to identify strengths and opportunities for improvement in the future, including additional greenway improvements, school wellness policies and the addition of a tobacco cessation coordinator for the county.

Ferguson appreciates how the HCA Workgroups provide an ongoing format for positive change. “You can see the excitement as the ideas emerge, and people and organizations come together for the greater good.”

**Hospital statistics**

- $34,735 Health professions education
- 15 Beds
- $200,062 Community health improvement services
- 431 Inpatient admissions
- 38,121 Outpatient visits
- $15,943 Community building activities
Hospital overview
Indiana University Health Bloomington Hospital serves the south central Indiana population of more than 460,000 people across 11 counties, offering a comprehensive array of inpatient and outpatient healthcare services. IU Health Bloomington Hospital is accredited by The Joint Commission and is a Magnet-designated hospital for excellence in nursing care.

Priority community health needs

Senior health
Behavioral health
Obesity and chronic disease
Health equity
Substance abuse

Community benefit
- $5,493,696 Financial assistance
- $16,788,243 Unreimbursable Medicaid
- $3,115,590 Community health improvement services
- $444,405 Community benefit operations
- $498,661 Health professions education
- $7,635,763 Subsidized health services
- $8,165 Research
- $81,595 Financial and in-kind contributions

Other investments
- $50,254 Community building activities
- $9,176,152 Medicare
- $5,493,696 Bad debt1

Total community benefit
$34,066,118

Total community investment
$48,786,220

1 The amount of bad debt represents unpaid patient expenses reported at cost.
Nurse-Family Partnership program empowers mothers, improves newborn care

Indiana ranks 29th in the country for overall child wellbeing, according to the 2019 Indiana KIDS COUNT® Data Book. The first couple years of a child's life are particularly critical. This is why IU Health Bloomington Hospital participates in the Nurse-Family Partnership (NFP) program to positively transform the lives of vulnerable babies, mothers and families in Indiana by helping children stay healthy, families thrive, communities prosper, and to break the cycle of poverty. This program supports priority health goals in Indiana that include reducing infant mortality, improving maternal and infant health outcomes, increasing safe sleep practices and improving access to prenatal care.

NFP at IU Health Bloomington Hospital Community Health supports low-income mothers with their first baby, from early pregnancy through their child’s second birthday. This free and voluntary program is funded by the Indiana State Department of Health, with clients referred by various agencies such as Women, Infants, and Children (WIC), obstetrical providers, pregnancy centers, Department of Child Services and the judicial system. The idea is to intervene with support from the beginning, when a mother is establishing healthy habits.

“There is a critical window during pregnancy when the desire to be a good mother and raise a healthy, happy child creates motivation to overcome incredible obstacles—including poverty, instability or abuse—with the help of a well-trained nurse,” said David Olds, PhD, founder of NFP.

In 2018 the NFP program at IU Health Bloomington Hospital served 95 clients, completed 965 home visits and saw 34 healthy babies born. Additional outcomes included:

- 93% of clients reported putting their baby to sleep using the ABC’s of Safe Sleep: Alone, on their Back, in a Crib
- 93% of enrolled clients who smoked, 69% ceased smoking prior to delivery
- 98% of clients initiated breastfeeding
- 97% of babies were born at a healthy weight (5.5 pounds or greater)
- 90% of babies were born full term (at least 37 weeks)

The initial client in this NFP was a first-time mother named Melissa who quickly engaged in the program. Melissa wanted to eat healthy on a budget and also expressed an interest in helping raise awareness of NFP resources among other teenage mothers. As a result, Melissa and her nurse worked together to design an awareness resource for the girls’ bathrooms at Bloomington Graduation School and also created a cookbook that’s provided to all NFP clients. Melissa earned a job at IU Health Bloomington Hospital and is preparing to start classes at Ivy Tech Community College. As a proud new mom to a healthy baby boy Ryder, Melissa continues to engage in the program and offer ideas for additional client resources.

“Having NFP is like having a friend and a nurse all at the same time,” said Melissa.

Hospital statistics

- **$5,493,696** Financial assistance
- **$498,661** Health professions education
- **$3,115,590** Community health improvement services
- **9** Hospital designations
- **1,987** Babies delivered
- **5,430** Charity care patients served
**Hospital overview**

Indiana University Health Frankfort is a critical access hospital serving the residents of Clinton County in west central Indiana. IU Health Frankfort provides a full range of healthcare services including inpatient services, outpatient surgery, endoscopy, emergency medicine, cardiovascular, laboratory, diagnostic imaging services, pastoral care, radiology, rehabilitation services, respiratory care, cardiopulmonary, speech therapy and a sleep lab.

**Priority community health needs**

- Access to healthcare
- Behavioral health/substance abuse
- Nutrition and healthy weight

**Community benefit**

- $1,065,760 Financial assistance
- $3,701,972 Unreimbursable Medicaid
- $397,544 Community health improvement services
- $11,417 Financial and in-kind contributions

**Other investments**

- ($29,182) Medicare¹
- $956,102 Bad debt²

**Total community benefit**

$5,176,693

**Total community investment**

$6,103,613

¹ As a critical access hospital, IU Health Frankfort is reimbursed by Medicare at a rate of 101% of its allowable cost in order to ensure access to care in rural communities.

² The amount of bad debt represents unpaid patient expenses reported at cost.
In 2014 Clinton County ranked 14th in the country for the highest opioid prescribing rate. In 2017, when Indiana University Health acquired the hospital in Frankfort, Indiana, the emergency department was writing opioid prescriptions for nearly one out of three patients. The county’s rate of non-fatal emergency department visits due to overdose was the third highest in the state of Indiana.

“We knew it was something that needed to be addressed,” said Kelly Braverman, president of IU Health Frankfort. “The Q-Source Special Innovation Project has helped us address one root cause: the written prescriptions for opioids.”

A Special Innovation Project was launched to reduce the number of opioids prescribed, decrease opioid-related emergency department use and increase consumer-focused education. For IU Health Frankfort and other community partners, addressing behavioral health and substance abuse has been a priority community health need for the past three years.

IU Health Frankfort partnered with Q-Source, a healthcare quality improvement consultancy, and kicked off the project in January 2018. They provided emergency department prescribers with information about the opioid project and related “First Do No Harm” toolkits. Doctors, nurse practitioners and dentists were recruited by Q-Source to participate in the project.

“This project required a lot of commitment from our hospital leaders,” said Braverman. “There were one-on-one conversations with providers when they deviated from the project plan. Our emergency department manager, shift coordinator, chief nurse officer and I had to be invested in order for this to be successful in positively impacting our community.

In fact, the program achieved successful impact: 97% of recruited prescribers have implemented at least one intervention from the toolkit. By December 2018, the rate of opioid prescriptions from the IU Health Frankfort emergency department decreased by more than 90%. Out of 750 patients, only 17 prescriptions were written for opioids.

In addition to the Q-Source Special Innovation Project, IU Health Frankfort became the first emergency department in the system to offer virtual peer recovery coaches. After patients are treated in the emergency department for an overdose, they are connected with a peer recovery coach to discuss the various recovery options. The coach’s perspective is important because they are undergoing long-term recovery themselves.

“We are excited about the services we are able to offer the community,” said Braverman. “It’s not an easy road, but we are energized by the results and are committed to making a positive impact on Clinton County.”

**Hospital statistics**

- **$1,065,760** Financial assistance
- **25** Beds
- **9,599** Emergency dept visits
- **418** Inpatient admissions
- **22,962** Outpatient visits
- **103** Team members
Academic Health Center
The Indiana University Health Adult and Pediatric Academic Health Center is comprised of IU Health Methodist Hospital, IU Health University Hospital, IU Health Saxony Hospital, IU Health Morgan and Riley Hospital for Children at IU Health. As national and regional healthcare leaders, the staff strives to improve the health of our patients and community through innovation and excellence in care, education, research and service.

Priority community health needs

Access to healthcare

Behavioral health

Nutrition and healthy weight

Community revitalization

Community benefit
$50,963,197 Financial assistance
$339,943,454 Unreimbursable Medicaid
$15,791,834 Community health improvement services
$946,573 Community benefit operations
$96,978,510 Health professions education
$12,489,997 Subsidized health services
$10,000,000 Research
$13,536,304 Financial and in-kind contributions

Other investments
$257,964 Community building activities
$39,907,238 Medicare
$38,504,259 Bad debt1

Total community benefit
$540,649,869

Total community investment
$619,319,330

1 The amount of bad debt represents unpaid patient expenses reported at cost.
Riley Hospital for Children at IU Health becomes permanent car safety seat fitting station

In 2017, motor vehicle crashes were the leading cause of unintentional injury deaths for children aged five to 14 in the United States, according to the Centers for Disease Control and Prevention. Child safety seats can greatly reduce fatal injury of infants and children in cars. In April 2018 Riley Hospital for Children at IU Health became a permanent fitting station, a place that opens its doors to families and expectant parents for car seat inspection appointments. During an appointment, a certified child passenger safety technician educates families on the best practice recommendations for transporting children safely, instructing the family on how to correctly harness and/or buckle in their children and how to install their car seats.

In addition to car seat safety appointments, Riley’s permanent fitting station has also met a high demand for providing appropriate, safe car seats for low-income families. Since opening its doors last year, this program has served 293 families and 464 children, providing 375 car seats to families who needed a car seat or needed a replacement. Families who qualify for Medicaid can receive a new car seat for a small donation, and technicians work with those who cannot afford to pay.

Along with car seats, this program at Riley at IU Health helps parents and families feel more confident about safety. In December 2018, expectant mother Alexis Thomas told WTHR Eyewitness News, “I want everything that I didn’t get as a child for my child, and safety is one of those.” At the end of her appointment at Riley at IU Health, Thomas added, “I came here with no confidence at all, and now I’m just like, I got this, I can do this.”

Riley at IU Health’s Injury Prevention Program partners with the Child Passenger Safety Program once a week to offer these inspections, which take 30-45 minutes each. The Child Passenger Safety Program works within the hospital to serve patients and their siblings’ car seat needs. Any community member can call or text the hospital to make an appointment. Although the permanent fitting station is primarily run and managed by these safety programs, it’s supported by volunteer technicians from other departments within Riley at IU Health and IU Health Methodist Hospital. Together, these two hospitals house approximately 130 certified child passenger safety technicians, all of whom provide child passenger safety education and training for patients and siblings while also volunteering at the new permanent fitting station.

### HOSPITAL STATISTICS

- **105,204** Medicaid and charity care patients
- **$13,536,304** Cash and in-kind contributions
- **9,694** Community volunteer hours
- **164,245** Emergency dept visits
- **6,315** Health professions education
- **14,961** Team members
Hospital overview
Indiana University Health Jay joined the IU Health System on March 1, 2018. IU Health Jay is a 25-bed facility serving the residents of Jay County in northeast Indiana. Designated as a critical access hospital, IU Health Jay provides a full range of healthcare services including inpatient services, outpatient surgery, emergency medicine, diagnostic imaging services, pastoral care, radiology and behavioral health.

Priority community health needs

Access to healthcare  Behavioral health  Obesity prevention  Smoking and tobacco cessation  Infant health

Community benefit
$918,208  Financial assistance
$4,583,433  Unreimbursable Medicaid
$225,055  Community health improvement services
$10,582  Community benefit operations
$10,342  Health professions education
$6,697  Financial and in-kind contributions

Other investments
$30,367  Community building activities
$141,017  Medicare¹
$1,194,267  Bad debt²

Total community benefit
$5,754,317

Total community investment
$7,119,968

¹ As a critical access hospital, IU Health Jay is reimbursed by Medicare at a rate of 101% of its allowable cost in order ensure access to care in rural communities.
² The amount of bad debt represents unpaid patient expenses reported at cost.
The IU Health Day of Service is a system-wide opportunity for team members to volunteer in community improvement projects, and IU Health Jay team members were excited to participate in this annual event for the first time on Friday, September 7, 2018.

Team members painted inspirational cement pavers for school playgrounds, built a Gaga ball pit at nearby Redkey Elementary School and also painted, built and spruced up the Jay County High School preschool playground. Safe and inviting playgrounds can positively impact children’s activity levels, keeping them active and engaged in physical activity, which has many health benefits.

Although the day was cool and rainy, IU Health Jay team members were enthusiastic about moving these projects forward. Team members built the ball pit and spread gravel throughout the playground at Redkey Elementary.

“The students, parents and staff at Redkey Elementary are very thankful for the work done by the IU Health Jay volunteers,” said Rex Pinkerton, Redkey Elementary principal. “Placing the positive pavers at the main entrance was great – not only for students, but also for staff to get the day off to a positive start.”

Nearly a dozen team members repaired and painted the swing set and benches at the preschool playground, installing a new basketball hoop and even a bongo drum set.

“We greatly appreciated the work IU Health Jay completed on the JCHS Playground during the IU Health Jay Day of Service,” said Lisa Lyons, Jay County High School preschool teacher. “The weather wasn’t cooperative, so we were very surprised to see just how much they accomplished. The team members completely renovated our playground, which had been neglected for several years. I wish they could have seen the looks on the children’s faces when they saw the updated playground for the first time. They were so excited. We now use the bench for our class picture!”

IU Health Jay’s first Day of Service was a great success, with team members requesting to do it again next year. This teamwork toward improving the community is at the core of IU Health’s values as a healthcare system.

“It’s great to see our team members excited to support and help improve the health of our communities, which is a primary focus of IU Health as a whole,” said Dave Hyatt, president of IU Health Jay and Blackford.

**Hospital statistics**

- **597** Surgeries
- **25** Beds
- **15,948** Community volunteer hours
- **70,998** Outpatient visits
- **870** Inpatient admissions
- **296** Team members

*IU Health Jay Hospital Statistics reflect numbers from March 1, 2018 - December 31, 2018.*
Hospital overview
Indiana University Health North Hospital has provided leading family-centered care in Carmel, Indiana, since 2005. As a full-service hospital for adults and children, with an attached medical office building, IU Health North Hospital brings together inpatient and outpatient healthcare services in one location where patients receive the exceptional, compassionate care they deserve.

Priority community health needs

Access to healthcare
Physical activity and nutrition
Older adults and aging
Behavioral health/substance abuse

Community benefit
- $1,710,148  Financial assistance
- $12,800,296  Unreimbursable Medicaid
- $882,287  Community health improvement services
- $116,099  Community benefit operations
- $227,456  Health professions education
- $93,532  Financial and in-kind contributions

Other investments
- $9,508,206  Medicare
- $2,335,164  Bad debt\(^1\)

Total community benefit
$15,829,818

Total community investment
$27,673,188

\(^1\) The amount of bad debt represents unpaid patient expenses reported at cost.
Fresh & Fit program builds healthy lifestyles in Hamilton and Hendricks Counties

A 10-week fitness and nutrition program is helping residents in Hamilton and Hendricks counties create healthier lifestyles. In 2018, IU Health North, Saxony and West hospitals invested more than $30,000 in the Fresh & Fit program to increase physical activity and improve nutrition habits among area residents. Physical activity and nutrition have been identified as priority community health needs for hospital and community partners for the past three years, and this new program includes interventions that educate and encourage participants to incorporate more healthy behaviors into their daily routines.

While more than 800 people applied to Fresh & Fit, only 100 individuals – 50 from Hamilton County and 50 from Hendricks County – were selected for the free program. These participants committed to regular workouts and a nutrition program provided by the hospitals’ partner, the Max Challenge of Fishers.

To measure progress and success throughout the program, participants attended three health screenings during the 10 weeks, during which IU Health team members measured their blood pressure, cholesterol, A1C (a blood test for Type 2 diabetes and prediabetes) and weight. By the end of Fresh & Fit:

- 63 participants who completed the program lost more than 925 combined pounds, an average of 14.7 pounds per person
- 62% of participants lowered their cholesterol
- 86% of participants lowered their A1C levels

Both the measurable and immeasurable results were remarkable, as participants improved their overall health and outlooks on life.

“My life has been changed completely because of the Fresh & Fit program,” said Hamilton County participant, Ann “Tiny” Eich. “My metabolism is normal for the first time in 10 years, and my health scores are all amazing. I have more energy and feel better than I have since I was young. My daughter joined in with me and now we are both at healthy weights and live and eat better. I appreciate the opportunity that IU Health gave me. I would never have done this for myself. They gave me a gift.”

Hospital statistics

- $1,710,148 Financial assistance
- $93,532 Cash and in-kind contributions
- 657 Community volunteer hours
- 21,285 Emergency dept visits
- 2,308 Babies delivered
- 16,128 Medicaid and charity care patients
Indiana University Health Paoli Hospital specializes in rural, community-based care serving residents of south central Indiana. IU Health Paoli includes a 24-hour emergency department with air transport availability; obstetrics (OB) services; inpatient rehab; community outreach programs; physical, occupational and speech therapy; medical imaging; laboratory services; outpatient surgery; and visiting specialist services.

**Priority community health needs**

- Access to healthcare
- Behavioral/mental health
- Nutrition and active living
- Pre-K-12th education
- Tobacco cessation

**Community benefit**

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$690,921</td>
<td>Financial assistance</td>
</tr>
<tr>
<td>$3,285,577</td>
<td>Unreimbursable Medicaid</td>
</tr>
<tr>
<td>$657,606</td>
<td>Community health improvement services</td>
</tr>
<tr>
<td>$15,788</td>
<td>Community benefit operations</td>
</tr>
<tr>
<td>$157,988</td>
<td>Health professions education</td>
</tr>
<tr>
<td>$388,208</td>
<td>Subsidized health services</td>
</tr>
<tr>
<td>$14,516</td>
<td>Financial and in-kind contributions</td>
</tr>
</tbody>
</table>

**Other investments**

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$973</td>
<td>Community building activities</td>
</tr>
<tr>
<td>$312,287</td>
<td>Medicare</td>
</tr>
<tr>
<td>$724,993</td>
<td>Bad debt[^1]</td>
</tr>
</tbody>
</table>

**Total community benefit**

$5,210,604

**Total community investment**

$6,248,857

[^1]: The amount of bad debt represents unpaid patient expenses reported at cost.
On September 6, 2018, IU Health team members from Paoli, Bedford, Bloomington and Indianapolis partnered with the Orange County Community Gardens in the 10th Annual Day of Service. Team members helped build a children’s play area with a playset, sandbox, benches, fence and mulch while also sprucing up the shed with paint, tool organizers, a ramp and steps.

“Play is a part of growing for children – it’s part of growing their brains, and that’s what happens here in the garden,” said Curtis Thill, MD, a family medicine physician at IU Health Paoli Hospital and Community Gardens and Day of Service volunteer. “We have kids from all over who need a safe place to be with adults and peers to play and have a good time out in the sun, growing their own food.”

The community garden was selected as this year’s Day of Service project because it aligns with one of the priority community health needs in every IU Health community: nutrition and active living.

“IU Health Paoli was proud to partner with the Orange County Community Gardens and we hope the improvements we made will encourage more people to take advantage of this valuable community resource,” said Larry Bailey, IU Health Paoli Hospital president. “IU Health is focused on improving the health of the citizens of Indiana. These improvements at the Community Gardens promote wellness through access to fresh and healthy food and the importance of physical activity for children through the new play area.”

In addition to the garden event, IU Health Paoli Hospital team members packaged 100 hygiene kits to donate locally to Grace Haven Ministry, Addie’s House and Goody B’s Teen Center. Team members also painted rocks to use as garden row markers and also painted words of encouragement on rocks destined for shelters. These volunteer efforts aim to meet community members’ social needs and ultimately, shed a light on the broader social conditions impacting the community.

IU Health Paoli Hospital was fortunate to have many community partners in the Day of Service, including Orange County Community Gardens committee and volunteers, Paoli High School’s varsity tennis team led by Coach Jim O’Connell, Integrity Appraisal Company, Fiber Tech and all volunteers who participated in the day and the work leading up to the event.

**Hospital statistics**

- **$690,921** Financial assistance
- **990** Charity care patients
- **145** Team members
- **10,063** Emergency dept visits
- **378** Inpatient admissions
- **18,080** Outpatient visits
Hospital overview
Indiana University Health Tipton Hospital has provided patient-centered care to residents of Tipton County and surrounding, north central Indiana communities for more than 65 years. IU Health Tipton Hospital is an acute care hospital offering personalized care and a wide range of medical specialties and services. IU Health Tipton Hospital is fully accredited by The Joint Commission and is also a member of the American Hospital Association, the Indiana Hospital Association and the Indiana Rural Healthcare Association.

Priority community health needs

Access to healthcare  Behavioral health  Nutrition and active living  Injury prevention  Chronic disease management

Community benefit
$581,010  Financial assistance
$2,498,573  Unreimbursable Medicaid
$189,848  Community health improvement services
$12,116  Community benefit operations
$78,882  Health professions education
$144,305  Financial and in-kind contributions

Other investments
$124  Community building activities
($120,995)  Medicare¹
$547,925  Bad debt²

Total community benefit
$3,504,734

Total community investment
$3,931,788

¹ As a critical access hospital, IU Health Tipton Hospital is reimbursed by Medicare at a rate of 101% of its allowable cost in order to ensure access to care in rural communities.
² The amount of bad debt represents unpaid patient expenses reported at cost.
2018 Day of Service beautifies Tipton City Park and fairgrounds

IU Health Tipton Hospital committed its Day of Service in 2018 to making improvements at the Tipton City Park and the Tipton County Fairgrounds on September 27. Each year IU Health hospitals statewide participate in a Day of Service during the month of September as a way for team members to give back to local communities. This was the third year IU Health Tipton Hospital focused its Day of Service on the community health priorities of nutrition and active living.

Tipton City Park hosts many events and families throughout the year, with picnic tables serving as a popular amenity for family picnics and reunions. There are hundreds of tables available and each one gets plenty of use. IU Health Tipton Hospital team members purchased and assembled five wooden picnic tables as replacements to tables that needed repair. Team members also painted the railings on the pedestrian bridge by the pool, a busy walkway that connects the Tipton City Pool to the park.

Another popular area of Tipton City Park is the toddler playground, which was surrounded by a chain link fence. IU Health Tipton Hospital team members purchased, painted and installed wood fence pickets at the entrance of the toddler play area. These bright, new pickets were all painted by team members, providing a colorful and inviting new entrance for the children’s play area. This project immediately engaged small children at the park while also bringing out the creative side of hospital team members. The off-site project allowed team members who couldn’t be on site that day to take home a picket, decorate, and bring it back as their contribution to the Day of Service.

The Tipton County Fairgrounds hosts several events each year, attracting many families to the outdoor space. Alongside community partners, IU Health Tipton Hospital purchased, prepped and planted a total of 13 trees to help replace some that were lost through storm damage and disease. The new trees provide shade and structure that’s inviting to members of the community enjoying the fairgrounds.

Hospital statistics

- **6,151** Emergency dept visits
- **25** Beds
- **859** Surgeries
- **783** Inpatient admissions
- **39,486** Outpatient visits
- **217** Team members
Hospital overview
IU Health West Hospital is a full-service, 127-bed, community-based hospital rooted in the history of excellence established by Indiana University's heritage hospitals: IU Health Methodist Hospital, IU Health University Hospital and Riley Hospital for Children at IU Health. Above all else, IU Health West is a true healing sanctuary where outstanding staff, cutting-edge technology and the healing power of a remarkable, natural environment combine to provide an unmatched experience for patients and their loved ones. IU Health West Hospital, located in Avon, Indiana, is privileged to provide the highest level of care and service to the residents of Hendricks County and beyond.

Priority community health needs

Accessing and utilizing healthcare  Mental wellness  Physical activity and nutrition  Substance abuse  Tobacco cessation

Community benefit
$3,749,657  Financial assistance
$12,793,878  Unreimbursable Medicaid
$1,432,630  Community health improvement services
$108,700  Community benefit operations
$234,043  Health professions education
$133,887  Financial and in-kind contributions

Other investments
$15,500  Community building activities
$3,102,055  Medicare
$3,523,216  Bad debt¹

Total community benefit
$18,452,795

Total community investment
$25,093,566

¹ The amount of bad debt represents unpaid patient expenses reported at cost.
New Fresh & Fit program inspires healthy habits

Physical activity and nutrition have been priority community health needs identified by IU Health West Hospital and its community partners for the past three years.

In 2018 IU Health West, North and Saxony hospitals invested more than $30,000 in the lives of Hendricks County and Hamilton County residents by creating a 10-week fitness and nutrition program designed to help the participants build healthier lifestyles. While more than 800 people applied, only 100 – half from Hendricks County and half from Hamilton County – were selected for the free “Fresh & Fit” program. Participants committed to regular workouts and a nutrition program provided by the hospitals’ partner, the Max Challenge of Fishers.

Throughout the 10-week program, participants measured their progress using three health screenings that measured their blood pressure, cholesterol, A1C (a blood test for Type 2 diabetes and prediabetes) and weight. By the end of Fresh & Fit, the 63 participants who completed the program lost more than 925 pounds total, or an average of 14.7 pounds person. In addition, 62 percent of participants lowered their cholesterol and 86 percent lowered their A1C levels. Beyond the results measurable on the scale, participants also improved their overall health and confidence.

“Prior to the start of the Fresh & Fit program, I had been seeing an orthopedist to help me deal with the pain in my knees associated with arthritis,” said Hendricks County participant Marta Fetterman. “My treatment plan included medication, physical therapy and steroid shots. Nine weeks into Fresh & Fit, my doctor was impressed that I had lost 18 pounds, decreased the swelling in my knee and improved my blood pressure significantly. He released me from his care.

“I am thrilled with my health’s improvement in the past nine weeks and am planning to maintain the regiment after our 10 weeks of Fresh & Fit is complete. I’m grateful to have been a part of this effort. It truly has been a life-changing experience.”

Hospital statistics

- **21,899** Medicaid and charity care patients
- **$133,887** Cash and in-kind contributions
- **593** Community volunteer hours
- **43,657** Emergency dept visits
- **865** Babies delivered
- **$3,749,657** Financial assistance
Hospital overview
Indiana University White Memorial Hospital is located in Monticello, Indiana, and has served White County’s west central region of the state for more than 60 years. Today, IU Health White Memorial offers a wide range of services that includes general medical and surgical services with hospitalist coverage; a 24-hour emergency department with onsite helipad for critical care transportation; sophisticated diagnostic imaging services such as mammography, MRI and CT; and laboratory, chemotherapy, physical therapy and swing bed services. IU Health White Memorial Hospital is accredited by the Healthcare Facilities Accreditation Program (HFAP).

Priority community health needs

Access to healthcare  Behavioral health/substance abuse  Nutrition and healthy weight  Pre-K-12th education  Chronic disease management

Community benefit
$847,876 Financial assistance
$2,563,638 Unreimbursable Medicaid
$197,344 Community health improvement services
$978 Community benefit operations
$11,390 Health professions education
$66,814 Financial and in-kind contributions

Other investments
$17,811 Community building activities
($21,075) Medicare1
$966,460 Bad debt2

Total community benefit
$3,688,040

Total community investment
$4,651,236

1 As a critical access hospital, IU Health White Memorial Hospital is reimbursed by Medicare at a rate of 101% of its allowable cost in order to ensure access to care in rural communities.
2 The amount of bad debt represents unpaid patient expenses reported at cost.
Playground update inspires children’s mental and physical activity

If you were to ask elementary school students about the favorite part of their day, in addition to lunch time, math or science class, they might tell you recess. Regular physical activity offered through recess is important for children’s physical and mental health as well as their performance in the classroom. At Meadowlawn Elementary school in Monticello, the basketball courts had no painted lines and there was a giant, blank blacktop between the newly built gymnasium and the playground. It was blank only for a few months, until IU Health White Memorial Hospital team members showed up with paint and stencils to create fun games and activities for the students to enjoy.

For the 2018 Day of Service, team members at IU Health White Memorial joined together with parents and teachers of Meadowlawn Elementary School to paint lines on the newly poured blacktop for basketball courts, hopscotch, four square, twister games, yoga poses and a giant map of the United States. Since 2016, the hospital has focused on the priority community health needs of nutrition and active living by increasing these resources in schools.

“It was great to see the plain blacktop be transformed by colorful stencils, providing the students with lots of different ways to play at recess,” said Mary Minier, president of IU Health White Memorial Hospital. “The kids came out to play at recess and saw what we were doing and became so excited! They couldn’t wait to play the new games we were painting for them.”

Tonya Boer, the physical education teacher at Meadowlawn, knew how important it was to provide the students with fun activities at recess.

“Some students don’t want to swing or climb or slide on playground equipment,” she said. “But they might enjoy practicing yoga, shooting free throws or playing four square or hopscotch. Once the paint dried, the kids were so excited to get back to school to play the new games.”

“It’s amazing what a little bit of time and paint can do to change a boring blacktop into a fun game board,” said Minier. “We really enjoy supporting projects like this because so many students can benefit from the work.”

IU Health White Memorial team members also painted Buddy Benches for North White Elementary School. Students sit on a Buddy Bench to signal to their classmates that they want someone to play with. When other students see someone sitting on the bench, they know to invite that classmate to join them on the playground. IU Health White Memorial team members enjoyed being a part of this process by coming up with their own unique designs as they painted the benches with fun sayings and drawings to invite future play.

Hospital statistics

| **$847,876** Financial assistance |
| **25** Beds |
| **99** Surgeries |
| **12,875** Emergency dept visits |
| **40,219** Outpatient visits |
| **131** Team members |
# IU Health System totals

## Community benefit

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$83,152,667</td>
<td>Financial assistance</td>
</tr>
<tr>
<td>$438,800,467</td>
<td>Unreimbursable Medicaid</td>
</tr>
<tr>
<td>$29,610,043</td>
<td>Community health improvement services</td>
</tr>
<tr>
<td>$1,896,364</td>
<td>Community benefit operations</td>
</tr>
<tr>
<td>$110,518,044</td>
<td>Health professions education</td>
</tr>
<tr>
<td>$20,590,302</td>
<td>Subsidized health services</td>
</tr>
<tr>
<td>$11,646,731</td>
<td>Research</td>
</tr>
<tr>
<td>$15,559,638</td>
<td>Financial and in-kind contributions</td>
</tr>
</tbody>
</table>

## Other investments

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1,255,212</td>
<td>Community building activities</td>
</tr>
<tr>
<td>$77,140,105</td>
<td>Medicare</td>
</tr>
<tr>
<td>$69,403,339</td>
<td>Bad debt(^1)</td>
</tr>
</tbody>
</table>

## Total community benefit

$711,774,256

## Total community investment

$859,572,912

\(^1\) The amount of bad debt represents unpaid patient expenses reported at cost.
Indiana University Health invites community members to review the community health needs assessments and provide comments to communitybenefit@iuhealth.org.

For a full, detailed listing of each IU Health implementation strategy, visit: www.iuhealth.org/in-the-community.
### Arnett 2016-2018 Community Benefit Plan

#### Priority Health Need: 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.

<table>
<thead>
<tr>
<th>Objective</th>
<th>Strategy &amp; Time Frame</th>
<th>Evaluation Mechanism</th>
<th>Annual Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase community resources to promote nutrition and active living</td>
<td>• Provide or support community walking programs</td>
<td>• Reduce BMI in 15% of walking group participants</td>
<td>$500 for supplies</td>
</tr>
<tr>
<td>Increase nutrition and physical activity resources in schools</td>
<td>• Engage team members in Day of Service activities at local schools</td>
<td>• Reduce BMI</td>
<td>$7,000 for materials</td>
</tr>
<tr>
<td>Increase community education opportunities regarding obesity prevention, nutrition and physical education</td>
<td>• Nutrition education at Farmer's Markets</td>
<td>• Record number of screenings at community events</td>
<td>$1,000 for materials</td>
</tr>
<tr>
<td>Increase access to healthy fruits and vegetables in senior population</td>
<td>• Provide meals via Meals on Wheels (MOW)</td>
<td>• Number of participants for MOW program</td>
<td>IU Health Arnett dedicates 1-2 full time team members to the Meals on Wheels program</td>
</tr>
</tbody>
</table>

#### Priority Health Need: 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.

<table>
<thead>
<tr>
<th>Objective</th>
<th>Strategy &amp; Time Frame</th>
<th>Evaluation Mechanism</th>
<th>Annual Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase low-cost healthcare options</td>
<td>• IU Health Arnett financial assistance</td>
<td>• Number of individuals screened and approved for financial assistance</td>
<td>IU Health Arnett staff will dedicate time to providing screenings, car seat safety checks and support groups. 5 full-time family medicine residents will join the staff in June 2018</td>
</tr>
<tr>
<td></td>
<td>• Low cost physicals for student athletes</td>
<td>• Number of students provided free or low-cost physicals</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Car seat safety checks</td>
<td>• Number of car seat safety checks and free car seats distributed</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Support groups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Family Medicine Practice Residency Program</td>
<td>• Number of resident physicians in program</td>
<td></td>
</tr>
<tr>
<td>Increase access to healthcare in northwest area of county</td>
<td>• Work with City Bus to obtain and maintain route to/from hospital and medical office building</td>
<td>• Number of passengers to/from hospital/medical office building</td>
<td>$0</td>
</tr>
</tbody>
</table>
### Priority Health Need: 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.

<table>
<thead>
<tr>
<th>Objective</th>
<th>Strategy &amp; Time Frame</th>
<th>Evaluation Mechanism</th>
<th>Annual Budget</th>
</tr>
</thead>
</table>
| Increase awareness and education of chronic disease management | • Increase number of screenings  
• Increase number of educational opportunities | • Number of screenings completed  
• Number of community events where IU Health provides educational materials  
• Number of people provided educational materials | $5,000 for screenings supplies and educational materials |

### Priority Health Need: Behavioral Health and Substance Abuse

**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.

<table>
<thead>
<tr>
<th>Objective</th>
<th>Strategy &amp; Time Frame</th>
<th>Evaluation Mechanism</th>
<th>Annual Budget</th>
</tr>
</thead>
</table>
| Increase youth access to mental health resources | • Provide QPR (question, persuade and refer) training to all school staff  
• Promote and offer access to Mental Health America’s Safe2Talk texting line | • Number of school staff members trained in QPR  
• Number of schools trained and participating in Safe2Talk promotion  
• Number of texts/calls received through Safe2Talk line | $10,000  
IU Health Arnett will also provide all the marketing materials to schools |
| Increase the number of trained responders for mental health crises | • Provide training for school staff, community members and IU Health team members in QPR or other mental health training | • Number of people trained  
• Number of trained crisis intervention specialists at Mental Health America | $10,000  
IU Health Arnett will also promote the crisis intervention specialist volunteer opportunities |
| Improve local response to opioid crisis | • Participate in local opioid task force and plan for possible state legislation | • Number of meetings attended  
• Approval of final plan for legislative pilot project | Emergency Department and behavioral health leadership will participate in meetings and planning |
| Improve access to behavioral health services | • Behavioral health integration in primary care | • Number of patients utilizing behavioral health services in primary care setting | IU Health Arnett will dedicate at least 1 full time psychiatrist to the behavioral health integration in the primary care setting |
| Increase local awareness of and reduce the mental health stigma | • Sponsor year-long regional media campaign with WLFI | • Number of page views  
• Number of website hits  
• Number of stories focused on mental health | $21,000  
IU Health leaders and physicians will participate in story development and interview opportunities |

*Indiana University Health invites community members to review the community benefits plan online at https://iuhealth.org/in-the-community and provide comments to communitybenefit@iuhealth.org.*
**Ball 2016-2018 Community Benefit Plan**

**Priority Health Need: Nutrition and Active Living (Obesity Prevention)**
Goal: Increased education/opportunities regarding nutrition and physical activity to community members

<table>
<thead>
<tr>
<th>Objective</th>
<th>Strategy &amp; Time Frame</th>
<th>Evaluation Mechanism</th>
<th>Annual Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced obesity rates, reduced associated chronic disease rates</td>
<td>Work with community partners to develop a broad-based collective impact model health coalition targeted to improved nutrition and increased physical activity</td>
<td># of participating Partners</td>
<td>$25,000</td>
</tr>
<tr>
<td>Provide education regarding farmers markets</td>
<td>IU Health Bucks Farmers Market nutrition programs targeted to underserved population</td>
<td>Identify number of people served and survey knowledge attained pre and post programming</td>
<td>$5,000</td>
</tr>
<tr>
<td>More at-risk youth engaged in positive lifestyle activities and education</td>
<td>Support for YMCA 7th and 8th Grade free membership initiative</td>
<td>Identify number of people served</td>
<td>$5,000</td>
</tr>
<tr>
<td>Increase physical activity in youth at school</td>
<td>Promote Strong Schools funding for obesity prevention programming in area schools</td>
<td>Identify number of people served</td>
<td>$5,000</td>
</tr>
<tr>
<td>Increase physical activity and nutrition knowledge in youth at school</td>
<td>Support afterschool childhood obesity prevention programs</td>
<td>Identify number of people served and survey knowledge attained pre and post programming</td>
<td>$15,000</td>
</tr>
<tr>
<td>Promote increased use of local park facilities</td>
<td>Organize employee service days to make improvements at local school and park playground facilities</td>
<td>Inventory of park improvements, identify number of people served</td>
<td>$8,000</td>
</tr>
<tr>
<td>Increase adult walking opportunities</td>
<td>Support for walking programs and initiatives including Walk Indiana</td>
<td>Identify number of people served</td>
<td>$5,000</td>
</tr>
</tbody>
</table>

**Priority Health Need: Infant Health Factors**
Goal: Reduce unfavorable infant mortality rates

<table>
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<tbody>
<tr>
<td>Root causes of infant mortality available for study; increased interventions for at-risk women</td>
<td>Provide expertise and resources for continued operation of Fetal Infant Mortality Review Program and Community Action Teams related to infant health</td>
<td>Annual program review; infant mortality statistics</td>
<td>$5,000</td>
</tr>
<tr>
<td>Improve community knowledge and practice regarding infant safe sleep practices</td>
<td>Offer Pack-n-Play infant beds plus Halo Sleep Sacks in conjunction with educational programming to families at risk for unsafe sleep practices. Collaborate with community partners to promote the ABC’s of safe sleep in key locations</td>
<td>Identify number of people served</td>
<td>$130,000</td>
</tr>
<tr>
<td>Engage additional partners in prenatal programming efforts</td>
<td>Introduce IUH pre-natal practitioners to the Nurse Family Partnership Program</td>
<td>Completion of introductions</td>
<td>N/A</td>
</tr>
<tr>
<td>Expand obstetrics provider base at local Federally Qualified Health Center</td>
<td>Provide two Family Medicine Directors and a resident rotation at a subsidized rate to local Federally Qualified Health Center Open Door Health Services to expand Obstetrics capacity to serve low income residents</td>
<td>Identify number of people served</td>
<td>$150,000</td>
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### Priority Health Need: Behavioral Health

**Goal:** Address substance abuse, mental health issues

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<tr>
<td>Increase number of individuals identified and assisted with substance use disorders</td>
<td>• IUHBMH Family Medicine Residency SBIRT Screening. SBIRT is an approach to the delivery of early intervention and treatment to people with substance use disorders and those at risk of developing these disorders</td>
<td>• Identify number of people served, referred to treatment</td>
<td>N/A</td>
</tr>
<tr>
<td>Improved evaluation and management of psychological concerns of patients with pain disorders and weight-related medical problems</td>
<td>• IUHBMH Family Medicine Residency behavioral health initiative for improved behavioral health assessment and treatment planning</td>
<td>• Process in place to serve clinic clients</td>
<td>N/A</td>
</tr>
</tbody>
</table>
| Reduce stigma associated with mental health | • Support local organizations in promoting awareness of mental health needs  
• Elevate involvement with the Delaware County Prevention Council | • Inventory amount of engagement | $5,000 |
| Increase community access to mental health programming | • Provide support for evening stress management groups (schools, faith based) offered through the IUHBMH Family Medicine Residency and other community partners | • Identify number of persons served | $500 |

### Priority Health Need: Smoking and Tobacco

**Goal:** Increase the amount of physical activity and access to healthy and affordable foods

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<tbody>
<tr>
<td>Reduce smoking and tobacco use</td>
<td>• Work with community partners to develop a broad-based collective impact model health coalition targeted to reduced tobacco use</td>
<td>• # of participating Partners</td>
<td>$25,000</td>
</tr>
</tbody>
</table>
| Increased referrals to 1-800-Quit-Now | • Create Health Care (HC) provider training regarding tobacco interventions and availability of 1-800-Quit-Now resources  
• Widely publicize 1-800 Quit Now Line to patients and families, prepare additional handouts specific to certain populations (i.e. parents with newborns) | • Organizational process in place  
• Resources available for referral | $2,500 |

### Priority Health Need: Access to Care

**Goal:** Increase access to affordable healthcare and primary care physicians.

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<tbody>
<tr>
<td>Assist self-pay patients in acquiring healthcare coverage when eligible</td>
<td>• Hospital Presumptive Eligibility (H.P.E.) screening of Self Pay, inpatient, outpatient and emergency patients. Enroll in HIP 2.0, Medicaid or children's programs</td>
<td>• # of patients provided presumptive eligibility screening</td>
<td>$1,000,000 (Reflects multiple budgets across system for staffing and program management)</td>
</tr>
<tr>
<td>Reduce barriers for physician access</td>
<td>• Utilize 1-800 Same Day appointment program with Family Medicine and Internal Medicine Residency physicians</td>
<td>• Program utilization statistics</td>
<td>N/A</td>
</tr>
<tr>
<td>Increase patient visit capacity at local FQHC</td>
<td>• Provide two Family Medicine Directors and a resident rotation at a subsidized rate to local Federally Qualified Health Center Open Door Health Services to expand capacity to serve low income residents</td>
<td>• Identify number of people served</td>
<td>$150,000</td>
</tr>
<tr>
<td>Connect additional persons to available healthcare resource</td>
<td>• Investigate potential of advanced community screenings that tie back to a physician navigator, or financial navigator at the event</td>
<td>• Evaluation completed, process in place</td>
<td>N/A</td>
</tr>
<tr>
<td>Identify cancer at early stages</td>
<td>• Offer free or reduced cost screenings for lung, breast, skin and cervical cancers</td>
<td>• # of screening events and people served</td>
<td>$200,000</td>
</tr>
</tbody>
</table>

Indy University Health invites community members to review the community benefits plan online at https://iuhealth.org/in-the-community and provide comments to communitybenefit@iuhealth.org.
# Bedford Hospital 2016-2018 Community Benefit Plan

## Priority Health Need: Substance Use
Goal: Increase access to free resources for tobacco use and support local organizations addressing substance abuse issues in the community.

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<tbody>
<tr>
<td>Substance Use</td>
<td>• Offer free tobacco cessation classes (Weekly; 1 hour)</td>
<td>• Identify the number of people attending and how many have quit smoking in result of the program</td>
<td>$3,010 Total Budget (Note, not all funds are directly from CB budget but some resources are given through additional departments.)</td>
</tr>
<tr>
<td></td>
<td>• Support local substance abuse group, Parents of Addicted Loved Ones</td>
<td>• Track the number of people attending the free PALS group</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Allow the group to utilize hospital space at no cost</td>
<td>• Track the number of participants each year at the annual recovery day</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Provide financial support to the annual recovery day (2018).</td>
<td>• Quiz the students on their knowledge of tobacco use</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Education to middle school students about damaging effects of using tobacco products</td>
<td>• Count the number of participants at the event</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Safe Night: provided information to kids about not smoking and the effects of using tobacco</td>
<td>• Evaluate the number of people that attended the class, as well as how many have quit using tobacco</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Beat tobacco education class at local business (Lehigh, Mitchell Ind.)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Priority Health Need: Mental Health
Goal: Increase access to behavioral health services including support groups and financial support of local organizations.

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>• Donate financial resources as requested</td>
<td>• Review impact of the organization and evaluate current state and effectiveness upon future requests. Utilizing Versaic to determine appropriate focus of benefit</td>
<td>$2,836 Total Budget</td>
</tr>
<tr>
<td></td>
<td>• Support groups annually</td>
<td>• Review the feedback from participants and measure their input of effectiveness. Track attendance/completion or repeat session of the group</td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Two grief support groups offered each year for a six week term</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Priority Health Need: Chronic Disease Management  
Goal: Address the largest chronic disease issues in Lawrence County: COPD and cancer.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Chronic Disease Management</td>
<td>• Offer free support groups weekly for tobacco cessation (ties to substance abuse)</td>
<td>• Identify the number of people attending and how many have quit smoking in result of the program</td>
<td>$17,443 Total Budget</td>
</tr>
<tr>
<td></td>
<td>• Cancer Services provided education to middle school students about damaging effects of using tobacco products</td>
<td>• Calculate the number of students that were able to hear the message</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Advocate for the American Cancer Society</td>
<td>• Track participation in the following:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Screenings (annual; event based)</td>
<td>• Women’s health: screening for breast and pelvic cancer</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Financial support for Lawrence County Cancer Patient Services &amp; local advocacy events</td>
<td>• Track financial contribution each year</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Get Outdoor Day giving education to children on sun safety (provided hats, UV bead bracelets, sunglasses)</td>
<td>• Track number of participants</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Free Sport Echos offered annual in the Spring</td>
<td>• Track number of participants each year</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Free COPD screening at Lawrence County 4H Fair</td>
<td>• Track number of participants</td>
<td>*Not included in above budget.</td>
</tr>
<tr>
<td></td>
<td>• Free COPD screening at Health Fair 2018</td>
<td>• Track number of participants</td>
<td>*Not included in above budget.</td>
</tr>
<tr>
<td></td>
<td>• Medical Nutrition Therapy</td>
<td>• Track amount of people served</td>
<td>*Not included in above budget.</td>
</tr>
<tr>
<td></td>
<td>• Sunscreen donations to local pools; organizations</td>
<td>• Sunscreen was delivered to the local pool two years in a row and at a local ball park</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Diabetes clinic</td>
<td>• Track participants served and financial cost</td>
<td>*Not included in above budget.</td>
</tr>
<tr>
<td></td>
<td>• Senior Fair: colorectal screening kits</td>
<td>• Track number of kits distributed</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Blood Pressure Checks</td>
<td>• Track participants from event</td>
<td></td>
</tr>
</tbody>
</table>
### Priority Health Need: Healthy Weight & Nutrition

Goal: Increase the amount of physical activity and access to healthy and affordable foods.

<table>
<thead>
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<tbody>
<tr>
<td>Healthy Weight and Nutrition</td>
<td>Farmer's Market:</td>
<td>Measure # of vouchers used</td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Health Bucks: $5 vouchers to all WIC and SNAP participants using their own funds for fresh goods at the farmers market (SNAP added in 2017)</td>
<td>Measure # of plots reserved</td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Cooking Demo 2017</td>
<td>Track number of students and how their drinking habits changed after challenge</td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Partnered with Live Well Lawrence County and the Bedford Parks Department to develop a community garden site</td>
<td>Track participation in the following</td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Cancer education at middle school</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Advocate for the American Cancer Society</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Priority Health Need: Basic Needs

Goal: Reach the community areas/support local businesses that help those without homes, proper clothing, food, hygiene products, etc.

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| Basic Needs | Becky's Place: Develop hygiene kits for the residents                                 | Calculate the amount of people impacted by the kits; request feedback from the organization and residents on effectiveness | $3,661.50  
Total Budget for Basic Needs |
|           | Live Well Lawrence County: Hospital involved to help advocate for healthier lifestyles, habits and help those in need who are lacking access to healthy food or resources | Track participants who have reserved plots                                             |                              |
|           | Financial support to local organizations and advocacy groups in support of this need   | Evaluate organization’s effectiveness when determining financial contribution (L.I.F.E. food pantry, Becky’s Place Women and Children’s Shelter) |                              |

Indiana University Health invites community members to review the community benefits plan online at https://iuhealth.org/in-the-community and provide comments to communitybenefit@iuhealth.org.
**Blackford 2016-2018 Community Benefit Plan**

**Priority Health Need: Nutrition and Active Living (Obesity Prevention)**

*Goal: Increased education/opportunities regarding nutrition and physical activity to community members*

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<tr>
<td>Reduced obesity rates, reduced associated chronic disease rates</td>
<td>• Work with community partners to develop a broad-based collective impact model health coalition targeted to improved nutrition and increased physical activity</td>
<td>• # of participating Partners</td>
<td>$25,000*</td>
</tr>
<tr>
<td>Provide education regarding farmers markets</td>
<td>• IU Health Bucks Farmers Market nutrition programs targeted to underserved population</td>
<td>• Identify number of people served and survey knowledge attained pre and post programming</td>
<td>$5,000*</td>
</tr>
<tr>
<td>Increase physical activity in youth at school</td>
<td>• Promote Strong Schools funding for obesity prevention programming in area schools</td>
<td>• Identify number of people served</td>
<td>$2,000</td>
</tr>
<tr>
<td>Increase physical activity and nutrition knowledge in youth at school</td>
<td>• Support afterschool childhood obesity prevention programs</td>
<td>• Identify number of people served and survey knowledge attained pre and post programming</td>
<td>$15,000*</td>
</tr>
<tr>
<td>Promote increased use of local park facilities</td>
<td>• Organize employee service days to make improvements at local school and park playground facilities</td>
<td>• Inventory of park improvements, identify number of people served</td>
<td>$4,000</td>
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<tr>
<td>Increase adult walking opportunities</td>
<td>• Support for walking programs and initiatives including Walk Indiana</td>
<td>• Identify number of people served</td>
<td>$5,000*</td>
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**Priority Health Need: Infant Health Factors**

*Goal: Reduce unfavorable infant mortality rates*

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<td>Root causes of infant mortality available for study; increased interventions for at-risk women</td>
<td>• Provide expertise and resources for continued operation of Fetal Infant Mortality Review Program and Community Action Teams related to infant health</td>
<td>• Annual program review; infant mortality statistics</td>
<td>$5,000*</td>
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<tr>
<td>Improve community knowledge and practice regarding infant safe sleep practices</td>
<td>• Offer Pack –n-Play infant beds plus Halo Sleep Sacks in conjunction with educational programming to families at risk for unsafe sleep practices. Collaborate with community partners to promote the ABC’s of safe sleep in key locations</td>
<td>• Identify number of people served</td>
<td>$130,000*</td>
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<tr>
<td>Engage additional partners in prenatal programming efforts</td>
<td>• Introduce IUH pre-natal practitioners to the Nurse Family Partnership Program</td>
<td>• Completion of introductions</td>
<td>N/A</td>
</tr>
<tr>
<td>Expand obstetrics provider base at local Federally Qualified Health Center</td>
<td>• Provide two Family Medicine Directors and a resident rotation at a subsidized rate to local Federally Qualified Health Center Open Door Health Services to expand Obstetrics capacity to serve low income residents</td>
<td>• Identify number of people served</td>
<td>$150,000*</td>
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**Priority Health Need: Behavioral Health**

*Goal: Address substance abuse, mental health issues*

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<tr>
<td>Increase number of individuals identified and assisted with substance use disorders</td>
<td>• IUHBMH Family Medicine Residency SBIRT Screening. SBIRT is an approach to the delivery of early intervention and treatment to people with substance use disorders and those at risk of developing these disorders</td>
<td>• Identify number of people served, referred to treatment</td>
<td>N/A</td>
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Improved evaluation and management of psychological concerns of patients with pain disorders and weight-related medical problems

- IUHBMH Family Medicine Residency behavioral health initiative for improved behavioral health assessment and treatment planning
- Process in place to serve clinic clients
- N/A

Reduce stigma associated with mental health

- Support local organizations in promoting awareness of mental health needs
- Inventory amount of engagement
- $5,000*

Increase community access to mental health programming

- Provide support for evening stress management groups (schools, faith based) offered through the IUHBMH Family Medicine Residency and other community partners
- Identify number of persons served
- $500*

Priority Health Need: Smoking and Tobacco
Goal: Increase the amount of physical activity and access to healthy and affordable foods

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<tr>
<td>Reduce smoking and tobacco use</td>
<td>Work with community partners to develop a broad-based collective impact model health coalition targeted to reduced tobacco use</td>
<td># of participating Partners</td>
<td>$25,000*</td>
</tr>
<tr>
<td>Increased referrals to 1-800-Quit-Now</td>
<td>Create Health Care (HC) provider training regarding tobacco interventions and availability of 1-800-Quit-Now resources</td>
<td>Organizational process in place</td>
<td>$2,500*</td>
</tr>
<tr>
<td></td>
<td>Widely publicize 1-800 Quit Now Line to patients and families, prepare additional handouts specific to certain populations (i.e. parents with newborns)</td>
<td>Resources available for referral</td>
<td></td>
</tr>
</tbody>
</table>

Priority Health Need: Access to Care
Goal: Increase access to affordable healthcare and primary care physicians.

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<tr>
<td>Assist self-pay patients in acquiring healthcare coverage when eligible</td>
<td>Hospital Presumptive Eligibility (H.P.E.) screening of Self Pay, inpatient, outpatient and emergency patients. Enroll in HIP 2.0, Medicaid or children's programs</td>
<td># of patients provided presumptive eligibility screening</td>
<td>$33,000</td>
</tr>
<tr>
<td>Reduce barriers for physician access</td>
<td>Utilize 1-800 Same Day appointment program with Family Medicine and Internal Medicine Residency physicians</td>
<td>Program utilization statistics</td>
<td>N/A</td>
</tr>
<tr>
<td>Increase patient visit capacity at local FQHC</td>
<td>Provide two Family Medicine Directors and a resident rotation at a subsidized rate to local Federally Qualified Health Center Open Door Health Services to expand capacity to serve low income residents</td>
<td>Identify number of people served</td>
<td>$150,000*</td>
</tr>
<tr>
<td>Connect additional persons to available healthcare resource</td>
<td>Investigate potential of advanced community screenings that tie back to a physician navigator, or financial navigator at the event</td>
<td>Evaluation completed, process in place</td>
<td>N/A</td>
</tr>
<tr>
<td>Identify cancer at early stages</td>
<td>Offer free or reduced cost screenings for lung, breast, skin and cervical cancers</td>
<td># of screening events and people served</td>
<td>$250</td>
</tr>
<tr>
<td>Accommodate additional patients at local primary care practice</td>
<td>Expand medical staff at Blackford Physician Group with Nurse Practitioner</td>
<td>Increased patient capacity</td>
<td>$75,000</td>
</tr>
</tbody>
</table>

*IU Health Blackford Hospital is a rural, critical access 15 bed hospital with a county population of 12,149. Many of the persons it serves also receive services in adjoining Delaware County, pop. 115,600 and home of IU Health Ball Memorial Hospital with 300+ beds and over 45 medical specialties. IU Health Blackford and IU Health Ball Memorial Hospital share identical CHNA priority needs and strategies. Many of the IU Health Blackford Hospital strategies are developed and funded by IU Health Ball Memorial Hospital with the intent of also benefiting persons in Blackford County.

Blackford County Demographics: http://www.healthycommunityalliance.org/index.php?module=demographicdata&controller=index&ac-tion=quickfacts&topic1=County&topic2=Blackford

Indiana University Health invites community members to review the community benefits plan online at https://iuhealth.org/in-the-community and provide comments to communitybenefit@iuhealth.org.
## Priority Health Need: Substance Abuse
**Goal:** Make a positive change in Substance Use Disorder

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<tbody>
<tr>
<td>Increase awareness and decrease stigma associated with Substance Use Disorder</td>
<td>• Increase awareness of issue across all populations</td>
<td>• Completion of plan with the SA/MH community committee</td>
<td>$30,000</td>
</tr>
<tr>
<td></td>
<td>• Expand access of substance abuse services and tobacco cessation</td>
<td>• Follow County level data: number of overdoses, number of deaths due to substance abuse</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Increase in number of individuals identified for early interventions and referrals</td>
<td>• Number of programs to support those living with substance abuse</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Decrease number of infections and disease spread through IV drug use (i.e. Hepatitis C, HIV)</td>
<td>• Number of community partners to support prevention and access to treatment</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Decrease the availability of prescription pain relievers to those using improperly</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Priority Health Need: Behavioral Health
**Goal:** Improve access to Behavioral Health services

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</thead>
<tbody>
<tr>
<td>Develop access to Behavioral Health opportunities</td>
<td>• Open discussions will occur</td>
<td>• Completion of plan with the SA/MH community committee</td>
<td>$30,000</td>
</tr>
<tr>
<td></td>
<td>• Community activities offered to promote education about this issue will be well attended</td>
<td>• Partnerships developed to support access to MH care with community agencies</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• All available housing units will be used appropriately allocated</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Clients seeking services will receive them in a timely manner</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Those in need will have access to needed services</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Priority Health Need: Obesity and Chronic Disease
**Goal:** Increase awareness of obesity issues such as weight and physical activity. Develop early intervention for chronic diseases such as diabetes.

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Develop screenings, activity based opportunities and education</td>
<td>• Increase understanding of healthy behaviors</td>
<td>• Positive change in GOAL and other GOAL program participant behavior change (i.e., decrease # of sugar sweetened beverages, increase of active time, and decrease in screen time)</td>
<td>$160,000</td>
</tr>
<tr>
<td></td>
<td>• Expand access to healthy and affordable food</td>
<td>• Number of walkers in Walking Group attending 6 or more times</td>
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<tr>
<td></td>
<td>• Increase physical activity</td>
<td>• A1C after Diabetes Self-Management Education</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>• Number of Dementia Friendly businesses identified</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>• # attending Virtual Dementia Tours</td>
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</tbody>
</table>
### Priority Health Need: Health Equity
Goal: Educate community and partners on the basic needs of shelter, education, access to care and healthy food.

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</table>
| Education programs and events will have access points to services | • Increase number of community members accessing healthcare services including health screenings and vaccinations  
• Decrease the number of this population’s use of healthcare in the emergent situation using prevention and education  
• Increase in health literacy | • Percent of Positive Link clients with insurance  
• Number of Dementia clients and families in supportive services  
• Number screened for pre diabetes and provided access to care | $150,000 |

### Priority Health Need: Senior Health
Goal: Support senior's independence and quality of life.

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| Educate caregivers, providers and family members of resources, access points and services | • Seniors will live independently longer  
• Futile medical services will decrease  
• All Seniors will live and die with dignity  
• Clients seeking services will receive them in a timely manner | • Support of Senior Expo with all screening opportunities met  
• Wellness screenings held 4 times per year  
• Wellness attendees needing primary care are referred | $20,000 |

Indiana University Health invites community members to review the community benefits plan online at https://iuhealth.org/in-the-community and provide comments to communitybenefit@iuhealth.org.
Priority Health Need: 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.

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| Increase nutrition and physical activity resources in schools | - Engage team members in Day of Service activities at local schools  
- Enhance local Boys and Girls Club playground | - Improve healthy school environment  
- Increase amount of physical activity for students and teachers | $4,000 for materials |
| Increase community education opportunities regarding obesity prevention, nutrition and physical education | - Provide healthy eating education at community events | - Record number of screenings at community events | $2,000 for materials |

Priority Health Need: 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.

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<tr>
<td>Increase low-cost healthcare options</td>
<td>- IU Health Frankfort financial assistance</td>
<td>- Number of individuals screened and approved for financial assistance</td>
<td>IU Health Frankfort staff will dedicate time to screening for eligibility</td>
</tr>
</tbody>
</table>

Priority Health Need: 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.

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</table>
| Increase awareness and education of chronic disease management | - Increase number of screenings  
- Increase number of educational opportunities | - Number of screenings completed  
- Number of community events where IU Health provides educational materials  
- Number of people provided educational materials | $2,000 for screenings supplies and educational materials |
Priority Health Need: Behavioral Health and Substance Abuse
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.

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<tr>
<td>Increase youth access to mental health resources</td>
<td>• Provide QPR (question, persuade and refer) training to all school staff&lt;br&gt;• Promote and offer access to Mental Health America’s Safe2Talk texting line</td>
<td>• Number of school staff members trained in QPR&lt;br&gt;• Number of schools trained and participating in Safe2Talk promotion&lt;br&gt;• Number of texts/calls received through Safe2Talk line</td>
<td>Funding provided by IU Health Arnett&lt;br&gt;• IU Health Frankfort Hospital will encourage team members to volunteer and will promote the program at community events</td>
</tr>
<tr>
<td>Increase the number of trained responders for mental health crises</td>
<td>• Provide training for school staff, community members and IU Health team members in QPR or other mental health training</td>
<td>• Number of people trained&lt;br&gt;• Number of trained crisis intervention specialists at Mental Health America</td>
<td>Funding provided by IU Health Arnett&lt;br&gt;• IU Health Frankfort will also promote the crisis intervention specialist volunteer opportunities</td>
</tr>
<tr>
<td>Improve access to behavioral health services</td>
<td>• Behavioral health integration in primary care</td>
<td>• Number of patients utilizing behavioral health services in primary care setting</td>
<td>Behavioral Health integration provided by IU Health Arnett (in the West Central Region)</td>
</tr>
<tr>
<td>Increase local awareness of and reduce the mental health stigma</td>
<td>• Sponsor year-long regional media campaign with WLFI</td>
<td>• Number of page views&lt;br&gt;• Number of website hits&lt;br&gt;• Number of stories focused on mental health</td>
<td>Funding for campaign provided by IU Health Arnett&lt;br&gt;• IU Health leaders and physicians will participate in story development and interview opportunities</td>
</tr>
</tbody>
</table>

Indiana University Health invites community members to review the community benefits plan online at https://iuhealth.org/in-the-community and provide comments to communitybenefit@iuhealth.org.
**Priority Health Need: Access to Care**
Goal: Increase access to care and resources for health and wellbeing among vulnerable populations

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| Increase access to primary care physicians | • Partner with HealthNet and free clinics in Marion County to support programming financially and with volunteers throughout the calendar year  
• Provide financial support for walk-in/urgent care clinics | • Identify number of people served and number of volunteer hours donated  
• # of screenings and vaccinations | $1.5 million |
| Increase access to and understanding of health insurance and navigating the healthcare system | • Collaborate with service providers on screenings, vaccinations and health insurance outreach at community events  
• Taxi and bus passes to primary care appointments  
• Support training for community health workers (CHWs) to conduct health-related initiatives from Mid North and Northwest area quality of life plans | • # of health insurance outreach events  
• # of new health insurance enrollees  
• # of passes provided  
• Reduction in missed appointments | $100,000 |

**Priority Health Need: Behavioral Health**
Goal: Increase access to behavioral health services including substance abuse and prevention treatments

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<tr>
<td>Implement behavioral health resources in schools</td>
<td>• Partner with Families First, Overdose Lifeline, and Reach for Youth to fund youth behavioral health programming annually</td>
<td>• Identify number of people served and survey knowledge attained pre and post programming</td>
<td>$50,000</td>
</tr>
</tbody>
</table>
| Increase access to substance abuse prevention/treatment services & behavioral health services | • Provide grants to mental health service providers  
• Partner with Mental Health America for Teen Text line expansion  
• Explore the use of SBIRT and tobacco cessation programs in primary care settings  
• Provide heroin overdose kits to IMPD and IEMS and other first responders  
• Sponsor Narcotics Anonymous groups in low-income areas | • # of grants provided  
• # of teens reached  
• # of new physicians using SBIRT  
• Increase in referrals to tobacco cessation  
• # of heroin overdose kits provided  
• Reduction in heroin overdose deaths  
• # of new Narcotics Anonymous groups started | $150,000 |
Priority Health Need: Community Revitalization

Goal: Improve and beautify physical and built environments in underserved neighborhoods

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| Rehabilitate neighborhoods, parks, and school environments                | • Partner with Indy Parks Foundation and Groundworks during the annual Day of Service to do neighborhood and park cleanups, build playgrounds, and paint crosswalks  
  • Partner with Habitat for Humanity on an annual build to brings people together to build homes, communities and hope | • Identify number of people served and number of volunteer hours donated                                     | $130,000       |

Priority Health Need: Healthy Weight & Nutrition

Goal: Increase the amount of physical activity and access to healthy and affordable foods

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</table>
| Increase physical activity in youth at school                             | • Award annual grants to schools throughout Indiana supporting health and wellbeing programs for students (including but not limited to JumpIN, Playworks, IU Health Strong Schools) | • Change in average daily minutes of physical activity and number of people served  
  • # of IU Health Strong Schools/grants provided                                                                                       | $50,000        |
| Increase access to healthy and affordable food                            | • Advocate for food access (grocery stores, food co-ops, etc.) in collaboration with Quality of Life groups in the Northwest and Mid North areas  
  • Provide support to summer food programs, food pantries and community garden initiatives  
  • Sell affordable produce through Garden on the Go®                                                                                       | • # of participants                                                                                       | $235,000       |

Indiana University Health invites community members to review the community benefits plan online at https://iuhealth.org/in-the-community and provide comments to communitybenefit@iuhealth.org.

Jay 2016-2018 Community Benefit Plan

IU Health Jay joined the IU Health System March 1, 2018. For this reason, the hospital does not have a 2016-2018 community benefit plan to highlight in this report.
## North Hospital 2016-2018 Community Benefit Plan

### Priority Health Need: Access to Health Services
**Goal:** Continue to support & develop appropriate avenues to address health services access & utilization challenges

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| Increase affordability of and access to health services for those who are uninsured and underinsured | • Provide operational & programmatic funding to support Trinity Free Clinic (Carmel) and Heart & Soul Clinic (Westfield)  
• Provide free community health screenings (BP, A1C, pediatric developmental, pulmonary function, etc.) at community events and through community partnerships  
• Provide an IU Health Individual Solutions Coordinator to help individuals and families register for HIP 2.0 or other Marketplace Insurance  
• Continue working with and providing financial support for the Partnership for a Healthy Hamilton County (PHHC) | • # of patients served  
• # screened and # referred for follow up care  
• # registered for insurance  
• PHHC to provide year-end results of health-based initiatives | $55,000 |

| Reduce unnecessary trips to Emergency Department (ED) and unnecessary medical runs by Carmel Fire Department | • Explore partnership with the Carmel Fire Department and its Community Paramedicine program | • # of calls/runs/visits as compared to previous years |            |

### Priority Health Need: Exercise, Nutrition & Weight
**Goal:** Advocate for and support access to healthy eating and exercise options in the community

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| Increase access to healthy foods                                          | • Support local farmers markets and advocate for WIC/SNAP programming at affiliated markets  
• Provide healthy cooking demonstrations at farmers markets using local produce | • Market volumes and WIC/SNAP benefits redemption  
• # people served at cooking demonstrations | $12,000 |

| Address youth obesity prevention                                          | • Partner with local schools to provide additional fitness and nutrition resources and education (presentations by dietitians, pedometer/walking competition, walking/running clubs)  
• Explore Jump In and Playworks for local school intervention              | • Total participation, length of program, # steps, etc | $10,000 |

| Increase access to fitness activities and opportunities for low-income individuals and families | • Explore and assist with development of Hamilton County Parks & Rec BeneFIT program  
• Partner with Fishers Parks & Rec Department  
• Support dance camp scholarships for Junior Civic Theatre | • Establish a baseline for appropriate measurement of success  
• Completion of camp by children who received scholarship | $10,000 |
### Priority Health Need: Behavioral Health

**Goal:** Continue to support and develop appropriate avenues to build awareness of mental health and substance abuse issues and address mental health needs including screening and care/support

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</table>
| Increase availability of mental health providers and resources | - Explore opportunities to support/fund Aspire Indiana, Inc., Indiana Chapter of American Foundation for Suicide Prevention, Mental Health America of Hamilton County  
- Explore opportunities to provide mental health awareness seminars and/or support groups in the community | - Establish baseline and set goals | $19,000 |
| Address behavioral health root causes related to child sexual abuse | - Partner with Chaucie's Place to offer community and staff education on preventing and recognizing child sexual abuse  
- Provide funding to Chaucie's Place to further child sexual abuse prevention programming in Hamilton County | - # staff and community members who receive training  
- Establish a baseline for appropriate measurement of success | $7,000 |
| Develop understanding of substance abuse challenges facing Hamilton County residents | - Explore appropriate partnerships with existing groups/agencies, including the Substance Abuse Task Force, local law enforcement | - Establish a baseline for appropriate measurement of success | |

### Priority Health Need: Older Adults & Aging

**Goal:** Advocate for and support the health of older adults through the aging process

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| Increase access to health services for older adults | - Explore opportunities to support/fund Central Indiana Council on Aging (CICOA) in Hamilton County  
- Explore volunteer networks/organizations to support patient transportation strategies  
- Provide free balance screenings for older adults | - Establish baseline and set goals  
- # patients served  
- # adults screened and results of screenings | $5,000 |
| Develop greater understanding of health challenges facing elderly Hamilton County residents | - Explore appropriate partnerships with existing groups/agencies | - Establish a baseline for appropriate measurement of success | |
| See ACCESS TO HEALTH SERVICES for further implementation strategies | | | |

### Priority Health Need: Transportation

**Goal:** Advocate for and support local initiatives to alleviate transportation issues in Hamilton County

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</table>
| Increase public transportation | - Participate in the Hamilton County Transit Forum and support the work of the group  
- Work with local agencies and organizations (Hamilton County Express, Janus Development) to explore opportunities to expand transportation services | - Periodically gauge progress of the Hamilton County Transit Forum | $0 |
| TRANSPORTATION is a county wide issue that expands beyond health care. Because of this, IU Health North and Saxony hospitals will participate in and support local initiatives to address the issue, but will not necessarily lead the charge. | - As a large employer in the county, IU Health North and Saxony will provide funding and political support for transportation initiatives when appropriate | | |

*Indiana University Health invites community members to review the community benefits plan online at https://iuhealth.org/in-the-community and provide comments to communitybenefit@iuhealth.org.*
## Paoli Hospital 2016-2018 Community Benefit Plan

### Priority Health Need: Access to Care

**Goal:** Increase access to care and resources for health and wellbeing among vulnerable populations

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<tbody>
<tr>
<td>Increase access to primary care physicians</td>
<td>• Assist and support in provider recruitment to Orange County, a Medically Underserved Area, and provide guaranteed salary</td>
<td>• Identify number of hours invested on provider recruitment and number of physicians recruited during the timeframe</td>
<td>Variable</td>
</tr>
<tr>
<td>Increase insurance coverage in service area</td>
<td>• Maintain HIP enrollment assistance Hospital Presumptive Eligibility (HPE) services and screenings at IU Health Paoli</td>
<td>• Identify number of patients and community members screened and/or assisted for enrollment or HPE</td>
<td></td>
</tr>
<tr>
<td>Increase number of mammograms provided to the underserved population</td>
<td>• Partner with the Orange County Community Foundation Women’s Giving Circle to offer vouchers for free mammograms to women in Orange County</td>
<td>• Identify number of women participating in the voucher program</td>
<td>$16,200 (charges written off)</td>
</tr>
<tr>
<td>Increase awareness and education on risks of chronic illnesses to community members</td>
<td>• Partner with local pharmacy, Williams Brothers, to provide Community Health Screenings: blood pressure, blood glucose, cholesterol and BMI, at least once per quarter</td>
<td>• Identify number of people participating in health screenings each quarter</td>
<td>$4,065</td>
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### Priority Health Need: Behavioral Health

**Goal:** Increase access to behavioral health services including substance abuse and prevention treatments

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<tbody>
<tr>
<td>Implement behavioral health resources in schools</td>
<td>• Partner with Families First to implement Safe2Talk teen texting program in local schools</td>
<td>• Identify number of people and occurrences utilizing the texting program per year</td>
<td></td>
</tr>
<tr>
<td>Build a collaborative network through the Orange County Health Coalition to address Behavioral Health issues in community</td>
<td>• Formalize coalition to establish partnerships among organizations, agencies and individuals to address local health disparities in collaborative efforts</td>
<td>• Measure percentage of SMART goals achieved set by the coalition at the end of each calendar year</td>
<td>$8,000</td>
</tr>
<tr>
<td>Decrease frequent ER visits</td>
<td>• Provide a Pain Resource Nurse to oversee a committee to address individuals who frequent the ER multiple times per month by sending a certified letter to help decrease the barriers contributing to visits</td>
<td>• Identify the number of individuals to whom a certified letter is sent and measure the decreased percentage of those visits pre and post-letter</td>
<td></td>
</tr>
<tr>
<td>Address perinatal and post-partum depression in expecting and new mothers</td>
<td>• Develop a Perinatal Mood and Anxiety Disorder support group to support OB patients who screen positive for referral. Hosted by 2 registered nurses with specialized training</td>
<td>• Identify the number of women participating in the support group and number of people who call the warm line</td>
<td>$17,042 for the first year and a half</td>
</tr>
</tbody>
</table>
### Priority Health Need: Healthy Weight & Nutrition

**Goal:** Increase the amount of physical activity and access to healthy and affordable foods

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<tr>
<td>Increase physical activity in youth at school</td>
<td>- Partner with local schools to encourage application of Strong Schools grant</td>
<td>- Change in average daily minutes of physical activity and number of people served</td>
<td>Provided by IU Health COE</td>
</tr>
<tr>
<td>Increase access to healthy foods to nutritionally at-risk school children</td>
<td>- Partner with Backpacks of Blessings to provide a healthy snack (fruit or vegetable) in the backpacks provided to children in Orange County school corporations to take home over the weekends</td>
<td>- Measure number of children served per school year</td>
<td>$5,000</td>
</tr>
<tr>
<td>Increase activity and education on healthy nutrition to school children</td>
<td>- Host the annual Day of Service in schools to promote activity, nutrition and mental health and partner with community gardens to enhance family gardening experiences with a children’s play set, benches and shed tool organizers</td>
<td>- Measure number of people impacted by the Day of Service each year</td>
<td>$5,000</td>
</tr>
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### Priority Health Need: Access to Health Services

**Goal:** Continue to support & develop appropriate avenues to address health services access & utilization challenges

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| Increase affordability of and access to health services for those who are uninsured and underinsured | • Provide operational & programmatic funding to support Trinity Free Clinic (Carmel) and Heart & Soul Clinic (Westfield)  
• Provide free community health screenings (BP, A1C, pediatric developmental, pulmonary function, etc.) at community events and through community partnerships  
• Provide an IU Health Individual Solutions Coordinator to help individuals and families register for HIP 2.0 or other Marketplace Insurance  
• Continue working with and providing financial support for the Partnership for a Healthy Hamilton County (PHHC) | • # of patients served  
• # screened and # referred for follow up care  
• # registered for insurance  
• PHHC to provide year-end results of health-based initiatives | $15,600 |
| Reduce unnecessary trips to ED and unnecessary medical runs by Carmel Fire Department | • Explore partnership with the Carmel Fire Department and its Community Paramedicine program | • # of calls/runs/visits as compared to previous years | |

### Priority Health Need: Exercise, Nutrition & Weight

**Goal:** Advocate for and support access to healthy eating and exercise options in the community

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| Increase access to healthy foods | • Support local farmers markets and advocate for WIC/SNAP programming at affiliated markets  
• Provide healthy cooking demonstrations at farmers markets using local produce | • Market volumes and WIC/SNAP benefits redemption  
• # people served at cooking demonstrations | $12,500 |
| Address youth obesity prevention | • Partner with local schools to provide additional fitness and nutrition resources and education (presentations by dietitians, pedometer/walking competition, walking/running clubs)  
• Explore Jump In and Playworks for local school intervention | • Total participation, length of program, # steps, etc | $5,000 |
| Increase access to fitness activities and opportunities for low-income individuals and families | • Explore and assist with development of Hamilton County Parks & Rec BeneFIT program  
• Partner with Fishers Parks & Rec Department  
• Support dance camp scholarships for Junior Civic Theatre | • Establish a baseline for appropriate measurement of success  
• Completion of camp by children who received scholarship | $8,000 |

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*IU Health Saxony Hospital is located in the City of Fishers, Indiana, in Hamilton County, the 38-bed hospital opened in 2011 and includes an intensive care unit, six technologically advanced operating suites, a full-service, 24/7 Emergency department, a helipad for medical transport and a medical office building. IU Health Saxony Hospital’s primary focus is on cardiovascular and orthopedic services. Many of the persons it serves also receive services at IU Health North Hospital which is also located Carmel, Indiana in Hamilton County. IU Health North Hospital is a full-service hospital for adults and children, with an attached medical office building. IU Health Saxony and IU Health North Hospital share identical CHNA priority needs and strategies. Many of the IU Health Saxony Hospital strategies are developed and funded by IU Health North Hospital with the intent of benefiting all persons in Hamilton County.*
### Priority Health Need: Behavioral Health

**Goal:** Continue to support and develop appropriate avenues to build awareness of mental health and substance abuse issues and address mental health needs including screening and care/support

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| Increase availability of mental health providers and resources | • Explore opportunities to support/fund Aspire Indiana, Inc., Indiana Chapter of American Foundation for Suicide Prevention, Mental Health America of Hamilton County  
• Explore opportunities to provide mental health awareness seminars and/or support groups in the community | • Establish baseline and set goals | $10,000 |
| Address behavioral health root causes related to child sexual abuse | • Partner with Chaucie’s Place to offer community and staff education on preventing and recognizing child sexual abuse  
• Provide funding to Chaucie’s Place to further child sexual abuse prevention programming in Hamilton County | • # staff and community members who receive training  
• Establish a baseline for appropriate measurement of success | $6,700 |
| Develop understanding of substance abuse challenges facing Hamilton County residents | • Explore appropriate partnerships with existing groups/organizations, including the Substance Abuse Task Force, local law enforcement | • Establish a baseline for appropriate measurement of success | |

### Priority Health Need: Older Adults & Aging

**Goal:** Advocate for and support the health of older adults through the aging process

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| Increase access to health services for older adults | • Explore opportunities to support/fund Central Indiana Council on Aging (CICOA) in Hamilton County  
• Explore volunteer networks/organizations to support patient transportation strategies  
• Provide free balance screenings for older adults | • Establish baseline and set goals  
• # patients served  
• # adults screened and results of screenings | $3,000 |
| Develop greater understanding of health challenges facing elderly Hamilton County residents | • Explore appropriate partnerships with existing groups/organizations | • Establish a baseline for appropriate measurement of success | |
| See ACCESS TO HEALTH SERVICES for further implementation strategies | | | |

### Priority Health Need: Transportation

**Goal:** Advocate for and support local initiatives to alleviate transportation issues in Hamilton County

<table>
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| Increase public transportation | • Participate in the Hamilton County Transit Forum and support the work of the group  
• Work with local agencies and organizations (Hamilton County Express, Janus Development) to explore opportunities to expand transportation services | • Periodically gauge progress of the Hamilton County Transit Forum | $0 |
| TRANSPORTATION is a county wide issue that expands beyond health care. Because of this, IU Health North and Saxony hospitals will participate in and support local initiatives to address the issue, but will not necessarily lead the charge. | • As a large employer in the county, IU Health North and Saxony will provide funding and political support for transportation initiatives when appropriate. | | |

Indiana University Health invites community members to review the community benefits plan online at https://iuhealth.org/in-the-community and provide comments to communitybenefit@iuhealth.org.
### Priority Health Need: Access to Healthcare/Chronic Diseases

Goal: Provide more healthcare services at low or no cost for all residents and increase access to IU Health professionals in the community.

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<tbody>
<tr>
<td>Increase the number of free and low cost screenings at IU Health Tipton</td>
<td>Host a free annual health fair open to all community members</td>
<td># of screenings provided</td>
<td>$2,000</td>
</tr>
<tr>
<td>and at community outreach programs</td>
<td># of community members attending for free educational information</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Promote Hand Hygiene</td>
<td>Spread awareness of proper hand hygiene in local elementary schools to help prevent</td>
<td># of students served</td>
<td>$1,500</td>
</tr>
<tr>
<td></td>
<td>the spread of germs. Provide hand sanitizers to every classroom during the cold and</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>flu season</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Promote the use of Sunscreen</td>
<td>Provide free sunscreen annually to the local pool, so all patrons have access to use it</td>
<td># of packets donated</td>
<td>$1,500</td>
</tr>
<tr>
<td>Provide Free Cancer Services Screenings</td>
<td>Provide free Prostate Cancer Screenings and Skin Cancer Screenings to community members annually</td>
<td># of screenings performed</td>
<td>$200</td>
</tr>
</tbody>
</table>

### Priority Health Need: Nutrition & Active Living

Goal: Provide educational tools to encourage healthy eating choices & physical activity as well as increase access to programs and events related to healthy eating, fitness and support of community efforts in those areas.

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<tr>
<td>Participate in annual Day of Service activities</td>
<td>Partner with community organizations to provide improvements or new activities on-site</td>
<td># of volunteers</td>
<td>$5,000</td>
</tr>
<tr>
<td></td>
<td># of community members served by project</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local Farmers Market</td>
<td>Partner with local farmers market to provide additional funding for promoting and operations</td>
<td># of community member visits</td>
<td>$150</td>
</tr>
</tbody>
</table>

### Priority Health Need: Substance Abuse (Including Tobacco)/Mental Health/Senior Health

Goal: Improve and beautify physical and built environments in underserved neighborhoods

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<tr>
<td>Reduce number of community members smoking</td>
<td>Partner with local tobacco cessation program to offer funding to continue the program in the community. Offer funding in addition to the office space for the meetings</td>
<td># of community members participating in the program</td>
<td>$3,000</td>
</tr>
<tr>
<td></td>
<td># of community members successfully quitting smoking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Supporter</td>
<td>Partner with local organization that now has an office in Tipton, Four County Counseling Center. Will partner on events and awareness opportunities as they fit</td>
<td># of community members served</td>
<td>$1,000</td>
</tr>
<tr>
<td>Increase Availability of Senior Transportation</td>
<td>Support the local Encore Senior Center through their transportation fund</td>
<td># of rides provided</td>
<td>$1,000</td>
</tr>
<tr>
<td>Partner with Purdue Extension to offer 10-14 Program</td>
<td>Provide families with children between the ages of 10-14 a program to help connect and guide them through relationships and decrease the level of family conflict to lower the levels of substance abuse</td>
<td># of families supported</td>
<td>$500</td>
</tr>
</tbody>
</table>
## Priority Health Need: Injury Prevention

**Goal:** Increase awareness of injury prevention in the community through Car Seat Fitting Station Program.

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<tr>
<td>Increase availability and proper use of car seats</td>
<td>• Attend community events that target the appropriate audience to promote the Car Seat Fitting Station</td>
<td># of families served</td>
<td>$1,000</td>
</tr>
<tr>
<td>Update school nurses first aid kit</td>
<td>• Provide funding so that the school nurse can update her first aid kit supplies, to make sure everything is current and ready to treat students injuries and illnesses</td>
<td># of students served</td>
<td>$400</td>
</tr>
<tr>
<td>Provide Athletic Trainers the Proper Tools</td>
<td>• Purchase additional equipment for athletic trainers to use at the local schools to keep student injuries down</td>
<td># of athletes served</td>
<td>$200</td>
</tr>
</tbody>
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<tr>
<td>Increase availability of mental healthcare providers and specialists</td>
<td>• Explore opportunities to support Mental Health America of Hendricks County, Cummins Mental Health and Hamilton Center</td>
<td>• Establish baseline and set goals</td>
<td>$30,000</td>
</tr>
<tr>
<td>Increase awareness of violent relationships, prevent dating violence among teens</td>
<td>• Support Sheltering Wings school/church/team outreach program</td>
<td>• Score improvement and total students impacted by programming</td>
<td></td>
</tr>
<tr>
<td>Address behavioral health root causes with domestic violence victims</td>
<td>• Support Sheltering Wings-Cummins Mental Health partnership for resident counseling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Explore “mental health first aid” concepts for community support and recognition</td>
<td>• Explore partnership with established Hamilton Center training program</td>
<td>• Establish baseline and set goals</td>
<td></td>
</tr>
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**Priority Health Need: Accessing & Utilizing Healthcare**

Goal: Continue to support and develop appropriate avenues to address mental health needs including screening and care/support

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<tr>
<td>Lack of providers or specialists in the community</td>
<td>• Provide operational funding to support Hope Health Center (formerly Kingsway Community Care Center)</td>
<td>• # of patients served and establish a baseline of patients referred to HHC and HealthNet vs. return visits to ED for primary care complaints</td>
<td>$40,000</td>
</tr>
<tr>
<td>Address affordability of care, even among the newly insured</td>
<td>• Support expansion of HealthNet Westside clinic hours</td>
<td>• # screened and # referred for follow up care; improvement in screening metrics year over year if conducted in standard time/place</td>
<td></td>
</tr>
<tr>
<td>Transportation to appointments</td>
<td>• Explore partnership with HCHP, HCC and/or HealthNet to offer free community health screenings</td>
<td>• # of patients served; reduce # of requests declined</td>
<td></td>
</tr>
</tbody>
</table>

**Priority Health Need: Substance Abuse**

Goal: Understand scope of substance abuse issues/concerns in Hendricks County and evaluate currently active groups for partnership and action

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<tr>
<td>Develop understanding of substance abuse challenges facing Hendricks County residents</td>
<td>• Explore appropriate partnerships with existing groups/agencies, including the Substance Abuse Task Force, local law enforcement</td>
<td>• Establish a baseline for appropriate measurement of success</td>
<td>$10,000</td>
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</tbody>
</table>
### Priority Health Need: Physical Activity & Nutrition
Goal: Advocate and support access to healthy eating and exercise options in the community

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<tr>
<td>Access to healthy foods</td>
<td>• Support local farmers markets and advocate for WIC/SNAP/Fresh Bucks programming at all affiliated markets</td>
<td>• Market volumes and WIC/SNAP benefits redemption</td>
<td>$50,000</td>
</tr>
<tr>
<td>Increase utilization of existing trails, support expansion/connectivity of trail systems in the county</td>
<td>• Support running/walking events in community including all Plainfield Parks &amp; Rec events, B&amp;O Express</td>
<td>• Total participation</td>
<td></td>
</tr>
<tr>
<td>Support “built environment” initiatives to advocate for a more walkable/connected community</td>
<td>• Support walk audits to align improvement investment with need for safety and connectivity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Continued expansion/completion and connectivity of the B&amp;O Trail to Avon/RR Pkwy; Brownsburg Parks trail system</td>
<td>• Support expansion capital campaign; continue B&amp;O Express</td>
<td>• Completion vs. plan</td>
<td></td>
</tr>
<tr>
<td>Access to fitness facilities for low-income individuals and families</td>
<td>• Support Plainfield Parks &amp; Rec “Beneficent Fund”</td>
<td>• Increase individuals supported with membership</td>
<td></td>
</tr>
<tr>
<td>Address youth obesity prevention</td>
<td>• Explore Jump In via United Way for local school intervention</td>
<td>• Establish pre/1 yr fitness evaluation for participants</td>
<td></td>
</tr>
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**Priority Health Need: Tobacco Cessation**
Goal: Reduce smoking initiation and smoking during pregnancy rates in Hendricks County; increase utilization of smoking cessation programming and/or QUIT NOW resources

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<tr>
<td>Address smoking during pregnancy as a key driver for maternal and fetal health</td>
<td>• Support “Baby and Me Tobacco Free” programming in Hendricks County</td>
<td>• Establish baseline and increase enrollment/fulfillment of the program</td>
<td>$10,000</td>
</tr>
<tr>
<td>Establish local smoke free workplace ordinances</td>
<td>• Support Tobacco Coalition efforts to initiate a smoking ordinance in Brownsburg</td>
<td>• Approval of an ordinance</td>
<td></td>
</tr>
<tr>
<td>Explore linkage between IU Health Emergency Room (EMR) to QUIT NOW resources</td>
<td>• Understand Tobacco Coalition’s advocacy for direct program referrals in EMR and determine feasibility</td>
<td>• Establish a baseline</td>
<td></td>
</tr>
<tr>
<td>Establish baseline understanding of vaping among teens and adults in the county</td>
<td>• Educate/evaluate opportunities related to phenomenon of vaping industry growth in Hendricks County</td>
<td>• Establish a baseline</td>
<td></td>
</tr>
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Priority Health Need: Nutrition and Active Living
Goal: Providing education and resources to 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.

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| Increase nutrition and physical activity resources in schools | • Engage team members in Day of Service activities at local schools  
• Enhance local Boys and Girls Club playground | • Improve healthy school environment  
• Increase amount of physical activity for students and teachers | $12,000 for materials |
| Increase community education opportunities regarding obesity prevention, nutrition and physical education | • Nutrition education at Farmer’s Markets  
• Provide healthy eating education at community events | • Record number of screenings at community events | $1,000 for materials |

Priority Health Need: 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.

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| Increase low-cost healthcare options | • IU Health White Memorial financial assistance  
• Low cost physicals for student athletes  
• Car seat safety checks  
• Support groups | • Number of individuals screened and approved for financial assistance  
• Number of students provided free or low-cost physicals  
• Number of car seat safety checks and free car seats distributed | IU Health White Memorial staff will dedicate time to providing screenings, car seat safety checks and support groups |
| Increase access to primary care physicians | • Expand walk-in clinic hours and availability | • Number of patients utilizing the clinic  
• Number of hours clinic is open | IU Health White Memorial will provide space for the clinic and increased open hours |

Priority Health Need: 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.

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| Increase awareness and education of chronic disease management | • Increase number of screenings  
• Increase number of educational opportunities | • Number of screenings completed  
• Number of community events where IU Health provides educational materials  
• Number of people provided educational materials | $2,000 for screenings supplies and educational materials |
### Priority Health Need: Behavioral Health and Substance Abuse

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.

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</table>
| Increase youth access to mental health resources | • Provide QPR (question, persuade and refer) training to all school staff  
• Promote and offer access to Mental Health America's Safe2Talk texting line | • Number of school staff members trained in QPR  
• Number of schools trained and participating in Safe2Talk promotion  
• Number of texts/calls received through Safe2Talk line | Funding provided by IU Health Arnett  
IU Health White Memorial Hospital will encourage team members to volunteer and will promote the program at community events |
| Increase the number of trained responders for mental health crisis | • Provide training for school staff, community members and IU Health team members in QPR or other mental health training | • Number of people trained  
• Number of trained crisis intervention specialists at Mental Health America | Funding provided by IU Health Arnett  
IU Health White Memorial will also promote the crisis intervention specialist volunteer opportunities |
| Improve access to behavioral health services | • Behavioral health integration in primary care | • Number of patients utilizing behavioral health services in primary care setting | Behavioral Health integration provided by IU Health Arnett (in the West Central Region) |
| Increase local awareness of and reduce the mental health stigma | • Sponsor year-long regional media campaign with WLFI | • Number of page views  
• Number of website hits  
• Number of stories focused on mental health | Funding for campaign provided by IU Health Arnett  
IU Health leaders and physicians will participate in story development and interview opportunities |

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Indiana University Health invites community members to review the community health needs assessments and provide comments to communitybenefit@iuhealth.org.

For a full, detailed listing of each IU Health implementation strategy, visit: www.iuhealth.org/in-the-community.