

Doctors Memorial Hospital, Bonifay, FL

Community Health Needs Assessment and Implementation Plan

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I. Executive Summary

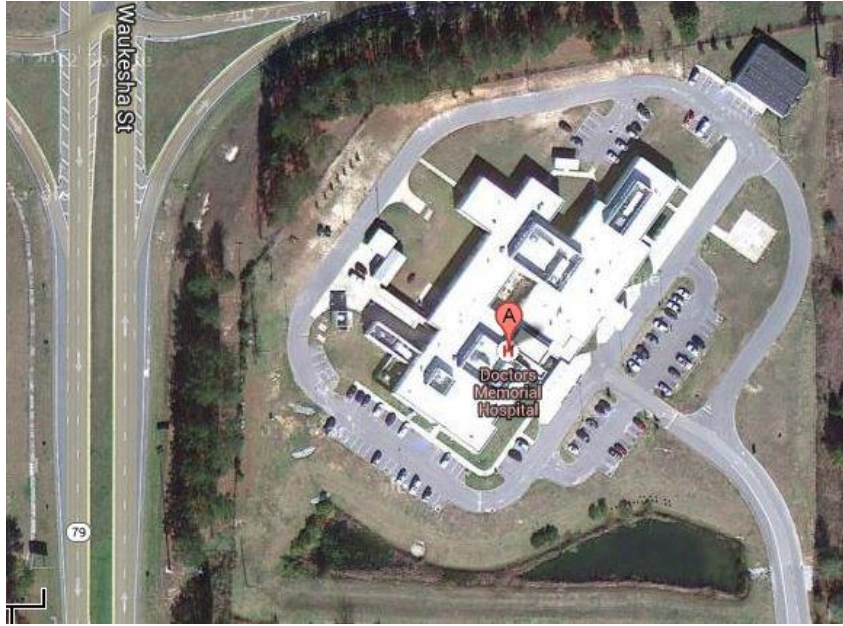
Holmes County Hospital Corporation is a Special District of the State of Florida created under Chapter 30843 Senate Bill No. 45 on April 23, 1955. A five member Board of Trustees, representing each of the County Commission Districts of Holmes County, is appointed by the Governor of Florida. In 1958, construction of Holmes County Hospital, a 34 bed facility, was completed and located at 401 Byrd Avenue, Bonifay, Florida.

On April 5, 1985, Holmes County Hospital Corporation began doing business as Doctors Memorial Hospital changing its name from Holmes County Hospital. Doctors Memorial Hospital achieved CAH (Critical Access Hospital) status in July 2002. In June 2002, the Holmes County Hospital Corporation purchased 10 acres at the southeast corner of I-10 and Hwy. 79 for the purpose of building a replacement facility.

Doctors Memorial Hospital encountered several obstacles in its efforts to construct a new hospital. Among them included a law that required rural hospitals building a replacement facility located more than one mile from an existing hospital to undergo a costly certificate of need review by the Agency for Health Care Administration. With the help of local legislators, this law was amended to allow construction of replacement facilities within 10 miles if the hospital still served the same population. A second obstacle was a legal limit on the amount of funds that could be borrowed by the hospital corporation that owns the hospital. This too required a change in statute followed by a local referendum in November 2005 to approve the borrowing of funds for the new facility. The community's support resulted in an 83% approval of the referendum, thus clearing the way to procure funding for the \$16.7 million project. After funding for the replacement facility was secured in November of 2006, construction for the 48,000 square foot facility began in April 2007.

On April 1, 2008, Doctors Memorial Hospital opened the current facility with 20 private medical/surgical rooms and an expanded Emergency Department consisting of 10 beds as compared to 4 at the former facility. The hospital offers Radiological Services such as Mammography, Ultrasound, Bone Densitometry, CT Scans as well as Nuclear Medicine. The Clinical Laboratory performs 95% of testing in house and has plans to add Microbiology when feasible. A state of the art Rehabilitation Department offers Physical, Speech, and Aquatic Therapy to serve the patients of Holmes and surrounding counties. The enlarged Surgical Suite includes one procedure room and an operating room with a Pre-op/Post-op area that can serve up to 4 patients.

After receiving a Capital Improvement Grant in 2008, Doctors Memorial Hospital was able to purchase and install a Modular Doctors Office Building that opened in January 2009. Specialty Physicians in the fields of Dermatology and Pediatric Cardiology, Pulmonology, Nephrology, and Gastroenterology conduct clinics in the Medical Office Building. It is the mission of Doctors Memorial Hospital to bring quality physicians to the medical office to meet the patient's needs closer to home.



Aerial View of Doctors Memorial Hospital
2600 Hospital Drive • Bonifay, FL 32425

Our Mission

Doctors Memorial Hospital is a progressive, fully accredited, critical access health care facility, offering compassionate, quality care in a safe, family oriented environment to those in need throughout the Panhandle area centered in Holmes County.

Our Values

- * Respecting the dignity of individuals, including our patients, families, staff, and physicians.
- * Providing modern health care with a safe, compassionate, and caring touch.
- * Educating our community, staff and physicians.
- * Pursuing excellence through continuous quality improvement.
- * Empowering our staff and physicians to participate cooperatively in improving health care in our community.
- * Seeking creative, innovative solutions.
- * Promoting fiscal responsibility through efficiency and cost effectiveness.
- * Exceeding the expectations of those we serve.
- * Communicating our mission and values clearly and consistently through our actions.

III. Community Health Needs Assessment Partners

In March of 2005, several organizations in Holmes County came together to form the Healthy Holmes Task Force (HHTF). The HHTF meets quarterly, exchanging information among the agencies represented. The goal is to enhance communication between organizations and form partnerships to further education and awareness to the general population of Holmes County.

In November 2015, Doctors Memorial Hospital Partnered with the Florida Department of Health Holmes County to conduct a health assessment for Holmes county with Health Planning Council of Northeast Florida (HPCNEF). The below community partners and organizations were part of this assessment process.

CHIP Contributors:

- Holmes County Sheriff's Department
 - Gulf Coast Sexual Assault Program
 - Early Learning Coalition of Northwest Florida
 - Holmes County Library
 - Florida Department of Health- Holmes
 - Doctors Memorial Hospital
 - Tri-County Community Council Headstart
 - Chipola Healthy Start
 - Northwest Florida Cancer Collaborative
 - University of Florida's Institute of Food and Agricultural Sciences – Holmes County Extension
 - Florida Department of Health Holmes Healthy Start
 - Harrison-Hathaway Publishing I-10 Beyond the Exits
 - PanCare
 - Magellan Complete Care
 - Florida Department of Juvenile Justice
-

IV. Community Health Needs Assessment Approach and Methodology

In 2015, Doctors Memorial Hospital partnered in with Florida Department of Health to conduct a Community Needs Assessment. The assessment report integrates and presents information using the Mobilizing for Action through Planning and Partnerships process, developed by the national Association of County and City Health Officials and the Centers for Disease Control.

Four major assessments were used in the MAPP process.

1. The Forces of Change Assessment- identifies forces such as legislation, technology, and other impending changes that affect the context in which the community and its public health system operate.
2. The Local Public Health System Assessment – focuses on all of the organizations and entities that contribute to the public’s health.
3. The Community Themes and Strengths Assessment – provides an understanding of the health issues that residents feel are important.
4. The Community Health Status Assessment – identifies priority community health and quality of life issues.

Detailed information on all of the MAPP assessments can be found in the 2016 Holmes County Community Assessment, which is available on the Doctors Memorial Hospital Website at www.doctorsmemorial.org

V. Identified Community Needs

Priority Health Issues

Top Health Issues Identified by Community Surveys

The Healthy Holmes Task Force distributed a survey throughout Holmes County giving community members and stakeholders a chance to voice their opinions on the health status and health needs of Holmes County residents. Almost 350 community surveys were collected. The community survey respondents identified the following as the top health issues in Holmes County:

1. Substance Abuse
2. Cancers
3. Obesity
4. Diabetes
4. High blood pressure

Top Health Issues Identified by Focus Groups

Approximately 30 community members and stakeholders attended community focus groups held in Holmes County in December 2015. Through a discussion of community health and health needs, focus group participants identified the following as the top health issues in Holmes County:

1. Substance Abuse
2. Diabetes
2. Obesity
3. Poor Diet/Nutrition
3. Mental Health Issues

Health Priorities Identified by Healthy Holmes Task Force

To select health priorities, the HHTF reviewed key findings from the four MAPP assessments in a January 2016 meeting. The HHTF discussed quantitative data (e.g., disease mortality rates, health behaviors, factors in the physical environment, quality of life indicators) and the top health issues identified through focus groups and community surveys. Then, attendees provided feedback by answering the following question via an electronic polling system: “Of all the issues discussed today, which do you think is the most important?”

The meeting attendees voted for the following priority issues to be addressed and targeted for improvement in the CHIP:

1. Healthy Lifestyle/Prevention (including Obesity, Poor Nutrition/Unhealthy Eating, and Tobacco Use)
2. Behavioral Health (including Substance Abuse, Mental Health, and Domestic Violence)
3. Chronic Disease Prevention (including Diabetes, High Blood Pressure, and Heart Disease)

Description of Priority Health Issues

Healthy Lifestyle & Chronic Disease Prevention

Unhealthy lifestyles – including poor diet, lack of exercise, tobacco use, and excessive alcohol use – are a key contributor to the development of heart disease, cancer, stroke, and diabetes,⁴ all of which are leading causes of death in Holmes County. The Healthy Lifestyle priority health area focuses on Obesity, Poor Nutrition/ Unhealthy Eating, and Tobacco Use. Key data related to lifestyle in Holmes County is presented below.

Obesity & Physical Activity

According to the CDC, more than one-third (about 35%) of U.S. adults are obese.⁵ Obesity is associated with many health and chronic conditions, such as high blood pressure, high cholesterol, diabetes, heart disease, stroke, and certain types of cancer.

The Centers for Disease Control and Prevention began the Behavior Risk Factor Surveillance System Survey (BRFSS) in 1986. BRFSS uses a statewide telephone survey to make population-based estimates of the prevalence of various health conditions and related risky behaviors. The 2013 BRFSS provides counties with rich data on a variety of issues related to health status, health care access, lifestyle, chronic illnesses, and disease prevention practice. According to the 2013 BRFSS, almost 31% of Holmes County adults are obese, which is higher than the state average of 26.4%. Other key findings related to obesity and physical activity are presented below.

Physical Activity & Obesity	Holmes County	Florida
Adults who are obese	30.7%	26.4%
Adults who are overweight or obese	63.8%	62.8%
Adults who are overweight	33.2%	36.4%
Adults who have a healthy weight	33.1%	35.0%
Adults who are sedentary	35.2%	27.7%
Adults who are inactive or insufficiently active	62.0%	52.9%
Adults who meet aerobic recommendations	38.1%	50.2%
Adults who meet muscle strengthening recommendations	26.7%	29.6%

Nutrition & the Food Environment

According to 2013 BRFSS data, only 8% of adults in Holmes County consume five or more servings of fruits and vegetables per day. Additional nutrition BRFSS indicators are below:

Nutrition	Holmes	Florida
Adults who consumed 5 or more servings of fruits or vegetables per day	8.0%	18.3%
Adults who consumed 3 or more servings of vegetables per day	10.0%	17.0%
Adults who consumed 2 or more servings of fruit per day	17.5%	32.0%

⁴ U.S. Centers for Disease Control and Prevention. (2015, August 26). *Chronic Disease Overview*. Retrieved 2016, from CDC.gov: <http://www.cdc.gov/chronicdisease/overview/>

⁵ U.S. Centers for Disease Control & Prevention. (2015, June). *Adult Obesity Facts*. Retrieved from CDC.gov: <http://www.cdc.gov/obesity/data/adult.html>

Tobacco Use

Tobacco is the largest cause of preventable morbidity and mortality in the United States.⁶ Smoking harms nearly every organ of the body, causing many diseases and affecting overall health of smokers. Approximately 24% of adults in Holmes County are current smokers, greater than the state rate of 17% of adults. Key BRFSS findings related to tobacco use are presented in the table below.

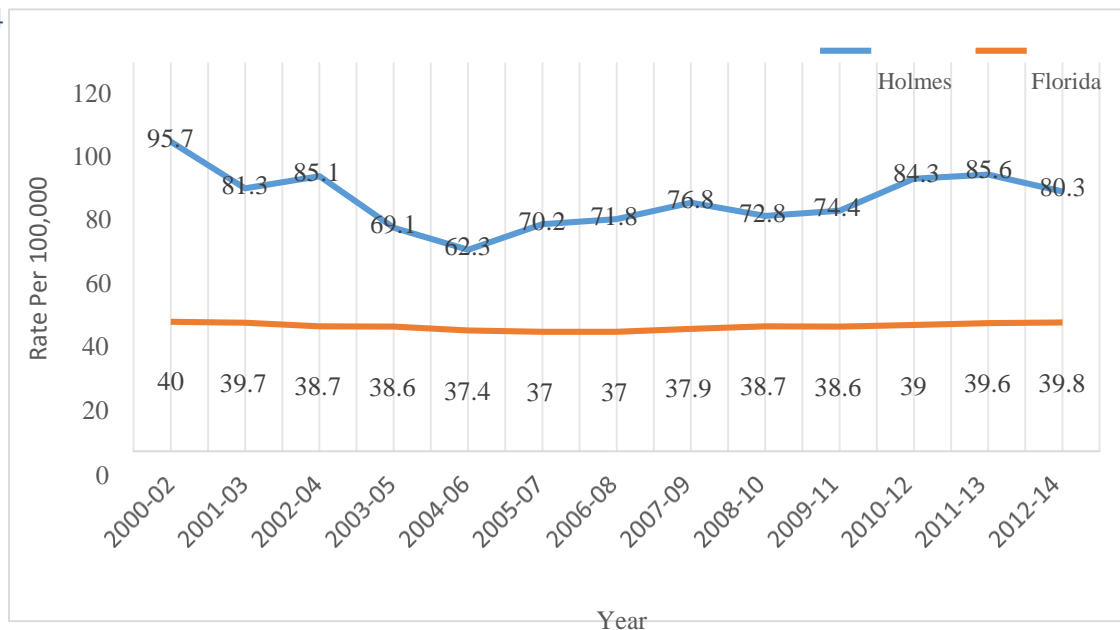
Tobacco Use	Holmes County	Florida
Adult current smokers who tried to quit smoking at least once in the past year	64.0%	61.1%
Adults who are current smokers	23.8%	16.8%
Adults who are former smokers (currently quit smoking)	27.0%	28.1%
Adults who have never smoked	49.2%	55.0%

Chronic Lower Respiratory Disease

In 2013, chronic lower respiratory disease (CLRD) was the third leading cause of death in the United States. Fifteen million Americans reported having chronic obstructive pulmonary disease (COPD), a group of diseases that cause breathing-related problems, including emphysema, chronic bronchitis, and some cases of asthma. Tobacco use is a key risk factor for development of COPD, but exposure to air pollutants in the home/workplace, secondhand smoke, genetic factors, and respiratory infections are also causes.⁷

Holmes County has significantly higher chronic lower respiratory disease mortality rates than the state of Florida, doubling the state rate in 2012-14 (Figure 4).

FIGURE 4. CHRONIC LOWER RESPIRATORY DISEASE MORTALITY RATE, ALL RACES/ETHNICITIES, 2000-2014



Source: Florida CHARTS

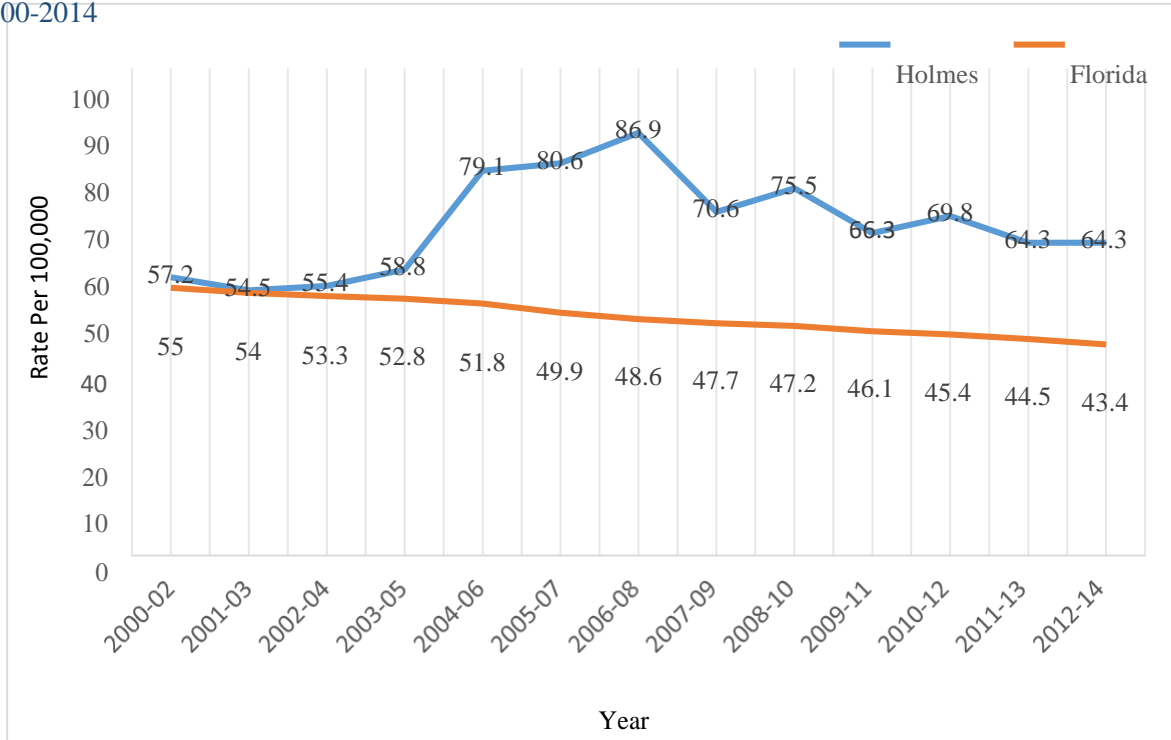
⁶ U.S. Centers for Disease Control and Prevention. (2015, July). Tobacco Use. Retrieved from The Community Guide. <http://www.thecommunityguide.org/tobacco/index.html>

⁷ U.S. Center for Disease Control and Prevention. (2015, March 12). *Chronic Obstructive Pulmonary Disease (COPD)*. Retrieved from CDC.gov: <http://www.cdc.gov/copd/>

Lung Cancer

Lung cancer is the most common type of cancer among Holmes County residents, resulting in death rates more than double those of breast or prostate cancer. Holmes County has a higher lung cancer mortality rate than the state of Florida, though rates have declined slightly since 2010-2012 (Figure 5).

FIGURE 5. LUNG CANCER MORTALITY RATE, ALL RACES/ETHNICITIES, 2000-2014



Source: Florida CHARTS

Improving Healthy Lifestyle & Chronic Disease Prevention

In order to reduce obesity and chronic disease rates in children and adults and promote healthy lifestyles, the Healthy Lifestyle & Chronic Disease Prevention workgroup agreed to implement several community health programming initiatives. See the CHIP Action Plans at the end of this document for detailed goals, objectives, and strategies for addressing Healthy Lifestyle & Chronic Disease Prevention in Holmes County.

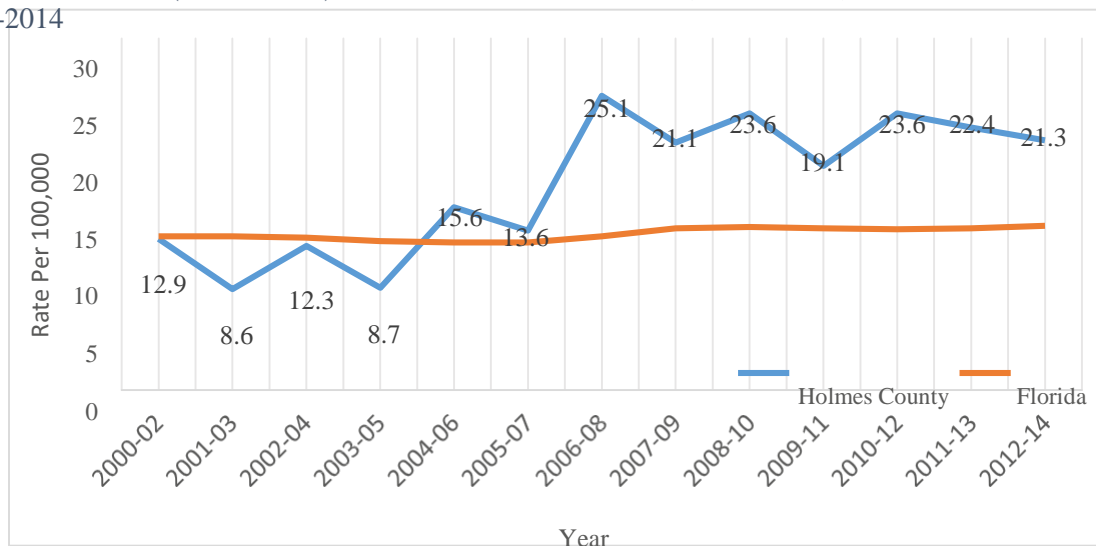
Behavioral Health (including Mental Health, Substance Abuse, & Domestic Violence)

According to the World Health Organization, “mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.”⁸ Social, economic, psychological, and biological factors all play a role in determining mental health.⁹

Suicide

Suicide occurs when a person ends their own life and is the 10th leading cause of death among Americans.¹⁰ Deaths are not the only consequence of suicide. More people survive suicide attempts than die, and suicide survivors may have serious injuries, such as broken bones, brain damage, or organ failure.¹¹ From 2005-07 to 2006-08, there was a sharp increase in the suicide death rate in Holmes County. From 2006-08 to 2012-14, the suicide mortality rate for Holmes County stayed between 19-25 per 100,000 population, which is above the state average of 14 per 100,000 (Figure 6).

FIGURE 6. SUICIDE (ALL MEANS) AGE-ADJUSTED DEATH RATE, ALL RACES, 3-YEAR ROLLING RATES, 2000-2014



Source: Florida CHARTS

Baker Act Referrals/Examinations

In 1971, the Florida Legislature enacted the Florida Mental Health Act (also known as the “Baker Act”), a comprehensive revision of the state’s mental health laws. The Baker Act allows for voluntary and involuntary admissions for psychiatric care under specific circumstances. Involuntary initiations can be made by courts, law enforcement officials, physicians, or mental health professionals only when there is evidence that a person has a mental illness and is a threat to their own well-being or

⁸ World Health Organization. (2014, August). *Mental health: strengthening our response, Fact sheet N°220*. Retrieved 2016, from WHO.int: <http://www.who.int/mediacentre/factsheets/fs220/en/>

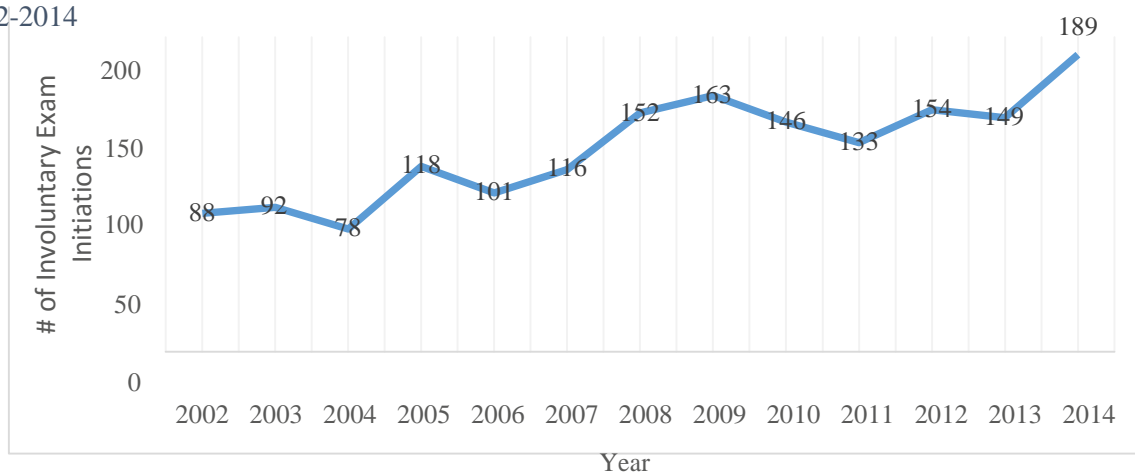
⁹ World Health Organization. (2014, August).

¹⁰ U.S. Centers for Disease Control and Prevention. (2015, May). *Deaths. Final Data for 2013.* Retrieved from CDC.gov: <http://www.cdc.gov/leadingcausesofdeath>

¹¹ U.S. Centers for Disease Control and Prevention. (2014, September). *Preventing Suicide*. Retrieved from CDC.gov: <http://www.cdc.gov/Features/PreventingSuicide/>

the well-being of others.¹² Figure 7 illustrates the total number of reported involuntary exam initiations (i.e. Baker Act) for Holmes County residents from 2002-2014. There is a general upward trend in involuntary exam initiations for Holmes County. In 2014, there were 189 Baker Act exam initiations. Figure 7 shows no comparison to the state of Florida as data comparing state and county Baker Act rates is not readily available.

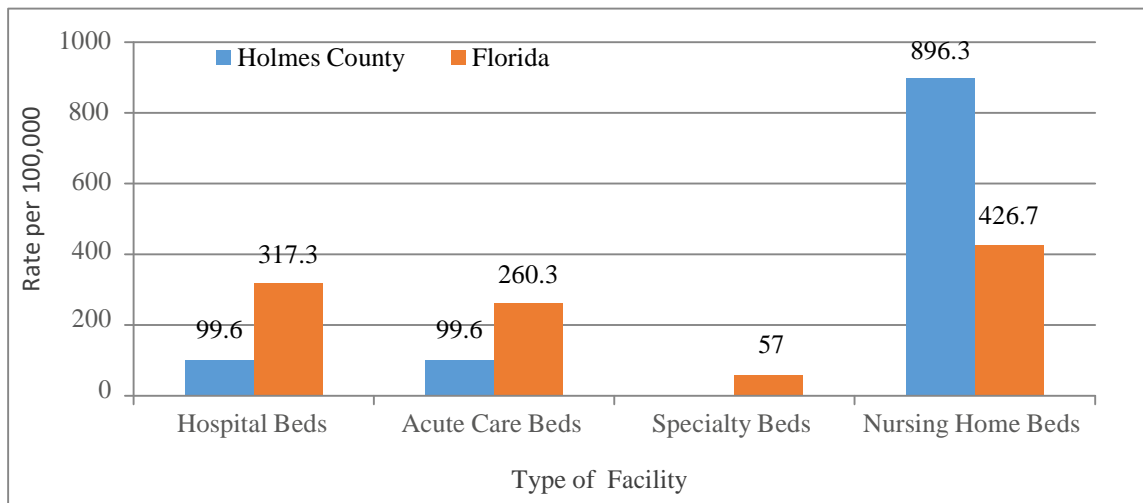
FIGURE 7. TOTAL INVOLUNTARY EXAM INITIATIONS FOR HOLMES COUNTY RESIDENTS, 2002-2014



Mental Health Services

Acute care hospitals play a key role in delivery of health care services, especially in communities where primary and specialist outpatient care shortages may exist. Holmes County has a lower rate of total hospital beds, acute care beds, and specialty beds per 100,000 population than Florida (Figure 8). In addition, Holmes County has zero reported adult psychiatric beds compared to the Florida average of 20 per 100,000 residents.

FIGURE 8. HEALTH CARE FACILITY BEDS IN HOLMES COUNTY AND FLORIDA, 2014



Source: Florida CHARTS

¹² Mental Health Program Office & Department of Mental Health Law & Policy. (2014). *2014 Baker Act User Reference Guide: The Florida Mental Health Act*. Tallahassee: Department of Children and Families, Mental Health Program; University of South Florida, Louis de la Parte Florida Mental.

Youth Substance Abuse

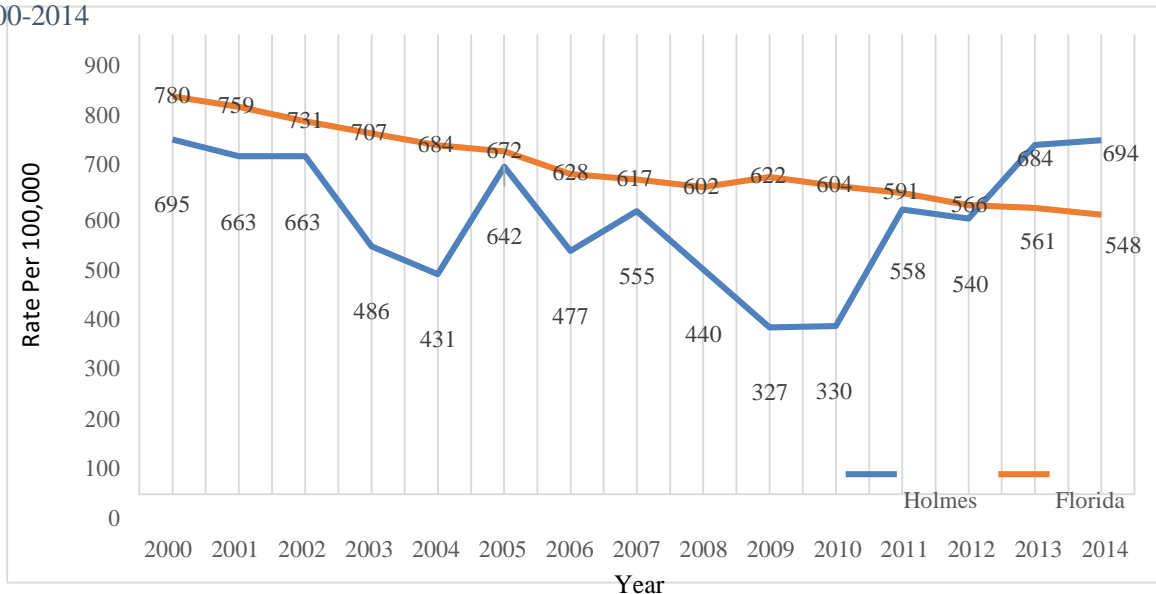
The Florida Youth Substance Abuse Survey (FYSAS) is an annual, statewide school-based survey effort that measures the prevalence of alcohol, tobacco and other drug use, and delinquent behaviors, as well as the risk and protective factors related to these behaviors. Key findings revealed:

- Alcohol is the most commonly used substance among Holmes County students, with prevalence rates of 38.0% for lifetime use and 18.4% for past 30 day use.
- 21.4% of high school students reported blacking out after drinking on one or more occasions.
- After alcohol, students reported cigarettes (29.5% for lifetime use and 9.4% for past 30 day) and marijuana (17.4% lifetime and 8.3% past 30 day) as the most commonly used substances.

Domestic Violence

Domestic violence offenses include simple or aggravated assault, stalking, threat/intimidation, forcible rape, forcible fondling, manslaughter, and murder. Domestic violence offenses have been increasing since 2011 in Holmes County, while the state rate has decreased. As of 2014, Holmes County had a domestic violence offense rate of 694 per 100,000 population compared to a rate of 548 per 100,000 population in Florida (Figure 9).

FIGURE 9. DOMESTIC VIOLENCE OFFENSE RATE, HOLMES COUNTY & FLORIDA, 2000-2014



Source: Florida CHARTS

Improving Behavioral Health

The Behavioral Health workgroup's goal was to improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children and families are healthy participants living in their communities. See CHIP Action Plans at the end of this document for detailed goals, objectives, and strategies for addressing behavioral health issues in Holmes County.

Overview of CHIP Process

Phases 1-4 of the Mobilizing for Action through Planning and Partnerships (MAPP) process involve visioning, collecting and analyzing data, and gathering community input in order to determine which health issues will become the strategic focus of health planning in the community for the next three to five years. A CHIP is formulated primarily in Phases 5) Goals & Strategies and 6) Action Cycle of the MAPP process. In Phase 5, the community formulates broad goal statements addressing the previously identified health issues, as well as more specific strategies related to each goal. Phase 6 involves planning, implementation, and evaluation. During Phase 6, the community creates an action plan which provides details on how goals and strategies will be achieved.¹³

The HHTF held two workgroups in March 2016: one for Substance Abuse/Mental Health/Domestic Violence and another for Healthy Lifestyle and Chronic Disease Prevention. HHTF decided to combine Healthy Lifestyle and Chronic Disease Prevention into one workgroup as the two issues share many common themes.

Workgroups began with a summary of the findings of the community health assessment and a recap of the health issue(s) to be addressed in each workgroup. Next, the Health Planning Council of Northeast Florida facilitated a brief discussion of goals, objectives, and strategies; provided examples of each; and guided the group through the process of goal creation for each health issue.

Following the creation of broad, overarching goals, the larger workgroup split into smaller teams and developed objectives for each goal as well as strategies for each objective. In addition to generating strategies that could be used to achieve each goal, the workgroup brainstormed and described potential resources, lead persons/organizations, measures for tracking progress of a strategy, current performance levels, and targets for each strategy, detailed in the CHIP Action Plans included at the end of this document.

The goal of the CHIP is to not only outline health issues, future action steps, and strategies to improve the health of Holmes County, but also to align with already existing state, national objectives and other local programs, projects and organizations. The HHTF made efforts to align Holmes County with state and national objectives by referring to the Florida State Health Improvement Plan and the Healthy People 2020 initiative. This alignment is illustrated in the CHIP Action Plans, using the symbols below:

- This symbol represents alignment with the National Healthy People 2020 initiative.
- ▲ This symbol represents alignment with the Florida State Health Improvement Plan.

¹³ National Association of County and City Health Officials. (n.d.). *Mobilizing for Action through Planning and Partnerships*. Retrieved March 2016, from NACCHO.org: <http://www.naccho.org/programs/public-health-infrastructure/mapp>

VII. Board Approval

Holmes County Hospital Corporation Board of Trustees has been informed of the Community Health Needs Assessment process and requirement. The Board understands its commitment to this federal mandate, as tax-exempt hospitals must perform this assessment once every three years. A publicly available report must include a needs assessment as well as an implementation strategy. The assessment and implementation plan need to be reported on the organization's IRS Form 990 (for fiscal year 2016-2017). Non-compliance may result in a fine of \$50,000 and a potential revocation of tax-exempt status. Both assessment and implementation plan must be publicly posted on the organization's website by September 30, 2016.

Holmes County Hospital Corporation Board of Trustees Approval:

Chairman, Board of Trustees

Date