



Community Health Needs Assessment  
Risk Factor Action Plan

RISK FACTORS	CONDITION	INITIATIVE	2014					2015					Comments										
			Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May		Jun	Jul	Aug	Sept	Oct	Nov	Dec			
<b>HEALTH BEHAVIORS</b>	SMOKING - 23% of adults smoke	Smoking data published in newspaper, with the information to the ME Tobacco Help Line listed																					
		Great American Smoke out: include area businesses, organizations, FQHCs and RHCs for a county wide smoke out.																					
		DECH Pediatrics and begins discussions with their patients about the dangers of tobacco use at age We target the youth and adults in our practices by prompts on the Electronic Medical Record.																					
Adult Obesity 32% w/BMI>=30	Physical inactivity 30% of adults	Prompted to address with patient through EMR and is an ACO metric. A high BMI will result in a physical activity plan for the patient.																					
		Ad on health risk associated with obesity.																					
	Access to exercise opportunities 38% of population	Sponsor new Little League Tournament																					
		Sponsor new Youth Soccer Program																					
		Sponsor MBACC ice skating rink																					
		Participated in RMG's Family Fun night in February, a night of no TV or electronic devices, provided activities and encouraged healthy exercise																					
	Handouts to schools to encourage children to think about healthy habits.																						
	Food Environment Index 7.1(Access to food)	Sponsor the Women's Health Resource Library Incredible Edible Garden initiative, which educates the population and plants fruits and vegetables throughout Washington County.																					
		Participate in the Washington County Turkey-A-Thon through Healthy Acadia. A 100% of all donation are used to purchase gift certificates from local grocery stores that will be given to Washington County food pantries fro distribution to local families.																					

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	<b>Sexual Activity</b> - Teen births 36 births per 1,000 females ages 15 - 19	Maine Families works with many teen parents with teen being defined as up to age 22. They work with the teens prenatally to educate about healthy pregnancies and planning for the baby. They also begin the birth control discussion prenatally. They talk about what options are available and make referrals to family planning if necessary. Post birth, they keep data on how many moms keep their six week check and if they are using birth control at that point going forward. It is question we ask throughout our time working with a family.																		
	<b>Sexual Activity - Sexually transmitted infections</b> 254 Chlamydia cases per 100,000 pop.	Maine Families addresses overall health and sexual health with all of the families they serve. They talk about protection not just in terms of birth control but in terms of safe sex. They encourage people to have annual physicals and have a consistent PCP. They have referred people to family planning, and have partnered with home visiting nurses to help people access free condoms.																		
		DECH Pediatrics begins discussions with their patients about safe sex at the age of eleven.																		
	<b>Alcohol Abuse - Excessive Drinking</b> 17% (binge plus heavy drinking)	DECH Pediatrics and Family Practice discuss substance and alcohol abuse with their patients beginning at age 11.																		
<b>ACCESS TO CARE/QUALITY OF CARE</b>		Down East Community Hospital is one of a very small number of hospitals in the state who will admit patients for alcohol detox who voluntarily wish to go through detox.																		
	<b>Alcohol -impaired driving deaths</b> 39% of driving deaths	Rate will improve if Alcohol Abuse initiatives are successful.																		
	<b>Uninsured</b>	Hospital is participating with the local insurance exchange which is part of the Patient Protection and Affordable Act.																		
		Hospital Billing Specialists and Practice registration staff provide information on the ACA for those looking for ways to pay for health care.																		

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		Hospital provides free care to upwards of 1,776,000 to those who have an income that falls below 150% of the federal poverty guidelines (FPG). Charity care is offered at 100% of charges. For those who fall between 151% to 200% DECH offers discounted care at 75%.																		
		DECH Pediatrics collaborates with area schools to provide upwards of 200 reduced costs sports physicals.																		
		Hold a 'Know Your Numbers' event at a local area business that does not provide health care for employees.																		
		Free Health Fair & Flu Shot clinic. Area agencies attend this Health Fair to educate the community on the many health care offerings in Washington County.																		
	<b>Primary care physicians</b>	DECH has added 1 new PCP in the MMC practice. Have marketed extensively.																		
		Weekend clinic scheduled to begin in family practice in Machias in November.																		
	<b>Dental</b>	DECH provides free dental instrument sterilization, red bag waste, and privacy screens for the NYU Dental clinics. Also assists with marketing the event through availability of brochures in the ED. An ER doc certified oral health examiner.																		
	<b>Mental Health</b>	Working with Community Health & Counseling on having psychiatrist available for psychotherapy. Working towards having a mental health professional in the primary care offices.																		
	<b>Diabetic Screening</b>	Diabetes testing and management is prompted and captured by the physician practice Electronic Medical Record. With a high or low reading, a plan is put in place for the patient.																		
		Diabetic patients will receive education from an in office RN, acting as a care coordinator. Follow up phone calls and education will occur on an on-going basis																		
		Care Coordinators are receiving training on patient education. Are being sent referrals from DECH providers and are linking with Dietician.																		
		Working with MRHIN and MedTronics, Inc. through cooperative grant to provide continuous glucose monitoring devices (implantable) to 3 DECH patients.																		

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	Mammography Screening	DECH provides 75 free mammography screenings each year.																		
		DECH holds a Paint the Night Pink event to launch breast cancer awareness month where breast cancer survivors are celebrated and the importance of getting a mammogram is communicated. Pink lights are handed to local business and can be purchased by the community to keep a pink light shining in their business or home for the month of October. This is promoted through a radio spot, an ad, and an event on Facebook.																		
	Preventable Hospital Stays 88 ACSC rate	DECH has revised the discharge process and Case Management is highly involved along with the nursing management performing multiple post discharge phone calls. The Physician Practice Care Manager is looking at the inpatient census and the ED census daily and following up with patients who are identified as high risk for readmission. Have instituted a Care Coordinator within the practices to provide continuous education and monitoring of the patients with chronic conditions.																		
		Partnership with MHIN in August 2015 using data to better understand morbidity, mortality, and chronic disease in our region so that we can develop strategies for care coordination to improve the high risk population.																		
		Facebook education piece on the importance of getting a mammogram.																		
	Length of Life premature death, poor or fair health, poor physical health days, poor mental health days, low birthweight	Rate will improve if other initiatives are effective.																		