

Community Health Needs Assessment and Implementation Plan 2014–2016

Abbott Northwestern Hospital, a part of Allina Health, cares about improving the health of the communities it serves. To do so, Abbott Northwestern Hospital worked with community partners to conduct a community health needs assessment and develop a specific, local implementation plan to respond to the identified community needs.

Executive Summary

HOSPITAL SUMMARY

Abbott Northwestern Hospital is part of Allina Health, a not-for-profit health system dedicated to the prevention and treatment of illness through its family of clinics, hospitals, care services and community health improvement efforts in Minnesota and western Wisconsin. Located in south Minneapolis, Abbott Northwestern Hospital is the Twin Cities' largest not-for-profit hospital. Abbott Northwestern is known around the region and across the United States for its centers of excellence in cancer care through the Virginia Piper Cancer Institute[®]; cardiovascular services in partnership with the Minneapolis Heart Institute[®]; the Spine Institute; Neuroscience Institute; Orthopedic Institute; obstetrics and gynecology through WomenCare[®] and physical rehabilitation through the Courage Kenny Rehabilitation Institute[®]. Abbott Northwestern Hospital also has a long history of working to improve health in the community it serves through both charitable giving by the Abbott Northwestern Hospital Foundation and direct programming efforts which address health needs in the community.

Abbott Northwestern conducted its community health needs assessment (CHNA) in collaboration and partnership with community members, community organizations, stakeholders from local public health, and internal stakeholders at Abbott Northwestern Hospital. These partners assisted in the development of the hospital's priorities as well as in building the implementation plan.

TARGET AREAS AND POPULATIONS

For the purposes of community benefit and engagement, Allina Health divides its service area into nine regions. The region associated with Abbott Northwestern Hospital is known as the West Metro Region and primarily serves Hennepin County in Minnesota. For the West Metro community health needs assessment, the focus of inquiry was Hennepin County. Also in the West Metro Area is Phillips Eye Institute, a specialty eye hospital that is also a part of Allina Health. Abbott Northwestern Hospital and Phillips Eye Institute are located in the same community and used the same data and process for the community health needs assessments, they have distinct priority needs and implementation plans.

NEEDS ASSESSMENT PROCESS

The needs assessment plan was based on a set of best practices for community health assessments developed by the Catholic Health Association with the purpose of identifying two to three regional priority areas to focus on for FY 2014–2016. The process was designed to rely on existing public data, directly engage community stakeholders and collaborate with local public health and other health providers. The West Metro Region Community Engagement Lead guided the effort for Abbott Northwestern Hospital.

The Abbott Northwestern Hospital assessment was conducted in three stages: data review and setting priorities, community health dialogues and qualitative interviews and action planning. The process began in April 2012 with the development of the plan and was completed in August 2013 with the final presentation of the assessment and action plan to the Abbott Northwestern Hospital Community Benefit Engagement Team and the Abbott Northwestern Hospital Senior Management Team. The following is a description of the assessment steps and timeline.

DATA REVIEW AND PRIORITIZATION

The data review and priority-setting phase began with the compilation of existing health-related data. Stakeholders reviewed three datasets, including the Stratis Health Minnesota County Profiles, Minnesota County-Level Indicators for Community Health Assessment, County Health Rankings and also reviewed the Hennepin County Community Health Improvement Plan (CHIP). Stakeholders were asked to look at both the data assembled by Allina Health and the priorities selected by Hennepin County to determine whether the hospitals in the West Metro area wanted to select priorities identified by the CHIP plan or choose other priority issues to focus its community health improvement efforts on in 2014–2016.

In an effort to align community health improvement efforts and resources with public health and other community partners, stakeholders chose to focus the following issues identified in the Hennepin County CHIP process:

The prioritization process identified the following three priority issues for the community:

1. Physical activity and nutrition
2. Community and social connectedness
3. Health care access

COMMUNITY DIALOGUES AND QUALITATIVE INTERVIEWS

In spring 2013, Abbott Northwestern Hospital held meetings designed to solicit feedback from the community on how the hospital could most effectively address the selected priority issues. These community dialogues were an opportunity for the hospital to hear from a broader group of community members, identify ideas and strategies to respond to the priority issues and inform the action-planning phase of the needs assessment. A dialogue report summarizes the findings and helped guide the development of the implementation plan.

To augment the Abbott Northwestern Hospital CHNA process, the Division of Applied Research videotaped interviews of community members to help the hospital and Allina Health understand the unmet health needs of the community, solicit how Abbott Northwestern could most effectively address the selected priority issues, and inform action planning. While analysis is not yet complete, the research team identified emerging themes that were incorporated into the implementation plan. When analysis is complete, results will be integrated into a messaging video that conveys actionable opportunities for the hospital, Allina Health and the community.

COMMUNITY ASSETS INVENTORY

Between the community health dialogues and the action-planning phase, the Community Engagement Lead for Abbott Northwestern Hospital developed an inventory of existing programs and services within the region related to the priority areas identified in the needs assessment. The inventory included the location of the program (hospital, clinic or community) as well as the target population and community partners. The purpose of the inventory was to identify:

- Gaps in services and opportunities for new work
- Where and with whom there is a lot of work already being done
- Opportunities for partnership and/or collaboration.

ACTION PLANNING

The final phase of the CHNA process was to develop the implementation plan for Abbott Northwestern Hospital. The implementation plan is a set of actions that the hospital will take to respond to the needs identified through the community health needs assessment process. Abbott Northwestern Hospital used its Community Engagement Team to engage with internal and external stakeholders including

leadership for Abbott Northwestern Hospital as well as representatives from the Minneapolis Public Schools, Presbyterian Homes, Interfaith Outreach and Community Partners, the New American Academy, the Neighborhood Involvement Program and the Lyndale Neighborhood Association over three meetings to develop the implementation plan for FY 2014–2016.

The process included four steps:

1. Identifying key goals, objectives and indicators related to the priority issues
2. Reviewing Community Health Dialogues report, themes from the qualitative interviews and Community Assets Inventory
3. Selecting evidence-based strategies and programs to address the issues
4. Assigning roles and partners for implementing each strategy.

IMPLEMENTATION PLAN

The implementation plan is a three-year plan depicting the overall work that Abbott Northwestern Hospital plans to do to address its priority issues in the community. Yearly work plans will be developed to provide detailed actions, accountabilities, evaluation measures and timelines.

Physical activity and nutrition

Goal: Reduce overweight and obesity by improving nutrition and physical activity levels.

INDICATORS

- Reduce the proportion of adults and children who are obese or overweight
- Increase the variety and contribution of fruits and vegetables to the diets of the population aged 2 years and older
- Reduce the proportion of adults who engage in no leisure time exercise
- Increase the proportion of adults and adolescents who meet current federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity.

Abbott Northwestern Hospital's strategy to prevent obesity in its community will focus on several key areas, reducing overweight and obesity by improving access to healthy foods, improving nutrition, increasing levels of physical activity and increasing opportunities for physical activity. Planned programs include:

- Expanding Abbott Northwestern Hospital's Farmer's Market to include opportunities for the community to participate. *Potential partners: Minneapolis Department of Health, neighborhood associations*
- Exploring opportunities to partner with additional farmers' markets. *Potential partners: Farmer's markets in Minneapolis, Plymouth, Edina, Richfield, Hopkins*
- Providing education about the importance of healthy eating. *Potential partners: Neighborhood associations, public housing authorities, public health, senior organizations*
- Partnering with local school districts to promote physical activity amongst elementary school students. *Potential partners: Minneapolis, Edina, Wayzata, Osseo, Robbinsdale, Hopkins, and Richfield public schools*
- Partnering with the Minneapolis Park & Recreation Board to promote physical activity parks. *Potential partners: Nice Ride Minnesota, Minneapolis Park & Recreation Board, City of Plymouth Parks & Recreation*
- Offering physical fitness opportunities to seniors. *Potential partners: Silver Sneakers, Presbyterian Homes, MN Council on Aging, Cities of Plymouth, Edina, Hopkins, and Bloomington.*
- Creating and support public fitness events. *Potential partners: Neighborhood Associations, cause-related organizations.*
- Supporting the continuation of the Free Bikes 4 Kidz program. *Potential Partners: Free Bikes 4 Kidz, local nonprofits.*

Community and social connectedness

Goal: Promote mental health by increasing access to mental health services and provide opportunities for increased social connections.

INDICATORS

- Increase the percentage of individuals with mental health disorders who receive treatment
- Decrease the percentage of individuals who report feelings of isolation and loneliness.

Abbott Northwestern Hospital's strategy to promote mental health by increasing access to mental health services and providing opportunities for increased social connections in its community will focus on two key areas: increasing access to mental health services and increasing social connectivity amongst community members. Planned programs include:

- Supporting and/or expanding mental health services that are provided in the community.
Potential partners: Community-based clinics, neighborhood associations, nonprofits, school districts, organizations serving senior population, organizations serving low-income population
- Providing opportunities for increased social connections amongst community members.
Potential partners: Presbyterian Homes, neighborhood associations, local nonprofits, local public health departments, Cities of Plymouth, Minneapolis, Edina, Hopkins and Bloomington, senior organizations.

Health care access

Goal: Improve general population health by increasing access to health care providers and health-related resources.

INDICATOR

- Reduce the percentage of persons who are unable to obtain or delay in obtaining necessary medical care or prescription medicines

Abbott Northwestern Hospital's strategy to improve access to health care and increase health promotion will focus on improving general population health by increasing access to health care providers and health-related resources. Planned programs include:

- Starting a Faith Community Nurse Support program. *Potential partners: Mercy/Unity Parish Nurse program, Faith Community Nurse Network*
- Continuing the Prescription Assistance programs.

CONCLUSION

As a not-for profit hospital, Abbott Northwestern Hospital is dedicated to improving the health of the communities it serves. This implementation plan is intended to show that the hospital will partner with and support community and clinical programs that positively impact the identified health needs in 2014–2016. In addition, the hospital will participate in system-wide efforts, as part of Allina Health, that support and impact community health. There are other ways in which Abbott Northwestern Hospital will indirectly address these priority issues along with other needs, through the provision of charity care, support of Medicare and Medicaid programs, discounts to the uninsured and others. Abbott Northwestern Hospital will continue to engage with the community to ensure that the work in the plan is relevant, effective and to modify its use accordingly.

The full report for the Abbott Northwestern Hospital's community health needs assessment can be found at allinahealth.org.



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