



Implementation Strategies (2023-2025)

For Needs Identified in the Methodist Fremont Health
2022 Community Health Needs Assessment

Methodist Fremont Health

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I. Introduction

For more than 80 years, Methodist Fremont Health (MFH), an affiliate of the Methodist Health System (MHS) has cared for families in the Fremont region. MFH is dedicated to superior service and a deep understanding of patient care, creating better care and better outcomes.

Mission Statement

Committed to improving the health of our communities by the way we care, educate and innovate.

Vision Statement

We will be the preferred integrated health system in the region.

Values in Our Workplace – Cultural Competence

At Methodist Fremont Health, all employees will behave in a way that is consistent with our core values. We intend to hold each other and ourselves mutually accountable for our actions. Demonstrating our values in the workplace means that we will respect a wide range of people both like and unlike ourselves. Our similarities and differences may include these characteristics: race, gender, class, native language, ethnic origin, physical ability, age, religion, sexual orientation, professional experience, personal preferences and work style. We value our diversity. These similarities and differences will be affirmed and respected as we serve all of our customers, patients, families and coworkers.

Core Values

Patient Centered

We are patient/customer-centered, patient/customer-driven. Our patients are our first priorities. We listen, understand their needs and strive to exceed their expectations.

Respect

We honor and respect the dignity of all. We say what we mean and mean what we say. We require fair, honest and ethical behavior in every activity and under all circumstances.

Excellence

We strive for excellence and push beyond. We strive for the highest standards and push beyond. We continuously improve performance through knowledge, experience, innovation and risk-taking.

Teamwork

We work as one. People are our most important resource. We demonstrate respect and concern for everyone, value each individual as an equal team member and support professional growth and autonomy.

Community Service

We are dedicated to serving our community. We strive to achieve a healthy balance between enhancing the welfare of our community and sustaining our economic growth.

II. Why We Care

From the day Methodist Fremont Health was chartered back in 1940, service and commitment to our community has been the top priority. Financial assistance, health education, and outreach to under-resourced populations – these and other community benefit activities have always been central to our mission. Our goal has always been to address and improve the overall health of the community.

Our community benefit programs are strategically focused to accomplish the following objectives:

- Improve access to health care services.
- Enhance the health of the community.
- Advance medical or health care knowledge.
- Relieve or reduce the burden on government or other community efforts.

III. 2022 Community Health Needs Assessment Summary

Methodist Fremont Health’s Community Health Needs Assessment (CHNA) is conducted by the Three Rivers Public Health Department, which represents Dodge, Washington and Saunders counties. The latest survey was completed in 2022.

Methodology

From the CHNA, a Community Health Improvement Plan (CHIP) is developed for each county. The purpose of the CHIP is to identify how to, strategically and collaboratively, address community priority issues to improve the health and well-being of the community. The project was made possible through grant funding from the State of Nebraska Department of Health and Services, Division of Public Health, Office of Community Health.

To start the assessment process Three Rivers Public Health Department formed a CHA/CHIP steering committee to help guide the process. The committee included members from each county served by 3RPHD and each of the collaborating hospitals. In May, 3RPHD deployed an online Community Health Survey (a survey was first used in 2019). The survey was made available and completed by individuals who live and work in Dodge, Washington, and Saunders counties to learn what community members saw as the most important health issues to address. Makayla Schissel, Data Analyst, assembled the CHA and presented the data at each of the community CHIP meetings in July.

In July, focus group meetings were held in each county and utilized facilitated conversations and questions to help select the priority health issues in each community to be used to form the Community Health Implementation Plan.

IV. Identified Opportunities

The following are the areas of opportunity identified through this assessment. *Access to Healthcare Services will be evaluated for each category*

- Lack of Diversity, equity and inclusion in health care
- Behavioral Health
- Unhealthy Lifestyles
- Affordable Housing
- Barriers to Care
- Senior Wellbeing
- Youth Wellbeing
- Obesity/Physical Activity
- Lack of Health Education and Collaborations

The full Community Health Needs Assessment along with this 2023-2025 Implementation Strategy and the Community Health Needs Assessment can be accessed through Methodist Health System’s Community Benefits website:

<https://bestcare.org/about/community-benefits/our-plan>

V. Implementation Strategy

Findings from Three Rivers Public Health Department’s Community Health Needs Assessment were initially reviewed by the steering committee August 2022. Strategies, goals and methods of evaluation were developed by 3RPHD for the service area to create the 2022 Community Health Improvement Plan. Upon receipt of the 3RPHD plan a 2023-2025 Implementation Strategy for Methodist Fremont Health was drafted to be presented to the Board of Directors for approval and Community Health Action Team for implementation .

This strategy lists some of the local area community partners of which Methodist Fremont Health will collaborate on opportunities that would be consistent with their expertise. As our work progresses, we will identify and partner with new organizations and key individuals as necessary.

This document clearly identified opportunities where Methodist Fremont Health lacks internal competencies to make a meaningful impact. Methodist Fremont Health will continually monitor these opportunities and collaborate with community organizations that are addressing these needs and as funding and/or expertise are made available, Methodist Fremont Health will respond accordingly and continue to play a role as a *Partner in the Community* on these areas.

Strategy Execution and Anticipated Impact

Evaluation of impact will be measured by a subsequent CHNA, tentatively scheduled to be conducted in 2025. Impact will be compared to current results and influenced by the Healthy People 2030 guidelines and recommendations.

Opportunities are identified and prioritized as:

The Board of Directors of Methodist Fremont Hospital has determined that the following opportunities identified in the 2022 CHNA should be addressed through these strategies and approved the 2023 – 2025 Implementation Strategy Plan on October 27, 2022.

- **Priority I** – MFH has significant expertise to improve these health needs in the community: “Leaders in the Community”
- **Priority II** – MFH has limited expertise to improve these health needs in the community, and will defer to other organizations but collaborate where and when appropriate: “Partners in the Community”
- **Priority III** – MFH has minimal expertise to improve these health needs in the community. MFH does not intend to specifically address these opportunities; MFH will participate with other community organizations currently addressing these opportunities: “Participants in the Community”

Priority I:

Behavioral Health
Cancer
Women & Children

Priority II:

Unhealthy Lifestyles:
Obesity: Nutrition, Weight & Exercise
Chronic Disease Management: Diabetes, Hypertension

Priority III:

Inclusion and lack of diversity/equity in healthcare

Identified as Priority I:

Identified as the opportunities which Methodist Fremont Health has significant expertise to help improve health rates in the community (A Leader in the Community).

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
<p>Behavioral Health</p>	<p>Death rate due to suicide per 100,000 (age-adjusted) of the health district 13.3 compared to 12.9 of the state. This is an increase from 11.2 (2007-2011) and 12 (2009-2013) for 3RPHD</p> <p>15.6% of adults reported they have been told they have depression; 10.9% reported taking medication or receiving treatment for a mental health condition (2022 CNA)</p>	<p>Reduce the stigma of seeking help for behavioral health issue in Dodge County</p> <p>Increase awareness of behavioral health services in the area and educating the community about mental health as a medical condition</p> <p>Reduce the suicide rate of the health district to 12.8 per 100,000 (target of Healthy People 2030)</p> <p>Identify gaps in behavioral health services offered in the health district and barriers for individuals to access services</p> <p>Educate Methodist Fremont Health staff and their families to available services through Best Care Employee Assistance Program, outpatient.</p>	<p>Increase number of new patients treated in-patient and out-patient</p> <p>Number of individuals reached with the public awareness campaign</p> <p>Compare Nebraska DHHS, Vital Records report</p>
<p>Cancer</p>	<p>The Health District had a slightly higher rate of deaths compared to the state. Dodge County rate 179.2; Nebraska 152.6 per 100,000 (2015-2019)</p> <p>Leading causes of cancer mortality was lung, colorectal, breast and prostate.</p> <p>76.2% reported being up to date on breast cancer screening in the health district; less than state average 76.4%</p>	<p>Methodist Fremont Health in collaboration with the Nebraska Cancer Specialists offer multidisciplinary care and an array of services for cancer patients, including a Cancer Committee and Tumor Board.</p> <p>Reduce the Cancer Age-Adjusted Death Rate.</p> <p>Enhance and grow cancer screening and education programs offered to the community. Focus on early identification of lung, head & neck, colorectal, skin and breast cancer.</p>	<p>Compare on State Cancer Profile Registries</p> <p>Compare MFH Cancer Committee Outreach Report for screening activities and number screened</p> <p>Include anti-smoking, anti-tobacco, anti-vaping education with each third grade tour</p>

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
		<p>Grow the HPV vaccine/education initiative to increase HPV vaccine rates and awareness of its association to cancer.</p> <p>Provide screening recommendations for different types of cancers and behavioral risk education at community events and health fairs.</p> <p>Partner with the Nebraska Coalition on Cancer, The American Cancer Society, Great Plains, and Great Plains Colon Cancer Task Force.</p>	
Women & Children	<p>Dodge county has the highest percentage (6.8%) of teen pregnancy of the health district and the state (4.1%)</p> <p>Dodge county has the highest percentage (17.2%) of mothers who received inadequate prenatal care of the health district and the state (48%)</p> <p>Identified a need to better support our Hispanic population, as they are at a high risk for health disparities and inequities; often having insurance that does not cover care after delivery, such as access to a personal use breast pump or lactation services</p>	<p>Increase the percentage of women 50-74 years of age who had a mammogram to screen for breast cancer</p> <p>Increase the percentage of women 21-65 years of age who are up-to-date on cervical cancer screening</p> <p>Collaborate with large employers ensuring female staff have an annual mammogram, pap smear, and physical.</p> <p>Increase breastfeeding education in the community (including materials in Spanish & access to Hispanic professional lactation support)</p> <p>Provide free personal use breast pumps to women who are not covered by insurance</p>	<p>76.2% reported being up to date on breast cancer screening in the health district; less than state average 76.4%</p> <p>Only 71.3% reported being up to date on cervical cancer screening in 2020 (age 21-65) down from 79.0% in 2018</p> <p>Tracy Moore, OB Nurse Navigator, to report events and patient interaction numbers</p>

Identified as Priority II: Risky Behaviors

Identified as the opportunities which Methodist Fremont Health has some expertise to help improve health rates in the community (A Partner in the Community).

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
Obesity (nutrition, weight, exercise)	<p>Obesity increased from 34.9% in 2015 to 35.4% in 2020</p> <p>Only 20.3% of adults in health district reported meeting physical activity and strength training activity as recommended; lower than state 20.9%</p>	<p>Reduce the number of people among adults 18 and over with a BMI >30 by increasing outreach and education on diet, nutrition, and exercise and weight management (target of 36% for Health People 2030)</p> <p>Partner and promote with community partners on wellness resources, such as the Fremont Family YMCA, Hy-Vee, Three Rivers Public Health Department, etc.</p> <p>Continue to provide outreach and education on diet, nutrition, exercise and weigh managment</p>	<p>Utilize blood pressure kiosks at MFH and YMCA to check BMI</p> <p>Track outreach events/education and number of participants</p>
Chronic Disease: Diabetes	<p>In 2017 9.8% of 3RPHD adults have been told by their doctor that they have diabetes; 2020 up to 10.5%</p>	<p>Increase access to care for diabetic patients through the Chronic Disease Management Program utilizing MPC patient centered sites.</p> <p>Provide information and resources available for diabetics through community outreach and utilizing the MHS Mobile Diabetes Unit.</p> <p>Reduce the annual number of new cases of diagnosed diabetes in the population (Target of 5.6 new cases per 1,000 aged 18-84 for Health People 2030)</p>	<p>Provide local employers with A1C screening upon request</p> <p>Track outreach events/education and number of participants</p>
Chronic Disease: Hypertension	<p>5.7% of adults 18 and over in the health district have been told they had a heart attack or coronary heart</p>	<p>Reduce the proportion of adults with high blood pressure (target of 29.5% for Health People 2030)</p>	<p>Utilize blood pressure kiosks at MFH and YMCA to increase blood pressure screenings</p>

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
	disease; higher than state 5.3% 32.6% of adults 18 and over have been told they have high blood pressure; higher than state 31%	Become a Certified Stroke Ready hospital	Provide local employers with biometric screening (cholesterol, blood glucose, blood pressure, body fat resting) upon request

Identified as Priority III:

Identified as the opportunities which Methodist Fremont Health has minimal expertise to help improve health rates in the community (A Participant in the Community).

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
Inclusion and lack of diversity/equity in healthcare	Community concern due to language barriers in healthcare	MFH will hire bilingual provider(s) if possible MFH provides Language Services with in-house interpreters, translation services and use MARTTI for non-English speaking patients. Continue Hispanic Community Outreach	MFH will provide free screenings, education (printed in English and Spanish) and support groups Report number of patients served by Language Services department MFH participants in Fremont Hispanic Festival and Serving our Changing Community Health Events at Washington Elementary
Barriers to care	1 in 3 individuals who took the Minority Health Assessment Survey said “access to healthcare” is a top concern	Methodist Fremont Health and local providers/organizations work collaboratively to provide expanded and affordable access to care MFH’s transportation bus provides complimentary rides for patients with limited transportation availability to see a MFH provider	Monthly transportation report and number of rides provided

Identified Opportunity	Description	Goals & Implementation Strategies	Method of Evaluation
		<p>MFH has a strong sports medicine outreach program with Certified Athletic Trainers provided at 8 local high schools and a free Saturday Sports Injury Clinic</p> <p>MHS has a mobile diabetes and mammogram coach available to come to Fremont for special screening events</p>	<p>Mammogram unit at Lincoln Premium Poultry employee screening and Diabetes unit at Hispanic Festival</p>

VI. Community Partners

A Time to Heal	American Cancer Society	American College of Surgeons	American Diabetes Association
American Heart Association	American Hospital Association	American Red Cross	Archbishop Bergan Catholic School
Blue Cross Blue Shield of NE	Cedar Bluffs Public School	City of Fremont	Clarkson College
Colorectal Cancer Task Force	Commission on Cancer	Community Health Charities	Department of Health & Human Services
Dodge County Extension Office	Dodge County 4-H	Dodge County Fair	Dodge County Head Start
Dodge County Sheriff's Department	Eastern Nebraska Office on Aging	Every Woman Matters	Fremont 4-H
Fremont Area Alzheimer's Collaboration	Fremont Area Chamber of Commerce	Fremont Breastfeeding Initiative	Fremont Community Foundation
Fremont Family Coalition	Fremont Family YMCA	Fremont Fire & Rescue	Fremont Ministerial Association
Fremont Moo	Fremont Police Department	Fremont Public Schools	Fremont Rotary Club
Good Neighbor Community Health Center	Greater Fremont Development Council	Great Plains Colon Cancer Task Force	Habitat for Humanity
Heartland Family Services	John C. Fremont Days	Keep Fremont Beautiful	Kiwanis Club of Fremont
Leadership Fremont	LifeHouse	LifeNet	LiveOn Nebraska
Logan View Public School	Lutheran Family Services	Lyons-Decatur Public School	MainStreet Fremont
Masonic-Eastern Star Home for Children	Mead Schools	Methodist College of Nursing	Metropolitan Community College, Fremont
Midland University	National Alliance for Mental Illness	National Safety Council, Nebraska	Nebraska Breastfeeding Coalition
Nebraska Cancer Specialists	Nebraska Community Blood Bank	Nebraska Department of Health and Human Services	Nebraska Health Network
Nebraska Hospital Association	Nebraska State Patrol	North Bend Public School	Omaha Metropolitan Healthcare Coalition (OMHCC)
Omaha Safety Council	Pathfinder Support Services	Project Fit	Rotary Club of Fremont
Salvation Army	Scribner-Snyder Public School	Sixpence Early Learning	The Bridge
Trinity Lutheran School	Three Rivers Public Health Department	Uniquely Yours Stability Support	University of Nebraska Medical – College of Medicine
United Health Care	United Way	Visiting Nurses Association	

VIII. Contact Information

Please submit any questions to:

<http://www.methodistcommunitybenefit.com/contact/>

or call 402-354-6767 for further information



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