



# YUMA REGIONAL MEDICAL CENTER

Your Health. Your Hospital.



## ***Yuma County Community Health Improvement Plan***

September 2013

## **Yuma County Community Health Improvement Plan**

### **Background**

Under the Patient Protection and Affordable Care Act, adopted on March 23, 2010, the Community Health Needs Assessment (CHNA) is a new requirement for 501(c)(3) designated hospitals. Effective for taxable years after March 23, 2012, hospitals must publicly disclose a CHNA plan and implementation strategy to maintain its 501(c)(3) status. The CHNA must be conducted every three years.

In 2011, the Internal Revenue Service (IRS) released Notice 2011-52, which provides guidelines for implementing the CHNA requirements for tax-exempt hospitals. Pursuant to these guidelines, Yuma Regional Medical Center partnered with our community to conduct a CHNA. Findings from that process have led to the formation of an *Alliance for Healthy Communities* focused on four primary initiatives: (1) Child & Family Health, (2) Improving Access to Comprehensive Care, (3) Prevention of Chronic Disease and (4) Workplace Wellness. The Alliance and its initiatives will satisfy the “implementation strategy” requirement that ensures that Yuma Regional Medical Center (YRMC) is responsive to the needs identified by the community.

As a member of the alliance, YRMC will ensure that its overall hospital Strategic Plan aligns with, and supports, the initiatives identified within the CHNA.

### **What is a Community Health Needs Assessment?**

A CHNA is a process to evaluate the health of a community. It helps to assess the needs and perceptions of the community, and serves as a foundation for the required strategies that address those needs.

Earlier this year, YRMC conducted a CHNA using a two-step approach. First, YRMC contracted HPSA Acumen, Inc. to create the *Yuma County Community Health Needs Assessment*. Second, YRMC partnered with the Southwest Arizona Futures Forum (SAFF) to host a community forum on “Improving the Health of our Community”. The forum results were published in a report that reflects the direct feedback and input of key community stakeholders. Those two documents, described below, jointly serve as the basis for the required CHNA and the implementation plan.

Even before the implementation of the Affordable Care Act, YRMC has a strong history of completing CHNAs. In 1996 and 1999, YRMC partnered with Professional Research Consultants (PRC) to conduct a county-wide health assessment. This assessment included 500 telephone surveys and focus groups of local health and human service providers, employers and community leaders. YRMC created an implementation plan to respond to the needs of the community by creating the *Alliance for Healthy Communities*. The Alliance was comprised of local community leaders organized under five sub-committees.

## **CHNA – Executive Summary**

The *Community Health Needs Assessment* was conducted by HPSA Acumen, Inc. The report combines data from national, state, and county sources to provide an overview of the health of individuals living in Yuma County. Key findings include:

- Yuma County performed well on many health outcomes despite its high incidence of poverty and lower levels of education; two factors that highly correlate with poor health outcomes.
- Many of the community’s major health concerns mirror the rest of the country. Yuma’s two highest causes of death – heart disease and cancer – are the same as the country and the state of Arizona. Yuma is also struggling with increasing rates of diabetes and obesity rates.
- Yuma ranked in the bottom third of the state with limited access to care, a problem exacerbated by a fluctuating population base (seasonal visitors and migrant workers).

## **Plenary of Key Community Stake Holders– *Improving the Health of our Community***

On May 09, 2013, YRMC partnered with the Southwest Arizona Futures Forum (SAFF) to host a plenary session titled “Improving the Health of our Community”. The half-day event included speakers on the health of our community and facilitated open dialogue among over 100 community leaders, stakeholders and public servants. Participants collectively identified community health values and ideas to support community wellness. Attendees gathered in focus groups to discuss barriers and solutions that will guide the future of health care delivery in Yuma County. The ***Plenary Report*** is a summation of the discussions from the breakout panels. While the discussions were extensive and varied, several key issues were echoed throughout the session:

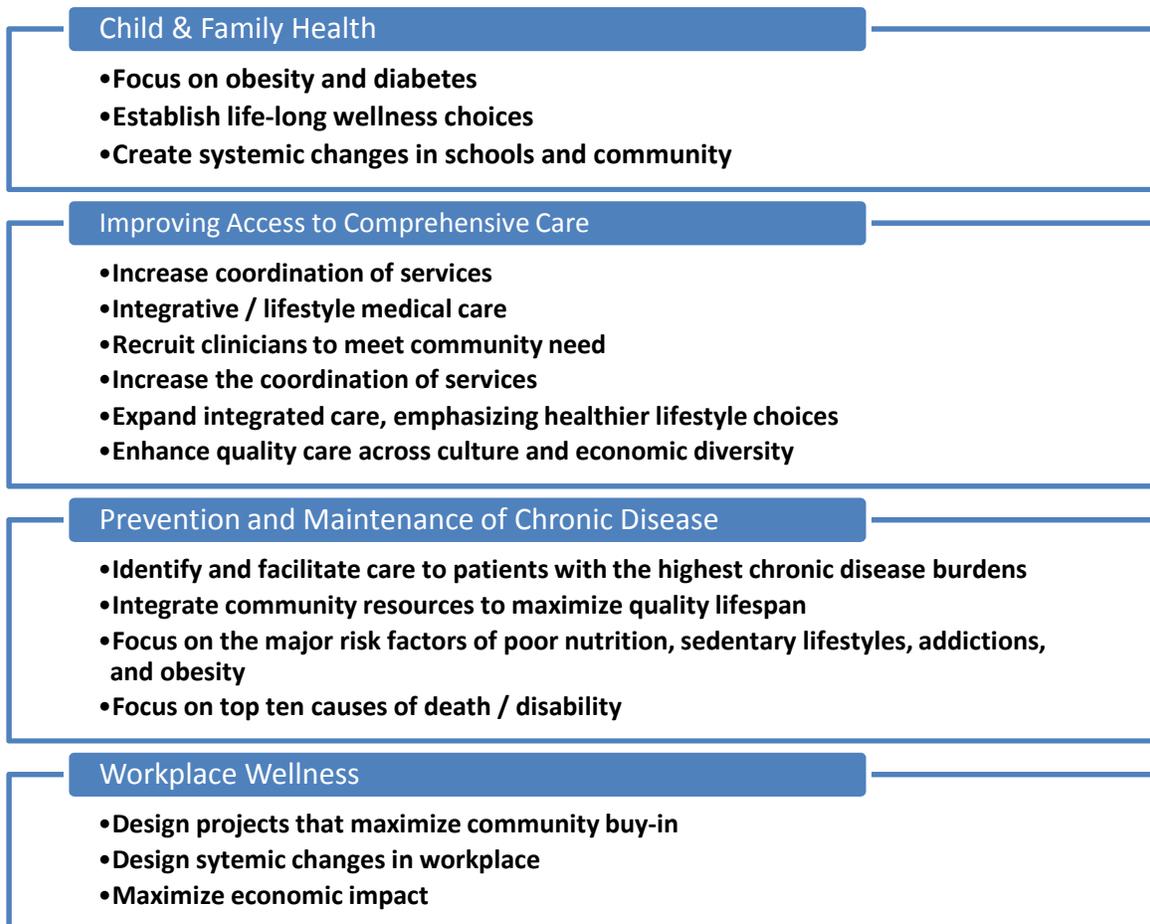
- There is a lack of access to healthcare for several reasons, including a shortage of healthcare providers and higher rates of poverty (un- or under-insured).
- The community is very motivated to see systemic change in the work place and schools to encourage healthier choices to help prevent chronic diseases and improve quality of life.
- Participants were very eager to change the “culture” of our community and to embrace preventative measures that empower our residents.
- Community leaders expressed a collective concern regarding escalating healthcare costs and the financial impact on local business.

## **Implementation Plan – *Alliance for Healthy Communities***

Based upon a review of the two CHNA documents, we developed an implementation plan that addresses the primary concerns identified by our community. We will convene a newly-established *Alliance for Healthy Communities* Steering Committee co-chaired by Dr. Carl Myers, MD and Judy Gresser. Yuma’s *Alliance for Healthy Communities* is a three year initiative structured to create a

healthier, happier community by fostering change that aligns with national “Healthy People 2020” objectives.<sup>1</sup> Moreover, the group will serve as a bridge between the hospital, employers, local government, local military, private physicians, etc., and as a forum for communication and collaboration to ensure the project accomplishes its stated health promotion goals.

The *vision* of the Alliance is to make Yuma County the healthiest in the nation. To create the environment to achieve our vision, we will focus on four key areas:



The Steering Committee held its inaugural meeting in August 2013, to approve the overall vision and to determine the members and Chairs of the four sub-committees. The Steering Committee will meet at least quarterly to guide the overall vision and coordinate community resources. The Child and Family, Comprehensive Care, Chronic Disease, and Workplace Committees will establish their own vision and metrics. The sub-committees will be accountable for implementing programs to improve the health of the community.

<sup>1</sup> <http://www.healthypeople.gov/2020/default.aspx>

## Vision, Guidelines, and Metrics

The overarching *vision* of the project is for Yuma to become the healthiest community in the nation within three years. We will accomplish this by aggressively addressing the four most common causes of chronic disease, as identified by the Center for Disease Control and Prevention (CDC):



Each committee, though given tremendous latitude in identifying their own projects and metrics, will need to address each of these four modifiable health risk behaviors within the project plans. Additionally, the committees will this approach will encourage innovation within each committee while ensuring fidelity to our overall vision. We will also ensure metrics address each of these health risk behaviors and will serve as the basis for measuring our overall success.

## Alliance for Healthy Communities

### Steering Committee

15 to 20 Community Leaders

Committee Chair: Carl Myers, MD

Co-Chair: Judy Gresser

#### Initiative #1 Child & Family Health

Committee Chair:  
Judy Watkinson

Co-Chair: Susan  
Sternitzke

#### Initiative #2 Improving Access to Comprehensive Care

Committee Chair:  
Dr. Ed Paul

Co-Chair:

#### Initiative #3 Prevention & Maintenance of Chronic Disease

Committee Chair:  
Diana Gomez

Co-Chair: Jean  
Myers

#### Initiative #4 Workplace Wellness

Committee Chair:  
Nicole Dallam

Co-Chair: Kay  
Eldridge