

2013

Decatur County
Memorial Hospital
Community Health
Needs Assessment

Prepared by the Indiana Rural Health Association

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Process

Decatur County Memorial Hospital (DCMH) contracted with the Indiana Rural Health Association (IRHA) to conduct the Community Health Needs Assessment (CHNA).

IRHA first identified the community served by DCMH through conversations with the hospital. Based on a review of patient zip codes, the hospital was able to define the community served as all postal codes within the geographic area of Decatur County and some codes that extend slightly beyond the county lines.

To quantifiably describe the community, census reports were commissioned from iVantage Health Analytics in conjunction with ESRI. Quantifiable statistics and reports for health-related community data were obtained from Decatur County Memorial Hospital, the Community Health Rankings & Roadmaps from the Robert Wood Johnson Foundation, the Indiana INDicators from the Centers for Disease Control and the Indiana Business Research Center, and the Indiana Community Asset Inventory and Rankings 2012 from the Center for Business and Economic Research and Ball State University. The full versions of these reports can be viewed in Appendix A. Additional reports on chronic disease were pulled from the Centers for Disease Control website and the Indiana State Cancer Registry. Excerpts from these reports can also be found in Appendix A.

Next, a steering committee of Decatur County representatives was organized with the help of the Decatur County Memorial Hospital CEO, Linda Simmons. Business owners, local officials, healthcare providers, minority leaders, clergy, student representatives, and other interested parties were invited to attend the meeting to discuss the health-related needs of the community to identify the areas of greatest concern. The list of invitees and their company and/or affiliation can be found in Appendix B.

From the information obtained from the steering committee, a 33-question survey was developed to gain the perspective of the inhabitants of the community. Questions included queries about the effect of various factors (such as illegal drugs, teen pregnancy, and obesity), as well as probes into the perceived need for various services and facilities in the community. The survey was widely disseminated to the residents of Decatur County through inclusion on the Decatur County Memorial Hospital's website, face-to-face polling at the Marsh Supermarket, a popular grocery store in Greensburg, the local farmers' market on the Greensburg town square, and a publically available survey posted on SurveyMonkey.com. The survey may be viewed in Appendix C.

To identify all healthcare facilities and resources that currently respond to the healthcare needs of the community, the IRHA contacted DCMH to provide a listing of the facilities and resources, including but not limited to clinics, family practices and nursing facilities currently available within Decatur County. The list of existing community resources can be found in Appendix D.

At this point, the data was submitted to Decatur County Memorial Hospital to explain how the needs identified by the CHNA are currently being met, as well as to write a plan of action for those needs that are not currently being met. DCMH was also able to identify the information gaps limiting the hospital's ability to assess all of the community's health needs.

The completed CHNA was then publically posted on hospital’s website. Hard copies of the full report were made available to the community upon request at the hospital, as well.

Community Served

The community served by Decatur County Memorial Hospital is defined as follows: All people living within Decatur County, Indiana, or the surrounding area at any time during the year. To be determined as living within the service area of Decatur County, a person must reside within one of the following postal zip codes: 47240, 47238, 47272, 47225, 47263, 47234, 47037, and 47034.

Description of Community

Physical

Decatur County is located in the southeastern quadrant of Indiana. The community is largely rural and is the 63rd in size out of 92 counties in Indiana, at approximately 373.32 square miles.

Population – Ethnicity, Age, Households & Income

According to iVantage Health Analytics, in conjunction with ESRI data, the total population of the service area is 34,156; and the median age in the community is 39.37 years of age. Females make up 50.33% of the overall populace. Minority populations make up 3.76% of the total inhabitants of the community. There are 13,289 households comprised of approximately 2.61 persons each. The average household income is \$59,138; and the average per capita income is \$22,754.

Decatur County Memorial



Demographic Profile - Service Area by ZIP Code
All Zip Codes

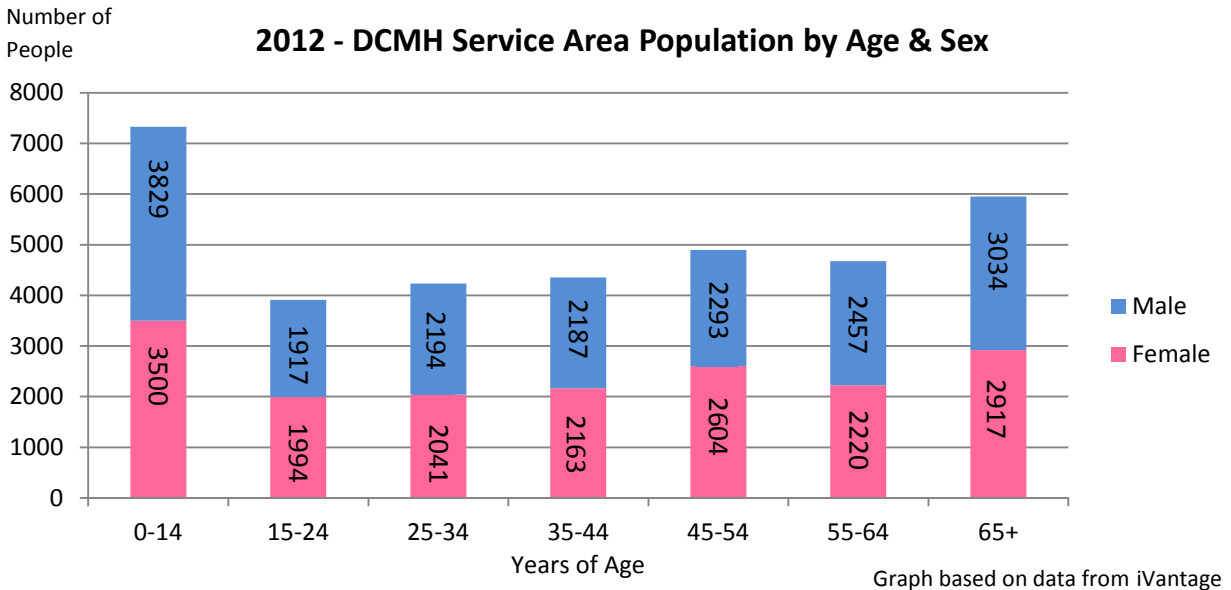
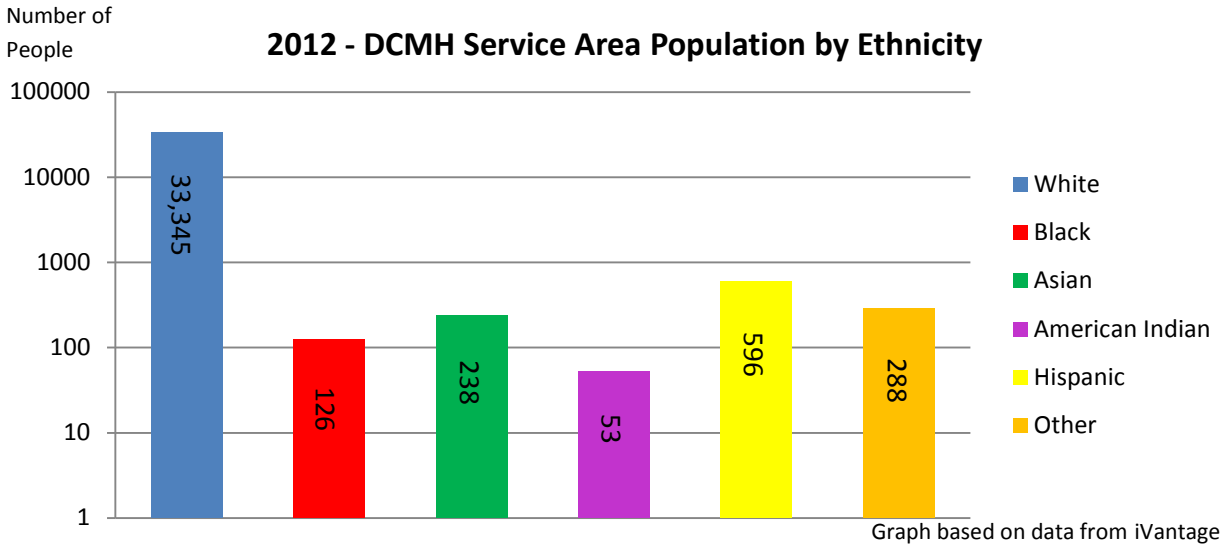
Description	2010	2012	2017	Volume Change	Percent Change
Total Population	34,156	34,646	35,350	704	2.03%
White	33,023	33,345	33,634	289	0.87%
Black	85	126	215	89	70.63%
Asian	199	238	326	88	36.97%
American Indian	53	53	62	9	16.98%
Hispanic	524	596	775	179	30.03%
Other	270	288	338	50	17.36%
Median Age	38.96	39.37	39.85	0	1.22%
Total Population by Age					
00-14	7,193	7,214	7,329	115	1.59%
15-24	4,125	4,102	3,911	-191	(4.66%)
25-34	4,007	4,133	4,235	102	2.47%
35-44	4,450	4,390	4,350	-40	(0.91%)
45-54	5,291	5,210	4,897	-313	(6.01%)
55-64	4,171	4,411	4,677	266	6.03%
65+	4,920	5,186	5,951	765	14.75%
Female Population by Age					
00-14	3,492	3,500	3,557	57	1.63%
15-24	2,012	1,994	1,909	-85	(4.26%)
25-34	1,988	2,041	2,085	44	2.16%
35-44	2,202	2,163	2,132	-31	(1.43%)
45-54	2,650	2,604	2,436	-188	(6.45%)
55-64	2,099	2,220	2,350	130	5.86%
65+	2,789	2,917	3,307	390	13.37%

Description	2010	2012	2017	Volume Change	Percent Change
Total Female Population	17,236	17,439	17,776	337	1.93%
Female Population 15-44	6,202	6,198	6,126	-72	(1.16%)
Total Households	13,148	13,289	13,601	312	2.35%
Average Household Size	2.60	2.61	2.60	-0	(0.38%)
Median Household Income	43,292	50,203	6,911	15.96%	
Average Household Income	53,762	59,138	5,376	10.00%	
Per Capita Income	20,621	22,754	2,133	10.34%	
Household Income					
\$ 0 - \$ 14,999	1,702	1,696	-6	(0.35%)	
\$ 15,000 - \$ 24,999	1,808	1,331	-477	(26.38%)	
\$ 25,000 - \$ 34,999	1,471	1,165	-306	(20.80%)	
\$ 35,000 - \$ 49,999	2,621	2,463	-158	(6.03%)	
\$ 50,000 - \$ 74,999	2,940	3,662	722	24.56%	
\$ 75,000 - \$ 99,999	1,368	1,724	356	26.02%	
\$ 100,000 - \$ 149,999	982	1,112	130	13.24%	
\$ 150,000 - \$ 199,999	187	225	38	20.32%	
\$ 200,000 +	210	223	13	6.19%	

Source: ESRI Business Information Solutions

Prepared on March 14, 2013, by iVantage Health Analytics, Inc. 615-932-8400 Copyright 2013
Reports Center Location: Demographics/Service Area

www.iVantageHealth.com



Education

The Robert Wood Johnson Foundation reports that approximately 94% of the service area residents have high school diplomas compared with a statewide average of 86%. However, only 48% of the community has at least some (this does not necessarily reflect that a degree was attained, but rather that an individual received *any* post-secondary education at a college or university) college education compared with a statewide average of 59%. The educational achievements of the community earned Decatur a grade of C+ from the CAIR report.

Decatur County Education Attained



Graph based on data from the Robert Wood Johnson Foundation

The full reports from iVantage Health Analytics, the Robert Wood Johnson Foundation, and the Center for Business and Economic Research and Ball State University can be viewed in Appendix A.

Health Summary

The overall health grade for Decatur County from the CAIR report stands at a C+. The CAIR provides a detailed asset inventory of variables that describes the education attainment and health of Hoosier citizens, as well as the availability of natural resources and cultural amenities. All of the data has been carefully selected from secondary sources and is reviewed as to the contribution to the quality of life for the residents within the community. The data sets have been aggregated and a grade, noted above, has been given to Decatur County. Based on data from the 2012 County Health Rankings & Roadmaps report, Decatur County ranks 38th in Health Outcomes and 42nd in Health Factors out of a total of 92 counties in the state.

The Health Outcomes ranking was based on a reported 4.1 days of poor physical health by Decatur County residents compared to a national average of 2.6 and a statewide average of 3.6 and a reported 4.6 days of poor mental health days by Decatur County residents compared to a national average of 2.3 and statewide average of 3.6. The Health Factors ranking was based on Health Behaviors, Clinical Care, Social and Economic Factors, and Physical Environment.

A middling rates of adult smoking (at 22% of the population compared to a national average of 13% and a statewide average of 24%) and physical inactivity (at 25% compared to a national average of 21% and a statewide average of 27%), as well as high instances of adult obesity (at 31% compared to a national average of 25% and a statewide average of 31%), deaths in motor vehicle crashes (25 deaths compared to a national average of 10 and a statewide average of 13), and teen birth rates (48 births compared to 21 nationally and statewide) all combined to earn Decatur County a rank of 32 out of 92 counties in Health Behaviors.

The county ranked 39th out of 92 counties on Clinical Care due in large part to the high patient-to-primary physician ratio (at 2344:1 compared with the national average of 1067:1 and the statewide average of 1557:1) and even higher patient-to-dentist ratio (at 4360:1 opposed to 1516:1 nationally and 2165:1 statewide). The Clinical Care rankings also indicated that approximately 17% of the population is uninsured compared to 11% nationally and 17% statewide.

An exceptional high school graduation rate of 94% compared to only 86% statewide was cancelled out by a very low percentage of college graduation (at 48% compared to a national percentage of 70% and a state average of 59%) and above average unemployment (10.2% versus 5% nationwide and 9% in the rest of the state). The factors resulted in a modest rank of 55th out of 92 counties in Social and Economic Factors.

The Physical Environment score was also middling for Decatur County at a ranking of 50th out of 92 Indiana counties. This ranking is due to modest access to healthy foods (4% of the population had limited access to healthy food compared to a statewide average of 6%) and access to recreational facilities (12 compare to 16 nationally and 9 statewide). A moderately high number of fast food locations (46% of the total eateries compared to 27% nationally and 50% statewide) also contributed to the score.

The County Health Rankings measures the population living with limited access to healthy foods using the USDA Food Environment Atlas. Individuals are counted who have both low access to a supermarket or large grocery store and a low income. “Low access” is greater than ten miles away in a rural county. “Low income” individuals are classified if they fall into the government definition of poverty or have a median family income at or below 80% of the county’s median family income.



Decatur (DC)

	Decatur County	Error Margin	Indiana	National Benchmark*	Rank (of 92)
Health Outcomes					38
Mortality					23
Premature death	6,737	5,636-7,838	7,520	5,317	
Morbidity					54
Poor or fair health	17%	13-23%	16%	10%	
Poor physical health days	4.1	2.9-5.3	3.6	2.6	
Poor mental health days	4.6	3.2-6.1	3.6	2.3	
Low birthweight	7.5%	6.4-8.5%	8.3%	6.0%	
Health Factors					42
Health Behaviors					32
Adult smoking	22%	16-30%	24%	13%	
Adult obesity	31%	25-37%	31%	25%	
Physical inactivity	25%	20-31%	27%	21%	
Excessive drinking	13%	8-21%	16%	7%	
Motor vehicle crash death rate	25	18-34	13	10	
Sexually transmitted infections	140		351	92	
Teen birth rate	48	43-54	41	21	
Clinical Care					39
Uninsured	17%	15-19%	17%	11%	
Primary care physicians**	2,344:1		1,557:1	1,067:1	
Dentists**	4,360:1		2,165:1	1,516:1	
Preventable hospital stays	73	63-83	76	47	
Diabetic screening	84%	75-93%	83%	90%	
Mammography screening	66%	55-77%	64%	73%	



Decatur (DC)

	Decatur County	Error Margin	Indiana	National Benchmark*	Rank (of 92)
Social & Economic Factors					55
High school graduation**	94%		86%		
Some college	48%	42-54%	59%	70%	
Unemployment	10.2%		9.0%	5.0%	
Children in poverty	22%	16-27%	23%	14%	
Inadequate social support	19%	13-27%	20%	14%	
Children in single-parent households	30%	24-36%	32%	20%	
Violent crime rate			327	66	
Physical Environment					50
Daily fine particulate matter	13.3	13.1-13.5	13.0	8.8	
Drinking water safety	9%		2%	0%	
Access to recreational facilities	12		9	16	
Limited access to healthy foods**	4%		6%	1%	
Fast food restaurants	46%		50%	27%	

* 90th percentile, i.e., only 10% are better.

** Data should not be compared with prior years due to changes in definition.

Note: Blank values reflect unreliable or missing data

2013

Primary and Chronic Diseases

Decatur County Memorial Hospital generated a report of the Most Common Diagnosis for discharges from July 2, 2012, through July 1, 2013. From this report, the top ten most common diagnoses for their service area were identified. A further examination of the payer mix for each diagnosis resulted in an additional report to identify the issues that were most often seen in low-income, disabled, and/or older populations. (*Note: It is important to understand the key characteristics of the DCMH population. This includes identifying the low-income, disabled and/or elderly population. The population trends help provide an indication of patterns within the residents of the community and assist in identifying the needs around this populace.)

The following list contains the top ten most common diagnoses and the percentage of Medicare and Medicaid patients for each diagnosis:

- Pneumonia – 85 cases (84.71% Medicare and Medicaid)
- Obstructive Chronic Bronchitis w/ Acute Exacerbation – 85 cases (80% Medicare and Medicaid)
- Congestive Heart Failure – 75 cases (94.67% Medicare and Medicaid)
- Urinary Tract Infection – 46 cases (91.3% Medicare and Medicaid)
- Osteoarthritis – 38 cases (68.42 % Medicare and Medicaid)
- Dehydration – 25 cases (76% Medicare and Medicaid)
- Acute Pancreatitis – 18 cases (11.11% Medicare and Medicaid)
- Atrial Fibrillation – 16 cases (75% Medicare and Medicaid)
- Cellulitis of the Leg – 26 cases (56.25% Medicare and Medicaid)
- Osteoarthritis of the Pelvic Region and Thigh – 16 cases (62.5% Medicare and Medicaid)

The full list of discharge diagnoses and payer mix reports can be found in Appendix A.

The cancer rates in Decatur County are on par with the state averages. The rate of cancer (per 100,000 people) in Decatur County comes in at 475.9 compared to a statewide rate of 475.6. Decatur actually comes in well below average on the rates of prostate cancer (87 versus a statewide rate of 136) and breast cancer (71 versus a statewide rate of 116). However, lung and colon and rectum cancers are more prevalent in the community with a colon/rectum cancer rate of 58 versus a statewide rate of 51.4 and a significantly higher lung cancer rate of 117 versus a statewide rate of 80. Cancer mortality rates for all types of cancer in the county are slightly higher than the state average at a rate of 205.9 versus Indiana's overall rate of 195.8. However, the mortality rates for breast, lung, and colon/rectum cancers all came in below the state averages. Prostate cancer mortality rates were not included due to insufficient data.

According to data from the Centers for Disease Control and Prevention Division for Heart Disease and Stroke Prevention, Decatur County ranks 42nd out of Indiana's 92 counties in all heart disease mortality rates. The county has a mortality rate of 197.4 per 100,000, which is significantly lower than both the state's rate of 386.7 per 100,000 and the national average of 359.1 per 100,000.

The CDC's Diabetes Data & Trends report relates that Decatur County comes in very near the state average in rates of diabetes. The county has an age-adjusted rate of 9.4 compared to an Indiana-wide average of 9.5.

Portions of the Indiana State Cancer Registry's Indiana Cancer Facts & Figures 2011, as well as both CDC reports, can be found in Appendix A.

Existing Healthcare Resources

Decatur County Memorial Hospital provided a complete listing of the currently available healthcare facilities and services in Decatur County. This list includes one Critical Access Hospital, six specialty clinics, four pharmacies, three optometrists, five nursing facilities, five dentists, and one urgent care facility. DCMH will be able to use this listing when creating their action plan to fully incorporate all available resources.

- AccuDoc Urgent Care - Greensburg
- Advantage Home Care
- Albers, Brian MD
- Anytime Fitness
- Arbor Grove Village
- Aspen Place
- Audiology
- Austin, Trent R. MD
- Centerstone
- Chandler, Andrew MD
- Children's Health Care
- CVS Pharmacy
- Darr, Maria MD
- Datta, Purnendu P. MD

DC Family YMCA
DC Primary Care
DC Women's Care
DCMH Home Health Care
DCMH Rehab Services
Decamp, Daniel P. MD
Decatur County Board of Health
Decatur County Memorial Hospital
Eversole, Robert DDS
Family Dental Care of Greensburg
Geers, Jon MD
Gentle Dentist – Greensburg
Greensburg Eye Care
Greensburg Foot Clinic
Henry & Newman
Heritage House
Hickory Creek
Hospice of Decatur County
Lake, Leanne MD
Lovins, Becky NP
McCullough, Mary MD
Medical Clinic of Greensburg
Medicine Shoppe
Montgomery Group Home
Morning Breeze
Negovetich, Ed MD
Paul R. Nahmias & Associates
Progressive Physical Therapy
Rayles, Jaimie MD
ResCare Homecare
Simon, Kathy NP
Southeastern Indiana Dermatology
Southern Indiana Foot & Ankle Center
Southern Indiana Orthopedics
Stradley Hagerty LLC
Tree City Medical Partners
Wagner, Cody MD
Walgreens Store
Walmart Pharmacy
Weigel & Lohmueller
Welage, Tom E. OD
Westport Clinic

A complete listing of the facilities and some of the physicians who are affiliated with each location can be found in Appendix D.

Identifying Health & Service Needs

A steering committee of representatives from Decatur County and the surrounding areas was organized with the help of the Decatur County Memorial Hospital CEO, Linda Simmons. Business owners, local officials, healthcare providers, minority leaders, clergy, student representatives, and any other interested parties were invited to attend the meeting to discuss the health-related needs of the DCMH service area with a view to identifying the areas of greatest concern. The invitation letter, list of those invited, and list of those who attended can be found in Appendix B.

The steering committee was encouraged to brainstorm all areas of need or concern in the health field in Decatur County Memorial Hospital service area in both large and small group settings. Once a master list of all concerns was agreed upon by the full group, attendees were separated into three smaller groups (Group A, Group B, and Group C). The small groups were asked to list what they perceived to be as the greatest strengths and values in their community. Then, they were asked to identify the highest priorities from the master list of concerns.

By analyzing all three prioritized lists from the small groups, the IRHA was able to pull out the items that appeared most frequently and identified sixteen of the community's areas of greatest need:

- Parenting skills
- Undereducated population
- Homelessness
- Transportation
- Affordable insurance
- Unemployment
- Tobacco use
- Illegal drug use
- Alcohol abuse
- Nutrition
- Access to mental health care
- Teen pregnancy
- Sense of entitlement
- Soft skills gap
- Physical fitness
- Access to care

The master list, each group's priority list, and the list of areas that were determined to be of the greatest need can be found in Appendix B.

The identified areas of greatest need were used to create a 33-question survey, addressing demographics, community issues, services, and amenities, which can be found in Appendix C. The survey was widely disseminated via internet access, community bulletins and the local newspaper to the residents of Decatur County and the surrounding areas through inclusion on the Decatur County Memorial Hospital's website and a publically available survey posted on Zoomerang.com. Face-to-face polling was also implemented at the Marsh Supermarket, a popular grocery store in Greensburg, as well as at the local farmers' market on the Greensburg town square. To conduct the in-person survey, two members of the IRHA staff greeted all shoppers as they entered the store and asked for their participation in the survey. The general public

was alerted to the face-to-face and online polls through DCMH newsletters and an announcement in the local newspaper. At the end of polling, there were a total of 410 online responses and 152 face-to-face responses when the surveys were completed. The majority or 74.9% of the respondents are from zip code 47240 and 42.3% of all respondents were between the ages of 46 and 65.

Respondents were first asked to assess the effect of various factors on their community by selecting “very negative effect, some negative effect, no effect, some positive effect, or very positive effect.” The second portion of the survey required respondents to assess the need for various services and facilities in their community by selecting “no need, slight need, definite need, or extreme need.” In the needs section, respondents were also able to select “no opinion.”

When asked “how do these issues affect your community,” the top five answers by all respondents were:

1. Illegal drug use – 89.1% responded either some negative effect or very negative effect
2. Alcohol abuse – 85.1% responded either some negative effect or very negative effect
3. Unemployment – 82.7% responded either some negative effect or very negative effect
4. Teen pregnancy – 78.6% responded either some negative effect or very negative effect
5. Homelessness – 66.4% responded either some negative effect or very negative effect

When asked “do you see a need for the following services/facilities in your community,” the top five responses were:

1. Illegal drug education – 81.1% responded either definite need or extreme need
2. Affordable health insurance – 79.9% responded either definite need or extreme need
3. Parenting skills education – 78.8% responded either definite need or extreme need
4. Alcohol education – 77.6% responded either definite need or extreme need
5. Mental health services – 69.4% responded either definite need or extreme need

The most common responses in the open comments portion of the survey dealt with the need for more outdoor recreation (such as bike and walking trails), access to care and assistance for the elderly and un- or underinsured populations, and the need for mental health services. A sampling of the comments from the survey is below and the full results for the online survey, face to face survey, and the combined results of the online and face-to-face surveys can be found in Appendix C.

Open comments regarding outdoor recreation needs:

“Walking/bike trails would be great for our community.”

“Would like a fitness trail & disc golf course.”

“BIKE TRAILS!!!!!!! Sponsored by local businesses maybe?”

“I would love to see more family-oriented paths/parks, side walks, especially around the school. There are very few sidewalks surrounding the factories and around the school fields - WHY?!”

Open comments regarding access to care and services for the elderly, uninsured, and underinsured:

“Need go-to person " in hosp. Or community that can answer questions re: insurance mumbo/gumbo that plague under insured, or anyone.”

“...Our baby boomers are going to need help that wasn't available when I tried to find it. It is a very real and serious problem that our community will possibly be facing...”

“Get us some quality physicians who are willing to stay in the community for many years to give care. The older generation wants someone they know and can depend on to be there...personally I go out of town for my care...”

“I would also like to see more of an option for a free health care clinic for those who cannot afford or do not have insurance. Also making it available at reasonable time for working families instead of just having it on Wednesday maybe every other Saturday morning as well.”

Open comments regarding mental health services:

“Definitely need the mental health services.... Greensburg has nothing to offer and it’s becoming a growing problem.”

“We need GOOD mental health care in this county. We basically have nothing; and in a crisis, it will take hours to get help or they get NO help at all. I've had a facility tell me to call next week to set up for some group therapy sessions when someone has tried to shoot themselves. And they had good insurance. Think of the ones that have no insurance! Mental Health in Indiana is a joke!

Summary of Findings

Based on the information gathered as part of the Community Health Needs Assessment, the Indiana Rural Health Association has identified the areas of greatest need in the DCMH community. Through the collection of health data and community input on the assets, values and weaknesses within the hospital’s service area the following needs were identified as being of the highest importance:

Identified Needs

- Drugs: Illegal drug use/alcohol abuse/tobacco/mental health
- Healthcare: Urgent care/primary care physician accessibility/health insurance/reproductive health
- Living conditions: Lack of assistance for homeless/transient population
- Chronic Disease: Obesity/fitness and diabetes
- Fitness/Activity: Afterschool opportunities and activities/fitness prospects

Additionally, to aid Decatur County Memorial Hospital in the creation of an action plan, the IRHA has made preliminary recommendations for dealing with the defined areas of need.

Opportunities

Drugs:

- Focus on education regarding the effects of drugs on health
- Create a culture of health
- Create parent groups
- Discuss individual responsibility and ways to enhance it
- Market specific drug education classes
 - Methamphetamines
 - OTC drugs
 - Tobacco – smokeless, etc.
 - Alcohol

- Subgroups by age – underage & over 21
- Involve social service agencies

Health Care:

- Market availability of services
- Education regarding affordable health screening tools
 - Educate regarding risk factors
 - Review target of educational tools
 - Create a culture of health – all ages
 - Focus on new methods of communicating with residents
 - Evaluate opportunity for monthly citizens roundtable
- Provide education regarding new market place options (ACA MarketPlace)
 - Identify and market Decatur County Navigator(s)
 - Hospital specific point person for community questions
- Reproductive health education
 - Contraceptive Choice Program – education, destroying myths, and availability options
 - Engage obstetricians and gynecologists in providing education; regularly, or via online accessible video through DCMH website
 - <http://www.choiceproject.wustl.edu/>

Living conditions:

- Opportunity to evaluate what is in place, appraise opportunities and contemplate pooling of resources to address
- Opportunity for community establishments to come together to evaluate needs and orchestrate plan to address challenges
 - a focus group of various organizations
- Evaluate opportunities to provide family unit educational activities in conjunction with other associations, possibly a not-for-profit or clerical group, within community
 - <http://www.americanvalues.org/briefs/edoutcomes.htm>
 - http://www.pacer.org/mpc/pdf/titleipip/SupportingInvolvement_article.pdf

Chronic Disease:

- Focus education on the benefits of screening and early detection
- Focus education efforts on behavioral changes proven to help
 - Healthy eating and weight reduction
 - Exercise programs
 - Nutrition education and support groups
 - Farm to family programs
 - Farmers market
 - Organic or natural foods vs. processed
- Develop support groups for various disease
 - Create age group appropriate
 - Stage appropriate
 - Create newsletter per disease

Fitness/Activity:

- Evaluate opportunity to create walking/biking paths in community
- Exercise programs indoors and outdoors
- Wellness programs
 - Screenings for blood pressure/heart rate and BMI
 - Community activities
 - Events in the park
 - Family nights out
 - Family adventure nights
 - Monthly fitness newsletter
 - Community Biggest Loser with incentives

Decatur County Memorial Hospital has a unique opportunity to become more focused in the health and well being of its constituents. These efforts can become more successful by focusing on the community they are trying to touch and evaluating different methods to reach them. This can include upgrading current efforts, including newsletters and websites and other communication methods.