

2021

# *Decatur County* **Community Health** Needs Assessment Implementation Strategy



*This report was prepared by Decatur County Memorial Hospital (DCMH), Indiana University School of Public Health, the Indiana University Center for Rural Engagement, and the Office of Community and Rural Affairs*



Dear Community Members,

We are pleased to present to you Decatur County's 2019-2021 Community Health Needs Assessment (CHNA) Implementation Strategy.

This document is a product of the Decatur County Memorial Hospital's (DCMH) Community Health Needs Assessment (CHNA) and many community committee meetings. As a result of the latter, the significant needs in Decatur County were identified as: Physical Activity, Nutrition, and Weight; Diabetes; Substance Use; Mental Health; and Cancer Care. Implementation goals and strategies address these needs by building partnerships with organizations and leaders established in the community who influence the environment of health in Decatur County.

We are grateful for the many organizations that provided feedback and were active participants in this process. We hope that the strategies presented in this document result in stronger partnerships between local organizations, and influence health behavior at individual and organizational levels.

Sincerely,

**Rex McKinney, FACHE**  
President & CEO  
Decatur County Memorial Hospital

**Amy Shearer**  
Marketing & Communications Manager  
Decatur County Memorial Hospital

# CHNA DEVELOPMENT AND IMPLEMENTATION PROCESS

*“A Community Health Needs Assessment (CHNA) is a systematic process involving the community to identify and analyze community health needs” —Center for Rural Health, 2019*

## SIGNIFICANT HEALTH NEEDS



Decatur County Memorial Hospital conducted a CHNA in 2019 to determine the health needs of the local community and developed an implementation plan to outline and organize how to meet those needs. Data were gathered from existing databases (e.g., U.S. Census, County Health Rankings, Indiana Department of Health’s vital statistics) to identify community and health needs.

A community health survey was administered to 200 residents. Additionally, 65 key informants, individuals who have a broad interest in the health of the community, participated in focus groups. A list of recommended participants was provided by Decatur County Memorial Hospital; this list included names and contact information for physicians, public health representatives, other health professionals, social service providers, and a variety of other community leaders. Potential participants were chosen because of their ability to identify primary concerns of the populations with whom they work, as well as of the community overall.

CHNA data were presented to over 50 community leaders in February 2019. As a result of this presentation, five priorities were identified as crucial in strengthening community health infrastructure and improving health and wellness of Decatur County: physical activity, nutrition, and weight; diabetes; substance use; mental health; and cancer care.



# PHYSICAL ACTIVITY, NUTRITION, AND WEIGHT

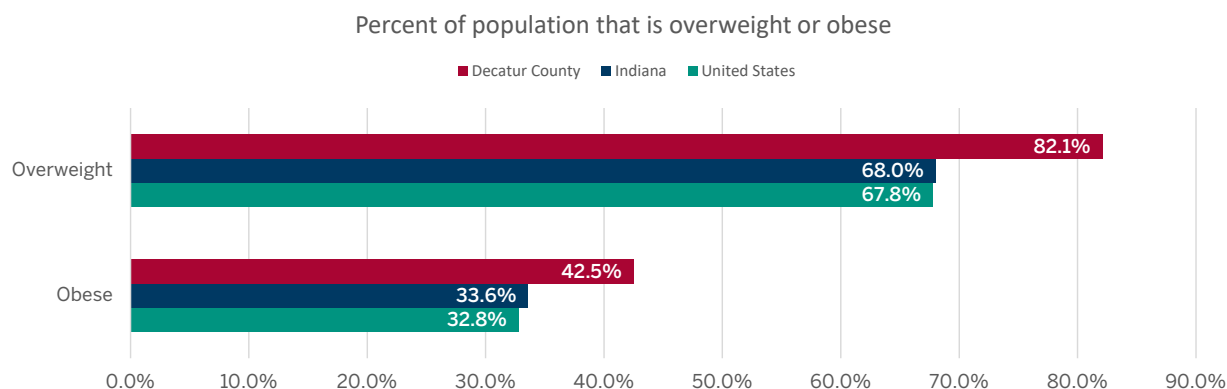
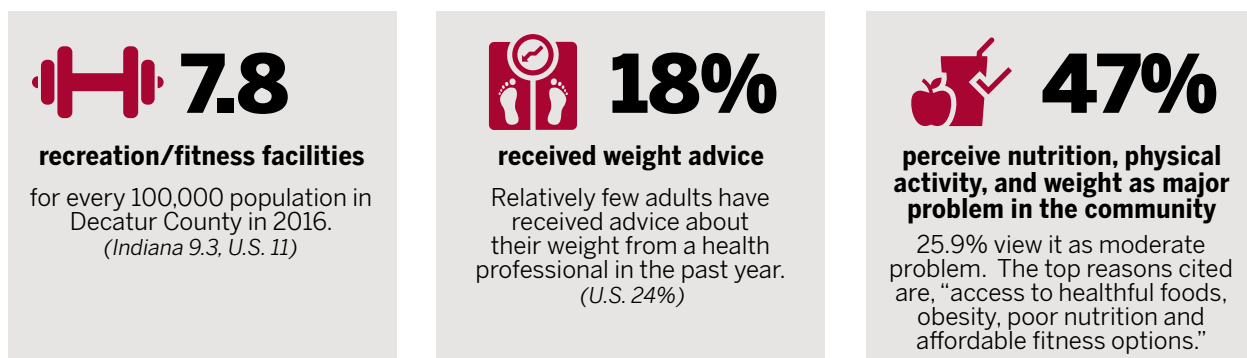
Decatur County struggles with below average rates of physical activity and nutrition, and above average rates of overweight and obesity. Community members identify myriad causes such as the built environment, lack of access to food, and more.

A majority of Decatur County residents (65.8%) reported that they were “insufficiently active” or “inactive.” In fact, 40.3% of survey respondents reported no physical activity at all.

One cause of reduced physical activity could be a built environment that doesn’t support it. A report from the Indiana Department of Health (2019) stated that Decatur County should enhance their built environment to increase physical activity among children, adolescents, and adults. Some interventions could include, but aren’t limited to, increasing the presence of sidewalks and/or recreational equipment.

The needs assessment also revealed concerning trends associated with physical activity, nutrition, and weight.

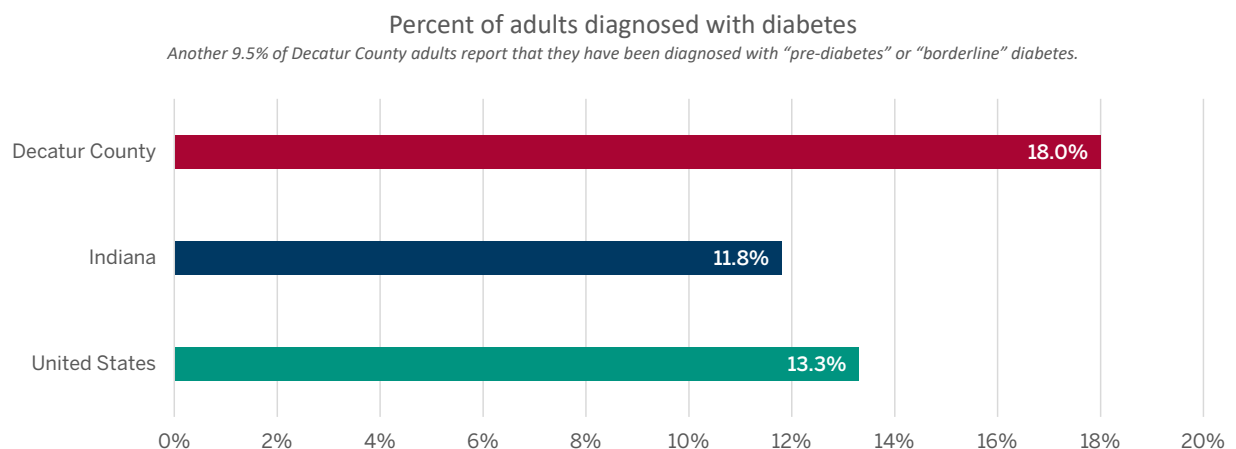
According to the CHNA:



# DIABETES

Diabetes mellitus lowers life expectancy by up to 15 years, increases the risk of heart disease 2 to 4 times, and is the leading cause of kidney failure, lower limb amputations, and adult-onset blindness (Department of Health and Human Services, 2020).

In Decatur County:



**8 in 10**  
Decatur County  
adults are overweight,  
which is a risk factor  
for diabetes.

-2019 Decatur County Community Needs  
Assessment

---

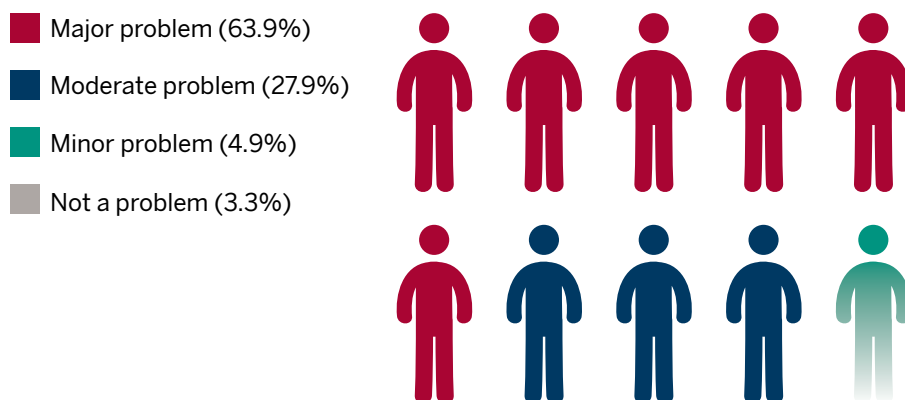
# MENTAL HEALTH AND SUBSTANCE USE

This broad overarching topic area can be broken into many smaller subtopics. Substance use can include overuse, misuse, and hazardous use of substances including alcohol, prescription, and illicit drugs. Mental health can refer to mental health disorders and psychological and emotional well-being. Overall, this section of the implementation plan aims to address stigma associated with substance use and mental health, improve access to services, and improve quality of life.



- Approximately 23% of survey respondents have sought help for mental or emotional pain.
- Approximately 23% of Decatur County adults report using an opioid drug (prescribed or not) in the past year.
- Approximately 30.9% of survey respondents rated the availability of services focused on substance use as fair or poor.

**More than six in ten key informants taking part in an online survey characterized *Substance Abuse* as a “major problem” in the community.**

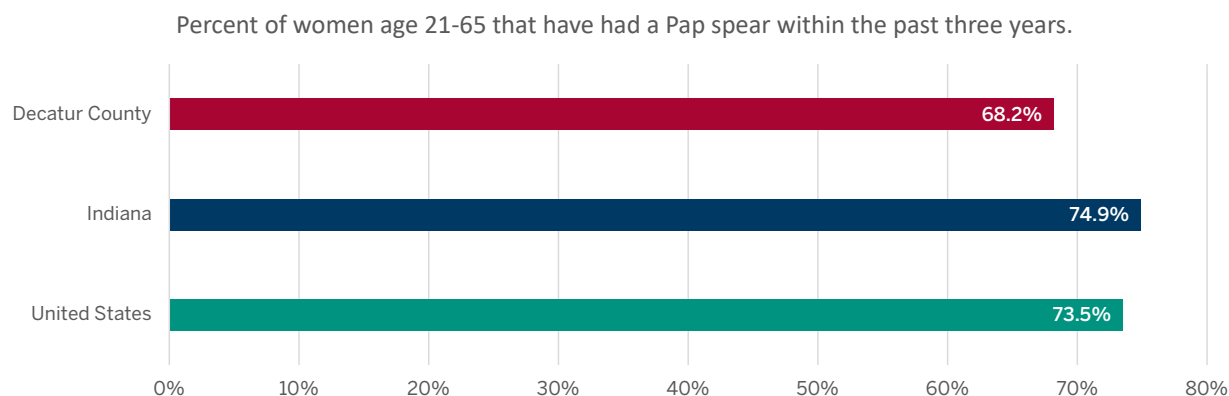


# CANCER CARE

Decatur County's lung, prostate, and colorectal cancer age-adjusted death rates are higher than the national benchmark. Our community's prostate cancer incidence is higher than the state and national benchmark. The percentage of women who have completed a Pap smear in the past three years is lower than the state and national benchmarks.

- 43% of Decatur County adults report either being a current or former smoker.
- 19.3% of Decatur County residents report that a member of their household smokes at home, in comparison to the national average of 10.7%.

Decatur County CHNA respondents reported that access to cancer treatment is limited and specialized cancer care is approximately an hour drive from the community.





# CHNA IMPLEMENTATION STRATEGY





# WHAT IS A CHNA IMPLEMENTATION STRATEGY?

A CHNA implementation strategy is an action plan that not only outlines the working plan to improve health but serves as a way to assign responsibility, offers a system for accountability and progress check-ins, and as a way to share updates with the community. An implementation strategy can bring community organizations, service providers, and citizens together in an effort to reach a common goal. This document uses Community Health Needs Assessment (CHNA) data to identify priority issues, develop and implement strategies for action, and establish accountability to ensure measurable community health improvement (National Association of County and City Health Officials, 2018). This process brings together community residents and stakeholders in the community to identify and address the health needs of a community.

From each priority, goals and objectives were developed to guide implementation and monitor progress for a three-year period. Local organizations were identified to ensure ongoing facilitation of information sharing and coordination of tasks. Decatur County organizations identified one or more priorities that aligned with their personal or organization mission.

University partnerships from IU Bloomington (IU School of Public Health and the Center for Rural Engagement) will coordinate assessment and evaluation activities as well as community-engaged research initiatives that measure the implementation of strategies.

## PHYSICAL ACTIVITY, NUTRITION, AND WEIGHT\*

### GOAL

**Increase physical activity opportunities for Decatur County residents.**

### OBJECTIVE AND STRATEGIES

**Decrease the number of inactive residents in Decatur County from 65.8% to 64.8% by December 31, 2021.**

- Revitalize Life Path Committee
- Enlist city government members to aid in plan development regarding infrastructure improvement
- Apply and secure grants and financial sponsorship to support the development of a county trail system
- Identify community access points for trail system
- Develop a physical infrastructure in Decatur County that allows for adequate and accessible walking and bicycling paths for recreation
- Paint/map walking path at Decatur County Memorial Hospital and promote as an accessible place for activity
- Develop a community wide social marketing strategy promoting public access to trails
- Meet with local transportation services (e.g. Catch-a-ride) to improve access to local fitness facilities
- Raise awareness about fitness opportunities in the community



*\*Physical Activity, Nutrition and Weight, and Diabetes committees collaboratively worked on goals and objectives.*

## DIABETES\*

GOAL	<b>Increase participation in nutritional and diabetes programming among Decatur County residents.</b>
OBJECTIVES AND STRATEGIES	<b>Decrease the rate of obesity from 42% to 41% by December 31, 2021.</b> <ul style="list-style-type: none"><li>• Promote and recruit community members to existing nutrition and diabetes programming (e.g. Dining with Diabetes, Diabetes Prevention Program (DPP), DPP support group, YMCA weight loss challenges, Weight Beyond Program)</li><li>• Monitor enrollment</li><li>• Track participant outcomes</li><li>• Promote success stories on social media</li><li>• Offer screening events for those participating in the Greensburg School Wellness Partnership including of the communities of Westport, Greensburg, and Lake Santee</li></ul>
	<b>Increase screening events to identify population with A1c of 5.8-6.4%, indicating pre-diabetes risk by December 31, 2021.</b> <ul style="list-style-type: none"><li>• Reach out to community leaders and schedule screening events</li><li>• Secure funding for supplies to measure hemoglobin A1c and staffing needs</li><li>• Refer individuals who test positive for pre-diabetes or type 2 diabetes to programs for nutrition counseling and diabetes prevention</li><li>• Offer screening events for those participating in the Greensburg School Wellness Partnership including of the communities of Westport, Greensburg, and Lake Santee</li><li>• Continue to offer diabetes screening at DCMH Healthy Fair</li></ul>



## MENTAL HEALTH AND SUBSTANCE USE\*\*

GOAL	<b>Improve behavioral health for all residents by expanding access to prevention, intervention, and treatment resources and services.</b>
OBJECTIVES AND STRATEGIES	<p><b>Provide prevention education and trainings in Decatur County to 200 residents to increase awareness of mental health and substance use by December 31, 2021.</b></p> <ul style="list-style-type: none"><li>• Determine the target populations to receive mental health and substance use training</li><li>• Conduct a baseline survey</li><li>• Create a resource card to provide to people seeking support for mental health services and substance use services in Decatur County</li><li>• Create a directory of trauma-informed care trainings</li><li>• Promote prevention education to Decatur County residents</li><li>• Conduct mental health and substance use trainings</li><li>• Provide education to the public about mental health and substance use</li><li>• Monitor and evaluate activities of county wide mental health and substance use prevention training</li><li>• Develop emotional support resources for organizations and community at large</li><li>• Increase presence of mental health professionals within school setting</li><li>• Increase mental health resources available for students in Greensburg Community Schools and Decatur County Schools</li><li>• Assess the need for a larger regional resource guide for mental health services and substance use prevention and treatment options in Franklin, Ripley, Jennings, Bartholomew, Shelby, and Rush counties</li></ul>

*\*\*Mental Health and Substance Use committees collaboratively worked on goals and objectives.*

---

## MENTAL HEALTH AND SUBSTANCE USE, CONTINUED

### OBJECTIVES AND STRATEGIES

**Develop a recovery system of care network in Decatur County to provide support to individuals living with an active addiction and their family members by December 31, 2021.**

- Establish a baseline in the county for the current number of referrals for services
- Identify a centralized resource for all agencies to utilize that will help increase knowledge of potential referrals and services
- Create an inter-organizational communication protocol/process to ensure a “warm hand off” or referral
- Inform community leaders about Choices (the local Crisis Emergency Response Team) and discuss opportunities for interorganizational collaboration
- Develop a transportation fund to assist individuals to get to treatment and recovery programs
- Conduct a feasibility study exploring the expansion of behavioral health services in Decatur County
- Explore the feasibility of adoption of peer recovery coaches and if deemed appropriate, begin identifying and training peer recovery coaches

## CANCER CARE

GOAL	<b>Decrease the percentage of late stage cancers diagnosed within our community through increased awareness and utilization of prevention, screening, detection, and treatment options within our community.</b>
OBJECTIVES AND STRATEGIES	<b>Increase the utilization of DCMH's program in 2020 and 2021, as evidenced by a 10% increase in referrals to the DCMH Cancer Care &amp; Infusion Services department when compared to 2019 data by December 31, 2021.</b> <ul style="list-style-type: none"><li>• Present oncology service line talks at service organizations and smaller communities</li><li>• Provide education about cancer care to DCMH</li><li>• Conduct Marketing Digital Campaign to raise cancer care awareness in the community and surrounding communities</li><li>• Increase service line presence at health fairs</li></ul>
	<b>Provide cancer prevention screenings to 200 individuals by December 31, 2021.</b> <ul style="list-style-type: none"><li>• Promote DCMH's lung screening program to identify lung cancer at early stages</li><li>• Schedule mammograms for eligible patients at health fairs</li><li>• Develop Pap screening program for uninsured population</li><li>• Increase utilization of Men's Tailgate Fair</li><li>• Develop a Women's Health Fair</li><li>• Research discrepancy between mammogram-eligible patients and the number of screening mammograms completed</li></ul>
	<b>Implement three community initiatives that address healthy behaviors to prevent cancer by December 31, 2021.</b> <ul style="list-style-type: none"><li>• Promote the utilization of the HPV vaccination for eligible populations</li><li>• Develop and present cancer prevention tactics to community members</li><li>• Increase enrollment of smoking cessation program</li><li>• Promote healthy behaviors specific to smoking and vaping prevention in younger population</li></ul>



---

# ACKNOWLEDGEMENTS

## LEAD CONTRIBUTORS

Amy Shearer, Rex McKinney, Courtney Wittmer, Nikki Reed, Janine Walters, Holly Pray, Dennis Fogle, Alyssa Kramer, Kyla Cox Deckard, Jeni Waters, Katherine Pope, Priscilla Barnes

## PRODUCED IN PARTNERSHIP WITH

Centerstone	Greensburg Community Schools Students Against Destructive Decisions or S.A.D.D.
DCMH Board of Directors	Greensburg Junior High School
Decatur County - Purdue Extension	Greensburg Police Department
Decatur County Circuit Judge	Greensburg/Decatur County Chamber of Commerce
Decatur County Community Schools	Healthy Families of Decatur County
Decatur County Family YMCA	Indiana Institute of Disability and Community
Decatur County Health Department	Indiana Rural Health Association
Decatur County Library	Lifeline Wesleyan Church
Decatur County Prosecutor's Office	Lifeline Wesleyan Church, Celebration Place
Decatur County United Fund	Office of Community and Rural Affairs
Decatur Superior Court	One Community, One Family
Department of Child Services	South Decatur Community Schools
Economic Development Corporation	Speranza House
Girls Inc.	
Greensburg Community School Corporation	



# Join us to improve Decatur County's health!

These goals are achievable with your help.  
Contact the Decatur County Memorial  
Hospital at **[amy.shearer@dcmh.net](mailto:amy.shearer@dcmh.net)** to  
connect and make a difference.