

Redington-Fairview General Hospital

2018 Community Health Needs Assessment

Annual Report

Original Community Needs Assessment: November 2007
Updated: January 2010; April 2012, September 2013; August 2015; July 2016
Annual Report August 2017; September 2018

Board approved September 26, 2018

Redington  Fairview
General Hospital
(207)474-5121 / www.rfgh.net

EXECUTIVE SUMMARY

RFGH Community Engagement Strategies

Community health outreach strives to promote healthy behaviors through the services provided. RFGH Community Health offers community education, disease prevention and wellness initiatives based on community need. RFGH is the fiscal agent for Somerset Public Health (SPH) who serves the greater Somerset County in the prevention of chronic disease by working collaboratively with regional health and wellness providers.

The annual report will highlight key programming and successes over the past year focusing on identified health priorities and health community goals. The most current data will be provided where applicable.

Somerset County Socioeconomic Data:

	Somerset County	Maine
Median income of household	\$40,484	\$50,826
Unemployment rate	5.7%	3.8%
Individuals living in poverty	18.0%	13.5%
Children living in poverty	26.2%	17.2%
65+ living alone	46.7%	45.3%

Table data source: US Census Bureau, American Community Survey 2012 – 2016 for all data except unemployment rate for which source is the US Bureau of Labor Statistics, 2015 – 2017.

As one can see from the above data (source Maine CHNA), Somerset County has more people, including children, living in poverty and more people are unemployed than the State average. We are a county with older people, many who live alone. This may place them at risk for isolation which in itself has its risks. These risks include an increased vulnerability to chronic illnesses, heart disease, or mental health issues.

Health Priorities:

➤ Diabetes

- Pre-diabetes - SPH held 3 National Diabetes Prevention Program classes with 19/43 (44%) completing the program with a weight loss of 11% for those completing the program, exceeding the goal of 7%.
- The RFGH Diabetes Self Management Education Program is coordinated by a Certified Diabetic Educator (CDE) Registered Nurse.
- The RFGH Dietitians meet with most diabetics going through the DSME program.
- The CDE is seeing high risk diabetics in the Endocrinology office in collaboration with Dr. Cheryl Quianzon.
- The diabetes rate in Somerset County is 11.7% which has not changed in the years 2011 – 2016.
- The pre-diabetes rate in 2016 was 9.8 % which is a slight increase since years 2011-2013. With obesity rates on the incline this is not surprising (see nutrition).

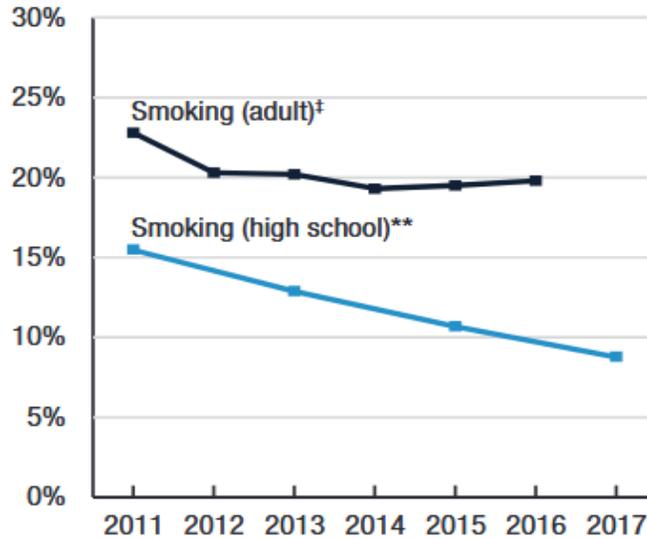
➤ Tobacco

- The RFGH Community Health Educator is a Certified Tobacco Specialist. He has targeted youth to work with over the past two years for increased prevention indicatives. He has taught HS students in 6 classes at MSAD 54 for three years. In addition for multiple years he has taught a curriculum previously known as Tar Wars to 4th and 5th graders in multiple school districts across

Somerset County. The past 30-day cigarette smoking (HS students) in 2017 down to 9.8% from 17.1 in 2011 (source: Maine Integrated Youth Health Survey).

- RFGH and SPH worked on policy and environmental change to meet the Maine Tobacco-Free Hospital’s Gold Star Standards of which RFGH was just awarded Gold status from the Breathe Easy Coalition.
- SPH has recently worked with MSAD 59, 3 municipalities, and 2 childcares to implement tobacco policy change.

Current cigarette smoking



† Adults who report cigarette smoking every day or some days
 **High school students who report past 30 day cigarette smoking

Chart Source: Maine Shared CHNA 2018

➤ Older Adult

- SPH projects – The Aging Project , a community health action team; Age Friendly / Neighbor Helping Neighbor; Senior Strong; Social Gathering Places for Healthy Aging.
- RFGH – offered community presentations for Advance Directives, an opportunity to plan and have assistance.
- Arthritis –RFGH Rehab Fitness pool offers special arthritis classes. The percentage of adults who have been told by a healthcare provider that they have arthritis according to BRFSS in years 2014 – 2016 is 36.2 (not significantly higher than the State of Maine or US).

Health Community Goals

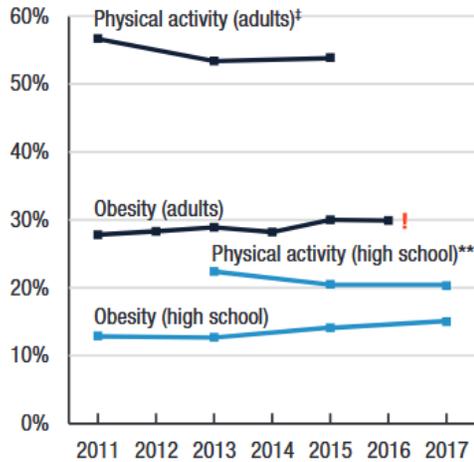
➤ Behaviors

- Nutrition – multiple efforts for nutrition are ongoing. RFGH provides ongoing weight management classes with long term success of sustained weight loss and ongoing support. SPH programs include 5210 which works with childcares, schools, afterschool programs, and other youth. SNAP Ed program – education, budgeting, label reading, and shopping.

See charts for nutrition, obesity and physical activity on the next page.

OBESITY AND PHYSICAL ACTIVITY

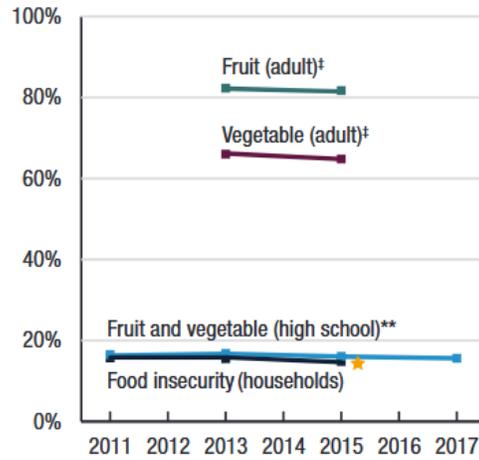
Physical activity and obesity levels for adults and high school students



†Met aerobic physical activity recommendations (adults)
 ** Physical activity for at least 60 minutes per day on seven of the past seven days (high school)

NUTRITION

Nutrition indicators for adults, high school students, and households



†Adults reporting more than one serving of fruits/vegetables per day
 ** High school students reporting five or more servings of fruits and vegetables a day



indicates Somerset County is statistically doing significantly better than state or national average

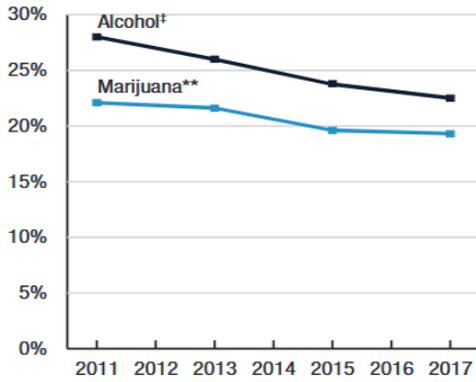


indicates Somerset County is statistically doing significantly worse than state or national average

Chart Source: Maine Shared CHNA 2018

- Physical Activity and Fitness – SPH Move More Kids many efforts in schools and communities. Collaboration through New Balance funding
- Tobacco Use Reduction – see above
- Alcohol and other drug use reduction – SPH works with parents, the youth, and law enforcement for reduction initiatives and are making a difference. High school alcohol and marijuana use (see chart below)

High school alcohol and marijuana use

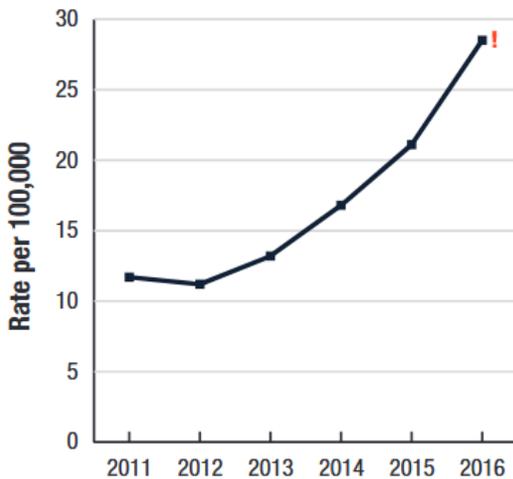


g † High school students who report past 30 day alcohol use
 **High school students who report past 30 day marijuana use

Chart Source: Maine Shared CHNA 2018

Unfortunately, overdose deaths are on the rise (see chart below).

Overdose deaths



YEAR	NUMBER OF DEATHS
2011	155
2012	146
2013	174
2014	216
2015	268
2016	351

! indicates Somerset County is statistically doing significantly worse than state or national average

Source: Maine Shared CHNA 2018

RFGH EMS has completed naloxolone training for police, sheriffs, and fire departments. Providers have worked diligently to reduce prescribing of Narcotics. Bias training is planned for RFGH for November 2018.

➤ **Healthy and Safe Communities**

- Environmental health improvement – The collaboration with KVCAP and the pre-schools of St. Albans, MSAD 54, and the Fairfield school district provides opportunity for Lead Screening to assess risks with elevated lead levels. Most recent Somerset County data shows an improvement (decline) in the percentage among those children screened with unconfirmed

elevated blood lead levels from 13.3% in years 2003 – 2007 to 5.7% in years 2012 – to 2016 (source; Maine CDC Childhood Lead Poisoning Prevention Unit)

- Vaccinations - RFGH provided MSADs 54, 59, 74, and 13 as well as Athens Community School and Harmony School with free influenza clinics and will do so this fall. In addition clinics are held for the community. Data indicates Somerset County runs consistently about the same as state rates for influenza vaccination and pneumococcal pneumonia vaccination for adults (source: Maine Immunization Program and Behavioral Risk Factor Surveillance System, known as BRFSS).
- Injury prevention – head injury associated with sports injury has been a focus for our community outreach. The athletic trainer has participated through Skowpendus event and a community presentation to parents to educate on prevention and safety. Basic Life Support (BLS or CPR) has been taught to over 900 community members over the past year to include guides, fire fighters, faith groups, students, day care providers and many others. Fall prevention programming through Rehabilitation services that focuses on balance training. An additional Balance Fall Prevention program was well attended through community outreach.
- Promotion of education and community based programs – done through written community newsletters, website and distribution of information throughout provider offices and electronic means.

➤ System Improvement

- Access to primary care, specialty care, and emergency care – Care managers (nurses focusing on high risk patients and reducing readmissions) are located in most practices where applicable, actively working on a project to improve prescription assistance for patients. 87.9% of Somerset County report they have a usual primary care provider according to the BRFSS in 2016. The same source also reported 7.6 % of adults reported that there was a time during the last 12 months when they needed to see a doctor but could not because of the cost. This was a decrease from previous years of 2011-2013 when 12.6% reported same.
- Improve maternal, infant and child care – labor and newborn classes offered to parents at no cost. Somerset county continues to have a higher than state rate of births to 15-19 year olds per 1,000 population with 24.5 births in 2016. Maine had 14.5/1,000 births. RFGH supports these mothers with classes to prepare them and their support person to have the healthiest outcome possible. (Source: Maine CDC Vital Records).
- Improve health communication and technology – ongoing efforts through the Electronic Medical Record (EMR) team to bring EMR to RFGH.
- Improve public health infrastructure - Somerset County is in the Central District of the Public Health System and RFGH participates as an active member along with other stakeholders across the county. A key role is to work on the district improvement plan; identifying concerns, resources, and action plans.

➤ Prevention, reduction, and management of health diseases and disorders

- Cancer – When looking at the indicators for cancer no one cancer indicator has changed significantly over the past nine years. RFGH has frequently presented to the community on cancer prevention and risk factors. Dr. Stringos recently presented on Prostate health; Dr. Henry on Fatty Liver; Oncology nurse presents frequently on skin cancer prevention, and other outreach has included breast cancer prevention awareness.

CANCER

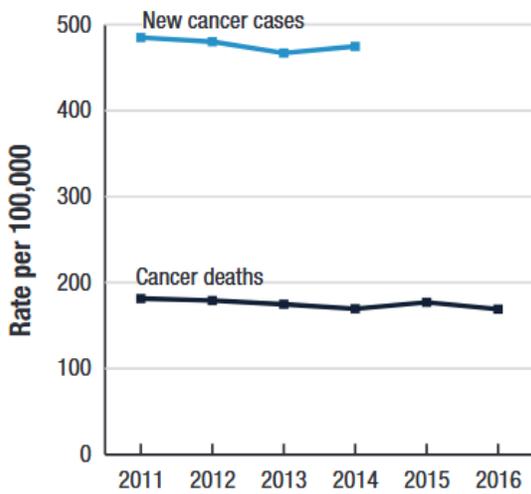


Chart source: Maine Shared CHNA, 2018

- Cardiovascular / heart disease/stroke – these topics were frequent table topics at worksites or fairs such as the FAB fair where handouts are provided and discussion take place. Somerset County has not gotten significantly better or significantly worse over the past 10 years according to Maine CDC Vital Records or Maine Health Data Organization Hospital Discharge data. We are as a county doing significantly better than the state or national average for high cholesterol but doing significantly worse than the state or national average for high blood pressure.

CHRONIC DISEASE

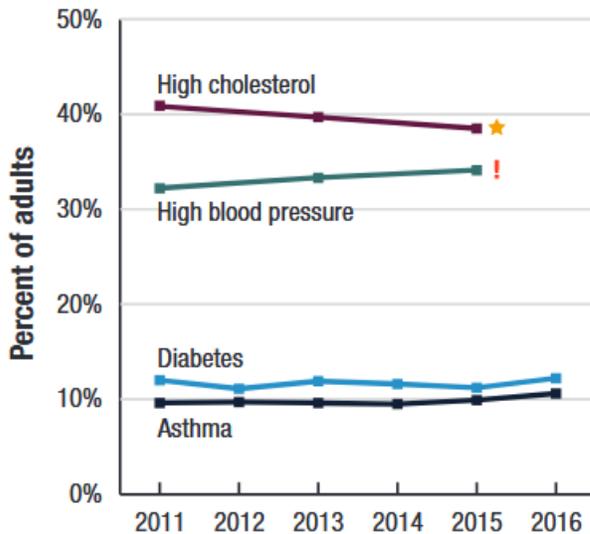


Chart source: Maine Shared CHNA 2018



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- Infectious disease – Lyme disease prevention has been a topic to the community multiple times. Data – new cases 2008-2012 11.1/100,000; 2013-2017 68.5/100,000. Lyme Disease (Source: Maine Infectious Disease Surveillance System). Handwashing as a prevention of disease strategy has been taught as well to students and the community at large.

- Pulmonary /respiratory disease – Asthma emergency department rate per 10,000 population have improved from 2012 – 2014 to 88.7 as it was a rate per 10,000 population in 2009 – 2011 of 101.2. Of concern is the chronic obstructive pulmonary disease (COPD) rate of 12.4 % in years 2014 – 2016. US rate is 6.3% and state of Maine is 7.8% in year 2016.

SUMMARY

RFGH and SPH are working diligently to achieve the strategies and obtain outcomes that align with the healthy community goals, objectives and strategies of RFGH, the national healthy People 2020 national health plan, and the Healthy Maine 2020 plan. We continue our work with collaborative partners, healthcare systems and the Maine CDC to collect data and gather information from members of the community through a process called the Maine Shared Community Health Needs Assessment. In mid-2019 RFGH will have a completed Community Health Needs Assessment and share it with the citizens of Somerset County.

The Community Health Workplan may be accessed at www.RFGH.net for further information about the RFGH strategies to meet topic areas. The RFGH Community Health Assessment 2016 may be accessed at www.RFGH.net.