



Community Health Implementation Strategy 2024



Priorities & Strategies

ASTERA HEALTH COMMUNITY HEALTH PRIORITIES – 2022 ASSESSMENT

As a result of work completed through the MAPP process in partnerships with local public health agencies and other area healthcare facilities, the following items were identified as the top significant issues for the purpose of this assessment and then in 2023, more focused:

- Healthy behaviors and chronic disease management
 - Diabetes
 - Hypertension
- Mental health/opioid-use disorder and prescription management
 - Mental health – top priority
- Social determinants of health
 - Adult obesity
 - Primary care access

Priority 1: Healthy Behaviors and Chronic Disease Management: Focus on Diabetes and Hypertension

Strategy 1: Community education and partnerships

Tactics:

- Bite Size Conversations: monthly education event providing healthy lunch
- Healthy Times magazine distribution every 4 months (3x per year) with articles aligned with healthy behaviors, education on chronic disease prevention and management

Strategy 2: Increase preventative medical visits

Tactics:

- Promote primary care services
- Conduct

Strategy 3: Employee wellness initiatives

Tactics:

- Sharing healthy articles with team via intranet
- Employee Light book club implemented

Strategy 4: Continue chronic disease management efforts to improve optimal care outcomes

Tactics:

- Reduce the percentage of patients aged 18-85 years old that have an A1C greater than 9 to 19 percent.
- Increase the percentage of patients aged 18 to 85 years old to control blood pressure to 77 percent.

Resources:

Wages of staff members

Costs of design and implementation

Collaboration: Community Advisory Council meetings held in each RHC community twice a year.

Priority 2: Mental Health/Opioid-Use Disorder and Prescription Management

Strategy 1: Identification of patient population

Tactics:

- Identify patients using opioids and controlled substances on a consistent basis, increase controlled substance care plans for patients, decrease the number of patients chronically using opioids and controlled substances, identify gaps in mental health care provided to patients, provide medication-assisted treatment for patients addicted to opioids.
- Screen 70% of all patients aged 12 years or older for depression and follow-up plan.

Strategy 2: Mental health service line assessment and strategic plan developed

Tactics:

- Recruit additional LICSW
- Expanding LICSW services to the Satellite locations.

Strategy 3: Opioid plan execution

Tactics:

- Provide Suboxone treatments

Resources:

Wages of staff members

Costs of design and implementation

Collaboration: Wadena County CHAMP (Chemical Health Awareness and Multi-drug Prevention), Ottertail County Opioid Taskforce, local businesses, area health care agencies. The RN Opioid Health Coaches attend the CHAMP meetings with Wadena County as well as the Ottertail County Opioid Taskforce.

Priority 3: Social Determinants of Health: Focus on Adult Obesity

Strategy 1: Tracking/system/identification

Tactics:

- Develop and implement a system for the identification of social determinants of health of patients within electronic health record
We have identified and implemented a process within EPIC that assists in screening for social determinants of health.
- Determine and establish relationships with community stakeholders
- Identify resources for social needs determined through a screening process. Provide list of resources to patients based on screening results. Social Services department will meet with the patient on request of the patient/provider.
- Utilize data to determine patterns and trends of social challenges patients are facing

Strategy 2: Increase primary care visits

Tactics:

- Promote primary care services
- Promote Well Child Exams/preventative visits.
- Referrals are placed to our Nutrition/Dietician services if identified.

Resources:

Wages of staff members

Costs of design and implementation

Collaboration: Wadena County Public Health, Todd County Public Health, Becker County Public Health, and Ottertail County Public Health to provide 1 week well baby visits and postpartum visits.