



## **COMMUNITY HEALTH IMPLEMENTATION PLAN 2013**

Wayne HealthCare referred primarily to the CDC (Center for Disease Control) Behavioral Risk Factor Surveillance System (BRFSS) survey from 2011 along with other local surveys and data, to create and implement a plan to address the health needs of the local Darke County community. Assessment of the health needs of local residents indicated a priority to “change residents’ mindsets towards physical activity and nutrition.” As the lead agent of the Nutrition and Physical Activity Task Force, Wayne HealthCare will be developing strategies to further this goal.

Representatives from Wayne HealthCare attend quarterly meetings with other representatives from local agencies (Darke County Health Department, Darke County Mental Health, Family Health, etc.) to discuss the implementation of the Darke County Community Health Plan 2012.

Wayne HealthCare engaged the community in various health and wellness events during 2013.

<b>Date of Event</b>	<b>Organization/Event</b>	<b>Location of Event</b>	<b>Services Offered by Wayne HealthCare</b>
February 12, 2013	Heart Health Day	Wayne HealthCare Lobby Community Event	EKGs, Vascular Screenings Blood Pressure Checks, Wellness Blood Panels
March 21, 2013	Darke County Rural Electric	Lighthouse Christian Center	Blood Pressure Checks, Wellness Blood Panels, Heel Scans, Pulmonary Function Testing
March 15, 2103	Chamber Ag Day	Romer’s Catering	Derma Scan Screening and Blood Pressure Checks
April 16, 2013	Healthy Moments	Wayne HealthCare Conference Room	Laughter Yoga
April 30 <sup>th</sup> & May 1 <sup>st</sup> , 2013	5 <sup>th</sup> Grade Health Fair	Youth Building Fairgrounds	Community Vendors and Surgery
May 16, 2013	Women’s Wellness Event	Wayne HealthCare Lobby Community Event	Community Vendors and Heel Scans, Mammography and Vascular Screenings
June 19, 2013	Neff Health Fair	PAWS Bingo	Provided employee transportation to/from hospital for Mammograms and Vascular Screenings. Nutrition Education, EKGs, PFTs, Heel Scans, Blood

			Pressure Checks, Wellness Blood Panels,
June 22, 2013	Whirlpool	Whirlpool	Pulmonary Function Testing, Heels Scans, Blood Pressure Checks, Orthopedic Education
July 16, 2013	Healthy Moments	Wayne HealthCare Conference Room	Topic: Mindful Eating Presenter:
July 22, 2013	Lowe's	Lowe's	Heel Scans
September 10, 2013	Healthy Moments	Wayne HealthCare Conference Room	Topic: Presenter:
October 15, 2013	Healthy Moments	Wayne HealthCare Conference Room	Topic: Breast Cancer Presenter: Dr. McKellar
October 8, 2013	Darke County Health Fair	Youth Building	Wellness Blood Panels, Pulmonary Function Testing, Heel Scans, Vascular Screenings Information/Pamphlets: Physical Therapy, Social Services, Breast Cancer, Nutrition and Diabetes
March - December 2013	Wayne HealthCare Challenge: Get Moving Series	Darke County	14 - 5K race/walk events Wayne HealthCare information table
Quarterly Meetings	Community Health Needs Assessment	Health Department	Meet with community agencies to follow up on 2012 CHNA plan

**Key Strategies for 2013:**

- Improve the health of local residents was through Motivational Interviewing. Karen Droesch, registered dietitian educator at Wayne HealthCare led a presentation on Motivational Interviewing at the hospital. DVD's are available for use by any of the agencies participating in the community health needs assessment.
- The Wayne HealthCare Challenge "Get Moving Series" began in the spring of 2013. The challenge is a wellness initiative formed in cooperation with local businesses and lifestyle interest groups to make our community healthier. The challenge promotes community health through 14, 5K run/walk events in the local area. Race points are earned for participation and competitive achievement. Each race allows for a sponsor or health related organization to provide awareness information, interactive games, and provide health screenings.
- A twelve week plan of action is scheduled to begin at Wayne HealthCare from August 2013 until November 2013 to reduce weight and change lifestyle choices. The goal is to move the program to be open to the Community beginning in 2014. These action steps and timelines will be continuously reviewed throughout 2013 and may be altered or revised as needed.