

Community Health Needs Assessment 2016



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Mission Statement: To improve the health status of our patients and provide high levels of satisfaction to our physicians.

Introduction

Executive Summary

On March 23, 2010, the Patient Protection and Affordable Care Act (PPACA), under section 501(r) of the Code, required not-for-profit hospitals to conduct a Community Health Needs Assessment (CHNA) every three taxable years in order to maintain their tax-exempt status under section 501(c)(3) of the Internal Revenue Code.

Our 2016 CHNA report was conducted in compliance with these new federal requirements. Straith Hospital submits this CHNA as a response to section 501(r) of the Internal Revenue Code, in order to satisfy our tax-exempt status under section 501(c)(3) of the Code.

The foundation of Straith Hospital has always been our commitment to serving our local community. This 2016 CHNA is a reflection of our continual mission to understand the needs of our local community so that we can continue to provide appropriate care and help improve the overall health of our community.

About Straith Hospital

Straith Hospital is an unaffiliated, acute care, not-for-profit hospital corporation under IRC 501(c)(3). Straith Hospital is located at 23901 Lahser Road, Southfield, Michigan 48033, and is accredited by the Joint Commission. The history of Straith Hospital began with its incorporation in 1952, and has continued to remain an independent facility that provides high quality medical services.

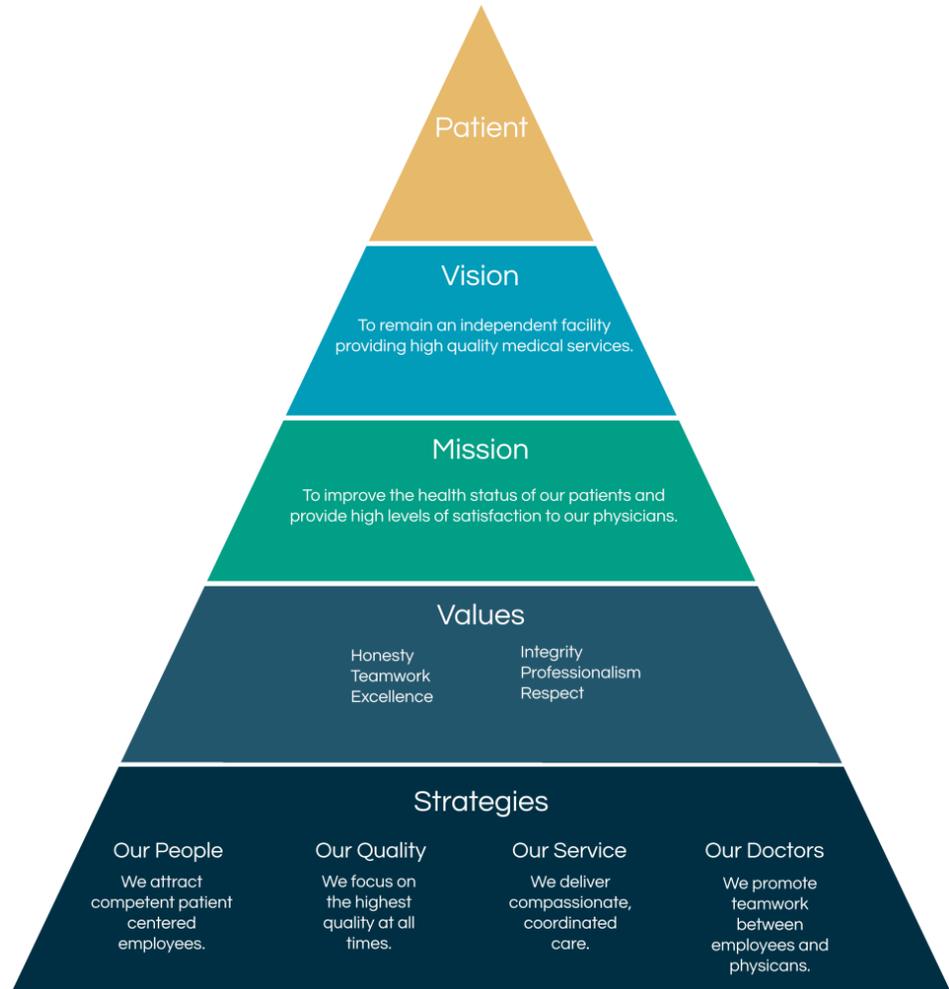
Straith Hospital currently offers specialized outpatient surgical services and inpatient rehabilitation. We have five state-of-the-art operating rooms, and perform outpatient surgeries including cataract surgery, corneal transplants, retinal surgery and cardiology. In addition, we have 34 licensed beds, which currently occupy comprehensive, acute care rehabilitation patients for post-surgical and post-medical conditions. We are continuing to expand our services in order to meet the needs of our community while remaining an independent facility. Straith Hospital specializes in niche services and providing the best quality care for the specific needs of our target community.

Straith Hospital also acknowledges two nearby hospitals in the city of Southfield, both within four miles of our facility. Providence Hospital (16001 W. Nine Mile Road) is a 365-bed facility providing a broad range of primary care and clinical specialties, including Emergency Medicine. Oakland Regional Hospital (22401 Foster Winter Drive) is a 71-bed facility and is an investor owned for-profit that offers general medical and surgical services. Together, these existing health care facilities are sufficient resources, and are available to respond to the current health needs of the community. Straith Hospital is set apart from surrounding hospitals as it is the last independent, not-for-profit hospital in Southeast Michigan.

Mission and Vision

- **Mission Statement:** to improve the health status of our patients and provide high levels of satisfaction to our physicians.
- **Vision Statement:** to remain an independent facility providing high quality medical services.

Strategic Plan



Leadership

- **Jan Rys, RN**, Chief Executive Officer
- **Bradley Bescoe**, Chief Financial Officer
- **Mark Haimann, MD**, Chief of Staff
- **David Gordon, MD**, Chief of Physiatry
- **Nancy Houghton, DO**, Chief of Anesthesiology
- **Darrin Levin, MD**, Chief of Ophthalmology
- **Michelle Holder, RN, MSN, CRRN, CCM**, Nurse Executive and Rehab Director

Community Health Needs Assessment

Background and Introduction

The Patient Protection and Affordable Care Act (PPACA) requires that not-for-profit hospitals operating as described in Internal Revenue Code 501(c)(3) conduct a Community Health Needs Assessment (CHNA), in addition to an implementation strategy, every three years. Using epidemiological, qualitative and comparative methods, the CHNA identifies needs of a community and services that are able to meet these needs. This report was conducted as a response to section 501(r) of the Code, which includes both the CHNA and implementation strategy, with the intention to satisfy all requirements set forth in IRS Notice 2011-52. It is available to the public on Straith Hospital's website (www.straithhospital.org).

As a not-for-profit hospital, Straith Hospital has traditionally performed appropriate assessments in order to understand the health needs of our community and investigate ways in which we can meet them. However, the PPACA has provided us with additional guidance and requirements, which will allow us to establish a systematic process to better help identify community health needs and implement practical strategies to meet them.

Requirements

This CHNA is conducted to meet the following requests, as required by the Treasury Department ("Treasure") and the Internal Revenue Service (IRS) in Notice 2011-52.

- A description of the community served
- A description of the process and methods used to conduct the CHNA, which includes:
 - Sources and dates of the data and other information used
 - Analytical methods applied to identify community health needs
 - Information gaps that impacted the hospital organization's ability to assess the health needs of the community served by the hospital facility
 - If applicable, the identification of all organizations with which the hospital organization collaborated
 - A description of how the hospital organization took into account input from persons who represent the board interests of the community served by the hospital facility, including a description of when and how the organization consulted with these persons, as well as any individual providing input who has special knowledge or expertise in public health or was a "leader" or "representative" of the community serve.

- A prioritized description of all the community health needs identified through the CHNA and a description of the process and criteria used in prioritizing those needs
- A description of the existing health care facilities and other resources within the community available to meet the community health needs identified through the CHNA
- An implementation strategy to meet the community health needs identified through the CHNA, which describes how the hospital facility plans to meet the health needs

CHNA Committee

Straith Hospital formulated a Community Health Needs Assessment committee to review the requirements of, strategize on and ensure the completion of the 2016 CHNA. The committee was led by Straith Hospital's Marketing Manager, with support from the upper levels of administration including the CEO, CFO and Chief of Staff (See Appendix A). The committee worked together to gather appropriate information, provide available sources of secondary data, identify and interview community leaders and analyze all previously mentioned information to prepare the written 2016 CHNA and Implementation Strategy.

Methodology

The Straith Hospital CHNA Committee's goal was to collectively gather interviews from community leaders and our current serving population, accumulate existing public data about the health status of our community and prioritize the local health needs in which we would help meet.

The assessment, including key interviews of community leaders (See Appendix A) and anonymous community surveys that reflect Straith Hospital's target audience, were conducted as primary qualitative research. This was done by administering a short survey, which was given to the target audience in order to gather appropriate information to assess the needs of the community. The survey to represent the community we serve was given to patients and family members of Straith Hospital between the full months of May, June and July 2016. Surveys were filled out and returned to the Marketing Manager to collect all data and analyze the findings. Additionally, the survey for persons representing key leaders of the community was a survey link that was emailed to individuals who would represent this population.

A collection of academic research and public health resources were gathered to support our findings as secondary qualitative and quantitative data. The assessment was conducted in a

timeline to meet the requirements of the PPACA, as well as revisit Straith Hospital's commitment to improving the health of our local community and providing the quality care to meet those needs.

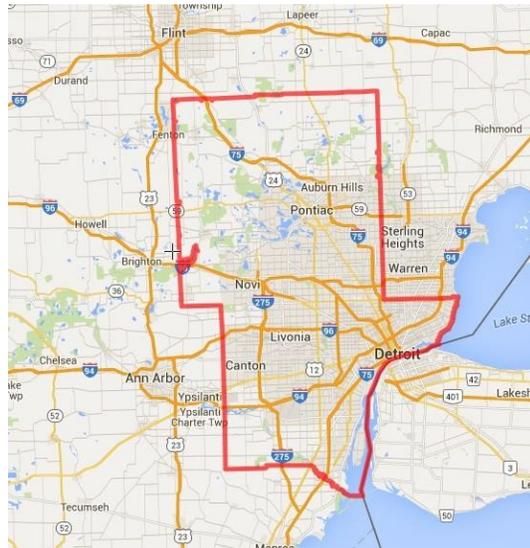
The purpose of key interviews and data collection (See Appendix B) was to better understand the health needs of the local community and what improvements needed to be made for the appropriate population. This included gathering a variety of information such as community demographics, household income and community health statistics.

After analyzing the key findings and measuring the primary and secondary data against a set of criteria, the needs of Straith Hospital's key audience were prioritized by the CHNA Committee. The CHNA Committee reviewed all mentioned health needs, then discussed the relationship between the most prevalent needs and research overview. By running the survey data findings against research, it allowed the committee to better conclude what health needs were most prevalent or overlapped. Based on our findings, the most prevalent health needs mentioned in our self-administered surveys were a fair representation of the overall needs of Michigan residents. Following the prioritization of the health needs, the CHNA Committee worked together to establish an implementation strategy in response to the health needs of the community Straith Hospital serves.

Community Served

Map of Community Served

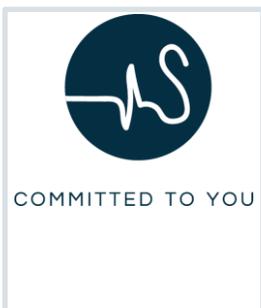
Straith Hospital serves a wide area, covering residents in Oakland County and other neighboring counties. For the purposes of defining a community to serve, Straith Hospital will focus on the needs of individuals residing within the geographic areas of Wayne, Oakland and Macomb County, where majority of our current patients reside.



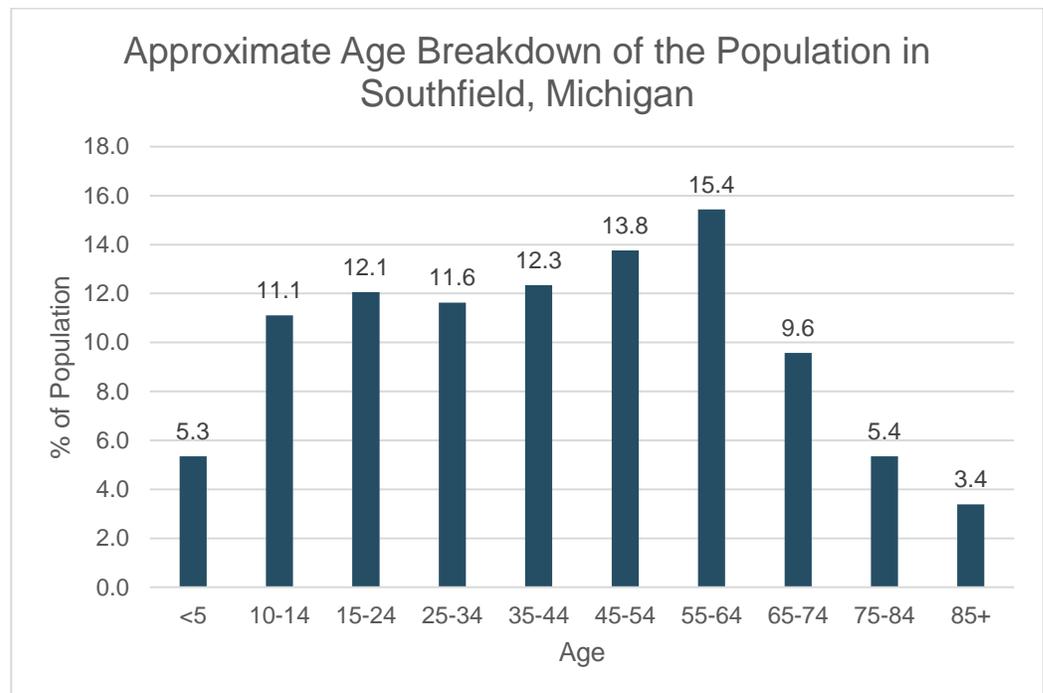
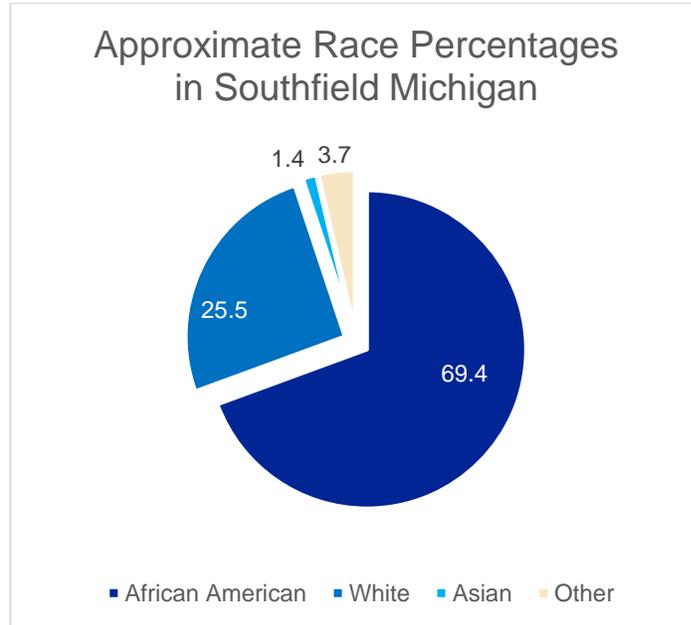
What is Straith Hospital's community served?

Straith Hospital defines the community served by a hospital as individuals who reside within Straith Hospital's service area. This includes all residents located within the geographic boundaries of Wayne, Oakland and Macomb County, with a concentration on the city of Southfield, and does not exclude members who are medically underserved, low-income or a minority.

Based on 2014 findings from the US Census Bureau and American Fact Finder (See Appendix B), Southfield has an estimated population of 72,480. 69.4% of the population identify as Black or African American, 25.5% as White and 1.4% as Asian. The largest age demographic in Southfield are individuals between the ages of 54-64 (15.4%). 47.6% of residents in the geographic area are above age 45. Since Straith Hospital's patient population skews older due



to the services we provide, (average age of 82, 74% of patients with Medicare), the target audience for the 2016 CHNA will focus on the health needs of individuals above the age of 45.



Data and Assessment

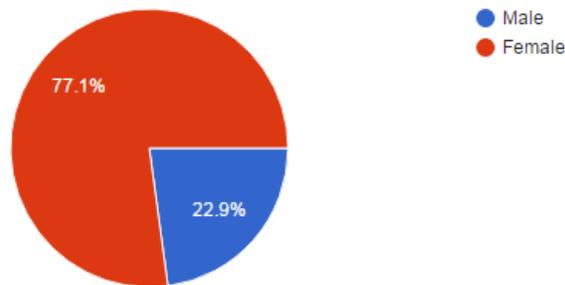
Community Survey Responses

A self-administered survey was offered to patients at Straith Hospital between the following dates: May 1, 2016 to July 31, 2016. 45 patients completed the Community Health Survey anonymously, which assisted Straith Hospital in better understanding the local community's perspective on health-related needs.

Findings

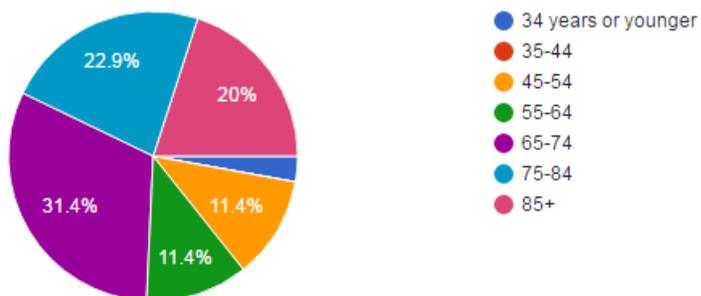
Gender Composition

What is your gender?



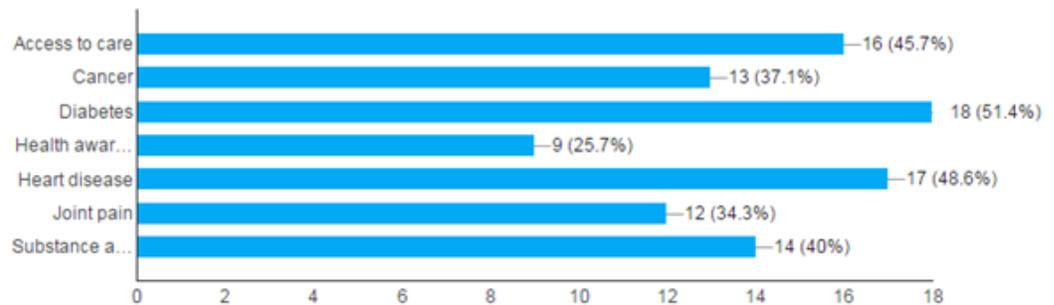
Age Group Composition

How old are you?



Question 1: What do you perceive as the three most significant (most severe or most prevalent) health issues in the community?

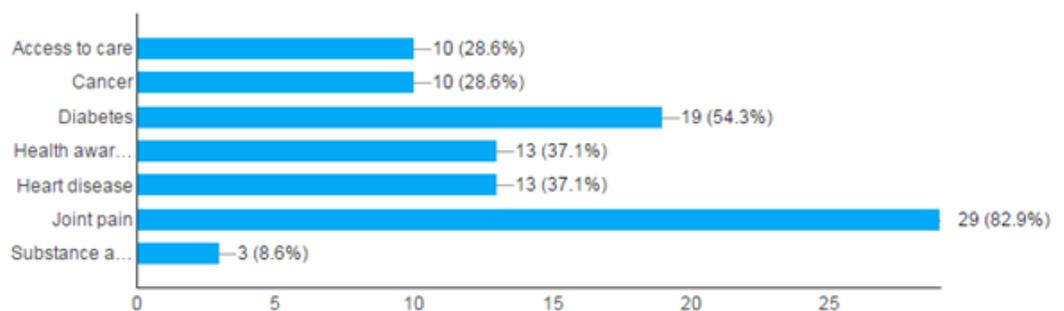
What do you perceive as the three most significant health issues in the community? (Circle three)



- Survey respondents were asked to identify the three most prevalent health issues in the community. Of the seven options provided, the three categories that ranked the highest were diabetes (51.4%), heart disease (48.6%) and access to care (45.7%).

Question 2: Which of the following three health issues have you personally encountered?

Which of the following three health issues have you personally encountered? (Circle three)

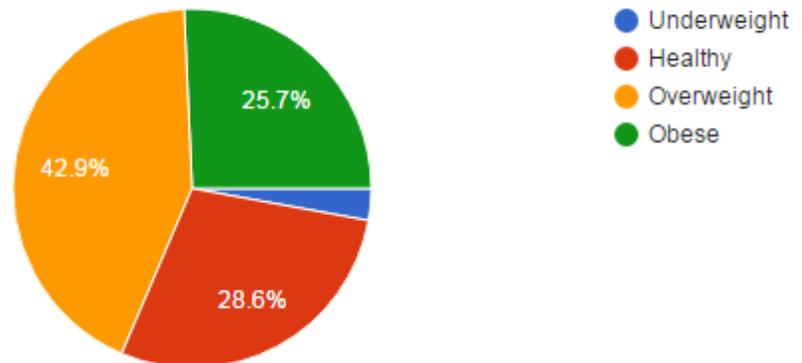


- When respondents were asked to identify the three most prevalent health issues in regards to their own personal health, the answers differed from what they perceived were the needs of the community. While only 34.3% of respondents identified joint pain as a community health need, 82.9% of respondents ranked joint pain as one of their

top health issues, having personally experience episodes of joint pain in their knees and hips. Following joint pain, diabetes ranked second at 54.3%, while health awareness and heart disease ranked third at 37.1%.

Of the options, substance abuse was identified as the least prevalent health issue among the survey respondents, with only 8.6% of individuals reporting substance abuse as a personal health issue.

**Question 3: Refer to the BMI chart below. What weight category does your BMI fall in?
What BMI category do you fall in?**



- Survey respondents were also asked to identify their BMI. Very few individuals fell into the category 'Underweight.' 28.6% of individuals were considered 'Healthy.' The largest category was 'Overweight,' with 42.9% of individuals with a BMI that met the requirements of this group. 25.7% of respondents fell into the category 'Obese.'

With Michigan having the 17th highest adult obesity rate in the nation (see Appendix B), the community of Southfield, Michigan is an accurate depiction of the state of obesity in the nation. More than 65% of the represented population is overweight or obese, which is a huge factor in determining the overall health issues that are most prevalent in the community that Straith Hospital serves.

Key Informant Interviews

Key informant surveys were conducted to gather feedback on issues such as the overall quality of healthcare in the area, prominent health issues, potential health barriers and perceived quality of life.

Process

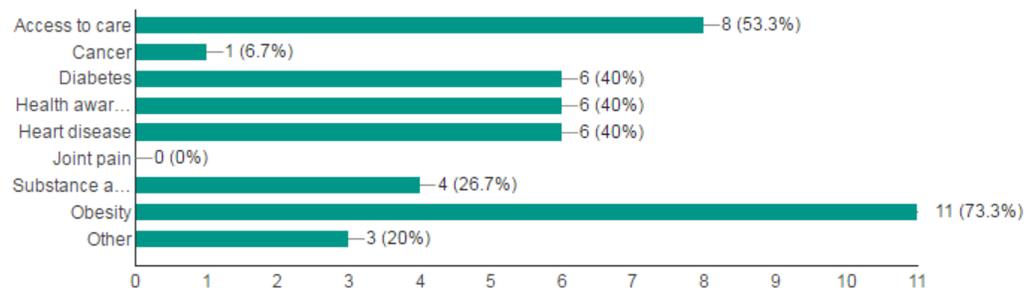
A simple survey was administered to help determine health needs that currently exist from the perspective of key community leaders. In order to better understand the health needs of the community, it was important for Straith Hospital's CHNA Committee to know what community leaders identify, according to their expertise and experience in the health industry, as the top three health issues in the community (metro-Detroit area).

In addition, getting their recommendation on possible solutions to reducing the risk of these health needs was crucial in helping us form our implementation strategy. Based on what they considered were the most prevalent health issues, it was also important to understand what effective steps should be implemented to meet the needs of the community. Survey respondents were also given the option to comment or add any additional observations about the community health needs of individuals in our community. These comments were taken into consideration when establishing an implementation strategy.

Findings

Question 1: What do you perceive as the three most significant health issues in the community?

What do you perceive as the three most significant health issues in the community? (Circle three)

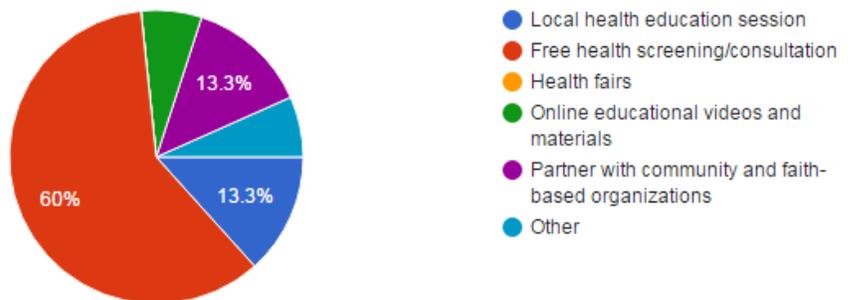


“We need to get people involved and encourage patients to take control and be responsible for their disease outcome.”

– Community Health Leader

Question 2: What do you think will be the most effective way to reduce the risk for these health issues?

What do you think will be the most effective way to reduce the risk for these health issues?



Research Analysis

Based on the feedback from key informant leaders, we were able to identify several themes in regards to the health needs of the community:

- Obesity was unanimously identified as one of the top health issues
- Lack of community access to education on health prevention and management
- Correlation between healthy lifestyles, awareness, obesity and chronic diseases
- A need for health screenings and consultations for the community

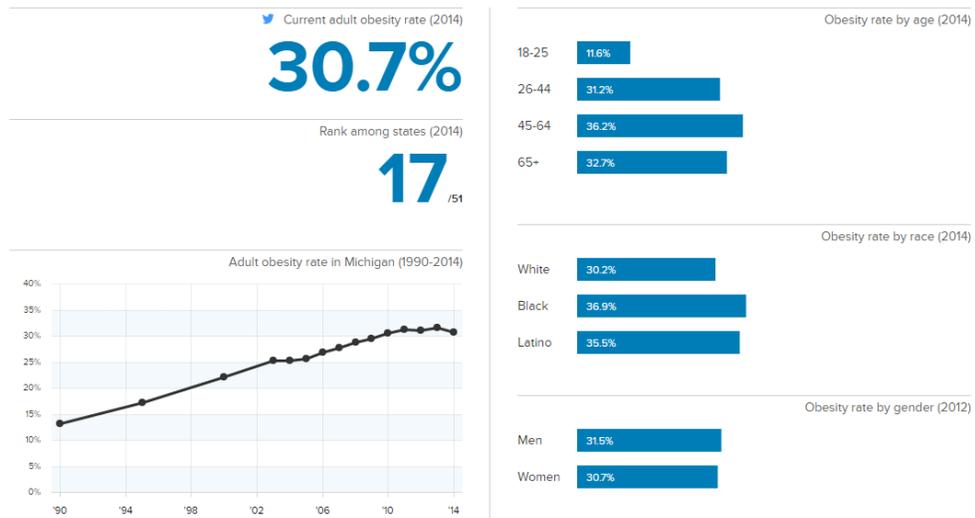
“The community is in need of educational programming and assessment that is free. Preventive care needs more accessibility.” –
Community Healthy Leader

Secondary Data

Secondary research was gathered and analyzed to gain a better understanding of the population served. In order to better support Straith Hospital’s research via survey responses, it was important for the CHNA Committee to run our findings against current existing data in order to better determine the accuracy of our research. Secondary data showed full support in our findings.

Obesity

According to The State of Obesity (See Appendix B), Michigan is ranked 17th amongst the states with the highest rate of adult obesity. In 2014, the current adult obesity rate in Michigan was 30.7%, which majority of these adults between the ages of 45-64, and the highest of this amongst African Americans (36.9%). It is important to note that this mirrors the population served at Straith Hospital (See page 8). Research shows that the obesity rate in Michigan has continually increased since 1990, with a slight decline in 2014.



Source: Trust for America's Health and Robert Wood Johnson Foundation. The State of Obesity 2015 [PDF]. Washington, D.C.: 2015.

Additionally, The State of Obesity states that the three most commonly reported obesity-health related issue includes diabetes, heart disease and arthritis. This supports the data gathered amongst survey respondents, who reported these three health-related issues to be the ones they deal with.

Health Grove statistics found that Medicare beneficiaries in Oakland County, Michigan show the highest relative rates for high blood pressure, high cholesterol, Type 2 Diabetes and Arthritis. This data supports our findings, which suggest that three of the four mentioned are considered the top community health needs that should be addressed in Straith Hospital's implementation strategy.

Diabetes

According to the CDC, more than 10% of Michigan adults are diagnosed with diabetes; however, 28% of Michigan residents with diabetes are undiagnosed. That means more people are living with diabetes than studies show. Michigan is ranked the 22nd out of 50 states in highest diabetes prevalence among adults 18 years and older, according to the Michigan Department of Community Health. In addition, the prevalence of diabetes among non-Hispanic Black adults was twice that of non-Hispanic White adults in 2015. Since the community Straith Hospital serves is predominantly African American, it is important to keep in mind the potential for higher risk of diabetes amongst this race.

Heart Disease

According to the Centers for Disease Control and Prevention (CDC), heart disease was the leading cause of death in 2013 in the United States, as well as the state of Michigan. In fact, Michigan ranked as the 8th highest state for heart disease-related deaths, with more than 24,000 deaths. Research shows that high blood pressure is the leading cause of heart disease and stroke. 1 in 3 adults in the United States have high blood pressure. In addition, obesity and diabetes are two risk factors for heart disease. Therefore, according to our survey response, the community Straith Hospital serves is at a potential high risk for heart disease, since many of them have identified with both obesity and diabetes.

In February 2015, MDCH found that more than \$10.2 billion was spent on heart disease related medical costs. And this is expected to rise from 600,000 cases to more than 2.9 million cases by 2030 if health care facilities and the general population does not make any effort to change healthy lifestyle behaviors and address this health issue.

Joint Pain (Arthritis)

According to the Michigan Department of Community Health (MDCH), more than 2.35 million Michigan adults reported doctor-diagnosed arthritis. Therefore, even more adults are living with

undiagnosed joint pain. In addition, MDCH found that 51% of individuals who are living with arthritis reported activity limitations. MDCH research also finds that obesity is associated with arthritis, which enforces Straith Hospital's survey findings that show that majority of the community we serve suffer with both obesity and joint pain.

Research Limitations

Possible limitations to our findings include a small pool of survey respondents. While we found supporting secondary data that suggests it to be a fair representation of the community, it could have been beneficial to see a higher number of individuals surveyed for a more precise representation of our target audience. Straith Hospital sought to minimize limitations by surveying the fairest representation of our community population, including diverse and underserved populations.

Conclusions

The different research components, consisting of patient surveys, interviews of key leaders and research analysis, reveal the following to be key health issues that need to be addressed in the Straith Hospital service area:

- Obesity
- Diabetes
- Heart disease
- Joint pain

Implementation Strategy

Summary

In response to the Community Health Needs Assessment, Straith Hospital developed an implementation strategy in order to improve efforts of meeting the health needs of our community. After conducting community surveys as primary research, gathering secondary data and working as a CHNA Committee to prioritize the health needs of the community we serve, Straith Hospital will strive to be an ambassador in improving the overall health of the community by initiating the following strategies in the upcoming fiscal year:

Obesity

- Implementation: Obesity can increase the risk for many health-related issues, including diabetes, heart disease and joint pain. It's important to address the effects of obesity, as well as encourage healthy lifestyle choices to prevent the increasing prevalence of obesity in Southfield, Michigan. As our surveys show, majority of the community we serve identify as overweight, which results in a greater likelihood of obesity if healthy lifestyle behaviors are not maintained or encouraged.
- Goal: Educate the community about healthy lifestyle behaviors to reduce the risk of obesity and other chronic diseases.
- Objectives:
 - Provide educational material about healthy lifestyle choices
 - Raise awareness about the effects of obesity
 - Reduce the prevalence of overweight and obesity

Diabetes

- Implementation: Diabetes is most prevalent amongst the African American population, which represents a large part of the community Straith Hospital serves. Therefore, it's important for us to address such a common chronic disease and educate individuals on how they can prevent or manage diabetes.
- Goal: Educate individuals on how to prevent, reduce the risk of and/or manage diabetes.
- Objectives:
 - Improve healthy lifestyle choices for individuals at risk for diabetes
 - Educate individuals on diabetes prevention and management
 - Encourage healthy lifestyle behaviors to reduce the risk of diabetes

Heart disease

- Implementation: Heart disease-related hospitalization rates are higher in the state of Michigan when compared to overall rates in the United States. Straith Hospital seeks to decrease this by educating the community on the risk factors of heart disease and ways they can prevent or lower their risk for it. In addition, since high blood pressure is the leading cause of heart disease, Straith Hospital will perform free blood pressure screenings to the community to help increase individual awareness of their risk, as well as consultation by a Nurse Practitioner for individuals whose results show a high risk for heart disease.
- Goal: Reduce risk factors for heart disease and provide free blood pressure screening to help individuals indicate their risk for heart disease.
- Objectives:
 - Offer free blood pressure screenings to the community
 - Provide educational materials about heart disease
 - Educate community on the relationship between high blood pressure and heart disease
 - Recommend healthy lifestyle behaviors to help manage and prevent heart disease
 - Decrease hospitalization rates for heart disease-related cases

Joint pain

- Implementation: While health leaders did not identify joint pain as a health need, more than 82% of survey respondents identifying joint pain as a key health issue. Therefore, Straith Hospital wanted to address this need in the community. Straith Hospital will provide free joint pain consultation, where a Nurse Practitioner will assist individuals with an evaluation to determine their level of pain, as well as provide recommendations as to how individuals can improve their overall quality of life.
- Goal: Provide free joint pain consultation to help improve overall quality of life.
- Objectives:
 - Host a free joint pain consultation to the community
 - Educate residents on safety and prevention techniques
 - Provide recommendations for individuals experiencing high levels of pain
 - Discuss possibility of providing a joint pain service at Straith Hospital

Based on key informant interviews, free health screenings and consultation were recommended as the most effective way to reduce the risk of identified health issues in the community. Therefore, Straith Hospital will host bi-weekly walk-in appointments for free blood pressure screening and joint pain consultation throughout the year, as well as provide additional resources to educate the community about common chronic diseases, such as obesity, heart diseases and diabetes. The service will be promoted via local flyers, lawn signage and social media promotions. Additionally, signage will be created and posted on the property of Straith Hospital to invite individuals to walk-in to redeem their free service and resources. Following the service, all educational materials produced for community distribution will be posted onto Straith Hospital's website and made available to the public to download for personal educational purposes.

Documentation

Straith Hospital's 2016 CHNA Summary Report and Implementation Strategy will be posted on the hospital's website in September 2016, making it an accessible resource to the community. Additionally, the educational materials provided to the community will also be posted on Straith Hospital's website as a downloadable educational resource for the community.

Appendix A

CHNA Committee

Name	Title
Maila Kue	Marketing Manger
Jan Rys	CEO
Brad Bescoe	CFO
Mark Haimann	Chief of Staff

Key Interviewees

Name	Title
Erica Owen, LLMSW	Social Worker
Rachel G	Speech Language Pathologist
Lea McTavish	Surgical Services Manager
Alex T, M.D	Physician
Ia Kue, D.O	Physician
Shree Kilaru, D.O	Physician
Saroj Misra, D.O	Associate Program Director at St. John
Erica Balysh, M.D	Physician
Chandra Williams, D.O	Physician
Ann Moliterno, D.O	Physician
Javar Jackson	Infection Control Advisor

Appendix B

Secondary Data Sources

2010 Population Finder. (n.d.). Retrieved July 11, 2016, from <https://www.census.gov/popfinder/?fl=2674900>

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"The State of Obesity in Michigan." State Obesity Data, Rates and Trends: The State of Obesity. Robert, 2014. Web. 11 July 2016. <http://stateofobesity.org/states/mi/>

Company Information

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COMMITTED TO YOU