



# St. Thomas More Hospital

 Centura Health®

## Community Health Improvement Plan

FY2016



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Chief Executive Officer

As health care systems continue to progress and adapt to new legislation, Centura Health is working to improve the connectivity between health care and you. For patient care to be sustainable, our presence must move into the corners of our neighborhood. This means traveling outside of the hospital and into the surrounding area to connect and learn how to better our community together. Part of our commitment to this integrated health understanding is conducting our triennial Community Health Needs Assessment (CHNA) allowing us to measurably improve overall community health. During this process we meet and collaborate with community leaders, public health officials, and other various community representatives in order to identify and target specific health issues that are particular to our community. From this assessment, we will generate annual plans of action called Community Health Improvement Plans to carry out strategies for the advancement of all individuals.

We are in the final year of our most recent triennial Community Health Needs Assessment, conducted in 2012, and this year's Community Health Improvement Plan details the specifics of implementing the strategies from that assessment. Currently, we are conducting research and evaluation for our next Community Health Needs Assessment, which will be completed in June of 2016.

This type of evaluation helps us to improve upon our skills by catering to your concerns and needs.



We want to better understand the social and environmental issues that our community grapples with and what we can do to alleviate some of these pressures.



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We are moving outside of the clinics and into the lives of all those in our community in order to educate and prevent. In our outreach efforts, we are particularly proud of *Inspire*, the health and wellness magazine published quarterly by St. Thomas More Hospital for residents of Fremont County. Our hope is that the education and stories within *Inspire* will do exactly that... inspire you to improve your health so that you can live life to its fullest.

Unless we work cohesively with stakeholders and individuals representing pieces of the community to keep children, men, and women informed about their health and the risks and benefits of everyday choices, we are not doing our duty as a hospital. With recent increased access to care, we want our online patient

navigation to be excellent, while touching on invaluable health education. If time and distance keep individuals from reaching a physician, we want to use technology to bring them together. As issues arise in the future, we want to be there to lend a helping hand.

Since the emergence of the Community Health Advocacy Program last winter, we have been focusing our efforts toward spreading the word of health and empowering knowledge. Just last year, Centura Health enrolled over 5,500 individuals into health insurance and we expect that number to continue to grow as this program reaches more and more individuals. We are actively pushing toward a new norm of health care; one that teaches and learns, helps and hears, intervenes and adapts. Our goal is to extend care beyond our original confines, and the Community Health Improvement Plan is where it starts.

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## Obesity and Nutrition



Promote diabetes and nutrition education at major community events

## Wellness—Cancer



Increase clinical breast exam and mammogram screening rate in Fremont County by 2% each year, 2012-2016

## Heart Disease



Identify the gaps in services, and strengthen our relationships and services offered throughout the community

## Behavioral Health—Tobacco



Increase tobacco cessation in Fremont County by 5% over 2013-2016, with an increase of 1.6% per year

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# About St. Thomas More Hospital

St. Thomas More Hospital

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[www.stmhospital.org](http://www.stmhospital.org)

St. Thomas More Hospital is a faith-based, nonprofit hospital established by the Sisters of St. Benedict in 1938. Our 55-bed, acute care facility offers a full range of medical and surgical services, including emergency care, diagnostic and respiratory services, birthing center, outpatient procedures, and complete rehabilitation services.

Our continuum of health care services has grown to match the needs of the community. Our current facility reflects the state of the art technology and medical expertise found in metropolitan areas. As the Sisters were guided by the Rule of St. Benedict more than 75 years ago, so we are today: "Let care be given the sick, that they may be served as Christ."

St. Thomas More Hospital's distinctive service strengths include:

- A level IV trauma center with critical care transport through Flight for Life® Colorado
- 24-hour emergency services; physicians are all board-certified in emergency medicine
- Inpatient Acute Care & Intensive Care Unit
- State of the art diagnostic imaging, featuring digital mammography, stereotactic breast biopsy, MRI and CT scan, ultrasound, X-ray, nuclear medicine technologies, and image-directed spinal procedures
- Award-winning surgical services, including advanced laparoscopic surgical procedures for metabolic and obesity disorders
- Infusion Center offers infusion and transfusion service options

- The Birth Center provides childbirth education and compassionate care
- The St. Thomas More Physician Group features Family Medicine, The Medical Home, internal medicine, general surgery, obstetrics/gynecology, orthopedic surgery, pediatric health services, and ENT and Allergy Clinic
- Centura Health Urgent Care Cañon City
- Wound & ostomy care
- Progressive Care Center provides long-term care, skilled nursing, rehabilitation services, respite care, Alzheimer's care
- Anticoagulation clinic assists with medication management
- Sexual Assault Nurse Examiner (SANE) program
- Outpatient rehabilitation services offer physical, occupational, speech therapy, and warm water therapy
- Cardiac & pulmonary rehabilitation services
- Sleep Disorders Clinic and EEG Lab are offered in a comfortable setting
- Centura Health Lab Services offer hospital lab services; Colorado Lab Services offer three outreach service centers for convenience

Our community benefits approach is to respond to identified community health needs, increase access to care, and improve health status, especially for the most vulnerable and underserved individuals and families in our community.



“Outstanding clinical specialties and skilled health care professionals provide state of the art care.”



## Community Health Improvement Mission

Centura Health's mission is to "... extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities."

The mission of Community Health Improvement at Centura Health is to put the second part of the organization's mission statement into practice. It is the responsibility of St. Thomas More Hospital to create and operationalize data-driven, evidence-based, and innovative health improvement programming to support this effort. We accomplish this by

- ✓ Assessing the health needs of the communities we serve (CHNA)
- ✓ Establishing programmatic responses to identified health needs
- ✓ Collaborating with statewide and local civic, non-profit, and private partners, to scale health improvement efforts and establish common agendas
- ✓ Providing accessible, high-quality care and services to those in our community
- ✓ Encouraging citizens to improve health by creating opportunities in their communities to participate in their health care, and to become responsible for healthy decision-making

## Community Alignment

Across the country, hospitals are among the largest employers in their cities and have enormous impact on their local economy. They also attract a highly educated workforce and can strengthen and transform the communities they serve.

As a faith-based institution, Centura Health is committed to our role as the anchor of the communities we serve. At the same time, we want to be careful not to create an overreliance on hospital-based care. Our vision of Community Health Improvement takes into account the importance of collaboration with community partners, thus creating a health care definition much broader than medical care alone.

As the leading health care organization in Fremont County, St. Thomas More Hospital classifies its community health improvement activities into four categories:

- **Access and Insurance Enrollment:** activities focused on improving the access and availability of health care services
- **Community Engagement/Activation:** activities focused on establishing and advancing the hospital's role as a community anchor and health improvement leader
- **Wellness and Obesity:** programmatic health improvement activities focused on skills transfer, motivational support, and knowledge activation opportunities, in the pursuit of sustained health behavior change and obesity reduction
- **Behavioral Health:** activities focused on expanding the availability and accessibility of behavioral health services

This implementation plan was created with a goal to align with local, state, and federal health



improvement priorities. Those opportunities are noted when applicable throughout this document.

**Colorado's 10 Winnable Battles:** Colorado's Winnable Battles are key public health and environmental issues where progress can be made in the next five years. The 10 Winnable Battles were selected because they provide Colorado's greatest opportunities for ensuring the health of our citizens and visitors and the improvement and protection of our environment.

**Healthy People 2020:** Healthy People provides science-based, 10-year, national objectives

for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time in order to:

- Encourage collaborations across communities and sectors
- Empower individuals toward making informed health decisions
- Measure the impact of prevention activities



### Fremont County Demographic Profile

The demographic data in Fremont County is skewed due, in part, to a large prison population. One statistic that reflects this fact is the male/female population ratio, 57.7% male compared to 42.3 % female. This also affects the education level, with only 16.6% of the population having a bachelor's degree or higher, and a 79.7% high school graduate rate.

Those education rates affect the unemployment rate in the St. Thomas More Hospital area. In 2009, Fremont County had a poverty rate of 18.1%, which exceeded

the state rate. Counties with the highest percentage of residents over age 65 are in the southern region of Colorado and include Fremont County at 17.7%. This is much higher than the state average of 10.9%.

Counties with higher poverty levels also tend to have a higher number of elderly citizens. Hospitals serving these populations have a larger proportion of their patient populations requiring services for chronic disease and more expensive cancer and cardiovascular services.



## Community Health Needs Assessment

In 2012, St. Thomas More Hospital and Centura Health conducted a comprehensive Community Health Needs Assessment (CHNA). The CHNA is a triennial assessment, and this year's Community Health Improvement Plan represents the final year of that implementation strategy. Currently, we are conducting research and evaluation for our next Community Health Needs Assessment, which will be completed in June of 2016.

Data for the CHNA was predominantly collected from the Colorado Department of Public Health and Environment (CDPHE). CDPHE's Colorado Behavioral Risk Factor Surveillance System Survey (2003-2010) was used to determine information about adult behaviors that impact health, such as substance abuse, eating and exercise habits, and smoking. The Youth Risk Behavior Survey (2003-2010) was queried to determine behaviors that impact the health of students from 9th through 12th grades. CDPHE's database was also probed for information on mortality rates for a variety of health indicators.

St. Thomas More Hospital developed a Health Needs Ranking Questionnaire. Those surveyed were asked to rank 34 health issues using a scale of 1 to 5, with 1 meaning "not a critical issue" and 5 meaning a "very critical issue." The questionnaires were disseminated to a variety of internal groups, as well as community groups. The goal was to reach the broadest number of constituents possible.

Surveys were distributed between January 2012 and May 2012 to individuals in the following organizations:

- Rotary Club
- Noon Lions
- Long-Term Care Administrative Teams
- 9Health Fair Participants
- Physician Office Managers
- Physicians
- St. Thomas More Hospital Medical Executive Committee
- St. Thomas More Hospital Department of Surgery
- St. Thomas More Hospital Community Board
- St. Thomas More Hospital Management Team

The CHNA process was successful in identifying opportunities for St. Thomas More Hospital to address many of the most prevalent health- and wellness-related issues and concerns within the community.

Other data sources (previously noted with detail on page 10)

- Colorado Department of Public Health and Environment—Colorado's 10 Winnable Battles
- Healthy People 2020





St. Thomas More provides health professionals who provide health screenings for: blood work (blood chemistry screening, blood count, prostate specific antigen (PSA) test for men, Vitamin D, Hemoglobin A1C), colon cancer home screening kit, Ask a Pharmacist, blood pressure, skin screening, foot screening, hand screening, height/weight/body mass index (BMI), diabetes risk assessment, lung function, pulse oximetry, memory screening, oral health, nutrition, sleep apnea, stress management, vision and eye health, bone health, body in balance, breast screening, prostate/testicular screening and a cardiac risk assessment. Free pap smear tests for women 21 years of age or older are also offered.

## Success Story

Centura Health is focused on improving the health of the communities it serves and has renewed its focus to accurately report community benefit activities. Community benefit reporting is integral in supporting our Mission and Vision, and maintaining our nonprofit status. By utilizing our resources and talent to connect with our communities, we can move beyond direct patient care and further demonstrate our ministry's commitment to nurture the health of the communities we serve. This Community Health Matters Impact Story highlights St. Thomas More's KOAA5 Southern Colorado Health Fair, the largest health fair in Fremont County.

The largest health fair offered in Fremont County is made possible each year because of the hard work and community commitment of over 150 St. Thomas More Hospital associates, volunteers, and physicians. This event, the KOAA5 Southern Colorado Health Fair (known as 9Health Fair in other markets), was held on Saturday, April 25, 2015 from 7 am until noon at the Evangelical Free Church in Canon City. During this short time-frame, more than 800 Fremont County residents attended to receive education on various health topics and community resources, and to take advantage of the low-cost health screenings offered by 9Health Fair and its community partners.

St. Thomas More has led this community event for over 15 years, and dedicates an enormous number of resources to make it a success each year. A planning committee starts work on the event each year in November and then wraps up each year in May.

For some community residents, this health fair serves as their annual health check-up. The indigent, uninsured, and underinsured are attracted to the low-cost health screenings offered, particularly the blood

work. By having 35 blood draw stations and phlebotomists on hand, we are able to get participants through this screening area relatively quickly! Each participant receives their health screening results within just a few weeks, giving them a snapshot of their overall health. For participants who have a primary care physician, we encourage them to take their results to their next appointment to review together. For those without a physician, local referrals are made at the "Talk to a Health Professional/Get a Referral" community resource table.

Residents also enjoy the Interactive Education Center aspect of this event that features information booths on health topics such as alternative healing, mental health services, advanced directives, hospice, diabetes management, cancer education and resources, Women's Wellness Connection, domestic violence/sexual assault education and more. St. Thomas More plans months ahead of the event with local organizations to be sure that all aspects of health and available community resources are present. This truly gives our community a one-stop-shop for local health care and resources.



## Priority: Wellness — Cancer

Fremont County has consistently experienced a higher rate of death from cancer, compared to the state of Colorado. Between 2007 and 2009, females in Fremont County had significantly higher incidence rates for all cancers, compared with the state rate in Colorado. The number of men and women diagnosed with lung and bronchus cancer between 2000 and 2009 has persisted at a rate that is significantly higher than the rest of the state (The Colorado Central Cancer Registry, CDPHE, 2001-2009).

### Target Population:

Men and women of all ages

### Partners:

Women's Wellness Connection (WWC); St. Thomas More Wellness, Marketing, and Diagnostic Imaging teams; Orchard of Hope Foundation; Centura Oncology Service Line; Cañon City Parks and Recreation; Evangelical Free Church

### Healthy People 2020 Priorities:

Cancer

### Colorado's 10 Winnable Battles Priority:

Reducing Obesity; Tobacco

### Hospital Priority Category:

Wellness and Obesity

### Goals:

- Continue to work with the Community Collaborative group to review our CHNA and identify actions being taken to improve health across the community
- Working with the Community Collaborative, identify the gaps in services, and strengthen our relationships and services offered throughout the community
- Increase clinical breast exam and mammogram screening rate in Fremont County by 2% each year, 2012-2016

### FY16 Tactics/Initiatives:

- ★ Continue Women's Wellness Connection to provide free breast and cervical cancer screenings to qualifying women; WWC is a program of the Colorado Department of Public Health and Education that serves the underserved population
- ★ Continue to support local cancer foundation—Orchard of Hope—that serves local cancer patients
- ★ Continue to promote WWC and cancer education at major community events, such as Margaritas & Mammos, Pamper Your Heart, and health fairs
- ★ Partner with Cañon City Parks & Recreation on promoting sun safety; give away sun screen packets to avoid skin cancer
- ★ Free skin screenings offered at community events and health fairs

### Last Year Highlights:

- WWC Grant has served 82 women from July to present
- Reached approximately 500 youth baseball players, and 300+ parents and siblings and provided them with sun and skin safety education and free give-aways
- Provided 200+ women with breast health education at our annual Margaritas & Mammos event



# Priority: Behavioral Health — Tobacco

In Fremont County, 25% of adults reported that they currently smoke, compared with the 15.6% of adult smokers in the state of Colorado. Smokers in Fremont County report smoking more cigarettes per day (10 to 25+), compared with the rest of the state. In addition, 5.1% of adults in Fremont County reported they currently use smokeless tobacco, compared with the 2.5% in the rest of the state (Colorado Tobacco Attitudes and Behaviors Survey [TABS], Colorado State Tobacco Education and Prevention Partnership, 2005).

### Target Population:

Men and women in Fremont County who smoke or use tobacco products

### Partners:

St. Thomas More Wellness, Marketing, and Respiratory Therapy teams; BLM; Holcim; City of Canon City; Black Hills Energy; Federal Bureau of Prisons

### Healthy People 2020 Priorities:

Tobacco Use

### Colorado's 10 Winnable Battles Priority:

Tobacco

### Hospital Priority Category:

Wellness and Obesity

### Goals:

- Continue to work with the Community Collaborative group to review our CHNA and identify actions being taken to improve health across the community
- Working with the Community Collaborative, identify the gaps in services, and strengthen our relationships and services offered throughout the community
- Increase tobacco cessation in Fremont County by 5% over 2013-2016, with an increase of 1.6% per year

### FY16 Tactics/Initiatives:

- ★ Free tobacco cessation class: 13-week program
- ★ Continue efforts internally to encourage staff to quit smoking during wellness/ insurance enrollment timeframe (higher insurance rates for smokers)
- ★ Tobacco cessation education at major community events, such as STM's Pamper Your Heart, employer health fairs, and Teddy Bear Clinics
- ★ St. Thomas More will not hire tobacco users

### Last Year Highlights:

Offered a free 13 week tobacco cessation program from March through May 2015. Twenty-one people started the class, and after 13 weeks nine people completed the class

Installed a no-new-hire policy for tobacco users

## Priority:

# Wellness—Heart Disease and Cerebrovascular Disease

In Fremont County, the rate of mortality due to heart disease is higher than the rate in Colorado, across all ethnicities and adjusted for age. The rate of mortality from cerebrovascular disease is also high, and greater than the rest of the state (Vital Statistics Unit, Health Statistic Section, CDPHE, 2005-2007). In an effort to decrease the rate of mortality from these diseases, our Community Health Improvement Plan calls for us to focus on wellness and prevention strategies.



### Target Population:

Men and women who are at risk for heart disease

### Partners:

Evangelical Free Church; St. Thomas More Wellness, Marketing, and Emergency Services teams; BLM; Holcim; City of Canon City; Black Hills Energy; Federal Bureau of Prisons; American Heart Association (AHA) Colorado Springs; St. Thomas More employees; KKTV

### Healthy People 2020 Priorities:

Heart Disease and Stroke

### Colorado's 10 Winnable Battles Priority:

Reducing Obesity

### Hospital Priority Category:

Wellness & Obesity

### Goals:

- Continue to work with the Community Collaborative group to review our CHNA and identify actions being taken to improve health across the community
- Working with the Community Collaborative, identify the gaps in services, and strengthen our relationships and services offered throughout the community

### FY16 Tactics/Initiatives:

- ★ Host free Pamper Your Heart Women's event with education on heart health and prevention; includes free health screenings
- ★ Heart and stroke education at major community events, such as employer health fairs
- ★ Participation in AHA Heart Walk in Colorado Springs
- ★ KKTV II News promotion video of STM, focusing on heart/stroke education, prevention, signs, and symptoms

### Last Year Highlights:

Provided free heart health screenings and heart health education to 125 women of Fremont County at our annual Pamper Your Heart women's event

Provided free heart and stroke education at 5 employer health fairs. Reached approximately 200 people



## Priority: Obesity, Nutrition, and Physical Activity

While the state of Colorado has a lower percentage of persons who are overweight and obese compared with the United States as a whole, the obesity epidemic is still rising in the state. Fremont County has a higher percentage of adults who are overweight or obese (56.6%) compared to the Colorado state average (52.7%) (BRFSS, Health Statics Section, CDPHE, 2003-2007). Our community focus is to partner with local organizations to promote more active lifestyles, and healthier eating for our community as a whole.

### Target Population:

Men, women, and children who are obese or who are at risk for being obese or overweight

### Partners:

Cañon City Parks and Recreation; St. Thomas More Wellness, Diabetes, Marketing, and Nutrition teams; Fremont County Schools

### Healthy People 2020 Priorities:

Diabetes, Food Safety, Nutrition and Weight Status, Physical Activity

### Colorado's 10 Winnable Battles Priority:

Reducing Obesity

### Hospital Priority Category:

Wellness and Obesity

### Goals:

- Continue to work with the Community Collaborative group to review our CHNA and identify actions being taken to improve health across the community
- Working with the Community Collaborative, identify the gaps in services, and strengthen our relationships and services offered throughout the community

### FY16 Tactics/Initiatives:

- ★ Host a free diabetes management community event targeting diabetics and caregivers
- ★ Diabetes and nutrition education at major community events, such as employer health fairs and Pamper Your Heart
- ★ Ongoing diabetes support group
- ★ Ongoing weight loss/bariatric support group
- ★ Ongoing nutrition and diabetes counseling
- ★ Continue partnering with Cañon City Parks and Recreation to promote healthy family activity and fitness at community events

### Last Year Highlights:

Provided free education, presentations, breakfast for over 65 diabetics and caregivers

Provided chef demos at local schools to teach health eating

Increased bariatric support group from 2 members to over 28 members, with a combined weight loss of over 550 pounds within the last year; successful direct mail marketing campaign for one-on-one bariatric consultation and support group

# Centura Health

## Regional Health Care Leader

Centura Health was established in 1996 by two sponsor organizations, Catholic Health Initiatives and the Adventist Health System. Independently, the organizations have been serving their communities for more than a century. Centura Health, the region's health care leader, is focused on connecting Colorado and western Kansas to affordable, world-class care. Centura Health's integrated network includes 15 hospitals, six senior living communities, medical clinics, affiliated partner hospitals, Flight For Life® Colorado, Colorado Health Neighborhoods, and home care and hospice services.

Centura Health Physician Group, one of the largest multi-specialty physician groups in the region, has earned NCQA Patient-Centered Medical Home (PCMH) Recognition in 2015 for using evidence-based, patient-centered processes that focus on highly coordinated care and long-term, participative relationships in 31 primary care practices throughout Colorado.

In addition to the health priorities each individual hospital in our network has identified in their Community Health Improvement Plan, Centura's Community Health team will be undertaking a system-wide effort to improve outcomes associated with

- **Tobacco Cessation**
- **Influenza Immunization**
- **Diabetes Self-Management Education**

Centura Health recognizes the importance of these issues, and is committed to using evidence-based strategies to address these priorities.

Our strength extends beyond the capabilities of any single one of the excellent hospitals in our system—we are creating a unique, collaborative health care model. Our population health approach is a potent opportunity for our health care delivery system, public health agencies, community-based organizations, and many other entities to work together to improve health outcomes in the communities we serve. Our goal is to align our population health efforts with our accountable-care quality metrics.

As the region's largest health care provider, Centura Health believes that health care is not merely a business, it's a calling. Our mission compels us both to care for the ill and to improve the health of the people in our communities.



“  
Health care is not merely a business,  
it's a calling  
”

## **Community Health Improvement Advisory Committee**

Sheri Trahern, CPA, MBA, FACHE, Chief Executive Officer

Deborah Hill, RN, MSN, Chief Nursing Officer

Dennis Bruens, Vice President of Operations

Gwyneth Howard, MBA, CHFE, Vice President of Finance

Kern Low, MD, Chief Medical Officer

Kathy Pinover, Director of Quality Resources

Jillian Maes, Director of Marketing and Communications

Christopher McDaniel, Manager of Mission Integration

Judy Lohnes, St. Thomas More Hospital Board of Trustees