Community Health Improvement Plan

INTEGRIS Bass Baptist Pavilion-LTACH

Community Health Improvement Plan Report-FY 2013-2014

INTEGRIS
Bass Baptist Pavilion

HEART DISEASE

Action Step	Progress	Comments	Outcome	Attendees
1. Will hold health promotion events offering free screenings, also offer education (blood pressures, blood sugars, and cholesterol) 5 events	COMPLETE	7/21/13 Walk This Way/ Couch To 5K; 7/22/13 Couch To 5K screenings (148 for both); 10/17/13 Walk This Way/Couch To 5K Kick-off/screenings (74); 11/2/13 INTEGRIS Community Health Fair (600); 11/21/13 Great American Smoke Out-cessation counseling, education (18); 11/5/14 blood pressures-Senior Life Network (9); 11/14/13 Senior Life Network-cholesterol screenings (13); 12/3/13 Senior Life Network-free flu shots ,BP's and blood sugars (11); Senior Life Network-monthly cholesterol/blood pressures/blood sugar screenings (160 per quarter); 2/18/14 When to Worry: Signs & Symptoms of Heart Attack-Matt Thomms, P.A. (29); May, June and July blood pressure screenings at Senior Life Network (160); May, June, July blood pressure screenings in the community by Home Health (100); Senior Life Network monthly blood pressures/cholesterol and blood sugar checks; Walk This Way/Couch To 5K events and practice sessions-3/30/14 (120), 4/1/14, 4/3/14, 4/8/14, 4/10/14, 4/15/14, 4/17/14, 4/22/14, 4/24/14, 4/29/14, 5/1/14, 5/6/14, 5/8/14, 5/13/14, 5/15/14, 5/20/14, 5/22/14, 5/24/14-8 week walking and running program; 6/10/14 Risk Factors for Stroke presentation-blood pressures, glucose and cholesterol screenings (12)	1218 people screened for hypertension, hyperlipidemia	1684
2. Promote health and wellness events through advertising and encouraging community participation- 3 events	COMPLETE	7/21/13 article promoting Walk This Way/Couch To 5K; 10/22/13 Men's Health event promotion, poster and email distribution; 10/20/13 newspaper article about the Men's Health event; 11/5/13 Men's Tailgate to Health event (21); 10/24/13 newspaper article promoting "Bass Health Fair Set for		256

1st Qtr = Black 2nd Qtr. = Red 3rd Qtr. = Green 4th Qtr = Blue

		November 2"; 10/31/13 article in the Hennessey Clipper, "INTEGRIS sets free health fair"; 11/17/13 article promoting the Great American Smoke Out; 11/3/13 article in the ENE-Eddie Herrman discusses federal Medicaid expansion; 2/1/14 Warm Your Heart Run 5K; 2/17/14 Community Health Improvement Plan presentation: Heart Disease, Mental Health and Obesity-Rotary (56); Walk This Way/Couch To 5K Kick Off-health promotion, BP's and Weights, healthy snacks (150)-pre and post surveys; 4/1/14 through 5/22/14 Walk this Way practices every Tuesday and Thursday evening (56); 6/10/14 Stroke presentation by Mary Pinzon at Oakwood Mall (12)		
3. Participate in partner's health fairs targeting ethnicities and offering education, screenings and referrals to support groups- 2 events	COMPLETE	9/22/13 Advance-Pierre Employee Wellness Fair-Hispanic Initiative (1000); 10/11/13 Hiland Wellness Fair-cardiac health and mental health education (75); 10/14/13 newspaper article, "Bass partners with community clinic to provide healthcare to women with no insurance"; 12/19/13 Cardiac Support group (34); 3/8/14 Kick Butt's Day- butt pick up and kick ball tournament at the park and high school (28); Highland Park Manor Health Fair Awareness-BP's and FSBS, heart health and diabetes info.; 4/3/14 Participated in NWOSU Community Health Fair-healthy heart information (100); 4/5/14 Enid Community Clinic dental Van and Community Health Fair-health education fact sheets on all 3 indicators-(55); 4/26/14 Kermes Health Fair at St. Francis Church-African American and Hispanic (550)		1,935
4. Provide health education targeting high risk populations on nutrition, physical activity, and tobacco cessation- 8	COMPLETE	8/5/13 Epic Youth Conference-Marshallese youth age 12-15-nutrition lesson (11); 9/16/13 "Journey through Health Nutrition Class" at Senior Life Network (20); 9/13/13 "Current Trends in Nutrition" by dietician Thomas Lemke at Hiland (30) ; 2rd Quarter Weekly Education in Cardiac Rehab-Risk Factors,	See Quitline data	979

presentations and 100 referrals to the Quitline		Goal Setting, Nutrition, Healthy Living (96); 10/24/13 NOC Resource Fair to college students-Tobacco Quitline (30); 11/5/13 bags of info containing tobacco cessation, nutrition, schedule of screenings and risk reduction given to men at Men's Health event (21); 11/15/13 presentation on Men's Nutrition and Physical Activity at Men's Health event(21); 11/15/13 Thomas Lemke's presentation on Healthy Nutrition for Single Men (21); Great American Smoke Out event at VANCE AFB, provided tobacco cessation material, turkeys and hockey tickets as incentives to quit; 11/21/13 GASO event at IBBHC-cessation consultations, quit kits distributed and turkeys to committed quitters (18); November '13-Dr. Sparling with INTEGRIS Heart Hospital on TV discussing E-cigs-KWTV; Quitline Referrals (July-December) 20; 1/8/13 Heart Disease fact sheets placed on the public transportation buses (100); 3rd Quarter Weekly Education; in Cardiac Rehab- Risk Factors, Goal Setting, Nutrition, and Healthy Living- (25); 2/18/14 Signs and Symptoms of Heart Attack by Matthew Thomms, PA-C; January-Heart Disease fact sheets placed at the Enid Community Clinic and the homeless shelter; 3/29/14 Love the Bump-Hispanic Initiative-PP Depression, nutrition and physical activity (150); Enid Community Clinic-monthly health education on heart disease prevention, tobacco cessation; 4/26/14 Kermes Health Fair at St. Francis Church-Hispanic Initiative (500)		
5. Promote and support evidence-based heart disease and related co-morbidities programs, services and treatment	COMPLETE	9/22/13 Gave out Cardiac service information at Advance-Pierre Health Fair (300 bags); 9/9/13 National Association of Retired Federal Employees-Heart Disease and the Benefits of Cardiac Rehab presentation (12 attendees); 1/29/14 Bass President discusses Insure OK-ENE; Attended the national conference-		612

options within the hospital, the INTEGRIS Heart Hospital and community resources		Association of Community Health Improvement; 4/8/14 Spring Fling Health Fair at Vance AFB (200)		
6. Encourage employees and their families to participate in the hospital's wellness program, offering incentives for improved health	COMPLETE	Uses Health Assessment Tools (the Wellness Profile), health screenings (cholesterol, glucose and blood pressure), health improvement plans designed to educated and offer tips on how to put knowledge into practice, and offers the annual flu shot. All employees and their spouses are encouraged to participate. Participants can earn Preferred Pricing that reduces the cost of their medical plan premiums. They can also earn wellness dollars that can be used to buy additional benefits. Health Improvement Programs promoted; 6/11/14 WorkHealthy Planning meeting (wellness committee)	Awarded the Gold Standard in Tobacco Policy; 6% increase in employee participation	
7. Educate the community on heart disease programs and treatment options provided by the hospital and INTEGRIS Health statewide	COMPLETE	7/2/13 Newspaper article on expansion of cardiology and radiology services; 8/17/13 Promoted services at Tour De Trykes event (150) ; 11/5/13 Heart health info and cardiac services promoted (21);11/24/13 The Beat newspaper article promoting success of the GASO event; 3/7/14 Stroke presentation to Enid Police Department and to Hiland Partner's employees (30) ; 4/15/14 Stoke Seminar at Senior Life- heart disease discussed (13); 4/15/14 Caregiver support for families who experienced stroke (17)		210
8. Educate the community on the importance of physical activity for heart health and promote programs and provide information on treatment	COMPLETE	8/8/13 Presentation to support group on RX Oklahoma (30); 11/11/13 article on Community health fair success in EN & E; I Health- weekly electronic health education information focused on Heart Disease; 2/7-8/14 OK Mission of Mercy 2 day free dental clinic-refreshments, tobacco quit kits and staff (1,495); 1/10/14 INTEGRIS launches I On Your Health-Nursing Times;		1596

options within INTEGRIS Health statewide		4/17/14 Oklahoma Health Improvement Plan forum (30); Walk This Way/Couch To 5K events and practice sessions-3/30/14 (120), 4/1/14, 4/3/14, 4/8/14, 4/10/14, 4/15/14, 4/17/14, 4/22/14, 4/24/14, 4/29/14, 5/1/14, 5/6/14, 5/8/14, 5/13/14, 5/15/14, 5/20/14, 5/22/14, 5/24/14-8 week walking and running program; 6/10/14 Risk Factors for Stroke by Mary Pinzon (12); How to Recognize S/S of Stroke-Enid Fire Department (41)		
9. Educate the community on heart disease utilizing INTEGRIS physicians, nurses, dieticians and other health professionals within the hospital and resources within the community	COMPLETE	7/18/13, 8/15/13, 10/10/13; 11/14/13 TSET meetings; 8/21 & 22/13 TSET-Tobacco Strategic Planning training ; 9/22/13 Heart Disease given at health fair; Marketing promoted cardiology services through physician outreach on 7/25/13 in Woodward, 8/5/13 in Seiling, 8/22/13 in Fairview, 9/6/13 in Okeene, 9/11/13 in Buffalo and 10/16/13 in Ponca City; 11/20/13 TSET SWAT Coordinator interviewed about GASO events-newspaper article; 12/12/13 TESET coalition meeting; 12/2/13 article in the ENE, "Bass presents check to Enid Community Clinic to help keep the doors open."; January- Journey Through Health-nutrition class at Senior Life Network-focus on heart and blood vessels; 1/6/14 TSET coalition strategic planning meeting; 1/7/14 Alcohol, Tobacco and Other Drugs CHIP planning-MAPP Coalition; 1/13/14 CHIP presentation to the President's Philanthropic Council Meeting; 1/16/14 TSET Coalition meeting; 2/16/14 ENE-INTEGRIS Cardiologist explains Heart Disease in Women; 2/16/14 ENE-article promoting Warning Signs of a Heart Attack presentation; February 2014-Safety Meeting for business Admin. at Vance AFB-Heart Health presentation/materials given (20); 2/20/14 TSET meeting; 4/10/14 TSET meeting-Kim Olsen discusses E-cigs; 5/8/14 TSET Coalition meeting; 6/12/14 TSET meeting; 6/2/14 12 Lead ECG Interpretation class to community		88

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		EMS, Fire and health care providers (33); 6/10/14 Risk Factors for Stroke presentation (12); 6/12/14 TSET meeting; 6/17/14 Recognizing Signs of Stroke to the Enid Fire Department (35)		
10. Educate the community on the effects of smoking and heart disease utilizing the INTEGRIS Health Smoking Cessation program and services provided by the Oklahoma Tobacco Settlement programs	COMPLETE	8/17/13 Distributed Quitline cards to 150 people at Tour De Trykes; 9/22/13 Quitline number at Advance Pierre Health Fair (200); 10/22/13 TV-Kim Olson discusses E-cigarettes and INTEGRIS tobacco policy and opinion KFOR; 1/22 & 1/23/14 KWTV-Feature on E-Cigs with Dr. Jeff Sparling; Hospital fax referrals for the FY 2013-2014-466	Average of 40 calls per month to the Quitline for Garfield County	836
11. Provide a cardiac support group for individuals- 4 meetings	COMPLETE	8/8/13 meeting 30 attendees; December 2013 meeting (1); February 2014 meeting (1); April 2014 meeting (14); Pulmonary Support Group; 8/13/13 (30), 10/10/13 (25), 12/19/13 (34), 2/13/14 (25), 4/10/14 (26), 6/12/14 (6)	172 people participated in cardiac support groups	172
12. Provide information on evidence-based heart healthy programs provided by INTEGRIS Health and other community resources	COMPLETE	10/24/13 NOC Resource Fair- Men's and Women's Schedule of Checkups info given to 30; 2/2/14 Article in the ENE promoting the Caregiver Support Group held March 18; 2/2/14 Service promotion in the ENE; 4/5/14 Dental Van and Health Fair at the Enid Community Clinic-service and health education (55)		85
13. Encourage other agencies to provide wellness programs using the Certified Healthy Programs initiative- 2 new agencies will be Certified Healthy	COMPLETE	9/1/13 Newspaper article promoting the opening of the application process by the TSET Coalition; 10/2/13 Certified Health Luncheon at IBBHC; 10/9/13 Certified Healthy Luncheon at the Garfield Co. Health Dept. ; 1/7/13 Twenty-two business and schools got their Certified Healthy Awards (10 new); 2/21/14 ENE article-INTEGRIS Bass recognized as Certified Healthy		38 people & 22 businesses/ schools
14. Publish routine newspaper articles	COMPLETE	7/14/13 articles on tobacco cessation, healthy heart info, and an article on increasing physical activity; 11/11/13 article on men's	50 full page articles	

promoting health and wellness including service promotion -45 articles		health, diabetes; 11/17/13 article on the Great American Smoke Out events, Facts About Flu, Car Seat program and how to access community health information;11/24/13 GASO event success article; 11/22/13 article on hospital participating in the Great American Smoke Out-ENE; 2/2/14 The Beat article in the ENE about Advice for Taking Heart Medication; 5/25/14 Changing Your Weighs program promoted; 5/25/14 Picnic Safety Tips article	promoting health and wellness in the local newspaper	
15. Support worksite wellness	COMPLETE	7/2/13 Employee Bruce Barlett featured in an article "Being Well" a Success Story. 9/22/13 Participated in Advance Employee Wellness Fair (1000 people); INTEGRIS manages the Advance Pierre Clinic for their employees and their families/Wellness Coaching-on going, year round; Wellness Benefits to employees offers health improvement programs and tools to better their health, offers incentives to reach goals and reduction in insurance premiums; 11/12/13 INTEGRIS Director of Legislative Affairs discusses affordable care act for seniors at the mall-presentation and newspaper article (50); 11/9/13 newspaper article announcing second session added for Affordable care act presentation-ENE; 1/16/14 CHIO (County Health Improvement Organization) Board meeting; 2/7/13 WorkHealthy Hospitals meeting-policy planning; February Walk Well promoted; Actively seeking WorkHealthy Hospital Gold Star recognition; 6/24/14 CHIO Board meeting	Affiliated with the first in the state CHIO Board	38
16. Utilize TeleHealth Network to connect specialty physicians and clinical professionals as needed	COMPLETE	Utilizing TeleStroke and Telecardiology for transplant patients;		TeleStroke total=4

MENTAL HEALTH

Action Step	Progress	Comments	Outcome	Attendees
1. Promote healthy forms of stress reduction: avoiding substance use/alcohol, relaxation, physical activity, good coping skills, etc.- 3 presentations, newspaper articles and/or events	COMPLETE	7/21/13 newspaper article; 7/9/13 & 7/16/13 Article on Positive Affirmation and Self Talk in the OKLAHOMAN; 10/13/13 Hiland Wellness Fair-mental health screening tool (75); 12/1/13 The Beat newspaper article, "Avoiding Anxiety and Depression during the holidays"; December-weekly FB articles on reducing stress and encouraging healthy coping skills; 2/18/14 Caregiver Support Group (13); 3/29/14 Postpartum Depression presentation at Love The Bump event (35); 4/5/14 Wheat Capital Advocates for Children training for child care workers (100); 5/21/14 YWCA's Youth meeting; 6/18/14 YWCA's Youth meeting		223
2. Promote developmental assets and bullying prevention- 2 presentations	COMPLETE	10/20/13 newspaper article promoting Bullying prevention awareness; 1/14/14 Mentoring program training meeting at Coolidge Elementary; 1/27/14-5/15/14 once a week mentoring program, 9 youth and 9 mentors per week; 3/10/14 Bullying presentation with CATCH at YMCA (32);	Started the Positive Directions mentoring program at a local high risk school	176
3. Promote mental health services offered at the Meadowlake campus for	COMPLETE	10/24/13 NOC Resource Fair-service promotion; Marketing promote Meadowlake and Generations services through physician outreach 8/8/13 in Ponca City, 9/12/13 in Shattuck,		99

children and adolescents- 1 presentation		11/6/13 in Alva and 12/12/13 in Fairview; 4/8/14 ENE article- INTEGRIS sponsors children's mental health awareness day; 5/3/14 A.C.T. Children's Mental Health Awareness Day event (120)		
4. Promote mental health services offered at the main campus, Generations- 1 presentation	COMPLETE	8/25/13 Newspaper article, "Generations-A Success Story"; Marketing promote Meadowlake and Generations services through physician outreach 8/8/13 in Ponca City, 9/12/13 in Shattuck, 11/6/13 in Alva and 12/12/13 in Fairview; 5/3/14 A.C.T. Children's Mental Health Awareness Day event (120)		250
5. Provide an advertorial in the weekly full page publication describing issues related to mental health such as services, events, and health education- 5 articles	COMPLETE	Weekly full page advertorial out every Sunday in the Enid News and Eagle newspaper; 7/21/13 QPR training announcement in the paper; 10/20/13 article-How to Make the Most of Your Doctor's Visit (the Beat-ENE); 5/25/14 Service/physician promotion		
6. Facilitate a speakers bureau helping the community to locate presenters specific to certain mental and physical health topics- 4 referrals	COMPLETE	8/21/13 Kim Boily discussed recognizing signs and symptoms of mental illness with the Enid Police Department; 3/29/14 Dr. Mills spoke on physical activity at the Love the Bump event; 3/29/14 Dr. Bergner spoke on mental and physical health during the prenatal period; 3/29/14 ATS Counseling presented on postpartum depression at the Love the Bump event; 4/10/14 Kim Olsen to speak at the TSET meeting		140
7. Educate the community on the importance of anger management and stress reduction, and provide evidence-based programs and provide	COMPLETE	8/18/13 newspaper article on "When Your Child Refuses To Go To School" (stress reduction, anger management, bullying prevention, anxiety reduction); 10/11/13 Hiland Wellness Fair- "Dealing with Stress after Heart Attacks brochures distributed (75); 11/5/13 Men's Health event- health education including anger management and stress reduction (21); 10/22/13 TV-Dr.		135

information on treatment options within INTEGRIS		Larry Kincheloe pubs his book The Master's Garden about bullying and self-esteem-KOKH; I Health- weekly electronic health education information focused on Mental Health issues; 1/7/14 ENE- INTEGRIS introduces new program, I On Your Health; 2/17/14 Meeting about the new Center for Active Aging for Enid-promote Senior Life Services; 4/9/14 YWCA Youth Committee meeting; May 2014-Support Growing Hope network for children's mental health needs		
8. Educate the community and provide information on treating mental health issues utilizing INTEGRIS physicians, nurses, dieticians, and other health professionals	COMPLETE	7/25/13 Article on Patient Resources, an interview with Dr. Livingston in the JOURNAL RECORD; 2/23/14 ENE article- INTEGRIS Bass supports active aging through Senior Life Network; 4/16/14 YWCA Youth Empowerment meeting		
9. Promote the suicide prevention hot line- 200 cards to high risk population	COMPLETE	10/24/13 NOC Resource Fair- suicide prevention cards (30); 11/5/13 Men's Health Event (21); 3/29/14 Distributed hot line card in 150 bags at the Love the Bump event and 3/30/14 200 in bags at Walk This Way		51
10. Refer the underinsured and the uninsured to RX Oklahoma for free/reduced cost medications- 100 brochures at an event	COMPLETE	9/22/13 Advance Pierre Employee Wellness Fair (1000); 11/2/13 INTEGRIS Community Health Fair - 80 bags with RX brochures		1080
11. Educate the community of suicide prevention programs and treatment options	COMPLETE	7/21/13 newspaper article about a community training on suicide prevention; 7/9/13 article on new residents starting the INTEGRIS residency program; 1/6/13 Access to care and mental health services meeting for coalition CHIP (10); January-Mental		10

provided by the hospital, INTEGRIS Mental Health, INTEGRIS physicians locally and statewide		Health fact sheets placed at the Community Clinic and homeless shelter; Senior Life Lines newsletter-article on Alzheimer's		
12. Educate the community on alcohol/substance abuse and education programs provided by the hospital, and etc.	COMPLETE	7/2/13 Dr. Atul Walia sits down with Linda Cavanaugh to discuss women overdosing on prescription pain medication on TV; 10/4/13 Live stream Employee Wellness presentation called Emotional Freedom; 12/11/13 Attended Garfield County Drug and Alcohol Coalition special meeting (13); 4/29/14 article in the ENE-Garfield CHIO grant aid to combat prescription drug abuse		13
13. Promote the free mental health screening and treatment options offered on the INTEGRIS Mental Health website	COMPLETE	10/24/13 NOC Resource Fair-Mental Health Screening tool (30); 2013 total screenings from the online tool for depression, alcohol, bipolar disorder, eating disorder, anxiety, posttraumatic stress disorder, and adolescent depression=93	123 people took the online screening tool	123
14. Promote the free mental health podcasts available on the website	COMPLETE	8/17/13 Promoted podcasts and screening tool, Tour De Trykes event; October- Dr. Krishna discusses mental health-OK Public Health Association video; July 2013-March 2014- Dr. Krishna's pod casts-Natural Relaxation, Quieting the Mind, Nurse Education, Present Moment Awareness, Sleep Like a Baby, Mental Health Initiative, Change Starts With Me, Resilience		169
15. Promote the use of 2-1-1 services- distribute cards at 1 event	COMPLETE	8/17/13 Distributed 150 at Tour De Trykes event; 9/22/13 Advance Employee Wellness Fair (200)		350
16. Encourage all medical providers to screen for depression and anxiety at annual exams- 10	COMPLETE	8/9/13 Suicide Prevention-QPR Training for staff, including 10 providers (21); 8/16/13 Suicide Prevention training to staff in the Residency Program (9); December 2013-ALL INTEGRIS physicians are required to use the screening tool form for	100% of staff screen routine for depression and anxiety	30

providers		anxiety and depression at least annually on adults and pediatrics		
17. Participate in the Mental Health Summit	COMPLETE	7/19/13 attended a planning meeting for the summit; Mental Health Summit held 9/30/13		200
18. Utilize INTEGRIS TeleHealth Network to connect with specialty physicians and clinical professionals as needed	IN PROGRESS	Currently in the planning stages of development for mental health; TeleHealth Network is currently being utilized.		
19. Collaborate with the provider residency program to recruit a psychiatrist for children and adults	COMPLETE	8/14/13 INTEGRIS Mental Health welcomes Psychiatrist, Tracy Langford, D.O.; 10/2/13 & 10/16/13 NAMI Support Group; Support NAMI support groups that meet the 1st and 3rd Wednesday of each month (18) July-Dec.; 4/8/14 Residency Program at IBBHC is discussed at Rotary-ENE article	TeleMat set to become available in the near future	
20. Provide information on evidence based depression screening programs and treatment options provided by the hospital, INTEGRIS Mental Health and other community resources	COMPLETE	9/10-11/13 Turning Point Conference (Dr. Krishna's); 10/24/13 NOC Resource Fair- YWCA Counseling Service promotion as a community resource given to 30; 2/17/14 Rotary-CHIP presentation on Mental Health Plan (56); 2/24/14 YMCA Childcare Committee Meeting planning session for upcoming youth events; 2/18/14 INTEGRIS Community Wellness nurse discusses coalition plans at the Rotary Club meeting, ENE article-(55 attended); 4/24, 25/14 & 5/1, 2/14 Tools for Living training-evidence based program		143

OBESITY

Action Step	Progress	Comments	Outcome	Attendees
1. Participate in community health fairs and offer screenings such	COMPLETE	7/15/13 & 7/22/13 & 9/9/13- #1 Couch To 5K screenings (85); 7/29-9/14/2013 Groendykes Transport's Couch To 5K program-baseline and final measurements weekly and exercise	Over 20 community health fairs and	850

as BP, FSBS, BMI, and cholesterol- 2 events		management (18); 10/17/13 #2 Walk This Way/Couch To 5K Kick-off/screenings (74); 11/2/13 INTEGRIS Community Health Fair (600); 12/3/13 Senior Life Network-free blood sugars (5); Senior Life-free screenings- see heart disease; Walk This Way/Couch To 5K Kick Off-BP's and Weights, healthy snacks given and walking/running promoted (150); Walk This Way/Couch To 5K events and practice sessions-3/30/14 (120), 4/1/14, 4/3/14, 4/8/14, 4/10/14, 4/15/14, 4/17/14, 4/22/14, 4/24/14, 4/29/14, 5/1/14, 5/6/14, 5/8/14, 5/13/14, 5/15/14, 5/20/14, 5/22/14, 5/24/14-8 week walking and running program	events where screenings were completed	
2. Participate in an event that targets Hispanics, African Americans, and Marshallese- 1 event	COMPLETE	9/22/13 Advance Pierre Employee Wellness Fair (1000); 9/24/13-5/15/13 CATCH program at Zoe Kid's Cafe-serves underserved children, mostly African American and Hispanic children (65); 1/8/14 Provided a healthy snack for Zoe's CATCH snack lesson (24); 3/29/14 Love the Bump event-nutrition during the prenatal period, Hispanic Initiative; 4/26/14 I- Crew work day at Enid Community Clinic; 4/26/14 Kermes Health Fair at St. Francis Church-Hispanic Initiative (500)	6 events that specifically targeted ethnicities	1589
3. Support the evidence based program, CATCH	COMPLETE	9/16/13 Gave the Pre-test survey at Zoe's Kids Café (32); 9/24/13Zoe- Gave the first nutrition lesson on Go and Whoa Foods (43 kids); 9/25/13 CATCH Pre-survey at YMCA (14); 1/8/14 CATCH at YMCA-physical activity lesson (32); 5/15/14 CATCH post screenings and post survey at Zoe Bible Church (30)	Supported 2 facilities where CATCH is administered; 42 children living in poverty given snack demonstrations with physical activity lessons	151
4. Provide educational	COMPLETE	Walk This Way/Couch to 5K kick off and practices 7/15/2013,	736 people	175

information related to healthy nutrition, physical activity, obesity prevention, and related services- 3 events		7/25/13, 8/1/13, 8/8/13, 8/15/13, 8/20/13, 8/22/13, 8/27/13, 8/29/13, 9/3/13, 9/5/13, 9/12/13, 9/14/13 (85 at kick off); 8/4/13 (newspaper article about healthier school lunches); 9/13/13 presentation "Current Trends in Nutrition" to Hiland (30 people); 9/22/13 Advance Pierre Employee Wellness Fair- nutrition and heart disease info (300 bags); #2 Walk This Way/Couch to 5K Kick Off timed mile (92); 10/24-12/12/13 Walk this Way/Couch to 5K practice sessions (92- 16 sessions); 11/6/13 Couch To 5K nutrition lesson (43); 11/2/13 INTEGRIS Community Health Fair- 80 bags of health ed info on nutrition given; 11/15/13 on KTUZ TV Carmen Romo Interviewed on "Mes de Edcucion en Diabetes."; 11/19/13 Nutrition class at Senior Life (11); 12/13/13 Holiday and Work Related Stress presentation to Hiland employees (29); January-Journey Through Health-nutrition class at Senior Life Network-focus on heart and blood vessels; 11/6/13 presentation by Charity Goben to 6th grade science class about nutrition and germs (40); Senior Life Network group exercise classes 6 classes (50); January-Obesity fact sheets placed at the Enid Community Clinic and the homeless shelter; February 2014 group exercise class at Senior Life Network, Monday-Friday; Senior Life monthly exercise classes and nutrition lessons (Journey through Health); 4/26/14 March of Dimes walk and Bowling for Babies event; 6/13/14 Changing Your Weighs program (35);	participated in Walk This Way- participants walked a total of 5,458 hours and 48 minutes. The result was -1.35% reduction in B.M.I's.	
5. Partner with local agencies by sponsoring Walk This Way- Sponsor financially and participate in the kick off	COMPLETE	7/15/13 Walk This Way/Couch To 5K kickoff event (85); 9/14/13 Great Land Run 5K with participants (43); 12/14/13 Candy Cane Dash with Couch to 5K participants (10); 1/17/14 Walk This Way Planning meeting; 3/30/14 Walk This Way/Couch To 5K kick off; Walk This Way/Couch To 5K practices 4/1/14, 4/3/14, 4/8/14,		394

		4/10/14, 4/15/14, 4/14/14, 4/22/14, 4/24/14, 4/29/41, 5/1/14, 5/6/14, 5/8/14, 5/13/14, 5/15/14, 5/20/14, 5/22/14 (56)		
6. Promote the city's new trail system and other fitness facilities including parks and schools for increasing physical activity-1 newspaper article	COMPLETE	7/21/13 Newspaper article promoting Walk This Way/Couch to 5K at the Trails; 1/1/14 Warm Your Heart Run 5K; 3/30/14 Walk This Way/Couch To 5K practices session twice a week for 8 weeks held at the trails; Spring 2014 session of Walk This Way/Couch To 5K walking and running programs at the Trails		
7. Promote and support evidence based obesity and related co-morbidities programs, services, and treatment options within the hospital, Bariatric program, community	COMPLETE	9/8/13 newspaper article promoting a nutrition class; 11/2/13 INTEGRIS Community Health Fair(600); 11/3/13 newspaper article promoting Men's Health event-Benefits of better nutrition and physical activity, cooking demonstration (21);		621
8. Provide information on evidence based obesity prevention and intervention treatment programs provided by INTEGRIS and community resources	COMPLETE	11/11/13 newspaper article about the effects that diabetes has, treatment and service promotion; 11/19/13 Enid Metro Meeting-GASO event announcement		
9. Educate the community on obesity and diabetes programs and treatment options provided by the hospital and INTEGRIS statewide	COMPLETE	8/13/13 TV interview with lactation consultant on "JAMA report finds breastfeeding may reduce risk of obesity" KOCO; 11/11/13-ENE article on local diabetes program at IBBHC;1/24/14 Diabetes Support Group (12); 2/28/14 Diabetes Support Group (8); 3/28/14 Diabetes Support Group (15); 5/23/14 Diabetes Support Group (5); 4/25/14 Diabetes Support Group (7); 6/27/14		49

		Diabetes Support Group (13)		
10. Educate the community on nutrition services and support groups provided by INTEGRIS, physicians locally and those available statewide	COMPLETE	7/26/13 Diabetes Support Group-Living Well into the Golden Years (10); 8/23/13 Diabetes Support Group-DM and hearing loss (9); 9/27/13 Diabetes Support Group-DM and New Medicare Guidelines (7); Women's Diabetes Support Group 7/3,10,17, 31/13 (16 total) & 8/14, 21, 28/13 (12 total) & 9/4, 11, 18/13 (12 total) & 10/2, 9/13 (8 total); Diabetes support group 11/22/13 (8); Diabetes support group 12/20/13; February 2014-Senior Life Network monthly newsletter, 3 nutrition articles; 2/18/14 Nutrition Class-Journey Through Health at Senior Life Network; 6/13/14 Changing Your Weighs weight loss and fitness program ; April, May and June Journey Through Health nutrition classes at Senior Life Network ; 6/10/14 Risk Factors for Stroke by Mary Pinzon, R.N. -services promoted (12); weekly Overeater's Anonymous support group		185
11. Participate in the Enid Metro's Health Planning committee - 6 meetings	COMPLETE	8/2/2013; 9/6/13; 10/4/13; 11/1/13; 1/3/13; 3/7/14; 1/14/14- Enid Metro Area Human Service Commission meeting; 2/11/14 Enid Metro Area Human Service Commission meeting; 6/6/14		112
12. Encourage schools, businesses, campuses, and the community to become Certified Healthy- 1 new school	COMPLETE	January-Seven new schools awarded Certified Healthy (7 of the 8 rural school districts)	7 of the 8 rural schools are 24/7 Tobacco Free. Enid Public Schools are 24/7 also.	7 school districts
13. Educate the community on the importance of physical activity for a healthy	COMPLETE	8/2/13 MAPP Coalition 9/6/13 MAPP Coalition; 10/4/13 MAPP Coalition; 11/1/13 MAPP Coalition (26); MAPP strategic planning for CHIP-Access to Care and mental health services (10); I Health- weekly electronic health education information		average of 22 attendees per meeting; Over 1,000

lifestyle and heart health and provide evidence based programs and provide information on options within INTEGRIS and throughout the community		focused on Obesity; January- Warm Your Heart Run-5K; 3/7/14 MAPP Coalition meeting; Enid Running Club-Dr. Mills- 30 bags with Fact Sheets on Heart Disease, Mental Health and Obesity (30); 4/7/14 MAPP Coalition; 5/2/14 MAPP meeting; 6/6/14 MAPP meeting; Support and promote March of Dimes Walk-4/26/14; Supported the Be Fit Kids Buzz Run Health Fair with health education (200); 6/10/14 Stroke presentation by Mary Pinzon (12)		subscriptions to I Health 200
14. Educate the community on obesity, good nutrition, physical activity, and behavior modifications utilizing INTEGRIS physicians, nurses, dieticians and other health professionals within the hospital and community resources	COMPLETE	7/28/13 newspaper article encouraging increasing fruit and vegetable consumption; 7/25/13 Dietician Pam Patty did a radio hit about Healthy Eating; October-TV- Dr. Justin Sparkes promoting INTEGRIS Men's Health University events-KSBI; 12/2/13 article in the ENE, "Bass Dietician offers tips for holiday eating"; Group Exercise at Senior Life Network Monday-Friday, every month; 1/9/13 Community Clinic-diabetes clinic-discussed healthy food choices, physical activity and medication compliancy (8); 2/17/14 Rotary-CHIP presentation on Obesity Plan (56); 2/16/14 ENE article promoting the Healthy Moms=Healthy Baby event Love the Bump Day; 6/13/14 Changing Your Weighs weight loss program (35)		64
15. Educate the community concerning healthy lifestyle changes with the Changing Your Weighs program	COMPLETE	5/25/14 ENE-The Beat-promotes Changing Your Weighs-A Gift of Wellness;5/24/14 Promoted Changing Your Weighs at Walk This Way final event; 6/10/14 Promoted Changing Your Weighs at Risk Factors for Stroke presentation at Oakwood Mall; 6/13/14 Changing Your Weighs program-8 week weight loss program (35 per class)	35 people participated in the first rural session of Changing Your Weighs	35
16. Utilize the TeleHealth Network to connect with specialty physicians and	COMPLETE	Currently utilizing TeleHealth as needed for specific areas of specialty.		

1st Qtr = Black 2nd Qtr. = Red 3rd Qtr. = Green 4th Qtr = Blue

other clinical professionals as needed				