2012 Community Health Needs Assessment and Improvement Plan For Greater Norwalk Area

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Why Assess Community Health?

- Community Mission
- Focus collaboratively on most significant health issues in the community
- Provide better access to care
- Reduce health care costs
- New IRS regulations & public health accreditation requirements
- Align with national prevention and health promotion initiatives
Core Partnership

Norwalk Hospital

- Serves 7 towns
- 328 beds
- 500+ physicians
- 1,700 employees
- 500 volunteers
- Comprehensive diagnostic, medical, surgical, & wellness programs
- Community teaching hospital
- $390M Budget

Norwalk Health Department

- Primarily serves Norwalk residents
- 6-member Board of Health
- 25 full time, 8 part time staff
- Environmental health, preventable diseases, health education & promotion, laboratory services, emergency preparedness
Combined Geographic Area of Focus

Fairfield County Towns:

- Norwalk
- New Canaan
- Westport
- Weston
- Wilton
- Darien
- Fairfield

Total Population:

- 2000: 232,712
- 2010: 240,115
- 2.3% increase
Purpose and Scope of Initiative

- Assess current state of community health
- Recognize health assets and strengths
- Identify priority issues for action
- Implement community health improvement plan
- Guide future community decision-making related to community health
The Assessment Process

- Collected and analyzed quantitative data
- Focus groups and interviews to qualify data
- Convened Task Force and Small Meeting groups to review data and guide improvement priorities.
Health Equity

• Engaged multiple sectors
• Synthesized data on social, economic, and health indicators
• Analyzed disparities and inequities
• Reviewed quantitative data against community perceptions
Identified Key Themes

• Mental Health
• Obesity
• Substance Abuse
• Chronic Diseases
• Health Literacy
• Access to Primary and Specialty Care
• Long Term Care
Prioritization

- Task Force prioritized three health areas
  - Mental health
  - Obesity
  - Substance abuse

- Task Force strategized recommendations for improvement plan
  - Specific areas of focus
  - Resources available and needed
  - Organizations and individuals to be involved

- Task Force surveyed to validate and assess improvement plan priorities, strategies and objectives

- And aligned with national initiatives
<table>
<thead>
<tr>
<th>Challenges</th>
<th>Successes</th>
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<tbody>
<tr>
<td>• Costly – time &amp; money</td>
<td>• Identified community strengths/needs</td>
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<tr>
<td>• Staff capacity</td>
<td>• Understanding of local data</td>
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<tr>
<td>• Other community projects</td>
<td>• Strengthened our partnership</td>
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<tr>
<td>• Scarce local quantitative data</td>
<td>• Positioned as leaders in community</td>
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<tr>
<td>• Aligning community-desired strategies with national recommendations</td>
<td>• Created new and enhanced relationships</td>
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<td></td>
<td>• High level of community interest and commitment</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
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<td>--------------------------------------------------------</td>
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<tr>
<td>June 2011</td>
<td>Began Planning</td>
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<tr>
<td>Feb 2012</td>
<td>Determined methodology/hired consultant</td>
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<tr>
<td>March 2012</td>
<td>Task Force Kickoff</td>
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<tr>
<td>Mar-Aug</td>
<td>Data Collection</td>
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<tr>
<td>June</td>
<td>Focus groups, Interviews</td>
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<tr>
<td>July</td>
<td>Task Force meeting - Preliminary findings</td>
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<td>CHA → CHIP</td>
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<tr>
<td>September</td>
<td>Task Force Work Groups- Gs &amp; Os</td>
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<tr>
<td>October</td>
<td>Draft for review by all</td>
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<tr>
<td>Oct/Nov</td>
<td>Validation Survey</td>
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<td>Nov/Dec</td>
<td>Trustee, Taskforce Approval – POSTED REPORT</td>
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<tr>
<td>Jan 2013</td>
<td>Recruit Co-leaders and teams for initiatives</td>
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<td>Jan-present</td>
<td>Implementation of CHIP</td>
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Mental Health & Substance Abuse

Goal

Improve the community's health by providing education and access for prevention, intervention, and services for individuals and families affected by mental health and substance abuse

Objective

- Increase availability/awareness of substance abuse and mental health resources
- Increase educational opportunities targeted at high risk populations
- Reduce financial barriers to treatment
- Increase timely access to treatment
- Encourage participation in programs and activities that support ongoing recovery
- Enhance regional partnerships and planning

Initiatives

- Community Care Team(s)
- Regional Resource Guide
**Goal**

Prevent and reduce obesity in the community by promoting healthy lifestyles.

**Objective**

- Increase by 10% the number of children who meet physical activity guidelines by December 2015.
- Increase the percent of children and adults who meet national nutrition recommendations by 5% by December 2015.

**Initiatives**

- International Walk to School Day
- Story Walk Program
- Healthy Restaurant Initiative
- Get Healthy CT
- Fit Kids
- Project LEAN
How We Monitor Our Work

- Community Health Committee
- Community Health Improvement Task Force
- Initiative Teams

Commitment to Improve Community Health
Thank You & Questions?