



Community Health Needs Assessment: Summary of NCH staff Implementation Strategy activities completed 10/1/2019 to 09/30/2020

Priority Health Concerns	2019-2020 Activities
<p>Supporting mental wellness and a substance free lifestyle</p>	<p>The Chronic Care Coordination Team:</p> <ul style="list-style-type: none"> • Connecting patients with Mental Health/counseling: 162 • Connecting patients with a Licensed Drug & Alcohol Counselor (LADC):21 • Connecting patients with Inpatient Substance Abuse Treatment: 4 • Connecting patients with Community based drug & alcohol treatment: 9 • Outreach/connecting with Kelly Hensley, DNP/Dr. Edelstein: 227 • Referrals to Medication Assistance Program: 15 <p>The Wellness Center provided:</p> <ul style="list-style-type: none"> • Hypnosis for Habits (hypnosis to kick bad habits) • Hypnosis for Smokers • Meditations • Hypnosis for Weight loss <p>I Love Me Online Health Coaching: Free to wellness participants, runs 10 weeks</p>
<p>Supporting healthy eating and physical activity</p>	<p>NCH dieticians had 534 visits with individuals</p> <p>The Chronic Care Coordination Team:</p> <ul style="list-style-type: none"> • Wellness Center Referrals: • Registered Dietician Referrals: 6 <p>Diabetes Prevention Program--Prevent Type 2: yearlong weight loss program to prevent diabetes and adopt healthy eating and physical activity patterns. Weekly sessions x 16 weeks, then twice monthly x 2 months, then monthly: 15 participants</p>

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	<p>Discuss with tobacco cessation clients, the importance and advantages of choosing healthy foods and adding or continuing a regular pattern of physical activity</p> <p>Wellness Center Activities:</p> <ul style="list-style-type: none"> • 13,989 Wellness Center Visits (Live & Virtual Visits) • Healthy You article: weekly Wellness/Health • Column in the Newport Daily Express • Kids Healthy at Home Newsletter • Weekly Worksite Wellness Newsletter • Charleston Elementary Yoga Program • Self-Care presentation at the NCUHS Career Center • 100 Days of Fitness: Worksite Wellness for NCH • Fit & Fun sign-ups: Worksite Wellness for NCH • Mini Workouts: Worksite Wellness for NCH • Healthy Cookbook-Worksite Wellness for NCH • 100 Days of Summer-Worksite Wellness for NCH • Nature Trail Egg Hunt-Worksite Wellness for NCH • Cleaning Trails at the Old Stone House-Rotary • August Adventure Challenge-Worksite Wellness for NCH • Personal Training • Fitness & Nutrition Talk at The Meeting Place • Career Fair at NCUHS • Drums Alive: Breast Cancer Fundraiser • Drums Alive: Derby Elementary School • 52 Days to the Red White & Blue Challenge • Pink Cruiser Day: Public event for people to see the Pink Cruiser and add names of loved ones affected by cancer • Waist Loss Competition: monthly measurements • Healthy Holidays presentation at the Meeting Place • Food Drive

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	<ul style="list-style-type: none"> • Feel Good Fridays LIVE on Facebook • Burn off the bird fundraiser: supporting the NCH Oncology Fund • Babysitting Course: UVM Extension • Mindful Artistry • Food Drive: donated over 200lbs of food to Orleans Federated Church food shelf • 27 Days Facebook Challenge • Wear Red Week: Fundraiser for the American Heart Assoc. • Junior High Health/Career Fair: over 100 students attended
Supporting a tobacco free lifestyle	<p>Outreach & follow up on PCP and patient self-referrals for tobacco cessation: 67 individuals</p> <p>Chronic Care Coordination Team: Referrals to Tobacco Cessation: 5</p>
Supporting access to medical and oral health resources	<p>New Patient Appointments:</p> <ul style="list-style-type: none"> • NC Pediatrics: 228 • NC Primary Care Newport: 507 • NC Primary Care Barton Orleans: 335 <p>Chronic Care Coordination Team:</p> <ul style="list-style-type: none"> • Assisting people with RCT/transportation to medical appointments: 358 • Assisting people with dental needs/dental clinic: 17 • Referrals to Vermont Chronic Care Initiative (VCCI): 7 • Referral to Veteran's Services: 3
Supporting older Vermonters aging in place	<p>Chronic Care Coordination Team:</p> <ul style="list-style-type: none"> • Assisting with placement at Skilled Nursing Facility: 21 • Assisting people with referral to nursing services such as VNA, NEKHC: 23 • Assisting people with getting medical equipment: 10 • Connecting patients to NEK Council on Aging: 69 • Connecting patients to RuralEdge/NEKCA due to

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	housing issues: 46 <ul style="list-style-type: none"> • Referring patients to the Vermont Council on Independent Living (VCIL): 6 • Referring patients to Community Partners: 1
Community Health Needs: Other Related Activities	Chronic Care Coordination Team: Referrals to State Agencies (ESD, Voc. Rehab, etc.): 58 Referrals to Financial Navigators: 29 Referrals for assistance from the Patient Care Fund: 1

The above is a description of Implementation Strategy activities initiated by staff of the Wellness Center, Medical Home, and Community Health departments to improve each of the Key Health Concerns identified during the NCH CHNA process.