

**Community Health Needs Assessment
Roundtable
January 20, 2012
Minutes**

Invitees Present:

St. Clair County Community College
Port Huron Area School District
Economic Development Association
City of Port Huron
Council on Aging
YMCA
Port Huron Hospital Foundation
Port Huron Hospital Industrial Health Services
Thomas DeFauw, Port Huron Hospital President
Gary LeRoy, Port Huron Hospital, Vice President
Jason Yost, Consultant

Unable to Attend:

St. Clair County Community Mental Health
Visiting Nurse Association / Blue Water Hospice
United Way of St. Clair County
Port Huron Hospital Medical Staff
St. Clair County
Marwood Manor Nursing & Rehab

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- I. Consultant Jason Yost, presented background on Community Health Needs Assessment and the value equation anticipated in future hospital economics.
 - II. Mr. Yost continued with a summary of select St. Clair County Public Health Findings from the 2009/2010 Community Health Assessment Profile commissioned by the St. Clair County Health Departments, with participation by the three county hospitals.
 - III. Mr. Yost and Mr. LeRoy summarized their January 19th meeting with the Medical Director of the St. Clair County Health Department, discussing needs assessment and opportunities for area health improvement.
 - IV. Roundtable Discussion:
The Consultant posed five questions for input:
 1. How could **your** programs be improved to better meet the needs of residents in St. Clair County?
 - Child obesity is an environmental and cultural challenge. We need to change the culture to support healthy living. Arranging food in the food line with healthy food first would promote healthy food over junk food.

- We need culture change in elementary schools by providing physical fitness class and healthy food choices.
 - Port Huron Area School District is working in cooperation with the “Y” in changing the mindset of elementary students by providing a morning walking program. When students arrive at school they have about 15 minutes before class starts. They gather in the gym, play music and walk.
 - The School District and the “Y” are involved in the Activate America Program (catching children at an early age) to try and stop chronic disease before it starts. It begins with early childhood.
2. What health and social service programming do residents of St. Clair County need?
- In a three year period, uncompensated care has doubled at Port Huron Hospital. Infant mortality is high. What causes it?
 - “Walking Clubs” providing basic exercise and weight control.
 - More physical activities promoting healthy lifestyle as “Baby Boomers” age. For instance, Senior Centers used to be a gathering of playing cards and eating. Now the focus is yoga/zumba, etc. and healthy eating.
 - Reduction in wellness programs that are not cost effective.
3. Are there populations you feel are underserved in St. Clair County? Who are they?
- Lower Income Population: There are a lot of resources out there, but it is hard to get the lower income population to use the resources. Need to find a way to get them connected.
 - Screening for Breast Cancer, i.e. Mammography affordable for a greater proportion of women.
 - Broader deployment of simple low cost screenings, e.g. Blood Pressure, Cholesterol, BMI, through employers and general community.
 - Personal health management through self-assessment health screenings. Offered by some insurance programs or TPA’s, this could lead to lower premiums.
 - Wellness Plans for employees with incentives of lowered premiums.
4. What prevents St. Clair County residents from getting the health and social services they need?
- The poor populations have limited resources.

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5. What do you see as the three most important health issues in St. Clair County?

- Obesity
- Smoking
- Drinking

Miscellaneous:

- Questions brought up: Are any studies being done on kids who go through a long term program like Activate America? What are the outcomes when they reach their teens? Also are there any studies on the transient population of St. Clair County?
- We need to establish a culture with younger kids and carrying it through to adulthood. Kids aren't getting outside as much as they used to, i.e. computers, DS, iPods, etc. are keeping kids indoors and inactive.
- Port Huron Hospital through the Foundation sponsors a Backpack Program to area children. Over 30,000 pounds of food were delivered in addition. Areas appearing most in need are Capac and South Park (Port Huron).