

A C M H   H O S P I T A L

# COMMUNITY HEALTH NEEDS SUMMARY

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H O S P I T A L



# *Message from the President*

*In order to fully recognize and understand the health and wellness needs of our service area, ACMH regularly conducts community health needs assessments and uses those findings in the development and prioritization of our strategic plan. To identify the gaps in health and wellness, we regularly review public statistics which are compiled by government and private research organizations.*

*In addition to these statistics, we seek information to learn what members of the community consider to be priority needs and garner ideas for addressing those needs. As the only hospital in Armstrong County and located in the*

*center of the county, we enjoy the benefit of hiring the vast majority of our employees from within our service area. These employees also provide a continuing pool of knowledge and ideas from within the community. Periodically, however, we additionally interview community members who are not in our employ. Our most recent comprehensive interviews were completed during the fourth quarter of 2011 and those results have been incorporated into this summary.*

## **INTRODUCTION**

Over a four month period in late 2011, ACMH Hospital employed Hillary Doerfler, MPH,CHES, to interview more than 50 key community members. Some stakeholders were carefully selected because of their public health knowledge and experience. Other stakeholders included judges, law enforcement members, physicians, nurses, dentists, chiropractors, heads of local human service organizations, health plan analysts, and school district leaders. The interview questions were developed to meet the goal of the assessment, which was to identify unmet health and wellness needs in the community. They were designed to determine specific community health concerns, identify barriers to access to care, inventory the availability and awareness of health information resources and identify underserved populations. Specific areas of priority were recognized based upon how frequently certain topics were discussed during the community stakeholder interviews.



# COMMUNITY HEALTH & WELLNESS NEEDS

On-line sources of public health information were researched to provide health and wellness data. Statistics indicate that residents of Armstrong County are, on average, older, poorer and suffer from more chronic health conditions than many other Pennsylvania communities. Data was reviewed from more than 20 sources, with the most comprehensive being the Robert Wood Johnson Foundation, County Health Rankings and the Pennsylvania Department of Health county profiles.

The Robert Wood Johnson Foundation collaborates with the University of Wisconsin Population Health Institute to show that where people live impacts their health. A number of factors affect health, such as individual health behaviors, education and employment, quality of available healthcare, and the environment. The rankings are based on a model of population health that emphasizes these many factors and, if all are improved, can help make communities healthier places. These health rankings are published for every county in the United States. Health Outcomes is a numerical ranking used to represent a county's health based on how long people live (mortality) and how healthy people feel while alive (morbidity).

## HEALTH & WELLNESS DATA SOURCES

### PA Dept. of Health, County Health Profile

The Pennsylvania Department of Health 2011 County Health Profiles are a series of 68 individual data listings - one for each county and an aggregate for the Commonwealth. Numerous statistics are shown for various health-related subject areas including:

- Demographics and Population
- Birth Rate
- Reported Pregnancies
- Morbidity (incidence of cancer and other specific diseases)
- Mortality
- Adult Behavioral Health Risk Factors
- Hospitals
- Nursing Homes
- Drug and Alcohol Abuse Treatment Facilities

Specific statistics for Armstrong County are found in each section in the pages that follow.

# NEEDS IDENTIFIED

## Access to Healthcare Services

Access to healthcare is a growing public health concern. Access to healthcare refers to how easily members of the community can obtain needed healthcare-related services. Access to healthcare has been linked to better health status, greater use of preventative services, and lower hospitalization rates. ACMH community stakeholders believe that transportation and lack of insurance are two major barriers to accessing healthcare services in Armstrong County.

### Transportation

Availability of transportation options has a huge impact on whether or not community members receive care. Those people who cannot get to a doctor or hospital or who must rely on family and friends for transportation are more likely to remain sick or become sicker before they get medical attention. Armstrong is a rural county with dispersed pockets of population. There is no public transportation system outside of the central area of the county.

#### 2011 Statistics

- 2.6 million Americans do not receive the care they need because they don't have transportation.
- Armstrong County has very dispersed pockets of residents in rural areas. These areas are non-walkable with limited public transportation options.
- Outside of Kittanning and Ford City, public transportation is limited.

To address this need, ACMH hospital employs or contracts with primary care physicians to practice in hospital-owned facilities located in all quadrants of the county and provides some hospital services in close proximity to other local physician practices (see map on page 10). The hospital-owned facilities offer primary care services, pediatric services, radiology and lab services. All facilities operate draw stations where patients can have their blood drawn for diagnostic and screening tests. Larger facilities offer wound care, OB/Gyn services, general surgeon consults and physical therapy. The ACMH motto of "Take the care to the people" continues to drive expansion services every year. For services only offered at the hospital, we help patients with their travel needs. A nurse navigator in the ACMH Richard G. Laube Cancer Center assists cancer patients in arranging their transportation to and from therapy, as well as help coordinate their care and services. ACMH works with the Area Agency of Aging to arrange transportation for seniors and Medical Assistance patients.

## Lack of Insurance and/or Financial Stability

In 2010, 50 million adults 18-64 years old were uninsured. Due to cost concerns, adults without health insurance are more likely to postpone medical treatment that they think they can't afford until health problems become aggravated. In 2010, adults without health insurance were seven times more likely to skip medical care for cost reasons. This can lead to poorer health, higher healthcare costs in the long run, and even early death.

Without adequate finances or health insurance, obtaining healthcare is challenging. Armstrong County is an aging community with relatively few new families and young professionals moving into the area. High school and college graduates are finding it difficult to secure employment in the community where they grew up. A number of businesses and corporations have also left the region and few new businesses have replaced them. Unemployment in the community has lead to financial instability and a lack of health insurance coverage.

### 2011 Statistics

- 11.8% of adults 18-64 years old are uninsured in Armstrong County.
- 18.2% of Armstrong County adults are eligible for Medical Assistance.
- 12.5% of the population is living below the Federal Poverty Level.
- 9.4% of those ages 16 and older are unemployed.

To address this need, ACMH provides total or partial financial forgiveness to those who financially qualify for financial services but who are not eligible for Medical Assistance. ACMH financial counselors provide assistance and follow-up support to help patients obtain medical assistance if they do meet eligibility requirements. Services are discounted for patients who do not meet either of those guidelines but have no insurance. These types of assistance are available not only for hospital visits but also for visits to ACMH-owned physician practices, which include primary care, OB/GYN services, general surgical, neurosurgical, endocrinology and rheumatology services. On average, ACMH provides \$2.2 million per year in financial assistance to county residents.

## Elderly. Living at Home

Armstrong County has an aging population with 18.3% of the population aged 65 and over. Many of elderly residents live alone in their own homes alone where they may be isolated, lack social support and risk falling through the cracks of the healthcare system. Family members may live nearby but don't recognize signs and symptoms that their loved ones need closer monitoring and help. Family members may also lack knowledge of how to assist with the management of medical conditions.

**2011 Statistics**

- 18.3% of Armstrong County is aged 65 and older.

To address this concern, ACMH Hospital is collaborating with other organizations to implement programs for eligible persons (low-income persons and those eligible for nursing homes) which provide education and resources to help seniors continue to live in their homes.



## Chronic Conditions

Chronic diseases, such as heart disease and diabetes, are the leading causes of death and disability in the United States. Obesity, diabetes, and heart disease are major health concerns to Armstrong County stakeholders. These chronic conditions are among the most common, costly, and preventable of all the health problems in the United States.

### Overweight & Obesity Rates

From 1980 to 2008, obesity rates have nearly doubled for adults and tripled for children in the United States. These percentages place the population at greater risk for the development of chronic conditions. Being obese or overweight increases one's risk of developing heart disease, stroke, high blood pressure, type 2 diabetes, certain cancers, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis, and other health conditions. Obesity is defined as a Body Mass Index (BMI) greater or equal to 30, overweight is a BMI of 25 or above. More information on BMI can be found using [these Fitness Calculators](#).

**2011 Statistics**

- 67% of adults in Armstrong County are overweight or obese.
- 35% of children in the Armstrong County School District grades k-6 are overweight or obese.
- 1 in 5 preschoolers (2-5 years old) in the United States is overweight or obese.

## ACMH Hospital Taking Action

- ACMH Hospital together with Children's Community Pediatrics and the Armstrong School District co-founded and continuously supports the nationally-recognized and award-winning HEALTHY Armstrong program, designed to reverse the trend toward obesity by educating school children, eliminating or limiting poor nutritional choices from school meals and vending machines, encouraging frequent activity breaks, and restricting television and computer time. The UPMC Health Plan joined the coalition and provided significant funding and scientific expertise making HEALTHY Armstrong one of the largest community collaborations of its kind to address nutrition and increased physical activity. For more information, visit [www.healthyarmstrong.org](http://www.healthyarmstrong.org).
- ACMH, in a partnership with Highmark Blue Cross, Blue Shield, provides wellness education for employees and members of the community (for a low cost). This program covers nutrition, physical activity, stress management and other ways to improve behavior that will improve wellness.
- As the largest employer in the county, ACMH and the local YMCA collaborate to subsidize ACMH employee memberships.

## Heart Disease & Type 2 Diabetes

In 2011, 25.8 million adults and children were said to have diabetes. Type 2 diabetes is the most common form of diabetes with 10.4% of adults in Armstrong County diagnosed. Adults with diabetes are two to four times more likely to suffer from heart disease or stroke than adults without diabetes. In Armstrong County, heart disease is the number one cause of death. Heart disease broadly describes a number of diseases that affect the heart. These diseases include: diseases of the blood vessels, heart rhythm problems, heart infections and congenital heart defects.

Stakeholder interviews in the community determined that the rates of heart disease and type 2 diabetes are major concerns in Armstrong County and are increasing, particularly among younger residents.

### 2011 Statistics

- 10.4% of adults in Armstrong County are diagnosed with type 2 diabetes.
- 67.3% of adults in Pennsylvania are diagnosed with high blood pressure.
- Diseases of the heart are the number one cause of death in Armstrong County and in PA.

## ACMH Hospital Taking Action

### - DIABETES -

- Educational conferences are provided for ACMH Hospital medical staff including well-known experts in diabetes management.
- ACMH wellness programs offer education in nutrition.
- ACMH Nutritional Counselors are available for consultations.
- ACMH Hospital closely monitors diabetic inpatients using the services of a diabetic nurse navigator. Future plans include diabetic education in the outpatient offices throughout the county.

### - HEART DISEASE -

- ACMH Hospital has upgraded its ability to treat heart attacks with balloon angioplasty and stenting. The ACMH STEMI team, including interventional cardiologists, responds immediately and is put into action even before the patient arrives.
- ACMH Hospital has purchased computer equipment to securely store all cardiology images online to help your doctor diagnose and treat your heart disease.
- ACMH Hospital is working with local emergency management personnel to educate residents about early prevention, signs and symptoms of heart conditions.

## Mental Health & Substance Abuse

Over time, there has been increasing concern with substance abuse in Armstrong County, similar to trends nationwide. Substance abuse frequently starts with prescription medication such as pain relief medicines (opioids) such as Oxycodone, Vicodin and Percodan. Research is finding that drug use starts at a younger age than in the past. Studies are also finding heroin often to be a drug of choice.

### 2011 Statistics

- In a 2009 survey, 20% of teens in the United States stated they have taken prescription drugs without a doctor's prescription.
- 23% of county residents smoke daily.
- 24% of county adults report that they sometimes engage in binge drinking.

## ACMH Hospital Taking Action

- ACMH offers **Breathe Easy**, a smoking cessation program designed for those who desire to quit smoking. The program includes a prevention handbook, “quit kit” and support resources. While ACMH does not provide drug addiction prevention and recovery services, it does provide support to community partners that do, such as ARC Manor. ACMH sponsors two community programs aimed at addiction prevention.
- The Reality Tour® is an innovative drug prevention and awareness program that takes participants into the life of a teen on heroin. The dramatic portrayal of a teen on heroin from arrest and imprisonment to overdose and death is what too many families have experienced in real life. This interaction with a variety of community service providers and addiction specialists educates teens, pre-teens and families in a unique and effective manner. The tour takes place at the Armstrong County Jail, and is facilitated by various professionals and volunteer actors. This prevention program is sponsored by the Armstrong County District Attorney Scott Andreassi and the managing agency is ARC Manor.
- The mission of the **Drugs Kill Dreams** program is to make Armstrong County youth and the community aware of the dangers and destruction of drug abuse. Beginning in 1994, the campaign was the brainchild of District Judge Gary DeComo who partnered with the Manor Township Lions Drug Prevention Program and Armstrong County officials to make the slogan an ongoing effort of activity aimed at drug and alcohol prevention in county. Each year, Drugs Kill Dreams builds on the past with innovative events such as Community Awareness Days, The Great American Smoke Out and Prescription Drug Alerts to increase awareness.
- Lastly, ACMH offers inpatient mental health care for those individuals requiring short-term acute help. ACMH focuses particularly on adolescent inpatient psychiatric care, and is one of only a few providers in western Pennsylvania.

## Lack of Health Education & Knowledge

Health literacy is the degree to which individuals have the ability to obtain, process, and understand health related information and services needed. Understanding this information can help prevent and reduce the risk of chronic conditions.

Understanding one's health can be complex and very difficult. Medical terms are foreign; drug names change regularly. Clinicians often assume patients or care givers understand their instructions, when that is not the case.

This dilemma can be complicated by the over-abundance of health information available on the Internet. Which sites are reliable? Interviewed stakeholders expressed a hope that ACMH could help improve health literacy in Armstrong County.

### 2011 Statistics

- Nearly 9 out of 10 adults lack the skills needed to manage their health and prevent disease.
- 14% of adults in the United States have below basic health literacy.

### ACMH Hospital Taking Action

ACMH is helping to improve Armstrong County's health literacy by conducting support groups, including:

- Alzheimer's Support Group
- Care Club
- OASIS (Overdose & Suicide Integrated Support)
- Ostomy
- Siblings Class
- Stroke Group
- Cancer Care
- Prenatal
- Breast Feeding
- Nutritional Counseling
- Use of Nurse Navigators
- Weathering Grief
- Women's Support Group

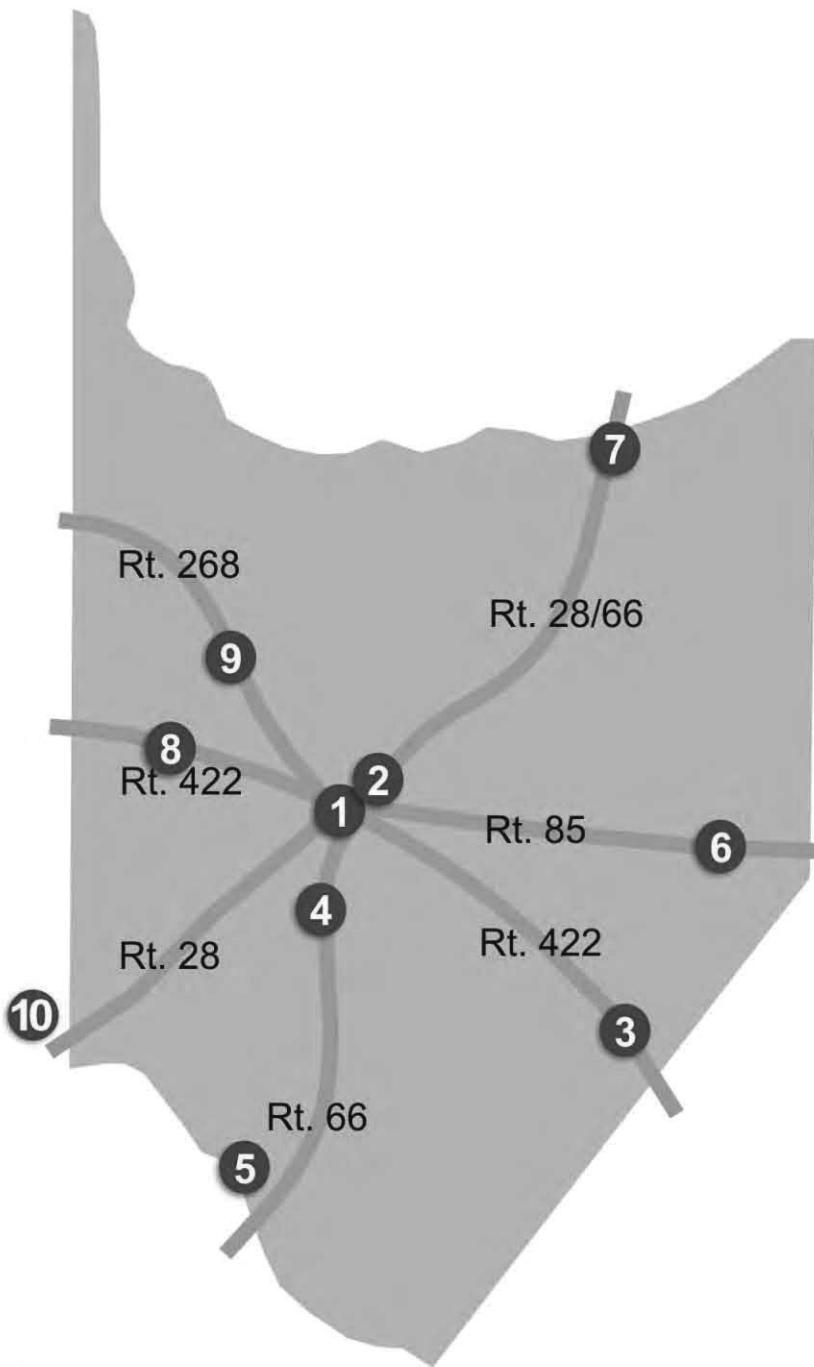


ACMH mascot Rocky Raccoon has done much to promote wellness and infection prevention throughout south-western Pennsylvania. This is largely thanks to improved hand hygiene techniques being taught to children. Rocky also participates in parades, community events and various advertising media.

Future plans include taking much of this education into the primary care practices, and adding "one-stop-shop" links to reliable information sources on the ACMH website.

# ACMH, Taking the Care to the Patients

Armstrong County residents can receive healthcare services at the following locations...



**1) ACMH Hospital & AOIC**  
One Nolte Drive, Kittanning, PA 16201  
Phone: 724-543-8219  
Monday-Friday 6:30am - 7:00pm  
Saturday 7:00am - 3:00pm (except AOIC)

**2) Downtown Kittanning**  
108 Mulberry & South Jefferson Streets  
Kittanning, PA 16201  
Phone: 724-543-2425  
Monday - Wednesday 8:00am - 11am

**3) Elderton Primary Care Center**  
116 Main Street, Elderton, PA 15736  
Phone: 724-354-5258  
Monday - Friday 8:30am - 4:00pm

**4) Ford City Health Pavilion**  
202 Fifth Avenue, Ford City, PA 16226  
Phone: 724-763-ACMH (2264)  
Monday and Wednesday 7:00am - 5:00pm  
Tuesday and Thursday 7:00am - 2:00pm  
Friday 7:00am - 3:00pm

**5) Leechburg Primary Care Center**  
116 Main Street, Leechburg, PA 15656  
Phone: 724-845-1211  
Monday - Friday 9:00am - 3:30pm

**6) Rural Valley Primary Care Center**  
R.D. #5, Box 246B, Kittanning, PA 16201  
Phone: 543-8219  
Monday, Wednesday and Friday  
7:30am - 12:00 noon

**7) South Bethlehem Primary Care Center**  
2615 Route 28/66, New Bethlehem, PA 16242  
Phone: 814-275-2264  
Monday - Friday 8:30am - 3:00pm

**8) Worthington Family Practice**  
1482 Butler Road, Worthington, PA 16262  
Phone: 724-543-8219  
Monday, Wednesday and Friday  
8:00am - 12 noon

**9) Cowansville Service Center**  
882 East Brady Road, Cowansville, PA 16218  
Phone: 724-548-7739  
Monday - Friday 8:00am - 3:00pm  
Saturday 8:00am - 12:00 noon

**10) ACMH Medical Pavilion**  
112 Capitol Park Drive  
Sarver, PA 16055



One Nolte Drive  
Kittanning, PA 16201

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

