



## 2014-16 Community Health Plan

Through a collaborative regional process, Metroplex Health System (Metroplex Adventist Hospital in Killeen and Rollins Brook Community Hospital in Lampasas) conducted a Community Health Needs Assessment in 2013. The two hospitals share a common license and service area (Bell and Lampasas Counties, TX), and comprise the Metroplex Health System.

Metroplex was a leader in the Bell County Community Needs Coalition consisting of multiple health and human service stakeholders dedicated to the development of a countywide health and human services needs assessment. Nearly all of the Coalition members represented low-income, minority and underserved populations. The Coalition partners also serve residents in Lampasas County. Coalition funders include Metroplex Adventist Hospital/Rollins Brook Community Hospital, Scott & White Healthcare, United Way of Central Texas, and United Way of Greater Fort Hood Area. The Community Health Needs Assessment at [www.mplex.org/communitybenefit](http://www.mplex.org/communitybenefit) lists the other partners.

The Community Health Needs Assessment looked at the health-related needs of our broad community as well as those of low-income, minority and underserved populations<sup>i</sup>. The Assessment includes both primary and secondary data. Based on the Coalition work and specific hospital work, the Coalition and Metroplex/Rollins Brook hospitals chose three top priorities for the hospitals to address over the next three years:

1. Obesity – high obesity rates in the entire community.
2. Flu vaccinations – high rates of flu and deaths from flu in the service area.
3. Integration of mental and spiritual health – high need for mental health services, especially among low-income and minority populations.

The hospitals will also work with the Coalition on the other issues.

With a particular focus on these priorities, the hospital and the coalition helped Metroplex Health System develop this Community Health Plan (CHP) or “implementation strategy<sup>ii</sup>.” The Plan lists targeted interventions and measurable outcome statements for each effort. Many of the interventions engage multiple community partners. The Plan was posted by May 15, 2014 at the same web location noted below.

Metroplex Adventist Hospital’s fiscal year is January-December. For 2014, the Community Health Plan will be deployed beginning May 15, 2014 and evaluated at the end of the calendar year. In 2015 and beyond, the Plan will be implemented and evaluated annually for the 12-month period beginning January 1 and ending December 31. Evaluation results will be posted annually and attached to our IRS Form 990.

If you have questions regarding this Community Health Plan or Community Health Needs Assessment, please contact LaToya Ellis, Community Benefit Manager, at [latoya.ellis@ahss.org](mailto:latoya.ellis@ahss.org).

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<sup>i</sup> The full Community Health Needs Assessment can be found at [www.mplex.org](http://www.mplex.org) under the Community Benefit heading.

<sup>ii</sup> It is important to note that the Community Health Plan does not represent all Community Benefit activities. A full list of activities is included on Schedule H of our IRS Form 990.

Metroplex Health System

2014-2016 Community Health Plan

OUTCOME GOALS

OUTCOME MEASUREMENTS

CHNA Priority	Outcome Statement	Target Population	Strategies/Outputs	Outcome Metric	Current Year Baseline	Year 1 Outcome Goal - #	Year 1 Actual	Year 2 Outcome Goal - #	Year 2 Actual	Year 3 Outcome Goal - #	Year 3 Actual	Hospital \$	Matching \$	Comments
<b>Mental Health &amp; Physical Health</b>	Improve knowledge among primary providers and patients	Military personal and their family members	Develop relationship with Ft. Hood and provide more options for Military personal by providing education classes to inform the community of their options	Number of patients successfully treated for mental health	150	175		225		275		Staff time \$140,00 over 3 yrs.	\$7000 in patient co-pays	Amount of services may change in years 2 & 3
	Increase coordination among providers	Psychiatrist, Psychologist, Physicians and their staff members	Improve knowledge of resources and referrals among providers by having quarterly meetings with updates in services	Number of referrals between providers	50	100		150		200			N/A	
<b>Preventable hospital influenza</b>	75% of targeted population will receive flu vaccine	Adults & children in Bell County	Hold 2 free flu clinics a year & offer flu vaccine at our children's immunization clinics	Number of people vaccinated for flu during flu season	350	375		400		410		\$30,000 in staff time	N/A	
<b>Diabetes</b>	Reduce A1c levels in 200 uninsured people	Uninsured people with diabetes in zip codes 76549, 76542, 76543	Free Community Diabetes education class	Free Diabetes classes in community settings	6 classes/yr	3		6		6		\$25,000 in staff time & materials	ADA education materials & Physicians volunteer time for classes	
				A1c levels to be reduced in 85% of patients as measured by beginning of class & 90 days post	0 patients	50		65		85				

CHNA Priority	Outcome Statement	Target Population	Strategies/Outputs	Outcome Metric	Current Year Baseline	Year 1 Outcome Goal - #	Year 1 Actual	Year 2 Outcome Goal - #	Year 2 Actual	Year 3 Outcome Goal - #	Year 3 Actual	Hospital \$	Matching \$	Comments
<b>Adult &amp; Child Obesity - Prevention</b>	Improve the ability of 25% of participating youth at The Boys and Girls Club of Central Texas to be able to make healthier food choices.	Youth ages 6-18 enrolled in The Boys and Girls Club of Central Texas	Implement CREATION Health Discovery Program utilizing age-appropriate activities and lessons	Pre- and Post-survey of youth who now have demonstrated increased knowledge on nutrition and have the ability to make healthier food choices.	1,280	333		358		422		\$75,000 from CREATION Health Grant Funds	\$25,000 from the Boys and Girls Club of Central Texas	1113 Total youth ages 6-18
	Decrease the amount of "screen" time (i.e., TV, laptops, smart phones)	Youth ages 6-18 enrolled in The Boys and Girls Club of Central Texas	Implement CREATION Health Discovery Program utilizing age-appropriate activities and lessons	Pre- and Post-survey of youth who are reporting increased physical activity and decreased "screen" time	1,280	192		256		307		\$75,000 from CREATION Health Grant Funds	\$25,000 from the Boys and Girls Club of Central Texas	755 Total youth ages 6-18
	Implement Training Sessions on CREATION Health for Unit Directors and Program Directors of The Boys and Girls Club of Central Texas	Unit Directors and Program Directors in Killeen and Harker Heights	Train 28 Full-Time Youth Development Professionals	Number of staff who have completed training modules	0	28		28		28		\$75,000 from CREATION Health Grant Funds	\$25,000 from the Boys and Girls Club of Central Texas	28 Total Adults
				Number of children who participate in Creation Health programs	0	1,000		1,200		1,200				

CHNA Priority	Outcome Statement	Target Population	Strategies/Outputs	Outcome Metric	Current Year Baseline	Year 1 Outcome Goal - #	Year 1 Actual	Year 2 Outcome Goal - #	Year 2 Actual	Year 3 Outcome Goal - #	Year 3 Actual	Hospital \$	Matching \$	Comments
	Implement CREATION Health Training Sessions for Admin Staff and Board Volunteers	Board Volunteers and Professional Staff	Train 10 Administrative Staff and 3 Board Volunteers	Number of Admin Staff and Board Volunteers who complete the training	0	10		10		10				10 Total Adults
				Percentage of Admin Staff and Board Volunteer "graduates" who report increased understanding of Creation Health principles		95%		95%		95%				