

Table III Initiative III

<p>a. 1. Identified Need</p> <p>2. Was this identified through the CHNA process?</p>	<p><u>Obesity</u></p> <p>In Cecil County obesity impacts both youth and adults. Similar to heart disease and tobacco use, making healthy lifestyle choices, such as choosing a healthier diet or getting more exercise, helps reduce the risk for obesity. Union Hospital partnered with several community organizations to assess and implement activities that aimed to reduce the prevalence of obesity in Cecil County.</p> <p><u>Cecil County Data:</u></p> <p><u>Obesity</u></p> <ul style="list-style-type: none"> <li>• Data from 2011 showed that 31.4% of adults were obese (<i>source: Maryland BRFSS</i>) <ul style="list-style-type: none"> <li>○ <u>Reduction:</u> Data from 2012 showed that 31.2% of adults were obese (<i>source: Maryland BRFSS</i>)</li> <li>○ <u>Reduction:</u> Data from 2013 showed that 28.8% of adults were obese (<i>source: Maryland BRFSS</i>)</li> </ul> </li> <li>• Data from 2008 showed that 13.4% of adolescents , aged 12-19 years, were obese (<i>source: DHMH SHIP, Cecil County</i>) <ul style="list-style-type: none"> <li>○ <u>Reduction:</u> Data from 2010 showed that 12.7% of adolescents were obese (<i>source: DHMH SHIP, Cecil County</i>)</li> </ul> </li> </ul> <p><u>Risk Factors</u></p> <ul style="list-style-type: none"> <li>• Data from 2011 showed that 55.2% of adults engaged in regular physical activity (150 minutes per week) (<i>source: Maryland BRFSS</i>) <ul style="list-style-type: none"> <li>○ <u>Reduction:</u> Data from 2012 showed that 49.7% of adults participated in regular physical activity (<i>source: Maryland BRFSS</i>)</li> <li>○ <u>Reduction:</u> Data from 2013 showed that 39.1% of adults engaged in regular physical activity (<i>source: Maryland BRFSS</i>)</li> </ul> </li> <li>• Data from 2010 showed that only 16.4% of adults ate fruits and vegetables five or more times per day (<i>source: Maryland BRFSS</i>)</li> </ul> <p>Yes this was identified through the CHNA process.</p>
<p>b. Hospital Initiative</p>	<p>Engage the community on the importance of making healthy lifestyle choices in order to reduce obesity in Cecil County.</p>
<p>c. Total Number of People Within the Target Population</p>	<p><u>28.8%</u> of adults were obese in Cecil County (2013) = <u>22,038</u> adults were obese (based on 2013 population for ages 18+)</p> <p><u>12.7%</u> of adolescents were obese in Cecil County (2010) = <u>1,945</u> adolescents were obese (based on 2010 population for ages 10-19)</p>
<p>d. Total Number of People Reached by the Initiative Within the Target Population</p>	<p><u>805+</u> adults were reached by healthier lifestyle interventions in FY15</p> <p><u>1,685</u> youth were reached by healthier lifestyle interventions in FY15</p>
<p>e. Primary Objective of the Initiative</p>	<p><u>Objective 1</u></p> <p>Increase the availability of obesity prevention programs/activities in the community.</p>

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	<p><u>Objective 2</u> Implement the Weight of the Nation program for community members and leaders.</p>
f. Single or Multi-Year Initiative –Time Period	Multi-Year
g. Key Collaborators in Delivery of the Initiative	<p>Union Hospital Community Benefits Program  Union Hospital Nutrition and Diabetes Center  Cecil County Health Department, Division of Health Promotions  Cecil County Public Schools  YMCA of Cecil County, Inc.  Nemours Health and Prevention Services</p>
h. Impact/Outcome of Hospital Initiative?	<p><u>Objective 1 – Metrics:</u>  <i>Track # of participants in activities to increase physical activity and eating healthier.</i></p> <ul style="list-style-type: none"> <li>• <u>Outcomes:</u> <ol style="list-style-type: none"> <li>a) In FY15, the Nutrition and Diabetes Center staff, as well as Food Services staff, participated in <u>5</u> Health Fairs that provided education on healthy eating and exercise, serving <u>740+</u> adults total.</li> <li>b) In FY15, there were <u>2</u> healthy eating presentations in the community that served <u>65</u> adults total.</li> <li>a) In FY15, there were 30 CATCH Kids Club days facilitated in two locations (<u>60</u> days total) over a span of 16 weeks from February to June by community partners. The YMCA served 30 registered elementary school youth during each CATCH day, and Elkton Middle School served 7 middle school youth each CATCH day, for a total of <u>1,110</u> encounters.</li> <li>c) In FY15, Union Hospital partnered with Cecil County Sports Medicine to facilitate an annual free Sports Physicals event for high school students, serving <u>575</u> high school youth.</li> </ol> </li> </ul> <p><u>Objective 2</u> was completed in FY14.</p>
i. Evaluation of Outcomes:	Maryland BRFSS and SHIP data indicates that adult and childhood obesity is decreasing in Cecil County.
j. Continuation of Initiative	<p>At the end of FY14, the School-Based Health Centers program closed, so in FY15 to continue to work toward reducing childhood obesity in Cecil County, Union Hospital partnered with Nemours Health and Prevention Services, Cecil County Public Schools, Cecil County Health Department, and the YMCA of Cecil County, Inc. to implement an after-school pilot program called CATCH Kids Club (CKC) in a Title 1 public elementary school and a public middle school in Elkton. CKC engages youth in structured physical activities with integrated nutrition education.</p> <p>Union Hospital and its community partners will continue the pilot the CKC throughout the 2015-2016 school year in the same school locations.</p>

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<p>k. Total Cost of Initiative for Current Fiscal Year and What Amount is from Restricted Grants/Direct Offsetting Revenue</p>	<p>A. Total Cost of Initiative</p> <p><u>FY15 Costs</u></p> <ul style="list-style-type: none"> <li>• 5 Health Fairs where healthy eating, exercise were discussed             <ul style="list-style-type: none"> <li>○ 61.5 hours: <b>dollars are recorded in Table III-Heart Disease</b></li> <li>○ 740+ ppl served</li> </ul> </li> <li>• 2 Nutrition Education activities             <ul style="list-style-type: none"> <li>○ 2.5 hours: <b>dollars are recorded in Table III-Heart Disease</b></li> <li>○ 65 ppl served</li> </ul> </li> <li>• Union Hospital paid the stipend for the middle school CATCH Kids Club teacher facilitator             <ul style="list-style-type: none"> <li>○ 50 hours paid: <b>\$1500</b></li> </ul> </li> <li>• Union Hospital purchased the CATCH Kids Club equipment for both locations             <ul style="list-style-type: none"> <li>○ <b>\$4,273</b></li> </ul> </li> <li>• Planning and implementation costs for CATCH Kids Club, July 2014 – June 2015             <ul style="list-style-type: none"> <li>○ <b>\$8,455</b></li> </ul> </li> <li>• Sports Physicals             <ul style="list-style-type: none"> <li>○ 94.44 hours: <b>\$6,540</b></li> <li>○ 575 ppl served</li> </ul> </li> </ul> <p><b>Total: \$20,768</b></p>	<p>B. Direct Offsetting Revenue from Restricted Grants</p> <p>N/A</p>
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