



The Ohio State University Wexner Medical Center
2016 Community Benefit Summary





HealthMap 2013 identified eight areas of greatest community need: access to care, chronic diseases, infectious diseases, behavioral health, high incidence of cancer, interpersonal violence, infant

mortality and unintentional injuries. We provide services in these areas to all community residents — both those from underserved areas as well as the broader community.

This 2016 Community Benefit Summary highlights a few of the many ways we have worked since 2013 to make a difference in those areas.

2016 Community Benefit Summary

The Ohio State University Wexner Medical Center has one overarching goal: **to improve people's lives.** We do so through a three-part mission that focuses on patient care, teaching and research. While much of this work occurs within Ohio State facilities, we touch thousands of central Ohioans every year where they live, in neighborhoods around the city.

As a member of the Central Ohio Hospital Council, Ohio State Wexner Medical Center collaborates with other health systems and community organizations. That collaboration included our participation in the Franklin County HealthMap 2013 in partnership with the hospital council, OhioHealth, Mount Carmel Health System, Nationwide Children's Hospital, Columbus Public Health, United Way of Central Ohio, The Ohio State University College of Public Health, Central Ohio Trauma System, Franklin County Public Health, Columbus Neighborhood Health Centers, Heart of Ohio Family Health Centers and Lower Lights Christian Health

Center. The collaborative effort aims to gain a comprehensive knowledge of the greatest health needs of our immediate community.

HealthMap 2013 was instrumental in driving a supplementary strategic approach to health improvement. The strategic process involves the continual collection and analysis of data on health status and factors contributing to poor health and collaboration with diverse stakeholders to address both the symptoms and underlying causes of health issues.

Ohio State Wexner Medical Center has an extraordinary opportunity to partner on issues of prevention and community health. We're an academic medical center that includes the health sciences colleges of the College of Medicine, College of Dentistry, College of Nursing, College of Pharmacy, College of Optometry and College of Public Health.



Please visit the Ohio State Wexner Medical Center Community Health Needs Assessment page at wexnermedical.osu.edu/chna for information about:

- Franklin County HealthMap 2016
- Identified health needs for Franklin County
- Ohio State Wexner Medical Center's Implementation Plan
- Community impact of Ohio State Wexner Medical Center
- Ohio State Wexner Medical Center's Community Benefits statement



Born a
Buckeye™



Infant Mortality

Every week in Franklin County, three families lose a baby before he or she turns one year old. Franklin County’s infant mortality rate is one of the highest in the nation. There is also significant racial disparity in infant-mortality rates, with black babies dying at twice the rate of white babies.

Disorders related to prematurity and low birth weight are the principal causes of infant mortality and are influenced by a host of socioeconomic factors. That’s why it takes an entire community to combat this serious health issue. Ohio State Wexner Medical Center provides substantial professional and volunteer support to initiatives designed to reduce premature births and infant mortality in Columbus.

Programs and organizations in which Ohio State Wexner Medical Center and its healthcare professionals participate include:

CelebrateOne

A community initiative addressing infant mortality in Columbus’s highest-risk neighborhoods through safe sleep, anti-smoking and preventive health initiatives



Moms2B

A care and support program for expectant mothers in low-income Columbus neighborhoods. Supported by Ohio State Wexner Medical Center, The Ohio State University and other community social service organizations, Moms2B provides ongoing access to physicians, family advocates, community health advisers and more.



Ohio Better Birth Outcomes

A collaborative of four hospital systems, Columbus Public Health and PrimaryOne Health to reduce infant mortality and premature births through improved reproductive health, expanded access to prenatal care and enhanced clinical quality initiatives



Stable Cradle Project

Pregnancy and parenting education and mentoring for new mothers recovering from substance abuse

Stable Cradle making a difference for mothers with addictions

Tackling the problems of infant mortality, preterm births and low birth weights has become even more complicated with the rise of addiction in Franklin County. Enter the Substance Abuse, Treatment, Education and Prevention Program (STEPP) clinic, where more than 500 expectant mothers have received treatment for their addictions since 2010.

Part of Ohio State Wexner Medical Center's Maternal Fetal Medicine practice, STEPP is housed at McCampbell Hall. There, expectant mothers with addictions receive high-risk obstetric care, parenting education and counseling as part of the Stable Cradle Project, a grant-funded program supervised by Maryhaven — central Ohio's oldest and most comprehensive treatment center for individuals and families dealing with addiction. The clinic also cares for expectant mothers with infectious diseases, which are frequently associated with illegal drug use.

Mona Prasad, DO, MPH, the STEPP clinic's medical director, describes the facility as unique in central Ohio. While a few similar programs are scattered around the state, there is a need for more.

Medical care is the easy part, Prasad says. While it is hoped that women will conquer their addictions for good, the more immediate goal is for women to comply with Stable Cradle rules, including good prenatal practices, participation in counseling and abstention from street drugs during their pregnancies.

"We work from a model of harm reduction rather than harm elimination," Prasad says. "This is a program to get women stable so that their babies have good birth weights."

Prasad adds, "We definitely have those who beat their addictions. One woman told us if patients just did everything they were told to do, this would be a perfect program."



"What's really different about the STEPP clinic is the support it gives women to overcome the social barriers they face, the biggest of them being safe housing. These women are in situations that most people couldn't cope with. We see patients who are really struggling."

— Mona Prasad, DO, MPH, medical director, STEPP



Access to Care

Hospital emergency departments in Franklin County are used more heavily than the statewide average. Why? People who lack access to primary care providers are more likely to use emergency departments for non-emergencies than other people. Additionally, lack of regular preventive care can result in emergency health visits to hospital emergency departments.

Ohio State Wexner Medical Center helps to provide increased access to underserved residents in a number of ways, including:

- Free and reduced-cost clinics
- Clinics focused on specific ethnicity and underserved populations
- Health education programs
- Health screenings for the homeless
- Screenings for those receiving mental health treatment
- Community health fairs
- Interactive programs for children in schools
- Partners in education in middle and high schools

La Clinica Latina improving access for underserved in Columbus

Since its founding in December 2000, La Clinica Latina has been helping provide needed health care to underserved Latino and Hispanic populations in central Ohio.

Housed at Ohio State Family Medicine at Thomas Rardin, this free clinic — a joint project of Ohio State Wexner Medical Center, the Ohio State Department of Family Medicine and Ohio Latino Health Network — provides care on Tuesday evenings for Spanish-speaking patients.

Jackie Mostow, a third-year medical student, and Rahul Kumar, a Metro Early College High School student, are volunteers at the facility.

Mostow, who formerly spent time working in Latin America, was drawn to the clinic when it was searching for a new medical director. Assisting with the search process became a

part of her volunteer activities, but she is now working more closely with medical staff to provide primary care services — in the language patients understand. “Unfortunately, it’s difficult to serve their needs if we aren’t able to communicate with them,” Mostow says.

Kumar, who will be a senior at Metro next year, intends to apply to medical school in November. He is unsure of a specialty, but volunteering at La Clinica Latina has given him a new perspective on what physicians do.

“It’s a fantastic experience to see how doctors interact with patients,” he says. “It’s really different to be the fly on the wall to see how doctors ask patients, in a compassionate way, about their medical problems so that patients are comfortable answering honestly. I’m seeing how much trouble some of these patients could get into if the clinic didn’t exist.”

Dental H.O.M.E. Coach helps children overcome oral health barrier

While access to health care remains a problem for many in central Ohio, access to regular dental care is a particular challenge. The Dental H.O.M.E. (Health Outreach Mobile Experience) Coach has been taking that care to children all over Columbus since 2006.

“Dental care is still the number-one unmet health need in low-income populations,” says Canise Bean, DMD, MPH, director of Community Education in The Ohio State University College of Dentistry, where she is also a clinical professor. “There are nearly 157,400 children in Ohio whose parents say dental care is the biggest health need.”

In 2006, the College of Dentistry created the Dental H.O.M.E. Coach, a dental office on wheels that visits Columbus elementary schools during regular classroom hours.

Dental H.O.M.E. Coach has three primary purposes: to provide underserved children with oral health care by offering them a dental “home,” to expose dental students to an array of hands-on learning experiences under the

supervision of Ohio State faculty members, and to positively impact the problem of access to oral health care in central Ohio. “It’s not just a service we provide to the children, but an opportunity for our fourth-year dental students to get more exposure to pediatric patients, whom they normally wouldn’t see at a college clinic,” Bean says, adding that barriers to oral care among low-income families include financial challenges, schedules and lack of awareness. The Dental H.O.M.E. Coach removes those barriers by accepting only public health insurance, providing free services to those who can’t pay and taking services right to the children. Services include diagnostic and preventive care, restorative dentistry, digital radiography and minor surgery.

In the end, the program is designed to set children on a positive pathway they can follow throughout their lives, Bean says. “We know that when kids leave the Coach they are happy, they understand going to the dentist can be fun, and they understand the importance of caring for themselves.”



“Dental care is still the number-one unmet health need for Ohio’s children and at-risk populations.”

*— Canise Bean, DMD, MPH,
director of Community Education,
The Ohio State University College of Dentistry*



Behavioral Health

Mental health and addiction are pervasive problems in our community. An estimated one in four adults in Franklin County experiences mental illness. Hospitalizations for psychiatric reasons and for attempted suicides have been increasing. And a lack of psychiatric beds means these patients often turn up at hospital emergency departments, crowding those facilities until more appropriate settings can be found.

Meanwhile, it's no secret that opiate use, addiction and accidental overdoses are on the rise. More than 10 percent of Franklin County residents 12 or older have required treatment for substance abuse. Columbus Public Health reported a 227 percent increase in overdose deaths among county residents between 2003 and 2014. Heroin-related deaths have surpassed prescription opiates among unintentional overdose deaths.

Ohio State Wexner Medical Center is doing its part to provide mental health and addiction support where it is most needed. This includes:

- Free and reduced-cost clinics
- Volunteer work with refugee populations who suffer from a high degree of stress
- Mental health screenings and referrals for underserved populations
- Research
- Concussion testing in the schools
- School-based mentor programs
- Community initiatives to promote safe prescription use and prevent drug abuse
- Operation Red Box safe-needle-disposal program

STAR Program helps after trauma

For years, healthcare providers caring for trauma victims did a good job of putting the body back together. What they didn't do as well was putting the mind back together, says Ken Yeager, PhD, LISW-S, clinical director of the Stress, Trauma And Resilience (STAR) Program at Ohio State Wexner Medical Center.

Trauma can wreak emotional havoc on anyone. Those who are badly burned, shot, or pulled out of a car crash are all likely candidates for the STAR Program — as are those who witness such events.

“If you see it on the six o'clock news, chances are those people are going to end up in our clinic,” Yeager says. “We help patients and families deal with what they've experienced.”

But the program also takes into account trauma victims who are often overlooked — those who care for patients.

“We started the program eight years ago thinking we would provide services to people who had been traumatized,” Yeager says. “One day I was walking with a trauma surgeon and an emergency medical doctor, and they asked, ‘What are you going to do for us?’”

“We had forgotten that ER doctors and nurses see things nobody should have to see, and they see it every day. So the first few years we focused on helping hospital staff.”

Today, STAR is a resource for psychological trauma education and training for students, faculty and professionals in central Ohio. It conducts cutting-edge research on factors influencing trauma and recovery and provides personalized health care to those suffering from trauma.

The STAR program is unique, as physical and mental health care are integrated seamlessly within the program. For example, when a trauma victim arrives in the emergency department, staff inform STAR staff if a patient or family member is having a difficult time, Yeager explains.

One key aspect of the work, he says, is early intervention with those suffering from acute stress disorder. Acute stress disorder is similar to post-traumatic stress disorder (PTSD) but occurs soon after an event. If STAR can reach those individuals within the first 30 days and provide needed counseling, most will avoid PTSD — which can be a debilitating, long-term problem.

Suicide prevention is another concern for STAR, as rates continue to rise in central Ohio and the nation. In May, STAR, in collaboration with the Ohio Department of Mental Health and Addiction Services, hosted its third statewide symposium on suicide, with 270 healthcare professionals attending from around the country.



Squirrel Recovery app helps addicts cope with recovery

Since mid-2015, an innovative smartphone app designed by an Ohio State Wexner Medical Center intern and Ohio State computer science students has been helping heroin addicts throughout their recovery.

Inspired by Dr. Brad Lander, clinical director of Talbot Addiction Medicine at Ohio State Wexner Medical Center, Addiction Medicine intern Brandi Spaulding joined with computer science students to develop “Squirrel Recovery.”

Squirrel Recovery helps recovering addicts fight their cravings through prompts and guides from their cell phone. The app also allows a user to instantly text a circle of friends, family and counselors when temptation makes the likelihood of relapse particularly high.

Other features include the monitoring of moods, stress levels and temptation to use heroin. Squirrel Recovery also tracks days of abstinence and accumulates coins as rewards for milestones. Along the way, Squirrel Recovery provides motivational stories from recovered addicts and inspirational quotes to help those in recovery stay clean.

It is available free for Android smartphones on Google Play.



Obesity

Obesity in Ohio and in Franklin County is a continuing problem. In Franklin County, nearly one-third of adults (30.7 percent) are obese, compared to the national average of 27.6 percent. Even more alarming, 19.8 percent of children are considered obese, compared to 13.7 percent nationally.

People who are obese are at increased risk for many other health problems, including diabetes, heart disease, high blood pressure and stroke. Ohio State Wexner Medical Center is combating obesity in our community through a number of initiatives:

- Research
- Nutrition counseling and education at free and reduced-cost clinics and community agencies
- Health screenings at churches, community events, health fairs and other public venues
- School-based programs
- Employer-based health events

Chronic Conditions

Chronic conditions and diseases are those that are long lasting and can't be prevented by vaccines or cured by medicines. They include heart disease, stroke, cancer and diabetes and are the leading causes of death and disability nationally, statewide and locally. With respect to cancer, Franklin County has higher rates of lung, colon, breast and pancreatic cancer than the national average. Franklin County also has a higher prevalence of asthma among adults and higher mortality rates for cerebrovascular disease than the national averages.

Ohio State Wexner Medical Center is active in sponsoring and supporting myriad programs designed to provide the public with education and medical resources for chronic conditions as well as events to raise money for research. Some examples are listed on the following pages.



Heart health

Heart disease is the number-one killer in the United States, yet most Americans don't understand their risk or how their lifestyle can impact their heart health. The Ohio State Richard M. Ross Heart Hospital annually sponsors year-round opportunities for people to learn more about their own heart health through nutrition, education and fitness activities. Proceeds from these events go toward research. Events include:

- **TriFit Challenge:** Held each July, this triathlon/duathlon takes competitors from Antrim Park to Ohio Stadium. About 1,300 people participate annually.
- **One Lucky Buckeye:** This is a one-, two- and four-mile walk/run held each fall at Easton Town Center. Participants are all female, except one man — the “Lucky Buckeye” — who is selected to run with the women. Participation ranges from 500 to 1,000 each year.
- **Pour Your Heart Out:** This heart-health education event is held quarterly at an upscale restaurant. Ross Heart Hospital cardiologists host a discussion on heart health topics while attendees enjoy wine and appetizers. About 70 people gather for each event.
- **Men's Health Playbook:** Held at Ohio Stadium, about 100 men gather to hear from men's health doctors on topics ranging from heart health to sports medicine to family medicine.





Diabetes

In Ohio, 11.7 percent of adults had diabetes in 2015, putting the state in the ninth-worst slot nationwide. It is also the seventh leading cause of death in Ohio and the nation. Ohio State Wexner Medical Center is reaching out to the community in these ways:

- Outpatient diabetes education classes are provided by the Division of Endocrinology, Diabetes, and Metabolism. Locations include CarePoint East, Martha Morehouse Medical Plaza, Family Medicine at Thomas Rardin and OSU Internal Medicine and Pediatrics Hilliard.
- A community garden for diabetes patients allows participants to plant and harvest produce while monitoring blood sugars and receiving diabetes education each week. The garden is located at CarePoint East.
- A collaboration with the Ohio State Comprehensive Wound Center provides educational programs on wounds and diabetes to home healthcare agencies. Each event includes a lecture and a skills lab for participants.
- Ohio State's Community Health Day. The medical center diabetes team sponsors a table at this event every June at CarePoint East.
- Certified diabetes educators participate in a variety of diabetes community talks, health fairs and lectures to local colleges of nursing.

Other chronic-condition-focused programs that Ohio State Wexner Medical Center sponsors include:

- Biometric screenings
- Blood pressure screenings
- Blood glucose screenings
- Health screenings for children at risk for developmental delays

Center for Cancer Health Equity meeting needs of immigrants and other underserved populations

Minority populations face numerous challenges when it comes to preventing and treating chronic diseases. Factors linked to income, language, education and access to care can put people at risk. The Center for Cancer Health Equity at The Ohio State University Wexner Medical Center strives to close those gaps for minorities residing in Columbus.

“Minorities are disproportionately affected by chronic disease, especially cancer,” says Chasity Washington, MPH, CHES, the center’s program director. “They tend to be diagnosed at later stages, receive delayed or even poorer quality care and thus have poorer outcomes than the general population.”

While Latino populations lead minority population growth, other ethnic groups such as Nepalese, Bhutanese and Somalis also continue to grow in number. These populations often have a different cancer risk than other communities and often do not engage in preventive screenings. “There is a lot of misunderstanding in these newer refugee and immigrant communities about what causes cancer,” she explains.

But other barriers to good health also exist. Many minorities are uninsured or underinsured. Language barriers get in the way of learning about available resources. Work schedules, transportation issues and childcare needs can make it difficult for some to access health services during the times they are available.

“The Center for Cancer Health Equity is working to reach minority and underserved populations — especially our new immigrant and refugee populations — so that we can educate them and set them on pathways that empower them to access services such as age-appropriate cancer screenings. We now have bilingual staff members fluent in Spanish and Somali. We have patient navigators in some of our clinics who work with patients to address barriers to access and work to ensure timely diagnostic follow-up and treatment,” Washington says.

Programs at the center include targeted education programs like Comer Sano, Vivir Sano (Eat Healthy, Live Healthy), a project/partnership to bring awareness to the Latino/Hispanic community regarding the association of nutrition to chronic diseases such as cancer, diabetes and heart disease. The Caafimaadkaaga Wanaaji Program (Improve Your Health) aims to educate the Columbus Somali community by promoting prevention through a variety of activities, events, group discussions and guest speakers.

Through a partnership with several local organizations, the center has also implemented Sister Screen Saver, a breast health education, screening and early detection program that includes patient navigation. Using mobile mammography, this program has successfully screened more than 600 uninsured and underinsured women from the African-American, Somali, Hispanic and Asian communities of central Ohio.



“The Center for Cancer Health Equity is working to reach minority and underserved populations — especially our new immigrant and refugee populations — so that we can educate them and set them on pathways that empower them to access services such as age-appropriate cancer screenings.”

*—Chasity Washington, MPH, CHES,
program director, Center for Cancer Health Equity*

Infectious Diseases

The prevalence of infectious diseases is significantly higher in Franklin County than in Ohio and the nation. This is especially true of sexually transmitted diseases. In Franklin County, rates for syphilis, gonorrhea and chlamydia are significantly higher than the rest of the state and nation, as are rates for tuberculosis, pertussis and varicella.

Investigators in Ohio State Wexner Medical Center's Division of Infectious Diseases are advancing our clinical knowledge and translational basic research in infectious diseases. National HIV/AIDS experts head the division's AIDS Clinical Trials Unit, an NIH-funded research site that continues to enhance the medical community's knowledge about new treatments.

Investigators in Pharmaceutical Sciences are pursuing new medicines for the prevention and treatment of infectious diseases, often collaborating with joint faculty members in the Department of Microbial Infection and Immunity.

Ohio State Wexner Medical Center is also home to the AIDS Education and Training Center, part of a network of training centers financed by the the Ryan White HIV/AIDS Program. The center is housed at McCampbell Hall and serves central and northeast Ohio healthcare providers treating people with HIV or AIDS. Its mission is to improve the quality of patients' lives through high-quality professional education and training.

Sources

Statistics for this document were drawn from the Franklin County HealthMap 2013.





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