

2019 Community Health Needs Assessment

An Abstract

2019 CHNA for Spectrum Health Lakeland¹

Abstract

A Community Health Needs Assessment (CHNA) is an appraisal of a community's health status. It is required every three years of tax-exempt hospitals under the Patient Protection and Affordable Care Act, commonly called the Affordable Care Act (ACA). The 2019 CHNA provides data and information to assist Spectrum Health Lakeland² (Lakeland) in meeting the health needs of the community it serves. Subsequent to the completion of the CHNA, an Implementation Strategy will be adopted to address the priority health needs identified in the assessment.

The main takeaways from the 2019 CHNA include the following:

- There are significant geographic and demographic health inequities in Berrien County. Moreover, Berrien County is ranked lower in terms of key health outcomes (bottom 3rd) when compared to most other counties in Michigan.
- Mental health concerns and obesity are the top priority health needs. These findings mirror those of the 2016 CHNA.
- Community members overwhelmingly view social/environmental factors, such as food, recreational and physical environments; social supports and cohesion; and faith-based and spiritual practices to be key factors influencing health.
- There are complex interactions among social/environmental factors that impact health that are suggestive of potential levers for population health improvement.

The CHNA Project Team (project team) executed the CHNA in accordance with six principles that were informed by ACA requirements and Lakeland's organizational commitment to advance population health. These principles are inclusive input, community voice, transparent communication, authentic collaboration, health equity, and the influential role of social determinants.

¹Additional details and exhibits will be published online in spring 2020 at www.spectrumhealthlakeland.org.

²The tax ID number for Lakeland hospitals in Niles and St. Joseph is 38-2156872. The tax ID number for Lakeland Regional Health System is 38-2609624.

The first step in conducting the CHNA was to stratify the population according to two proxy indicators of health: age-adjusted mortality and life expectancy. This led to the identification of significant health inequities across census tracts in Berrien County. For instance, Benton Heights has an age-adjusted mortality rate three times higher than Shoreham.³ Similarly, the life expectancy of residents in parts of Benton Harbor is about nineteen years shorter than that of people who live in Berrien Springs and Lincoln Township.⁴ People who live in and around the cities of Benton Harbor and Niles die earlier than people who live in and around the cities of St. Joseph, Stevensville and Berrien Springs.⁵ Moreover, 75% of the census tracts with the highest death rates (i.e., the lowest quartile) are in and around the city of Benton Harbor. These findings of significant health inequities formed the foundation upon which the project team planned and executed the CHNA. By directing the data collection process, these findings helped the project team ensure that medically underserved, low-income and minority populations provided their perspectives on community health.

Benton Heights has an age-adjusted mortality rate three times higher than Shoreham.

Life expectancy in Benton Harbor is nineteen years shorter than residents in Lincoln Township.

People who live in and around the cities of Benton Harbor and Niles die earlier than people who live in and around the cities of St. Joseph, Stevensville and Berrien Springs.

IRS CHNA Documentation Requirements

In accordance with IRS requirements, below is a summary of the impact of the Implementation Strategy that was undertaken to address the priority health needs identified in the 2016 CHNA.

- *Increased mental health awareness and community capacity to address mental health concerns.* Mental health-related trainings were provided to over 110 organizations and reached more than 800 individuals. A comprehensive mental health-related curriculum was developed and is being delivered through a regional multi-stakeholder collective impact

³The age-adjusted mortality rate for Benton Heights is 1,598 per 100,000 people. The age-adjusted mortality rate for Shoreham is 526 per 100,000 people.

⁴The life expectancy in parts of Benton Heights is 67.6 years compared to 86.7 in Berrien Springs and 86.2 in Lincoln Township.

⁵Life expectancy in parts of the city of Benton Harbor is around 69 years, and in parts of the city of Niles, it's about 70 years. In parts of St. Joseph, the life expectancy is between 78.8 and 81.7. In Stevensville, the life expectancy is 81.9 and Berrien Springs, its 86.7.

initiative. Mental illness is less stigmatized as evidenced by the significant increase in the number of community members and organizations seeking education and training.

- *Increased community health education provided in “non-traditional” settings.* This was achieved through the development and execution of a Neighborhood-based Health Home model in which health education is provided in “non-traditional” settings (e.g., barbershops, public housing complexes community food networks) that serve medically underserved, low-income and minority populations.
- *Developed culinary skills of and expanded access to nutritious foods for medically underserved, low-income, minority, and limited English proficiency residents.* This was achieved through the implementation of two programs: the Rx for Health program provided nutrition education and increased access to fresh fruits and vegetables; and the Community Kitchen Club administered a co-designed curriculum that enhanced participants’ culinary skills.
- *Increased community trust in Lakeland associates.* This was achieved through the co-design and implementation of community-directed programming.
- *Increased community capacity for advocacy around issues of housing and public safety.* With support and guidance from the Population Health team, residents of a Neighborhood-based Health Home developed the capacity to hold public authorities accountable for meeting statutorily mandated housing needs.
- *Increased access to fresher and higher quality school meals.* This resulted from a Plate Waste project undertaken by high school students, the results of which informed a revision of the school meal program.

2019 CHNA: High Level Findings

In the sections below, some of the major findings of the 2019 CHNA are summarized.

Additional details and exhibits will be published online in spring 2020, at www.spectrumhealthlakeland.org.

Community Served. Lakeland serves all of Berrien County, and parts of Van Buren and Cass Counties. All three counties are located in the southwest corner of Michigan. This

service area is determined by the location of Lakeland's facilities and patients' places of residence. This CHNA identifies the health needs of Berrien County⁶.

Community Demographics

	Location	
	Michigan	Berrien
<i>Population</i>	9,925,568	154,948
<i>Education (High School Graduate & Beyond) 25+ Years</i>	90.2%	89.5%
<i>Poverty</i>	15.6%	17.2%
<i>Unemployment</i>	7.4%	7.3%
<i>Median Age</i>	39.6	42
<i>Median Individual Income</i>	\$30,416	\$28,446
<i>Median Household Income</i>	\$52,668	\$47,132
<i>Caucasian</i>	78.7%	78.4%
<i>African American</i>	13.8%	14.7%
<i>Asian</i>	2.9%	2%
<i>American Indian</i>	0.5%	0.3%
<i>Hispanic</i>	4.9%	5.2%
<i>Uninsured</i>	7.2%	8.7%
<i>Overall Health Ranking</i>	N/A	59/83 (3 rd quartile)

Sources: American Community Survey, 5-year estimates 2013-2017; and the University of Wisconsin Population Health Institute, County Health Rankings 2017.

CHNA Project Team. The CHNA project team was composed of staff from the Population Health department at Lakeland. In conducting the CHNA, the project team collaborated with government bodies, local businesses, non-profits, and other community organizations including the Berrien County Health Department; Andrews University School of Population Health, Nutrition and Wellness; Western Michigan University School of Social Work; Southwest

⁶Logistical and data limitations challenged efforts to access comparable data for Van Buren and Cass counties.

Michigan Planning Commission; and K-12 schools. A full list of collaborators will be available online in Spring 2020 at www.spectrumhealthlakeland.org.

Processes and Methods. The CHNA was informed by data collected through multiple methods, including surveys, Photovoice⁷ and interviews. Additional information was gathered through secondary sources, such as scientific peer-reviewed literature, white papers, policy briefs, and organizational documents. Government datasets (e.g., workforce development, labor, agriculture, environmental protection, housing, education, transportation, health resources, public safety, recreation, and civic engagement) were also utilized. Data from primary and secondary sources was triangulated to inform the findings of this report. All data was collected and analyzed between September 1, 2018 and May 30, 2019.

Community and Stakeholder Input. A survey was administered in electronic and paper formats to government bodies, area businesses, non-profits and other community organizations, K-12 schools, and higher education institutions. Input was solicited from stakeholders who were diverse by age, ethnicity, gender identity, language proficiency, literacy level, profession, sexual orientation, and socioeconomic status. To ensure input was received from community members faced with literacy challenges and language barriers, survey questions were administered verbally (i.e., interviews) or translated into Spanish. Survey responses were received from nearly 2,000 people. Photovoice was used to capture the perspectives of more than 100 area youth.

While gathering community input, efforts were made to ensure that the demographics of the respondents reflected the demographics of Berrien County. Moreover, the project team oversampled in geographic areas with the highest death rates and lowest life expectancies. Together, these methods ensured input from the medically underserved, low-income and minority populations, and from individuals and organizations who serve or represent the interests of these populations.

Data was also collected through reviews of documents published by the Berrien County Health Department, the Berrien County Mental Health Authority (Riverwood Center), the Southwest

⁷Photovoice is the use of photographic images and narrative to articulate community needs.

Michigan Planning Commission, and other bodies with specialized knowledge, information and expertise relevant to the health needs of the community.

Priority Health Needs. The health needs most frequently cited in survey responses were deemed the priority health needs of the community.

The 2019 CHNA survey was comprised of four questions and one prompt, and was administered using Qualtrics™ software. To identify the priority health needs, a qualitative thematic analysis of survey responses was conducted. The results are listed below.

Question 1: “What are the biggest health issues in your community?” The survey responses suggest that **mental health** and **obesity** are priority health needs. Among the responses, 24.7% referenced mental health, including substance misuse, dementia, untreated mental illness, smoking or vaping, anxiety, depression and emotional distress; and another 18.2% referenced obesity.⁸

Question 2: “What makes it hard to be healthy?” The survey responses suggest that the major factors adversely impacting community health are outside the healthcare setting. For instance, 28% of responses indicated that the **food environment** makes it hard to be healthy (e.g., too many fast food restaurants and the lack and high cost of healthy foods). Twelve percent of responses referenced aspects of the **physical environment** as making it hard to be healthy (e.g., winter weather, litter, and poor air and water quality). And 11.8% referenced **mental health-related concerns** as making it hard to be healthy (e.g., work-related stress, drinking, smoking, and access to healthcare).

⁸Other responses cited diabetes (7.2%), access to care (6.0%), food environment (5.2%), heart disease (4.6%), health behaviors (4.5%), economic conditions (4.4%), cancer (3.9%), and the physical environment (3.5%).

Question 3: “What are some things in your community that help you to be healthy?” Almost half of the survey responses (45.7%)

identified the **recreational environment** (e.g., beaches, walking trails and bike paths) as something that makes it easy to be

healthy; another 14.4% of the responses suggested that

healthcare resources (e.g., insurance, health

screenings and healthcare organizations) make it easy to be healthy; and 13.2% of responses

indicated that aspects of the **food environment** (e.g., community gardens and soup kitchens) support community health.

The survey responses overwhelmingly suggested that the community views the major factors shaping health to be outside the healthcare setting.

Prompt 1: “When I experience hard or stressful times, these are the ways I help myself feel

better, relaxed, or calmer.” Almost twenty percent (19.6%) of the survey responses referenced

social supports and cohesion (e.g., talking to a family member or friend); 15.4% of the

responses referenced **recreation** (e.g., walking or exercising at the gym); and 13.2% of the

responses referenced **religious practices** (e.g., praying, reading the bible, or going to church).

Question 4: “How would you improve the health in your community?” Almost twenty percent (18.6%) of the survey responses suggested that improving the **recreational environment**

(e.g., more outdoor activities, free or low-cost gyms and recreational centers) would improve

community health; 12.2% of the responses indicated that improving the **food environment**

(e.g., more affordable food options and less fast food) would improve community health; and

12% of the responses indicated that better **healthcare resources** (e.g., health education) would improve community health.

Scientific literature and publicly available data indicate that Berrien County faces significant challenges with respect to social factors that are known to influence health. For example,

- Seventy percent of the county’s food deserts are concentrated in Benton Harbor and Benton Charter Township.
- Between 2004 and 2017, regional employment in industries with the highest annual average wage either decreased or remained stable, while employment in industries with the lowest average annual wage increased.

- Per capita expenditure on roads is almost five times higher than for public transit.
- The ratio of county residents to mental health providers in Berrien County is 4,219 to 1 compared to 2,853 to 1 statewide.
- Most of the county's environmentally distressed sites (e.g., landfills and brownfields) are located in Benton Harbor.
- Berrien County has one of the highest jail incarceration rates among Michigan counties.

Other findings establish clear associations between health outcomes, such as mortality and life expectancy, and social factors like civic engagement, income, employment, and education. Specifically, analysis of Berrien County data shows that those census tracts with higher levels of education, employment and income have lower rates of mortality rates and higher death rates. Those census tracts also have higher levels of civic engagement (as measured by voter turnout), which notably, is also associated with indicators of good mental health. These and other associations provide insights into the types of interventions (e.g., improved civic engagement, increased educational attainment, and higher levels of employment and income) that Lakeland, in collaboration with community stakeholders, might execute to improve population health.

Resources for the 2019 CHNA. Resources to address priority health needs will be available in two ways. First, Lakeland's electronic medical record system (EMR) has been upgraded to document patients' social needs. Along with that, Lakeland is developing referral processes and procedures, within the EMR, to connect patients to community resources. Additionally, the CHNA will maintain a "living list" – both online and in print – of social and other services needed to address priority health needs. A shortened version of this list can be found in Appendix A of this document.

2020 Implementation Strategy. The CHNA will inform the development and execution of an Implementation Strategy (IS) that will help meet the community's priority health needs. Key elements of the strategy include:

- Development and execution of a Community-Based Participatory Research program
- Development of a Community Health Worker Program (Population Health Partners)

- Development of an organizational strategy for Population Health (Pathways to Population Health)
- Community Health Education program (Policy and Advocacy, Neighborhood-based Health Homes, Mental Health, K-12 School-based Health, Nutrition Education, and Community Grand Rounds)

The CHNA and the IS will provide guidance for the allocation of Lakeland's community benefit resources.

Finally, as did the 2016 CHNA, the 2019 CHNA will serve as a guidepost for the strategic alignment of activities undertaken by other community stakeholders responsible for supporting, promoting, and enhancing population health and wellbeing.

Appendix A: Healthcare Facilities

Name	Facility Type	Address	City	Phone
Lakeland Medical Center, St. Joseph	Hospital	1234 Napier Ave.	St. Joseph	269-983-8300
Lakeland Hospital, Watervliet	Hospital	400 Medical Park Dr.	Watervliet	269-463-3111
Lakeland Hospital, Niles	Hospital	31 N. St. Joseph Ave.	Niles	269-683-5510
Orchard Grove Nursing & Rehabilitation Center	Nursing Facility	1358 E. Empire Ave.	Benton Harbor	269-925-0033
Royalton Manor, LLC	Nursing Facility	288 Peace Blvd.	St. Joseph	269-556-9050
Coventry House Inn	Nursing Facility	3905 Lorraine Path	St. Joseph	269-428-1111
Pine Ridge - Rehabilitation & Nursing Center	Nursing Facility	4368 Cleveland Ave.	Stevensville	269-983-6501
West Woods of Bridgman	Nursing Facility	9935 Red Arrow Hwy.	Bridgman	269-465-3017
Riveridge Rehabilitation & Healthcare Center	Nursing Facility	1333 Wells St.	Niles	269-684-1111
Chalet of Niles, LLC	Nursing Facility	911 S. 3 rd St.	Niles	269-684-4320
West Woods of Niles	Nursing Facility	1211 Stateline Rd.	Niles	269-684-2810

Name	Facility Type	Address	City	Phone
Intercare Community Health Network	Community Health Center <i>(federally funded)</i>	870 Colfax Ave.	Benton Harbor	269-605-1277
Mercy Family Medical Center	Community Health Center	800 M-139	Benton Harbor	616-927-5400
Intercare	Community Health Center <i>(federally funded)</i>	1485 M-139	Benton Harbor	269-427-7937
Intercare Women's Health Center	Community Health Center	796 M-139	Benton Harbor	269-427-7937
Solis Memorial Health Center	Community Health Center	6270 W. Main St.	Eau Claire	
Niles Community Health Center	Community Health Center <i>(federally funded)</i>	24 N. Joseph Ave., Ste. G	Niles	239-487-4267
Cassopolis Family Clinic	Community Health Center <i>(federally funded)</i>	60 N. St. Joseph Ave.	Niles	269-445-3874
Niles Community Health Center Dental Clinic	Community Health Center	122 Grant St.	Niles	269-262-4364
Battle Creek VAMC	Mental Health Treatment Facility	115 E. Main St.	Benton Harbor	269-934-9123
Spectrum Health Lakeland (Behavioral Health Unit)	Mental Health Treatment Facility	1234 Napier Ave.	St. Joseph	269-983-8316
Berrien County Mental Health Authority (Riverwood Center)	Mental Health Treatment Facility/Drug and Alcohol Treatment Facility	1485 S. M-139	Benton Harbor	269-925-0585

Name	Facility Type	Address	City	Phone
Harbortown Treatment Center, PLLC	Drug & Alcohol Treatment Facility	1022 E. Main St.	Benton Harbor	269-926-0015 (ext. 110)
Sacred Heart/Serenity Hills	Drug & Alcohol Treatment Facility	6418 Deans Hill Rd.	Berrien Center	269-815-5500
Community Healing Centers	Drug & Alcohol Treatment Facility	1225 S. 11 th St.	Niles	269-684-7741
Berrien County Health Department	Clinic/Community Health	2149 E. Napier Ave.	Benton Harbor	269-926-7121
Berrien County Health Department	Clinic/Community Health	1205 Front St.	Niles	269-684-2800
Berrien County Health Department	Clinic/Community Health	21 N. Elm St., #6	Three Oaks	269-756-2008

Priority Health Needs Resources

Mental Health

Organization	Contact Information	Description
Van Buren Community Mental Health Authority	vbcmh.com 801 Hazen St., Ste. C Paw, MI 49079 269-657-5574	An agent of the state & local community, the Van Buren Community Mental Health Authority provides services that address the mental health needs of the county.
Voice.Change.Hope. Alliance	voicechangehope.org info@voicechangehope.org	A community group that focuses on eliminating prescription drug abuse & heroin addiction within Berrien County.
Riverwood Berrien County Mental Health Authority	www.riverwoodcenter.org 1485 M-139 Benton Harbor, MI 49022 269-925-0585	Riverwood partners with children, families & adults in their journeys toward recovering from behavioral health & substance use challenges & helps individuals with intellectual disabilities succeed in community living.
Woodlands Behavioral Health Network	www.woodlandsbhn.org 960 M-60 Cassopolis, MI 491031	Woodlands partners with individuals, families & the community to inspire hope, promote resiliency & achieve

Organization	Contact Information	Description
	269-445-2451	recovery by providing effective behavioral health services.
Well of Grace Industries	www.wellofgraceministries.com 5707 Red Arrow Hwy. Stevensville, MI 49127 269-428-9355	Well of Grace offers support groups for teen girls & women.

Obesity

Organization	Contact Information	Description
Community Food Network	www.newheightsccda.com/cfn 2627 Niles Ave. St. Joseph, MI 49085 269-983-1524	The Community Food Network creates healthy communities by feeding individuals' & family members' - bodies, minds, & spirits.
Berrien County Parks & Recreation	berriencounty.org/355/Parks 701 Main St. St. Joseph, MI 49085 269-983-7111	Berrien County Parks offers interpretive programs, field trips, events, & a variety of activities throughout the year.
Lakeland Weight Loss Center	www.spectrumhealthlakeland.org 42 N. St. Joseph Ave., #101 Niles, MI 49120 269-687-4673	The Weight Loss Center provides nutrition counseling, surgical weight loss options & weight loss education.
YMCA	www.ymcaswm.com 905 N. Front St. Niles, MI 49120 269-683-1552	The YMCA offers exercise classes, free childcare, basketball courts, swimming pools, a running track, weights, & strength & cardio equipment.
Southwest Michigan Eating Disorders Association (SMEDA)	www.southwestmichiganeatingdisorders.org 123smeda@gmail.com P.O. Box 20095 Kalamazoo, MI 49019	SMEDA provides support to people who struggle with eating disorders as well as to people who help support & care for them.