



*Photo Credit: CRMC*

 Coshocton Regional Medical Center

# 2022-2025

**Coshocton Regional Medical Center  
Community Health Improvement Plan  
- Coshocton County, Ohio -**

*Paper copies of this document may be obtained at Coshocton Regional Medical Center, 1460 Orange St, Coshocton, OH 43812 or by phone 740-622-6411. This document is also available electronically via the hospital website <https://www.coshoctonhospital.org/>*

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# Overview

## Community Health Improvement Plan

The Community Health Needs Assessment (CHNA) defines priorities for health improvement, creates a collaborative community environment to engage stakeholders, and an open and transparent process to listen and truly understand the health needs of the community served by Coshocton Regional Medical Center (Coshocton, OH). This document is the Coshocton Regional Medical Center (CRMC) Implementation Plan outlining how the hospital plans on addressing significant health needs in the community. The CHNA is contained in a separate document.

- ✓ Coshocton Regional Medical Center’s Board of Directors approved and adopted this Implementation Strategy on December 8, 2022.
  
- ✓ Starting on December 8, 2022, this report is made widely available to the community via Coshocton Regional Medical Center’s website <https://www.coshoctonhospital.org/> and paper copies are available free of charge at Coshocton Regional Medical Center, 1460 Orange St., Coshocton, OH 43812 or by phone (740) 622-6411.

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To successfully make our community healthier, it is necessary to have a collaborative venture which brings together all care providers, citizens, government, schools, churches, not-for-profit organizations and business and industry around an effective plan of action. The community health needs assessment was completed previously and posted on CRMC’s website.

Based on the results of the CHNA from interviews, focus groups and prioritization from Coshocton County Health Department and the City of Coshocton Health Department, Coshocton Regional Medical Center has selected three of the identified significant health needs to address.

1. Increased Education to the Community on Healthy Eating and Active Living
2. Increased Access and Education involving Chronic Diseases
3. Substance Use/ Mental Health

Coshocton Regional Medical Center plans to meet the significant health needs by working to implement the ideas described in this implementation plan.

## **Health Issue #1 Healthy Eating/Active Living**

Problem: lack of active lifestyle and healthy diet contributes to

- Diabetes
- Heart Disease
- Obesity
- High Blood Pressure

CRMC plans to meet the Healthy Eating/ Active Living significant health need by:

1. Including a Calorie Count on the menu in the Café. Providing fresh and not processed food choices for staff and community members. With limited lunch destinations in the community, advertise that we are open to the public and share menu to social media.
2. Participating in community outreach events such as the annual Health Safety and Wellness Expo, where we provide no cost screenings, such as blood pressure, glucose, and PAD. We'll have physicians and nurse practitioners on hand throughout the event to answer questions and provide health information as needed.
3. Using a marketing platform to share education, including healthy holiday meal planning; healthy food substitutions; label reading; healthy cooking on a budget.
  - i. Participate in youth focused activity programs in conjunction with Kids America, such as Kamp Kiwanis and Youth Health Day, that puts a focus on exercise.
  - ii. Implement a "Walk with a Doc" program quarterly to educate the community on the importance of physical activity and a healthy lifestyle.

## **Health Issue #2 Increase access and education involving chronic diseases**

CRMC plans to meet the Increased Access and Education Involving Chronic Diseases significant health need by:

1. Offering Free Screenings quarterly to the public (PAD, glucose, and BP checks).
2. Using marketing platform to share education from healthcare providers on how to maintain a healthy life when living with a chronic disease.
3. Continuing Dining with Diabetes classes in coordination with Ohio State University Extension Office. Increase class availability from semi-annually to quarterly.
4. Hosting tobacco cessation groups at the hospital available to both the public and to our inpatients who want to attend.

## **Health Issue #3: Substance Use/Mental Health**

Problem: Local increase in substance abuse, leading to mental health issues for abuser and family/children.

CRMC plans to meet the Substance Misuse/Mental Health significant health need by:

1. Getting staff involved Coshocton County Drug Coalition. The drug coalition is a community-based effort to maintain focus on substance abuse, work toward getting answers to help defend against the problem and educate the community about the signs and risks of substance abuse.
2. Investigate the feasibility of creating a medical detox program for the hospital to treat patients for the three days required prior to acceptance into a residential recovery program.
3. Participating in and sponsoring family and children focused programs in collaboration with Family and Children First Council, WIC, Help Me Grow, and Maternal and Child Health Center.
  - i. Youth Health Day
  - ii. Baby Expo
4. Using marketing platforms to promote drug free living and family focused education.

CRMC does not intend to address the following significant health needs:

1. Transportation
2. Homelessness

Due to resource limitations, we are not addressing transportation and homelessness as this will require local city and county resources to implement infrastructures to fund the resolution of these issues.

# Community Health Improvement Plan for Coshocton County

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*Completed by Coshocton Regional Medical Center  
in partnership with: Stratasan*

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