St. Mary Mercy Livonia (SMML)
Community Health Needs Assessment Implementation Strategy
Fiscal years 2019 - 2021

St. Mary Mercy Livonia (SMML) completed a comprehensive Community Health Needs Assessment (CHNA) that was adopted by the Board of Directors in April 2018. SMML performed the CHNA in adherence with certain federal requirements for not-for-profit hospitals set forth in the Affordable Care Act and by the Internal Revenue Service. The assessment took into account input from the county health department, community members, and various community organizations.

The complete CHNA report is available electronically at stmarymercy.org. To submit written comments on the CHNA or to obtain a printed copy of the report, contact St. Mary Mercy Livonia, Office of Community Health, 36475 5 Mile Road, Livonia, MI 48154.

Hospital Information and Mission Statement

St. Mary Mercy Livonia (SMML) is a 304-bed hospital providing acute-care medical and health services to our community by board-certified doctors and registered nurses. SMML provides the highest quality services with leading-edge technology in our 24-hour Emergency Center, Senior ER, Heart & Vascular Center, Cancer Center, Birthing Center, Women’s Center, Center for Joint Replacement, Inpatient and Outpatient Physical Medicine and Rehabilitation Units, Sleep Center, Wound Care Center, and Michigan Bariatric Institute. Same-day diagnostic testing and a variety of community health education services are also offered.

Since 1959, when the hospital was established by the Felician Sisters, the goal has been to meet the health care needs of the community with an emphasis on quality, personalized care. For almost 60 years, the hospital has grown to become one of the premier community hospitals in the area as exemplified by the numerous awards recognizing excellence in clinical outcomes, patient safety, financial performance and efficiency. Through our dedicated administration, physicians, employees and volunteers, the hospital continues to expand its medical services to maintain its role as a leader in providing compassionate health care to the community we serve with particular concern for the poor and underserved.

For additional information about St. Mary Mercy, visit www.stmarymercy.org.
SMML is a member of Saint Joseph Mercy Health System (SJMHS), a health care organization serving seven counties in southeast Michigan including Livingston, Washtenaw, Wayne, Oakland, Macomb, Jackson, and Lenawee. It includes 537-bed St. Joseph Mercy Ann Arbor, 443-bed St. Joseph Mercy Oakland in Pontiac, 304-bed St. Mary Mercy Livonia, 136-bed St. Joseph Mercy Livingston in Howell, and 133-bed St. Joseph Mercy Chelsea. Combined, the five hospitals are licensed for 1,553 beds, have five outpatient health centers, six urgent care facilities, more than 25 specialty centers; employ more than 13,400 individuals and have a medical staff of nearly 2,700 physicians. SJMHS has annual operating revenues of about $1.9 billion and returns about $120 million to its communities annually through charity care and community benefit programs.

SJMHS is a member of Trinity Health, a leading Catholic health care system based in Livonia, Mich. Trinity Health operates in 22 states, employs about 131,000 colleagues, has annual operating revenues of $17.6 billion and assets of about $24.6 billion. Additionally, the organization returns almost $1 billion to its communities annually in the form of charity care and other community benefit programs.

For more information on health services offered at Saint Joseph Mercy Health System, visit www.stjoeshealth.org.

Service Area and Population

Located in western Wayne County, the service area of SMML for this community health needs assessment was defined as cities within a five mile radius of the hospital. This includes zip codes of Westland, Canton, Livonia, Northville City, Northville Township, Plymouth City, Plymouth Township, Redford, Farmington Hills and Farmington City. The majority of these cities are located in Western Wayne County; however, Farmington Hills lies within Southern Oakland County lines. The population for these communities is 475,178 residents. Garden City and Novi are within five miles of the hospital but have not been included in the SMML service area because they have a hospital (Garden City Hospital and Providence Park) in their community. Demographics for each community, including size, age, income, and race, are very diverse.

Mission, Vision and Values

Mission: We, Trinity-Health, serve together in the spirit of the Gospel to be a compassionate and transforming healing presence within our communities.

Core Values: Reverence, Commitment to Those who are Poor, Justice, Stewardship and Integrity

Vision: As a mission-driven innovative health organization, we will become the national leader in improving the health of our communities and each person we serve. We will be the most trusted health partner for life.

Health Needs of the Community

The CHNA conducted in Fiscal Year 2018 identified five significant health needs within the St. Mary Mercy Livonia community. Those needs were then prioritized based on five criteria: (1)
severity, magnitude or urgency of the health issue; (2) feasibility, in terms of resources available and surmountable barriers; (3) potential impact on the greatest number of people; (4) importance; and (5) achievability within the three years covered by the CHNA. Each person was requested to prioritize the health need by scoring the criteria on a scale of 1-5 for each of the criteria (5=high; 1=low). The scores for each need were totaled for each group and then averaged. The five significant health needs identified, in order of priority include:

| Nutrition/Eating Habits                                      | • Nearly 1 in 3 children in Michigan*, Nationally, 31.2% of youth 10-17 years in age are overweight or obese,**
|                                                             | • 31.5% of Wayne County residents are obese as compared to 31.2% in Michigan.
|                                                             | • 36.1% of Oakland County residents are obese as compared to 31.2% in Michigan.
|                                                             | • 39.7% of Michigan adult residents consume fruit < once per day.
|                                                             | • 24.7% of Michigan adult residents consume vegetables < once per day.
| Substance Abuse***                                          | • 6.4% of Wayne County residents reported heavy drinking as compared to 6.5% in Michigan.
|                                                             | • 18.6% of Wayne County residents reported binge drinking as compared to 18.5% in Michigan.
|                                                             | • 5.6% of Oakland County residents reported heavy drinking as compared to 6.5% in Michigan.
|                                                             | • 17.8% of Oakland County residents reported binge drinking as compared to 18.5% in Michigan.
| Mental Health                                               | • 16.8% of Wayne County residents have poor mental health as compared to 11.9% in Michigan.
|                                                             | • 20.2% of Wayne County residents have depression as compared to 19.7% in Michigan.
|                                                             | • 15.8% of Oakland County residents have poor mental health as compared to 11.9% in Michigan.
|                                                             | • 18.2% of Oakland County residents have depression as compared to 19.7% in Michigan.
| Access to Care                                              | • 26% of Wayne County residents did not have a routine checkup in the past year compared to 14.8% in Michigan.
|                                                             | • 27.2% of Oakland County residents did not have a routine checkup in the past year compared to 14.8% in Michigan.
| Physical Activity                                           | • 25.1% of Wayne County residents have no leisure time physical activity compared to 25.5% in Michigan.
|                                                             | • 21% of Oakland County residents have no leisure time physical activity as compared to 25.5% in Michigan.


Hospital Implementation Strategy

St. Mary Mercy Livonia resources and overall alignment with the hospital’s mission, goals and strategic priorities were taken into consideration of the significant health needs identified through the most recent CHNA process.

**Significant health needs to be addressed**

St. Mary Mercy Livonia will focus on developing and/or supporting initiatives and measure their effectiveness, to improve the following health needs:

- Substance Abuse – Detailed need specific Implementation Strategy on page 7.
- Access to Care – Detailed need specific Implementation Strategy on page 11.
o **Physical Activity** – Detailed need specific Implementation Strategy on page 13.

St. Mary Mercy Livonia acknowledges the wide range of health needs in our community and determined that it could effectively focus on only those health needs which it deemed most pressing, under-addressed and within its ability to influence.

This implementation strategy specifies community health needs that the Hospital has determined to meet in whole or in part and that are consistent with its mission. The Hospital reserves the right to amend this implementation strategy as circumstances warrant. For example, certain needs may become more pronounced and require enhancements to the described strategic initiatives. During the three years ending June 2021, other organizations in the community may decide to address certain needs, indicating that the Hospital then should refocus its limited resources to best serve the community.
# CHNA IMPLEMENTATION STRATEGY

## FISCAL YEARS 2019 - 2021

<table>
<thead>
<tr>
<th>HOSPITAL FACILITY:</th>
<th>St. Mary Mercy Livonia</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHNA SIGNIFICANT HEALTH NEED:</strong></td>
<td>Nutrition/healthy eating</td>
</tr>
<tr>
<td><strong>CHNA REFERENCE PAGE:</strong></td>
<td>18</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>BRIEF DESCRIPTION OF NEED:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Michigan adults and high school students report that they are actively trying to lose or maintain their weight through increased physical activity and healthy eating. Short term weight loss is common but is not sustained. The pattern of increasing weight is seen among Michigan children as well. Official statewide data for younger children is not available. Nationally, over the past 30 years, the percent of children who are overweight has approximately tripled.</td>
<td></td>
</tr>
<tr>
<td>Excessive weight and obesity have been proven to increase the risk of many diseases and health conditions such as high blood pressure, diabetes, coronary heart disease, stroke, gallbladder disease, high cholesterol, and some forms of cancer. Medical care costs associated with adult obesity in the U.S. is projected to be in the $150 billion range. Overweight is defined as having a body mass index (BMI) between 25.0 and 29.9, and obesity is defined as a BMI greater than or equal to 30.0.</td>
<td></td>
</tr>
<tr>
<td>In Michigan, the prevalence of obesity increased in the 65-74 year age group and then dropped within the 75+ years age group</td>
<td></td>
</tr>
<tr>
<td>In 2013, 37.8% of adolescents ate less than one fruit per day while 36.8% ate less than one vegetable per day with the median intake being 1.0 and 1.3 per day; respectively.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>GOAL:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Improve healthy eating choices through education</td>
<td></td>
</tr>
<tr>
<td>Improve access to healthy and affordable foods</td>
<td></td>
</tr>
<tr>
<td>Increase number of people with a healthy weight (decrease obesity)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>OBJECTIVE:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide nutrition/healthy eating education to at least 300 South Redford students annually.</td>
<td></td>
</tr>
<tr>
<td>Increase access to healthy food to at least 100 residents in Wayne/Westland annually beginning in 2020.</td>
<td></td>
</tr>
<tr>
<td>Implement one new weight management service to assist at least 50 individuals annually achieve a 5% or better weight loss goal.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Collaboratively provide a nutrition-related program/resource to a minimum of one school in the South Redford School District per year.</td>
<td></td>
</tr>
<tr>
<td>2. Implement one food access program in Wayne/Westland by 2020.</td>
<td></td>
</tr>
<tr>
<td>4. Expand a minimum of one Diabetes Prevention Program to Redford/Westland by 2020 in partnership with a food pantry or clinic.</td>
<td></td>
</tr>
</tbody>
</table>
**ANTICIPATED IMPACT OF THESE ACTIONS:**

1. Increase the fruit/vegetable consumption by 20% of the South Redford School District students participating in the nutrition education program by 2021.
2. By 2021, educate 900 students on healthy eating in the South Redford School District.
3. By 2021, increase the availability of healthy foods (fruits/vegetables) by 300 individuals total over baseline in Wayne/Westland.
4. By 2021, 80% of the weight management program attendees will have lost a minimum of 5%.
5. Offer at least one DPP program Redford/Westland residents by 2020 with a goal of 15 attendees.

**PLAN TO EVALUATE THE IMPACT:**

Determine baseline intake and utilize program post-test/survey to for increased fruit and vegetable intake.
Review bi-annually the Michigan Profile for Healthy Youth (MiPHY) report fruit and vegetable intake compared to baseline year.
Review amounts of fruit/vegetable sold/available/purchased over baseline data.
Review weight management program data annually and create baseline.
Review Diabetes Prevention program data annually.

**PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:**

Staff to support the implementation of the above actions.
In-kind expenses associated with supporting the above actions.
Continued chronic disease and nutrition community education programs including Diabetes Prevention Program.
Continued support of local events encouraging healthy eating and nutrition in the community.
Budgeted dollars for all CHNA and Population Health Management initiatives related to nutrition and health eating habits.

**COLLABORATIVE PARTNERS:**

South Redford School District
Redford Interfaith Relief
HOPE Clinic
Other local food pantries, retailers farmers market and restaurants
Meijer
United Dairy Industry of Michigan
Madonna University
**CHNA IMPLEMENTATION STRATEGY**  
**FISCAL YEARS 2019 - 2021**

<table>
<thead>
<tr>
<th>HOSPITAL FACILITY:</th>
<th>St. Mary Mercy Livonia</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHNA SIGNIFICANT HEALTH NEED:</td>
<td>Substance Abuse</td>
</tr>
<tr>
<td>CHNA REFERENCE PAGE:</td>
<td>19</td>
</tr>
</tbody>
</table>

**BRIEF DESCRIPTION OF NEED:**
Substance abuse includes binge drinking, prescription drug abuse and tobacco use. The underlying causes for binge drinking and prescription drug abuse described by those who provided input exist dually along with mental illness or poor mental health and availability of alcohol and prescription drugs.

From 1999 to 2016, the total number of overdose deaths involving any type of opioid increased more than 17 times in Michigan, from 99 to 1,699. Data from the Michigan Automated Prescription System (MAPS) reported 11.4 million prescriptions for painkillers in 2015 were written, about 115 opioid prescriptions per 100 people. In 2016, 2,356 people died of drug overdoses. That is more deaths than car accidents.

**GOAL:**
Decrease deaths from Opioids and substance abuse disorder

**OBJECTIVE:**
Double the number of individuals annually seen in the Peer Recovery program from 2018 baseline.  
Provide access to 100 individuals annually over baseline seeking treatment for substance abuse disorder over 2018 baseline.  
Increase knowledge through education about substance abuse disorder to 300 individuals annually.

**ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:**
1. Peer Recovery Program continued and expanded each year.  
3. Partner/support Addiction Forum program annually.

**ANTICIPATED IMPACT OF THESE ACTIONS:**
1. The number of persons seeking substance abuse disorder treatment provided support/navigation will double annually from 2018 baseline.  
2. An additional 100 people will have access to substance abuse treatment annually.  
3. Education provided to 300 people annually with a 5% referral rate.

**PLAN TO EVALUATE THE IMPACT:**
Obtain substance abuse program baseline data and program data to review number of people treated and services provided.  
Review referrals and program evaluations for the Addiction Forum annually.  
Obtain baseline data for the Peer Recovery program and review data annually compared to baseline including retention.  
Review data on Opioid deaths annually.
**PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:**
Staff to support the implementation of the above actions.
In-kind expenses associated with supporting the above actions.
Budgeted dollars for all CHNA and Population Health Management initiatives related to substance abuse.
Continue support of behavioral health inpatient program.
Continue support of substance abuse ER triage program.
Continue partnership with Growth Works for Peer Recovery Program and Addiction Forum.
Continue support of community programs addressing opioids and substance abuse.
Continue support of and partnership with Livonia Save Our Youth (LSOY).

**COLLABORATIVE PARTNERS:**
- Growth Works
- Clinically Integrated Network
- Local Youth Assistance Organizations
- St. Joes Medical Group
- Local School Districts
- Livonia Save Our Youth
- Local Colleges/Universities
### CHNA IMPLEMENTATION STRATEGY
#### FISCAL YEARS 2019 - 2021

<table>
<thead>
<tr>
<th>HOSPITAL FACILITY:</th>
<th>St. Mary Mercy Livonia</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHNA SIGNIFICANT HEALTH NEED:</strong></td>
<td>Mental Health</td>
</tr>
<tr>
<td><strong>CHNA REFERENCE PAGE:</strong></td>
<td>19</td>
</tr>
<tr>
<td><strong>PRIORITIZATION #:</strong></td>
<td>3</td>
</tr>
</tbody>
</table>

**BRIEF DESCRIPTION OF NEED:**
Most suicides are preventable with appropriate education, awareness and intervention methods. The 2015/16 the Michigan Profile for Healthy Youth (MiPHY) results for questions about suicide attempts shows the number of middle school students who attempted to kill themselves was 11.8% and the number of high school students who attempted suicide in the past 12 months was 11.6% and the number of high school students who attempted suicide resulting in injury in past 12 months is 4.3%.

In 2015, 17.3% of Michigan public high school students reported having seriously considered suicide in the past 12 months, compared to 17.7% of youth nationally. About one in every 11 Michigan public high school students (9.2%) reported having attempted suicide one or more times in the past year with 2.7% of respondents requiring medical attention after an attempted suicide.

The leading method of suicide for males is a firearm (55%); for females it is poisoning (40%). Suicide rates were highest among males aged 45-64. The overall rate was 3.6 times higher among males than females. Almost all people who kill themselves have a diagnosable mental or substance abuse disorder or both, and the majority has depressive illness. The most promising way to prevent suicide and suicidal behavior is through early recognition and treatment of depression and other psychiatric illnesses. Suicide is the second leading cause of death in Michigan for ages 15 to 24.

Depressive feelings is defined as feeling so sad or hopeless, almost every day for two weeks or more in a row, that the person has stopped doing some of their usual activities. Depressive feelings reported by ninth through twelfth graders in Michigan declined from 27.4% in 2009 to 26% in 2011. The rate, however, has slightly increased from 27% in 2013 to 31.7% in 2015. There is a strong correlation between depressive feelings, alcohol consumption and attempted suicides.

Living with untreated depression presents a serious public health problem. Depression complicates chronic conditions such as heart disease, diabetes, and stroke; increases health care costs; and often accompanies functional impairment and disability. Depression is also linked to higher health care costs and tied to higher mortality from suicide and cardiac disease.

**GOAL:**
Reduce stigma about mental illness/conditions
 Improve access to mental health services and education

**OBJECTIVE:**
Provide suicide prevention education on best practices and support through a Let's Continue the Conversation forum/roundtable to 100 school personnel annually.
Increase knowledge through education about mental illness via an annual social marketing campaign to reach 1000 people
Increase access to 1200 visits annually through the implementation of an outpatient behavioral health program by 2020.
Provide a minimum of one annual education program in the Livonia Public Schools to 500 students/parents.
### ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:
1. Offer Let’s Continue the Conversation Forum annually.
2. Develop/implement a social marketing campaign around mental health/illness to reach 1000 persons annually.
4. Partner/support educational program to the Livonia Public Schools to at least 500 students/parents.

### ANTICIPATED IMPACT OF THESE ACTIONS:
1. Provide education to 100 school personnel annually on best practices for suicide prevention in seven schools districts and parochial schools.
2. Reach 1000 individuals annually and increase knowledge on mental health/illness through a social marketing campaign.
3. Increase services/treatment for 1200 individuals annually through an outpatient behavioral health program.
4. Increase knowledge about mental illness/depression for 500 students/parents annually.

### PLAN TO EVALUATE THE IMPACT:
Let’s Continue the Conversation program evaluation including best practice implementation review annually.
Review data on mental health social marketing campaign and work with local organization/school to develop impact metrics.
Review bi-annually the Michigan Profile for Healthy Youth (MiPHY) report responses related to mental health/suicide/depression compared to baseline year.
Annual review of program numbers and outcome reports for outpatient program.
Annual program and outcome review for educational offering to Livonia Public Schools.

### PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:
Staff to support the implementation of the above actions.
In-kind expenses associated with supporting the above actions.
Budgeted dollars for all CHNA and Population Health Management initiatives related to mental health.
Continued support of behavioral health inpatient community program.

### COLLABORATIVE PARTNERS:
Clinically Integrated Network
Local Youth Assistance Organizations
St. Joes Medical Group (SJMG)
Local School Districts and parochial schools
Redford Commission on Youth and Families
National Alliance on Mental Illness (NAMI)
American Foundation for Suicide Prevention (AFSP)
SPN Survivors
Growth Works
Madonna University
### CHNA IMPLEMENTATION STRATEGY
**FISCAL YEARS 2019 - 2021**

<table>
<thead>
<tr>
<th>HOSPITAL FACILITY:</th>
<th>St. Mary Mercy Livonia</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHNA SIGNIFICANT HEALTH NEED:</strong></td>
<td>Access to Care</td>
</tr>
<tr>
<td><strong>CHNA REFERENCE PAGE:</strong></td>
<td>20</td>
</tr>
</tbody>
</table>

#### BRIEF DESCRIPTION OF NEED:
As of January 15, 2018, 675,631 people in Michigan and 99,529 people in Wayne County, excluding Detroit, are enrolled in the Healthy Michigan Plan. This plan covers people who are eligible or enrolled in Medicaid or Medicare, aged 19-64, not pregnant and have income of up to 133 percent of the Federal Poverty Level (FPL), which is about $15,000 for a single person.

To address the issue of rising health care costs and decreasing coverage, businesses like Meijer, Kroger and Walmart offer prescription drugs at low flat rates. For those who are insured, Federally Qualified Health Centers (FQHCs) and other free or low-cost clinics, such as retail clinics, are integral in providing access to care.

In Wayne County 26% of the residents did not have a routine checkup in the past year compared to 14.8% in Michigan. And 27.2% of Oakland County residents did not have a routine checkup in the past year.

#### GOAL:
Improve access to primary care
Improve care navigation and health care resources

#### OBJECTIVE:
Open a Federally Qualified Health Clinic (FQHC) in Westland in Fiscal Year 2019.
Address Social Determinants of Health (SDOH) and access to medical care in the Cody/Rouge neighborhood by supporting Healthy Villages project increasing access up to 10,000 patient visits annually beginning in 2020.
Increase resources and improve navigation for transportation/connectivity from 48% to 60% with Joy-Southfield Community Development Corporation clients.

#### ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:
1. Partner with Covenant Health to open FQHC and develop OB practice in Westland in FY 2019.
2. In collaboration with community partners, develop and implement the Cody/Rouge Healthy Village project to open in 2019.
3. Fund/support a community-based resource navigation initiative with Joy-Southfield Community Development Corporation.

#### ANTICIPATED IMPACT OF THESE ACTIONS:
1. Improve access to medical appointments/Primary Care Physicians and OB services to Westland residents along with surrounding area.
2. Improve access to services addressing SDOH in the Cody /Rouge neighborhood for up to 10,000 clients annually.
3. Improve built environment in the Cody/Rouge neighborhood
4. Increase referral rate to services with Joy-Southfield Community Development Corporation clients to 60%.
PLAN TO EVALUATE THE IMPACT:
Develop a baseline and review the number of individuals served by the Westland FQHC annually. Develop a baseline and review the number of individuals served by Healthy Villages project annually. Annually review data provided by the Joy-Southfield Community Develop Corporation report for referral rates to programs/services.

PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:
Staff-time to support the above actions. In-kind expenses to support the above actions. Continued funding graduate medical education program. Continued funding for transportation services for those in need through SMML transportation program. Continued funding for chronic disease programming such as diabetes education, cardiovascular disease, and senior services. Budgeted dollars for all CHNA and Population Health Management initiatives.

COLLABORATIVE PARTNERS:
Covenant Community Care
Cody Rouge Community Action Alliance
The Skillman Foundation
Joy-Southfield Community Development Corporation
<table>
<thead>
<tr>
<th>CHNA IMPLEMENTATION STRATEGY</th>
<th>FISCAL YEARS 2019 - 2021</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOSPITAL FACILITY:</strong></td>
<td>St. Mary Mercy Livonia</td>
</tr>
<tr>
<td><strong>CHNA SIGNIFICANT HEALTH NEED:</strong></td>
<td>Physical Activity</td>
</tr>
<tr>
<td><strong>CHNA REFERENCE PAGE:</strong></td>
<td>20</td>
</tr>
</tbody>
</table>

**BRIEF DESCRIPTION OF NEED:**
Regular physical activity is linked to improved student concentration, cognitive functioning and classroom behavior as well as improved academic and standardized test performance. To effectively prevent obesity, we need to address both diet and physical activity, as both of these factors influence health.

Less than 3 in 10 high school students get at least 60 minutes of physical activity every day.

For Michigan, adults reporting no leisure time physical activity were more likely to report being obese (39.9% [37.2-42.7]) than those who were physically active (28.5% [27.0-29.9]). The prevalence of no leisure time physical activity increased with age and decreased with increasing household income level.

**GOAL:**
Increase minutes of physical activity

**OBJECTIVE:**
Increase access to/use of physical activity to 50 plus Livonia Public School students annually. 
Provide services and resources to local businesses to increase employee daily physical activity by 16%.
Support at least one infrastructure project or healthy initiative annually in Livonia that supports Livonia bike/walk plan.

**ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:**
1. Partner/support initiative with Livonia Public Schools and Recreation Center/YMCA to increase access to physical activities for 50 students annually.
2. Develop a workplace or community physical activity initiative that will increase daily physical activity by 16% with up to 2000 individuals in the program.
3. Fund/Partner/Implement Healthy Livonia initiatives including improved infrastructure and support to local walk/bike plans and physical activity programs annually.

**ANTICIPATED IMPACT OF THESE ACTIONS:**
1. Increase access/opportunities to participate in physical activity to a minimum of 150 students in three years.
2. 16% increase over baseline in physical activity level for 2000 individuals participating in the business initiative.
3. Improved access to physical activity opportunities/infrastructure impacting 25% of the 94,000 Livonia residents by 2021.

**PLAN TO EVALUATE THE IMPACT:**
Review LPS program data including number of minutes/frequency/usage of physical activity opportunities for students enrolled annually.
Review baseline and program data for local business program to determine increase and retention annually.
Obtain baseline data for usage and review annual program reports to determine increase in usage/physical activity for programs supported through the Healthy Livonia initiative annually.
PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:
In-kind support through staffing and materials for the above programs.
Funding support for the above programs.
Continue chronic disease management and nutrition community programs.
Continued support of local events encouraging physical activities in the community benefit program.
Budgeted dollars for all CHNA and Population Health Management initiatives related to physical activity.

COLLABORATIVE PARTNERS:
Livonia Public Schools
YMCA
Livonia Parks and Recreation
Livonia City Government
Livonia Chamber of Commerce
Local Civic, Community and Service Organizations
Adoption of Implementation Strategy

On August 27, 2018, the Board of Directors for St. Mary Mercy Livonia, met to discuss the Fiscal Year 2019 - 2021 Implementation Strategy for addressing the community health needs identified in the Fiscal Year 2018 Community Health Needs Assessment. Upon review, the Board approved this Implementation Strategy and the related budget.

[Signature]  Date
Name & Title