

VIM & VIGOR

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MGH
MARION GENERAL HOSPITAL

Our Incredible Bodies

48 surprising facts about
the human form

PLUS *Mark Ruffalo's*
journey back from a rare
brain tumor

MGH ASKS: WHAT ARE
YOUR MOST PRESSING
HEALTH NEEDS?

*Cancer program
recognized
nationally for
quality*

HAND SCANNER SPEEDS
PATIENT REGISTRATION,
PROTECTS PRIVACY



HealthCare's **most wired**®

A NATIONAL AWARD WINNER 2016

**TOP
6%**
Technologically
Advanced Hospitals
in Indiana



Congratulations MGH for winning Most Wired hospital in the nation for the seventh time.

The award validates MGH's commitment to invest in technology to improve hospital operations and patient care.



It means:

- Quicker access to patient results,
- Increased accuracy on patient information shared between service areas,
- More data to validate diagnosis and treatment of patients.



One more way, MGH puts our **Healthcare Community first.**

Congratulations! **MGH** MARION GENERAL HOSPITAL

SPRING 2017 Contents

THE BIG STORY

Understanding your body is the first step toward taking the best care of it.

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ALWAYS IMPROVING

We never stop looking for ways to better serve you



Marion General Hospital's history is rich in tradition. Tradition has always been important to us, but in health-care, not only must we preserve the past, but we must also embrace the future to meet the needs and exceed the expectations of our patients.

At MGH, we are constantly and diligently looking for new and innovative ways to improve patient safety and confidentiality. One way we are accomplishing this is by providing a newer, more secure registration process at all participating MGH facilities. MGH PatientSecure (page 52) quickly ensures accurate patient identification at registration.

We are continuing to invest in the recruitment of new physicians to better serve our community and region. Visit page 3 to learn more about the newest members of our medical staff.

The provider you receive your cancer care from makes a difference. MGH believes that when a person chooses a treatment program, MGH's exceptional physicians, staff, standards and advanced technology are head and shoulders above the competition. Read more about MGH's cancer care accreditation by the American College of Surgeons' Commission on Cancer on page 49.

Finally, the stability of an organization lies in the quality and longevity of its staff. The MGH staff professionally carries out the daily activities to ensure our mission and vision of the highest-quality patient care possible is realized. Our staff is personally driven to ensure the expectations of the patients are met to the utmost of our capabilities. See pages 4 and 5 to read more about our staff certifications, along with awards presented to MGH.

This forward style of thinking that grew out of our past is nurtured in our present and will continue to flourish in our future. It ensures our customers are receiving the most advanced technology, the best treatments and the highest-quality service. It's everything one would expect from a health-care leader.

Stephanie Hilton-Siebert
President/CEO
Marion General Hospital



VIM & VIGOR

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MARION GENERAL HOSPITAL



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MANIFEST

MGH WELCOMES NEW PRACTITIONERS

These six professionals are eager to help you get (and stay) healthy



Nagesh Anjinappa, MD, earned his medical degree from Kempegowda Institute of Medical Sciences in Bangalore, India. His OB-GYN internship was completed at Brookdale Hospital in New York, and his residency at Albert Einstein College of Medicine in New York.

Dr. Anjinappa joins the physicians and staff at MGH Obstetrics & Gynecology at 1419 W. Bella Drive in Marion.



Eric Emery, FNP-C, received his Master of Science in Nursing (family nurse practitioner) from the University of Saint Francis in Fort Wayne, Indiana, and his bachelor's degree from Indiana University Kokomo.

Emery is certified by the American Academy of Nurse Practitioners. He is also a certified emergency nurse and a trauma certified registered nurse by the Board of Certification for Emergency Nursing.

He joins the practitioners and staff at Marion Family Practice – Northwood at 1391 N. Baldwin Ave. in Marion. He can be reached at **765-660-7900**.



Awais Masood, MD, ECNU, earned his medical degree from Allama Iqbal Medical College in Lahore, Pakistan. After coming to the U.S., he spent a year in basic science research with focus on obesity, diabetes and metabolism at the University of Maryland, Baltimore, followed by residency training in internal medicine at Saint Agnes Hospital in Baltimore.

Dr. Masood is fellowship-trained in endocrinology, obesity, diabetes and metabolism at the University of Florida in Gainesville. He is also certified in endocrine neck ultrasound and is board-certified in internal medicine.

Dr. Masood joins the physicians and nurse practitioners of the MGH Hospitalist Program.



Aravind Sekhar, MD, earned his medical degree from Bangalore Medical College in Bangalore, India. He completed an internal medicine internship at Memorial Hospital of Rhode Island and an internal medicine residency at the University of Utah Medical Center. He finished a cardiovascular disease fellowship at the University of Louisville School of Medicine in Kentucky and an interventional cardiology fellowship at

Newark Beth Israel Medical Center in New Jersey.

Dr. Sekhar joins the physicians and staff at St. Vincent Medical Group Cardiology – Marion at 330 N. Wabash Ave., Suite 110. He is accepting new patients. He can be reached at **765-664-1201**.



Kyle Speakman, MD, earned his medical degree at the Indiana University School of Medicine in Indianapolis and completed his family medicine residency at IU Health Ball Memorial Hospital in Muncie.

He is certified by the American Board of Family Medicine.

Dr. Speakman joins the practitioners and staff at Marion Family Practice – Northwood at 1391 N. Baldwin Ave. in

Marion, and he is accepting both adult and pediatric patients. He can be reached at **765-660-7970**.



Aparna Srishti, MD, earned her MBBS (Bachelor of Medicine and Bachelor of Surgery) from Mahatma Gandhi Institute of Medical Sciences – School of Medicine in Wardha, India. Her residency was completed at Bronx-Lebanon Hospital Center in New York.

Dr. Srishti joins the practitioners and staff at MGH Pediatric Center at 330 N. Wabash Ave., Suite 320, in Marion.

She is accepting new patients. Dr. Srishti can be reached at **765-660-7660**.

APPOINTMENTS



Find a Practitioner

Call the MGH Access referral line at **765-660-MGH4 (6444)**.



Opioid Prescribing Guideline Team Gets National Attention

Through the creation of prescribing guidelines and a thorough implementation strategy, Marion General Hospital's Opioid & Other Controlled Substance Prescribing Guideline Team has received recognition across Indiana and in Washington, D.C., as a model for healthcare organizations leading the charge for patient safety, community safety and community collaboration against prescription drug abuse.

The MGH team was nominated for the 2016 Patient Safety Innovation Award, which acknowledges individuals, groups and programs that develop innovative ways to improve, encourage or enhance patient safety within a hospital, health system, regional patient safety coalition or professional organization.

The MGH Patient Safety Team was a 2016 Patient Safety Innovation Award nominee.

RECOGNITION for the MGH FAMILY BIRTHING CENTER

The Indiana State Department of Health recognized Marion General Hospital with the Gold Award for best practices in the prevention of perinatal hepatitis B infection.

Also, MGH was recognized by the Cribs for Kids National Safe Sleep Hospital Certification Program as a Bronze Safe Sleep Hospital—one of the first hospitals in Indiana to receive this title—for its commitment to best practices and education on infant safe sleep.

"These recognitions and awards reflect MGH's ever-continuing vigilance over our Healthcare Community beginning with our youngest and most vulnerable healthcare family members," says Stephanie Hilton-Siebert, president/CEO.



From left: Cindy Futrell, chief nursing officer; Donna Tucker, director of maternal child, customer service and great beginnings; and Stephanie Hilton-Siebert, president/CEO, display MGH's Gold Award from the Indiana State Department of Health.



Ann Vermilion

MGH LEADER HONORED WITH STATEWIDE AWARD

Marion General Hospital's Ann Vermilion, MBA, FACHE, administrative director of medical staff services and community outreach, was presented with the 2016 Leadership Award from the Indiana Rural Health Association.

The award recognizes an individual who has shown exemplary service and has gone above and beyond to improve patient safety within a hospital, health system, regional patient safety coalition or professional organization.

Acting as a leader and a convener, Vermilion has united community stakeholders to address issues surrounding opioid abuse in Grant County. MGH was an early adopter of opioid prescribing guidelines for medical staff practitioners, and Vermilion shared the hospital's journey and collaborative approach with groups across Indiana.

Vermilion and her husband, Aaron, live in Marion and have three children, all very active in the community. Vermilion has worked at MGH for 12 years.

MGH STAFF EARN PROFESSIONAL CERTIFICATION



Mistey Bohde is now a certified clinical medical assistant from the National Hospital Association. She earned her associate's degree in medical assisting from Harrison

College. She currently works at Upland Health & Diagnostics. Bohde resides in Marion with her husband, Michael, and 11-year-old daughter, Charliese.



Kathy Breedlove, BSN, RNC-OB, family birthing center, is now certified in inpatient obstetrics by the National Certification Corp. A 43-year MGH

employee, Breedlove earned her bachelor's degree from Indiana University Kokomo. Breedlove lives in Marion with her husband, Bob. She has two daughters, Patti (Brian) and Lisa (Caleb); and four grandchildren, Miles, Isla, Rowen and Tenley. Her hobbies and interests include God and spending time with her grandchildren.



Kimberly Jeffries, RN, CDE, has renewed her Certified Diabetes Educator (CDE) status by successfully completing the continuing education renewal option process of the

National Certification Board for Diabetes



Carole Lipiec, BSN, RN-CEN, emergency department, is now certified by the Board of Certification for Emergency Nursing. She earned her bachelor's degree in nursing from Indiana

Wesleyan University in Marion. Lipiec lives in Marion with her husband, Andy, her English bulldog, Lucy, and her dachshund, Toby. Her hobbies and interests include traveling with her husband, playing with her dogs, shopping and working out.



Alem Mulat, PharmD, BCPS, pharmacy clinical program facilitator, is now a board-certified pharmacotherapy specialist from the Board of Pharmacy Specialties. Mulat

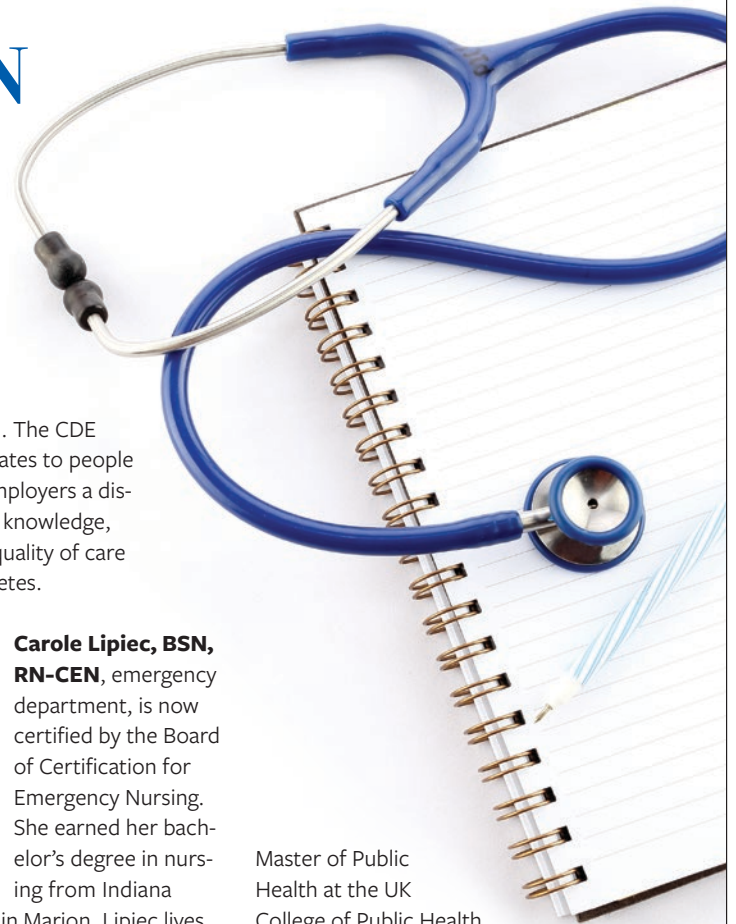
earned his Doctor of Pharmacy from the University of Kentucky. He is also postgraduate year 1 residency-trained in critical care and internal medicine pharmacotherapy. He earned a teaching certificate from the University of Kentucky College of Pharmacy and is working on a capstone project for a

Master of Public Health at the UK College of Public Health. He lives in Noblesville with his wife, Tsige Sorga, and has three children, Micah, David and Hayla. His hobbies and interests include reading books and traveling.



Karen Turner, RN, RNC-OB, family birthing center, is now certified in inpatient obstetrics by the National Certification Corp. A 40-year MGH

employee, Turner earned her nursing degree from Parkview School of Nursing. She is an instructor in the neonatal resuscitation program. Turner lives in Jonesboro with her husband, David, and her dog, Murphy. Her hobbies and interests include sewing, flowers, running and traveling.



WHAT'S BLOOMING

A message from MGH Auxiliary president Karen Koontz



Karen Koontz

I trust all of you enjoyed the past months and the holidays.

Spring is a renewal requiring that you open yourself up to new ways of thinking and feeling.

Two special Auxiliary functions will be in May, during hospital week. The first is the spring luncheon at the Roseburg Event Center on May 8. We celebrate those who have served in many capacities and recognize those who have given many hours of service at MGH. A friendly reminder to Auxiliary members: Annual dues of \$5 are due before the luncheon and can be paid in the gift shop.

The second function concluding hospital week is May 12.

Auxiliary board members share their time for the Memorial Garden service. Located in the courtyard west of the Allspice Cafe, this service honors MGH employees, physicians and volunteers who have passed away.

And with spring renewal, I encourage all of our volunteers to consider serving on the MGH Auxiliary board. We have seven dedicated members who must relinquish their positions according to bylaws. Please talk to me or Kelly Snyder if you are interested in serving on the board. Being on the Auxiliary board allows you to know fellow volunteers, form lasting friendships and offer fresh ideas and perspectives.

And, as always, we will be holding several exciting fundraisers. Help us support MGH!

To all of our volunteers and Auxiliary members, "bloom where you are planted."

GIVE 

Join Our Team

Call Sheila Stewart at **765-660-6410** to learn about the many volunteer opportunities available at MGH.

HUMBLE SERVANTS

More than 250 adult volunteers donate 25,000-plus hours a year at Marion General Hospital and help the hospital offer a wide variety of services to patients. Volunteers are retirees, former patients, homemakers, husband-and-wife teams, professionals and students. These caring individuals assist MGH in providing the highest quality of healthcare to our Healthcare Community.



Volunteers gather in the Allspice Cafe every Friday morning before beginning their day.

MGH MEMORIAL GARDEN

Honoring former MGH employees, physicians and volunteers

► The Marion General Hospital Memorial Garden, in the courtyard west of the cafeteria, was built in memory of former Plant Engineering Supervisor Fred Gause and made possible by a generous donation and support

from the MGH Auxiliary. The garden honors MGH employees, physicians and volunteers who have passed away by displaying their names and departments on engraved bricks set around the base of a tranquil fountain.

GIVE 

Purchase a Memorial Brick

Bricks to honor MGH employees, physicians and volunteers who have passed away can be purchased for a minimum donation of \$50. Call Volunteer Services at **765-660-6410** for more information.



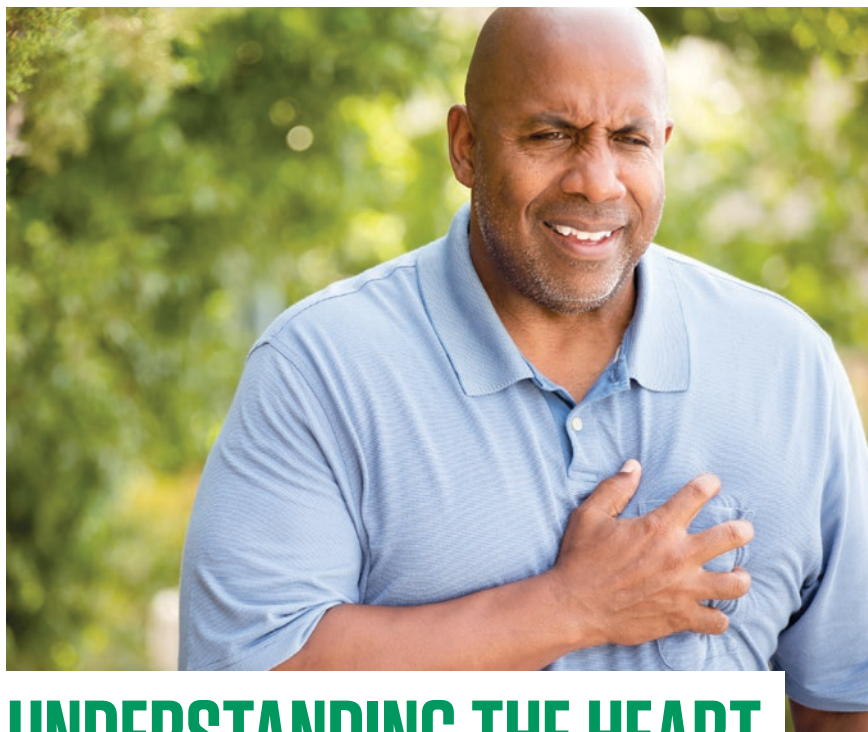
Memorial Garden supporters attend a ceremony during National Hospital Week. In 2016, 128 people were honored.

MARION GENERAL HOSPITAL ENDOWMENT FUND

In 1994, the Marion General Hospital Endowment Fund was started to accept donations to support the hospital's mission and vision for our Healthcare Community. Donations to the fund are sincerely appreciated. Call 765-662-0065 or mail to:

The Marion General Hospital Endowment Fund
Community Foundation of Grant County, Indiana Inc.
505 W. Third St.
Marion, IN 46952





**M. Nabi Sharif, MD,
FACC, FRCPC, FHRS,
CCDS, CEPS**

UNDERSTANDING THE HEART CONDITION ATRIAL FIBRILLATION

Q What is atrial fibrillation (AFib)?

During AFib, the heart's two upper chambers (atria) fibrillate or "quiver" (fast, chaotic beating). The irregular/fast beating of the upper chambers can cause the lower chambers (ventricles) to beat fast and out of sync.

Types of AFib include:

- Paroxysmal: It comes and goes. Episodes last from seconds to days.
- Persistent: Episodes last longer (usually weeks).
- Permanent: Stays all the time (months to lifetime).

Q How common is AFib?

More than 5 million Americans have AFib. It is the most common heart rhythm problem in people

older than 65. The odds of developing it increase with advancing age.

Q What causes AFib?

Some people without obvious heart problems can develop AFib. However, heart conditions associated with AFib include hypertension, heart valve problems, heart attack and heart failure. Other health problems like thyroid disease, lung diseases, sleep apnea, serious sicknesses and excessive alcohol use can trigger AFib.

Q What are the symptoms of AFib?

It is possible to have AFib without any symptoms and to be unaware of the condition. Your doctor may discover AFib on a physical exam

or on an EKG (electrocardiogram, a test of the heart's electrical functioning). When there are symptoms, they include palpitations (unpleasant heart beating), fatigue, lightheadedness, shortness of breath and chest discomfort.

Q What are the complications of AFib?

Most AFib episodes are not life-threatening. However, untreated AFib can cause blood clot formation in the heart. If the blood clot becomes loose and travels to the brain, it can cause stroke. People with AFib have a five times higher stroke risk than people without AFib. Uncontrolled, prolonged AFib can cause heart weakness (cardiomyopathy) and heart failure.

Q What are the treatment options?

- Referral to a cardiologist may be needed.
- Medications are used to control heart rate and to maintain normal heart rhythm.
- Blood thinner medications are used to prevent stroke.
- An electrical shock (cardioversion) to the heart may be needed to restore normal heart rhythm.
- In some individuals, if medications fail to maintain normal heart rhythm, a catheter ablation (using heat or extreme cold to eliminate faulty circuits in the heart) may be needed. ■

A HIGHER STANDARD

MGH's accreditation proves that where you receive your cancer care makes a difference

BY **TERRI COUSE**



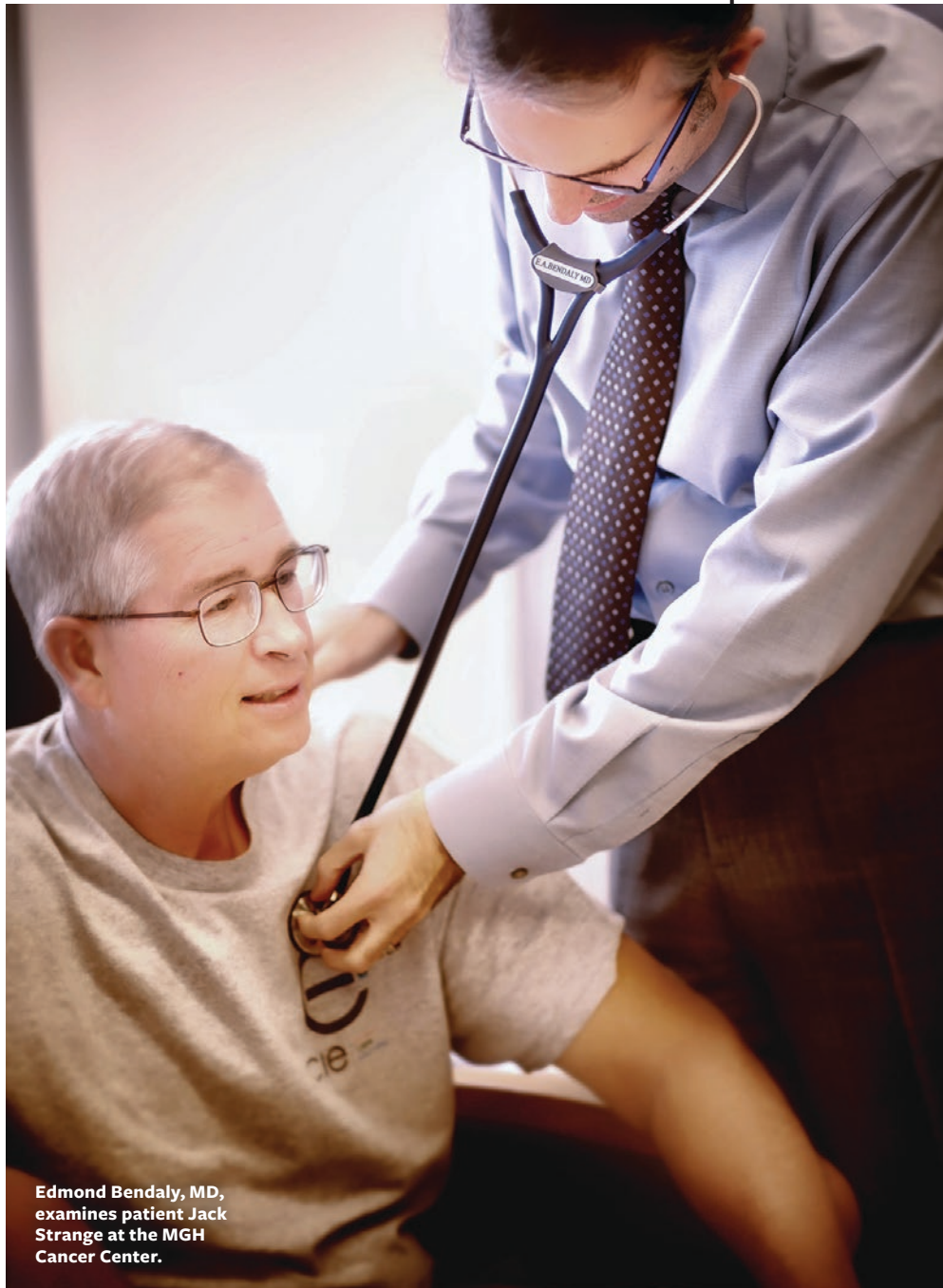
MGH Cancer Center is a full-service cancer center that provides high-quality oncology services. The center provides convenient, compassionate care and advanced technology with the most precise treatments available.

Following a rigorous on-site physician evaluation, the Commission on Cancer (CoC) of the American College of Surgeons granted three-year accreditation with commendation to the cancer program at Marion General Hospital.

“Obviously, we are very proud of it; we are nationally recognized as a cancer center that follows the standards of care and provides almost every available aspect of cancer care to the community,” says Edmond Bendaly, MD, medical oncologist and cancer committee chair.

Accreditation Matters— and Here's Why

The accreditation program sets quality-of-care standards for cancer programs and reviews them to ensure they conform to those standards. Accreditation by the CoC is given only to those facilities that



Edmond Bendaly, MD,
examines patient Jack
Strange at the MGH
Cancer Center.



Edmond Bendaly, MD, oncologist; Marilyn Percy, administrative director of medical oncology; and Rathi Mahendran, MD, oncologist, know that patients choose the MGH Cancer Center for quality of care and cancer outcomes.

have voluntarily committed to providing the highest level of quality cancer care.

“We are compared to state and national statistics among the best of the best,” says Marilyn Percy, RN, OCN, MSM, administrative director of medical oncology. “It is more difficult for a smaller community cancer program, although we see over 100 patients a day; it is just harder to meet these qualities.”

Where you receive your cancer care does make a difference. Approximately 70 percent of all newly diagnosed cancer patients in the U.S. are treated in the more than 1,500 facilities that are accredited by the CoC. MGH believes that when a person faces the difficult decision of choosing a treatment program, its exceptional standards and the most advanced technology will stand above the rest.

Raising the Bar

CoC accreditation challenges cancer programs to enhance the care they provide by addressing patient-centered

needs and measuring the quality of the care they deliver against national standards. It provides value through improved patient outcomes across all domains of care: access and service, satisfaction and well-being, quality of care and cancer outcomes.

For MGH patients and the Healthcare Community, the accreditation means:

- Comprehensive care, including a complete range of state-of-the-art services and equipment

- A team approach to coordinate the best available treatment options
 - Access to prevention and early detection programs, cancer education and support services
 - A cancer registry that offers lifelong patient follow-up
 - Ongoing monitoring and improvements in cancer care
- Most important, it means quality cancer care is available close to home. No need to travel and be away from family and friends during a time of uncertainty. ■

CALL



Your First Choice in Cancer Treatment

MGH Cancer Center is a full-service cancer center that provides high-quality radiation and medical oncology services in northeastern and north-central Indiana. The state-of-the-art center provides convenient, compassionate care and advanced technology with the most precise treatment available. For more information, call **765-660-7800**.

A MODEL FOR QUALITY

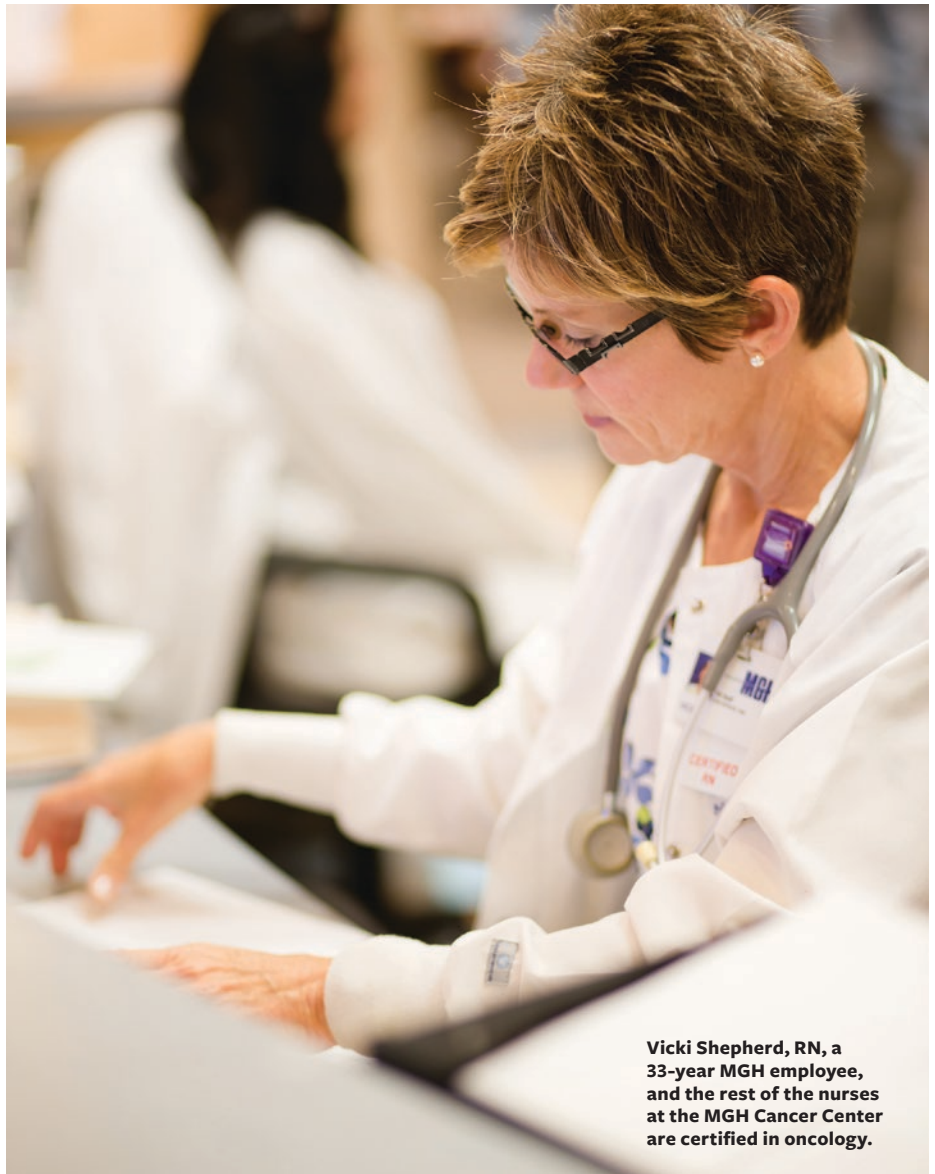
Marion General Hospital recently was presented with the 2016 Outstanding Achievement Award by the Commission on Cancer (CoC) of the American College of Surgeons. MGH is one of just 20 U.S. accredited cancer programs to receive this national honor for surveys performed Jan. 1 to June 30, 2016. The award acknowledges cancer programs that achieve excellence in providing quality care to cancer patients.

MGH's cancer program was evaluated on 34 standards in key areas—cancer committee leadership, cancer data management, cancer conferences, clinical services, patient outcomes and data quality—as well as commendation standards. Award recipients must have received a compliance rating for each of the 34 standards and commendation in each of the commendation standards.

The Outstanding Achievement Award raises awareness on the importance of providing quality cancer care. In addition, it is intended to:

- Recognize those cancer programs that achieve excellence meeting the CoC standards
- Motivate cancer programs to work toward improving their level of care
- Facilitate dialogue among award recipients and other cancer facilities for the purpose of sharing best practices
- Encourage award recipients to serve as resources to other cancer programs

“Being an accredited cancer program by the Commission on Cancer and being the recipient of the Outstanding Achievement Award for 2016 is a reflection of the dedication and expertise of our entire cancer center team, who work tirelessly every day to provide comprehensive, high-quality and compassionate cancer care to our patients,” says Marilyn Pearcy, RN, OCN, MSM, administrative director of medical oncology. “We are proud of this honor, which serves as recognition that you don't have to travel outside our community for high-quality cancer services. We provide them close to home.”



Vicki Shepherd, RN, a 33-year MGH employee, and the rest of the nurses at the MGH Cancer Center are certified in oncology.

STAY IN TOWN FOR THE BEST CANCER CARE AROUND

When you are diagnosed with cancer, you are faced with many difficult decisions. An important one is deciding where to go for treatment.

Do you go to a hospital or a treatment center many miles away because you believe you will get better care, or do you stay close to home where you have the needed support of family and friends?

Thankfully, residents of Grant and surrounding counties have the best of both worlds.

At the MGH Cancer Center, 831 N. Theatre Drive, award-winning, nationally accredited cancer treatment, delivered by regionally and nationally recognized, board-certified physicians, is only moments away.

The cancer center offers compassionate cancer care, conveniently close to home, in combination with the most advanced technology and most precise treatments available anywhere in the world.



With MGH PatientSecure, patients are identified quickly by the vein pattern in their palms.

We Know You Like the Palm of Your Hand

New patient registration process is fast and secure



Marion General Hospital is committed to providing you with the highest quality of care and considers your safety a priority. That's why the hospital is introducing MGH PatientSecure, a quick and secure way to register at participating MGH facilities. MGH PatientSecure uses the latest in biometric technology that will streamline registration and provide accurate identification of patients.

MGH PatientSecure is highly accurate and works by scanning the vein pattern of your palm. The scan uses harmless near-infrared light. The advanced algorithm processes your vein pattern to create an encrypted and protected digital file that is linked to your unique medical record.

To complete your enrollment in MGH PatientSecure, you will have your photo taken to confirm your identity.

Why veins in your palm? Vein pattern in the palm is unique to each person. It is as distinctive and complex as a retinal vascular pattern, which is known to provide high accuracy in biometrics. Palm vein pattern recognition was first adopted by banks for ATMs, and it is currently used by many healthcare systems across the U.S. for positive patient identification.

Is near-infrared light safe? Yes. Near-infrared light is the shortest wavelength of infrared light. It does not give off heat and is the type of light used in devices such as night-vision goggles and TV remote controls. It's harmless.

Could my scan be shared with law enforcement? No. Palm vein scanning is not used by the legal system or law enforcement. In addition, vein pattern recognition requires blood flow and therefore is not suitable for forensic analysis. The scan data come in no use for crime investigations. ■

BENEFITS OF INCREASED SECURITY

- ▶ **Patient safety.** Your identity is instantly confirmed at registration. This ensures that the registrar accesses your personal medical record. In an emergency, staff can access your medical record even if you are unconscious.
- ▶ **Identity protection.** Ensures accurate patient ID at registration. No one can pretend to be you.
- ▶ **Fast registration.** Scanning and identification take only seconds.
- ▶ **Convenience.** Once you're enrolled, your record can be accessed instantly at any participating MGH facility.



WHAT OUR COMMUNITY NEEDS

Countywide survey helps MGH better understand people's most pressing health issues

BY **KELLEY HOCHSTETLER, MA, MT (ASCP)**,
COMMUNITY EDUCATION COORDINATOR

Marion General Hospital has been serving Grant and surrounding counties since 1902. This long-standing commitment and investment in the community has led to many advancements, added services and expanded facilities. The best way for MGH to serve is to be aware of the most pressing health issues and needs, which is accomplished in part by conducting a countywide community health profile (CHP). The information provided by the community includes quantitative and qualitative data that serve to guide MGH's community benefit planning and strategic planning for the hospital and is available for area agencies to use.

Identifying these needs enables MGH to ensure that its resources are appropriately used and



directed toward health education, disease prevention, community outreach and strong partnerships that will lead to a healthier place to live and work. An implementation strategy will be developed by MGH and leaders in the community to address those needs.

Monitoring population health over several years provides useful information. Many human service organizations use data from the CHP to enhance and promote their services and programs. Prior to 2016, MGH conducted community health profiles in 2010 and 2013.

Questions from the Centers for Disease Control and Prevention's behavior risk survey were used to create the CHP questions. They consisted of the following primary health category dimensions: demographics, healthcare access, nutrition, exercise and physical activities, health screenings, substance use and abuse, emotional and life satisfaction, hypertension (blood pressure) awareness, cholesterol awareness and diabetes.

CHP data were collected in several formats. Indiana Wesleyan University (IWU) nursing students assisted in distribution and collection of written surveys and invited the community to complete an online survey. Attempts were made to obtain input from people representing the broad interests of the community. All participants were 18 years of age or older. Focus groups were held around the community, facilitated by IWU social work students under the guidance of IWU faculty and MGH community outreach staff.

Community connection meetings, hosted by MGH, were held in October 2016. Community leaders provided input concerning the next steps for the implementation plan based on the findings from the CHP and other needs assessment data. ■



COMMUNITY HEALTH PROFILE OBJECTIVES

- Identify patterns of behavior and underlying conditions that affect the community.
- Assess the level of community response to particular conditions.
- Create a database of information accessible to community organizations for grant funding opportunities.

WEBSITE



Want to See More Survey Results?

Executive summaries, full reports and findings of the community health profile focus groups can be found online at www.healthygrantcounty.net and www.mgh.net (click "For the Community").

CASE IN POINT: How We Use the Survey Results

Past data from the community health profile revealed that Grant County had a higher-than-average number of individuals living with diabetes compared with the rest of the state and the nation. The implementation plan from the 2013 community health profile produced CEASE Diabetes.

Several steps were taken at inpatient, outpatient and community levels to increase the health of and minimize complications for people living with diabetes. Areas of focus included increasing participation in the MGH accredited self-management education program, increasing the number of individuals who have regular foot exams and dilated eye exams, and lowering hemoglobin A1c levels (a test indicating an average blood glucose level for three months).

Results from the 2016 community health profile indicate that people living with diabetes are more informed and empowered to take charge of their health, and that the number is growing.

PEOPLE ARE BEING MORE PROACTIVE ABOUT DIABETES

How they answered the survey	2013	2016
Had their feet checked by a professional in the past 12 months		
> Never	66.5%	11.6%
> Two times	5.4%	17.4%
Checked their A1c in the past 12 months		
> One time	54.9%	2.9%
> Four times or more	4.8%	20.3%
Had a formal class on how to manage diabetes	17.8%	32.0%

RACE

	Community Profile	U.S. Census (Grant County) *
White	86.2%	89.0%
Black/African-American	6.3%	7.2%
Multiracial	3.2%	2.4%
Asian	0.8%	1.0%
Hispanic/Latino	2.8%	4.2%
Other	0.7%	0.0%

*Total is more than 100%, as respondents could check more than one category.

GENDER

	Community Profile	U.S. Census (Grant County)
Female	76.0%	52.0%
Male	23.0%	48.0%
No answer	1.0%	0.0%

2016 Community Profile Survey Highlights

EXERCISE/ACTIVITY

- ▶ Most people in Grant County do not get enough exercise: 60% said rarely or one to two times per week, and 30% said three to five times per week.
- ▶ More than half of respondents said they run or walk as their activity of choice for exercise.
- ▶ 17% of people said they are limited in some way because of physical, mental or emotional problems.

SCREENINGS

- ▶ 57% of adults said they have not had a sigmoidoscopy or a colonoscopy to check for colorectal cancer.
- ▶ 60% of people said they have not had a skin check for skin cancer.
- ▶ 79% of women said they have never had a checkup for cervical cancer.
- ▶ 78% of people said they have had a blood glucose test to check for diabetes.

HYPERTENSION (HIGH BLOOD PRESSURE)

- ▶ 31% of people said they have been told they have high blood pressure, and 28% are currently taking medication for it.
- ▶ Two-thirds of respondents said they have had a physical by a physician or a medical provider within the past year.

SATISFACTION WITH LIFE

- ▶ 92% of adults said they are satisfied with their lives.
- ▶ 30% said they felt so depressed “some” during the past 30 days that nothing could cheer them up; 26% said they felt that depressed “a little”; 37% said “none.”
- ▶ Less than 50% of people said they felt worried, tense or anxious some, most or all of the time. (In 2013, more than 75% said they felt this way.)

EVENTS & ACTIVITIES

Continuous education programs/support groups

Classes

Diabetes

Classes are offered monthly. Physician referral is required. For more information, call diabetes education at 765-660-6690.

Prenatal Education

Classes provided in conjunction with Family Service Society Inc. Classes are held at various times throughout each month. Please call 765-660-7893 or visit www.mgh.net for more information.

Support Groups

(All support groups are free)

New Mom Group

A safe place to find support from other new and expectant mothers. Infant weight checks, feeding and nutrition, safety issues and postpartum depression are just a few of the topics covered. Refreshments available. Call 765-660-6866.

Dates: Meets every Tuesday

Time: 1:30–3 p.m.

Location: MGH Fourth Floor, Lactation Office, 441 N. Wabash Ave.



Bariatric Support Group

Support group for individuals who have had bariatric surgery or are interested in bariatric surgery, as well as those who are participating or wish to participate in medically supervised weight loss. Call 765-660-7133 for more information.

Dates: Meets the third Thursday of each month (does not meet in December)


Time: 6:30–8 p.m.

Location: MGH 330 Building, Conference Rooms 1–2, 330 N. Wabash Ave.

Community Service

Car Seat Safety

Free service for parents and caregivers for inspection, fitting and instructions on proper installation of a child car seat. (Both child and car seat must

CLASS 

For More Information

To register or learn more about our programs, please call the numbers listed or visit our website at www.mgh.net (click “Events”).

be at inspection.) Call 765-660-6860 for appointment.

Date/Time: By appointment only

Location: MGH Parking Garage, 441 N. Wabash Ave. ■

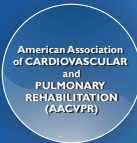
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