

A large, light blue graphic of stylized human figures holding hands, arranged in a line that curves upwards from left to right. The figures are simple, with rounded heads and open arms. The background is white with a diagonal red stripe running from the top left towards the bottom right.

Nebraska Medicine

COMMUNITY HEALTH IMPROVEMENT PLAN
2022 - 2025

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2022 - 2025 Community Health Improvement Plan

The following pages detail Nebraska Medicine's Implementation Strategy. As discussed in the above Community Health Needs Assessment Report, utilizing a survey process conducted by Professional Research Consultants (PRC), the following 15 items were identified as significant health needs in the four-county area referred to as the Omaha Metro area:

Access to Healthcare Services	Potentially Disabling Conditions
Cancer	Prenatal Health & Infant Mortality
Diabetes	Respiratory Diseases
Heart Disease & Stroke	Sexual Health
Injury & Violence	Social Determinants of Health
Mental Health	Substance Abuse
Nutrition, Physical Activity & Weight	Tobacco Use
Oral Health	

Together, the Nebraska Medical Center and Bellevue Medical Center have identified four significant health needs to focus on for the 2022-2025 cycle. Those four needs are 1) Diabetes, 2) Mental Health, 3) Nutrition, Physical Activity and Weight, and 4) Prenatal Health and Infant Mortality. Both hospitals in the Nebraska Medicine system will make these needs a primary focus area, with each targeting the at-risk populations served by that hospital.

The table below illustrates the community health improvement plan for addressing the significant health needs prioritized for the upcoming three year cycle. This community health improvement plan was adopted by the board of The Nebraska Medical Center and Bellevue Medical Center on October 24, 2022.

Identified Need	2022 – 2025 Goals	Implementation Activities	Anticipated Impact	Partners
<p style="text-align: center;">Diabetes</p> <p>Between 2017 and 2019, there was an annual average age-adjusted diabetes mortality rate of 26.0 deaths per 100,000 population in the Metro Area.</p> <p>A total of 12.4% of Metro Area adults report having been diagnosed with diabetes.</p> <p>An additional 8.8% of Metro Area adults report having been diagnosed with pre-diabetes.</p>	<p>Expand community education opportunities focused on diabetes-related prevention and care</p> <p>Increase community awareness of treatment options to address diabetes and weight management</p> <p>Support healthier food options, including access to fresh food and promoting healthy decision-making</p>	<p>Identify methods to partner for free or affordable diabetes/pre-diabetes education within the community.</p> <p>Increase strategic, community-wide screenings to include point of care A1C testing in more accessible locations.</p> <p>Explore and support community programs to implement prevention strategies for patients diagnosed with pre-diabetes.</p> <p>Participate in community collaborative projects addressing social determinants of health, diabetes and treatment costs by leveraging multisector partnerships in the community.</p> <p>Partner with community organizations to provide information, education, and research on diabetes management.</p>	<p>Decrease the age-adjusted diabetes mortality rate in Metro Omaha area (2018 CHNA – 22.8 per 100,000 population)</p> <p>Decrease the % of adults diagnosed with diabetes (2018 CHNA – 11.2%)</p> <p>Decrease the % of adults diagnosed with pre-diabetes (2018 CHNA – 7.7%)</p>	<p>Charles Drew Health Center Diabetes Center Douglas County Health Department Faith Community Fred LeRoy Health & Wellness Center No More Empty Pots N. Omaha Community Care Council One World Health Center Sarpy/Cass County Health Department S. Omaha Community Care Council University of Nebraska Medical Center</p>

Identified Need	2022 – 2025 Goals	Implementation Activities	Anticipated Impact	Partners
<p>Mental Health</p> <p>85.1% of Key Informants perceive Mental Health as a major problem affecting the community in the Omaha Metro Area</p> <p>17.0% of Metro Area adults describe their overall mental health is “fair” or “poor”</p> <p>A total of 6.1% of Metro Area adults report a time in the past year when they needed mental health services but were not able to get them</p>	<p>Increase the number of health practitioners available to see patients at Nebraska Medicine</p> <p>Increase the number of culturally competent and trauma-informed providers within Nebraska Medicine</p> <p>Increase the capacity to treat patients with co-occurring mental health and substance use problems</p> <p>Decrease the stigma associated with mental illness through communication, education and community awareness</p>	<p>Continue to expand on growing services provided within Nebraska Medicine by increasing providers available within treatment areas, with a focus on identifying diverse providers to match the Omaha metro area population.</p> <p>Participate in community collaborative projects addressing social determinants of health, mental health issues and treatment costs by leveraging multisector partnerships in the community.</p> <p>Partner with community organizations to provide information, education, and research on mental health and suicide prevention.</p> <p>Expand on services such as the Behavioral Health Connection program connecting adults with psychological or substance use disorders to area resources.</p> <p>Analysis of current workflows, referral process and communication patterns across primary care sectors providing prevention, early assessment and immediate response.</p>	<p>1) Decrease the % reporting Mental Health as a major problem in the Omaha Metro Area</p> <p><u>Comparison:</u> 2018 CHNA – Key Informants, 79.1%</p> <p>2015 CHNA – Key Informants, 77.5%</p> <p>2) Decrease the % of Metro Area adults describing their overall mental health as “fair” or “poor.” (2018 CHNA: 8.3%)</p> <p>3) Decrease the % of Metro Area adults reporting difficulty obtaining mental health services (2018 CHNA: 2.7%)</p>	<p>Boystown National Hotline Charles Drew Health Center Community Alliance Douglas County Health Department ENCAP Faith Community Fred LeRoy Health & Wellness Center Heartland Family Service National Alliance on Mental Illness - Nebraska North Omaha Community Care Council One World Health Center Sarpy/Cass County Health Department South Omaha Community Care Council University of Nebraska Medical Center</p>

Identified Need	2022 – 2025 Goals	Implementation Activities	Anticipated Impact	Partners
<p align="center">Nutrition, Physical Activity & Weight</p> <p>A total of 32.1% of Metro Area adults report no leisure-time physical activity in the past month.</p> <p>More than 7 in 10 Metro Area adults (71.9%) are overweight.</p> <p>Over the past year, 19.7% of community residents “often” or “sometimes” worried about running out of food.</p>	<p>Support healthier food options, including access to fresh food and promoting healthy decision-making</p> <p>Increase awareness of the impact of food insecurity within Omaha metro area</p> <p>Identify community-based organizations that support food security within the region</p> <p>Support and promote community involvement in variety of accessible physical activity options</p>	<p>Utilizing internal data, analyze impact of nutrition or physical activity needs among employees and expand awareness of available resources</p> <p>Identify increased opportunities for employee wellness, including nutrition and physical activity options</p> <p>Evaluate, implement and promote physical activity programs that are easily accessible to the community and increase engagement among Nebraska Medicine employees</p> <p>Collaborate with care and system partners to implement SDOH screening and referral process for food insecurity</p> <p>Participate in community collaborative projects addressing social determinants of health, nutrition, physical activity and individual costs by leveraging multisector partnerships in the community.</p> <p>Partner with community organizations to provide information, education, and research on nutrition, physical activity and weight management.</p>	<p>1) Decrease the % reporting no leisure-time physical activity in the Omaha Metro Area (2018 CHNA – 22.1%)</p> <p>2) Decrease the % of Metro Area adults within overweight classification (2018 CHNA – 70.7%, 2015 CHNA – 67.8%)</p> <p>3) Decrease the % of residents often or sometimes worried about running out of food (2018 CHNA – 11.3%)</p>	<p>Boys & Girls Club Charles Drew Health Center Community Garden spaces Douglas County Health Department Faith Community Fred LeRoy Health & Wellness Center Girls Inc Heartland B Cycle Metro Area Food Pantries Metropolitan Community College N. Omaha Community Care Council No More Empty Pots Omaha Public Schools One World Health Center S. Omaha Community Care Council Sarpy/Cass County Health Department University of Nebraska Medical Center YMCA</p>

Identified Need	2022 – 2025 Goals	Implementation Activities	Anticipated Impact	Partners
<p>Prenatal Health - Infant Mortality</p> <p>Between 2017 and 2019, 24.4% of all Metro Area births (Douglas and Sarpy counties only) did not receive prenatal care in the first trimester of pregnancy.</p> <p>Between 2017 and 2019, there was an annual average of 5.8 infant deaths per 1,000 live births.</p>	<p>Increase the number of culturally competent and trauma-informed providers within Nebraska Medicine</p> <p>Destigmatize the normalization of adverse outcomes for maternal and infant health</p> <p>Increase access for preconception care and prenatal care visits within the first trimester of pregnancy</p>	<p>Utilizing internal data, analyze the differences among maternal and infant health outcomes, focusing on prenatal care in the first trimester, access to care or any care disparities.</p> <p>Analyze opportunities for expanded visit templates or alternate care models for preconception care and prenatal care visits.</p> <p>Collaborate within the community to destigmatize the normalization of adverse outcomes for maternal and infant health.</p> <p>Identify collaborative opportunities for access and coverage of pre-conception care visits within the Omaha metro area.</p> <p>Support post-partum Medicaid expansion and increase awareness among providers caring for this population.</p> <p>Participate in community collaborative projects addressing social determinants of health, prenatal and infant care by leveraging multisector partnerships in the community.</p>	<p>Increase the number of individuals seeking prenatal care in the first trimester of pregnancy (2018 CHNA – 25.7%)</p> <p>Decrease infant mortality rate (2018 CHNA – 6.2 per 1,000 live births)</p>	<p>75 North Charles Drew Health Center Douglas County Health Department Faith Community Fred LeRoy Health & Wellness Center Girls, Inc. I Be Black Girl N. Omaha Community Care Council One World Health Center S. Omaha Community Care Council Sarpy/Cass County Health Department United Way of the Midlands University of Nebraska Medical Center</p>