

## FY 19-21 Community Health Improvement Implementation Plan – Quality of Life

| Priority Area: Quality of Life – Active Lifestyle  |  |   |   |   |  |
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| Long Term Goals Supporting Maryland SHIP:  |  |   |   |   |  |
| 1) Increase the proportion of adults who are <u>not</u> overweight or obese: Balto City : 30.9% > 2017 MD Target: 36.6%  |  |   |   |   |  |
| 2) Decrease occurrence of secondary complications attributed to sedentary behavior   |  |   |   |   |  |
| Annual Objective   | Strategy   | Target Population   | Actions Description   | Performance Measures  | Resources/Partners   |
| <p>Increase awareness and benefits of Adapted Sport for individuals with chronic disease/injury such as spinal cord injury, stroke, brain injury, amputation</p> | <p>Provide engaging opportunities for individuals with SCI, BI, CVA, and amputation to be introduced to adapted sports programming, so that they can participate in similar activities: <b>Adapted Sports Festival, Amputee Walking School, Wheelchair Basketball Clinic, Wheelchair Tennis Clinic and Wheelchair Rugby.</b></p> | <p>Adults with physical disabilities</p> <p>Allied Health Professionals</p> <p>Allied Health Students</p> | <p>The Adapted Sports Program maximizes participation for individuals with disabilities in adapted recreational and competitive sports, in order to promote independence, self-confidence, health and overall well-being through structured, individual and team sports</p> <p>Programs offered are Adapted Sports Festival, Wheelchair Basketball Clinic, Wheelchair Rugby Team, Adapted Golf Program, Amputee Walking/Running Clinic</p> <p>Education programs offered to community organizations and allied health academic programs</p> | <p><u>Reach:</u></p> <p># of community members/programs educated</p> <p># of allied health professional and students educated regarding the availability and benefits of adapted sports</p> <p># of participants in the Adapted Sports Programs offered through UM Rehab</p> <p><u>Outcomes:</u></p> <p># of participants identifying positive impact to quality of life and overall health as a benefit of participation in UM Rehab's adapted sports programs</p> | <p>United States Olympic Committee- United States Paralympic Committee</p> |
| <p>Increase community awareness regarding the availability and</p>   | <p>Provide opportunities for community involvement in adapted sports</p>   |   | <p>Post participation surveys will be utilized to obtain information regarding increased awareness of physical and social benefits of participation in adapted sports</p>   |   |  |

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| <p>benefits of adapted sports</p> <p>Increase awareness in healthcare providers and students regarding the availability and benefits of adapted sports</p> <p>Increase self-reported quality of life and overall wellness in individuals participating in adapted sports programs offered by UM Rehab</p> <p>Increase number of participants in the various adapted sports programs offered by UM Rehab</p> | <p>programs offered through UM Rehab &amp; Ortho</p> <p>Provide education and opportunities for healthcare professionals and students to participate in adapted sport events in order to experience first-hand the benefits of physical activity and social inclusion</p> |  |  |  |  |
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**FY 19-21 Community Health Improvement Implementation Plan – Quality of Life**

| Priority Area: Quality of Life – Social Support   |  |   |  |   |   |
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| Long Term Goals:  |  |   |  |   |   |
| 1) Decrease social isolation resulting from onset of chronic disease/injury   |  |   |  |   |   |
| 2) Improve overall quality of life for individuals who have sustained or care for an individual who has sustained a chronic injury or disease.                                |  |   |  |   |   |
| Annual Objective  | Strategy   | Target Population   | Actions Description  | Performance Measures  | Resources/Partners  |
| <p>Decrease participants feeling of isolation, depression and anxiety</p> <p>Increase participants sense of empowerment, control, coping skills, and sense of adjustment.</p> | <p>Provide support and assistance with social isolation post injury or diagnosis:</p> <p><b>Diagnosis and peer group-specific support groups for individuals who have sustained, a stroke, brain injury, spinal cord injury, amputation, have addiction or dependency , caregiver support group:</b></p> | <p>Individuals over 16 years of age who have had a spinal cord injury, brain injury, stroke, or amputation and caregivers</p> | <p>Support groups are offered monthly by rehabilitation staff. Topics are solicited by participants on a regular basis and program evaluation information is obtained regarding satisfaction and effectiveness of the program.</p> | <p><u>Reach:</u><br/># of participants<br/># of caregivers</p> <p><u>Outcomes:</u><br/>Percent of participants with post-group survey reporting:</p> <ul style="list-style-type: none"> <li>• Feeling less lonely, isolated or judged</li> <li>• Gaining a sense of empowerment and control</li> <li>• Improving your coping skills and sense of adjustment</li> <li>• Talking openly and honestly about their feelings</li> <li>• Reduced distress, depression, anxiety or fatigue</li> <li>• Developing a clearer understanding of what to expect with their condition</li> <li>• Getting practical advice or information from experts and peers</li> </ul> | <p>Amputee Coalition of America, Christopher and Dana Reeves Foundation</p> |

**Priority Area: Transition to Community - Patient Navigation**

**Long Term Goals Supporting Maryland SHIP:**

**1) Decrease preventable hospitalization related to management of chronic medical conditions**

| Annual Objective  | Strategy   | Target Population  | Actions Description  | Performance Measures   | Resources/Partners   |
|---|--|--|--|--|--|
| <p>Increase number of educational sessions made available to disabled population (provide at least 6 sessions annually)</p> <p>Increase participants confidence, understanding and skills in managing chronic medical conditions</p> <p>Initiate Mobile Market twice/month to improve access to healthy produce</p> | <p>Provide education and information for individuals and caregivers through engaging, evidenced-based programs: <b>Living Well with Chronic Conditions - (Stanford's Chronic Disease Self- Management Program)</b></p> <p><b>Mobile Market</b></p> | <p>Adults with chronic disease/injury such as spinal cord injury, stroke, brain injury, and diabetes</p> | <p>Classes are offered as a 6 week course covering the following topics:</p> <ul style="list-style-type: none"> <li>• Managing Medication</li> <li>• Managing Stress</li> <li>• Attending Doctor Appointments Regularly</li> <li>• Healthy Eating and Exercise</li> <li>• Improving Quality of Sleep</li> </ul> <p>Mobile Market provides healthy produce in partnership with UMMC and Hungry Harvest. Produce is available for a significantly reduced rate and buyers can use their SNAP/WIC benefits.</p> | <p><u>Reach:</u><br/># of participants<br/># of sessions offered</p> <p><u>Outcomes:</u><br/>% of participants who report improved confidence in managing their chronic health condition</p> <p>% of participants that reported having a better understanding of how to manage the symptoms of their chronic health condition</p> <p>% of participants that reported knowing how to set up an action plan and follow it.</p> <p><u>Outcomes:</u></p> <ol style="list-style-type: none"> <li>1) \$ amount spent through WIC/SNAP benefits &amp; zip codes of purchasers</li> <li>2) Total \$ amount sold</li> <li>3) Self-reported servings of produce/day through survey of Mobile Market</li> <li>4) # of BP screenings at Mobile Market</li> </ol> | <p>Maryland's Maintaining Active Citizens (MAC), Maryland Department of Health and Mental Hygiene, Stanford University</p> <p>UMMC, Hungry Harvest</p> |

**Priority Area: Transition to Community – Dental Clinic**

**Long Term Goals Supporting Maryland SHIP:**

**1) Decrease emergency room visits related to dental issues**

| Annual Objective  | Strategy  | Target Population   | Actions Description   | Performance Measures   | Resources/Partners      |
|---|---|---|---|--|-------------------------|
| <p>Increase number of dental treatments available to special needs population</p> <p>Increase awareness of proper brushing Flossing home care and proper diet of patients that had comprehensive treatment under general anesthesia</p> | <p>Provide dental care and treatment for special needs adults and children within Maryland: <b>UM Rehab &amp; Ortho Dental Clinic</b></p> | <p>Special needs adults and children in need of dental care</p> | <p>Dental services are provided for special needs adults and children who may not receive care otherwise. Many dentists in the community are not comfortable performing dental services to disabled patients.</p> | <p><u>Reach:</u><br/># of patients served (Adults &amp; Children)</p> <p><u>Outcomes:</u><br/>% of patients receiving preventive dental care.</p> <p>% of high caries risk patients that had treatment under general anesthesia that return for 3 month recall over year period that will have no new lesions.</p> | <p>UM Dental School</p> |

**Priority Area: Community Education/Awareness**

**Long Term Goals Supporting Maryland SHIP:**

**1) Reduction in accident/injury rate in teen population**

| Annual Objective   | Strategy   | Target Population  | Actions Description   | Performance Measures   | Resources/Partners   |
|--|--|--|---|--|--|
| <p>Increase the number of high and middle schools scheduled for presentations</p> <p>Increase the number of students participating in the scheduled presentations</p> <p>Trend changes in behavior identified by students after presentation</p> | <p>Provide education and information through engaging, evidence-based programs:<br/><b>Think First for Teens</b></p> | <p>Middle and high school students in Baltimore City and Baltimore County, and potentially expanded area to other counties</p> | <p>Think First program director currently has contacts in several county and city high schools, as well as 1 middle school to date. Presentations are coordinated through health or physical education departments at the identified schools, with presentations then scheduled in auditorium or single class room formats.</p> <p>Presentations include clinical experts describing the permanent nature of SCI and TBI, as well as the importance of thinking before you act, and understanding the consequences of your actions. There is a guest speaker that attends as well. The injured speakers have sustained spinal cord or brain injuries, have been trained to appropriately share the life changes that are permanent and impact them as a result.</p> | <p><u>Reach :</u><br/># of schools scheduled<br/># of students attending presentations</p> <p><u>Outcomes:</u><br/>% of students identifying a positive impact of the program by identifying ways to avoid high risk behaviors and comply with injury prevention strategies.</p> | <p>Think First National Injury Prevention Foundation</p> <p>Baltimore City Public Schools, Baltimore County Public Schools</p> <p>SCI/TBI guest speakers (previous patients)</p> |

