

Putting the “Health” Back in Healthcare

Know Your Numbers

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President & CEO





Individual Health

Organizational Health

Population Health



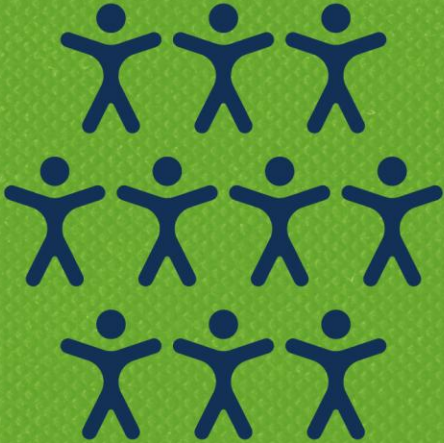
Core

Company

Community

National

Local



Community Health Needs Assessment



National



\$12,000

national health
costs versus

\$6,000

for other
industrialized nations¹

United States

Other Industrialized Nations



78

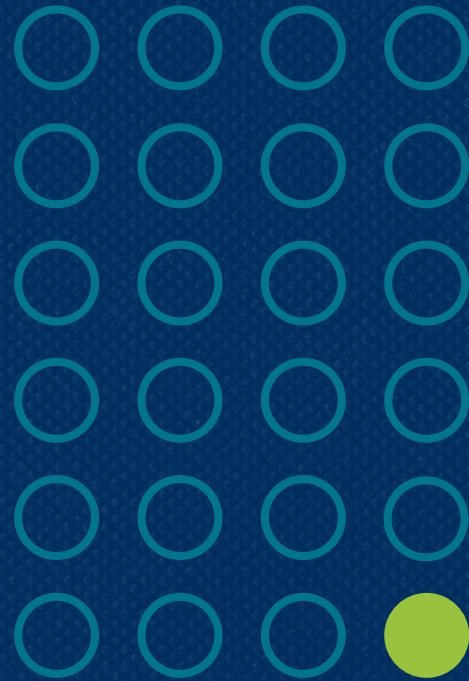
life expectancy
versus

84

for healthiest nations²

United States

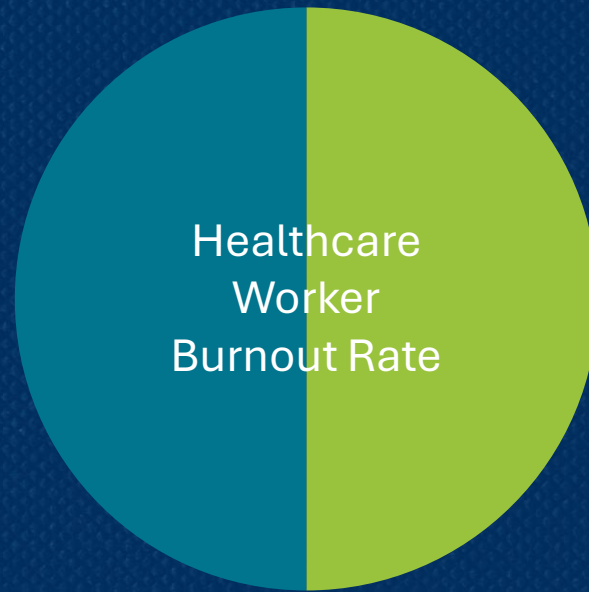
Healthiest Nations



24th

on the
2025 World
Happiness
Meter³

The United States'
lowest-ever rating



50%

burnout rate
among
healthcare
workers at the
height of the
COVID-19
pandemic⁴



2x

the suicide rate
among physicians,
as compared to the
general population⁵

Physicians

General Population



15-30%

higher depression rates among medical students, as compared to the general population⁶

Physicians

General Population



Local



Ohio is

44th

of 50 states for
health value⁷

Ohioans spend more
on healthcare and
have less healthy lives
than most states

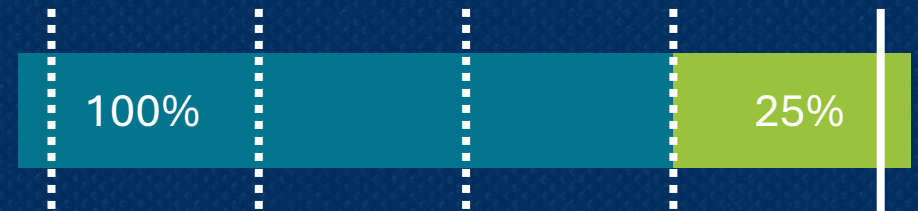


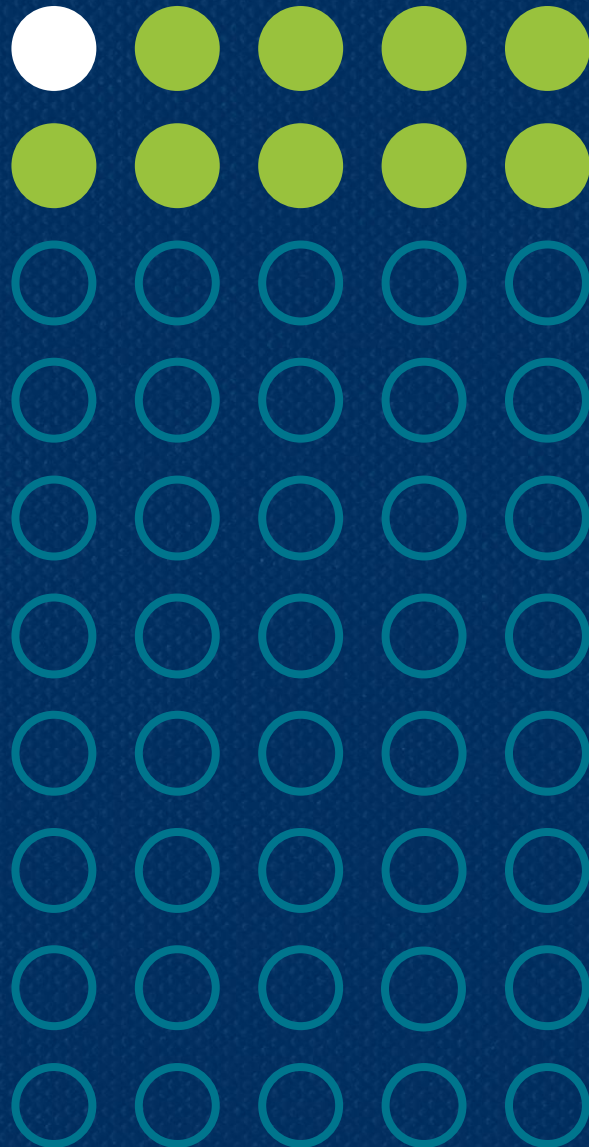
**Bottom
quartile**

for

30%

of health metrics⁸

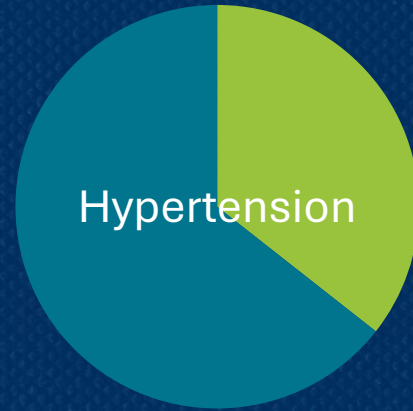




One of the
top 10
states with the
highest number
of smokers⁹

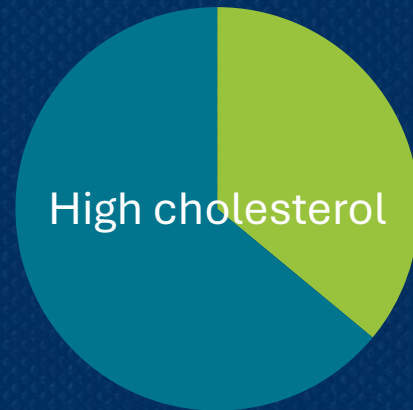


One of the
worst states
for low infant
birth weight and
infant mortality¹⁰



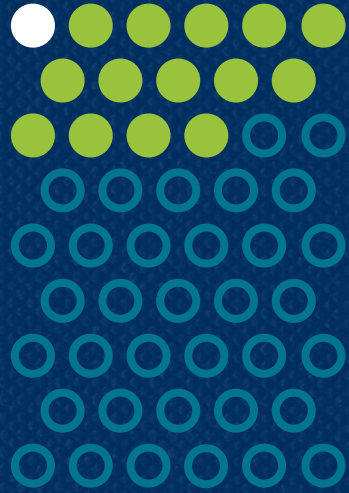
35.6%

of Ohioans have hypertension¹¹

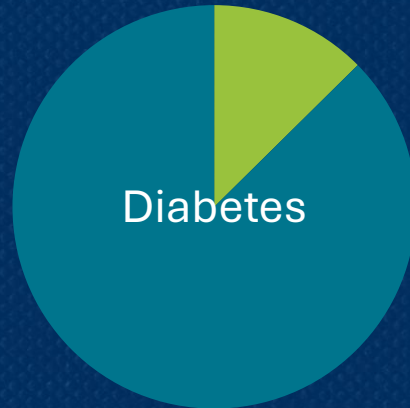


36%

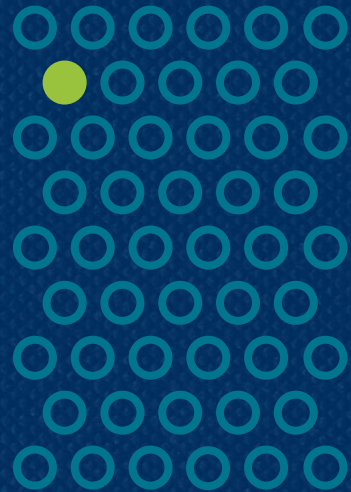
have high cholesterol¹²



One of 15
states in the
“Diabetes Belt”¹³



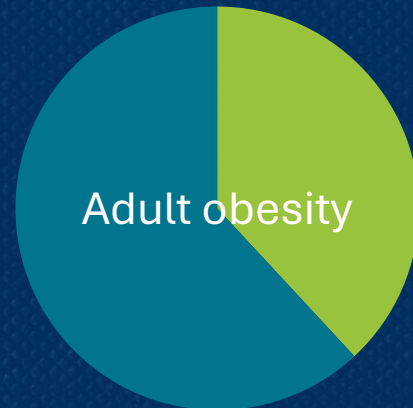
12.6%
of Ohioans
have diabetes¹⁴



7th highest

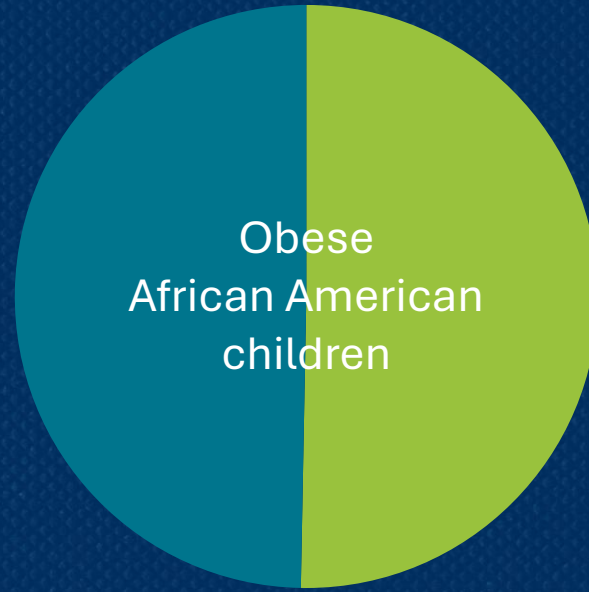
obesity rate
in the U.S.¹⁵

Up 20% in the past decade



38.1%

of Ohio adults
are obese¹⁶



50.3%
of African
American
children in Ohio
are overweight
or obese¹⁷

Compared to 32.9% of
Ohio's white children

The result?

A ticking time bomb toward
the leading causes of U.S. death



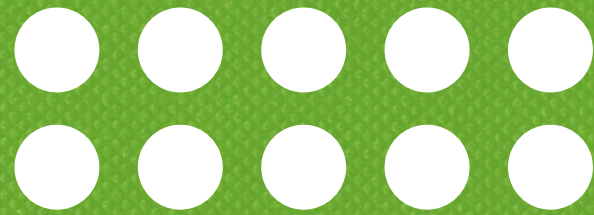


Individual



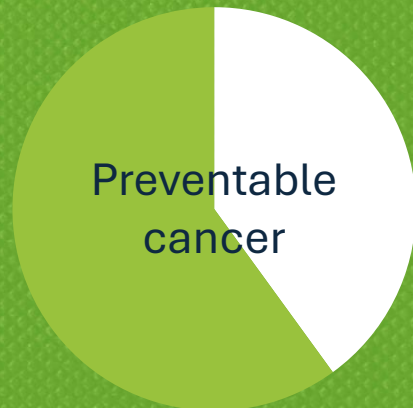
80%

of your health
is manageable,
not genetic¹⁸



10 years

can be added to
your life through
a healthy diet
and exercise¹⁹



80%

of stroke cases and

40%

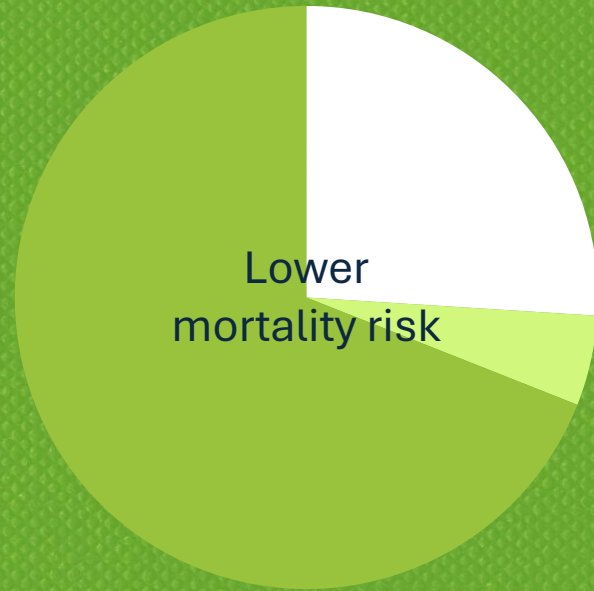
of cancer cases

could be prevented

with a healthy diet,

physical activity,

and quitting tobacco²⁰



26-31%

lower risk of all-cause mortality if exceeding the recommended amount of moderate exercise²¹



Up to 43%
reduction in
negative mental
health days,
through exercise²²

Some studies suggest that
exercise may be more
effective than traditional
antidepressants

All too often, while healthcare professionals put the health and wellbeing of their patients first, they neglect to take care of themselves



Know your numbers



Know your numbers



Blood Pressure



A1c



Cholesterol



Diet



Exercise



Weight



Mental Health

Know your numbers



Blood Pressure



A1c



Cholesterol



Diet



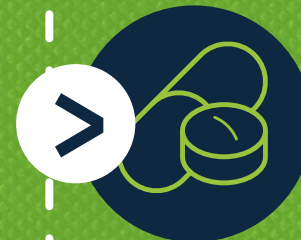
Exercise



Weight

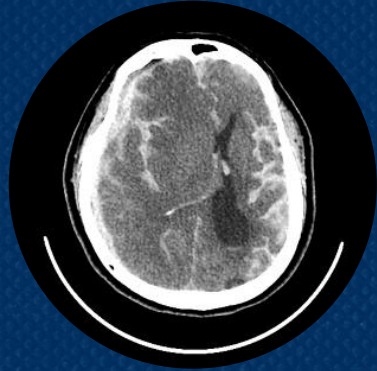


Mental Health



Medication

What you risk



Stroke



Heart Attack



Diabetes



Dementia



Mental Health





Premature Death

Keep it simple

Do

-  Eat fruits and vegetables
-  Exercise and drink water
-  Prioritize your sleep
-  Spend time outside
-  Be social, volunteer, and spread joy

Don't

-  Over-indulge
-  Rely on red meat for protein
-  Drink in excess
-  Smoke or do drugs
-  Give up!



Organizational



Up to 25%

employer savings through *primary care* by reducing absenteeism, healthcare costs, workers' compensation, and disability management claims²³

The **top three**
most costly
conditions for
employers²⁴:

A circular inset showing a microscopic view of tissue, likely stained with hematoxylin and eosin (H&E). The image displays numerous cells with prominent nuclei and some areas of red staining, possibly indicating inflammation or abnormal cell morphology.

Cancer

A circular inset showing a close-up of a human anatomical model, focusing on the musculature and skeletal structure. The muscles are shown in a reddish-brown color, and the bones are white.

Musculoskeletal

A circular inset showing a detailed anatomical model of the human heart and major blood vessels. The heart is shown in a reddish-brown color, and the vessels are white and red.

Cardiovascular



Consider a **comprehensive approach** to wellbeing.

Physical

- Medical Home Program and Care Navigators
- Free blood pressure cuffs for associates last year
- Tobacco cessation resources
- BVHS in-house pharmacy discounts
- Onsite walking paths
- Gym discounts

Emotional

- Employee Assistance Program
- Associate Wellness room
- Live and Learn sessions

Purposeful

- Affinity Groups
- Chaplain services
- Bridge grief services
- Volunteer opportunities

Financial

- Financial Wellness Program through Fifth Third Bank
- Onsite one-on-one retirement planning sessions
- Paycheck modeler
- Caring Fund
- Will planning and healthcare power of attorney services
- Associate discounts

Career

- Clinical ladder
- Leadership development
- Tuition Reimbursement

Social

- Idea boards
- Associate engagement activities
- Team Toolkit (team-building exercises)

What are you doing
for your associates?



Community

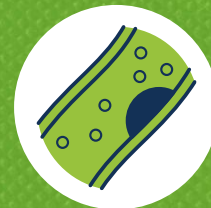
Meeting the needs

Community Health Needs Assessment

**Hancock
County
Focus Areas**

- 1 Social Determinants of Health**
Equity Report
- 2 Exercise**
Advocating for and expanding facilities
- 3 Nicotine cessation / substance abuse prevention**
Providing nicotine counseling and patches
- 4 Workforce**
Collaborating on employment pipelines with schools and organizations
- 5 Chronic disease management**
Diabetes clinic and research; mammograms and colon screenings

**Simplifying through
Know Your Numbers**



Primary care access

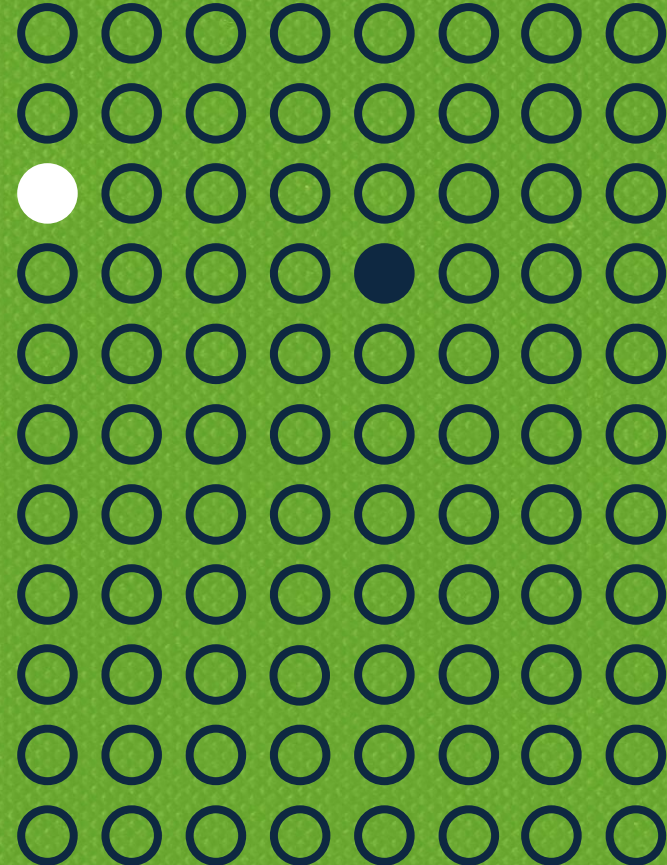


Local impact²⁵



Our goal

Become the
healthiest
county
in Ohio



● #17
2023

● #29
2020

What are you doing
for your community?

As healthcare professionals, we are responsible to:



Ourselves



Our teams



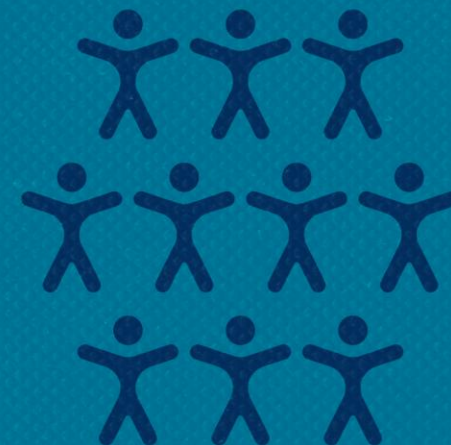
Our community

Know Your Numbers



Start with

YOU



Create your plan





Visit the Blanchard Valley
Health System booth,
where we'll help you
“Know Your Numbers”



Sources

- 1, 20** World Health Organization
- 2, 10, 13** Centers for Disease Control and Prevention
- 3** University of Oxford, Wellbeing Research Centre, Gallup, and the U.N. Sustainable Development Solutions Network
- 4** Journal of General Internal Medicine
- 5** Association of American Medical Colleges
- 6** American College of Emergency Physicians
- 7, 8, 25** Health Policy Institute of Ohio
- 9** The Truth Initiative
- 11, 12, 15** Ohio Department of Health
- 14, 16** American Diabetes Association
- 17** Ohio Colleges of Medicine Government Resource Center (GRC)
- 18** National Institutes of Health
- 19** Nature Food
- 21** American Medical Association
- 22** The Lancet Psychiatry Journal
- 23** Premise Health and Cedar Gate Technologies
- 24** Becker's Hospital Review