



Penn
Highlands
DuBois



Penn
Highlands
Clearfield

A Campus of Penn Highlands DuBois

Empowering Communities:

Unveiling Health Needs, Driving Positive Change

COMMUNITY HEALTH NEEDS ASSESSMENT

IN RESPONSE TO THE PENN HIGHLANDS DUBOIS AND PENN HIGHLANDS CLEARFIELD (A CAMPUS OF PENN HIGHLANDS DUBOIS) COMMUNITY HEALTH NEEDS ASSESSMENT (CHNA)



2024

PREPARED BY TRIPP UMBACH



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MISSION STATEMENT

To provide you with exceptional care through our community-based health system while maintaining a reverence for life.





VISION STATEMENT

To be the integrated health system of choice through excellent quality, service, and outcomes.

Penn Highlands Healthcare's mission statement focuses on improving regional access to a wide array of premier primary care and advanced services; it does so while supporting a reverence for life and the worth and dignity of each individual. The linkage provides the ability to keep control of the hospitals in the hands of a local board and provides many other community benefits. Increased local access to physician specialists, improved quality, coordination of care, and increased physician recruitment and retention are significant benefits of the linkage.

INTRODUCTION

PENN HIGHLANDS HEALTHCARE

Penn Highlands Healthcare, established in 2011, is a health system in Northwestern/Central/Southwest Pennsylvania. Penn Highlands Healthcare serves a 26-county region that brings together the services of Penn Highlands Brookville, Penn Highlands Clearfield (a campus of Penn Highlands DuBois), Penn Highlands Connellsville, Penn Highlands DuBois, Penn Highlands Elk, Penn Highlands Huntingdon, Penn Highlands Mon Valley, Penn Highlands Tyrone, and Penn Highlands State College (a campus of Penn Highlands Huntingdon). Through this partnership, Penn Highlands Healthcare has evolved into an organization with 6,200 employees in more than 100 regional locations, including community medical buildings, outpatient facilities, surgery centers, and physician practices.

Penn Highlands Healthcare provides exceptional quality care to the region. Its staff includes 764 physicians and 389 advanced practice providers. The facilities have 742 inpatient beds, 388 long-term care beds, 276-person care beds, and 174 independent living units.

Penn Highlands Healthcare provides residents access to the region's best hospitals, physicians, two nursing homes, a home care agency, and other affiliates who believe that healthcare should be managed by board members who live and work in their communities. The hospitals of Penn Highlands Healthcare have been serving the residents of Northwestern/Central/Southwest Pennsylvania as nonprofit community organizations for more than 100 years, a valued and cherished commitment.



PENN HIGHLANDS DUBOIS

Penn Highlands DuBois is rooted in the pioneering spirit of regional leaders committed to providing quality and advanced healthcare close to home. Penn Highlands DuBois is situated off South Main Street and was formerly known as DuBois Hospital and DuBois Regional Medical Center West. Since its inception in 1898, the hospital has grown and evolved in response to the community's needs.

Penn Highlands DuBois is home to several key medical services, including the emergency department, maternity unit, imaging department, medical-surgical units, intensive care unit (ICU), hospital administration, laboratory, neonatal intensive care unit (NICU), pediatrics unit, short stay, and operating rooms, the heart center, the lung center, the rehabilitation center, and the joint replacement center. Additionally, the facility houses St. Camillus Hall and the Fugate Room, which are often used for support group meetings. The Hahne Cancer Center is also attached to this building, providing specialized oncology care.

Penn Highlands DuBois also focuses on Behavioral Health Services, with Adult and Child/Adolescent Inpatient Units, Behavioral Health Outpatient Services, and the Wound Center, which includes Hyperbaric Oxygen Therapy. Penn Highlands DuBois also features The Wheelchair Clinic, administrative offices, physician offices, and a cafeteria. The campus is home to a daycare center operated by the DuBois Area YMCA, and it also offers dialysis services, making it a comprehensive hub for various healthcare needs in the region.

PENN HIGHLANDS CLEARFIELD

Penn Highlands Clearfield has been a cornerstone of the community since its establishment in 1900, originally opening its doors as Clearfield Hospital. Now part of the Penn Highlands Healthcare system, Penn Highlands Clearfield continues its long-standing tradition of delivering high-quality care to its communities. Over the years, Penn Highlands Clearfield has expanded its range of medical, surgical, and support services to meet the growing needs of its patients. The hospital's award-winning home health care services now cover a broad geographic area, ensuring patients receive comprehensive care beyond the hospital's walls.

Renovations at Penn Highlands Clearfield underscore the facility's ongoing commitment to enhancing the quality of care and patient comfort. The hospital offers various services, including a fully-equipped emergency department, medical-surgical units, behavioral health services, and cardiac diagnostic services. In addition, it provides specialized care such as cardiac rehab, chemotherapy, imaging services, laboratory services, nutrition counseling, pulmonary rehabilitation, surgical services, wound care, and a swing-bed program. These comprehensive offerings ensure that Penn Highlands Clearfield remains a vital healthcare resource within the community.

PENN HIGHLANDS DUBOIS AND PENN HIGHLANDS CLEARFIELD SERVICES

PENN HIGHLANDS DUBOIS SERVICES

Acute Inpatient Rehabilitation

Behavioral Health (Adults/Adolescents/Children)

Breast Health

Breastfeeding Education and Support

Bronchial Thermoplast

Cancer Care – Hematology, Medical Oncology

Cardiac Rehab

Cardiology

Cardiovascular Intensive Care Unit

Cardiovascular-Thoracic Surgery

Colorectal Surgery

daVinci Xi Robotic-Assisted Surgery

Diabetes and Nutrition Wellness

Emergency Care and Trauma Center

General Surgery

Heart Catheterization

Hyperbaric Oxygen Therapy

Inpatient Care

Intensive Care Unit

Interventional Radiology

Joint Replacement Program

Lab Services

Lung Cancer Screenings

Lung Surgery

Mako Robotics Joint Replacement

Mammography

Maternity Services

Monarch Platform

Medical Imaging (Radiology)

Neonatal Intensive Care Unit

Neurosurgery

Nuclear Medicine

Occupational Therapy

Ophthalmology

Orthopedics and Sports Medicine

Pediatrics Inpatient Care

PET (Positron Emission Tomography) Scan

Plastic & Reconstructive Surgery

Physical Therapy

Primary Care

Pulmonary Care

Pulmonary Rehabilitation

Rehabilitation Services

Sleep Center

Surgical Services

TAVR Surgery

Surgical Services

Urology

Venus Ablation

Walk-in Care

Women's Health Services

Wound Care

Community Programs

Bereavement Support Group

Breast Cancer Support Group

Mom-to-Mom Breastfeeding Support Group

Parkinson's Support Group

Pregnant and Postpartum Mother's SUD

Support Group

Prenatal Class

Sleep Health Support Group



PENN HIGHLANDS CLEARFIELD SERVICES

Behavioral Health
Breast Health
Cancer Care – Hematology, Medical Oncology
Cardiac Rehab
Cardiology
Diabetes and Nutrition Wellness
Emergency Care
General Surgery
Geriatric Behavioral Health
Inpatient and Intermediate Care
Lab Services
Mako Robotics Joint Replacement
Mammography
Medical Imaging (Radiology)
Nuclear Medicine
Occupational Therapy
Ophthalmology
Orthopedics and Sports Medicine
Otorhinolaryngology (ENT)
Outpatient Surgery
Pain Management
Physical Therapy
Primary Care
Pulmonary Care
Pulmonary Rehabilitation
QCare Clearfield (Walk-in Clinic)
Rehabilitation Services
Speech Therapy
Surgical Services
Urology
Women’s Health Services
Wound Care

Community Programs
Bereavement Support Group

PENN HIGHLANDS DUBOIS AND PENN HIGHLANDS CLEARFIELD **AWARDS AND ACCREDITATIONS**

PENN HIGHLANDS DUBOIS AWARDS

2024 Lilypad Award - Brookville Rural Health Center

2024 Courier Express Reader's Choice - Penn Highlands Hahne Cancer Center, Best Medical Facility

2024 Courier Express Reader's Choice - Penn Highlands Community Pharmacy - DuBois, Best Pharmacy

2024 Get with the Guidelines®-Stroke GOLD PLUS

2024 Chartis Center for Rural Health Top 100 Rural and Community Hospital

2023 American College of Surgeons Surgical Quality Partner Award

2023 Corazon CathPCI and Open-Heart Surgical Program Accreditation

2023 HAP Donate Life Pennsylvania Hospital Challenge Platinum Designation

2022 Get with the Guidelines®-Stroke GOLD PLUS; Target Type II Diabetes Honor Roll award

2022 Titanium Designation in the Hospital and Healthsystem Association of Pennsylvania's (HAP) Donate Life Pennsylvania Hospital Challenge

PENN HIGHLANDS CLEARFIELD AWARDS

2023 HAP Donate Life Pennsylvania Hospital Challenge Bronze Designation

2022 Morrison Healthcare 2022 Patient Experience Leader Award for the Tench Region

2022 Titanium Designation in the Hospital and Healthsystem Association of Pennsylvania's (HAP) Donate Life Pennsylvania Hospital Challenge

2021 The Penn Highlands Clearfield COVID Vaccination Team was named the 2020-2021 Clearfield Rotary Citizen(s) of the Year

PENN HIGHLANDS DUBOIS ACCREDITATIONS

2024 ACR Designated Comprehensive Breast Imaging Center

2024 American College of Surgeons (ACS) Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) Comprehensive Center Accreditation - Bariatric Program

2023-2026 DNV Accreditation

2023-2025 American College of Radiology (ACR) Accreditation - CT Scan

2022-2025 American College of Radiology (ACR) Accreditation – Nuclear Medicine

American College of Radiology (ACR) Designated Comprehensive Breast Imaging Center

2023 Pennsylvania Trauma Systems Foundation (PTSF) Accreditation – Adult Level II Trauma Center

2023 Corazon Cardiovascular Program Accreditation

2023-2026 Hahne Cancer Center Radiation Oncology - American College of Radiology Accreditation (ACR)

2023 Mammography Quality Standards Act (MQSA) Certification - Mammography

2023 American College of Radiology (ACR) Accreditation- All Digital/3D Mammography

2022 - 2025 ISO 9001: 2015 Certification Through DNV

2022 Keystone Ten Designation for Breast Feeding

2022 American College of Radiology (ACR) Accreditation - Stereotactic Biopsy

2022 American College of Radiology (ACR) Accreditation - Breast Ultrasound

2022 American College of Radiology (ACR) Accreditation - Radiation Oncology

2022 American College of Radiology (ACR) Accreditation – MRI

2022 American College of Radiology (ACR) Accreditation – Breast MRI

2021-2024 American College of Radiology (ACR) Accreditation - OB (1st Trimester Only)

2021-2024 American College of Radiology (ACR) Accreditation - Gynecological

2021-2024 American College of Radiology (ACR) Accreditation - Pediatric

2021-2024 American College of Radiology (ACR) Accreditation - Vascular

PENN HIGHLANDS CLEARFIELD ACCREDITATIONS

2023-2026 DNV Accreditation

2022-2025 American College of Radiology (ACR) Accreditation-PET

2023-2026 American College of Radiology (ACR) Accreditation- Nuclear Medicine

2023 HAP Excellence in Patient Safety

2023 Mammography Quality Standards Act (MQSA) Certification – Mammography

2023 American College of Radiology (ACR) Accreditation- All Digital/3D Mammography

2021 Joint Commission Accreditation - Laboratory

BACKGROUND

Under the Patient Protection and Affordable Care Act (PPACA), all nonprofit hospitals must perform a Community Health Needs Assessment every three years. This process ensures that hospitals stay responsive to the evolving health needs of their communities. The CHNA must define the hospital's community, gather input from a wide range of stakeholders, including public health experts and community members, and assess the most pressing health needs in the area. Once the health needs are identified, hospitals must prioritize them based on their significance and develop an implementation strategy to address them. The Implementation Strategy Plan should include potential measures, partnerships, and resources available to effectively tackle the identified issues, helping hospitals align their efforts with the well-being of their communities.

IMPLEMENTATION STRATEGY PLAN REPORT PURPOSE

The ISP report for a CHNA is a critical document that outlines how identified health priorities will be addressed within a community. The ISP report aims to identify the goals, objectives, and strategies that Penn Highlands DuBois and Penn Highlands Clearfield will use to address the health priorities identified in the recent CHNA. The findings from the CHNA will outline actionable steps that healthcare organizations and their community partners will take to improve health outcomes. The ISP report details strategies, resources, and partnerships necessary to tackle the most pressing health issues, ensuring the proposed initiatives are impactful. By providing a clear roadmap, the ISP fosters collaboration among various sectors, aligning efforts to create meaningful improvements in the health and well-being of the community.

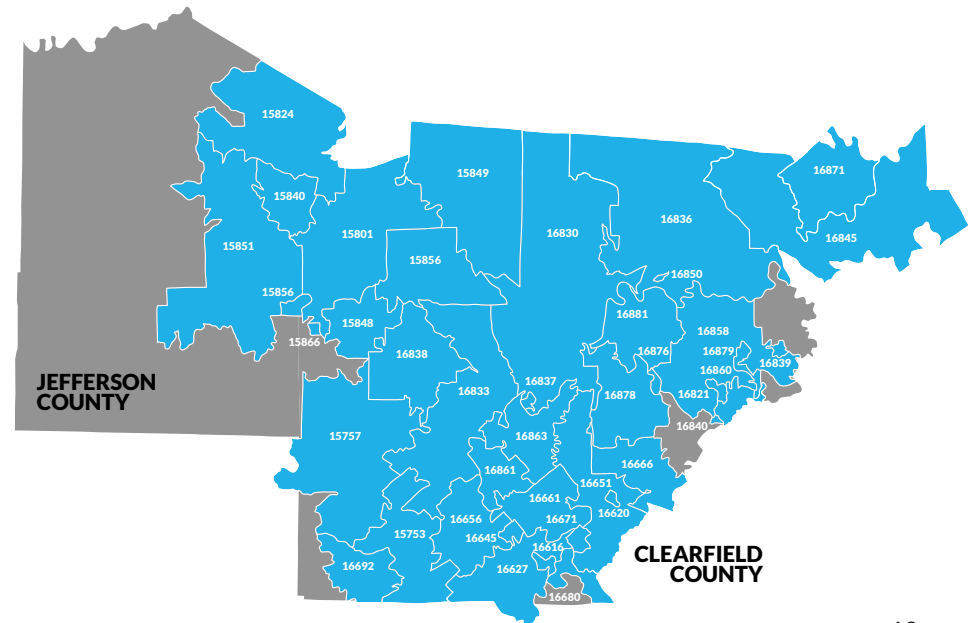
DEFINED COMMUNITY

A community is defined as the geographic area from which many patients who utilize hospital services reside. Although the CHNA includes other types of healthcare providers, the hospital remains the largest provider of acute care services. Consequently, hospital service usage offers the clearest definition of the community. In 2024, 41 ZIP codes were identified as the primary service area for Penn Highlands DuBois and Penn Highlands Clearfield. The following table highlights the study area focus for Penn Highlands DuBois and Penn Highlands Clearfield’s CHNA, with these ZIP codes accounting for 80% of the hospital’s patient discharges. While most discharges are from Clearfield and Jefferson counties, patients also come from neighboring counties.

The following table and map of Penn Highlands DuBois and Penn Highlands Clearfield’s geographical location display the hospital’s defined community, which relates to the 41 ZIP codes.

Table 1: The Penn Highlands DuBois and Penn Highlands Clearfield Primary Service Area


ZIP Code	Town	County	ZIP Code	Town	County	ZIP Code	Town	County	ZIP Code	Town	County
15753	La Jose	Clearfield	16833	Curwensville	Clearfield	15856	Rockton	Clearfield	15824	Brockway	Jefferson
15757	Mahaffey	Clearfield	16836	Frenchville	Clearfield	15866	Troutville	Clearfield	15840	Falls Creek	Jefferson
16616	Beccaria	Clearfield	16837	Glen Richey	Clearfield	16651	Houtzdale	Clearfield	15851	Reynoldsville	Jefferson
16620	Brisbin	Clearfield	16839	Grassflat	Clearfield	15865	Sykesville	Jefferson			
16627	Coalport	Clearfield	16840	Hawk Run	Clearfield						
16645	Glen Hope	Clearfield	16845	Karthus	Clearfield						
16656	Irvona	Clearfield	16850	Lecontes Mills	Clearfield						
16661	Madera	Clearfield	16858	Morrisdale	Clearfield						
16666	Osceola Mills	Clearfield	16860	Munson	Clearfield						
16671	Ramey	Clearfield	16861	New Millport	Clearfield						
16680	Smithmill	Clearfield	16863	Olanta	Clearfield						
16692	Westover	Clearfield	16871	Pottersdale	Clearfield						
16821	Allport	Clearfield	16876	Wallaceton	Clearfield						
16830	Clearfield	Clearfield	16878	West Decatur	Clearfield						
15801	DuBois	Clearfield	16879	Winburne	Clearfield						
15848	Luthersburg	Clearfield	16881	Woodland	Clearfield						
15849	Penfield	Clearfield	16838	Grampian	Clearfield						



PENN HIGHLANDS HEALTHCARE

OVERALL PRIORITIZED NEEDS

Extensive primary and secondary research identified key regional priorities for community members, leaders, and project leadership. The research illustrated the need to address access to care, behavioral health, and chronic diseases/conditions. Each key need area had subareas of concentration. The table below illustrates how each hospital within Penn Highlands Healthcare will address the needs within its region.

 Penn Highlands Healthcare	ACCESS TO CARE			BEHAVIORAL HEALTH ¹	CHRONIC DISEASES/CONDITIONS ²	
	Infrastructure ³	Lack of PCP/Specialist ⁴	Specialty care ⁵		Health Behaviors ⁶	Social Determinants of Health ⁷
Penn Highlands Brookville	●	●	●	●	●	●
Penn Highlands Clearfield/Penn Highlands Dubois	●	●	●	●	●	●
Penn Highlands Elk	●	●	●	●	●	●
Penn Highlands Huntingdon/Penn Highlands State College	●	●	●	●	●	●
Penn Highlands Tyrone	●	●	●	●	●	●
Penn Highlands Connellsville	●	●	●	●	●	●
Penn Highlands Mon Valley⁸	●	●	●	●	●	●

¹ Behavioral health (Mental Health & Substance Abuse)

² Chronic diseases/conditions (e.g., diabetes, chronic obstructive pulmonary diseases, high blood pressure)

³ Infrastructure (e.g., care coordination, navigation, and transportation)

⁴ Lack of primary care physicians (PCP)/Physician specialists

⁵ Specialty care (e.g., cancer care, women's health)

⁶ Health behaviors (e.g., nutrition, physical activity, obesity)

⁷ Social determinants of health (e.g., education, income etc.)

⁸ PH Mon Valley CHNA needs are Diabetes Deaths, Stroke Deaths, Mammography/Breast Cancer, and Colorectal Cancer Deaths. Therefore, it has been classified under Chronic Diseases/Conditions.



2024-2027 PENN HIGHLANDS DUBOIS AND PENN HIGHLANDS CLEARFIELD **PRIORITIZED NEEDS**

Senior leaders from Penn Highlands DuBois and Penn Highlands Clearfield reviewed the previous Implementation Strategy Plan and refined and reinforced key strategies. They prioritized specific initiatives and explored ways to sustain and enhance services for the broader community through the updated plan. Senior leadership from Penn Highlands Healthcare, Penn Highlands DuBois and Penn Highlands Clearfield contributed to the CHNA/ISP working group. Moving forward, senior leaders will regularly evaluate the strategy plan, making adjustments as needed to better align with the community's evolving health needs.

The CHNA for Highlands DuBois and Penn Highlands Clearfield highlighted the following community needs. This assessment evaluated the community's health status and developed direct initiatives and planning strategies to enhance it. Through this assessment, new partnerships were established, and existing relationships with local and regional agencies were strengthened, all with the overarching goal of improving health outcomes for residents in the region.

PENN HIGHLANDS DUBOIS AND PENN HIGHLANDS CLEARFIELD CHNA NEEDS

ACCESS TO CARE Infrastructure Lack of Primary Care Physicians/Physician Specialists Specialty Care	BEHAVIORAL HEALTH	CHRONIC DISEASES/CONDITIONS Health Behaviors
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IMPLEMENTATION STRATEGY ADDITIONAL NOTES

The ISP is not meant to provide an exhaustive list of how each hospital addresses the community's needs. Instead, it highlights specific actions the hospital commits to pursuing and tracking in response to the identified priorities. While the strategy tables list internal and external partners, numerous clinical departments will collaborate on these efforts. Their involvement may include participation in clinical programs and protocols or contributing to educational outreach by sharing knowledge individually or as a team, all with the goal of addressing the community's health needs.

PENN HIGHLANDS HEALTHCARE HOSPITALS

Each Penn Highlands Healthcare hospital conducted a CHNA and ISP; however, each report varies because of the distinct characteristics and needs of each hospital's primary service area and the research and discovery process used to determine the community health needs. A workgroup of representatives from the Penn Highlands Healthcare hospitals collaborated to define a consistent format and approach to the CHNA and ISP.

ACCESS TO CARE

Access to healthcare is essential for fostering a healthy community by ensuring individuals receive timely and appropriate medical services. It involves factors such as the availability of healthcare providers, affordability of services, transportation options, and insurance coverage. When access is optimized, people can benefit from preventive care, manage chronic conditions effectively, and receive urgent treatment, leading to improved health outcomes and reduced healthcare costs. However, barriers to access can result in delayed diagnoses, untreated conditions, and increased reliance on emergency services, negatively impacting health and driving up medical expenses. The Office of Disease Prevention and Health Promotion emphasizes the importance of comprehensive, high-quality healthcare services in preventing disease, managing chronic conditions, and promoting health equity. Meeting these challenges is becoming increasingly complex, particularly in states like Pennsylvania, where physician shortages are projected to exacerbate access issues. The Association of American Medical Colleges predicts a nationwide shortage of 86,000 physicians by 2036 because of a growing elderly population and physician retirements.⁹ To maintain current care levels, Pennsylvania will need an additional 1,039 primary care physicians by 2030, an 11% increase from the 2010 workforce.¹⁰

Primary and specialty physicians are essential for comprehensive healthcare management, with primary care providers often serving as the first point of contact, offering preventive care, routine checkups, and early intervention for common conditions. On the other hand, specialty physicians provide advanced expertise for diagnosing and treating complex conditions requiring specialized care. Access to these services reduces the burden on emergency departments and ensures more cost-effective and efficient healthcare. Specialty care, such as cancer treatment and women's health services, is critical in addressing unique health needs by offering early detection and tailored treatment plans, significantly improving patient outcomes. However, transportation challenges can pose significant barriers to accessing care, especially for vulnerable populations in rural and low-income areas. Highlands DuBois and Penn Highlands Clearfield is committed to overcoming these barriers by expanding primary and specialty care availability, enhancing specialty services, and addressing transportation gaps to ensure equitable access to healthcare. This focus on community-specific needs fosters sustainable health improvements and promotes overall well-being for the populations it serves.

⁹ Association of American Medical Colleges

¹⁰ The Robert Graham Center

Goal: Improve access to care to residents within the Penn Highlands Healthcare service area.

CHNA Need	Subcategory	Target Population	Objectives/Strategies	Evaluation Methods/Metrics (Goals)	Partners
Access to Care	Infrastructure	Existing and new referrals to neurology.	Expand access to neurology services by telemedicine availability.	<ul style="list-style-type: none"> Number of neurology visits annually Document CP/Provider satisfaction Number of reduced non-urgent ED visits and readmissions under specific diagnoses 	<ul style="list-style-type: none"> PHH Practice Mgt., Dr. Cameron – physician champion for Telemedicine Neurology staff
	Infrastructure	Residents of Clearfield	Have a physician champion to serve as an advisor as barriers are identified and addressed regarding neurology service expansion.	<ul style="list-style-type: none"> Secure physician champion role Document actions taken as barriers addressed. (CMIO (Dr. Cameron)) 	<ul style="list-style-type: none"> PHH Practice Mgt.
	Infrastructure	Residents of Clearfield	Create and implement guidelines regarding new referrals and wait times for new appointments/ existing patients and wait times for follow-up appointments.	<ul style="list-style-type: none"> Approvals/Guidelines in place Number of new referrals and appointments per month Total number of patients Track percent of reduced wait times for new neurology/ existing patients by 2% annually to 6% reduction by FY2024 	<ul style="list-style-type: none"> PHH Practice Mgt. PHH Health care
	Infrastructure	Women who meet the screening criteria who are not currently being screened according to guidelines.	Provide breast navigation services to the Penn Highlands DuBois region for patients going through an abnormal breast imaging study and breast cancer diagnosis.	<ul style="list-style-type: none"> Number of new patients receiving screening mammograms Increase in the number of screenings of early-stage breast cancer by 2% annually Increase mammograms over 3 years to equal 10,228 mammograms by FY2024 	<ul style="list-style-type: none"> AGAPE Community organizations Church Groups Health Fairs
	Infrastructure	Women in Clearfield County and surrounding areas	Expand access to the Breast Navigator Role across PHH and the Community Education and Awareness Implement video chat with nurse navigator for patient breast education.	<ul style="list-style-type: none"> Number of Breast Navigator patient contacts annually Number of videocasts 	<ul style="list-style-type: none"> AGAPE Community organizations Church Groups Health Fairs
	Infrastructure	Patients who meet the medical criteria for lung cancer screening and are not being screened.	Improve the number of baseline lung screenings by 3%.	<ul style="list-style-type: none"> Increased % of baseline screenings annually 	<ul style="list-style-type: none"> Private practices Area Agency on Aging (AAA) Senior Ctrs., Public Housing Authority
	Infrastructure	Navigators in Clearfield County	Navigator visits to PCPs	<ul style="list-style-type: none"> Number of navigator visits to PCP offices 	<ul style="list-style-type: none"> Private practices Area Agency on Aging (AAA) Senior Centers Public Housing Authority
	Infrastructure	Adults	Education to health care providers and staff.	<ul style="list-style-type: none"> Number of materials distributed Track the number of educational materials promoted 	<ul style="list-style-type: none"> Private practices Area Agency on Aging (AAA) Senior Centers Public Housing Authority
	Infrastructure	Residents in Clearfield County	Distribution of information regarding lung cancer screening.	<ul style="list-style-type: none"> Number of materials distributed Number of new/updated educational materials produced Number of facilities/office sites where educational materials are placed 	<ul style="list-style-type: none"> Private practices Area Agency on Aging (AAA) Senior Centers Public Housing Authority

Goal: Improve access to care to residents within the Penn Highlands Healthcare service area. (Continued)

CHNA Need	Subcategory	Target Population	Objectives/Strategies	Evaluation Methods/Metrics (Goals)	Partners
Access to Care	Lack of PCP/ Specialist	Clearfield Co. residents	Recruit a pulmonologist.	<ul style="list-style-type: none"> Number of recruited pulmonologists 	<ul style="list-style-type: none"> Rural Healthcare Clinic
	Specialty Care	Clearfield Co. residents (in Philipsburg and west of St. College), communities on 322 that lack a local PT facility	Expand physical therapy interventions by 2% per FY for a total of 6% in 3 years.	<ul style="list-style-type: none"> Increase in the number of physical therapy interventions by 2% per year Track PT interventions by FY2024 	<ul style="list-style-type: none"> Rural Healthcare Clinic Free Clinic Frenchville AAA U. Orthopedics- State College contact PCP in MVCMB
	Specialty Care	Clearfield Co. residents	Expand hours and flex staff according to demand.	<ul style="list-style-type: none"> Track high utilization times/dates Track the overall volume of patients 	<ul style="list-style-type: none"> Rural Healthcare Clinic Free Clinic Frenchville AAA U. Orthopedics- State College contact PCP in MVCMB
	Specialty Care	Clearfield Co. residents	Maintain pulmonology services to Clearfield County residents by the placement of a pulmonologist to provide comprehensive/ diagnostic services locally, 2 days/month.	<ul style="list-style-type: none"> Number of days/weeks Provider in Clearfield Co. Number of days/week pulmonologists are in Clearfield Co. 	<ul style="list-style-type: none"> Rural Healthcare Clinic Free Clinic Frenchville AAA U. Orthopedics- State College contact PCP in MVCMB
	Specialty Care	Clearfield Co. residents	Dedicate 2 days to the Penn Highlands Clearfield office.	<ul style="list-style-type: none"> Track the number of days in the Penn Highlands Clearfield office 	<ul style="list-style-type: none"> Rural Healthcare Clinic



Goal: Early detection and prevention

CHNA Need	Subcategory	Target Population	Objectives/Strategies	Evaluation Methods/Metrics (Goals)	Partners
Access to Care	Cancer	Adults Elderly and at-risk population Residents with suspected cancer conditions	Increase community awareness and engagement regarding cancer prevention and screening.	<ul style="list-style-type: none"> • Number of public speaking events • Number of attendees • Pre-and post-test results 	<ul style="list-style-type: none"> • Physicians • APP's • Registered nurses
	Cancer	Adults Elderly and at-risk population	Seek opportunities for public speaking engagements.	<ul style="list-style-type: none"> • Number of speaking events • Number of attendees 	<ul style="list-style-type: none"> • Physicians • APP's • Registered nurses
	Cancer	Adults Elderly and at-risk population	Progressively expand advocacy groups, including community volunteers and patient groups, to cover all regions.	<ul style="list-style-type: none"> • Number/type of advocacy groups • Number of new advocacy groups • Track region of coverage 	<ul style="list-style-type: none"> • Physicians • APP's • Registered nurses
	Cancer	Elderly and at-risk population Residents with suspected cancer conditions	Feature monthly awareness campaigns to the community regarding specific cancer months. Example: March Colon and October Breast	<ul style="list-style-type: none"> • Increase in the number of colonoscopies conducted across PHH • Increase in the number of mammograms across PHH 	<ul style="list-style-type: none"> • Pharm companies • GI Lab physician leaders • GI Lad admin leaders • Area Agency on Aging Practice Management
	Cancer	General Population	Tri-County Sunday Education Articles for The Community Radio Education Spots.	<ul style="list-style-type: none"> • Number of radio spots advertised • Number of education articles 	<ul style="list-style-type: none"> • Pharm companies • GI Lab physician leaders • GI Lad admin leaders • Area Agency on Aging Practice Management • Marketing
	Cancer	General Population	Increase cancer awareness among influential groups and the public.	<ul style="list-style-type: none"> • Number of presentations made • The number of participants reached 	<ul style="list-style-type: none"> • Physicians • APP's • Registered nurses
	Cancer	General Population	Bi-monthly social committee meetings.	<ul style="list-style-type: none"> • Number of attendees • Number of meetings held 	<ul style="list-style-type: none"> • Physicians • APP's • Registered nurses
	Cancer	Community partners in the cancer community	Engage and mobilize key stakeholders within the cancer community who will champion the development and implementation of an awareness plan for cancer prevention.	<ul style="list-style-type: none"> • Increase in the number of partnerships with stakeholders in the cancer community • Number of new stakeholders identified 	<ul style="list-style-type: none"> • Stakeholders in the cancer community
	Cancer	General Population	Develop relationships with stakeholders within the cancer community.	<ul style="list-style-type: none"> • Track the number of new partnerships. 	<ul style="list-style-type: none"> • Stakeholders in the cancer community

BEHAVIORAL HEALTH

Behavioral health, encompassing mental health and substance use disorders, plays a vital role in shaping overall community health and well-being. Conditions such as depression, anxiety, and bipolar disorder, along with substance use disorders, can lead to significant physical health problems, disability, and reduced productivity. In Pennsylvania, nearly 20% of adults reported experiencing a mental illness in the past year, with mental health-related issues increasing over time.¹¹ The percentage of adults reporting poor mental health for 14 or more days in a month rose from 12% in 2014 to 14% in 2021, with higher rates among those earning less than \$15,000 and individuals identifying as lesbian, gay, or bisexual. Suicide remains a pressing public health issue, with 1,686 Pennsylvanians dying by suicide in 2020, marking a 5% increase over the previous decade. Particularly concerning are rising suicide rates among Black, Hispanic, and older adults. Concurrently, Pennsylvania continues to grapple with the opioid crisis, recording 5,168 overdose deaths in 2021, underscoring the urgency of addressing behavioral health issues.¹²

Including behavioral health in CHNAs allows communities to better understand the prevalence and impact of these conditions, facilitating targeted interventions and resource allocation. Stigma, lack of insurance, and insufficient provider availability often prevent individuals from accessing necessary behavioral health services, with rural areas facing an acute shortage of mental health professionals. By identifying these gaps, communities can advocate for increased funding, policy reforms, and implementing programs that improve access to behavioral health services. A multifaceted approach to behavioral health involves integrating services with primary care to provide holistic treatment, expanding access through telehealth, and reducing financial barriers. Fostering support networks, such as peer and family support programs, can strengthen community resilience. Through these strategies and leveraging data to address service gaps, communities can enhance behavioral health outcomes, promote well-being, and build healthier, more resilient populations.

¹¹ [Pennsylvania Department of Health](#)

¹² [Pennsylvania Department of Health: The State of our Health, A Statewide Health Assessment of Pennsylvania](#)

Goal: Collaborate with community substance abuse providers to reduce substance abuse.

CHNA Need	Subcategory	Target Population	Objectives/Strategies	Evaluation Methods/Metrics (Goals)	Partners
Behavioral Health	Behavioral Health	Patients in the local ED Patients at the Free Clinic	Identify available transportation to treatment.	<ul style="list-style-type: none"> • Develop partnerships with local transportation providers, Constable, Uber, D&A & Pyramid Health Care • Number of new partnerships in FY 	<ul style="list-style-type: none"> • Local constables • Uber • Drug and alcohol treatment providers • Social service agencies
	Behavioral Health	Patients at Free Clinic Clearfield Jefferson Drug and Alcohol referrals ED referrals	Develop a list of hospital detox beds and rehabs in the area.	<ul style="list-style-type: none"> • Up-to-date list of detox and rehab beds for hospital staff to reference. 	<ul style="list-style-type: none"> • Cen Clear Drug and Alcohol. • Clearfield Jefferson Drug and Alcohol Commission • Pyramid Healthcare • Work with local VISTA (AmeriCorps funded program Juniata College – MH throughout the community)
	Behavioral Health	Health care staff, emergency room, physicians, and nurses	Educate the staff on drug trends and treatment.	<ul style="list-style-type: none"> • Number of education sessions per year. • Number of attendees • Track the number of materials distributed. 	<ul style="list-style-type: none"> • Staff • Net Learning on drug trends and treatment



CHRONIC DISEASES/CONDITIONS

Chronic diseases are long-lasting conditions that develop gradually, significantly affecting an individual's quality of life. These health issues, which persist for over a year and require ongoing medical attention or limit daily activities, include heart disease, diabetes, cancer, and respiratory conditions. Chronic diseases are the leading causes of death and disability worldwide, driven by a combination of genetic, environmental, and lifestyle factors. Key risk factors—such as poor nutrition, physical inactivity, smoking, and excessive alcohol consumption—exacerbate these conditions. In the United States, chronic diseases such as heart disease, cancer, and diabetes are significant contributors to healthcare costs, with 90% of the nation's \$4.5 trillion annual healthcare expenditure going toward treating individuals with chronic and mental health conditions.¹³ However, engaging in healthy behaviors—such as regular physical activity, a balanced diet, and eliminating tobacco and alcohol use—can reduce the risk of chronic disease and improve quality of life.

Healthy lifestyle choices, including physical activity and balanced nutrition, are essential for managing chronic diseases and maintaining overall well-being. Although regular physical activity can help prevent conditions such as heart disease, type 2 diabetes, and obesity, only one in four U.S. adults meets recommended physical activity guidelines.¹⁴ Obesity affects 20% of children and 42% of adults, increasing their risk for chronic conditions, and more than 25% of young people aged 17 to 24 are too overweight to qualify for military service.¹⁵ Effective management of chronic diseases involves regular screenings, patient education, and adherence to treatment plans. At Highlands DuBois and Penn Highlands Clearfield, a comprehensive approach includes monitoring patients' health, promoting education, and coordinating care among providers. Community-based programs focused on lifestyle changes, such as improved nutrition and increased physical activity, have led to better management of diabetes, hypertension, and heart disease. These initiatives have resulted in fewer hospital admissions, enhanced quality of life, and reduced healthcare costs. Collaboration among healthcare providers, government agencies, and community organizations fosters a supportive environment, encouraging residents to participate actively in their health management and promoting sustainable, positive health outcomes.

¹³ [Centers for Disease Control and Prevention](#)

¹⁴ [Centers for Disease Control and Prevention](#)

¹⁵ [Centers for Disease Control and Prevention](#)

Goal: Expand awareness and services to promote preventive health and wellness throughout the community.

CHNA Need	Subcategory	Target Population	Objectives/Strategies	Evaluation Methods/Metrics (Goals)	Partners
Chronic Diseases/Conditions	Health Behaviors	All employees at PHH	Increase healthy weight loss.	<ul style="list-style-type: none"> Number of employees participating 	<ul style="list-style-type: none"> Rehabilitation Dept./ facilities
	Health Behaviors	School-aged-students	Expand nutrition and health information to schools.	<ul style="list-style-type: none"> Number of events provided 	<ul style="list-style-type: none"> School food service
	Health Behaviors	Community residents	Host mini nutrition/health fairs	<ul style="list-style-type: none"> Number of events 	<ul style="list-style-type: none"> Community resources
	Health Behaviors	All employees and interested community members	Provide nutrition and health information to employees and the community.	<ul style="list-style-type: none"> Number of employees 	<ul style="list-style-type: none"> Morrison websites Health and human services organizations
	Health Behaviors	Patient families, employees, and residents	Promote healthy selections in the cafeterias for visitors and employees.	<ul style="list-style-type: none"> Number of people served 	<ul style="list-style-type: none"> Food vendors
	Health Behaviors	Those diagnosed with Parkinson's disease, family members, and caregivers	Expand support for Parkinson's Disease.	<ul style="list-style-type: none"> Number of presentations made 	<ul style="list-style-type: none"> Marketing Rehabilitation
	Health Behaviors	Adult females	Reduce osteoporosis among adult female patients.	<ul style="list-style-type: none"> Number of presentations made 	<ul style="list-style-type: none"> Cardiac Rehabilitation
	Health Behaviors	Residents in county	Open satellite sites of the Diabetes & Nutrition Wellness Center in Clarion and provide diabetes and nutrition education on a bimonthly basis at each location.	<ul style="list-style-type: none"> Facility open Number of educational materials distributed Number of educational events at the location Number of participants 	<ul style="list-style-type: none"> Providers in the geographical area
	Health Behaviors	Patients with prediabetes within the PHH service area	Maintain enrollment with the Center for Medicare and Medicaid Services for Diabetes Prevention Program	<ul style="list-style-type: none"> Required Data Entry for CMS 	<ul style="list-style-type: none"> CMS Providers CDC Diabetes Prevention Support Center
	Health Behaviors	Patients with prediabetes within the PHH service area	Offer Diabetes Prevention Programming throughout the PHH Service area by beginning with 1 cohort per year	<ul style="list-style-type: none"> Required Data Entry for CDC Track the number of cohorts Number of participants/cohorts 	<ul style="list-style-type: none"> PHH Marketing/ Communication PHPN Providers
	Health Behaviors	Customers of local dollar stores Residents of low-income housing Food bank recipients Recipients of free church meals Adults	Create educational material, including menus/ grocery lists for PHH patients on healthy eating at the local dollar stores. PHH providers can distribute these materials to patients when food insecurity is identified. Provide menus electronically to partners for distribution to their recipients.	<ul style="list-style-type: none"> Investigate adding a button to Athena Health Social Hx. When food insecurity is noted as an SDOH need, it is checked yes/no as to if menus are given Number of partners to whom menus are shared Request patient volume that would receive the education. 	<ul style="list-style-type: none"> Dollar Store owners Area Agency on Aging Managers of Low-Income Housing Food Banks Churches
	Health Behaviors	Adults	Promote physical activity throughout the community.	<ul style="list-style-type: none"> Number of physical activity sessions conducted Number of people attending 	<ul style="list-style-type: none"> Marketing Rehabilitation
Health Behaviors	Adults	Offer Yoga and Pilates Class/2 days a week.	<ul style="list-style-type: none"> Number of physical activity sessions conducted Number of people attending 	<ul style="list-style-type: none"> Marketing Rehabilitation 	

STRATEGIES **NO LONGER BEING ADDRESSED**

Penn Highlands DuBois and Penn Highlands Clearfield streamlined and combined some strategies from their implementation planning documents to enhance the report's clarity, focus, and overall effectiveness. By consolidating overlapping or related strategies, the ISP document avoids redundancy and presents a more cohesive and unified approach to achieving the desired goals. The final report helps to simplify the execution process by aligning resources and efforts, reducing confusion or fragmentation across different teams. It also enables clearer communication of priorities to stakeholders, making it easier to track progress and measure success. Furthermore, integrating strategies allows for better allocation of resources, as efforts are concentrated on the most impactful actions, improving overall efficiency. A more streamlined report also demonstrates a strategic vision, showcasing an organization's ability to adapt, innovate, and implement solutions in a coordinated, impactful manner.



Penn Highlands DuBois and Penn Highlands Clearfield acknowledged a number of health needs that emerged from the CHNA process. Penn Highlands DuBois and Penn Highlands Clearfield focused on areas of need where effective use of existing knowledge and resources offered the greatest potential impact.

The below behavioral health strategies will no longer be addressed as they were implemented:

BEHAVIORAL HEALTH:

- Identify available transportation to treatment.
- Develop a list of hospital detox beds and rehabs in the area.
- Educate the staff on drug trends and treatment.
 - All three goals were accomplished and addressed.

Penn Highlands DuBois and Penn Highlands Clearfield will continue supporting community partners with the expertise, capacity, and focused resources to address the region's needs effectively.

MOVING FORWARD

The Penn Highlands DuBois and Penn Highlands Clearfield community health needs identified in the CHNA are multifaceted. Reducing/decreasing, eliminating, or improving access to care, behavioral health, and chronic diseases/conditions requires continued collaboration among the local health, human, and social services agencies, community partners, and residents.

With continued alignment and partnership with organizations and community residents, Penn Highlands DuBois and Penn Highlands Clearfield will continue to engage residents as part of the CHNA and ISP. The implemented strategies and initiatives will strengthen Highlands DuBois and Penn Highlands Clearfield for all citizens within the service area.

RESOURCE COMMITMENT

Penn Highlands DuBois and Penn Highlands Clearfield will commit in-kind and financial resources during this CHNA cycle to implement the identified initiatives and programs. Resources may include clinical and non-clinical services, partnerships, collaboration for solutions, dedicated staff time to advance the Penn Highlands DuBois and Penn Highlands Clearfield work, charitable contributions, and volunteerism that will occur naturally within the ISP phase.

Penn Highlands Healthcare welcomes and values your feedback regarding the Community Health Needs Assessment and the Implementation Strategy Plan. Your insights are essential in helping us better understand the community's needs and ensuring our strategies effectively address them. Please share your thoughts, suggestions, or concerns to help us refine our efforts and create a healthier, more vibrant community.



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