



**2022
PHASE I REPORT & ACTION PLAN**

Community Health Assessment

Introduction & Methods

The purpose of this Community Health Assessment (CHA) is to identify the key health needs of Fishers residents. This report presents an interim analysis of qualitative data collected as part of the initial Fishers Health Department Community Health Assessment.

METHODS

Qualitative data were collected using open-ended surveys and a series of focus groups between September 2021 and December 2021. Surveys were distributed to residents of Fishers at the Fishers Health Department COVID mass vaccination site. Focus group discussions were held to capture in-depth perspectives on the perceived health needs and issues for the Fishers community. Participants were broadly recruited and selected to represent various perspectives of residents and organizations to assure a broad level of input. Interests represented ranged from elderly/older adults, disabled individuals, caregivers, parents, students, health equity organizations, city government academy, young adults, new residents, medically underserved, socioeconomically disadvantaged, healthcare/service providers, and community organizations.

Each survey and focus group asked a series of open-ended questions including:

- What are the top priority health needs in Fishers?
- What causes stress?
- What prevents you from achieving your health goals?
- How could we as a Fishers community enhance our culture of health?
- What are 3 key services you would like to see your health department offer to residents?

Results

208 completed surveys were evaluated, representing individuals living in the 46037, 46038, 46040, 46236 and 46256 zip codes. Ten focus groups were conducted with 68 participants, including 49 women and 19 men.

Results from both methods included similar themes and topics. The focus groups allowed for continued discussion and a broader representation of the community compared to the surveys. During the focus groups, mental health and substance or alcohol misuse were the most discussed concern across all groups. Residents shared how challenging it is to navigate the mental health system to receive services. They recognized that progress was made in Fishers to reduce the stigma of mental illness. Residents suggested that community organizations should implement suicide prevention efforts and normalize mental health to be just as important as physical health.

SURVEY AND FOCUS GROUP RESPONDENTS IDENTIFIED TOP ISSUES AND REOCCURRING THEMES IMPACTING THE COMMUNITY.

Additional information from survey data included input on services respondents would like the Fishers Health Department to provide, as well as factors that inhibit respondents from achieving health goals.



Mental Health



Substance or Alcohol Misuse



Social Connectedness



Health Education



COVID-19



Accessibility & Affordability

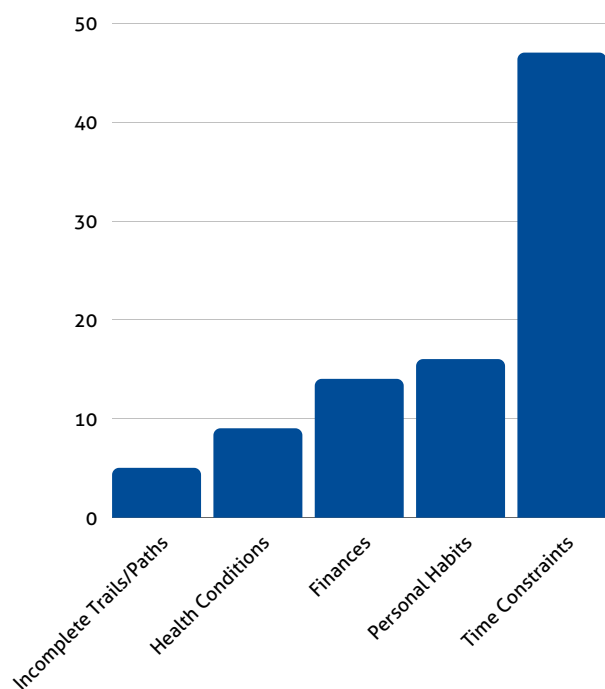


Preventative Healthcare

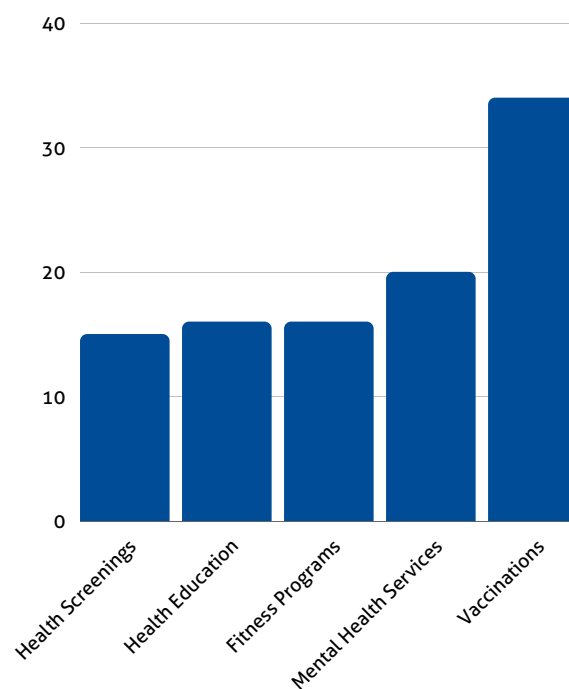


Built Environment

TOP 5 BARRIERS TO ACHIEVING HEALTH GOALS



TOP 5 SERVICES THE FISHERS HEALTH DEPARTMENT SHOULD PROVIDE



Following data collection, a prioritization process was conducted to establish a list of initial focus areas. These initial priorities include:

- Mental health
- Substance or Alcohol misuse
- Social connectedness
- Health Education
- COVID-19

Qualitative data collection allowed the Fishers Health Department to gather insight on residents' perceived health needs and issues within the Fishers community. The next step in the CHA process will include gathering quantitative data from both primary and secondary sources. Following the CHA completion, we will begin working on a Community Health Improvement Plan (CHIP).



Mental Health



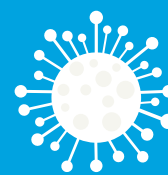
Substance or Alcohol Misuse



Social Connectedness



Health Education



COVID-19

Initial Action Plan & Next Steps

Utilizing information gained from these initial focus groups and survey results, and in order to maintain momentum for action, the Fishers Health Department has formulated an initial action plan to address the identified priorities in the short term while still working towards completion of the full Community Health Assessment.

ACTION	LEAD ORG	DUE DATE
Develop a Culture of Health plan including integrating health into a variety of city services and programming.	Fishers Health Department	Q2 2022
Create a plan for shared programming and activities that foster inclusive social connection, physical activity, and healthy food access.	Fishers Parks, Fishers Health Department	Q1 2022
Initiate a series of support groups and meet-ups to promote social connectedness for those with specific interests, and to identify potential leaders to sustain the groups.	Fishers Health Department	Q2 2022
Enhance the Fishers paramedicine program and public safety system to prevent crises and promote wellbeing through increased training, case management, resource, and data sharing, and data analysis to target improvement areas.	Fishers Fire & Emergency Services, Fishers Police Department, Fishers Health Department	Q3 2022
Work with organizations serving Fishers to produce a training and public education calendar for residents interested in key topics identified in the Community Health Assessment such as nutrition, physical activity, prevention of chronic diseases, and other important health information.	Fishers Health Department	Q2 2022
Publish information and via blogs, social media, e-mail, and/or websites about key topics prioritized by Fishers residents such as how and when to access mental health services, social connectedness, and COVID-19 information.	City PR & Community Engagement, Fishers Health Department	Q2 2022

ACTION	LEAD ORG	DUE DATE
Communicate plans for COVID-19 testing, vaccinations, and information as well as vaccinations for the flu and other vaccine-preventable diseases.	Fishers Health Department, City PR & Community Engagement	Q1 2022
Inventory mental health and support group resources and share them with the residents of Fishers via multiple modalities including an upgraded website	Fishers Health Department, City PR & Community Engagement	Q3 2022
Collect additional resident input and quantitative data for the Fishers Community Health Assessment.	Fishers Health Department	Q3 2022
Create a system to proactively identify and communicate health trends using de-identified data.	Fishers Health Department	Q4 2022
Develop a plan to leverage the built environment to promote a culture of health through coordination with Planning & Zoning, Parks, and the Department of Public Works.	Fishers Health Department	Q4 2022
Communicate where to find accessible, affordable health resources and services via multiple modalities including an upgraded and updated website.	Fishers Health Department, City PR & Community Engagement	Q4 2022
Partner with the Fishers community to create a Culture of Health Strategic Roadmap and Community Health Improvement Plan based on the Community Health Assessment findings.	City Mayor's Office, Fishers Health Department	Q2 2023

CONCLUSION

The Community Health Assessment is ongoing, and the Fishers Health Department invites all interested residents and community partners to provide input and participate in the process. Our hope is that all Fishers residents have the opportunity to achieve their health goals.

If you are interested in getting involved with the Community Health Assessment or the initial actions, please contact the Fishers Health Department at (317) 567-5045 or healthdept@fishers.in.us.

We would like to thank our Fishers residents and the following groups for their representation and participation in this process.

Acknowledgements

- Al-Huda Foundation
- Ascension St. Vincent Hospital
- Aspire Indiana
- Be Well Crisis Line
- Community Health Network
- Community Health North
- Core Wellness Centers
- Cumberland Crossings Apartment Community
- Fishers Multi-Faith Community for Compassion
- Fishers YMCA
- Fishers Youth Assistance Program
- Grace Church Fishers
- Hamilton Area Neighborhood Development (HAND)
- Hamilton County Community Foundation
- Hamilton East Public Library
- Hamilton Southeastern Schools
- Harmony Medical Associates
- Heart and Soul Free Clinic
- IU Health Saxony Hospital – Fishers
- Meals on Wheels of Hamilton County
- Mudsock Youth Athletics
- PFLAG Fishers
- Peyton Riekhof Foundation for Youth Hope
- Shepherd’s Center of Hamilton County
- Trinity Free Clinic
- Youth Mentoring Initiative

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