

2025-2027

Community Health Needs
Implementation Strategy



SSM Health St. Anthony Hospital - Midwest

2825 Parklawn Dr., Midwest City, OK 73110

Message to our community

St. Anthony Hospital - Midwest, a member of SSM Health, has delivered exceptional, compassionate care to Midwest City and eastern Oklahoma County for over 62 years. Inspired by our founding Franciscan Sisters of Mary and guided by our Mission – *Through our exceptional health care services, we reveal the healing presence of God* – we cherish the sacredness and dignity of each person as demonstrated through our Values of compassion, respect, excellence, stewardship, and community.

At SSM Health St. Anthony Hospital - Midwest, we are inspired by our founding Franciscan Sisters of Mary and guided by our Mission – *Through our exceptional health care services, we reveal the healing presence of God*. We cherish the sacredness and dignity of each person as demonstrated through our Values of compassion, respect, excellence, stewardship, and community.

Our sustained community commitment can be seen through our collaborative partnerships with residents and organizations. We rely on these relationships to help us identify and develop plans to address high-priority community health needs. We are grateful for the opportunity to partner with the following organizations: INTEGRIS Health, Mercy Hospital, OU Health, and the Oklahoma City-County Health Department (OCCHD).

Over the last 12 months, in collaboration with the Central Oklahoma Health Impact Team (COHIT) and our community partners, we have conducted a community health needs assessment (CHNA) by gathering health-related information from Oklahoma City-County Health Department's 2024 Wellness Score regarding Oklahoma County. We also conducted stakeholder meetings, community surveys, community chats, and key informant interviews to identify concerns about the health of Oklahoma County. These discussions identified needs that were prioritized based on the level of importance to community members and the hospital's ability to truly make an impact.

The primary priorities our health ministry will address over the next three years are:

- **Access to Care**
- **Food Insecurity**
- **Housing**

Our CHNA also identified **education** and **employment** as health-related needs in Oklahoma County. SSM Health St. Anthony Hospital - Midwest plans to do our part to address these important social determinants of health through our work with the Health Anchor Network, which you will see described in this implementation strategy.

During this time, SSM Health St. Anthony Hospital - Midwest will continue to develop our community partnerships and deliver an exceptional experience through high-quality, accessible, and affordable care to all residents. Please visit our website at ssmhealth.com to learn more about how we will continue to make a difference in our community.

I welcome your thoughts on how we can create a healthier Oklahoma.

Sincerely,

Stacy Coleman

President, SSM Health St. Anthony Hospital - Midwest



Executive Summary

Background

SSM Health St. Anthony, Mercy Hospital Oklahoma City, OU Health, INTEGRIS Health, and the Oklahoma City-County Health Department engaged in joint community health needs assessment (CHNA) in 2024. The CHNA involved reviewing both quantitative and qualitative data to attain the full scope of the community's needs related to health with a focus on the economically poor and underserved populations.

The Affordable Care Act (ACA) requires 501(c)(3), tax-exempt hospitals to conduct a CHNA every three years and adopt a strategic implementation plan for addressing identified needs.



Priorities

As a result of the 2024 CHNA, SSM Health St. Anthony Hospital - Midwest determined three priorities and two secondary priorities for the 2025-2027 Community Health Needs Implementation Strategy:

Primary Priorities:

- Access to Healthcare
- Access to Healthy Food
- Housing

Secondary Priorities:

- Education & Employment

Strategies

Access to Health Care: We will collaborate with community partners to improve access to health care services by offering a health education program, donating in-kind specialty services, and increasing access to Narcan medication in the community. Regular and reliable access to health services improves the quality of life and treats health conditions.

Access to Healthy Food: We will work with community partners to expand access to healthy food by establishing a Food Pharmacy Program in our OB Clinic, sponsoring a Backpack for Kids program, and supporting a Meals on Wheels route in Del City. Access to healthy food will help residents in eastern Oklahoma County achieve and maintain a healthy weight and live longer.

Housing: We will enhance housing stability by expanding partnerships with Cardinal Community House and City Care to provide respite care for patients experiencing homelessness.

Education & Employment: We are committed to continue to creating strategies to support strong employment and job training opportunities in our local community.

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About SSM Health and St. Anthony Hospital - Midwest

SSM Health

SSM Health is a Catholic, not-for-profit, fully integrated health system working to advance health equity and empower all people to achieve their full potential.

With care delivery sites in Illinois, Missouri, Oklahoma, and Wisconsin, SSM Health provides convenient access to high-quality community-based services as

well as world-class academic medicine, clinical trials, and research studies. The organization's footprint includes hospitals, physician offices, outpatient and virtual care services, senior care, comprehensive home care and hospice services, a fully transparent pharmacy benefit company, a health insurance

company, and an accountable care organization. As one of the largest employers in every community it serves, the organization's 40,000 team members and 13,900+ providers are dedicated to fulfilling SSM Health's Mission.

Through our exceptional health care services, we reveal the healing presence of God.

SSM Health St. Anthony Hospital - Midwest

Highlight of services

We offer a comprehensive array of medical specialty services, such as:

- Cardiology
- Primary Care
- Obstetrics & Gynecology
- Neurology
- Dermatology
- Orthopedics
- General Surgery
- Urology

Community partnerships

We are proud to be part of community projects that work to improve health outcomes in the areas we serve:

- YMCA of Midwest City
- Cardinal Community House
- Regional Food Bank of Oklahoma

Community benefit

In 2023, St. Anthony Hospital - Midwest provided \$6,783,744 in community benefit, comprised of \$6,400,177 charity care and \$383,567 in community services.

Examples of our community benefit programs include:

- Health Coaches for Hypertension Control
- Food Pharmacy Programs
- Community Health Improvement Grants

Additional affiliations and partnerships

- Central Oklahoma Health Impact Team (COHIT)
- Mission Mid-Del Food Pantry
- Health Alliance for the Uninsured
- Lynn Institute

Hospital at a glance

Admissions | 7,170

Outpatient visits | 29,628

ER visits | 23,000+

Beds | 243

Employees | 801

Medical staff | 132

Volunteers | 12

Charity care | \$6.7M

CHNA community partners

Food and Nutrition

Chesapeake
Chickasaw Nation
Cleats 4 Kids
Dale Rogers Training Center (DRTC)
Diversion Hub
Double Up Oklahoma
EMBARK
Greater Oklahoma City Hispanic Chamber of Commerce
Hunger Free Oklahoma
Infant Crisis Services
Lighthouse
Lynn Institute
Meals on Wheels Oklahoma City
Moore Food Resource Center
Natural Grocers
OK SNAP Works
OKC Beautiful
Oklahoma City Parks
Homeless Alliance
Oklahoma Human Services (OKDHS)
Oklahoma City Indian Clinic
Oklahoma Local Agricultural Collaborative
Oklahoma Nutrition and Information Education Project (ONIE)
Regional Food Bank of Oklahoma
Restore Farm
Restore OKC
Rookie League Foundation
Safe Families Oklahoma
Senior Nutrition Program
Skyline
St. Luke Community Market
USA Softball
Women, Infants, and Children's Program (WIC)
Young Men's Christian Association (YMCA)

Access to Healthcare

Aetna Better Health of Oklahoma
Aging Services Inc
Alzheimer's Association
Arnall Family Foundation
Blue Cross Blue Shield
Butterfield Foundation
Cardinal House
Caring Van
Catholic Charities of the Archdiocese of Oklahoma City
Complete Health
Department of Commerce
Department of Health Services
EMBARK
Health Alliance for the Uninsured
Hope Community Services
Humana
Indian Health Services
INTEGRIS Health
Junior League OKC
Lynn Institute
Mental Health Association Oklahoma
Mercy Hospital
New Hope Wellness Center
NewView Oklahoma
NorthCare
Oklahoma Commission on Children and Youth (OCCY)
Oklahoma County Health Department (OCCHD)
Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS)
Oklahoma Health Care Authority (OHCA)

Oklahoma Primary Care Association (OKPCA)
Oklahoma Project Woman
Oklahoma State Department of Health (OSDH)
Oklahoma State University (OSU)
OU Health
Possibilities Inc
RAIN Oklahoma
Red Rock Behavioral Health Services
Shred the Stigma
SSM Health St. Anthony
Substance Abuse and Mental Health Services (SAMHSA)
United Acts of Kindness
United Way of Central Oklahoma
Variety Care

CHNA community partners

Housing

Catholic Charities
City Care
City Rescue Mission
Diversion Hub Legal Aid
Dragonfly Home
EMBARK
Goodwill Central Oklahoma
Habitat for Humanity
Jesus House
Key 2 Home
MedFirst Bank
Metro Fair Housing
Moore High School
Neighborhood Services Organization (NSO)
NorthCare
OK End Homelessness
OKC Homeless Outreach Ministries
Oklahoma Homeless Alliance (OHA)
Pivot
Restore OKC
SISU
The Salvation Army
United Way Partner Agencies
Urban League of Greater Oklahoma City
Work Ready
Young Villages
Young Women's Christian Association (YWCA)

Education

Catholic Charities of the Archdiocese of Oklahoma City
Community Action Agency of Oklahoma City
Family Expectations
Inasmuch Foundation
It's My Community Initiative
Oklahoma City Community College
Oklahoma City Housing Authority
Oklahoma Housing Finance Agency
Oklahoma Human Services
Oklahoma Single Parent Scholarship Program
Positive Tomorrows
Restore OKC
Santa Fe High School
Seas the Day Mobile Library
The Education and Employment Ministry (TEEM)
The Oklahoma Department of Libraries
True Dads
University of Central Oklahoma (UCO)
University of Oklahoma (OU)
Welcome Home Adult Day Care
Wings
Work Ready Oklahoma

Employment

Aetna
AmeriCorps Seniors
AreaWide Aging Agency
Catholic Charities of the Archdiocese of Oklahoma City
Central Oklahoma Workforce Innovation Board
City Rescue Mission
CVS/Aetna
Latino Community Development Agency
Not Your Average Joe
Homeless Alliance
Pivot Preserves
Side x Side
The Education and Employment Ministry (TEEM)
Young Men's Christian Association (YMCA)
Work Ready Oklahoma
Dale Rogers Training Center (DRTC)
Curbside Enterprises
Pivot Preserves
Rise Cafe
Regional Food Bank of Oklahoma
Goodwill Central Oklahoma

Our progress since 2021

Priority 1: Access to Care

Access to Specialty Services for the Uninsured

SSM Health St. Anthony was a founding member of Health Alliance for the Uninsured and has a longstanding history of providing specialty services to patients to uninsured patients through HAU's Care Connection Program. After joining SSM Health in 2021, St. Anthony Midwest began supporting HAU by committing \$90,000 to support the operations of the Care Connection program and HAU's other services. The hospital is also finalizing plans to begin offering additional in-kind specialty services.

Health Coaches for Hypertension Control

In 2022, SSM Health St. Anthony launched Health Coaches for Hypertension Control. This eight-week program, developed at Clemson University, empowers participants to better manage hypertension. Participants attend group education sessions, receive support from a trained health coach, and are given a free electronic blood pressure monitor. Participants are referred to HCHC from various community-based organizations and the St. Anthony Family Medicine Center. The program is funded by SSM Health St. Anthony; there is no cost for community members to participate.

Since launching, the program's 8 cohorts have seen positive outcomes:

- 84% of participants reported improvements in understanding hypertension management.
- 77% of participants achieved a measurable decrease in blood pressure by the program's end.
- 69% reported improved confidence in self-managing their condition, including regular home blood pressure monitoring and healthier lifestyle choices.

This program's success reflects the commitment of St. Anthony to enhance patient education and provide practical tools for self-management.

Care Navigation

SSM Health has invested in better systems to screen patients for Social Determinants of Health (SDOH) needs and adopted a platform called Unite Us to electronically refer patients with needs to community-based organizations. St. Anthony Midwest began electronic SDOH screenings and referrals in 2024, broadening access to essential resources and reinforcing our commitment to whole-person care. Data from this initiative is currently being evaluated to measure impact and inform future efforts.

Tobacco Cessation Resources

St. Anthony Midwest partnered with the Oklahoma Hospital Association to expand access to tobacco cessation resources for patients in acute care. This initiative is an ongoing effort, as we continue to refine workflows and enhance support resources for nursing, respiratory care, and discharge planning. Currently, our team is focused on:

- Integrating tobacco cessation protocols into routine care workflows
- Developing and distributing "Tip Sheets" and step-by-step guides for respiratory care staff
- Providing ongoing training to respiratory care Epic "Super Users" to ensure effective patient counseling and referral placement to the Oklahoma Quitline.

Community Health Improvement Grants

St. Anthony Midwest began a community health improvement grant program in 2022 to support eastern Oklahoma County organizations focused on increasing access to care. In addition to the other grants mentioned in this report, the hospital also awarded the following grants to support access to care in the community:

- Oklahoma Project Woman: \$9,750 to expand access to breast health and cancer screenings
- Midwest City YMCA: \$34,500 to support its financial assistance and the LiveStrong programs, improving access to physical activity and wellness

Our progress since 2021

Priority 2: Access to Healthy Food

Food Pharmacies

St. Anthony Midwest, in partnership with the Regional Food Bank of Oklahoma, established two food pharmacy locations where clinical staff screen patients for food insecurity and provide boxes of nonperishable food to those in need. This program began at the hospital and expanded to the wound care clinic on the St. Anthony Midwest campus in November 2024. Through the end of 2024, the program has served over 150 patients.

Healthy and Tasty

In 2023, St. Anthony Midwest hosted two community nutrition and cooking classes for residents of eastern Oklahoma County. These classes enhanced participants' knowledge of maintaining a healthy diet. Each session included a feedback survey to gather insights and measure impact. 35 community members participated. 100% of attendees indicated satisfaction with the quality of content provided, underscoring the program's effectiveness in delivering valuable health education.

Meals on Wheels Program

In August 2022, St. Anthony Midwest partnered with Meals on Wheels Oklahoma City to launch a route in north Del City. Starting with 10 clients, the route has expanded to serve 15 clients, ensuring seniors receive a warm meal every Friday to support independent living and address food insecurity among older adults. The hospital has invested over \$20,000 to support this program, including the expense of the meals, staff time to deliver the meals, and other direct expenses.

Community Health Improvement Grants

St. Anthony Midwest began a community health improvement grant program in 2022 to support eastern Oklahoma County organizations focused on food insecurity. In addition to the other grants mentioned in this report, the hospital also awarded over \$30,000 in community health improvement grants the following community organizations addressing food insecurity in the community:

- Skyline Urban Ministry's mobile food pantry services
- Mission Mid-Del's food resource center
- Eastern Oklahoma County Resource Center
- Mid-Del Food Pantry



Our progress since 2021

Secondary Priorities: Education and Employment

Period Poverty

St. Anthony Midwest awarded a community health improvement grant of \$37,925 to the Mid-Del Public School District to increase access to feminine hygiene products for girls and young women living in poverty. This initiative provided dispensers stocked with free feminine products in girls' and women's restrooms across the district, addressing a critical need that can prevent students from missing class or falling behind academically due to lack of access. In the fall of 2022, 207 dispensers were installed, ensuring students have reliable access to essential hygiene products and promoting a healthier, more supportive learning environment.

Backpacks for Kids at Midwest City Elementary

The Regional Food Bank of Oklahoma's Backpack for Kids Program provides elementary school children with a sack of nutritious, non-perishable food every Friday to sustain them over weekends and school holidays. St. Anthony Midwest has supported the program at Midwest City Elementary School since 2022. During the 2022-2024 period, St. Anthony Midwest invested \$15,000 in the program, providing 20,421 pounds of food to MWC Elementary students and their families. This initiative strengthens food security for children, ensuring they have reliable access to nutrition during weekends and holidays.

Healthcare Anchor Network

Recognizing the impact of social and structural determinants of health, SSM Health is a member Healthcare Anchor Network (HAN) to leverage our economic influence to build healthier communities.

Key areas of focus include impact purchasing from locally-owned businesses and impact investing in communities with significant economic and environmental challenges. In 2023 alone, our cumulative investment in Oklahoma through our HAN strategy totaled \$3,885,271. Through this approach, St. Anthony contributes to improved health outcomes while fostering economic stability and growth in the communities we serve.



The health needs of our community

The Community Health Needs Assessment (CHNA) builds upon our previous work to capture community insights and inform health strategies. Using a mixed-methods approach, the COHIT team identified key health needs and mapped existing initiatives in Oklahoma County. We engaged diverse stakeholders through meetings, community events, and a snowball sampling method to expand outreach. Partnering with the Oklahoma City-County Health Department, we incorporated data from their Community Context Assessment Survey to enhance our understanding of priority areas like housing, food access, healthcare, education, and employment.

By engaging decision-makers and frontline organizations, we gathered data on health challenges and solutions. Facilitated discussions followed a standardized guide, with input collected through written responses and an online survey. This CHNA validates past findings, tracks progress, and refines strategies based on community feedback. Conversations revealed systemic barriers, individual concerns, and opportunities for action, reinforcing our commitment to improving health equity in our community.



The health of our community

Priority 1: Access to Healthcare

16%

of Oklahoma County residents are uninsured (2024 OK County CHNA).

Survey respondents indicated that barriers to accessing healthcare include the following:

- Transportation
- Availability of providers
- Long wait times
- Financial constraints

The **73110 zip code** (Midwest City) has one of the highest cardiovascular disease mortality rates in Oklahoma County (2024 Wellness Score, p. 83).

Priority 2: Access to Healthy Food

15%

of Oklahoma County residents struggle food insecurity (2024 OK County CHNA).

Nineteen zip codes in Oklahoma County had more than **50%** of the population that did not have access to supermarket within 1 mile. (2024 Wellness Score, p.130).

21% of children in the county are classified as food insecure. (Hunger Free OK, 2022)

Priority 3: Housing

45.6%

of Oklahoma County households spend 30% or more of their income on rent.

1,838 individuals in the county experienced homelessness in 2024.

Individuals experiencing homelessness often lack access to post-hospitalization care. (2024 OK County CHNA)

Community assets

COHIT gathered information from community engagement meetings to identify organizations and programs actively working to improve access to the priorities established during the launch of our CHNA with stakeholders.

Community assets mentioned as a high need for collaboration include:

Access to Healthcare

Oklahoma County has strong healthcare resources, including organizations focused on expanding specialty care, preventive services, and healthcare access for underserved populations. Key organizations include:

- Health Alliance for the Uninsured – Connects uninsured individuals to specialty care services.
- Oklahoma Primary Care Association – Supports Federally Qualified Health Centers (FQHCs) to provide affordable healthcare.
- Oklahoma City-County Health Department (OCCHD) – Provides community-based health programs, screenings, and public health initiatives.

Access to Healthy Food

Several organizations work to address food insecurity through nutrition education, food distribution, and local food access programs. Key organizations include:

- Regional Food Bank of Oklahoma – Provides food assistance to low-income individuals and families.
- St. Luke’s Community Market–programs that improve food access.
- Double Up Oklahoma – Increases the affordability of fresh produce for SNAP recipients.

Housing

Efforts to address housing instability focus on medical respite care, affordable housing initiatives, and support for unhoused individuals. Key organizations include:

- Cardinal Community House – Provides medical respite care for people experiencing homelessness.
- City Care – Works to establish and expand housing solutions for unhoused populations.
- Oklahoma Housing Finance Agency (OHFA) – Supports affordable housing programs and financial assistance for residents.

Education & Employment

Community partners are actively working to expand workforce development, job training, and educational opportunities. Key organizations include:

- Oklahoma Department of Career and Technology Education (CareerTech) – Offers vocational training and job placement support.

Strategic implementation plan

Using the data collected in the CHNA, the Community Health team worked with community partners and hospital leadership to identify the health priorities for the implementation strategy. This process included an evaluation of the assets and programs already present in the community, a determination of which needs SSM is best equipped to address, the selection of evidence-based interventions that SSM can support to make a measurable impact in the chosen health priorities.



Priority 1

Access to Health Care



Priority 2

Access to Healthy Food



Priority 3

Housing



Priority 1:

Access to Healthcare



Background

Many residents in Oklahoma County face barriers to healthcare due to provider shortages, financial constraints, and limited specialty care access. Expanding provider capacity, improving care coordination, and addressing affordability are key to reducing these disparities.

Action plan

- Continue **Health Coaches for Hypertension** classes in eastern Oklahoma County. This is an eight-week course designed to improve hypertension self-management through group educational sessions and support offered by a trained health coach.
 - Conduct one cohort per quarter
 - Report quarterly program outcomes
- Partner with **Oklahoma Project Woman** to enhance breast cancer screening efforts by providing:
 - In-kind imaging services to uninsured women.
 - Offer grant funding for transportation and diagnostic services to support continuity of care for patients with abnormal results.
- Increase harm reduction & substance use prevention by implementing **Narcan vending machines** in partnership with a local community-based organization.
 - Measure the number of Narcan units dispensed, education efforts, and provider engagement.
- Offer integrated **virtual behavioral health** in all SSM Health Medical Group primary care practices in eastern Oklahoma County
- Continue to partner with Oklahoma Alliance for **Public Transportation** to support policy efforts to improve transportation access in Midwest City, reducing barriers to healthcare and essential services.
- Continue to partner with the **Health Alliance for the Uninsured** to provide funding to support access to specialty care for the uninsured.
- Provide community-based organizations with financial support for their work in addressing access to care in Midwest City and the larger eastern Oklahoma County area

Priority 1:

Access to Healthcare

Community partners

Oklahoma Project Woman
Community Action Agency of Central Oklahoma
Health Alliance for the Uninsured
Oklahoma Alliance for Public Transportation

Supporting resources

SSM Health Medical Group
SSM Health Pharmacy

Evidence-based interventions

- Health Coaches for Hypertension is [named as an evidence-based program](#) by the National Council on Aging's Center for Healthy Aging
- The introduction of naloxone vending machines was associated with a [15% reduction](#) in overdose fatalities in the first year.

Health goal(s)

- Expand harm reduction efforts to reduce overdose deaths and increase access to substance use treatment.
 - Comparative Benchmark: Over 100,000 drug overdose deaths occurred in the U.S. in 2021, with opioids accounting for 75%, while Oklahoma reports over 700 opioid-related deaths annually.
- Improve Access to Public Transportation to Reduce Barriers to Healthcare, Employment, and Essential Services in Midwest City.

Objective(s) with performance measures

- Track blood pressure improvements, and lifestyle changes such as physical activity and consumption of fruit and vegetables among participants to assess the program's impact and refine strategies as needed with pre and post surveys.
- Implement at least three Narcan vending machines in high-risk areas by 2027 and track the number of units dispensed.



Priority 2:

Access to Healthy Food



Background

Food insecurity remains a challenge, with affordability and limited grocery store access affecting many residents. Strengthening food assistance programs, increasing fresh food availability, and expanding community-based nutrition initiatives can help improve food access.

Action plan

- Continue the **Food Pharmacy program** to support hospital inpatients, as well as patients in Cancer and Wound Care. This program is a partnership with the Regional Food Bank of Oklahoma, where the hospital provides food boxes containing enough nonperishable items to prepare 16 meals for patients identified as food insecure.
 - Additionally, establish a Food Pharmacy program at our OB Clinic within our Medical Group in Midwest City.
- Continue to sponsor the **Backpacks for Kids** program at Midwest City Elementary. Regional Food Bank of Oklahoma's Backpacks for Kids program provides children with food access issues food for the weekends when the schools cannot feed them.
- Continue to support a **Meals on Wheels** route in Del City by providing food prep and volunteers. This program provides homebound seniors in eastern Oklahoma County with nutritious meals daily. The hospital will track monthly number of meals delivered, staff time, and misc. expenses.
- Partnering with the Lynn Institute to offer **hands-on cooking classes** in Eastern Oklahoma County, providing participants with practical skills in nutrition and healthy meal preparation. These classes empower individuals to make healthier food choices by teaching affordable, nutritious cooking techniques that support overall well-being.
- In collaboration with **Fresh Rx** in Tulsa, we are launching a “food is medicine” program in Oklahoma County to support individuals with chronic health conditions through nutrition-based interventions. To expand its reach and impact, we are seeking strategic partners and funders while also providing in-kind lab services to support program implementation and success.

Priority 2:

Access to Healthy Food

Supporting resources

Sodexo
Mission Action Team
Inpatient Case Management
Cancer/Wound Care
SSM Health Medical Group

Community partners

Regional Food Bank of Oklahoma
Meals on Wheels Oklahoma City
Fresh Rx
Mid-Del School District
Lynn Institute

Evidence-based interventions

- Food Pharmacies help patients achieve and maintain a [healthy weight and help them live longer](#), as indicated by the United States Departments of Agriculture and Health and Human Services.
- Programs such as Meals on Wheels [positively impact](#) the health, well-being, and social connectedness of home-bound seniors, as stated in a study by Brown University.
- A 2023 study by the American Heart Association found that produce prescriptions were associated with [significant improvements](#) in fruit and vegetable intake, food security, and overall health status for adults.

Health goal(s)

- Reduce food insecurity in Oklahoma County to align national (10.5%) rates.
 - Comparative Benchmark: Food insecurity affects 10.5% of U.S. households, 15% of Oklahoma residents, and 15% of Oklahoma County residents (2024 Oklahoma County CHNA).
- Increase fresh produce consumption among residents to improve overall nutrition.
 - Comparative Benchmark: Only 12.3% of U.S. adults meet fruit intake recommendations, and 10% meet vegetable intake recommendations, with Oklahoma ranking among the lowest nationally (2024 Oklahoma County CHNA).

Objective(s) with performance measures

- Expand the Food Pharmacy program to at least an additional site (OB Clinic) by 2025.
- By 2026, bring an additional partner and funder to implement Fresh Rx in Oklahoma County. Additional performance metrics will be identified with partners.
- Design performance measure with the community partner to assess the pre- and post-learning skills of participants in cooking classes, with 25% of those participants residing in eastern Oklahoma County.

Priority 3: Housing

Background

Housing instability and high rental costs continue to impact health outcomes, especially for vulnerable populations. Expanding affordable housing options, improving discharge planning from hospitals, and strengthening supportive housing programs are crucial next steps.

Action plan

- Continue to partner with **Cardinal Community House** to provide respite care for patients experiencing homelessness. The respite shelter at Cardinal Community House provides patients a safe, medically appropriate environment to rest and heal after a hospitalization. Participants receive case management services, meals, and medication assistance.
 - St. Anthony and Cardinal Community House will evaluate patient outcomes and readmission rates.
- Support **City Care's Medical Respite** initiative financially and engage additional partners to expand services for unhoused patients discharged from hospitals who need respite care.
- Provide community-based organizations with financial support for their work in addressing access to care in Oklahoma County

Community partners

Cardinal Community House
City Care
Homeless Alliance
Central Oklahoma Health Impact Team

Supporting resources

SSM Health St. Anthony Foundation

Evidence-based interventions

- Studies show that case-managed [medical respite care](#) reduces hospital readmission rates by up to 50% and increases long-term housing stability

Health goal(s)

Improve health outcomes and reduce hospital readmissions for individuals experiencing homelessness by expanding access to medical respite care, integrating care coordination

Objective(s) with performance measures

- Baselines and performance measures to be identified in 2025

Secondary Priorities: Education & Employment

SSM Health is a proud member of the Healthcare Anchor Network. Members of the Healthcare Anchor Network commit to use their role as an “Anchor Institution” in their community to address the structural disparities that affect equitable health Outcomes.

The entire SSM Health system, including St. Anthony Hospital - Midwest, will continue to formulate strategies to support the creation of new employment and job-training opportunities within marginalized communities. Local health ministries will determine where to focus efforts.



Overarching priorities

Social determinants of health (SDoH)

The social determinants of health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. Examples of these factors include safe and affordable housing, access to quality education, public safety, availability of healthy foods, accessible health care services, and positive social support systems.

Research shows that the SDoH can be more important than healthcare or lifestyle choices in influencing health. For example, numerous studies suggest that SDoH accounts for between 30-55% of health outcomes. In addition, estimates show that the contribution of sectors outside health to community health outcomes exceeds the contribution from the healthcare sector. By applying what we know about SDoH, we can not only improve individual and community health but also advance health equity.

The primary data collection tools were rooted in questions regarding SDoH. This health equity lens was used when prioritizing health needs and will inform the development of the hospital's implementation strategy.

Health equity

Equity is defined as “the absence of avoidable or remediable differences among groups of people, whether those groups are defined socially, economically, demographically, or geographically” (World Health Organization, 2016). As a Catholic health ministry, we believe healthcare is a fundamental human right. Interventions to address health disparities need to be effective and sustainable, focused on empowering those experiencing inequities.

A characteristic common to groups that experience health inequities – such as poor and marginalized persons, racial and ethnic minorities, and women – is a lack of political, social, or economic power. Research indicates a strong relationship between self-reported racism and discrimination with negative mental health outcomes and negative health-related behaviors.

Research also indicates that chronic stress from experiencing discrimination, such as racism, throughout the lifespan can lead to negative health outcomes. Those outcomes are seen even after controlling for differences such as socioeconomic status and access to adequate healthcare. The effects can include the following:

- Higher blood pressure
- Lower immune function
- Lower rates of exercise and social support
- Higher rates of infant mortality

