

When researching the health behaviors, healthcare utilization and health outcomes of the Plain community, cultural context is significant. Contextual perspectives on the strengths of the Plain community should be considered as the research findings are reviewed and opportunities for action are explored.

Efforts to act on any health needs of the Plain Community necessitates the establishment of trust, the respect of the culture and the willingness to partner.

| Cultural Attribute | Recommendation for Building Trust |
|--|---|
| A strong family and community support system demonstrate resiliency and strength. | The mental well-being of the Plain Community is strong. Understand that some members of the community may have a higher tolerance for pain or may downplay their physical complaints. Building trust will allow for a more open conversation. Also, silence does not mean agreement or understanding. |
| Health is often judged based on one's ability to be productive – completing a good day's work. Health care is utilized but serves as a resource as needed. | Explore whether other complementary or home remedies may have been sought before pursuing traditional health care sources. An open dialogue of treatments tried or supplements taken without discrediting or disparaging comments will help establish a trusted relationship. |
| Although health care decisions are left up to the individual and family, more complex decisions often include family and trusted community members. | Support patients' potentially delayed decision-making by considering the significance of many participants involved in reaching the decision. A patient may or may not be comfortable with sharing health information in the presence of others. |
| Behaviors such as physical activity, eating well and supplement use demonstrate an acknowledgement of the importance of prevention. Often the low use of preventive services, such as mammograms and colonoscopies, leads to the misconception that the Plain Community does not have an interest in prevention. | Demonstrate your support of the positive health behaviors exuded by the Plain Community. Consider the value of preventive behaviors versus preventive services– Where can consensus be found? |
| The active agricultural lifestyle of the Plain Community tends to demonstrate protection from many unhealthy behaviors observed elsewhere. | Focus on the positive health behaviors and lifestyle that support health while understanding that the Plain Community demonstrates rising risk factors like the general population– What lifestyle education can be shared? |

To learn more about WellSpan's work with the Plain Community, the survey findings or how you might get involved in our work, please contact us.

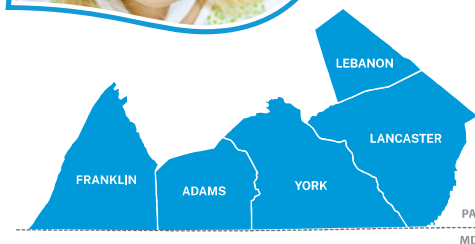
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PLAIN COMMUNITY SURVEY Community Health Needs Assessment 2022



WellSpan's journey in caring for our neighbors has afforded us the knowledge to provide care in ways that are meaningful, and that further advance our understanding of the unique health and cultural needs of the Plain Community. With nearly 77,000 Plain Community members across our five-county footprint, WellSpan is proud to be the chosen healthcare provider for many Amish and conservative Mennonite neighbors.



Our engagement with the Plain Community starts with our organizational commitment to being a trusted partner in health, to building relationships throughout our community and to providing exceptional care.

SURVEY METHODOLOGY AND DEMOGRAPHICS

To better understand the health needs of the Plain Community, a survey of **XXX** households in Adams, Franklin, Lancaster, Lebanon and York counties was completed. The survey randomly selected households from church directories obtained and compiled in a database proprietary to WellSpan. The responses were representative regionally and by Plain Community group (including Amish and Eastern, Groffdale and Weaverland Mennonite). Respondents ranged in age from 18 to 98 years (mean age of 55 for Amish and age 50 for Mennonite), most respondents were married and roughly half reported living on a farm.

The survey provides perspective on the unique health trends of our Amish and Mennonite neighbors, enhances our understanding of community strengths, assets and limitations affecting the Plain Community's health and identifies potential opportunities for collaborative action to address needs.

This survey reinforces many of our previous learnings:

- The highest concentration of Plain Community members in the region reside in Lancaster County and most survey responses came from Lancaster County.
- There is a wider range of 'Plain' Mennonite church groups than within the Amish community.
- Healthcare utilization varies greatly across the Plain Community.
- Utilization of healthcare is different than the general or "English" population.
- The vast majority of Amish and Mennonite community members do not carry commercial health insurance and do not accept any government aid.

KEY FINDINGS

The Plain Community tends to demonstrate positive mental well-being trends. They are not immune to chronic diseases affecting our Nation, including rates of overweight/obesity, heart disease and high blood pressure. Prevention behaviors among the Plain Community include being active, eating well and taking multivitamins. There is concern that healthcare's COVID-19 response threatened the trust built between the Plain Community and healthcare.

Additionally:



Rates of overweight and obesity are rising.



1 in 4 report high blood pressure or high cholesterol.



For most women, prenatal care begins after the 1st trimester.



Most adults take multivitamins or supplements.



Most believe mental illness is a medical condition.



Most report having a regular health care provider.



Very few received a COVID vaccine and many doubt efficacy of all vaccines.



Less likely to report stress and poor mental health days (compared to general population)



More than 50% report feeling tired or having little energy within last two weeks.



Nearly all get water from private well.

MENTAL WELL-BEING FINDINGS

Social support and close community network demonstrate community resiliency.

| Indicator | Amish | Mennonite |
|--|-------|-----------|
| Indicate they have 3 or more friends or relatives they feel at ease to talk with about problems. | 85% | 91% |
| Would seek help from a medical doctor if they felt they had a mental condition. | 58% | 80% |
| Illness of a family member has caused some, moderate or severe stress within the past 12 months. | 41% | 37% |
| Suffers from any type of chronic pain. | 18% | 24% |
| Accomplished less than they would have liked as a result of emotional problems (such as feeling depressed or anxious) in the last 4 weeks. | 15% | 15% |
| Reported at least one day mental health was not good in the past month. | 13% | 20% |
| Currently taking medicine or receiving treatment for mental health condition or emotional problem. | 6% | 19% |

HEALTHCARE UTILIZATION AND ACCESS FINDINGS

Attention to one's health focuses on the ability to be productive- healthcare serves as a resource as needed and is transactional.

| Indicator | Amish | Mennonite |
|--|-------|-----------|
| Needed medical care in the last 12 months | 35% | 53% |
| Takes a prescription medication | 30% | 48% |
| Does not have a personal physician | 29% | 6% |
| Had a dental exam in the last year | 28% | 66% |
| Had a routine physical check-up in the last year | 27% | 47% |
| Children have received vaccinations | 25% | 93% |
| Delayed care because of cost | 6% | 8% |

PHYSICAL HEALTH FINDINGS

Active and agricultural lifestyles tends to demonstrate protection of this community from unhealthy behaviors observed elsewhere.

| Indicator | Amish | Mennonite |
|---|-------|-----------|
| Overweight or Obese | 58% | 73% |
| Birth of most recent baby was at home | 55% | 46% |
| Anyone in household has had COVID-19 | 43% | 56% |
| In past 4 weeks, accomplished less than would like because of physical health | 27% | 26% |
| Been told by health care professional have high cholesterol | 23% | 21% |
| Been told by health care professional have hypertension or high blood pressure | 20% | 27% |
| Been told by health care professional are anemic/have low blood count/ low iron | | |

