

Allegheny Health Network – AHN Grove City

Implementation Strategy Plan

2025 Report

Implementation Strategy Plan 2025

About Allegheny Health Network (AHN)

Allegheny Health Network (AHN) is a leading nonprofit health system based in Pittsburgh, Pennsylvania, dedicated to providing exceptional quality, comprehensive health care services to the communities it serves. AHN, part of the Highmark Health enterprise, operates 14 hospitals, employs over 22,000 people, and has more than 250 locations providing care. The facilities have nine surgical centers, six regional cancer centers, and six health and wellness pavilions. Its staff includes over 3,000 physicians, residents, and fellows; 6,000 nurses; and 22,000 employees.¹ AHN is an integrated health system dedicated to providing exceptional care to people in the local communities. Serving 12 Pennsylvania counties and two counties in New York, AHN brings together the services of AHN Allegheny General Hospital, AHN Allegheny Valley Hospital, AHN Canonsburg Hospital, AHN Forbes Hospital, AHN Grove City Hospital, AHN Jefferson Hospital, AHN Saint Vincent Hospital, AHN West Penn Hospital, AHN Westfield Memorial Hospital, AHN Wexford Hospital, and AHN Neighborhood Hospitals (AHN Brentwood Neighborhood Hospital, AHN Harmar Neighborhood Hospital, AHN Hempfield Neighborhood Hospital, and AHN McCandless Neighborhood Hospital).

AHN encompasses a wide range of health care services, including acute care, outpatient services, rehabilitation, emergency care, and specialty programs. AHN is also recognized for its cutting-edge technology and research initiatives, focusing on advancing medical science and enhancing patient care. AHN is a vital component of the health care landscape focused on delivering high-quality, patient-centered care. Through its extensive services, community engagement, and commitment to health equity, AHN strives to improve the health and well-being of the communities it serves. With a dedication to innovation and excellence, AHN continues to play a crucial role in shaping the future of health care in the region.

Mission

To create a remarkable health experience, freeing people to be their best.

Vision

A world where everyone embraces health.

¹ Allegheny Health Network

About Allegheny Health Network Grove City

In 1978, AHN Grove City captured national attention with the merger of Grove City Hospital and Bashline Memorial Hospital. Both institutions were established in the early 1900s, with Grove City staffed by allopathic physicians and Bashline Memorial Hospital staffed with osteopathic physicians. At the time of the merger, the new hospital’s medical staff included 15 medical doctors and 11 doctors of osteopathy. Today, with 493 physicians, nearly half of AHN Grove City’s staff are DOs, reflecting a harmonious balance and a culture of mutual respect among physicians at AHN Grove City.

The strong collaborations that AHN Grove City has with other hospitals and health care systems enhance their ability to offer exceptional health care services to the community. AHN Grove City has been providing excellent health care to the Grove City area, including Mercer, Butler, Venango, and Lawrence counties. AHN Grove City employs over 493 physicians, with 67 full-service hospital beds. AHN Grove City has greatly enhanced the variety of local specialty medical services available to those who need them.

AHN Grove City provides the following specialized medical services and health care clinics:

- Cancer Care
- Cardiac Care
- Center for Sleep Disorders
- Center for Pain Management
- Center for Wound Healing
- Emergency Services
- Medical Imaging
- Neuroscience
- Orthopaedics
- Primary Care
- Therapy Services
- Women’s Health

Community Health Needs Assessment and Implementation Strategy Plan Background

In 2024, Allegheny Health Network (AHN) partnered with Tripp Umbach to conduct a comprehensive community health needs assessment (CHNA) for AHN Grove City primarily serving Butler, Lawrence, Mercer, and Venango counties. The CHNA process included input from persons who represent the broad interests of the community served by the hospital, including those with special knowledge of public health issues and representatives of social service agencies. As a continuation of the CHNA, AHN, with the assistance of Tripp Umbach, proceeded to the Implementation Strategy Plan (ISP). The ISP process delineates and describes the hospital’s plan for addressing the community health needs identified in the CHNA. The overall CHNA and ISP involves multiple steps, as depicted in the flowchart on the next page.

² Allegheny Health Network

Overall Prioritized Needs of Allegheny Health Network Hospitals

2024 Prioritized Needs	Social Determinants of Health (SDOH)					Behavioral Health			Chronic Diseases and Aging					Health Equity
	Transportation	Workforce Development	Cost of Care	Access to Care*	Food Insecurity, Diet, & Nutrition	Substance Use Disorder	Mental Health Services	Postpartum Depression	Diabetes	Heart Disease	Cancer	Aging	Obesity	Social and Workforce Programs**
 AHN														
Allegheny General Hospital	X	X	X		X	X			X	X	X			X
Allegheny Valley Hospital	X				X	X	X		X	X				X
Canonsburg Hospital		X		X										X
Forbes Hospital		X		X	X	X	X				X			X
Grove City Medical Center					X	X	X		X	X	X		X	X
Jefferson Hospital		X			X		X				X			X
Saint Vincent Hospital		X	X		X		X				X			X
West Penn Hospital			X		X			X					X	X
Westfield Memorial Hospital				X	X	X	X	X	X	X	X			X
Wexford Hospital		X			X		X	X		X		X		X
Brentwood Neighborhood Hospital			X	X										X
Harmar Neighborhood Hospital			X	X										X
Hempfield Neighborhood Hospital			X	X										X
McCandless Neighborhood Hospital			X	X										X

* Access to care includes primary care, specialty care, EMS/trauma services, and access to general services.

**Social and Workforce Programs includes, for example, cultural competency and Culturally and Linguistically Appropriate Services (CLAS).

Food Insecurity, Diet, and Nutrition

Food insecurity — a major social determinant of health — affects millions of individuals and families, particularly in low-income communities where access to nutritious food is often limited. Many areas are classified as food deserts, meaning residents cannot access affordable, healthy food options. Instead, many rely on highly processed, high-calorie foods that lack essential nutrients, increasing the likelihood of diet-related health conditions. Poor nutrition not only exacerbates chronic disease prevalence but also impacts mental health, contributing to stress, anxiety, and depression.³

Diet and nutrition are fundamental to overall health, influencing physical well-being to cognitive development. A lack of essential nutrients can weaken the immune system, lower energy levels, and increase vulnerability to illness. Inadequate nutrition during early childhood has severe and lasting consequences, contributing to developmental delays, learning difficulties, and a higher risk of chronic diseases such as obesity, diabetes, and cardiovascular conditions later in life.⁴

The consequences of food insecurity and poor diet extend beyond individual health, affecting educational achievement, workforce productivity, and economic stability. Children who experience hunger or malnutrition often struggle academically due to difficulties concentrating and increased absenteeism caused by illnesses.⁵ Adults facing food insecurity may experience diminished work performance and higher health care costs due to preventable diet-related illnesses. Addressing food insecurity through policies that expand access to nutritious food — such as subsidized grocery programs, community gardens, and improved public transportation to grocery stores — can help mitigate these disparities and promote better health outcomes across populations. Ultimately, ensuring access to a healthy diet is not just a matter of personal choice but a critical factor in reducing health inequities and improving overall societal well-being.

Social Determinants of Health (SDOH): Food Insecurity, Diet, and Nutrition				
Goal: Address food insecurity within the Grove City area and surrounding communities.				
Impact: Increase educational awareness of healthy food options.				
Target Population	Strategies	Action Steps	Measures	Partners and Resources
<ul style="list-style-type: none"> General population 	<ul style="list-style-type: none"> Host monthly Healthy Pop-Up Food Distribution. Annually support local food pantry with food drives. Increase educational opportunities for outpatients to consult with dietitians. 	<ul style="list-style-type: none"> Develop plan with Healthy Food Center & Mercer County Food Bank for upcoming distribution events. Support Grove City Food Pantry with food donations. 	<ul style="list-style-type: none"> Number of food distribution events. Number of households served through distribution events. Number of dietitians on-site at distribution events. Number of food drives hosted. 	<ul style="list-style-type: none"> Hospital staff Mercer County Food Bank Healthy Food Center (Highmark)

³ National Library of Medicine

⁴ National Library of Medicine

⁵ National Library of Medicine

Substance Use Disorder

Substance use disorder (SUD) is a significant public health challenge that profoundly affects behavioral health, contributing to both the development and worsening of mental health conditions. Alcohol and tobacco use, in particular, are major risk factors that can trigger or exacerbate anxiety, depression, and other behavioral health disorders. In Pennsylvania, substance use remains a pressing concern, with alcohol, opioids, methamphetamines, and tobacco posing serious health risks to individuals and communities alike.

SUD affects a substantial portion of the population, leading to an increased burden on the health care system through higher rates of hospitalization, emergency room visits, and chronic disease complications. Excessive alcohol consumption is also linked to impaired cognitive function, increased risk of injury, and a heightened prevalence of co-occurring mental health conditions such as depression and anxiety.⁶

Beyond alcohol, the rise of methamphetamine use in Pennsylvania has sparked growing concerns, as it is associated with severe physical and psychological consequences, including psychosis, aggression, and cardiovascular complications. Opioid addiction remains a major crisis in the state, contributing to high overdose rates and straining behavioral health services. Tobacco use continues to be a leading cause of preventable disease, exacerbating conditions such as lung disease, cardiovascular disease, and certain mental health disorders.⁷

The intersection of substance use and behavioral health underscores the need for comprehensive prevention, treatment, and harm reduction strategies. Expanding access to evidence-based interventions, such as medication-assisted treatment (MAT), mental health counseling, and community-based recovery programs, is essential in addressing SUD and its widespread effects. Addressing the root causes of substance use — including social determinants such as poverty, trauma, and lack of access to care — is crucial in improving behavioral health outcomes and fostering healthier communities.

Behavioral Health: Substance Use Disorder (SUD)				
Goal: Provide better awareness of local resources for substance abuse and prevention.				
Impact: Improve patient outcomes and provide prevention education.				
Target Population	Strategies	Action Steps	Measures	Partners and Resources
<ul style="list-style-type: none"> • Patient & community residents 	<ul style="list-style-type: none"> • Partner with local community organizations to bring awareness of addiction prevention and patient services. 	<ul style="list-style-type: none"> • Sponsor Narcan delivery kits with educational materials. • Promote patient referral services in the community to patients. 	<ul style="list-style-type: none"> • Number of Narcan kits distributed. • Number of referral sources published with assistance from Case Management. 	<ul style="list-style-type: none"> • Hospital trauma staff • Hospital staff • Prehospital services staff

⁶ American Addiction Centers

⁷ Pennsylvania Department of Health

Mental Health Services

Access to mental health services in Pennsylvania remains a critical public health concern, with many individuals facing significant barriers to receiving necessary care. The state has seen a growing demand for mental health services, a trend that has been exacerbated by the COVID-19 pandemic, economic stressors, and ongoing social challenges. Anxiety, depression, and substance use disorders have surged, yet many Pennsylvanians struggle to access timely and affordable treatment due to provider shortages, insurance limitations, and geographic disparities, particularly in rural areas.⁸

According to recent data, nearly 20% of adults in Pennsylvania experience some form of mental illness, yet over half of those affected do not receive the care they need. This gap in treatment is driven by factors such as long wait times for psychiatric appointments, insufficient mental health coverage in insurance plans, and a lack of mental health professionals, especially in lower-income and rural communities. Additionally, stigma surrounding mental health remains a barrier, discouraging individuals from seeking support. By prioritizing mental health services, AHN Grove City and Pennsylvania can move toward a more equitable and effective mental health care system.⁹

Behavioral Health: Mental Health Services				
Goal: Attend community events with activities promoting mental health for pediatric population.				
Impact: Provide early intervention techniques to improve long-term health outcomes and increase educational opportunities in pediatric population.				
Target Population	Strategies	Action Steps	Measures	Partners and Resources
<ul style="list-style-type: none"> Pediatric – Pre-K – Grade 12 	<ul style="list-style-type: none"> Collaborate with local partners with programs to address mental health issues in pediatric population. 	<ul style="list-style-type: none"> Attend an event with Worry Furry concept for kids and teens. Provide mental health education at family community events. 	<ul style="list-style-type: none"> Number of outreach events hosted. Number of attendees at outreach events. 	Community Partners: <ul style="list-style-type: none"> YMCA Grove City Area School District George Junior Republic Hospital Staff Primary Care Staff

⁸ Commonwealth of Pennsylvania

⁹ Commonwealth of Pennsylvania

Diabetes

The prevalence of chronic diseases, particularly diabetes, has been steadily rising, mirroring national trends influenced by a combination of factors such as increasing obesity rates, sedentary lifestyles, and an aging population. Type 2 diabetes, which accounts for the majority of diagnoses, is closely tied to lifestyle choices such as poor diet and lack of physical activity. If not effectively managed, this condition can lead to severe and debilitating complications, including heart disease, kidney failure, and vision loss.

In Pennsylvania, the impact of chronic diseases like diabetes is profound, with significant repercussions for both individuals and the health care system. Those living with diabetes face a considerably higher risk of developing life-threatening complications, which not only affect quality of life but also contribute to increased health care costs. According to the Pennsylvania Department of Health, diabetes and its associated complications are among the leading causes of death in the state, underscoring the critical need for robust prevention, early intervention, and comprehensive management strategies.¹⁰ Addressing these chronic conditions is essential to improving public health and alleviating the burden on the health care system.

Chronic Diseases and Aging: Diabetes				
Goal: Establish new diabetes educational programs.				
Impact: Improve diabetes education opportunities for disease management and prevention of undiagnosed diabetes.				
Target Population	Strategies	Action Steps	Measures	Partners and Resources
<ul style="list-style-type: none"> AHN patients Community residents 	<ul style="list-style-type: none"> Provide educational opportunities to reduce onset diabetes. 	<ul style="list-style-type: none"> Provide outpatient access to diabetes education. Develop educational materials. Coordinate event during National Diabetes Month in November. 	<ul style="list-style-type: none"> Number of individuals engaged in diabetes education and self-management training. Number of diabetes educational materials developed. Number of events hosted. 	<ul style="list-style-type: none"> Primary Care Institute Hospital staff Highmark marketing

¹⁰ Pennsylvania Department of Health

Heart Disease

Heart disease is a prevalent chronic condition in Pennsylvania, profoundly affecting the health and well-being of its residents. It encompasses a wide spectrum of cardiovascular diseases, including coronary artery disease, heart failure, arrhythmias, and other related disorders that impair the heart’s ability to function optimally. As a leading cause of morbidity and mortality, heart disease presents a significant public health challenge, contributing not only to high rates of premature death but also to long-term disability and diminished quality of life for many individuals.

In Pennsylvania, the burden of heart disease is especially concerning. According to the Pennsylvania Department of Health, heart disease remains the leading cause of death across the state, responsible for thousands of lives lost each year.¹¹ This chronic condition is strongly influenced by modifiable risk factors such as poor diet, physical inactivity, smoking, and excessive alcohol consumption, all of which are prevalent among the population. The rising rates of obesity, hypertension, and diabetes further exacerbate the problem, creating a complex web of interrelated health issues that strain both individuals and the health care system.

Given the scope and impact of heart disease, addressing this chronic condition is critical to improving the overall health of the population. Effective prevention and management strategies, such as promoting healthier lifestyles, improving access to health care, and addressing underlying risk factors, are essential in reducing the incidence of heart disease and mitigating its devastating consequences. Furthermore, expanding public health initiatives aimed at early detection and intervention can help reduce the long-term burden of this chronic disease, ultimately saving lives and improving health outcomes for many.

Chronic Diseases and Aging: Heart Disease				
Goal: Increase awareness and education of prevention and treatment of cardiovascular conditions.				
Impact: Create additional local awareness of cardiovascular services offered and healthier lifestyle choices.				
Target Population	Strategies	Action Steps	Measures	Partners and Resources
<ul style="list-style-type: none"> AHN patients Community residents 	<ul style="list-style-type: none"> Partner with AHN Grove City Cardiovascular Institute to create community educational events. 	<ul style="list-style-type: none"> Work with institute to expand cardiology services. Sponsor National Heart Month awareness activities. 	<ul style="list-style-type: none"> Number of patients utilizing cardiovascular services. Number of engagements at community events. 	<ul style="list-style-type: none"> Hospital staff Cardiovascular Institute Primary Care Institute

¹¹ Pennsylvania Department of Health

Cancer

Cancer is a significant and growing chronic disease in Pennsylvania, significantly impacting the health and lives of its residents. Each year, thousands of Pennsylvanians are diagnosed with cancer, and the disease remains a leading cause of death in the state. Cancer was identified as a prioritized health need for AHN Grove City based on the community survey results as well as the secondary data analysis.

According to a recent study by the American Cancer Society, the burden of cancer in Pennsylvania is expected to continue increasing in the coming years.¹² In 2024, approximately 89,410 people were diagnosed with cancer and 27,570 would die from the disease. This marks a slight increase from the previous year’s projections, which estimated 88,450 diagnoses and 27,460 deaths. The steady rise in cancer diagnoses and mortality underscores the growing challenge this chronic disease presents to public health.

Several factors contribute to the rising incidence of cancer, including an aging population, environmental exposures, and lifestyle-related risks such as tobacco use, poor diet, and physical inactivity. Additionally, the increasing prevalence of chronic conditions such as obesity, diabetes, and heart disease can further elevate cancer risk. With cancer rates expected to climb, there is an urgent need for robust public health strategies focused on prevention, early detection, and improved treatment options to combat this chronic disease.

The increasing number of cancer diagnoses and deaths highlights the importance of prioritizing cancer research, access to care, and public awareness campaigns. By addressing the underlying risk factors and promoting healthier lifestyles, Pennsylvania can work toward reducing the impact of cancer and improving survival outcomes for those affected by this devastating chronic disease.

Chronic Diseases and Aging: Cancer				
Goal: Complete Cancer Center construction by first quarter of 2026.				
Impact: Improving patient care and the benefit to the community of new services and providers.				
Target Population	Strategies	Action Steps	Measures	Partners and Resources
<ul style="list-style-type: none"> AHN Grove City patients Community residents 	<ul style="list-style-type: none"> Complete construction for the Grove City Cancer Center relocation. Hold one cancer screening event for the community. 	<ul style="list-style-type: none"> Expand Cancer Center to include more patient rooms and infusion stations. Implement Breast Cancer Awareness month activities. 	<ul style="list-style-type: none"> Cancer center construction status. Number of attendees at awareness activities. 	<ul style="list-style-type: none"> AHN Cancer Institute

¹² American Cancer Society

Obesity

Obesity remains a major public health challenge in Pennsylvania, affecting over 3.4 million adults — approximately 33.4% of the state’s adult population. Engaging in regular physical activity is essential for longevity and reducing the risk of serious health conditions, including heart disease, type 2 diabetes, obesity, and certain cancers. For individuals already managing chronic diseases, staying active can help control symptoms and prevent further complications. Despite these benefits, only one in four U.S. adults meets the recommended guidelines for aerobic and muscle-strengthening activities. The lack of sufficient physical activity contributes to significant health and economic burdens, leading to an estimated \$117 billion in annual health care costs nationwide.¹³

Chronic Diseases and Aging: Obesity				
Goal: Reduce the prevalence of obesity and its associated health risks within a specific community.				
Impact: Improve long-term health and decrease BMI-related health conditions.				
Target Population	Strategies	Action Steps	Measures	Partners and Resources
<ul style="list-style-type: none"> Community residents 	<ul style="list-style-type: none"> Promote obesity awareness in the community. 	<ul style="list-style-type: none"> Provide dietitian services during food distribution events. Distribute dietitian approved recipes to inpatients and outpatients. 	<ul style="list-style-type: none"> Number of individuals engaged at food distribution events. Number of recipes developed, and number of patients engaged with new materials. 	<ul style="list-style-type: none"> Healthy Food Center (Highmark) Hospital leadership & staff Highmark Wholecare Primary Care Institute

¹³ Centers for Disease Control and Prevention

Social and Workforce Programs

Health equity is a crucial aspect of public health that aims to ensure that all individuals, regardless of socioeconomic status or geographic location, have equal access to health care resources and opportunities for optimal health. The importance of health equity lies in its potential to reduce health disparities, improve health outcomes, and enhance overall community well-being.

The World Health Organization (WHO) emphasizes that reducing inequities in health can lead to improved social and economic outcomes, as healthier individuals are more capable of contributing to their communities. Health equity is achieved when everyone can attain their full potential for health and well-being. Moreover, equitable access to health care develops a sense of trust and engagement among community members, encouraging them to seek necessary care and adhere to preventive measures. Health equity is essential for creating a fair and effective health care system that serves all individuals. Addressing the root causes of health disparities and promoting equitable access to care can improve health outcomes and advance a healthier, more resilient society.

Health Equity – Social and Workforce Programs				
Goal: Improve cultural and linguistic services within our health care organization.				
Impact: Advance health equity, decrease health care disparities, and improve our overall quality of care outcomes.				
Target Population	Strategies	Action Steps	Measures	Partners and Resources
<ul style="list-style-type: none"> AHN patients Community residents 	<ul style="list-style-type: none"> Review quarterly reports of language utilization data from CyraCom. Ensure all employees are trained and prepared to engage language services. 	<p>Advance the implementation of CLAS Standards (Culturally and Linguistically Appropriate Services) through:</p> <ul style="list-style-type: none"> Review quarterly reports of language utilization data. Acquire marketing publications to reach a wider community. 	<ul style="list-style-type: none"> Percentage of employees trained on language services. Number of sign-ins and usage of CyraCom system. Number of publications distributed. 	<ul style="list-style-type: none"> Community organizations Hospital staff

*All AHN employees receive annual mandatory CLAS Standard training in Health Care Environment Training.

Reclassifying Health Equity programs as Social and Workforce Programs better reflects the broader scope of addressing disparities and improving health care access, outcomes, and workforce representation for all populations. It ensures a more direct focus on addressing systemic barriers to care, social determinants of health, and workforce development initiatives. The change aligns with Allegheny Health Network’s health care priorities, emphasizing measurable strategies to improve community health outcomes and strengthen the health care workforce. By reframing this category, AHN aims to highlight tangible efforts to improve social well-being and create sustainable workforce solutions that enhance access to quality health care for everyone.

CHNA Needs Reevaluated as Priorities Are Met

AHN Grove City has decided not to address Access to Care for the 2024 CHNA cycle while still closely monitoring patient access. This decision follows significant progress in enhancing access to care as approximately 30 new specialty providers have been added, increasing patient access to a wider range of services. Additionally, a new pediatrician and two new primary care providers are expected to join in January 2025, further expanding the capacity to meet community needs. Care availability for oncology patients has also improved with the integration of the New Castle Oncology practice into hospital operations. Furthermore, imaging volume has continued to grow yearly, allowing for better fulfillment of patient needs.

Conclusion

AHN Grove City is committed to addressing the critical health and social challenges that impact its residents by implementing comprehensive, community-focused initiatives aimed at fostering long-term well-being. Through strategic investments in food insecurity, mental health services, chronic disease management, and social and workforce programs, AHN Grove City is working to enhance access to essential resources and improve overall quality of life. By leveraging strong partnerships with local organizations, health care providers, and community leaders, the hospital is expanding educational opportunities, increasing outreach efforts, and developing targeted programs to reduce health disparities. These initiatives will not only enhance individual health outcomes but also strengthen the broader community by creating a more sustainable and resilient health care system. With a steadfast commitment to innovation and accessibility, AHN Grove City is laying the foundation for a healthier, more prosperous future where all residents have the opportunity to thrive.