



# Community Health Needs Assessment Implementation Strategy

**September 2013**

## HOSPITAL BACKGROUND

Baptist Memorial Hospital-Huntingdon became the eighth hospital to affiliate with Baptist Memorial Health Care in 1983. Since then, Baptist Memorial Hospital-Huntingdon has experienced tremendous growth, adding a 5,000 square foot physician office building in 1989. In 1994, the hospital added a 40,000 square foot medical center, including expansion for health information management, information systems, home care and hospice and administration. Other expansions and enhancements include MRI services, occupational therapy and industrial services.

Baptist Memorial Hospital-Huntingdon offers internal medicine, family practice, general surgery, orthopedics, otolaryngology, pediatrics, urology, pathology, cardiology, gynecology, pain management and radiology.

Baptist Home Care and Hospice-Huntingdon has consistently ranked among the top home care agencies in the nation in the HomeCare Elite rankings. The HomeCare Elite list identifies the top 25 percent of home care agencies in the United States based on quality of care, quality improvement and financial performance. Baptist Memorial Hospital-Huntingdon is also a recipient of the prestigious Tennessee Quality Commitment Award.

## COMMUNITY HEALTH NEEDS ASSESSMENT

Baptist Memorial Health Care undertook a comprehensive Community Health Needs Assessment (CHNA) beginning in late 2011. Baptist Memorial Health Care has 14 affiliate hospitals serving 110 counties in Tennessee, Mississippi and Arkansas. The assessment was not only initiated to comply with current requirements set forth in the Affordable Care Act, but to further the health system's commitment to community health improvement. The findings from the assessment will be utilized by Baptist Memorial Health Care to guide various community initiatives and to engage appropriate partners to address the various needs that were identified. Baptist Memorial Health Care is committed to the people it serves and the communities they live in. Through this process, the hospital will be a stronger partner in the community and the health of those in the surrounding neighborhoods will be elevated.

The primary goals of the Community Health Needs Assessment were to:

- Provide baseline measure of key health indicators
- Establish benchmarks and monitor health trends
- Guide community benefit and community health improvement activities
- Provide a platform for collaboration among community groups
- Serve as a resource for individuals and agencies to identify community health needs
- Assist with community benefit requirements as outlined in Section 5007 of the ACA

A variety of quantitative and qualitative research components were implemented as part of the CHNA. These components included the following:

- Statistical Household Survey
- Secondary Data Profiles
- Key Informant Interviews
- Focus Groups
- Prioritization
- Implementation Plan

All research was conducted by Holleran Consulting, a national research and consulting firm located in Lancaster, Pennsylvania.

The findings from the CHNA were reviewed to identify the most vital community health needs and create a plan of how Baptist Memorial Health Care can best address those needs. The following pages outline Baptist Memorial Hospital-Huntingdon strategies to meet our community's health needs.

## **SELECTION OF THE COMMUNITY HEALTH PRIORITIES**

On February 25, 2013, approximately 14 individuals from Baptist Memorial Health Care gathered to review the results of the 2012-13 Community Health Needs Assessment (CHNA). The goal of the meeting was to discuss and prioritize key findings from the CHNA. Baptist Memorial Health Care aimed to create system-wide priorities and set the stage for the development of each system hospital's Implementation Strategy.

The objectives of the half-day strategic planning session were to:

- Provide an overview of recently compiled community health data and highlight key research findings
- Initiate discussions around key health issues and prioritize needs based on select criteria
- Brainstorm goals and objectives to guide Baptist Memorial Health Care Hospitals' Implementation Plans
- Examine Baptist Memorial Health Care's role in addressing community health priorities

The meeting began with a research overview presented by Holleran Consulting. The presentation covered the purpose of the study, the research methodologies, and the key findings. Following the research overview, Holleran facilitated large group discussion regarding the identified community needs.

The group discussed the inter-relationship of needs and special populations within the community. Social determinants of health, including education, poverty, access to care, and social norms were considered to better understand root causes. Participants worked to create a "Master List of Needs" by identifying overlapping issues and cross-cutting strategies. The following Master List of Needs was created:

- Obesity & Related Chronic Conditions
- Access to Care & Preventive Health Education (including health literacy, nutrition, physical activity, smoking)
- Diabetes
- Cardiovascular Disease
- Cancer
- Maternal and Women's Health (including prenatal care)
- Caregiver Needs (including palliative care, senior services, services for disabled residents)
- Mental Health (including substance/alcohol abuse, Alzheimer's disease, stress)

To create a "Prioritized List of Needs" from the Master List, participants were provided with information regarding the prioritization process, criteria to consider when evaluating key areas of

focus, and other aspects of health improvement planning, such as goal setting and developing strategies and measures.

The following criteria were used to identify the most pressing needs in the community:

- Scope of Issue (How many people are impacted?)
- Severity of Issue (What will happen if the issue is not addressed?)
- Ability to Impact the Issue (Are health and human services providers able to impact the need?)

Applying these criteria and an understanding of the relationship between the needs and cross-cutting strategies, the participants agreed upon the following “Prioritized List of Needs:”

### **Prioritized List of Community Needs:**

- Healthy Lifestyle Choices (Prevention & Education, Chronic Disease Prevention)
- Cancer
- Maternal and Women’s Health
- Mental Health (with a focus on Caregivers and Alzheimer’s Disease)

The group viewed “Access to Care” as an overarching issue in delivering health care, managing chronic conditions, and providing preventive care and education. As such, it was agreed that strategies to address each of the prioritized needs would include elements to break down residents’ barriers to accessing care.

## **STRATEGIES TO ADDRESS COMMUNITY HEALTH NEEDS**

In support of the 2012-13 Community Health Needs Assessment, and ongoing community benefit initiatives, Baptist Memorial Hospital-Huntingdon plans to implement the following strategies to impact and measure community health improvement.

### **Healthy Lifestyle Choices**

Recognizing the connection between Diabetes, Cardiovascular Disease, and other chronic conditions to healthy lifestyle choices, Baptist Memorial Hospital-Huntingdon will seek to reduce these chronic conditions by focusing education and awareness on promoting healthy eating and physical activity. A reduction in chronic disease rates will likely not be seen in the initial three-year cycle, however, Baptist Memorial Hospital-Huntingdon expects that success in increasing awareness of the relationship between healthy lifestyle choices and disease will impact the number of residents at risk for or diagnosed with Diabetes, Cardiovascular Disease, and other chronic conditions in the future.

**GOAL:** Reduce risk factors for chronic disease and improve management of chronic disease through healthy lifestyle choices.

#### **OBJECTIVES:**

- Provide education about healthy lifestyle choices.
- Increase proportion of adults for screening for hypertension, high cholesterol and other risk factors for chronic disease.

- Increase residents' awareness of relationship between healthy lifestyle and chronic disease.
- Reduce prevalence of overweight and obesity for those at risk or diagnosed with chronic conditions.
- Decrease Emergency Department/Hospital Admission/Readmissions for chronic disease management.

**KEY INDICATORS:**

- BMI Rates (BRFSS survey)
- Number of residents told by physician they are borderline for diabetes. (BRFSS survey)
- Resident fruit and vegetable intake (BRFSS survey)
- % residents participating in physical activity (BRFSS survey)
- Readmission rates for chronic conditions (Hospital admission rates)

**BAPTIST MEMORIAL HOSPITAL-HUNTINGDON STRATEGIES:**

- Speakers Bureau – hospital experts available to speak to the community
- Carroll County Special School Districts – Carroll County has five schools that we partner with to provide speakers, programs, health fairs, and resources as requested
- Teen Summit Health Council – Consists of teens from each of the five schools and we provide education/support re: healthy lifestyles, etc.
- Certified Diabetes Education Program – We provide diabetes education classes for community that is certified by the American Association of Diabetes Educators.
- Project Diabetes Obesity Preventive Grant – Provides Seniorize exercise classes to senior citizens weekly and education to primary/elementary schools re: fitness, obesity and healthy eating
- Regular Blood Pressure Clinics – Carroll County Office of Aging, RSVP/AARP, Harmony Hills Assisted Living, Lakeside Senior Community, Carroll County Fair, and at health fairs throughout the year
- Health Fairs Participation – provide health information and conduct screenings (height/weight, BMI, balance, blood pressure, mammography, osteoporosis) at various locations throughout the community including Bethel University, Clarksburg School, Huntingdon Schools, McKenzie Merchant's Mall and others.
- Special Events
  - "Girls Day Out" Health Expo
  - "Men's Health Fair"
  - Carroll County Business Expo
- Cardiac Month in February with education/information and discounts on vascular screenings and HeartScore calcium screenings
- "Go Red for Women" in February, promoting women's heart health
- HumanaVitality Wellness Program—healthy eating and exercise options for hospital colleagues and their family members
- Annual School Nurse two-day health in-service
- Provide weekly meeting room for Weight Watchers
- Free flu shots for all Baptist colleagues and their families and discounts for industrial clients
- Provide a variety of health education/links on BMH-H Facebook page

**EXISTING COMMUNITY ASSETS TO ADDRESS NEEDS:**

The following organizations exist in the community. BMH-Huntingdon will work collaboratively with these entities to address the objectives and strategies outlined above.

- Five Carroll County Special School Districts
- Bethel University
- United Way
- Baptist Foundation
- Carroll County Health Department
- Carroll County Chamber of Commerce
- Nursing Homes, Assisted Living, Senior Care facilities
- Carroll County Office on Aging
- American Association of Diabetes Educators
- Carroll County Office of Aging
- AARP
- American Heart Association
- RSVP

**Cancer**

With the support of the Baptist Cancer Center, Baptist Memorial Hospital-Huntingdon will seek to educate residents about the risk factors for Cancer and early detection, with the goal of improving Cancer mortality rates and quality of life for patients with Cancer.

**GOAL:** Provide early detection and treatment to reduce Cancer mortality rates and improve quality of life for patients living with Cancer.

**OBJECTIVES:**

- Invest in newest technologies for detection and care of Cancer.
- Provide community outreach and Cancer screening efforts to educate residents about the risk factors for Cancer and the benefits for early detection
- Improve availability of Cancer screenings and services.
- Provide free or reduced cost screenings and services.

**KEY INDICATORS:**

- Number of residents receiving age-appropriate Cancer screenings
- Incidence rate for Cancer, all sites
- Morbidity/Mortality rate for Cancer, all sites

**BAPTIST MEMORIAL HOSPITAL-HUNTINGDON STRATEGIES:**

- Baptist Memorial Hospital – Huntingdon Relay for Life Team raises in excess of \$15,000 consistently each year in support of the American Cancer Society research and programs
- Girls Day Out annual event with mammography discounts & self breast exam instructions
- Men's Health Fair with education on colon, lung and other cancer screenings
- Annual Carroll County Business Expo with cancer education
- Great American Smoke Out informational booth in hospital
- Speakers Bureau – hospital experts available to speak to the community
- Smoking patches provided to patients at no charge

- Provide a variety of health education/links re: cancer on BMH-H Facebook page

**EXISTING COMMUNITY ASSETS TO ADDRESS NEEDS:**

The following organizations exist in the community. BMH-Huntingdon will work collaboratively with these entities to address the objectives and strategies outlined above.

- American Cancer Society
- American Lung Association
- Carroll County Chamber of Commerce
- Carroll County Health Department

## Maternal & Women's Health

Improving outcomes for babies starts by ensuring pregnant mothers have access to early prenatal care and begin to make healthy lifestyle choices during pregnancy and continue healthy behaviors after giving birth.

**GOAL:** Promote prenatal wellness to improve outcomes for mother and child.

**OBJECTIVES:**

- Reduce low birth weight/premature birth
- Reduce infant mortality rates
- Improve healthy lifestyle choices for pregnant mothers through education and outreach

**KEY INDICATORS:**

- Birth weight
- Premature births
- Infant mortality rates
- #/% of mothers who receive prenatal care in first trimester

**BAPTIST MEMORIAL HOSPITAL-HUNTINGDON STRATEGIES:**

- Speakers Bureau – hospital experts available to speak to the community
- Provide education and opportunities for information sharing and support groups
- “Girls Day Out” health expo for women with education/information
- “Go Red for Women”-information booth about women’s cardiac health
- Provide health education/links on BMH-H Facebook page

**EXISTING COMMUNITY ASSETS TO ADDRESS NEEDS:**

The following organizations exist in the community. BMH-Huntingdon will work collaboratively with these entities to address the objectives and strategies outlined above.

- Carroll County Health Department
- American Heart Association

## Mental Health

Recognizing the relationship between mental health and optimal physical health for patients and their caregivers, Baptist Memorial Hospital-Huntingdon will aim to help residents identify the signs of dementia and/or Alzheimer’s disease and provide support for caregivers.

**GOAL:** Increase early detection of dementia and provide support services for residents with dementia and/or Alzheimer's and their caregivers.

**OBJECTIVES:**

- Help residents identify early signs of dementia/Alzheimer's Disease.
- Promote support services for residents with dementia and/or Alzheimer's and their caregivers.

**KEY INDICATORS:**

- Residents diagnosed with Dementia/Alzheimer's Disease
- Caregiver Support Group Participants

**BAPTIST MEMORIAL HOSPITAL-HUNTINGDON STRATEGIES:**

- Speakers Bureau – hospital experts available to speak to the community
- In process of trying to open Geriatric Psych Unit inside hospital
- CONCERN employee assistant program for colleagues and anyone living in their home
- Seniorcize weekly exercise classes
- GriefShare bereavement support group
- Provide health education/links about mental health and geriatric mental health on BMH-H Facebook page

**EXISTING COMMUNITY ASSETS TO ADDRESS NEEDS:**

The following organizations exist in the community. BMH-Huntingdon will work collaboratively with these entities to address the objectives and strategies outlined above.

- Nursing Homes, Assisted Living, Senior Care facilities
- Carroll County Office on Aging
- Carroll County Health Department
- American Diabetes Association
- Alzheimer's Association

**COMMUNITY HEALTH NEEDS NOT ADDRESSED**

Baptist Memorial Hospital-Huntingdon plans to address all four of the prioritized health needs identified through the Community Health Needs Assessment. It will continue to play a leadership role in addressing the health needs of the residents in the communities it serves. For community needs not identified as priorities, Baptist Memorial Hospital-Huntingdon will continue to play a support role as resources are available. As with all Baptist Memorial Hospital-Huntingdon programs, the hospital will continue to monitor community needs and adjust programming and services accordingly.

**APPROVAL FROM GOVERNING BODY**

Baptist Memorial Hospital-Huntingdon Board of Directors met on November 21, 2013 to review the findings of the CHNA and the recommended Implementation Strategy. The board voted to adopt the Implementation Strategy as outlined and provide the necessary resources and support to carry out the initiatives therein.