2012-
2013

Community Health Needs Assessment Final Report

EXECUTIVE SUMMARY

CHNA Background

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

CHNA Components

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

Prioritized Community Needs

The findings from the CHNA were reviewed to identify the most vital community health needs. The following community health issues were identified as priority needs:

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

Documentation

A report of the CHNA was made public on the hospital's website in September 2013. An Implementation Strategy of how the hospital will address the identified priorities was developed and will be available on the website.

COMMUNITY HEALTH NEEDS ASSESSMENT OVERVIEW

Hospital Overview

Over 47 years ago, a tradition of caring for the health of Union County began with the construction of Union County General Hospital, which opened in March 1966. The commitment to Union County and New Albany increased further in 1987 when Union County General Hospital became a part of Baptist Memorial Health Care, one of the largest not-for-profit health care systems in the country.

In 2012 Baptist Memorial Hospital-Union County's 450 employees handled 1,099 births, 22,837 emergency room visits and over 4,000 surgeries. But it's more than patient care – just as the community is vital to Baptist Memorial Hospital-Union County, the hospital is also vital to the community. A University of Memphis report revealed that in 2004, Baptist Memorial Hospital-Union County generated 547 jobs in the local community and had an economic impact of nearly $50 million.

Fulfilling its three-fold ministry of Christ, to teach, preach and heal, Baptist Memorial Hospital-Union County serves more than 1,800 residents annually at health fairs and screenings across the county, organizing blood drives, health and safety education to schools and industry, charity care for the indigent and supporting other non-profit organizations with charitable contributions and volunteer activities. Baptist Memorial Hospital-Union County works closely with health-related organizations such as the American Cancer Society, Komen Race for the Cure Foundation, American Lung Association, and American Heart Association to improve the health and education of our community.

In addition to acute care services for the community, Baptist Memorial Hospital-Union County also features specialized care services through its Women's Center, Rehabilitation Center, Baptist HealthPlex Wellness Center, and occupational health services. The Center for Breast Health offers digital mammography and stereotactic breast biopsy in a private setting for women.

Baptist Memorial Hospital-Union County offers a variety of community and occupational health services such as health screenings, vaccines, bone density screenings, educational programs, CPR/First Aid courses, and other occupational health services offered to industries.

Baptist Memorial Hospital-Union County was also a "Best Hospital" finalist a "Best of the Best" reader's survey in the Northeast Mississippi Daily Journal. In 2003, the hospital was voted "Best Place to Work" in the New Albany Gazette Reader's Choice Awards. The Mid-South Tissue Bank recognized Baptist Memorial Hospital-Union County in 2008 for outstanding service. In 2008, the Mississippi Nurses' Association named Baptist Memorial Hospital-Union County "Hospital of the Year" in the category of less than 100-bed hospitals. Also in 2008, Baptist Memorial Hospital-Union County earned the 2008 VHA Leadership Award for Clinical Excellence for pneumonia care. Joint Commission, an independent organization that accredits health care organizations, named Baptist Memorial Hospital-Union County a Top Performer on key quality measures in 2012.

Definition of Service Area

Baptist Memorial Hospital-Union County serves residents in northeast Mississippi. For the purposes of the CHNA, the hospital focused on its primary service area of Union and Benton Counties, Mississippi. The following zip codes were included in the household study:

38603	38633	38650	38828
38627	38647	38652	

CHNA Background

Baptist Memorial Hospital-Union County, part of the Baptist Memorial Health Care system, participated in a system-wide comprehensive Community Health Needs Assessment (CHNA) from October 2011 to September 2013. The assessment was conducted in a timeline to comply with requirements set forth in the Affordable Care Act, as well as to further the hospital's commitment to community health and population health management. The findings from the assessment will be utilized by Baptist Memorial Hospital-Union County to guide its community benefit initiatives and to engage partners to address the identified health needs.

The purpose of the CHNA was to gather information about local health needs and health behaviors in an effort to ensure hospital community health improvement initiatives and community benefit activities are aligned with community need. The assessment examined a variety of community, household, and health statistics to portray a full picture of the health and social determinants of health in the Baptist Memorial Hospital-Union County service area.

The findings from the CHNA were reviewed and health needs were prioritized to develop the hospital's Community Health Implementation Strategy. Baptist Memorial Hospital-Union County 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. Healthy communities lead to lower health care costs, robust community partnerships, and an overall enhanced quality of life.

Research Partner

Baptist Memorial Health Care contracted with Holleran, an independent research and consulting firm located in Lancaster, Pennsylvania, to conduct research in support of the CHNA. Holleran has 21 years of experience in conducting public health research and community health assessments. The firm provided the following assistance:

- Collected and interpreted Secondary Data
- Conducted, analyzed, and interpreted data from Household Telephone Survey
- Conducted, analyzed, and interpreted data from Key Informant Interviews
- Conducted Focus Groups with health care consumers
- Facilitated a Prioritization and Implementation Planning Session
- Prepared the Final Report and Implementation Strategy

Research Methodology

The health system undertook an in-depth, comprehensive approach to identifying the needs in the communities it serves. A variety of quantitative and qualitative research components were implemented as part of the CHNA. These components included the following:

A **statistical household survey** was completed with 528 adults from the Baptist Memorial Hospital-Union County service area. The survey that was utilized aligns with the Behavioral Risk Factor Surveillance System (BRFSS) questionnaire that is annually conducted nationwide by the Centers for Disease Control and Prevention (CDC) and state health departments. The survey assessed indicators such as general health status, prevention activities (screenings, exercise, etc.), and risky behaviors (alcohol use, etc.). The results were also examined by a variety of demographic indicators such as age, race, ethnicity, and gender.

A number of existing resources were reviewed to fully understand **secondary data** trends. The secondary data that was analyzed included statistics such as mortality rates, cancer statistics, communicable disease data, social determinants of health (poverty, crime, education, etc.), among others. This information was used to supplement the primary data that was collected and flesh out research gaps not addressed in the household survey. The primary sources of the secondary data included the U.S. Census Bureau, state public health agencies, and the County Health Rankings reports. Where available, the local-level data was compared to state and national benchmarks.

Key informant interviews were conducted with 75 professionals and key contacts in the areas surrounding the 14-hospital service areas. Working with leadership from each of the system hospitals, Baptist identified specific individuals to be interviewed and invited them to participate in the study. The survey included a range of individuals, including elected officials, private physicians, health and human services experts, long-term care providers, representatives from the faith community, and educators. The content of the questionnaire focused on perceptions of community needs and strengths across three key domains: Perceived quality of care, key health issues prominent in the community, and quality of life issues.

In November 2012, health care consumers from the hospitals' service areas participated in **focus groups**. The focus groups addressed diabetes and pre-diabetes based on findings from the surveys. Discussion topics included health knowledge, self-care behaviors, health care access, communication preferences, and desired support services. A discussion guide, developed in consultation with Baptist Memorial Health Care, was used to prompt discussion and guide the facilitation. Participants were recruited through telephone calls to households within the service area and through local health and human service organizations. Participants were pre-screened to ensure that they were either diabetic or pre-diabetic. Each session lasted approximately two hours and was facilitated by trained Holleran staff. In exchange for their participation, attendees were given a $50 cash incentive at the completion of the focus group; dinner was also provided. It is important to note that the focus group results reflect the perceptions of a small sample of community members and may not necessarily represent all community members in the hospital's service area.

Community Representation

Community engagement and feedback were an integral part of the CHNA process. A statistically valid sampling strategy ensured community representation in the household survey. Public health experts, health care professionals, and representatives of underserved populations shared knowledge and expertise about community health issues as part of the key informant interviews. Health care consumers, including medically underserved individuals and chronically-ill patients, were included in the focus groups.

Research Limitations

It should be noted that the availability and time lag of secondary data, as well as the ability to reach all segments of the population via the telephone survey, may present research limitations in the study. Baptist Memorial Health Care sought to mitigate limitations by including representatives of diverse and underserved populations throughout the research components.

Prioritization of Needs

Following the completion of the CHNA research, Baptist Memorial Health Care prioritized community health issues and developed an implementation plan to address prioritized community needs.

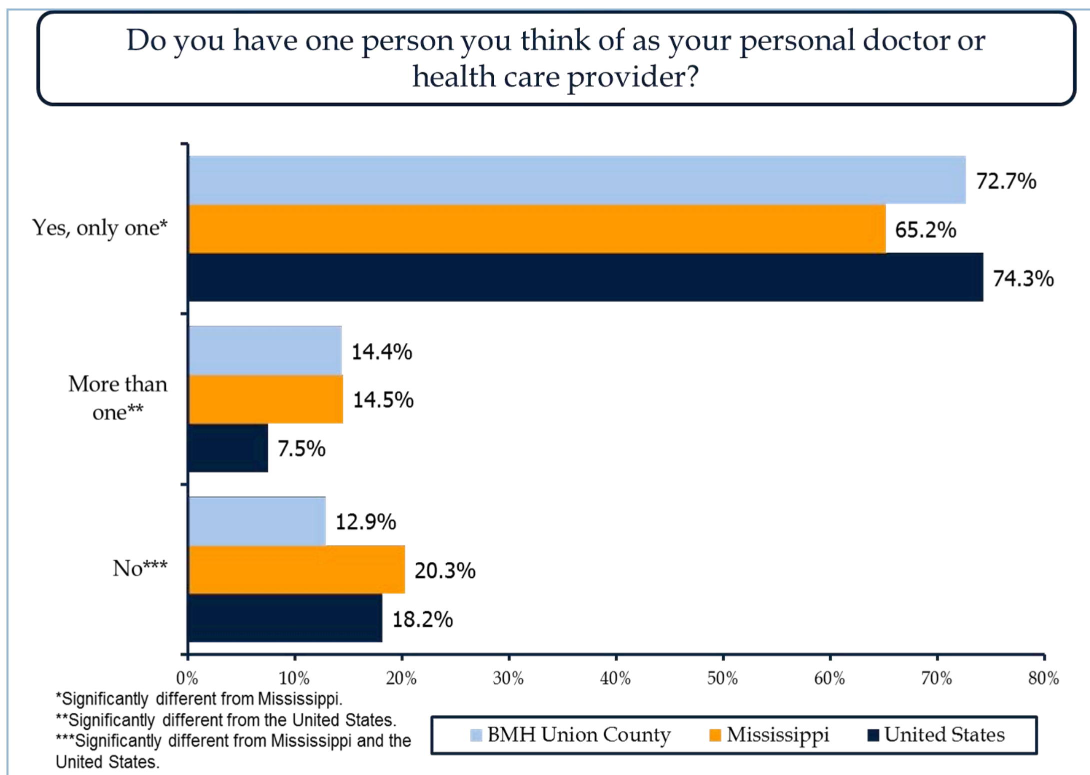
Documentation

A report of the CHNA was made public on the hospital's website in September 2013. The Final Report serves as a compilation of the overall key findings of the CHNA. Detailed reports for each individual component were provided separately. An Implementation Strategy of how the hospital will address the identified priorities was developed and will be available on the website.

KEY ASSESSMENT FINDINGS

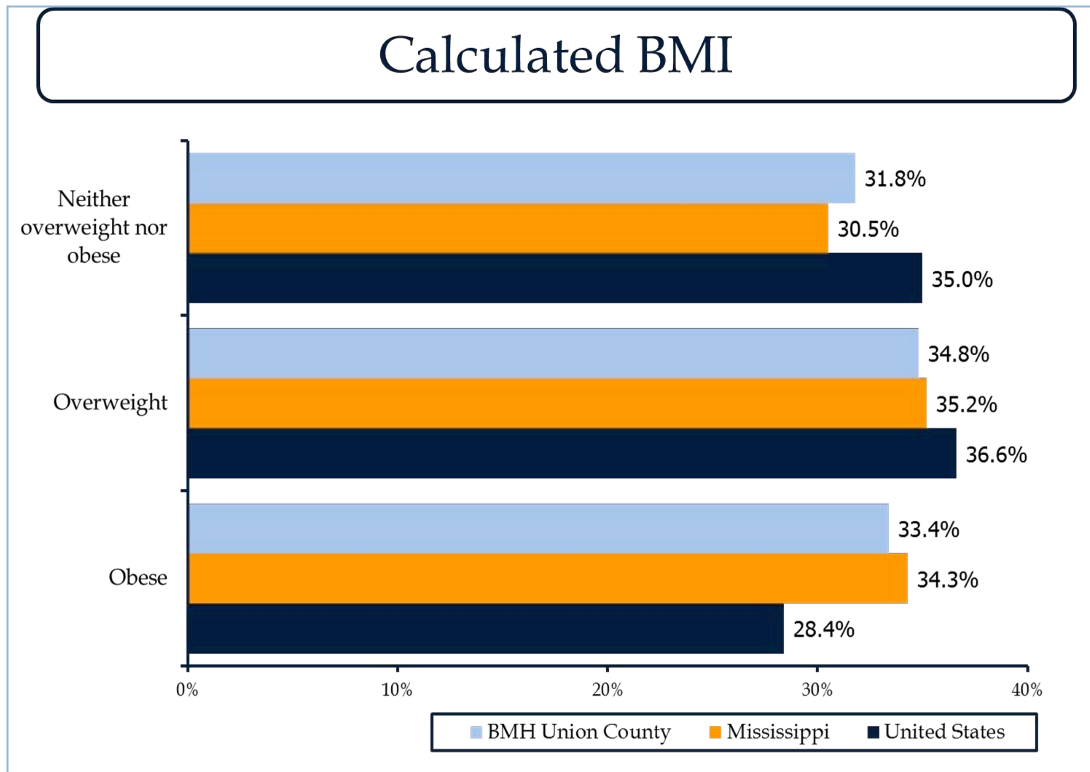
Household Survey Key Findings

A household survey of the Baptist Memorial Hospital-Union County service area included 528 randomly selected adults. The respondents were asked to rate their own health status, to provide information on behaviors and prevention activities, and to report the incidence of a variety of chronic illnesses such as diabetes and cardiovascular disease. When asked to rate their **general health**, 69.4% responded “good,” “very good” or “excellent.” This is below what is seen throughout Mississippi (76.3%), and below the ratings that are typically seen throughout the U.S. (83.6%). Similarly, adults locally are more likely to have reported days of poor physical or mental health in the past month than statewide and nationally. Females were more likely to report poor mental health than males. When looking at general health status ratings and reported poor physical or mental health days, White residents locally reported poorer ratings than African American residents.



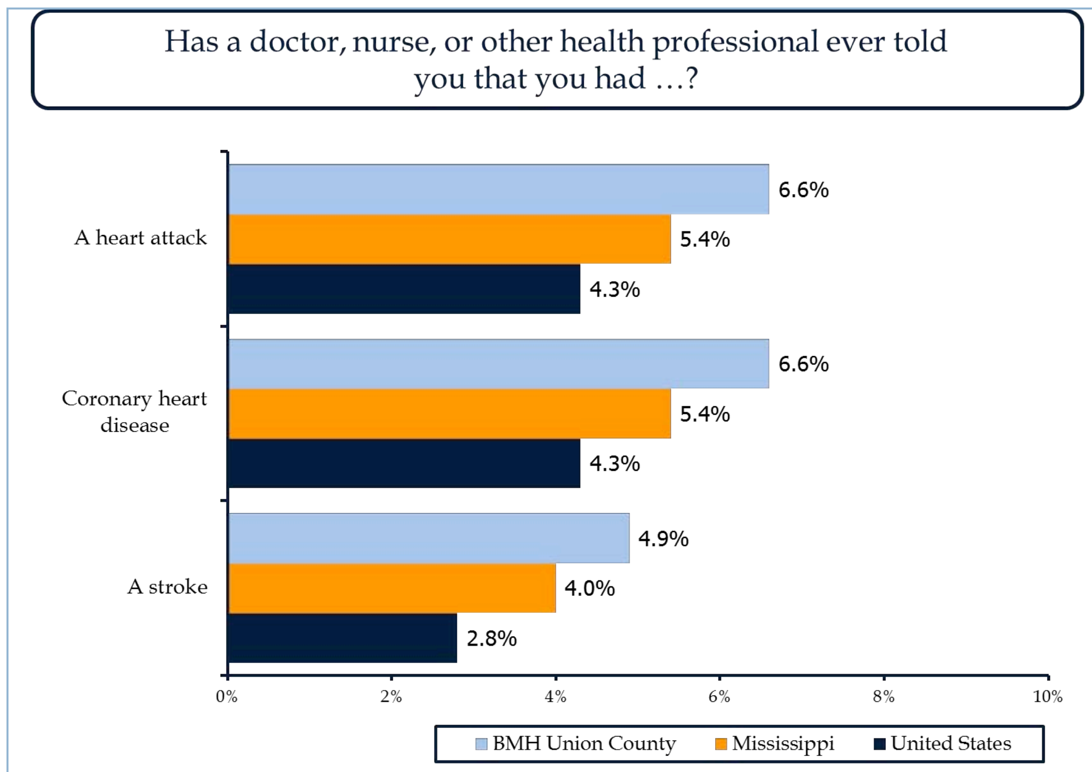
Access to care issues were assessed by asking several survey questions about health insurance coverage, cost as a barrier to seeking care and whether or not there is a regular source of health care. Roughly eighty-five percent (84.5%) of those surveyed reported that they have some form of health insurance. This compares to 78.4% statewide and 84.9% nationally. Locally, males were more likely to report having health insurance than females (90.9% vs. 80.3%). African American respondents were also more likely to have coverage than White respondents (95.2% vs. 81.6%). When asked if they have someone they think of as their regular doctor or health care provider, 87.1% said “yes.” That is better than Mississippi (79.7%) and the U.S. (81.8%). Similar to nationally, females in the area are more likely to have one person they think of as their usual doctor or health care provider compared to males. Around 15% of area adults reported that at some point in the past year, cost kept them from seeing a doctor, similar to the U.S. (14.6%), but better than Mississippi (20.9%). Another positive finding is that the majority of individuals (75.6%) have had a regular checkup in the past year, which is above the Mississippi (67.1%) and U.S. (68.1%) percentages.

Weight and nutrition was assessed as well. **Body Mass Index (BMI)** was calculated for each survey respondent based on their reported height and weight. As shown in the graph below, approximately 33% of area adults are technically obese. An additional 34.8% are overweight. Area respondents are similar to Mississippi in their likelihood of being overweight or obese, but are more likely to be overweight or obese than residents throughout the country. When asked if they exercised in the previous month, 71.5% indicated they had. This is better than the 67% for Mississippi, but below the U.S. percent (75.6%). While the majority of area residents are overweight or obese (68.2%), only 22.3% indicated that their doctor or health care provider told them that they were overweight. Around six out of 10 adults reported that they eat the recommended number of fruits and vegetables each day. There were no racial differences with respect to exercise or being told that they were overweight or obese, but differences were identified with regard to consumption of fruits and vegetables. More African Americans eat the recommended servings of fruits and vegetables on most days compared to Whites (75.9% vs. 60.5%).



Closely linked to being overweight or obese is the incidence of **diabetes**. Roughly 17.2% of the survey respondents reported being told by a doctor that they have diabetes. This is above Mississippi (12.4%) and the rest of the country (9.3%). The diabetes figure locally did not differ by race or gender. When asked about a family history, 43.2% indicated that they have a family member with diabetes. The survey asked a number of additional questions for those with diabetes. These questions included further probing about testing for blood sugar, A1C levels, checking for sores on their feet and visits to the doctor. Area diabetics looked similar to diabetics elsewhere with regard to these types of checks. However, more individuals locally with diabetes reported that they have taken a course or class in how to manage their diabetes compared to throughout Mississippi. Around 53% reported they have taken a class or course compared to 44.2% statewide and 54.8% nationally.

Cardiovascular disease was assessed through questions about heart attacks, heart disease and stroke. As detailed in the graph below, the cardiovascular health statistics for the hospital's service area are statistically similar to state and national rates. Roughly seven percent (6.6%) have had a heart attack, 6.3% have had angina or coronary heart disease and 4.9% have had a stroke. White respondents locally are similar to African American respondents with one exception: stroke. White survey respondents were significantly more likely to have had a stroke compared to African American respondents (5.1% vs. 1.1%). Half of area adults (51.2%) locally indicated that they also have a family history of heart disease. Locally, males are significantly more likely to have had a heart attack than females (11% vs. 3.7%). No other gender differences were identified.

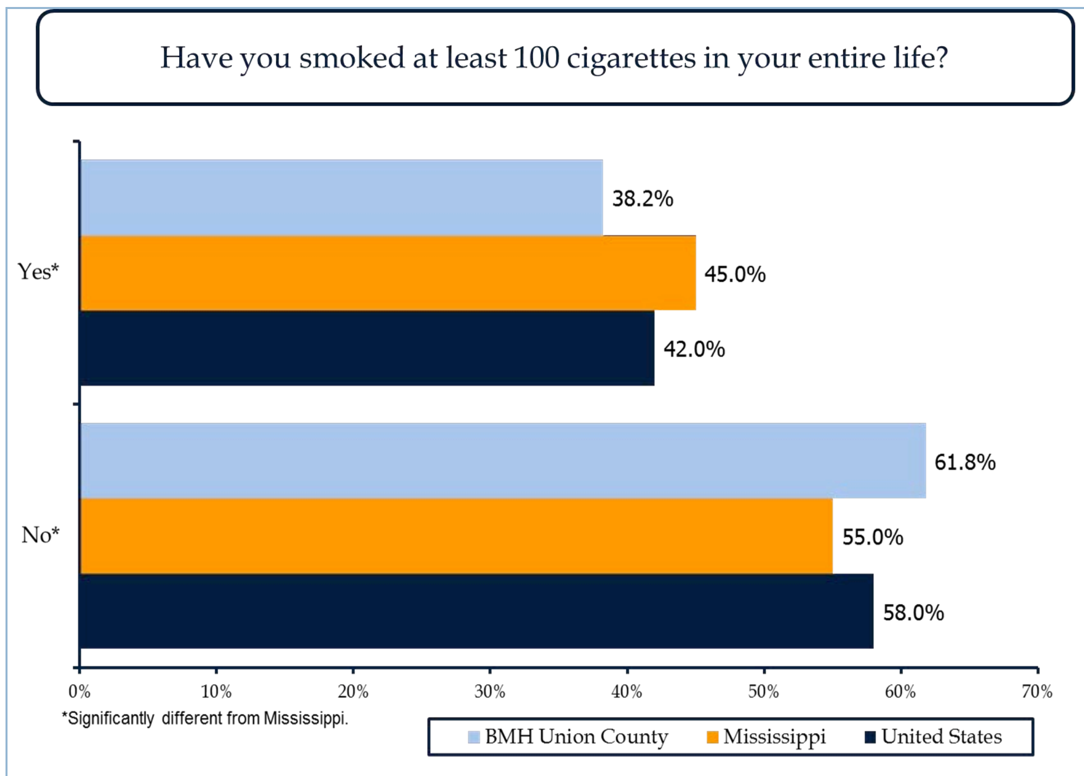


Asthma rates are higher among adults locally. Nearly 18% reported having asthma in their lifetime and within that group, 79.1% still have asthma. These figures are higher than state and national percentages. Females were more likely to report having asthma. No racial differences were noted.

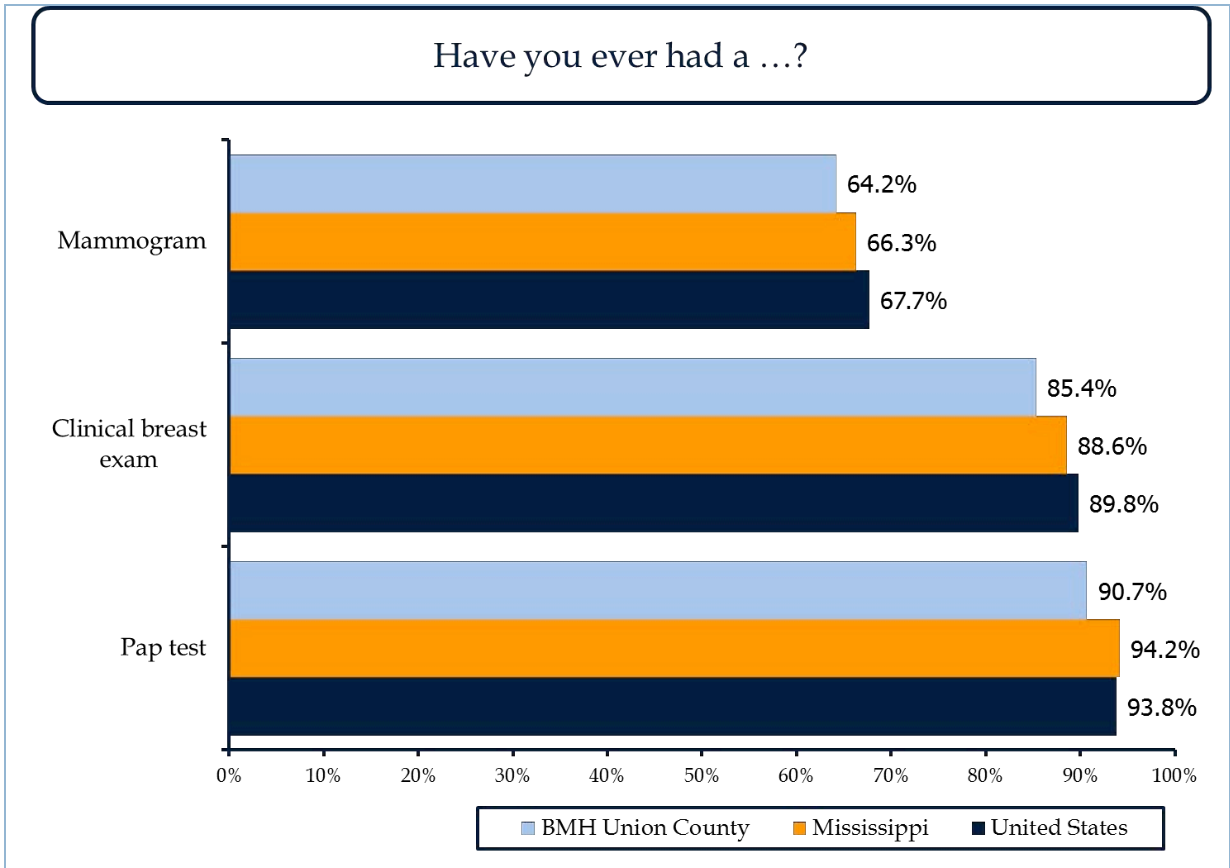
Roughly 35% of the survey respondents reported being limited in some way because of physical, mental or emotional problems. This is well above the state (25.3%) and U.S. (20.8%) percentages. Additionally, 17.1% reported that they have a health problem that requires the use of some form of special equipment (e.g. cane, wheelchair, etc.).

Tobacco use was assessed through questions regarding cigarette smoking and chewing tobacco. Around four out of 10 of those surveyed stated that they have smoked at least 100 cigarettes in their lifetime. This is significantly below the percentage for Mississippi overall (45%), but similar to the figure throughout the U.S. (42%). Among those who have smoked 100 cigarettes, less than half (47.3%) now smoke some days or every day. This is a similar proportion of smokers to Mississippi, but higher than the U.S. (40.6%). Among those who do currently smoke, 66.3% indicated that they had stopped smoking for at least one day in the past year. Area adults are also more likely than adults nationally to use chewing tobacco or snuff. Locally, 6.1% reported using chewing tobacco compared to 7.4% throughout Mississippi and 3.2%

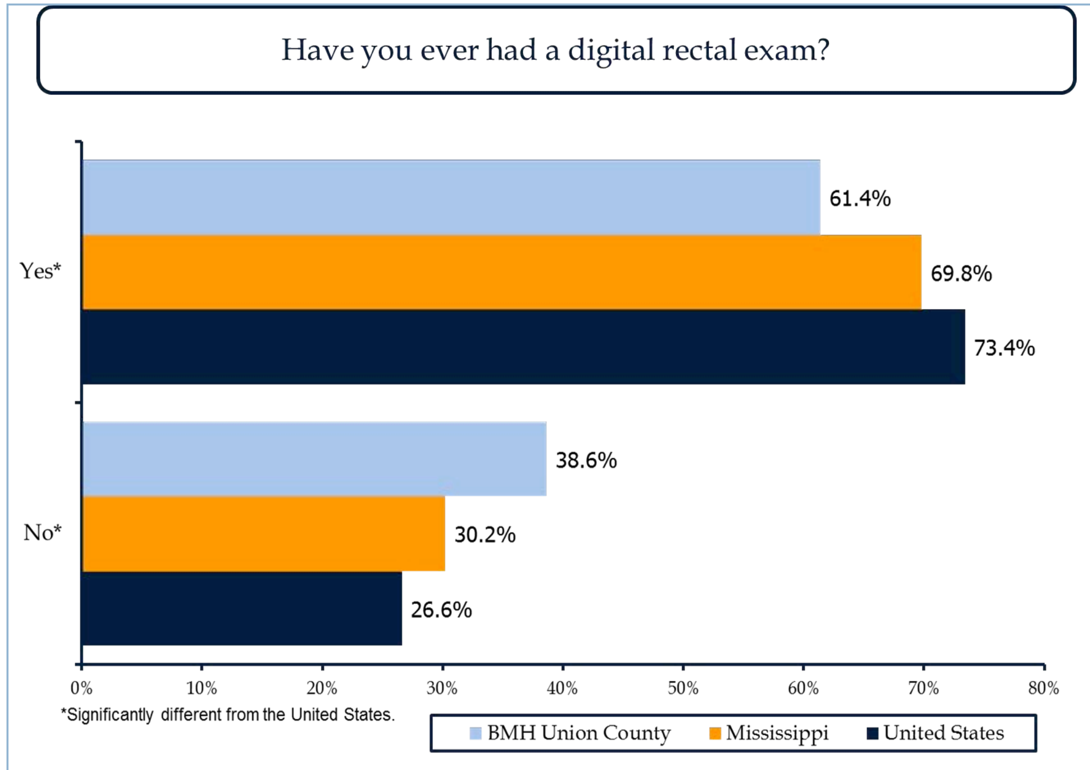
across the U.S. Area males were more likely to have smoked at least 100 cigarettes than area females (56.1% vs. 26.6%). Males also account for the majority of individuals who use chewing tobacco.



Female respondents were asked a variety of **women's health** questions. Approximately 64% of females locally reported that they have had a mammogram at some point in their lifetime. This is statistically similar to the percentage throughout Mississippi (66.3%), but slightly below the U.S. (67.7%). Rates for clinical breast exams and for pap tests are slightly below the U.S. percentages. African American females and White females did not differ in their likelihood of having had a mammogram, but differed with respect to clinical breast exams and Pap tests. Locally, 97.6% of African American females have had a clinical breast exam compared to 82.5% of White females. For Pap tests, the figure among African American females is 98.6% compared to 89.2% among White females.

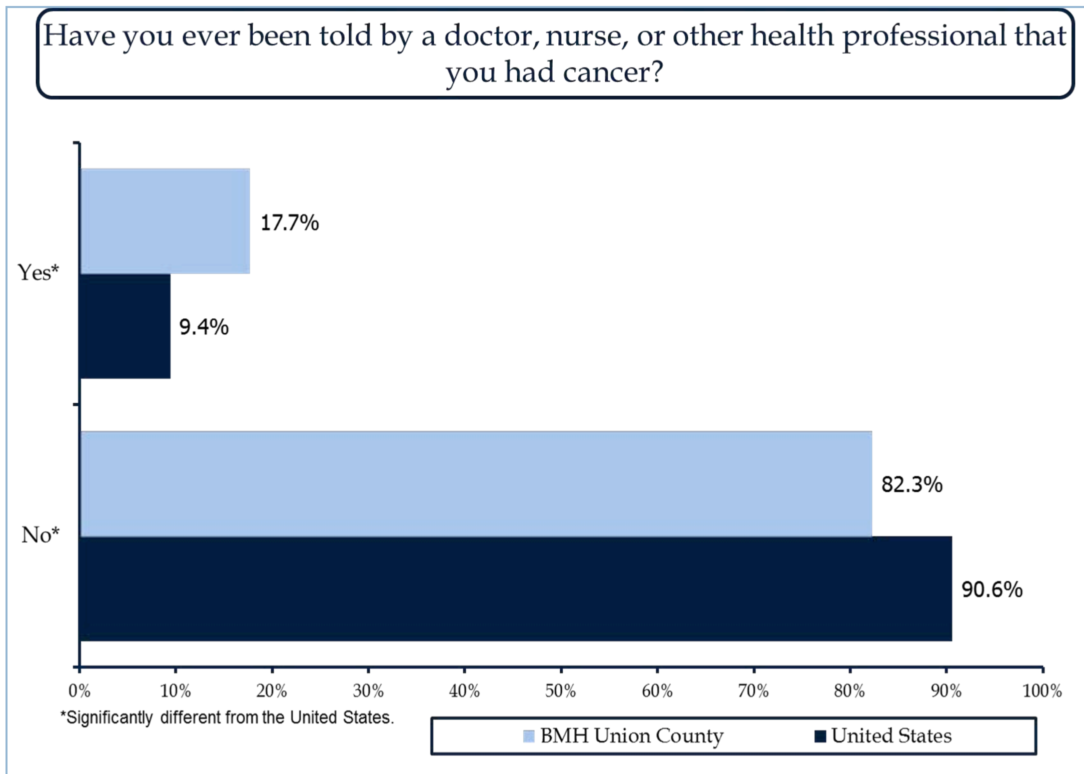


Tests for **prostate cancer** include Prostate Specific Antigen (PSA) tests and digital rectal exams. Questions related to these tests were asked of area males 40 and older. Approximately 70% of the males in this age range have had a PSA test, which is above Mississippi (65.3%) and the U.S. (65%). A smaller percentage of males have had a digital rectal exam. Locally, 61.4% of males 40 and older have had this exam compared to 69.8% statewide and 73.4% nationally. When asked if they have ever had prostate cancer, 6.9% of males in this age group indicated that they have. This is statistically similar to the state (4.7%) and national (4.3%) percentages for prostate cancer.



Colorectal cancer screening questions were included in the survey as well. Around 41% of adults 50 and older have had a blood stool test using a home kit, which is above the percentage statewide (34.3%) and slightly above the percentage nationwide (38.6%). A higher percentage of individuals reported having had a colonoscopy or sigmoidoscopy when compared to Mississippi. Around 65% of adults 50 and older have had a sigmoidoscopy or colonoscopy, higher than the 59.5% throughout Mississippi, but similar to the 65.6% throughout the U.S. No gender or racial differences were noted.

Nearly 18% of adults surveyed reported that they have had **cancer** at some point in their lifetime. This is significantly higher than the 9.4% nationally. Of those who have had cancer, a larger proportion indicated that they had cancer at a younger age than what is seen throughout Mississippi and the U.S. The most commonly reported types of cancers were cervical, breast, leukemia and prostate cancer. More White residents in the area reported having had cancer at some point in their lifetime than African American residents (20.2% vs. 3.7%).

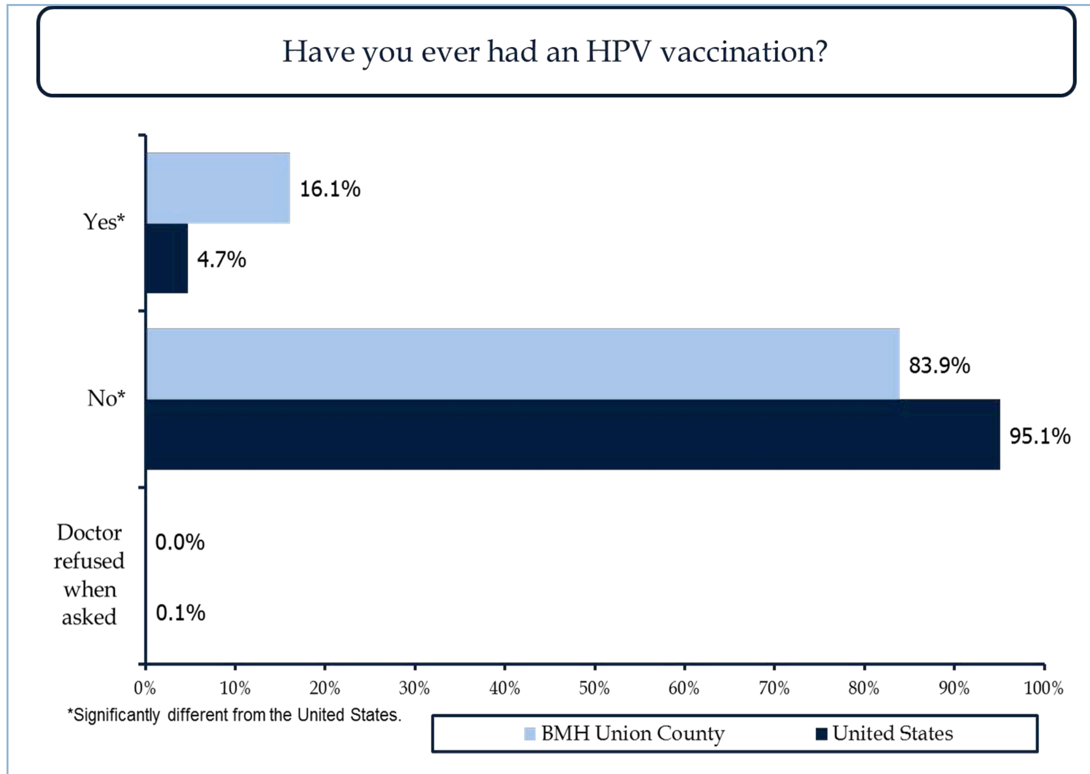


Arthritis was reported by 40.5% of area adults. This is higher than the Mississippi (31%) and U.S. (30.3%) figures. Locally, Whites were more likely to report being diagnosed with some form of arthritis, gout, lupus or fibromyalgia compared to African Americans (41.3% vs. 35.5%), but both are above the state and national comparisons.

Caregiving is increasingly an issue throughout the country as the number of older adults continues to grow. Approximately 27% of those surveyed reported that they provide regular care or assistance to a friend or family member. This is above the figure nationwide (16.8%). The largest proportion (76%) takes care of someone who is 65 years or older. African Americans locally are more likely to provide care for someone else than Whites locally (40.7% vs. 24.6%).

The survey assessed **oral health** as well. Around 58% of those surveyed stated that they have had at least one tooth removed because of gum disease or tooth decay. This is similar to Mississippi (56.1%), but above the U.S. percentage (45.5%).

The survey also asked whether or not the individual has had the **HPV (Human Papilloma Virus) vaccination**. A significantly higher proportion of adults locally responded that they have had the HPV vaccination. Roughly 16% have had the vaccination locally compared to 4.7% throughout the U.S. More African American survey respondents indicate they had the vaccination compared to Whites (49.5% vs. 7.2%).



In summary, the household survey results reveal a number of areas of opportunity throughout the hospital's service. Area adults reported a lower general health status compared to state and national figures and higher rates of disability. There are also more adults locally who are providing care for a disabled friend or family member. The rates for obesity and diabetes are elevated as well when compared to what is typically seen throughout the country. Preventive screenings among area females is lower, specifically for Pap tests, mammograms and clinical breast exams. Cancer rates are also higher in the area per what was reported on the survey. It appears as if females and Whites in the hospital's service area have poorer health than males and African Americans.

The household survey results were correlated with secondary data statistics and the qualitative research to determine key community health needs across all research components.

Secondary Data Key Findings

A number of data points were gathered to lend insight into the demographics, quality of life, and morbidity and mortality figures for Union County and Benton County, Mississippi. The hospital is located in Union County, but also serves a significant portion of Benton County. A summary of the key findings is outlined below. All county data points were compared to state and national benchmarks and were evaluated as being more favorable or unfavorable to these comparisons.

The **demographics** of an area, as well as demographic shifts, can have a dramatic impact on the health care system. Between 2000 and 2010, both counties saw an increase in population similar to the rest of the country, but above Mississippi. Union County is a much more populace area than Benton County. Both counties also have a higher proportion of seniors than statewide and nationally. Union County is comprised of 14.4% of older adults and Benton County is 15.4% compared to 12.9% for Mississippi and 13.1% throughout the U.S. Union County is predominantly White in racial composition while Benton County is more racially diverse.

Overall Population (2010)

	U.S.	Mississippi	Union County	Benton County
Population	308,745,538	2,967,297	27,134	8,729
Population Change ('00 – '10)	9.7%	4.3%	7.0%	8.8%

Source: U.S. Census Bureau, 2010

Household statistics reveal a higher percentage of vacant housing units in Benton County compared to Mississippi and the U.S. The percentage in Benton County is roughly 19%, which is not only above the state (12.5%) and national figure (11.4%), but also higher than Union County (10.4%). Home values across both counties are lower than national values. The median home value in Union County is $82,600 compared to $79,100 in Benton County. When looking at single-mother households, both counties are lower than Mississippi and Union County is even lower than nationwide. Union County also has a higher proportion of husband-wife families.

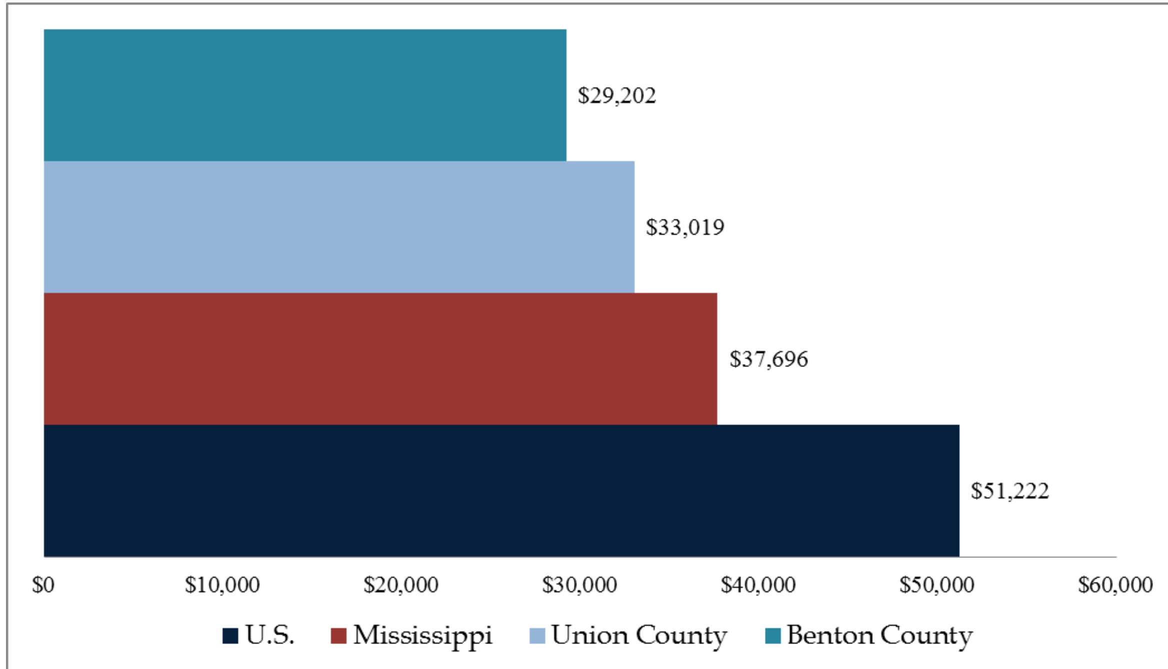
Households by Occupancy, Type, and Value (2010)

	U.S.		Mississippi		Union County		Benton County	
Household Type[a]	n	%	n	%	n	%	n	%
Female householder, no husband present	15,250,349	13.1	205,972	18.5	1,323	12.8	577	17.0
Husband-wife families	56,510,377	48.4	506,633	45.4	5,652	54.8	1,569	46.1
Median home value (dollars)	187,500		99,800		82,600		79,100	

Sources: U.S. Census Bureau, 2010; U.S. Census Bureau, 2008-2010 ACS 3-year estimates
[a] Data is based on U.S. Census Bureau, 2010

Household **income** levels in both Union and Benton Counties are below the U.S. overall and more aligned with Mississippi values. The median household income in Union County is roughly $34,000 and Benton County is even lower at $28,000. This compares to $37,000 statewide and $51,000 for the U.S. overall. With respect to poverty rates, both counties have significantly more individuals living in poverty. Roughly one in four individuals in the area live in poverty compared to 14% nationally.

Median household income, Union County and Benton County compared to Mississippi and U.S. (2010).



Poverty Status of Families and People in the Past 12 Months (2010)

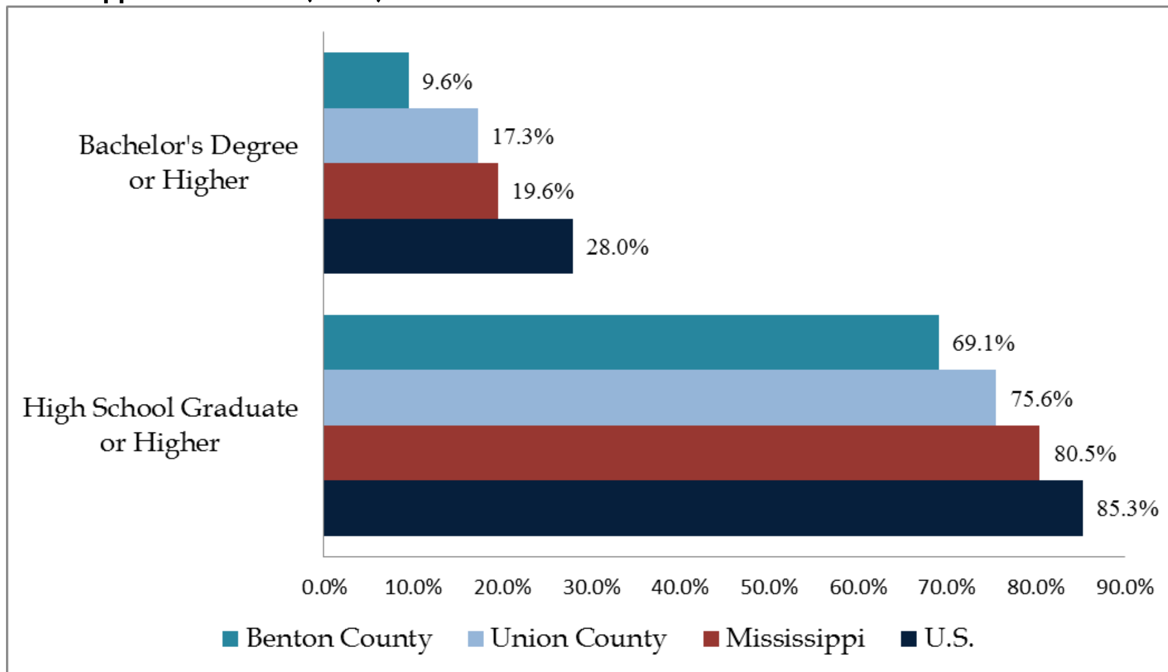
	U.S.	Mississippi	Union County	Benton County
All families	10.5%	17.2%	21.7%	26.1%
With related children under 18 yrs	16.5%	25.9%	33.8%	36.9%
With related children under 5 yrs only	17.9%	27.0%	46.2%	34.8%
All people	14.4%	21.8%	24.7%	26.0%
Under 18 years	20.1%	31.6%	38.5%	26.3%
65 years and over	9.4%	14.7%	15.7%	23.0%

Source: U.S. Census Bureau, 2008-2010 ACS 3-year estimates

Employment statistics reveal fewer adults in Benton County are in the labor force compared to Union County (55.3% vs. 62%). While Union County is slightly above Mississippi (59.6%), both counties have fewer adults in the labor force than nationally (65.1%). Those employed in Benton County have significantly longer commutes to work than those in Union County and throughout the state. Locally, more individuals are employed in production, transportation, and material handling than statewide and nationally.

Educational attainment is lower in both counties compared to statewide and nationally. Between 70-75% of area adults have a high school diploma compared to 80.5% statewide and 85.3% nationally. With respect to having a bachelor's degree or higher, 17% in Union County fall into this category while 9.6% in Benton County have a college degree. This compares to 19.6% statewide and 28% throughout the U.S.

Educational attainment percentages for population 25 years and over, Union County compared to Mississippi and the U.S. (2010).



The overall age-adjusted **mortality rate** for both counties is higher than what is seen nationally. Union County (9.4) and Benton County (9.9) look fairly similar to Mississippi (9.6), but exceed the U.S. rate (7.5). An examination of the mortality rates by race reveals a higher death rate among African Americans compared to Whites. Deaths due to heart disease, chronic lower respiratory disease, accidents, and stroke are higher in both counties than in the U.S. and throughout Mississippi. Additionally, in Benton County, deaths due to cancer and diabetes are above state and national rates.

Mortality, All Ages by Race (2010)[a]

[a] *Rates per 1,000 population*	U.S.	Mississippi	Union County	Benton County
Age-Adjusted Rate	7.5	9.6	9.4	9.9
White	7.4	9.3	9.3	8.8
African American	9.0	10.7	10.8	13.2

Sources: Mississippi Department of Health, 2010
Center for Disease Control and Prevention, 2010

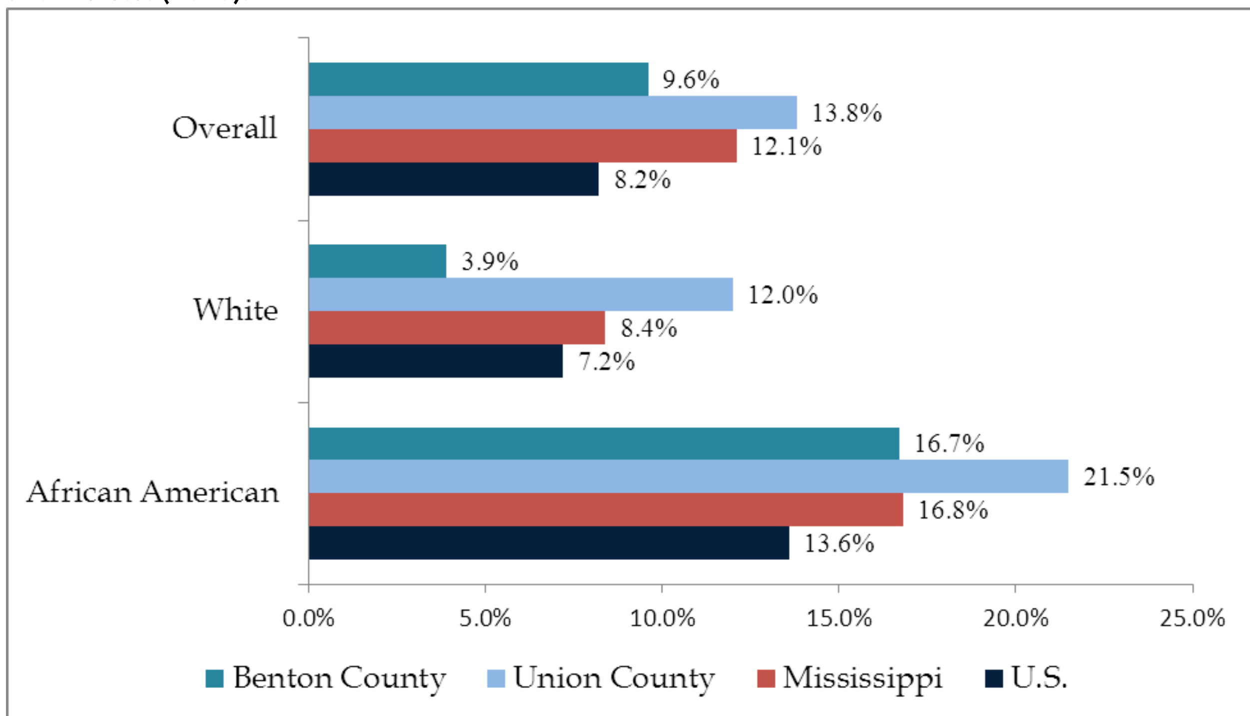
The overall **infant mortality rate** for Benton County is lower than throughout Mississippi and nationwide. While Union County is higher than nationally, it is below Mississippi. In both counties, the infant death rate for Non-Whites is higher than Whites. The percentage of low birth-weight babies is dramatically higher in Union County than Benton County, statewide and nationally. Benton County has rates above the U.S., but lower than Mississippi. The rate of teen pregnancies in both Union and Benton Counties is also higher than statewide and nationally. Having prenatal care in the first trimester is just as likely in Union County as statewide and nationally, but rates are lower in Benton County, especially among African American mothers.

Infant Mortality Rates by Race (2006 – 2010, 5 - year averages)[a]

	U.S.[b]	Mississippi	Union County	Benton County
Infant	6.5	10.0	8.1	5.4
White	6.2	6.9	6.1	3.2
Non-White	13.1	13.7	18.0	8.5

Sources: Mississippi Department of Health, 2006 - 2010
Centers for Disease Control and Prevention, 2006 - 2010
[a] Rate per 1,000 live births
[b] Data reflects White/African American race categories

Percentage of low birth weight by race, Union County and Benton County compared to Mississippi and the U.S. (2010).



Prenatal Care in First Trimester by Race (2010)

	U.S		Mississippi		Union County		Benton County	
	Number	%	Number	%	Number	%	Number	%
White	1,729,684	88.1	18,973	87.4	239	86.9	43	84.3
African	319,812	76.1	13,571	77.6	51	78.5	20	47.6

Sources: Mississippi Department of Health, 2006 - 2010
Centers for Disease Control and Prevention, 2006

The overall **cancer** incidence rate in Union County is slightly above Mississippi and the U.S., while the rate in Benton County is lower. Benton County has incidence rates below the U.S. and Mississippi across all types of cancers. Within Union County, the cancer rates for lung cancer and colorectal cancer are higher than what is seen statewide and nationally.

Cancer Incidence by Site and Gender (2005 - 2009)[a]

	U.S.[b]	Mississippi	Union County	Benton County
Breast (Female only)	124.0	141.3	103.6	95.7
Colorectal	47.2	52.2	85.5	48.4
Male	55.0	61.0	79.7	49.3
Female	41.0	45.5	93.3	52.9
Lung and bronchus	62.0	79.0	97.5	56.4
Male	75.2	110.9	129.4	82.2
Female	52.3	56.1	70.9	34.8
Prostate (Male only)	156.0	157.4	128.8	88.0
All Sites	**464.4**	**503.9**	**510.6**	**296.8**
Male	**541.0**	**604.8**	**529.1**	**257.1**
Female	**411.6**	**434.9**	**506.5**	**341.7**

Sources: Mississippi Department of Health, 2005 - 2009
National Cancer Institute, 2004 - 2008
[a] Age-adjusted incidence rates per 100,000 population
[b] Rates based on 2004 – 2008 estimates

Cancer mortality rates look slightly different. In general, the mortality rates in Union County are lower than those statewide and nationally while the overall mortality due to cancer in Benton County is above the U.S., but below Mississippi. While incidence rates are higher in Union County, mortality rates are higher in Benton County.

Cancer Mortality by Site and Gender (2010)[a]

	U.S.[b]	Mississippi	Union County	Benton County
Breast (Female only)	22.5	25.0	16.6	69.0
Colorectal	16.4	20.4	12.7	8.1
Male	19.7	23.6	0.0	16.5
Female	13.8	18.0	23.2	0.0
Lung and bronchus	49.6[c]	62.0	52.9	42.9
Male	64.0[c]	89.5	67.3	51.5
Female	39.0[c]	41.4	40.4	33.9
Prostate (Male only)	22.8	29.8	24.2	36.1
All Sites	**175.8**	**201.1**	**146.3**	**185.4**
Male	**215.7**	**258.2**	**161.7**	**178.5**
Female	**148.4**	**162.5**	**136.9**	**193.9**

Sources: Mississippi Department of Health, 2010
National Cancer Institute, 2008
[a] Age-adjusted rates per 100,000
[b] Rates based on 2008 data [c] Data includes rates for lung and bronchus cancer mortality only

While the number of deaths is small, the **suicide** rate in Union County (19.7 per 100,000 population) is significantly higher than statewide (13) and nationally (11.9). Benton County is below state and national rates.

Health risk factors such as smoking, excessive drinking, and an unhealthy weight are all related to poorer health outcomes. Unfortunately in both counties, most of these statistics are higher than statewide and nationally. Residents living in Union and Benton Counties are more likely to be obese, to smoke cigarettes, and to be involved in a motor vehicle accident than adults statewide and nationally. The one positive finding is lower rates of excessive drinking across the two counties compared to statewide.

Health Behaviors (2011)

	National Benchmark	Mississippi	Union County	Benton County
Adult smoking	15%	24%	27%	27%
Adult obesity	25%	34%	32%	34%
Excessive drinking	8%	11%	9%	6%
Motor vehicle crash death rate [a]	12.0	32.0	31.0	38.0

Source: County Health Rankings, 2011 [a] Rates per 100,000 population

In closing, the secondary data points to some key opportunities across the two counties. Both counties have demographics that can present challenges with health, such as poverty rates, home values, and lower education levels. Mortality rates are higher in the area for both adults and infants compared to what is seen nationally. Maternal health indicators point to areas of opportunity with teen pregnancies, low birth-weight infants, and prenatal care in the first trimester. Obesity, smoking, and heart disease are all concerns within the hospital's service area.

The secondary data were correlated with household survey findings and the qualitative research to determine key community health needs across all research components.

Key Informant Interviews Key Findings

The key informant surveys gathered feedback on issues such as the overall quality of health care in the area, prominent health issues and barriers, and perceived quality of life. The initial section of the survey evaluated the quality of care, which included accessibility and availability of services such as primary care, dental care, and bilingual care. As detailed below, the area professionals were least likely to agree that there are a sufficient number of bilingual providers in the community.

On a scale of 1 (strongly disagree) through 5 (strongly agree), please rate each of the following statements:

Factor	Mean Response
The majority of residents in the community are able to access a primary care provider.	3.5
The majority of residents in the community are able to access a dentist when needed.	3.5
The majority of residents in the community are able to access a medical specialist.	3.2
There are a sufficient number of providers accepting Medicaid or other forms of medical assistance.	3.2
Transportation for medical appointments is available to the majority of residents.	3.0
There are a sufficient number of bilingual providers in the community.	2.2

Transportation for medical appointments garnered the second-lowest average rating (3.0) and the availability of medical specialists and the number of providers accepting Medicaid or other forms of medical assistance obtained ratings averaging 3.2 on the five-point scale. While overall, access to primary care and dental care were rated the highest, other comments throughout the survey suggest that significant barriers exist. The survey asked respondents what health care services were currently not provided in the community and medical specialists were noted by the majority. Specifically, mental and behavioral health specialists were listed along with endocrinologists, dieticians, dentists, cardiologists, and pediatricians.

When asked to select the three most significant health issues in the community, obesity, diabetes, and heart disease were selected the most often. Other common mentions included heart disease, cancer, and substance abuse.

> *"We have a lot of primary care physicians, but many of them do not accept Medicaid.. As for a safety net, we have some private Federally Qualified Health Centers, but those in between-such as the working poor-are caught in the middle and do not have enough places to go."*

What do you perceive as the three most significant (most severe or most serious) health issues in the community?

Factor	Number of Mentions	Percent of Respondents (%)
Obesity	43	57.3
Diabetes	40	53.3
Heart Disease	32	42.7
Cancer	19	25.3
Substance Abuse	10	13.3

The questionnaire was not limited to the clinical aspects of community health, but also solicited feedback on several quality of life factors, including the availability of recreational activities, neighborhood safety, air and water quality, and job opportunities. A 1-5 scale (1=very poor; 5=excellent) was used to gather feedback on these aspects. The quality of the air and water was rated the highest in the communities, followed by road/traffic conditions, the availability of recreational activities, and the schools/education. The lowest ratings were given for job opportunities (3.1 average) and neighborhood safety (3.3 average).

Lack of insurance and inability to pay for health care services or prevention were seen as the most significant barriers that keep people in the community from accessing care when they need it. Cost was a factor not only in affording health insurance, but in covering co-pays and prescription medication. Low-income seniors were specifically mentioned as having greater barriers as well as members of racial minority groups such as the African American, Hispanic/Latino, and Asian communities. Transportation was also seen as a significant barrier. The need for mobile health vans or buses was mentioned a number of times as a potential remedy to transportation barriers. Another common theme was that the average consumer does not understand how to effectively navigate the health care system. There is a lack of awareness of what is available and a perception of limited health literacy across a number of area residents.

"Hospitals need to focus on preventive care instead of sick care."

While the survey was aimed at identifying gaps in services and community needs, it was also important to identify existing assets and strengths in the community. Area hospitals were noted as assets in the community as well as area clinics which provide services for the uninsured and under-insured. Public health agencies and not-for-profit community organizations were also praised for their outreach efforts.

Prevention and education were seen as the two greatest opportunities for achieving optimal health and well-being. Most key informants suggested continued or increased community outreach regarding healthy lifestyle choices, nutrition, exercise, and chronic disease management. Opportunities to partner with community and faith-based organizations were acknowledged. Several respondents also noted the opportunity for policy change. Specifically, suggestions were made to consider land use and local regulations and make healthy foods more available. A number of mentions were made to focus on the children and youth in the community. Outreach through schools and churches were seen as worthwhile so that behavior change can potentially continue into adulthood.

In conclusion, more than half of the respondents listed the health care system as the greatest community asset. Many specifically listed Baptist Memorial Hospitals and acknowledged their high quality of care

and community commitment. The quality of life in the communities was also seen a strength. Respondents indicated a strong sense of community and respect of community leadership. These strengths should be utilized to address the community needs identified. Specific needs that were apparent throughout the feedback include barriers to health care for low-income and minority groups, increased need for health literacy, and a focus on prevention and healthy living.

The Key Informant Survey results were correlated with the household study, secondary data statistics, and focus groups findings to determine key community health needs across all research components.

Focus Groups Key Findings

The focus groups addressed diabetes and pre-diabetes, including questions about health literacy, self-care, health care access, and awareness of services. The summary is broken out by feedback about self-care and disease management, followed by access to care issues, and health education and communication.

> "I've seen family members suffer from it. My grandmother lost her sight and her legs. I'm pre-diabetic now, and I feel resigned that I will get diabetes."

Knowledge of diabetes and self-care management

The focus groups began with a discussion about the participants' knowledge of diabetes. The group was asked what having diabetes meant to them. While the feedback varied somewhat, much of the discussion was about how diabetes has limited their life. According to one participant, having diabetes is a "huge hassle." Another said that it means "watching everything." Other participants commented that having diabetes affects your quality of life. "I can't do everything I want anymore," said one participant. Several participants talked about having to make significant changes to their lifestyle because of diabetes. One participant commented, "You need to change your whole lifestyle. If you don't maintain a regime, it just isn't going to work." Another stated that "Diabetes is like an addiction and you have to take it one day at a time." Participants discussed having to change their eating habits. One said, "You can't enjoy foods you grew up with."

The participants also spoke of physical complications such as foot problems and deteriorating vision. One participant commented, "I have neuropathy in my feet. When you feel that tingling and burning in your feet, that's your nerve endings dying. Once you've lost it, it's gone." A few participants had to have toes, feet, and even legs amputated due to complications from their diabetes. Several participants discussed vision problems and fear of diabetes causing damage to their eyes. One participant shared, "I worry more about my eyes than anything else." Others explained that having diabetes "means you could go blind." Another participant commented, "I have diabetic retinopathy. I am legally blind." Others explained that having diabetes puts them at risk for other health complications such as heart problems/heart failure and kidney problems/kidney failure.

In addition to physical complications, participants explained that diabetes also has psychological effects. One participant commented that "Having diabetes takes a toll on you – mentally and physically." Several participants complained of being tired or sluggish and having difficulty sleeping. Some felt that diabetes and depression seemed to go hand in hand and that dealing with fear, stress, and mood changes complicated their disease management. One participant shared, "The first few weeks after I was diagnosed, I didn't want to do anything. I just sat in my chair and watched TV." Another stated, "I just want to have a normal life again. Sometimes it makes you depressed."

When asked how they believe they got diabetes or became pre-diabetic, many spoke of a genetic link where parents and/or grandparents had diabetes. One participant said, "My mother had diabetes and her mother had diabetes. I figured I would get it someday, too." Another commented, "I have aunts and uncles who lost all their limbs to diabetes." While factors such as nutrition and obesity were mentioned as risks by some, there was a sentiment of helplessness due to the hereditary link. Several did point to poor eating habits and lack of exercise as factors that increased the risk of getting diabetes. One participant said, "Anybody who lives in this world, if you don't eat right, you can get it." Others commented that being overweight is what led to their diabetes. In addition, participants mentioned a number of other potential causes to their diabetes including stress, fatigue/sleep deprivation, thyroid problems, steroids, other diseases, caffeine, drinking, smoking, vaccines, and exposure to chemicals/environmental pollutants.

When asked what they do on a daily basis to care for their diabetes, participants emphasized the importance of checking their blood sugar/glucose. One participant stated, "The first thing I do when I get up is do a glucose test." Another explained, "You have to get up, take your medications, check your sugar, then I take my shot, then I eat, then wait two hours and check it again. It has to be a routine. If it's not a routine, you'll forget and you won't do it. It's a regiment." Most checked their blood one to three times a day. "I'm supposed to test twice a day, but I only do it once," admitted one participant. Another said they check their glucose every four hours. One participant complained that constantly having to poke her fingers made them sore and sensitive.

Participants also discussed having to take medications. Some were taking pills to control their diabetes while others took insulin shots. Some participants expressed fear and apprehension about the prospect of having to switch from pills to injections to control their diabetes. "I don't want the needle. Thinking of that makes me sick," said one participant. Participants talked about planning and monitoring their diet in order to control their diabetes. One participant stated, "I have to think about it all the time. Do I have time to eat small meals? Will I have access to healthy choices or do I need to bring food with me?" While another said, "I spend a lot of time thinking about what I am going to eat."

Routine exercise is also an important part of diabetes management. Many participants were trying to get regular exercise in a variety of ways including walking/running, biking, swimming, yoga, dancing, and group exercise classes. One participant shared, "Exercise, along with watching my diet helps. I walk at least 10 minutes at a pretty good clip, best I can. I do that two to three times a week. I don't do it every day." One older woman stated that she walks almost every day to manage her diabetes. Another stated, "I started doing yoga three years ago. I go three days a week. I lost weight and feel more connected with my body." Some members of the group admitted that they did not get enough exercise, if any. Some had difficulty finding the time or motivation while others had physical complications that made it difficult for them to exercise.

When asked what barriers people face when trying to take care of their diabetes, participants suggested a number of challenges. Specifically, they mentioned the following common challenges to eating healthy and exercising regularly:

- Cost
- Motivation/Effort
- Time/Convenience
- Education/Knowledge

Several participants indicated that cost is a barrier. They explained that healthy foods like fresh fruits and vegetables can be expensive, and unhealthy food is often cheaper. Participants mentioned that there are some local Farmer's Markets that increase access to fresh produce, but not everyone can afford to buy it. One woman stated, "A lot of people don't know how to cook healthy foods that are affordable." A participant shared that his family relies on food stamps and food pantries for food and that their options are often limited. Another participant commented, "It's cheaper and easier to go to the dollar menu at McDonald's than to buy food and cook it."

Participants also discussed time as a major barrier to proper diabetes management. One participant commented, "I'm supposed to eat six small meals a day, but I can't do that. I work full-time. Who has the

time?" Several participants explained that travel can be difficult because it changes their regular routine and can sometimes limit the control they have over their food choices. One participant says when she travels she has to remember to take measuring cups, a food scale, food, and medications. There were also discussions about having difficulty breaking old unhealthy habits. One participant said, "You gotta wanna quit, before you can quit. I drank a fifth of whiskey Friday, Saturday, and Sunday night. I stopped all that after I was diagnosed, but changing my diet was the hardest."

Attendees discussed how attitudes and behaviors related to food are often established at a young age. They grew up eating certain foods, and now they need to change their eating habits. Several participants explained that they were raised to eat everything on their plate and not waste food. Learning proper portion control has been challenging for some participants. Many participants mentioned that family and friends can be barriers to maintaining healthy habits. They explained that it is hard when you are the only one in the family that has diabetes. Most have family that do not understand or support their diet.

When asked what kinds of things were helpful to participants when they tried to be physically fit and eat healthier, the participants mentioned the following supports:

- Making health a priority
- Creating a plan and establishing goals
- Cooking simply
- Cutting out soda and junk food
- Trying to be a role model for children/family
- Making a commitment to having family dinner
- Having a buddy/mentor to help with motivation
- Group/team-based physical activity like walking clubs
- Finding a type of exercise you enjoy doing – make it fun

Access to Health Care

When asked how often they need to see a doctor for their pre-diabetes/diabetes care, most stated that they see the doctor every three months or as needed depending on their recent A1C tests. Some go every month. One participant explained, "My last test was high, and they read me the riot act. I have to go back every month now and I'm working on keeping my levels down." A few only go twice a year. Usually they need to see the doctor to check their A1C and get a new prescription for their medication. Some indicated that their appointments only last 10 minutes while others last 30-40 minutes. Some participants felt that every three months was often enough, while a few said they would go more frequently if it was more affordable.

Some indicated that doctors did foot checks as a routine part of the check-up, but many others did not get foot checks from their doctor. The majority of participants said diet and exercise were rarely mentioned at the ongoing appointments. In most cases, participants received literature at diagnosis and there was little follow up regarding behavior. Some were referred to classes and support programs, but many others weren't. There was clearly a lot of variation in their experiences with their doctors. When asked where they usually seek health care, the majority of participants indicated a primary care/family doctor or practice for their diabetes care. In addition, many see an endocrinologist and an eye doctor for diabetes care.

Participants were asked about barriers to accessing health care services in the community. Several participants indicated that they or someone they know have had difficulty obtaining health care services. The groups discussed how the economic downturn has further complicated access to health care. A few participants were newly unemployed and struggling to manage their disease after losing health care coverage. Participants indicated that lack of insurance coverage and inability to pay were major barriers to accessing health care services in the community.

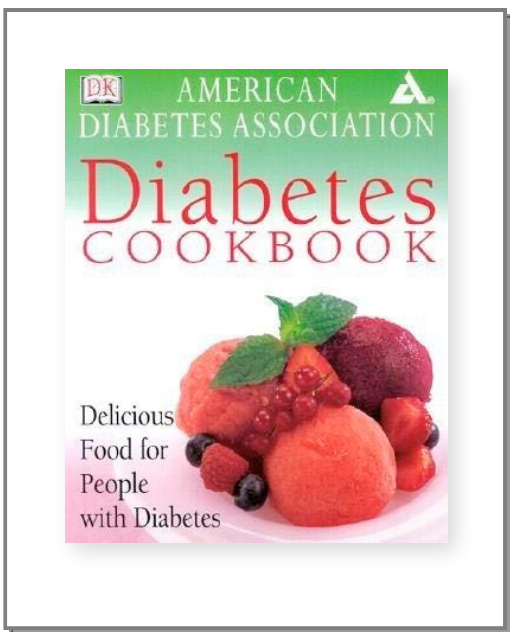
When asked where uninsured and underinsured individuals go for health care, participants indicated that uninsured residents often utilize the Emergency Department for primary health care because the Emergency Department will not turn them away if they do not have insurance. Others forgo care. Co-pays, deductibles, and prescription costs also present challenges in accessing health care. One participant commented, "I don't have any money to pay the co-pay." Some participants shared information about prescription discount cards and prescription assistance programs through pharmaceutical companies, but most were unaware of these resources. Several participants mentioned that testing strips are expensive and that supplies are not always covered by insurance. Several participants expressed frustration that their insurance does not adequately cover specialty services related to their diabetes such as podiatrists, endocrinologists, optometrists, nutritionists, dieticians, and exercise physiologists. Even some participants with comprehensive insurance had difficulty accessing specialists because there were usually four to six month waiting lists for endocrinologists.

When asked whether there are services or resources needed to support diabetes management, participants had a number of suggestions.

- Financial Assistance
- Food Assistance
- Transportation Assistance
- Patient Navigation Services
- Information & Referral Resources
- Prescription Assistance Programs
- Discounted Medical Supplies
- Oral Health Services
- Nutrition Counseling & Nutrition Programs
- Health Coaches
- Optometrists
- Endocrinologists
- Podiatry Services/Foot Care
- Physician Education/Training on Diabetes
- Exercise Physiologists
- Exercise Programs including walking programs and aquatic programs
- Chronic Disease Management Programs/Workshops
- Support Groups

Health Education and Communication

The groups discussed where they received health information, what education options were currently available, and what they would like to see to assist them in managing their diabetes. When asked where participants generally get health information, most said they had received written literature (brochures/pamphlets) from their health provider when they were first diagnosed. While most considered their physician as a source of information, some physicians were viewed as more knowledgeable than others. Several participants commented that they received a lot of valuable information from their insurance provider. In addition, participants indicated that they get information from newspapers, magazines, hospital newsletters, insurance mailers, flyers, brochures, church bulletins, and church leaders. The school systems, libraries, the health department, and community agencies were also mentioned as resources for information. In some cases, they learn about programs and services through word of mouth from friends, family, and neighbors. Several participants indicated that they also get health information online and through television programs like Dr. Oz. Participants also suggested that they are becoming increasingly reliant on the internet for information and suggested that easily accessible websites and social media were great tools to share information.



Participants indicated that they would appreciate a short informational video/DVD explaining diabetes and diabetes management in addition to written information. Several participants suggested that a monthly newsletter with healthy recipes and health tips about diabetes management would be a great way to connect to diabetes patients and encourage them to maintain healthy habits. Some would prefer this in an e-newsletter format while others still like to receive hard copies in the mail. In addition, participants also felt it would be helpful to speak to a nurse practitioner, physician's assistant, health educator, or nutritionist after being diagnosed. Some participants did receive diabetes nutritional education at the onset of diabetes, but then never had another opportunity to ask additional questions.

Participants who had attended diabetes management workshops felt they received the most valuable information through those programs. The majority of participants felt that group workshops were effective ways to disseminate information and many wished they had been referred to available programs. Several participants were interested in support groups. They felt there was a lot to learn from each other and were encouraged to see that they were not alone in their struggles.

Overall, focus group participants had common experiences and concerns across the geographic areas. Individuals living closer to larger population centers were more likely to have access to supportive services, programs, and resources to assist them in their diabetes management. Participants emphasized the need to improve communication and awareness about existing services.

Based on the feedback from the focus group participants, several themes appeared as areas of opportunity.

- Lack of awareness/knowledge about Diabetes, Diabetes prevention and Diabetes management
- Lack of access to affordable health care for people with diabetes including specialty services (podiatry, optometry, endocrinology, dental health)
- Need for assistance with prescription, medical supplies, and healthy food
- Lack of community awareness of available programs and resources
- Need for collaborative provider network with efficient referral system
- Need for health education programs including nutrition, exercise, diabetes management

- Need for supportive services such as support groups and health coaches

The Focus Group results were correlated with the household study, secondary data statistics, and key informant interview findings to determine key community health needs across all research components.

CONCLUSIONS

The four research components reveal a number of overlapping health issues for residents living in the Baptist Memorial Hospital-Union County service area. The following list outlines the key needs that were identified.

- **Access to care:** Access to primary care, as well as access to preventive care, is increasingly an issue throughout the country. The poverty rates in both counties suggest that cost is a greater barrier to obtaining needed care than it may be in other areas throughout the state. Key informants and focus group participants shared concerns as well about the ability for residents to obtain the health care services that they need.

- **Accidents:** Adults on the survey did not report that they were less likely to wear a seatbelt than their peers statewide and nationally. However, death rates in both Union and Benton Counties for "accidents" are significantly higher than nationally and somewhat above Mississippi.

- **Diabetes:** Related to obesity, as well as a number of other chronic illnesses, is the incidence rate of diabetes. There are more individuals in the hospital's service area who have been diagnosed with diabetes when compared against the U.S. overall. The diabetes mortality rate in Benton County is higher than statewide and nationally. Focus group participants elaborated on their experiences with diabetes and difficulties with self-management of diet and general physical health. They anecdotally shared of the comorbidity between diabetes and other chronic illnesses. While the focus group participants spoke of the need for greater awareness of available services and increased need for education, the household survey identified that fewer individuals with diabetes locally have attended a class or course on how to manage their diabetes.

- **General health status:** On the household survey, more adults locally reported poor general health and higher rates of disability. They were also more likely to be providing care on a regular basis for a friend or family member. The secondary data also revealed higher overall mortality rates across a number of chronic illnesses.

- **Maternal & infant health:** The infant mortality rates across both counties are higher than what is seen nationally. Birth weights are lower in Union County and fewer mothers across both counties receive prenatal care in the first trimester. Teen pregnancies are also more pronounced in both counties compared to throughout Mississippi and the U.S.

- **Obesity:** All four research components pointed to local issues with obesity. The household survey and the secondary data profile identified that the majority of local adults are overweight or obese. The household survey also revealed that the majority of overweight or obese adults in the area have not been told by their doctor or health care provider that they are obese or overweight. The connection between obesity and chronic illness (e.g. diabetes) was noted multiple times during the focus groups and in the key informant interviews. Many suggestions were made to improve accessibility to healthy foods as well as recreational opportunities such as walking paths, community parks, etc.

- **Racial disparities (mortality):** African Americans in the area have higher mortality rates (both adults and infants) compared to Whites.

- **Smoking:** While the household survey looked similar to the national rates in the percentage of adults who have smoked at least 100 cigarettes in their lifetime, the proportion of current smokers is higher locally. The secondary data confirmed higher rates of adult smoking as well as higher rates of lung cancer in Union County.

- **Social determinants of health:** The data reveals an area where many residents live in poverty, have lower rates of education, and are less likely to be in the labor force. The connection between poverty and health outcomes has been noted in many studies and is an area of concern locally.

- **Women's health:** In the household survey, fewer females reported having had a mammogram, a Pap test, or a clinical breast exam at some point in their lifetime compared to statewide and nationally. The survey also identified that fewer females had health insurance than males in the area.

PRIORITIZATION OF COMMUNITY HEALTH NEEDS

On February 25, 2013, 14 individuals from Baptist Memorial Health Care gathered to review the results of the 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

Prioritization Process

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 staff facilitated large group discussion to identify a "Master List of Needs" based the CHNA research and participant's knowledge of community issues. The following list was developed:

- Obesity & Related Chronic Conditions
- Access to Care
- Cardiovascular Health
- Diabetes
- Maternal and Women's Health
- Cancer
- Smoking
- Respiratory Disease
- Suicide
- Caregiver Needs
- Palliative Care
- Senior Health
- Services for Disabled Individuals
- Mental Health
- Substance/Alcohol Abuse
- Alzheimer's Disease
- Stress
- Health Literacy
- Nutrition
- Physical Activity
- Domestic Violence/Child Abuse
- Prenatal Care

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 the issues. Participants worked to consolidate the Master List by identifying overlapping issues, root causes of health, and the types of strategies which would be employed to address the needs. The Master List was consolidated to reflect the following cross-cutting community health issues:

- Obesity & Related Chronic Conditions
- Access to Care & Preventive Health Education (Health Literacy, Nutrition, Physical Activity, Smoking)
- Diabetes
- Cardiovascular Disease
- Cancer (Lung Cancer)
- Maternal and Women's Health (Prenatal Care)
- Caregiver Needs (Palliative Care, Seniors, Disabled)
- Mental Health (Substance/Alcohol Abuse, Alzheimer's Disease, Stress)

Determination of Priority Areas

To determine community health priorities, 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.

Holleran staff facilitated an open group discussion among attendees. 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?)

Using these criteria and an understanding of the relationships 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 (with a focus on Prenatal Care)
- Mental Health (with a focus on Caregivers, Alzheimer's Disease)

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

IMPLEMENTATION STRATEGY

In support of the 2012-13 Community Health Needs Assessment, and ongoing community benefit initiatives, Baptist Memorial Hospital-Union County developed an Implementation Strategy to guide community health improvement efforts and measure impact. The goals and objectives for each priority area are listed below. The full implementation strategy was developed and will be available on the website.

Healthy Lifestyle Choices

Recognizing the connection between Diabetes, Cardiovascular Disease, and other chronic conditions to healthy lifestyle choices, Baptist Memorial Hospital-Union County 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-Union County 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 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 readmissions for chronic disease management.

Cancer

With the support of the Baptist Cancer Center, Baptist Memorial Hospital-Union County 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.
- Increase community awareness of signs of Cancer and early detection.
- Improve availability of Cancer screenings and services.
- Provide free or reduced cost screenings and services.

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

Mental Health

Recognizing the relationship between mental health and optimal physical health for patients and their caregivers, Baptist Memorial Hospital-Union County 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.

DOCUMENTATION

The CHNA Summary Report was posted on the hospital's website in September 2013 to ensure it was widely available to the community. The hospital's Board of Directors will review and adopt an Implementation Strategy and the plan will be available on the website.