



**Community
Health Needs
Assessment
& Strategic
Implementation Plan**

for 2022-2024

THE MEDICAL CENTER AT SCOTTSVILLE



THE MEDICAL CENTER SCOTTSVILLE
COMMUNITY HEALTH NEEDS ASSESSMENT & STRATEGIC IMPLEMENTATION PLAN

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MISSION, VISION, AND VALUES

Mission

The Medical Center at Scottsville/Med Center Health's mission is to care for people and improve the quality of life in the communities we serve.

Vision

The Medical Center Scottsville/Med Center Health will be an innovative leader in healthcare delivery and outcomes.

What We Value

Quality

We are committed to providing the highest level of care and service at every opportunity.

People

People are our most valuable resource. We work together to achieve our organization's goals.
We treat everyone with honor, dignity and respect.

Accountability

Each of us is responsible for managing our resources ethically and wisely.

PURPOSE

The Community Health Needs Assessment has been completed for the following reasons:

- To help meet the Hospital's mission to care for people and improve the quality of life in the communities we serve;
- To comply with the Patient Protection and Affordable Care Act of 2010 and maintain the Hospital's tax exempt status;
- To establish community health needs for the Hospital's service area, to determine areas of greatest need, and for the Hospital to develop a strategic plan to address those needs;
- To involve internal and external resources to ensure needs of individuals are met and that efforts are not duplicated; and
- To create a sustainable process for conducting a community health needs assessment that can be continued for future assessments.

EXECUTIVE SUMMARY

The Patient Protection and Affordable Care Act of 2010 includes a provision that requires every tax exempt, non-governmental hospital to:

- Conduct a Community Health Needs Assessment (CHNA) at least every three years.
- Adopt a Strategic Implementation Plan that includes how the needs identified in the assessment will be met.
- Report to the Internal Revenue Service via its 990 tax form how it is meeting its implementation plan.

The Community Health Needs Assessment Report details the process used to collect, disseminate and prioritize the information in the assessment. Med Center Health used primary data obtained from a community survey in partnership with the BRIGHT Coalition and Barren River Health Department. A secondary survey to community leadership was used as well as secondary market research.

The end result of the assessment process was the development by the hospital of a strategic plan to address the major needs identified.

ORGANIZATIONAL DESCRIPTION

Bowling Green-Warren County Community Hospital Corporation (the "Corporation"), is a non-stock, nonprofit Kentucky corporation that operates a 337 bed hospital facility in Bowling Green, Kentucky under the name "The Medical Center at Bowling Green" and since October 1993, a 25 bed critical access hospital and 110 bed nursing home facility in Scottsville, Kentucky under the name "The Medical Center at Scottsville." In addition, since January 2016, the Corporation has operated a 25 bed critical access acute care hospital in Horse Cave, Kentucky under the name "The Medical Center at Caverna." The three facilities are part of one corporation but are separately licensed by the State of Kentucky. References herein to "The Medical Center" refer to the combined facilities.

The Corporation has been determined by the Internal Revenue Service (the "IRS") to be a charitable organization as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the "Code") and is exempt from federal income taxation by virtue of Sections 501(a) and 501(c)(3) of the Code.

Together with another area non-profit acute care hospital corporation, the Corporation is an equal owner of the Barren River Regional Cancer Center Inc., (Center) an outpatient radiation therapy care service in Southcentral Kentucky organized as a charitable organization as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the "Code") and is exempt from federal income taxation by virtue of Sections 501(a) and 501(c)(3) of the Code.

The Corporation is the sole member of Medical Center EMS, LLC (EMS), Medical Center Pharmacy of Bowling Green, LLC (Riverside) and Enspire Quality Partners, LLC (Enspire). EMS provides ambulance services in Warren County, Kentucky. Riverside offers retail pharmacy services in Bowling Green, Kentucky. Enspire is a Clinically Integrated Network of healthcare providers, working together under a physician-led structure to improve population health, improve patient experience and reduce the cost of healthcare. The Corporation is both the limited partner and a general partner in the Medical Plaza Partners, LLP which provides on-campus space for hospital departments and other non-affiliate medical-related services.

The Corporation is owned and controlled by Commonwealth Health Corporation, Inc., a non-stock, nonprofit Kentucky corporation ("CHC"), under a holding company arrangement which was established in 1984. CHC has been determined by the IRS to be a charitable organization as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the "Code") as is exempt from federal income taxation by virtue of Sections 501(a) and 501(c)(3) of the Code.

The Medical Center at Bowling Green was originally founded as the City Hospital in 1926. In 1949, the city hospital became jointly owned by the City of Bowling Green, Kentucky and the County of Warren, Kentucky and was operated by the Bowling Green-Warren County Hospital Commission (the "Commission") as a public hospital. In 1977, the Corporation became the successor to the Commission with a stated purpose of leasing and operating the existing Commission facilities and financing, constructing and operating a new hospital facility.

The Medical Center at Bowling Green has undergone a series of expansions and has grown to be the largest and most comprehensive hospital facility in Southcentral Kentucky, offering a wide range of acute care and specialty services.

In 1980, The Medical Center at Bowling Green moved into a new six-story, state-of-the-art facility occupying 298,000 square feet on a 17-acre campus. Since 1980, because of an expanding demand for inpatient and outpatient services, several additions to The Medical Center at Bowling Green have been made and both clinical and patient areas have been renovated and modernized.

In 1982, a cancer treatment center was added. In 1984 and again in 1990, the outpatient service area was expanded.

In 1985, the Corporation assisted an affiliate, Commonwealth Medical Plaza Corp., in developing a 29,156 square foot medical office building adjacent to The Medical Center at Bowling Green. Today, the Corporation holds a 92% equity interest in the limited partnership that owns the building.

In 1992, a magnetic resonance imaging facility was acquired adjacent to The Medical Center at Bowling Green campus. In 1997, the Corporation built a 50,000 square foot medical office building adjacent to its outpatient service area.

In 1993, the Corporation acquired the hospital and nursing facility in Scottsville, Kentucky now known as The Medical Center at Scottsville from Health Endowment Properties. The building is located on an approximately 13-acre campus and now totals approximately 95,000 square feet.

In 2004, The Medical Center at Bowling Green completed new construction of approximately 59,500 square feet to house an expanded new ambulatory surgical area and an expanded emergency department. The two floor structure was constructed across High Street and is connected to the main hospital via an elevated floor housing the post anesthesia care unit. In addition, renovation of 23,000 square feet of the existing facility was completed to relocate and serve the growing needs of the Diagnostic Imaging Center and surgical areas.

In 2009, The Medical Center at Bowling Green completed new construction consisting of two additional floors above the existing Emergency Department and Ambulatory Surgery wing of The Medical Center at Bowling Green. The new additional floors are supported by ancillary services across the connected bridge way. The project includes construction of a new egress stairwell to serve the new third and fourth floors only. The existing second floor is augmented with approximately 953 square feet of new infill construction adjacent to the new stairwell. The new third and fourth floors each contain approximately 23,238 square feet of space and accommodate 24 acute inpatient beds each. This expansion provided space to allow The Medical Center at Bowling Green to bring on-line its entire complement of 337 licensed beds.

In 2012, The Medical Center acquired Western Kentucky Diagnostic Imaging (“WKDI”) to expand the hospital’s diagnostic imaging capacity.

In August 2013, The Medical Center completed and opened an approximately 73,471 square foot, three story building known as The Medical Center - WKU Health Sciences Complex. Approximately 80% of the building is leased to Western Kentucky University under a 25 year “triple net” lease. The building houses the University’s School of Nursing and Doctor of Physical Therapy programs. The Medical Center uses the remainder of the building for staff education purposes, including bed labs with state-of-the-art equipment such as patient simulators, including an iStan virtual patient.

In 2016, the Corporation acquired the hospital in Horse Cave, Kentucky, now known as The Medical Center at Caverna. The buildings located on the approximately 37-acre campus total approximately 41,000 square feet.

In October 2018, The Medical Center opened a new two story building with 48,000 square feet of office space adjacent to a five-level, 832-space parking structure. The building includes ground floor office space for The Medical Center and 24,000-square-feet on the second floor for the newly opened University of Kentucky College of Medicine-Bowling Green campus. The medical school provides a home to faculty, staff and the inaugural class of 30 students. Amenities of the second floor include a computer lab, two large classrooms, four multi-purpose rooms, six small group rooms and eight simulation and standardized patient rooms.

Today, The Medical Center at Bowling Green’s buildings have expanded to contain a total of approximately 578,000 square feet of space located on its approximately 56-acre campus.

The Medical Center Scottsville

In 1993, Commonwealth Health Corporation (CHC) purchased the Allen County War Memorial Hospital in Scottsville, KY. On that day, CHC made a commitment to the residents of the community to build a healthcare facility they could be proud of. Today, community members have access to first-rate inpatient and outpatient services including a 24-hour, full service emergency room. This is a 25 bed Acute Care facility with an attached long term care facility, Cal Turner Rehab & Specialty Care. Cal Turner Rehab & Specialty Care is a 110 bed rehabilitation and skilled nursing facility. The Medical Center at Scottsville offers residents of the area with convenient access to experienced doctors, quality healthcare services and health information.

The Medical Center Scottsville also offers inpatient and outpatient physical therapy, a comprehensive radiology department with mammography, ultrasound, CT, MRI and echocardiogram services. We offer a Rural Health Clinic directly attached to the hospital which staffs two physicians and four nurse practitioners who collectively see over 17,000 visits a year and offers the main source of primary care to our community. In 2017, we opened a school based clinic which increases access for primary care services to more students at all the schools in Allen county, faculty, staff and covered dependents. In the first year of operation, there were 2,221 visits. The Medical Center at Scottsville offers space for specialty providers to have office time in Scottsville. Cardiology, Pulmonology, Orthopedics, Nephrology, Podiatry, Urology, and General Surgery are all specialists that bring their knowledge and expertise to our facility therefore reducing travel time and expense for our patients to receive this specialized care.

In 2019 The Medical Center at Scottsville added Outpatient Wound Care Clinic, a new outpatient department to better serve our community. In this clinic we are able to access a certified wound care physician via telemedicine to see patients, apply dressing changes and treatments. This service helps our patients reduce travel time to this specialty treatment and improves their outcomes by continuing care without interruptions. As of January 2022, we had over 350 patient encounters at the wound clinic and hope to continue to grow this service.

During the Covid-19 pandemic, The Medical Center at Scottsville was the first rural hospital in the BRADD to respond to the inpatient needs for our community Covid-19 patients. We were able to add additional negative pressure air units to the rooms in our facility that enable us to care for Covid-19 positive patients in-house. We have been able to offer monoclonal antibody infusions to our Covid-19 patients as well. To date, the Medical Center at Scottsville has provided monoclonal antibody infusions to more than 500 patients.

We have also been able to offer Covid-19 testing to our community. To date we have collected over 20,000 Covid-19 tests. Many of these are post exposure tests and return to school or work. By working together with the Allen County Health Department, Allen County School System, TJ Health Partners group, and their local healthcare providers we have been able to meet the needs of our community during this pandemic.

REFLECTION ON PREVIOUS CYCLE

Reflection of the previous survey cycles raised several questions:

- How do we get the CHA survey to more of the underserved populations in our area?
- Based on feedback from the previous survey, how do we come up with a shorter survey that still gives an adequate assessment of the community needs?
- What do we want to learn from this survey?

A full summary of the 2019-2021 survey activities can be found on our website at <https://medcenterhealth.org/community-health-needs-assessment/> and attached in the Appendix A of this document. The COVID-19 pandemic posed numerous challenges in meeting the implementation strategies set forth for the 2019-2021 health improvement plan. Med Center Health has been able to maintain a high level of education and communication with the community via social media throughout the COVID-19 pandemic. Community partnerships have deepened through the pandemic as area businesses pivoted their efforts to meet the needs of the community during the pandemic. The Medical Center at Scottsville launched our Facebook page during 2021. Previously we fell under The Medical Center at Bowling Green's Facebook Page for education and communication. With adding our Facebook page, we have been able to spotlight our providers, services, and employees to show our community a more personal side to our facility. We have almost 800 followers to the page and reached more than 10,000 people in this first year and a lot of positive feedback about the page.

Programs, including Medical Nutrition Therapy and Diabetes Self-Management Education were offered as telehealth services as were primary care and other service lines throughout the hospital system.

Med Center Health also served as a COVID-19 vaccination site starting December 2020 and hit 100,000 vaccinations given on 11/17/2021. Consistent, up-to-date information and data pertaining to COVID-19 was and has continued to be communicated by Med Center Health to the public on an ongoing basis via media and social media outlets. The Medical Center at Scottsville also served as a point of vaccinations for Covid-19. We were able to give over 3,000 doses to our employees, residents, patients and the community. Our long term care facility, Cal Turner Rehab and Specialty Care was one of the first long term care facilities in the nation to administer the vaccine for their employees and residents.

Over the 2019-2021 cycle, it was noted that the Social Determinants of Health (SDOH) are a factor in recovery after a patient is discharged from the hospital. Knowing that an individual's neighborhood, access to affordable housing and healthy food, sense of community and belonging can affect their overall health and health outcomes, questions pertaining to the SDOH were added to the inpatient intake form. These issues have been highlighted throughout the community during the COVID-19 pandemic. Resources have been identified and provided to patients upon recognition of a need related to one or more of the SDOH. If the need cannot be met by a Med Center Health service, a list of resources available in the area is provided to the patient. To make further strides in the SDOH areas, one of the Med Center Health fiscal year 2022 community initiatives and strategic initiatives was to "partner with key community stakeholders to systematically address social determinants of health".

STAKEHOLDERS

With a diverse membership, the BRIGHT Coalition has a large group of stakeholders. Coalition members are consistently encouraged to invite potentially interested stakeholders to the table to get involved with our collective efforts.

The BRIGHT Coalition consists of the following active organizations:

- Allen County Health Department
- Barren River Area Development District (BRADD)
- Barren River District Health Department
- City of Bowling Green
- Community Action of Southern Kentucky
- Community Farmers Market
- Barren River District Health Department
- Commonwealth Regional Specialty Hospital
- Fairview Community Health Center
- Lifeskills, Inc.
- Med Center Health Bowling Green

Med Center Health Caverna
 Med Center Health Franklin
 Med Center Health Scottsville
 T.J. Regional Health
 Warren County Library
 WKU Department of Public Health

SERVICE AREA DESCRIPTION

The primary service area for The Medical Center Scottsville is Allen County and the contiguous counties of Barren, Monroe, Simpson and Warren. According to the 2020 US Census redistricting data set, had a population of approximately. The total population of all 10 counties in the BRADD area is 312,062. Bowling Green, Kentucky, where the Corporation’s major facilities are located, is the county seat of Warren County. According to the 2020 U.S. Census estimate, Bowling Green had a population of approximately 72,294 and Warren County had an estimated population of 134,544. Scottsville, Kentucky, where the Corporation’s Scottsville Facility is located, is the county seat of Allen County, Kentucky, which had a population of approximately 20,588 per the 2020 U.S. census population estimates.

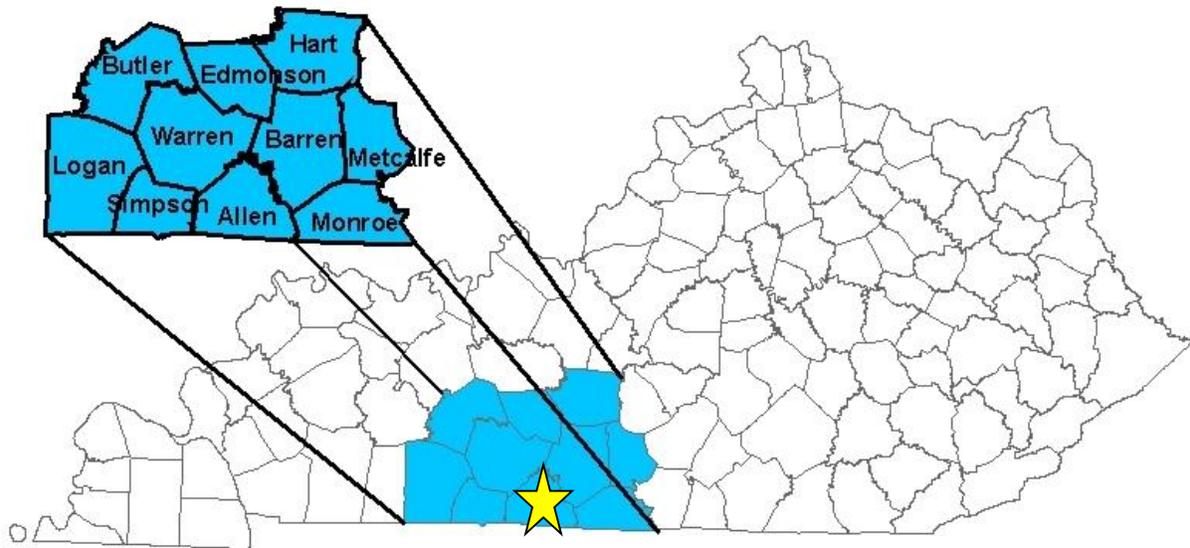
INPATIENT AND OUTPATIENT PATIENT ORIGIN DISCHARGES 1/1/2021-12/31/2021

City	Zip Code	Total Inpatient	Total Outpatient	Total Visits	Inpatient Percentage	Outpatient Percentage
Lafayette, TN	37083	4	65	69	0.85%	0.23%
Westmoreland, TN	37186	5	153	158	1.06%	0.54%
Bowling Green	42101	26	319	345	5.53%	1.12%
Bowling Green	42103	11	196	207	2.34%	0.69%
Bowling Green	42104	10	271	281	2.13%	0.95%
Adophus	42120	44	2,973	3,017	9.36%	10.46%
Alvaton	42122	3	247	250	0.64%	0.87%
Cave City	42127	1	55	56	0.21%	0.19%
Edmonton	42129	1	16	17	0.21%	0.06%

Fountain Run	42133	8	541	549	1.70%	1.90%
Franklin	42134	3	211	214	0.64%	0.74%
Glasgow	42141	7	360	367	1.49%	1.27%
Holland	42153	2	78	80	0.43%	0.27%
Oakland	42159	1	25	26	0.21%	0.09%
Scottsville	42164	336	22,077	22,413	71.49%	77.71%
Tompkinsville	42167	3	44	47	0.64%	0.15%
Smith's Grove	42171	1	63	64	0.21%	0.22%
Elkton	42220	1	2	3	0.21%	0.01%
Munfordville	42765	2	14	16	0.43%	0.05%
Hamilton, OH	45215	1	2	3	0.21%	0.01%
All Other	All Other	0	698	698	0.0%	1.01%
Total	<i>Totals</i>	470	28,410	<i>28,880</i>		

Source: Patient discharge information from MCS EMR Meditech

THE MEDICAL CENTER AT SCOTTSVILLE'S CHNA SERVICE AREA



 The Medical Center at Scottsville

DEMOGRAPHICS: ALLEN COUNTY, KENTUCKY

Data Source: <https://www.countyhealthrankings.org/app/kentucky/2021/rankings/warren/county/outcomes/overall/snapshot>

Population	Allen County	KY
% below 18 years of age	23.0%	22.4%
% 65 and older	18.1%	6.8%
% Non-Hispanic Black	1.2%	8.2%
% American Indian & Alaska Native	0.3%	0.3%
% Asian	0.3%	1.6%
% Native Hawaiian/Other Pacific Islander	0.0%	0.1%
% Hispanic	2.4%	3.9%
% Non-Hispanic White	94.6%	84.1%
% Not proficient in English	0%	1%
% Females	50.4%	50.7%
% Rural	78.7%	41.6%

Health Outcomes	Allen County	KY
Poor or fair health	26%	22%
Poor physical health days	5.5%	4.6%
Poor mental health days	5.40%	5%
Low birthweight	11%	9%
Diabetes prevalence	13%	13%

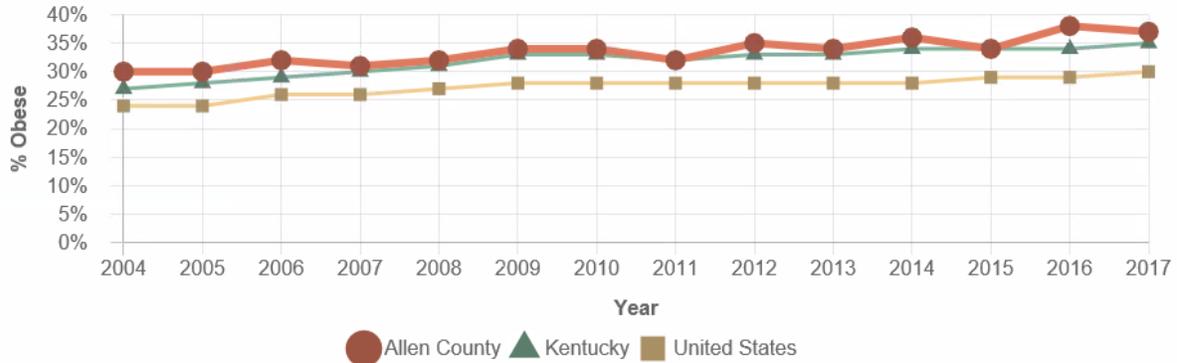
Health Factors	Allen County	KY
Adult smoking	28%	24%
Adult obesity	37%	35%
Physical inactivity	40%	29%
Access to exercise opportunities	37%	71%
Excessive drinking	15%	17%
Alcohol-impaired driving deaths	36%	25%
Food insecurity	15%	15%
Limited access to health foods	0%	6%
Drug overdose deaths	25%	32%
Motor vehicle crash deaths	21%	17%
Insufficient sleep	41%	24%

Clinical Care	Allen County	KY
Uninsured	7%	7%
Primary care physicians	7,040:1	1,540:1
Dentists	3,550:1	1,490:1
Mental health providers	1,640:1	420:1
Preventable hospital stays	6,326	5,615

Social & Economic Factors	Allen County	KY
High school completion	82%	86%
Some college	50%	62%
Unemployment	4.2%	4.3%
Children in poverty	24%	21%
Children in single-parent households	26%	26%
Median household income	\$47,300	\$52,300
Severe housing problems	15%	14%

Adult obesity in Allen County, KY County, State and National Trends

Allen County is getting worse for this measure.



Click on the circle, triangle or square above to show corresponding data points on the county, state and national level.

Notes:

Each year represents a 3-year average around the middle year (e.g. 2015 is the middle year of 2014-2016).

Starting with the 2011 data, a new BRFSS methodology was introduced that included cell phone users. Data from prior years should only be compared with caution.

Data and documentation for trend graphs can be found [here](#).

Click [here](#) to learn more about measuring progress and using trends.

EDUCATION LEVEL

County	High School Graduation	Some College
Allen	92%	50%
Barren	95%	51%
Butler	93%	42%
Edmonson	94%	53%
Hart	94%	40%
Logan	89%	51%
Metcalfe	94%	50%
Monroe	99%	47%
Simpson	94%	46%
Warren	96%	67%
Kentucky	90%	62%

Reference: County Health Rankings and Roadmaps. November 2021. Retrieved from: <http://www.countyhealthrankings.org/rankings/data/ky>

POVERTY LEVEL AND MEDIAN HOUSEHOLD

County	Children in Poverty, Percent	Median Household Income in 2021 dollars
Allen	25%	\$44,600
Barren	27%	\$42,400
Butler	22%	\$43,000
Edmonson	22%	\$43,200
Hart	29%	\$37,000
Logan	27%	\$46,700
Metcalfe	37%	\$35,900
Monroe	35%	\$35,600
Simpson	22%	\$51,800
Warren	19%	\$53,500
Kentucky	22%	\$50,200

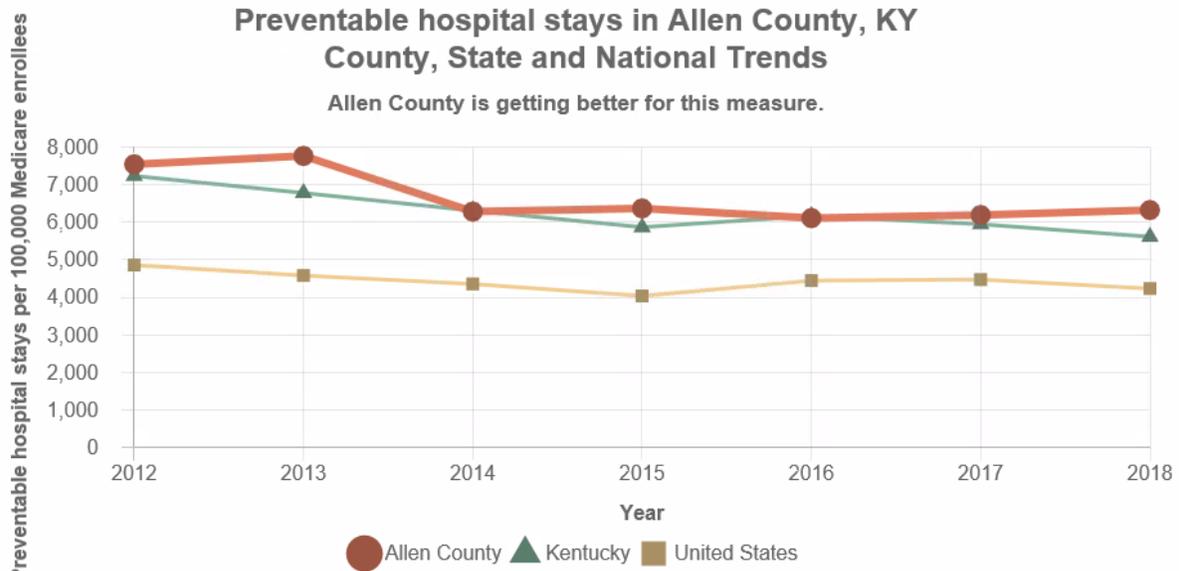
Reference: County Health Rankings and Roadmaps. February 2021. Retrieved from: <http://www.countyhealthrankings.org/rankings/data/ky>

Reference: U. S. Census Bureau. April 1, 2020, (V2021). Retrieved from: <https://www.census.gov/quickfacts/fact/table/>

Health Statistics and Rankings

Health Behaviors	Kentucky	Warren	Allen	Barren	Butler	Edmonson	Hart	Logan	Metcalfe	Monroe	Simpson
Adult smoking	25%	20%	22%	22%	23%	22%	23%	22%	24%	23%	21%
Adult obesity	34%	30%	38%	34%	31%	36%	31%	38%	34%	37%	38%
Physical inactivity	29%	24%	39%	38%	31%	24%	35%	29%	33%	36%	24%
Food Insecurity	15%	15%	14%	16%	15%	14%	15%	14%	14%	15%	15%
Limited access to healthy foods	6%	6%	0%	4%	4%	1%	4%	7%	1%	1%	6%
Quality of Life											
Diabetes prevalence	13%	8%	12%	12%	13%	17%	8%	9%	12%	19%	13%
Clinical Care											
Mental health providers	4400:1	390:1	1760:1	660:1	1420:1	2450:1	1350:1	1800:1	1000:1	1340:1	1240:1

<http://datausa.io/profile/geo/allen-county-ky#demographics>



Click on the circle, triangle or square above to show corresponding data points on the county, state and national level.

Data and documentation for trend graphs can be found [here](#).
Click [here](#) to learn more about measuring progress and using trends.

HEALTHCARE RESOURCES

In choosing our areas of focus for the Community Health Needs Assessment, we considered the resources currently located in our region. The availability of health resources is a critical component to the health of a county’s residents and a measure of the soundness of the area’s healthcare delivery system. An adequate number of healthcare facilities and healthcare providers are vital for sustaining a community’s health status. Below are lists by category of licensed facilities for hospitals, substance abuse prevention agencies, alcohol and other drug behavioral health service organizations along with other miscellaneous organizations and providers for health services. By viewing the resources for each county, we are able to pinpoint what is available currently and areas that are missing resources. This data is then taken into our strategic plan for the next three years for evidence of need.

ALLEN COUNTY GENERAL RESOURCES

Allen County Ministerial Association
270-622-3451
Assistance with food and clothing

Allen County Head Start
270-237-3746
Assistance with food and clothing

American Red Cross
270-781-7377
Emergency Assistance with food, clothing

Barren River Area Safe Space (BRASS) Inc
270-781-9334
Assistance with food and clothing

Community Action
270-237-4149
Assistance with food and clothing

Allen County Senior Services
270-237-3691
Provide meals, transportation, counseling

Kentucky Legal Aid
866-452-9243
Financial Assistance for utilities, food, rent
other

Allen County Health Department

270-237-4423
Immunizations, nutrition counseling, Well Child
checkups, WIC assistance

Department for Community Based Services
855-306-8559
Food stamps and Medicaid

Allen County Cooperative UK Extension Office
270-237-3146
Family & Consumer Sciences, Ag & Natural
Resources, Healthy Food Demonstrations

The Medical Center Health & Wellness
270-745-0942
Health screenings, medical nutrition therapy,
weight loss, disease management programs

HOME HEALTH AGENCIES & HOME CARE EQUIPMENT

Amedisys Home Care
270-651-7640

Lifeline Home Health Care
270-237-3352

Medical Center Home Health
800-822-5906

King Home Care
270-843-8111

Priority 1 Medical Equipment
270-746-5745

T&K Home Medical
270-237-9700

Southern Medical Supply
270-239-3200

MENTAL HEALTH SERVICES

Lifeskills, Inc
270-237-4481

Medical Center Senior Perspectives
270-622-2890
National Alliance for the Mentally Ill
270-796-2606

SUBSTANCE USE

Time Out Community Counseling & Correctional Services
270-237-3463

Park Place Recovery Center for Women
270-239-4020

Journey Pure
270-282-8280

HOSPITALS & NURSING FACILITIES

The Medical Center at Scottsville
270-622-2800

Cornerstone Manor
270-237-5182

Cal Turner Rehab and Specialty Care
270-622-2800

Scottsville Manor
270-237-5182

Reference: Kentucky Cabinet for Health and Family Services. (2019). Retrieved from URL
<https://chfs.ky.gov/agencies/os/oig/dhc/Pages/hcf.aspx>;
2020 Community Resource Guide Barren River Area Development District

SURVEY PROCESS

The BRIGHT (Barren River Initiative to Get Healthy Together) Coalition formed in 2011 to answer the question, “How can leaders of South Central Kentucky’s rural communities work together to improve our overall health status, strengthen the economy, contribute to education successes, and improve quality of life?” Since then, the coalition has grown from its original seven community partners to 47 organizations and is still growing.

Through the BRIGHT Coalition, three survey cycles have been completed. Beginning in July 2021, Med Center Health, in conjunction with the BRIGHT Coalition and the Barren River District Health Department, began the Community Health Assessment/Community Health Improvement Plan (CHA/CHIP) process for the upcoming fourth cycle using the Association for Community Health Improvement’s Community Health Assessment Toolkit. The toolkit (chart shown below) offers a nine-step pathway for conducting a community health assessment and developing implementation strategies.

COMMUNITY HEALTH ASSESSMENT TOOLKIT



ASSESSMENT PROCESS

Questions developed for the CHA were based on SDOH, as well as, input from the BRIGHT Coalition membership and the needs of the different organizations involved. A complete survey was developed through a series of BRIGHT board meetings, feedback from Dr. Gretchen Macy with the Department of Public Health at Western Kentucky University and feedback from the BRIGHT Coalition membership.

As stated previously, SDOH are conditions where people are born, live, and work that affect health as well as quality of life risks and outcomes. The social determinants of health include economic stability, access to and quality of education, healthcare access and quality, neighborhood and built environment and social and community context. While Med Center Health does not have the resources to fulfill or improve upon all of these potential priority areas, it is important to understand the need in the communities we serve.

The survey was distributed from October 1, 2021-November 30, 2021 throughout the ten counties in the BRADD area by the BRIGHT Coalition members. Surveys were sent to various community partners including libraries, schools for dissemination in their online newsletters to parents, housing authorities, churches, medical offices, Chamber of Commerce and various businesses. QR codes were placed around towns, taken to events, factories, trunk or treats, employee newsletters, etc. Surveys and QR codes were shared at community events, including events at the Foundry and the PRIDE festival in hopes of capturing underserved populations.

An online link to the survey was placed on the Med Center Health homepage as a pop-up prompting anyone who logged on to the Med Center Health website to take the survey. Links were posted weekly on Med Center Health Facebook pages including The Medical Center at Scottsville's page. Surveys were distributed and collected by the cancer patient navigator to the patrons of the Cancer Center.

In an effort to reach more of the underserved and low income population, The Medical Center at Scottsville worked with the Allen County Health Department and Allen County schools to deliver the surveys to as many families as possible. We asked the Med Center Rural Health Clinic to ask their patients to complete the surveys as well. The Rural Health Clinic and Allen County Health department serve many of the low income and minority families in our county. In an effort to reach the LGBTQ community, the BRIGHT Coalition set up a table with surveys at the PRIDE Festival as well.

The COVID-19 pandemic presented barriers with getting the survey out to as many people as possible. A surge of the COVID-19 Delta variant in July 2021 and spreading into the fall months lead to event cancellations and increased precautions with gatherings in the community to decrease potential spread of the virus. Every effort was made to make the survey easily accessible in as many areas as possible.

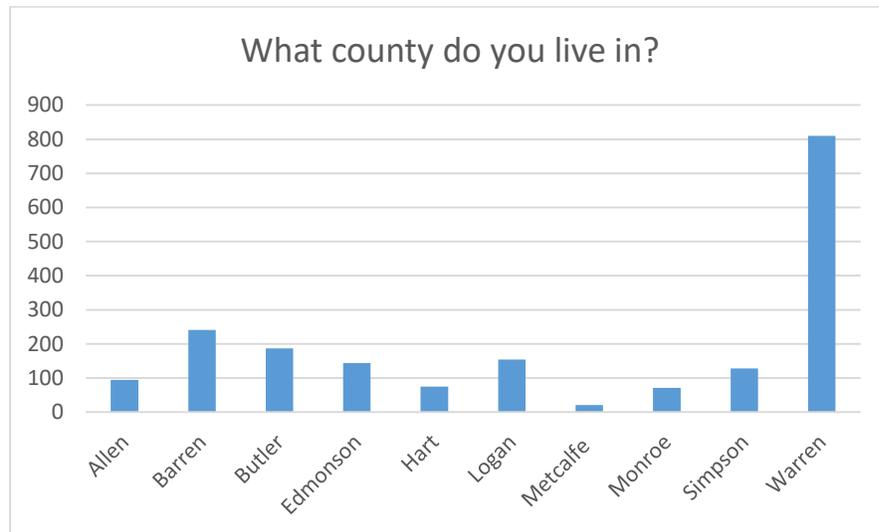
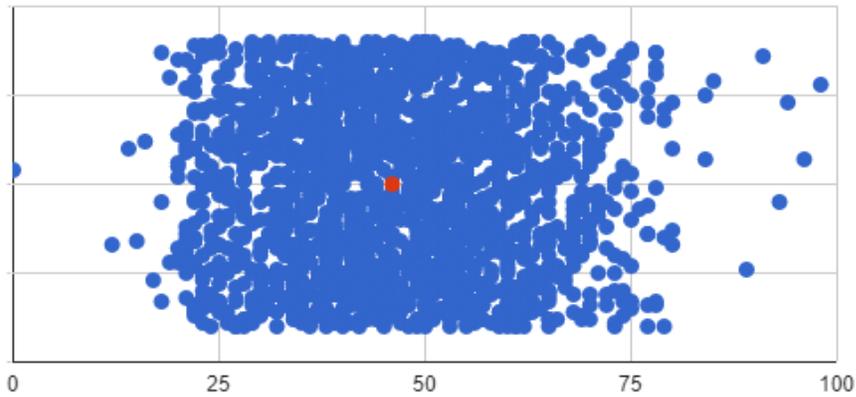
Supplemental surveys were sent to medical and community stakeholders.

Results were reviewed by the Med Center Health CHNA committee and needs were prioritized based on results from the overall survey, stakeholder input, community data review, as well as, Med Center Health’s ability to impact the issue with services provided. The Community Needs Improvement Plan was approved by the CHC Board of Directors in March 2022.

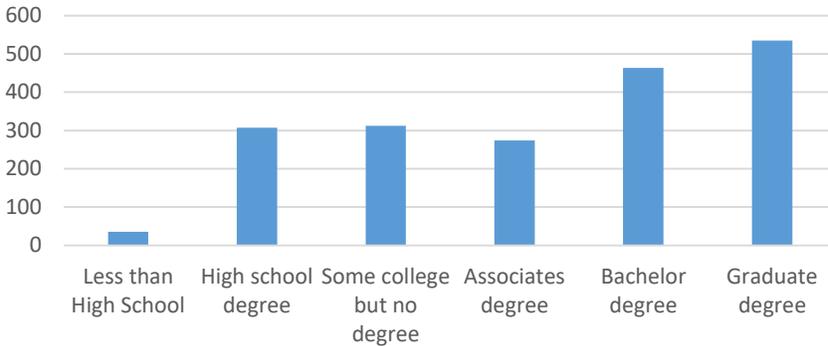
SURVEY RESULTS

Community Survey Demographics of Respondents

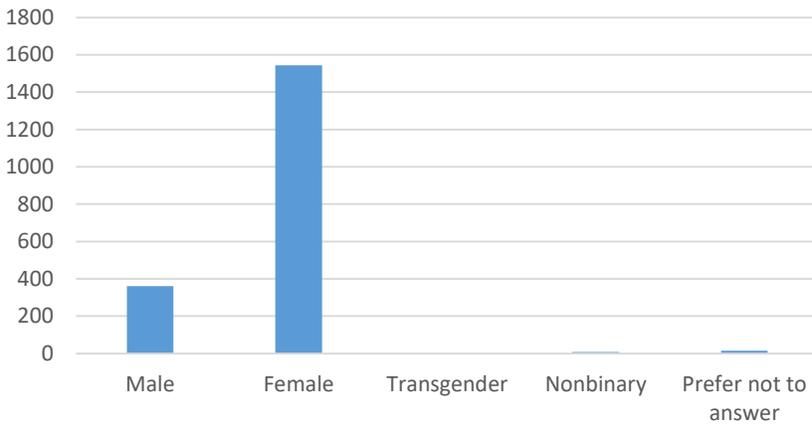
Age



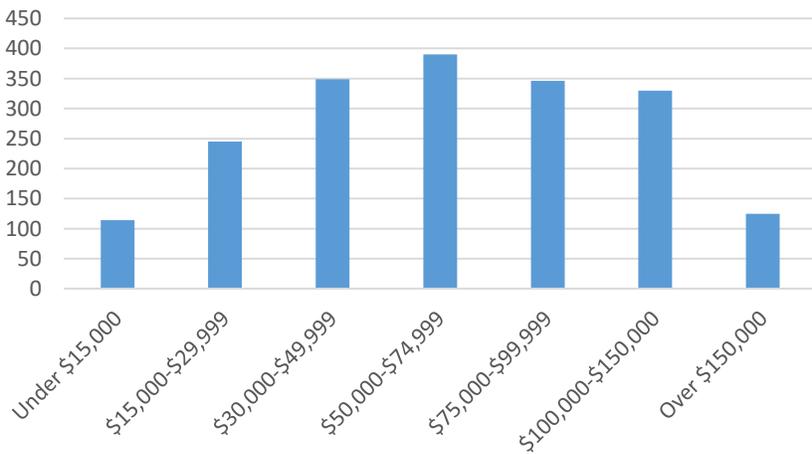
What is the highest degree or level of education you have completed?

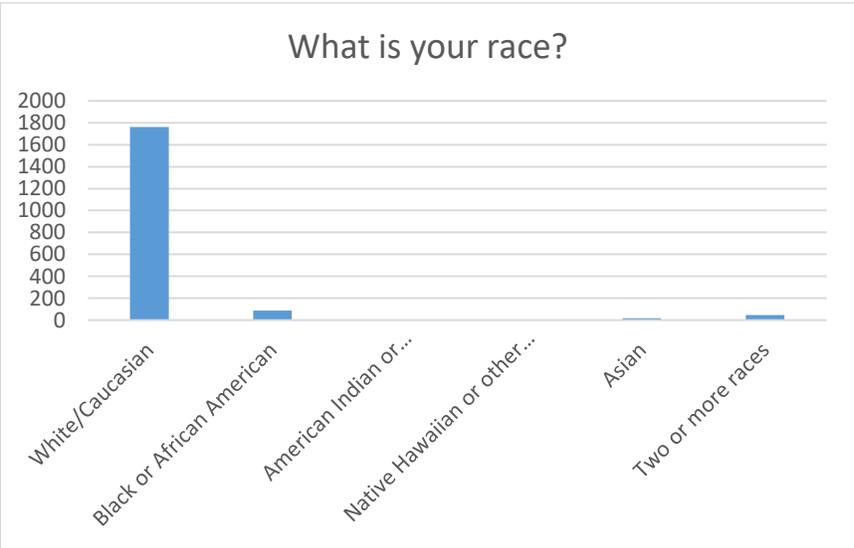
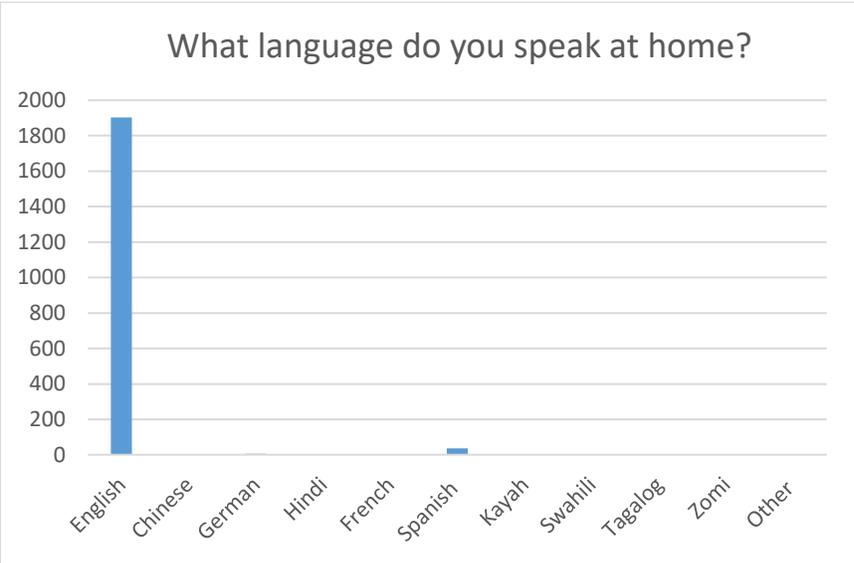
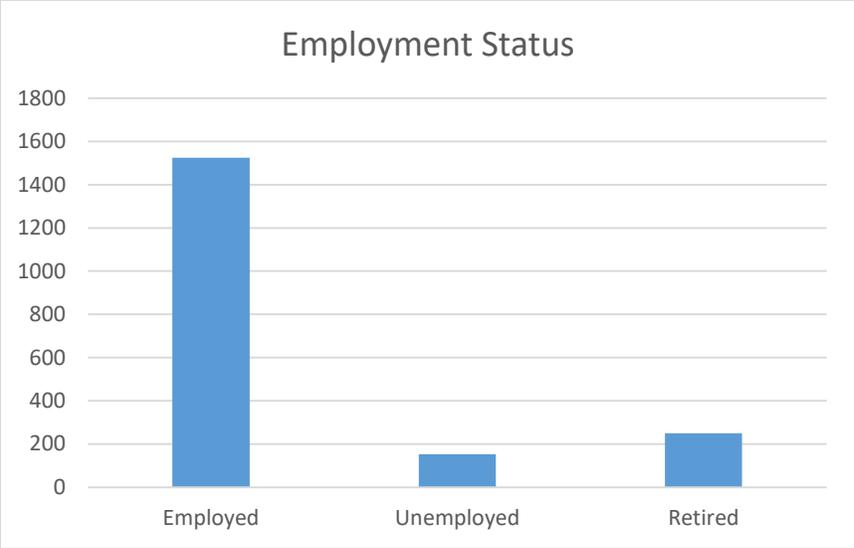


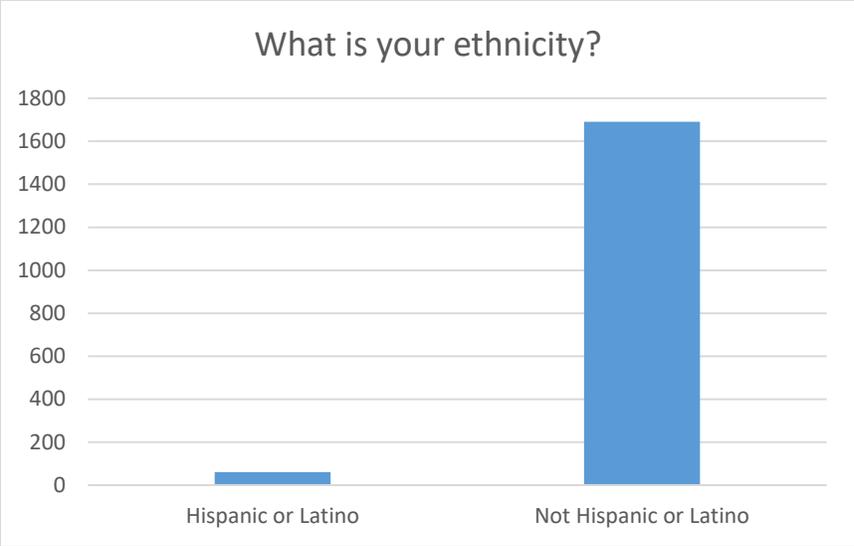
Gender



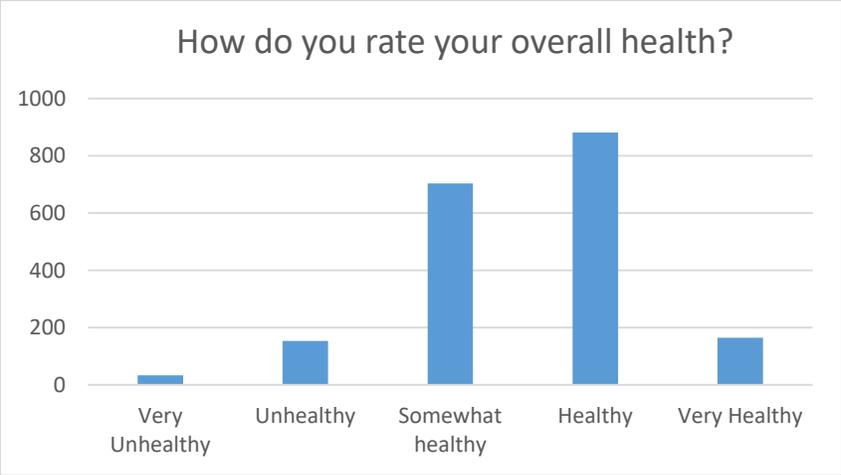
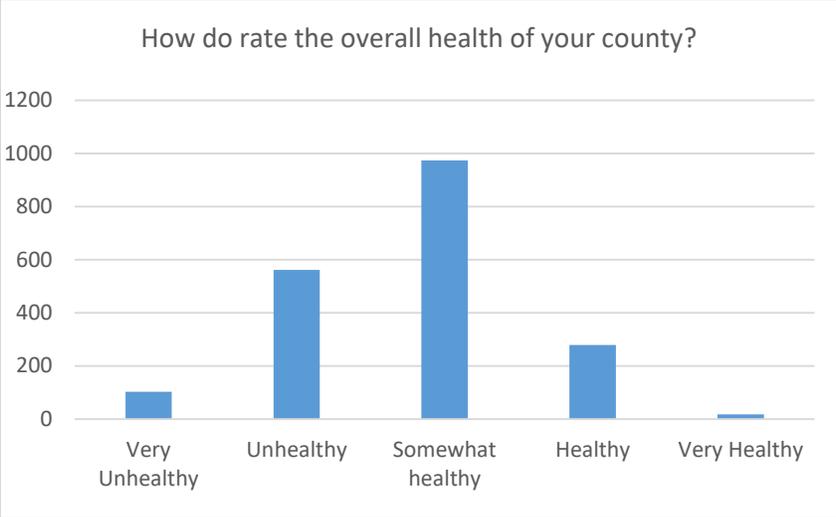
Household Income

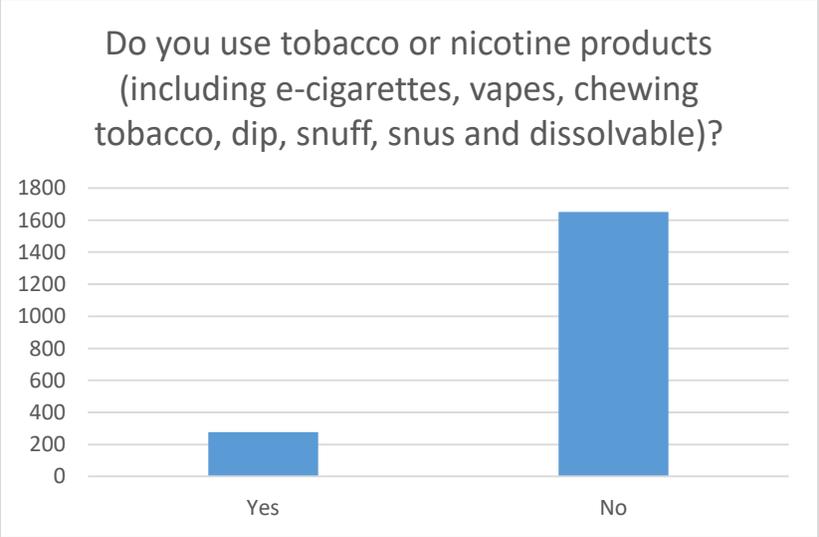
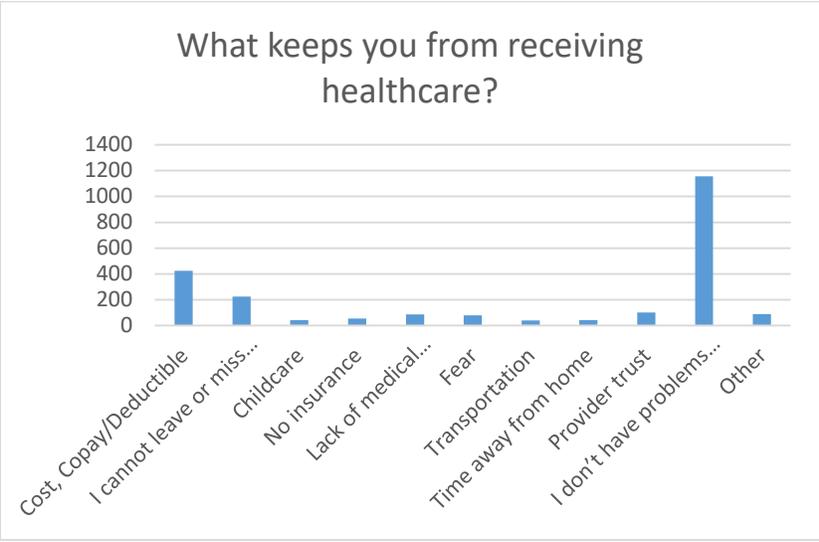
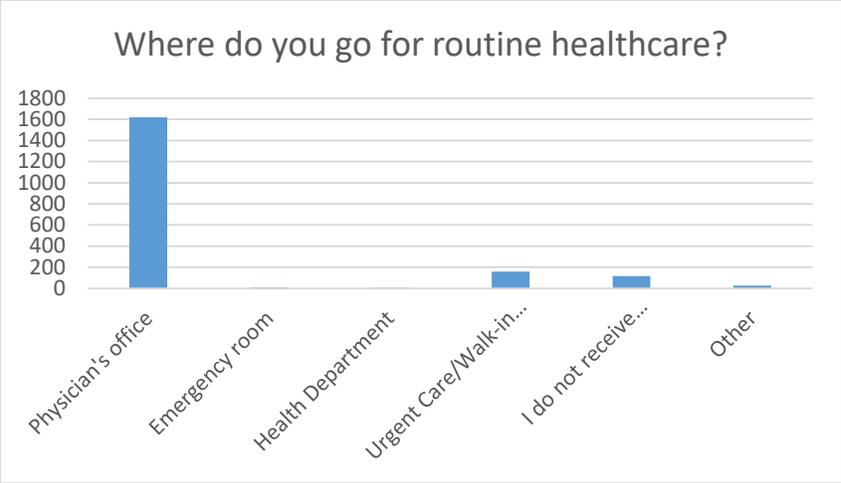


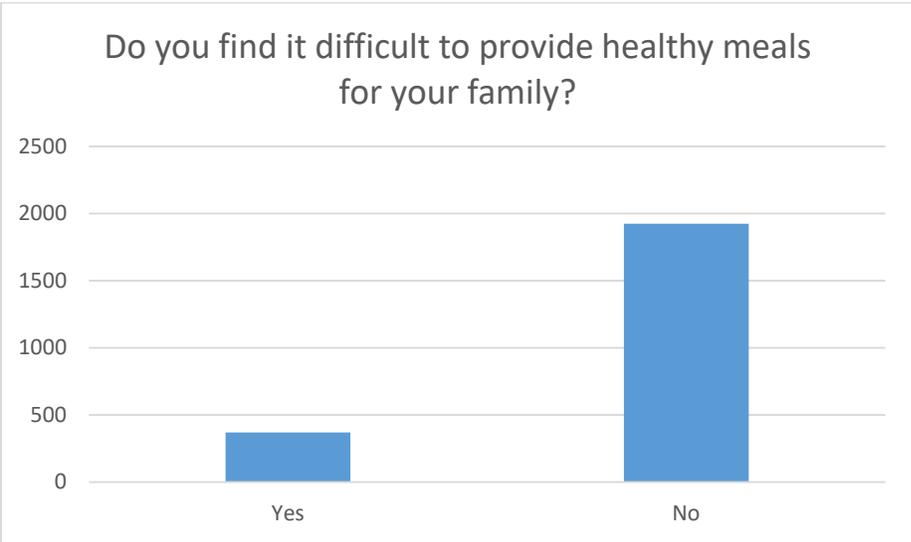
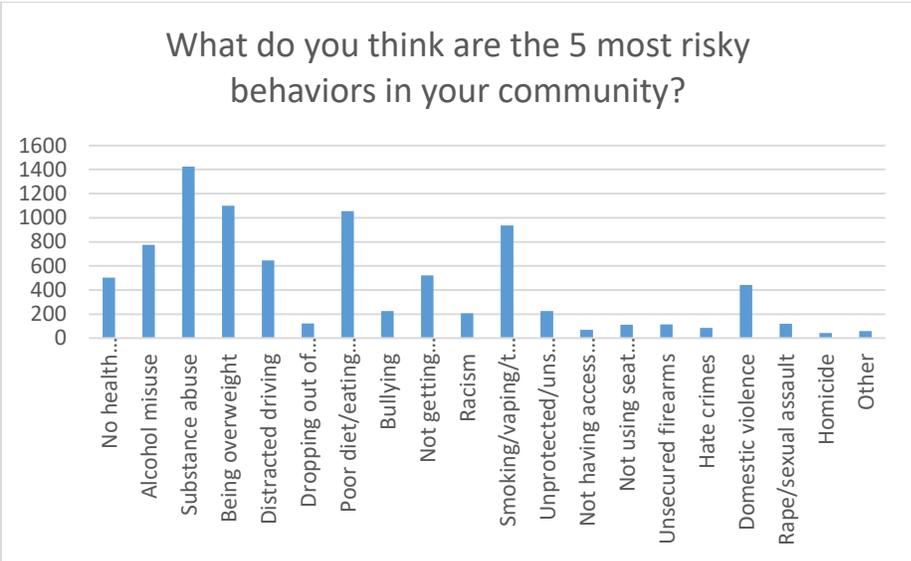
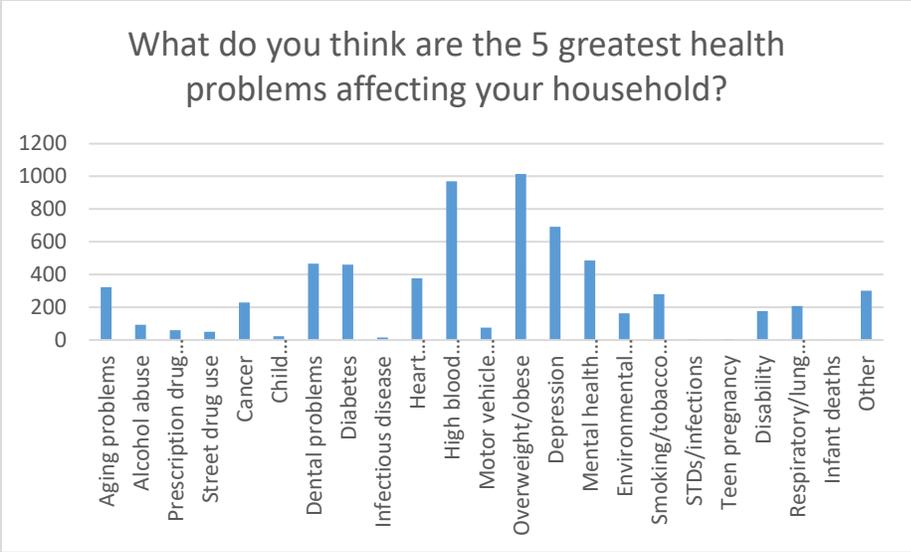


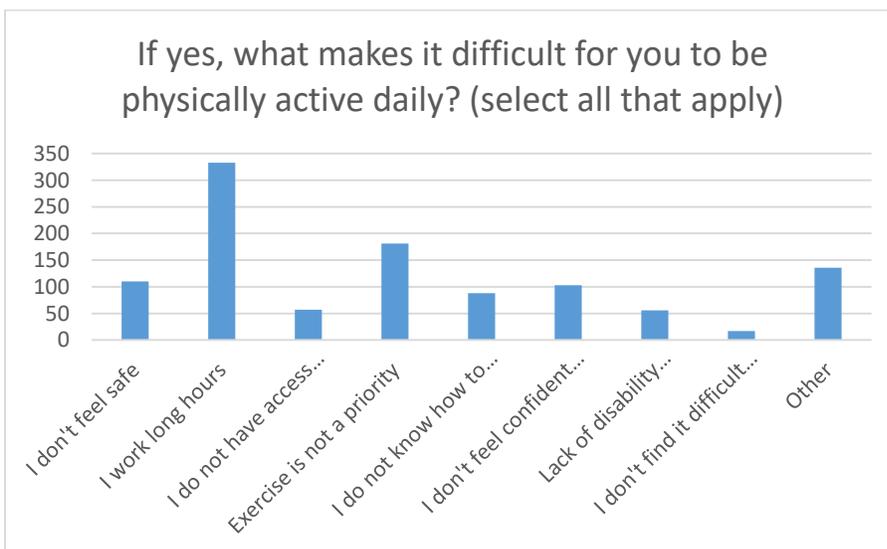
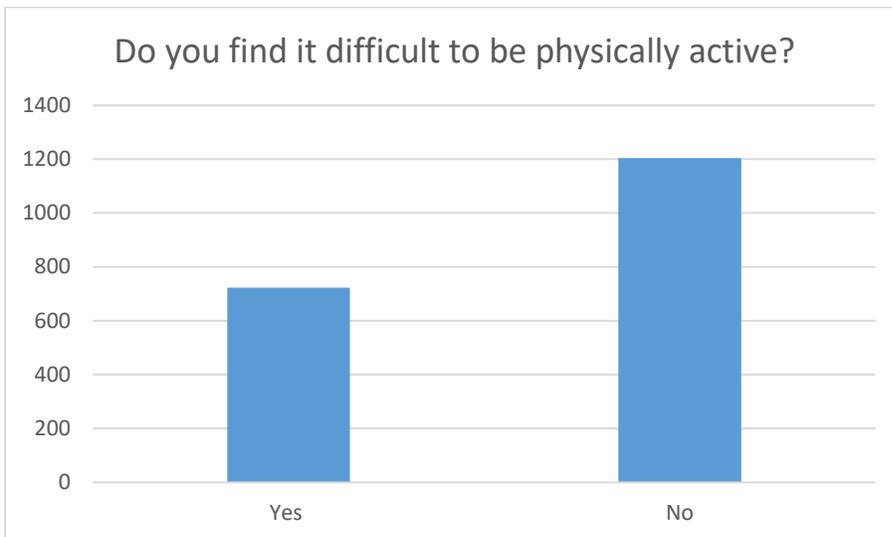
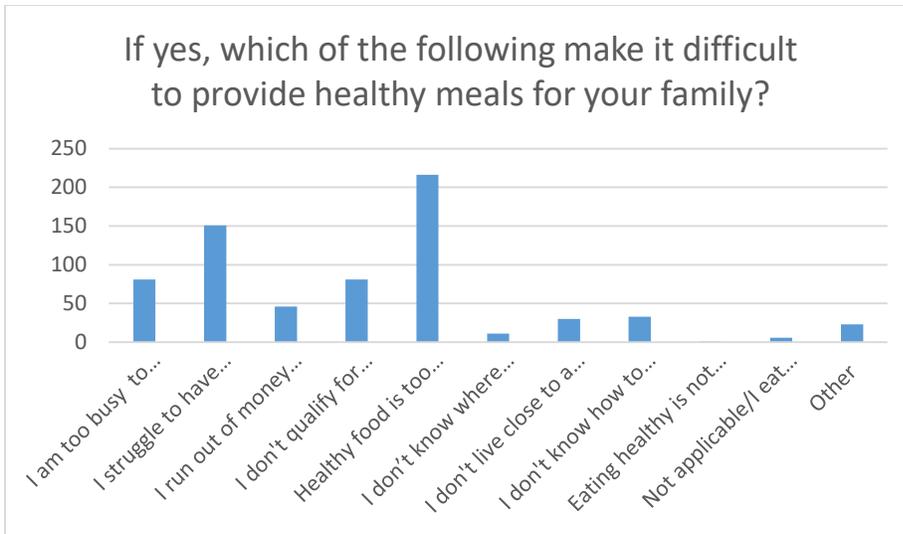


Survey Results









OTHER DATA COLLECTED

The Medical Center at Scottsville sent a separate survey to medical and community professionals throughout the area. See survey on page 42. One survey was returned.

The Rural Health Clinic Scottsville completed the survey. The RHC sees many patients that are low income residing in an underserved rural area.

The responses to the question “What do you think are the 5 greatest health problems affecting those you serve?” reflect the community survey results.

- Aging problems
- Prescription drug abuse
- Cancer
- Diabetes
- Mental health problems

The responses to “What do you think are the 5 riskiest behaviors in the community you serve?”

- Alcohol misuse
- Substance abuse
- Poor diet/eating habits
- Not getting vaccinations to prevent disease
- Smoking/vaping/tobacco use.

The following responses were received regarding food insecurity and housing:

- Schools have helped with meals for children.

When asked to share other insight to health needs, the following responses were provided:

- Offering education to all patients about your financial assistance program to help them not drown in debt over medical bills
- More traveling services, transportation to and from clinics – not affordable
- Access to resources like hygiene, clothing, food banks, libraries and jobs
- Lack of interpreters in healthcare settings; communication too difficult/frustrating

When asked about housing, the response was:

- Many can't afford rent

COMMUNITY HEALTH IMPROVEMENT PLAN

Prioritized Community Health Issues

5 Biggest Issues in your Home	5 Most Risk Behaviors in your Community
Overweight/Obesity	Substance Abuse
High Blood Pressure	Being Overweight/Obesity
Depression	Poor Diet/Eating Habits
Mental Health	Smoking/Vaping
Dental Problems/Diabetes	Alcohol Misuse

The above chart outlines the identified health needs from the community needs assessment.

After thorough review of the survey results along with the data, The Medical Center Scottsville has prioritized the following community health issues:

- Access to Care
 - Provide information on available services in our community
 - Provide information and awareness on health screenings available in our area
- Cardiovascular
 - Increase knowledge and usage of 911 at onset of heart attack or stroke
 - Obtaining Acute Stroke Ready Certification
 - Continue community education for high blood pressure
- Diabetes/Prediabetes
 - Increase community education with community partners on healthy eating
 - Increase education for diabetes management
 - Increase early screening for diabetes via know your numbers testing

Access to care is a critical part of our vision in serving our rural community. The Medical Center at Scottsville strives to create a one stop shop with the services we offer and look to use resources available for those services we are unable to offer. We plan to continue to market, educate and work with community providers to demonstrate the available services we have in our community.

Cardiovascular disease is the prevalent cause of death in our county, heart attacks and stroke continue to cause many health issues. High blood pressure affects almost 50% of American adults, but according to the CDC, only 1 in 4 adults with high blood pressure have their condition under control. Chronic high blood pressure increases risk of heart attack, stroke, heart failure and vascular dementia. Education addressing normal blood pressure target range, when to seek medical help for elevated blood pressure, and the importance of blood pressure management is important to reduce stroke and heart attack incidence. Targeted education toward higher risk populations including Black and Hispanic communities, is a priority as well.

Along with a focus on education of blood pressure, The Medical Center at Scottsville is in the process of becoming Acute Stroke Ready certified. Our hope is to better communicate with our community the risk factors, warning signs and what to do if stroke occurs. We will then work with our community partners on the process we have in place to treat these stroke patients.

Prediabetes is a growing issue affecting an estimated 1 in 3 adults in America. Prediabetes prevalence in the BRADD area is 10.3% and 11.8% statewide. Prediabetes can be a precursor to type 2 diabetes. With a 7% weight loss and increased physical activity, prediabetes can be reversed or delayed from developing into type 2 diabetes. A pressing goal is to continue to increase awareness around the potential long term negative health impacts of unmanaged prediabetes, as well as, the importance of managing prediabetes to prevent type 2 diabetes.

Type 2 diabetes affects 11.6% of the BRADD area and 13.7% of the adult population statewide. Per the 2020 Kentucky Diabetes Fact Sheet, Kentuckians with diabetes are more likely to have other chronic health conditions such as high blood pressure, heart disease and obesity. Maintaining blood sugars within normal limits helps prevent development of chronic diseases that are related to uncontrolled diabetes. It will be a priority to continue to educate the public on the importance of early lifestyle changes and interventions in newly diagnosed type 2 diabetes. We will continue to encourage healthcare providers to send their patients to diabetes self-management education and medical nutrition therapy upon diagnosis of type 2 diabetes.

COVID-19

The COVID-19 pandemic continues to be an ongoing issue for the world, as well as, the communities Med Center Health serves that strain hospital staff and resources, new variants and community illness surges result in increased hospitalizations. Med Center Health will continue to prioritize education around COVID-19 prevention and the importance of COVID-19 vaccination. We will continue to offer vaccinations to the communities we serve. We will stay on the forefront of research, CDC guidelines, etc. and communicate updates with the public on a continuous basis.

PRIORITIES IDENTIFIED OF NEED THAT WILL NOT BE ADDRESSED AT THIS TIME

Areas Med Center Health Scottsville will not be focusing on include mental health, depression, substance and alcohol abuse, dental problems, smoking, and overweight/obesity.

Mental health and depression have increased throughout the COVID-19 pandemic due to many factors and the CHA results reflect this increase. There are numerous services provided in the community to address this need including Med Center Health Outpatient Behavioral Health Services. With the help and skills from LifeSkills, Inc., mental health will be a priority area for the BRIGHT Coalition. Med Center Health will assist with these efforts as our resources follow.

Substance abuse services and resources, including alcohol misuse, will be provided and communicated to patients/the community as needed. BRIGHT Coalition has chosen substance

abuse as a priority issue to focus on. Med Center Health will assist with these efforts as services allow for collaboration, assistance, etc.

Med Center Health offers low cost dental care through our Dental Clinic. Basic care, annual exams, fillings and tooth extractions are offered through the Dental Clinic for people without private pay insurance.

Reducing the usage of e-cigarettes among adults and children is a priority. Med Center Health and BRIGHT Coalition have collaborated to inform parents and youth that e-cigarettes are NOT safer than other forms of tobacco. The Medical Center at Scottsville will assist with these efforts as services allow for collaboration, assistance, etc.

Med Center at Scottsville will utilize Med Center Health and Wellness services as well as partnering with other businesses in the community to focus on healthy weight management education. Additionally, simple, realistic ways to make lifestyle changes will continue to be shared through classes, social media posts and health fairs.

THE MEDICAL CENTER AT SCOTTSVILLE IMPLEMENTATION STRATEGIES FOR ADDRESSING COMMUNITY HEALTH NEEDS 2022-2024

Through the research and recommendations from the Community Health Needs Assessment and hospital staff, administration and Board of Directors, the following strategies will guide The Medical Center at Scottsville leadership in addressing our community's health needs over the next three years.

PARTNERSHIPS WITH KEY COMMUNITY HEALTH PROVIDERS & ORGANIZATIONS

A very beneficial component of the Community Health Needs Assessment process for the hospital was participating as an active member of the Barren River Initiative to Get Healthy Together (BRIGHT) Coalition. This reinforced the importance of each community partner in our quest to meet the healthcare needs of all individuals in our community. Over the next three years, The Medical Center at Scottsville will focus on continuing to strengthen relationships with the organizations listed below and developing collaborative efforts to improve healthcare within Allen and surrounding counties. This list is not meant to be exclusive and other organizations/providers will be added as identified.

Key Partners

- American Cancer Society
 - Continued support of the Relay for Life event in Allen County
- Kentucky Heart & Stroke Association
 - Stroke accreditation, 2021
 - Heart walk sponsor and participant

- Allen County Health Department
 - Continued support of the Vaccination program
 - Partner with various projects in the community as the need arises
- Allen County Schools
 - School Based Primary Care Clinic
 - Partner with Community Health Fair
 - Sponsor of sports programs and health based programs for students
- Barren River District Health Department
 - Barren River Initiative to Get Healthy Together (BRIGHT) Coalition
 - Community Health Worker program
 - Diabetes Prevention Program
- Medicaid Managed Care Organizations/Case Management
 - Education opportunities with members on services offered
- Southcentral Kentucky Community Action
 - Food bank support in the community
- Kentucky Rural Health Association
- UK Extension Office
 - Healthy food classes, diabetes education
- CORE of Scottsville and Allen County Kentucky
 - Healthy Kids Day
 - Jacksonian 5K
 - Jacksonian Days wellness labs and blood pressure screenings to the community
- Allen County Scottsville Chamber of Commerce
 - Community Education of services offered during Chamber Breakfast sponsorship
 - Leadership Scottsville
 - Community Health Fair
- WBKO
 - *90 Seconds to Better Health*
 - Health & Wellness Expo
- Norton Healthcare and UK Healthcare Stroke Care Network
 - SCOPE Stroke screenings
 - Brain Protector programs
 - Adult Education stroke program
- Allen County Faith Coalition
 - Substance Use Disorder

IMPLEMENTATION STRATEGIES

IDENTIFIED PRIORITY: ACCESS TO CARE

Goals

- Provide information on available services in our community
- Continue to utilize telemedicine services to provide access to specialists and primary care
- Continue to utilize Med Center Health Primary Care Scottsville to manage chronic disease conditions within our community
- Continue to provide care to our school system through the onsite nurse practitioner clinic
- Provide information and awareness on health screenings available in our area
- Decrease barriers to accessing health services
- Receive Certification to become Acute Stroke Ready Hospital through The Joint Commission

Partners

- Med Center Health Primary Care Scottsville Rural Health Clinic
- Lifeskills, Inc.
- Allen County Health Department
- Allen County Schools
- Med Center Scottsville Primary Care Clinic
- Med Center Scottsville Specialty Clinic

Plan

- Continue to work with providers in expanding telemedicine services with various specialist as needed
- Work with Med Center Health WorkLife program to determine needs to provide onsite primary care services at local industries
- Work with other stakeholder groups to provide education to the community on resources available in mental health and substance abuse
- Successful completion of initial survey and ongoing annual surveys to receive certification as an Acute Stroke Ready Hospital
- Work with primary care provider at Med Center Health Scottsville Rural Health Clinic in addressing chronic health needs of patients and closing gaps to maximize health
- Promote utilization of the Rural Health Clinic services in lieu of ED visits when appropriate through community and worksite education
- Promote the Allen County School Clinic for primary care services to students, employees and covered dependents of the Allen County School System

IDENTIFIED PRIORITY: DIABETES

Goals

- Assist with reducing the incidents of type 2 diabetes in the community
- Provide education on prevention and management of diabetes and prediabetes
- Promote early diagnosis of type 2 diabetes
- Reduce long term complications due to uncontrolled diabetes

Partners

- Allen County Health Department
- Barren River District Health Department
- UK Extension Office
- Med Center Health & Wellness
- Medicaid Managed Care Program/Case Management
- Local Industries
- Allen County Scottsville Chamber of Commerce

Plan

- The Medical Center at Scottsville will enhance awareness and utilization of the outpatient Diabetes Education Program recognized by the American Diabetes Association and located at the Health & Wellness Center through marketing of services to community and health care providers
- Offer prediabetes class through the Med Center Health & Wellness offered quarterly
- Coordinate Community Diabetes Education Forums
- Offer Diabetes CEU programs for nursing staff
- Diabetes education at hospital community outreach events (Health & Wellness Expo, Women's Conference, etc.)
- Free blood glucose screenings at The Medical Center Scottsville Community Health Fair
- Free blood glucose screenings at Jacksonian Days street fair event
- Offer onsite Diabetes Education Classes for employer groups through Med Center Health WorkLife program
- Collaborate with the Barren River District Health Department on a prevention program for diabetes
- Continue to promote and offer the Diabetes Self-Management Training classes and outpatient Medical Nutrition Therapy

IDENTIFIED PRIORITY: CARDIOVASCULAR DISEASE

Goals

- Increase knowledge and usage of 911 at onset of heart attack or stroke symptoms
- Decrease the risk of health complications, including but not limited to heart attack and stroke, associated with uncontrolled high blood pressure
- Become Acute Stroke Ready Hospital Certified through The Joint Commission

Partners

- National Stroke Association
- Norton Healthcare and UK Healthcare Stroke Care Network
- Barren River District Health Department
- American Heart Association and American College of Cardiology
- Allen County Chamber of Commerce
- Allen County Schools

Plan

- Continue to provide education to the community about risk factors associated with heart disease, and stroke and how to modify those risk factors through healthy lifestyle choices. This will be an ongoing campaign utilizing all media outlets, newsletters, programs at Med Center Health & Wellness, and through Worksite Wellness for employer groups, civic organizations, and our Facebook page
- Offer blood pressure screenings at community events such as Jacksonian Days, Community Health Fair and Senior Center
- Continue the systematic approach by the hospital to identify and track all congestive heart failure patients who are admitted. Discharge planning will start at admission and will involve coaching and follow up services post discharge. The goal will be improved quality of life for the patient and reduction of Emergency Department visits and readmissions
- Stroke screenings and education provided to the community through partnership with Norton and UK Stroke Care Networks (includes all stroke screenings, brain protector and adult stroke education through the SCOPE program
- Provide stroke and chest pain education on signs and symptoms, “when to call 911”, aspirin education for chest pain, hands only CPR to community and worksites
- Work through ENSPIRE program and community health worker program to education patients in need of heart failure information to avoid readmission and refer patients to the Heart Failure class held quarterly at the Med Center Health & Wellness
- Continue to sponsor the Jacksonian 5K Run to promote exercise and healthy lifestyles

- Refer patients with pre hypertension or hypertension to the free Med Center Cares self-monitored blood pressure training classes at Med Center Health & Wellness

COMMUNICATION PLAN

The Medical Center at Scottsville will publish the Community Health Needs Assessment, including the survey results and strategic plan, on its web site and make hard copies available to the public upon request. The results will also be incorporated into the hospital's annual IRS tax form 990 submission.

CONCLUSION

The Medical Center at Scottsville has been committed to the Community Health Needs Assessment throughout the process. It has served to strengthen relationships with other providers of healthcare and organizations in the community. The surveys conducted lead to data driven identification of community health needs. The hospital has developed a detailed strategic plan to address these needs over the next three years with the ultimate goal being to improve the quality of life of the individuals in the community we serve.

2021 Needs Assessment Survey

Thank you for taking the time to take our survey. Your participation will help us understand the true needs of our communities and better serve you and your family. This is a project managed by the Barren River Initiative to Get Healthy Together (BRIGHT Coalition). We appreciate you taking the time to take our survey.

1. How do you rate the overall health of your county?
 - a. Very unhealthy
 - b. Unhealthy
 - c. Somewhat healthy
 - d. Healthy
 - e. Very healthy

2. How do you rate your overall health?
 - a. Very unhealthy
 - b. Unhealthy
 - c. Somewhat healthy
 - d. Healthy
 - e. Very healthy

3. Where do you go for routine healthcare?
 - a. Physician's office
 - b. Emergency room
 - c. Health department
 - d. Urgent care center/ Walk-in clinic
 - e. I do not receive routine health care
 - f. Other _____

4. What keeps you from receiving healthcare? (Please select all that apply):
 - Cost, Copay/Deductible
 - I cannot leave or miss work to get routine care
 - Childcare
 - No insurance
 - Lack of medical providers in the area
 - Fear
 - Transportation
 - Time away from home
 - Provider trust
 - Other (please specify): _____

5. Do you use tobacco, or nicotine products (including e-cigarettes, vapes, chewing tobacco, dip, snuff, snus, and dissolvable)?
 - Yes
 - No

6. What do you think are the 5 greatest health problems in your household?

- | | |
|---|---|
| <input type="checkbox"/> Aging problems (Alzheimer's, falls, isolation, etc.) | <input type="checkbox"/> Mental health problems |
| <input type="checkbox"/> Alcohol abuse | <input type="checkbox"/> Environmental concerns |
| <input type="checkbox"/> Prescription drug abuse | (lead, radon, air quality, |
| <input type="checkbox"/> Street drug use | secondhand smoke, etc.) |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Smoking/tobacco use |
| <input type="checkbox"/> Child abuse/neglect | <input type="checkbox"/> STDs/infections |
| <input type="checkbox"/> Dental problems | <input type="checkbox"/> Teen pregnancy |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart disease/stroke |

7. What do you think are the 5 most risky behaviors in your community?

- | | |
|--|--|
| <input type="checkbox"/> No health insurance | <input type="checkbox"/> Unsecured firearms |
| <input type="checkbox"/> Alcohol misuse | <input type="checkbox"/> Hate crimes |
| <input type="checkbox"/> Substance abuse | <input type="checkbox"/> Domestic violence |
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Rape/sexual assault |
| <input type="checkbox"/> Distracted driving | <input type="checkbox"/> Homicide |
| <input type="checkbox"/> Dropping out of school | <input type="checkbox"/> Other |
| <input type="checkbox"/> Poor diet/eating habits | |
| <input type="checkbox"/> Bullying | |
| <input type="checkbox"/> Not getting vaccinations to prevent disease | |

8. Do you have trouble providing healthy meals to your family?

- Yes
- No

9. If yes, what makes it difficult for you to provide healthy meals for your family? (Please select all that apply):

- Don't qualify for assistance
- Healthy food is too expensive
- I don't know where to find healthy foods to prepare meals
- I don't know how to cook healthy meals

- Other (Please specify): _____
- 10. Do you find it difficult to be physically active?
 - Yes
 - No
- 11. If yes, what makes it difficult for you to be physically active daily? (Please select all that apply):
 - I don't feel safe walking/running/biking in my neighborhood
 - I work long hours
 - I do not have access to childcare so that I can exercise
 - Exercise is not a priority
 - I do not know how to exercise properly
 - I don't feel confident that I can exercise
 - Other (Please specify): _____

Age (Please fill in the blank): _____

What is the highest degree or level of education you have completed? (Please select one option from the list below):

- Less than high school degree
- High school degree or equivalent
- Some College but no degree
- Associate degree
- Bachelor degree
- Graduate degree

Gender:

- Male
- Female
- Transgender
- Nonbinary
- Prefer not to answer

Household income (Please select one option from the list below):

Under \$15,000

- \$15,000 - \$29,999
- \$30,000 - \$49,999
- \$50,000 - \$74,999
- \$75,000 - \$99,999
- \$100,000 - \$150,000
- Over \$150,000

Employment Status:

Employed

- Part Time
- Full Time

Unemployed

Retired

What language do you speak at home? (Please select all that apply):

English

Kinyarwanda

Other

Russian

Khmer

Chinese

Karen

German

Kayah

Italian

Korean

Arabic

Nepali

What is your Race?

What is your ethnicity?

White/Caucasian

Hispanic or Latino

Black or African American

Not Hispanic or Latino

American Indian or Alaska Native

What county do you live in?

Allen

Monroe

Barren

Simpson

Butler

Warren

Edmonson

Hart

Logan

Metcalfe

Special Interest Survey

As a non-profit hospital organization, Med Center Health is required to conduct a community needs health assessment every 3 years. Med Center Health conducts this survey in conjunction with the BRIGHT Coalition. The goal of the survey is to identify community health needs and adopt an implementation strategy to meet the needs.

As an organization that serves medically underserved, low-income or minority populations we would greatly appreciate your input. This information will be used in considering Med Center Health priorities, as well as, the priorities of the BRIGHT Coalition when moving forward.

What organization do you work for? _____

Describe the population you serve? _____

What county/counties do you serve? _____

What keeps the people you serve from receiving healthcare? (Please select all that apply):

- Cost, Copay/Deductible
- Unable leave or miss work to get routine care
- Childcare
- No insurance
- Lack of medical providers in the area
- Fear
- Transportation
- Time away from home
- Provider trust
- They don't have problems getting healthcare
- Other (please specify): _____

What do you think are the 5 greatest health problems affecting those you serve?

- | | |
|---|--|
| <input type="checkbox"/> Aging problems (Alzheimer's, falls, isolation, etc.) | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Alcohol abuse | <input type="checkbox"/> Mental health problems |
| <input type="checkbox"/> Prescription drug abuse | <input type="checkbox"/> Environmental concerns
(lead, radon, air quality,
secondhand smoke, etc.) |
| <input type="checkbox"/> Street drug use | <input type="checkbox"/> Smoking/tobacco use |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> STDs/infections |
| <input type="checkbox"/> Child abuse/neglect | <input type="checkbox"/> Teen pregnancy |
| <input type="checkbox"/> Dental problems | <input type="checkbox"/> Heart disease/stroke |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Disability |
| <input type="checkbox"/> Infectious disease (HIV/AIDS, TB, Hep B, etc.) | <input type="checkbox"/> Respiratory/lung disease |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Infant deaths | |
| <input type="checkbox"/> Motor vehicle injuries | |
| <input type="checkbox"/> Overweight/obesity | |

What do you think are the 5 riskiest behaviors in the community you serve?

- No health insurance
- Alcohol misuse
- Substance abuse
- Being overweight
- Distracted driving
- Dropping out of school
- Poor diet/eating habits
- Bullying
- Not getting vaccinations to prevent disease
- Racism
- Smoking/vaping/tobacco use
- Unprotected/unsafe sex practices
- Not having access to birth control
- Not using seat belts/child safety seat
- Unsecured firearms
- Hate crimes
- Domestic violence
- Rape/sexual assault
- Homicide
- Other _____

Is food insecurity/providing healthy meals for themselves and/or their family an issue? If yes, please elaborate.

- Yes _____
- No _____

Is housing an issue for the community you serve? If yes, please elaborate.

- Yes _____
- No _____

Please share any other insight that would be helpful to us in identifying significant health needs in the community. _____

APPENDIX A

THE MEDICAL CENTER AT SCOTTSVILLE IMPLEMENTATION STRATEGIES FOR ADDRESSING COMMUNITY HEALTH NEEDS DURING 2019 – 2021

Through the research and recommendations from the Community Health Needs Assessment and hospital staff, administration and Board of Directors, the following strategies were implemented in addressing our community's health needs during 2019-2021. The amount of events and activities performed were impacted by the COVID-19 pandemic.

STRENGTHEN PARTNERSHIPS WITH KEY COMMUNITY HEALTH PROVIDERS & ORGANIZATIONS

A very beneficial component of the Community Health Needs Assessment process for the hospital was participating as an active member of the Barren River Initiative to Get Healthy Together (BRIGHT) Coalition. This reinforced the importance of each community partner in our quest to meet the healthcare needs of all individuals in our community. The Medical Center at Scottsville will focus on continuing to strengthen relationships with the organizations listed below and developing collaborative efforts to improve healthcare within Allen and surrounding counties. This list is not meant to be exclusive and other organizations/providers will be added as identified.

- Allen County Faith Coalition
 - Substance Use Disorder
- Allen County Health Department
 - Continued support of the vaccination program
 - Partner with various projects in the community as the need arises
- Allen County Rotary
 - Educational programs provided throughout the year on health topics and services
- Allen County Schools
 - School Based Primary Care Clinic
 - Partner with Community Health Fair
 - Sponsor of sports programs and health based programs for students
 - High School Career Fair, May 2019, 300 participants
 - Sponsored Free School and Sports Physicals, August 2019 with 4 participants
 - Sponsored Back to School lunch for School Staff, 250 participants and offered blood pressure screenings, August 2019

- Allen County Scottsville Chamber of Commerce
 - Community Education of services offered during Chamber Breakfast sponsorship
 - Community Health Fair, offered blood pressure screenings, BMI information, glucose testing, cholesterol testing, balance screenings and grip strength September 2019 with 300 participants
 - Jacksonian Days, Health Fair, May 2019, 200 participants
- Allen County Sherriff's Department
- American Cancer Society
 - Continued support of the Relay for Life event in Allen County, health screenings at event
- American Heart Association
- American Red Cross
 - Hosted blood drive in July 2019, 10 participants
- Barren River District Health Department
 - Barren River Initiative to Get Healthy Together (BRIGHT) Coalition
 - Community Health Worker program
 - Diabetes Prevention Program
- CORE of Scottsville and Allen County Kentucky
 - Healthy Kids Day August 2019, 200 participants
 - Jacksonian 5K, 9/2021, 11/20, virtual race5/2019, 50 participants in race
 - Jacksonian Days wellness labs and blood pressure screenings to the community, May 2019, 50 participants
- Kentucky Cancer Program
- Kentucky Heart Disease and Stroke Prevention Task Force
- Kentucky Organ Donor Association, Let Life Bloom media spot, February 2020
- Kentucky Rural Health Association
- Medicaid Managed Care Organizations/Case Management
 - Education opportunities with members on services offered
- National Stroke Association
 - Began process to become Acute Stroke Ready Hospital, 2021
- Norton Healthcare and UK Healthcare Stroke Care Network
 - SCOPE Stroke screenings
 - Brain Protector programs
 - Adult Education stroke program
- Southcentral Kentucky Community Action
 - Food bank support in the community

- WBKO
 - *90 Seconds to Better Health*
 - Health & Wellness Expo January 2019, January 2020

SUBSTANCE USE DISORDER AND MENTAL HEALTH

Due to the limitations we have experienced during the Covid-19 pandemic many of our plans for this topic were unable to be fulfilled. We were able to offer general mental health education and outreach during this report cycle and the details are listed below.

- Facebook Video with Dr. Brula to discuss mental health obstacles since the onset of Covid-19
- Facebook post, Youth Suicide Prevention Day, September 2020
- Facebook post, Suicide Prevention, September 2020
- Facebook post, World Mental Health Day, October 2020
- WellNews Article for Mental Health, Fall 2020 Distributed to 50,000 people
- Facebook post on Deep Breathing for your wellbeing, January 2021
- Facebook post on laughing to maintain mental health, January 2021
- Facebook post, Red Ribbon Week Drug Free Awareness, October 2020
- Mental Health Presentations to the following locations:
 - Med Center Psychiatry, January 2021
 - Elder Abuse Prevention, Council and Mental Health and Aging Coalition, January 2021, July 2021, September 2021
 - Barren County Senior Provider Coalition, February 2021, July 2021, September 2021, November 2021
 - Southern Kentucky Senior Provider Coalition, March 2021, July 2021, September 2021, October 2021, November 2021
 - Elder Abuse Prevention, Council and Mental Health and Aging Coalition, March 2021
 - Rocky Steady Boxing, March 2021, April 2021, May 2021
 - My Health Matters Support Group, April 2021
 - WBKO, May 2021
 - WNKY, May 2021
 - WFKN, May 2021
 - WVLE, May 2021
 - WKU PBS, May 2021
 - SOKY Senior Providers Coalition, June 2021
 - SKY Rehab Community Support Group, July 2021
 - Morningside ALF Presentation, July 2021
 - Village Manor Presentation, July 2021, November 2021
 - Charter Senior Living Presentation, July 2021
 - Acadia Senior Living Fall Festival, September 2021
 - TJ Home Health Presentation, September 2021

- Intrepid Home Health Presentation, September 2021
- Advanced House Calls, October 2021
- Just Family Adult Day Open House, November 2021
- Medical center Franklin Staff Meeting, November 2021
- Medical Center Social Worker Lunch, November 2021
- Medical Center Franklin Rural Health Service, November 2021
- Medical Center Resident Presentation, December 2021
- Acadia Senior Living Christmas Festival, December 2021
- Rotary Presentation, Coping during the holidays, November 2019, 30 participants

PREVENTATIVE CARE & CHRONIC DISEASE MANAGEMENT

The Community Health Needs Assessment provided data that indicated specific needs to preventative care and disease management. As an ongoing commitment to the health and wellness of our community, The Medical Center at Scottville will continue to work on these areas. The hospital's plan to address these areas is as follows with the overall goal to educate individuals on the importance of taking ownership of their health and wellbeing.

DIABETES

- Blood Glucose Screenings at The Fall Health Fair, September 2019
- Jacksonian Days Health Fair, blood glucose screenings, May 2019
- Facebook video, Nonperishable foods for Diabetics, May 2020
- Facebook video, Prediabetes, November 2020
- Facebook post, Diabetes Q&A, November 2020
- WellNews Article Diabetic Retinopathy, Fall 2020
- Facebook post, World Diabetes Day, November 2020
- Facebook post, Diabetes Education, December 2020
- Facebook post, World Diabetes Day/Week, November 2021
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OBESITY

- Hosted Zumba classes two days a week to the community during the 2019 year and had nearly 500 participants. We were unable to continue classes due to Covid-19 restrictions.
- Sponsored Jacksonian 5K run/walk, 2019, participants 75, 2020 Virtual event with 50 participants, and 2021 had 75 participants
- Stony Point Health Fair, BMI screenings to bring awareness, June 2019 with 75 participants
- UK extension office, Are you Well? Educational session, 14 participants in January 2020
- Facebook Posts with topics that include the following;

- Exercise as a Family
- Healthy Kid Week
- Healthy at Home Children's Activities
- Foods to Combat Stress
- Physical Activity
- Weekly Healthy Recipes
- Periodic Fitness Tip posts
- Women's Health and Fitness Day
- Obesity's Gender Divide
- Surgical Weight Loss program information
- Healthy Meal Planning
- Mayo Clinic article on adding steps to your daily routine
- Eating plans to manage weight
- Health and Weigh Goals

CARDIOVASCULAR

- Hosted Zumba classes two days a week to the community during the 2019 year and had nearly 500 participants. We were unable to continue classes due to Covid-19 restrictions.
- Sleep Apnea screenings at Stony Point Health Fair, with 75 participants
- Facebook posts with periodic Fitness Tips, Healthy Recipes
- Stroke Risk Assessment for the Dollar General employees, 22 assessments completed October 2019
- Facebook post, Signs/Symptoms of Stroke, May 2020, October 2020
- Facebook Live, high blood pressure and prevention, July 2020
- 90 Seconds to Better Health, Dr. Danapal, carotid artery disease, September 2020
- Facebook post, World Heart Day, September 2020
- Facebook post, High Blood Pressure, October 2020
- Facebook post, Hemorrhagic strokes, October 2020
- Facebook post, World Hypertension Day, October 2020
- Facebook post, Dental Hygiene Day, October 2020
- Facebook Post, Stroke prevention, October 2020
- Facebook post, Signs and Symptoms of Stroke, November 2020
- Facebook post, Stroke and Heart Attack increases when flu like illness arise, November 2020
- Facebook post, Article Stroke in Children, December 2020
- Facebook post, Prevent repeats of Heart Attack and Stroke, December 2020
- Facebook post, How to get more steps in, Exercise, January 2021
- Facebook post, How exercise can help speed stroke recovery, January 2021
- Facebook post, How to lower your risk for stroke, January 2021
- Facebook video, Dr. Dawson the importance of heart health, February 2021
- Facebook post, Healthy lifestyle, February 2021

- Facebook post, Stroke prevention tips, February 2021
- Facebook post, Rehabilitation for Stroke is discussed, February 2021
- Facebook post, How healthy is your heart, February 2021
- Facebook post, Recognize the FAST warning signs, March 2021
- Facebook post, Signs and Symptoms of Stroke, March 2021
- Facebook video, Stroke Care, April 2021
- Facebook post, Stroke Education, May 2021
- Facebook post, Stroke Care, June 2021
- Facebook video, Be FAST, June 2021
- Facebook post, Blood pressure ways to improve, June 2021
- Facebook post, Heart/Stroke Awareness, June 2021
- Facebook post, Stroke Awareness 911, July 2021
- Facebook post, Uncommon Causes of Stroke, December 2021
- Performed blood pressure screenings at the following locations:
 - Stony Point Health Fair, 75 participants
 - Jacksonian Days street fair, May 2019, 200 participants
 - Relay for Life, April 2019, 30 participants
 - Back to School lunch for Allen County Schools staff with 250 participant

CANCER

- Relay for Life Sponsor, during event offered rehab screenings and blood pressure information, May 2019 with 100 participants.
- Med Center Scottsville Health Fair, September 2019, offered Skin cancer information and face screening for sun damage, 150 participants.
- Facebook post on Oral Cancer and Tobacco in January 2021
- Facebook post on Nutrition and Cancer, February 2021
- Facebook post on Cervical Cancer and screenings, February 2021
- Facebook post on Prostate Cancer and early detection, Mary 2021
- Facebooks post on National Mammography Day for awareness, October 2021
- Facebook post on Lung Cancer Awareness, November 2021
- Facebook post on Breast Cancer early detection and video, October 2020
- 90 Seconds to Better Health, Cervical Cancer Prevention, September 2020
- 90 Seconds to Better Health, Prostate Cancer and treatment options, September 2020
- 90 Seconds to Better Health, Colon Cancer Awareness, September 2020
- Facebook Live, Sun Safety, July 2020
- Offered Low dose CT scans for lung cancer screenings. From 2019-2021, 251 scans were performed.

ACCESS TO CARE

- The Medical Center at Scottsville added specialty clinics for the following areas:
 - Urology, once a week in 2021
- Added new service, Outpatient Wound Care Clinic, 2019
- Radio Spot, Covid-19 Infection Prevention, March 2020
- Radio Spot, Covid-19 reopening safety measures, June 2020
- Facebook post, Lymphedema treatment at MCS, March 2021
- Facebook video, Sprains and Strains, April 2021
- Facebook video, Parkinson's April 2021
- Facebook post, World Asthma Day, May 2021
- Facebook post, National Influenza Vaccination Week, December 2020
- Facebook Post, Hand washing Awareness Week, December 2020
- Facebook post, Alzheimer's and Brain Awareness, April 2021
- Administered Covid-19 vaccines to community, since April 2021
- Facebook video, Wound clinic information, April 2021
- Facebook post, Med Center Health Primary Care locations, July 2021
- Facebook post, Covid-19 vaccines, July 2021, August 2021, September 2021
- Facebook post, Med Center new providers, September 2021
- Facebook post, Provider Spotlight new nurse practitioners at the Rural Health Clinic, October 2021, November 2021
- Facebook video, Surgical Services at The Medical Center at Scottsville, October 2021
- Facebook post, Nurse Practitioner Week, November 2021
- Facebook post, National Rural Health Day, November 2021