



COMMONWEALTH REGIONAL SPECIALTY HOSPITAL

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.

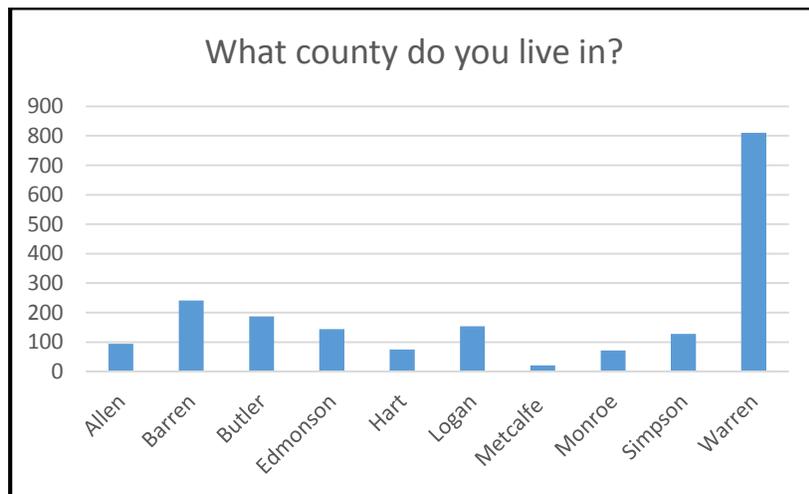
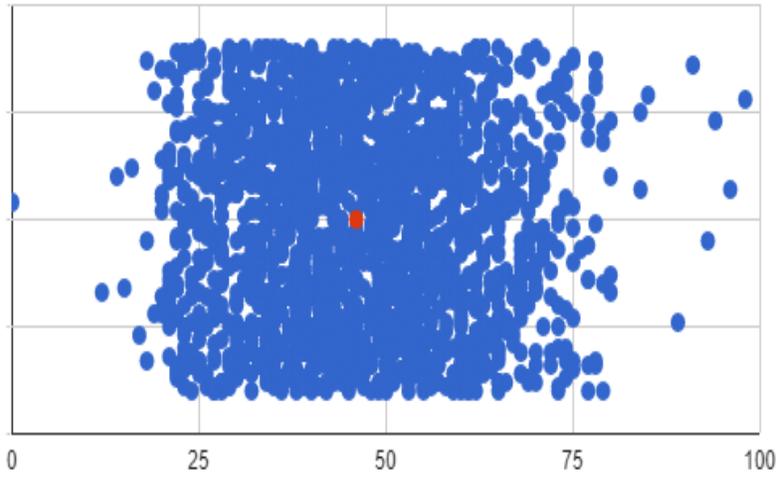
The end result of the assessment process was the development by the hospital of a strategic plan to address the major needs identified.

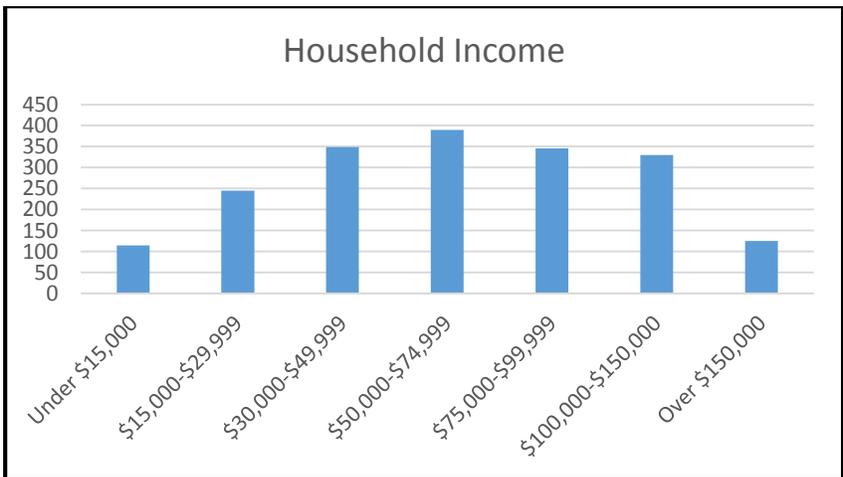
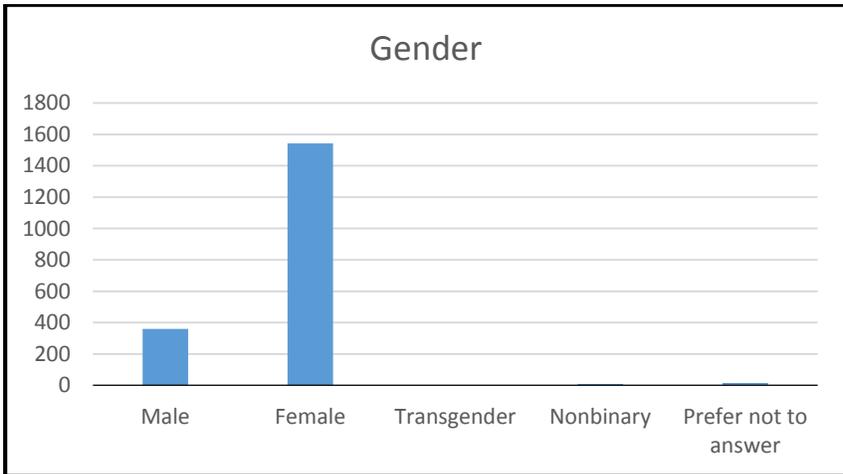
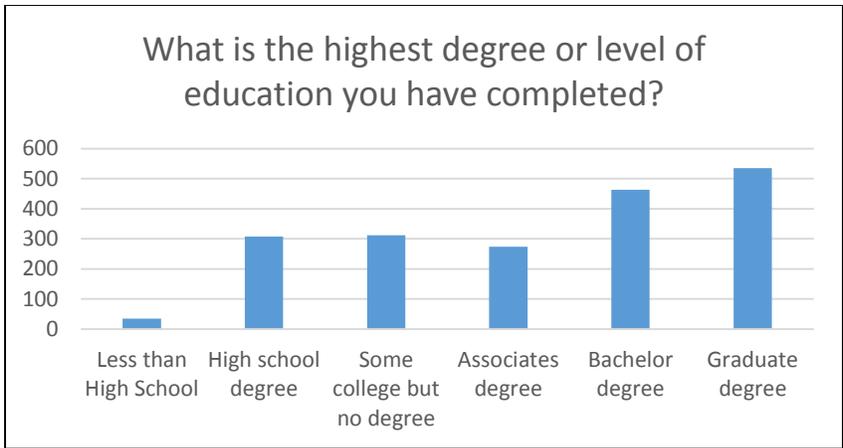


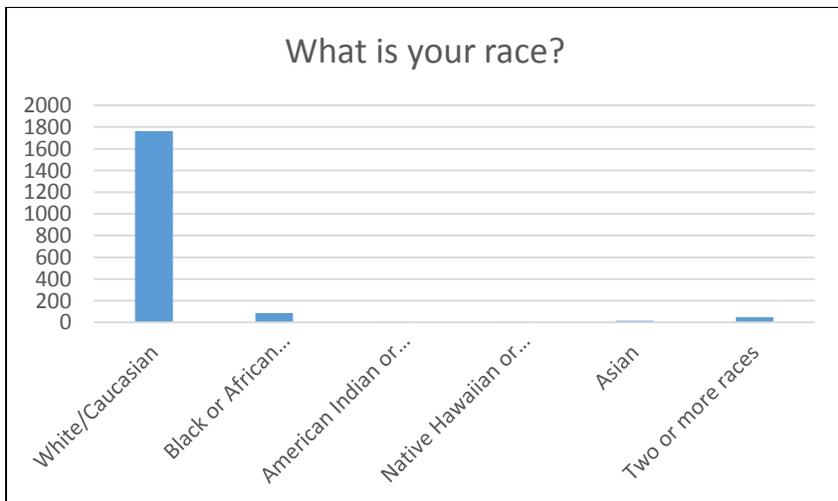
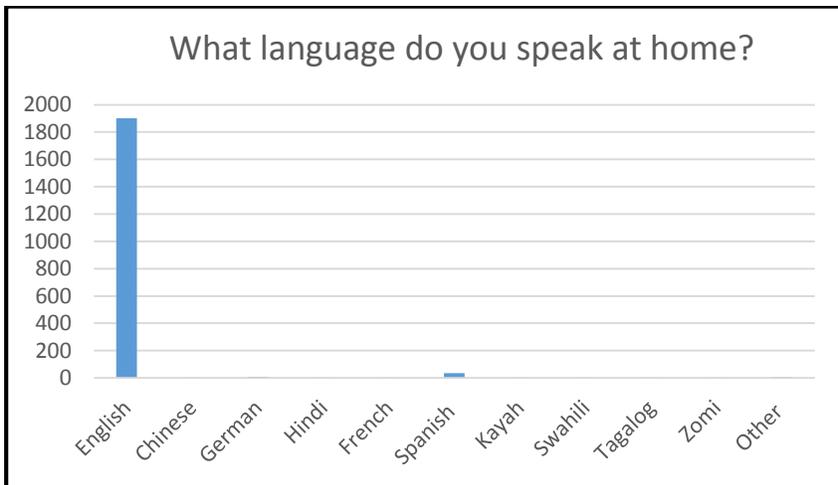
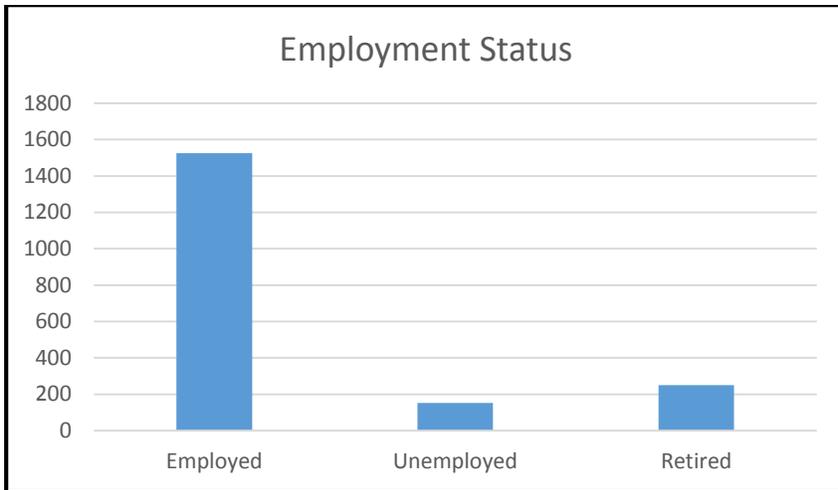
Survey Results

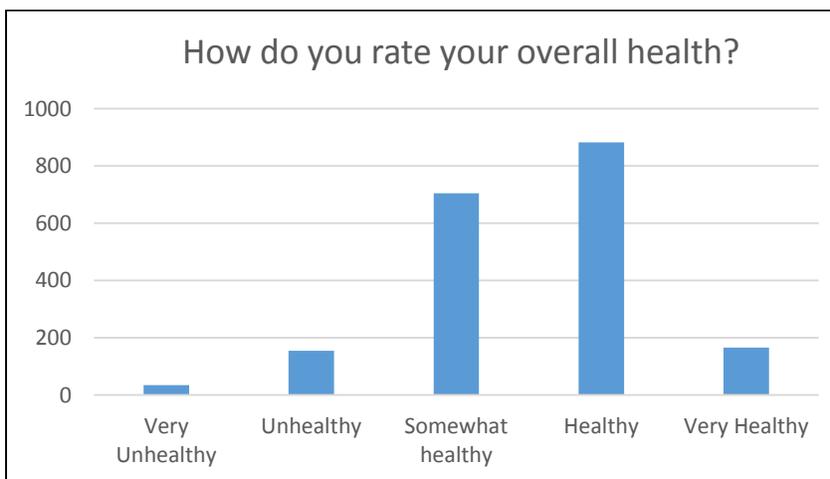
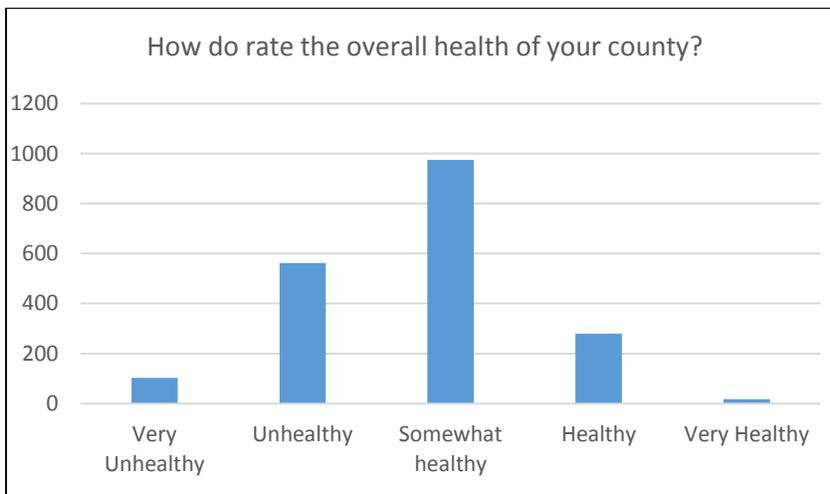
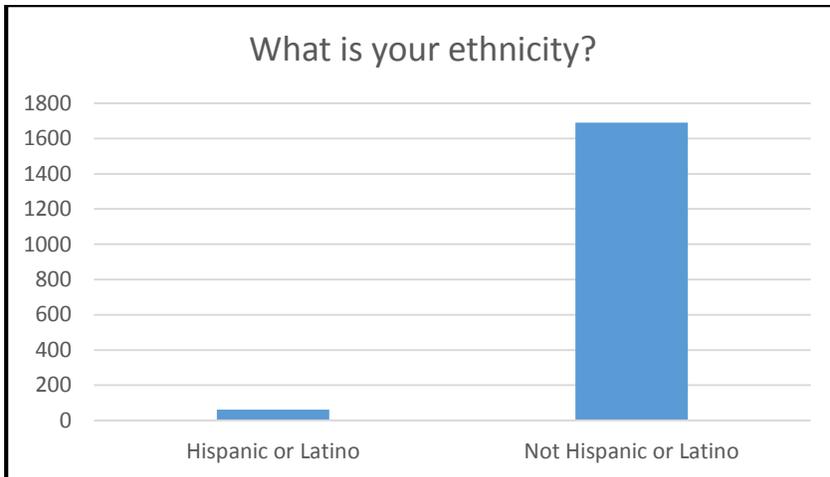
Community Survey Demographics of Respondents

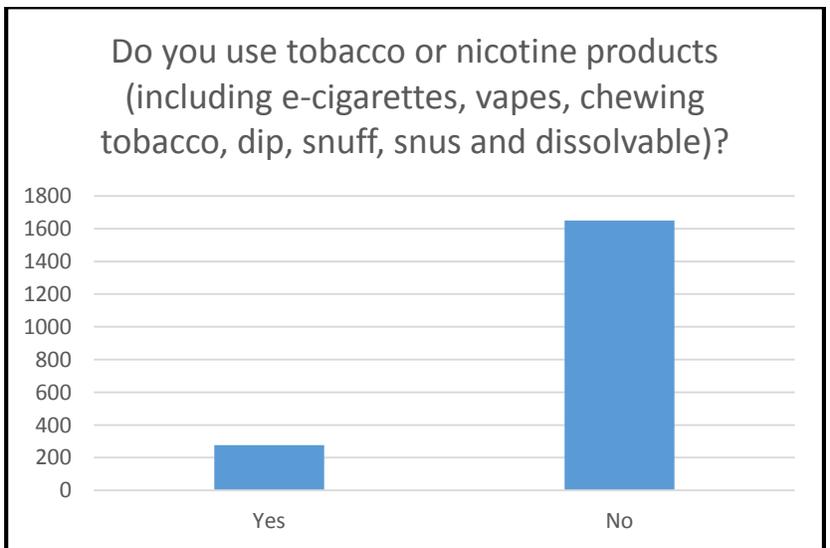
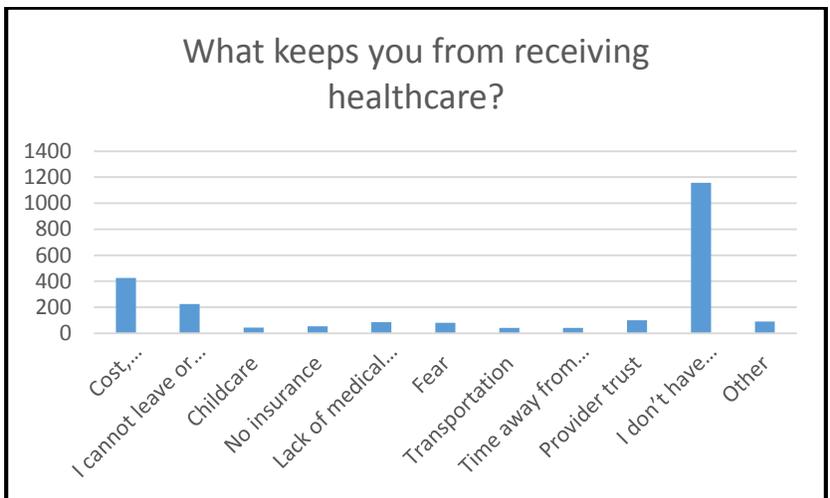
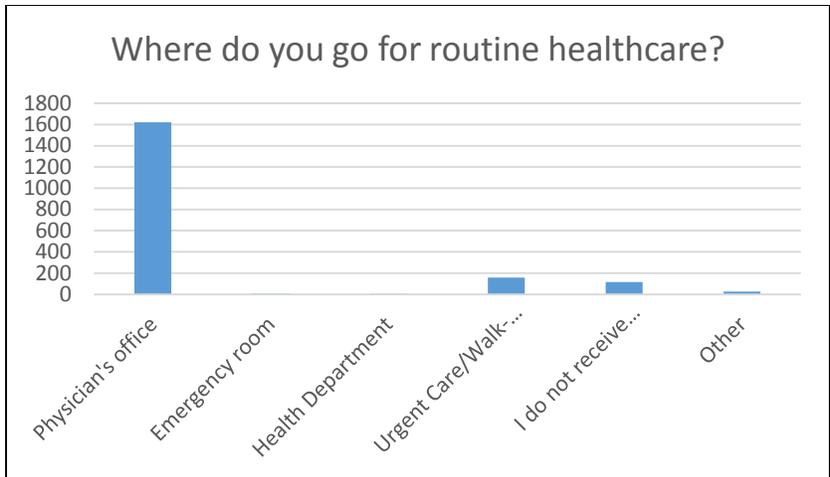
Age

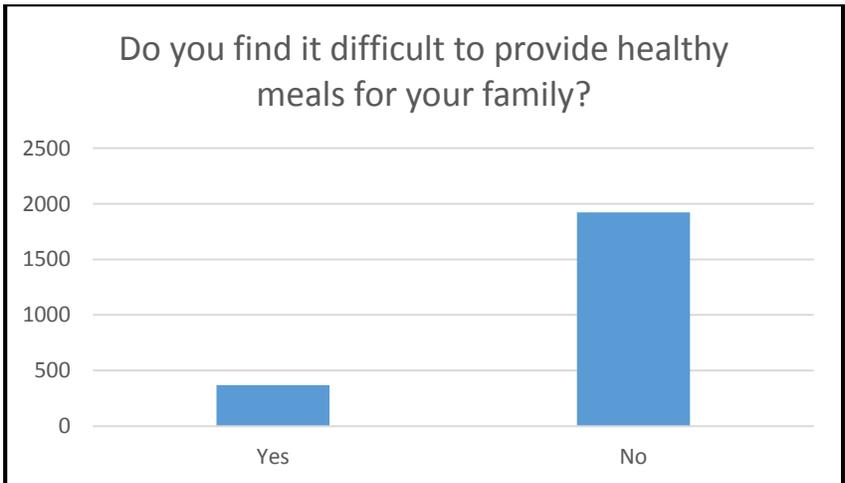
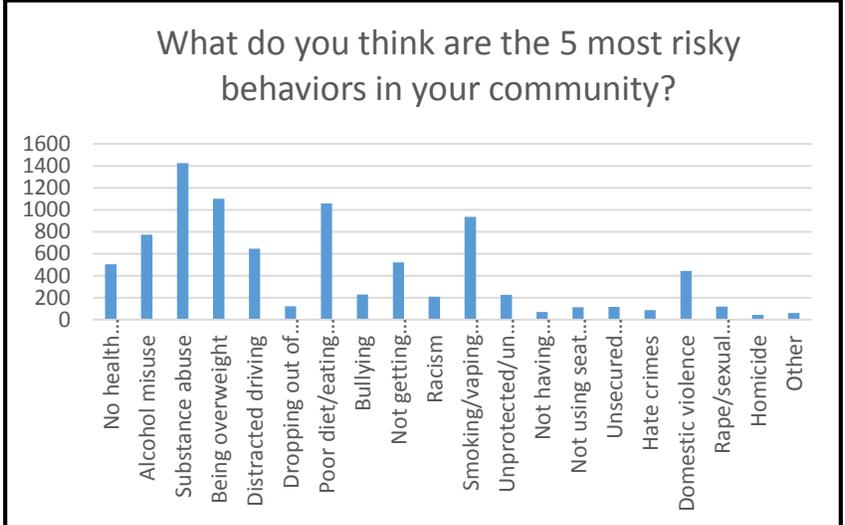
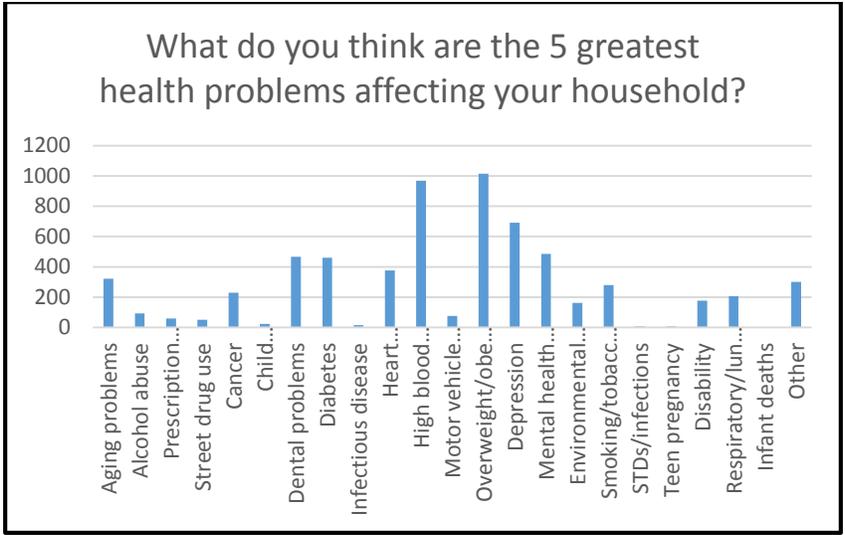


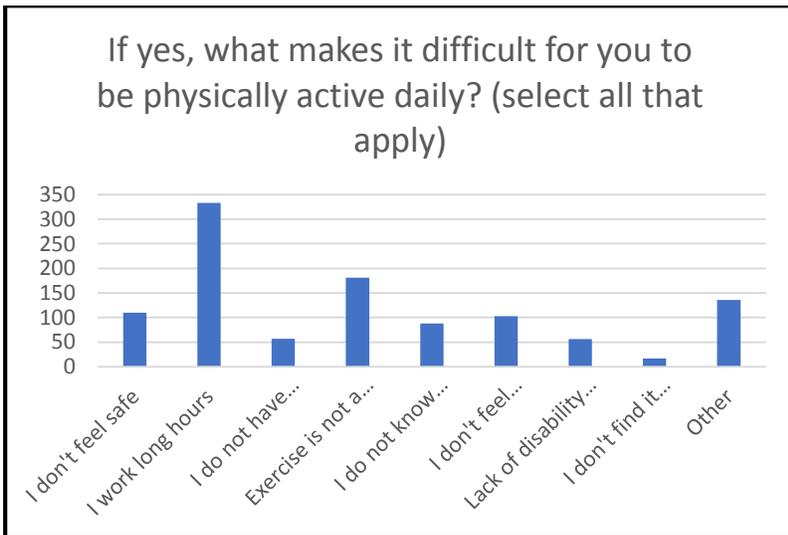
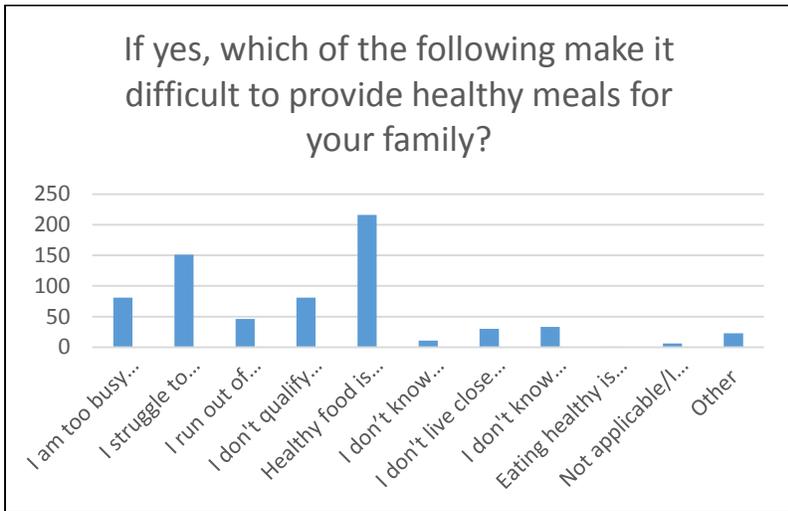


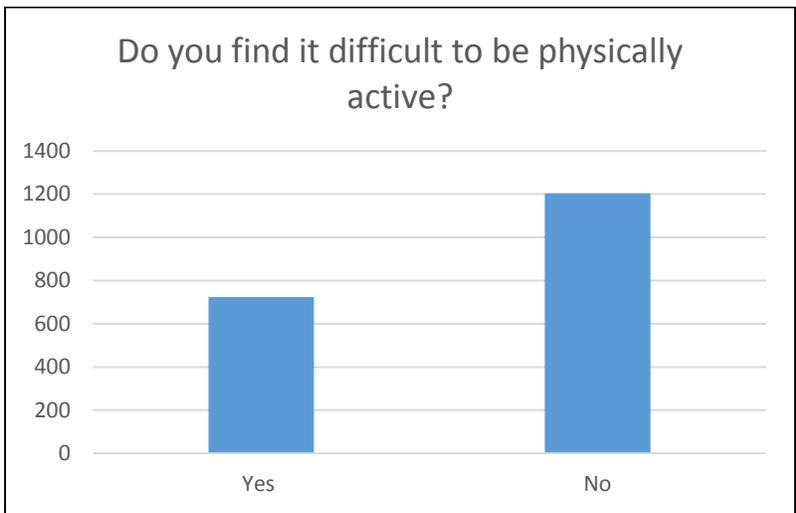
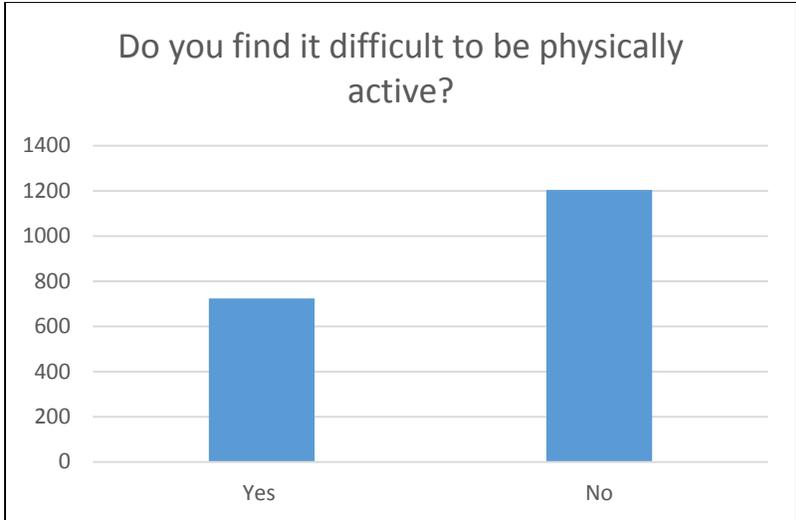












Prioritized Community Health Issues

Commonwealth Regional Specialty Hospital has prioritized the following community health issues:

- Obesity/overweight
- High blood pressure
- Diabetes/prediabetes
- Smoking/vaping

According to data from the County Health Rankings, 28% of adults in Warren County are obese. Obesity is defined as a BMI >30. Being overweight or obese can increase a person's risk for developing chronic diseases including type 2 diabetes, high blood pressure and sleep apnea among other health conditions.

Managing weight can be overwhelming for many people. Misinformation around weight loss/management, lack of access to healthy foods, lack of education surrounding healthy eating, sedentary work environment, lack of safe place to be physically active and other barriers can pose challenges in maintaining a healthy weight and losing weight. Partnering with other businesses in the community to focus on healthy weight management education has been and will continue to be a focus for Med Center Health. Additionally, simple, realistic ways to make lifestyle changes will continue to be shared through classes, social media posts and health fairs.

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.

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.

Kentucky ranks number two in the nation for adult smoking rates with an estimated 24.1% population. Smoking is the number one preventable cause of lung cancer. Per Truth Initiative, 8.9% of high school students in Kentucky smoke. In 2019, 26.1% of Kentucky high school students used electronic vapor products at least one day in the past 30 days. Reducing the usage of e-cigarettes among adults and children is a priority.

Commonwealth Regional Specialty Hospital is a long-term acute care hospital that provides care for chronically and/or critically ill patients many of who have multiple medical issues. Commonwealth Regional Specialty Hospital has chosen to focus on the priority areas above because many of our patients have health issues that have been complicated by obesity, high blood pressure, diabetes and smoking/vaping. We will focus on chronic disease prevention and chronic disease management.



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 Hospital leadership in addressing our community's health needs over the next three years.

Partnerships with Key Community Health Providers & Organizations

Key Partners:

- National Stroke Association
- Kentucky Heart Disease and Stroke Prevention Task Force
- American Lung Association
- American Heart Association
- UK Markey Cancer Center
- Norton Healthcare & UK Healthcare Stoke Care Network
- Barren River District Health Department
- Fairview Community Health Center
- American Cancer Society- Warren Co. Chapter
- Kentucky Cancer Program
- International Center
- HOTEL INC
- Western Kentucky University
- Warren County Schools/Bowling Green Independent City Schools
- SOKY Marketplace
- Community Farmers Market
- WBKO
- UK Extension Office
- LifeSkills, Inc.
- Goodwill, Inc.
- Alzheimer's Association
- Warren County Public Library
- Bowling Green City Parks & Recreation



- Housing Authority of Bowling Green
- The Foundry
- Drug Free Warren County

Implementation Strategies

Identified Priority:

Obesity/overweight with an emphasis on how to make healthy eating affordable, as well as, chronic disease prevention and chronic disease management. Efforts toward disease management will be specifically focused on high blood pressure, prediabetes and diabetes.

Partners:

- National Stroke Association
- Kentucky Heart Disease and Stroke Prevention Task Force
- HOTEL INC
- UK Extension Office
- SOKY Marketplace
- Community Farmers Market
- Norton Healthcare & UK Healthcare Stoke Care Network
- International Center
- Warren County Public Schools/Bowling Green Independent City Schools
- Barren River Health Department
- Med Center Health-Health and Wellness

Goals:

- Provide education to the community on healthy weight management.
- Educate the community on the importance of lifestyle management (i.e. sleep, stress management, movement) in the role of weight management & chronic disease management.
- Promote resources available to reduce obesity, manage high blood pressure, prevent and manage diabetes.
- Increase awareness of the dangers of chronic high blood pressure.
- Provide resources and education to make healthy eating easier for those on a limited budget.
- Promote chronic disease prevention.



Plan:

1. Partner with local entities including SOKY Marketplace, Community Farmers Market, UK Extension office to offer classes on healthy food choices and preparation on a budget.
2. Provide continued education via social media specifically around healthy weight management, chronic disease management, disease prevention and healthy eating.
3. Continue to offer the annual Med Center Health 10K Classic and Children's Classic to the community to encourage physical activity.
4. Offer blood glucose, blood pressure and body fat screenings at community events/health fairs.
5. Offer blood glucose, blood pressure, body fat screenings as well as education and resources addressing numerous disease topics at the annual Med Center Health & Wellness Expo.
6. Promote the free prediabetes classes that are provided to the public quarterly.
7. Utilize technology for more programming in an effort to reach more people.
8. Promote the Med Center Cares blood pressure self-management program to the public.
9. Continue to promote and offer the Diabetes Self-Management Training classes and outpatient Medical Nutrition Therapy.

Identified Priority: Smoking/Vaping

Partners:

- American Cancer Society
- American Lung Association
- Warren County Schools/Bowling Green Independent City Schools
- Bowling Green City Parks & Recreation
- Drug Free Warren County
- Barren River Health Department
- Med Center Health-Health and Wellness

Goals:

- Smoking/tobacco cessation program for the community



- Enhance public understanding of the dangers of smoking tobacco and also targeting e-cigarettes.
- Provide education to community around smoking, vaping and tobacco use dangers.

Plan:

1. Increase social media messaging around the dangers of vaping.
2. Offer a 1:1 smoking cessation program.
3. Educate the community through promotion of events, classes, health fairs and media on the dangers of tobacco use and smoking.
4. Provide resources available to aid in tobacco addiction relief.