



THE MEDICAL CENTER AT FRANKLIN



Med Center Health.

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.

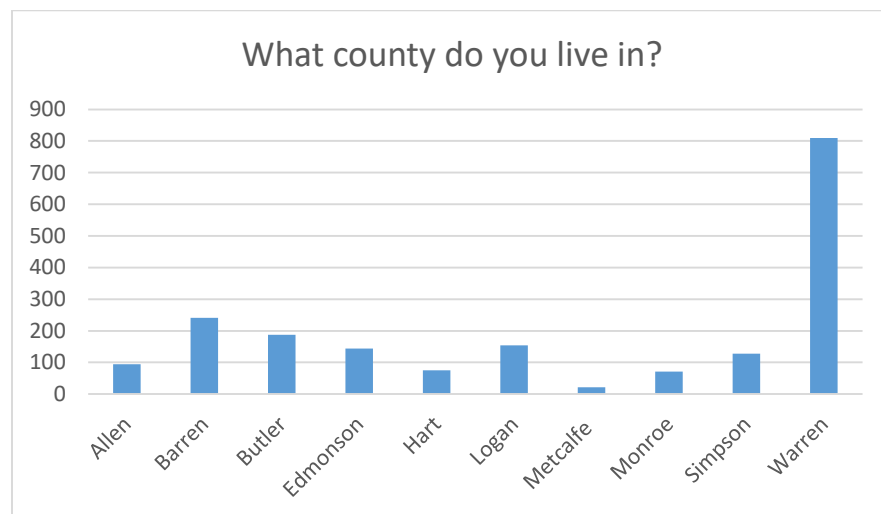
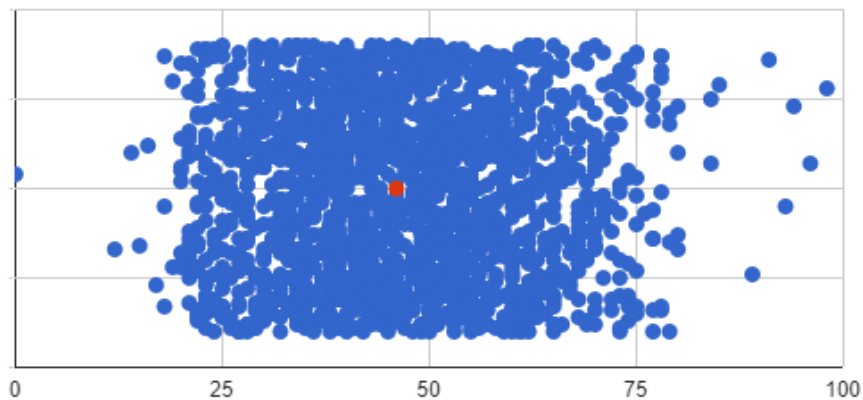
The Community Health Needs Assessment Report details the process used to collect, disseminate and prioritize the information in the assessment. Med Center Health used primary data obtained from a community survey in partnership with the BRIGHT Coalition and Barren River Health Department. A secondary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

BRADD Survey Results

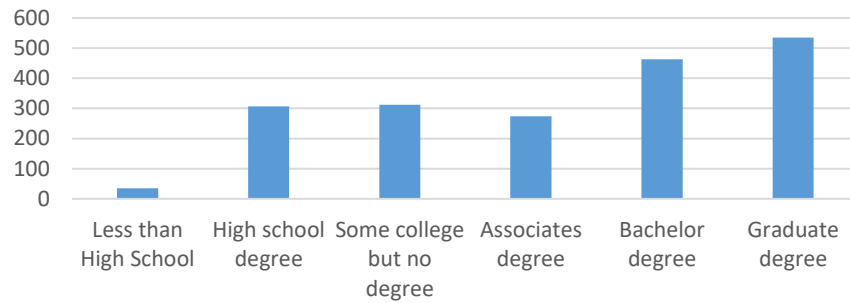
Community Survey Demographics of Respondents

Age

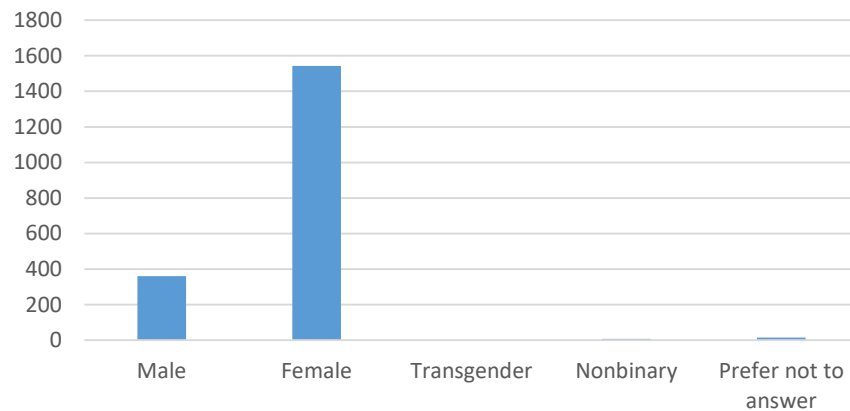




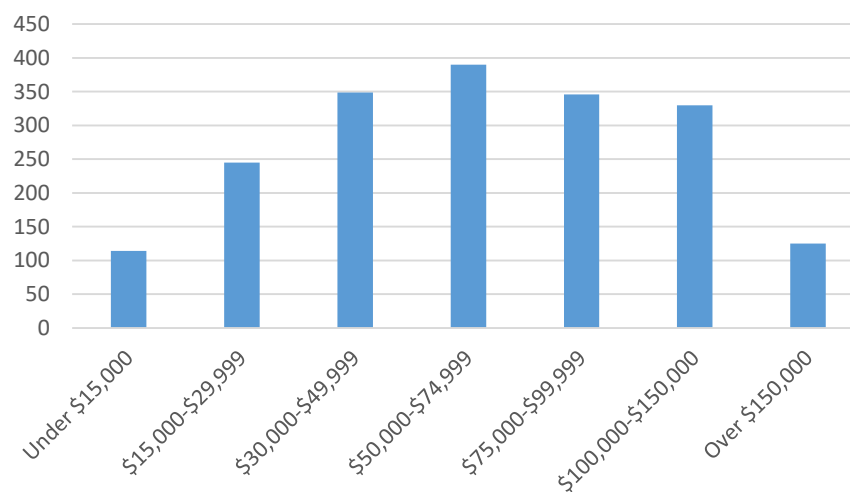
What is the highest degree or level of education you have completed?

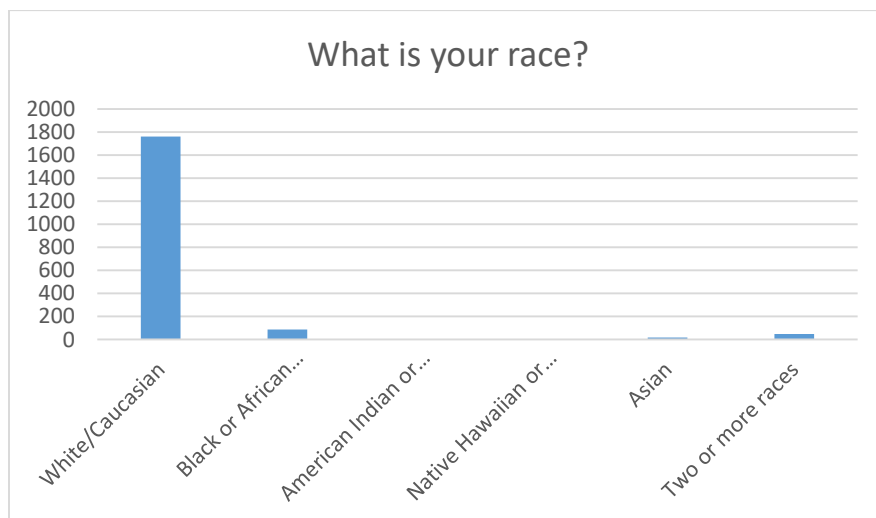
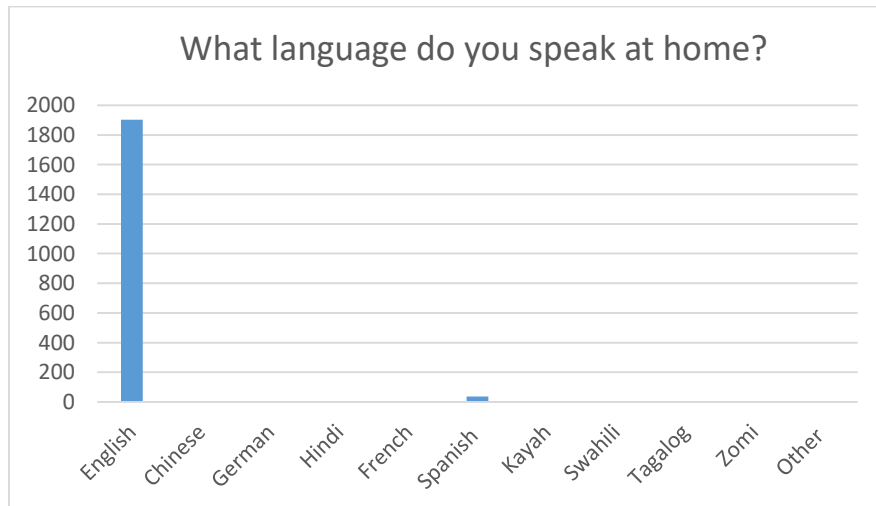
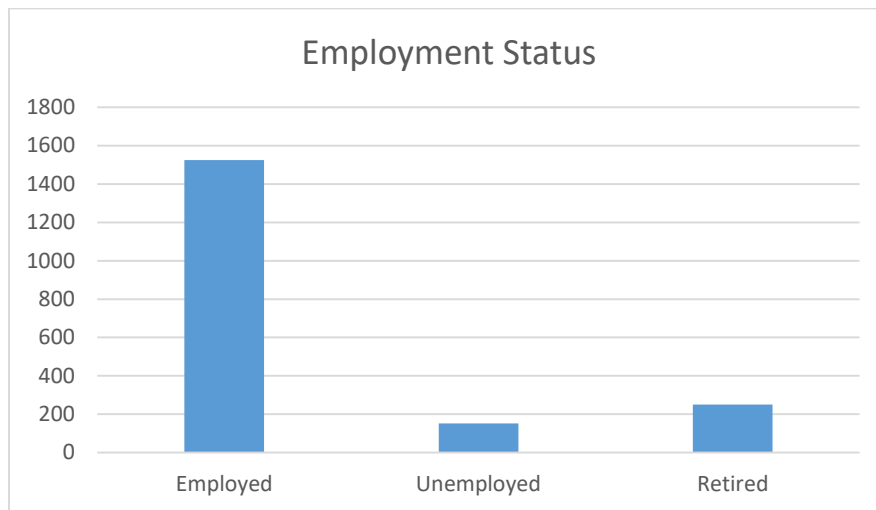


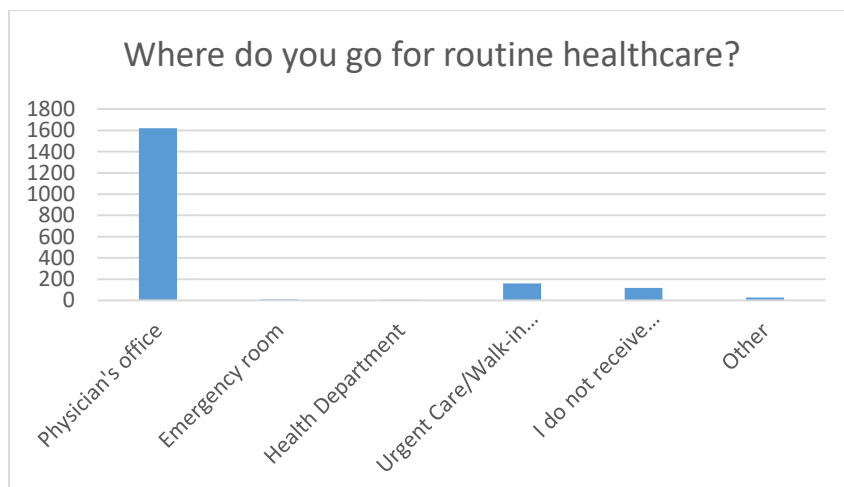
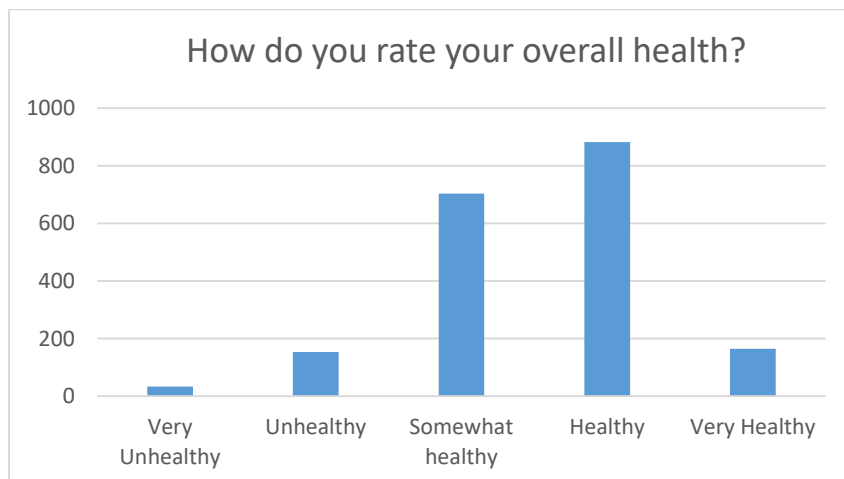
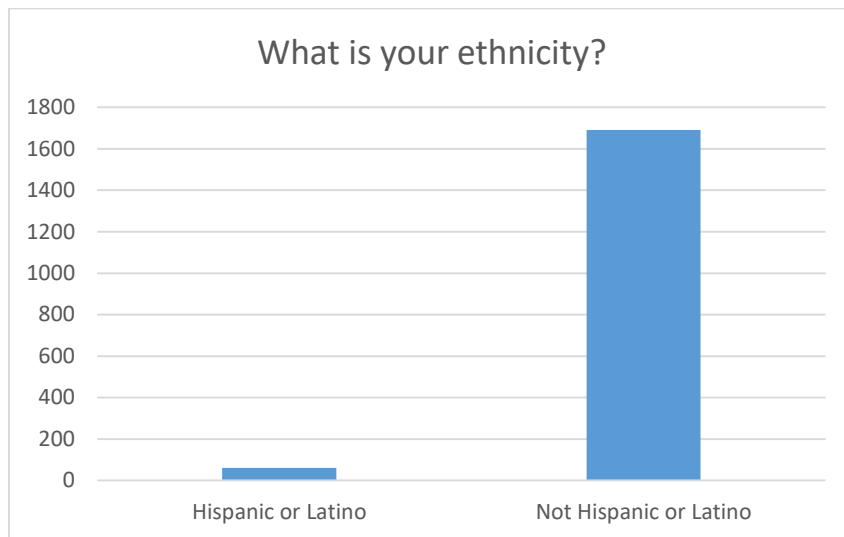
Gender

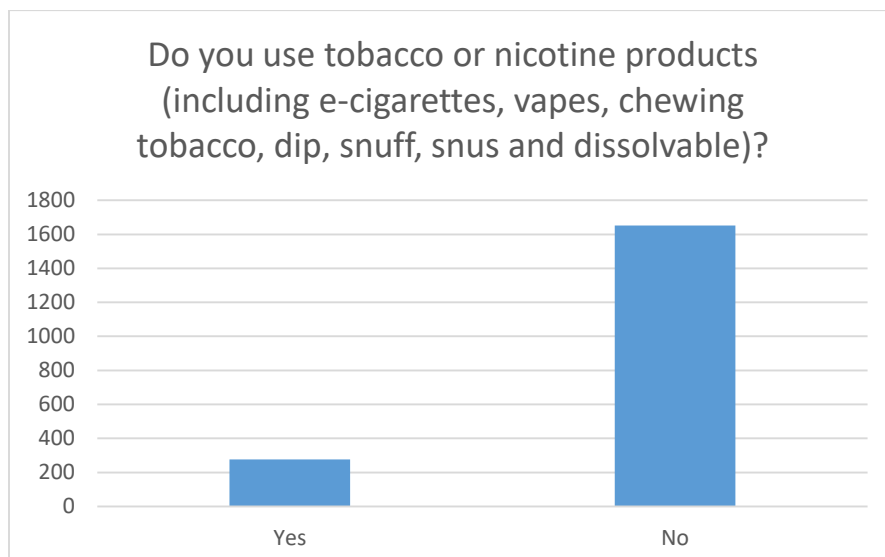
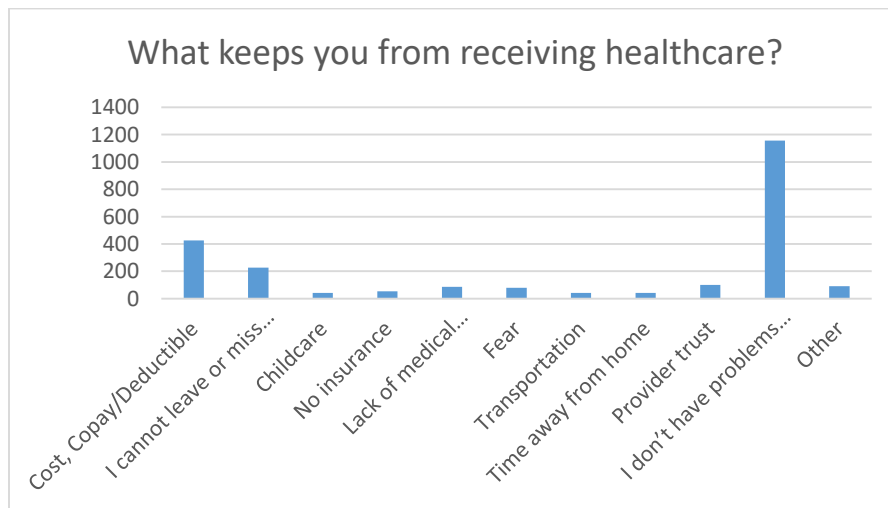
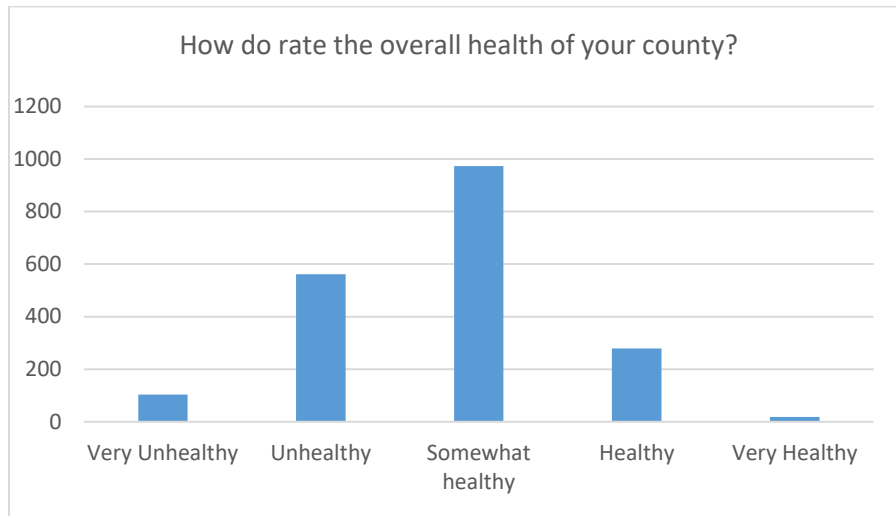


Household Income



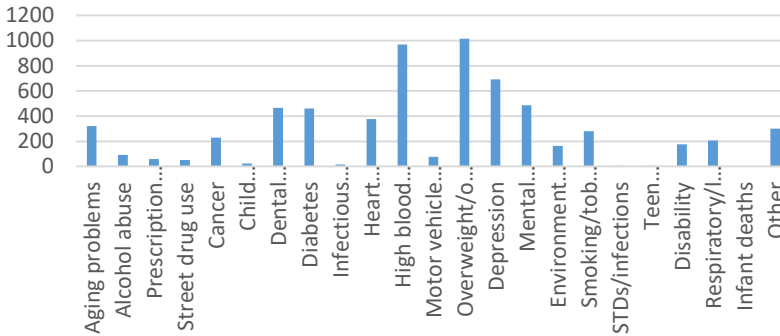




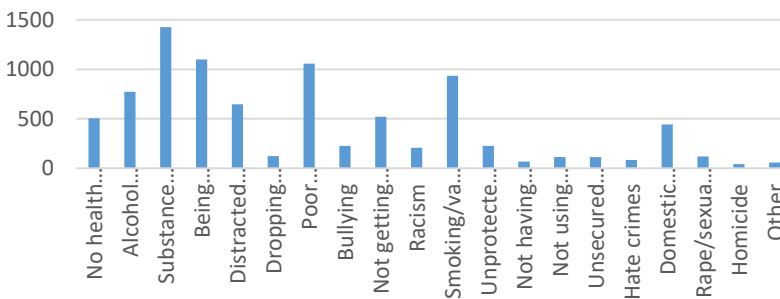




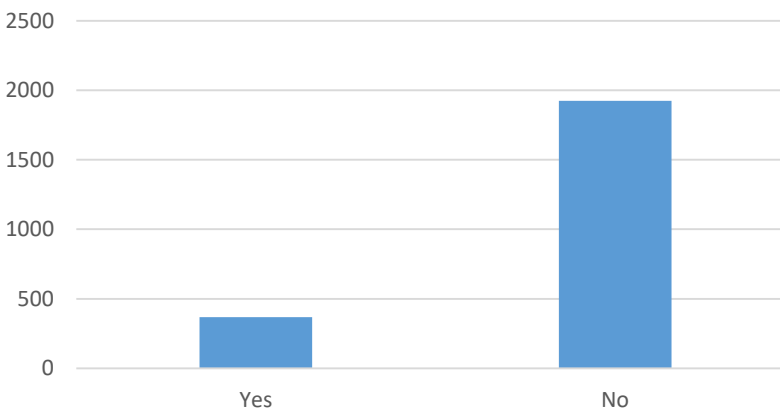
What do you think are the 5 greatest health problems affecting your household?

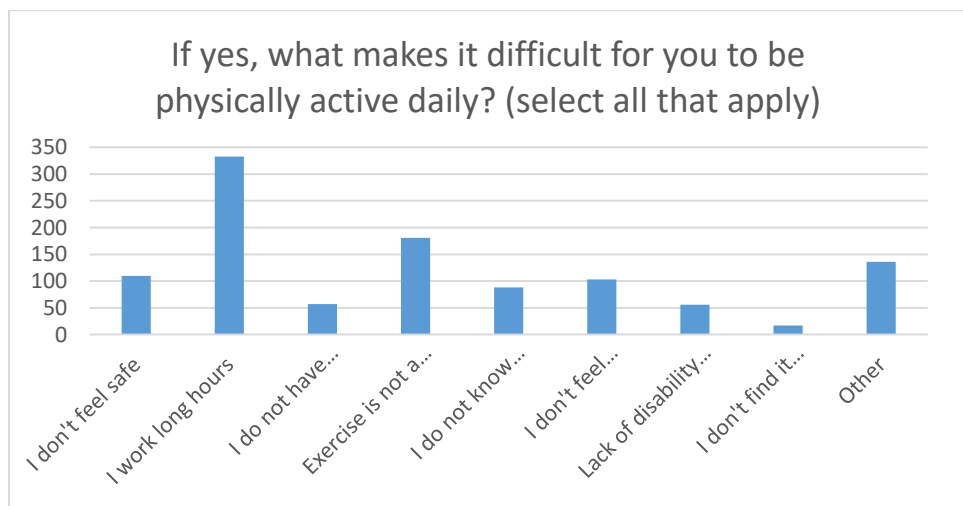
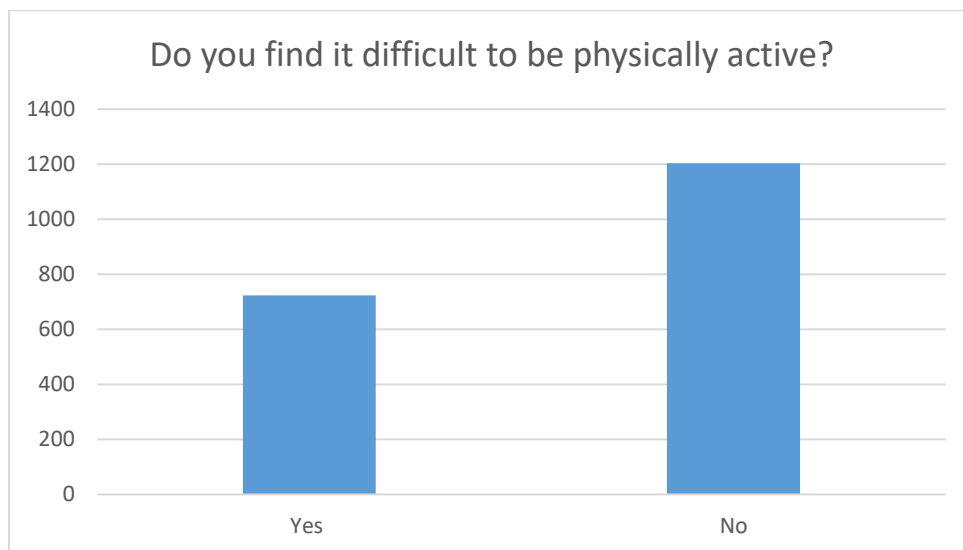
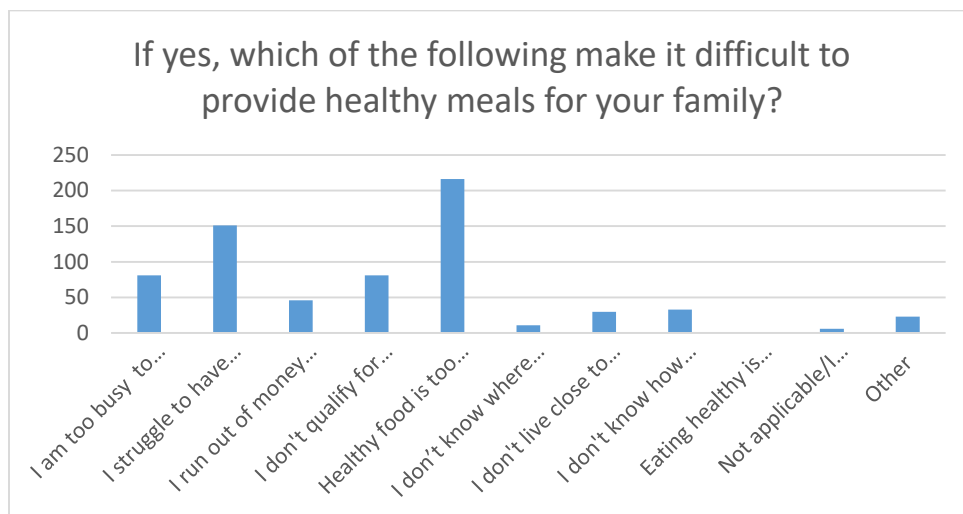


What do you think are the 5 most risky behaviors in your community?



Do you find it difficult to provide healthy meals for your family?





The Medical Center at Franklin Implementation Strategies for Addressing Community Health Needs 2022-2024

After thorough review of the survey results along with the data, The Medical Center at Franklin has prioritized the following community health issues that will be addressed over the next three years:

- Obesity/overweight
- High Blood Pressure
- Diabetes/Prediabetes
- Smoking/Vaping
- Access to Care

According to data from the County Health Rankings, 39% of adults are obese in Simpson County. Obesity can increase an individual's risk for other chronic conditions such as type 2 diabetes or high blood pressure. The Medical Center at Franklin will continue to partner with other businesses to assist with increasing knowledge of health eating and reducing obesity.

According to the Centers for Disease Control and Prevention (CDC), high blood pressure affects almost 50% of American adults. Chronic high blood pressure increases the risk for heart attacks, stroke, and other conditions. It is important for individuals to be educated on normal blood pressure ranges, managing high blood pressure and understanding the effects, and seeking medical help for elevated blood pressure.

Prediabetes and Type 2 diabetes are issues in the BRADD area. Prediabetes prevalence in the BRADD area is 10.3% and 11.8% statewide. In the BRADD area, 11.6% have type 2 diabetes with 13.7% of the adult population statewide. Overall, diabetes can lead to other chronic health conditions such as high blood pressure, heart disease and obesity. Appropriate diet and physical activity can help reverse prediabetes from progressing into type 2 diabetes, along with helping to manage the health of individuals with diabetes. The Medical Center at Franklin will partner with other stakeholders to provide education to the community with the overall goal of reducing the incidence of type 2 diabetes.

Kentucky ranks number two in the nation for adult smoking rates with an estimated 24.1% of the population. Likewise, 24% of the adult population in Simpson County smoke. In addition, the use of electronic vapor products is a growing issue. According to Truth Initiative, 20% of high school students were using e-cigarettes during 2020. There is a perception among youth and adults that e-cigarettes are safer than other forms of tobacco. We plan to collaborate our efforts with the BRIGHT Coalition and other

organizations to help reduce the incidence of smoking/vaping by providing education to the community.

Access to care is vital for a community for optimal health. The Medical Center at Franklin will continue to work with local community partners in providing various programs. This will include the use of telemedicine services. In addition, we will work with our organization and other stakeholders in providing education on COVID-19 prevention and vaccination. We will continue to follow best practices of managing COVID-19 while following the guidance of the CDC, etc.

Implementation Strategies:

Identified Need: Obesity/Overweight

Goal:

- Increase knowledge of healthy eating habits to assist with reducing obesity with children and adults.
- Assist with reducing obesity rates with children and adults.

Partners:

- Barren River District Health Department
- Medicaid Managed Care Program/Case Management
- Franklin Simpson Boys & Girls Club
- Med Center Health Primary Care Franklin
- Franklin Simpson Schools
- Local Industries
- Franklin Simpson Chamber of Commerce
- Med Center Health WorkLife Program

Plan:

- Promote the offering of Medical Nutrition Therapy by a Registered Dietitian at the Med Center Health & Wellness.
- When possible, continue offering fitness classes to the community.
- Provide nutrition education and body fat analysis to local industries through the WorkLife program.
- Provide education and screenings at community/industry health fairs.
- Collaborate with the Boys & Girls Club on health education through their Garden Program.
- Sponsor the Franklin Simpson Garden Spot 5K Run/Walk and the Community Health Fair.
- Post healthy recipes and educational information on the hospital's social media page.

Identified Need: High Blood Pressure

Goal:

- Increase knowledge of effects of high blood pressure.
- Increase knowledge of management of high blood pressure and follow up with primary care physician.
- Assist with community education and reducing health risks for heart attack or stroke.

Partners:

- National Stroke Association
- Barren River District Health Department
- Kentucky Heart Disease and Stroke Prevention Task Force
- American Heart Association and American College of Cardiology
- Local Industries

Plan:

- Offer blood pressure screenings through various venues to the community.
- Provide education to the community through social media posts and local activities.
- Sponsor the Franklin Simpson Garden Spot 5K Run/Walk and the Community Health Fair.

Identified Need: Diabetes/Prediabetes

Goal:

- Assist with reducing the incidence of type 2 diabetes in the community.
- Provide education on prevention and management of diabetes.
- Provide education on prediabetes.

Partners:

- Barren River District Health Department
- Medicaid Managed Care Program/Case Management
- Med Center Health Primary Care Franklin
- Franklin-Simpson Chamber of Commerce
- Local Lion's Club
- Local Industries

Plan:

- Collaborate with the Lion's Club with the local Diabetic Health Fair.
- Provide education on diabetes and diabetes prevention at local industries, health fairs and community events.
- Blood glucose screenings will be offered at the Community Health Fair.
- Collaborate with the Barren River District Health Department on a prevention program for diabetes.
- Sponsor the Franklin Simpson Garden Spot 5K Run/Walk and the Community Health Fair.

Identified Need: Smoking/Vaping

Goals:

- Reduce the incidence of smoking/vaping.
- Reduce the incidence of vaping amongst middle school/high school
- Provide education on the effects of smoking/vaping

Partners:

- Barren River District Health Department
- Franklin-Simpson Schools
- Get Healthy Simpson Coalition
- Franklin-Simpson Boys and Girls Club

Plan:

- Collaborate with other providers and organizations with educating community with knowledge related to smoking/vaping and resources available.

- Support Get Healthy Simpson Coalition in advocating for smoke-free environments within the county.

Identified Need: Access to Care

Goals:

- Receive certification thru The Joint Commission as an Acute Stroke Ready Hospital.
- Continue to utilize Med Center Health Primary Care Franklin to manage chronic disease conditions within the community.
- Continue to utilize telemedicine services to provide access to specialists and primary care.
- Continue to provide the nurse program to local school system and onsite nurse practitioner services.
- Continue to provide the outpatient chemotherapy program at the hospital.
- Continue to develop strategies and resources in the treatment and prevention of COVID-19.
- Support organizations that provide treatment for mental health and substance abuse.

Partners:

- Medical Center Primary Care-Franklin
- Med Center Health
- Barren River District Health Department
- Franklin Simpson Schools
- The Joint Commission
- Franklin-Simpson EMS
- Kentucky Public Health
- CDC
- Caravan Health

Plan:

- Continue to work with providers in expanding telemedicine services with various specialists such as psychiatry, orthopedics, etc...
- Work with the organizations 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 providers at Med Center Health Primary Care Franklin in addressing chronic health needs of patients and closing gaps to maximize health.
- Promote outpatient chemotherapy services to physicians and community.
- Continue to provide best practice strategies as guided by the CDC, public health and government agencies for treatment and prevention of COVID-19.