



SCOTT REGIONAL HOSPITAL CHNA

NOVEMBER, 2016

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EXECUTIVE SUMMARY

Scott Regional Hospital strives to meet the health care needs of our community by providing an array of healthcare services, education, community service, and activities to promote health awareness for all diversities.

As a provider of health care services, the administration and staff of Scott Regional Hospital know the importance of providing not only quality healthcare to our patients for existing health issues, but providing programs that promote overall health and wellness. Promoting the value of good nutrition, exercise, physical and mental health is essential to a healthy population.

The recommendations we received through the recent community health needs assessment allows us to identify and prioritize local community health care needs. Information provided to us through a focus group meeting and completion of surveys helps us to address these specific needs, implement a plan, and work toward meeting these needs.

Community benefits provided by Scott Regional Hospital include health education through in-services, lunch and learns, and health fairs, as well as individuals. Having a significant presence in the community by volunteering countless hours, participating in numerous activities to promote health and wellness, and providing health care for the people in our community is our priority.

The *response* section of this report describes how the hospital and its collaborative partners worked together to address identified health needs in our community during the past three years. In this report, we also discuss the health priorities that we will focus on over the next three years. The CHNA report is available on the hospital's website www.scottregional.org or a printed copy may be obtained from the hospital's administrative office.

Scott Regional Hospital thanks everyone in our community that participated in the focus group meeting and completed surveys to assist us in conducting this needs assessment. We look forward to working closely with our community to help improve the overall health of the people we serve.

Michael Edwards, Administrator
Scott Regional Hospital

ABOUT THE HOSPITAL



Scott Regional Hospital opened in June 1993, proving quality health care to the people of Morton, Mississippi and the surrounding area. On September 1, 2007, Scott Regional Hospital became a division of Rush Health Systems in Meridian, Mississippi, bringing medical expertise and the opportunity for growth and development to the hospital.

A 25-bed acute-care hospital, Scott Regional Hospital provides a wide range of inpatient, outpatient and emergency services. Patients can be admitted to the hospital if their medical needs make that the best option. A variety of other services are available on an inpatient and outpatient basis through the hospital's imaging, laboratory and rehabilitative services, including physical, occupational and speech therapy.

Patients are cared for under the direction of their physician by a licensed health care team including registered nurses, physical therapists, social workers, dietitians, pharmacists and other ancillary staff, depending on the patient's medical needs.

A 24-hour emergency department is staffed with qualified emergency room hospitalists and is open 24 hours a day, seven days a week. The hospitalists also act as hospital physicians, which means they can admit and care for patients who do not have a physician who regularly admits patients at the hospital.

Skilled nursing and rehabilitative care are available at Scott Regional Hospital through the Swing Bed Program. Those recovering from surgery, a stroke, a fracture or an extended medical illness and hospitalization can choose to rehabilitate at Scott Regional Hospital, whether or not they were hospitalized in another location.

THE COMMUNITY HEALTH NEEDS ASSESSMENT

The Community Health Needs Assessment defines opportunities for health care improvement, creates a collaborative community environment to engage multiple change agents, and is an open and transparent process to listen and truly understand the health needs of Scott County. It also provides an opportunity for the hospital to identify valuable collaborative partners as we try to better serve the community and improve the health of our citizens.

The federal government now requires that non-profit hospitals conduct a community health assessment. These collaborative studies help health care providers build stronger relationships with their communities, identify needs, and dedicate funding and other resources toward programs that clearly benefit local residents.

COMMUNITY HEALTH NEEDS ASSESSMENT STEERING COMMITTEE

The Committee is responsible for the oversight, design, and implementation of the CHNA. It will continue to collect information, establish community relationships and oversee the budget and funding sources. Adhering to an agreed upon timeline, the Committee will generate, prioritize, and select approaches to address community health needs.

The hospital's administrator developed a hospital steering committee. The appointed members are listed below. Other members may serve on the Steering Committee as the committee's work progresses.

- . Mike Edwards - *Administrator*
- . Lanay Russum - *Director of Marketing, CHNA Chairman*
- . Andy Chambers, RN, BSN - *Director of Nursing*
- . Amy Sugg - *Administrative Assistant*
- . Fannie Easterling, LPN - *Corporate Compliance*



COMMUNITY ENGAGEMENT AND TRANSPARENCY

We are pleased to share with our community the results of our Community Health Needs Assessment. The following pages offer a review of the strategic activities we have undertaken, over the last three years, as we responded to specific health needs we identified in our community. The

THE COMMUNITY HEALTH NEEDS ASSESSMENT

report also highlights the updated key findings of the assessment. We hope you will take time to review the health needs of our community, as the findings impact each and every citizen of our rural Mississippi community. Also, review our activities that were in response to the needs identified in 2013. Hopefully, you will find ways you can personally improve your own health and contribute to creating a healthier community.



DATA COLLECTION

Primary and secondary data was gathered, reviewed, and analyzed so that the most accurate information was available in determining the community's health needs and appropriate implementation process.

Primary Data: Primary data is that which is collected by the assessment team. It is data collected through conversations, telephone interviews, focus groups and community forums. This data was collected directly from the community and is the most current information available.

Secondary Data: Secondary data is that which is collected from sources outside the community and from sources other than the assessment team. This information has already been collected, collated, and analyzed. It provides an accurate look at the overall status of the community.

Secondary data sources included:

The United States Census Bureau	Mississippi State Department of Health
Centers for Disease Control and Prevention	American Heart Association
Scott Regional Medical Records Department	Trust for America's Health
US Department of Health & Human Services	
Mississippi Center for Obesity Research, University of Mississippi Medical Center	
Mississippi State Department of Health, Office of Health Data and Research	

COMMUNITY INPUT

COMMUNITY FOCUS GROUP

A community focus group was held at Scott Regional Hospital on Tuesday, October 25, 2016. The participants in the group were carefully selected because they each represented a specific segment of the populations served. In addition, they can act as a continuous conduit between the community and the leadership of the hospital. These participants contributed to a structured discussion which was impartially facilitated by a healthcare consultant from HORNE LLP of Ridgeland, Mississippi.

This focus group provided a deliberative venue for learning, trust-building, creative problem solving, and information gathering which ultimately served as a valuable resource for the CHNA Steering Committee as it developed the hospital's health priorities for the next three years. Since the focus group was based on open communication and critical deliberation, it will hopefully lead to improved community relations, trust and collaborative partnerships as the hospital strives to improve the overall health of the community.

- Mayor Greg Butler - *Mayor, City of Morton & Scott Regional Hospital Board of Directors*
- David French, RPh - *Pharmacist & Business Owner, French's Pharmacy*
- Sister Eileen Hauswald - *Site Director, Excel Community and Learning Center*
- Alethea Krutz, MS, LPC - *Licensed Professional Counselor, Weems Community Mental Health*
- John Mark Cain - *Deputy Superintendent, Scott County School District*
- Jason Cook, ATP - *DME/ATP, Cook Medical Supply*
- Bill Rogers - *Retired, Scott County Farm Bureau Insurance*
- Rev. Gary Wyatt - *Pastor, North Morton Baptist Church*
- Brenda McCaughn - *Executive Director, Morton Chamber of Commerce*
- Franceska Roland - *Family/Volunteer, Morton Homemaker Volunteer Club*
- Rev. Johnny Qualls - *Minister of Bethel Missionary Baptist Church of Meridian*
- Dr. Christy Thornton Barnett - *District Health Officer, MS Dept. of Health Region VI, VIII, and IX*
- Rev. Gary Glazier - *Pastor, Retired US Navy, Ophthalmic Technician, Morton United Methodist Church*



COMMUNITY INPUT

COMMUNITY SURVEY

Community health needs were identified by collecting and analyzing data and information from multiple quantitative and qualitative sources. Considering information from a variety of sources is important when assessing community health needs, to ensure the assessment captures a wide range of facts and perspectives and to assist in identifying the highest-priority health needs. One of the most important sources is to seek input directly from those we serve.

In order to provide citizens of our services area with an opportunity to provide us their valuable insight, a Community Survey was published in the local paper. The survey ran in the *Spirit of Morton*. It was published on Wednesday, October 19, 2016. *The Spirit* has a readership that covers Scott County and surrounding areas.

In addition, the survey was made available in public areas of the hospital and distributed through members of the CHNA Focus Group. Collection boxes were available in the hospital's lobbies.



COMMUNITY INPUT

INPUT FROM THE COMMUNITY

Through internal conversations at the hospital, one-on-one interviews with community leaders, and a hospital focus group, much information was gathered which was influential as the CHNA Steering Committee developed the hospital's implementation plan.

There were health needs identified that can be addressed and met by the hospital and others that must be referred to other local organizations or health agencies. Several health improvement opportunities were identified where the hospital will try to act as a community catalyst for action but are not part of the hospital's implementation plan.

The community felt that the adult population of the county was the segment that had the greatest health risks in regards to lifestyle impacted diseases such as heart disease and diabetes. Poor nutritional habits are prevalent in the South, especially in rural communities.

It was felt that the communities in the service area could benefit from educational opportunities emphasizing healthy eating.

The senior population was also recognized as an "at risk" population due to lack of transportation, few senior health opportunities, poor nutritional habits plus limited access to fresh produce, and minimal physical activities.

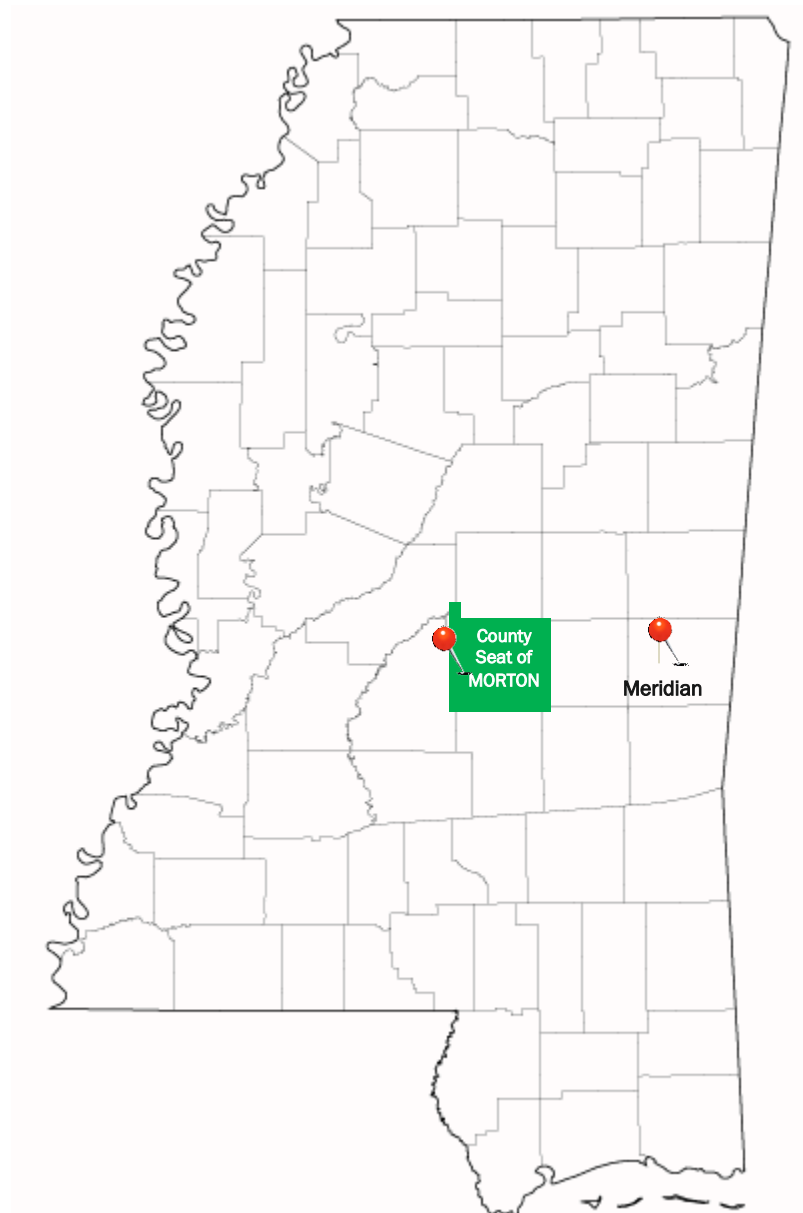
Suggestions included:

- Coordinating group-led health education classes with the local churches, school systems and other local health agencies
- Having more visible health and wellness activities in various locations throughout the county
- Creating a culture of community health and responsibility. Developing an initiative with all county health providers to empower the community to take individual ownership in his or her health.

ABOUT THE COMMUNITY

Scott County is a county located in the southern half of Mississippi in the middle of the state, adjacent to the state of Alabama. The county seat is Morton. The county has a total area of 610 square miles, of which 609 square miles (or 99.83%) is land and 1 square mile (or 0.17%) is water.

Scott County



(2007 Census Publications State and County Profiles Mississippi. *USDA Census of Agriculture, 2007*)

ABOUT THE COMMUNITY

DEMOGRAPHICS

As of the 2015 population estimates, there were 28,265 people residing in the county. 58.9% were White, 38.1% Black or African American, 0.5% Asian, 0.7% Native American, and 1.3% of two or more races. 11.2% were Hispanic or Latino (Community Facts, United States Population, 2010).

There are 10,248 households, and 7,264 families residing in the county. The population density is 46.4 people per square mile. There were 11,487 occupied housing units at an average density of 18.8 per square mile. Of the 10,248 households, 24.50% are made up of individuals and 10% have someone living alone who is 65 years of age or older. The average household size is 2.87 and the average family size is 3.22 (Community Facts, United States Population, 2010).

In the county the population is spread out with 26.30% under the age of 18, 9.4% from 18 to 24, 26.1% from 25 to 44, 25.3% from 45 to 64, and 12.9% who are 65 years of age or older. The median age is 35.7 years. For every 100 females in the county there are 93.7 males (Community Facts, United States Population, 2010).

The median income for a household in the county is \$34,555, and the median income for a family is \$39,273. Males had a median income of \$34,813 versus \$26,794 for females. The per capita income for the county is \$16,995. About 19.2% of families and 25.2% of the population are below the poverty line, including 37.7% of those under age 18 and 13.7% of those age 65 or over (Community Facts, United States Population, 2010).

PATIENT ORIGIN

Over 78% of the patients discharged over the past twelve months reside in Scott County, Mississippi. Almost 75% of those patients in Scott County reside in Morton. The majority of the remaining patients came from adjacent Mississippi counties, Rankin to the west and Leake to the north. The remaining patient population represents a variety of locations outside the primary service area.

SERVICE AREA

Since 78% of the inpatients reside in Scott County and over 75% of those patients reside in and around Morton, the county is the primary service area. The county includes the cities of Morton and Forest, the towns of Lake and Sebastopol, as well as 9 other unincorporated communities.

There are two additional counties, Rankin and Leake, from which 17% of the inpatients originated. Rankin County is home to four acute care hospitals and two psychiatric hospitals. Therefore it is not considered part of the secondary service area for Scott. Because Leake County does have a hospital and is not a major referral area for Scott, it is not included in the primary service area for this report.

CHARACTERISTICS OF THE HEALTH OF THE SOUTHERN RURAL COMMUNITY

All rural areas in the U.S. are unique with extensive geographic and economic variations. When compared to urban populations however, rural populations are often characterized as being older and less educated; more likely to be covered by public health insurance; having higher rates of poverty, chronic disease, suicide, deaths from unintentional injuries and motor vehicle accidents; having little or no access to transportation; and having limited economic diversity. All of these issues create challenges and opportunities to improve the health of those living in the rural South, and they play a role in understanding some of the underlying causes associated with issues related to the rural health workforce, health services, and special populations. These unique population and health issues were taken into consideration as the Steering Committee evaluated health and wellness opportunities to address. Some can be approached through initiatives of the hospital and others will best be approached through a cooperative effort of local government, state agencies, churches, volunteer programs and the hospital.

OBESITY IN MISSISSIPPI

The cost to the state of Mississippi due to obesity in terms of our heart health, quality of life, healthcare costs and life spans is astronomical. Obesity contributes to heart disease, stroke, diabetes and a myriad of orthopedic conditions.

Over the past few decades, obesity has become a serious health care issue in the United States. The obesity rate for adults was 13 percent in 1962; it now stands at over two and half times that. Today, 17 percent of children are obese.

As a health condition, it costs the country nearly \$150 billion every year. But obesity is not just a health condition anymore, at least according to the American Medical Association. The nation's largest group of doctors voted in June 2013, to classify obesity as a disease.

Obesity has become the greatest threat to the health of Mississippians and if left unchecked will overwhelm our health-care system. Without action, what is now a ripple effect of negative health consequences will become a tidal wave of disease, disability and premature death.

The uncontrolled epidemic of obesity is wreaking havoc on our state. One out of every three adults in Mississippi is considered obese. Obesity predisposes to a whole host of chronic diseases, and it produces a ripple effect of negative health consequences: hypertension, heart disease, stroke, kidney disease, neurodegenerative disease, diabetes and even cancer. These conditions contribute to the death of many Mississippians each year and, at a minimum, decrease our quality of life.

CHARACTERISTICS OF THE HEALTH OF THE SOUTHERN RURAL COMMUNITY

Obesity is hurting Mississippi's economy. An obese person generates 40 percent more in medical costs per year than a non-obese person. In 2008, Mississippi spent \$925 million in health-care costs directly related to obesity. If the trend continues, obesity related health-care costs will be \$3.9 billion by 2018. Obese adults miss work more often than other workers, impacting productivity. As a result, obesity hurts Mississippi's business competitiveness and ability to attract new industry.

Obesity is harming Mississippi's children. Mississippi has the highest rate of childhood obesity in the nation. Nearly half of Mississippi children are overweight or obese. Children as young as eight years old are being treated for Type 2 diabetes and high cholesterol. This was unheard of just a decade ago. The idea that children will be sick and die younger than their parents is not acceptable. However, the obesity rate for Mississippi's children has stabilized, but the same cannot be said of adults. A recent study shows that by 2030, 67 percent of Mississippi's adults are projected to be obese.

HEART DISEASE AND STROKE IN MISSISSIPPI

Mississippi has the highest death rate from cardiovascular disease (CVD) in the country and heart disease is the No. 1 killer in Mississippi. In 2010, 7,542 people in Mississippi died of heart disease. Unfortunately, CVD kills more Mississippians than all forms of cancer combined.

Stroke is the No. 5 killer in Mississippi. In Mississippi, 1,520 people died of stroke in 2010.

Heart Disease and Stroke Risk Factors in Mississippi

In Mississippi	In America
26.0% Adults are current smokers	21.1%
40.0% Adults participate in 150+ min of aerobic physical activity per week	51.6%
68.9% Adults who are overweight or obese	63.5%
5.4% Adults who have been told that they have had a heart attack	4.4%
4.0% Adults who have been told that they have had a stroke	2.9%
4.6% Adults who have been told that they have angina or coronary heart disease	4.1%
69.3% Population of adults (18-64) who have some kind of health care coverage	78.9%
15.8% High school students who are obese	13.1%

Disability and death from CVD are related to a number of modifiable risk factors, including high blood pressure, high blood cholesterol, smoking, lack of regular physical activity, diabetes, and being overweight. While it affects persons of all ages in Mississippi, CVD is the leading cause of death for persons age 75 and over.

CHARACTERISTICS OF THE HEALTH OF THE SOUTHERN RURAL COMMUNITY

Seventy-three percent of the population ages 60 to 79 have CVD compared to 40 percent of the population ages 40 to 59 (Older Americans & Cardiovascular Diseases, 2016).

The No. 5 killer in Mississippi and the No. 4 killer in Clarke County is stroke, another disease greatly impacted by lifestyle. Hypertension, obesity, smoking and lack of exercise are typically associated with the health status of the stroke victim. Unfortunately, these lifestyle habits are prevalent in the rural south.

There are nine areas of lifestyle and disease related problems that are significant factors in the higher levels of heart disease and stroke in Mississippi. They are:

- | | |
|------------------------|----------------------|
| Physical Inactivity | Obesity |
| Improper Nutrition | Abnormal Cholesterol |
| Tobacco Use | Diabetes |
| Socio-cultural Factors | Acute Event |
| Hypertension | |

LIFESTYLE AND DISEASE

Modified lifestyle diseases are illnesses that can potentially be prevented by changes in diet, environment, physical activity and other lifestyle factors. These diseases include heart disease, stroke, obesity, diabetes and some types of cancer.

In Scott County, the three major diseases that result in the most deaths are lifestyle diseases. They are heart disease, cancer and stroke.

This is why the CHNA Committee has chosen to address educational and lifestyle initiatives to assist in lowering the incidence of these diseases. The initiatives are outlined later in the report under the implementation plan.

RURAL HEALTH DISPARITIES

Although the term *disparities* is often interpreted to mean racial or ethnic disparities, many dimensions of disparity exist in the United States, particularly in health. If a health outcome is seen to a greater or lesser extent between populations, there is disparity. Race or ethnicity, sex, sexual identity, age, disability, socioeconomic status, and geographic location all contribute to an individual's ability to achieve good health. It is important to recognize the impact that social

CHARACTERISTICS OF THE HEALTH OF THE SOUTHERN RURAL COMMUNITY

determinants have on health outcomes of specific populations. *Healthy People 2020*, a federal project of the Office of Disease Prevention and Health Promotion, strives to improve the health of all groups.

Healthy People 2020 defines a *health disparity* as “a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.”

Over the years, efforts to eliminate disparities and achieve health equity have focused primarily on diseases or illnesses and on health care services. However, the absence of disease does not automatically equate to good health.

Powerful, complex relationships exist between health and biology, genetics, and individual behavior, and between health and health services, socioeconomic status, the physical environment, discrimination, racism, literacy levels, and legislative policies. These factors, which influence an individual’s or population’s health, are known as *determinants of health*.

For all Americans, other influences on health include the availability of and access to:

- High-quality education
- Nutritious food
- Decent and safe housing
- Affordable, reliable public transportation
- Culturally sensitive health care providers
- Health insurance
- Clean water and non-polluted air

According to an article published in December, 2014, by Business Insider, for the third year in a row, America's Health Rankings, an annual accounting of Americans' health, has found that Mississippi is the least healthy state in the US.

Since the rankings began in 1990, Mississippi – which has high rates of obesity and diabetes, low availability of primary care, and high incidence of infectious disease – has always ranked among the bottom three. Hawaii – which has low rates of obesity, smoking, cancer deaths, and preventable hospitalizations – has always been among the top six.

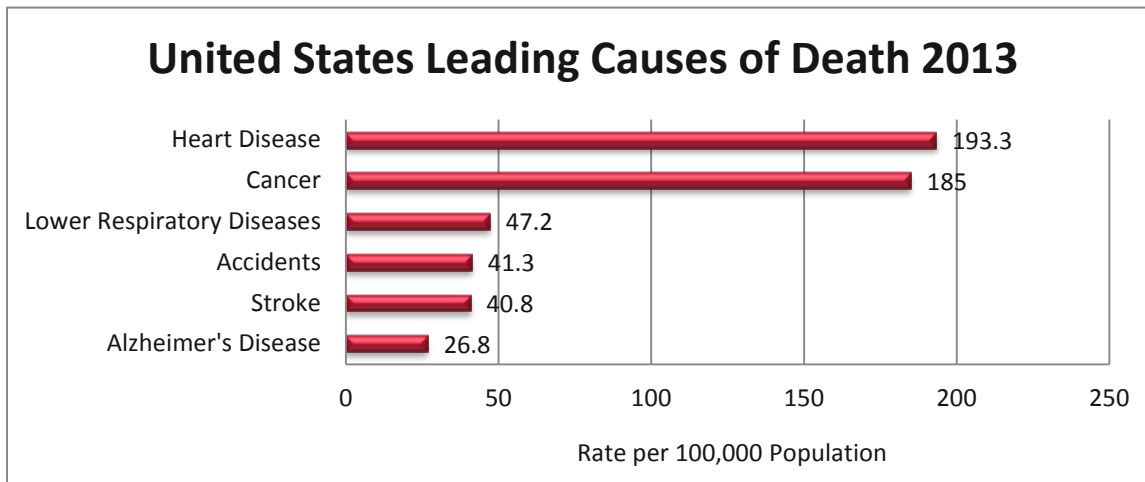
CHARACTERISTICS OF THE HEALTH OF THE SOUTHERN RURAL COMMUNITY

The rankings are funded by the United Health Foundation and are based on data from the Centers for Disease Control and Prevention, the American Medical Association, the Census Bureau, and other sources. They take into account 27 distinct measures including rates of smoking, obesity, drug deaths, education, violent crime, pollution, childhood poverty, infectious disease, and infant mortality.

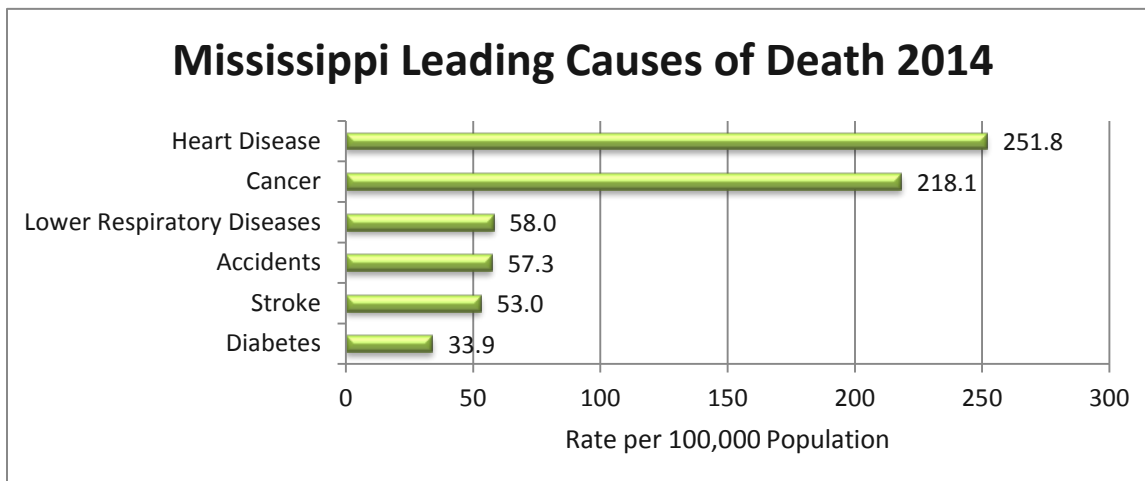
Overall, the rankings showed progress in some areas and not in others. The 2014 analysis found increases from the previous year in obesity and physical inactivity and decreases in infant mortality and smoking rates.

In the past 25 years, there have been some notable changes. Since 1990, there have been major reductions in infant mortality (down 41%), death from heart disease (down 38%), and premature death (down 20%). In 1990, 29.5% of Americans smoked; in 2014, 19% smoke, though smoking remains "the leading cause of preventable death in the country," a press release noted. Unfortunately, in that same time period, rates of diabetes and obesity have more than doubled.

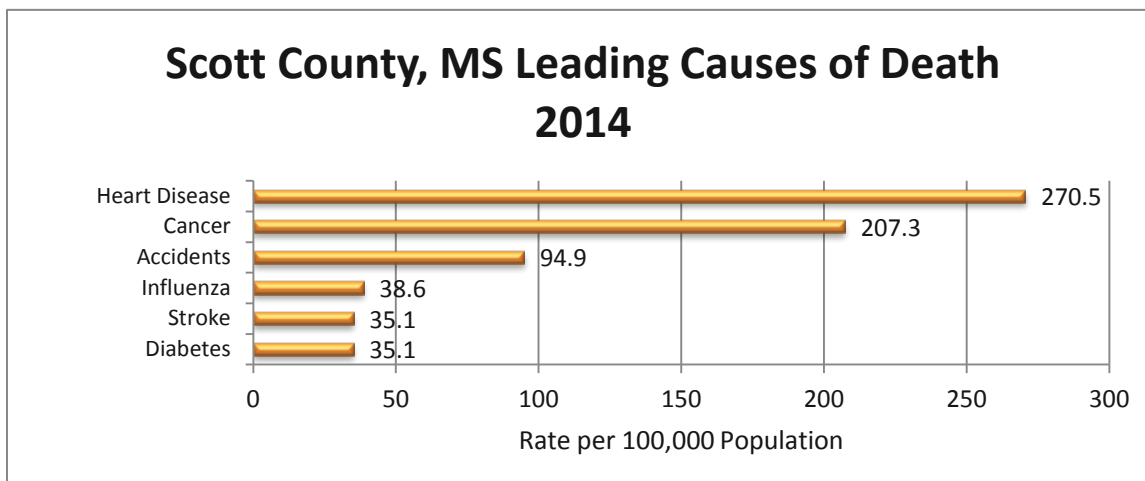
There has also been an 8% decline in cancer mortality since its peak in 1996. Cancer is the second leading cause of death in the US (heart disease is number one), and 2014 saw an estimated 1.6 million new diagnoses.



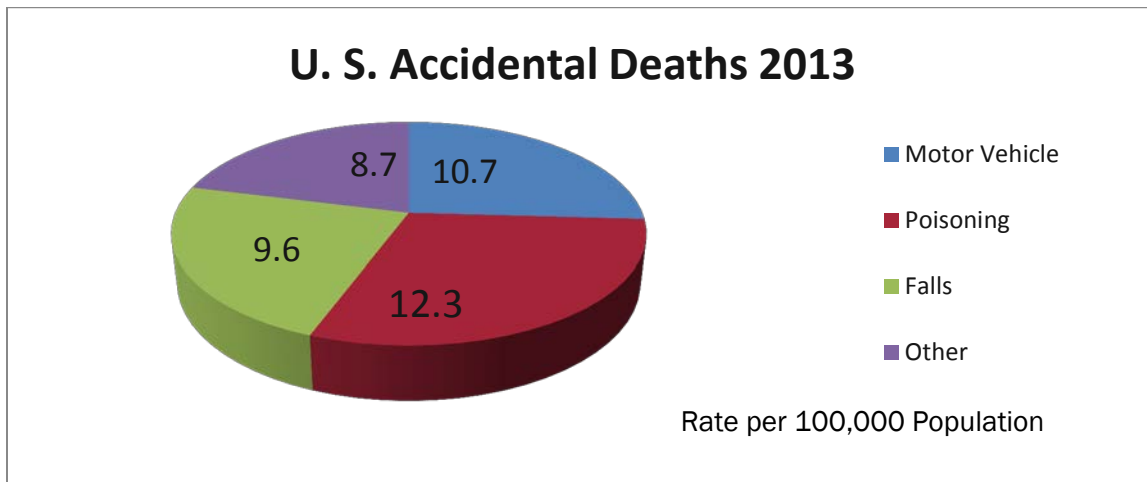
(Heron, M., 2016)



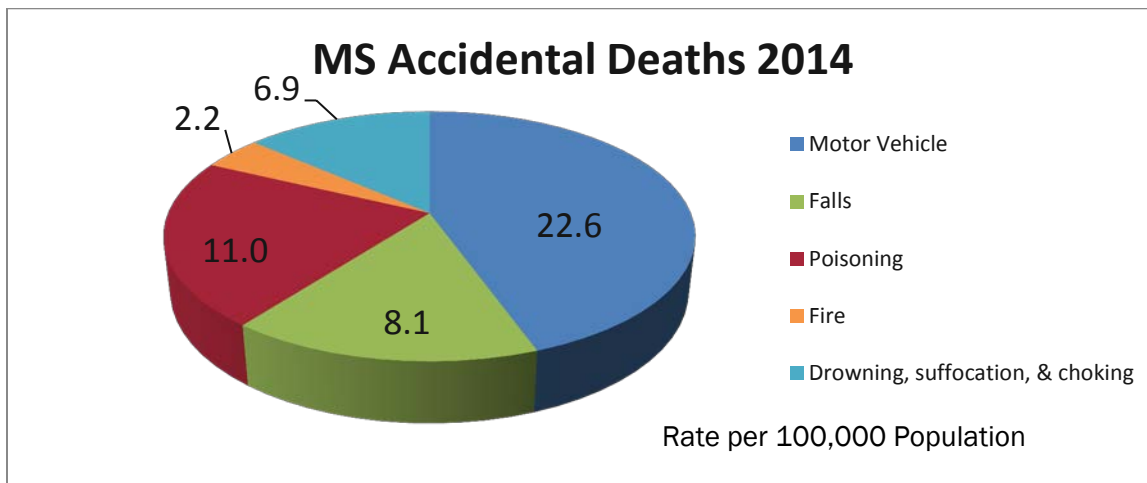
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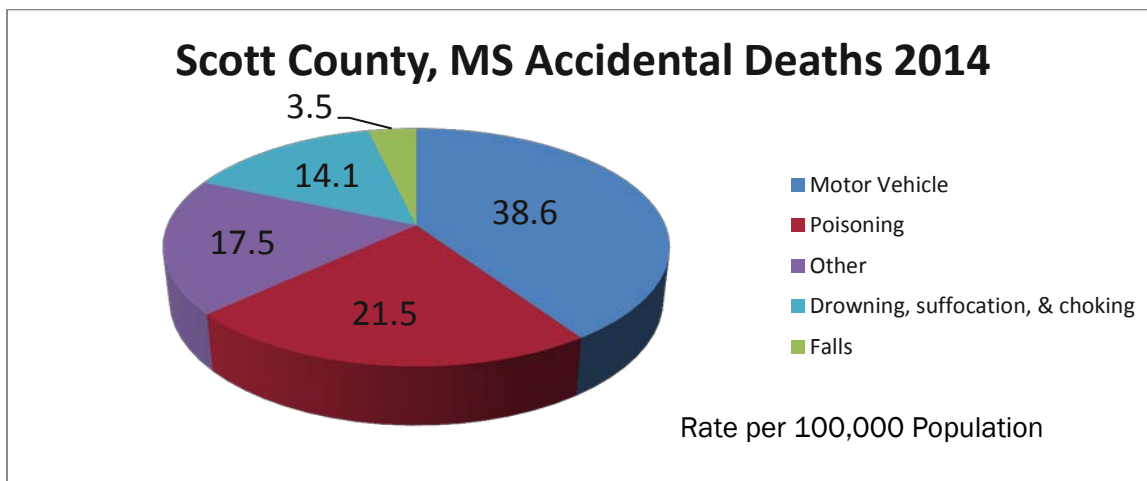
(Generated Statistical Table-MSTAHRs, Scott, Cause of Death, 2016)



(Heron, M., 2016)



(Generated Statistical Table-MSTAHRs, Mississippi, Unintentional Injury, 2016)



(Generated Statistical Table-MSTAHRs, Scott, Unintentional Injury, 2016)

CHNA STRATEGIC ACTION RESPONSES

Strategic Action Responses

Access, affordable care, a lack of knowledge about healthy lifestyles and the relationship to chronic diseases, plus a lack of awareness of available health and wellness services contribute to a wide range of health care needs among rural communities in Mississippi.

At the conclusion of the 2013 Community Health Needs Assessment conducted by Scott Regional Hospital the CHNA Steering Committee identified critical areas of health needs for the people in our service areas. The group's vision was to improve population health in the area by addressing gaps that prevent access to quality, integrated health care and improving access to resources that support a healthy lifestyle.

In support of the 2013 Community Health Needs Assessment, and ongoing community benefit initiatives, Scott Regional Hospital implemented the following strategies to positively impact and measure community health improvement.



CHNA STRATEGIC ACTION RESPONSES

INITIATIVE:

STRENGTHEN HEALTH EDUCATION

TARGET POPULATION:

Our target population was the low income and Hispanic population of Scott County.

GOAL, DESIRED OUTCOME:

Our goals were to educate the community on health care services in the area, as well as provide health and wellness information. Free health screenings were also provided at several events to encourage people in our community to strive to live healthier lives.

ACTIVITIES:

- **Scott Regional Hospital & Fitness Masters Community Health Fair (March 6, 2014 / April 16, 2015 / April 21, 2016) Morton, MS** (3 events) Scott Regional Hospital collaborated with over 30 health care providers, state agencies, home health, hospice, medical supplies, etc. to provide health educational booths – reached over 360 adults and senior adults (free health screenings including glucose, cholesterol, blood pressure, bone density, eye screenings were provided, as well as a variety of health information, and services available in our area.
- **Leake County Senior Citizens Day (March 14, 2014 / March 13, 2015 / March 25, 2016) Carthage, MS** (3 events) – reached over 900 senior adults (set-up booth providing free blood pressure screenings, health information and hospital services). Collaborated with the Leake County Sheriff's Department.
- **Tyson Employee Health Fair (August 13, 2015 / August 11, 2016) Forest, MS** (2 events) – reached over 500 employees (set-up booth providing free cholesterol screenings and health information in English and Spanish, as well as hospital services).
- **St. Dominic Hospital Senior Wellness Fest (September 4, 2014 / September 22, 2015 / September 23, 2016) Jackson, MS** (3 events) – reached over 2600 adults and senior adults (set-up booth providing health information and hospital services) Collaborated with St. Dominic's New Directions for Over 55.
- **Rankin County Chamber of Commerce Community Health Fair (February 19, 2014 / May 4, 2016) Brandon, MS** (2 events) – reached over 1000 adults and senior adults (set-up booth providing health information and hospital services).

CHNA STRATEGIC ACTION RESPONSES

- **Morton Chamber of Commerce Business Expo (November 20, 2014) Morton, MS** – reached over 250 of all ages (set-up booth providing health information and hospital services).
- **Bettye Mae Jack Middle School Children’s Health Fair (October 28, 2015) Morton, MS** – reached over 800 students & faculty and **Morton Elementary School Health Fair (November 17, 2015) Morton, MS** – reached over 500 students & faculty (set-up booth and provided information on importance of hand washing to prevent spread of germs).
- **Scott County Baptist Association Spring and Fall Senior Adult Rallies (May 1, 2014 – Bethlehem Baptist Church, Morton, MS / October 2, 2014 – Steele Baptist Church, Steele Community, Forest, MS / May 7, 2015 – Spanish Church, Forest, MS / October 1, 2015 – Ephesus Baptist Church, Forest, MS / May 5, 2016 – Salem Baptist Church, Lake, MS (5 events) – reached over 750 senior adults (set-up booth providing health information and information on hospital services).**
- **MS Dept. of Wildlife, Fisheries, & Parks Employee Wellness Day (August 16, 2014) Morton, MS** – reached over 25 people of all ages (set-up booth and provided glucose, cholesterol, and blood pressure screenings).
- **Morton Chamber of Commerce and Blue Cross and Blue Shield Foundation of Mississippi Healthy Hometown Celebration Events (September 26, 2015 – Morton, MS / September 8, 2016 – Morton, MS) (2 events) – Morton was selected as the 2015 Healthy Hometown for less than 5000 population and the 2016 Overall Healthiest Hometown – reached over 100 people of all ages attending the events (Set-up a booth providing free glucose, cholesterol, and blood pressure screenings, health information, and hospital services).**
- **Hispanic Health Fair (February 20, 2016) Morton, MS** – reached over 30 people of all ages (provided cholesterol, glucose, and blood pressure screenings, as well as health information on a variety of topics in English and Spanish) Collaborated with the Morton Healthy Hometown Committee and Excel, Inc.
- **Mt. Zion MB Church Health Fair (October 25, 2014 / September 19, 2015) Ludlow, MS (2 events) – reached approx. 50 people of all ages. Provided free blood pressure screenings and information on Diabetes, Heart, Cholesterol, and Blood Pressure.**
- **Creative Christmas (November 13, 2014 / November 19, 2015) Forest, MS (2 events) – reached approx. 300 adults and senior adults – Set-up booth and provided free glucose screenings and lots of health and wellness information, as well as information on hospital services. Collaborated with the Scott County Extension Service – MSU.**
- **Meadowlawn Apartments (January 20, 2015) Forest, MS** – reached approx. 25 adults and senior adults – Set-up booth and provided cholesterol, glucose, and blood pressure screenings; health information and hospital services information.
- **Town of Walnut Grove Health Fair (April 12, 2016) Walnut Grove, MS** – reached 35 adults and senior adults – Set-up booth and provided health information and hospital services information.

CHNA STRATEGIC ACTION RESPONSES

- **Smith County Senior Citizens Event (May 19, 2016) Raleigh, MS** – reached 44 senior adults – Set-up booth and provided health information and hospital services information. Collaborated with the Smith County MS Homemaker Volunteer Council and Clubs.

Scott Regional Hospital provided in-services for women, men, senior adults, pastors (including lunches, breakfast, and dinner events) on topics including Diabetes, Mental Health, Fall Prevention, Heart Health, and Cholesterol.

- **Oakdale Apartments (October 15, 2013) Forest, MS** – reached 12 adults and senior adults – Krystin Nutt, NP, provided Diabetes In-Service & free glucose screenings.
- **Young At Heart at Forest Baptist Church (January 20, 2014) Forest, MS** – reached 25 senior adults – provided Mental Health In-Service.
- **Forest Housing Authority (March 25, 2014 / September 30, 2014 / January 27, 2015) Forest, MS (3 events)** – reached 30 adults and senior adults – provided in-services on Heart Health, Cholesterol and Thyroid Health. Provided free screenings including cholesterol and blood pressure. Distributed information on heart health, cholesterol, and thyroid health.
- **Senior Lunch and Learn “Healthy News You Can Use” (March 20, 2014) Morton, MS** – reached over 160 senior adults – Speakers were LePercival Griffin, M.D., general health information for senior adults; Todd Edwards, LPC, seniors and depression; and Ashlea Irby, OT, easy flexibility exercises to do at home.
- **Ephesus Baptist Church Senior Citizens (April 11, 2014) Forest, MS** – reached 25 senior adults – provided in-service on Senior Care, Swing Bed, and other Hospital Services.
- **Pastors Appreciation Dinner and In-Service (September 9, 2014 / November 10, 2015) Morton, MS (2 events)** – reached over 100 pastors, spouses, and church leadership – provided in-services on mental health issues facing the community and taking care of clergy mentally, physically, and spiritually.
- **Pelahatchie Police Department Senior Citizens Lunch (February 11, 2015) Pelahatchie, MS** – reached 50 senior adults – Provided in-service on Senior Care (mental health) and set-up booth with health information and hospital services.
- **Scott County Extension Service (Homemakers Volunteers) (October 27, 2015) Forest, MS** – reached 25 adults - Provided fall prevention in-service.
- **Tobacco Prevention Program (January 26, 2016) Morton, MS** – reached 8 people – Scott Regional Hospital sponsored In-service with the MS Tobacco Free Coalition of Rankin, Scott, and Simpson Counties, City of Morton, and the Morton Healthy Hometown Committee.
- **Ladies’ Heart Healthy Event and Luncheon (February 24, 2016) Morton, MS** – reached 53 women – In-Service sponsored by Scott Regional Hospital. Moneera Haque, M.D. of Rush Heart Institute was the speaker. Provided information on heart health for women.

CHNA STRATEGIC ACTION RESPONSES

- **Men's Health Event & Breakfast (March 8, 2016) Morton, MS** – reached 26 men – In-Service sponsored by Scott Regional Hospital, Morton Healthy Hometown Committee, City of Morton, and the Morton United Methodist Church Men's Club. Khondker Islam, M.D., was the speaker. Provided in-service on the importance of colon cancer screenings. Men's health information and hospital services were provided.
- Scott Regional Hospital purchased software for a language line to assist with language barrier and hearing impaired patients and family members.

CHNA STRATEGIC ACTION RESPONSES

INITIATIVE:

LIFESTYLE AWARENESS

TARGET POPULATION:

Our target population was focus on those who had issues with obesity, diabetes, and/or hypertension.

GOAL, DESIRED OUTCOME:

Our goal was to address lifestyle-related health problems and subsequent chronic disease management through education and cultural change.

ACTIVITIES:

- **Morton in Motion (April 14, 2014 – June 23, 2014) Morton, MS**, was a 12 week program to improve eating healthy, exercising, flexibility, and strength. 25 young adults, adults, and senior adults participated. Scott Regional Hospital assisted with the programs, and provided free health screenings including cholesterol, glucose, and blood pressure. BMI and weight were also provided for attendees. Participants learned how to eat healthier, the importance of exercise, how to manage diabetes, and much more. Participants lost a total of 100 pounds.
- **The Daniel Plan Study: 40 Days to a Healthier Life (September 6, 2014)** – 25 adults and senior adults from the community participated in this program led by Rev. Gary Glazier. The plan was framed around the basic essentials of a healthy lifestyle: Faith, Food, Fitness, Focus and Friends. Several people from the community participated in this event.
- **10,000 Steps A Day Challenge (March 2016)** – Businesses and individuals of all ages in the community were encouraged to increase their steps each day to achieve the recommended 10,000 steps a day. The City of Morton, Scott Regional Hospital, and other businesses in the community committed to the challenge.

Scott Regional Hospital participated in every aspect of the Morton Healthy Hometown Committee's planning, implementing, and encouraging people in the community to live a healthier lifestyle (February 2014 to present) – Lanay Russum, Director of Marketing from Scott Regional Hospital, assisted in writing the grant for the Blue Cross & Blue Shield Foundation of Mississippi Healthy Hometown. Because of the diligence and commitment of the committee and the community to living a healthier lifestyle, in 2015, the City of Morton was selected as a Healthy Hometown for a population of 5000 and less, receiving a \$25,000 grant. This grant was used to purchase and install children's cardiac playground equipment

CHNA STRATEGIC ACTION RESPONSES

at the Farris Municipal Park in Morton. In 2016, the City of Morton was selected as the Healthiest Hometown in the State of Mississippi receiving a \$50,000 grant. This grant will be used to update and improve the ball fields at Farris Municipal Park.

- Scott Regional Hospital participated in the **Mayor's Weight Loss Challenge** held from January 1 – April 15, 2015. The challenge was open to individuals, families, businesses, churches, groups, and organization. Scott Regional Hospital's team lost 43.5 lbs. A total of 384 lbs. was lost overall by participants.
- Scott Regional Hospital has a registered dietitian for nutrition counseling. Consultations are available for inpatients encouraging them to eat healthier.
- Scott Regional Hospital provided to our inpatient patients educational materials and instruction from nursing staff on obesity, diabetes, hypertension, and other health topics that apply to the patient.
- Scott Regional Hospital participated in the STEMI (Segment Elevation Myocardial Infarction) program for early identification of Mississippi.

CHNA STRATEGIC ACTION RESPONSES

INITIATIVE:

CHILDREN'S HEALTH

TARGET POPULATION:

Our target population was the youth of Scott County with an emphasis on the low income and Hispanic population.

GOAL, DESIRED OUTCOME:

Our goal was to improve the lives on the youth with proper vaccinations, screenings, nutritional guides, etc.

ACTIVITIES:

- Scott Regional Hospital's Physical Therapist worked with the Morton High School Athletic Program to provide education and awareness on healthy living, proper exercise, and prevention of sports related injuries.
- **Morton High School Football Team (August 7, 2014) Morton, MS** – Scott Regional Hospital Rehab Department provided a meal and in-service on preventive injury (preventing injuries, cramps, heat illnesses in sports, and sports nutrition, etc.) Over 50 football players and coaching staff attended.
- **Morton Elementary School – Healthy Eating Day (November 5, 2014) Morton, MS** – Scott Regional Hospital teamed up with Fairway Foods to provide an in-service to the 4th grade students on healthy eating. Students were given packets filled with healthy eating information, Cuties, and packs of tissues. Reached approx. 150 students and teachers.
- **Morton Elementary School LIT Night (November 10, 2014) Morton, MS** – Scott Regional Hospital set-up a booth at the Morton Elementary School Lit Night. Parents and students were given information on nutrition and Scott Regional Hospital Services. A healthy snack (granola bar) was also provided. This was an opportunity to collaborate with the school to encourage healthy eating. Immunization information was also provided. Information was provided in English and Spanish. Approximately 25 people were reached.

CHNA STRATEGIC ACTION RESPONSES

- **Bettye Mae Jack Middle School Children’s Health Fair (October 28, 2015) and Morton Elementary School Health Fair (November 17, 2015) Morton, MS** – Scott Regional Hospital set-up a booth at each event promoting washing hands to prevent the spread of germs. Several booths were set-up at this event. Reached over 500 students and teachers at the middle school and over 800 at the elementary school.
- Our three rural clinics in Scott County participated in the **Early Periodic Screening, Diagnosis, and Treatment (EPSDT) Program**, the child component of Medicaid.

CHNA STRATEGIC ACTION RESPONSES

INITIATIVE:

TEEN PREGNANCY

TARGET POPULATION:

Our target population was the teenage population of Scott County.

GOAL, DESIRED OUTCOME:

Our goal was to create effective programs to address teen pregnancy, prenatal care for young mothers.

ACTIVITIES:

- Nurse Midwifery services are available at Clark Medical Clinic providing education, counseling and prenatal care.
- Scott Regional Hospital held a **Fundraiser (August 2014)** for the **Center of Hope Pregnancy Resource Center in Forest** providing wipes, diapers, and baby hygiene products.

CHNA STRATEGIC ACTION RESPONSES

INITIATIVE:

MENTAL HEALTH AWARENESS

TARGET POPULATION:

Our target population was people of all ages within Scott County in need of help with mental health issues.

GOAL, DESIRED OUTCOME:

Our goal was to develop collaborations between mental health service providers, schools, and churches to better address “sub-clinical” emotional health needs, especially among youth and elderly.

ACTIVITIES:

- Scott Regional Hospital provided community-based outpatient psychiatric care through the **Senior Care Intensive Outpatient Therapy Program** for senior adults ages 55 and older. The program had two locations, conveniently located in Morton and Forest. The program provided treatment for patients suffering from depression, anxiety and grief. A physician’s referral was not required. Free transportation was provided to patients that need it. This program had helped many senior adults to maintain a quality of life.
- **Young At Heart at Forest Baptist Church (January 20, 2014) Forest, MS** – reached 25 senior adults – provided Mental Health In-Service.
- **Pastors Appreciation Dinner and In-Service (September 9, 2014 / November 10, 2015) Morton, MS** (2 events) – reached over 100 pastors, spouses, and church leaders – provided in-services on mental health issues facing the community and taking care of clergy’s mental, physical and spiritual life.
- **Senior Lunch and Learn “Healthy News You Can Use” (March 20, 2014) Morton, MS** – reached over 160 senior adults – One of the speakers, **Todd Edwards, LPC, of the Senior Care Program**, spoke to the attendees about seniors and depression.
- Scott Regional Hospital worked with **Weems Community Mental Health Center’s mobile crisis response team**. The team was available 24 hours a day, seven days a week, and is available for individuals experiencing a mental health crisis. Scott Regional Hospital utilized this service for patients in a mental health crisis.

CHNA STRATEGIC ACTION RESPONSES

- Scott Regional Hospital supported **Betty Mae Jack Middle School** during **Red Ribbon Week** each year. Scott Regional Hospital provided a monetary donation, as well as participates in the health fair held during the week. Red Ribbon Week focuses on the prevention of using drugs and tobacco products.

CHNA STRATEGIC ACTION RESPONSES

The following photographs represent the many activities Scott Regional Hospital participated in and sponsored. This was part of our CHNA Initiatives to create a healthier community.

Scott Regional Hospital Participated and Sponsored A Variety Of Healthy Events



Morton In Motion



2015 Community Health Fair



Healthy Eating Day



LIT Night at Morton Elementary School



Pelahatchie Police Dept. Senior Citizens



Mayor's Weight Loss Challenge



Morton Healthy Hometown Committee



Tyson Employee Health Fair



Scott Co. Baptist Assoc. Senior Adult Rally



Bettye Mae Jack Middle School Children's Health Fair



Morton Elementary School Children's Health Fair



Creative Christmas

CHNA STRATEGIC ACTION RESPONSES

Hispanic Health Fair



Women's Heart Health Event & Luncheon



Men's Health Event & Breakfast



Community Health Fair 2016

Rankin County Chamber of Commerce
Community Health Fair 2016

CHNA STRATEGIC ACTION RESPONSES

City of Morton & Blue Cross & Blue Shield Foundation of Mississippi 2015 Healthy Hometown Celebration



Children's Play & Cardio Equipment Purchased With Blue Cross & Blue Shield Foundation of Mississippi 2015 Healthy Hometown Grant



CHNA STRATEGIC ACTION RESPONSES

City of Morton & Blue Cross & Blue Shield Foundation of Mississippi 2016 Healthy Hometown Celebration



Senior Lunch & Learn



Pastors Dinner & In-Service



RESPONDING TO THE COMMUNITY

CLOSING THE GAP

The information gathered from the community was very uniform and was also consistent with the quantitative data. The most common needs mentioned by the community members were related to chronic diseases, health education, lifestyle improvement and access to emergency care.

Hypertension, heart disease, diabetes, weight loss/obesity and nutrition were all health needs identified by both the community members and health care professionals. Community members saw a need for increased education and preventive care in order to eliminate the path to chronic disease. Prevention is very cost effective compared to the catastrophic treatment needed when a chronic disease is unmanaged and leads to major health problems. Education related to nutrition was emphasized because of the link between obesity and so many chronic health conditions. Other community health needs that were expressed included a need for increased health literacy, and decreased health disparities among socioeconomic and racial groups.

PRIORITIZATION

The Steering Committee understood the facts the primary and secondary data communicated in reference to the health of the citizens of primarily Scott County:

- The County exceeds the State and U.S. in rate of deaths from heart disease.
- The County exceeds U.S. in rate of deaths from cancer but not the State.
- The County is lower than the State and U.S. in rate of deaths from stroke.
- The County exceeds the State and U.S. in rate of deaths from accidents.

A critical access hospital cannot provide the same level of care in the treatment of chronic disease as a hospital tertiary center. The critical access hospital can, however, work with acute care hospitals to assist patients in their access to an appropriate care center. The local hospital can provide emergency care and arrange expedited transportation to nearby tertiary facilities.

The critical access hospital can be the catalyst for community health education, prevention, and enhancement of community wellness activities. The local hospital can be invaluable in providing a community with the health resources for making wiser health and lifestyle decisions, thus being a major player in disease prevention.

The Steering Committee used the following process to prioritize the identified needs that the hospital would use when creating strategies to help close the gap:

RESPONDING TO THE COMMUNITY

- All the findings and data were read and analyzed for needs and recurring themes within the identified needs.
- Reference was made to the content of the community input and the identified needs from those sources.
- Comparisons were made between the primary and secondary data and then compared to what was the common knowledge and experience of the clinical staff of the hospital.
- Based on what resources could be made available and what initiatives could have the most immediate and significant impact, the strategic initiatives were developed.

Implementation strategies that will address three major health issues were developed. The strategies will seek to leverage valuable partnerships that currently exist and to identify opportunities for synergy within the community. The outcomes and results of these interventions will be followed and reexamined in preparation for the next CHNA.

CARING FOR THE COMMUNITY

CARING FOR THE HEART OF THE COMMUNITY: In responding to the need for expert response to serious cardiac episodes, Scott participates in the STEMI (ST-Elevation Myocardial Infarction) program for early identification of Mississippi. Scott Regional Hospital and all 5 of its Critical Access Hospitals were recognized nationally for the quality of their cardiac response program.

Scott Regional Hospital participates in this program by carefully following the protocol established by the American Heart Association and implemented by the skilled clinical staff at Scott Regional. The 90-minute time frame guides the care of the cardiac patient as it provides prompt, seamless and effective treatment. The patient is quickly evaluated and, when necessary, transported quickly and professionally to a tertiary care center for possible intervention. By working together, the barriers that stand between STEMI patients and prompt appropriate care are being removed.

SPECIAL NEEDS OF THE SENIOR POPULATION: Scott Regional Hospital provides community-based outpatient psychiatric care through the Senior Care Intensive Outpatient Therapy Program for senior adults, age 55 and older who suffer from depression anxiety and grief. The program does not require a physician referral for participation and also offers free transportation for participants who have that need.

RESPONDING TO THE COMMUNITY

IMPLEMENTATION PLANS

To be successful in creating a true sense of health in our community, it will be necessary to have collaborative partnerships which will bring together all of the care providers, the citizens, governments, plus business and industry, around an effective plan. Many needs have been identified through this process. Scott Regional Hospital is proud to have been the catalyst in this effort. However, addressing some of the needs identified will require expertise and financial resources far beyond what a critical access hospital can provide.

The hospital is aware of many lifestyle issues that face citizens of a rural southern state. Many of the lifestyle habits negatively impact the overall health of our community and are major contributors to several of the leading causes of death in our county. Scott Regional Hospital has identified five significant initiatives it will undertake over the next three years. These collaborative projects should help improve the health and overall quality of life in our community. Each project is described in another section of this report.

There are other health and wellness opportunities identified during the research portion of the CHNA. These possibilities will be considered as we develop our strategic action plans over the next three years.

HEALTH AND WELLNESS INITIATIVES

Over the next three years, Scott Regional Hospital, in concert with its many community partners will focus its energy in these areas:

HEALTH EDUCATION

Strengthen health education in the community with particular focus on:

- Low Income Population
- Hispanic Population

LIFESTYLE IMPROVEMENTS

Address lifestyle related health problems and chronic disease management through education and cultural change. Focus will be on:

- Obesity
- Diabetes
- Hypertension

CHILDREN'S HEALTH

Create a systematic approach to improving the health of the children of the community with particular emphasis on the low income and Hispanic populations. The approach will include:

- Vaccinations
- Screenings
- Nutrition
- Physical Activities
- Health Education

TEEN PREGNANCY

Create effective programs to address:

- Teen Pregnancy
- Prenatal Care for Young Mothers

COMMUNITY COLLABORATION

Enhance the focus and activities of the CHNA Community Focus Group. Utilize this group to continue dialogue regarding:

- Mental Health Needs with emphasis on youth and elderly
- Mental Health Access and Placement
- Accident Prevention with emphasis on Motor Vehicle Accidents
- Education on Emergency Room Utilization

THANK YOU

This comprehensive assessment will allow us to better understand the needs and concerns of our community. Scott Regional Hospital is proud to be part of the Rush Health System where we truly believe we are “our brother’s keeper.” As always, through this commitment to compassionate and mission-focused healthcare, we are honored to work closely with our collaborative partners in our community to provide outstanding healthcare and create a healthier world for the residents of Scott County and surrounding area.

Thanks to each of you who provided valuable insight into this report. Your participation in the data gathering, discussions and decision making process helped make this a true community effort which will better serve all segments of our population.

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