

Because *Everyone's* Health Matters to HMC

Community Health Needs Assessment (CHNA):

Hardin County

Conducted by:



Community Needs Assessment Team

February 2013

**This report is to fulfill the requirements of the
Patient Protection and Affordable Care Act Pub.L. No.111-148,
124 Stat. 119, enacted March 23, 2010.**

**HARDIN MEDICAL CENTER
COMMUNITY NEEDS ASSESSMENT
EXECUTIVE SUMMARY**

Hardin Medical Center (HMC) located at 935 Wayne Road in Savannah, Tennessee performed a community survey in order to assess the healthcare needs and wants of the community and to fulfill the requirements of the Patient Protection and Affordable Care Act Pub.L. No.111-148, 124 Stat. 119, enacted March 23, 2010. Rural Hospital Performance Improvement was commissioned as the company to execute the survey by mail to a random sampling of 1000 households in and around Hardin County.

HMC desired to reach at least 200 responses, so additional surveys were delivered to local schools for the teaching staff, to Hardin County Health Council members, and by making the survey available to citizens that attended the HMC Health Fair. The data was then used for basis of decisions made within the Community Needs Assessment Report. A description of HMC and its consistent growth since 1952 as well as demographics on Hardin County and the surrounding area are also included within the Community Needs Assessment.

As a result of the above, seven organizational goals were decided upon by an appointed Community Needs Assessment committee within HMC. Those goals are as follows:

1. To identify internal resources already available to assist in improving community health.
2. To continue and deepen working relationships with non-profit organizations, and the community at large to assess, improve, and promote better health in Hardin County.
3. To educate, gain support of the community, and be a leader in promoting good health in Hardin County.
4. To assist in identifying available community health resources.

5. To assist in establishing a baseline health status assessment in Hardin County through data collection and analysis while also learning public perception of health issues facing the community and the readiness of their hospital to address said issues.
6. To assist in a communitywide establishment of health priorities and in facilitating collaborative planning, actions, and direction to improve the community health status and quality of life.
7. To promote an ongoing evaluation of the community health assessment to identify future issues, establish new goals, encourage further community involvement, measure results of actions taken, or implement a new plan of action.

Using two methods of prioritization called, “The Hanlon Method,” and the Pearl test, the committee narrowed possible community healthcare needs down to four areas of focus from six possibilities. The original six needs with the number of survey responses were:

- All Cancers (135)
- Heart Conditions (116)
- Alcohol & Drug Abuse (100)
- Diabetes (90)
- High Blood Pressure (91)
- Obesity (85)

The four areas of focus are, “All Cancers, Heart Conditions and High Blood Pressure, and Diabetes.” The committee narrowed to the four because determination via the Pearl test was made that HMC has facilities, services, and personnel already in place to more readily address these healthcare needs and also because the two that were eliminated are being aggressively managed by other community groups. It is important to note that HMC is not totally excluding itself from the community’s identified healthcare needs for dealing with alcohol and drug abuse and obesity, but rather that at this time feels the role of support system is acceptable. HMC would like to note that long range planning might render the facility able to add the two healthcare issues to their focus at some point.

The final portion of the Community Needs Assessment report contains hard data and statistics of how facilities, services, and personnel already in place are significantly impacting the four identified healthcare needs areas. The report also contains the future implementation strategies for each cause so that continued positive impact within the community can be witnessed and valued by the citizens of Hardin County and the surrounding areas.

The implementation strategies for 'All Cancers,' focus primarily on increasing volumes at The Darryl Worley Cancer Treatment Center as well as continuing the steady growth of the new oncologist's patient count. Furthermore, community events and partnerships are also shown to be important in accomplishing our strategies.

Since 2010, HMC has put focus on Cardiology Services and as a result, our implementation strategies for pinpointing heart related diseases and high blood pressure include testing, counseling, education, and the construction plans for a new catheterization lab to be located on the campus of HMC. HMC also plans to continue utilizing its status as an accredited Chest Pain Center by showing an increase in emergency room volumes in regard to patients presenting with heart attack or stroke symptoms. HMC, in an effort to rank among the very best in Hospital Consumer Assessment of Health Plans (HCAHPS) scoring, will continue providing discharge patients with counseling as well, so when they get home, they will be comfortable in identifying their symptoms correctly as well as taking their medication(s) properly. HMC will continue to strive to raise public awareness through regular participation in community events and marketing promotions and fundraising for the new catheterization.

With diabetes being the root cause of many types of health conditions, HMC recognizes the need for early diagnosis and education for those with the disease. HMC will continue regular testing and increasing numbers in attendance of the quarterly educational classes and community health fair events.

Professional oversight committees have been appointed for all four areas of focus that will meet on a regular basis, evaluate progress, and make recommendations.

The HMC Community Needs Assessment Report provides a snapshot of the healthcare needs of the citizens of Hardin County and the surrounding area. HMC is proud to be recognized at the premier healthcare provider within our community. As the only medical center in our community, we feel it is our responsibility to lead, guide, and partner with other healthcare organizations whenever possible. As HMC continues to grow and expand, it is the hope that our footprint in healthcare will also grow and expand until almost every citizen's needs can be easily met right here at home.

Introduction Demographics

To learn more about the current health needs of our community and to pinpoint areas for potential growth of our facility, as well as fulfill the requirements of the Patient Protection and Affordable Care Act Pub.L. No.111-148, 124 Stat. 119, enacted March 23, 2010, Hardin Medical Center conducted a

community market needs assessment study within Hardin County. A community market assessment solicits information on resident demographics (age, gender, number in family, income levels), perceptions of the quality of hospital, physician, and other health related services available in their community, reported utilization of various health services over the past year, and other items of interest to the hospital. The data is analyzed and a report developed and presented to hospital administration, department heads, and governing boards.

With the assistance and training from the Rural Hospital Performance Improvement (RHPI), Hospital Alliance of Tennessee (HAT), and the Tennessee Hospital Association, information was put to use developing a questionnaire survey for the citizens of Hardin County. A community questionnaire was mailed in April 2012 to a randomly selected sample of 1000 households in the following areas: Adamsville (130), Counce (20), Crump (20), Morris Chapel (20), Saltillo (20), Savannah (720), Clifton (50), and Olive Hill (20). A follow-up reminder postcard was sent in June 2012. Of the mailed questionnaires, a total of 940 forms were actually delivered and 134 forms were returned for a response rate of 14.3%. Additionally annual health fair attendees were also asked to complete a questionnaire in order for HMC to meet an adequate data sample. All data was compiled and analyzed by Linda Powell, MS, CPT of Mountain States Group in conjunction with the Rural Hospital Performance Improvement Project, and then returned to HMC for further evaluation.

The community health needs assessment process provided a blending of citizen perceptions of health issues facing the community with in-depth secondary data on the actual extent of particular problems throughout the Hardin County community. Community input on the perception of health issues facing the area was also accomplished through the questionnaire administered. Community input was also considered from a diverse group of community representatives involved with or directly associated with healthcare. Hardin County needs were prioritized by an appointed Community Needs Assessment Team at HMC. A prioritized list of needs, details, implementation activities, and associated community resources are included within this report.

Description of Hardin Medical Center

Established in 1952, Hardin Medical Center (HMC) has been proudly serving the community for over 60 years. A county-owned facility, HMC has gone through many periods of growth and expansion over the years in a concerted effort to stand by their mantra of providing quality healthcare right here at home. HMC has always put the healthcare needs of their friends and neighbors as the number one priority when deciding on the next business expansion. The vision of HMC is to be recognized as the premier

rural healthcare system by striving consistently to surpass professional quality standards, exceed the performance of its peers, meet the expectations of those it serves and promote an exceptional work environment.

In 2004, HMC completed a \$9 million construction and renovation project, and since we have been continually upgrading services. HMC is located in rural West Tennessee and an hour away from the closest major medical center; therefore by offering needed medical services this close to home contributes to the overall good health of the community. The expansion holds the Radiology, Laboratory, Respiratory Therapy, and Emergency Departments. Rehabilitation Therapy was also expanded and includes physical, occupational and speech therapies. The surgical area renovated to offer state-of-the-art equipment and afford a wide range of capabilities locally. Three Labor Delivery Recovery (LDRs) rooms were added to the updated OB unit. Additionally HMC added an Outpatient Clinic area, including the Darryl Worley Chemotherapy Clinic.

HMC currently has 58 licensed beds including medical-surgical beds, an 8 bed obstetric unit, a 12 bed cardiac monitoring unit and a 24 hour physician staffed emergency department. HMC also houses under the same roof, a dual-certified 73 bed health & rehabilitation center that offers both skilled care and traditional nursing home care. For patients not yet ready to make the move to a nursing home, HMC Home and Community Based Services provide them with the option of health services and equipment so they may continue living at home as long as possible.

HMC has a full service radiology department which offers MRI, CT Scanning, X-ray, Digital Mammography, Ultrasound, Nuclear Medicine, and Bone Densitometry. A CAP accredited full service laboratory provides blood banking, serology, chemistry, pathology, urinalysis, hematology, substance screening, and microbiology. Respiratory Therapy Services are also located at HMC which uses a variety of equipment and techniques to improve breathing. Twenty-four hour holter monitoring, cardiac treadmill testing, stress tests, nuclear stress tests, pulmonary function testing, ECGs, EEGs, carotid ultrasounds, and other diagnostic testing is available as well as Sleep Lab Services. A short drive from the campus, one will find HMC Home Supply that serves the community with a host of medical equipment sales and rental services. HMC also operates the only ambulance service in the county, Hardin County EMS.

Because sometimes more specialized healthcare is needed, HMC has teamed with some of the finest specialists in the area who routinely travel to Savannah, Tennessee to conduct Outpatient Clinics at the hospital filling many of those needs. Specialty clinics include, but are not limited to, urology, gastroenterology, nephrology and an eye surgery clinic.

Fiscal year 2011 was a year of significant growth and expansion for HMC with the addition of employed physicians including two hospitalists, a full time cardiologist, a surgeon and an orthopedist. HMC opened a Wound Care Center, Cardiology Services which includes Cardiac Rehab. The Darryl Worley Cancer Treatment Center opened, working jointly with Kirkland Cancer Treatment Center of Jackson, to offer cancer patients a welcome respite from traveling miles to receive radiation therapy. HMC became fully accredited with Saint Thomas Hospital in Nashville to become part of their chest pain center network—a network that relies on a series of protocols to address the needs of rural area patients suffering with life-threatening cardiac issues.

HMC is committed to providing quality comprehensive healthcare services to the community and the surrounding areas. To further drive home the mission and vision of the medical center, each member of the staff receives regular training to continually develop facility wide healthcare excellence. HMC is working to establish a climate, a culture of service, and operational excellence to all it serves. To further exhibit their commitment to excellence, HMC is accredited by nationally recognized accrediting agencies, including The Joint Commission and the College of American Pathologists (CAP) and is also Saint Thomas Chest Pain Center.

Not only does HMC offer employment to nearly 500 area citizens, but it also continually strives to be the premier healthcare provider to the community by providing needed medical services close to home. HMC finds support and validation from a community of citizens that appreciate and utilize the hospital's myriad of services.

STATISTICS

Description of the Community and Market

Located in rural Southwest Tennessee approximately 100 miles East of Memphis and 125 miles Southwest of Nashville, Hardin County has a population of 25,874. The population breakdown statistics are 94.0 percent white, 3.8 percent black, 0.3 percent American Indian and Alaskan, 0.4 percent Asian, 1.4 percent multiracial, 2.0 percent Hispanic or Latino. [Race groups may add up to more than 100 percent when adding race groups white, black, Asian, American Indian, and Hispanic origin together, but Hispanic origin is not a race, and persons of Hispanic origin may be of any race.]¹ Hispanic origin is not a race, and persons of Hispanic origin may be of any race. According to the United States Department of Commerce Census Bureau, 20.7 percent of Hardin County citizens live below the Federal poverty level. The per capita personal income level is \$18,122 and the median household

¹ <http://quickfacts.census.gov/qfd/faq.html>

income is \$30,732. Approximately 27.3 percent of the population age 25 and older does not have a high school diploma or GED; 72.7 percent have a high school diploma; 9.4 percent have some college, and 25 percent have a Bachelor's degree or higher.

Hardin County has several industries that employ individuals living in and around the county. The top industries by market share are Manufacturing at 21.7 percent, Local Government 19.6 percent, Retail 15.1 percent, Accommodations and Food Services 9.6 percent, Construction 3.9 percent, Professional, Scientific, and Technical Services 3.9 percent, Finance and Insurance 2.9 percent, Wholesale Trade 2.0 percent, Federal Government 1.8 percent, Information 1.2 percent, Real Estate and Rental and Leasing 1.0 percent, and Arts, Entertainment, Recreation 1.1 percent and State Government 0.6 percent.²

The community has one college and one technical/trade school: Jackson State Community College and Tennessee Technology Center.

The county seat of Hardin County is Savannah, Tennessee. Savannah is also the home for Hardin County Government and the Hardin County Board of Education. The public school system has one high school, one middle school, and five elementary schools which serve approximately 3,464³ students.

Description of the Community Health Needs Assessment Questionnaire Process

The mission of the Community Health Needs Assessment is to evaluate and improve the health status and wellbeing of the residents of Hardin County, Tennessee with an emphasis on preventive measures, while also identifying any healthcare services currently missing. The community health needs assessment of Hardin County, Tennessee was a blending of citizen perceptions of health issues facing the community with secondary data on the actual extent of particular problems.

The Community Health Needs Assessment had seven (7) organizational goals.

1. To identify internal resources already available to assist in improving community health.
2. To continue and deepen working relationships with non-profit organizations, and the community at large to assess, improve, and promote better health in Hardin County.
3. To educate, gain support of the community, and be a leader in promoting good health in Hardin County.
4. To assist in identifying available community health resources.

² <http://quickfacts.census.gov/qfd/states/47/47071.html>

³ http://www.tennessee.gov/tacir/County_Profile/hardin_profile.htm#IX

5. To assist in establishing a baseline health status assessment in Hardin County through data collection and analysis while also learning public perception of health issues facing the community and the readiness of their hospital to address said issues.
6. To assist in a communitywide establishment of health priorities and in facilitating collaborative planning, actions, and direction to improve the community health status and quality of life.
7. To promote an ongoing evaluation of the community health assessment to identify future issues, establish new goals, encourage further community involvement, measure results of actions taken, or implement a new plan of action.

The first step in the community health needs assessment process was to identify an internal committee of hospital staff to organize the process, facilitate data collection, review and analyze the results.

Members of the HMC Community Needs Assessment committee are:

Charlotte Burns, HMC Chief Executive Officer

Michael Harbor, HMC Chief Financial Officer

Leigh Ann Hughes, Controller and Business Office Supervisor

Lisa Churchwell, HMC Director of Marketing

Beth Hamilton, Hardin/McNairy County Health Department Director

Paige Neill, Hardin County Coordinated School Health Specialist

The initial discussions began in January of 2012 with RHPI to determine the process for development of a useful questionnaire and assistance with implementation and analysis. The questionnaire included questions on the perceptions of the respondents relative to communicable diseases, chronic health problems, family health concerns, access to health resources, community concerns, and demographics of age, race, education level, insurance, and residence. Respondents were also asked on the questionnaire to rate the services of Hardin Medical Center, Physician Care in Hardin County, and certain Aspects of Healthcare in Hardin County using the following scale: Poor = 1; Fair = 2; Good = 3; or Excellent = 4.

Once finalized by the HMC Community Needs Assessment Team, the questionnaire was then evaluated and finalized by RHPI. The community questionnaire was mailed in April 2012 to a randomly selected sample of 1000 households in Adamsville (130), Counce (20), Crump (20), Morris Chapel (20), Saltillo

(20), Savannah (720), Clifton (50), and Olive Hill (20). A follow-up postcard was sent in June 2012. Of the mailed questionnaires, a total of 940 forms were actually delivered and 134 forms were returned for a response rate of 14.3%.

An additional 100 questionnaires were distributed via the Hardin County School System.

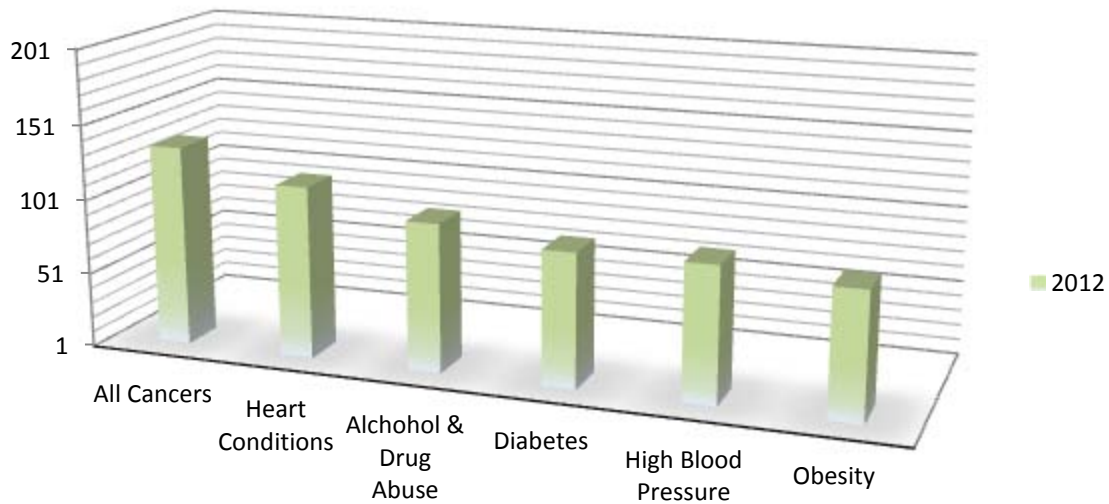
The questionnaire was also made available to HMC Health Fair attendees on August 5, 2012 resulting in 58 more questionnaires obtained.

A total of 8 questionnaires were received from randomly selected HMC employees.

A total of 202 completed questionnaires were returned to HMC by September 1, 2012. The completed questionnaires were analyzed by the HMC Community Needs Assessment Committee with a focus on those which were rated as problems in the community. **Table 1** shows the breakdown of respondent's concerns more clearly.

Community Respondent's Concerns

Table 1



A copy of the questionnaire is included and identified as **Attachment 1** to this report.

Table 2 below reflects the results of the mailing. **Table 2A** depicts the total market share by zip code for Hardin Medical Center from first quarter 2008 through second quarter 2012.

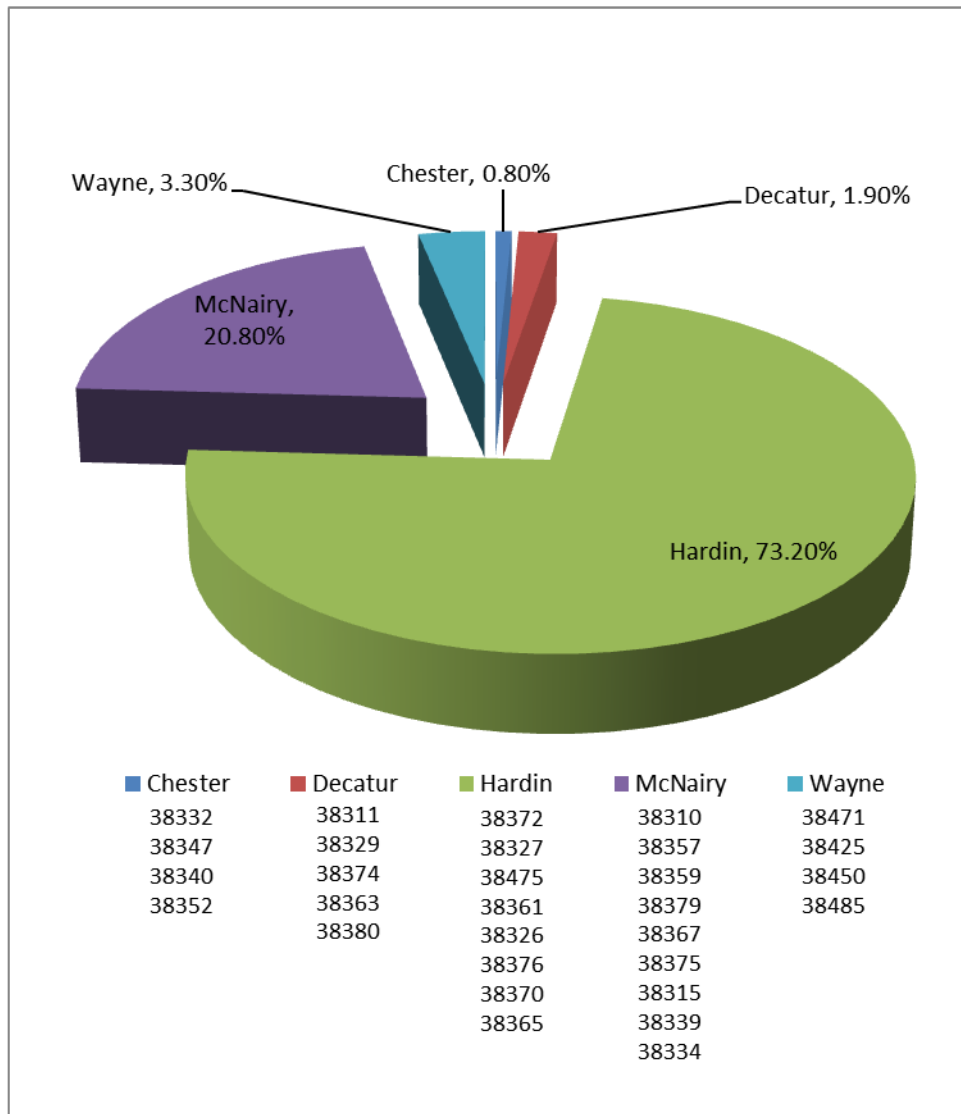
Community Health Assessment Questionnaire Mail Response Information

Table 2

TOWN-ZIP	TOTAL MAILED	UNDELIVERABLES	RETURNS	RESPONSE RATE (%)
Adamsville – 38310	130	10	9	7.5%
Counce – 38326	20	1	1	5.3%
Crump – 38327	20	3	2	11.8%
Morris Chapel – 38361	20	2	1	5.6%
Saltillo – 38370	20	1	1	5.3%
Savannah – 38372	720	41	109	16.1%
Clifton – 38425	50	2	7	14.6%
Olive Hill – 38475	20	0	2	10.0%
Unknown			2	
Totals	1000	60	134	14.3%

Hardin Medical Center Market Share by Zip Code 2008 Q1 through 2012 Q2

Table 2A



Community Health Needs Assessment Prioritization Process
Size, Seriousness, Effectiveness &
Available Community Resources

Questionnaire results were provided to the HMC Community Assessment Committee on August 8, 2012. The committee met to review the data results on August 16, 2012. The community committee was then asked to narrow the list to six key health concerns. For the following list of health issues, close to 50 percent of the respondents indicated them to be “a problem” within the community.

- All Cancers (135)
- Heart Conditions (116)
- Alcohol & Drug Abuse (100)
- Diabetes (90)
- High Blood Pressure (91)
- Obesity (85)

The executive council at HMC was reconvened on August 24, 2012 to prioritize the list of 6 health issues identified by the community committee for further research. The Hanlon Method, a mathematical algorithm developed by Felix, Burdine and Associates was used to assign numerical values to rate the size, seriousness, and effectiveness of available interventions for each health issue. The Hanlon Method algorithm is as follows:

$$\text{Opportunity} = (A + 2B)C$$

A=size of the identified health problem

B=seriousness of the identified health problem

C=effectiveness of available interventions for the identified health problem

A=Size

Size is defined by the prevalence of a condition, characteristic, or disease in an entire population (or among a specific sub-group population). The numerical scoring for the size of a health issue is:

<u>Percent of population with health problem</u>	<u>Score</u>
25%+	9-10
10-24%	7-8
1-9%	5-6
0.1-0.9%	3-4
0.01-0.09%	1-2

B=Seriousness

Seriousness is defined by urgency to intervene, severity (leads to death?), disproportionate among vulnerable populations, or economic impact. The numerical scoring for seriousness of a health issue is:

<u>How serious</u>	<u>Score</u>
Very Serious	9-10
Serious	6-8
Moderately Serious	3-5
Not Serious	0-2

C=Effectiveness of Available Interventions

Effectiveness of available interventions is defined by the “best real world” expectations for Hardin Medical Center to be effective in addressing a health issue based on, in part, available community resources. The numerical scoring for effectiveness of available interventions is:

<u>Effectiveness</u>	<u>Score</u>
Very Effective (80%+)	10
Relatively Effective (60-79%)	8-9

Effective (40-59%)	6-7
Moderately Effective (20-39%)	4-5
Relatively Ineffective (<20%)	0-3

Information on the Hanlon Method test can be found in **Attachment 2**.

Information on the PEARL test can be found in **Attachment 2**.

Further discussion on the size, seriousness, and available community resources for each of the 6 health issues was identified by the community committee.

Attachment 3 contains data on the size of the health issues and **Attachment 4** lists available community resources for each of the 6 identified health issues. Consistent and common resources identified for each health issue in **Attachment 4** include the Hardin County Health Department, the Hardin County School System, the University of Tennessee Extension Office, Lifespan Health, Lifespan Kids, local physician clinics, local churches, community and senior centers, civic clubs, local non-profit agencies, American heart Association, American Cancer Society, American Diabetes Association, and American Association of Retired Persons

Table 3 contains the Hanlon Method scoring for each identified health issue.

Hanlon Method Scoring Results

Table 3

Health Problem	A Size	B Seriousness	C Effectiveness of Intervention	D Priority Score (A + 2B)C	Rank
All Cancers	10	9	10	280	1
Heart Conditions	9	10	7	203	2
High Blood Pressure	6	8	7	154	3
Diabetes	7	6	8	152	4
Obesity	5	7	5	95	5
Alcohol & Drug Abuse	8	5	5	90	6

Apply the 'PEARL' test - Once health problems have been rated by criteria, use the 'PEARL' Test, to screen out health problems based on the following feasibility factors:

- Propriety – Is a program for the health problem suitable?

- **Economics** – Does it make economic sense to address the problem? Are there economic consequences if a problem is not carried out?
- **Acceptability** – Will a community accept the program? Is it wanted?
- **Resources** – Is funding available or potentially available for a program?
- **Legality** – Do current laws allow program activities to be implemented?

Eliminate any health problems which receive an answer of “No” to any of the above factors or proceed with corrective action to ensure that potential health priorities meet all five of the feasibility factors.

As a result of reviewing secondary data on the size, seriousness, available community resources, utilizing the Hanlon Method algorithm as well as the PEARL test, the hospital committee identified they would focus on 4 of the 6 identified problems by the community committee.

The four priority health issues are:

- All Cancers
- Heart Conditions
- Diabetes
- High Blood Pressure

Determination was made to focus on these 4 areas largely because HMC is already poised and capable of making a significant impact within these areas because of resources readily available including human resources, facility resources, and equipment resources. The exclusion of Alcohol and Drug Abuse was identified to be a more specialized problem that is already being addressed within Hardin County and the region by the vast number of the following agencies and organizations:

- **Alcoholics Anonymous**
589 Cherry Street, Savannah, TN 38372
Central West TN Toll Free Number, 1-877-426-8330
Services: Meetings on Sunday and Monday at 7:00 p.m., Wednesday at 12:00 p.m. and Friday at 8:00 p.m. Also, the Savannah Serenity Group meets at the 15 Pinhook Drive location at 12:00 p.m. on Thursdays.
- **Aspell Recovery Center**
331 North Highland Avenue, Jackson, TN 38301
731-427-7238
Office Hours: 8:00 am- 4:00 pm
Services: Intervention in and treatment for alcohol and drug abuse problems for men. A 13 bed residential treatment program that lasts at least 35 days. (People with insurance cannot attend)

- **Cumberland Heights Outpatient Services**
 130-C Stonebridge Boulevard, Jackson, TN 38305
 731-660-2790
- **The Drug Awareness Resistance Education Program (DARE)** provides millions of school children around the world will benefit from D.A.R.E. (Drug Abuse Resistance Education), the highly acclaimed program that gives kids the skills they need to avoid involvement in drugs, gangs, and violence. D.A.R.E. was founded in 1983 in Los Angeles and has proven so successful that it is now being implemented in 75 percent of our nation's school districts and in more than 43 countries around the world. D.A.R.E. is a police officer-led series of classroom lessons that teaches children from kindergarten through 12th grade how to resist peer pressure and live productive drug and violence-free lives.⁴ DARE is a program available within the Hardin County School System.
- **Family Counseling Services of Jackson**
 3363 North Highland Avenue, Jackson, TN 38305
 731-660-5598
- **Health Connect America, Inc.**
 985 Florence Road, Savannah, Tennessee 38372
 731-727-8012 *Fax 731-727-8013
 Services: Intensive in-home preservation, case-management, mental health/substance abuse IOP and outpatient services.
- **Horizons of Savannah** 430 Pinhook Dr, Savannah, TN 38372 (731) 925-7790 Peer to peer counseling services.
- **Jack Gean Outpatient Care**
 50 East End Drive, Savannah, TN 38372
 731-925-4450
 Services: Substance abuse outpatient program.
- **Jack Gean Shelter for Men**
 50 East End Drive, Savannah, TN 38372
 731-925-4447 Ext. 11
 Services: Substance abuse shelter and program.
- **Jack Gean Shelter for Women**
 64 Jack Gean Drive, Savannah, TN 38372
 731-925-8619
 Office Hours: 8:00 am- 4:00 pm
 Services Provided: A supervised shelter for women who have completed a 30 day residual program for alcohol and drug dependency. Individual and group counseling, in-home AA meetings and transportation to outside meetings.

⁴ http://wiki.answers.com/Q/What_is_DARE

- **Jackson Area Council on Alcoholism & Drug Dependency (JACO)**
 900 East Chester Street, Jackson, TN 38301
 731-423-3653
 Office Hours: 9:00 a.m.- 5:00 p.m.
 Services: A variety of drug/ alcohol abuse prevention services, juvenile and adult intervention services that provide out-patient counseling, social detoxification, and 30 day residential rehabilitation service for adults.
- **Jackson Professional Associates**
 1869 Highway 45 Bypass, Suite 5, Jackson, TN 38305
 731-660-0880
- **Lakeside Behavioral Health System**
 135 Stonebridge Boulevard, Jackson, TN 38305
 731-664-0010
- **Lifespan Health**
 765 Florence Road, P.O. Box 655, Savannah, TN 38372
 731-925-2300
 Accepts TennCare, most major insurances and a sliding fee scale is available.
- **Narcotics Anonymous**
 589 Cherry Street, Savannah, TN 38372
 731-412-7173 or Central West TN Toll Free Number, 1-877-426-8330
 Services: Meetings on Wednesdays, 7:00-8:00 p.m. and Saturdays, 5:00-6:00 p.m.
- **Pathways of Tennessee, Inc.**
 238 Summar Drive, Jackson, TN 38301
 731-935-8200
 Services: Behavioral/mental health and substance abuse outpatient services.
- **Quinco Mental Health Center** is a mental health center focusing on drug abuse treatment and mental illness therapy. The goal of the facility is to prevent and cure patients with mental illness and substance abuse problems in hopes of providing them with a healthy, caring environment.⁵
 1410 Pickwick Street, Savannah, TN 38372
 731-925-5054 or 1-800-467-2515
- **Tennessee Valley Teen Challenge, Inc.**
 1450 Florence Road, Savannah, TN 38372
 731-926-2555
 Office Hours: 8:00 am- 3:00 pm
 Contact: Jim Forakis, Executive Director
 Services: Christian discipleship program for teens, adults and their families with life-controlling problems formerly known as Teen Challenge. It is a non-residential Christ centered program for people and their families experiencing life controlling problems. The organization has also

⁵ <http://www.quincocmhc.com/>

branched out into surrounding counties and is now offering a full one year residential program for men.⁶

Meetings held on Tuesday at 6:00 p.m. or Thursday at 7:00 p.m.

- **Western Mental Health Institute** is a psychiatric hospital with a state-of-the-art “treatment mall” where patients spend the majority of the day in a classroom atmosphere receiving services which include counseling, medication management, case management, and other psychiatric inpatient services.⁷

11100 Old Highway 64, Bolivar, TN 38008

731-228-2000

Obesity in Hardin County

In consideration of obesity, Hardin Medical Center has elected to support the cause of the Hardin County School system under the guidance of Consolidated School Health Nurse, Paige Neill, who annually monitors the height, weight, blood pressure, hearing, and eyesight of every Hardin County student.

The data gathered is analyzed to identify and address potential health issues within students so that intervention can be made with the student’s families. Ms. Neill, who is also the Hardin County Health Council chairman, informed the committee that she has witnessed a disconcerting growth in diabetes in younger children during her tenure. Ms. Neill, at the urging of the Hardin County School System administration, will develop and implement a new program within the Hardin County School system that correlates with the State of Tennessee’s program “*Get Fit Tennessee.*” The name of the program is yet to be determined, but should be named within the next few months.

Ms. Neill offered the following data in support of the school system’s push to address obesity in children of the community.

- In 2010, Tennessee adults had the 8th highest incidence of obesity in the United States (31.7%). Over two-thirds of adults (68%) in Tennessee are overweight or obese. And the children of Tennessee are not immune to this devastating health challenge. Thirty-nine percent of our children aged 10-17 are overweight or obese, with the number over fifty percent in some counties.⁸

⁶ <http://www.tvteenchallenge.net>

⁷ <http://news.tn.gov/node/4750>

⁸ <https://www.getfit.tn.gov/obesity.htm>

- For the first time in two centuries, the current generation of children in America may have shorter life expectancies than their parents.⁹
- Multiple factors have produced today's record high rates of obesity. Like many Americans, Tennesseans are eating more calories and getting less physical activity than ever before. In the past two decades, the social, cultural and physical environments that affect food choices and physical activity opportunities have changed dramatically. In order to reduce the burden of obesity on the citizens of Tennessee, the State Department of Health with the assistance of multiple partners across the state, developed the first state plan focusing on nutrition and physical activity to reduce obesity, Eat Well, Play More Tennessee.¹⁰

More data was given in support of the need for Ms. Neill's program to additionally include the education of the families.

Adult Overweight and Obesity

Among Tennessee's adults age 18 and over 1

- 67.2% of adults were overweight, with a Body Mass Index of 25 or greater
- 30.8% of adults were obese, with a Body Mass Index of 30 or greater

Adolescent Overweight and Obesity

Among Tennessee's adolescents in grades 9 through 12 2

- 16.1% were overweight (> 85th and < 95th percentiles for BMI by age and sex)
- 15.8% were obese (> 95th percentile for BMI by age and sex)

Child Overweight and Obesity

Among Tennessee's children aged 2 years to less than 5 years 3

- 15.2% were overweight (85th to <95th percentile BMI-for-Age)
- 14.5% were obese (>95th percentile BMI-for-Age)¹¹

In addition to Ms. Neill's work within the school system, the following programs are also currently available to the citizens of our community—

⁹ <https://www.getfit.tn.gov/obesity.htm>

¹⁰ <https://www.getfit.tn.gov/obesity.htm>

¹¹ <https://www.getfit.tn.gov/obesity.htm>

Nutrition Education

- **Coordinated School Health, Project Diabetes**
155 Guinn Street, Savannah, TN 38372
731-926-8961 *Fax 731-925-7313
Services: Nutrition and diabetes education for children and parents
- **Hardin County Health Department**
1920 Pickwick Street, Savannah, TN 38372
731-925-2557
Services: Child Health, Nutrition education, Women's Infants and Children (WIC), HUGS (Help Us Grow Successfully), Health Education
- **Hardin Medical Center**
935 Wayne Road, Savannah, TN 38372
731-926-8000
Services: Dietary and medical nutritional education
- **Lifespan Health**
Seven Locations: 765 Florence Road, 150 East End Drive, 105 Davis Street and 150 Guinn Street, Savannah, TN 38372
731-925-2300
or 207 Main Street, Clifton, TN 38325
931-676-3121
or 720 Highway 99, Waynesboro, TN 38485
931-722-2229
or 48077 Highway 69, Saltillo, TN 38370
731-687-0191
Accepts TennCare, most major insurance and a sliding fee scale is available.
- **U. T. Extension Service**
465 Main Street, P.O. Box 396, Savannah, TN 38372
731-925-3441
731-925-3442 *Fax 731-925-6110
Services: Nutrition education, Living Well With Chronic Conditions and Take Charge of Your Diabetes classes

Get Fit Tennessee Improvement Statistics¹²
Table 4

Adult Overweight and Obesity	US 2010	TN 2010	TN 2009	TN 2008
Overweight	64.8%	67.8%	69.0%	68.0%
Obese Adults	27.6%	31.7%	32.9%	31.2%

¹² <https://www.getfit.tn.gov/obesity.htm>

Because *Everyone's* Health Matters to HMC

Community Health Needs Assessment (CHNA)

Implementation Strategies: Hardin County

Conducted by:



Community Needs Assessment Team

February 2013

Implementation Strategies

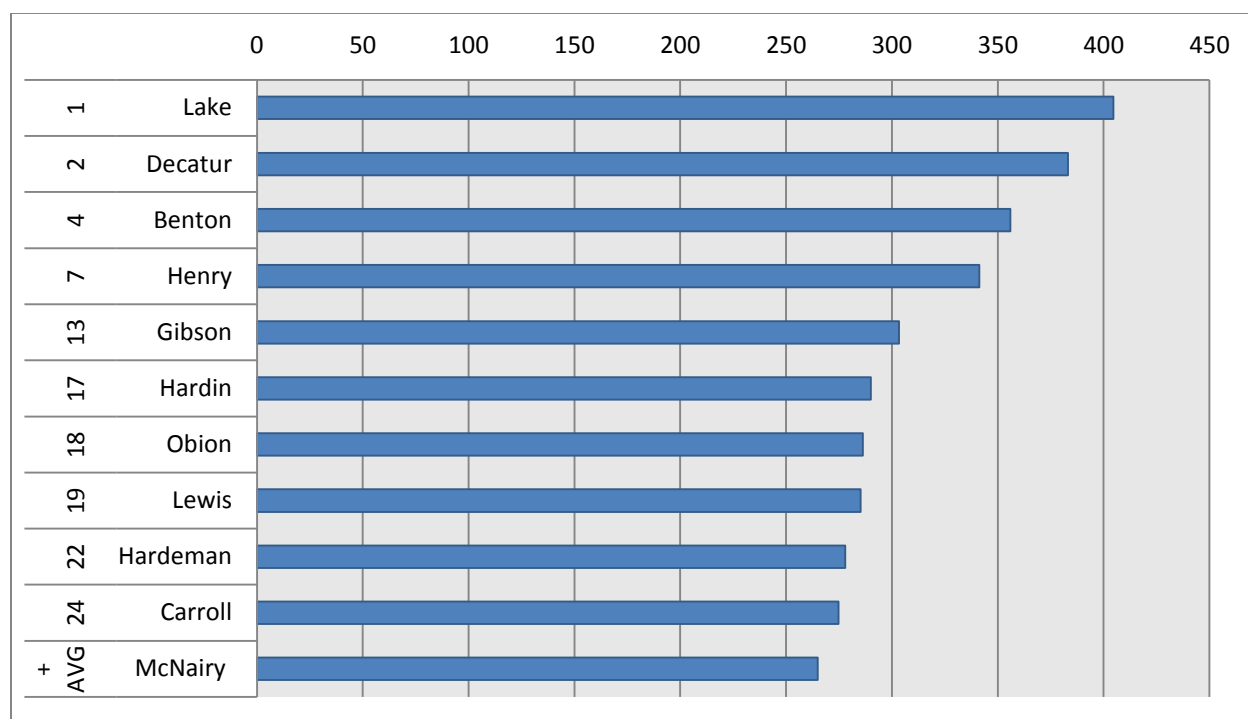
Hardin Medical Center has developed a strategy for addressing all cancers, heart conditions, diabetes, and high blood pressure that focuses on early detection, risk assessment screenings, consultations, referral to physician or healthcare professional, and prevention.

All Cancers—

Table 5 shows the cancer death rates by county and clearly shows Hardin, Decatur, and McNairy above average in the statistics.

Top Cancer Death Rates by County*

Table 5

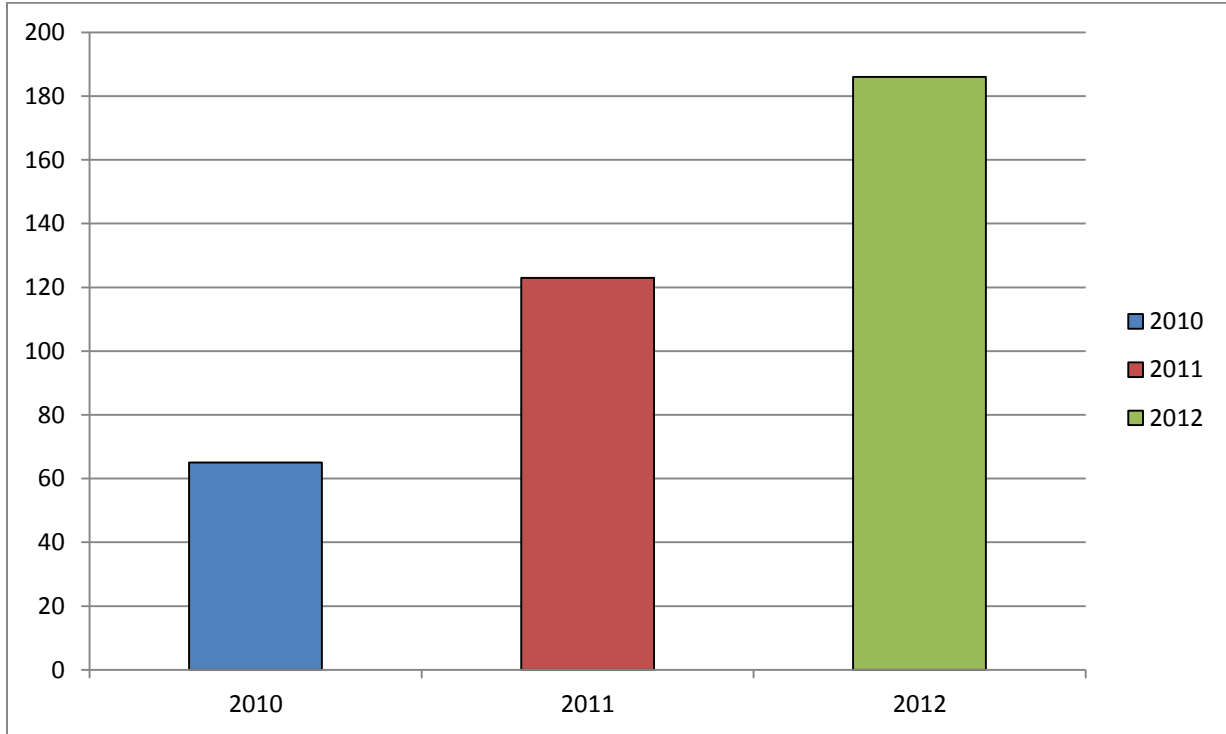


*Tennessee has 95 counties

Table 6 clearly shows steady growth of chemotherapy treatments within the Darryl Worley Cancer Treatment Center since its opening in November of 2010.

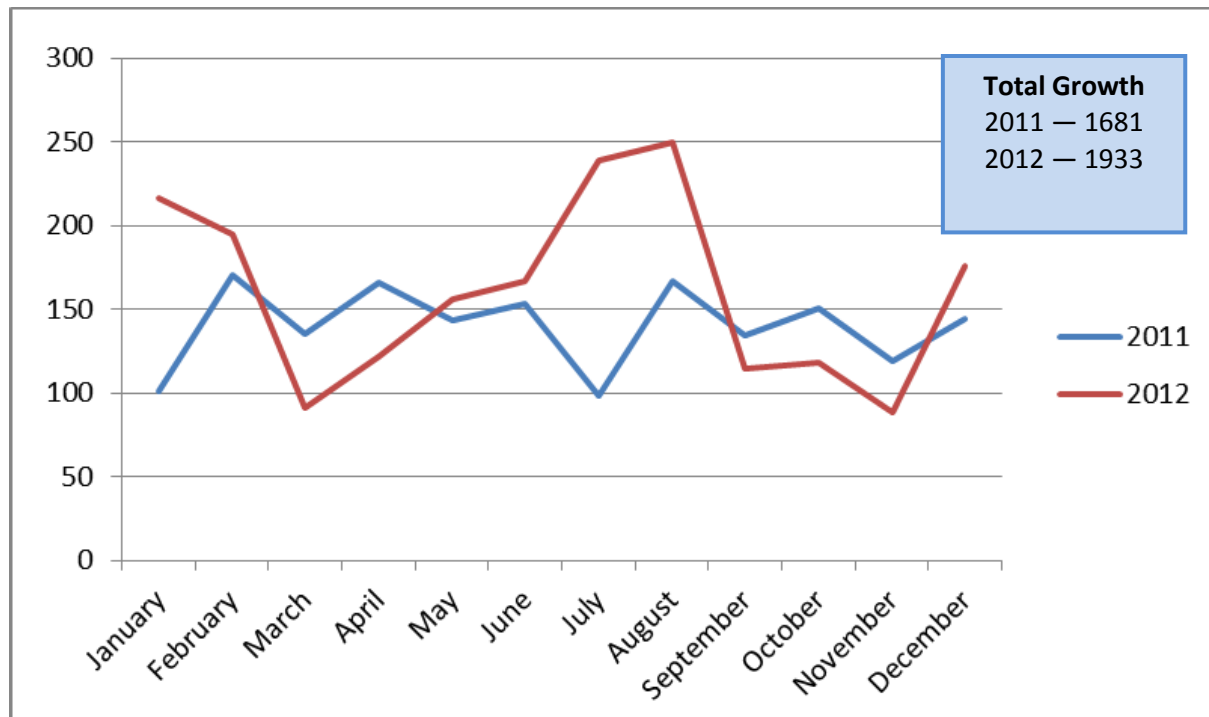
Chemotherapy Treatment Growth Trend at DWCTC

Table 6



Radiation Therapy Treatment Growth Trend at DWCTC

Table 7



- Reduced fee Digital Mammograms every October
- Tennessee River Run partner to fund treatments of cancer patients
- Introduction of Integrity Oncology of Memphis Outpatient Clinic with Dr. Earle Weeks and Advance Practice Nurse

Hardin Medical Center recognized a need for a more convenient method for local citizens to obtain treatment when diagnosed with cancer. Through a partnership with country music singer, Darryl Worley, also a Hardin Countian, the Hardin County Healthcare Foundation, and the Kirkland Cancer Treatment Center of Jackson, Tennessee, that vision became a reality in November of 2010.

All Cancers Implementation Strategies—

- Increase number of Radiation Therapy patients treated at The Darryl Worley Cancer Treatment Center.
- Increase the number of Chemotherapy patients treated at The Darryl Worley Cancer Treatment Center.
- Continue to show steady growth and possible expansion with oncologist(s).
- The expert oversight committee appointed to oversee the HMC Cancer Strategies is made up of the following people:
 - Dr. A. Earle Weeks, Oncologist / Hematologist
 - Jennie Harper, Advanced Oncology Certified Nurse Practitioner
 - Jennifer Nelson, HMC Director of Nursing

Programs in place to accomplish strategies—

- HMC has a Relay for Life team that works throughout the year to raise both funds and awareness to the need for more cancer research.
- HMC actively participates and is a sponsor of the Hardin County Relay for Life Event each year.
- HMC, The Darryl Worley Cancer Treatment Center, and the American Cancer Society partner to provide cancer patients availability to a “Mobile Cancer Resource Cart,” which puts them directly in touch with programs, information, resources, and financial assistance.

Heart Disease and Stroke—

Tennessee HEART DISEASE AND STROKE STATISTICS

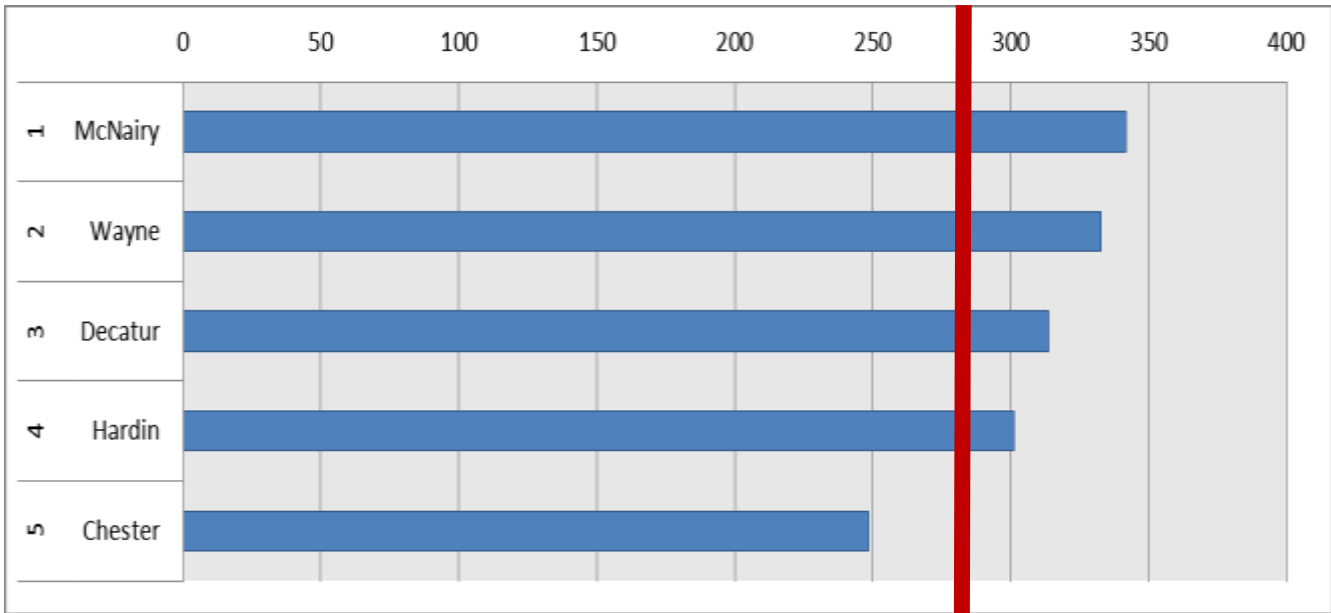
- Heart disease is the leading cause of death in Tennessee, accounting for 14,981 deaths or approximately 27% of deaths in 2004. (Division of Health Statistics, Tennessee Department of Health)
- Stroke is the third leading cause of death, accounting for 3,669 deaths or approximately 7% of deaths in 2004. (Division of Health Statistics, Tennessee Department of Health)
- Together, heart disease and stroke account for 1 out of 3 deaths in Tennessee each year. Tennessee had the 3rd highest cardiovascular disease death rate in the nation in 2000-2002. (United Health Foundation)

- The age-adjusted death rates for both heart disease and stroke were higher among black Tennesseans than among white Tennesseans (heart disease: 322 per 100,000 persons for blacks and 246 per 100,000 persons for whites in 2004; Stroke: 86 per 100,000 for blacks and 60 per 100,000 for whites in 2004). (Policy, Planning and Assessment, Tennessee Department of Health)
- Heart disease and stroke age-adjusted death rates in Tennessee were also higher among men than among women (heart disease: 320 per 100,000 for men and 205 per 100,000 persons for women in 2004; Stroke: 66 per 100,000 for men and 61 per 100,000 for women in 2004). (Policy, Planning and Assessment, Tennessee Department of Health)
- Nearly 70,000 Tennesseans were hospitalized for diseases of the heart (primary diagnosis) in 2002 (The Burden of Heart Disease and Stroke in Tennessee, 2006)
- Inpatient charges associated with diseases of the heart increased from \$1.2 billion in 1997 (2002 constant dollars) to \$2.1 billion in 2002, a 73% of increase. (The Burden of Heart Disease and Stroke in Tennessee, 2006)
- Stroke inpatient charges increased 73% from \$228 million in 1997 (2002 constant dollars) to \$395 million in 2002. (The Burden of Heart Disease and Stroke in Tennessee, 2006)
- According to the 2005 Behavioral Risk Factor Surveillance System (BRFSS) survey results, the estimated prevalence rates among adult Tennesseans for heart disease and stroke, and their risk factors, are as follows:
 - 5.1% ever had heart attack or myocardial infarction
 - 4.7% ever had angina or coronary heart disease
 - 3.2% ever had stroke
 - 9.1% ever had diabetes
 - 30.2% ever had high blood pressure
 - Among those who reported ever having had their blood cholesterol checked, 32.9% had high blood cholesterol
 - 26.7% were current smokers
 - 33.1% reported no leisure time exercise in the prior 30 days
 - 62.3% were overweight or obese (Body Mass Index greater than or equal to 25.0)

Table 8 shows Hardin County and three of the four adjoining counties are above average for heart disease death rates in the State of Tennessee.

Top Heart Disease Death Rates by County*

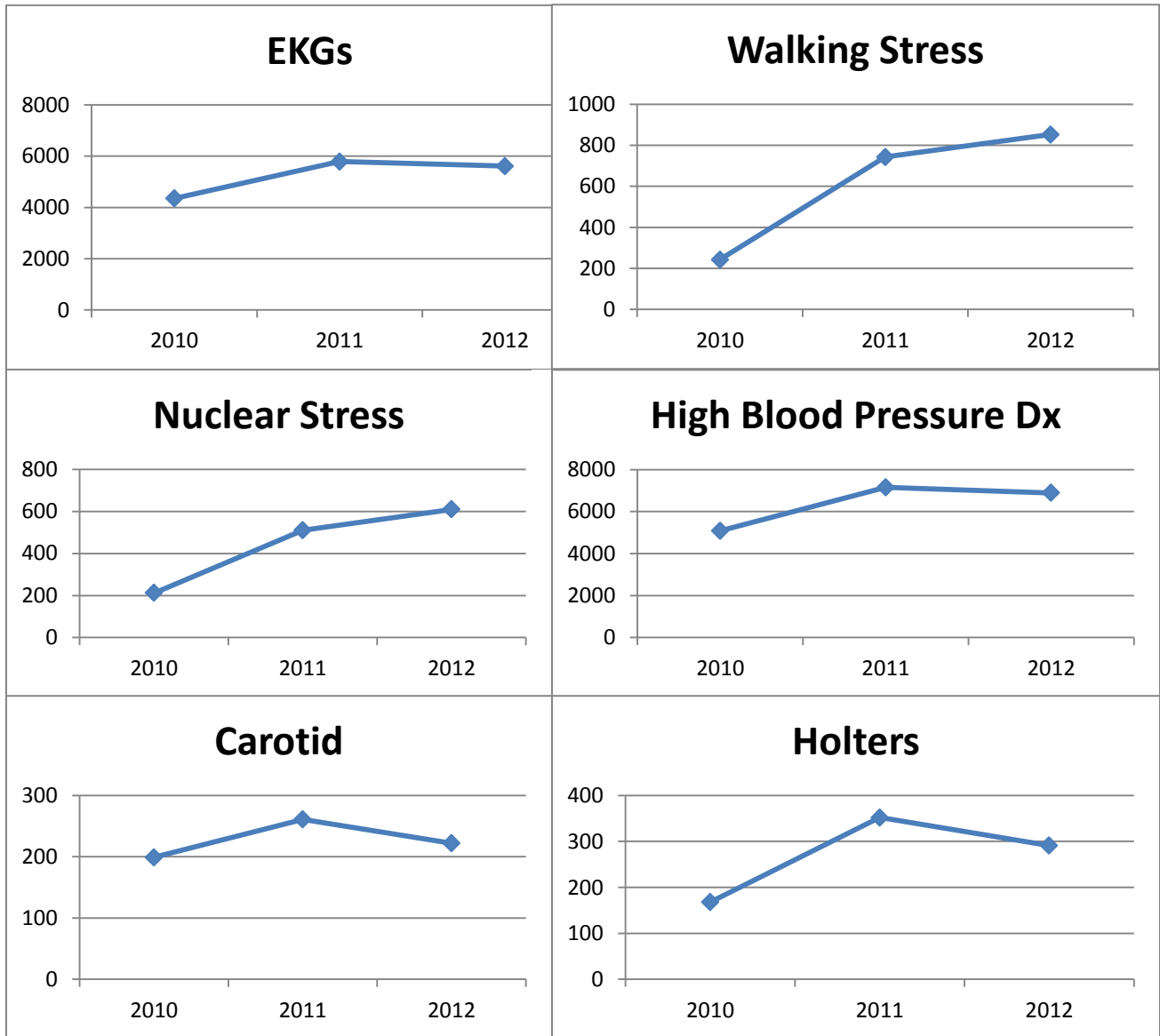
Table 8



*Tennessee has 95 counties.

Tables 9-14 are testing statistics for those cardiac tests performed at Hardin Medical Center when patients presented with cardiac problems.

HMC Cardiology Services Heart Procedures Tables 9-14



Hardin Medical Center is proud to already be offering the following services to our patients—

- HMC is a Saint Thomas Chest Pain Center accredited by the Society of Chest Pain Centers which means cardiac care starts from the onset of the patient's symptoms, and includes engagement of Emergency Dispatch Services, Emergency Medical Services, Emergency Department and Catheterization Lab, observation unit, cardiac rehab and discharge from the facility. Within this model, facilities can plan and organize the delivery of care in a systematic manner.
- HMC also offers Calcium Scoring tests free of charge periodically to the public
- HMC performs Blood Pressure Screenings free of charge periodically to the public
- Cardiology Department with full time Cardiologist offering the following testing:
 - EKGs
 - Nuclear Stress Tests
 - Walking Stress Tests
 - Carotid Testing
 - Cardiac Monitoring (Annex and Telemetry Departments)
 - Holter Monitoring
- Cardiac Rehab service includes:
 - Monitored Exercise Program
 - Diet Education

Heart Conditions and High Blood Pressure Implementation Strategies—

1. Increase number of people discovered with high blood pressure and counseled through annual Community Health Fair.
 2. Identify and counsel the number of people with total blood cholesterol more than 200 mg/dl.
 3. To increase the number of people who know the signs and symptoms of heart attack and stroke and know the importance of calling 911 immediately through education programs.
 - Focus on Heart Health in February through various community events
 4. Utilize HMC's accreditation with the Society of Chest Pain Centers by showing growth in emergency room patient volumes presenting with heart attack or stroke symptoms.
 5. To promote quality care through implementation of evidence-based primary and secondary prevention guidelines and policy and system changes through increase in patient discharge counseling volumes.
 6. HMC, in conjunction with West Tennessee Healthcare of Jackson, plans to offer Cardiology Catheterization services to the Hardin County area. We feel plans to offer this much needed service
- Hardin Medical Center Community Needs Assessment Report

have already begun with the acknowledgement of such a robust partner. West Tennessee Healthcare will provide the technical and medical expertise in this endeavor and HMC will provide the equipment and facility. Preliminary project costs are near \$3.6 million. However, this project may be the most important project in the history of the county in relation to healthcare sustainability. This will not only propel Hardin County into an enviable position in offering these services, but it will also create an immediate impact in the arena of Heart Disease and the extension of the quality of life. The beginning of construction of the new catheterization lab is expected to begin sometime in 2014.

7. The expert oversight committee appointed for the HMC Cardiac Strategies is made up of the following people:

- Dr. Bharat Singh, F.A.C.C.
- Jerry Clark — Director of HMC Affiliate Services/Respiratory Therapist
- Todd Jones — Director of HMC Radiology
- Michelle Williams — HMC Cardiac Rehab Registered Nurse

Programs in place to accomplish strategies—

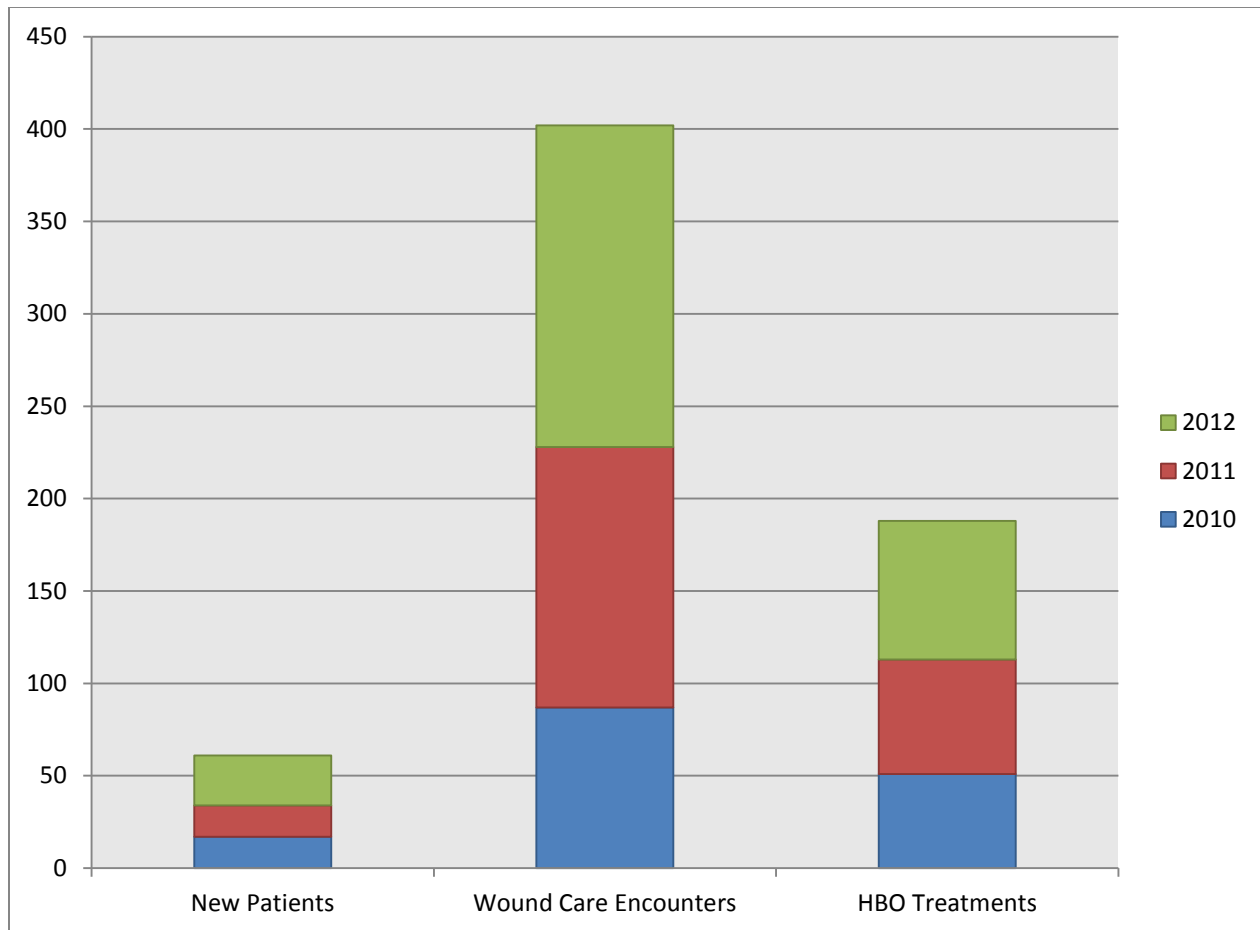
- HMC Back to School Health Fair- Theme/Name changes each year (Celebrate Health), but always a focus on blood pressure/stroke, heart related testing, and cholesterol/blood sugar screenings
- HMC partners and is a guest presenter each year at the Love Yourself. Love your Health event sponsored by UT Extension.

Diabetes—

Table 15 shows significant growth at HMC Wound Care Services in the treatment of patients with non-healing wounds.

HMC Wound Care Services – Diabetes Treatments

Table 15



Diabetes Implementation Strategies—

1. Increase number of people diagnosed through other healthcare services at HMC.
2. Increase community outreach education by increasing numbers in attendance of quarterly Diabetes Education Classes at Hardin Medical Center.
3. The expert oversight committee appointed for HMC’s Diabetes Strategies is made up of the following people:
 - Dr. Gade Rao, F.A.C.S.
 - Amy Powers — Director of HMC Wound Care Services
 - Sonya Hopson — Clinical Dietician — Director of HMC Nutritional Services
 - Robin Moore — Registered Nurse specializing in Wound Care

Programs in place to accomplish strategies—

- Education Programs are called, “Diabetes and You. Learning How to Live with Diabetes.”

Reiteration of omitted healthcare issues—

The four areas selected by the team for focus are, “All Cancers, Heart Conditions and High Blood Pressure, and Diabetes.” However, the committee narrowed to these four because determination via the Pearl test was made that HMC has facilities, services, and personnel already in place to more readily address these healthcare needs.

The two conditions, Alcohol and Drug Abuse as well as Obesity were eliminated because both are being aggressively managed by other community groups. It is important to note that HMC is not totally excluding itself from the community’s identified healthcare needs for dealing with alcohol and drug abuse and obesity, but rather that at this time feels the role of support system is acceptable at this time. HMC would like to note that long range planning might render the facility more equipped and able to add the two excluded healthcare issues to their focus at some point. Until that time, HMC will work in partnership with the other groups taking the lead.