

Methodist Medical Center

2017-2019 Community Needs Assessment

Implementation Plan

Identified Community Needs:

1. Obesity
2. Diabetes
3. Substance Abuse and Mental Health
4. Asthma and Other Pulmonary Diseases

Implementation Strategy to Address Needs:

1. Obesity

- **Get on Trails Patch Program**

- Methodist Medical Center will promote Covenant Health's "Get on Trails" to encourage residents to get out and walk local trails. Individual participants sign up to walk 25 miles during April – May, record their trails and distances, and redeem their hard work for a 2.5-inch embroidered patch. Each subsequent year will have a new patch to be earned. Methodist Medical Center publicizes this program to its employees and to the broader community.

- **Covenant Health Biggest Winner Campaign**

- Each year Methodist Medical Center participates in a Biggest Winner program of health improvement for employees. Each program cycle can include up to 20 employees and focuses on weight loss and improving personal health biometrics. Local greenways and trails are used for the exercise component. Pre- and post-testing help track health improvements.

- **Friday Fitness Club**

- Methodist Medical Center will continue its Friday Fitness Club. This is a collaborative effort with Roane Medical Center. Once a month on a Friday, a joint hike is held sponsored by both organizations. Monthly participation is between 30-40 hikers.

- **Community Fitness Classes**

- Methodist Medical Center's Family Education program will continue to partner with Kern United Methodist Church to host free weekly exercise classes called "Mommy & Co. Exercise." Mothers are encouraged to bring their babies and young children for an action-packed hour of exercise and fellowship. In addition, Methodist partners with Covenant Health's Bodyworks community exercise program to give adults safe and effective workouts for a nominal fee of \$3 per individual, per class. First Baptist Church of Clinton is the partner site for the Anderson County Bodyworks CardioMix class.

2. Diabetes

- **Health Night on the Town**

- Methodist Medical Center sponsors health information programs for the community on the last Tuesday of each month except during June, July, November and December. Speakers provide educational information on a variety of topics including diabetes and diabetes-related issues such as wound care and treatment. Audience size for these programs averages around 55 participants.

- **Healthy Lifestyles**

- Methodist Medical Center produces a four-page, bi-monthly insert in the Knoxville News-Sentinel. This insert is zoned specifically to subscribers in Methodist's five-county market and offers readers articles on health topics such as healthy eating, exercise, diabetes prevention and maintenance, wound care, etc. This insert has a circulation of approximately 9,000.

3. Substance Abuse and Mental Health

- **Prescription Drug Task Force**

- Methodist Medical Center will continue to serve as a partner and meeting site for the Anderson County Prescription Drug Task Force.

- **Behavioral Health Partnerships**

- Methodist Medical Center will continue to connect with local behavioral health providers such as Peninsula Behavioral Health and Ridgeview Behavioral Health Services to bring programming on important mental health topics to the community via Health Night on the Town. In both 2015 and 2016, we partnered to provide presentations on substance abuse and suicide prevention that reached 62 citizens.

- **MIST Program**

- Methodist Medical Center will continue to refer patients who are pregnant or young mothers struggling with substance abuse and addiction to Ridgeview Behavioral Health Services' MIST Program. The MIST team consists of a case manager, a counselor, and a program manager who connect with mothers through home visits, individual therapy sessions, and weekly support groups.

- **Grief Support Activities**

- Methodist Medical Center will continue to partner with Covenant Hospice to offer ongoing monthly grief support groups where those who have experienced the death of a loved one can find comfort, support and hope in a safe and welcoming environment. The hospital also supports an annual Walk to Remember in October that give parents and loved ones who have lost a child of any age the opportunity to come together to remember and celebrate the life of their child.

4. Asthma and Other Pulmonary Diseases

- **Community Paramedicine Program**

- Methodist Medical Center, along with area hospitals and physician offices, will partner with the Anderson County EMS provider to help develop a Community Paramedicine program. This program will work to identify patients who are not able to receive home health or healthcare assistance at home. Once identified, the goal is to place these individuals in the Community Paramedicine program for at least 30 days to aid them in navigating the healthcare community and managing their personal healthcare at home. The goal of the program is to reduce readmissions for high-risk patients such as those with COPD and CHF, as well as to decrease the use of emergency services, such as EMS and emergency departments, as primary care services.

- **Freedom from Smoking®**

- Methodist Medical Center will continue to offer “Freedom from Smoking®” classes through the hospital’s cardiopulmonary rehab program. The smoking cessation program is a six-class series that helps participants identify people, places and things that trigger their urge to smoking and works to create a smoking plan that fits their individual needs and helps them avoid a relapse. Classes are offered quarterly and the \$50 course fee is refundable upon complete of all six classes.