

Methodist Medical Center Community Engagement Plan

Significant Priorities / Issues

1. Obesity

Goal – Increase the percent of the population that report regular physical activity

Action Plan

- A. Provide free and low-cost community based exercise programs including Yoga, Cardio-Mix, Mommy & Co. and Mommy Walk.
- B. Provide worksite weight management solutions through HealthQuest, a population health program for local employers.
- C. Form an internal team and a community team representing Anderson County for the 2015 Knoxville Marathon with emphasis on the 5K race, promoting walking for weight reduction.

2. Asthma

Goal – Reduce percent of adult smokers below 2013 level of 27%

Action Plan

- A. Provide Freedom from Smoking classes for the community and for worksites.
- B. Promote Covenant Health Smoking Cessation App

Significant Finding

3. Diabetes

Goal – Provide education about risk factors, treatment, prevention and disease management

Action Plan

- A. Provide a 4 part series of classes on diabetes management utilizing an endocrinologist, dietitian, exercise physiologist and nurse at community and worksite locations.
- B. Promote health literacy with Health Night on the Town education series, and with community and Corporate screening events.

4. Substance Abuse

Goal - Increase awareness among the medical community of the prevalence of neonatal abstinence syndrome and increase referrals for treatment.

Action Plan

- A. Working together with local Obstetricians and Ridgeview Behavioral Health, on the M.I.S.T (Mothers and Infants Sober Together) to address the incidence of Neonatal Abstinence Syndrome infants.

5. Mental Health

Action Plan

- A. Methodist Medical Center will not be addressing the mental health finding of the assessment as our assessment partner, Ridgeview Behavioral Health and Peninsula Behavioral Health area addressing that need.