



*Community Health Needs Assessment*  
*2018*



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## TJ REGIONAL HEALTH ORGANIZATION DESCRIPTION

TJ Samson Community Hospital, a Kentucky nonprofit corporation, is a 196-bed facility including 16 skilled-care beds. Located in Glasgow, Kentucky, TJ Samson Community Hospital provides a full range of inpatient and outpatient medical care and specialty services to residents across South Central Kentucky. With more than 1,000 employees, it is the largest employer in Barren County. TJ Samson Community Hospital has achieved high accreditation from The Joint Commission, receiving fewer recommendations for improvement than the national average. The hospital is located at 1301 North Race Street, Glasgow, Kentucky, 42141.

TJ Health Columbia, also a Kentucky nonprofit corporation, is a 45- acute bed facility, including 25 psychiatric beds. Located in Columbia, Kentucky, TJ Health Columbia provides laboratory services, rehabilitation, respiratory services, cardiology services, a medical surgical unit, and an emergency department, as well as a 17- bed Behavioral Health Unit. The hospital is located at 901 Westlake Drive, Columbia, Kentucky 42728.



## HISTORY AND DEVELOPMENT

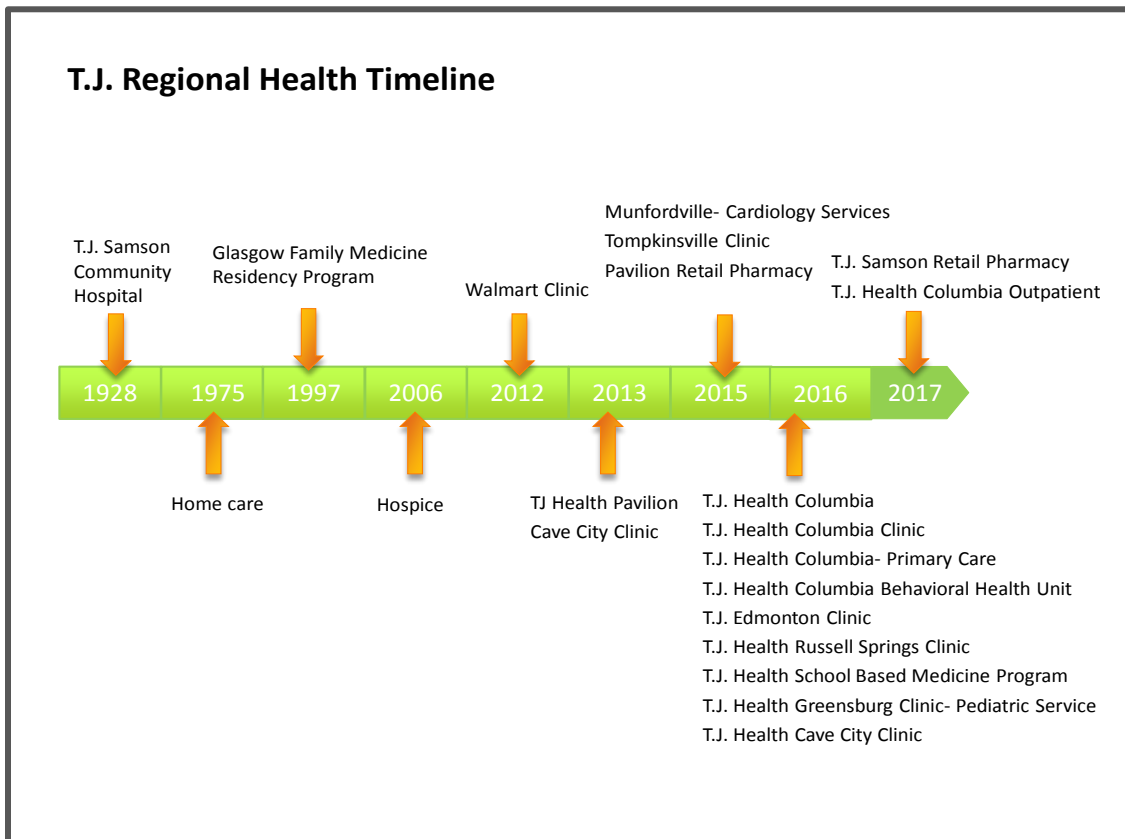
The story of TJ Samson Community Hospital begins in 1926. After reading an article about the “Commonwealth Fund”, an organization dedicated to the establishment of rural hospitals, Dr. C.W. Froedge began his mission. Knowing that the Glasgow Chamber of Commerce was already actively involved in a fundraising campaign to build an addition on the Maple-Wood Infirmary, Dr. Froedge took the article to the Chamber with the idea of building a community hospital instead. The Chamber accepted his proposal and on November 6, 1926, the Commonwealth Fund of New York awarded their second endowment to Glasgow on a 2:1 fund-matching incentive. The fund accorded a \$130,000 honorarium toward the establishment of a community hospital with the remaining \$65,000 to be contributed by the local community. A fund-raising committee was established and by January 1927, it was decided that any person or persons donating \$25,000 or more would be allowed to name the hospital as a memorial. Other commemorations such as memorial rooms and plaques were given for smaller contributions.

In a meeting on February 15, 1927, a member of the advisory committee, Mr. T.J. Samson, pledged his stock in the Samson Tobacco Company (worth \$18,500), plus an additional \$6,500 for the

privilege of naming the hospital. Construction on the original facility began the following year and by October 1928, the Community Hospital of Glasgow was ready for inspection by the Commonwealth Fund. The building easily passed the inspection, and on September 3, 1929 the hospital was dedicated and opened to the public. The first patient, Mr. J.G. Russell of Whetstone, Kentucky was admitted on September 18, 1929.

Since 1929, the hospital has undergone several expansions including a new wing to house an ultra-modern labor and delivery floor, Emergency Department, Cardiology Lab and Intensive Care Unit. In May of 1997, the hospital was designated as the site for one of Kentucky’s congressionally mandated Family Medicine Residency programs and is now home to the University of Louisville, Glasgow/Barren County Family Medicine Residency Program.

In 2013, TJ Samson Community Hospital unveiled its new state-of-the-art outpatient facility. The TJ Health Pavilion is a 226,000 square foot outpatient services facility that also houses the medical offices of TJ Health Partners, the physician group of TJ Samson Community Hospital’s parent company, TJ Regional Health. The TJ Health Pavilion offers services such as dialysis, urgent care, rehabilitation, lab, radiology, oncology, cardiology, urology, gynecology, nephrology and primary care. It also houses a community center and a walking track open to the public. With the addition of the TJ Health Pavilion, patients in the community are now able to conveniently receive specialty health services that were once a day trip away.



In February 2016, TJ expanded the TJ Health brand into Edmonton, Columbia and Russell Springs with the purchase of Westlake Regional Hospital, now TJ Health Columbia. Providing laboratory services, rehabilitation, medical surgical unit, respiratory services, cardiology services, an emergency department, and a Behavioral Health Unit.

TJ Regional Health, Inc. serves as the decision-making umbrella for T.J. Samson Community Hospital, TJ Health Partners, TJ Health Pavilion, TJ Health Columbia and associated clinics. Additional health care services are provided at The Clinic at Walmart, TJ Urgent Care, primary and specialty care physicians and outpatient care at the TJ Health Pavilion and primary care clinics in Cave City, Munfordville, Tompkinsville, Columbia, Russell Springs, Edmonton, and Greensburg.

## MISSION, VISION AND VALUES OF T.J. REGIONAL HEALTH

*We operate within our mission by offering a variety of health services to the region, including acute care; preventive testing and treatment; community outreach activities; and partnerships with local health care providers, civic organizations, and public schools.*

### *Our Mission:*

TJ Regional Health will promote and provide for the health and wellness of the communities we serve and the healthcare professionals who serve them.

### *Our Vision:*

TJ Regional Health will utilize available resources to anticipate and exceed the healthcare needs of the region with a focus on quality and compassion.

### *Core Values:*

- Service
- Excellence
- Responsive
- Vision
- Innovation
- Compassion
- Ethics

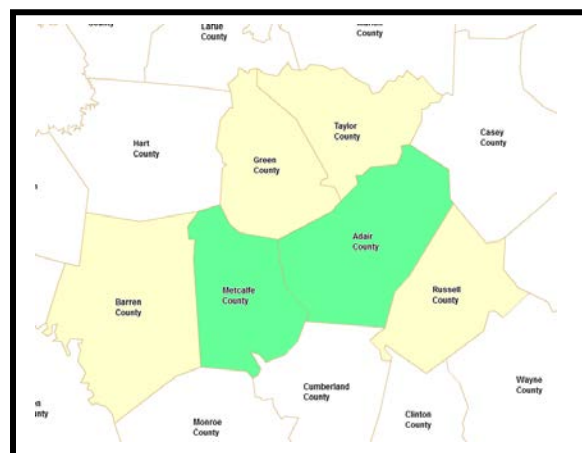
# PURPOSE FOR CONDUCTING AND REPORTING THE COMMUNITY NEEDS ASSESSMENT AND STRATEGIC IMPLEMENTATION PLAN

TJ Health Columbia's participation in the Community Health Needs Assessment and completion of the related Strategic Implementation Plan is an effort to meet the following goals and objectives:

- To maintain a strong sense of responsibility for the improvement in the health and wellness of the community that the hospital serves.
- To establish and maintain an organized method of obtaining and addressing the health issues that impact the people of South Central Kentucky.
- To develop and maintain a system of progress monitoring, based upon the strategic plan set in place to address health needs that were assessed.
- To continue carrying forth TJ Regional Health's mission to promote and provide for the health and well-being of those they serve.
- To fully comply with the Patient Protection and Affordable Care Act of 2010.
- To maintain organizational not-for-profit status.

## IDENTIFICATION OF SERVICE AREAS

TJ Health Columbia is dependent on its primary service area (counties shaded in green) where close to 76% of TJ Health Columbia patients reside. The secondary service area (counties shaded in yellow) accounts for 20% of TJ Health Columbia patients. The remaining patients come from across the Commonwealth of Kentucky.



## COMMUNITIES THAT WE SERVE

TJ Health Columbia is located in Columbia, Kentucky, which is the county seat of Adair County. Adair County is located in the heart of South Central Kentucky and has a population of over 18,000. Adair County is surrounded by Metcalfe, Green, Taylor, Casey, Russell, and Cumberland counties.

Adair County is known for its ideal location between Green River Reservoir, Dale Hallow Lake State Park, Barren River State Park, and Lake Cumberland State Park.

TJ Health Columbia defines its primary service area based on the location of where the majority of our inpatients reside. Based on the inpatient data, Using that data as shown below, the counties of Adair and Metcalfe are considered to be the primary service area for TJ Health Columbia.



## EXISTING LICENSED HEALTHCARE RESOURCE IN PRIMARY SERVICE AREA

Source: Kentucky Cabinet for Health and Family Services

COUNTY	FACILITY NAME	CITY	CERTIFIED BEDS	TYPES
ADAIR	TJ HEALTH COLUMBIA	COLUMBIA	74	HOSPITAL
ADAIR	SIGNATURE HEALTHCARE AT SUMMIT MANOR REHAB AND WELLNESS	COLUMBIA	104	LONG TERM CARE
ADAIR	ADAIR FRIENDS AND NEIGHBORS ADULT DAY HEALTH CENTER	COLUMBIA	0	ADULT DAY HEALTH
ADAIR	SPECTRUM CARE ACADEMY OF COLUMBIA I	COLUMBIA	0	PSYCHIATRIC RESIDENTIAL TREATMENT FACILITIES
ADAIR	SPECTRUM CARE ACADEMY OF COLUMBIA II	COLUMBIA	0	PSYCHIATRIC RESIDENTIAL TREATMENT FACILITIES
ADAIR	FAMILY FIRST HEALTHCARE, PLLC	COLUMBIA	0	RURAL HEALTH CLINIC
ADAIR	TJ HEALTH COLUMBIA CLINIC	COLUMBIA		RURAL HEALTH CLINIC
ADAIR	TJ HEALTH COLUMBIA PRIMARY CARE	COLUMBIA	0	RURAL HEALTH CLINIC
ADAIR	TAYLOR RURAL HEALTH, LLC	COLUMBIA	0	RURAL HEALTH CLINIC
ADAIR	ADAIR FAMILY MEDICAL CENTER	COLUMBIA	0	PHYSICIAN OFFICE DIRECTORY
ADAIR	CHARLES S GILES, MD, PSC	COLUMBIA	0	PHYSICIAN OFFICE DIRECTORY
ADAIR	DOWNEY EYE CLINIC C/O HUFFMAN & HUFFMAN PSC	COLUMBIA	0	PHYSICIAN OFFICE DIRECTORY
ADAIR	FAMILY MEDICAL CENTER	COLUMBIA	0	PHYSICIAN OFFICE DIRECTORY
ADAIR	SELFREFIND	COLUMBIA	0	PHYSICIAN OFFICE DIRECTORY
ADAIR	TJ HEALTH COLUMBIA PRIMARY CARE	COLUMBIA	0	PHYSICIAN OFFICE DIRECTORY
ADAIR	NIGHT HAWKS INVESTMENT COMPANY	COLUMBIA	0	LABORATORY
ADAIR	POLLARD COUNSELING SERVICES, LLC	COLUMBIA	0	ALCOHOL AND OTHER DRUG ENTITY FACILITY

<b>ADAIR</b>	HADLEY FAMILY CARE HOME	COLUMBIA	3	FAMILY CARE HOME
<b>METCALFE</b>	METCALFE HEALTH CARE CENTER	EDMONTON	71	LONG TERM CARE
<b>METCALFE</b>	EDMONTON PRIMARY CARE CENTER	EDMONTON	0	RURAL HEALTH CLINICS
<b>METCALFE</b>	GOLDEN YEARS ADULT DAY HEALTH CENTER	EDMONTON	0	ADULT DAY HEALTH
<b>METCALFE</b>	HEARTLAND REHABILITATION SERVICES	EDMONTON	0	OUTPATIENT PHYSICAL THERAPY/SPEECH PATHOLOGY SERVICES
<b>METCALFE</b>	METCALFE HEALTH CARE CENTER	EDMONTON	0	REHABS-LIC ONLY
<b>METCALFE</b>	SHUFFETT'S ADULT DAY CARE, INC	EDMONTON	0	ADULT DAY HEALTH

## TJ REGIONAL HEALTH LOCAL AFFILIATES

TJ Samson Community Hospital has on its campus the [University of Louisville Family Medicine Residency Program](#). This three-year program trains residents to become family practitioners under the guidance of local physicians. The residency program at TJ Samson Community Hospital is one of only seven in Kentucky and treats more than 12,000 patients annually.



**University of Louisville  
Glasgow Family Medicine  
Residency Program**

The [Barren River Regional Cancer Center](#) is a joint venture between TJ Samson Community Hospital and The Medical Center. This center has allowed cancer specialists to create a caring and personal environment for patients who require radiation oncology. Cancer treatment at the Barren River Regional Cancer Center is individualized, innovative, comprehensive, and delivered with care and optimism. All treatment team members are specially certified and strive to create a relaxing, comfortable place in which to seek treatment. The center is staffed with full-time oncologists, therapists and technicians using the newest equipment to effectively diagnose cancer and plan the most effective course of treatment.

**Barren River  
Regional Cancer Center**

In 2017 TJ Samson Community Hospital became a full affiliate member with UK [Markey Cancer Center Affiliate Network \(MCCAN\)](#). The Markey Affiliate Network assists doctors, nurses, pharmacists and other medical staff at local hospitals that provide excellent care in their communities. The Markey Affiliate Network provides cancer-specific education and training programs for community doctors, nurses and staff to ensure the most up-to-date cancer information is available to providers. When patients need care that is not available locally, they can be referred to the Markey Cancer Center in Lexington.



When that happens, Markey doctors work with community doctors and oncologists to minimize travel for patients and their families. The Markey Cancer Center was founded in 1983 and is a dedicated matrix cancer center established as an integral part of the University of Kentucky and the UK HealthCare

enterprise. Markey functions as a multi-faceted, multidisciplinary complex whose mission is to reduce cancer morbidity and mortality through a comprehensive program of cancer education, research, treatment and community engagement.



A Cancer Center Designated by the  
National Cancer Institute  
Markey Cancer Center is Kentucky's only  
NCI-designated cancer center.

In July 2013, Markey was designated by the National Cancer Institute (NCI) to receive research funding and many other opportunities available only to the nation's best cancer centers. Markey is the only NCI-designated center in Kentucky and one of only 69 in the country. The clinical programs and services of the Markey Cancer Center are integrated

with the UK Albert B. Chandler Hospital. Markey's cancer specialty teams work together with UK Chandler Hospital departments and divisions to provide primary patient care and support services as well as advanced specialty care with applicable clinical research studies. All diagnostic services, clinical and pathology laboratories, operating rooms, emergent and intensive care, and radiation therapy services are also provided to cancer patients through UK Chandler Hospital. Attending physicians affiliated with the Center are board certified in their respective oncologic specialties, and its research scientists are generously funded by nationally prominent funding agencies, including the National Cancer Institute.



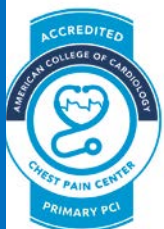
Barren-Metcalf EMS is a medical transport service company providing local medical transportation in Barren and Metcalfe County. It offers a full range of medical transportation services. The hospital has two representatives that serve on the Ambulance Board and provides financial support to cover 20% of the deficit incurred at month end.



TJ Samson Community Hospital is home to the Louisville Medical Center's [Air Methods](#). Air Methods is a comprehensive medical transportation system that includes emergency helicopter, fixed-wing (airplane) aircraft, and ground mobile intensive care vehicles. Air Methods is not a replacement for existing ground emergency medical services. The goal is to compliment the care given by the team on the ground. Air Methods is very active with public safety education. This includes going to high schools to discourage drinking and driving by participating in mock motor vehicle crash demonstrations for local SADD chapters. Air Methods also participates in Prom Promise activities and victim impact panels. Air Methods frequently provides assistance to local EMS, fire departments, and police agencies with mock motor vehicle crashes, disaster scenarios and other training.

## TJ REGIONAL HEALTH ACCREDITATIONS

The [Commission on Cancer \(CoC\)](#), a quality program of the American College of Surgeons (ACS) has granted Three-Year Accreditation to the cancer program at T.J. Samson Community Hospital. The CoC Accreditation Program provides the framework for T.J. Samson Community Hospital to improve its quality of patient care through various cancer-related programs that focus on the full spectrum of cancer care including prevention, early diagnosis, cancer staging, optimal treatment, rehabilitation, life-long follow-up for recurrent disease, and end-of-life care. When patients receive care at a CoC facility, they also have access to information on clinical trials and new treatments, genetic counseling, and patient centered services including psycho-social support, a patient navigation process, and a survivorship care plan that documents the care each patient receives and seeks to improve cancer survivors' quality of life. Like all CoC-accredited facilities, TJ Samson Community Hospital maintains a cancer registry and contributes data to the National Cancer Data Base (NCDB), a joint program of the CoC and American Cancer Society. This nationwide oncology outcomes database is the largest clinical disease registry in the world. Data on all types of cancer are tracked and analyzed through the NCDB and used to explore trends in cancer care. CoC-accredited cancer centers, in turn, have access to information derived from this type of data analysis, which is used to create national, regional, and state benchmark reports. These reports help CoC facilities with their quality improvement efforts.



T Samson Community Hospital receives full Chest Pain Center with [Primary PCI Accreditation from the American College of Cardiology \(ACC\)](#). An Accredited Chest Pain Center's (CPC) evidence-based, protocol-driven and systematic approach to cardiac patient care allows clinicians to reduce time to treatment during the critical early stages of a heart attack. Accredited facilities better monitor patients when it is not initially clear whether or not a patient is having a coronary event. Such monitoring ensures patients are neither sent home too early nor needlessly admitted. The Accreditation process ensures that hospitals meet or exceed an array of stringent criteria and undergo a comprehensive onsite review by a team of accreditation review specialists. Hospitals that receive ACC Accreditation status have achieved a higher level of expertise in dealing with patients who present with symptoms of a heart attack. They emphasize the importance of standardized diagnostic and treatment programs that provide more efficient and effective evaluation as well as more appropriate and rapid treatment of patients with chest pain and other heart attack symptoms. They also serve as a point of entry into the healthcare system to evaluate and treat other medical problems, and they help to promote a healthier lifestyle in an attempt to reduce the risk factors for heart attack.

## COMMUNITY HEALTH STATUS

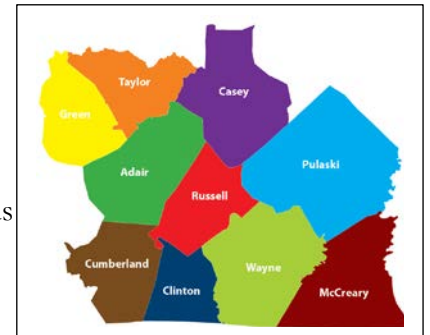
### Demographics:

Primary Service Area				
Population	<i>Community Metric</i>	<i>Adair County</i>	<i>Metcalfe County</i>	<i>Kentucky</i>
	Population, 2016 Estimate	19,280	10,018	4,436,974
	Population, Percent Change: April 1, 2010 to July 1, 2016	3.3%	-.08%	2.2%
<b>Age</b>	Persons Under 5 Years	5.3%	6.3%	6.2%
	Person Under 18 Years	20.5%	23.5%	22.8%
	Persons 65 Years and Over	17.3%	18.3%	15.6%
<b>Gender</b>	Female Persons	50.5%	50.5%	50.7%
<b>Race</b>	White (alone)	94.9	96.7%	88.0%
	Black or African American (alone)	3.0%	1.8%	8.3%
	Hispanic or Latino	1.8%	1.8%	3.5%
	Asian (alone)	0.4%	0.3%	1.5%
<b>Education</b>	High School Graduation or higher, (percent of persons age 25 or older)	76.0%	76.0%	84.6%
	Bachelor's Degree or higher, (percent of persons age 25 or older)	16.5%	11.4%	22.7%
<b>Income &amp; Poverty</b>	Per Capita income (in past 12 months)	\$18,463	\$18, 141	\$24,802
	Median House hold income	\$33,873	\$33,788	\$44,811
	Person in poverty (percent)	26.1%	22.7%	18.5%
<b>Drugs</b>	Drug & Narcotic Offenses	99	40	N/A
Source: U.S Census Bureau: State and County Quick Facts Kentucky State Police Annual Report				



# COMMUNITY HEALTH NEEDS ASSESSMENT AND STRATEGIC IMPLEMENTATION PLANNING PROCESS

The Lake Cumberland District Health Department (LCDHD) is located in rural south central Kentucky. They are comprised of ten counties: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor and Wayne. LCDHD is the largest health district in the state of Kentucky. The total population of service is approximately 200,000. In pursuit to improve the health of citizens across the Lake Cumberland District, they collaborated with numerous community partners across each of their ten counties to implement the Mobilizing Action through Partnership and Planning (MAPP). MAPP is a community-driven strategic planning process for improving community health.



In 2012, the Health Policy and Promotion staff began the MAPP process by using existing health coalitions or forming new health coalitions in each of our ten counties. To ensure all sectors of the community were represented coalitions used the Local Public Health System diagram map (figure 1) for recruiting of partners. They began this process by revisiting the definitions of health and public health with all ten of our health coalitions. “HEALTH is a dynamic state of complete physical, mental, spiritual and social well-being and not merely the absence of disease or infirmity” (WHO 1998). Public health is the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease and injury prevention and detection and control of infectious diseases.

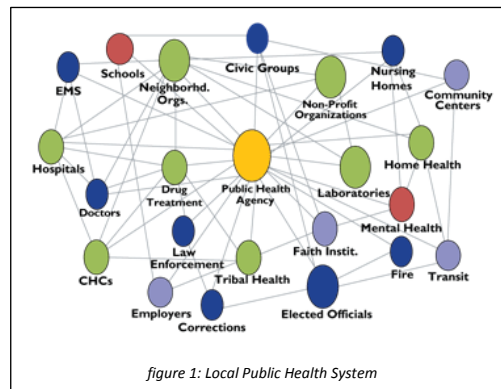


figure 1: Local Public Health System

In addition, the communities discussed the social determinates of health. “Social Determinates of Health (SDH) are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems” (Healthy People 2020). Over the next two years all ten health coalitions created vision statements, completed four health assessments, developed strategic issues and create goals and objectives to improve the health of their community. (figure 2)

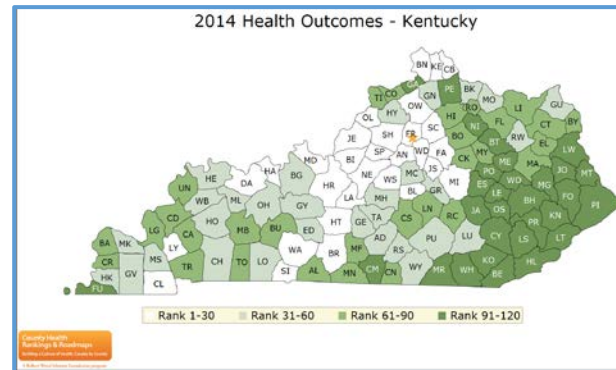
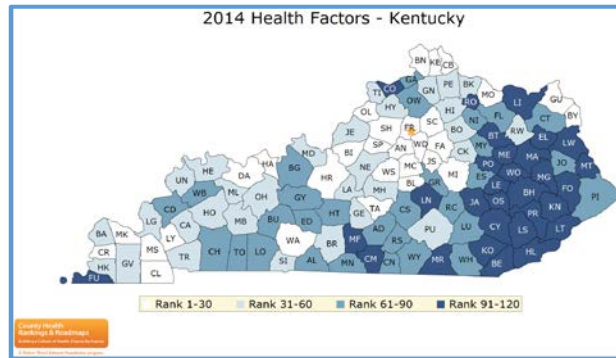


figure 2: Community Roadmap

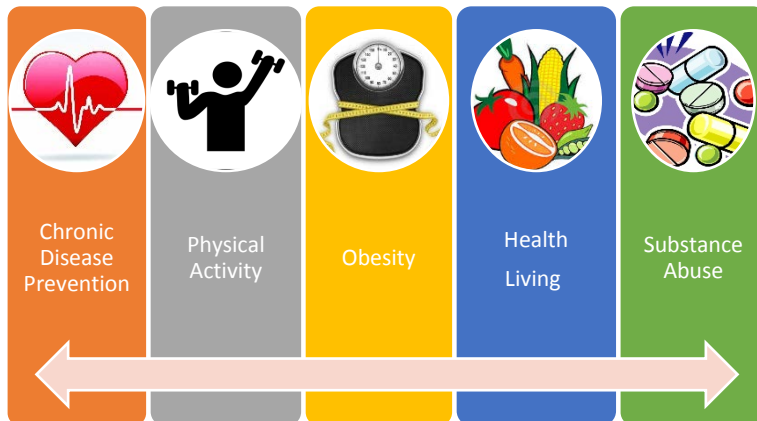
The Lake Cumberland Community Health Improvement Booklet is a result of the MAPP process. Each county created a health improvement plan to guide their steps toward a healthy

community. These improvement plans will be implemented over the next three years. The plans are driven by all the community health coalition partners, to improve the health status of a county it takes everyone within a county working together.

The state of Kentucky has some of the lowest health statistics in the nation with a ranking of 48 out of 50 states. (American Health Ranking 2014). The counties that makeup the Lake Cumberland District faces many challenges when charged to improve their health status. According to County Health Ranking (2014) the Health Outcome ranking ranges from 32 (Green County) to 91 (McCreary County) and the Health Factors ranking ranges from 28 (Taylor County) to 110 (McCreary County). The Health Outcome ranking is determined by the length of life and quality of life. The Health Factor ranking is determined from health behaviors, clinical care, social and economic factors and the physical environment. Across Lake Cumberland, we have a high prevalence of smoking/tobacco use, poor nutrition habits, and physical inactivity among adults and children. These behaviors results in high rates of cancer, health disease, diabetes and obesity.



## PRIORITY HEALTH ISSUES





## Adair County Community Health Improvement Plan

### Adair County W.A.T.C.H. (Working Actively Toward Community Health)

**Vision:** Adair County is an educated, productive community united and empowered to create and access opportunities and resources to achieve a healthy and active lifestyle

**Priority Health Areas:**

Obesity  
Physical Activity

**Goal:**

Increase the number of youth and adults who engage in regular physical activity

#### Alignment with State/National Priorities

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
Reduce the rate of obesity in Kentuckians by 10% <i>*certified trail town, support initiative for pedestrian &amp; bikes</i>	Prevent inappropriate weight gain in youth and adults. <i>Nutritional and Weight Status #11</i>	Facilitate access to safe accessible and affordable places for physical activity.

#### Social Determinates of Health

Social Determinates of health are a strong predictor of health disparities and affect the wide range of health, functioning, and quality of life outcomes in all ages. Economic stability, built environment, and social community context are three key areas that relate to quality of life locally. Adair County has a high rate of children living in poverty, obesity and chronic disease. Further, Adair lags behind in income level, adults getting physical activity and has few places to get free and safe physical activity. (Social Determinants of Health Key Concepts, World Health Organization)

#### Adair County W.A.T.C.H. (working actively toward community health) Coalition Members (*Core group*):

- Adair County Health Department
- Adair County Public Library
- Adair County School System
- Family Resource and Youth Service Center
- Lindsey Wilson College
- Cumberland Family Medical (federally qualified health center)
- Shoreline Communication, Inc.
- Adair Community Voice
- TJ Health Columbia (formerly Westlake)
- Summit Manor Rehabilitation Center
- ADANTA Regional Prevention Center
- Columbia-Adair Chamber of Commerce
- Adair KY-ASAP





## Green County

### Community Health Improvement Plan

#### Green County Health and Wellness Coalition Vision

All citizens united to provide a healthier tomorrow by focusing on one another to promote better lifestyle choices, education, resources and a safe environment for all who live, work and play in Green County.

#### Priority Health Area:

Chronic Disease Prevention

#### Goal:

Reduce chronic disease by decreasing the obesity rate

#### Alignment with State/National Priorities

Obj.	KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
#1	Reduce the rate of obesity among KY by 10%	PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity.	Facilitate access to safe, accessible and affordable places for physical activity
#2	Reduce the smoking rate in KY by 10%	TU-1: Reduce tobacco use among adults. TU-2: Reduce tobacco use among adolescents. TU-15: Increase tobacco free environments in schools, including all school facilities, property, vehicles, and school events.	Support comprehensive tobacco-free and other evidence-based tobacco control policies.
#3	Reduce the rate of obesity among KY by 10%.	PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity.	Facilitate access to safe, accessible and affordable places for physical activity.

## Social Determinants of Health

Circumstances in which people are born, grow up, live, work, and age, as well as the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics. (*Social Determinants of Health Key Concepts, World Health Organization*)

As a rural Appalachian community, Green County has a population of approximately 11,500 with a high poverty rate and is highly dependent on agriculture as a source of income. There is a local hospital and few resources where individuals can safely be physically active. Access to healthy foods is limited to two grocery stores. Chronic disease rates exceed district, state, and/or national averages in many categories.



**Russell County**

**Community Health Improvement Plan**

**Russell County Vision**

Russell is a united community focusing on spiritual, emotional, mental, physical, and economical health that empowers personal responsibility with the support of local partners and resources to make it a safe place to live work and play.

**Priority Health Area:**  
Chronic Disease Prevention

**Goal 1:** To decrease the prevalence of chronic disease through increased nutrition, physical activity, tobacco cessation and educational encounters for adults and youth

**Goal 2:** Decrease the number of students using alcohol, marijuana, and tobacco.

**Alignment with State/National Priorities**

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
<p>Reduce the obesity rate among Kentuckians by 10%</p> <p><i>*Trail Town Certification</i></p> <p><i>*Challenge school districts to increase physical activity opportunities for children through implementing comprehensive school physical activity programs.</i></p> <p><i>*Work with early child care providers to increase opportunities to prevent obesity among our youngest children</i></p> <p>Reduce Cardiovascular Deaths by 10%</p> <p><i>*Reduce the proportion of adults with hypertension who are current smokers by 10%</i></p> <p><i>*Increase the percentage of individuals receiving evidence-based smoking cessation treatment by 50%</i></p> <p><i>*Support the ongoing efforts of the Kentucky CARE Collaborative, a statewide effort designed to provide blood pressure awareness education within communities.</i></p>	<p>Prevent inappropriate weight gain in youth and adults.</p> <p><i>*Reduce the proportion of adults who engage in no leisure time physical activity.</i></p> <p><i>*Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high</i></p> <p><i>*Increase recent smoking cessation success by adult smokers</i></p>	<p><i>Empower People – Provide people with tools and information to make healthy choices.</i></p> <p><i>Empower People –Promote positive social interactions and support healthy decision making.</i></p> <p><i>Empower People – Engage and empower people and communities to plan and implement prevention policies and programs.</i></p>

## Alignment with State/National Priorities

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
Reduce death from drug overdose by 25%	<p>Increase the proportion of adolescents never using substances.</p> <p>Increase the proportion of adolescents who perceive “great risk” associated with substance abuse.</p>	<p>Create environments that empower young people not to drink or use other drugs.</p> <p>Support state, tribal, local, and territorial implementation and enforcement of alcohol control policies.</p>
<p>Reduce Kentucky smoking rate by 10%.</p> <p><i>*Support smoke free state-wide legislature</i></p> <p><i>*Partner with school district to implement tobacco free campuses</i></p> <p><i>*Increase use of smoking cessation by 50%</i></p>	<p>Reduce tobacco use by adults.</p> <p><i>*Increase smoking cessation attempts by adult smokers</i></p> <p>Reduce tobacco use by adolescents.</p> <p><i>*Increase tobacco-free environments in schools, including all school facilities, property, vehicles, and school events</i></p>	<p>Support comprehensive tobacco free and other evidence-based tobacco control policies.</p> <p>Expand use of tobacco cessation services.</p> <p>Promote tobacco free environments.</p> <p>Implement evidence-based recommendations for tobacco use treatment and provide information to their patients on the health effects of tobacco use and secondhand smoke exposure.</p>

## Social Determinates of Health

Social determinants of health are the economic and social conditions that shape the health of individuals, communities, and jurisdictions as a whole. Social determinants of health are the primary determinants of whether individuals stay healthy or become ill (a narrow definition of health). Social determinants of health also determine the extent to which a person possesses the physical, social, and personal resources to identify and achieve personal aspirations, satisfy needs, and cope with the environment (a broader definition of health). Social determinants of health are about the quantity and quality of a variety of resources that a society makes available to its members. (Raphael, 2008)

Specific determinants for disparities are: poverty, educational attainment, unemployment rates, access, safety, communities’ norms, and chronic disease.



## Taylor County

### Community Health Improvement Plan

#### Russell County Vision

The goal of Taylor County Wellness Coalition is to promote and coordinate all available community resources in health related activities.

**Priority Health Area:**  
Health Living

**Goal:**  
Increase knowledge of the importance of healthy lifestyles-promote healthy nutrition, physical activity and tobacco cessation for adults and youth.

#### Alignment with State/National Priorities

Objective #	KY Health Now 2019 Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
1 (Strategy 1)	Reduce the obesity rate among Kentuckians by 10%	NWS 2.2-Increase the proportion of school districts that require schools to make fruits or vegetables available whenever other food is offered or sold	Increase access to healthy and affordable foods in the community
2 (Strategy 1)	Reduce the smoking rate in KY by 10%	TU-4: Increase smoking cessation attempts by adult smokers TU-5: Increase recent smoking cessation success by adult smokers	Expand use of tobacco cessation services

#### Alignment with State/National Priorities (cont.)

Objective #	KY Health Now 2019 Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
2 (Strategy 2, 3)	Reduce the smoking rate in KY by 10%	TU-1: Reduce tobacco use among adults TU-2: Reduce tobacco use among adolescents TU-15: Increase tobacco free environments in schools, including all school facilities, property, vehicles, and school events	Support comprehensive tobacco-free and other evidence-based tobacco control policies
3	Reduce the rate of obesity among KY by 10%	PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity	Facilitate access to safe, accessible and affordable places for physical activity

### Social Determinants of Health

Circumstances in which people are born, grow up, live, work, and age, as well as the systems put in place to deal with illness are social determinants of health. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics. (Social Determinants of Health Key Concepts, World Health Organization)

Taylor County is the 46<sup>th</sup> most populated county in the state with a population of approximately 24,500. The media income is \$35,600 with 18% of the population living in poverty. Chronic disease rates exceed district, state, and /or national average in many categories.

TJ Health Columbia, in response to the assessment and Priority Health Issue findings, has used data collected to identify areas of opportunity to better meet the health needs that impact the hospital's patient population.

The Strategic Implementation Plan currently in place, will guide the organization in decisions made regarding program implementation and promotion, disease management, community partnerships, and health and awareness campaigns set in place over the next three years.

*\* To view the complete Community Health Improved Plan conducted by the Lake Cumberland District Health Department, please go [www.lcdhd.org](http://www.lcdhd.org) and search Health Assessments, Analyses, and Statistics.*

*\* Note a few our primary and secondary counties (Barren and Metcalfe) are a part of Barren River District Health Department's service area. To view the priority health issues in those counties please visit [www.tjsamson.org](http://www.tjsamson.org) to view TJ Samson Community Hospital's Community Health Needs Assessment.*

## STRATEGIC IMPLEMENTATION PLAN ADDRESSING PRIORITY HEALTH ISSUES

In relations to the identified Priority Health Issues, the following statements detail specific methods of raising awareness and reducing the number of individuals who have these health issues identified in the assessment to be negatively impacting the citizens of this community. The below community events and education programs are open to all TJ Regional Health residents.

### Obesity:

- TJ Samson Community Hospital currently offers monthly Lunch and Learn events that provide health information to staff and the general public concerning current health topics facing the community. The hospital plans to present Lunch and Learn events specifically focused on obesity. Obesity presentation objectives would include: nutrition, physical activity and lifestyle.
- Publication of healthy eating and proper nutrition articles into hospital mass-mailed health education newsletters and magazines.
- Continuing to hold annual Community Health Fairs at TJ Health Columbia and TJ Samson Community Hospital within the communities we serve. TJ Health Fairs offer a wide variety of early detection, educational booths, and preventable health screenings. Preventive screenings include: basic lab panel, lipid panel, height/weight/BMI, blood pressure, nutrition counseling, flu shots, bone density screenings and more. TJ also offers free sport physicals for students in grades 6 through 12 at the T.J. Samson Community Hospital Health Fair.
- Continue to promote the TJ Health Pavilion Walking Club. The walking club has an incentive program that recognizes milestones for every hundred miles walked. The TJ Health Pavilion offers a climate-controlled setting for the public or employees to utilize the resource of an indoor walking track. There are no fees for utilization of the indoor walking track.
- Continue to offer Community Quarterly Screenings. Preventive screenings include: Glucose, Lipid Panel, Total Cholesterol, Bone Density, Height/Weight, Body Fat Analysis/Body Mass Index and Blood Pressure.
- Continue to offer monthly Bariatric Support Groups and Seminars.

### Diabetes:

- Promotion of existing diabetes support group. As noted in assessment findings, support groups were listed as effective in helping to keep families healthy. By increasing the frequency and marketing of these programs, it is the hospital's hope to provide more families easy access to support resources.
- Publication of "Living with Diabetes" articles into hospital mass-mailed health education newsletters and magazines.
- Continue to offer diabetes education for newly diagnosed, and current diabetes patients, for in both inpatient and outpatient settings.
- Continue to offer Community Quarterly Screenings. Preventive screenings include Glucose testing.

- TJ Samson Community Hospital currently offers monthly Lunch and Learn events that provide health information to staff, as well as the general public concerning current health topics facing the community. The hospital plans to present Lunch and Learn events specifically focused on preventing, treating and living with diabetes.

### Cardiovascular Disease:

- Continued involvement in employee blood pressure annual screening in support of national “Go Red” day. Employee Education Department will travel to each department to conduct optional blood pressure screenings for all TJ employees.
- Exploration of new ways to involve the community in national “Go Red” day. Currently clinical staff travel to selected public sites to set up an informational booth and blood pressure screening stations. TJ Regional Health plans to pursue community partners for national “Go Red” day in an effort to reach more people at more locations within the service area.
- TJ Samson Community Hospital currently offers monthly Lunch and Learn events that provide health information to staff as well as the general public concerning current health topics facing the community. The hospital plans to present Lunch and Learn events specifically focused on cardiovascular disease and prevention. Presentation objectives could include: prevention, education, importance of screening and the role of heredity in heart health.
- Publication of heart health articles in hospital mass-mailed health education newsletters and magazines.
- TJ Samson Community Hospital will continue to collaborate and serve as a Title Sponsor in conjunction with the American Heart Association for their annual Heart Walk Event. In 2017 TJ Samson employees kicked off a massive fundraising initiative to help fight against this country’s No.1 and No.5 killers, heart disease and stroke. Over 316 employees raised in excess of \$46,000 to go towards lifesaving treatments and research.
- Continue to offer Grateful Heart Monthly Support Group.

### Lung Cancer:

- Continue to offer Cancer Support Groups once a month to educate and provide resources to individuals and their families.
- Continue to promote a smoke-free community by remaining a Tobacco-Free Campus within our hospitals and clinics.
- Continue to enforce our Third-hand Smoke Policy for employees.
- Continue to offer Smoking Cessation Clinics. The patients will receive one-on-one counseling with Pulmonology Acute Care Nurse Practitioner in both TJ Health Columbia and TJ Samson Community Hospital.
- Continue to offer American Lung Association’s Freedom From Smoking- Smoking Cessation Program for employees and community members.
- Increase communication surrounding the Freedom From Smoking Classes.



- TJ Samson functions as the fiscal agent for the Kentucky Agency for Substance Abuse Policy (KY-ASAP) Coalition, donating services in issuing grant reimbursements from the ASAP funds, providing payroll for the coordinator, and providing office space for the KY-ASAP services. The hospital also provides the opportunity for an employee to sit on the KY-ASAP Board of Directors and participate in ongoing Alcohol, Tobacco and Other Drugs (ATOD) education and prevention programs. KY-ASAP offers programs to assist residents in our primary service area to quit smoking. TJ Samson will partner with KY-ASAP to increase involvement in these programs.

#### **Drug and Alcohol Abuse and Addiction:**

- TJ Samson Community Hospital, in an effort to join the fight against drug and alcohol abuse and addiction, will continue to facilitate the grants for the KY-ASAP program. TJ Samson functions as the fiscal agent for the KY-ASAP Coalition. TJ provides community services using KY-ASAP grant funding, and the hospitals also provides payroll for the coordinator and office space for the coordinator. The hospital also provides the opportunity for an employee to sit on the KY-ASAP Board of Directors and participate in ongoing ATOD education and prevention programs.
- KY-ASAP will continue to support and provide permanent prescription drug disposal locations within Barren, Hart and Metcalfe Counties.
- KY-ASAP purchased naxlozone/narcan kits or doses to be utilized and distributed in our communities. Narcan trainings will be offered to first responders, hospital emergency room staff and other community members within our primary service area.
- KY-ASAP will continue to support Red Ribbon Week, After Prom Activities and other school events centered around substance abuse



## IMPROVED ACCESS TO HEALTHCARE

### *TJ Health Pavilion:*

Use promotion of the TJ Health Pavilion as a resource for the multiple services located in one convenient location. Patients have the ability to see their physician, have outpatient diagnostic services, and/or access other outpatient resources all in one convenient centrally-located facility.

### *Expansion of Clinics:*

Awareness and promotion of the newly opened Clinics at Cave City, Columbia, Edmonton, Russell Springs and Greensburg (pediatric services) will allow patients of this rural area to have access to primary care services.

### *School Based Medicine Program:*

Continue partnership with school districts to offer healthcare providers on site within our school systems located in our service areas. TJ Regional Health currently has a Nurse Practitioner on site for Metcalfe County School District.

### *Community Health Fairs/Conferences:*

Continue promotion of annual TJ Community Health Fairs, Lunch & Learn events, Men's Health and Prostate Screening Event, and TJ Samson Women's Conference. Also, reach into other outlying areas to implement annual health screening events within those areas.

### *TJ Samson Family Medicine Program:*

The University of Louisville Glasgow-Barren County Family Medicine Residency Program is a progressive rural based program located in the heart of South Central Kentucky. The program is affiliated with the University of Louisville School of Medicine and TJ Samson Community Hospital and has strong support from the medical and business communities. The residency program provides services at the TJ Family Medicine Center. The TJ Family Medicine program accepts low income patients as well as patients not covered by health insurance.

The Family Practice residency recently received two large grants from HRSA and NIH/AHRQ to assist our low income patients. The HRSA Grant was awarded for \$2.55 million dollars for the Geriatric Workforce Enhancement Program. The program is called Flourish, and its mission is to help older adults to flourish as they advance in age. These participants receive comprehensive care beyond the exam room. This grant allows us to provide assessments and care for individuals who are 65+ years of age with two or more chronic disease conditions. The Community Organizer and Health Navigator works with our clinic and throughout the community to identify patients, assess their care needs, obtain appropriate resources, and to close the care gaps related to social determinants of health as well as advancing age.

The NIH/AHRQ Cognitive Behavioral Therapy Award is worth approximately \$1 million total. This grant is done in coordination with a Social Worker based at Western Kentucky University who works on a weekly basis to assign patients to Cognitive Behavioral Therapy (CBT) as an adjunct to

standard therapy for depression. The CBT is administered with a computer program, and enrollment allows participants to receive CBT in between their physician office visits.

### *Community Medical Care:*

Continue partnership with Community Medical Care in Glasgow, Kentucky. Community Medical Care, Inc. is a local charity assisting Barren County's low-income seniors with prescription medication, prescription glasses and hearing aids. Hearing aids are obtained through another charity program, The Starkey Hearing Foundation's "Hear Now". Also, Community Medical Care assists low-income, working un-insured adults of Barren County by providing primary health care, prescription medication, emergency dental care, optometric care, hospital care, and specialist consultations. Primary healthcare is made possible through the residency program at TJ Samson Community Hospital. Specialty physician services are made possible through TJ Health Partners.

### *Palliative Care Program:*

Continued growth, communication and education regarding the hospital's Palliative Care Program focuses on disease management for those who suffer from chronic and debilitating illness. Patients who receive Palliative Care treatment will have access to an entire team of experts working together to manage their disease or illness. Access to this team provides the patient with a specially trained board certified Palliative Care physician, nurse practitioner, registered nurse, social worker and chaplain. The Palliative Care Team works with the patient's primary care physician and/or specialists to provide expert symptom management, clear and ongoing communication, guidance with difficult and complex decisions on treatment, and emotional and spiritual support for the patient and the family.

### *TJ Community Mission Foundation:*

Continue to expand on the Foundation's mission to advance specialized healthcare programs and exceptional care for our community and provide a bridge between medicine and compassion. The immediate goal of the TJ Community Mission Foundation is to invite the community and larger region to join to campaign for Shanti Niketan Hospice Home funding.

An existing house donated by TJ Samson will be renovated and expanded to become the Shanti Niketan Hospice Home. The home will include six to eight private individual rooms, kitchen, family gathering room, prayer and meditation space, and outdoor garden with a Celebration of Life fountain, landscaping and sitting areas.

Grief counseling, family support, and Celebration of Life activities will all be offered. Programs to help comfort people faced with the distress of illness and suffering, as well as volunteer training are just a few of the services to be supported by this campaign.

### *Good Samaritan Grant:*

Continue to partner with Lindsey Wilson College (LWC) to provide community health services with our local communities. In 2017 TJ and LWC were awarded grant money from the Good Samaritan Foundation for \$69,000 to fund Health Fair supplies/lab draws, bone density machines, flu shots, and educational materials for the community Health Fairs in Glasgow and Columbia. In 2017 TJ

Health Fairs provided over 2,100 direct services to local community members for free or reduced cost.

## **IMPROVE PATIENT/COMMUNITY ACCESS TO HEALTHCARE**

### *Resources, Education, and Materials*

#### *TJ Samson Website Update:*

TJ Samson's website possesses the ability to customize the site in an effort to better educate the community concerning services, physicians and resources offered by the hospital. The customizable website format allows patients to obtain news and upcoming event announcements in a more time sensitive manner. The website was designed to be easy for patients and community members to navigate. The marketing staff will continue to work over the next three years to link related pages and articles to better assist patients in understanding services and health issues that they may be researching.

#### *Social Media:*

TJ Samson currently provides a Facebook social media outlet for the distribution of health information, events, services, and many other types of communications. The hospital recognizes the demand for quick, real time, convenient communication regarding health education, events, services and screenings to our community and patients.

## COMMUNICATION PLAN

TJ Samson Community Hospital, in compliance with the Patient Protection and Affordable Healthcare Act of 2010, has developed a plan for the communication and distribution of the Community Health Needs Assessment and Strategic Implementation Plan.

### *Internal:*

- Highlight information found in the Community Health Needs Assessment and Strategic Implementation Plan for all employees, using internal newsletters, and all employee email communication.
- Posting of the Council's assessment and hospital's plan on TJ Intranet for employees to access.

### *External:*

- Posting of the Community Health Needs Assessment and Strategic Implementation Plan on the TJ Samson website.
- Make hard copies of the Community Health Needs Assessment and Strategic Implementation Plan available to the community upon request.
- Develop Facebook posts to direct individuals and employees to the TJ Samson website.