



Community Needs Assessment and Strategic Implementation Plan 2019



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Organization Description

T.J. Samson Community Hospital, a Kentucky non-profit corporation, is a 196-bed facility which includes 16 skilled-care beds. Located in Glasgow, Kentucky, T. J. 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. T. J. 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.



History and Development

The story of T.J. 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) and 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, T.J. Samson Community Hospital unveiled its new state-of-the-art outpatient facility. The T.J. Health Pavilion is a 226,000 square foot outpatient services facility that also houses several of the medical offices of T.J. Health Partners, the physician group of T.J. Samson Community Hospital’s parent company, T.J. Regional Health. The T.J. Health Pavilion offers services such as a retail pharmacy, 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 T.J. 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, the T.J. Health brand expanded into Edmonton, Columbia and Russell Springs with the purchase of Westlake Regional Hospital, now known as T.J. Health Columbia. T.J. Health Columbia offers an emergency department, a medical surgical unit, laboratory services, rehabilitation, respiratory services and cardiology services.

In September 2019, T.J. Regional Health expanded further with the opening of a Primary Care Clinic in Scottsville, Kentucky. By the end of 2019, T.J. Health will also be providing school-based medicine services throughout all Glasgow Independent Schools.

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

T.J. Regional Health Timeline



Mission, Vision and Values of T. J. Samson 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.

Mission:

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

Vision:

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

Values:

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



Purpose for Conducting and Reporting the Community Needs Assessment and Strategic Implementation Plan

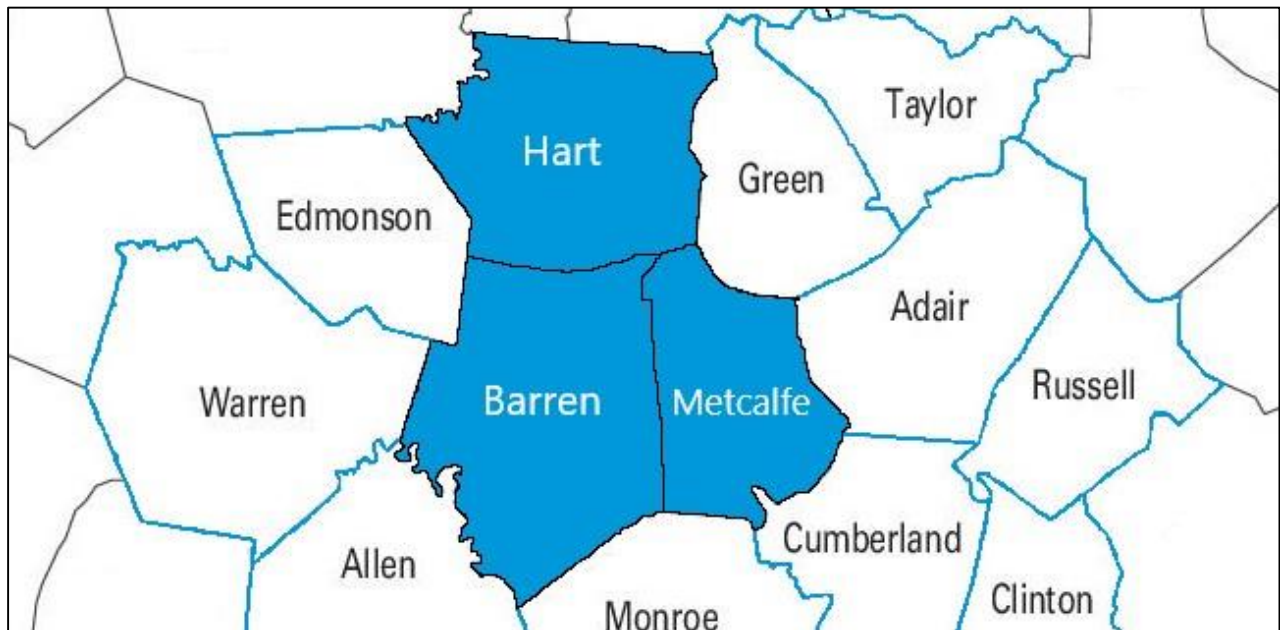
T.J. Samson Community Hospital’s participation in the Community Health Needs Assessment and completion of the related Strategic Implementation Plan is an effort to meet the following goals and objectives:

- To maintain a strong sense of responsibility for 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 T.J. Samson Community Hospital’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. T.J. Samson Local Affiliates

Community Served

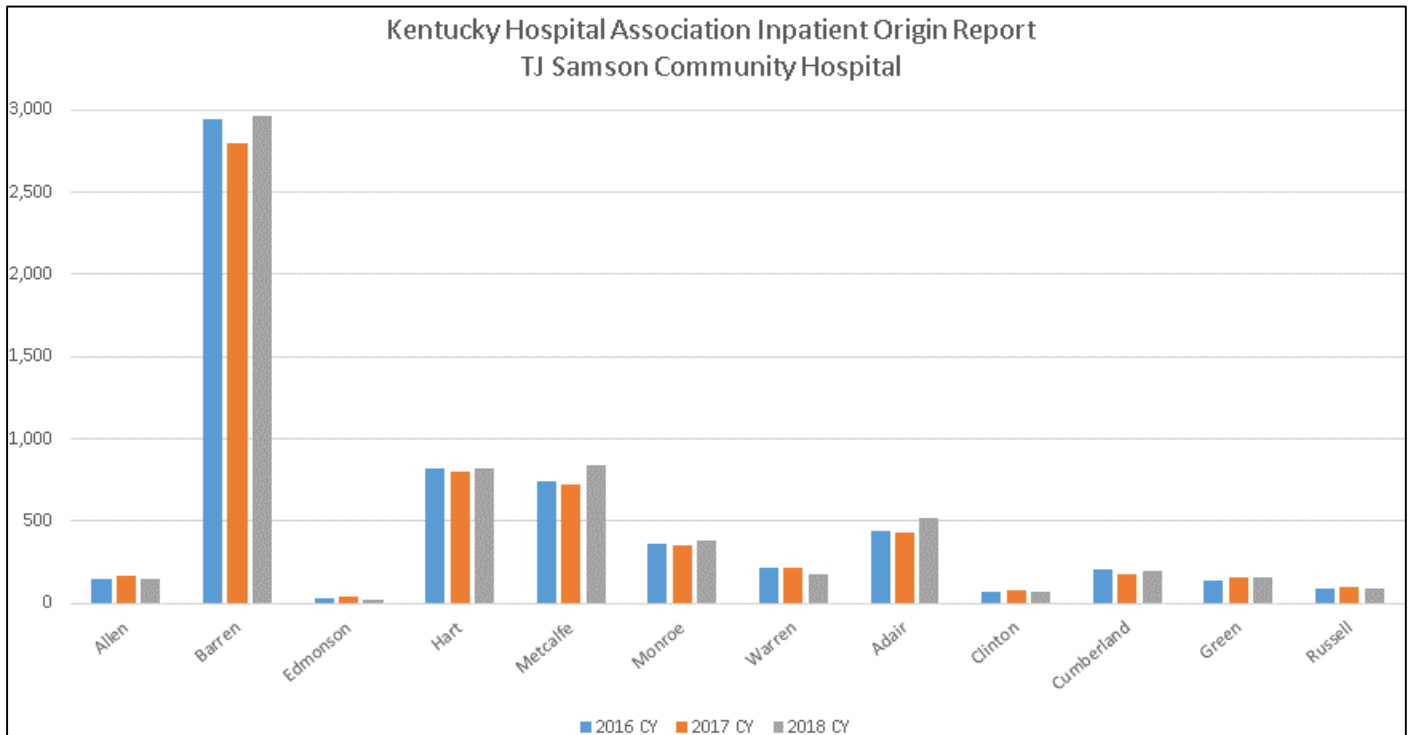
Identification of Service Areas

T.J. Samson Community Hospital is dependent on its primary service area (counties shaded in blue) where close to 74% of T.J. Samson Community Hospital’s patients reside. The secondary service area (counties outlined in blue) accounts for 23% of T.J. Samson Community Hospital’s patients. The remaining patients come from across the Commonwealth of Kentucky and the bordering state of Tennessee.



T.J. Samson Community Hospital is located in Glasgow, Kentucky, which is the county seat of Barren County. Barren County is located in the heart of South Central Kentucky, midway between Louisville, Kentucky and Nashville, Tennessee, and has a population of over 43,000. T.J. Samson Community Hospital defines its primary service area based on the location of where the majority of our inpatients reside. Using that data as shown below, the counties of Barren, Hart and Metcalfe are considered to be the primary service areas for T.J. Samson Community Hospital.

The primary service has a population of 71,933 residents in a 1,200 square mile area. The secondary service area includes Adair, Allen, Clinton, Cumberland, Edmonson, Green, Monroe, Russell, Taylor and Warren counties with 266,042 residents in 3,000 square miles. In total, TJSCH's thirteen-county service area of approximately 4,200 square miles extends beyond the BRADD counties-providing health care services to over 330,000 residents.



Existing Licensed Healthcare Resources in Primary Service Area

COUNTY	FACILITY NAME	CITY	CERTIFIED BEDS	TYPES
BARREN	BARREN COUNTY NURSING AND REHABILITATION	GLASGOW	94	LONG TERM CARE
BARREN	GLASGOW STATE NURSING FACILITY	GLASGOW	100	LONG TERM CARE
BARREN	GLENVIEW HEALTH CARE FACILITY	GLASGOW	60	LONG TERM CARE
BARREN	NHC HEALTHCARE, GLASGOW	GLASGOW	194	LONG TERM CARE
BARREN	SIGNATURE HEALTHCARE OF GLASGOW REHAB & WELLNESS CENTER	GLASGOW	68	LONG TERM CARE
BARREN	T.J. SAMSON COMMUNITY HOSPITAL	GLASGOW	16	LONG TERM CARE
BARREN	T.J. SAMSON COMMUNITY HOSPITAL	GLASGOW	180	ACUTE
BARREN	JUST FAMILY, INC	GLASGOW	0	ADULT DAY HEALTH
BARREN	MCPEAK SURGERY CENTER	GLASGOW	0	AMBULATORY SURGICAL CENTER
BARREN	T.J. SAMSON AMBULATORY CARE CENTER	GLASGOW	0	AMBULATORY CARE CLINIC
BARREN	JUST FAMILY, INC	GLASGOW	0	AODE & BHSO DIRECTORY
BARREN	ALLIANCE COUNSELING ASSOCIATES	GLASGOW	0	AODE & BHSO DIRECTORY
BARREN	FRESENIUS MEDICAL CARE GLASGOW	GLASGOW	0	END STAGE RENAL DISEASE FACILITIES
BARREN	T.J. SAMSON KIDNEY CARE	GLASGOW	0	END STAGE RENAL DISEASE FACILITIES
BARREN	THE BARREN RIVER CANCER CENTER, INC	GLASGOW	0	FREESTANDING OR MOBILE TECHNOLOGY
BARREN	T.J. SAMSON COMM HOSP HOME CARE PROGRAM	GLASGOW	0	HOME HEALTH AGENCY (HHA)
BARREN	T.J. SAMSON COMMUNITY HOSPITAL HOME CARE HOSPICE	GLASGOW	0	HOSPICE
BARREN	THE CLINIC AT WALMART	GLASGOW	0	LIMITED SERVICES CLINICS
BARREN	LINCARE, INC	GLASGOW	0	MOBILE HEALTH SERVICES
BARREN	HEARTLAND REHABILITATION SERVICES	GLASGOW	0	OUTPATIENT PHYSICAL THERAPY/SPEECH PATHOLOGY SERVICES
BARREN	CARDIOLOGY ASSOCIATES OF SOUTHERN KY	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	FAMILY OPTIONS, INC	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY

BARREN	FAMILY PRACTICE CENTER	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	GLASGOW HEART AND VASCULAR	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	GLASGOW PEDIATRICS HEALTHCARE	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	GLASGOW TREATMENT CENTER	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	GLASGOW URGENT CLINIC INC	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	GRAVES GILBERT CLINIC GLASGOW	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	GRAVES GILBERT CLINIC SOUTH	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	INTERVENTIONAL PAIN SPECIALISTS	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	JACKSON HEALTH AND WELLNESSCLINIC, LLC	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	JAMES P CREWS MD	CAVE CITY	0	PHYSICIAN OFFICE DIRECTORY
BARREN	MC PEAK VISION PARTNERS	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	MEDICAL ASSOC OF SOUTHERNKENTUCKY	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	PENDLETON FAMILY CARE, LLC	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	T.J. HEALTH PARTNERS THE WALMART CLINIC	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	T.J. HEALTH PAVILION LABORATORY	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	TJHP CAVE CITY CLINIC	CAVE CITY	0	PHYSICIAN OFFICE DIRECTORY
BARREN	TONY L HOGAN APRN HEALTH CLINIC	GLASGOW	0	PHYSICIAN OFFICE DIRECTORY
BARREN	T.J. SAMSON COMMUNITY HOSPITAL	GLASGOW	0	PORTABLE X-RAY SUPPLIERS
BARREN	SPECTRUM CARE ACADEMY OF GLASGOW I	CAVE CITY	9	PSYCHIATRIC RESIDENTIAL TREATMENT FACILITIES
BARREN	SPECTRUM CARE ACADEMY OF GLASGOW II	CAVE CITY	9	PSYCHIATRIC RESIDENTIAL TREATMENT FACILITIES
BARREN	T.J. SAMSON COMMUNITY HOSPITALOUTPATIENT SERVICES	CAVE CITY	0	NETWORKS
BARREN	NHC HEALTHCARE GLASGOW	GLASGOW	0	REHABS-LIC ONLY
BARREN	T.J. SAMSON COMMUNITY HOSPITAL REHABILITATION CENTER	GLASGOW	0	REHABS-LIC ONLY
BARREN	T.J. SAMSON PAVILION REHABILITATION AGENCY	GLASGOW	0	REHABS-LIC ONLY
BARREN	THE BARREN RIVER REGIONAL CANCER CENTER, INC	GLASGOW	0	SPECIALIZED MEDICAL TECHNOLOGY
HART	THE OLE HOMEPLACE ADULT DAYHEALTH CARE CENTER-HAR	MUNFORDVILLE	0	ADULT DAY HEALTH

HART	BLUEGRASS PROFESSIONAL COUNSELING	MUNFORDVILLE	0	AODE & BHSO DIRECTORY
HART	THE MEDICAL CENTER AT CAVERNA	HORSE CAVE	25	CRITICAL ACCESS HOSPITAL DIRECTORY
HART	HART COUNTY MANOR	MUNFORVILLE	54	FREE STANDING PERSONAL CARE HOME
HART	SIGNATURE HEALTHCARE OF HART COUNTY REHAB & WELLNESS CENTER	HORSE CAVE	104	LONG TERM CARE
HART	HEARTLAND REHABILITATION SERVICES	HORSE CAVE	0	OUTPATIENT PHYSICAL THERAPY/SPEECH PATHOLOGY SERVICES
HART	CAVERNA PRIMARY CARE CLINIC	HORSE CAVE	0	RURAL HEALTH CLINICS
HART	FAMILY MEDICAL CENTER OF HART COUNTY	MUNFORDVILLE	0	RURAL HEALTH CLINICS
HART	MUNFORDVILLE PRIMARY CARE CLINIC	MUNFORDVILLE	0	RURAL HEALTH CLINICS
METCALFE	GOLDEN YEARS ADULT DAY HEALTHCENTER	EDMONTON	0	ADULT DAY HEALTH
METCALFE	SHUFFETT'S ADULT DAY CARE, INC	EDMONTON	0	ADULT DAY HEALTH
METCALFE	HARPER'S HOME FOR THE AGED	EDMONTON	27	FREE STANDING PERSONAL CARE HOME
METCALFE	METCALFE HEALTH CARE CENTER	EDMONTON	71	LONG TERM CARE
METCALFE	HEARTLAND REHABILITATION SERVICES	EDMONTON	0	OUTPATIENT PHYSICAL THERAPY/SPEECH PATHOLOGY SERVICES
METCALFE	METCALFE HEALTH CARE CENTER	EDMONTON	0	REHABS-LIC ONLY
METCALFE	EDMONTON PRIMARY CARE CENTER	EDMONTON	0	RURAL HEALTH CLINICS

Source: Kentucky Cabinet for Health and Family Services

T.J. Samson 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.



The Barren River Regional Cancer Center is a joint venture between T.J. 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

Barren River Regional Cancer Center

Regional Cancer Center is individualized, innovative, comprehensive, and it is delivered with care and optimism. All treatment team members are specially certified, and they strive to create a relaxing, comfortable place in which to seek

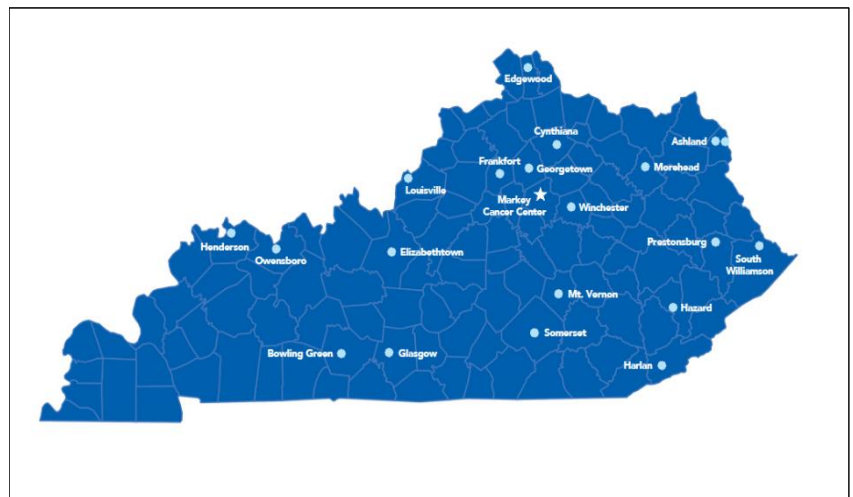
treatment. The center is staffed with full-time oncologists, therapists and technicians using the newest equipment to effectively diagnose cancer and plan the most effective course of treatment.

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. 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.



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



T.J. Samson Community Hospital is home to 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; rather, 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 Students Against Drunk Driving (SADD) chapters. Air Methods frequently provides assistance to local EMS, fire departments, and police agencies with mock motor vehicle crashes, disaster scenarios and other training.



T.J. Regional Health Accreditation

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.J. 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

Primary Service Area Demographics

<i>Topic</i>	<i>Community Metric</i>	<i>Barren County</i>	<i>Hart County</i>	<i>Metcalfe County</i>	<i>Kentucky (State)</i>
Population	Population estimate (July 1, 2018)	44,176	18,906	10,030	4,468,402
	Population, percent change: April 1, 2010- July 1, 2018	4.8%	3.9%	-0.8%	3.0%
Population Characteristics	Veterans, 2013-2017	2,443	1,031	661	279,153
Age	Persons under 5 years (percent)	6.6%	7.0%	6.2%	6.2%
	Persons under 18 years (percent)	23.5%	24.5%	23.6%	22.6%
	Persons over 65 years (percent)	17.7%	16.6%	18.7%	16.4%
Gender	Female persons (percent)	51.7%	50.8%	50.4%	50.7%
Race	White (alone, percent)	92.6%	92.9%	96.5%	87.6%
	Black or African American (alone, percent)	4.2%	4.6%	1.7%	8.4%
	Hispanic or Latino (percent)	3.3%	1.9%	1.9%	3.8%
	Asian (alone, percent)	1.0%	0.5%	0.3%	1.6%
Education	High school graduate or higher (percent of persons age 25+)	82.2%	74.9%	77.2%	85.2%
	Bachelor's degree or higher, (percent of persons age 25+)	16.2%	12.6%	12.1%	23.2%
Income & Poverty	Per capita income in past 12 months (in 2017 dollars), 2013- 2017	\$20,493	\$19,715	\$18,449	\$25,888
	Median household income (in 2017 dollars), 2013- 2017	39,658	\$37,315	\$35,594	\$46,535
	Persons in poverty (percent)	22.1%	20.0%	23.4%	17.2%
Health	With a disability, under age 65 years (percent, 2013-2017)	17.1%	16.7%	19.4%	13.0%
	Persons without health insurance under age 65 (percent)	7.0%	7.6%	6.6%	6.3%

Source: US Census Bureau: State and County Quick Facts

Secondary Service Area Demographics

<i>Topic</i>	<i>Community Metric</i>	<i>Adair County</i>	<i>Allen County</i>	<i>Clinton County</i>	<i>Kentucky (State)</i>
Population	Population estimate (July 1, 2018)	19,215	21,122	10,206	4,468,402
	Population, percent change: April 1, 2010- July 1, 2018	3.0%	5.8%	-.06%	3.0%
Population Characteristics	Veterans, 2013-2017	1,111	1,215	642	279,153
Age	Persons under 5 years (percent)	5.5%	5.9%	6.0%	6.2%
	Persons under 18 years (percent)	20.3%	23.0%	22.5%	22.6%
	Persons over 65 years (percent)	18.6%	17.6%	19.5%	16.4%
Gender	Female persons (percent)	50.5%	50.5%	50.9%	50.7%
Race	White (alone, percent)	94.9%	96.7%	97.0%	87.6%
	Black or African American (alone, percent)	3.0%	1.2%	0.6%	8.4%
	Hispanic or Latino (percent)	2.0%	2.2%	3.0%	3.8%
	Asian (alone, percent)	0.4%	0.3%	0.3%	1.6%
Education	High school graduate or higher (percent of persons age 25+)	76.9%	79.5%	71.7%	85.2%
	Bachelor's degree or higher, (percent of persons age 25+)	15.8%	14.4%	10.1%	23.2%
Income & Poverty	Per capita income in past 12 months (in 2017 dollars), 2013- 2017	\$18,408	\$21,652	\$19,325	\$25,888
	Median household income (in 2017 dollars), 2013- 2017	\$36,575	\$40,598	\$31,130	\$46,535
	Persons in poverty (percent)	22.5%	21.8%	26.4%	17.2%
Health	With a disability, under age 65 years (percent, 2013-2017)	12.5%	16.3%	10.3%	13.0%
	Persons without health insurance under age 65 (percent)	6.7%	7.1%	8.1%	6.3%

Source: US Census Bureau: State and County Quick Facts

Secondary Service Area Demographics

<i>Topic</i>	<i>Community Metric</i>	<i>Cumberland County</i>	<i>Edmonson County</i>	<i>Green County</i>	<i>Monroe County</i>	<i>Kentucky (State)</i>
Population	Population Estimate (July 1, 2018)	6,659	12,274	11,049	10,718	4,468,402
	Population, Percent Change: April 1, 2010- July 1, 2018	-2.8%	0.8%	-2.0%	-2.2%	3.0%
Population Characteristics	Veterans, 2013-2017	371	798	616	702	279,153
Age	Persons Under 5 Years	6.1%	4.8%	5.5%	6.3%	6.2%
	Persons Under 18 Years	21.6%	18.4%	20.9%	22.6%	22.6%
	Persons Over 65 Years	21.9%	20.7%	20.6%	18.8%	16.4%
Gender	Female Persons	51.3%	49.8%	50.7%	50.1%	50.7%
Race	White (alone)	94.8%	95.9%	95.9%	96.1%	87.6%
	Black or African American (alone)	3.0%	2.0%	2.1%	2.3%	8.4%
	Hispanic or Latino	1.5%	1.3%	1.9%	3.2%	3.8%
	Asian (alone)	0.2%	0.4%	0.2%	0.3%	1.6%
Education	High School Graduate or Higher (percent of persons aged 25 or older)	81.5%	79.2%	75.7%	76.6%	85.2%
	Bachelor's Degree or higher, (percent aged 25 or older)	13.2%	11.1%	11.0%	14.8%	23.2%
Income & Poverty	Per Capita Income (past 12 months)	\$18,669	\$21,851	\$23,448	\$21,985	\$25,888
	Median Household Income	\$35,449	\$41,114	\$37,338	\$35,665	\$46,535
	Persons in Poverty (percent)	22.8%	16.9%	18.5%	24.3%	17.2%
Health	With a disability, under age 65 years (percent, 2013-2017)	10.1%	21.7%	21.5%	16.2%	13.0%
	Persons without health insurance under age 65 (percent)	75%	7.7%	8.5%	8.2%	6.3%
Source: US Census Bureau: State and County Quick Facts						

Secondary Service Area Demographics

<i>Topic</i>	<i>Community Metric</i>	<i>Russell County</i>	<i>Taylor County</i>	<i>Warren County</i>	<i>Kentucky (State)</i>
Population	Population estimate (July 1, 2018)	17,821	25,549	131,264	4,468,402
	Population, percent change: April 1, 2010- July 1, 2018	1.5%	4.3%	15.4%	3.0%
Population Characteristics	Veterans, 2013-2017	845	1,240	6,596	279,153
Age	Persons under 5 Years	6.1%	6.4%	6.4%	6.2%
	Persons under 18 Years	22.7%	22.2%	22.9%	22.6%
	Persons over 65 Years	20.2%	18.0%	12.9%	16.4%
Gender	Female persons	50.9%	51.1%	51.1%	50.7%
Race	White (alone)	96.8%	91.6%	82.6%	87.6%
	Black or African American (alone)	0.9%	5.2%	9.8%	8.4%
	Hispanic or Latino	3.8%	2.5%	5.6%	3.8%
	Asian (alone)	0.5%	0.9%	4.6%	1.6%
Education	High school graduate or higher (percent of persons aged 25 or older)	76.0%	84.2%	88.2%	85.2%
	Bachelor's degree or higher, (percent aged 25 or older)	13.4%	18.8%	30.4%	23.2%
Income & Poverty	Per capita income (past 12 months)	\$18,857	\$19,885	\$25,840	\$25,888
	Median household Income	\$34,660	\$36,455	\$49,508	\$46,535
	Persons in poverty (percent)	23.3%	18.2%	16.1%	17.2%
Health	With a disability, under age 65 years (percent, 2013-2017)	13.1%	15.8%	11.3%	13.0%
	Persons without health insurance under age 65 (percent)	8.1%	6.3%	7.3%	6.3%
Source: US Census Bureau: State and County Quick Facts					

Community Health Needs Assessment & Strategic Implementation Planning Process

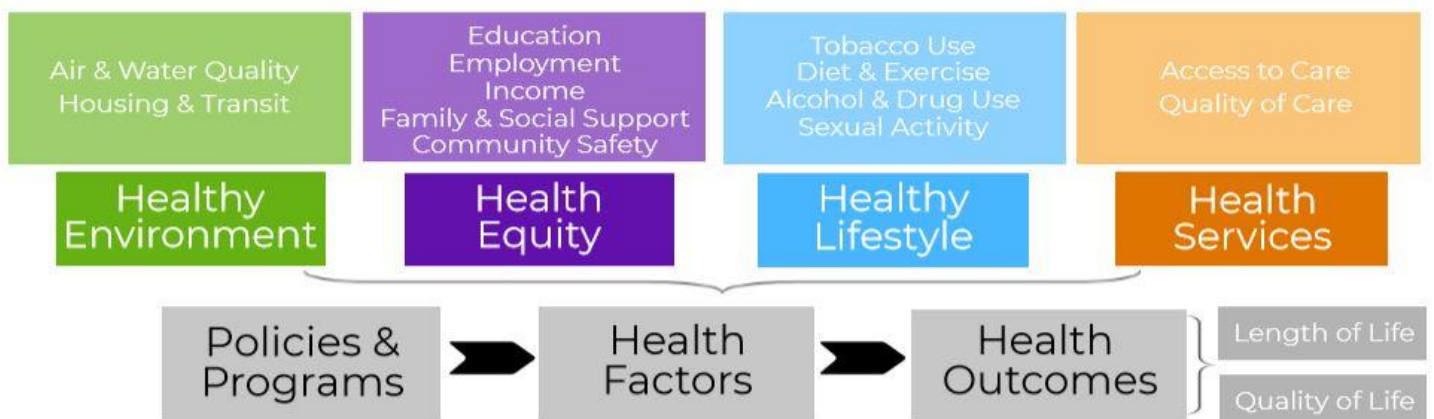
The Barren River Initiative to Get Healthy Together (BRIGHT) Coalition formed in 2011 with seven community partners:

- Barren River District Health Department
- Caverna Memorial Hospital
- The Medical Center at Franklin
- T.J. Samson Regional Health
- The Medical Center at Bowling Green
- The Medical Center at Scottsville
- Monroe County Medical Center

Within BRIGHT, these stakeholders joined forces to answer the question, "How can leaders of South-Central Kentucky's rural communities work together to improve our overall health status, strengthen the local economy, contribute to education successes, and improve the quality of life for all?". The coalition has since grown to over 47 organizations representing the ten counties in BRADD. The 2018-2019 Community Health Assessment (CHA) was conducted by the coalition to guide the community health improvement process for multiple organizations across the BRADD. This assessment details the priority health issues selected after consideration of all the data collected, and how this was used to develop a Community Health Improvement Plan (CHIP).

The Barren River Initiative to Get Healthy Together wants every resident in the Barren River District Area Development District (BRADD) to have the best quality of life possible by ensuring a safe place to live, work, and play. Healthy individuals, families, and communities are the cornerstone of this vision and include equal opportunities to be healthy with an emphasis on personal responsibility for their own health and wellness and collaboration among all stakeholders.

The following pages, 17- 23, contains images and information provided by the Community Health Plan published by the BRIGHT Coalition in the year 2019.

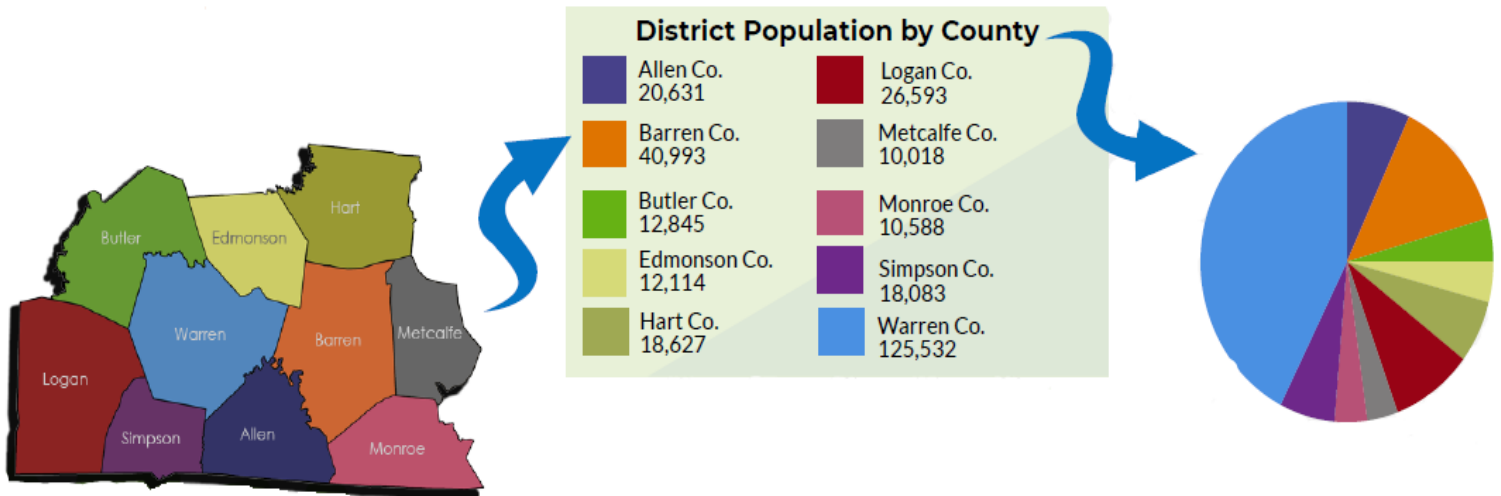


Source: BRIGHT Coalition: <http://www.brightcoalition.org/executive-summary.html>

Community Description

As of 2018, there were 296,024 individuals residing in the Barren River Area Development District (BRADD), which is made up of ten counties in South Central Kentucky. The area is also home to Western Kentucky University, which had 20,267 students enrolled in the fall of 2017 and the International Center which saw 2,470 immigrants arrive from 2013-2017 consisting of over 11 different nationalities.

Of the 10 BRADD counties, 4 have 100% of their population living in a rural area and an average of 78% of the BRADD population live in rural areas, with Warren County being the lowest at 31.2%. The BRADD median household income is \$42,066, but it is estimated that 53,625 (17.7%) residents live in poverty.



Source: BRIGHT Coalition: <http://www.brightcoalition.org/executive-summary.html>

Methodology

Throughout 2018, the BRIGHT Coalition met monthly to conduct the third Mobilizing for Action through Planning and Partnership (MAPP) cycle. MAPP is a strategic planning process that is used for partners in the region to apply strategic thinking to prioritize public health issues and identify resources to address them. This process is how the BRIGHT Coalition facilitates a collaborative process for community partners to participate in data collection and analysis, planning, implementation, and evaluation. It is comprised of six phases with the first four resulting in the CHA, which is the foundation for CHIP development and utilization in the last two phases of the MAPP process.

Through data gathered in 2018 by County Health Rankings, previously conducted assessments, and Healthy People 2020, the coalition identified four priority health issues: Healthy Environment, Health Equity, Healthy Lifestyle, and Health Services in early 2018. The data collection process gathered qualitative and quantitative data through MAPP identified assessments: Community Themes and Strengths Assessment, Forces of Change Assessment, and Community Health Status Assessment. Less than 10% of the population was reached and the target audience was largely missing, resulting in data that isn't statistically representative of the area. Data was gathered from existing sources of County Health Rankings, Behavior Risk Factor Survey, EnviroHealthLink and previous community health assessments. All statistics and facts were evaluated to reveal the data-driven objectives to be addressed for each of the four priority health issues.

Priority Health Areas & Strategic Implementation Plan to Achieve Targeted Objectives

Identified Priority Health Areas

In May 2018, the BRIGHT Coalition began Cycle 3 of assessment and planning activities, with a focus on social determinants of health. The Coalition prioritized the following issues for action:



Health Services

Access to and quality of health care services is important for promoting good health and preventing/ treating chronic illnesses and disease. Healthy People 2020 indicates that people with a usual source of care have better outcomes, fewer disparities, and lower health care costs.

Community Resources	Community Needs
<ul style="list-style-type: none"> • Federally qualified health centers • Regional health centers • Almost Family (formerly MD2U) • Lifeskills • Community health management • DSMS (Diabetes Self-Management Support) • DPP (Diabetes Prevention Program) • MNT (Medical Nutrition Therapy) 	<ul style="list-style-type: none"> • HIV clinics • Lower medication costs • Access to dental for Medicaid • More psychiatric care providers • Opioid treatment facilities • More syringe exchange programs

Increase access to primary care services for individuals living in BRADD.

- Use telemedicine to deliver consultative, diagnostic, and treatment services remotely for patients in areas with limited access to primary care providers.
- Provide physicians and mid-level practitioners with educational and training opportunities to learn more about working with rural communities.
- Increase access to health care services for elementary, middle, and high school students to provide comprehensive school health services (mental, dental & behavioral health) in an integrated fashion.

Increase access to behavioral health and substance use disorder services throughout BRADD.

- Use telepsych for mental health services to deliver consultation, diagnostic, and treatment services remotely to patients in rural areas of BRADD.
- Expand behavioral health services on school premises to students of all ages provided by a school clinical psychologist through school-based comprehensive health center.

- Advocate for behavioral health legislation that increases access to behavioral health services, including treatment for substance use disorder.
- Increase the number of primary care providers (PCPs) offering evidence-based behavioral health and substance use disorder treatment.

Improve clinical outcomes by increasing utilization of community health workers and patient navigators.

- Utilize a chronic disease management program (CDMP) to implement multi-component efforts that support patients' abilities to actively manage their health conditions.
- Increase awareness of changes to Medicaid through the 1115 Waiver to healthcare providers, who will then help spread awareness to the affected Medicaid members directly.

Increase the number of syringe exchange programs (SEPs) in BRADD.

- Educate local county governments on the importance and benefits of having a syringe exchange program in their county.

Develop access to medical detox beds in BRADD hospitals.

- Develop access to medical detox beds through interagency cooperation among area hospitals, local health departments, and insurers.

Healthy Lifestyle

A healthy lifestyle is a way of living that involves making choices that reduce the risk for chronic disease & illness and that improves overall health & well-being. Healthy lifestyle focuses on tobacco use, diet & exercise, alcohol & drug use, and sexual activity behaviors.

Community Resources	Community Needs
<ul style="list-style-type: none"> • Freedom from smoking programs • Cooperative extension offices • WIC • Parks & recreational facilities • KY ASAP • Health department STD testing and education • Access to feeding programs 	<ul style="list-style-type: none"> • Smoke free ordinances • Opioid treatment facilities • More syringe exchange programs • Access to prenatal care

Increase access to fresh and healthy foods for those in the most disparate populations in our communities.

- Serve as a community health resource by consistently informing the public about farmer's markets, community gardens, seed libraries, mobile grocery store, and other healthy food opportunities that aim to bridge the food access gap by utilizing social media campaigns, the BRIGHT website, and through other media sources.
- Participate in existing community programs, services, and events (such as giving free veggie samples, recipes, & information booths and participating in community gardening) in order to collaborate with other organizations and businesses, gain coalition partnerships, and aid in the utilization of community efforts to increase access to healthy food.
- Collaborate with the Warren County Public Library to initiate a seed library in one of our rural counties.

Improve education on substance use, alcohol use, and increase mental health awareness surrounding these topics.

- Make the Targeting Youth Substance Abuse (TYSA) grant available to school districts within the BRADD to encourage applying for, and receiving funds to educate students on substance abuse.
- Work with local communities and decision makers to adopt tobacco-free policies and educate decision makers about policies related to tobacco.
- Use mass media to promote PSAs that prevent initiation of negative behaviors.

Promote exercise opportunities and healthy lifestyle habits to BRADD residents.

- Promote physical activity opportunities via social media to increase the number of residents reporting physically active days.
- Educate schools and school districts about walk/bike to school events and walking buses.
- Generate logs for GAS (Get Active Simpson) group to log activity and promote programs like GAS to other counties.

Health Equity

Health equity ensures that everyone has an equal opportunity to reach their full potential in consideration of education level, employment status, income level, family & social support system, and community safety.

Community Resources	Community Needs
<ul style="list-style-type: none"> • HANDS program • SOKY workforce development • Chamber of Commerce • Community Action of Southern KY • Career center 	<ul style="list-style-type: none"> • Subsidized housing • Community programs for kids/families • Car seat safety programs

Increase support for healthy child and family development.

- Early childhood home visiting programs provide at-risk expectant parents and families with young children information, support, and training regarding child health, development, and care from prenatal stages through early childhood.
- Work with community organizations to establish resource list of certified car seat installers, places where car seats can be obtained free, and plans for educating families about car seat safety.
- Work with Family Resource & Youth Service Centers (FRYSCs) to increase promotion of parent engagement in school programs and utilization of resources.
- Use the Women Infants & Children (WIC) program to promote nutrition food choices, education, and referrals to community services for prenatal stages through age 5.

Educate residents and community organizations on available human and social services.

- Utilize health communication & social marketing to educate the community about available resources.
- Enhance navigator and community health worker activities to effectively address social determinants of health and chronic disease management.
- Increase cross-sector collaboration to facilitate support for residents and organizations seeking available human and social services.

Implement a Health in All Policies (HiAP) approach across BRADD.

- Create and distribute educational materials through various communication methods to increase awareness/understanding of impact of policies on social determinants of health.

- Bring more partners to BRIGHT Coalition meetings that are interested in HiAP approach.
- Identify organizational practices and policies that are most feasible to be considered for HiAP.

Healthy Environment

Clean air, safe drinking water, affordable housing, and access to transportation in a community are essential to overall health and well-being. The built environment of a community plays a significant role in the health of its residents. Adequate sidewalk and bike paths for people to walk or bike on enable more people to be physically active, improve air quality, and strengthen the bond between residents in a community.

Community Resources	Community Needs
<ul style="list-style-type: none"> • Housing assistance from the USDA • Housing authorities in most counties • County transit systems • Cleaner natural water resources • Air & ground ozone qualities are improving 	<ul style="list-style-type: none"> • Public education on natural water quality • Uniform residential landlord and tenant act • Access to bike lanes • Access to food in food deserts • Regional transit plan • Shorter commutes

Educate BRADD residents on the cleanliness of our water resources and air quality, and how it impacts health.

- Encourage use of storm water management plans to control and utilize storm water runoff to reduce flooding, lower demand on existing water systems, and support healthy rivers and streams by minimizing the introduction of pollutants.
- Educate the public about the existence of “ground ozone” and ways to enhance ambient air quality.

Promote plans that affect how residents commute within the region and how they live in proximity to where they need to be.

- Introduce multimodal transportation options throughout the BRADD region.
- Encourage the development of areas that combine residential and commercial zones (otherwise known as mixed-use areas) that will improve walkability, encourage biking, and provide affordable housing.
- Improve areas with severe housing problems by encouraging mixed use development projects within those areas.



Source: BRIGHT Coalition: <http://www.brightcoalition.org/executive-summary.html>

Priority Health Issues & Strategic Implementation Plan

Specifically, T. J. Samson Community Hospital aims to focus on the following priority health issues for the next three years:

- Chronic diseases including- cardiovascular disease, diabetes, obesity and lung cancer.
- Substance abuse disorders including- the abuse and (mis) use of alcohol, tobacco and other drugs.

Health Issue: Cardiovascular Disease

This priority health problem includes heart disease, heart attack, stroke, high blood pressure, and other chronic diseases of the circulatory system. Cardiovascular diseases tend to be hereditary, but are also related to lifestyle habits such as unhealthy diet, not being physically active, using tobacco products, and not controlling stress.

Plan to Address Health Issue:

- Continued involvement in employee blood pressure annual screening in support of national “Go Red” day. Patient Education Department will travel to each department to conduct optional blood pressure screenings for all T.J. employees.
- Exploration of new ways to involve the community in national “Go Red” day. Currently, clinical staff members travel to select public sites to set up an informational booth and blood pressure screening stations. T.J. Samson Community Hospital plans to pursue community partners for national “Go Red” day in an effort to reach more people at more locations within the service area.
- T.J. 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.
- Continue to participate in Heart Walk events in conjunction with the American Heart Association.
- Continue to offer Grateful Heart Monthly Support Group.

Prevalence of Hypertension in Primary & Secondary Service Areas	
County	Percent
Barren	44%
Hart	40%
Metcalfe	53%
Adair	50%
Allen	37%
Clinton	43%
Cumberland	51%
Edmonson	51%
Green	43%
Monroe	36%
Russell	41%
Taylor	37%
Warren	30%
Kentucky overall: 39%	U.S. overall: 32.2%
Source: Kentuckyhealthfacts.org: Prevalence of Hypertension (percent adults) 2015- 2017.	
Source: America’s Health Rankings: High blood pressure 2017.	

Percentage of Adults age 20 & over reporting no leisure-time activity	
County	% Physically Inactive
Barren	33%
Hart	37%
Metcalfe	31%
Adair	36%
Allen	35%
Clinton	34%
Cumberland	33%
Edmonson	35%
Green	32%
Monroe	33%
Russell	29%
Taylor	31%
Warren	23%
Kentucky % overall: 32.3%	U.S. Percentage: 51.7%
Source: County Health Rankings & Roadmaps: Physical Inactivity 2019 (2015 data)	
Source: State of Obesity- Physical Inactivity in the United States (2019)	

Note: State and Country data criteria are for adults who were physically inactive/ did not engage in exercise in the past 30 days other than their job.

Health Issue: Diabetes

As with cardiovascular disease, Type 2 diabetes is related to lifestyle habits such as an unhealthy diet and not being physically active. To control diabetes, patients must work in partnership with their physicians regarding medication use, and they must also maintain a healthy diet and remain physically active. The table below shows the prevalence rates as a percentage of adults aged 20 years and older with diagnosed diabetes.

Plan to Address Health Issue:

- Promotion of existing diabetes support group. As noted in assessment findings, support groups were listed as being effective in helping to keep families healthy. By increasing the knowledge of these programs, it is the hospital's hope to provide more families easy access to support resources.
- Publication of "Living with Diabetes" articles in hospital mass-mailed health education newsletters and magazines.
- Continue to offer diabetes education for newly diagnosed and current diabetes patients in the inpatient and outpatient setting.
- Continue to offer Community Quarterly Screenings. These preventive screenings include glucose testing.
- T.J. 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.

Prevalence of Diabetes	
County	Percent
Barren	13%
Hart	13%
Metcalfe	16%
Adair	17%
Allen	13%
Clinton	14%
Cumberland	17%
Edmonson	17%
Green	14%
Monroe	17%
Russell	14%
Taylor	14%
Warren	11%
Kentucky overall: 12.9%	U.S. overall: 10.5%
Source: Kentuckyhealthfacts.org: Prevalence of Diabetes (percent adults) 2015- 2017.	
Source: America's Health Rankings: Diabetes 2017	

Health Issue: Obesity

Obesity (being very overweight) is medically considered a chronic disease. It means that an adult's Body Mass Index (BMI) is 30 or above. A person whose BMI is between 25 and 29.9 is considered overweight. BMI is calculated from a person's weight and height. Obesity is very hard on your body systems. It contributes to many serious health problems, including cardiovascular diseases, diabetes, some cancers, joint problems, sleep problems, liver disease, and more. The table to the right illustrates the number of people with limited access to healthy food sources for each county in the state of Kentucky.

High rates of obesity in a population have many causes. These include heredity, environment, culture, income, and education, but personal habits such as poor diet and being inactive are at the root of the problem. Most obese people need professional help to learn new lifestyle habits to lose weight and keep it off. The person's physical and social environments are also important.

Note: County and state data criteria represents the number of people who are low-income and do not live close to a grocery store. Country data criteria represents the percent of U.S. population living in low-income & low access tracts & are more than 1 mile (urban area), or 20 miles (rural areas) from a grocery store or supermarket.

Limited Access to Healthy Foods	
County	# Limited Access
Barren	1,557
Hart	706
Metcalfe	54
Adair	982
Allen	99
Clinton	5
Cumberland	67
Edmonson	144
Green	658
Monroe	154
Russell	73
Taylor	2,074
Warren	6,359
Kentucky overall: 6%	U.S. overall: 5.6%
Source: Countyhealthrankings.org: Limited Access to Healthy Foods (2015)	
Source: USDA- Food Access Research Atlas (2019)	

Plan to Address Health Issue:

- T.J. 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 in hospital mass-mailed health education newsletters and magazines.
- Continuing to hold annual Community Health Fairs within the communities we serve. T.J. Health Fairs offer a wide variety of early detection information, educational booths, and preventive health screenings. Preventive screenings include: basic lab panel, lipid panel, height/weight, body fat analysis/body mass index, blood pressure and more. T.J. also offers free sport physicals for students in grades 6 through 12.
- Continue to promote the T.J Health Pavilion Walking Club. The walking club has an incentive program that recognizes milestones for every hundred miles walked. The T.J. 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.

Health Issue: Lung Cancer

COPD is the deadly combination of emphysema and chronic bronchitis. BRIGHT partners are focused most closely on tobacco use, labeled by the medical community as the most preventable health risk. Medical research showed long ago that the link is strong between smoking and lung disease.

Just as with losing weight, quitting tobacco is very difficult, but not impossible. Tobacco users wanting to quit usually need the support of family, friends and coworkers, as well as a partnership with their physician. These charts show that the percentage of smokers in this area is higher than the U.S. rate, and that 1/4 of Kentucky's teens are smokers.

Plan to Address 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 Thirdhand Smoke Policy for employees.
- 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.
- T.J. Samson functions as the fiscal agent for the Kentucky Agency for Substance Abuse Policy (KY-ASAP) Coalition. T.J. provides community services using KY-ASAP grant funding, and the hospital also provides payroll 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 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. T.J. Samson will continue to partner with KY-ASAP to increase involvement in these programs.

Percentage of Smokers	
<i>County</i>	<i>Percent</i>
Barren	26%
Hart	23%
Metcalfe	15%
Adair	32%
Allen	31%
Clinton	28%
Cumberland	15%
Edmonson	33%
Green	37%
Monroe	38%
Russell	38%
Taylor	26%
Warren	20%
Kentucky overall: 25%	U.S. overall: 17.1%
Source: Kentuckyhealthfacts.org: Prevalence of Smoking (percent adults) 2015- 2017.	
Source: America's Health Rankings: Smoking 2018.	

Health Issue: Substance Abuse Disorders

This problem is linked to family habits, social norms, and even how our medical care system operates. A great deal of work in education, safe disposal and state law is showing real results.

Adults in other age groups reported an increase in drug use. Drug overdoses have now far eclipsed motor vehicle crashes as the leading cause of accidental deaths.

Plan to Address Health Issue:

- T.J. 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. T.J. Samson functions as the fiscal agent for the KY-ASAP Coalition. T.J. provides community services using KY-ASAP grant funding, and the hospital also provides payroll 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.

Alcohol- Impaired Driving Deaths	
County	# Deaths
Barren	12
Hart	9
Metcalfe	1
Adair	6
Allen	10
Clinton	2
Cumberland	4
Edmonson	2
Green	4
Monroe	1
Russell	9
Taylor	4
Warren	27
Kentucky overall: 113	U.S. overall: 10,497
Source: County Health Rankings & Roadmaps: Alcohol- impaired driving deaths 2013- 2017.	
Source: transportation.ky.gov: Impaired driving (2014)	
Source: CDC Motor Vehicle Safety: Impaired driving- get the facts (2016)	

Drug Arrests	
County	# Arrested
Barren	2,722
Hart	1,884
Metcalfe	1,668
Adair	1,574
Allen	1,303
Clinton	1,898
Cumberland	2,435
Edmonson	1,500
Green	864
Monroe	2,609
Russell	2,015
Taylor	2,917
Warren	2,113
Kentucky overall: 1,707	U.S. # of arrests for drug law violations: 1,632,921 (total)
Source: Kentuckyhealthfacts.org: Drug Arrests (per 100,000 population) 2016.	
Source: Drugpolicy.org: Drug war statistics	

T.J. Samson Community Hospital, in response to the assessment and Priority Health Issue findings, has used the data collected to identify areas of opportunity to better meet the health needs that impact the hospital's patient population.

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

Strategic Implementation Addressing Oncology Population Barriers & Disparities to Healthcare

TJ Regional Health received the Commission on Cancer Accreditation in 2017. As part of this accreditation and in striving to meet the healthcare needs of the population we serve, TJ is continuously attempting to identify and address barriers to care, both internal and external, in order to better serve our surrounding communities. As part of the navigation process initiated in December, 2015, all new oncology patients are screened to identify issues of distress in the areas of practical, family, emotional, spiritual, and physical problems. A licensed social worker and nurse navigator are available to assist in finding needed resources for issues that pose a potential barrier to care.

Barriers identified are patient-centered. The healthcare disparities noted can be correlated to the incidence of lower education levels and therefore, lower socioeconomic status presenting barriers and increased burdens to our patient population. The rising costs of healthcare, changes in reimbursement, supply of financial resources vs demand, as well as the rural landscape of those we serve, all play a role in effecting our population's access to care in addition to inhibiting prevention, screening, and early detection. While we cannot change the formal education level or socioeconomic status of our population, nor the landscape of rising healthcare costs and burdens, we can attempt to address potential barriers that also impact these same areas of concern.

As a healthcare provider in a rural environment, a common barrier communicated is related to transportation. Problems incurred include travel distance, unreliable transportation, time off of work for self and caregiver effecting income, and travel expenses (gas money) which in turn disrupts the financial stability associated with costs of daily living. Barriers addressing transportation include public city transit service, local medical transportation companies, SABR Van Transportation targeting SABR radiation patients, a joint venture provided by the Medical Center of Bowling Green and TJ Samson Community Hospital in Glasgow, Kentucky. Additionally, attempts to notify American Cancer Society of patients in need of assistance with transportation in order to provide documentation of the need in this area in light of a deficit of drivers available through the Road to Recovery Program. Meetings have also taken place with local pastors to enlighten area churches regarding the transportation barrier and lack of resources available to those on a limited income or with minimal familial support. A proposal to a local transportation company is also being presented to assess if it is a viable option to the patients we serve.

For patients who are adversely affected by the financial burdens of a cancer diagnosis in addition to the daily costs of living expenses, additional referrals are made to various local, state, and national associations for assistance. Some examples of these associations include but are not limited to local community actions, food pantries, community medical care, state foundations such as Kentucky Cancer Program, and national associations such as American Cancer Society and Cancer Care. Unfortunately, though there are many local, state, and national resources in existence, many of them also have limited resources available or are cancer site specific and not always available to again meet the supply vs the demand.

Development of additional educational and supportive resources continue to be assessed to address the disparity of lower levels of education. In addition, the intent is to also provide the general public with education regarding cancer screening, the importance of early detection, treatment, and overall improvement in prognosis of cases diagnosed in the population served. These initiatives include monthly lunch and learn events open to the public and employees provided by TJ Samson Community Hospital with an anticipated increase in the topics related to cancer, yearly community health fairs, regularly scheduled cancer support group meetings, free colorectal screenings, assessment and implementation of educating staff and public on use of low dose CT

screening for patients at risk of developing lung cancer (a Kentucky Leads Initiative), and ensuring awareness of programs such as Quit Now Kentucky and hospital provided smoking cessation classes.

TJ Regional Health has partnered with Markey Cancer Center at the University of Kentucky to offer a uniform Community Health Needs Assessment, both in the community setting and the clinical setting of oncology. Distribution of a paper version of these assessments began in July 2019. Improvements are being made presently to make available electronically as well in order to broaden our reach and provide a more accurate picture. TJ feels confident the data will support the barriers and disparities mentioned herein and will support the need for TJ as an organization to join forces with other local entities to help alleviate or eliminate identified barriers to care. The findings of the identified disparities and barriers are presented to the TJ Regional Health Cancer Committee on a yearly basis in order to modify and enhance the navigation process, thereby assisting in minimizing or eliminating barriers to the population served.

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 T.J. Samson Community Hospital and has strong support from the medical and business communities. The residency program provides services at the T.J. Family Medicine Center. The T.J. 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.

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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. Over the last four years TJ and LWC have grant money from the Good Samaritan Foundation for 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 2019 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, & 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.