

2018



REPORT TO THE **COMMUNITY**





TABLE OF CONTENTS

Letter From The President	3
Our Mission	4
Advanced Care Hospital of White County	5
Our Work	6
Our Involvement	9
Community Sponsorships	10
Our Community	11
Mayo Clinic Care Network	12
Identifying Our Community's Needs	13
Our Findings	18
Results Of CHNA Survey	20
Implementation Strategy	22
Program Growth Tables	28



LETTER FROM THE PRESIDENT

Unity Health is grateful to be a part of a wonderful community. Our hospital network and associates strive to provide excellent, compassionate care to the communities we serve including Cleburne, Craighead, Independence, Lonoke, Jackson, Prairie, White and Woodruff counties.

Unity Health along with the Advanced Care Hospital of White County, was charged with learning more about specific health needs in the communities we serve. To that end, our organizations formed a team to research how to best meet the needs of our communities. Defining those objectives will help us ensure healthcare for future generations.

Collaboration led to conducting comprehensive research for this Community Health Needs Assessment to ensure that we gathered a true understanding of the health needs in our area. The following report explains the research and findings in greater detail.

Also, I am glad to share with you that our hospital's Board of Directors has already taken a significant step toward addressing the health needs in our community. In the coming months and years, our hospital's community outreach associates will focus on meeting the needs of our community in the areas of primary care, preventative health and wellness, behavioral health, chronic disease management and physician resident training to guarantee future healthcare in Arkansas.

We look forward to serving you.

Yours in good health,



Steven Webb, President/CEO



OUR MISSION

To improve the quality of health and well-being for the communities we serve through compassionate care.

Our Values:

- > Kindness
- > Excellence
- > Expertise
- > Stewardship

Awards and Honors:

- > Most Wired
- > CareChex quality recognition for being #1 in Patient Safety and in Overall Medical Care
- > Arkansas Medicaid Inpatient Quality Incentive Program Award
- > Outstanding Performance Award, Arkansas Worker's Compensation Commission
- > Recognized by Arkansas Medicaid and the Arkansas Foundation for Medical Care (AFMC) for dedication and work in improving care in the areas of care coordination, obstetrics and tobacco use screening and treatment.
- > Professional Research Consultants (PRC) "Achievement Award" for major improvement in patient satisfaction scores
- > Leapfrog "A" Grade - Hospital Safety Score
- > AFMC IQI - Inpatient Quality Award. Top 3%
- > Energy Star Rating - International recognition - Top 1%
- > Community Value 5 Star Award - from Cleverly + Associates - Top 10
- > Wellcare Physician Award
- > Mayor Proclamation 'Unity Health Day'
- > 100 SafeCare Hospital, The SafeCare Group
- > HMC excellence in immunization rates
- > Graduate Medical Education (GME) accreditation
- > HIMSS Honor - stage 6
- > Diamond Awards



Advanced Care of White County *Hospital*

Dear Community Members:

The Advanced Care Hospital of White County was established in 2007 to meet a need in the community. Located on Unity Health's Specialty Care campus, our hospital is certified as a long-term acute care facility that cares for patients who no longer need care in an Intensive Care Unit setting, yet are still too sick to return home with home-health care or to a nursing home.

As a non-profit hospital, we are committed to adding value to the community; therefore, our community benefit efforts are more than financial assistance. Our endeavors led us to take a measured approach to identify and discuss ways to meet the ever-changing healthcare needs in our service area.

Community health is our priority. As you read through the following information, you will see that our efforts have involved collaborative partnerships, which are the key to the growth and success of future wellness initiatives.

The hope for healthier lives in our community depends on all of us working together to ensure the best possible results for generations to come.

Sincerely,



Terri Parsons, Administrator

The Advanced Care Hospital of White County associates and partners, through a spirit of servanthood, are committed to the continuous improvement of quality patient care, the provision of highly satisfied patient care at reasonable prices, the maintenance of an adequate margin for reinvestment in new technology, facility improvements, human resources, and a leadership role for positive change in the healthcare environment.



OUR WORK

As the leading healthcare provider in the region, Unity Health associates strive to improve the quality of health and well-being for the communities they serve through compassionate care. Unity Health is the largest employer in an eight-county area with more than 2,200 associates.

The Searcy facility has a total of 438 beds and a medical staff of more than 150 physicians that specialize in various areas of healthcare. Additionally, the Advanced Care Hospital of White County, a 27-bed long-term acute care facility, operates on Unity Health's Specialty Care Campus. The Advanced Care Hospital of White County primarily serves Cleburne, Craighead, Jackson, Lonoke, Prairie, White and Woodruff counties; however, it also serves the remaining Arkansas counties, as it is one of only eight long-term acute care hospitals in the state.

Unity Health offers a wide range of healthcare services to the region, including:

- › 24-hour Emergency Care at a Level III Trauma Center
- › AR SAVES (Arkansas Stroke Assistance through Virtual Emergency Support), which provides immediate care for stroke victims
- › Cardiac Intervention
- › Clarity Health and Wellness (behavioral health services clinic)
- › Courage (adolescent behavioral health)
- › Compass (adult behavioral health)
- › Clearview (senior behavioral health)
- › Comprehensive Cancer Care at Unity Health Oncology Clinic inside the Pyeatt Family Cancer Center of Excellence
- › Critical Care
- › Diabetes Education Program, certified by the American Diabetes Association
- › Durable Medical Equipment
- › Home Health, named a Top 500 Agency by HomeCare Elite
- › Inpatient Hospice
- › Inpatient Rehabilitation
- › Imaging Center (64-slice CT, Cath lab, Open MRI, ultrasound)
- › New Life Center
- › Outpatient Rehabilitative Services
- › Prime Times, a program for seniors age 50 and older
- › Sleep Center, accredited by the American Academy of Sleep Medicine
- › Sports Medicine
- › Surgical Services, including one of the most advanced robotic da Vinci® Surgical Systems in Arkansas
- › Wound Care Center

OUR WORK (CONTINUED)

Unity Health has a family of physician clinics throughout Central Arkansas including: After Hours Clinic; Bradford Medical Clinic; Cardiology Clinic; Clarity Health and Wellness; Continuity Care Clinics; Family Practice Associates; Green Family Practice Clinic; Harris Medical Clinic; Harris OB/GYN Clinic; Harris Pediatric Clinic; Harris Podiatry Clinic; Harris Surgical Clinic; Immediate Care Clinic; McAfee Medical Clinic; Medical Clinic Heber Springs; Newport Primary Care Clinic; Oncology Clinic; Orthopaedic and Spine Center; Pyeatt Family Cancer Center; Red River Family Medicine; Searcy Medical Center; Searcy Medical Center, West; and Westside Family Medical Clinic.

\$18,813,311

Financial Assistance & Means-Tested Government Programs
Unpaid cost of public programs for low-income persons.

\$35,474,764

SUBSIDIZED HEALTH SERVICES
Clinical programs that are provided despite a financial loss, but the service meets an identified community need and if no longer offered would be unavailable or fall to the responsibility of the government or other non-profit organization.

\$1,055,674

Community Health Improvement Services & Community Benefit Operations
Costs associated with staff and community health needs and/or assets assessment, as well as other costs associated with community benefit strategy and operations.

\$13,620,027

Health Professions Education
Cost of teaching students, physicians, nurses and other health professionals who are not on the medical staff or employed by WCMC or the Advanced Care Hospital of White County.

\$656,441

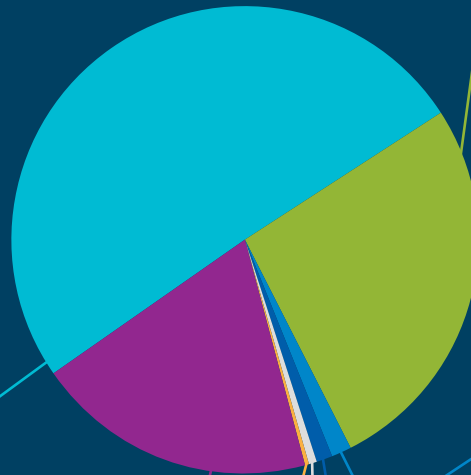
Community Building Activities & Operations
Cost of programs that improve the physical environment, promote economic development and support health advocacy and coalition efforts.

\$112,296

Research
The study and/or data collection of health indicators to generate increased general knowledge made available to the public.

\$509,318

Financial & In-kind Contributions
Funds and in-kind services donated to individuals not affiliated with the organization or to community groups and other non-profit organizations.



OUR INVOLVEMENT

Unity Health and the Advanced Care Hospital of White County have always worked to provide health benefits to the community through education and health screenings, classes and support groups, and other health and wellness related events and programs. Many of the programs Unity Health already offers were created as a response to previous community surveys.

Unity Health offers a wide range of healthcare services to the region, including:

- > A Day of Caring
- > AARP Smart Driver Course
- > American Red Cross Blood Drive
- > Artist in U
- > ASU Newport Nursing School
- > Blood Pressure Screenings (free)
- > Breast Cancer Awareness Luncheon
- > Breastfeeding Class
- > Chambers of Commerce
- > Childbirth Class
- > Depot Day
- > Diabetes Self-Management Education Class
- > Diabetes Support Group
- > Family Day at the Searcy Certified Farmers' Market
- > Get Down Downtown Kid's Zone
- > Heart-to-Heart Awareness Luncheon
- > Infant CPR and Safety Class
- > Insulin Pump Support Group
- > Jackson County Senior Center
- > KC Koala Healthy Presentations
- > Kiwanis Searcy & Newport
- > Ladies' Night Out, Searcy and Cabot
- > Lions Club Searcy & Newport
- > Look Good ... Feel Better
- > Main Street Searcy support
- > Newcomers Newport
- > Physicals for Local Athletes
- > Prenatal Yoga
- > Prime Times, program tailored for adults 50 and older
- > Prostate Screenings (free)
- > Race for the Cure Searcy & Newport Teams
- > Red Ribbon Week, Drug-Free Campaign
- > Rotary Newport
- > School Nurse Day
- > School Screenings (BMI, Hearing, Vision, Scoliosis)
- > Senior Education Programs
- > Senior Expo
- > Softball and Baseball Leagues & Tournaments
- > Sibling Class
- > Special Olympics Heathy Athletes
- > Spinal Cord Injury Support Group
- > Teen Mothers-to-Be Class
- > Tours of Unity Health for school groups
- > Trick-or-Treat on the Square
- > United Way Luncheon
- > Unity Health Auxiliary Community Education on Bicycle Safety
- > Unity Health Home Health Agency Health Fairs
- > Unity Kids, third-grade ambassador program
- > White County Fair Booth and Senior's Day at the Fair
- > Woodruff County Senior Center

Under the Patient Protection and Affordable Care Act of 2010, the Internal Revenue Service (Form 990, Schedule H) has requested that non-profit hospitals conduct a comprehensive Community Health Needs Assessment to identify additional health needs in the community and suggest ways that Unity Health and the Advanced Care Hospital of White County can potentially meet those needs.

COMMUNITY SPONSORSHIPS

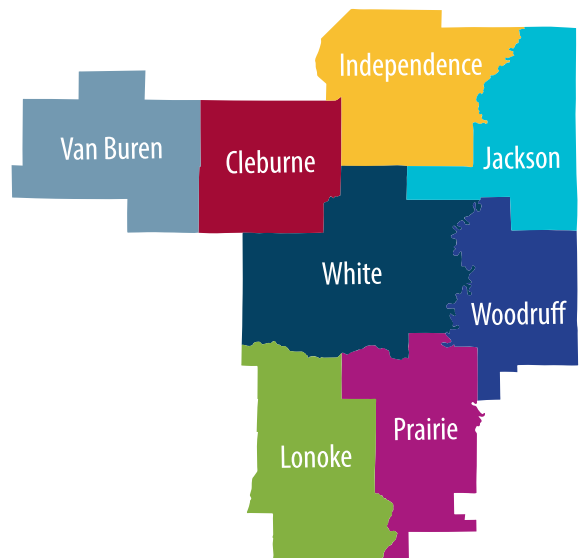
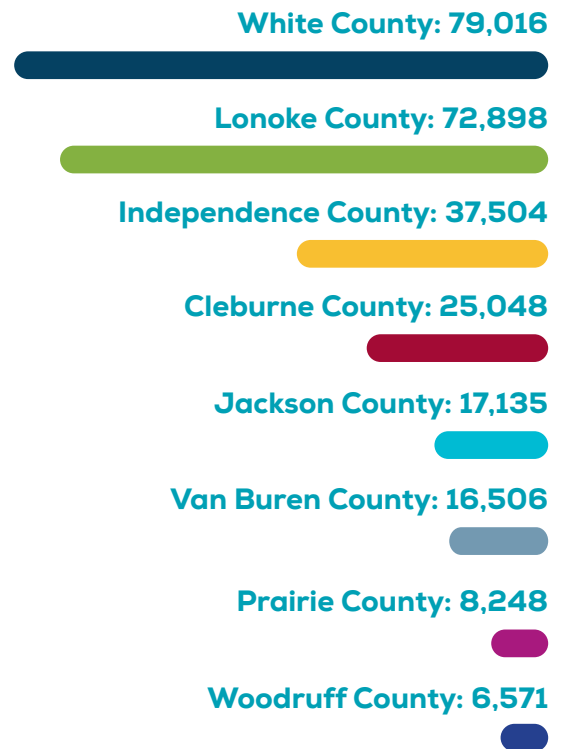
In order to benefit the community in the areas of health, community building and safety, this list represents organizations to which Unity Health gave unrestricted sponsorships or donations in the 2017 fiscal year:

- > American Cancer Society
- > American Legion Baseball
- > Arkansas Center for Independence
- > Bald Knob Chamber of Commerce
- > Bald Knob Public Schools
- > Beebe Public Schools
- > Bison Boosters (Harding University)
- > CASA of White County
- > Cedar Ridge Public Schools
- > Children's Safety Center
- > Downtown Newport Entertainment Series
- > D.R.I.V.E. Veterans Park Sponsorship
- > Dr. Robert E. Elliott Foundation
- > Friends for Life
- > Harding University Athletics
- > Jackson County Youth Activities Association
- > Jacob's Place Homeless Mission
- > Junior Auxiliary of Searcy
- > Main Street Searcy
- > Manna 5K
- > March of Dimes
- > Newport Public Schools
- > Pangburn Public Schools
- > Relay for Life (Beebe, Searcy and Newport)
- > Searcy Civitan Club
- > Searcy High School Safe Prom
- > Searcy Regional Chamber of Commerce
- > Searcy Sharks Swim Team
- > Searcy Youth Soccer Association
- > Susan G. Komen Race for the Cure
- > Tuckerman Hometown Days
- > Tuckerman Public Schools
- > White County Domestic Violence Prevention
- > White County Fair Association

OUR COMMUNITY

Unity Health and the Advanced Care Hospital of White County serve the North-Central Arkansas region of the state that encompasses Cleburne, Independence, Jackson, Lonoke, Prairie, Van Buren, White and Woodruff counties. The majority of the area is made up of rural farmland with agriculture as the primary economic base of the region, while tourism is the largest industry in Cleburne County.

*Population information based on
arkansas-demographics.com*



MAYO CLINIC CARE NETWORK

In 2016, Unity Health and Mayo Clinic announced that Unity Health would be the first health care organization in Arkansas to join the Mayo Clinic Care Network, a network of health care providers committed to better serving patients and their families through collaboration.

The partnership gives Unity Health access to the latest Mayo Clinic knowledge and promotes collaboration among physicians to benefit patients. Through these shared resources, more patients can get answers to complex medical questions – and peace of mind – while staying close to home.

As a member of the Mayo Clinic Care Network, Unity Health works with Mayo to share medical knowledge in ways that enhance patient care. Network products and services include:

eConsults

A program that enables Unity Health physicians to connect electronically with Mayo specialists for additional input on a patient's care.

AskMayoExpert

A database that offers point-of-care, Mayo-vetted information on disease management, care guidelines, treatment recommendations and reference materials for medical conditions.

Health Care Consulting

These consultations enable Unity Health to learn more about Mayo's clinical, operational and business models, including their design and implementation of eTumor Board conferences, to which Unity Health physicians are invited to present and discuss management of complex cancer cases with a multidisciplinary panel of Mayo specialists and other network members.

Unity Health providers also can access Mayo's extensive library of patient education materials and view archived Mayo Clinic grand rounds presentations that feature Mayo physicians and scientists.

Unity Health and other members of the care network remain independent, but share Mayo's commitment to improve the quality and delivery of health care. Launched in 2011, the network has more than 35 member organizations in the U.S., Mexico, Puerto Rico and Singapore.



IDENTIFYING OUR COMMUNITY'S NEEDS

Unity Health and the Advanced Care Hospital of White County assembled a team of associates to conduct a Community Health Needs Assessment during the 2017 fiscal year. This Community Outreach Team explored the best ways to gather information on a six-county region to gain a true understanding of the residents' health needs. Only six of the eight county service area were surveyed as they were the six not otherwise being surveyed by an alternate healthcare system.

The Outreach Team identified the most comprehensive body of quantitative research available through the University of Arkansas for Medical Sciences (UAMS). UAMS and its associated organizations gather health information from each county in the state on a quarterly basis as a part of the Public Health in Arkansas' Communities Search (PHACS).

PHACS data are collected as a joint project of the Arkansas Center for Health Disparities and the Arkansas Center for Clinical and Translational Research. Additional support is given by the Arkansas Prevention Research Center, the UAMS Translational Research Institute and the Arkansas Minority Health Commission. (Reports are available online at <http://www.uams.edu/phacs>).

For the purpose of the Community Health Needs Assessment, the Outreach Team compiled PHACS County Profile Reports for Cleburne, Jackson, Lonoke, Prairie, White and Woodruff counties. In addition to each county's demographic information, health information regarding important health needs was reported in these areas:

1. SOCIAL ENVIRONMENT FACTORS

Education, Income, Employment

2. ACCESS TO HEALTHCARE

Number of Doctors, Hospitals and Dentists per County

3. BEHAVIORAL RISKS

Smoking, Drinking, Drug Use

4. PREVENTATIVE CARE AND SCREENINGS

Healthy Eating, Exercise, Women's and Children's Health

5. HEALTH OUTCOMES AND MORTALITY

Prevalence of Heart Disease, Diabetes and Cancer

The Outreach Team analyzed the results of the reports on a county-by-county basis and determined that the most effective way to assess the needs of the hospital's overall community was to identify the top three needs in the five areas listed above for each county.

Independence County was not surveyed for the purpose of the Community Health Needs Assessment due to the fact that their local health care system provides this service for their county.





CLEBURNE COUNTY

All results listed alphabetically

TOP FIVE HEALTH CONCERNS/ NEEDS IDENTIFIED

1. Alcohol use by Adults (Binge Drinking)
2. Elderly Person with Medicare
3. Housing Costs
4. Prostate Cancer
5. Vaccinations
[Elderly (Pneumonia & Flu) Children, HIV]

OTHER ISSUES INCLUDE:

- > Adult Exercise
- > Alcohol & Tobacco Use by Minors
- > Breast Cancer
- > Drug Use by Youth
- > Education
- > Family Values (Foster Care, Child Abuse, Grandparents as Primary Caregivers)
- > No Health Insurance
- > No Personal Doctors
- > Poor Mental or Physical Health
- > Screenings [Male (PSA & Colorectal), Female (Pap & Mammogram)]

PROGRAMS/SERVICES AVAILABLE:

- > ABC Program
- > Breakin' Bread Soup Kitchen
- > CAPCA Headstart
- > Christian Health Ministries
- > Cleburne County Cares
- > Community School
- > Counselors available at churches
- > Counselors in public school districts
- > Home Medical Equipment Services
- > Human Services Office
- > Margie's Haven House (for women and children)
- > Opal's House (helping single moms)
- > The Aquatic Center
- > The Call, Cleburne County Chapter
- > The Community Center
- > The County Health Department
- > The Dream Center
- > The Other Side Rehab Center
- > The Other Side Thrift Store
- > Waychoff Senior Center

JACKSON COUNTY

All results listed alphabetically

TOP FIVE HEALTH CONCERNS/ NEEDS IDENTIFIED:

1. Disease & Mortality
2. Education
3. No Health Insurance
4. Screenings [Male (PSA & Colorectal), Female (Pap & Mammogram)]
5. Tobacco, Alcohol & Drug Use by Minors

OTHER ISSUES INCLUDE:

- > Adult Exercise
- > Alcohol use by Adults (Binge Drinking)
- > Coronary Heart Disease
- > Income
- > No Exercise by Adults
- > No Personal Doctors
- > Number of Dentists
- > Poverty
- > Vaccinations [Elderly (Pneumonia & Flu), Children, HIV]
- > Weight (Overweight, Obese)

PROGRAMS/SERVICES AVAILABLE:

- > ARcare Clinic
- > Church groups and affiliated food banks
- > Civic organizations
- > Every Child Is Ours
- > Health Department Unit
- > Jackson County Health Coalition
- > School backpack program
- > Senior Centers and Senior Meals On Wheels
- > Unity Health Senior Center
- > White River Women's Shelter

LONOKE COUNTY

All results listed alphabetically

TOP FIVE HEALTH CONCERNS/ NEEDS IDENTIFIED:

1. Adult Exercise
2. Coronary Heart Disease
3. Elderly Person with Medicare
4. Family Values (Foster Care, Child Abuse, Grandparents as Primary Caregivers)
5. Tobacco, Alcohol & Drug Use by Minors

OTHER ISSUES INCLUDE:

- > Adults with Hypertension
- > Alcohol use by Adults (Binge Drinking)
- > Breast Cancer
- > Education
- > No Exercise
- > No Health Insurance
- > No Personal Doctors
- > Poverty (Children, Food Stamps)
- > Screenings [Male (PSA & Colorectal), Female (Pap & Mammogram)]
- > Vaccinations [Elderly (Pneumonia & Flu), Children, HIV]

PROGRAMS/SERVICES AVAILABLE:

- > ADHS (Vision/Hearing)
- > Adult Education Center of Lonoke/Prairie Counties
- > ARCare Medical Assistance
- > Area Agency on the Aging
- > Arkansas Rice Depot
- > Brownsville Baptist Church (Food Pantries/ Free Meals)
- > Cabot Public Housing Agency
- > Central Arkansas Development Council
- > Community Centers in Cabot & Lonoke
- > Cooperative Extension Office
- > Department of Human Services
- > Family Resources of Lonoke (Feeds Families)
- > Grand Prairie Gardens (Low-Income and Senior Housing)
- > Health Department
- > Lion's Club (Vision/Hearing)
- > Literacy Council
- > Lonoke County Cares (Food Pantries/Free Meals)
- > Lonoke County Christian Clinic (Medical Assistance)
- > Lonoke County Christian Dental Clinic
- > Open Arms Homeless Shelter
- > Senior Centers
- > The Call

PRAIRIE COUNTY

All results listed alphabetically

TOP FIVE HEALTH CONCERNS/ NEEDS IDENTIFIED:

1. Education
2. No Health Insurance
3. Screenings [Male (PSA & Colorectal), Female (Pap & Mammogram)]
4. Tobacco, Alcohol & Drug Use by Minors
5. Weight [Adults (Obesity), Students (% at a Healthy Weight)]

OTHER ISSUES INCLUDE:

- > Adult Exercise
- > Alcohol use by Adults (Binge Drinking)
- > Coronary Heart Disease
- > Elderly Living in Poverty
- > Limited Health Facilities (Hospitals & Physicians)
- > No Personal Doctors
- > Prostate Cancer
- > Vaccinations [Elderly (Pneumonia & Flu), Children, HIV]
- > Wages/Poverty (Children, Food Stamps)

PROGRAMS/SERVICES AVAILABLE:

- > ADHS (Visually Impaired and Hearing Impaired)
- > Area Agency on the Aging
- > Arkansas Works (Employment and Training Resources)
- > Church Groups
- > Clinic Providers
- > Cooperative Extension Office
- > Department of Health
- > Department of Human Services
- > Des Arc Housing Authority (Low Income and Senior Housing)
- > Health Insurance for Children
- > Lion's Club (Vision Assistance)
- > Local Food Bank
- > Lonoke/Prairie County Adult Education
- > Project Mountain Senior Center
- > Senior Meals
- > Senior Transportation

WHITE COUNTY

All results listed alphabetically

TOP FIVE HEALTH CONCERNS/ NEEDS IDENTIFIED:

1. Adult Exercise
2. Adult Tobacco & Alcohol Use
3. Family Values (Foster Care, Child Abuse, Grandparents as Primary Caregivers)
4. No Personal Doctors
5. Preventable Hospitalizations

OTHER ISSUES INCLUDE:

- > Coronary Heart Disease
- > Medicaid Eligible
- > No Health Insurance
- > Poor Physical Health (Diabetes, Arthritis, Cholesterol)
- > Poverty (Children, Food Stamps)
- > Screenings [Male (PSA & Colorectal), Female (Pap & Mammogram)]
- > Tobacco, Alcohol & Drug Use by Minors
- > Vaccinations [Elderly (Pneumonia & Flu), Children, HIV]
- > Wages

PROGRAMS/SERVICES AVAILABLE:

- > CAPCA Headstart
- > Christian Health Ministries
- > Church Groups
- > Civic Organizations
- > Department of Human Services
- > Food Pantries
- > Friends For Life
- > Good Samaritan of White County
- > His House
- > LIHEAP (Energy & Low Income Heating Assistance)
- > Lion's Club (Vision/Hearing)
- > Medical Clinics
- > Rice Depot
- > Riverview School District After School Program
- > Senior Centers
- > UAMS Medication Assistance Program
- > W.I.S.E. Coalition
- > White River Area Agency on Aging
- > The Call

WOODRUFF COUNTY

All results listed alphabetically

TOP FIVE HEALTH CONCERNS/ NEEDS IDENTIFIED:

1. Low Education Rates
2. No Health Insurance
3. Screenings [Male (PSA & Colorectal), Female (Pap & Mammogram)]
4. Short Life Expectancy & High Mortality Rates
5. Tobacco, Alcohol & Drug use by Minors

OTHER ISSUES INCLUDE:

- > Adult Exercise
- > Alcohol use by Adults (Binge Drinking)
- > Family Values (Foster Care, Child Abuse, Grandparents as Primary Caregivers)
- > Number of Hospitals
- > Number of Physicians
- > Poor Mental Health & Diseases (Cholesterol, Colon & Rectum Cancer, Prostate)
- > Poverty (Children, Food Stamps)
- > Vaccinations [Elderly (Pneumonia & Flu), Children, HIV]
- > Weight, All Ages (Obese & Overweight)

PROGRAMS/SERVICES AVAILABLE:

- > 5210 Program (Assists with Obesity Management)
- > ARcare Clinic (Provides Disease Management and Case Managers)
- > County Department of Human Services
- > County Lion's Club (Vision Services Assistance)
- > Crowley's Ridge Development Council (Offer Utility Assistance with LIHEAP Program, Maintains County Food Pantry and Necessity Closet)
- > Delta Cove Apartments (Senior Housing Assistance)
- > Department of Health, Augusta
- > Housing Authority (Offers Low-Income Housing)
- > John Davis Manor (Senior Housing Assistance)
- > Margaret Fowler Manor (Senior Housing Assistance)
- > McCrory Church Alliance (Provide Outreach Center Thrift Store and Christmas Food Boxes)
- > The Warehouse (Food Pantry & Educational Presentations)
- > UAMS Medication Assistance Program
- > Unity Health Woodruff County Senior Center
- > White River Area Agency on Aging

OUR FINDINGS

The Outreach Team analyzed the findings and prioritized the health needs in order of importance based on the PHACS results and committee responses. Results were also considered based on how the indicators aligned with the hospital's mission and vision. The Outreach Team identified the three primary categories of need and assigned the most prevalent health indicators as follows:

1. ACCESS TO PRIMARY CARE

- > High number of adults with no personal doctor
- > High number of adults with no health insurance

2. PREVENTATIVE HEALTH & WELLNESS

- > High number of accidental deaths
- > High number of adult smokers
- > High number of adults who consume less fruits and vegetables than recommended
- > High number of adults who report being overweight/obese
- > High number of adults who report binge drinking
- > High number of adults who report poor mental or physical health
- > High number of adults who report using tobacco by 12th grade
- > High number of children in foster care
- > High number of grandparents who are primary caregivers
- > High number of men who do not get regular prostate cancer screenings
- > High number of women who do not get regular Pap exams
- > High number of women with no mammogram
- > High number of youth who report using alcohol by 12th grade
- > High number of youth who report using any drug by 12th grade
- > High number of youth who report using drugs recently
- > High percentage of children lacking age-appropriate vaccinations
- > High teen suicide rate
- > Low number of adults meeting minimum to moderate physical activity recommendation

3. CHRONIC DISEASE MANAGEMENT

- > High number of adults with coronary heart disease
- > High number of adults with high blood cholesterol
- > High number of adults with hypertension (high blood pressure)
- > High number of adults with lung cancer
- > High number of women with breast cancer
- > High number of men with prostate cancer
- > High number of adults with arthritis
- > High number of adults with colon and rectum cancer

Each category and corresponding list of health indicators (listed above) was then submitted to three internal committees of Unity Health and the Advanced Care Hospital of White County associates with expertise in each of the three areas. These internal committees discussed how the hospital is already working to meet the needs of the community and suggested ideas on how to meet the health needs defined in the research.



YES
87%

NO
13%

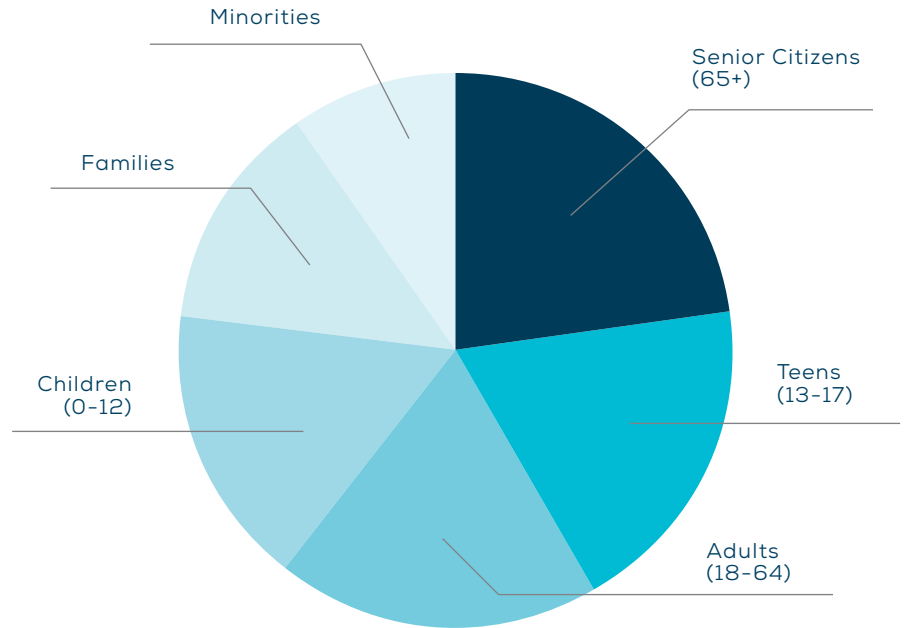
Has Unity Health or the
Advanced Care Hospital of
White County had a positive
impact on your community?

RESULTS OF CHNA SURVEY

Which of the following groups have the greatest healthcare needs **NOT** met?

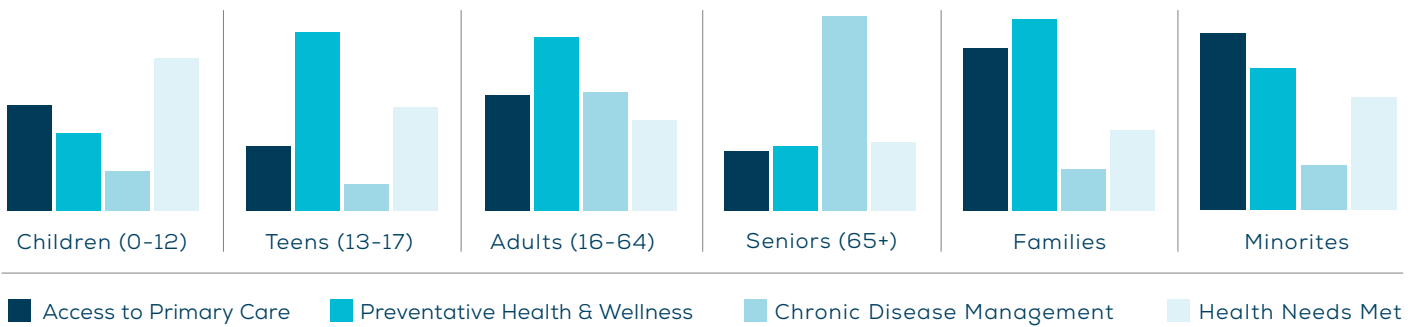
Ranked in order of most needs NOT met to least needs NOT met.

416 answered | 7 Skipped



If you believe that the following group's health needs are **NOT** met, please choose which category best fits their needs.

408 answered | 15 Skipped



What would you add to your community to make it more achievable to live a healthy lifestyle?

Multiple answers may apply | 391 answered | 32 Skipped

Healthy Cooking Classes 56.52%
Bike/Walking Trail 39.64%

Farmers' Market 42.97%
Exercise Classes 42.20%

Parks 24.55%
Other 20.46%

For each group, what do you feel is the greatest need?

416 answered | 7 Skipped

Children

1. Vaccinations

2. Insurance
3. Exercise/Healthy Eating
4. Available Physicians
5. Preventative Screenings
6. Cost of Medications
7. Mental Health
8. Drugs/Alcohol/Tobacco

Teens

1. Drugs/Alcohol/Tobacco

2. Mental Health
3. Exercise/Healthy Eating
4. Insurance
5. Available Physicians
6. Preventative Screenings
7. Cost of Medications
8. Vaccinations

Adults

1. Insurance

2. Exercise/Healthy Eating
3. Cost of Medications
4. Mental Health
5. Drugs/Alcohol/Tobacco
6. Available Physicians
7. Preventative Screenings
8. Vaccinations

Senior Citizens

1. Cost of Medication

2. Insurance
3. Available Physicians
4. Preventative Screenings
5. Exercise/Healthy Eating
6. Mental Health
7. Drugs/Alcohol/Tobacco
8. Vaccinations

Families

1. Insurance

2. Cost of Medications
3. Exercise/Healthy Eating
4. Available Physicians
5. Preventative Screenings
6. Mental Health
7. Drugs/Alcohol/Tobacco
8. Vaccinations

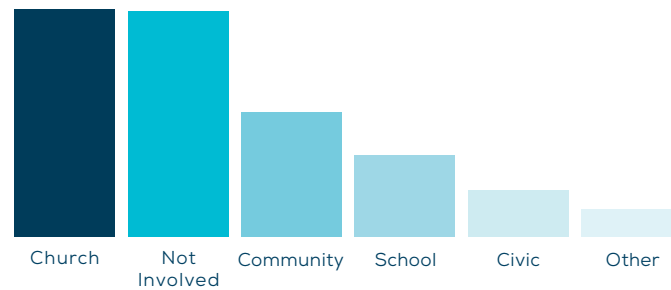
Minorities

1. Insurance

2. Preventative Screenings
3. Cost of Medication
4. Available Physicians
5. Exercise/Healthy Eating
6. Drugs/Alcohol/Tobacco
7. Mental Health
8. Vaccinations

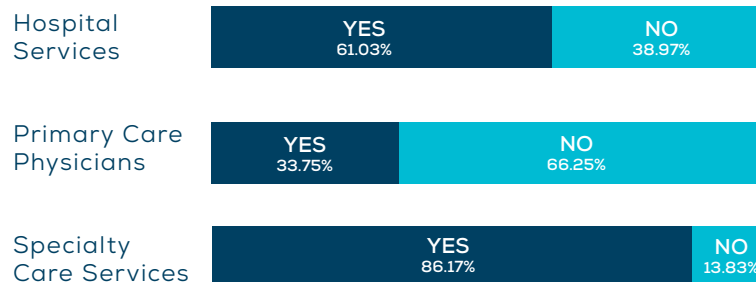
Are you involved with any organizations that address these group's needs in any way?

416 answered | 7 Skipped



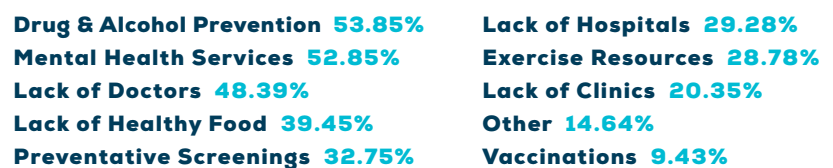
Do people have to travel outside of your community to have their healthcare needs met?

419 answered | 4 Skipped



Overall, what general healthcare needs are NOT met in your community?

Multiple answers may apply | 403 answered | 20 Skipped



Unity Health, in collaboration with the Advanced Care Hospital of White County, conducted a Community Health Needs Assessment during the 2017 fiscal year, as established by the federal government in the Patient Protection and Affordable Care Act of 2010.

The Community Health Needs Assessment incorporated data from the University of Arkansas for Medical Sciences (UAMS), as well as in person and digital survey responses in Cleburne, Jackson, Lonoke, Prairie, White and Woodruff counties. UAMS and its associated organizations gather health information from each county in the state on a quarterly basis as a part of the Public Health in Arkansas' Communities Search (PHACS).

The Outreach Team, comprised of representatives of Unity Health and the Advanced Care Hospital of White County, analyzed the findings and prioritized the health needs in order of importance based on the PHACS results and committee responses. Based on the research conducted by the Outreach Team, the internal committees made the following recommendations on how to address health indicators identified in the research under the categories of:

- 1. Access to Healthcare**
- 2. Preventative Health & Wellness**
- 3. Chronic Disease Management**

For the health needs identified, action items were suggested by the respective committee members and anticipated impact is outlined for each item.

Furthermore, to address the health needs of the Unity Health and Advanced Care Hospital of White County community, the hospital's Board of Directors and Administrative team has decided to refocus an existing hospital program.

With the decrease of area businesses and industries and increase in healthcare needs of residents throughout the Unity Health and ACHWC community, the Unity Health Board of Directors has given Healthworks a new mission: to improve the quality of health and well-being for the communities it serves by offering residents easier access to healthcare; preventative health and wellness and screenings and education on effectively and successfully managing chronic diseases.

The following action items, which were suggested by each committee, were approved by the Unity Health Board of Directors as potential objectives Unity Health may pursue in meeting health needs in the community. While this list contains a springboard of ideas, it will function as a living document, as it will be assessed and modified on an ongoing basis.

OUR RESOURCES

Health resources the Outreach Team identified in the community include:

ARKANSAS DEPARTMENT OF HEALTH

- > Cleburne County Health Unit
- > Jackson County Health Unit
- > Lonoke County Health Unit
- > Prairie County Health Unit
- > White County Health Unit
- > Woodruff County Health Unit

ARKANSAS DEPARTMENT OF HUMAN SERVICES

- > Cleburne County DHS Office
- > Jackson County DHS Office
- > Lonoke County DHS Office
- > Prairie County DHS Office

- > White County DHS Office
- > Woodruff County DHS Office
- > American Cancer Society
- > American Red Cross
- > ARcare
- > CASA (Court Appointed Special Advocates) of White County
- > Christian Health Ministries
- > Friends for Life
- > Parents of Special Kids, Searcy
- > Searcy Children's Home, Inc.
- > United Way of White County
- > White County Aging Program
- > White County Children's Safety Center
- > White River Area Agency on Aging

IMPLEMENTATION STRATEGY

ACCESS TO PRIMARY CARE

1

A. NEED IDENTIFIED: HIGH NUMBER OF ADULTS WITH NO HEALTH INSURANCE

Action Items #1

- > Create awareness of available insurance options.

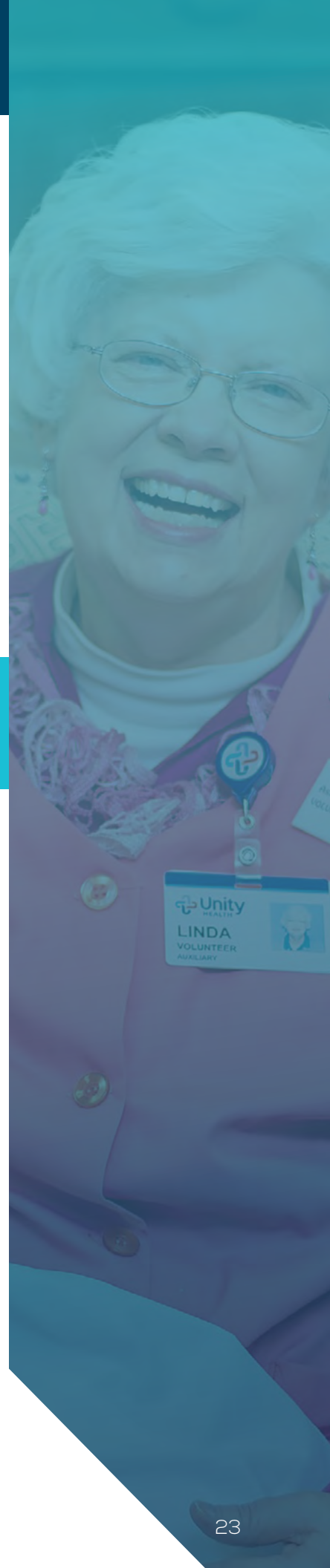
Anticipated Impact: People will receive needed financial help through insurance instead of having to pay full out-of-pocket expenses for healthcare services.

B. NEED IDENTIFIED: HIGH NUMBER OF ADULTS WITH NO PERSONAL DOCTOR

Action Item #2

- > Create awareness of clinics and physicians within the community.
- > Encourage patients to seek care in the most appropriate setting.
- > Focus on densely populated areas including White, Cleburne and Jackson counties.
- > Increase the presence of our clinic physicians and nurses at community events.

Anticipated Impact: More community members will have better access to primary care physicians and receive care right away, instead of waiting until the health issue becomes an urgent situation and more expensive medical attention is needed.



PREVENTATIVE HEALTH & WELLNESS

2

A. NEEDS IDENTIFIED:

- > High number of adults who consume less fruits and vegetables than recommended
- > High number of adults who report being overweight/obese
- > High number of adults who report poor mental or physical health
- > High number of men who do not get regular prostate screenings
- > High number of women who do not get regular Pap exams
- > High number of women with no mammogram
- > High percentage of children lacking age-appropriate vaccinations
- > Low number of adults meeting minimum to moderate physical activity recommendation

Action Item #1

Create wellness packages for community members by developing partnerships with local businesses to provide healthcare-related services to community members at a discounted rate.

Anticipated Impact: By offering community members health and wellness services and benefits at a discounted rate, participation could potentially be high and a large number of people could adopt a healthier lifestyle.

Action Item #2

Partner with local businesses and organizations to offer healthy cooking classes.

Anticipated Impact: By demonstrating healthy cooking techniques and introducing community members to healthier options, more people could learn how to incorporate healthy cooking into their lives.

Action Item #3

Organize community wellness fairs by partnering with churches, senior centers, retirement facilities, businesses, schools and local state and government offices to foster community interaction.

Anticipated Impact: Offering free services at well-attended events, more people could receive needed healthcare services.

Action Item #4

Create awareness and educate our communities on which vaccinations are recommended for each age.

Anticipated Impact: If the parents in our communities were better educated on the dangers of not getting their child vaccinated, there should be a greater percentage of children with age-appropriate vaccinations.

Action Item #5

Collaborate with Unity Health clinics to go into our communities and help our members obtain primary care doctors.

Anticipated Impact: With more community members having a primary care doctor and receiving regular wellness checkups, the poor mental and physical health will be addressed at an earlier stage.

Action Item #6

Create a partnership with Unity Health doctors to offer educational wellness classes focusing specifically on stress management and sleep habits.

Anticipated Impact: If our community members have more tools and resources to improve their stress management and sleep habits, overall health of our community will greatly improve.



B. NEEDS IDENTIFIED:

- > High number of accidental deaths
- > High number of adult smokers
- > High number of adults who report binge drinking
- > High number of adults who report using tobacco by 12th grade
- > High number of youth who report using alcohol by 12th grade
- > High number of youth who report using any drug by 12th grade
- > High number of youth who report using drugs recently
- > High teen suicide rate

Action Item #1

Offer onsite education and/or assistance with education at schools on the topic of tobacco and alcohol use.

Anticipated Impact: Impressionable minds remember unusual and striking information that is presented in atypical settings with strong presentation material.

Action Item #2

Provide community resource advancement assistance by organizing community meetings that include charitable organizations, government agencies and similar organizations to give them an opportunity to share and learn about populations that are “at risk.”

Anticipated Impact: Supporting local organizations that focus on serving others within the community could potentially broaden the effectiveness of the organization, thereby touching more lives, encouraging more people to participate and building greater awareness.

Action Item #3

Partner with pharmacies and home health agencies to tackle prescription drug abuse by developing information they can use to educate patients upon receiving prescription drugs at the pharmacies. Also, encourage discussions with patients during home health and doctor’s visits on the impact prescription drugs have on the patients physically and mentally compared to illegal drugs and alcohol.

Anticipated Impact: Targeted programs have historically raised awareness significantly in drug and alcohol abuse and resulted in a decline among the targeted populations.

Action Item #4

Create a partnership with local fire and police departments to hold safety classes for our community members.

Anticipated Impact: With better education from local experts on safety topics affecting our communities, accidental deaths will be prevented.

C. NEEDS IDENTIFIED:

- > High number of children in foster care
- > High number of grandparents who are primary caregivers

Action Item #1

Partner with foster care and child abuse community groups.

Anticipated Impact: By offering needed support to existing groups in the community, a larger population can be served.

CHRONIC DISEASE MANAGEMENT

3

A. NEEDS IDENTIFIED:

- > High number of adults with arthritis
- > High number of adults with coronary heart disease
- > High number of adults with diabetes
- > High number of adults with high blood cholesterol
- > High number of adults with hypertension (high blood pressure)
- > High number of adults with lung cancer
- > High number of men with prostate cancer
- > High number of preventable hospitalizations

Action Item #1

Send hospital experts to speak at community groups in the geographic areas.

Anticipated Impact: Educate and empower individuals on how to take care of themselves and their disease to have the best quality of life possible.

Action item #2

Increase distribution of *Wellness Today* magazine and include more educational stories regarding heart disease, high cholesterol, high blood pressure, cancers and arthritis.

Anticipated Impact: *Wellness Today* magazine is sent to residents in Cleburne, Jackson, Prairie, Lonoke, White and Woodruff counties; therefore, broadening the number of homes it is delivered to would expand the audience of those educated about different disease processes.

Action Item #3

Discuss managing diseases effectively at Senior Expo and similar events/program

Anticipated Impact: Educate and empower seniors on how to take care of themselves and their disease to have the best quality of life possible.

Action Item #4

Offer smoking cessation programs.

Anticipated Impact: Increase awareness among community members regarding the potential dangers of smoking and decrease the likelihood of more people developing lung cancer.

Action Item #5

Offer quarterly presentations at Unity Health facilities highlighting a specific chronic disease that affects our communities.

Anticipated Impact: With a significant portion of our communities facing the same chronic disease challenges, it will be educational and supportive to learn about the main chronic diseases and how to effectively manage them.

ADVANCED CARE HOSPITAL OF WHITE COUNTY IMPLEMENTATION STRATEGY

The Advanced Care Hospital of White County collaborated with Unity Health to assist in conducting a Community Health Needs Assessment during the 2014 - 2015 fiscal year as established by the federal government in the Patient Protection and Affordable Care Act of 2010.

The Community Health Needs Assessment incorporated data from the University of Arkansas for Medical Sciences (UAMS), as well as in-person and digital survey responses in Cleburne, Jackson, Lonoke, Prairie, White and Woodruff counties. UAMS and its associated organizations gather health information from each county in the state on a quarterly basis as part of the Public Health in Arkansas' Communities Search (PHACS). The Outreach Team, comprised of representatives of the Advanced Care Hospital of White County and Unity Health, analyzed the findings and prioritized the health needs in order of importance based on the PHACS results and committee responses.

1. ACCESS TO PRIMARY CARE

- > High number of adults with no personal doctor
- > High number of adults with no health insurance

2. PREVENTATIVE HEALTH & WELLNESS

- > High number of accidental deaths
- > High number of adult smokers
- > High number of adults who consume less fruits and vegetables than recommended
- > High number of adults who report being overweight/obese
- > High number of adults who report binge drinking
- > High number of adults who report poor mental or physical health
- > High number of adults who report using tobacco by 12th grade
- > High number of children in foster care
- > High number of grandparents who are primary caregivers
- > High number of men who do not get regular prostate cancer screenings
- > High number of women who do not get regular Pap exams
- > High number of women with no mammogram
- > High number of youth who report using alcohol by 12th grade
- > High number of youth who report using any drug by 12th grade
- > High number of youth who report using drugs recently
- > High percentage of children lacking age-appropriate vaccinations
- > High teen suicide rate
- > Low number of adults meeting minimum to moderate physical activity recommendation

Based on the research conducted by the Outreach Team, the internal committees made the following recommendations on how to address health indicators identified in the research under the categories of:

1. Access to Healthcare
2. Preventative Health & Wellness
3. Chronic Disease Management

For the health needs identified, action items were suggested by the representative committee members and the anticipated impact is outlined for each item.

The Advanced Care Hospital of White County Board of Directors and Administration has chosen to financially support meeting the following health needs which Unity Health will pursue the primary leadership role in addressing. The health needs include the following:

3. CHRONIC DISEASE MANAGEMENT

- > High number of adults with coronary heart disease
- > High number of adults with high blood cholesterol
- > High number of adults with hypertension (high blood pressure)
- > High number of adults with lung cancer
- > High number of women with breast cancer
- > High number of men with prostate cancer
- > High number of adults with arthritis
- > High number of adults with colon and rectum cancer

2015-2017 PAST PROGRAM GROWTH

Community Activity	Baseline (previous 3-yr average)	Stretch Goal (FY 2015-2017)	Growth Goal	Completed	Growth Comp.
Alcohol, Drug and Tobacco Prevention	3 Events	5 Events	5%	14 Events	280%
BMI Testing (Schools)	7,395 Students Tested	7,765 Students Tested	5%	8,295 Students Tested	107%
Community Activities	6,000 Members Served	6,600 Members Served	10%	26,359 Members Served	399%
CPR/First Aid/AED	480 Class Participants	528 Class Participants	10%	598 Class Participants	113%
Physician/Clinic Resource Booklets	3,000 Booklets Distributed	3,600 Booklets Distributed	20%	6,545 Booklets Distributed	182%
Flu Shots	2,310 Flu Shots	2,425 Flu Shots	5%	2,686 Flu Shots	111%
Industry Blood Pressures	4,950 BP Exams	5,445 BP Exams	10%	13,066 BP Exams	240%
Insurance Sign-Up Events*	9 Events Held	12 Events Held	30%	- Events Held	0%
Prescription Drug Flyer	3,000 Flyers Distributed	3,600 Flyers Distributed	20%	8,029 Flyers Distributed	223%
Readmission Calls	Starting FY 2015	750 Readmission Calls	-	6,413 Readmission Calls	855%
School Nurse Day**	3 Events	5 Events	5%	3 Events	60%
Scoliosis Screenings (Schools)***	1,500 Students Screened	1,950 Students Screened	30%	1,100 Students Screened	56%
Senior Blood Pressures	600 Senior BP Exams	630 Senior BP Exams	5%	1,174 Senior BP Exams	186%
Senior Presentations	12 Presentations	18 Presentations	50%	38 Presentations	211%
Smoking Cessation****	Starting FY 2015	10 Participants	-	5 Participants	50%
Vision/Hearing (Schools)	6,300 Students Tested	6,615 Students Tested	5%	7,242 Students Tested	109%
Wellness Coaching	2,325 Appointments	2,373 Appointments	2%	2,817 Appointments	119%

* The demand for Insurance Sign-Up Events has decreased to a point where they are no longer effective.

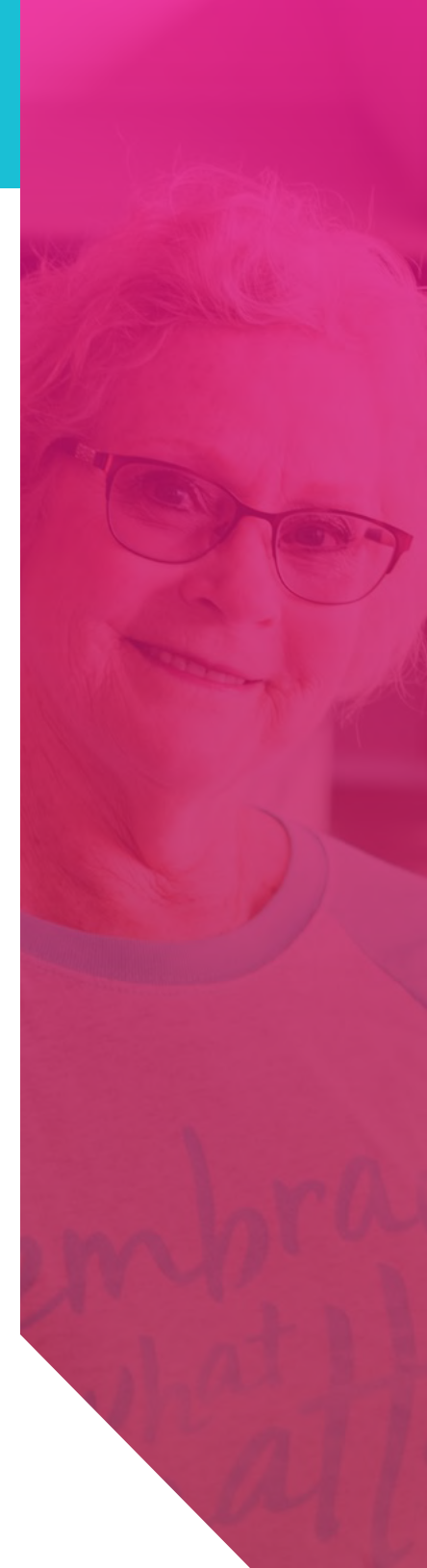
** A School Nurse Day event was held each year, but scheduling conflicts prevented more than one meeting per year.

*** Screenings are determined by the number of students. There were not enough students to meet our goal.

**** We recommended our cessation program to anyone applicable, but found most people went through their insurance or signed-up on their own.

2018-2020 PROJECTED PROGRAM GROWTH

Community Activity	Baseline (previous 3-yr average)	Stretch Goal (FY 2015-2017)	Growth Goal
Alcohol, Drug and Tobacco Prevention	14 Events	15 Events	10%
BMI Testing (Schools)	8,295 Students Tested	9,375 Students Tested	5%
Community Activities	26,359 Members Served	39,500 Members Served	50%
CPR/First Aid/AED	598 Class Participants	650 Class Participants	10%
Physician/Clinic Resource Booklets	6,545 Booklets Distributed	6,875 Booklets Distributed	5%
Flu Shots	2,686 Flu Shots	2,800 Flu Shots	5%
Industry Blood Pressures	13,066 BP Exams	14,375 BP Exams	10%
Prescription Drug Flyer	8,029 Flyers Distributed	8,850 Flyers Distributed	10%
Readmission Calls	6,413 Readmission Calls	6,750 Readmission Calls	5%
School Nurse Events	3 Events	5 Events	66%
Scoliosis Screenings (Schools)***	1,100 Students Screened	1,150 Students Screened	5%
Senior Blood Pressures	1,174 Senior BP Exams	1,400 Senior BP Exams	20%
Senior Presentations	38 Presentations	50 Presentations	25%
Smoking Cessation***	5 Participants	8 Participants	50%
Vision/Hearing (Schools)	7,242 Students Tested	7,600 Students Tested	5%
Wellness Coaching	2,817 Appointments	3,100 Appointments	10%





Unity-Health.org

Healthworks/Community Health (501) 278-8570
Unity-Health (501) 268-6121 | Advanced Care Hospital of White County (501) 278-3156